

Petal Power – Traditional Karate A Weapon of Self Defense

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Abstract

Women are graceful and tender like the petals of a flower. But, if someone plays with their dignity they can transform into a prowling tigress. Traditional Karate plays the role of a transformer. It is a weapon, which is hidden beneath the beauty of a woman and used only for self defense when there is a pressing need. Karate has been misunderstood by many as just another blood sport which spreads unnecessary violence. This article will enlighten you with the inner perspective of this art of self defense – its myths and how it makes a woman self independent and powerful.

KEYWORDS: Graceful, Flower, Transformer, Traditional karate, Self defense, Myths

Karate the Art:

From the ancient times male and his super ego have ruled the world. With the changing times and equality as the utmost important human right, women have been able to lift themselves up. But it has all to do with self worth, fighting spirit and courage. Structurally and anatomically individual differences have always persisted among the male and the female but taking undue advantage of this has been a common practice among the male especially more in the backward classes. But, we can say that this has become predominant and is present in cosmopolitan cities as well. Metro cities' turning red in innocent blood with the many rapes is a common news headline. This being the present scenario Martial Art forms like Traditional Karate which have been practiced since the ancient times are now gaining momentum. These are a blessing in disguise for the weaker sex.

Myths behind the art which refrained women from practicing it:

- 1) Traditional Karate used to be considered (and even now by some) to be a sport which would cause physical injury specially to the face and this would cause the girl child becoming ugly and unfit to get a suitable groom in the future.
- 2) Others considered that if learnt by the girls at an early age the hands and legs would become thick and manly.
- 3) Another myth that the menstrual cycle might be affected due to the rigorous physical activity that the art involves.
- 4) The women would become violent and all the time instigate in fighting thus lose their grace and dignity.
- 5) People think breaking bricks and playing with rods and sticks can be dangerous and a risk factor.

The actual art and its benefits for women:

- 1) Traditional Karate is like a see saw which maintains the balance between the development of physical strength and the mental alertness and agility.
- 2) Physically the body muscles and bones get more toned and shaped practicing the art.
- 3) It helps make one react quickly in times when others would just freeze and helps use the presence of mind to move to safer zones and seek help.
- 4) The art is not going to suddenly produce a super woman who can just fight a gang of ill minded guys but, yes surely teach to confidently face the situation, equip the woman with the sixth sense to react before it gets too late.
- 5) Learn to strike at the vulnerable points and kill the attacker mentally and trance him for the time being enough for the woman to save herself.
- 6) Not allow anyone to manhandle her in public places like roads or public transport like buses.
- 7) The art can be learnt the non contact way where there is no chance of injury and as an when the going gets tough protective gear can be used (mandatory now a day's even during practice)
- 8) Improves mental sharpness and develops the mind and the body to face any situation- real life
- 9) The shyness and timid nature is substituted with the confidence to raise a voice and boost up the self esteem is what karate does.
- 10) It teaches to break the bone and snatch at the weaker points of the male attacker rather than to break bricks.

Thus it is high time that every girl and woman tries to enhance her knowledge regarding karate. Learn the basics of this art not even master it, but at least grasp the specifics to defend and be self independent. In today's world to get an extended helping hand is very rare. People either turn a blind eye or a deaf ear to situations which are traumatic and sentiments have died. So raise your own power to deal with situations as life is unpredictable.

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