

**Midori Yama Budokai: Hanshi's Corner**  
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*Ichi go, ichi e: One life, one meeting*

***Jujutsu Kata of Wilson Kancho: Kick Kata I***

The *jujutsuka* begins from a natural stance. All kicks are to be done before placing the kicking leg back on the mat. This is a good warm-up, a review of basic kicks and practice for balance. **1)** Right swing kick (AKA stretch kick, or high kick); **2)** right-low level front snap kick; **3)** right mid-level front snap kick; **4)** right low-level side thrust kick at 45o to the right front; **5)** right low-level side thrust kick to the direct side; **6)** right mid-level side thrust kick to the direct side; **7)** right low-level side thrust kick at 45o to the right rear; **8)** right rear mid-level thrust kick with the heel (numbers **8**), **9**) and **10**) are “true” rear kicks); **9)** right rear high-level thrust kick; **10)** right rear “mule” kick (one leg “true” rear kick with both hands placed on the mat). The *jujutsuka* comes back to natural posture and the techniques are repeated to the left side.

***Bushi no Ichigon***

This translates as “the word of a warrior.” To the warrior nothing was more important than honor (*na*, or your name). Any infringement on his honor was known as, “ren chi shin,” or “a sense of shame.” When a warrior promised to do something (gave his word), he would honor that promise at the risk of his life. “Yakusoku,” is the Japanese word for “promise.” It is used in yakusoku kumite, usually translated as prearranged sparring. It refers to the fact that the partner has “promised” to attack in a certain way. In contrast, you had *nigon*, or “double tongue,” meaning a person who lied (not unlike the clichéd “speaking with a forked tongue”). “*Uso*,” actually meant “falsehood,” or “lie.” There was *kyō-re*, however, which meant to sacrifice truth for the sake of politeness.

**Nguni Stick Fighting**

This south African art is also known as *donga*, or *dlala 'nduku*, which literally translates as *playing sticks*. It is practiced with two long sticks one of which is used for defense and the other for offense. Although Nguni/ Xhosa styles use only two sticks, Bantu /Nguni stick fighting may also use shields. The Zulu refer to the attacking stick as “Isiquli,” and the defending stick as “Uboko.” This style also uses an “izoliHaw,” or defending shield. It would be interesting to see three implements used with two limbs. The winner is presumed to be the strongest, and is referred to as Inkunzi, or “the Bull.”

Today, stick fighting is practiced as part of the wedding ceremony. Warriors from the groom’s household and the bride’s household use the art to “get to know each other.” Other warriors may take part, and are welcome to join in the “festivities.” There is an induna, or War Captain, from each group who ostensibly keeps order between the fighters. The art has developed in societies, cultures and civilizations who use herding as part of their survival system. Where there are cows, there is stick fighting. The old regimental structures of the great uShaka KaSenzangakhona KaJama dominate current modern Zulu stickfighting.

ABRAHAM LINCOLN: Wrestler

Renowned for his wrestling skills was young Abraham Lincoln, who was the wrestling champion of his county as early as 1830. At the age of 21 Lincoln undoubtedly was the roughest and toughest of the wrestling Presidents of the style known as "catch-as- catch-can," which was more hand-to-hand combat than sport. In 1831, Denton Offutt, in whose store Lincoln was a clerk, bragged that his employee was mentally and physically superior to any of the Clary's Grove boys. He openly said Lincoln could whip any man in the community. Hearing of Offutt's boasting, Jack Armstrong challenged Lincoln to a wrestling match. Lincoln accepted. Lincoln was 6' 4" and weighed 185 pounds, but Jack Armstrong was an experienced, formidable opponent. Although he was smaller than Lincoln, he was as strong as an ox. For a time, the two young men circled each other warily. They did some grappling and twisting, but neither man could throw the other to the ground. Slowly, Armstrong began to get the worst of it. Finally, Lincoln grabbed the bully by the neck, held him at arm's length, and shook him like a little boy. This aroused the Clary's Grove boys, and it suddenly appeared an entire crowd of people might attack Lincoln. He backed up against the wall of Offutt's store and offered to take them on one at a time. Jack Armstrong was impressed with Abraham Lincoln's display of courage. He came forward, took Lincoln's hand and shook it heartily. He looked at his friends and said, "Boys, Abe Lincoln is the best fellow that ever broke into this settlement. He shall be one of us." From then on, Abraham Lincoln and Jack Armstrong were the best of friends! It might be added that, although Lincoln's wrestling ability was excellent, he wasn't unbeatable. On April 22, 1832, Lorenzo Dow Thompson threw Lincoln in two straight falls during a wrestling match in Beardstown, Illinois.

Fourteen or 30% of our nation's presidents wrestled or dabbled in the sport.

John Adams, the 2<sup>nd</sup> President

Chester Arthur, the 21<sup>st</sup> President

Calvin Coolidge, the 30<sup>th</sup> President

Dwight Eisenhower, the 34<sup>th</sup> President

James Garfield, the 20<sup>th</sup> President

Ulysses S Grant, the 18<sup>th</sup> President

Andrew Jackson, the seventh President

Abraham Lincoln, the 16<sup>th</sup> President

Franklin Pierce, the 14<sup>th</sup> President

Teddy Roosevelt, the 26<sup>th</sup> President

William Howard Taft, the 27<sup>th</sup> President

Zachary Taylor, the 12<sup>th</sup> President

John Tyler, the 10<sup>th</sup> President

George Washington, the 1<sup>st</sup> President Washington and Lincoln were considered excellent at the sport, both holding various championship titles. Others were Jackson, Taylor, Grant, Arthur, Taft, T. Roosevelt, and Coolidge. Washington was noted for (collar and elbow) At 18, the big, shy Washington apparently held a "collar and elbow" wrestling championship that was at least county-wide and possibly colony-wide. Washington never lost his touch. At the age of 47, ten years before he became the first President of the United States, the Commander of the Continental Armies still had enough left to defeat seven consecutive challengers from the Massachusetts Volunteers. Washington was unbeaten in over 200 wrestling matches. In fact, on occasion he used to challenge the rank and file men to back up their negative comments with their fists. Zachary Taylor

wrestled during his service in the Illinois Volunteers for the Black Hawk uprising. Wrestling was his favorite army sport. Jackson depended on “grit,” more than strength. No matter how often stronger opponents threw him, he would demand “one more trial,” until persistence would lead him to victory. An old schoolmate once stated, “I could throw him three times out of four, but he never stayed thrown. He would just get back up and he would never give up.” John Adams wrestled and boxed as a teenage boy. Franklin Pierce earned money as a young man with his wrestling skills – our first “professional wrestler”? Ulysses S. Grant and Chester A. Arthur were also “collar and elbow” wrestlers as were Washington and Taylor. James Garfield, as a teacher, once broke up a wrestling match between two young students, each as large as he. He grabbed one and threw him over a nearby fence; the second followed quickly. There was no more fight left in them. His father Abram was the strongest man in five counties and was a champion wrestler, whose strength was passed on to the son. William Howard Taft, the heaviest wrestling President at his "best weight" of 225, was a lifelong follower of collar and elbow. Big Bill was intramural heavyweight champion at Yale, and was a fourth generation wrestler in the Taft family. John Coolidge, Calvin Coolidge’s father, rated Coolidge tolerable good as a wrestler. Teddy Roosevelt, Taft's immediate predecessor, was perhaps the most enthusiastic wrestler. He continued regular wrestling workouts throughout his term as Governor of New York and on at least one occasion as President. During his Presidency, he appointed catch wrestling champion Tom Jenkins to the position of Head Wrestling coach at the United States Military Academy. Jenkins was Dwight D. Eisenhower’s wrestling coach, as well as General George Patton’s. Ten of these “wrestling Presidents” also served in the military and eight of those held the rank of general when their military career was over.

**Other Famous People who wrestled were (or are):** Benjamin Franklin, General Norman Schwarzkopf, Nobel Prize winner Dr Norman Borlaug, Jay Leno, Tom Cruise, Tony Danza, Kirk Douglas, and Robin Williams

I recommend *The Wrestling Presidents, from Pins to Patriots* by William S. Worley and Gary M. Gray. It is written in a style that may be enjoyed by adolescent or adult, and gives a short history of each president, highlighting how wrestling helped them in attaining and performing in office.

### ***Renshu: Forging or Polishing (From: An Encyclopedia of Judo and Jujutsu)***

***Renshu*** may be defined as a training period in which hard continuous work through repetition of the basics (*kihon*) is used to sharpen technique as opposed to only learning new material. Literally, *renshu* means forging or polishing lessons. *Seishi tanren* is spiritual forging through martial discipline. *Keiko* implies an attitude of learning by doing. One attains character development as well as physical cultivation by this spirit. *Satori* (enlightenment) comes through the mastery of one’s art by way of hard and constant effort – i.e. practice (*keiko*). Training (*renshu*) is instruction received. It is then studied and practiced (*keiko*). One must learn from the past to understand the present (*keiko shokon*).

***Renshu*** or training may be classified as follows:

- ***Godo Renshu*** or group training.
- ***Kojin Renshu*** or individual training.
- ***Kihon Renshu*** or basic training.

- ***Chukyu Renshu*** or intermediate training.
- ***Jokyu Renshu*** or advanced training.
- ***Sotai rensu*** or “assumption” training. This is the most commonly used method. *Tori* “assumes” the position for a technique then moves through it as though an opponent was present. This is similar to *karate kata* or western “shadow boxing.” The classic method was the use of your shadow on a moonlit night or the use of a mirror in the daytime. Today, this is referred to as *tandoku rensu hoho* or method of independent practice without a partner. *Sotai rensu*, today, is used to mean a form of partner practice.

### ***Renshi, Kyoshi and Hanshi***

*Kyoshi* is an honorary title for a teacher. It is sometimes translated as Master, and is the second highest in three instructor ranks. The three ranks are: *Renshi*, or Polished Person. This refers to someone whose teaching is exceptional. *Kyoshi*, or Faithful Person, refers to someone who is loyal (faithful) to the organization. *Hanshi* is the highest of the three ranks and is used to refer to someone others would want to emulate. *Renshi* would be the equivalent of a B.A.; *Kyoshi* is the equivalent of an M.A. and *Hanshi* refers to the equivalent of Ph.D.

The *Kyoshi* is someone who is able to understand the theories of styles other than his/her own, and by comparison, better understand his/her style, and improve his/her techniques. Not every high ranked *budoka* receives these ranks. They indicate someone who does more than “suit up” and “show up.”

There are established criteria used in promoting someone to these titles. They are as follows:

1. How long they have been in the arts. This would suppose continuous training.
2. The rank (dan) relating to the title. *Renshi* would be *Yodan/Godan*; *Kyoshi* would be *Rokudan/Shichidan/Hachidan*; *Hanshi* would be *Kudan/Judan* or higher.
3. They must have their own school, and have been teaching for two or more years.
4. They must have loyalty to past teachers of the arts. This shows that the person is not switching from school to school/style to style just for rank.
5. They must have loyalty to their present school/style – in this case MYB. This shows a person who has a sincere desire to learn and who has learned and earned respect.
6. They must support their school/s//style/s by contributing to the school/style above and beyond the average practitioner. This is usually interpreted as introducing new techniques, new combinations or new training methods. Also, publication of articles or books may be considered.
7. Someone of the same rank or higher and who is in good standing with MYB must recommend them.

### **“Oss,” or “Os”**

This is one of the most misunderstood (and misused) expressions in the martial arts – especially *karate*. It is an abbreviation for “*onegaishimasu*,” which literally means, “I humbly request a lesson.” It emphatically does not mean, “I understand,” which, in Japanese, is “*wakarimasu*.” Nor should it be used as an exclamation for any statement the sensei may make! Ask Craig Hanzel, *Sensei*, about his experience with it in Okinawa.

### ***Kan ken Futatsu no Koto***

This translates as “the eye and the heart both see in danger.” This is based on the warrior principle of being able to sense the impending danger of an attack before actually physically seeing it. It is derived from “*kan*,” which refers to intuition or an intuitive sense. *Ken* refers to actual physical sight. Because of extensive (and intensive) training, the *budoka* is able to react through deeply learned lessons, with little or no preconceived thought. With *kan ken*, the warrior could see and understand. “*Ken no me wa yowaku; kan no me watsuyoi*,” translates as: “The sight of the eyes is weak; but the sight of intuition is strong.” The warrior believed that awareness and adaptability during danger lay more in experience and intuition than in what was seen by the eyes. In a similar manner, “*ken wa me de miru; kan wa kokoro*,” translated to “the eyes have ordinary sight; the heart sees.” Again, the warrior believed that intuition was more important than ordinary sight. The best example is an expert driver, capable of applying the brakes immediately upon seeing a child run in front of the car. No thought is necessary – only action! The idea is that when the danger is seen (physically or intuitively), immediate action, without thought, is taken.

### **Hanagi Chomo**

Just as “*judo*,” was used before the advent of Jigoro Kanō’s Kodokan Judo, *karate*, meaning “empty hand,” was used before Funakoshi Gichin began using it. In 1906, Hanagi Chomo, a martial artist of Okinawa, was the first to use *karate* to mean “empty hand.” Prior to this, *karate* meant “Tang Hand,” or the martial art derived from the Tang Dynasty in China. The meaning was presented in Hanagi’s book, *Karate Soshu Hen*. Thirty-one years later, in 1937, an association of *karate* masters would adopt this meaning (though not by all!). This was at the urgings of Funakoshi Gichin, who was promulgating the art of *karate* to the Japanese.

### **Ch’uch Yuan Shang-jen**

A few decades after Bodhidharma Daruma allegedly created Shi Pa Lo Han Sho, the “Eighteen Hands of Lohan,” Ch’uch Yuan shang-jen, increased the number to seventy-two. It is possible that Yuan was the actual person responsible for turning the Shaolin Temple into a military arts academy. Daruma was more interested in Ch’an (Zen) and meditation. Yuan was more interested in offense and defense. Incidentally, some scholars believe that originally there were “Sixteen Hands of Lohan,” and the Chinese added two more before Yuan’s increase. I have no idea upon what they base this, as no reference was given.