

KURODAIYA

The Next Generation Self-defense/fighting system



Developed and founded by **KRISHNA GOPAL**, Since 1990

Colofon

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Foreword

This is the third book about Kurodaiya. The first one (*Kurodaiya, the next generation Self-defence fighting system can be ordered at www.boekscout.nl*) The second book of Kurodaiya is published about self-defence for women. Available only at KTEC.

In this book I will explain the biomechanical process on which the Kurodaiya system is based.

As the founder and developer of this system, I am the only designated person to explain the biomechanical process and the application of this process in the Kurodaiya system.

It appears that nothing can be found on the internet and other sources about the biomechanical process of the human body. Everything stops at biomechanics, which is only a small part of the whole process. I find it difficult explaining Kurodaiya through videos because they cannot feel what the process is doing exactly. I think experiencing and reading about this system will make it easier and better to understand it. There is a great disbelief about Kurodaiya principle. Because it's about minimizing power, minimizing contact and minimizing movement to deal more effectively with the muscles.

Describing the process is very difficult. But yet I will try to explain this process using Kurodaiya techniques. You will have to update your frame of reference. Because your frame of reference contains something different and the biomechanical process will tell you something different.

The process will help you understand and experience better by undergoing it by yourself. It is important to experience this system personally. Then you can feel what the process does with the body. I would recommend you to attend a trial lesson of this system to experience it. Certainly, after reading this book and have experienced it, you will understand Kurodaiya better.

Introduction

The first book that appeared in 2015 describes how this new system has emerged. In this book you can read how it works. In this book I will go deeper into the Kurodaiya principles and philosophy.

Developing a self-defence and fighting system in which you learn to defend yourself against people trained in other Martial Arts and with which you can participate in all forms of contests, has not been an easy task. So far, you only learn to defend against the same group of people you train with in your own style. But in society you have to deal with people who are trained in other styles or not trained at all. Especially the last group is more unpredictable in their action. So, the training does not meet the reality. Because the same attacks will be performed by the practitioner of another self-defence or martial arts, in a different way than by untrained people. To understand this, you will need to understand and apply the biomechanical process. This created a revolution in this area, as it provides the necessary skills and opportunities to deal with practitioners of other (fighting) styles as well as with untrained people. This revolution is called KURODAIYA. Someone who practices Kurodaiya is a Kurodaiyist.

In order to understand how this revolution has arisen and how it works, knowledge of the human body and an open mind is required to new things you have not experienced before. By applying the biomechanical process in Martial Art, forces you to think and act in a new way. The current frame of reference is no longer true to what the biomechanical process tells. Often you will feel that what you've learned in those years, is basically based on learned (fantasy) movements and not on realistic movements. You will have to turn around 180 degrees to understand Kurodaiya and the biomechanical process.

This generation of people will not replace their training with Kurodaiya in large numbers. The new generation will be active in the future, like Karate, Judo etc.

Therefore, Kurodaiya is "The Next Generation Self-Defence Fighting System".

The goal of self-defence in the current situation is to eliminate the other. The Kurodaiya system aims to make you feel safe and ensure that no one can injure you or damage you. You must be able to apply "appropriate violence" (proportionally) to defend yourself. This is also a requirement of the law. In fact, every citizen must be able to defend himself and help others with appropriate violence.

Think about social control. If we could arm all of us with skills to defend ourselves, we would be able to help each other and stand up against meaningless violence.

During experiencing Kurodaiya, many questions arose about how it is possible that the techniques to defend yourself are so simple.

KURODAIYA the Revolution in Martial art

In order to answer this question correctly, it was not that difficult, but understanding my answers is a mystery to many, which causes misunderstanding and confusion.

For the people who understood, it was an eye opener. There is very little known about this subject, despite the fact that much is unconsciously being used in the field of sports and medical science.

I felt there was a need to have a reference book for people interested in this. Hence my commitment to write this book.

I'm a researcher, out of the box thinker, a philosopher and innovator who has discovered how the process in the body works and can be applied in self-defence or martial arts, to effectively defend yourself in a non-aggressive and de-escalating way and competitions in a much less injurious way.

Experiencing is believing!

History of Kurodaiya

Kurodaiya originated from practical experiences. With years of experience in various Martial Arts to Dan degrees level, I could not defend myself optimally in a real fight. I came to the conclusion that what was learned in the dojo and the competition experiences was not sufficient to defend myself. It surprised me that I could get beaten by untrained young people. This was because the traditional styles still work a lot with the biomechanics of the body. When talking about biomechanics, it means the kinetic aspect of the human body. This has to do with the movements that the joints can make. They are limited in their movements. This is a small part of the biomechanical process. The kinetics offer limited movement possibilities of your arms and legs through the hinge joints and ball joints. The movements can be predicted.

After a few serious injuries during real fights, I could only conclude one thing; what I had learned in the dojo, I could not apply in practice. My biggest question was "how can this be done".

Nobody could give me an answer to this. Not my Judo teacher, not my Jiu Jitsu teacher, not my Tai Jitsu teacher and not my Karate teacher. The only thing I heard was that I had to train harder. This did not help me, of course, and my self-confidence fell all the way to the bottom.

With my background in a year of physiotherapy and sports teacher, I started my research, to the real reason why I could not deal with attacks in practice. I came to the conclusion that your partner with whom you train is always cooperating to achieve the movement that is being taught. The training is based on a dummy training. This means that the attacker stops his movements after one attack and takes no further action. The attacker therefore only uses one arm or one leg and nothing else.

The defender, on the other hand, uses both his arms and legs to defend with a series of movements that look very violent. This gives a false sense of safety. And this was the reason that I could not defend myself in practice. Because in practice the attacker uses both his arms and legs and that is something you do not learn at the gym or in the dojo.

This was the reason for me to throw everything I had learned overboard and start again with defending on attacks where the attacker will and can always do a follow-up attack. Because this is the practice and reality. Then Kurodaiya was born.

By applying the biomechanical process, it has expanded and developed into a system where you can defend against all kinds of attacks with minimal force, contact and movement.

I started looking for opportunities where you could make a movement with minimal use of your power that can also be effective. Because I was and I am not that strong physically.

I was moved a lot by the attacker, so I could not function well enough with the techniques I mastered.