

Studying other Martial Arts Getting out of the house

Even with our comprehensive DZR system we can still become Kata Constipated. Some Sensei or Professors say that we have all we need at home (Our Dojo or DZR). Some think that the more open to other ways the better. With the wide variety of students and teachers coming from many other styles or martial art systems we can sample and add these other flavors to our arts. A Sensei needs to keep a handle on this as mixing hard and soft styles, killing arts with self-defense arts can turn the Dojo into a dangerous place. It is up to the Sensei which outside arts are taught to which ranks. Specialized police arts should be kept to police, prison guards and the higher ranks training them. Mental Health Technicians are only taught what is allowed at their workplace for official and sanctioned techniques.

At Nidan or Sandan it used to be required to hold a different rank in another martial art. It also was 5 then 10 years in between the higher Dan ranks time and grade for promotion. These are a bit extreme for me but in order to know how to defend against a different style you should know enough to hang at one of their classes and gather their delivery and defenses with appreciation and respect.

Here are some of my favorite additions and recommendations of other styles and martial art systems that made me a better DZR and DZR Zenyo Bujutsu practitioner. DZR pretty much has it all but still....

Aikijitsu

I took a few classes in Aikido but the spiritual and pacifist essence of the modern Aikido did not interest me. But the root art of Aikido is Daito Ryu Aikijujutsu. This root art is without the niceties of Aikido. I studied and was Uke for Prof. TJ who taught what he called Aikijitsu for several classes. This convinced me that DZR and his Aikijitsu blended well into the conflict resolution of my current path while maintaining an effective self-defense application.

Heaven and earth arts



As you step to Uke's right side with your left foot your captured left open hand is pushing down above your left foot. With your right elbow at your right side push your open right hand, palm up, up Uke's center line. As you step past Uke with your right foot rotate your elbow up and your right palm down over and past Uke's left shoulder. Bend your knees to drop Uke off their heels to a back roll fall.

Back roll fall from Martial Art Kata and Beyond Part 1



Getting out of the house continued

Aikijitsu

I do not hold rank in any Aikido or Aikijitsu system (as my novice techniques demonstrate). These arts are taught at my school to promote the soft arts of flowing non-possessiveness. I will use some general terminology. I will study under a qualified instructor again someday.

Tenchi Ryote Dori - Heaven and earth different view



From a rear grab



Getting out of the house continued

Aikijitsu

Kokyu entry practice

Shuffle step (keep your right elbow on top of Uke's left arm)



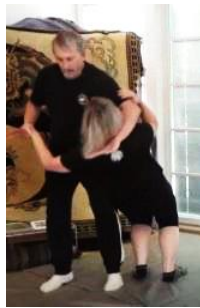
Pivot step



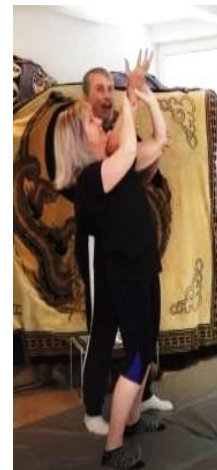
Ryote Dori Kokyu Nage



Getting out of the house continued
Aikijitsu
Katate Kokyu Nage (Breath throw)



Two hands on one – Morote Dori Kokyu Nage



Getting out of the house continued Sticky Hands-Push Hands-Tai Chi

With nearly 40 years in my martial arts training the lessons from the ancient masters and our modern teachers taught sticky hands for the unification of body and mind. In my studies of DZR and DZR Zenyo Bujutsu these arts are used for sensitivity training. Softness overcomes the hard.

At the basic level it is training to use a gentle connected touch to overcome our desire to control and force our partner. This is a balance game in the beginning. Cultivating a mental and physical balance awareness.

Introduction to Sticky Hands-Push Hands



Follow or lead sensitivity exercise

With one hand on top and one hand on the bottom of your partner take turn leading alternating circles with your hands while the other person follows keeping light continuous contact the leaders wrists. Switch from follower to leader to continue the exercise.

Push or yield sensitivity exercise

While following, when partner will press into you yield to one side turning your partner is off balance. When your partner stops and settles forward towards you press forward and up so they lose balance off their heels.

Sticky Hands into Yawara



While following your partner's movements find a Yawara technique and gently apply it. Continue to follow and do other Yawara arts.