

JUKIDO-KAI NEWS

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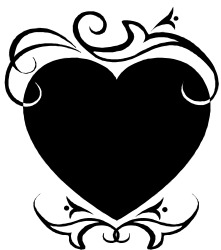
Kobudo

What is kobudo? Why is it important in karate training?

The Japanese word Budo refers to the tradition of living the “Way of the Martial Arts”. The prefix “Ko” refers to the past or something ancient. Kobudo is the art of practicing with martial art weapons based on the methods from a long time ago. Kobudo had a major influence on the development of karate. In ancient times warriors fought with weapons. When weapons were taken away, lost or destroyed, then warriors would use tools and common everyday objects as improvised weapons and when that was not possible the body was used. The use of the body became what we call karate and using weapons and improvised weapons became known as Kobudo. The weapon arts and empty hand arts developed together. It was only in modern times that the empty hand arts started to be practiced separately from weapons due to an emphasis on sports and competition based martial arts. The traditional weapons martial arts were reduced to mere performances.

When the Satsuma Samurai from southern Japan invaded the Ryukyu Kingdom of Okinawa, all of the Chinese weapons that the Okinawan warriors used to protect their island were taken away. The Okinawans, following the Kobudo tradition, began to train with the tools and objects around them. Boat oars called Eku were used like a glaive. Fishing net sinkers were used as fist packs. Handles from every kind of farming and gardening tool became the Bo staff. Grinding wheel handles, now called Tonfa, and hand held pitch forks known as Sai became weapons. Small hand held clubs connected by a cord in the middle were originally used as grain thrashers and are now the famous nunchaku

These Kobudo weapons are important to the modern practitioner of martial arts for many reasons. Keeping alive a long tradition of ingenuity and training a student to think in an unorthodox way is always valuable in all areas of study. The conditioning involved with each weapon practiced is directly related to some aspects of their karate training. It was Taiki Seizu Oyata, the grand master of Okinawan arts that described to my own teacher, Sensei Michael Young, how the Kobudo weapons were used to develop karate skills and techniques. During Sensei Oyatas life he was well known as the highest authority in these arts. If it was important to a teacher like him, it is important to students like us.

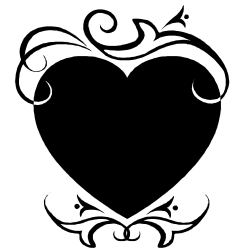


JUKIDO-KAI SCHOOL OF MARTIAL ARTS

13145 WAPAK-FRYBURG RD.

WAPAKONETA, OH 45895

(419) 738-9490



Sensei Says...

Thank You to all of the parents who participated in parent's night in January. The parent's night classes are fun to teach and fun for the students to get to practice with mom, dad, grandma or grandpa! This gives the students a little break from the normally strict environment of the dojo. I also feel it is important for parents to get out on the mat and feel the practice that they are usually watching from the stands. You already do so much for the students and getting out on the mat with us is really going the extra mile! Thank You!

Sensei Topp

Happy Valentines Day!

Quote of the Month:

"The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers."

~M. Scott Peck

Who Knew?

Martial arts actor Bruce Lee was so fast that many of his scenes had to be shot at 32 frames per second (rather than the normal 24 frames per second) in order to slow down his moves so viewers could see his moves.

"HEART STOPPING" REMINDERS

Kata Workshop 2/23 0930-1130

Kobudo Workshop 2/23 1100-1200

Black & Brown Belt Testing 2/23 1PM- ?

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