

## IMPORTANCE OF KARATE

By Sensei Ayan Chakraborty:

Karate is one of the Japanese arts, which is meant for self-defence. It was originated from Okinawa.

General people understand Karate is only a method of fighting. But it is not true. Karate is an art meant for self-defence and sports. Now it is being practised and followed by millions of young enthusiasts throughout the world.

To keep one self fit and to warm up, people go to Gyms but Karate practitioners do it by free hand exercises. Scientific methods are followed for Karate techniques and so it helps to make one self strong & fit by utilizing every part of the body.

By practising Karate one can acquire maximum power and speed. By doing proper karate basics muscles of every part of the body is utilized.

While doing karate, one should keep in mind that techniques of synchronization are very important while performing karate techniques proper breathing is very much necessary.

In Japanese term this is known as 'Hara' meaning naval part of human body. Every karate technique is done with a shout of "Kiai". It is done to pump out maximum air from the inner part of the human body.

People of all age and sex,

generally the young ones do karate to become strong & flexible and also by doing hard karate they can go to tournaments. The aged people do generally for physical fitness & health.

The meditation is done at the beginning and end of every karate class to give mental fitness along with physical fitness.

The senseis live more than 70/80 years. Therefore Karate also helps in expanding lifetime with a sound health and mind.

So, the necessity of Karate is surely felt by everyone, to keep oneself fit and strong with enough confidence and sound mind.