



Kiai No Maki

Kiai No Maki is the second half of DanZan Ryu JuJitsu CHUDEN or "middle level arts". This list of arts is a critical list in the development of a black belt. Kiai can be interpreted various ways - it is a compound of Ki meaning mind, will, turn-of-mind or spirit and *ai* being the contraction of the verb *awasu*, signifying "to unite" or focus-"; literally "spirit!" or. In truth its meaning encompasses all of these ideas. Thus we use kiai to mean a harmony within you of your own energy, arising from unifying all parts of the body, directed to one intent.

While in most other martial arts, the term refers to a short yell or shout before or during a fight or technique, there is considerably more to kiai than what is seen or heard. It is a single explosive focus of will, thus the proper study of Kia No Maki involves concentrating on the use of one's *ki* more than it does shouting. At this point in your studies, you should know that most of DZR techniques are not what they seem. This is especially true for this list. Much of the system from this point forward can not be taught, only experienced. A much deeper approach is required to study the system from now on.

The beginning of learning kiai requires that you initially focus on linking your "Breath" and "timing". It is this ability to coordinate breathing with the execution of a movement which will lead to developing one's ki. The noise from a kiai is emitted from the hara, dantien or your 'center'. Properly performed it should involve the abdominal muscles and diaphragm, and should not involve the throat. Thus a relaxed and powerful exhalation can add power to movement. The sound is nothing more than an audible indication of good kiai (aligned body structure, focused intent, and good breathing). It's not the sound that is important.

Kiai can be used to:

- Startle and demoralize your enemy.
- Prime yourself for combat, by "amping yourself up."
- Protect the upper body from a strike by providing an escape route for exhalation of air.
- Protect the lower body by rapidly contracting the transverse abdominals and other core muscles, shielding the internal organs.
- Provide solid support for striking techniques.

The Kiai no Maki list is divided into a series of six smaller lists totaling 27 techniques. The first four techniques are demonstrations of internal strength, while the rest involve weapons defense and offense. All of these techniques, however, are still centered on the Kiai.

The proper use of the Kiai is necessary to master the Kiai no Maki list of techniques. In Prof. Okazaki's Kodenkan dojo, students were required to perfect these arts prior to taking their first black belt examination. To amplify this, the Kiai no Maki arts and the development and practice of the Kiai are properly taught BEFORE a student reaches black belt not after.



Mizzou Ju Jitsu Ko Den Kai

Kiai No Maki

Nijushichi Hon - 27 Basic Principles

Waribashi Ori - split chopstick break

Kuden - Oral Teachings

Karatake Wari - Chinese bamboo break

Hara Age Ishi Wari - Stomach lift stone break

Shiraha Watari - Naked blade walk

Tetsu-Sen No Maki - Scroll of Iron Fan

Katate Hazushi - single hand escape

Mude Dori - Chest hold

Tomoe Mawari - Circular space divide

Uchikomi Dome - Driving into block

Katate Ori - single had break

Katsura Wari - Judas tree break

Tanto No Maki - Scroll of Short Sword - Dagger

Hibara Hazushi - Side body escape

Katate Hazushi - Single hand escape

Tsukikomi Hazushi - Thrusting into escape

Ryote Dome - Two hand block

Daito No Maki - Scroll of Large Sword

Nukimi Tome - Drawing blade block

Shiraha Dori - naked blade seizing

Suso Harai - hem sweep

Bo No Maki - Scroll of Stick

Hanbo Uchikomi Dori - half stick driving into hold

Rokushaka Bo Furi - six foot stick swinging

Mune Gatame - Chest hold down

Shiho Gatame - Four sided hold down

Ninin Shime - two person constriction

Furo Shime - Bath constriction

Shichinin Shime - seven person constriction

Tanju No Maki - Scroll of Short Gun - Pistol

Me Hazushi - eye escape

Mune Hazushi - chest escape

Hipara Hazushi - side escape