

SUIKENDO

"The Way of the Fist Flowing Like Water"



Suikendo (*Sui = Water, Ken = Fist, Do = Way*) is a concept representing a multi-discipline, style independent approach to self-defense training and techniques. *Suikendo* is characterized by its fluid motion and its effectiveness, which is achieved with minimum use of muscle strength and maximum results and efficiency of motion. As the body moves, the extremities of the body practice multiple hitting and breaking techniques. The opponent feels just as if he came across a tsunami (tidal wave).

Suikendo training usually takes place at higher levels and involves the practice of a series of technical drills that promote fast, accurate and deadly responses to any attack posed.



The Karate Connection



Suikendo was originally developed by Tadashi Yamashita in the 1970's as an extract of a sophisticated study of the *Shorin Ryu Karate's* forms and *Boxing*. The result was a very refined and fluid form of *Karate* with a heavy focus on continuous movement and simultaneous blocks and strikes, providing a practical, intuitive approach to self-defense. *Suikendo* application draws on the mastery of the seven essential skills of *Karate* techniques: Balance, Coordination, Speed, Power, Distance, Timing and Relaxation in the midst of an altercation.

Multidiscipline Evolution

In 2001, Kris Kademian became one of the few people in the world to be granted permission directly from Tadashi Yamashita to use the *Suikendo* name and continue its evolution. Kris Kademian had previously developed a similar approach to engagement a decade earlier, after an extensive study of *Kung Fu*, *Hapkido* and *Jujutsu* and their use in street combat. He therefore joined the two systems, incorporating their common philosophies and approach to engagement, providing a broader application that included weapons and grappling in addition to striking.



Suikendo at MIM

We teach and expanded version of *Suikendo* that also incorporates weapons use and additional techniques from other disciplines, for a truly dynamic training system. We also focus on the modern application of *Suikendo's* techniques, continually refining and adapting its curriculum as necessary. Therefore, we differ from other *Suikendo* systems that are primarily an extension of traditional training.