



Kiai Echo

Journal of the American Judo and Jujitsu Federation

Summer 2003

Striking a balance



Photos by Dan Browning

Prof. Tom Jenkins demonstrates kiai and aiki – and when to use them – during his tessen class at the AJJF National Convention in San Ramon, Calif. Turn to back page.

Mastering the alchemy of the healing arts

By Frank Ferris

What started out as a short blurb on a “Lotions/Potions” class taught at High Sierra Jujitsu has expanded into a look at the relationship between the external and internal training of Danzan Ryu (DZR) jujitsu. The following is one student's interpretation of what may be the most important aspect of DZR: The internal art. It's a huge area, and in this essay I will focus on the study of lotions and potions. The internal arts include the literary arts and

the 10,000 other endeavors a warrior can use to round out her persona and experience. We see Musashi studying calligraphy and Prof. Pat Browne studying flower arranging. I dabble in Suiseki, or arranging stone patterns in gardening, and art. Like Yin/Yang, the internal and external can be embedded in one another.

Kappo/Sappo

To get a feel for this dualism, let's familiarize ourselves with the concept of Kappo/Sappo. In its simplest terms,

Continued on page 12

Wrestling with concepts- Form, or Function?

By Jose Ortiz

Which came first, the chicken or the egg? Form or function? Or does it make a difference?

According to Webster's Dictionary, the definition of form is: “A manner of performing according to a recognized Standard.” Function is, “The particular purpose for which a person or thing is specifically fitted or used or for which a thing exists.”

When I was competing in wrestling, winning was the primary goal (function), or at least scoring with technique. For example, failing a take down would result

Continued on page 15