

# KODENKAN YUDANSHAKAI

## ATARASHI DENTO

NEW TRADITIONS

Paul Haber, Shihan, editor

June 2019

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A Newsletter serving Members  
Yudanshakai in the traditions  
Okazaki, and Dai Shihan Joseph

Welcome to the newsletter  
associate of Kodengan



and Associates of Kodengan  
of Professor Henry Seishiro  
Holck.

dedicated to you, the member or  
Yudanshakai.

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## What's New?

A KDK Board of Directors Meeting was held On May 11, at the Martha Cooper Library. Subjects discussed were:

There are currently 69 Yudansha registered in KDK, plus one Emeritus member.

KDK picnic is scheduled for October 13. Suzanne Chapman, Sensei, is in charge and can use your help. Contact Suzanne to find out how you can be of assistance.

The Board has authorized the design of a two-line certificate to indicate the receipt of Yudansha titles (Sensei, O-Sensei, Shihan, etc.). The separate title certificates will no longer be used. More to come.

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## MEET THE SENSEI



John Truman, Shihan began studying Kajukenbo in 1975. During his long career, he has studied in seminars under three of the five founders of Kajukenbo. He has studied directly under Dai Shihan Vinson Holck and Great Grandmaster Jason Groff of the Ordonez Kajukenbo Ohana (OKO).

After studying elsewhere, he became a member of KDK in 2000. After doing so, he opted to increase his knowledge of the "JU" side of Kajukenbo, by studying Matsuno-Ryu Goshinjutsu under your editor and Sensei Jim Byrd, receiving the rank of Shodan in that art. He currently holds the rank of Shichidan, 7th Dan, in Kajukenbo, with the title of Shihan, under the auspices of the KDK. He also has earned the title of Professor in the OKO.

He also trained in many seminars in various kali, escrima and knife fighting instructors. To call him well-rounded would be an understatement.

He currently teaches classes on Tuesdays and Thursdays from 7 to 8 PM, at 5933 E. 22nd Street in Tucson. Don't let the mean look scare you, John's really a pussycat-of the tiger variety.

## UPCOMING EVENTS

**June 21-23 Lakewood Budo Kai 40th Anniversary in Long Beach California.** Take part in clinics, fellowship, even a Celebration Dinner. Only \$40 for Seniors, \$30 for Juniors. Can't attend the workouts?? For the dinner only, it's a paltry \$20.

**July 13 Shihan Parker will lead the 2nd Annual Karate Gassuku at the Boxer's Rebellion dojo.** It will be an all-day event. Check with your Sensei for more info. You KNOW if Shihan Parker is running this, it will be exciting!

**August 10 KDK Board of Directors Meeting, 2:30-300 PM** at the Martha Cooper Library's Small Conference Room. All Board members are requested to attend.

**August 18 Kyu Testing.** Will be held 11:00AM to 3:00 PM, probably at the MATS Dojo. Stay tuned for updates.

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## KANJI KORNER

By David Heacock, Shihan



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**HARA**

How often in your practice of the martial and defensive arts have you heard expressions like “move (moving) from the middle” and “your power comes from the middle” and “do your

technique from the middle”? This relates to the Japanese word *hara*. Often erroneously referred to simply as the stomach, it carries the following connotations:

腹 abdomen, belly, womb; one's mind, one's real intentions, one's true motive; courage, nerve, willpower

As drawn in the *kanji*, it contains these parts:

月 (a variation of 肉) the physical body (as opposed to the spirit)

ノ (ノ) of, indicates possessive      一 one, for one thing

Or: 乞 beg, ask, request; begging (for food) [using only the top of the character]

日 day, days, sun, sunshine

久 late, delayed; winter radical (no. 34)

As you know from our own training, it means more than simply the area between the bottom of the sternum and the top of the pubis. Mechanically, it might be equated with the pelvic girdle (骨盤帶 skeleton, bone + tray, shallow bowl + zone, region), that is, the complex of bones that connects the trunk and legs, and which supports and balances the trunk. (Also: 下肢帶 lower + limbs, body + zone, region.)

Equally importantly, in the martial arts, *hara* is considered as equivalent to the lower of the three *tanden* (丹田 rust-colored, red, red lead, pills, sincerity + rice field) a point below the navel (a focus point for internal meditative techniques) (*dantian* in Chinese). Various schools describe this as being just below or directly behind the umbilicus (navel); not as a surface point, but rather inside the body.

The *hara*, or lower *tanden*, is important because it is considered the reservoir of vital or source energy (*ki* 気 spirit, mind, heart; nature, disposition, motivation, intention, mood, feelings). In other words, the vital center of the body as well as the center of gravity. "Moving from the *hara*" thus means moving from the center of one's very being—body and mind.

Japanese martial and medical traditions use the word *hara* as a technical term for a specific area (physical/anatomical) or energy field (physiological/energetic) of the body. In many martial arts, the extension of energy or force from this center is a common concept. For both mechanical and energy reasons, one's *kiai* must also spring up from this same region. (Chinese Buddhist monks are said to have been able to bring down flying birds with the *kiai* for food as they travelled long distances between monasteries.)

As you progress in your study and practice of the martial and defensive arts, work to settle your *shen* (心 heart, mind, spirit) in the *hara*. Not only will you master your techniques, you will come to master yourself.

For further reading, I recommend *Hara: the Vital Center of Man* by Karlfried Graf Dürckheim.

Main sources for this article:

*Wikipedia*

www.jisho.org

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## EDITOR'S EDGE

This month, I thought we could begin to discuss some of the beliefs, myths and maybe even some of the truths concerning the Japanese Martial Arts. Let's begin with Karate. First of all, everybody KNOWS karate came from China, right? Well...

*In his 1967 book, **The Karate Dojo, Traditions and tales of a martial art***, Peter Urban, Japanese Goju stylist who was a great influence in popularizing Karate in the US, tells of a Buddhist monk, Bodhidharma, who purportedly founded the Northern Shaolin Temple. It's a great story of how a monk would graduate from the temple. Those of you who have watched the pilot movie to the TV series *Kung Fu* will recognize the tale - including burning the tiger and dragon into the forearms. Quite a story, but did it happen? We will probably never know, since historians differ even on the **existence** of an actual Shaolin Temple in that part of China, in the 6th Century.

However, Shaolin Boxing spread to Okinawa and became Karate, right? Ah, no! Not directly, anyway.

Historian, author, and father of Japanese Karate, Funakoshi Gichin, says in his book ***Karate-do Kyohan The Master Text***, "Karate-do in a martial art peculiar to Okinawa in its origins. Although it has in the past tended to be confronted with Chinese boxing because of the use of kanji Kara (Chinese) in its earlier name, in fact for the past thousand years, the study and practice of masters and experts, through which it was nurtured and perfected and formed into the unified martial art it is today, took place in Okinawa. It is, therefore, not a distortion to represent it as an Okinawan martial art." However, he also stated that many experts in the martial arts traveled to China to practice Chinese Boxing, adding to the **already existing fighting system present in Okinawa**.

Christopher M. Clark, author of the series ***Okinawan Karate; A History of Styles and Masters***, tells us "For hundreds of years, Okinawa served as a major transit point for trade and travel in East Asia. Prolonged contact with China, Korea, and Southeast Asia created a fertile environment for developing eclectic and effective methods of hand-to-hand fighting." He continues to explain that China had the greatest influence, but not the only one.

The truth is that, like most things in this world and especially in Asia, no one source can be traced to the development of any art, culture or custom.

Next time, we'll discuss the development of Karate over the last couple of centuries. In the process we'll discuss some of the Karate-based arts included in the Kodenkan Yudanshakai.

Jujutsu people - we'll get to your art, too. I promise.

Once again, I entreat you to encourage your students to read our newsletter. All of us can use the information you'll find here. (Hint; I use this information in the oral or written test my students must pass for rank - especially Yudansha rank.) I also ask again for your suggestions or comments. This is YOUR newsletter.

In the meantime,, let's go train!