

Kenpo Karate Drills.



What is a drill, and what is the use of a drill?

A drill is a repeating series of a technique, or several techniques in a specified order. It can be performed solo, with a partner or with an aid such as a punching bag, wooden dummy or bob dummy doll.

The drill is based on a certain situation or a certain attack. The drill can be performed slowly or very quickly. This creates a conditioning of the muscles, of the techniques and of the hardness and speed.

The drill can be short or long, depending on the specific goal. The drill itself is not the same as reality, but the repetitive exercise brings a solid experience in technique and movement.

In a partner drill, both partners must align their intentions so that the drill runs smoothly. The timing of a drill and all its techniques is very important, the knowledge increases with practice.

Drills can be performed unarmed or armed.

Sometimes people invest more in power, and other times they invest more in speed or both.

See the attached photo page with the first Drill of the Blackbelt Complexes series by Shihan Richad Norton that have been added within the WKKO program. These can also be found on the WKKO Kenpokaikan YouTube channel.

<https://www.youtube.com/channel/UC4aSOfe-Ye7DM3x2M0qOzYg/featured>

Osu

Black Belt Complexes Flow I

