

SHUCHU RYOKU

Cumulative power is generated when all the parts of the body work in concert to focus along the body's axis, the force from the ground, to a focused single point on the body.

Posture, kamae, balance and focus are factors to keep in mind when generating Shuchu Ryoku.

It is possible to divide the body according to its movement, the head, torso, back, hips, arms and legs. Each body part can move independently, but by coordinating all these body parts in the correct order and timing, starting from the ground up, a surprisingly large force can be generated with little or no muscular effort.

