

What Professor Okazaki Taught about Sparring

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Some time ago, a copy of Professor Okazaki's book, *The Science of Self-Defense for Girls and Women*, was auctioned on eBay. The copy was not in good condition, and already had a much better one, so I didn't bid on it. (It sold for \$230, despite its poor condition). However, the seller had posted photographs of several pages of the book that contained some handwritten notes, all of which I downloaded for their historical value.

The photographed pages were of notes made by the original owner of the book, who states that Professor Okazaki gave him the book [in 1934] at "the Nikko Sanitarium, where I use [sic] to practice *jiu jitsu*." These notes included the fact that Professor had four sons and three daughters and that "He [Professor] had an expressionless face, but a kind one." The owner had also listed all the techniques of *Nage no Kata* and *Oku no Kata*, which are identical to the lists as we know them today.

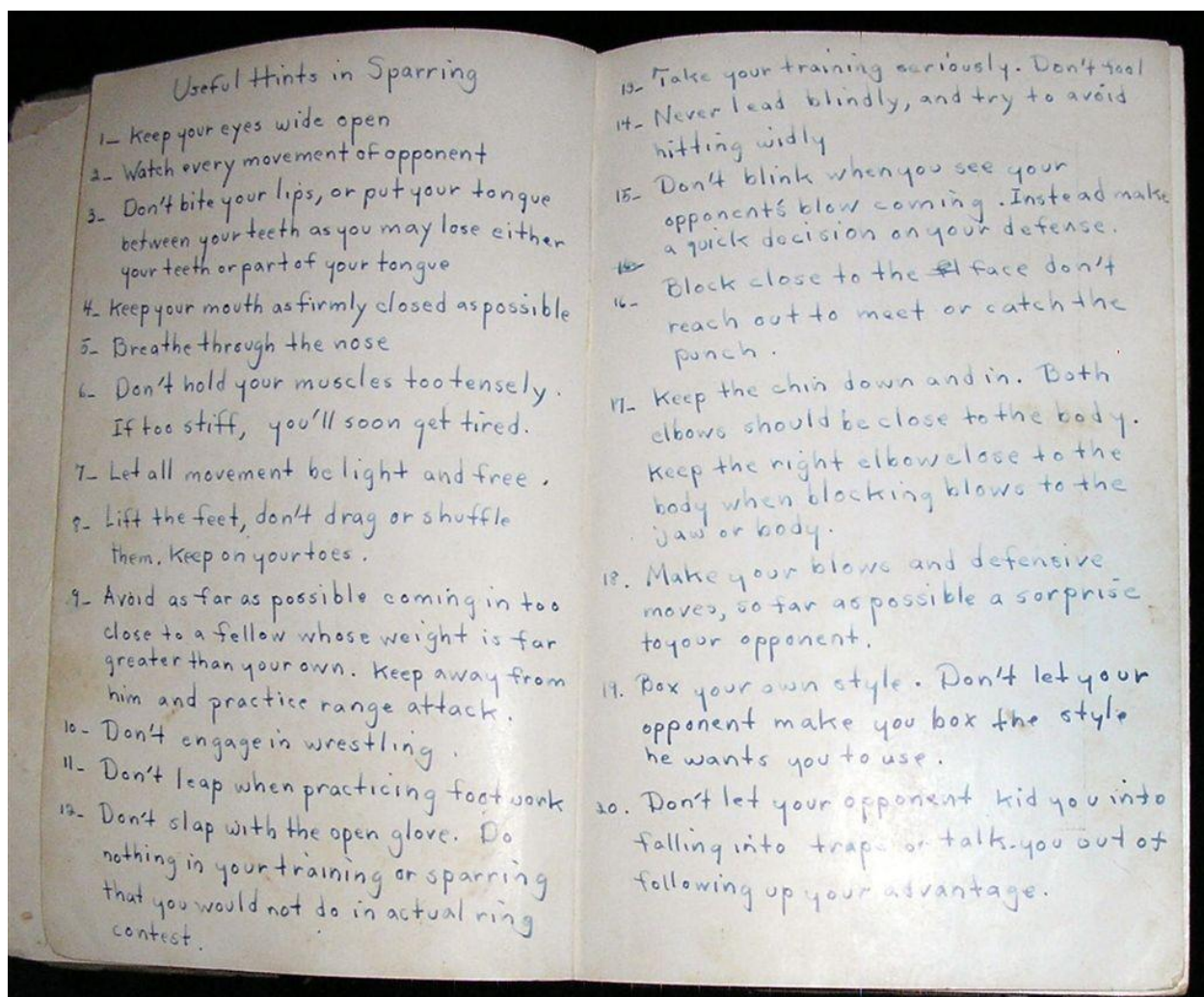
I contacted the seller, who told me that the name of the original owner (which was written in the book) was a Mr. Watanabe, but not the Watanabe who was Professor Okazaki's judo instructor. Instead, it may have belonged to a friend and student of Professor's, Mr. Moon Watanabe. (Mr. Watanabe is probably pictured in the photo featuring Bernice Jay (Professor Wally Jay's wife) at:

<http://www.kobukaijijitsu.com/sensei2.html>.

According to George Arrington, who compiled and oversees the *Danzan Ryu* website, Mr. Watanabe was a watchmaker and friend of the Professor. In the 1948 *Okugi Class* photo, he is the man in the white business suit seated third from the right of Professor.

<http://www.danzan.com/gallery/album51/aaa>.

One of the other photographs (Figure) is of some notes titled "Useful Hints in Sparring," which lists the 20 principles reproduced verbatim below. The hints appear to apply to Western boxing, as opposed to more empty-handed, karate-like sparring.



Useful Hints in Sparring

1. Keep your eyes wide open.
2. Watch every movement of [your] opponent.
3. Don't bite your lips, or put your tongue between your teeth, as you may lose either your teeth or part of your tongue.
4. Keep your mouth as firmly closed as possible.
5. Breath through the nose.
6. Don't hold your muscles too tensely. If too stiff, you'll soon get tired.
7. Let all movement be light and free.
8. Lift the feet, don't drag or shuffle them. Keep on your toes.
9. Avoid as far as possible coming in too close to a fellow whose weight is far greater than your own. Keep away from him and practice range attack.
10. Don't engage in wrestling.
11. Don't leap when practicing footwork.
12. Don't slap with the open glove. Do nothing in your training or sparring that you would not do in actual ring contest.
13. Take your training seriously. Don't fool.
14. Never lead blindly, and try to avoid hitting wildly.
15. Don't blink when you see your opponent's blow coming. Instead, make a quick decision on your defense.
16. Block close to the face; don't reach out to meet or catch the punch.
17. Keep the chin down and in. Both elbows should be close to the body. Keep the right elbow close to the body when blocking blows to the jaw or body.

18. Make your blows and defensive moves, so far as possible, a surprise to your opponent.
19. Box your own style. Don't let your opponent make you box the style he wants you to use.
20. Don't let your opponent kid you into falling into [a] trap or talk you out of following up your advantage.