

KODENKAN YUDANSHAKAI

ATARASHI DENTO

NEW TRADITIONS

March 2022

Paul Haber, Shihan, editor

A newsletter serving
Members and
Associates of
the Kodengan
Yudanshakai
in the traditions
of Professor Henry
Seishiro Okazaki and
Dai Shihan Joseph
Holck



Welcome to the newsletter
dedicated to you, the member
or associate of the Kodengan
Yudanshakai

WHAT'S NEW?

Thanks to David Parker, Shihan for the update:

In 2021 we spent about \$650 more than we brought in. This is due to pandemic related closures and sparse attendance at the dojos. Approximately half of the monies brought in over the course of a year are from testing fees. The hope is that this will improve 2022.

Jujitsu America is hosting OHANA 2022 in Foster City, California. Dates are July 29-31, 2022. You can find a flier at Jujitsu America website.

The annual membership renewal went out February 1. Fees are due March 1, 2022.

The JANUARY 22 ceremony/banquet was smaller than usual but enjoyed by those who attended. There were 3 promotions to Shodan

Jennifer Billa *Matsuno Ryu Goshinjitsu* Lohse YMCA Neil Konigsberg, Sensei

Isaac Congedo *Danzanryu Jujitsu* Capital Kodenkan Matthew DiPrima, Sensei

Anthony Felix Jr *Matsuno Kajukenbo Kai* Sasori No Kage Kodenkan Paul Haber, Shihan

Upgrades:

Robert Bloom to Nidan *Matsuno Ryu Goshinjitsu*

Courtney Rose to Sandan *Matsuno Ryu Goshinjitsu*

Christian Conlee to Sandan *Matsuno Kajukenbo Kai*

Suzanne Chapman Title of Sensei

Please congratulate your fellow yudansha as the opportunity presents...

Thank you all for supporting and being part of the Kodenkan Yudanshakai. We are celebrating 55 years of perpetuating the legacy of our instructors.

MEET THE SENSEI

This issue -with the help of Wikipedia and Danzan.com, we will begin our study of notable students of Professor Okazaki, beginning with **Wally Jay**, whose real name was **Jay Wah Leong** (June 15, 1917 – May 29, 2011).

Born in Honolulu, HI on June 15, 1917, of Chinese descent, Jay grew up a sheltered and frail child. At the age of 11, he entered a community boxing program under the tutelage of **Jimmy Mitchell** in order to develop both his physical body as well as his confidence and sense of security. In 1935, he started to learn Jujutsu under **Paul Kaelemakule**. In 1938, he continued his boxing studies under Oregon State College coach **Jim Dixon**. Upon returning to Hawaii in 1940, Jay began his study of *Danzan-Ryu Jujutsu* under **Juan Gomez**, one of the top instructors under the founder **Henry Seishiro Okazaki**. In 1944, he received his 1st dan and a year later, his 2nd dan and instructor's scroll (Mokuroku). During this time, Jay also studied the therapeutic massage, Seifukujutsu, from Okazaki. In 1948, both he and his wife Bernice attended the Special Black Belt Class held by Okazaki. They both received a Kaidensho and the title, Shihan, from the founder.

During his Danzan-Ryu training, Jay also studied Judo under **Ken Kawachi**. Jay credits Kawachi with teaching how to effectively use "two-way" wrist action, a fundamental principle of Small Circle Jujitsu™. During the early 1950's, Jay began to concentrate on coaching his Judo team on the mainland. After several embarrassing defeats by the Hokka Yudanshakai of California, Jay went back to the drawing board and figured out how to decisively beat his team's opponents. Using his strategies, Jay's team went on to gain many championships.

In 1962, a young Bruce Lee sought out Wally Jay to learn how to add effective grappling techniques into the martial art he was developing. Lee and his friend James Yimm Lee spent many hours with Jay learning the Judo and Jujutsu methods he had perfected.

Over the years, Wally Jay garnered many honors and awards. Jay published two books; *Dynamic Ju Jitsu* and *Small Circle JuJitsu*, and numerous instructional video series on Small Circle Jujitsu™. Jay was the head instructor of *Jay's Jujitsu Studio*, which was 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.

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*".

Jay suffered a stroke on May 24, 2011. He was later removed from life support according to his stated wishes and died on May 29, 2011, at the age of 93.

He is survived by his wife of 71 years, Bernice Jay, his children Alberta Jay , Alan Jay , Antoinette Mussells , Leon Jay and daughter Winona Purdum ,as well as fifteen grandchildren, six great-grandchildren, nieces and nephews and many thousands of students/friends worldwide.

Next time we will discuss the teacher in our direct line, student of the Professor and the actual teacher of our own Dai-Shihan Joseph Holck - **Siegfried (Sig) Kufferath**.

UPCOMING EVENTS

April 24- **KDK Spring Event** Time and Location TBD.

May -**KDK board of Directors meeting** 2:15- 3:15 PM at MATS.

May 15- **Quarterly Kyu Testing** 11:00- 3:00 at MATS

June 4- **CANDIDATE TESTING** time and location TBD. Start getting your students (or yourself) ready now!

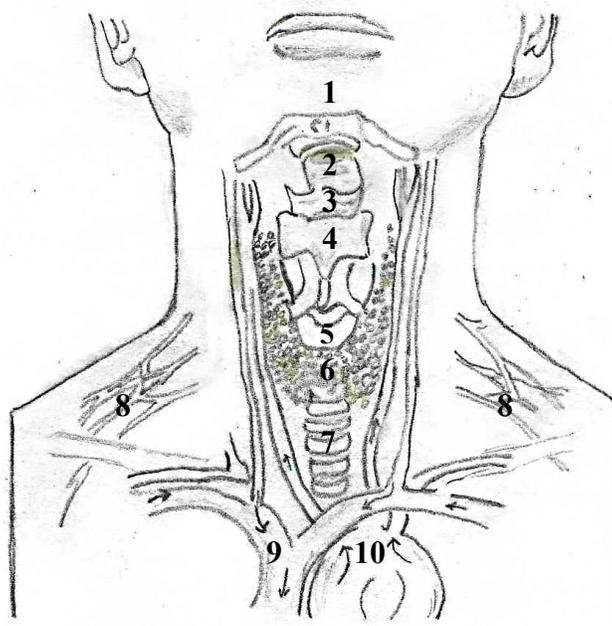
KANJI KORNER

By Dave Heacock, Shihan

JAPANESE ANATOMY TERMS FOR MARTIAL ARTS PART 3

With this installment we cover the neck: front, side, and back.

NECK AND THROAT



1. The Atlas vertebra, first of the cervical vertebrae. Seen from front view for location context.
2. Top of the esophagus cut away
3. Larynx upper
4. Thyroid cartilage
5. Larynx bottom
6. Thyroid gland
7. Trachea
8. Brachial plexus nerves
9. Jugular vein
10. Carotid artery

ESOPHAGUS

On

Shokudō (-dou) (食道 food, eating + path, route, way) esophagus; gullet

LARYNX

On

Kōtō (*koutou*) (喉頭 throat, voice + head) larynx

THYROID

On

Kōjōsen (*koujousen*) (甲状腺 carapace, shell + form, shape appearance + gland) thyroid gland

TRACHEA

On

Kikan (気管 air + pipe, tube) trachea, windpipe

BRACHIAL PLEXUS

On

Wanshinkeisō (*-sou*) (腕神經叢 arm + spirit + warp (weaving) + plexus, rete) brachial plexus
This network of nerves is rooted in the spinal cord at vertebrae C5 through T1; their position places them where the neck meets the top of the shoulder. These nerves activate the arm (radial, median, and ulnar) and its musculature; the median and ulnar continue into the hand.

JUGULAR VEIN

On

Keijōmyaku (頸静脈 head, neck + stillness, quiet + pulse, vein) jugular vein

This vein has both exterior and interior branches; it serves to drain blood from the head through the neck. It is “quiet” in the sense that it does not have a pulsating, rushing sound.

In striking terms, *matsukaze* (松風 pine tree + wind, breeze) pine breeze; (sound of) wind blowing through pine trees. This is the sound as blood flows through the vein.

CAROTID ARTERY

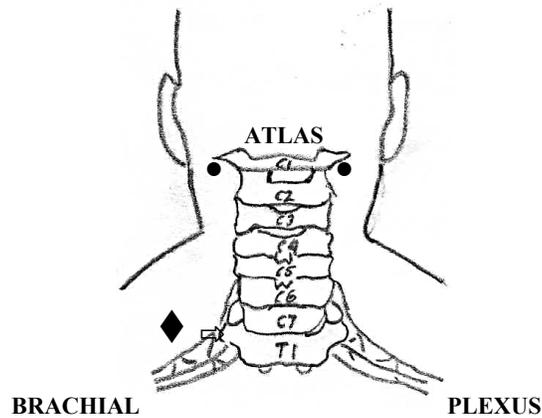
On

Keidōmyaku (頸動脈 neck, head + move, motion + pulse, vein) carotid artery

This artery has both exterior and interior branches; it carries pulsed blood into the neck and head.

In striking terms, *murasame* (村雨 village + rain) passing showers; rain that comes heavily, pauses, and then returns. This is the sound as blood rushes through the artery.

THE CERVICAL VERTEBRAE



The nerves rooted in the spinal column at vertebrae C1-C3 control movement of the head and neck muscles. Motor nerves from vertebrae C4-T1 control the shoulders, diaphragm, and arms/hands. Separate nerves from the same areas provide sensory information.

BACK OF THE NECK

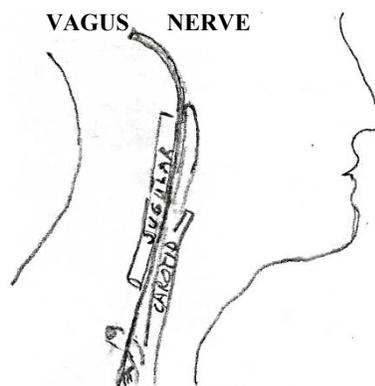
Kun

Kubisuji (首筋 neck + muscle, tendon, sinew) nape of the neck, back of the neck, scruff of the neck

SEVENTH CERVICAL VERTEBRA

A target in the *sappo* (殺法 kill + method) arsenal, a blow to this vertebra may result in weakness or temporary or permanent paralysis to the body below the level of the shoulders (paraplegia).

VULNERABILITY IN THE SIDE OF THE NECK



VAGUS NERVE

On

Meisōshinkei (迷走神経) astray, in doubt, lost + run + spirit + pass through, go through) vagus nerve

Tenth of twelve paired cranial nerves, this nerve passes from the medulla, down through the head and neck, into the chest and abdomen where it activates the internal organs, then on to the legs. Compression or a blow to this nerve slows down the heart and causes blood pressure to drop. Combined with occlusion of the jugular vein and carotid artery, almost instantaneous loss of consciousness occurs.

EDITOR'S EDGE

This month, we begin our perusal of the type of martial art on which KDK was founded- Jujutsu, also spelled Jiu-jitsu. We will attempt to cover the widest possible range of styles, since Danzan Ryu, the style founded by Professor Okazaki, was actually an amalgamation of many styles, as well as other martial arts.

According to Wikipedia, the oldest known styles of Jujutsu are **Shinden Fudo-ryū** (c. 1130), **Tenshin Shōden Katori Shintō-ryū** (c. 1447), and **Takenouchi-ryū**, which was founded in 1532. Many jujutsu forms also extensively taught parrying and counterattacking long weapons such as swords or spears via a dagger or other small weapons.

Muromachi Period (1333-1573): Koryu Jujutsu; Sengoku Period (1467-1615)

Today, the systems of unarmed combat that were developed and practiced during the Muromachi period (1333–1573) are referred to collectively as Japanese old-style jujutsu (*Nihon koryū jūjutsu*). At this period in history, the systems practiced were not systems of unarmed combat, but rather means for an unarmed or lightly armed warrior to fight a heavily armed and armored enemy on the battlefield. In battle, it was often impossible for a samurai to use his long sword or polearm, and would, therefore, be forced to rely on his short sword, dagger, or bare hands. When fully armored, the effective use of such "minor" weapons necessitated the employment of grappling skills.

Methods of combat (as mentioned above) included striking (kicking and punching), various takedowns, trips, throwing (body throws, shoulder and hip throws, joint-locking throws, sacrifice throws, unbalance and leg sweeping throws), restraining (pinning, strangling, grappling, wrestling, and rope tying) and weaponry. Defensive tactics included blocking, evading, off-balancing, blending and escaping. Minor weapons such as the *tantō* (knife), *ryofundo kusari* (weighted chain), *kabuto wari* (helmet breaker), and

Kaku shi buki (secret or disguised weapons) were almost always included in Sengoku jujutsu.

Edo Period (1603 - 1867): Edo Jujutsu

In contrast to the neighboring nations of *China* and *Okinawa* whose martial arts made greater use of striking techniques, Japanese hand-to-hand combat forms focused heavily upon throwing (including joint-locking throws), immobilizing, joint locks, choking, strangulation, and to lesser extent ground fighting. In the early 17th century during the *Edo period*, jujutsu would continue to evolve due to the strict laws which were imposed by the *Tokugawa shogunate* to reduce war, as influenced by the Chinese social philosophy of *Neo-Confucianism*, which was obtained during Hideyoshi's invasions of *Korea* and spread throughout Japan via scholars. During this period, weapons and armor became unused decorative items, so hand-to-hand combat flourished as a form of self-defense and new techniques were created to adapt to the changing situation of unarmored opponents. This included the development of various striking techniques in jujutsu, which expanded upon the limited striking previously found in jujutsu, that targeted vital areas above the shoulders such as the eyes, throat, and back of the neck. However, towards the 18th century the number of striking techniques was severely reduced as they were considered less effective and exert too much energy; instead striking in jujutsu primarily became used as a way to distract the opponent or to unbalance him in the lead up to a joint lock, strangle or throw.

During the same period the numerous jujutsu schools would challenge each other to duels which became a popular pastime for warriors under a peaceful unified government. From these challenges randori was created to practice without risk of breaking the law, and the various styles of each school evolved from combating each other without intention to kill.

The term *jūjutsu* was not coined until the 17th century, after which time it became a blanket term for a wide variety of grappling-related disciplines and techniques. Prior to that time, these skills had names such as "short sword grappling" (*kogusoku koshi no mawari*), "grappling" (*kumiuchi*), "body art" (*taijutsu*), "softness" (*yawara*), "art of harmony" (*wajutsu, yawarajutsu*), "catching hand" (*torite*), and even the "way of softness" (*jūdō*; as early as 1724, almost two centuries before Kanō Jigorō founded the modern art of Kodokan *judo*).

In later times, other *ko-ryū* developed into systems more familiar to the practitioners of *Nihon jujutsu* commonly seen today. These are correctly classified as Edo *jūjutsu*. They are generally designed to deal with opponents neither wearing armor nor in a battlefield

environment, but instead utilize grips and holds on the opponent's clothing. Most systems of Edo jujutsu include extensive use of *atemi waza* (vital-striking technique), which would be of little use against an armored opponent on a battlefield. They would, however, be quite valuable in confronting an enemy or opponent during peacetime dressed in normal street attire (referred to as "suhada bujutsu"). Occasionally, inconspicuous weapons such as *tantō* (daggers) or *tessen* (iron fans) were included in the curriculum of Edo jūjutsu.

Hojojutsu

Another seldom-seen historical side is a series of techniques originally included in both Sengoku and Edo jujutsu systems. Referred to as *Hojo waza* hojojutsu, *ToriNawa Jutsu*, *nawa Jutsu*, *hayanawa* and others), it involves the use of a hojo cord (sometimes the *sageo* or *tasuke*) to restrain or strangle an attacker. These techniques have for the most part faded from use in modern times, but Tokyo police units still train in their use and continue to carry a hojo cord in addition to handcuffs. The very old *Takenouchi-ryu* is one of the better-recognized systems that continue extensive training in hojo waza. Since the establishment of the Meiji period with the abolishment of the Samurai and the wearing of swords, the ancient tradition of *Yagyū Shingan-ryū* (Sendai and Edo lines) has focused much towards the Jujutsu (Yawara) contained in its syllabus.

Gendai Jujutsu

Many other legitimate Nihon jujutsu Ryu exist but are not considered koryu (ancient traditions). These are called either Gendai Jujutsu or modern jujutsu. Modern jujutsu traditions were founded after or towards the end of the *Tokugawa period* (1868) when more than 2000 schools (*ryū*) of jūjutsu existed. Various supposedly traditional ryu and ryuha that are commonly thought of as koryu jujutsu are actually gendai jūjutsu. Although modern in formation, very few gendai Jujutsu systems have direct historical links to ancient traditions and are incorrectly referred to as traditional martial systems or koryu. Their curriculum reflects an obvious bias towards techniques from judo and Edo jūjutsu systems, and sometimes have little to no emphasis on standing armlocks and joint-locking throws that were common in Koryu styles. They also usually do not teach usage of traditional weapons as opposed to the Sengoku jūjutsu systems that did. The improbability of confronting an armor-clad attacker and using traditional weapons is the reason for this bias.

Over time, Gendai jujutsu has been embraced by law enforcement officials worldwide and continues to be the foundation for many specialized systems used by police. Perhaps the most famous of these specialized police systems is the Keisatsujutsu

(police art) *Taiho jutsu* (arresting art) system formulated and employed by the Tokyo Police Department.

Military application of Jujutsu

Jujutsu techniques have been the basis for many military unarmed combat techniques (including British/US/Russian special forces and SO1 police units) for many years. Since the early 1900s, every military service in the world has an unarmed combat course that has been founded on the principal teachings of jujutsu. It may interest you to know that the unarmed combat taught for many years to U.S. Armed Forces was actually Danzan Ryu, as taught by Professor Okazaki, who is believed to have actually written the training manual.

Sports Jujutsu

There are many forms of sports jujutsu, the original and most popular being judo, now an Olympic sport. One of the most common is mixed-style competitions, where competitors apply a variety of strikes, throws, and holds to score points. There are also [kata](#) competitions, where competitors of the same style perform techniques and are judged on their performance. There are also freestyle competitions, where competitors take turns attacking each other, and the defender is judged on performance. Another more recent form of competition growing much more popular in Europe is the Random Attack form of competition, which is similar to [Randori](#) but more formalized.

Shinden Fudo-ryū (Immovable Heart School)

Founded in around 1130 CE by **Ganpachiro Temeyoshi**, Shinden Fudo is one of the oldest styles of Jujutsu. It focuses on working with one's natural surroundings, and as such most training takes place outside using natural objects as training aids. The school puts emphasis on fighting from any posture one finds themselves in at the time a fight begins, rather than needing to prepare by getting into a stance first. This allows the practitioner to remain receptive to sudden attacks. As an extension of this principle, the school has no formal stance (*kamae*); all techniques start from a natural, loose, standing posture. The curriculum is entirely unarmed; there are no weapons used in this system.

The school is of Chinese origin, based on techniques brought to Japan by Buddhist refugees. It was one of the styles studied by **Edward William Barton-Wright**, the founder of *Bartitsu*, and one of the first Westerners to practice Japanese martial arts.

After developing in China for many years, with several name changes, in the Eikyu Era (1113-1118) these martial arts came into Japan and were taught to **Izumo Kajya Yoshiteru (Minamoto Hachiman Shichiro Tamenari)**. At various times, the style has been called Jujutsu, Taijutsu, and even Ninjutsu, which is the primary system taught today.

At present, Shinden Fudo Ryu Daiken-Taijutsu is organized according to Ten-no-kata (Heaven's Way), Chi-no-kata (Form of the Earth) and Shizen-Shigoku-no-kata (The Wolf Throw- art of the Ninjutsu syllabus.) The current *soke* of the system is Hatsumi Masaaki, who lives, but no longer teaches, in Noda, Chiba, Japan

Further information on these forms and others in the system may be found online. Have fun with the research.

Next time, **Tenshin Shōden Katori Shintō-ryū**.