



Pacific Jujitsu Alliance

PO Box 1881, Phoenix, Oregon 97535

www.pacificjujitsualliance.com

Newsletter – February 2016

A Message from Professor Bob McKean

The Pacific Jujitsu Alliance Dojo Message Program has been designed to provide the members of the PJA, and the Danzan Ryu community, with an opportunity to learn an important aspect of Danzan Ryu in a manner which does not require an extensive time or financial commitment. One of our end goals is to have the sensei teach this program like the other Danzan Ryu boards that are taught in the dojo. Dates, location and course fee information is listed on the course flier that is attached to this newsletter.

Be sure to read the article, **The Energetic Basis of Seifukujitsu and DZR Restorative Massage**, by Sensei Robert Korody, in this newsletter.

For those of us who worked on Ohana 2014, 2015 was a year to relax and recover. It was a great experience but it was a very demanding event. The Pacific Jujitsu Alliance wishes Professor Herb LaGue and his crew the best of luck with Ohana 2016. We will be there to support Ohana 2016.

Pre-registration prices for Ohana 2016 have been extended though the month of February. Now is the time to register, www.DanzanRyuOhana.org.

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Kodenkan Bokendo Clinic



On Sunday January 24, 2016, roughly 2 dozen Danzan Ryu practitioners gathered for a Kilohana Kui Lima workout at the Pacific Jujitsu dojo in San Leandro. The predominant focus of the day was Bokendo, a not so well known part of the history of Danzan Ryu. Master Okazaki developed the original aspects of the art and taught it during closed black-belt-only classes. His student, Professor Bill Montero is credited with refining it into a full list of kata, including forms, defenses, exercises and retention and counter-techniques. Additionally, Professor Montero opened his classes to all ranks. One of his primary students, Professor Bob McKean, was eventually given the responsibility of the Bokendo system, and he in turn has passed it down to several of his senior students. At the Sunday Kui Lima, Professor Mike Tucker and Professor Chris Nicholas ran the class through several of the basic exercises, rolling drills and demonstrated a few kata. Working Bokendo has a lot of benefits in that it teaches balance, focus and distance along with stances and proper breathing. It is an art that doesn't require an uki, unless you're working the counters or throws. And, as Prof. Tucker likes to point out, it doesn't hurt (save for the blisters and sore shoulders for the newbies). A classic boken is the heavier of the practice wooden swords typically found in iaido and kendo classes. But just about any long weapon or tool can be used in lieu of an actual boken. In an effort to revamp interest in Bokendo, Professor Tucker will be presenting several seminars over the next year. Feel free to contact the PJA or Kilohana to find out more.

Kodenkan Commando Striking Course

Pacific Jujitsu Alliance Hombu

February 7, 2016

By: Professor Bob McKean



Pacific Jujitsu Alliance Hombu Kodenkan Commando Striking Course Instructor Development Class

During WWII, Professor Bill Montero assisted Professor Henry S. Okazaki in teaching hand-to-hand combat classes to American troops stationed in the Territory of Hawaii. A series of striking arts was often included in many of these classes. Professor Montero passed on a list of 30 striking arts called the *Kodenkan Commando Striking Course*.

The PJA has been teaching these arts as a standalone course in order to preserve these specialized DZR military striking arts in the spirit and intent in which they were originally taught during WWII.

Not to be confused with the basic Danzan Ryu atemi arts, the *Kodenkan Commando Striking Course* was designed to teach military personal to be combat efficient in a short period of time. These arts are not taught like your typical DZR “kata”. We often train with no gi and no mats. Many of our advanced classes are taught outdoors and in street clothing and shoes.

A combat kill-or-be-killed mind set is taught along with physically demanding training drills. You learn to quickly identify a threat, take immediate action, deploy the proper strike to its target, and stop the threat as quickly and efficiently as possible. Danzan Ryu Jujitsu is a martial art. Martial arts are military arts. This is where your Danzan Ryu Jujitsu training is tested and you are tested as a warrior.

Focus mitts and striking bags are used so power can be used to deliver strikes to their targets. To enhance the strikes of the *Kodenkan Commando Striking Course*, we have intergraded many of the training drills found in today's modern Krav Maga.

We have merged proven WWII combat striking arts with modern training drills. For those who want to enhance your basic DZR atemi strikes, combat mind set, and to become combat effective in the real world outside of the dojo, this is a course to learn. If you are willing to work outside of your comfort zone and the standard dojo "kata box", this is a course for you.

For more information on the *Kodenkan Commando Striking Course*, contact Professor McKean, cop2rn@aol.com, for class and clinic dates and locations. The PJA offers basic, advanced and instructor certification classes for the Kodenkan.

Professor Bob McKean will be teaching selected arts from the *Kodenkan Commando Striking Course* at Ohana 2016 in Sparks, NV, June 17-20, 2016.

Sweat stains, grass strains, blood stains. How hard to do you train?

Warriors train for war not for belts!



**Some of the basic combat striking drills used in the
*Kodenkan Commando Striking Course***

The Energetic Basis Seifukujitsu and DZR Restorative Massage

By Sensei Robert Korody

Danzan Ryu restorative massage and the associated Seifukujitsu healing arts are a fundamental aspect of our training in DZR and an equally important aspect of our heritage and responsibility as caretakers of the ryu. As with all our arts, the transmission of the healing arts has been subject to modification and evolution as the generations of practitioners has passed and also according to the manner of instruction that was handed down.

Regardless of the manner of instruction and the actual practice of the bodywork, the underlying energetic principles are a constant and are based on the established energetic flow of qi that forms the basis of Classical Chinese Medicine (Classical Chinese Medicine to be defined shortly). And as the energetic principles of all bodywork, acupuncture, and herbal treatment are identical, the remainder of this discussion will reference the energetic principles in the context of acupuncture to serve as an umbrella to the principles being discussed.

The Three Energetic Levels of Classical Chinese Medicine:

The three major levels of qi as described in the classical texts of the Su Wen and Ling Shu are the Wei, the Ying, and the Yuan, or, more simply, the superficial, intermediate, and deep levels, respectively.

The Three Major levels of qi:

1. Wei qi, aka defensive qi, or superficial qi

Wei qi is found on the surface or superficial level of the body and is responsible for the skin, muscles, bones, and joints. The Wei level is located in the "Couli", or space between the skin and muscles, also known as the sinew meridians, and have no primary channel points other than the antique points located at the tips of the fingers and toes. Within the sinew meridians are also found Ah Shi points, more commonly known as trigger points. The superficial level only circulates wei qi.

2. Ying qi, or intermediate qi:

Ying qi is a more refined form of wei qi and is found at the intermediate or organ level. Ying qi is responsible for the smooth functioning of the internal organs and can be accessed by the 12 primary meridians.

3. Yuan Qi or constitutional qi:

Found at the deepest level. The most refined and rarefied form of qi. The Yuan constitutional level can only be accessed by the Eight Extraordinary, or 8 extra channels. Unable to be treated by the 12 primary channels.
Relationship to Seifukujitsu and DZR Restorative massage

Nearly all acupuncturists today in the United States and in China practice a modernized and vastly simplified version of acupuncture which is distinctly different to the medical practices that existed in China prior to Communism. This simplified, modernized practice is known by the somewhat misleading name "Traditional Chinese Medicine" (TCM), and was developed during the enormous cultural change in China in the 20th century.

Following the Revolution of 1911 which marked the end of the last (the Qing) dynasty, a period of intense Westernization occurred. The established medicine which had reached its height of development between the 2nd and 12th centuries and which had served the country immeasurably well, was banned because it had come to be viewed as outdated or a quaint curiosity that was unsuited for a new society aspiring to new ideals. Little room was left for China's ancient and spiritually rich practices of the past. The re-invention of the wheel began.

After Communism was introduced in 1949, a long period of mass nationalization and sweeping reform took place. All aspects of Chinese culture, ranging from medicine to martial arts and even dance were standardized in accordance with the Communist ideal. Under Mao, prominent medical practitioners from throughout the country were gathered into committees for the purpose of formulating standardization. They were directed to construct a version of the practice of acupuncture whose formulaic nature could be relatively easily and quickly learned en masse; one that could be taught relatively quickly to practitioners in remote regions; one that could be used to treat large numbers of patients concurrently. Ultimately, these committees of prominent doctors developed a curriculum which was then enforced in all the schools that were teaching Chinese medicine. The new modern practice which could well have been called MCM (Modern Chinese Medicine), became known as TCM (Traditional Chinese Medicine), and as with all things political, adopted a moniker representing an uncomfortable mix of fact and fiction.

Classical Chinese medicine utilizes 74 meridians, or energetic pathways, while TCM uses 12 meridians and extends a gesture toward 8 others omitting Divergent, Luo and Sinew meridians from TCM practice entirely. TCM is therefore limited in its practice to those pathologies emanating from the Ying and or Wei levels as the 12 primary channels do not access the 8 extras.

The 74 Meridians used in Classical Acupuncture

(Described from superficial to deep)

- 12 Cutaneous regions for acute musculoskeletal complaints. The cutaneous channels are superficial and only conduct Wei qi
- 12 Sinew meridians for acute and semi-acute musculoskeletal disorders. Disease range: pulled muscles from one day to one week's duration, and burns. The Sinew meridians only conduct Wei qi
- 12 Primary meridians for a very wide array of disorders. (These are the 12 meridians of TCM.) The 12 primary channels can access the Wei and the Ying
- 16 Luo meridians for emotional, psychological, blood and some musculoskeletal disorders. Disease range: moodiness all the way through to schizophrenia and multiple sclerosis. The Luo vessels are visible on the surface of the body and are extensions of the 12 primaries. They are thus able to access the Wei and Ying levels
- 12 Divergent meridians for chronic musculoskeletal conditions (eg: Rheumatoid arthritis, carpal tunnel), gynecological conditions, gastrointestinal and respiratory disease, sensory organ and skin disease, insomnia. Disease range: chronic back pain through to cancer. The Divergent channels are only present with pathology in the primary channels and function as outgrowths of the 12 primaries in the presence of pathology
- 8 Extraordinary meridians for constitutional restructuring, childhood illness and injuries, and illness which originated in childhood. Disease range: food intolerances and other allergies which originated in childhood, right through to moderation of birth defects and psychological disorders originating from birth, birth trauma or early childhood. The 8 Extras are the only channels that can access the Yuan qi
- 2 Bisecting abdominal meridians for urogenital and reproductive health.

As students of DZR, where do we fit in?

DZR restorative massage and the associated Seifukujitsu healing arts primarily function on a sinew level, the superficial level of energy that that is exclusive to the flow of Wei qi, although it could be stated that with appropriate intent, can also affect the Ying and Yuan levels. And while Master Okazaki apparently had a working knowledge of a number of primary channel points, i.e. "the long life points", these were apparently handed down as Kuden, and not formally instructed as primary channel points within the massage kata. Regardless, referring to DZR Restorative massage as based on principles of "Traditional Oriental Medicine" or "Traditional Chinese Medicine" confers a historical inaccuracy as TCM, by definition, simply did not exist until circa post 1950 and was a product of the communist cultural

revolution as previously described. To refer to our healing arts as based on principles of Classical Chinese medicine is accurate with the understanding that our arts primarily affect the most superficial level of qi and any further affect is more likely secondary to the skill of a particular practitioner.

The intent of this article is not to impugn the quality of the bodywork rendered or the evolution of the training so as to produce more qualified and educated practitioners with the addition of didactic material, rather to clarify a historical inaccuracy that has been introduced since the inception of formal instruction in our healing arts. I have been fortunate to have had the opportunity and wherewithal to continue my education and I am happy to share this information with the DZR healing arts community. I welcome any comments or clarifications with the intent that if we are to propagate and disseminate the knowledge we have been handed down, that we do so with integrity and the most accurate transmission possible.

In Kokua,

Sensei Robert Korody MS PT LAc

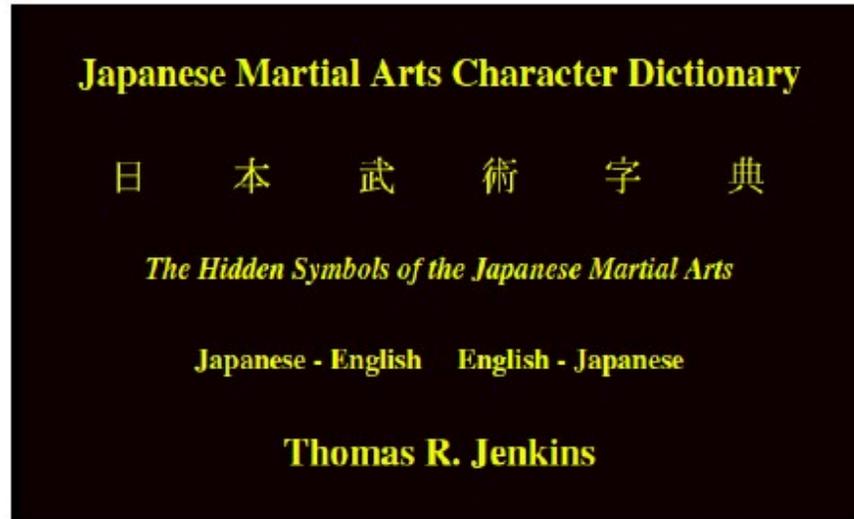
Sensei Korody is the Chief Healing arts instructor of the Pacific Jujitsu Alliance and a NYS Licensed Physical Therapist and Acupuncturist. Sensei Korody is a graduate of the Swedish Institute of Health Sciences and a practitioner of Classical Chinese Medicine.

PJA Website

The Pacific Jujitsu Alliance website, www.pacificjujitsualliance.com, has been updated by Professor Mike Tucker. Please take time to look to the updates.

Japanese Martial Arts Character Dictionary

Contact Professor Jenkins for discount pricing.
tjenkns@saber.net



Some of the many subjects found in this dictionary: Aikido (way of harmony) Aikijujutsu (techniques of gentle accord) Anma (Japanese massage) Battojutsu (sword cutting) Bungel (literary arts) Bushido (way of the samurai) Butsido (Buddhism) Chado (way of tea) Haiku (Japanese poetry) Heiho (military strategy) Iaido (way of sword drawing) Jodo (way of the staff) Jojutsu (staff techniques) Judo (way of suppleness) Jujutsu (techniques of suppleness) Kabogaku (anatomical terms) Kappo (resuscitation methods) Karate (empty hand combat) Kendo (way of the sword) Kempo/Kenpo (Chinese fist method) Kyudo (way of archery) Kyusho (vital points of the body) Naginata (halberd techniques) Ninjutsu (arts of subterfuge) Reigisaho (Japanese etiquette) Ryuha (Japanese martial systems) Selfukujutsu (healing arts) Shinto (Japanese ancestral religion) Sumo (Japanese wrestling) Zen (meditation).

The Japanese Martial Arts Character Dictionary is now directly available to you as an INTERNET DOWNLOAD for \$40.00. This unique, meticulously researched 960 page Kanji Dictionary is a must have for the serious student of the Japanese martial arts. Great gift for all levels of Japanese martial artists. The Dictionary is in PDF format which is compatible with most media devices. Not sold in stores. To order your Dictionary please contact the author at: tjenkins@saber.net