

KODENKAN YUDANSHAKAI

ATARASHI DENTO

NEW TRADITIONS

JUNE 2023

Paul Haber, Shihan, editor

Welcome to the
the Members and
Kodenkan Yudanshakai
Henry Seishiro Okazaki



newsletter dedicated to you,
Associates of the
in the traditions of Professor
and Dai Shihan Joseph Holck

WHAT'S NEW?

Welcome to our new readers!!!

The newest news is the way you are receiving this newsletter. In the past, it was loaded into the KDK website, and it appears that many of you either were not aware of it, or forgot to check each quarter. Now, as you have seen, it will be sent directly to you, with your address listed as cc, for your security. We hope it is convenient and welcome to you.

Since there have been what we believe to be many interesting articles in the past few years that you haven't had the opportunity to enjoy, we will be re-running some of them, beginning with the December issue. In the meantime, we hope you enjoy the current articles and information.

If you have any ideas or particular subjects you'd like to see in the newsletter, please feel free to contact me at pjhaber2@gmail.com. Feedback is also appreciated. Enjoy!

Tucson Martial Arts Camp

Recently, the KDK hosted a Martial Arts Camp - the first since the Pandemic. Here is the report from Jackie Britt, Shihan:

This is the first camp since before the pandemic, and I believe the first one since 2019 (I think that is the correct year.) Camp was held at M.A.T.S. dojo this year on Sunday, May 28, 2023. We used our dojo along with O'Sensei Paul's dojo.

I have to say that camp participants far exceeded my expectations. I really thought that with camp starting up for the first time in several years, and a new host of students, that we would just have 10 to 15 students. However, we had a total of 31 students and 11 Black Belts in attendance.

We had eight 45-to-55 minute classes, split up into junior and senior students. Our classes ranged from rolls and falls to weapons. Our students enjoyed camp classics such as the Scavenger Hunt, candy jar guesses and demonstrations, showing their loved ones some of the things that they learned in camp.

We will continue to have camp at M.A.T.S. dojo until we are able to find a facility that might let us rent it for two days. Until then, we will play with the possibility of having camp start on Saturday afternoon and then again Sunday morning.

Until then, thank you to all who participated and volunteered their time to teach. I know that Dai Shihan Joe and Dai Shihan Vinson are smiling down at us for continuing this great tradition.

Until next Memorial Day Weekend. Mahalo. Shihan Jackie

MEET THE SENSEI

This month, we give thanks and appreciation to “Kajukenbo Celebrities” on Facebook for the information in this article.

George 'Clarence' Chang, 1926-2003, was one of the five founders of *Kajukenbo*, along with **Adriano Emperado**, **Joseph Holck** and **Peter Choo**, whom we have already discussed, and **Frank Ordonez**, who will be the subject next time. Clarence Chang contributed the "**BO**" in the KaJuKenBo system, which stands for *Chinese Boxing - Kung-Fu style*.

Chang's family, friends, and co-founders knew him as a refined individual, an outstanding martial artist, and a Korean War veteran.

Prior to World War II, at the early age of twelve, Clarence spent a few years in his father's native land, the province of Kwangtung. While in China he got his initial start in the "hard / soft" system of *Sil Lum Kung-Fu (Shaolin)*. He returned to Honolulu in 1941 when Hawaii was a U.S. territory and not yet a state. Chang then furthered his Chinese style knowledge under the late **Wong Kok Fut**. While studying this art he acquired an interest in the art of *Kenpo Karate*, and it was at that time he collaborated with the co-founders of the Kajukenbo system, which was created in 1947.

Clarence enlisted in the United States Marine Corps Reserve in 1949. When the North Korean People's army crossed the 38th Parallel on June 25, 1950 and invaded South Korea, the United States intervened and the Korean War began. With the shortage of combat troops, the U.S. Marine Corps Reserves were called upon into active duty and Clarence went to Korea. At one time Clarence was rumored to have been killed or Missing In Action, but he did survive the war, and returned to Hawaii where he passed away in 2003.

Somewhere along the way, he decided not to pursue the martial arts, and basically dropped out of sight. It was later reported that he stepped out of obscurity briefly to attend the funeral of fellow co-founder Peter Choo in 1997, but that is the only mention of him until his obituary in 2003. Due to his absence, his only contribution to Kajukenbo was in the early stages.

UPCOMING EVENTS

7/22-23/23 **SHOSHIN RYU YUDANSHA WORKOUT** in Boulder City Nevada. Folks, this is open to ALL YUDANSHA, not just Danzan Ryu practitioners. It will consist of Danzan Ryu striking methods not usually taught outside the style - a great opportunity! In case you didn't get the flier, here it is:

Location: Boulder City, Nevada

Dates: July 22 & 23 Organizer: Professor Mike Chubb (Shoshin Ryu Yudanshakai)

Facilities. Two sites less than one mile apart from each other:

Workout at Boulder City Water and Power building 600 Nevada Way Boulder City, NV

Saturday: Lunch and dinner at Boulder City High School multipurpose room 1101 5th St. Boulder City, NV 89005

Attire: Gi is optional; comfortable street clothing is encouraged.

Participants. The event is open to all Black Belts (Yudansha); all styles are invited.

Agenda

Saturday, July 22

9am – Bow in

9:15am – striking techniques including variations to expedite entry into and exit from the techniques

Noon – lunch break with lunch held at Boulder City high school

1:30pm – continued striking techniques

4pm – Bow out

5pm – Hosted BBQ dinner at Boulder City high school

Sunday, July 23

9am – Bow-in

9:15am – massage techniques

Noon – bow out to accommodate participant travel

Hotel Accommodation options (no event discount):

Historic Boulder Dam Hotel

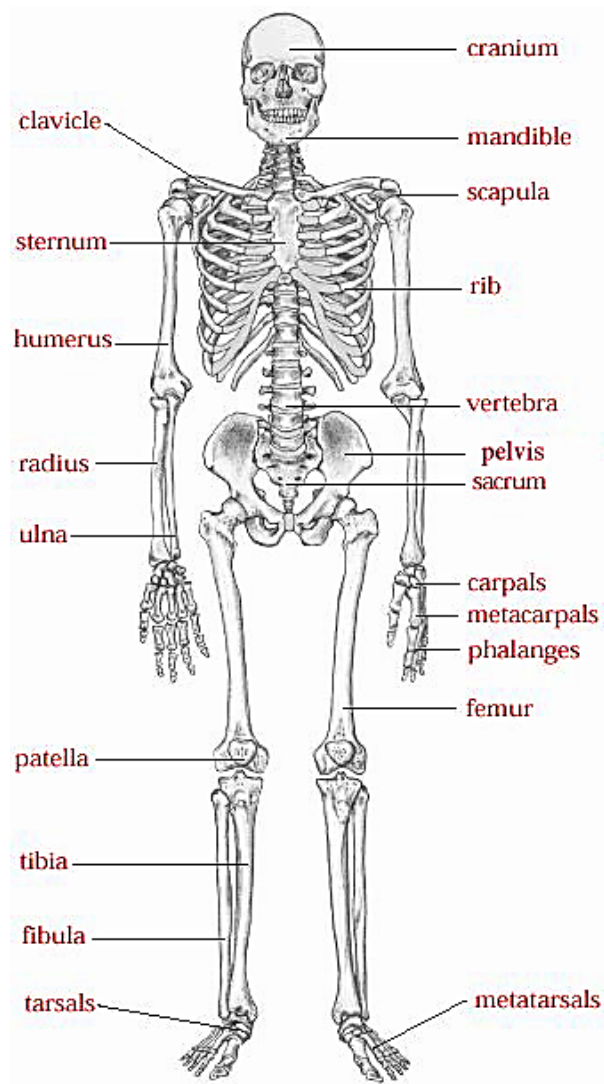
Other hotels in Boulder City <https://www.booking.com/city/us/boulder-city.html>

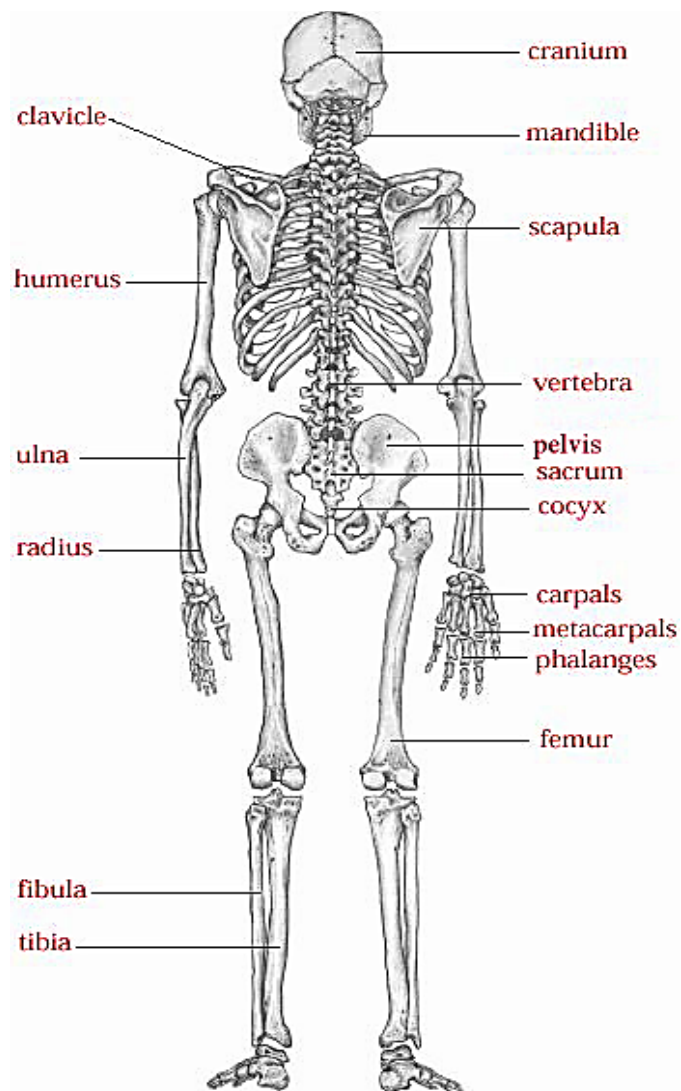
Sam's Town Hotel – on Boulder Highway, Las Vegas

KANJI CORNER

JAPANESE ANATOMY TERMS FOR MARTIAL ARTS PART 7

In this installment we cover the skeletal system.





HEAD

Kun

Atama (頭 kanji “bean” radical at left + kanji “big shell” radical)

On

Tō (tou) トウ, *zu* ズ, *to* ト

Kun

Kubi (頸 furthermore *over* the ground + kanji “big shell” radical) neck, head

CRANIUM [skull minus the mandible] (see also HEAD and SKULL)

On

Nōtōgai (*noutougai*) (脳頭蓋, ノウトウガイ brain + head + cover, lid, flap) cranium

On

Zugai (頭蓋 head, brain + cover, lid, flap) cranium, skull (anatomy)

MANDIBLE

Kun

Agonohone (顎の骨 jaw, chin + of, relating to + bone) jawbone, mandible

Kun

Shitaago (下顎 below, under, beneath + jaw, chin) lower jaw, mandible

SKULL [cranium plus the mandible]

Kun

Hitogashira (人頭 man, person, human being + head) skull, cranium

On

Zukotsu (頭骨 [*kashira* + *hone*] head + bone) skull

On

Rokotsu (顱骨, ろこつ, ロコツ head, skull + bone) skull

On

Zugaikotsu (頭蓋骨 head + part, component + bone) skull, cranium

CLAVICLE

On

Sakotsu (鎖骨 chain, connection + bone) collarbone, clavicle

SCAPULA (SHOULDER BLADE)

On

Kenkōkotsu (*kenkou*-) (肩甲骨 shoulder + carapace, shell + bone) shoulder blade, scapula (Anatomy)

Kun

Kaibone or *kaigarabone* (胛 shell + (*hone*) bone) shoulder blade, scapula (Archaism)

STERNUM

On

Kyōkō (*kyoukou*) (胸部 (noun: *kyōbu*) chest, breast + carapace, shell) sternum, breastplate

On

Kyōkotsu (*kyou*-) (胸骨 (noun: *kyōbu*) chest, breast + bone) breastbone, sternum

XIPHOID PROCESS

On

Kenjōtokki (*kenjou*) (劍状突起 sword (esp. a large, double-edged one) + form, shape + stab, thrust + origin) xiphoid process, ensiform [sword blade shaped] cartilage

This is the bottom tip of the sternum. The entire bone shape appeared to the Japanese like a double-edged blade; this tip was seen as the point or origin of that blade.

Because the xiphoid process is attached with only cartilage, it is susceptible to being broken away (inward) by a strong blow, thereby imperiling the heart.

RIB

Kun

Abara (肋) the ribs; rib, ribcage

On

Rokkotsu (肋骨 rib + bone) a rib

VERTEBRA

On

Tsuikotsu (椎骨 spine + bone) vertebra, vertebrae

On

Sekikotsu (脊椎骨 back + spine + bone) vertebra

PELVIS

On

Kotsuban (骨盤 bone + tray, shallow bowl) pelvis

Kun

Momo (髀) pelvis, hip-bone, humerus

SACRUM

On

Senkotsu (仙骨 hermit [man *beside* mountain radicals] + bone) sacrum

This bone is five vertebrae fused before birth, at the base of the lumbar spine, which joins the two wings of the pelvis with ligaments. If struck hard it may be displaced, causing pain and dysfunction.

COCCYX

On

Bikotsu (尾骨 tail, tail end + bone) coccyx

This is the end of the spine. Three to five vertebrae fully or partially fused, with joints and/or disc-like ligaments. It serves as the site of multiple pelvic ligaments and tendons as well as a plexus of nerves. Damage or dislocation will cause dull pain in the low back, pain upon standing, and possibly tingling or numbness in the legs.

Also: *Biteikotsu* (尾骶骨, 尾てい骨 tail, tail end + coccyx, backbone, hips + bone) coccyx (an obsolete construction)

PUBIC BONE (SYMPHYSIS BONE)

I can find no Japanese term for this. However, as a striking target it is of some importance. Not a bone, this is a cartilage joint between the front wings of the pelvis that keeps them steady during movement. Damage or dislocation from a straight blow above the genitals will cause difficulty and some pain in walking.

HUMERUS

On

Jōwankotsu (jou-) (上腕骨 on top of, above + arm + bone) humerus (upper bone in arm)

RADIUS

On

Tōkotsu (撓骨 (verb: *tawamu* to bend, to warp) bent, warped + bone) radius (bone of the forearm)

ULNA

On

Shakkotsu (尺骨 *shaku* (unit of distance approx. equal to 30.3 cm) + bone) the ulna (bone of the forearm)

CARPALS/WRIST

On

Wankotsu (腕骨 arm + bone) wrist bone, carpus, carpal bone

On

Shukonsotsu (手根骨 hand + root + bone) carpal (any of the bones of the carpus in the wrist)
These bones make up the wrist and are subject to dislocation from wrenching or a blow.

METACARPALS

On

Chūshukotsu (中手骨 *chuu-*) (middle + hand + bone) metacarpal

The five long bones between the wrist and the fingers that create the bony back of the hand.

They are thinly covered by nerves, ligaments and blood vessels, making them susceptible to pain from sharp strikes.

PHALANX/PHALANGES

On

Shikotsu (指骨 *finger, toe, digit + bone*) phalanx (phalange) of the hand; phalanx (phalange) of the foot

These small bones of the fingers are subject to pain from striking as well as dislocation.

FINGER, FINGERS

Kun

Yubi (指) *finger, toe, digit*

Kun

Tesaki (手先 *hand + point, tip, end, front*) fingers, fingertips

FEMUR

On

Daitaikotsu (大股骨 *large, big + thigh + bone*) femur

PATELLA/KNEECAP

On

Shitsugaikotsu (膝蓋骨 *knee + cover, lid, cap +bone*) kneecap, patella

A triangular shaped bone attached to the quadriceps muscles of the thigh and the top of the tibia, its purpose is to help in the extension of the knee. It is susceptible to being dislodged, causing pain and swelling, and can be broken by blunt force.

TIBIA

On

Keikotsu (脛骨 *shin, shank, lower leg + bone*) tibia, shinbone (Anatomy)

As close to the leg surface and overlaid with nerves, this bone is a favored target for a kick or blow with a hard weapon.

FIBULA

On

Hikotsu (腓骨 *calf (of the leg) + bone*) lower leg bone

TARSAL

On

Sokukon (足根 foot + root, source, origin) tarsal(s) (Anatomy)

These are the seven bones, including the heel (*kakato*), that lie directly under the bottom of the lower leg bones and immediately ahead of them, comprising the ankle. They are held together by tendons and cartilage joints; several nerves underlay them. A forceful blow to the side or top will cause pain and may damage the structures.

A piercing blow at the middle dorsal area where the visible ankle meets the top of the foot will cause pain to the crossing ligament and branches of the superficial peroneal nerve.

METATARSALS

On

Chūsokkotsu (*chuu-*) (中足骨 center, middle + foot + bone) metatarsal(s)

These are the arched long bones of the middle foot that comprise the instep. Though designed to withstand the pressures of walking, etc., they are vulnerable to blows directly from above. Such an attack will cause pain to the nerves along the top of the foot as well as possibly dislocate the bones at their cartilage joints.

PHALANX/PHALANGES

On

Shikotsu (趾骨 footprint + bone) phalanx (phalange) of the foot

These small bones of the toes are subject to pain from striking as well as dislocation.

TOE. TOES

Kun

Yubi (指) finger, toe, digit

Kun

Tsumasaki (つま先, also: 爪先 claw, nail, talon + point, tip, end, front) toes, tip of the toes

These are small, jointed bones with plenty of nerves to cause pain, and ligaments to be damaged by a blow on the top, dislocation, etc.

EDITOR'S EDGE

This time, with the help of Wikipedia and **Jim Kelton, Shihan**, we'll learn about a style whose roots are buried deeply in Danzan Ryu: *Small Circle Jujitsu*. *Small Circle Jujitsu* is a style of jujutsu developed by Wally Jay that focuses on employing dual simultaneous push/pull actions and smooth transitions. Let's begin with the style's founder, **Wally Jay**.

Wah Leong Jay (June 15, 1917 – May 29, 2011), better known as **Wally Jay**, was an American martial artist who primarily studied and taught *jujutsu and judo*. He was the founder of the Gendai Budo martial art, *Small Circle JuJitsu*.

Jay was born in Hawaii of Chinese descent. At age 11, he began to study boxing under a community program. By the age of 18 he was studying jujitsu under Paul Kaelemakule. In 1938, Wally enrolled at Oregon State College where he studied medicine and agriculture. In 1940, he studied Danzan Ryu jujutsu under Juan Gomez and learned judo under the former Hawaiian Champion, Ken Kawachi. Jay and his wife Bernice were awarded a Certificate of Mastery by Seishiro Okazaki, the founder of Danzan Ryu jujutsu, on February 22, 1948.

Ultimately, it was his two years of training under the Hawaiian Judo Champion, Ken Kawachi, which gave him the principles he needed to formulate his system of Small Circle JuJitsu. Kawachi had stressed wrist action to gain superior leverage against an opponent. This wrist action is prevalent in Small Circle Jujitsu techniques.

Small circle jujitsu techniques are smooth and functional because of the integration of *the flow*, in which interchangeable techniques are used to counterattack. The flow emphasizes the smooth transition between various locks and throws in order to remove any "hard stops". It allows a practitioner to seamlessly transition between techniques and makes counter-measures against opponents quicker and smoother.

Small Circle Jujitsu continues to evolve from a combination of various martial arts theories, styles and movements. It contains *Ten Principles*, which were guidelines by which a practitioner of Small Circle JuJitsu could improve upon the fundamental basics involved in the functionality of their technique.

Ten Principles

1. Balance
2. Mobility and Stability
3. Avoid the Head On Collision of Forces
4. Mental Resistance and Distraction
5. Focus to the Smallest Point Possible
6. Energy Transfer
7. Create a Base
8. Sticking Control and Sensitivity
9. Rotational Momentum
10. Transitional Flow (which includes):
 - Exert Continual Pain During Transitions
 - Create Maximum Pain Without Dislocating Joint
 - Mobility During Transition Rather than Stability

Professor Jay spent time with Bruce Lee and his associates in 1962 teaching them judo and jujitsu techniques. Jay was the head instructor of Jay's Jujitsu Studio, which is also known as Island Judo/Jujitsu Club in Alameda, California. Even past the age of 90, he traveled worldwide teaching seminars on Small Circle Jujitsu. Jay published two books; *Dynamic Ju Jitsu* and *Small Circle JuJitsu* and numerous instructional videos.

During the 1990s, Wally Jay, Remy Presas (Modern Arnis), and George Dillman (Kyusho Jitsu) traveled together throughout the United States and worldwide promulgating small-circle jujitsu. Remy Presas incorporated elements of Small Circle JuJitsu into Modern Arnis. In 1969, Jay was inducted into Black Belt Magazine's Black Belt Hall of Fame as "Ju-Jitsu Sensei of the Year," and again in 1990 as "Man of the Year".

In August 2002, Jay held a ceremony officially handing the title of grandmaster over to his son Leon Jay in their hometown of Alameda, California. Family, friends, several martial arts masters and the media witnessed the occasion.

Now, here is a more close up and personal look at Wally Jay, thanks to Jim Kelton, Shihan.

From Shihan Kelton

Many Danzan Ryu black belts received their instructor's scrolls and moved from Hawaii to the U.S. mainland to open Danzan Ryu schools. Among them were:

- William Montero (1947) moved to California and opened the Pacific Judo Academy.
- Joseph Holck (early 60s) moved to Tucson, Arizona and later formed the Kodokan Yudanshakai.
- Bud Estes (1939), Richard Rickerts (1941), Ray Law (1939) and John Cahill (1946) moved to California and later formed the American Judo and Jujitsu Federation (AJJF).
- Wally Jay (1950), Carl P. Beaver Sr., Willy Cahill, John Chow-Hoon, and James Muro moved to California and later formed Jujitsu America (JA) based in California.

For various reasons, Professor Wally Jay and Professor Carl Beaver decided to break away from the American Jujitsu Institute (AJI) to form Jujitsu America. Jujitsu America separated the United States into two regions. Professor Jay oversaw member dojos in the northern region of the United States while Professor Beaver oversaw member dojos in the southern region of the United States. Since California is a large state, California was split in two with Professor Jay overseeing the northern part of the state while Professor Beaver oversaw the southern region.

Professor Jay visited southern California on many occasions and was a frequent guest instructor at Professor Beaver's dojo where sessions were limited to black belts.

Professor Jay was in the initial process of developing Small Circle Jujitsu, a system of self defense focused on employing simultaneous push and pull actions for maximum impact with minimal effort.

One of Professor Beaver's black belts, Jim Kelton, founder of Lakewood Budo Kai, was fortunate to attend many of Professor Jay's sessions. In his later years, Professor Jay traveled less and less. With the hope that his students could learn directly from Professor Jay, Jim wrote letters to Professor Jay requesting that Lakewood Budo Kai

students be able to travel to Alameda California to learn directly from Professor Jay. After several years of writing letters, Jim received a phone call from Professor Jay, and Professor Jay agreed to have a special workout and training session for Lakewood Budo Kai students.

On April 12, 2008, members of Lakewood Budo Kai attended a six hour workout and training session with Professor Jay. At the time, Professor Jay taught in a dedicated martial arts studio attached to his home. After the workout, attendees were fortunate to be invited into Professor Jay's home, where he told stories of his training in Hawaii, the development of Small Circle Jujitsu, and his discussions with Bruce Lee when Bruce Lee visited Professor Jay's home. Following the workout, Lakewood Budo Kai members graciously invited Professor Jay and his wife to dinner, where Professor Jay shared stories of his training, background, and relationships with his instructor.

When Professor and Mrs. Jay welcomed Lakewood Budo Kai students into their home, the students felt like they were part of a family, and that feeling of Ohana (family) would last forever. Most of all, Professor Jay taught the meaning of love, and how we all help each other, since we are all family.

(next page - Professor Jay's dojo)

Professor Wally Jay's Dojo (April 12, 2008)



I would appreciate it if you, the reader, whom I thank very much, would give feedback on whether or not you enjoy these trips into the history of our arts. I'm having fun with it and I hope you are as well.

If you will, email me at pjhaber2@gmail.com and leave a comment.

Thank you and I'll see you again in September.

Paul Haber, Shihan