

KODENKAN YUDANSHAKAI

ATARASHI DENTO

NEW TRADITIONS

Paul Haber, Shihan, editor

March 2019

A Newsletter serving Members
Yudanshakai in the traditions
Okazaki, and Dai Shihan Joseph

and Associates of Kodenken
of Professor Henry Seishiro
Holck.

Welcome to the newsletter
associate of Kodenkan



dedicated to you, the member or
Yudanshakai.

What's New?

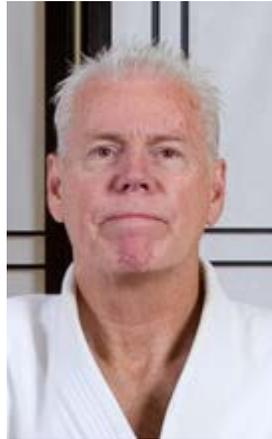
First of all. I apologize for the lateness of this newsletter- I generally try to publish the first week of the quarter. However, some personal illness has interfered this time; I'll try not to make it a habit.

MEET THE SENSEI

This issue we begin a series of articles highlighting the instructors who continue the traditions of Professor Okazaki and Dai Shihan Holck. Since our instructors are literally spread from one coast to another, I feel sure that a good number of our students are not familiar with many of

them. I would also take this opportunity to ask those of you who ARE sensei to submit a bio and picture for the newsletter.

We will begin the series with a long-time student of Dai Shihan Joseph Holck and Shihan Barry Holck, the family advisor to the KDK Board of Directors. We hope you enjoy the series.



**Jim Kelton, Shihan
Dojo Founder**

Hachidan 8th degree black belt in Shorin Ryu Karate
Shichidan 7th degree black belt in Danzan Ryu Jujitsu
Sandan 3rd degree black belt in Kodenkan Judo
Nidan 2nd degree black belt in Iai sword drawing

Jim began his martial arts training in 1964 at the age of 11 while living in Tucson, Arizona where he was introduced to the art of Judo. Two years later, Jim expanded his grounding in the martial arts studying Danzan Ryu Jujitsu under Dai Shihan Joseph Holck, founder of the Kodenkan Yudanshakai, and the art of Shorin Ryu Karate under Shihan Barry Holck. Jim continued training with the Kodenkan Yudanshakai until 1977 when he relocated to California.

In California, Jim concentrated his training in Jujitsu under Professor Carl Beaver, co-founder of Jujitsu America. Two years later, with Professor Beaver's encouragement, Jim started his own Dojo.

Jim is widely regarded in the martial arts community as a traditionalist. He strives to uphold traditional Japanese Samurai martial arts and Okinawan philosophies. Jim passes the arts down in the purest, most historically accurate manner possible, as his instructors passed down the arts to him. Jim is proud that Lakewood Budo Kai is recognized as one of the longest running martial arts schools in Los Angeles County and will celebrate its 40 year anniversary in 2019.

UPCOMING EVENTS

As some of you may have heard, **MATS dojo** is in the process of leasing the space next to the Boxer's Rebellion; they hope to be up and running by April 1.

The **Karate Kata shiai** scheduled for March 30 has been postponed..more info when available. Since there were no candidates for mid-year Shodan testing, **Candidate Testing** originally scheduled for March 26-28 has been cancelled. Get your future candidates ready for the November testing!

May kyu testing will hopefully be held at the new MATS dojo; we're all crossing our fingers the new space works out for them.

There is a **tentative social event** planned for April 13- final plans will be coming soon. Stand by!

KANJI KORNER

By David Heacock, Shihan

漢字

Take a seat.

Thanks but I brought mine with me.

I know it's a stupid pun, however that's what we will be talking about this time.

How we sit in the Japanese martial arts and why.

Writing on www.quora.com, Karen Ma discusses the history of Japanese "floor culture", where it came from, and why it was used.

Although chairs came to China as early as the Han dynasty (2205-1766BCE), the ancient Chinese used to kneel or sit cross-legged on woven mats surrounded by low tables, screens, etc. Raised platform chairs came to China from India with the introduction of Buddhism, and the platforms later began to function as tables. High chairs and stools appeared during the Tang dynasty (618-906 CE), with proper backed chairs most likely being brought to the Imperial court as tribute during the vibrant trading period of the Tang. However, since an elevated seat equaled higher status, their use was reserved mainly for the upper classes, especially the emperor and high officials. It was with the Song dynasty (960-1279 CE) that simple and crudely made benches, stools, and tables became popular among the commoners.

Finally, thanks to the w-i-d-e trading expeditions of Admiral Zheng He (possibly including contact with South America!), the importing of abundant tropical hardwoods became possible.

The classical style chairs and platform beds seen in museums from the Ming (1368-1644 CE) and Qing [Ching/Manchu] (1644-1912 CE) dynasties were popular among the scholar-official class and the wealthy.

The Japanese adapted the early Chinese "woven-mat culture" by substituting their own more sophisticated mats for a "tatami culture," still common today. However, like the Koreans, they were slow to adopt the "chair/bed culture" now so common on the mainland. Ms. Ma cites three reasons why this was likely so.

First, because Japan is a small country compared to China, homes and apartments tend to be very small. So, turning your one-room space from living area to bedroom and back again, could be easily achieved by rolling up the beddings. Second, Japan is prone to earthquakes and tsunamis, so sleeping on the floor and having few pieces of furniture to move in emergencies made sense.

Third, the geographical isolation of Japan tended to limit both invasions and outside contact; when a viable solution to living was achieved, the population tended to stay with it. China, on the other hand, had extensive contacts with multiple cultures and access to abundant wood.

Seiza 正座 right, correct, proper + seat, place, position.

How often have you been told, "Sit up straight"? More than just medically sound advice, for the warrior it is an absolute necessity to avoid fatigue and to maintain both mental alertness and a

sense of propriety (uprightness) in a world where death can come from one's foes as well as an unhappy superior who takes slouching as a sign of disrespect or low moral character.

Despite the fact that your feet go to sleep eventually, this can be a comfortable and space-saving posture. If age has taken its toll on your legs or you must sit for long periods, a seiza bench, which lifts you off your calves, may be just what you need.

Anza 安座 cheap, inexpensive, calm, peaceful, quiet + seat, place, position
Although your legs still fall numb, this "cheap seats" position is informal and more applicable to everyday "floor culture" life. For martial artists, seiza should be used before going into anza and when returning to standing.

An alternate name for this position is Agura 胡座. The first character means foreigner or barbarian for the tribes surrounding ancient China, and extended to the Ainu people of Hokkaido Island because of their indigenous culture and personal hairiness, snobbishly considered a trait of lesser humans.

However you sit, remember your training and strive to keep alert, upright, and in control of your response to the moment.

EDITOR'S EDGE

Just a couple of sayings I thought might interest you:

First, for those competitors among us- **"However beautiful the strategy, you should occasionally look at the results."** Sir Winston Churchill

"You must not fight too often with one enemy, or you will teach him all your art of war"
Napoleon Bonaparte

One of my favorites- **"The more you sweat in training, the less you bleed in combat."** Richard Marchinko- founder of Seal Team 6.

And, lastly- **"On the day of victory, no fatigue is felt."** German proverb.

Hmm! I guess the arts of fighting are universal!

Have a great quarter!