

The Origin of Martial Arts

Karate



On the origin of Karate, a martial art unique to the orient, there are divergent opinions, and none of them is conclusive. Karate became widely known during the Meiji era . The most popular belief is that Damura came from the Baramon tribe in south India. Where he studied Zen. Daruma was known as Bodhidharma in India - then Da Mo in China - then Daruma. Then he went to far off China because he didn't believe the people of India took his teaching serious enough. One source says it was 500 AD That Damura arrived in China where the emperor was given private instructions. Then he left for northern China where he taught 3 disciples; Donrin, Doiku and Keika who carried on his teachings. He taught Shorinji Kempo.

In time the Damura teachings, which took root in China, reached Okinawa shortly after the Kamakura era (1191-1230).

Many people believe Karate was founded in china and then brought to Japan. in fact, Okinawa already had her own kempo. It was called "Kamiai-jutsu" or "Bushi-de" or "te". The word "te" did not mean hand but rather it meant technique or art. It wasn't until 1901 that the word Karate was used and that was in Okinawa. It wasn't until 1937 that Japan started using the Karate.

If you would like more details of this history, see Mas Oyama's book; "What is Karate" circ; 1957 edition

The American Kyokushin Story



In the early 1950's, few people believed that a martial art style would succeed, much less become a way of life. One who believed that his martial art would succeed, was our creator and founder Sosai Mas Oyama. Sosai Mas Oyama is not only the head instructor of our style, but a student as well. He would study his moves thoroughly, try them on his opponents. If they worked, he would incorporate them in the Kyokushin, if they did not work, he pushed them aside. Sosai Mas Oyama kept the traditional katas that he had learned through his studies. Realizing the katas are an important part of martial arts.

During his studies, Sosai Mas Oyama, had heard about a Judo man in the United States, who had great strength and fighting skills.

His name was Don Buck. Don Buck, had also heard of Sosai Mas Oyama, who had become a highly respected Martial Artist.

Sosai Mas Oyama came to the United States to meet Don Buck. The two men trained together for hours and hours. Don Buck became Sosai's friend as well as student. Sosai promoted Don to 4th dan Sept. 8th 1960.

In September 1989, Sosai Mas Oyama appointed Don Buck as Chairman of the United States Region of the International Karate Organization of the Kyokushin. In September of 1992, Sosai Mas Oyama appointed Don Buck's son Fred as a branch chief for the International Karate Organization of the Kyokushin.

Despite Sosai Mas Oyama's unfortunate death in 1994, the Kyokushin style continues to grow with Don Buck. Fred, Don's son is teaching in Arizona. Many of the blackbelts that they have promoted through the Kyokushin have continue teaching . Many in other states and countries. They continue to teach the Kyokushin the way Sosai Mas Oyama would want.

Aiki Jujitsu What is it?



Aiki Jujitsu, a traditional Japanese martial art, is the forefather of modern Aiki styles and martial arts such as Aikido, Judo and Hapkido. Aiki Jujitsu students learn to avoid conflict whenever possible. They also learn to take control of difficult situations and to eliminate the threat to their personal safety when violence is unavoidable. Rather than meeting force with force, students learn the use of circular motion and redirection of an attacker's energy. This helps neutralize the attacker's size/strength advantage. A wide variety of techniques are taught to prepare students for a broad range of situations including everything from the basic bully to knife and gun attacks. Students learn to use all of their natural weapons effectively (eg. hands, feet, knees, elbows). The art of Aiki Jujitsu includes striking techniques, blocks, throws, joint locks, chokes, nerve attacks and more. No competitive fighting is involved. Self-defense techniques are always practised in co-operation with training partners, allowing students to learn ju-jitsu at their own pace in a fun, safe environment.

Different Spelling of Ju-jitsu

There are many different spellings. They are; Jiu Jitsu, Ju jitsu, Jujitsu, Jiu Jutsu, Jujutsu They all mean the same, but that doesn't mean they are all of the same system or that they all teach the same technique. Even schools of the same system might have a different principles or philosophy.

The Meaning of Ju-Jitsu

The meaning is composed of two Japanese words; Ju and Jitsu

As many Japanese words, they have more than one meaning.

It depends on the situation they are put in.

"Ju" can mean; Soft, Gentle, Pliant, Flexible, and Yielding "Jitsu" means Art Thus, Ju-Jitsu can mean "The Gentle Art". "Ju" is a principle thought of in many different ways.

Use reason before reacting, to avoid a violent situation. Maintain control

of your emotions. Don't use force against force, control and redirect the energy coming toward you.

It would seem that these principals teach not to use force, but in essence they teach us not to rely solely on force. The samurai of old practiced Ju-Jitsu in order to protect themselves when they were unable to use their swords.

Sometimes, it is better to use force at the start of a confrontation, controlling and ending it quickly. Than take a chance later when you may have to use force to save one's life.

The greatest challenge of this art (as with many things), is to determine how much force is needed. Unlike throwing a punch or kick, where you know you are going to hurt somebody.

It is often better to restrain your opponent than hurt them.

Zen Budokai

Zen Budokai is an integrated multidisciplinary martial arts system created by Dr. Duke Moore which integrates techniques from Judo, Aiki- Ju Jitsu, several forms of Karate (Shorin-ji, Shotokan, Kyokushinkai, etc.) and Aikido with techniques from boxing and wrestling. Throwing, restraint, blocking and counter-striking methods are borrowed from each of these styles and are part of the Zen Budokai System. The styles names are all over the map--many of them in Japanese and many in English. The System's name, Zen Budokai, is symbolic of Dr. Moore's Philosophy. Budokai is literally "martial arts society.

The Origin of Kung-Fu



Kung-fu is from China. Its history predates many civilizations and is believed to have started around 500 a.d., A "soft" style of fighting, but not to be mistaken for weak, Kung Fu is known for its very deep stances, flowing movements. There are over 1,000 styles of Kung-fu .

Many styles are based on animals or insects. It is said that monks studied these different creatures and learned how these creatures survive if attacked. They combined this with boxing and wrestling to develop their

martial art. Religion was a vital foundation and were very strict on ceremony and culture. These monks trained diligently for years in the temples to make themselves strong in body and mind. They perfected the internal and external martial arts, such as Hungar, Wushu and Ch'i Gong. Hungar represents the 5 animals, Wushu, the art of acrobatics, and the Chi Gong which is the internal Art. The Chi Gong is the science and practice of the natural energy of the universe through breathing, movement and intention to help improve flexibility and self-defense. The Kung Fu that we teach is rooted in these three styles.

The 1st Graduating Class of Blackbelt to receive MD/TCM in Hong Kong Naturopathy



1st Group of Blackbelts sent to Hong Kong for Chi-gong, Acupuncture, and Naturopathy classes. Don Buck Believed that you needed to have a balance in yourLife. As a Martial artist you trained to protect yourself and he believed to balance yourself you needed to be able to help others as well. This is why he sent classes to Hong Kong to train in Naturopathy.