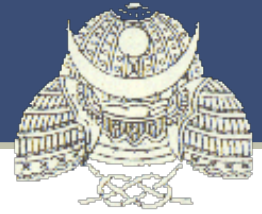


SMAA JOURNAL



Shudokan Martial Arts Association • PO Box 6022, Ann Arbor, MI 48106-6022
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ANNOUNCEMENTS

2015 SMAA DUES

Membership fees were due on January 1, 2015. Please be sure to pay your SMAA dues on time. You can either send a check to our headquarters or pay online at <http://www.smaa-hq.com/payments.php>. We accept Visa, MasterCard, and PayPal. This is a quick and safe way to make your annual SMAA membership payment.

We appreciate our members paying dues promptly. It makes life easier for the SMAA staff of volunteers, and it is representative of the type of self-discipline we are cultivating through the study of traditional Japanese martial arts.

DONATIONS & TAX DEDUCTIONS

The SMAA is a federally tax-exempt, nonprofit corporation. As such, your donations to our association are tax deductible. Send your donations, in the form of a check or money order (made out to SMAA), to our headquarters in Michigan. We'll send you a letter back acknowledging your contribution, which you can then use for tax purposes. We hope you'll support the SMAA in our goal to preserve and promote traditional budo and koryu bujutsu.

E-MAIL

Please make sure we have your correct e-mail address. Without this address, we can't e-mail you the *SMAA Journal*.

OBJECTIVES OF THE SMAA

1. To promote and aid in the growth of Japan's traditional arts and ways.
2. To assist the public in achieving spiritual growth and physical development through budo/bujutsu.
3. To further friendship and understanding between Asian and Western martial artists.
4. To establish goodwill and harmony among martial artists of various systems.
5. To offer Western martial artists access to legitimate budo/bujutsu organizations and teachers in Japan.
6. To give practitioners of authentic budo/bujutsu recognition for their years of devotion to these arts.

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修道館武道会

Do you have a new e-mail address? Have you sent it to hedavey@aol.com? If not, we also won't be able to send you SMAA publications, so please be sure to let us know if your e-mail address changes.

SMAA PATCHES

The SMAA HQ is selling official SMAA patches for your gi. They're great looking patches that embody the spirit and honor instilled in members of our group. They won't fade or bleed when you bleach them, and yet we've been able to keep the cost down. Each patch is basically a 3 ½ inch circle featuring our logo below:



Our patches were produced using state of the art digitizing and ultra-modern technology to create an accurate and attractive embroidered emblem. They feature tight stitches, sharp detail, clean lettering, and top quality craftsmanship. There's no jagged stitching, but we've still got plenty of stitches so that the background doesn't show through.

The patch should be worn on the left side of your gi jacket near your heart. SMAA policy mandates only one patch per uniform to maintain the sense of dignity associated with traditional budo.

These new patches are a great way to show your respect and enthusiasm for our group; we hope all of our members will order at least one. *And the best part is the patches are only \$5.00 (US) each!* (E-mail shudokan@smaa-hq.com about special shipping for international orders.)

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THE BEST OF THE SMAA JOURNAL CD-ROM

To celebrate its 15th anniversary in 2009, the SMAA created a special CD-ROM that contained a sampling of some of the best stories and articles to appear in the *SMAA Journal* since 1994. We mailed this free of charge to everyone in the SMAA as a way of showing our appreciation to our members.

Although our anniversary has past, it's still not too late to get a copy of this CD-ROM, which is packed with hard to find information about budo and koryu bujutsu. For \$8.95, plus \$3.00 shipping and handling (\$5.00 outside the USA), we'll send you *The Best of the SMAA Journal*.

Send your check or money order to the SMAA HQ. Supplies are limited to the number of CDs remaining.

SUINO SENSEI NEWS



Touring Japan—Suino Sensei (far left in blue) and Martin Sensei (center with jacket)

In March, Nicklaus Suino Sensei, SMAA Judo Division Director, took several of his students to Japan, where they studied iaido, karate-do, and judo with several of his Japanese friends that are high-ranking teachers of budo. While in Tokyo, they met up with Paul Martin Sensei, an SMAA Senior Advisor living in Japan, who took them on a tour of the Japanese Sword Museum.



Suino Sensei practicing judo while touring Japan



From Chaos to Kata

Suino Sensei has also launched an interesting new project called From Chaos to Kata, which you can read more about here: http://chaos2kata.com/Leadership_Training.html. The website offers this explanation:

See, feel and discuss the way martial arts principles relate to leadership situations. Learn from the experiences of other leaders. Participants in the Chaos to Kata workshop experience a lot—and sit and listen very little!

- Learn about body language as taught in martial arts and its expression in real-life situations.
- Experiment with various ways to manage—and lead—through chaos.
- Identify the steps in our kata.
- Apply the Kata to real management situations.
- Identify your default way of approaching chaotic situations.

You will leave with a tangible and practical tool—the Kata for Chaos—which you can immediately begin to apply, practice, personalize, and perfect!

OTSUKA SOKE NEWS



Otsuka Soke throwing shuriken in Japan

In March, Otsuka Yasuyuki Soke left Japan to teach a Meifu Shinkage Ryu seminar in Saskatchewan, Canada. (Meifu Shinkage Ryu was influenced by Tenshin Shoden Katori Shinto Ryu, and it specializes

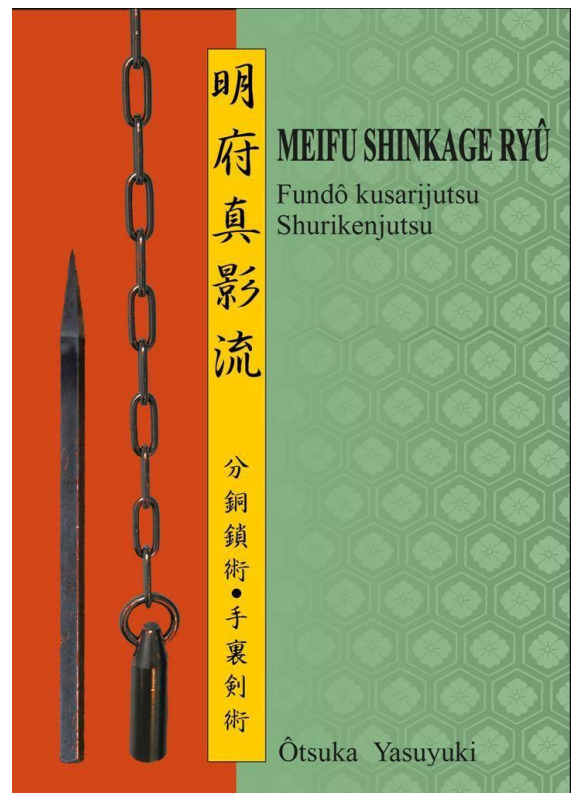


Someya Soke

in throwing darts and the use of a weighted chain.) He offered instruction in the shuriken techniques he inherited from Someya Chikatoshi Soke.

Otsuka Sensei, a published author of budo books, is one of the highest-ranking martial artists in Japan and one of very few people in the world teaching an authentic system of shuriken-jutsu. His participation in the SMAA points to the value of the work our group is doing internationally to promote and preserve genuine Japanese budo and koryu bujutsu. He lives in Ichikawa-Shi, Chiba, Japan and teaches throughout Japan, Europe, and the USA.

The SMAA is active around the world and lead by both Western and Japanese martial arts experts. Otsuka Sensei is just one of a number of prominent martial arts teachers in Japan, who actively support our association and validate the ranks issued by the SMAA.



Otsuka Soke also recently had a new English language book published. Titled *Meifu Shinkage Ryu: Fundo Kusarijutsu—Shurikenjutsu*, it is being distributed through Tengu Press in Germany.

These are the details: width: 16.3 cm, length 23.5 cm, 152 pages, soft cover. To order the book, send e-mail to wolfgang-ettig@chushingura.de.

MARTIN SENSEI NEWS

In March, Paul Martin Sensei appeared on the Travel Channel with *Expedition Unknown* presenter Josh Gates. In the television show, Gates travels to Japan to track down a lost samurai sword that is believed to have supernatural powers. His search takes him from the underground nightlife of Tokyo to the country's snow-capped mountains. Along the way,



Josh Gates (left) and Martin Sensei (right) in Japan

he meets with Martin Sensei, a Japanese sword expert and a member of the SMAA Board of Advisors. You can read more about this episode of *Expedition Unknown* here:

<http://www.travelchannel.com/shows/expedition-unknown/photos/samurai-sword-of-power-pictures/page/2>.

Martin Sensei is a native of England, and he's lived in Japan for many years, where he's studied kendo, iaido, and several forms of ancient swordsmanship, including Ono Ha Itto Ryu. But his main specialty is the study, history, and appraisal of the Japanese sword as an art object. He is one of the world's foremost scholars of the Japanese sword.



Martin Sensei examines a rare sword

Martin Sensei studied under top sword appraisal experts, sword smiths, and sword restorers in Japan for numerous years. He maintains a fascinating website (www.thejapanesesword.com), and he is the author of *The Japanese Sword Guide to Nyusatsu Kantei*. He has been featured on the BBC, BBC Radio 4, the History Channel, Los Angeles JATV, and Japan's NHK TV. He's also been interviewed in *Tokyo Metropolis Magazine*, *The Daily Yomiuri* newspaper, and *Asahi Weekly* in Japan.

60 YEARS OF BUDO!

In 1955, a seven-year-old boy found his way to the Hatagaya Keisatsu Judo Dojo in Tokyo. Growing up in the Shibuya section of Tokyo, he was just one many children that began studying budo that year in



Ohsaki Sensei teaching Nihon jujutsu

Japan. But in 2015, Ohsaki Jun Sensei becomes one of a relatively small number of people to have practiced and taught classic Japanese martial arts for six decades—a remarkable accomplishment that is unique even in Japan.



Ohsaki Sensei effortlessly controls an opponent

Hatagaya Keisatsu Dojo was one of the numerous dojo sponsored by the Tokyo police department. These keisatsu dojo, or “police dojo,” are infamous throughout Japan for the severity of their training. His initial education began with soji, the ritualistic cleaning of the dojo. For some time, he was only allowed to clean and watch his sempai (“seniors”) practice. Eventually, having proven his sincerity, he began learning safe falling techniques (ukemi) and later throwing and grappling methods.



Ohsaki Sensei using a hip throw on an opponent twice his size

In time, he completed college, became an automotive technician, married, and had two sons, one of whom has trained for many years in kyudo (the martial art of Japanese archery). He was the owner of an automobile repair facility until his



Ohsaki Sensei on the road in Hokkaido

retirement a few years ago. His judo training continued successfully throughout most of his life.

Eventually, Ohsaki Sensei also began a comprehensive study of traditional Saigo Ryu jujutsu and related Japanese weaponry, which he has excelled in for many years. He has demonstrated his jujutsu skill at important budo exhibitions in Tokyo. Besides budo, Ohsaki Sensei has extensive training in Japanese forms of meditation and healing arts, along with a background in shodo, the art of Japanese calligraphy.

Despite his senior citizen status, he still practices and teaches Nihon jujutsu three or four days per week. In these classes, he regularly takes ukemi for students half his age, showing that one's vigor in budo need not inevitably be overcome by age. And when he is not practicing traditional martial arts, he engages in long distance motorcycle touring. His most recent trip took him on a solo journey around all the islands of Japan, frequently riding in heavy rain and often camping alone outdoors.

An inspiration to all who practice with him, Ohsaki Sensei is a leading member of the SMAA Board of Advisors. We appreciate his lifelong devotion to Japanese martial arts as well as his enthusiastic endorsement of SMAA ranks, seminars, and activities. Congratulations on 60 years of budo!

SMAA MEMBERS DEMONSTRATE IN KENTUCKY

In March, teachers and students from the Katsujinken Dojo in Louisville, Kentucky demonstrated Hontai Yoshin Ryu jujutsu, bojutsu, and swordsmanship at the Swanson Contemporary Art Gallery. Present were SMAA certified teachers Brian Barnes Sensei and Matthew Hawthorne Sensei, along with various other SMAA members.

Barnes Sensei is a fifth dan in the SMAA Jujutsu Division and a second dan in the SMAA Iaido



Barnes Sensei performing Hontai Yoshin Ryu jujutsu

Division. He has studied koryu jujutsu extensively in Japan, Europe, and the USA. His primary teacher is Stephen Fabian Sensei, head of Hontai Yoshin Ryu in the USA and Co-director of the SMAA Jujutsu Division.

Hontai Yoshin Ryu (本體楊心流) is one of the ancient Japanese martial arts, which existed prior to the abolition of the samurai class in the late 1800's. Takagi Shigetoshi founded it around 1660. It features the use of jujutsu, kenjutsu, iaijutsu, bojutsu, and hanbojutsu, making it a sogo bujutsu, or a system of integrated martial arts. Sogo bujutsu



Another action shot of Barnes Sensei at the Swanson Contemporary Art Gallery

were common during the samurai period, with some ryu (“systems”) featuring as many as 18 classical martial arts. Typically, these varied disciplines were linked by a set of unifying principles and movements.

The special event was open to the public. The demonstration was well received, and the audience seemed to appreciate the fact that traditional bujutsu are physical art forms as well as combat methods, making an art gallery an appropriate setting for an exhibition of classical jujutsu. Read more about the gallery here: <http://www.swansonreedgallery.com>.



Elizabeth Irish is a shodan in the SMAA Jujutsu Division

RIPPY SENSEI WEBSITE

Joseph Rippy Sensei, a member of the SMAA Board of Advisors, has a new website: <http://josephrippy.com/index.html>. He has received a sixth dan and Shihan teaching license from the SMAA Karate-do Division.

Rippy Sensei is offering private lessons and group classes in the USA. He has decades of martial arts training, and he's studied with some of the top budo



Rippy Sensei teaching Wado Ryu karate-do

teachers in Japan. His specialty is Wado Ryu karate-do. Wado Ryu is a synthesis of Shotokan karate-do and koryu jujutsu. It is one of the most popular styles of karate-do in Japan.

Want to learn more about Wado Ryu? Rippy Sensei can be contacted via his website.



Rippy Sensei with Otsuka Hironori Sensei, his teacher and the son of the founder of Wado Ryu

ONE THING RIGHT TODAY

By Nicklaus Suino

A great way to approach each day in the dojo is to decide to "get one thing right today." Isolate one aspect of your art—a foot position you struggle with in iaido, the rhythm of a form in karate-do, or the hand position leading up to a throw in judo—and concentrate on doing it right.

Check with the sensei to find out what the proper checkpoints are, make sure you understand them, and try to execute them. Once you get close to the example set by the sensei, practice that aspect over and over until you perform it reflexively. Next time you come to the dojo, run through it a few times to make sure you are still doing it right, and come back to it now and then in the future to see if you can make it better.



The author teaching budo

Wait until you can get that "one thing" right before turning your attention to another. You will be surprised at how your foundation moves improve if



Suino Sensei, iaido eighth dan, practicing Muso Jikiden Eishin Ryu

you take this approach. Since the average student comes to the dojo three times per week, you could get really good at 156 components of your art in a year.

A student who never masters one aspect before moving to another may know more techniques at the end of a year, but the one who gets "one thing right" will be better at the core movements of the art.

MARTIAL ARTS STORIES

By Nicklaus Suino

The following two martial artists are connected to the founder of Kodokan judo, Kano Jigoro Sensei.

TANZAN HARA SENSEI (1819–1892)

One of Kano Sensei's philosophy teachers was Hara Sensei, a legendary monk, who is depicted in the following tale:

Tanzan and a fellow novice monk were on a pilgrimage to a training monastery. The plum rain, or tsuyu, that washes through Japan during the earlier parts of the summer had transformed some roads into torrential floods. At one of the crossroads, the pair came across a young girl. She was trapped.

She asked Tanzan for help, so he carried her across the stream.



Suino Sensei practices judo in the lineage of Mifune Kyuzo Sensei



Suino Sensei teaching judo's seoi nage

The two men continued their journey. The other monk was very quiet. "What bothers you, Ekido?" Tanzan asked his companion.

"You shouldn't have carried that girl! You know that we are forbidden from touching women!"

Tanzan shook his head. "Are you still carrying that girl?" he asked. "I set her down long ago."

KYUZO MIFUNE SENSEI (1883–1965)

Mifune Sensei, one of Kano Sensei's best students, published *The Canon of Judo*. His teachings are still used today, included his tenants on judo practice. For 62 years, up until his death, he never missed a day of training.

In one humorous tale, he visited a karate-do dojo to view a demonstration. The instructor destroyed a



Mifune Sensei, tenth dan, in action

stack of tiles in a single blow. “Can a judo man do this?” the instructor challenged.

“Yes!” he replied. “Very easily.”

JUJUTSU – THE TERMINOLOGY

By Wayne Muromoto

In the Takeuchi Ryu, one of Japan’s oldest martial systems, the term jujutsu is used generically to define any methods that involve unarmed grappling methods. In actuality, various types of methods were meant for different situations, and they were often given different names based on their techniques, end goals, and applications.

Jujutsu is more properly used than the Westernized word “jujitsu,” which in Japanese characters doesn’t really mean anything. It’s only one letter in English, but will change a whole Chinese character in Japanese. Jujutsu means the “method (jutsu) of suppleness,” not necessarily yielding or weakness. The ju- is the same character as that used in judo.

One should make a distinction between the various classical jujutsu styles, as well as differentiate between gendai, or “modern,” jujutsu and classical (koryu) jujutsu. Whether or not any one particular

He took a hammer from his bag and began smashing the tiles.

“You are going to use a hammer to break the tiles?” the karate-do instructor asked.

“Of course,” Mifune Sensei said. “In judo, we say, ‘maximum efficiency with minimum effort’. What you have taken years to learn, we can do in seconds.”

About the Author: Nicklaus Suino Sensei has been practicing Kodokan judo since 1968. A sixth dan, he lived in Japan for several years, where he studied judo with Sato Shizuya Sensei (ninth dan), a direct student of Mifune Kyuzo Sensei and Ito Kazuo Sensei (tenth dan). Sato Sensei also created a modern form of jujutsu, which Suino Sensei has practiced for many years. While in Japan, Suino Sensei also trained in Muso Jikiden Eishin Ryu iaido under Yamaguchi Katsuo Sensei, tenth dan.



The author (right) wearing yoroi (“armor”) at a Takeuchi Ryu jujutsu demonstration in Japan

system is inherently better than another is a matter of opinion, and of course it will vary from practitioner to practitioner. However, this does not



The author (right) performing Takeuchi Ryu jujutsu

necessarily mean we should leave our judgment at the door. We should assess each and every martial art we encounter and quickly size up the technical worth of that particular ryu ("school, system"). Modern jujutsu, or "jujitsu" schools, as they label themselves, tend to be somewhat simplified, and sports and/or self-defense oriented. On the other hand, some classical koryu jujutsu schools may have become little more than shells of their original form due to the low level of their subsequent teachers.

Most such "jujitsu" schools in the West are based upon some rudiments or subsets of Kodokan judo, developed further by the founders of those schools. Therefore, in my opinion, they display markers that to a discerning eye can place the techniques as



Wayne Muromoto (right) demonstrating Takeuchi Ryu bojutsu

derivative of judo. That is not to say that they are ineffective, as classical judo itself was derived from koryu jujutsu, distilled and refined into what I would say was the "best of the best" techniques for tournament contests.

Classical koryu systems will, in contrast, often (but not always) look and sound quite different from Kodokan judo. Some, meant for foot soldiers, may have very effective but crude-looking methods. Others, developed for upper class samurai, may appear refined and subtle. Some koryu jujutsu may include only fighting methods for military purposes. Others may include kata for self-defense or early



Aside from his lifelong fascination with classic Japanese martial arts, the author is an experienced practitioner of Urasenke tea ceremony

sports jujutsu (which is sort of like roughhouse judo).

In my opinion, not all classical jujutsu systems as they are presently taught are reasonably effective enough to warrant study. On the other hand, not all modern "jujitsu" systems are as effective as they may claim to be, contest and sports wins notwithstanding. Just because a form of jujutsu or "jujitsu" is modern or classical, lower class or higher class, doesn't mean that it's a guarantee of success or quality of methods.

ORIGINS OF THE TAKEUCHI RYU

By Wayne Muromoto

Photos: <http://www.choufukan.jp> and the author

According to the *Takeuchi Ryu Shoden Mokuroku* of the Chofukan Dojo, the Takeuchi family was originally Kyoto nobility. Takeuchi Yukiharu was the fourth family head to hold the lands in Harima Province as managers (shigo), from which they



Ono Yotaro Sensei, Takeuchi Ryu expert

derived an income from the taxes and stewardship of the land. One of his sons was Takeuchi Hisamori, the founder of our system. At the time of Hisamori's gempuku (coming of age rites), the main Takeuchi family residence was located somewhere near the intersection of Karasuma and Imadegawa streets in Kyoto. Because of the tumultuous nature of the warring era, Hisamori eventually became the lord of Ichinosejo Castle, in Mimasaku Province, at the age of 29.

In order to better himself in the art of swordsmanship, Hisamori secluded himself and trained at Sannomiya Shrine, in Haga-gun (gun is a

sub-district of a province). Legends say that he "wielded a bokken ('wooden sword') of some two-shaku, four-sun length, rather long for someone of his short stature," swung it about, trained, and developed the family's swordsmanship style, most probably based on older systems. (*One shaku equals about 11.93 inches, while one sun equals roughly 1.2 inches—Editor*) Hisamori trained for six days and six nights. What follows, Takeuchi documents note, happened over 400 years ago, or in Temmon Gannen (1532 AD), in the sixth month, evening of the 24th day.

Exhausted, Hisamori used his bokken as a pillow and fell asleep. Suddenly, Hisamori was awakened by a vision. A mountain priest with a flowing beard and white hair appeared to him. The being said, "When you meet the enemy, in that instant, life and death are decided. That is what is called hyoho (military strategy)." The being cut Hisamori's long bokken into two pieces, creating short daggers.



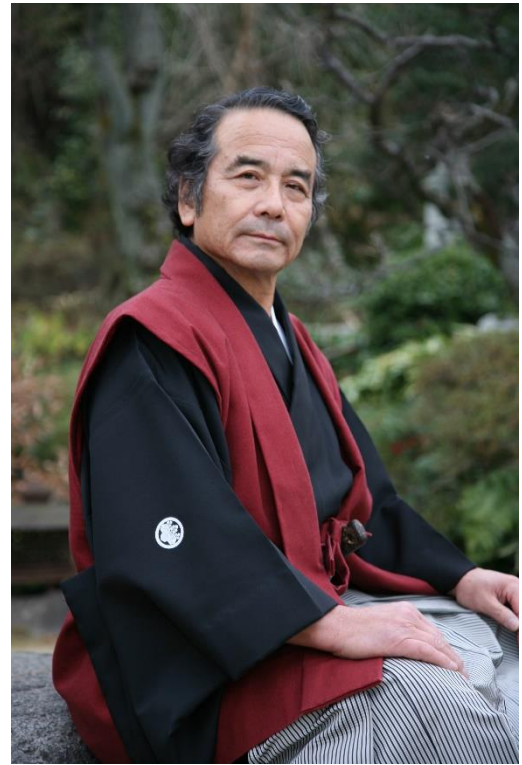
The author (right) and Clark Watanabe performing Takeuchi Ryu kogusoku

"Place this in your belt and call it kogusoku," the priest said. The apparition then instructed Hisamori in the use of the short sword in grappling and close-in combat. It also taught Hisamori how to capture and bind an enemy without killing him. These methods were called the Shinden Toride Gokajo ("The Five Precepts of Grappling Derived from Heaven").

The details and origins of this ryu (martial "system") creation myth are ancient; one of the first written accounts of it occurs in the *Kesho Kogoden*, the family records of the Takeuchi family, as well as the *Soshi No Kengetsu*, a document about the origins of the ryu. Hisamori believed that the vision was related to the guardian deity Atago-no-kami, who was worshipped at Mount Atago. That is how the ryu's guardian spirit became Atago-san. At the age of 64, Hisamori officially passed on the headmastership of the ryu to his son Hisakatsu, and subsequently to his grandson, Hisayoshi. In latter years, before the modern era, the ryu spread out throughout Japan and had thousands of students. It also became the foundation for many different jujutsu ryu. Below is the keizu, or "lineage," of the Takeuchi (Takenouchi) Ryu:



Takeuchi Ryu in Kyoto



Ono Sensei, Headmaster of Bitchuden Takeuchi Ryu

EARLY LINEAGE LINE OF THE TAKEUCHI RYU (SOKE LINE):

1. **Takeuchi Nakazudaiyu Hisamori**—Ganso (founder). Born Tembun Gannen. Died at age 93.
2. **Takeuchi Hitachi No Suke Hisakatsu**—Died age 98. Opened a Kyoto dojo in Genwa Four. Performed before the Emperor Go Mizuno-o in Genwa Six receiving the title Kusaka Toride Kaizan ("The Peerless Founder of Toride") by imperial decree.
3. **Takeuchi Kaga No Suke Hisayoshi**—Died at age 69.
4. **Takeuchi Toichiro Hisatsugu.**
5. **Takeuchi Toichiro Hisamasa**—Opened the Edo Hirakane Dojo.
6. **Takeuchi Toichiro Hisazane.**
7. **Takeuchi Toichiro Hisataka.**

8. **Takeuchi Toichiro Hisataka**—(Son of the 7th master; the characters for his name Hisataka are different from the seventh master).

Subsequently, the lineage split to form two branches, the Soke and Sodenke lines:

SOKE LINE:

9. **Ikeuchi Kamonta**—A student of Takeuchi Hisataka . . . to the 14th master, Takeuchi Toichiro Hisamune, professor at Okayama Shoka Daigaku.

SODENKE LINE:

9. **Takeuchi Tojuuro Hisatane**—Died Meiji 30 . . . to the 13th master, Takeuchi Tojuuro Hisatane, president of the Okayama Kobudo Renmei.

BITCHUDEN LINEAGE:

The Bitchuden developed in Okayama City and Kurashiki, or in the provincial capital area. After the third Takeuchi master, Hisayoshi, the Bitchuden traces itself thusly:

4. **Takeuchi Seidaiyu Masatsugu.**
5. **Yamamoto Kazuemon Hisayoshi.**
6. **Shimizu Kichiuemon Kiyonobu . . .**

And so on until the 14th master, Takeuchi Tsunaichi Masatori, head of the Nisshinkan Dojo.

15. **Nakayama Kazuo Torimasa**—Second and current master of the Nisshinkan, and second head of the Okayama Daigaku College Kobudo Section.
16. **Ono Yotaro Masahito**—Head of the Chofukan Dojo and Doshisha Daigaku College Kobudo Section as well as my teacher.

Properly defined, the Takeuchi Ryu is not just a jujutsu system, but what is called a sogo bujutsu, or a martial arts system that includes a variety of weaponry and unarmed combative methods, bound by similar combative theories, concepts, and body dynamics.



Ono Sensei in action

WEAPONRY

Students at my Seifukan Dojo start off with the basics of unarmed grappling and are also introduced to the long and medium length wooden staff methods (kenbo and shinbo), kogusoku (grappling with a long dagger), kenjutsu (swordsmanship), iai (sword drawing), and the basics of hojojutsu (rope binding). Other weapons of the ryu include hanbo (short three-foot staff), jo (four-foot staff), naginata (halberd), kusarigama (sickle and chain), jutte (forked metal truncheon), shuriken (throwing darts), hibashi, and tessen (iron fan). (*Hibashi are forged iron tongs used to pick up charcoal.* —Editor)

JUJUTSU

The term jujutsu encompasses a variety of unarmed methods in the Takeuchi Ryu. Some were meant obviously for combative situations, such as on the traditional battlefield. Others were meant for medieval police work, self-defense, and even for open-ended contests, which the Bitchuden engaged in up until relatively recent times.

Techniques include the following: tehodoki (breaking grips), ukemi (tumbling), nage waza (throwing), kansetsu waza (dislocations), atemi

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(striking anatomically weak points), shime waza (chokes), and kappo (resuscitation). The techniques are placed in kata that form the basis for different categories of jujutsu: toride, hade, and kumi-uchi. There even used to be a kind of judo-like randori, or "free practice."

About the Author: Wayne Muromoto is a Hawaii-based member of the SMAA Board of Advisors and one of the leading exponents of koryu martial arts in the West. He has decades of experience in Bitchuden Takeuchi Ryu jujutsu and Muso Jikiden Eishin Ryu iaido, both of which he studied in Japan, along with Urasenke tea ceremony. He teaches at the Seifukan Dojo in Honolulu (<http://www.seifukan-hawaii.org/index.html>), and he has been a frequent and valued contributor to the SMAA Journal for over 20 years.

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