

**WRITTEN TEST:**

- Who was Prof. Henry Seishiro Okazaki, and what were his accomplishments? **Professor Okazaki broke away from tradition and developed his own style of jujitsu called Kodengan Jujitsu, as well as teaching non-Japanese, which was unheard of at the time. He trained classical Jujitsu as well as Okinawan karate, Filipino knife fighting, Hawaiian lua, the art of throwing a Spanish dirk, boxing, wrestling and kung fu.**
- Define the Kodengan Jujitsu concept of:
- Kokua – **Helping each other and sharing.**
- Ohana - **Family**
- Explain the symbolism of the Four Corner Posts of the Dojo: **SEE HANDOUT**
- Explain Kuzushi 8 directional theory.  
**Forward, back, left, right & 4 diagonal directions.**

**PRESSURE POINTS:**

- Name the elements associated with each meridian.

FIRE	METAL	WOOD	EARTH	WATER
<b>SMALL INTESTINE</b> <b>TRIPPLE WARMER</b> <b>HEART</b> <b>PARICARDIM</b>	<b>LUNG</b> <b>LARGE INTESTINE</b>	<b>GALL BLADDER</b> <b>LIVER</b>	<b>SPLEEN</b> <b>STOMACH</b>	<b>KIDNEYS</b> <b>BLADDER</b>

- Trace the meridians on the body.



# MIDWEST MARTIAL ARTS

## SMALL CIRCLE JUJITSU



### 4 CORNER POSTS OF THE DOJO

- 1. LOVE & HARMONY:** Only the first corner carries more than one word. This is because in Hawaiian culture the two concepts are so closely inter-twined as to be inseparable. Taken together in Hawaiian they are expressed as Pono A Me Ke Aloha. By freely sharing Aloha (love) with others and our environment we will almost magically find ourselves in Pono (harmony) with humanity and nature. When we feel this relaxed state of harmony, we find ourselves better able to love and be loved.
- 2. RESPECT:** The second corner represents Hō'ihi (respect). As children we are taught to respect the rights and opinions of others and follow the guidance of our parents and teachers. As adults we tend to feel respect has to be earned. With maturity I have found that the child-like view is healthier. By definition, respect entails both the holding of others in "high regard" as well as "to refrain from interfering with." Inherent to true respect is a depth of humility; so, to be true to our best selves we should uphold both definitions.
- 3. GENTLENESS:** The third corner of the Dojo represents Mālie (gentleness). Gentleness is not just a compassionate virtue; it is a sound tactical strategy. If we are kind and gentle to all we meet, then our chances of getting into an unwanted confrontation or physical altercation go way down. To "take the high road" is just plain common sense. In the gym it makes perfect sense to exhibit gentleness and self-control. Otherwise, you will soon find yourself with no one to assist you in learning the martial arts! This is also true in life off the mat. If we are abusive to others, who will assist us in learning the art of living?
- 4. AWARENESS:** The fourth, and final corner represents 'Ike (awareness). Think of awareness as survival." Regarding the real dangers of serious threats in the streets and war zones of the world, this is certainly true. It is also true in subtle ways such as listening to your body to maintain your health, keeping your mind sharp and active, knowing your heart so as not to allow anger or fear to destroy you from within, or molding your spirit to build your awareness of your relationship to your creator and all life around you. There is a saying in Hawaiian Lua: "Maka'ala No Ka 'Ike Papa Lua", which translates roughly into "Be aware of the second sight." We can have a 360-degree awareness of all the hidden knowledge of life if we are open to it.