

EGAMI KARATE-DO: THE EFFECTIVENESS OF "HEIHO"

The effectiveness of Egami Karate-do passes first of all through a process of awareness of one's own energy dimension and that of the environment, combined with a good use of techniques and body movement. We usually completely ignore the energy we are made of and in which we live. The human being, like the whole universe, is composed more of energy (about 70%) than matter (about 30%): we will never be able to fully realize ourselves as human beings if we do not reach the awareness of the energetic dimension that we are and the one we live in.

Two great researchers have placed energy at the center of their existence, Albert Einstein said: "We see, hear, speak, but we don't know what energy makes us see, hear, speak and think. And what's worse, we don't care about it. Yet we are that energy. This is the apotheosis of human ignorance. " Master Shigeru Egami demonstrated with his "toate" how important energy is and how powerful the energy we emit can be if we are able to govern it.

Almost always in the world of karate and martial arts in general, physical strength, speed and aggression are put first. Unfortunately, this mix of factors almost always leads to a result that does not coincide with the principles and the idea of the founder of Karate-do, Master Gichin Funakoshi; this approach, on the other hand, inevitably leads to an increase in aggression and consequently to a greater need to dominate and subdue the other. This type of approach, for those who explore it, becomes the only way forward, and over time it becomes the only way towards disappointing victories because without winners.

Physical strength is undoubtedly a positive aspect of the human being, but it remains such only if it is not guided by aggression and used to impose oneself or to dominate the other, because otherwise it is destined to transform any noble martial art into a method of brutal struggle.

We also know that physical strength and speed do not last long and are destined to diminish over time; moreover, if not guided by a calm and clear mind, they inevitably lead to a conflictual existence, with oneself and with others.

In Egami Karate-do, human aggression is considered the greatest obstacle from which we must be freed in order to achieve maximum effectiveness of the techniques and action. It is therefore necessary to undertake a path to understand where it comes from and what are the contrast factors inside of us that generate it. This path of awareness and self-pacification is called "*Heiho*", the method of inner peace of Master Shigeru Egami: this method offers us the possibility to transform and sublimate aggression towards courtesy and kindness, thus abandoning the conflictual world in which we are unknowingly imprisoned and entering a world made of agreements and beneficial harmony.

Egami Karate-do is an extraordinary method for learning to connect energetically with others, nature and the universe. Through the discipline we can in fact attend and become familiar with energy thanks to an intense training of the body and mind together, to achieve the perfection of techniques, overcome our limits and interact harmoniously with the environment.

Each workout is geared towards achieving a mind which is calm and as opened as possible. For us it is essential to increase over time the ability to face extreme difficulties with a lucid, relaxed and available mind in a soft and heavy relaxed body. Our goal is to be able to concentrate the physical weight, the will and energy "*ki okuru*" in the focal point of the technique and, from here, with natural and harmonious movements, totally transfer all ourselves into the other's body, in a sort of energetic fusion: "*jita ittai*", becoming one with the other.

The calm mind is the key to accessing the dimension of *Heiho*, the only condition that offers the practitioner new horizons to explore and discover, made up of harmonious relationships, where conflict gives way to agreement. In this dimension, tensions decrease and the body finally regains its natural movements which lead it to move more and more "*together*" rather than "*against*".

Only in the presence of a calm mind can we reach the maximum of lucidity which will allow us to act at the right time and with natural and decisive movements so as not to be found there where they want to hit us: "irimi".

Enzo Cellini, January 25, 2022