

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

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

### ***Kinshi Waza: "Not Permitted Techniques" or "Illegal Techniques"***

Following are *kinshi waza* as specifically listed by *Kodokan*:

*Ashi garami* is a leg entanglement. This is the last technique in *Katame no Kata*. Your professor, as many others, has failed to understand why a broken arm is considered less debilitating than a broken leg.

*Do jime* are “body scissors”; literally “trunk squeeze.” The original rule was that the legs could encircle the torso, but not apply pressure. In the excitement of the match they usually did. Also, it was difficult to tell when a person was pretending they were having pressure applied to get a choke released.

*Kani basami* are “flying scissors”; literally, “crab scissors.” This technique seems to come and go as far as an illegal technique. When your professor began they were banned in *randori* and *shiai*, but practiced in class; later, in the ‘70’s and ‘80’s, they were permitted for the adults (men, as there was no female *shiai*!); in the ‘90’s, and up until recently, they were banned again. There were MANY knee and ankle injuries from its application. It was done in Japan for a while after the IJF (International Judo Federation) banned it, but the AJJF (All Japan Judo Federation) finally banned it as well. *Kani-basami* was banned after Yamashita Yoshiro was seriously injured. He was still suffering from that same knee injury when he won the Olympic gold medal. It explains his stiff knee in his final match. If you wanted to take someone out and make it look like an accident, it was the throw to use, and it WAS used for that purpose frequently.

*Kawazu gake* is known as a “grapevine” with the leg/s. It is literally translated as a “frog hook.” This has always been illegal when used to prevent a throw.

### ***Gojukai Karatedo: Hard-Soft Empty-Hand Way***

The *kata* for *Goju Ryu* and *Goju Kai* are very similar. The major difference is the emphasis placed on the sporting aspect by *Goju Kai*. *Goju Ryu* is known for its body conditioning and supplementary exercises (*hojo undo*). Yamaguchi Gogen was born on January 20, 1909, in Kagoshima city on southern Kyushu. As a youngster he showed great interest in the martial arts, originally training in *kendo*. It was during this time that he started his *Goju* training under the tutelage of Mr. Maruta, a carpenter from Okinawa. Mr. Maruta was impressed by the young Yamaguchi's serious attitude and willingness to train hard. Consequently, Mr. Maruta taught Yamaguchi all he knew about the *Goju* system. In 1931, at the age of 22, Yamaguchi Gogen was introduced to Master Miyagi Chojun, the founder of the *Goju* style. This meeting had a profound affect upon Yamaguchi's outlook on *karate*. Until his meeting with Miyagi, Yamaguchi had only considered the hard aspect of *Goju*. After this meeting Yamaguchi was determined to train himself spiritually as well as physically. Master Miyagi thought highly of Yamaguchi and gave him the nickname Gogen, meaning "Rough," and appointed Yamaguchi as his successor to the Japanese *Goju*. Thus, *Goju Kai* was founded by Yamaguchi Gogen. It was on the Japanese mainland that the combative applications of the formalized tactics in *kata* were given a free sparring form, named *kumite*, which is

credited to Yamaguchi. Eventually Japanese attempted to reform the art into a sport. Okinawan systems relied on *kata* and pre-determined attack/defense techniques (*yakusoku kumite*) for their training. The original sets of composition referred to as *kata* (形) are so old their creators' names and nationalities are not known. Practitioners practiced choreographed compositions for precision in terms of executing sequential forms of strikes, kicks, joint-locks, grappling and throws. Due to their movements, every form requires execution in isotonic tension as well as aerobic motion. Consequently *kata* contributes to cardiac maintenance, and the building of motor skills. *Goju-Kai Karate-Do*, U.S.A. is now presided over by N. Gosei Yamaguchi, the firstborn son of the late Yamaguchi Gogen. The clenched fist logo of *Goju Kai* is a registered trademark (1971) which was designed by Yamaguchi Gogen in 1932. Yamaguchi Gogen was known throughout the world as "The Cat" for various attributes. First was his grace and speed in movement and second was for his favorite fighting stance, *neko ashi dachi* (cat leg stance). Also, legend has it that during his incarceration as a P.O.W. he was locked in a cage with a tiger, which he killed using *karate* techniques. He incorporated both Yoga and *Shinto* into *Goju-Kai*, stating that both body and mind are interrelated and through proper breathing and concentration the practitioner will be able to understand the essence of the martial arts. The unique breathing exercise called *ibuki* concentrates all the muscular strength at one point, forging mind and body into a coherent whole. The *Goju Kai* Ranking System is composed of ten *Kyu* ranks and thirteen *Dan* ranks. 10<sup>th</sup> *Kyu* is no rank, 9<sup>th</sup> *Kyu* is a white belt with one green stripe. 8<sup>th</sup> *Kyu* is a white belt with two green stripes and 7<sup>th</sup> *Kyu* is a white belt with three green stripes. 6<sup>th</sup> *Kyu* is green with one brown stripe, 5<sup>th</sup> *Kyu* is green with two brown stripes and 4<sup>th</sup> *Kyu* is green with three brown stripes. 3<sup>rd</sup> *Kyu* is brown with one black stripe, 2<sup>nd</sup> *Kyu* is brown with two black stripes and 1<sup>st</sup> *Kyu* is brown with three brown stripes. *Shodan Ho* is 1<sup>st</sup> degree black, intermediate, then *Shodan* is 1<sup>st</sup> Degree. *Nidan Ho* is 2<sup>nd</sup> Degree, intermediate, and *Nidan* is 2<sup>nd</sup> Degree. *Sandan Ho* is 3<sup>rd</sup> Degree Intermediate and *Sandan* is 3<sup>rd</sup> Degree. *Yondan* [sic] is 4<sup>th</sup> Degree, *Godan* is 5<sup>th</sup> Degree, *Rokudan* is 6<sup>th</sup> Degree and *Sichidan* [sic] is 7<sup>th</sup> Degree. *Hachidan* is 8<sup>th</sup> Degree, *Kyudan* [sic] is 9<sup>th</sup> Degree and *Judan* is 10<sup>th</sup> Degree. The intermediate ranks may be thought of as probationary ranks which end with the first [Japanese] recognized teaching rank of 4<sup>th</sup> Degree Black Belt.

### ***Seidokan Karate***

*Seidokan Karate* is an Okinawan style of *karate* founded by Grand Master Shian Toma in 1984. *Sei* means true or righteous. It also has its older meaning rooted in the *Uchinanchu* Language referring to the family of Okinawan Kings. *Do* or *michi* means way, path, or road to a destination. *Kan* means hall and sometimes house. *Seidokan* would mean Hall of the True Way. *Kata* is derived primarily from *Shorin Ryu*, although *Kihon Kata* is similar to *Shotokan's Taikyoku Shodan*. The major difference is the direction of the down block and punch at the completion of the three successive punches. They are both done at a 45o angle to the center line. Next are *Ananku*, *Wansu*, *Seisan* and *Passai Dai*. The traditional *Pinan Kata* (*Shodan*, *Nidan*, *Sandan*, *Yodan* and *Godan*) are next. Then comes *Nihanshi* [sic] followed by, *Passai Sho*, *Gojushihō*, *Chinto* and *Kusanku*. There are nine *kobudo kata*, six of which are required for testing. The six are *Kihon Bo*, *Toma no Bo*, *Tokumine no Kun*, *Toma no Sai*, *Toma no Tunfa* and *Toma no Kama*. Three additional *kata* taught, but not required, are *Kina no Sai*, *Kina no Tonfa* and *Nix no Eku* [sic].

## Terminology

**Bukai** are martial arts ranks, or “belts.”

**Dokusan** is a private interview. Traditional schools required at least one letter (and sometimes two letters) of recommendation, before an interview was permitted. After the letters were received, a next step was the private interview. Regardless of the letters, the *Sensei* could deny the applicant after the interview, if it was not to the *Sensei*'s liking!

**Jishu** is self-mastery.

**Kanzen muketsu** is absolute perfection, a goal to pursue, but unattainable in this life!

**Kiyo** is a positive spirit.

**Kunren** is discipline.

**Mugen** means no limit or infinite. *Mukei* means no form, or beyond form.

**Nimpo** is the principle of patience.

**Noritsu** means efficiency.

**Nyujō** is meditative contemplation.

**Rikai** is understanding; *rikairyoku* is the power of understanding.

**Seifukujutsu** is derived from three characters: *Sei* meaning “arrange,” *fuku* meaning “restore” and *jutsu* meaning “art.” Literally, it means [the] art [of] restoring [the] body. Okazaki *seifukujutsu* includes *kappō*, massage (*shiatsu*, Swedish massage, *anma*, Hawaiian lomilomi, acupressure and reflexology, both hand and foot) joint manipulations, herbs – both topical and internal – for herbal therapy, rehabilitative exercises and the use of heat, cold and poultices, or thermal therapy. The technique works the energy flow lines (meridians), releasing built-up toxins and allowing the body to cleanse and rebuild to a stronger and healthier state. Both Booth *Sensei* and Wilson *Shihan* used *kappō*, acupressure and reflexology. Booth *Sensei* also used herbs, but left before your Professor Emeritus learned anything but the basics.

**Sekkotsu** refers to bone setting.

**Senshin** is concentration, undivided attention or singleness of purpose.

**Sotai** is whole body movement, known in the west as kinesiology.

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