

Introduction to Tetsudo



*Guru Ustad
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Tetsudo

What is Tetsudo?

Welcome to the Art of Tetsudo. May your training be enjoyable and beneficial as mine was. There can be no finer introduction to the Artform than the words of the late Master Tambo Tetsura.

Guru Ustad B. S. Dhaliwal

"Considering that the vast majority of the living world can move, it is surprising that movement should be thought of as a difficult task. Most movements are very easy. The clever people who write books on Karate, seldom take the trouble to show us how easy it all is - on the contrary they seem to want to impress us with their tremendous cleverness by presenting the subject in the most difficult way.

Being myself a very simple fellow, I have tried to formulate in the Art of Tetsudo a simple study of the body. Only you as the student can be the judge of that, but I hope that I have succeeded to that effect."

Master Tambo Tetsura

Tetsudo is a martial art that has its roots in Asia. The late great Master Tambo Tetsura was born in Tibet but it is known that he travelled extensively and studied all aspects of martial arts such was his interest in them. He studied Karate (Japan), Tai-Chi (China) and Ghatkhan (India - stick fighting). Master Tetsura noticed that most of the martial systems tried to make students conform to the pattern of the "style" and not for the needs of the individual. In the late 1950's he arrived in England and, as mentioned, was well versed in all aspects of martial arts but found that none incorporated a philosophy for the individual person. It was in 1960 that he met a young person called Balbinder Singh Dhaliwal in the Wolverhampton Library. It was at this time that the whole core of the Artform we now call Tetsudo (The Way of Tetsura) came into being. This young person became the sole heir and possessor of the knowledge that Master Tetsura had of martial arts. Master Tetsura died in 1966 leaving Balbinder Singh Dhaliwal his sole student to be the flag bearer of his method of martial art. At first Mr. Dhaliwal named this method Goyararu, but it was 23rd July 1994 that became Foundation Day for the Artform of Tetsudo - The Way of Tetsura.

Tetsudo students are actively encouraged to explore their emotional persona which will aid them to gain greater understanding of themselves and the environment in which they live. Rather than stifle diverse thinking, each individual student (shish) can with basic methods of body movement explore their full potential within this unique Artform.

This information is aimed purely to give you an idea of what general training in Tetsudo can be like, but it is stressed that reading a web page cannot come close to training in a real session. If you are interested or curious in getting more information on Tetsudo, look at the "Clubs" section on this site.

About the Association

The Tetsudo Association is a non-profit making organisation whose purpose is to teach and spread the artform. No instructor gains financially from teaching the artform, and a modest fee is only charged to students to cover running costs, new equipments and other such overheads.

Most martial arts styles, at some point in their existence, suffer from break-away fractions. This may be due to differences in opinion, conflicts or ego and such like. The Tetsudo Association is the sole authority responsible for the teaching and development of Tetsudo. Tetsudo is an artform based on concepts (as opposed to learning set patterns) and it is important that these concepts are passed on to subsequent generations of students untainted. By learning these concepts a student is able to develop the martial art to suit their individual nature and personality - however all students must learn the same root concepts. The Tetsudo training syllabus has been carefully thought-out and designed to teach these concepts in an effective manner and therefore all Tetsudo Instructors teach from the same syllabus. The Artform is owned by Guru BS Dhaliwal who was the sole student of the founder Master Tambo Tetsura. The artform will continue to further and evolve its teaching syllabus, and it will do so through the Artform's central Teaching Committee.

The Tetsudo Association maintains the standards in its gradings and ensures that students are fully competent in their understanding of the Artform relative to their grade. The artform is taught in a controlled and safe environment and students are expected to show self control and a responsibility towards others both in and out of the training hall.

Tetsudo is a martial art which boasts a rich diversity of people who train in it. In the Artform all students are treated equally and are encouraged to bond and support one another in their training. All are welcome who come through our doors.

Basic Techniques

Within any particular Tetsudo training session, there is a very good chance that you will practise basic techniques in one form or another. The importance of basic techniques cannot be over-emphasised because they are the root source of other more complex and sophisticated techniques.

Basic techniques provide a number of functions to the student. They give the student experience of the full range of human motion in a controlled way, allowing the student to explore what their body can do. They also provide the fundamental techniques needed to freestyle, and to perform kata.

The kind of techniques you will find within a training session range from relatively simple punching techniques, to complex kicking techniques. Most beginners to the Art form seem to believe that it is sufficient to practise, strengthen and concentrate on the actual limb that is involved in the technique. This, however, is not so, because without the coordinated activity of various other parts of the body, the technique will lack in its efficiency and effectiveness. The student should always bear in mind that the ideal technique only comes about when the **WHOLE** body is involved in its performance

"Punch with your feet and kick with your hands." - Master Tambo Tetsura

Freestyle

The art of Tetsudo has incorporated into its teachings one of the basic cornerstones of response and stimulus. This is taught as freestyle. The term freestyle is learning the basics you are equipped with and the knowledge of movement with a partner walk hand in hand.

As students learn in the early stages they are introduced to one of the forms of freestyle which enables the student to utilise his basics in a free form. This method is called COMPROMISED FREESTYLE. Compromised freestyle is where the stimulus and response is with a partner rather than an imaginary opponent. The movements are light and passive in an attempt to open up a student to practice his/her basics in a free flowing and non-restrictive manner.

As students progress through their learning and practice of basic techniques then they are introduced to COMPETITIVE FREESTYLE. This is where tactics and the game of chess is played on the fighting area. This is where the partnerships try and outwit and attempt strategies to score a point against their partner. The point scoring is where an opponent gets through a guard and scores a point on the body of their partner. The idea of scoring is where you have penetrated a person's guard and the touch is light enough to allow the partner to know that his defence is inadequate. This way the person scoring the point and the person having the point scored against him/her can further advance their learning experience. Usually in competitive freestyle bouts in a class situation are monitored by referees but in the case of advanced practitioners they can monitor their own point scoring by acknowledging points received and obtained.

The final freestyle is COMBAT FREESTYLE. This is where the partnership is in the fighting area purely to defeat their opponent. The methodology is fast, swift and the blows are harder. As this method of freestyle is again usually in class situations this usually is monitored by the Instructor in charge of the class. It does not relate to street fighting which should be purely for self-defence and to obtain the safety of the practitioner to enable them to live to fight another day.

Kedh

Tetsudo Kedh can be likened to Karate "Kata" or Kung-Fu "Forms". Kedh consist of a long combination of movements and techniques preformed against imaginary attackers. Though the purpose of Kedh lies far beyond just training various formats of basic techniques. Kedh exercises a practitioner on a variety of levels, being physical, mental and emotional.

There are numerous benefits from performing Kedh, examples of these are listed below:

Physical

- Body Mechanics
- Fitness and physical conditioning
- Balance
- Rhythm and timing
- Application of various fighting principles

Mental

- Focus and intent
- Philosophy and principles that extend beyond the combat arena but into life as a whole

Emotional

- Emotional control - the ability to vary emotional states at will
- Emotional content - the ability to add an emotional level to physical movement/expression to enhance it, rather than the emotions wholly taking over the physical expression

Above is a simplified and categorised description of the benefits of Kedh. In practice, the training of body, mind and emotional content is practiced in unity. For example, varying emotional content will have varying effect on the physical expression. Likewise strong, soft, rigid or flowing movements can have differing effects on the mental and emotional level. Symmetric and balanced postures can balance and settle the mind, while mental focus and intent will focus the physical energies to an optimal level.