

KODENKAN YUDANSHAKAI

ATARASHI DENTO

NEW TRADITIONS

Paul Haber, Shihan, Editor

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A Newsletter serving Members and Associates of Kodengan Yudanshakai in the traditions of Professor Henry Seishiro Okazaki, and Dai- Shihan Joseph Holck.

Welcome to the newsletter
associate of Kodengan



dedicated to you, the member or
Yudanshakai.

What's New?

KDK Members, students and families experience Ohana at the Annual KDK Picnic.

On October 14, an estimated 100 Kodengan members gathered at **Hoffman Park**, 4875 E. Cecilia, for the annual KDK Picnic.

Worries about rainy weather were unfounded, as the weather cleared away and everyone enjoyed a cool, sunny Tucson Autumn day. The energetic played volleyball, the hungry consumed what was described as "a whole lot of food", and - most importantly- everyone enjoyed just being

together in the true spirit of Ohana. If you missed it this year, mark your calendar for next year. The picnic is one of several opportunities we have to get together as a group. I encourage all KDK-ers to take advantage of each one. HINT- the next one is the Holiday Party on December 9, at the MATS dojo. Watch your email, or check out the KDK website for times.

BUDO THOUGHTS

By Carmen Choza

This is the essay I was telling you about that I submitted to the University of Chicago as my supplemental essay. It encapsulates more or less the lessons I've learned over the years from martial arts. The prompt going into the essay was "Describe something you love because of- rather than in spite of- its flaws."

I began taking martial arts lessons when I was nine years old, and I'll admit that I joined initially not because of the self-defense aspect, but because I wanted to be a ninja or an action hero like Bruce Lee. I, like many little kids, was fascinated with the drama and heroism of violence. I loved the idea of the glory, of good guys fighting off the bad guys and the undeniable power of individual strength. But it wasn't quite what I expected. From the first days I attended the class, my Shihan made very certain to teach me one lesson above all else: that I should never use my techniques outside of the class except in desperate circumstances.

The style of judo I practice is called Matsuno Ryu Goshinjitsu, which translates to "the style of self-defense of the Matsuno family". Self-defense is in the name, but all martial arts are born of combat, and many of the techniques were developed specifically to harm and incapacitate people. The reality of martial arts is that while it is largely a form of exercise in modern American society, we still learn to fight, to break, and at the highest, most serious levels, to kill. Yet this is the thing that I believe has shaped my childhood and instilled in me a deep respect for human life, an understanding of the responsibility that comes with power, and an appreciation for the beauty of human grace and control. So how can I justify my love of something so fundamentally, basically cruel?

Martial arts does have an inherent knowledge of and relationship to violence, yes. In the context of a sport or in isolation, for most intents and purposes, that's a bad thing- how can it be good to increase someone's capacity to hurt other people? But that nature allows it to serve as a vehicle for the philosophy of self-discipline and social consciousness that has made it so valuable to me.

The strengths and virtues of judo are clear: it's a sport that improves health, hand-eye coordination, balance, strength and control; it's fun; it teaches self-discipline and work ethic, and empowers people to protect themselves; and it encourages respect for one's instructors, elders, and peers. The essence of it, however, which some perceive as barbaric, imbues it with the ability to raise the ethical question of the responsibility of power and impart essential universal values.

The most essential value of martial arts as a discipline and a way of life is self-control. The martial artist must practice control not only in training, in order to avoid hurting their self or their partner, but also in all areas of life. By training we become more dangerous than the average person, and so we learn the importance of avoiding physical confrontation whenever possible. With power comes the responsibility not to use it unless necessary to protect oneself or others. I've learned how fragile lives and limbs are, and a healthy distaste for those who abuse their advantage over others. I love judo because it's a sport steeped in violence. I love judo because if it weren't, I don't feel I would have the same self-awareness or perspective on the value of life as I do now. Judo is beautiful to me not simply because of the physical motions, but because the negative aspects of it allow for spiritual and moral growth.

Thank you and I hope I've carried the right messages away from this experience!

Carmen Choza

UPCOMING EVENTS

Kodenkan Yudanshakai Holiday Party- MATS DOJO on Sunday, December 9, 2018. Celebrate the holidays with the KDK! Food, fellowship and a gift exchange--what's not to like? Watch the KDK website or your email for times.

January 26, 2019- Promotion Ceremony/ Banquet

February 9-BoD meeting

February 17-quarterly kyu testing

YOUR OWN DOJO

This month, we offer a continuation of advice given to O'Sensei Ken by Dai-Shihan Vinson Holck, on how to open and run your own commercial dojo. This is offered both to current instructors, and those who will someday carry the torch of KDK to a new generation of students.

Remember- the operation of a commercial and non-commercial, or traditional-dojos, call for a much different approach. This article focuses on the commercial type of school

Here's some advice for this month.

FIRST IMPRESSION OF A MARTIAL ARTS SCHOOL

As a school owner your windows and your doors are a representation of your school.

Letting people see what's in your school adds more excitement.

The only window that should be covered for security reasons is your office window. Otherwise, be proud of your school and show it off.

Key facts to have on your windows at all times:

1. Schedule of class times (mainly for your students).
2. Intro Letter to new prospective students along with flyers.
3. Happy photos showing students of all groups training.
4. Mail slot or Mail box outside your door with a pen and paper for people to leave you notes.
5. Your school name.
6. Video/ TV facing outside your school window in your entrance playing school videos during school hours and after hours. This is a great attention grabber.
7. Have a consumer fact sheet laminated and placed in your window and lobby.

If you are in an industrial park location, you still need to have a professional look.

Come on in:

Pretend that you are a new prospective student or parent.

As you walk through the door you will use your first two senses- smell and sight.

Have your entrance smelling fresh and clean. Go down to your professional janitorial supply center for battery operated deodorant devices, which fan out a constant flow of fragrance. Have a wall dedicated to Tiger Claw (or other suppliers) equipment. Show that you are professional.

Rule of thumb is: \$200.00 of martial arts supplies creates a "stay" atmosphere. People will stay and look. This is great, especially if you can't speak with them right away.

Equipment you should have on your wall should include the following:

1. Uniforms in different sizes with your school logo and patches (if appropriate) on them.
2. Safety equipment in different sizes. This is great for letting our students try on shoe sizes.
3. Training equipment: Blocker, rebreakable boards, jump rope, focus pads.
4. Clothing Companies like Tiger Claw can help you with T- shirts, caps, sweatshirts and other items with your school logo.

Your school should look like a department store. Invest in ceiling lights, props- anything that creates a need to buy. Your school with student count of 100 should bring in between \$500-\$1500 per month in equipment sales.

Remember to keep the holidays in mind when you display your equipment. Promote items and equipment with displays for that occasion.

KANJI KORNER

By David Heacock, Shihan

漢字

Concepts! Concepts! Concepts! You can never escape them in the study and practice of martial and defensive arts!

Good! It is because of these that we move through the phases of maturity in any field of endeavor. For the defensive arts these are:

PHASE LENGTH OF STUDY

Technique 10 to 30 years

Principle 10 to 30 years

Essence 10 to 30 years

Sounds like a lifelong commitment! Whether to your chosen profession, a hobby you deeply enjoy, or a passion for a topic of learning, set a proper foundation by equipping yourself with basic knowledge and skills. Come to understand how the internal principles apply and can be used in new situations. Finally, allow the knowledge to deepen until it expresses its true character within you. But let me caution you—knowledge gained is sterile unless passed on to others by teaching and guiding, or in those little moments when you can help someone expand their view of Life and how to live it with awareness and greater perspective.

This time we are going to look at the arts of Jūjutsu and Goshin Jitsu.

Jutsu (術) in classical Japanese fighting arts carries the meaning: art, technique, way, means, trick, trap, plot, stratagem, or magic. It contrasts with Dō (道), meaning way (of living, proper conduct, etc.), which implies the practice of self-improvement and moral principles.

Jū is an onyomi pronunciation (a quote; sound reading," from a Chinese character) for the Japanese word yawa (柔) meaning weakness, gentleness, softness. The meaning is extended in yawaraka (柔らか, meaning soft, tender, limp, subdued (color or light), gentle, meek; and yawarakai (柔らか, meaning い) soft, tender, pliant, supple, limber, limp, gentle, mild, mellow, informal, light, flexible (e.g. thinking). It is from this last word that we get a proper understanding of the concept.

Jūjutsu is also known as yawara (柔ら), often poorly translated as the “gentle art.” However, if you ever have an elbow dislocated, are thrown head down on concrete, strangled into unconsciousness, have a thumb tip jammed into the glands beside your trachea, or get kicked behind the shin bone so the lower leg goes numb: you learn right away that “gentle” is not an apt description. Instead, the art embodies the concept of the following poem:

When my opponent advances, I retreat.
When he retreats, I reconcile.

In Dao De Jing (Tao Te Ching), the Chinese classic of contemplative philosophy, it is expressed:

Yield and overcome;
Bend and be straight;
Empty and be full...

Reflect a moment on the effects of hurricanes, floods, and the monsoons of the Southwestern US. Which survive and which break or fall? The supple or the rigid? Defeat comes to the forceful and the arrogant. In contrast, goshin (護身 safeguard, protect + person, oneself) as used in a system name implies practicality, ease of learning, and a diversified origin.

There are numberless systems of Goshin Jitsu being practiced around the world, each with different emphases and influences. For those in the KDK, there is Matsuno Ryu Goshin Jitsu—using the original family name of Joseph Holck. At the request of his sons Vinson and Barry, the Dai-Shihan taught them fighting techniques he had developed during and after World War II, in Hawai'i. They were looking for what could be effective in modern hand-to-hand combat. Unlike traditional styles, with a rigid format, the idea was to have a system that adapted itself to the needs of the student.

However, like the traditional systems, depending on the techniques included and the arts from which they are taken, the student will likely be required to learn any number of concepts—suppleness, grounding to the earth, energy and focus, impact power, body mechanics, the immovable mind, and more. There's just no getting away from it!

EDITOR'S EDGE

Once again, we come to the end of this issue of your newsletter. Before I begin my comments for this stanza, I want to thank each of you for supporting the KDK, and this newsletter.

I would also ask, and encourage you to add to the knowledge and entertainment offered here by submitting your own ideas, much like the article by Carmen Choza, who- incidentally- we thank greatly. Do you have an experience you'd like to share? Could you explain why you have begun, and continue to, study the martial arts, despite the obstacles we all face? Is there a funny or exciting story you remember, from Dai-Shihans Joseph or Vinson Holck, or your own Sensei? I would invite you to share them with the entire KDK community.

Likewise, if you are an instructor, I would ask you to encourage your students to come to the KDK website and read this offering each month. As stated in our header, this is for the Members and Associates- that includes everybody affiliated with KDK. OK, now on with the "soapbox":

Actually, I just want to share a few sayings or mottos with you, if I may. I would invite you to think about these a bit- how do they fit into your lifestyle? Here we go:

Remember that guy who gave up? Neither does anyone else.

Only a warrior can choose to be a pacifist.

Look in the mirror... that's your competition.

And lastly....

**Today I will do what others WON'T
So tomorrow I can do what others CAN'T**

That's it for this time! Sayonara and Aloha!