



Nine Demons, Eight Weapons

Bujinkan literally translates as the "Divine Warrior House." While Bujinkan is taught as a single martial art, it is made up of nine separate schools of combat. Every year, the Founder and Grand-master (Soke) of Bujinkan, Soke Masaaki Hatsumi, chooses one of the nine schools upon which to focus the entire Bujinkan community.

2007 is the year of **Kukishinden Ryu Hapcho Hikenjutsu**. Kukishinden Ryu is "nine demons' divine transmission school," and Hapcho Hikenjutsu translates as "eight secret weapons arts."

Kukishinden Ryu Hapcho Hikenjutsu is a Samurai battlefield art. Techniques are executed with the assumption that the combatants are wearing armor; therefore, most movements are lateral and angling movements, meant to bring a shoulder plate forward while stepping off of the line of the attack; and many attacks enter from below, i.e. from underneath armor and weapons. The weapons used can be quite large, including spear and halberd.

The techniques in Kukishinden ryu are said have come from China and "the land beyond China". Historians speculate that it was founded in the 12th Century. This system was also used as a naval art, and consequently the movements are well suited for use on ships where the footing may be slippery, and the deck may

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Swords and Blossoms

梅花香自苦寒来

The sharpness of the sword results from diligent grinding; The fragrance of the plum blossom stems from the bitterness of winter.

This famous couplet signifies diligence and dedication; it is a reminder that sweet rewards may require bitter effort.

A Chinese couplet is a short poem composed of two matching phrases illustrating the same idea two different ways. They are read top-to-bottom, right then left.

Our own calligraphy of this couplet was written for Siu-Fong Evans by her uncle in China. It is placed at the entrance of JING to encourage us all: practice thoughtfully, consistently, and persistently — then you will be sharp, and your rewards will be sweet!

宝剑锋从磨砺起

42-Taiji Sword Seminar:

The Prince of Taiji

Master Chen Sitan

2007 will mark the fourth year that JING has hosted a Taiji Seminar by Master Chen Sitan. This year, he will teach 42-Taiji Sword on August 18 & 19.

The 42-Taiji Sword form was created by the Chinese Martial Arts Research Institute as a competition form. As such, it is of compulsory length and difficulty; it incorporates Yang Style, Wu Style, Chen Style, Wudang Taiji Sword, and other Taiji sword styles; it contains 22 sword techniques, 10 stances, and 3 ways of exerting power (fa jing 发劲).

The real reason we love 42-Taiji Sword, though, is because it so perfectly captures the traditional spirit of Taiji: its gentle, fluid movements embody stillness in motion, hardness in gentleness, and use of mind over use of force. It is a truly beautiful form.

Master Chen Sitan has studied the 42-Taiji Sword form for many years, and we at JING Institute are eagerly looking forward to learning from him. Below is an excerpt from a 2005 interview of Master Chen, regarding what he considers the most important concepts to teach and learn in Taiji:

"For complete beginners, start from zero, from theory: what are the main principles of Taiji, what are the hand posi-



tions, the leg postures, the very basic introductory material. At the same time, how to walk, all the walks, must all be learned clearly before teaching the full movements. For example, Part the Wild Horse's Mane, Brush Knee Push Step, Grasp the Bird's Tail. Do not be over-eager to learn the entire form; it is most important to develop a strong foundation.

"To students who know a little bit, the focus will be upon making corrections to their form. Also, teach them the smooth connections from movement to movement; do not allow them to show a breaking of

energy, of flow; and the coordination of breath-movement, hand-leg, 'completed postures energy', 'full energy', etc.

"To advanced students, talk about eye spirit, grace (including rhythm), and individual style, and actual level; look at all these things, and find where the strengths are and allow the student to further develop them."

If you would like to join the seminar, please register with Chris or Jing Jing as early as possible. More information is at <http://www.sdtaiji.com/events.html>

...Nine Demons

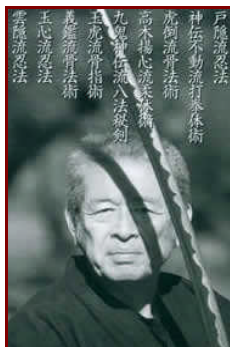
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be rocking back and forth.

Kukishinden Ryu Happo Hikenjutsu may also have helped develop another art:

Aikido. The founder of modern Aikido, Sensei Ueshiba, studied Kuki-shinden Ryu Happo Hikenjutsu from the Kuki family in his youth.

For more information, talk to Lance, Bill, or Laura!



Soke Hatsumi

JING Wushu Sanshou & Qinna!

Application training at JING is going great, if you can tell by all the giggles that ensue when Chris hollers "Grab a partner!"

In the past few months, students have started learning how to hit straight and kick with power; how to take down opponents of any size; and to keep their guard up before Chris "reminds" them to keep it up!

Next, we put on Sparring Gear and start... *practicing* on each other! If you want to join in on the fun, talk to Chris!



Watch out for the Fearsome Bags & Pads...

Congratulations!

Erich, Steve, Little Bill, and the Winter 2007 LDPs!

Congratulations are in order!

Congratulations to **Erich Gruhne** on joining the Teaching Staff of JING! Erich has been in the martial arts since childhood, though he only started doing Wushu and Taiji here at JING. He graduated from the JING Leadership Development Program last winter, and has been teaching since early this year. While Erich is a patient and enthusiastic teacher with everybody, we have found him to be especially good with children. Thanks for being with JING, Erich!

Congratulations to **Steve Martinez** and **Bill Tran** (Little Bill!), on joining the ranks of JING Performers of Taiji! Little Bill (not to be confused with Big Bill or Medium Bill) has survived almost 4 years of harsh training under Jing Jing, and bounced back from a non-martial-arts-related knee

injury just in time to learn new sets with which to grace the stage. Steve Martinez has studied various types of martial arts from Florida to California, and brings his professional musical rhythm to bear on his Taiji. He has already choreographed and performed a fabulous duo Taiji Sun-Style set with Little Bill, and we are eager to see more. Steve, Little Bill: you guys rock!

Congratulations also to the Winter 2007 graduates of the JING Leadership Development Program! **Genesis Hearne, Kaitlin McNeil, Krishangi Groover, Mario Ceballos, Matthew Tay, and Steve Martinez** — you all did great, and we look forward to your growth at JING!

Stretches for Hips & Ankles

Martial Arts are great for building awareness of joint and muscle flexibility. Many seemingly simple stances and movements require a larger range of motion than normally used, or physically possible, without either plenty of practice, good genes, or both.

Two often-ignored but extremely important joints are Hips and Ankles: you need flexible hips for inside and outside kicks, for comfortable empty stances, for angled kicks, for reasonable drop stances, and good-looking most-other-stances; and you need flexible ankles for drop stances, empty stances, and to smoothly slide into every other stance!

Here are some simple stretches to practice whenever possible. Remember: it's good for you!



Hip & Gluteus Stretch #1: Sit on the ground and cross your legs, ankle over thigh (the bottom leg may be bent or straight). Push the "top" hip into the floor and reach your chest down to the "top" foot.



Groin Stretch aka Middle Splits: You can drop down into these, or you sit and reach your chest forward.

Frog Splits: Kneel and push your knees out to each side as far as they will go. Keep your torso 90° to your thighs, your thighs 90° to your lower leg, and press your hips down!



Ankle and Calf Stretch: Put the ball of one foot on a curb, and use your weight to try to push your heel down. You can also do this against walls.



Hip & Gluteus Stretch #2: Lie on your back and cross the ankle of one leg over the knee of the other. Use your knee (or hands!) to push the ankle inwards, towards your chest.



Everything Stretch: Drop Stances use all sorts of leg, hip, and ankle flexibility. Keep both feet flat on the ground, and use an elbow to keep your bent knee pushed out over the foot; then reach your chest forward and down, towards the extended foot, which should be 90° to the stance. Keep you head up and eyes focused on your toes!



Upcoming Events

May

- First Week of May:
13th Dan Shihan Duncan Stewart will be co-teaching Bujinkan. For more information, email info@BujinkanAnagumaDojo.com or call 619-247-7656.
- May 12, Saturday
"Worldly" world music festival at the Museum of Man in Balboa Park. JING will be providing performances of Wushu, Taiji, & Traditional Chinese Music. Tickets may be purchased in advance from JING or from www.museumofman.org
- May 19-20, Saturday & Sunday
San Diego Grand International Martial Arts Competition This is a great opportunity to see and meet with all different sorts and styles of martial arts and artists.
And if any Wushu or Taiji students are interested in competing, talk to Chris or Jing Jing!
http://www.prokenpo.com/sd_menu.html
- May 25-27, Friday-Sunday
9th Annual International Chinese Martial Arts Championship at the Gaylord Palms resort in Florida. Siu-Fong Evans will be giving a seminar and judging, and welcomes students to go to this beautiful Championship with her!
<http://www.kungfuchampionship.com/>
- May 28, Monday
Memorial Day Holiday

June

- June 21 - June 30
Journey to Japan! Shidoshi Lance and Sensei Bill will be taking students to Japan on a 9-day trip to train with Soke Hatsumi and his senior students. For more information or to register, email info@BujinkanAnagumaDojo.com or call 619-247-7656.

August

- August 18-19, Saturday & Sunday
Chen Sitan 42-Taiji Sword Seminar. Read the article on Page 2, and sign up with Chris or Jing Jing as soon as possible to receive Early Registration. There are no pre-requisites for this seminar — it is open to all those who want to train with the **Prince of Taiji!**
<http://www.sdtaichi.com/events.html>

The JING Leadership Development Program

To sharpen critical thinking, teaching, communication, leadership and business skills, and to further share and develop Chinese martial arts and culture, locally and internationally.

Apply with Chris.

Speak!

Chinese

- 你好 Ní Hǎo. (nee how) — Hello.
- 早上好 Zǎoshàng hǎo! (tsow shong how) — Good morning!
- 谢谢 Xièxie! (see-yeah see-yeah) — Thank you!
- 不谢 Bú xiè! (boo see-yeah) — You're welcome!
- 很好 Hěn hǎo. (hun how) — Very good.
- 不好 Bù hǎo. (boo how) — Not good.

Japanese

- こんにちは Konnichiwa. — Hello.
- おはよう Ohayou! — Good morning!
- ありがとう Arigatou! — Thank you!
- どういたしまして Dou-itashimashite. — You're welcome.