

# Kaju Ryu Jujitsu Newsletter

Volume 2, Issue 1

Soke and Founder Kyle Watson Sr.

March 2009

## Featured Weapon: Hanbo

By Nancy Phelps

Source: Soke Kyle Watson Sr.



The Bo is the heaviest of the Bo's and is typically six to eight foot with a ½ to 1 inch diameter.

The Jo is sometimes called the four-foot staff or short staff. The Hanbo, which is the weapon we are discussing and training with in class is referred to as the half staff and is a formidable weapon. The Hanbo is three foot with a 1 inch diameter. The Hanbo is very easy to maneuver with.

Any medium-sized stick, umbrella or walking cane can be used as a Hanbo and since you can take it

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## Combat

By Soke Kyle Watson Sr.

When you hear the term "combat" it means so much to different people. My view point of combat relates to not only self-preservation of your family and yourself but also loved ones you hold dear to your heart.

Combat is not new for we know even in biblical terms and times; combat has been around for centuries. The only thing that has changed is the perspective of the battle ground in which it is faced and fought. Combat is now in urban areas, cities and states. Combat has turned away from country sides. So what does that mean in essence? That means we still have the right to defend ourselves.

There is a lot of speculation on why we should classify this as combat. In combat, there is no win or lose situation. You are always going to have one or the other side. When it gets away from the political sense – sometimes combat is very necessary. In the case of martial arts it means the preservation of one's life.

To me, combat is not a plaything. It is not a video game you can hit stop on or even ask questions why you are engaging in combat. Combat is a state of mind you always have to be ready to account for in a negative situation which may occur at one point or time in our lives.

You have to be very careful when dealing with combat or combative situations. Obviously, it is based on the law and you can only protect yourself up to the point the danger has the equal or same threat level. Anything above that and you are in jeopardy of the law.

To me, combat has lost its translation because you can't have law when you have people who are lawless. So what does that say to a trained martial artist? What does that say to a person who wants to defend his/her family? We now have laws that are leaning towards the amendments for the right to bear arms and you see a lot more people that have the right to conceal weapons in the state of Nebraska. However, does this really deter combative situations? The long and short of it is no, it doesn't. We have to remain vigilant to know that with peace comes a great price. Sometimes that price is more than we realize as a society.

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everywhere with you, it is practical and versatile.

The Hanbo can be used to strike, restrain or even throw an opponent. The Bo has length but in terms of maneuverability, the Hanbo is a lot quicker because it is shorter staff and you can perform techniques faster. The Hanbo is a close quarter weapon and the Jo is for distance and counter fighting. The Hanbo is a very powerful weapon and should not be underestimated.

In higher classes of Jujitsu, the Jo is used. The Jo is the primary weapon of most Aikido and Jujitsu systems. Soke Kyle Watson Sr., is very proficient with the Jo and Hanbo.

When training with the Hanbo, you have to be aware of your surroundings and understand discipline. You have to be extremely careful.

In other parts of the world, the Bo, Jo and Hanbo is a way of life and people depend on it for survival. They take these weapons very seriously and they venerate them.

The Hanbo is an extension of oneself. The sooner you believe that, the easier the techniques and training will be. The Hanbo has the same rhythm and torque as your hand and arm. What you can do with your hand and arm, you can do the same with the Hanbo.

You should train until using the Hanbo becomes as natural as using your own hands and arms. Soke Kyle Watson says "It is the individual and not the weapon that makes it come alive." ☯

## THE MARTIAL SPIRIT

By Sifu Pete Phillips Starr

I believe it was Mark Twain who said, "It's not the size of the dog in the fight, it's the size of fight in the dog." That's a pretty fair description of "martial spirit."

A dear friend of mine named Mike Biggs (dec.) did three tours in Vietnam with Special Forces. Mike didn't strike a particularly imposing figure; in fact, he looked pretty much like any other ordinary guy. He was a far cry from the "Rambo" image. Mike emphasized that most Special Forces operators didn't look like contenders for a Mr. America title. Sure, they were fit...but they didn't sport the bulging arms and chests that Sly Stallone does. They looked like ordinary guys but they possessed a quality that most people didn't - tenacity.

When they set out to do something, they wouldn't give up. They had real grit, absolute determination, doggedness. The Rambo look-alikes usually washed out of training pretty early.

In martial arts we talk a lot about training with spirit, performing forms with spirit, applying techniques with spirit. It all sounds alike, but these are all actually different aspects of the same thing. In this short lecture, I want to talk briefly about training spirit.

Training spirit is the kind of spirit shown by the Special Forces operators. It's setting your jaw with resolve, and tightening your guts with intestinal fortitude. It means that you won't give in because you're tired or sore or too sweaty. It means "gutting it out."

I don't believe that this kind of thing can be taught in words. It has to be directly experienced. You have to push yourself beyond what you think you can achieve. It helps to have an instructor who'll assist in the pushing, and a senior classmate who will encourage you to keep going and not give up.

In the old-fashioned karate training halls of the past, the sensei (teacher) or his assistant would warm up the class with drills of basic techniques. This was a spirited exercise and some of the younger (as in newer) pupils would often begin to falter, giving in to their fatigue.

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## Learn Japanese



The Japanese language has only 5 vowels: A, I, U, E, and O. These are terse vowels, pronounced clearly and sharply. If one pronounces the vowels in the following sentence, one will have their approximate sounds. Please note: the “U” is pronounced with no forward movement of the lips.

Ah (a), we (i) soon (u) get (e) old (o)

**Genki? - How are you?**

**Genki - I am fine**

**Totemo genki – I’m pretty good**

**Nantoka ganbatteru – I’m hanging in there.**

**Renraku suru ne – I’ll be in touch**

**Yoroshiku – Nice to meet you.**

**Ja matane/mata atodene – See you later**

**Mata sonouchine – See you soon**

**Mata atode hanasou – Talk to you later**

**Mou deru – I’m leaving**

**Mou ikanakucha – I’ve got to go**

**Ja ne – Take care/Take it easy**

**Mata sugu aeru yone – I’ll be seeing you**

**Wakatta – Got it?**

**Un, wakatta – Yeah, I got it.**

**Wakatta – I got it**

**Naruhodo/Wakatta – I see**

**Nantonaku wakatta – I sort of understand**

I want people to understand you are going to have your critics who say there is a style that does this and that is too harsh. Well, I would rather prepare for something that is harsh than something I am not prepared for.

My father, Martin Watson, was in the Marine Corp and he showed me the combative side of martial arts at the early age of 5 years old. He always told me war has no face, it has no boundary and it has no comfort zone.

I began to listen to my father and understand his ways of actually being on the battle field. He served two tours in Vietnam, where there was no plan other than to survive even for his own personal safety. This opened my eyes of the value of life and its disregard of it.

As it relates to martial arts, my view point has always been what can I do, what can I say and what can I set apart to enlighten a person? Even though these times we live in are very diverse and uncertain, we can still hold our heads up high, in the presence of our own self morals to live a good life, to protect our families and to love our loved ones.

In Kaju Ryu, I have devised a system that incorporates all that I just spoke about regarding combat. To be in combat, you have to push yourself above and beyond what is required or expected. Why, you ask? Because the situation sometimes is unexpected you have to trigger those adrenaline senses you have inside of you. You have to do it in such a way that it is going to eliminate the threat preferably before it happens. In reality we know it doesn’t.

We hear the news that danger is ever present and it is getting closer and closer to our homes and to our comfort zones.

In Kaju, I want people to understand if you have to touch or address the situation you will have the confidence level to know that no matter what, you are going to be okay. Nothing is guaranteed in life other than salvation. I do believe God has given each and every one of us a talent or survival instinct to call upon from time to time.

We live our life very dormant – through glass and wood, automobiles and money and bank accounts. In the end, if we can bypass that and see the combat and dangerous situations that arise and are present, we can at least look beyond ourselves. I think then we would be on a very good path to eliminate those threats before they happen – that’s Kaju Ryu ☯

## Kaju Ryu News Highlights:

☯ On November 8, 2008, Soke Kyle, Sensei Kevin, Rick and Tina Neely, Zoe, Nancy, Dan, Brandon and MaKayla Phelps traveled to Aurora, NE to participate in the Winnerfest at the invitation of Bob Deaton, Director of Independent Living Services. Soke Kyle gave instruction regarding how to use a walking stick as a self-defense weapon for striking and restraining an opponent. This is the second year the Kaju Ryu Jujitsu class has traveled to Aurora and each time it has been a very rewarding and eye opening experience. We look forward to future trips to Aurora as giving back to the community benefits everyone.

☯ The Kaju Ryu Jujitsu Systems website was recently added as a link to the Global Martial Arts Hall of Fame website. This is BIG NEWS for us as we now have global attention. We have already seen a HUGE impact in the number of new visitors to our website. For the month of February, we had a total of 4,224 NEW VISITORS!! As of March 5<sup>th</sup>, we have 687 new visitors.

☯ A NEW links web page has been added to the Kaju Ryu Jujitsu Systems website and the Announcements /Newsletter web page has been revised. Please check out these changes at:  
<http://kajuryujujitsusystems.com/default.aspx>

## What's Coming Up?

Soke Kyle Watson Sr. will teach a seminar on counter assault, weapon disarming and survival self awareness.

Participants will receive a certificate of participation for the seminar.

Flyers are being circulated in order to give the seminar as much attention as possible. In addition, the information regarding the seminar has been posted to the Kaju Ryu Jujitsu website on the Announcements/ Newsletter web page.

**Date:** Saturday, April 4, 2009  
**Time:** 2:00 p.m. - 4:30 p.m.  
**Location:** Nebraska Doctors of Physical Therapy  
3133 Oak View Drive  
Omaha, NE 68144  
**Cost:** \$50.00 per participant or \$75.00 per family

The sempai (older brother; senior) would call out to them, "Hold on!" to encourage them to "keep the spirit" and not give up.

In time, the junior students realized that they were capable of doing much more than they had previously thought they could do. And that's one of the reasons for this kind of training.

Keep in mind that strong spirit isn't everything. If your spirit is strong but your technique is bad, you'll probably end up as a wet spot on the ground. This is what happened to the Japanese troops who fought U.S. forces in WWII. The Japanese believed that their fighting spirit would overcome the superior firepower of the Americans – not.

On the other hand, if the Japanese had had the same kind of firepower as we did, the war would have been much more difficult. Even with their inferior weapons, the Japanese were a formidable foe.

So - your technique (weapons) must be strong. This means they have to be correct and that means that you have to sharpen and temper them through constant, rigorous training. The rigorous training not only strengthens your technique; it also develops a strong spirit.

But if your technique is incorrect, you'll be at a real disadvantage when the chips are down. Rigorous practice of incorrect technique simply reinforces bad habits. So make sure your technique is correct.

The development of a strong spirit has always been an important feature of Yili training. It's usually introduced in the early stages of training when novices are made to practice holding a horse-riding (or other) stance. They're told that if their legs give out and they fall, that's okay...as long as they get back up and keep trying. BUT if they give up and sit down, that's a no-no. In the case of falling down, it just means they have weak legs. We can fix that. However, if they sit down it's a sign of weak spirit and that is another story altogether.

Training when you don't feel like it, forcing yourself to go to class when you'd rather be doing something else...that's also an indication of spiritual strength.

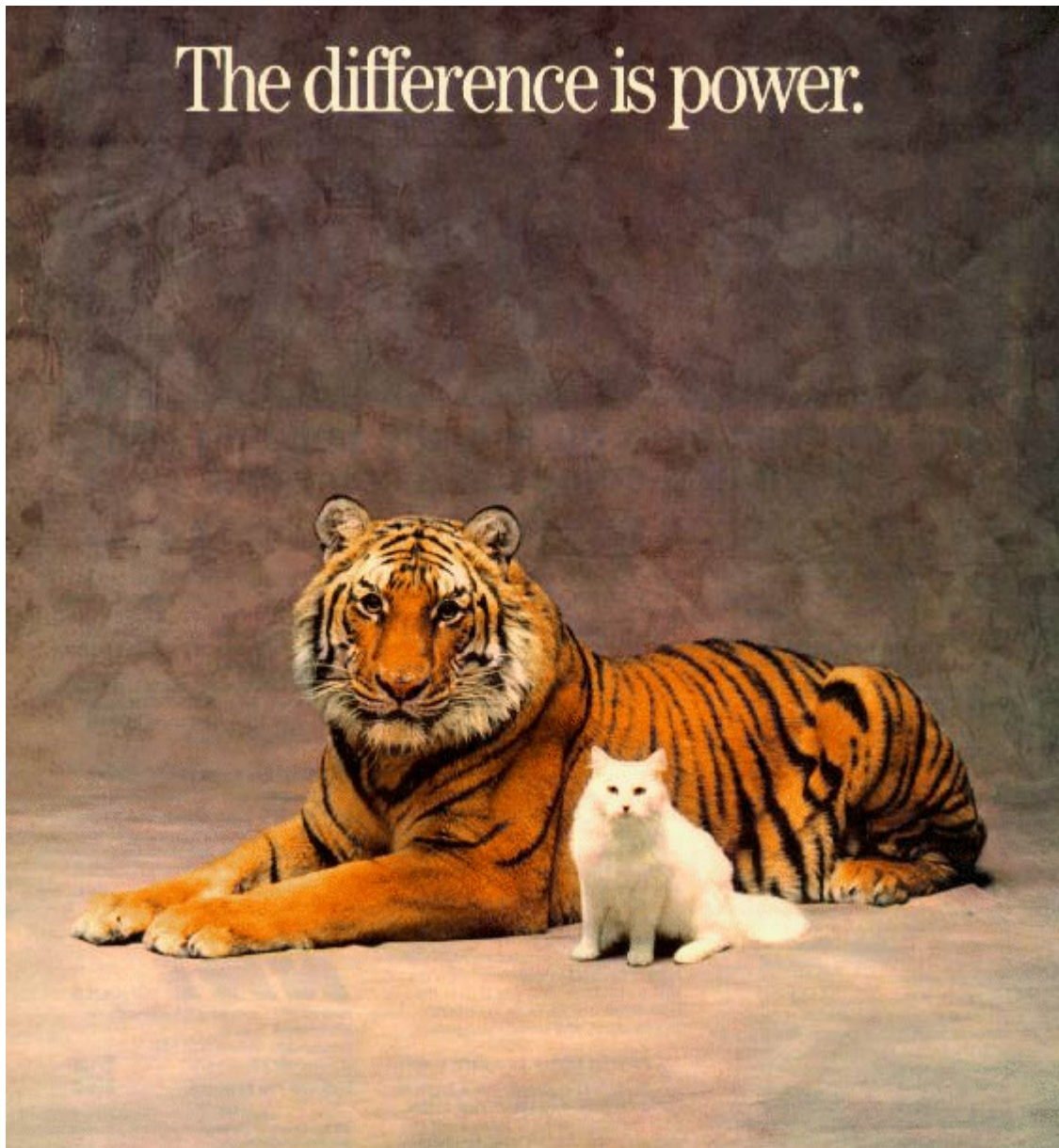
Push yourself beyond your limits. After all, you're the one who put them there. You're the only one who can ultimately help you overcome them. ☯

## Kaju Ryu Jujitsu Birthdays:

Brandon Phelps – February 1<sup>st</sup>

Camerin – February 28<sup>th</sup>

Nancy Phelps – March 4<sup>th</sup>



**The 4 Realms of Kaju Ryu Jujitsu:**

**Breakaway  
Evade  
Control  
Finish**