

KODENKAN YUDANSHAKAI, INC.

ATARASHI DENTO

NEW TRADITIONS: March 2023

Paul Haber, Shihan, editor

Welcome to the newsletter dedicated to you, the Members and Associates of the Dai Shihan Joseph Holck Kodenkan Yudanshakai,



in the traditions of Professor Henry Seishiro Okazaki and

WHAT'S NEW?

On January 28, 2023, Yudansha promotions were held at St Frances Cabrini Church. In addition to the promotions and upgrades listed below, there were several surprises. As noted by our "Tucson Correspondent" John Truman, Shihan, we had a few visitors:

- Sr Grandmaster Harry Greene, founder of One- on - One Filipino Martial Arts
- Dennis Duarte, Chief Instructor of One- on - One Filipino Martial Arts
- Chance Ward, Master Instructor of Krav Maga
- Dennis Stewart, Kajukenbo Professor, Admin President of Ordonez Kajukenbo Ohana
- Franco Charmoli, Kajukenbo Sigung, Admin Vice President of Ordonez Kajukenbo Ohana
- Joey Stewart, Kajukenbo Sigung

The presentation of the rank of Hachidan to our late friend Donald Washington was a surprise to me. Very few, other than Dave Parker, were expecting it. On Sunday night I called Donald's daughter in California to inform her of the unexpected promotion. The certificate will be mailed to her." For those of you who did not have the pleasure to know Donald Washington, Shihan, he joined KDK several years together with John Truman. Both had "grown up" in the Ordonez branch of Kajukenbo and received permission from Sai-Shihan Joseph Holck to join our ranks. I had the pleasure to call him friend. He is missed, and the promotion, even posthumously, was well deserved.

Others promoted to Shodan that night were:

Anthony Durazo	Kajukenbo under John Truman, Shihan
Carmen Choza	Matsuno Ryu Goshinjitsu under Irene Swanson, Shihan

In addition, the following Yudansha were upgraded at the ceremony:

Robert Bloom	Sensei title	Matsuno Ryu Goshinjitsu
Elisha Caywood	Sandan	Matsuno Kajukenbo Kai
Russell Kelley	Yondan	Danzan Ryu
Russell Kelley	Yondan	Shorin Ryu
George Seeley	Yondan	Matsuno Ryu Goshin Jitsu
Matthew Di Prima	Yondan	Danzan Ryu
Ryan David	Godan/O'Sensei	Shorin Ryu
Dr. Jeffrey Smith	Rokudan/ Shihan	Danzan Ryu
Jaqueline Britt	Rokudan/ Shihan	Matsuno Kajukenbo Kai
Neil Konigsberg	Rokudan/ Shihan	Matsuno Ryu Goshinjitsu
Kenneth Fiore	Rokudan/ Shihan	Matsuno Ryu Goshinjitsu
Julian Pimienta	Rokudan/ Shihan	Danzan Ryu
Irene Swanson	Hachidan	Matsuno Ryu Goshinjitsu
John Truman	Hachidan	Kajukenbo

Congratulations to each and every one of you.

On January 29, 2023, the annual Back Belt Meeting was held at MATS. Among the highlights:

- The KDK treasury ended up about \$1,000 in the black, primarily because of donations.

- All present expressed hope that our dojos would grow again this year.
- Talked about the new KDK officers and how to motivate people.
- Discussed the ceremony and banquet- all agreed it went well.

As of March 1, 2023, the KDK will have new officers who were elected by the Board of Directors unanimously in the November::

- President: Ken Fiore, Shihan
- Vice Presidents: Julian Pimienta, Shihan and Jackie Britt, Shihan
- Treasurer: Irene Swanson, Shihan (Thanks for staying with the position, Irene!)
- Secretary: Neil Konigsberg, Shihan

Our thanks to Shihans David Parker, David Lovitt, Irene Swanson and Steven Herzog for more than a decade of service to our organization. We couldn't have done it without you!

MEET THE SENSEI

This time, with the help of the Kajukenbo Cafe website, and John Bishop, moderator, we will feature Peter Choo (also spelled Chiu), a co-founder of Kajukenbo. He was related to Joseph Holck according to Meleana Holck Tomooka Shihan ("Uncle Peter was married to my dad's cousin Eloise").

Peter Yung Yil Choo was born on August 21, 1926 and passed away on June 19, 1997. He was born in Honolulu, Hawaii and was one of the five co-creators of Kajukenbo. He represented the Korean art of Tang Soo Do or the "KA" in Kajukenbo. Of Korean descent, Choo first studied boxing as a young boy, winning the prestigious 1937 Joe Lynch Boxing Award. (Joe Lynch was the trainer of Max Baer, the Heavyweight Champion of the world from 1934-1936)

At a young age Peter began studying what would later be called Tang Soo Do, under the tutelage of his father. During the 1940's he also trained in Kenpo Jiu Jitsu under Professor Thomas Young, and jujitsu under Professor Sam Luke, Jr. At the same time he continued with his boxing workouts, something he continued long into his military career. It was also during this period, about 1947, that he became acquainted with the men with whom he would later found Kajukenbo - Adriano Emperado, Joseph Holck (Matsuno Joichi), George Clarence Chang and Frank Ordonez. They began practicing together, comparing the strengths and weaknesses of each other's style, determined to combine the best of all. They called themselves *The Black Belt Society*. According to urban legend, each was a master of his art. In reality all of them were in their 20's.

Peter Choo was the most experienced boxer of the group and in addition to Tang Soo Do, had experience in Kenpo Jujitsu and Danzan-ryu Jujutsu. Their first workout together was in the backyard at Peter Choo's mother's house. Subsequent training sessions were held in various locations around the Halawa Housing area - a complex that was previously military barracks - and at the Kaheka Gym. They moved from building to building, attempting to keep their study secret.

Along with Emperado and Holck, Choo did a lot of experimenting with the blending of techniques and designing of combinations, while Chang and Ordonez assisted and recorded the training progress in writing and photographs. Punching defenses were designed to counter all the common punching combinations that a boxer or street fighter would throw, as well as countering throwing or grappling moves found in the other arts.

Choo had been in the U.S. Army since 1944 and in 1949 he was sent to the Korean War. After the war, he made a career out of the military, spending many years in Asia and Europe.

Having a lifelong interest in the fighting arts, he always made it a point to learn the native art of the countries that he was stationed in. Right after the war he was stationed in Korea. This gave him another opportunity to train in the Korean martial arts that his father had taught him. This time around, he trained with a young Korean Army officer named Jhoon

Rhee. (Rhee would later become known as the man who introduced Tae Kwon Do to America.)

Shortly after 1955, Choo was stationed in Japan. There he took up the study of Aikido under founder Morihei Uyeshiba at the Aikikai, and with Koichi Tohei at Tohei's home. When stationed in Okinawa, he studied Shorinjiryu Karate, under a fellow soldier named Ed Takai.

When stationed in Europe, Choo continued with his boxing. He also received several championship awards during his three years of touring with the 6th U.S. Army Far East, and U.S. Army European Divisions. Grandmaster Choo retired from the Army in 1965.

Cho had a favorite saying: "If you think you're beaten, you are. If you think you dare not, you won't. If you'd like to win but think you can't, it's almost a cinch you won't. For life's battles don't always go to the stronger or faster man. For sure as fate, the man who wins is the man who thinks HE CAN" .Grandmaster Choo died in Hawaii in 1997.

UPCOMING EVENTS

3/22/23- **Candidate letters** for 6/3/23 testing due to President

4/23/23 **KDK Spring Event** Location and time TBD

5/6/23 **KDK Board of Directors meeting**. 2:15 pm at MATS

5/7/23 **Quarterly Kyu testing**. 11:00- 3:00 at MATS

5/28/23 **Martial Arts Camp** at MATS Time TBD

6/3/23 **CANDIDATE TESTING** Time and location TBD

ALL YUDANSHA PLEASE NOTE:

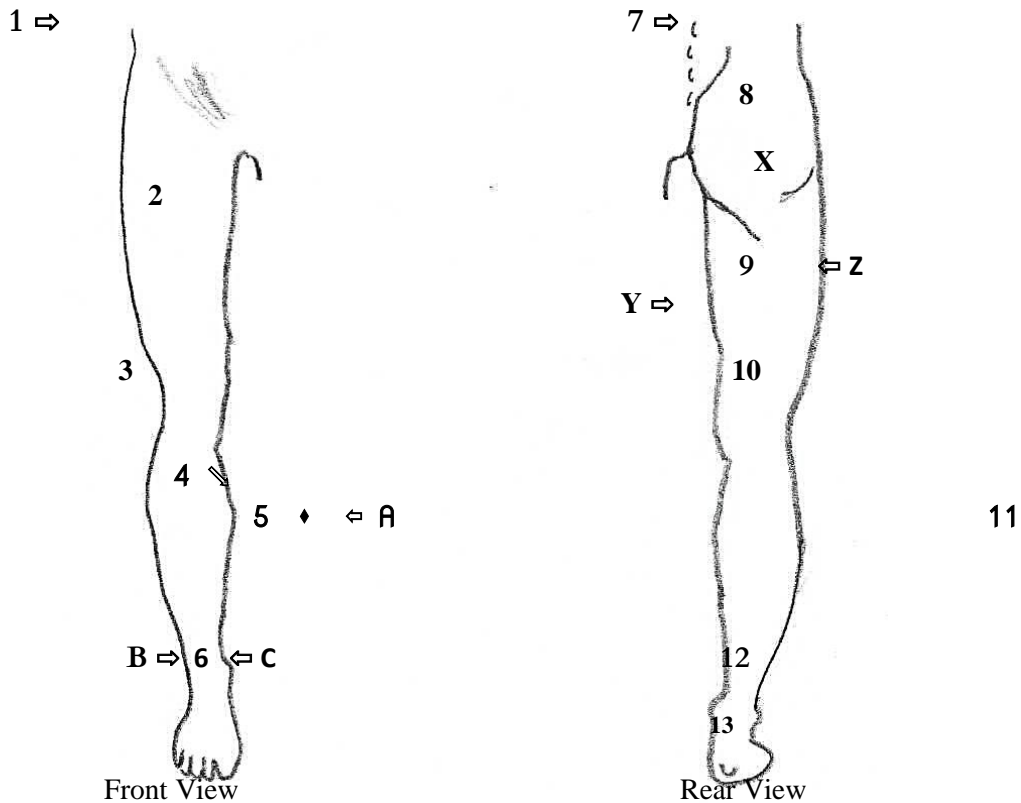
Please check your equipment and see if you have found a spare black belt at the promotion ceremony three weeks ago. David Chait O'Sensei misplaced his; probably in the changing room. It has a certain sentimental value for him, since it was presented to him by Dai-Shihan Vinson Holck. If you locate it, please contact David or me directly. Thank you for your support.

KANJI KORNER

By Dave Heacock, Shihan

JAPANESE ANATOMY TERMS FOR MARTIAL ARTS PART 7

In this installment we cover the leg and foot, with vulnerable points.



- 1. Hip
- 2. Thigh, front
- 3. Knee
- 4. Calf of leg
- 5. Shin
- 6. Ankle
- A. Saphenous nerve and blood vessels
- B. Outer ankle bone
- C. Inner ankle bone

- 7. Spine/Lower back
- 8. Buttock
- 9. Thigh, rear
- 10. Popliteal fossa (area behind knee)
- 11. Calf muscle
- 12. Achilles tendon
- 13. Heel
- X. Sciatic nerve
- Y. Femoral nerve and blood vessels
- Z. Lateral femoral nerve and fibrous band

HIP

Kun

Koshi (腰) hips, waist, lower back

THIGH

Kun

Momo (股, もも) thigh, femoral

Also pronounced: *mata* (また)

OUTER THIGH

Kun

Soto Momo (外股)

INNER THIGH

Kun

Uchimono (内股)

KNEE

Kun

Hiza (膝) knee; lap; knee and thigh (while sitting)

Because of the number of soft tissue components within the joint area—a compromise between stability and flexibility—the knee is susceptible to pain and damage from force applied from either side (kicks, wrenching, blunt object attacks) as well as hyperextension from frontal attacks.

KNEECAP, PATELLA

On

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

Kun

Hizagashira (膝頭 knee + head) kneecap

CALF (OF LEG)

Fukurahagi (usually written in *kana* ふくらはぎ) (脹・脛 (verb: *fukureru*) to bulge, swell out + lower leg, shin, shank) calf (of leg)

Also: *komura*, *kobura* (腓) calf (of leg). See: CALF MUSCLE below.

SHIN

Kun

Sune (脛) shin, shank, lower leg

Mukouzune (向こう脛 facing + shin, lower leg) shin, front of lower leg [esp. the tibia bone]

Exposed bone and overlying sensory nerves make this a favorite target.

SAPHENOUS NERVE AND BLOOD VESSELS

On

Hifukushinkei (腓腹神經 calf (of the leg) + interior, inner part + spirit + warp (weaving), longitude) saphenous nerve

This nerve and associated blood vessels run through the lower leg behind the tibia and into the foot, mostly for sensory functions. A piercing kick or blow into the area between the tibia and the medial calf muscle will cause pain and possibly interfere with some leg and foot functioning.

ANKLE

Kun

Ashikubi (足首 foot, leg + head, neck) ankle

ANKLE BONE/MALLEOLUS

Kun

Kurubushi (踝 left radical: foot + right radical: rice field over wood) ankle; malleolus, ankle bone

INNER SIDE OF THE ANKLE*

Uchi Kuro Bushi (内踝 inner, inside + ankle, malleolus)

OUTER SIDE OF THE ANKLE*

Sotokurubushi (外踝 outer, outside + ankle, malleolus)

*The "ankle bones" are roundish projections at the bottom of the tibia (inner) and fibula (outer) bones where they meet the foot. A blow to the bone itself will be painful. To the rear of each runs a branch of the sural (lower leg) nerve; a blow here would result in localized burning pain and numbness.

SPINE/LOWER BACK

Kun

Koshi (腰) hips, waist, lower back

This region is mentioned here mostly for illustrative purposes as the top of the leg.

BUTTOCK

Kun

Shiri (尻) buttocks, rump, butt, rear

SCIATIC NERVE

On

Zakotsushinkei (坐骨神經 seat + bone + spirit + longitude, pass through) sciatic nerve. The largest nerve in the body, formed of five nerves from the lower spine, it passes down through the buttocks, connecting the spinal cord with the skin and muscles of the lower limbs. A blow to the buttock at or below the level of and outside of the tailbone can cause pain, numbness, and maybe temporary paralysis of the leg.

FEMORAL NERVE AND BLOOD VESSELS

On

Daitaishinkei (大腿神経 great, large + thigh, femoral + spirit + longitude, pass through) femoral nerve

Arising in the lumbar spine, this large nerve passes down the pelvis and into the thigh muscles surrounded by blood vessels. The striking point here is in the medial side of the thigh, about a hand span above the knee. A blow will cause pain and interfere with the working of the leg muscles, even into the lower leg by the saphenous branch.

LATERAL FEMORAL CUTANEOUS NERVE AND FIBROUS BAND

The superficial outer branch of the femoral nerve lays under the iliotibial tract (no Japanese equivalent term), a band of fibrous tissue that stabilizes the hip and connects to the top of the tibia. A blow to the outside of the leg at about mid-thigh will cause pain and disrupt thigh muscle function.

POPLITEAL FOSSA

On

Shikaku (膝臑 knee + hollow of knee) popliteal fossa; area behind the knee (obscure)

On

Shikka (膝窩 knee + cave, pouch) popliteal fossa; area behind the knee (Anatomy)

This area contains the tibial and peroneal nerves, as well as the popliteal artery and vein. A piercing blow to this area will cause pain, interrupt lower leg function, and cause the leg to buckle.

CALF MUSCLE (GASTROCNEMIUS)

On

Hifuku (腓腹 calf (of the leg) + bulging part) calf muscle

On

Hifukukin (腓腹筋 calf (of the leg) + bulging part + muscle) gastrocnemius muscle.

A blow to/between the heads of the muscle would affect the common peroneal and sural nerves as well as blood vessels, causing pain and numbness in the lower leg and foot.

ACHILLES TENDON

On

Akiresukin (アキレス腱 first four syllables in *kana* + tendon) Achilles tendon, calcaneal tendon [for its attachment to the calcaneus, the heel]. Attaching to the calf muscle and the heel, it allows us to rise onto the ball of the foot/toes. Injury to the tendon will be painful and cause impairment in walking, running, and jumping.

HEEL

Kun

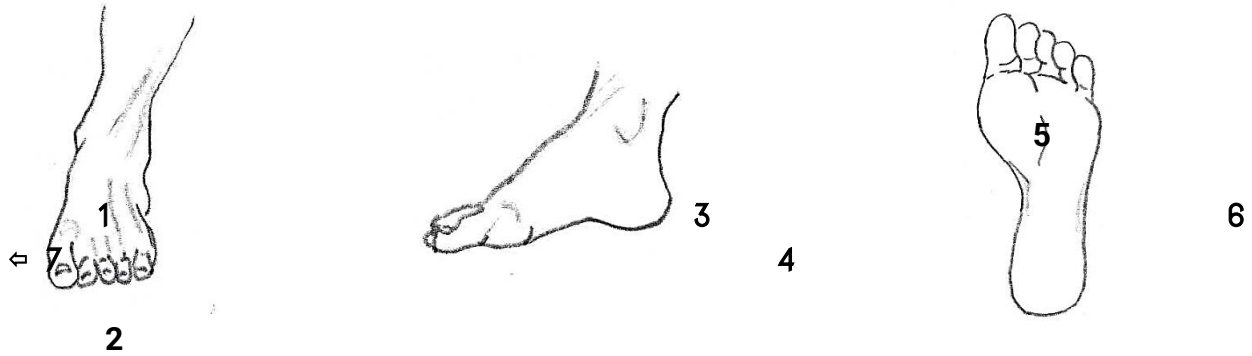
Kakato (踵) heel (of foot, shoe, stocking, etc.)

This is the most common pronunciation.

Sometimes: *kibisu*

On

Shō (shou) (踵) calcaneus, heel bone



1. Instep

2. Digits

3. Heel

4. Arch of the foot

5. Ball of the foot

6. Sole/bottom

7. Edge of the foot

INSTEP

Ashinohai (足の甲 foot + of, relating to + carapace, shell; instep) top of the foot, instep

On

Sokuhai (足背 foot + back, reverse; height [*haigo*]) top of the foot, instep

Also: *ashinokō (-kou)* (跗 composed of: foot + human + *Sun* [approx. 3.03 cm]; small, a little) instep [a one-tenth *shaku* sized measurement of the human foot]

Sometimes: *Haisoku* (背側 height + part, side) dorsal

If meant as “top of the foot”, the construction is grammatically incorrect. See *ashinohai*.

THE DIGITS

Yubi (指) finger, toe, digit

BIG TOE *Oyayubi* (親指 parent + toe) big toe

SECOND TOE *Hitosashiyubi* (人差し指 person + prefix used for stress or emphasis + toe) second toe

MIDDLE or THIRD TOE *Nakayubi* (中指 inside, among, middle, center + toe) middle toe, third toe

FOURTH TOE *Kusuriyubi* (薬指 medicine + toe) fourth toe

LITTLE TOE *Koyubi* (小指 small, little + toe) pinky; little toe

HEEL

Kun

Kakato (踵) heel (of foot, shoe, stocking, etc.)

This is the most common pronunciation.

Sometimes: *kibisu*

ARCH OF THE FOOT

Kun

Tsuchigumo (土・踏・ます soil, earth, ground + [verb: ふむふむ] step on, tread on + *mazu* is a *zu*-form inflection of *fumu* meaning “Without doing Verb”) arch of the foot; plantar arch; (the part that) does not step on the ground

A piercing blow into the arch will cause pain from the plantar nerve and underlying ligaments.

BALL OF THE FOOT

On

Jōsokutei (*jou*-) (上足底 top, summit, on top of + foot + bottom, sole) ball of the foot (Martial arts)

Sometimes called: *Koshi* (腰) waist, hips

SOLE OF THE FOOT

On

Sokutei (足底 foot + bottom, sole) sole of the foot

OUTER EDGE OF THE FOOT

On

Sokutō (*-tou*) (足刀 foot + sword) outer edge of the foot (from little toe to heel) (Martial arts)

EDITOR'S EDGE

We begin this episode by thanking the Kodenkan Danzan Ryu Jujitsu Association, Jujitsu-do Martial Arts Center and Crossfit One World for a great deal of this information.

Danzan Ryu Jujitsu is a combination of martial and healing arts that captures the essence of traditional Japanese Budo (warrior skills) and delivers it with the warmth and power of ***Hawai'i nei*** (Hawaiian culture).

Danzan Ryu is a systematic, comprehensive combat self-defense system that incorporates physical and mental training within a philosophy of ethical and moral development. It is the largest and most popular system of Jujitsu in the United States.

Danzan Ryu involves learning to roll and fall, to move and balance, to escape from grabs and manipulate the joints (arms, wrists and leg locks), punching and kicking techniques, as well as weapons training and reversing damage and healing injuries.

It is impossible to discuss *Danzan Ryu* without reviewing the story of its creator, Professor **Henry Seishiro Okazaki**, founder and Master of the *Kodenkan Danzan Ryu Jujitsu System* and the American Jujitsu Institute of Hawaii. He was born in the town of *Kakeda, Fukushima Prefecture*, on the island of *Honshu, Japan*, January 28, 1890. At the age of 16 he moved with his family to the island of Hawaii.

When Okazaki was 19 he was diagnosed as having tuberculosis. In the early 1900's tuberculosis was called "consumption" or "black lung disease", and **Okazaki** was convinced he was going to die. Okazaki writes that "Because of this, I committed 'sutemi', self-abandonment to death". Fortunately, he came under the care and guidance of a great Jujitsu Master and Healer by the name of **Kichimatsu Tanaka** at his *Shin Yu Kai Dojo* in Hilo. **Okazaki** goes on to say: "Assuming I was a dead man, I practiced Judo with all my

strength at the risk of my life. During this time, strangely enough, I had a complete recovery of health from the sickness, and I became the owner of a body as if made of iron! Therefore, I was convinced that my whole life was a gift from Judo and thereafter my whole life should be devoted on behalf of Judo”.

In addition to his constant study of Jujitsu under Professor **Tanaka, Okazaki** also studied under various masters in Hilo, Hawaii, and mastered the Jujitsu styles of **Yoshin Ryu, Iwaga Ryu,** and **Kosogabe Ryu.** Furthermore, he learned **Ryukyu Karate Jutsu** (the Okinawan form of the Chinese hand techniques), as well as Filipino knife arts, Spanish dirk fighting, **Mushi Jutsu,** the Chinese Praying Mantis Style of Kung Fu, and **Hawaiian Lua** (the “touch of death” techniques practiced by the ancient Hawaiian warriors). He also studied American boxing and wrestling in order to understand how his Oriental arts compared and contrasted with the American styles of pugilism. In 1922, after 13 years of exhaustive study of martial arts, **Tanaka Sensei** finally promoted **Okazaki** to Black Belt.

In 1924, with a letter of introduction from his Sensei, Okazaki toured Japan, where he deeply studied and researched the ‘okugi’ (the very secret techniques) at more than fifty Jujitsu and Judo schools, including **Shibukawa Ryu, Yoshin Ryu, Namba Shoshin Ryu, Take No Uchi Ryu,** as well as **Kodokan Judo.** At the Kodokan he studied **Judo** under **Dr. Jigoro Kano,** and was promoted to 3rd Degree Black Belt. During his tour he states that he acquired **675** different kinds of techniques and forms. He also made a special study of **kappo** and **seifukujitsu** – restorative body therapy, resuscitation, bone setting, and herbology – because he recognized that the virtue of **Jujitsu** lay in the possibility of reversing the effects of deadly or disabling arts by restorative massage and therapeutics.

Upon his return from Japan, **Okazaki** taught Judo and Jujitsu on the Hawaiian island of Maui. Gradually he evolved a system of self-defense Jujitsu comprising courses for men, women, and children, including methods of defense against punching, kicking, and

grabbing attacks, as well as defenses against the knife, gun, rifle, sword, and bayonet. In his system, which he called **Danzan Ryu**, “Sandalwood Mountain Style”, he stressed the ancient principles of philosophical and moral training while retaining the best of the arts of self-defense and restoration therapy, and combined these with the system of physical culture and mental cultivation now known as sports Judo. He thus achieved a true synthesis of ancient and modern elements which is a complete system of Judo and Jujitsu.

Professor Okazaki decided to call his style **Danzan Ryu** for two reasons. The first was to keep alive the memory of one of his teachers, Wo Chung, who taught him **Mushi Jutsu**, because he used to call the Hawaiian Islands “**Danzan**”, which means “sandalwood mountain.” Sandalwood is a sweet smelling cedar tree that the Chinese exported from Hawaii during the 1800s which they used to build their Buddhist temples. In view of this, the Chinese named Hawaii ‘**Danzan**’ – Sandalwood Mountain. The other reason is because most of Okazaki’s studies took place in Hawaii.

In 1929 **Okazaki** moved his family to Honolulu, on the island of Oahu, and established the *Okazaki Seifukujitsu Institute* (also known as the *Nikko Sanitarium of Restoration Massage*), where he subsequently earned an international reputation for his skill as a physical therapist. His fame brought him patients from all parts of the world for relief from so-called “incurable” nerve and muscular disorders. Among his more famous patients were President Franklin Roosevelt, Olympian Johnny Weismuller, actor Charlie Chaplin, and entertainer George Burns.

Also in 1929, Professor Okazaki established his Jujitsu school, which he called **Kodenkan**, “The School of the Ancient Tradition,” which later became known as the American Jujitsu Institute of Hawaii. His life from that time forward was devoted to instructing worthy Americans, without regard to race, color, national origin, or sex, in the arts and science of

Judo, Jujitsu, and Restorative Body Therapy, and to the development of disciples who would introduce his system throughout the world. It is safe to say that when Professor Okazaki died in July, 1951, thousands of students had studied in his school. His system, **Kodenkan Danzan Ryu**, remains today the most widely taught, and widely imitated, system of self-defense Jujitsu in the United States.

Mokuroku of Kodenkan Danzan Ryu – Catalog of Courses

- YAWARA – Escaping and joint locking techniques.
- SUTEMI – Rolling and falling techniques.
- NAGE TE – Throwing techniques.
- SHIME TE – Constriction and grappling techniques.
- YONENBU NO KATA – Children’s forms.
- GOSHIN JITSU – Advanced self-defense techniques.
- FUJIN GOSHIN NO MAKI – Women’s self-defense course.
- OKU NO KATA – Advanced combination techniques.
- SHININ NO MAKI – Scroll of Black Belt techniques.
- TANTO NO MAKI – Knife defense techniques.
- TANJU NO MAKI – Handgun and rifle disarming techniques.
- ATEMI NO MAKI – Striking and knockout techniques.
- KIAI NO MAKI – Scroll of the spirit shout.
- TESSEN NO MAKI – Scroll of the iron fan.
- DAITO NO MAKI – Scroll of the long sword.
- BO NO MAKI – Scroll of the long staff and stick arts.
- SHINYO NO MAKI – Scroll of advanced level Black Belt arts.
- SHINGEN NO MAKI – Scroll of secret Black Belt arts.
- SEIFUKUJITSU – Restorative massage and physical therapy arts.
- KAPPO and KATSU – Resuscitation techniques.

Esoteric Principles

Professor Okazaki assembled written material that he called "Esoteric Principles". This document draws principally on Taoist, Buddhist and Shinto thought. It is passed to students as the philosophical underpinnings of Kodokan Judo.

Since the fundamental principle acquired through the practice of Jiu Jitsu has been elevated to a fine moral concept called Judo, 'the way of gentleness' it may be said that the primary objective of practicing Judo is the perfection of character. And to perfect one's character, one must be grateful for the abundant blessings of Heaven, Earth and Nature, as well as for the great love of parents; one must realize his enormous debt to teachers and be ever mindful of obligations to the general public.

As a member of a family, one's first duty is to be filial to parents, to be helpful and harmonious with one's wife or husband, and to be affectionate to brothers and sisters, in order that the family may be a sound, successful and harmonious unit of the community.

As a member of a nation one must be grateful for the protection which one derives as a citizen; one must guard against self interest and foster a spirit of social service. One must be discreet in action, yet hold courage in high regard, and strive to cultivate manliness. One must be gentle, modest, polite and resourceful; never eccentric, but striving always to practice moderation in all things. One must realize that these qualities constitute the secret of the practice of Judo.

Anyone who practices Judo should have no fear facing stronger opponents, nor should he scorn weaker ones. With the skill which he develops, he does not oppose the strength of his opponent. For example, if a boat is floating on water then a single man's strength is sufficient to maneuver it freely because the boat floats on top of the water. If the boat is on dry land then several men cannot move it. When a weak man faces a strong one, he should understand this principle.

Having developed skill in the form of techniques which constitute the basic art of Judo, one should never use these arts against anyone without sufficient justification. Therefore, refrain from arrogance and do not despise a small or weak opponent.

Every student of Judo should realize that sincerity is the foundation of all virtues, that kindness is the secret in one's work, and that amiability is essential to success. Working pleasantly is the mother of health. Strenuous effort and diligence will overcome adverse circumstances. Simplicity, fortitude, and vigor are the keys to happiness; and service to humanity is the foundation of mutual existence and common prosperity.

An aptly expressed in the poem 'the boughs that hang lowest.' One should never forget the virtue of modesty as one attains proficiency in the art of Judo. Do not disdain or regard lightly either literary or military art; each is important and deserves equal cultivation and respect. Within constant motion and change, there is tranquility; and within tranquility, there is motion and change. There is stillness in the midst of movement, movement in the midst of stillness.

One must not forget parental love and one's enormous indebtedness to teachers nor fail to value those who come after us. Be grateful for the protection of Heaven and Earth. Be a good leader to younger students. To lead younger students well, will in the long run mean to attain proficiency in the skill of Judo.

Like a drawing in India ink of the whispering of wind in the pines, the secrets of Judo can only be suggested. Only through personal experiences can one comprehend the mystic ecstasy of such secrets. It is said of Jujitsu that it would require ten years of practice to win victory over one's self and twenty years to win victory over others.

Whatever the trials or dangers, even 'Hell under the upraised sword' remain calm and remember the doctrine imparted to you by your teacher.

A noted verse reads "for the lotus flower to fall is to rise to the surface".

Only by cultivating a receptive state of mind, without preconceived ideas or thoughts, can one master the secret art of reacting spontaneously and naturally without hesitation and without purposeless resistance. Emptying the self, one enters into the realm of dispassion and openheartedness, and for the first time is able to comprehend the secret art of benefiting both oneself and others in perfect harmony.

These then are the keys to the esoteric secrets of Kodenkan into which I have had the honor to initiate you."

H. Seishiro Okazaki

Judo Master

Director of Kodenkan

Next time, Wally Jay and Small Circle Jujitsu

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 June.

Paul Haber, Shihan