

# Midori Yama Budokai

## Spring Newsletter, 2007 written by Ron Rogers, Hanshi

As conceived by its founders: "The object and purpose of Midori Yama Budokai, Incorporated shall be to study the ancient martial arts of the orient as well as Europe. Books and white papers will be written to attempt to understand the religious and meditative processes that are contained in the Martial Arts. We will also attempt to define the manner in which the Martial Arts conform to the human bodies of Asia and in the process try to correlate these art forms with the western human body. All such material that may [be] written will be given freely to other such groups that may desire this material. We will get together with other such groups and physically study moves that are involved in the martial arts, and we will give clinics to similar groups that desire to know the details of our studies."

"[Carole Ivie, Kyoshi, to Wilson Shihan] "Tell about the MYB lineage, where our art came from."

"[MYB] jujitsu and karate have roots in various forms of Wu S[h]u, some forms of Kung Fu Long Fist, Eagle Claw Kung Fu, Chin Na [sic], Pa Kua, Daito Ryu, [Hsing I], Cheena Aida Jujitsu, and aikijujitsu. We trace our roots at least as far back as Shaolin Temple (really further), which it seems was a "melting pot" for many arts from many places, flowing through the Temple. The (traceable) masters, through which our lineage winds down to the present day, include:

- Chou Ton (Shao-Lin)
- Yeuh Fei (Wu Mu)
- Li Chang (Shao-Lin)
- Tao Gi (Shao-Lin)
- Far Cheng (Shao-Lin)
- Lieu Shih-Jwing
- Chen Tzu-Cheng
- Lieu Mon-Far
- Fan Gin-Han
- Leo D. Wilson"

The following may be added:

- Cary L. Wilson
- Ron Rogers, Ken Baker and Larry Williams

It is to be noted that *jujutsu* (*jiu jitsu*, *ju jitsu*, *jiu jutsu*) was not an unarmed art. Besides the sword, there were other weapons associated with *jujutsu*. They were: *Manriki gusari*, or weighted chain; *kusari gama*, or chain and sickle; *masukari*, or axe; *kumate*, or rake; *tekken-zu*, or iron ring; *jutte* (also, *jitte*), or iron truncheon, similar to a *sai*; *nawa*, or rope; *shuriken*, or spikes, darts and needles; *shaken*, or throwing stars and discs. The *bo/jo* were used in many forms. Finally, some schools used *kakushijutsu*. This was the art of using hidden weapons (a specialty of Musashi Miyamaoto, who learned it from the Emmei Ryu). The direct and authorized descendant of the founder of any *ryu* was referred to as "*sei*." A non-collateral descendant is referred to as "*dai*."

Masahiga Terada, of the Jikkishin Ryu, formulated *ran no tori* (*randori*) and first used the term "*judo*." He may also be credited with creating the first principle of *jujutsu/judo*: "*Karada o shite seishin ni jujun narashimeru jutsu*," meaning, "The science of *jujutsu* is making the body obedient to the mind."

Also, it was the *jujutsuka*, Shisezo Sasagawa, who knocked out a charging bull with one blow, one hundred years before Yong I-Choi (aka Masatatsu Oyama), tried the same feat.

### Traditional Jujutsu Ryu (of the more than three-hundred, listed)

1. Akishima Ryu (**founder**: Professor T. Akishima; taught jiu jitsu, kuatsu and kiai-jutsu)
2. Araki Ryu, later, Moro Budo Araki Ryu Kempo (**founder**: Araki Mujinsai Mataemon Miyamoto no Hidetsuna, formerly, Mataemon Miyamoto, from Takeuchi Ryu and weapons of the ji samurai, or farmer warriors)
3. Arata Ryu
4. Arima Shinto Ryu
5. Asayama Ichiden Ryu
6. Bartitsu (**founder**: W. E. Barton-Wright; from Tenjin Shin'yo Ryu French savate and cane techniques)
7. Chokushin Ryu Judo (from Ryoji Shinto Ryu-Jikkishin Ryu)
8. Daido Ryu (**founder**: General Shinra Yoshimitsu; taught: aiki jutsu)
9. Donteki Ryu (**founder**: Nobutake Yoshizato, from Takeuchi Ryu)
10. Edo Yagyu Shinkage Ryu (taught: yawara gi, or meekness)
11. Emmei Ryu (**founder**: Musashi Miyamoto; taught: yawara-ge, or pacifier; with kakushijutsu, or hidden weapons, studied by Musashi Miyamoto)
12. Emmeri Ryu (?) (taught: yawara-ge, or pacifier) [This may be a misspelling of Emmei Ryu]
13. Fukan Ryu (**founder**: Masahige Kegawa, from Muhan [Mukan] Ryu)
14. Fukuno Ryu (**founder**: Fukuno Shichiroemon, 2<sup>nd</sup> Headmaster of Kito Ryu)
15. Fusen Ryu (**founder**: Butsugai Takeda, from Namba Itto Ryu)
16. Futagami Ryu(**founder**: Futagami Hannojo, from Takeuchi Ryu)
17. Genkai Ryu (taught: yoroi kumichi, or grappling in armor)
18. Hinoshito Torido Kaizan Ryu (**founder**: Hisakatsu Takeuchi, Prince Takeuchi's son, from Takeuchi Ryu; named by Emperor Gomizumo)
19. Hontai Ryu (**founder**: Kuro'emon Inoyen, from Ryoji Shinto Ryu, Kito Ryu, Jikkishin Ryu and Tenshin Ryu Yawara)
20. Ichi Ryu (**founder**: Kasaharu Shirozaemon, from Ryoji Shinto Ryu)
21. Ippo Ryu (**founder**: Namba Ippo, from Takeuchi Ryu; he was Takeuchi Ryu's 5<sup>th</sup> headmaster)
22. Isogai Ryu
23. Itatsu Ryu (noted for hojo-jutsu, or cord tying)
24. Jik[k]ishin Ryu (**founder**: Terada Kan'emon Masahige, 5<sup>th</sup> Headmaster of Kito Ryu, from Ryoji Shinto Ryu, Kito Ryu and Tenshin Ryu; developed ran no tori and taught kumiuchi; the first ryu to use the term judo)
25. Jiuki Jutsu Ryu, or the kiai jutsu of jujutsu (**founder**: Sawa Doshi, student of Genji Nomura, who was a student of Hitotsubashi Jokensai, the first to formalize kiai jutsu)
26. Kage Ryu
27. Kaise Ryu (from Seigo Ryu)
28. Kakuto jutsu, the Japanese name for Chinese jujutsu called Chiao-Ti-Shu (brought to Japan by Chen Tsu U (Japanese, Chin Gen Pin); a form of kempo, or atemi)
29. Kano Ryu (**founder**: Jigoro Kano, 1882; later named Kodokan Judo; from Kito Ryu and Tenshin Ryu)
30. Kanshin Ryu (**founder**: Kasuminosuke Mori, from Araki Kempu Ryu)
31. Kiraku Ryu
32. Kito Ryu (**founder**: Sadayashi Hirozaemon Terada, of Tenshin Ryu (also credited to Ibaragi Sensai); Kito Ryu from Ryoji Shinto Ryu, although some contend from Yagyu Shingan Ryu; taught ken jutsu, iai jutsu, bo jutsu, yoroi kumiuchi and kobudo, or small weapons)
33. [Nippon Den] Kodokan Judo (**founder**: Jigoro Kano, in 1882; from Kito Ryu and Tenshin Ryu)
34. Kyushin Ryu (**founder**: Nakakatsu Inouye (Inogami), from Yoshin Ryu to Yagyu Shingan Ryu, then Kito Ryu)
35. Mito Kodokan Ryu (**founder**: Tokugawa Nariaki, circa 19<sup>th</sup> century)
36. Miura Ryu (**founder**: Yojuemon Miura, from Ryoji Shinto Ryu and Yoshin Ryu; aka Yoshin Miura Ryu)

37. Mondaiyu Ryu (founder: Ichikawa Mondaiyu; taught: kowami, or tough physical exercise, a method which relied on brute strength)
38. Mugai Ryu (founder: Tsuji Getten Sakemochi, 1695; from Yamaguchi Ryu kenjutsu)
39. Muhan [Mukan] Ryu (founder: Umanosuke Takagi, from Takeuchi Ryu)
40. Muso Jikiden Ryu (15<sup>th</sup> century; taught: yawara gi, or meekness)
41. Muso Shinden Ryu
42. Muteki Ryu (taught yawari-riki, or pliancy in strength)
43. Nagao Ryu (founder: Nagao Kemmotsu; from Itto Ryu and Yagyu Shinkage Ryu; taught: tai jutsu, or body arts and kakushi, or concealed weapons)
44. Namba Ippo Shintoku Ryu (founder: Kiyotada Yano, from Ippo Ryu)
45. Namba Itto Ryu (founder: Namba Ittosai, from Ippo Ryu)
46. Nihon Ryu
47. Nito Ryu (primarily kenjutsu)
48. Oguri Ryu (founder: Oguri Niemon; from Yagyu Shinkage Ryu; taught: wa-jutsu, the soft or passive art)
49. Oie Ryu (founder: Todayu Takeuchi, from Takeuchi Ryu)
50. Okuda Ryu
51. Ono Ha Itto Ryu (primarily kenjutsu)
52. Rikishin Ryu (founder: Iemitsu Miyabe, from Takeuchi Ryu)
53. Ryoi Shinto Ryu (founder: Hichirouemon Masakatsu Fukuno, 1660; also known as: Fukuno Ryu, Shin Ryu Wa-jutsu, Shinto Wa-jutsu and Ryoi Shinto Yawara; taught kakuto-jutsu, a form of atemi waza)
54. Seigo Ryu (founder: Jirouemon Isogai, from Ryoi Shinto Ryu; taught kumiuchi)
55. Sekiguchi Ryu (founder: Sekiguchi Jiushin Hachirouemon Minamoto no Sanechika, from Shinnoshindo Ryu, sumo; noted for developing batto jutsu) Famous for yama arashi (throw)
56. Sekiouchi Ryu (founder: Sekiguchi Jushin Hachiroemon Minamoto no Sanechika, circa 16<sup>th</sup> century; from Sumo; taught: ken jutsu, batto jutsu, so jutsu and yawara)
57. Shibukawa Ryu (founder: Bangoro Yoshikata Shibukawa; from Sekiguchi Ryu)
58. Shimmei Sakkatsu Ryu
59. Shinden Ryu (taught: ashi garami, or underwater grappling techniques)
60. Shinden Isshin Ryu
61. Shindo Muso Ryu (17<sup>th</sup> century; taught jojutsu)
62. Shinkage Ryu (founder: Kamiizumi Ise no Fujiwara no Hidetsuna, 16<sup>th</sup> century; taught: sen, ken jutsu)
63. Shin Muso Hayashizaki Ryu, subsumed, today, by the Muso Shinden Ryu (founder: Hayashizaki Jinsuke; taught batto jutsu)
64. Shin no Shinto Ryu [also, Shin no Shindo Ryu] (founder: Yamamoto Tamizaemon; taught kumi uchi and torae [katame waza]); modified Yoshin Ryu
65. Shinto Ryu (primarily kenjutsu)
66. Shinyo Ryu
67. Shitami Ryu (founder: Shitami Munetsuna, from Futagami Ryu)
68. Shiten Ryu
69. Sosuishi Ryu (founder: Fugatami Hannosuke, in 1650; a student of Fusen Ryu, from Namba Itto Ryu, from Ippo Ryu from Takeuchi Ryu)
70. Sosuishitsu Ryu
71. Takagi Ryu (founder: Gennoshin Takagi, from Muhan Ryu)
72. Takenouchi Ryu (founder: Prince Chumutaku Diasuke Hisamori Take[no]uchi Tochiro, June, 1532; taught: 1<sup>st</sup> to teach hojo-jutsu, torite, or osae waza based on gokyū or five keys, and koshi no mawari, to encircle the hips; the last changed by the 14<sup>th</sup> Headmaster, Toichiro Takeuchi, in 1940 to kogusoku, the art of self-defense which protects one to the same extent as armor)
73. Takeuchi Santo Ryu (founder: Yukiharu Nakamura, from ?Takeuchi Ryu)
74. Takeuchi Une Ryu (founder: Hisaharu Takeuchi, from Takeuchi Ryu)
75. Tanabe Ryu (founder: Nagatsune Tanabe, from Takeuchi Ryu)

76. Teishin Ryu (founder: Terada Heizaemon, 3<sup>rd</sup> Headmaster of Kito Ryu; taught wa jutsu (ju jutsu), kempo (atemi) and ran o toru)
77. Tenjin Shin'yo Ryu (founder: Sekizai Minamoto-ne-Masatari Yanagi (aka: Iso Mataemon); merged both the Yoshin Ryu and Ryoji Shinto Ryu; also studied the Shinnoshindo Ryu and Miura Ryu; taught atemi waza and torae, aka katame waza)
78. Tenshin [Shoden] Katori Shinto Ryu (founder: Izasa Choiisai Ienao, 15<sup>th</sup> century; taught yawara-ge, peacemaker or pacifier, ken jutsu, iai jutsu, so jutsu, naginata, bo jutsu and nin jutsu); from Yoshin Ryu and ShinnoShindo Ryu
79. Tenshin Ryu (taught wa jutsu)
80. Tsutsumi Hozan Ryu (?founder: Eishiu Inugani, 15<sup>th</sup> century; taught: kenden kumichi, or grappling while possessing arms, also referred to as yoroi kumi-uchi; the first to do so)
81. Yagyū Ryu (primarily kenjutsu)
82. Yagyū Shingan Ryu (founder: Ushū Tatewaki, pre-Edo period; taught: kumiuchi, or grappling [previously known as yawara-gi]; from Yagyū Shinkage Ryu and Yoshin Ryu of Akiyama)
83. Yagyū Shinkage Ryu (founder: Yagyū Tajima no Kamitaira no Munetoshi, 2<sup>nd</sup> Headmaster of Shinkage Ryu [?aka Ushū Tatewaki; from Shinkage Ryu of Hidetsuna Kamizumi and Tenshin Shoden Katori Shinto Ryu; famous for iai jutsu; also sen, ken jutsu and ju jutsu])
84. Yoshin Ryu (founder: Akiyama Shirobei Yoshitoki, a physician, circa 1530, from Huei-to, who taught shuhaku-jutsu, an atemi style, originally consisting of three techniques, later increased to 103 techniques; also, kumi uchi and kassei-ho [kappo], or which there was twenty-eight methods)
85. Yoshin Ryu (a misnomer; the style was Sosuishū Ryu; its founder went to the Yoshino mountains to study, from where the confusion began)
86. Yoshin Shindo Ryu, known more commonly, as Shin Shin Ryu, Shinnoshindo Ryu or Shinnoshinto Ryu; (founder: Tabizaemon Yamamoto; one of the first schools to inaugurate a grading system; noted also, for its training in Ki; from Yoshin Ryu)
87. Yūgyō Ryu (founder: Takino Yūgyō, from Hontei Ryu and Kyūshin Ryu)

### ***Nippon no Bugei Jūhappan***

Many authors have written of the "Eighteen Martial Systems of Japan." There were many more than eighteen, but tradition has given the following arts as **the** eighteen.

1. *Ba jutsu* or the art of horsemanship (this included archery from horseback)
2. *Batto jutsu* or the art of drawing the sword (a precursor of *iai jutsu*, although offensive in nature)
3. *Bo jutsu* or the art of using the staff (this included the six foot and four foot (*jo*) staff, as well as smaller varieties)
4. *Fukumibari jutsu* or the art of blowing needles
5. *Ho jutsu* or the art of gunnery (an art which changed the history of Japan)
6. *Ju jutsu* or the art of self-defense (armed or un-armed against an opponent armed or unarmed)
7. *Jutte jutsu* or the protection against sword attack with a one-pronged *sai*
8. *Ken jutsu* or the art of the sword
9. *Kusarigami jutsu* or the art of the iron chain and sickle (a *kama* with a *manriki gusari* attached)
10. *Kyū jutsu* or the art of archery
11. *Nejiri jutsu* or the art of entanglement
12. *Naginata jutsu* or the use of the long halberd
13. *Shinobi jutsu* or the art of stealth (aka, *nin jutsu*)
14. *Shuriken jutsu* or the art of throwing spikes, darts, needles and daggers (**not** stars)
15. *So jutsu* or the art of the long spear
16. *Suiei jutsu* or the art of swimming while in armor (this included fighting techniques in and under the water, known as *ashi garami*)
17. *Tantō jutsu* or the art of using the "knife"
18. *Torite jutsu* or the art of binding with a rope (usually as the opponent strongly resisted)

It will be noted that *jū jutsu* is one of only two arts named for the principle (*jū*, or suppleness) rather than for the weapon. The second such art was *shinobi jutsu*, or the art of stealth. It should also be noted that *jū jutsu* was the name for various armed and unarmed fighting systems applied against an armed or unarmed opponent, using kicking, striking, throwing, choking/strangling, joint-locking, small weapons and tying the enemy.

*Shinobi jutsu* was the original name used for *nin jutsu*. It was taken from the founder, Otomo no Saijin, who was awarded the name, Shinobi, literally meaning to “steal in.”

Other recorded arts (*Kakuto Bugei*, or Fighting Martial Arts) were:

1. *Chigi riki jutsu*, or the art of using a ball-and-chain on a short stick
2. *Chikujo jutsu*, or the art of fortification
3. *Fukibari jutsu*, or the art of blowing small needles by mouth
4. *Gekikan jutsu*, or the art of the ball-and-chain
5. *Genketsu (jutsu)*, or the art of assaulting the vital points
6. *Hojo jutsu*, or the art of binding an enemy (a different school of *torite jutsu*)
7. *Haya gake jutsu*, or the art of improving speed in walking and running
8. *Iai jutsu*, or the art of (defensive) swordsmanship
9. *Jo jutsu*, or the art of the short staff
10. *Juken jutsu*, or the art of employing the bayonet
11. *Kurumi jutsu*, or the art of making oneself lighter for jumping, climbing and dodging
12. *Kiai jutsu*, or the art of stunning or killing with an “occult” shout
13. *Kumiuchi*, or a form of “in-grappling” used by armor-clad *bushi (samurai)*
14. *Noroshi jutsu*, or the art of signal fires
15. *Sasu mata jutsu*, or the art of holding a person with a forked stick
  
16. *Senjo jutsu*, or the art of the deployment of warriors
17. *Sodegarami jutsu*, or the art of using a barbed pole to ensnare and armed warrior
18. *Suijohoko jutsu*, or the art of crossing water by the use of pontoons
19. Sumo (*Sumai*), or a basic form of unclad grappling (originally, used in fights to the death)
20. *Tessen jutsu*, or the art of using an iron fan, held in the hand
21. *Tatsubo jutsu*, or the art of using a long iron bar
22. *Uchine*, or the art of throwing an arrow by hand

Many of these arts are taken from Sun Tzu’s, *The Art of War*. Examples would be *shinobi-jutsu*, *chikujo-jutsu*, *noroshi-jutsu* and *senjo-jutsu*. An entire chapter in Sun Tzu’s book is devoted to the use of spies, aka *nin jutsu*, although the *ninja* were more than just spies.

#### **Luzviminda Arnis/Kali Brotherhood, Inc.**

Some of you have had the honor of working with Grandmaster Fredrico “Fred” Lazo. Grandmaster Lazo is one of the world’s premier arnis, escrima and kali practitioners, holding the rank of Lakan Sampu, or tenth degree. As with many Grandmasters, he is knowledgeable about other arts. He is also very humble and a gentleman in the true sense of the word. I feel privileged to have met and spoken with him. Grandmaster Lazo has fifty-three years experience in his chosen arts, which include the single stick, or solo baston, double stick, or doble baston, long and short stick or espada y daga (literally, sword and dagger), staff or pole (bangkaw) and dagger (daga). He has studied five styles of the Filipino Martial Arts and has been featured in three national and international magazines of the Martial Arts. Grandmaster Lazo has become a member of MYB and has graced us with his teaching for at least two of our clinics. If you have not met Grandmaster Lazo, take the time at the next clinic. He is an interesting man and extremely knowledgeable about Arnis.

For those interested in Arnis, I am proud to have Grandmaster Lazo returning here to my school at 322 Delaware in Leavenworth for a 2 days seminar on Luzviminda Arnis on March 31st and April 1st. The cost of the seminar will be \$100 for one day; the second day will be free. Grandmaster Lazo is a member

of MYB and a founding father of Modern Arnis. Grandmaster Lazo is very approachable, very informative, with a great background on stick, knife and staff. He is an absolute pleasure to work with. Hope you can make it.

### **San Saru, or Three Monkeys**

Most of us have seen reproductions of the “see no evil,” “speak no evil,” “hear no evil,” monkeys. What you probably do not know is their relation to martial arts. When Ieyasu Tokugawa became *Shogun*, or Supreme Warlord, of Japan the three monkeys were adopted as a model to follow. You were to speak of nothing detrimental of the *Shogun*, you were to listen to nothing detrimental about the *Shogun* and you were to ignore seeing anything that might be detrimental to the *Shogun*. These precepts were to establish a rule of the Tokugawa that lasted for over two hundred, fifty years, from 1603 to 1854. He sharply divided the social classes and decided what they could wear and how they must behave. Upon his death, a statue of Ieyasu was

erected with the three monkeys at the base. What was the connection with the Martial Arts? During Ieyasu’s rule, samurai no longer waged war, so the martial arts became the focus of developing the spirit of the man rather than teaching the arts of war. It was also during this time that more than three hundred styles were founded by Martial Artists. It was the golden age of Martial Arts – and all because of three monkeys, a fitting tribute to the most famous monkey of all, the monkey who went to Heaven . . . but that’s another story.

### **Belts and their Colors: their Meaning in MYB (Through *Judan*)**

The Junior ranks are twelve in number, each of which represents one of the symbols of the Oriental Zodiac:

*Ichimon*, or white belt, represents the rat, which is ambitious.

*Nimon*, or yellow belt, represents the ox, which is patient.

*Sanmon*, or orange belt, represents the tiger, which is aggressive.

*Yomon*, or green belt, represents the rabbit, which is lucky.

*Gomon*, or blue belt, represents the dragon, which is brave.

*Rokumon*, or purple belt, represents the serpent, which is wise.

*Shichimon*, or brown/white belt, represents the horse, which is quick.

*Hachimon*, or brown/yellow belt, represents the sheep, which is dedicated.

*Kumon*, or brown/orange belt, represents the monkey, which is clever.

*Jumon*, or brown/green belt, represents the rooster, which is knowledgeable.

*Juichimon*, or brown/blue belt, represents the dog, which is loyal.

*Junimon*, or brown/purple belt, represents the boar, which is a fighter.

The Senior *Mudansha* ranks are nine in number, each of which represents the embryonic development of the human at a different month of growth; the colors grow progressively darker, just as the fetus becomes more autonomous, culminating with the birth of the *Yudansha*, or black belt.

The first ten senior black belt ranks are of two sections: The first based on the Noble Eightfold Path as set forth by the Buddha; the last two are representative of the Yang/Yin principle, as exemplified by the Middle Path:

I. The Noble Eightfold Path:

*Shodan*, or "Beginning" black belt, which represents comprehension.

*Nidan*, or 2nd black belt, which represents correct resolution.  
*Sandan*, or 3rd black belt, which represents correct speech.  
*Yodan*, or 4th black belt, which represents correct conduct.  
*Godan*, or 5th black belt, which represents correct livelihood.  
*Rokudan*, or 6th black belt, which represents correct effort.  
*Shichidan*, or 7th black belt, which represents correct meditation.  
*Hachidan*, or 8th black belt, which represents correct rapture.

II. Yang and Yin (Japanese *Yo* and *In*):

*Kudan*, or 9th black belt, which is the "hard" portion of the *Do*.

*Judan*, or 10th black belt, which is the "soft" portion of the *Do*.

The *budoka* begins with ambition, which requires patience and aggressiveness. S/he becomes aware of how lucky s/he is to be involved in the martial arts, and is brave enough to continue rigorous training that gives her or him the wisdom necessary to develop further. With a good background in basics, s/he now develops speed, and in so doing, realizes that her or his dedication has allowed her or him to become clever and knowledgeable in that which s/he enjoys.

S/he is now a loyal student and a good fighter. This background helps the junior -- now senior --to develop more rapidly within her or his parent school. If s/he continues through 12th *mon*, s/he is at the same stage of growth as her or his Senior 3rd *kyu* counterpart. They are readying themselves for emergence into the world of the Black Belt. Arriving at Black Belt, 1st degree makes them comprehend how little they truly know, and they resolve to continue upon making 2nd degree. With 3rd degree, they become spokespersons for their school, making them realize the need for correct conduct necessary for 4th. 5th gives to many the means of livelihood, which leads to the effort necessary to achieve 6th degree. At the 7th level, the student begins to meditate on how far s/he has traveled, and how far s/he must go before achieving the rapture which 8th dan and beyond give her or him. With this rapture s/he becomes aware of the Way, exemplified by the Middle Path, and attains 9th degree, which is a culmination of all physical attributes necessary for the Yang portion of the Tao (Japanese: *Do*). At this stage the martial artist realizes the Yang/Yin inherent in the martial arts and achieves spiritual enlightenment of the combined qualities of hard and soft, realizing that neither takes precedence over the other, but that both are necessary for a totally integrated human being. With the completion of this full circle, with the rank of 10<sup>th</sup> degree, the *budoka* has achieved total oneness, having the purity of the white belt beginner and the knowledge of the expert. Beyond these, a double width white belt may be used for 11<sup>th</sup> degree and 12<sup>th</sup> degree as first used by the *Kodokan* for these ranks.

\* For those to whom it may be of interest, compare the Noble Eightfold Path with the "Be Attitudes."

The following are members of MYB whose new addresses are not known. The last known town is given after their names. If any of the readers know where they are please contact Ruth Wilson Kyoshi or Ron Rogers Hanshi with current addresses.

Samantha Belcher Sensei (Madison, AL)	Greg Lawson Sensei (Gurley, AL)
James Cannady Sensei (Commerce, GA)	G. Bruce Locke Sensei (Toney, AL)
Brian T. Choate (Harvest, AL)	Bill Ripley Sensei (Watkinsville, GA)
Leonard Collins Sensei (Madison, AL)	Kathy Sparks Sensei
Joseph Connolly II Sensei (Orlando, FL)	Andrew J. Stolarik Sensei (Monroe, GA)
Mr. Jason Delcour (Strafford, MO)	David R. Todd Sensei (Harrisonville, MO)
Richard N. Hackworth (Newberry, FL)	Marcus Webb (Independence, MO)
Mark Hurt Sensei (Lawrence, KS)	Jonathan C. Williams Sensei (Rogersville, AL)
Paul R. Johnson Sensei (Dahlonega, GA)	St. Rick Young Sensei (Pinehurst, NC)
Alexander P. Keller, IV Sensei (Athens, GA)	

### **Spring/Summer Clinic**

The MYB Spring/Summer clinic will be on June 9th and 10th. The format will be similar to last year with Saturday at the University of St. Mary's and Sunday morning at Baker Hanshi's school. More info will come out dealing with motels, costs, etc. If there is something of particular interest you would like to see please contact Baker Hanshi.

*Yudansha*, Kim Morey, has suggested a forum for the Newsletter which is to be known as "Ask *Hanshi*." Questions about techniques, about principles, about anything to do with MYB or martial arts in general, are welcomed. You may contact "Ask *Hanshi*" at rrogers12@kc.rr.com, or write to Ron Rogers, Hanshi, 711 Spruce Street, Leavenworth, KS 66048 To facilitate this column, Morey Sempai had her Beginning Tae Kwon Do class submit their questions after Rogers Hanshi was given the privilege of being a guest instructor.

Abigail wants to know: "When and why did you get involved in martial arts?" Abby, I started martial arts in June of 1961, studying judo, karate and a (very) little savate. I started at the request of a young man who was unable to attend due to physical limitations. He was interested in a demonstration at our school by two of our teachers. I went to the class to let him know what was being taught, liked it and stayed.

Autumn asks: "When did you get your black belt?" Autumn, I received my first black belt in both judo and karate on the 15<sup>th</sup> of September 1963. Later, in 1972, I received another black belt from a separate judo organization. In the early years, if we changed schools (or styles) we had to start over as a white belt and work our way back up. In 1974 I received my first black belt in jujutsu/karate. In 1977, I received my first black belt in aikido. I also hold a black belt in Eagle Claw Kung Fu and have studied the Wu style of Tai Ch'I Chuan.

Nicholas asks, "How long have you been a black belt?" From the above date, Nicholas, I have been a black belt for forty-three years.

Xavier wants to know: "How long have you been practicing martial arts?" I began training in 1961, Xavier, so I have been practicing martial arts for forty-five years.

Riley asks: "Why do you do fun things [in] TKD?" If you remember, Riley, as you were doing those fun things, you were also learning how to kick, how to roll and escape and how to punch. I believe it's easier to learn (and to remember what you learned) if you have fun doing it.

Ryan asked four questions: "What martial arts disciplines have you studied?" "How old were you when you started to study the arts?" "How long did it take you to get to black belt?" and "Did you ever get injured?" Ryan, in addition to those arts in which I have actual rank, I have also studied kobudo



(weapons), boxing, wrestling and knife fighting. I am also an instructor for firearms (9mm, mini 14, shotgun and .38 police special), riot baton, expandable baton and side-handle baton. In addition, I am also an instructor for chemical agents and certified to teach First Aid and CPR to certify instructors. I was seventeen when I began studying the martial arts. It took me a little over two years to get my first black belt, but I was working out thirty-three hours a week, which included assisting the instructor in class. Yes, I have been injured, but never seriously. My nose has been broken eight times, I have two compression fractures of the neck, both shoulders have been dislocated (one twice), a broken collarbone, multiple cracked or bruised ribs. All toes and fingers have been dislocated and/or broken. Both knees have been dislocated and I have had the black eyes, sprained wrists and ankles all practitioners have had.

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