

## Midori Yama Budokai: *Hanshi's Corner*

Written by Professor Ron Rogers

November 2015

*Ichi go, ichi e: One life, one meeting*

**Withered branches –  
And the evanescent memory  
Of a cicada's voice  
Kagai**

### **Ho T'ien Ba Gua**

This particular system corresponds to the eight basic trigrams, which then expand to the sixty-four linear methods, corresponding to the I Ching's hexagrams. The lines are given in the traditional fashion from the bottom line to the top line. As an item of interest, W. E. Fairbairn is of the Gao lineage.

1. Light (Ch'ien); the House of Creation, is made up of three unbroken lines representing the creative. This expands to 1 the Creative, 44 Coming to Meet, 33 Retreat, 12 Standstill, 20 Contemplation, 23 Splitting Apart, 35 Progress and 14 In Great Measure.
2. Water (K'an); the House of the Abysmal, is made up of one broken line, one solid line, and a third broken line representing water. This expands to 29 Water, 60 Limitation, 3 Difficulty at the Beginning, 63 After Completion, 49 Revolution, 55 Abundance, 36 Darkening of the Light and 7 the Army.
3. Mountain (Ken); the House of Keeping Still, is made up of two broken lines and one solid (unbroken) line at the top. This expands to 32 Keeping Still, 22 Grace, 26 Taming Power of the Great, 41 Decrease, 38 Opposition, 10 Treading, 61 Inner Truth and 53 Development.
4. Thunder (Chen); the House of the Arousing is made up of one solid line at the bottom and two broken lines above. This expands to 51 Arousing, 16 Enthusiasm, 40 Deliverance, 32 Duration, 46 Pushing Upward, 48 The Well, 38 Preponderance of Great and 17 Following.
5. Wind (Sun); the House of the Gentle, is made up of one broken line with two solid lines above. This expands to 57 the Gentle, 9 Taming Power of the Small, 37 the Family, 42 Increase, 25 Innocence, 21 Biting Through, 27 Corners of the Mouth and 18 Work on the Spoiled.
6. Fire (Li); the House of the Clinging, is made up of one solid line, one broken line and another solid line on top. This expands to 30 Clinging, 56 the Wanderer, 50 the Cauldron, 64 Before Completion, 4 Youthful Folly, 59 Dispersion, 6 Conflict and 13 Fellowship with Men.
7. Earth (K'un); the House of the Receptive, is made up of three broken lines. This expands to 2 the Receptive, 24 Return, 19 Approach, 11 Peace, 34 Power of the Great, 43 Breakthrough, 5 Waiting and 8 Holding Together.
8. Lake (Tui); the House of the Joyous, is made up of two solid lines and one broken line on top. This expands to 58 the Joyous, 47 Oppression, 45 Gathering Together, 31 Influence, 39 Obstruction, 15 Modesty, 62 Preponderance of Small and 54 Marrying Maiden.

**Note:** The eight “Houses” given above relate to the Buddhist Eightfold Path, as this particular style of Ba Gua is very Shamanistic in nature.

For more information on this system read, *Walking the I Ching, the Linear Ba Gua of Gao Yi Sheng*, by Allen Pittman.

### **Developing a Personal Safety Consciousness for the Ladies**

#### **Safety on the Street**

- Do not walk alone. If you are walking for exercise, do not have the headset turned up full volume. It is a good idea to have only one earphone on and best not to have the headset on at all.
- Stay on well traveled and lighted streets.
- Never hitch hike.
- If someone in a car asks for directions, call out the directions or ignore the individual, but do not approach the car.
- Always have your cell ‘phone, but carry enough change to make a call if necessary.
- If you suspect you are being followed, cross the street or go in the opposite direction. If the person persists, ‘phone 911.
- Keep your hands as free as possible. Walk confidently.
- Carry your purse close to your body or under your arm.
- Do not:
  - Carry all your money in your purse.
  - Leave your purse unattended.
  - Display money in public.

#### **Safety at Home**

- Keep your doors locked whether at home or not, and use strong secure dead bolts and locks.
- Lock windows and screens, especially in the summer.
- Do not leave a message on your answering machine stating that you are not home; have the message state you cannot come to the ‘phone at this time, but will return the call.
- If you live alone, do not put your name on the mailbox.
- Keep shades, curtains and blinds closed. Have the slats in the blinds facing up, otherwise someone can still see into the house.
- Do not admit strangers into your place of residence. Make all repair men and delivery men show appropriate identification.
- If a stranger asks to use the ‘phone, get the number and make the call for him. Do not let him inside.

#### **Safety in the Car**

- Keep all doors and windows closed and locked.
- Park in well-lighted areas and lock your car.
- Have your keys in your hand when approaching the car so you do not have to take time to find the correct key. Holding the key between the thumb and first finger can be a weapon. Do not place the keys between the fingers! If you do so and the assailant grabs your hand it will hurt you more than him!

- Do not pick up hitch hikers, and do not stop if someone has car trouble. Call 911 and report their location.
- If your car breaks down, activate your emergency flashers and raise the hood. If someone stops to help, and you do not have an active cell 'phone, have them call 911. Do not get out of the car.
- Do not leave your keys with a parking attendant. Have them return they keys after they have parked the car. Do not have your house key on the same key ring as your car key, or be able to remove one key and retain the other.
- If you think you are being followed, do not drive home. Drive to a police station, gas station or fire station and honk the horn until someone comes to help.
- Always carry a mobile 'phone, cell 'phone or enough change for an emergency call.

Based, in part, on Jay Merkley's book, *Avoidance, Awareness and Self-Defense*.

### **JHR: Jailhouse Rock**

Jailhouse Rock is/are allegedly the fighting style/s developed in American prisons and originally used by the criminal element. Different styles exist, such as "52 Hand Blocks," "Comstock," "Gorilla," "Barnyard," "Napinoch," "Mount Meg" and "Strato." These styles vary greatly in content and methodology, reflecting physical realities of specific institutions. Specifically, the style is designed for "back-to-the-wall" fighting and fighting in confined spaces. One type of evasion is the Woodbourne Shuffle. The idea is to get in close – "snake range" – before making a surprise attack. Legend links the 52 Hand Blocks to "52 pickup," and the expression, "let the cards fall where they may." Practically, it probably refers to an actual 52 methods of blocking, and originated in East New York. It is also known for close-in elbow shots and forearm strikes to the neck. Bernard Hopkins, middleweight contender, stated that in Philly, it was known as the "Bumrush." The Comstock style uses "dirty fighting." The opponent is deceived into thinking he's going into a "fair fight" (an oxymoron, if ever one existed!) then kicked in the ankle, kneecap or testicles. However, due to media attention, they are becoming more mainstream and consequently more codified. Jailhouse Rock is believed to be formed from a hybrid African-American style of fighting and slave arts known as "knocking and kicking," practiced in the Southern US and Sea Islands. Other influences are Mani from Cuba, Martinique Ladjá and Eritrean Testa. JHR also has been highly influenced by bare-knuckle fighting; specifically, the art of "cutting," which was used by champion Tom Molineaux. It has been compared to both Capoeira and Savate, and referred to as America's only Native Martial Art. Supposedly, Floyd Patterson developed his distinctive "peek-a-boo" fighting style from this system while incarcerated in Cocksackie Penal Institution, and his trainer, Cus D'Amato passed it on to other boxers. Kid Gavilan also learned this style in Cocksackie. JHR style has been verified by professional boxers, Zab Judah and Mike Tyson, who used "gangsta locks" in some of his early bouts. These are best described as "hypnotic." Dennis Newsome trained Mel Gibson in this art for the 1987 movie, *Lethal Weapon*. It has also been mentioned by Gary Bussey, who was also trained for the same movie. There was also a Capoeira instructor and Rorion Gracie, who worked with the two stars. Capoeira is a form of Yoruban dance to the Orishas (better known as Santeria). Wesley Snipes also uses JHR in his movies (especially *Blade*.)

Based in part on information from Chris Crudelli's, *The Way of the Warrior, Martial Arts and Fighting Syles from Around the World*.

### Terminology

*Shinki* is a nerve point on the human body.

*Kaiseki* is an analysis of *kata*; the Okinawan version of *bunkai*.

*Menjo* is rank certification.

*Makato* is feeling of complete sincerity and total frankness, which requires a pure mind, free from any pressure.

*Manabu* is learning by imitating. This was (and still is!) the traditional way of teaching. No explanation is given. One learns by copying the instructor and senior students.

*Rensei* is a practice tournament after which students are critiqued on their performance.

*Shidojin* is a formally recognized assistant instructor who has not yet been recognized as a *sensei*. S/he teaches the technical aspects of the style.

“There are three types of people – the worm, the sheep and the wolf. Worms turn over the earth, sheep get sheared but wolves and tigers roam free.”

### Gurdjieff

Any or all of this information may be copied for students if desired. All that's asked is that acknowledgment of authorship be given.