



UNVEILING THE DYNAMIC ART OF SEIKEN-KAI KARATE

Seiken-Kai Sabaki Karate, a dynamic and practical martial arts style, combines the traditional elements of Seiken-Kai Karate with the innovative techniques of Sabaki. This unique fusion of styles emphasizes fluid footwork, rapid counterattacks, and strategic use of body positioning to overcome opponents. In this article, we explore the key features and benefits of Seiken-Kai Sabaki Karate, shedding light on its effectiveness in real-world combat scenarios. Seiken-Kai Karate, known for its powerful striking techniques and disciplined training methods, forms the foundation of Seiken-Kai Sabaki Karate. By integrating the concept of Sabaki, which emphasizes efficient movement and redirection of an opponent's energy, practitioners of this style learn to anticipate and respond to attacks with precision and agility. The seamless blend of these two disciplines results in a versatile and adaptive fighting style that is effective in both offensive and defensive situations.

The Importance of Footwork in Seiken-Kai Sabaki Karate Central to the practice of Seiken-Kai Sabaki Karate is the mastery of footwork, which enables practitioners to move quickly and decisively during combat. By utilizing angles and pivots to create openings and evade attacks, students learn to control the flow of a confrontation and capitalize on opportunities to strike. Through dedicated training in footwork drills and sparring exercises, martial artists develop the agility and spatial awareness necessary to outmaneuver opponents and maintain control of the fight. In Seiken-Kai Sabaki Karate, counterattacking plays a crucial role in neutralizing threats and gaining the upper hand in combat. By utilizing precise timing and strategic positioning, practitioners can turn an opponent's aggression against them, delivering swift and impactful counter strikes. Through repetitive practice of counterattack combinations and scenarios, students hone their reflexes and decision-making skills, allowing them to respond effectively to a variety of attacks in real-time. What sets Seiken-Kai Sabaki Karate apart is its practicality and adaptability in real-world self-defense situations. The emphasis on efficient and direct techniques, coupled with the ability to flow seamlessly between offensive and defensive movements, equips practitioners with the tools to respond effectively to unpredictable threats. Whether facing a single opponent or multiple attackers, the principles of Seiken-Kai Sabaki Karate empower individuals to defend themselves with confidence and composure.



**Grand Master
Sohan Yoshioka Tsuneo.
Saitama, Japan**

SEIKEN-KAI KARATE THE FOUNDER

Sohan Yoshioka, born in 1971 in Saitama Prefecture, Tokyo, was profoundly influenced by his grandfather, a master swordsman. Trained in martial arts from a young age, he had to abandon his practice due to a severe incident. However, a life-changing event in high school led him to resume his martial arts journey under the guidance of Soshi Ito Ryuji. Excelling in various disciplines, Yoshioka earned multiple black belts and won numerous full-contact karate championships. His expertise spans Kyokushin Karate, Ashihara Karate, Enshin Karate, Kendo, and Shotokan Karate. Recognized as a Grand Master by the International Karate Association and the Bushin Karate Do Federation, he established the Seikenkai Karate School in 2001, later re-named Karatedo Seiken-Kai in 2006. This organization is known for its rigorous curriculum, focusing on Okinawan Karate Kata, Kobudo, and Sabaki techniques.

In 2014, Karatedo Seiken-Kai received official recognition from the All Japan Karate Judge Organization and the Full Contact Committee. Yoshioka continues to teach at the world headquarters in Saitama and regularly visits branches globally. He remains active in competitions, including the All Japan Senior Masters' Karate Meet. Yoshioka's philosophy is rooted in continuous growth and challenge. As a leader, he nurtures and develops his students, while as a practitioner, he embraces the rigor of full-contact karate, sports karate, Kendo, and Sabaki Karate alongside them. His dedication ensures that Karatedo Seiken-Kai remains a respected and expanding martial arts style worldwide.





**Black Belt 4rd dan - Japan
Chief Instructor & Branch
Manager
Seiken-Kai Italy Branch**

SEIKEN- Shihan Asanka Priyajanaka

The chief instructor of Seiken-Kai karate Italian branch, the international seiken-kai karate association. In year 2000 I started my karate life by practicing Jeet Kune Do and then Shotokan karate. In my journey through the intricate tapestry of martial arts, Karate orchestrated a pivotal role, weaving discipline and resilience into the very fabric of my being. Each kata a symphony of movement, every strike a meticulously penned stanza in the poetry of combat. With perseverance as my stalwart companion, I navigated the labyrinthine techniques, honing my craft with unwavering dedication. Through the crucible of rigorous training, I sculpted my spirit into a tempered blade, poised and ready to cut through the adversities that dared stand in my path. The dojo, an altar of self-improvement, bore witness to the metamorphosis of a novice into a seasoned practitioner, a journey that transcended mere physical prowess to encompass a profound transformation of mind, body, and spirit.

Consequently more trophies I have earned in many various tournaments held island wide. So through these priceless years which not also brought me forward to make myself a master in the seiken-kai karate world but also have paved the way for the younger generation to learn seiken -kai karate. I mention here my heartfelt respect to Sohan yoshioka tsuneo my grand master. Seiken kai karate can be introduced as one of Sabaki Full Contact martial arts that stands at the highest level in world's most powerful arts of fighting. Seiken-kai karate has earned more victories in Japanese and international open tournaments as thousands of students are trained all around the world. Sabaki techniques can be applied to use in day to day life in various ways as a real defensive method. Finally everyone can obtain clear knowledge of Sabaki techniques as important for your life.



OUR HISTORY



- *Unleash the warrior within.*
- *Train. Fight. Repeat.*
- *Masters of discipline and strength.*
- *Harness the power of mind and body.*
- *Victory through dedication and perseverance.*
- *Unleash your inner strength.*
- *Defy your limits.*
- *Achieve greatness through martial arts.*

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our mission has been to achieve the best for our students. Today, we stand united as a family, bound by the spirit of karate and the relentless pursuit of excellence. Our story begins in 2017, in Corso Manusardi, where Shihan Asanka Priyajanaka founded the Seiken-Kai Karate Club's Dojo. What started with just a handful of students has blossomed into a flourishing community. The dojo has grown in popularity, touching the lives of countless families and spreading the profound knowledge of karate to individuals of all ages.

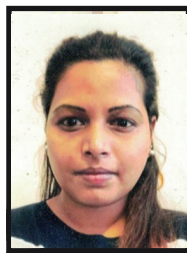
The journey of developing the dojo has been arduous, marked by moments of triumph and joy as we achieved recognition both nationally and internationally. However, we have also faced our share of challenges. The onset of the Covid-19 pandemic brought a period of discomfort and uncertainty to our city. Despite these hardships, the unwavering dedication of the dojo's staff and their perseverance enabled Seiken-Kai Karate Club to withstand these misfortunes. Our students, too, showed remarkable resilience, continuing their training and spirit through these trying times. Before and after the pandemic, the teachings of Shihan Asanka have empowered our students to win numerous medals and achieve glory for themselves and the community. Our first tournament was fought in Pordenone, igniting a series of competitions across Italy. Some of our students have earned gold medals at the FIK Italian National Championship. Yet, our journey is far from over. Each fight remains sensational, and every student brings a unique fighting style to the mat. Our narrative does not end here. With many more tournaments to conquer, we are on the brink of moving our dojo to a bigger and better location. This new chapter signifies that our story is only just beginning.

Executive Committee:



PRESIDENT

I. Asanka Priyajanaka



VICE PRESIDENT

Aysha R Ratnayake



MANAGER

W. Malshan Fernando



SECRETARY

U.D. Gihan Chathuranga

OUR HEROS

HE IS KAVIDU RASHMIKA RATHNAYAKE



Kavidu Rashmika is indeed a talented full-contact fighter, known for their exceptional skills and determination in the ring. With lightning-fast strikes, impeccable footwork, and a strategic mind, Kavidu Rashmika has carved out a reputation as a force to be reckoned with in the world of full-contact fighting. Their ability to adapt to opponents' styles, coupled with remarkable agility and power, sets them apart as a formidable competitor in the intense arena of full-contact combat sports. Whether unleashing a flurry of punches or executing a perfectly timed kick, Kavidu Rashmika's prowess captivates audiences and inspires awe among fellow fighters. In every bout, they showcase a blend of technique, athleticism, and sheer fighting spirit that cements their status as one of the most talented full-contact fighters in the sport.



**BOLOGNA
2020 / 2022**



**Iku VENICE
2022**



**FIK
2024**



**MONTALE
2023**



**MONTALE
2022**

OUR HEROS

HE IS MANETH SUDANTHA APPUHAMI

**MONTALE
2022****Iku VENICE
2022****BOLOGNA
2020/2023****MONTALE
2023****FIK
2024**

Maneth Sudantha Appuhami is renowned for their exceptional speed and talent as a full-contact fighter. In the ring, Maneth Appuhami dazzles spectators with lightning-quick movements and swift strikes that leave opponents struggling to keep up. Their rapid reflexes and agility enable them to outmaneuver adversaries, delivering precise blows with remarkable swiftness and accuracy. With a blend of technical prowess and blazing speed, Maneth Appuhami dominates the competition, showcasing a level of quickness that sets them apart as a standout in the world of full-contact fighting. Each match becomes a showcase of their incredible speed, leaving fans in awe of their rapid-fire combinations and swift evasive maneuvers that define Maneth Appuhami as a truly talented and speedy full-contact fighter.

OUR HEROS

HE IS DILEIN



Dilein is a young and skilled high kick fighter known for his dynamic fighting style, particularly his proficiency in delivering powerful high kicks during matches. With remarkable agility and precision, Danilo executes swift and well-timed high kicks that often catch opponents off guard, showcasing his agility and flexibility in the ring. His ability to seamlessly incorporate high kicks into his striking arsenal demonstrates a high level of technique and mastery in this aspect of full-contact fighting. Danilo's strategic use of high kicks not only highlights his athleticism but also serves as a formidable weapon that keeps his opponents on their toes. Whether launching a high kick to the head or body, Dilein's proficiency in this technique distinguishes him as a young high kick fighter to watch in the competitive world of martial arts.



**MONTALE
2022**



**MONTALE
2023**



**FIK
2024**



HE IS STEFANO



HE IS MATHEWS



HE IS DILEN



HE IS VINUKA



HE IS MARCO



HE IS DENETH



HE IS JANUPA



HE IS RAYAN



HE IS OKITHA



**“ THE FINESSE IN THE
ART OF SEIKEN - KAI
IS ACCOMPLISHED
THROUGH STRENUOUS
TRAINING.”**

OUR ARCHIEVEMENTS



- “13th OPEN KARATE Championship
KYOKUSHINKAI - Pordenone”
- 2018/11/10
- **SANDUN - 2ND PLACE**

“Battaglia di Bologna The Revenge”

2020/02/02

STEFANO - 1ST PLACE

JAMI - 1ST PLACE

KAVIDU - 2ND PLACE

MANETH - 3RD PLACE



- “ Battaglia di Bologna 3 the Final”
- 2022/02/20
- **KAVIDU - 1ST PLACE**
- **MANETH - 2ND PLACE**



OUR ARCHIEVEMENTS



➤ "MONTALE CUP - FLORENCE"

➤ 2022/06/12

➤ **DILEIN - 1ST PLACE**➤ **KAVIDU - 2ND PLACE**➤ **MALSHAN - 2ND PLACE**➤ **MANETH - 2ND PLACE**"IKU WORLD CHAMPIONSHIP
KYOKUSHIN"

2022/10/29

MANETH - 2ND PLACE**CHIARA - 2ND PLACE****ISURI - 3RD PLACE****KAVIDU - 3RD PLACE**➤ **F.I.K CHAMPIONSHIP COMO - 2023**

➤ 2023/04/02

➤ **MANETH - 1ST PLACE**➤ **KAVIDU - 1ST PLACE**➤ **CHANDUPA - 2ND PLACE**➤ **MATHIWS - 2ND PLACE**➤ **DILEIN - 4TH PLACE**

OUR ARCHIEVEMENTS



➤ “MONTALE CUP - FLORENCE”

➤ 2023/07/18

➤ **VINUKA - 1ST PLACE**➤ **DILEIN - 2ND PLACE**➤ **KAVIDU - 2ND PLACE**➤ **MANETH - 2ND PLACE**➤ **SHEVON - 2ND PLACE**➤ **CHANDUPA - 3RD PLACE**➤ **DENETH - 2ND PLACE**

“FIK - PESCARA” ➤

2024/03/24 ➤

9 MEDALS ➤

➤ “MONTALE CUP - FIGHT NIGHT”

➤ 2024/07/24

➤ **8 MEDALS**

OUR ARCHIEVEMENTS 2025



➤ **FIK FEDERAZIONE ITALIANA KARATE CHAMPIONSHIP - UDINE (UD)**

➤ **2025/03/15**

➤ **3 GOLD MEDALS**

➤ **5 SILVER MEDALS**

➤ **5 BRONZE MEDALS**



OUR ARCHIEVEMENTS 2025



OUR ARCHIEVEMENTS 2025



KARATE - DO TECHNIQUE

正
拳
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Tsuki – Punch



Seiken Chudan Tsuki Middel Punch

Chūdan Tsuki is a fundamental mid-level punch aimed at the opponent's solar plexus, abdomen, or ribs. It embodies the essence of Kyokushin's philosophy of power and precision, combining proper stance, core engagement, and hip rotation to generate maximum force. The punch is executed with a straight trajectory, starting from the chambered position (hikite) and extending forward with a sharp twist of the fist, finishing with kime-focused energy and intent at the moment of impact. This technique not only trains physical strength but also reinforces discipline, timing, and control.



Seiken Gedan Tsuki Down Punch

Gedan tsuki is a low punch aimed at the opponent's lower body, typically targeting the abdomen, groin, or lower ribs. This technique is used to exploit openings in the opponent's lower guard, disrupt their balance, and weaken their stance. Practicing gedan tsuki develops precision, power, and the ability to attack effectively at varying levels, making it an essential tool for both offense and self-defense scenarios.



Seiken Jodan Tsuki Face Punch

The jodan tsuki is a high punch aimed at the opponent's face or head, typically targeting areas like the nose, chin, or temple. This technique is designed to disrupt the opponent's focus, break through their guard, and create openings for follow-up attacks. Practicing jodan tsuki helps develop speed, and control, making it a versatile tool for both offensive strikes and defensive counters. While it is not used in full-contact sparring due to safety regulations, it remains a vital part of kihon (basic techniques) and self-defense training.



Seiken Ago Uchi Middel Punch



Uraken Gammen Uchi Forward Punch



Uraken Sayu Uchi Side Punch



Chudan Nukite Middel 3 Finger

Uke - BLOCKS

**Jodan Uke Uppuer Block**

The jodan uke (high block) is a defensive technique used to protect the head and upper body. It is executed by raising the arm to a high position, typically above the head, in a strong, sweeping motion. The purpose of jodan uke is to block incoming strikes aimed at the face or head, redirecting the opponent's attack while maintaining a solid stance. This block also helps set up counterattacks, demonstrating precision, timing, and control in defense.

**Ago Uke
Middel Outside Block**

Middle outside block is a defensive technique used to block attacks aimed at the torso, such as punches or strikes to the midsection. The block is performed by extending the arm outward from the body at a 45-degree angle, using the forearm to deflect the incoming strike away from the centerline. The purpose of chudan soto uke is to protect the upper body, maintain balance, and create openings for counterattacks. This technique requires proper timing, control, and body alignment to be effective in both defense and setting up offensive moves.

**Soto Uke Middel inside Block**

It is a defensive technique used to block attacks aimed at the torso, such as punches to the midsection or solar plexus. The block is performed by bringing the arm across the body in a circular motion, with the forearm positioned vertically to deflect the attack inward, toward the centerline. The purpose of chudan uchi uke is to protect the torso while maintaining strong posture and balance, and it can also set up counterattacks. This technique is fundamental for developing effective defense and timing in both sparring and self-defense situations.

**Gedan Barai Down Block**

This is a defensive technique used to block attacks targeting the lower body, such as low punches or kicks aimed at the abdomen or legs. The block is executed by sweeping the forearm downward in a horizontal motion, deflecting the attack while simultaneously moving the body to a more defensive position. The purpose of gedan barai is to protect the lower body, disrupt the opponent's attack, and create openings for counterattacks. It is a fundamental technique that emphasizes timing, control, and effective body movement.

Geri - Kicks



**Kin Geri Groin
Kick**

Being one of the easiest kicks in karate, kin geri is a groin kick executed with a quick, upward motion using the instep or the ball of the foot. Its primary purpose is to target the opponent's groin, exploiting a highly vulnerable area to incapacitate them. This technique is commonly used in self-defense to create an immediate opening or escape opportunity, emphasizing speed, precision and effectiveness.



**Mae Geri Front
Kick**

Knee strike is a close-range technique that uses the knee to deliver a powerful upward strike, typically targeting the opponent's torso, ribs, or face. Its purpose is to inflict significant damage, break through the opponent's guard, and create openings for follow-up attacks. The hiza geri is effective in both offensive and defensive scenarios, emphasizing speed, power, and precision in close-combat situations. Commonly used in sabaki karate styles



**Hiza Geri Knee
Kick**

Knee strike is a close-range technique that uses the knee to deliver a powerful upward strike, typically targeting the opponent's torso, ribs, or face. Its purpose is to inflict significant damage, break through the opponent's guard, and create openings for follow-up attacks. The hiza geri is effective in both offensive and defensive scenarios, emphasizing speed, power, and precision in close-combat situations. Commonly used in sabaki karate styles



**Kansetsu Geri
Side Knee Kick**

**Yoko Geri
Side Kick**

This is a powerful and incredible technique delivered by striking with the heel or the blade of the foot in a sideways motion. It targets the opponent's midsection, ribs, or head. The purpose of yoko geri is to create distance, disrupt the opponent's balance, and deliver a forceful blow. It is effective for both attacking and defensive maneuvers, utilizing speed, precision, and power, making it a key technique in both sparring and self-defense.

Mawashi Geri – Roundhouse



**Gedan Mawashi Geri Roundhouse
Thigh Kick**

Gedan geri (low kick) is a powerful strike targeting the opponent's legs, usually the thighs, calves, or knees. Delivered with the shin or instep, its purpose is to weaken the opponent's stance, reduce mobility, and disrupt balance, often setting up opportunities for further attacks. This technique is highly effective in both sparring and self-defense, emphasizing precision, speed, and power.



**Chudan Mawashi Geri Roundhouse
Middel Kick**

chudan mawashi geri is a middel, circular kick targeting the opponent's ribs or underbelly. Could be a fatal kick if it is used perfectly. Delivered with the shin or toe, its purpose is to deliver a decisive, powerful strike, often as a stop move. It is also effective for breaking through an opponent's guard and demonstrating speed, flexibility, and precision.



Jodan Mawashi Geri Roundhouse Head Kick

Begin in a proper fighting stance, feet shoulder-width apart with your dominant foot slightly back. Keep your hands up to protect your face. Lift your kicking knee high toward your chest, keeping your foot flexed. This is your chamber position, crucial for generating power. Your foot should be at about waist height, maintaining balance. As you extend your leg, pivot on the ball of your supporting foot (the foot not kicking). Rotate your hips toward the target to add power to the kick. The more you pivot, the more force you can generate.

Extend your leg in a circular motion toward your target. Your foot should strike with the instep or ball. Aim your kick at the opponent's midsection or head, depending on the situation. As your leg extends, keep your core tight to maintain balance. After the kick makes contact, allow your leg to continue its trajectory for a moment. Quickly bring your foot back down and return to your fighting stance. Keep your hands up to guard against counterattacks.

Use pads or a heavy bag to work on accuracy. Focus on hitting specific spots, like the center of the bag, to improve precision. Practice the kick in the air, focusing on form and technique. Work with a partner to practice timing and distance. Have them hold a target for you to aim at while they move around. Incorporate exercises like leg lifts and stretches to enhance the strength and flexibility of your legs, which will improve your mawashi geri. In a sparring scenario, if you notice your opponent is leaning forward, a well-timed mawashi geri can catch them off-guard, especially if you feint a punch first to draw their attention away from your kicking leg. This tactic not only adds unpredictability but also maximizes the impact of the kick.

HISTORY OF KARATE

One notable milestone in the martial arts calendar began early in the 5th Century AD when Bodhidharma, a travelling monk, entered China from India with his own form of spiritual teaching and self defence.

Bodhidharma's teaching of Zen Buddhism led him to believe that his followers were weak and not of sound mind, he thus developed and introduced systemised sets of exercise and physical techniques of Yoga, which consisted of stretching posture and deep breathing. This format was designed to strengthen the mind and body and the exercises later lent itself to the beginning of the Shaolin style of temple Kung fu. It was through breathing and meditation that practitioners developed almost superhuman skills to defend themselves against hostile bandits and so began the myths of the Shaolin monks. It is within these principles of Bodhidharma's teachings that martial arts evolved and formed the basis for a majority of the Chinese martial arts. A philosophy that later found its way across Asia to the Japans.

Hundreds of years later we find ourselves at Okinawa, a small island in the Ryu Kyu chain which leaves the tip southern most tip of Japan and leads to mainland China. In 1609 Okinawa was invaded by the local daimyo of the Shimazu clan. Being at the crossroads of a major trading route its significance within the Empire was of great importance. The rebellion to overthrow the samurai rule in Okinawa led to the first banning of all weapons by the Japanese invaders. This drove local resistance fighters to seek basic empty hand techniques.

However it was the second rebellion and banning of weapons on the island that formed the catalyst for the martial art system we know today as "karate", based on the indigenous form of closed fist fighting known early on as Okinawan Te, or 'hand'. These weapons bans, imposed on the Okinawans at various points in their history, encouraged the refinement of the empty-hand style. Further influences from other martial arts systems brought by nobles and trade merchants to the island also found their way into this Okinawan system. As time passed, Karate and its development soon took on a more clandestine route and remained a secret until modern times and the advent of World War Two.

Te continued to develop over the years, primarily in three Okinawan cities: Shuri, Naha and Tomari. Each of these towns was a centre to a different sect of society: kings and nobles, merchants and business people, and farmers and fishermen, respectively. No doubt, there was a system in place. However, it was until someone called Sokon Matsumura put together a collection of prescribed moves, that Karate started resembling the martial art we know at present. The moves were called "Kata".

For this reason, different forms of self-defence developed within each city and subsequently became known as Shuri-te, Naha-te and Tomari-te. Collectively they were called Okinawa-Te or Tode, 'Chinese hand'. Gradually, karate was divided into two main groups: Shorin-ryu, which developed around Shuri and Tomari and Shorei-ryu which came from the Naha area. It is important to note, however, that the towns of Shuri, Tomari, Naha are only a few miles apart, and that the differences between their arts were essentially ones of emphasis, not of kind. Beneath these surface differences, both in the methods and aims of all Okinawan karate. Gichin Funakoshi goes further to suggest that these two styles were developed based on different physical requirements. Shorin-ryu was quick and linear with natural breathing while Shorei-ryu emphasized steady, rooted movements with breathing in synchrony with each movement. Interestingly, this concept of two basic styles also exist in kung-fu with a similar division of characteristics.