

# Fujin Goshin No Maki

## Scroll of Women's Self Defense

By: Professor Bob McKean

Fujin Goshin No Maki, The Scroll of Women's Self-Defense, was developed by the founder of Kodenkan Jujitsu, Professor Henry Seishiro Okazaki. "Fujin" is lady or woman," "go" means "defense," and "shin" means "self." "No" means "of" and "Maki" is "scroll."

The Kodenkan "maki" lists are all warrior lists. Professor Okazaki created five of these lists: Fujin Goshin No Maki, Kiai No Maki, Shinin No Maki, Shinyo No Maki, and Shingen No Maki. The maki lists were all "kuden" lists: the techniques were transmitted orally from teacher to student. The "kuden" lists involve concepts such as: heiho (defense strategies): hazushi (escape methods); kiai (focus, internal spirit, intent): and atemi and kyusho (striking the vital points at the right time and place). The maki lists also include several more teachings that are not included in the basic lists.

This specialized list of self-defense arts for women was also the focus of Professor Okazaki's 1929 book, *The Science of Self-Defense for Girls & Women*.<sup>\*</sup> It appears that many of the techniques presented in this book are not identical to many of those taught at the Kodenkan by Professor Okazaki during the late 1930s and early 1940s. Currently no photos or information indicate that the Fujin Goshin No Maki board hung on the walls of the Kodenkan.

The original Fujin Goshin No Maki list apparently contained 35 arts which included 3 knife attack defenses and 3 handgun defenses. There was a strong emphasis in using atemi strikes to cause severe injury, harsh breaking techniques instead of control holds, and a focus on developing the "fighting spirit" needed for self-defense.

Fujin Goshin No Maki is one of the original boards developed and taught by Professor Okazaki and is found in some, but not all, of the currently known mokuroku scrolls presented to many of his black belts. The mokuroku presented to Professor Bud Estes in 1939, contains the title of Fujin Goshin No Maki and all the names of the individual techniques. Fujin Goshin No Maki is mentioned on Professor Steve Byzek's mokuroku but individual techniques are not listed. Those presented to Professors Ray Law, John Cahill, Marion Anderson, Sig Kufferath, Bing Fai-Lau and Libert O'Sullivan make no reference to Fujin Goshin No Maki. Unfortunately many of the mokuroku scrolls presented by Professor Okazaki have either been lost or destroyed or are not available to the Danzan Ryu community for viewing or historic research.

Professor Bill Montero, a student of Professor John Cahill and Professor Okazaki, said Fujin Goshin No Maki was taught primarily to women who needed a short self-defense course. These women were usually not regular jujitsu students, so this course would probably be their only exposure to self-defense training and the martial arts. This list was also taught to brown and black belts as part of the Kodenkan curriculum. Fujin Goshin No Maki was taught as an intense and dynamic list of self-defense arts in the Chuden (middle transmission) level of Danzan Ryu training. Fujin Goshin No Maki was usually taught between Oku No Kata and Kiai No Maki.

I was fortunate to have been taught Fujin Goshin No Maki by Professor Bill Montero in the mid 1970s, and I attended additional classes taught by Professor Sig Kufferath and Professor Carl Beaver on some of these arts. Despite the expected and minor differences in the techniques as taught by these professors, they all stressed the use of the kiai, strong and effective atemi, and a “fight-or-die” commitment against an attacker: there are no submission or control holds in this list.

According to Professor Montero, Fujin Goshin No Maki focused heavily on defending against a violent attack. You were to inflict quick and immediate physical and psychological damage to your attacker and then immediately leave the area or engage the next attacker. This is a combative mind set needed to perform these arts effectively. This state of mind was obtained through rigorous and repetitive training. Two senior black belts who had been taught the original Fujin Goshin No Maki board referred to the mind set and application of these arts as, “standing Shinen No Maki.”

Initially, Professor Okazaki taught the Fujin Goshin No Maki course himself. Later he selected some of his black belts to teach it. Depending on the class size and the specific needs of the students, the black belt instructors were free to teach selected arts from the list as well as different variations. Some of these courses were apparently as short as 4 hours and some were as long as 40 hours.

World War II increased the demand for self-defense training among both civilian and military women. Professor Okazaki’s courses were in great demand and were taught at various locations in Hawaii throughout the war. It should be mentioned that Fujin Goshin No Maki courses were not restricted to women. During the war several modified courses were also held for civilian and military men using many of the arts from this list. There appears to be a cross-over between Fujin Goshin No Maki and other self-defense courses presented by Professor Okazaki and his black belts during the war years.

Professor Okazaki interacted with many teachers from the various other martial arts taught in Hawaii. During the mid 1940s Professor Okazaki is believed to have introduced the techniques, fighting concepts, and training methods of his Fujin Goshin No Maki to the early members of Kajukenbo. Professor Joe Holck, a student of Professor Sig Kufferath and Professor Okazaki, was one of the five founding fathers of Kajukenbo. He is credited with bringing Danzan Ryu Jujitsu into the collection of arts that evolved into Kajukenbo.

A list called “Ladies Yawara” appears in the first AJJF Kata Manual published in 1964. According to a 2008 interview with Sr. Professor Lamar Fisher, Professor Bud Estes developed this list specifically for women’s self-defense by modifying the original Fujin Goshin No Maki and included many others techniques that may have originated with Professor Okazaki. The techniques and training methods for Ladies Yawara were selected by Professor Estes to meet the needs of women in the 1960s. For those of you not old enough to remember, the 60s were marked with anti-war protests, race riots, and mass political protests related to the women’s and civil rights movements. Professor Fisher speculated that Professor Estes did not want to introduce the Fujin techniques in their original highly combative form, into a culture marked with turmoil and sometimes violence. Since then, Ladies Yawara has gone through several changes and has been called Advanced Yawara, Jokyu Yawara, and now Goshin Jitsu. Goshin Jitsu

has been integrated into the AJJF curriculum and has become part of the AJJF's contribution to the advancement of Danzan Ryu Jujitsu.

The names of the individual arts on the original Fujin Goshin No Maki board are listed in the AJJF Kata Manual as Chuden "Intermediate Teaching" list; however we have no written descriptions of these arts. Fujin Goshin No Maki does not appear in the notebook of Professor Bud Estes. Little information indicates that Professor Estes taught the original Fujin Goshin No Maki course to any of his black belts before he developed Ladies Yawara.

Fujin Goshin No Maki is one of the least known and practiced boards passed on to us by Professor Okazaki. Less than 10% of the 109 Danzan Ryu professors and black belts, from the various DZR organizations whom I have contacted, had ever seen or been formally taught this list. The original Fujin Goshin No Maki board is not currently being taught by any of the Danzan Ryu organizations as part of their general curriculum.

We know Fujin Goshin No Maki was developed and taught by Professor Okazaki and that he passed these arts on to some of his black belts, including Professors Bud Estes, Tony Muran, Sig Kufferath, Carl Beaver and Bill Montero. It's evident that over the past 60 years, the original techniques of this list have been either eliminated, modified or changed. This original board is an important part of Danzan Ryu Jujitsu, its history and the teachings of Professor Okazaki, but it may be on the verge of being lost forever.

Research is still underway to reconstruct the original techniques so that we can once again practice and teach this unusual list.

*Bob McKean was a student of the late Professor Bill Montero for 18 years. He holds the Danzan Ryu Jujitsu rank of shichidan with the Kilohana Martial Arts Association and title of Professor with the Pacific Jujitsu Alliance. He has been a student of Professor Larry Nolte at the Medford Judo Academy for the past 9 years where he continues to teach Fujin Goshin and Goshin Jitsu. Bob is conducting ongoing research on Fujin Goshin No Maki. If you have additional information you would like to share, please contact Bob at [cop2rn@aol.com](mailto:cop2rn@aol.com).*

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- In 1983, Sensei Tom Lang obtained a rare copy of Professor Okazaki's book and reprinted it to preserve this valuable part of our DZR history. Reprints of this historical book are available through the AJJF store.