

Jizaikan Aiki Ninjutsu

自在館合氣忍術



Jizaikan Aiki Ninjutsu

“The true value of budo is to train the mind to see clearly and maintain spiritual strength.”

Toshitsugu Takamatsu

Monthly Newsletter #8 (October 2007)

What you will find in this issue:

1. The Jizaikan secret of the “bolt lock”
2. Never Stop Being A Student
3. Much, much more

The Jizaikan secret of the “bolt lock”



The Jizaikan secret of the “bolt lock”

Not so subtly hidden within the Yonkyo (fourth lesson) of the Jizaikan Aiki Kihon Happo, lays the most effective hand grip in human history. The Kannuki Te (bolt lock) grip is absolutely the most powerful way to grab another human being’s arm or ankle. This special grip applies leverage in a manner that allows the warrior to grab with the strength of ten men. This grip is a tool to assist not only in the delivery of a chosen technique but also in the destruction of the opponent’s will to fight. This technique of grasping the opponent, attacks the spirit as well as the body.

In the Jizaikan, we have many meditations to practice controlling the movement of awareness. This skill allows the warrior to shift his or her awareness to the pad on the underside of the first knuckle of the index finger. The warrior will shift their awareness to this area when grasping the opponent’s arm or leg. Once the hand has found a bone, the fingers of the hand wrap around the wrist or ankle creating a fulcrum to produce leverage. It is important to note that the index finger will always remain extended.

Applying pressure to the bone of the opponent comes from several steps. The first step is to lock out the arm of the grabbing hand. This is important because using a bent arm makes it difficult to transfer pressure to the bone. Second, the Jizaikan warrior needs to shift or move weight over the extended arm allowing weight to produce pressure on the bone that is being attacked. Third, the Jizaikan warrior needs to use his or her intention to increase the effectiveness of the technique.

Many students ask about the use of intention and it’s effectiveness as well as the practicality. Often, I teach the Jizaikan warrior student about this use of combining intention with technique as a necessity. When a person applies the secrets of using intention into a technique the warrior will see an improvement in all of the warrior’s techniques.

In the beginning of training there is a separation of Yu (action) and Ki (intention). As the warrior trains in the Jizaikan, the space between Yu and Ki grows closer. This becomes what is called Dai Yu (great action) and Dai Ki (great intention). This basically implies that the Jizaikan warrior has developed competency in the basic skills and mental control needed for basic warrior ability. Next the warrior trains for what is known by the Japanese term Sa-Yu (lethal action or skills) and Sa-Ki (lethal intention). Last of all we have Tatsujin (Fully actualized human being) meaning that the thoughts of the warrior create results without action. Applying this to your technique will multiply the effectiveness without effort, which is the highest goal of the warrior.

The Jizaikan secret of the “bolt lock” Cont...

What does all of this have to do with the Kannuki (bolt lock)? The effectiveness of the lock is directly in proportion to the mental and physical skill development by the warrior. Unfortunately, for the Sensei (teacher), this is also proportionate to the quality of instruction in the dojo (school). That is why we recommend that people take their time during the first test of martial arts...finding a competent and willing instructor.

Once this technique has been developed into a state of competency the warrior should begin to apply this skill to every technique. For example, applying the Kannuki (bolt lock) grip to Ikkyo (first lesson) will increase the effectiveness of the mechanical or obvious side of the technique.

The lesson to learn here is that the warrior should apply the Kannuki (bolt lock) to every technique that requires a warrior to grab the opponent's arm. This means that the warrior student must look back and practice applying the new principle to every technique they have learned. This will move the technique further in the direction of effortless transmission of energy to get the maximum result also known as taijutsu.

Combining intention with your technique will increase the effectiveness. This is the Jizaikan lesson in regards to connection with mind and body. Together technique and mental intention will strengthen and create power for all of your defensive techniques.

EVENTS!

October 12 - 14 - Hi Ton Jutsu (Fire) Ninja Seminar

Specific Topics to be Explored

- * Togakure Ryu Ka Ton No Jutsu Fire Scroll
- * Shuriken
- * Blowguns
- * Archery
- * Ba Jutsu Horse Back Riding
- * Native American Sweat Lodge
- * Much Much More!

November 2 - 4 "Meditating with the body"

Specific Topics to be Explored

- * Taking a warrior's seat and connecting with the energy of the earth.
- * Alignment, relaxation and resiliency in sitting meditation and their application to Kamae.
- * Taming the discursive mind and body-based awareness practices: the relationship between discursive thinking and tension in the body.
- * The Outer, Inner and Secret Breath
- * Abdominal Breathing
- * Moving from the Hara and Releasing the Ki
- * Opening and extending our Awareness
- * The Warrior's Way and making the journey

December 8 - Ni-To (2 swords) Chuden sword training

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Never Stop Being A Student

Never Stop Being A Student

When was the last time you trained with your teacher? For some of you, this answer might be easy to come up with because you were at the dojo last night for two hours. For others, it might be harder to come up with a date because you have been distracted by life and it has been a few weeks if not months since you last seen your instructor.

I have learned from personal experience and professionally, from running a dojo, that the darker the color of your belt the less students end up training. There always seems to be a lot of hard work put in on our quest to get our black belt but once that goal is attained our attitude seems to shift. Once students tie that black piece of cloth around their waist, they tend to spend less and less time at the dojo and when they do attend they end up spending their training time talking with other students or coaching instead of actually training. Is this because they feel that they have learned everything there is to learn and their cup is full?

Shodan, 1st degree black belt, translates as “initial level”. This signifies that a student has the basic skills necessary to begin their actual warrior training, so why do so many people stop their training at this time? In the Jizaikan system you are considered a martial arts enthusiast until you pass your Sandan or 3rd degree black belt test and become a warrior. This is when you will receive your warrior name. So don't stop short of your goals because you have attained the first mile marker on the warrior path!

I am lucky now because I have the opportunity to train with my teacher at least once a month for a couple of days and also when I travel to the Hombu Dojo 2-4 times a year, for a week or so each time. As an owner of a martial arts school, it is very hard to get away from the duty of teaching so that you can be a student. This role in life makes it even more important that you make time to train with your instructor because you are passing information onto other students and you have the obligation to lead by example as well as stay ahead of them on the warrior path.

I have found that the personal training that I have with my teacher has taken my warrior training even higher levels than I once thought possible. I wish that I had the opportunity that my students have to train with my teacher multiple times per week.

Group classes are designed to let the student practice their fundamental skills and techniques with other students. These classes do not allow the time for students to have the one-on-one personal training with their teacher to help them work on individual areas and needs. In my opinion, if you want to live the warrior life you need to have a minimum 4 private lessons per year with your teacher to make sure you are progressing towards your goals most effectively.

I know that I have shared Kuden “oral transmissions” with my students in private training that I have not shared with my scheduled classes. My training with Kancho Thomas Maienza has taught me things that I once believed were nothing but fantasy and lore associated with martial arts and the ninja. None of the information I have been taught from these lessons has been taught in our regular classes.

Never Stop Being A Student Cont...

I have found that teaching and training is not the same thing. It is important for your personal growth to always be the student even when others call you Sensei or teacher. If you are a martial arts instructor and haven't trained with your teacher in the last 3 months then how can you expect others to follow you? What would you think of your students if they only trained with you once or twice a year? Would you consider them true martial artists? Would you want them to teach you? To be an honorable teacher with integrity and always working towards mastery you must practice what you teach!

To release the warrior within and be the best person you can be, you need to live life with an empty cup and learn everyday!

See you at the dojo!

Michael Eichenberg, Warrior's Edge Martial Arts, Naperville, IL

HAVE YOU BEEN TO **SHUGYO** LATELY???????