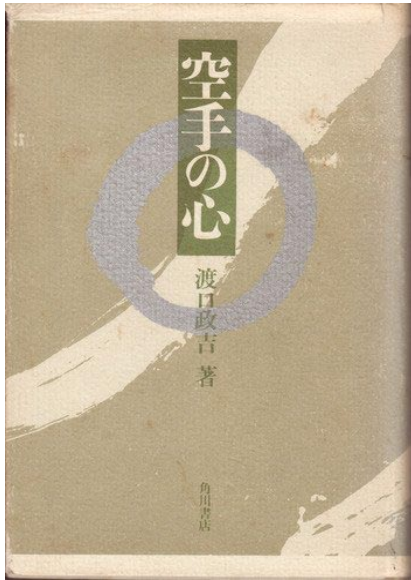


The Heart of Karate: Master Toguchi Seikichi interview



So, I was flipping through Toguchi Seikichi's book "The Heart of Karate" (1986). In it there is an interview of [Toguchi Seikichi](#) by Hokama Shuzen where Toguchi discusses training with [Higa Seko](#). And his response was really interesting (hint, it has to do with kigu undo).



Higa Seko (seated centre) & Students, March 3, 1951.

On pages 152 to 153 under the section titled "About Karate Kata" Toguchi says the following about learning Karate from Higa Seko and the role of kigu undo:

Hokama: When you first started (Karate), what did you learn?

Toguchi: Not surprisingly, when I first started I learned how to walk in Sanchin.

Hokama: So, right at the beginning you learned how to walk in Sanchin...And after that you practiced kumite and the like?

Toguchi: No, I didn't do kumite.

Hokama: So, no kumite?

Toguchi: Right.

Hokama: After Sanchin what did you learn next?

Toguchi: Well, there was lots of equipment there (in the dojo). Muchi-Ishigwa (持ち石), Gamigwa (甕), etc.

Hokama: So these were supplementary equipment to train your technique.

Toguchi: That's right. The machiwara (巻藁) and the like...We used (all) these.

Hokama: Oh, so how to use the supplementary equipment.

Toguchi: Sensei would teach the students Sanchin in order of seniority. Off to the side was a hallway. That's where I was taught. We would practice walking in Sanchin until sensei said, "good". Then we would bow and go off to the hallway and exercise with equipment like the (much) ishi.

Hokama: I see.

Toguchi: Kata was something that we hadn't memorized yet at the beginning, so we would use equipment, strike the makiwara, and eventually we would remember the kata.