

***Interview made to the master Eiichi Miyazato, 10th Dan Okinawa Goju-Ryu Karate Do, in his gymnasium "JUNDOKAN", on 16th September 1997***



***Interviewer:*** Tonight, we would like to spend a couple of hours talking about "JUNDOKAN" and seeing some examples of kata.

*Before we start the interview, I would like to review what you (Miyazato Eiichi) have done so far.*

*He was born in the "Taisho 11" era 1922 (the Taisho period runs from 30th July 1912 to 25th December 1926) and started practising karate under the guidance of his father when he was 11 years old. At the age of 13 he began training with Sensei Chojun Miyagi. He was also assistant to Chojun Sensei at the Police Academy.*

*You did this work for a few years and then when Sensei Chojun died you started teaching karate, judo and taiho jutsu (techniques used by the Japanese police to control criminals).*

*We would like to start today by talking about what impressed you about Sensei Chojun and his way of teaching karate.*

As I speak, I will probably jump between several topics, but....

***(About CHOJUN MIYAGI sensei)***

My relationship with Miyagi Sensei Chojun ... most people don't know it, but Miyagi Sensei and I were born very close. I was born in Higashi Machi, at number 12, very close to where Sensei was born.

Miyagi Sensei used to play in our garden when he was a child. My father's older brother treated him like one of the family. This uncle of mine didn't practice karate, but in Naha he was one of the strongest fighters and was always the leader in all meetings in Naha, such as Hatagashira, etc.

When he got up in the morning, he would beat the makiwara or use the chiishi. There was no one stronger

In Sensei Miyagi's childhood they called him Machu and my uncle said to him..." Look at Machu, it's not worthwhile to learn karate. You won't be able to win even one fight..." "come with me" he said and every day they beat the makiwara and raised the chiishi.

My uncle protected him and became very fond of him. That was when he was about 12 or 13 years old, because he was one of the neighbours. My uncle was 10 years older than Miyagi Sensei. My uncle often told me about him.

This was the environment in which Miyagi-sensei found himself.

I was born and raised in a place called Naha Higashi Machi, 1 Chome. It was in the center of Naha. As you know, Naha was the business and political center in the prefecture before the war. So where we lived was where the Mitshukoshi department store is now. There was a big agricultural market there. On that street it turns out that there were a lot of people from China.

**Interviewer:** ¿ They were traders...right?

Yes, traders. For example, they came from China, from the province of Fukien and they sold incense and tea, habotai and I don't know if you know the meetings in the village of Okinawa in which the people hit little bells with their hands. The Chinese merchants also sold them. There were many Chinese people in our area selling these kinds of things. In our same street.

About 100 meters from our street lived Goken Kisanmatsu, often mentioned in karate conversations. I went to school and high school with his son. That was the village where I was born.

At that time, when I was studying at school, Miyagi Sensei was already quite well known. All he did was karate. I don't know if he was a wealthy person in Okinawa, but he lived in a house that would have impressed most people if they had seen it. It was very luxurious. The house had several entrance doors.

He didn't work, all he did was practice karate. He had money to support the expenses of his training. That was the rumour going around.

My father commented that he was also very good at sports. He was especially good at the horizontal bar. It was said that there was no one better than him. The photo on the wall (referring to Jundokan Gym) was taken when he was about 60 years old. When he was about 20, he was like an Olympic competitor for today's standards.



So, when he was teaching us karate, he didn't like to practice just kata. He said "any actor can learn kata".

We hit the makiwara, used the chiishi and ran. I said "run to Shuri and come back". After that we would start with Shanchin. A lot of training

Sensei was in favor of developing the strength and ability to knock down an opponent no matter where he was hit and repel the opponent no matter what he attacked you with. He was always like that. So Sensei spent a lot of time researching Junbi Undo (preliminary or warm-up exercises).

If you look at the Gojuryu karate style, there are many types of Junbi Undo that go from head to toe. There are many types of Junbi Undo exercises that benefit physical and mental health as well as breathing.

You cannot find exercises like these in Judo or Kendo. The Junbi Undo are closely related to Karate. The blocking and the karate punches.

Miyagi sensei unified them to perfect the Junbi Undo. So when it was time to train, if you didn't do the Junbi Undo, your training and progress was very different from those who did. I used to do the Junbi Undo about 3 times a week before going to the dojo.

At school he was a Judo competitor so there he also practiced judo and horizontal bar, etc. We trained until we were standing up and then we went to the dojo. I was young, so after eating I recovered and could continue, even when I was too tired to hold the chopsticks, I took two or three portions and went to the dojo. When I was at school I was not allowed to get on the bus. I went to Shuri High School for 5 years, near Meiji Bashi. For 5 years I went to the institute from there even when it was pouring rain or very windy. There was no way I could go by bus, you couldn't do it unless you had a medical certificate. It was a daily walk of 3.5 km. At that time many people were cycling from Itoman



***Interviewer;*** *Did they go to school by bike?*

Yes, by bike. It's how we used to go to school.

Miyagi Sensei, in the old days, was not very friendly with questions. The person who asks a question wants to get answers to his problems easily, instead of persevering and trying to find an answer for himself. This is true, I guess, in all the things that people try to learn, for example carpentry...

### ***(about Group Training)***

When you start out as a carpenter, you are not taught how to use a carpenter's plane or a saw... Instead, they tell you, clean here or there. Well, the same thing happens in the dojo, you clean the dojo. There are people who are able to come to this conclusion on their own...why am I doing this? They see how it works and deduce that the training starts at 8, so I should be there at 7, first they should clean up and then observe what the elders are doing. By observing what the elders do you learn what you have to do.

In the past, this type of learning created Senseis.

Today students are taught everything from the beginning, with all kinds of details. Do this, do that... if it is done in this way the person loses his ability to think for himself.

For me, after the war, I'm not sure if it's appropriate to talk about this but... you bought a good chicken to raise it, because otherwise it was very expensive. If you took good care of the chicken, you came home from work early every day and got up early in the morning to prepare food for the chicken you fed it by hand... the chicken grew twice as big as the rest of the chickens. People would look at it and be surprised. They would wonder "how did it grow so big? I bought my chickens at the same time, when they were chicks and they didn't grow so big". This is fine, but the chicken ends up losing its ability to eat on its own. You can't do anything; you can't go anywhere.

The same happens with people. If you are fed by hand, you forget how to eat by yourself.

**Interviewer:** *But you did this, didn't you?*

Yes, I did. But I realised that it was difficult to continue... I could not go on holiday or on a business trip. I couldn't do anything else... What I did was give the chicken food and let it feed itself. After about 5 days of starving, it started to eat.

If you teach people too much in the end it doesn't produce results. That's how I think and that's why I don't teach much in the dojo. Everyone is free to train as they wish.

If you teach your students by telling them what time they have to come and force them to punch and kick and do Gekisai, etc., they don't get better. School classes are different. They have different timetables, 3 or 4 for example is the karate class.

If you teach in a group situation and stop to correct one person, everyone stops and takes a break, because the training is hard. Everyone is looking for the easy way out. In the case of the dojo, people sign up on different days, their age and strength are different, so if you force them to train in a group if you make them train hard they will stop coming. Therefore, by letting them train freely, at their own pace, they will train longer in the dojo.

One more thing is that you have the older ones (sempais) teaching the younger ones. This involves relationships that go beyond the dojo. An elder can find a little boy in the street who is not doing anything and ask him.... "what are you doing?" "I lost my job so I'm just taking a walk" "in that case come to my work, I have something for you" This kind of mutual cooperation is born from the time of training in the dojo, the people of the dojo become something like a family. There is a lot of merit in this kind of system.

So, in those days, if the elders (sempais) asked Sensei Miyagi a question, he would scold them. This is what I was talking about before, the training, you were not very popular in the dojo if all you practised was kata. We made harai blocks until our forearms were covered with bruises.



We competed against our training partners until it hurt so much that they had to stop. Even when he walked down the street and saw a stone, he wondered if he could use it in any way in training. Miyagi-sensei would say: "If you find something, steel or anything else, bring it to me. I would make some instrument

and immediately be using it in training. Even this chiishi, in some dojos they hold it like this (...) Miyagi Sensei had several ways of holding a chiishi. He investigated it.

People from other organizations, older people, did not agree with this kind of training, they thought that kata and yakusoku kumite were enough. They decided for themselves that if you trained too much your movements would slow down. Even if you found now, high ranking senseis, those who said that training was not necessary, would be impressed with today's training.

Before the war it was like that, they didn't use these (referred to the Jundokan apparatus), at most they hit the makiwara. That was all. Miyagi Sensei always believed in developing the strength to knock down the opponent no matter where you hit him and repel the opponent with any technique you choose

He was very strict in training. So if you asked him something, he would ask you to leave and investigate it yourself. That's how it was in the old days, I've said it before, if you were trying to learn something, whether it was a carpenter or studying something, everyone was the same.

### ***(about Youth Today)***

However, for today's young people, their parents send them to academies and they become very clever. The other day I scolded some parents. Those parents came here and told their children, "after this you have to go here, and then there..." The students would get calls at the dojo and I would ask them 'what are you doing? One responded 'I'm asking my mother where I should go next'.

Parents feel better if they are in contact with their children. Something like this was impossible to think about in the old days. Today there are parents who put their children directly in the nursery right after birth. A young mother brought her young son to the dojo one day and asked "how old does he have to be to come here?" The boy didn't even know how to change his clothes or go to the bathroom alone. She wanted to leave him at the dojo so she could go shopping and to the supermarket after work. I told him: "you're dumb"!

Parents like that are to blame for the fact that today's children are so strange. They do things that a normal person would call incredible. In the past, married couples had 8 children. If the children did something wrong, the parents or older siblings would slap them. The older brothers would do it, even the neighbours would slap them if they went too far.

You always had to be careful if you didn't want to get slapped. Times have changed and that can no longer be done.

Before, in rural villages, parents worked in the fields and the children had to help them with the work in the fields, the children had to collaborate as well. If they didn't, there was no dinner. This discipline no longer exists. Today's children come home from school, throw themselves on the sofa with a coke and watch TV.

There was a boy from Suisan High School who came here, he was 180 cm tall and weighed 100 kg. During Junbi Undo he fell, I was surprised. I made him sit down, put him next to the ventilator and gave him some medicine. I asked him what exercise he normally did. His house was 50 metres from the bus stop and he would get off 100 metres from the school. She did not do any exercise. It was scary to see him, with his height of 180 cm and his 100 kg. But he didn't do any daily training. So I think young people today should get more exercise.

At the world championship held here, there were about 300 people. There was no room to hit or kick. There were people practicing outside. People came from other countries, people over 50 years old, and they practiced kata with everything they had. Husbands and wives came together to train, friends came together to train. I looked at them and thought that their effort was admirable

### ***(About Sports Karate)***

Karate has become a sport and there are many championships, it is fine if there is a championship from time to time, but if there are too many championships, there is no time to teach even the basics to the students. Even at school, coaches are always thinking about how they can teach their students to achieve better results. The basis and other important parts of the training remain undone, therefore, after graduating from the institute they have no basis not being able to continue training as they do not understand the real meaning of Karate.

Therefore, more basics and physical training should be done, so that when they finish school and start working, they can still train daily. Now everything is focused on the sports part, we have been replaced by SPORTS KARATE.

Everyone is looking forward to the competitions... competitions every day, even on Sundays, I feel sorry for the young people who compete in them. For the sport of Baseball or Sumo, that's fine, they are well paid sports. In the case of Sumo there used to be two competitions a year, now they are done 6 times a year, there is no time to heal the injuries, so there are many wrestlers who have to retire young because their injuries do not finish healing.

Shiai means 'meeting of two spirits', but all that is done is championships... a good example is in Judo. The Judo that Master Jigoro Kano created and the Judo that is practiced today is very different has turned 180° so now it's no longer fun to practice or watch. About 50 years after Kano Sensei started Judo, it changed.

Kano sensei died at the age of 78 in the Showa 13 1938 era (he was Showa from 25 December 1926 to 7 January 1989). Before he died, he saw a Judo championship and asked "what is this? the person who was with him answered "this is the Judo you created"... He answered "no, this is not what I created"... he said at that moment that the only Judo, the real one, was the Judo of women, because they did not compete, so he had remained pure as in his origins.

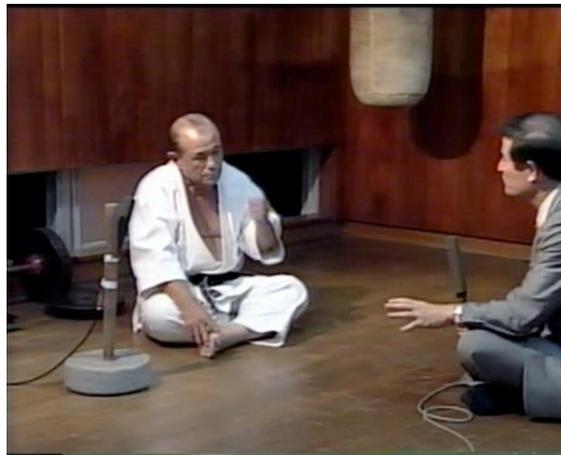
Too many championships change what is being done. Even in Judo when the practitioner tries to grab his opponent's leg or arm, the referee doesn't even

notice, one judge takes out the red flag and the other takes out the white one, if even the experts don't understand what is going on... what can be done? Karate could end up the same way, it is not well understood if a technique has worked or not, so the judges give waza-ari, right? One judge takes out the red flag and the other the white flag.

We need to think more about Karate, as it is spreading throughout the world as a sport. If we don't, the number of people who practice it will start to decrease.

If a fight is decisive, it's good to see it, that way the number of people who practice it will increase. Even in Sumo, a grandfather and grandmother from the countryside know exactly what is happening in a bout, because it is clear who wins and who loses. So there are always a lot of spectators.

But watching a Karate competition, most of the time you have no idea who is winning or losing, do you? And in Judo it is even worse.



***Interviewer:*** Judo is hard to watch too

Yes, it is very difficult and that is why there are fewer and fewer people who practice it. Recently an article was published in the Budo magazine written by Kendo Sensei, which said that Kendo needs to spread around the world. It means that in the future, Judo will be useless and Japan will stop competing in world championships.

Karate will become something just as incomprehensible. In the next 50 or 100 years it will not be possible to understand the meaning of Karate. In competitions, foreigners are bigger, so they win, their legs and arms are longer. The Japanese are small by nature so they will not be able to participate in Kumite championships.

And kata competitions...I think kata competitions should be eliminated. Kata competitions are not karate competitions. For example, in Judo and Kendo there are no kata competitions, right?

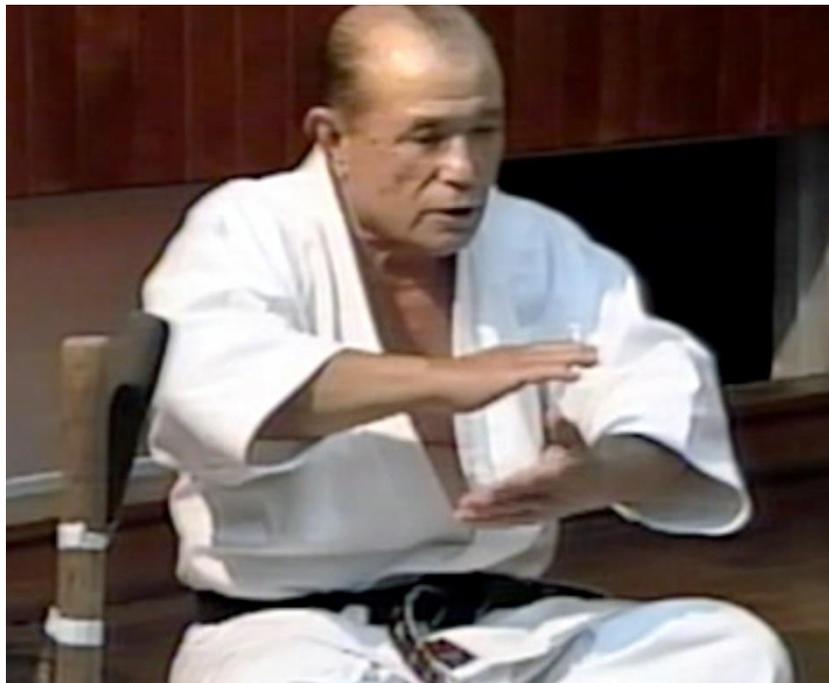
The Kata, is what our elders learned in the real fight, is a set of effective and useful techniques, which were grouped to be learned by others.

The bad thing about kata competitions is that there are added breaks in the kata, when there should not be a break.

In Sepai Kata, from here (pointing to a move) you are supposed to continue to the end and perform the next technique quickly, but you stop at that point, I thought you had forgotten the kata, because they were expecting too much...but then suddenly they continue, so that the person's kata is dead, it does not serve as training, there is no point in practicing a dead kata

This movement in Sepai should be followed almost immediately by that movement, but they stop and wait, just when you think that they have forgotten the next movement, they continue with the next one and then end with a kiai! Therefore, the whole kata has lost the courage to fit into the competition.

The way it is executed makes it useless, therefore, all Kata competition and not only Kata, but also Kumite, which has been designed specifically for competition, will have to be reviewed and reconsidered.



Decisions are made by foreigners, Japan is just another country, there are more than 100 countries.

Although Karate and Judo have their origin in Okinawa, Japan, it does not mean anything, since in the world organization it is only one more vote, even countries with little tradition in Karate have their vote, which is worth the same as Japan's. The votes are added up and the power to make decisions on the direction of Karate is in foreign hands.

So the karate-gi (karate suit) now has the colour red, black and brown.

The techniques change, the costumes change, and that is why, in 50 years, we will not be able to recognize Karate.

## **(About the RYUHA)**

I talked about this a long time ago. In the Meiji era, about 130 years ago, right after the end of the Tokugawa Shogunate... there were about 170 different styles of Kendo, about 150 styles of Judo, there were a lot of them, so everybody was thinking how you could merge all the styles. . Of course everyone wanted their own style to prevail, at that time, Kano Sensei suggested to eliminate the styles, making it easier for the schools to incorporate it into the school program because if it was not part of the school program of the schools it would not develop and spread. So they got rid of the styles in Judo.

The same thing happened in the competitions, there were competitions that used bokken (wooden swords), others used real swords, with the edge filed, there was no sundome, instead there was gobudome. A sun has this measure, no? (3.03 cm), gobudome is about half the distance of a sun. All this is written and recorded. In the end, when it came to fighting, the participants who used the bokken usually won.

Now you can't go around with a sword, nor do the participants wear a bow tie.... Nor can you take revenge for an offense done to your family, and since you can't go around with a sword, in shiai kendo, running around and hitting is useless. It doesn't work in a real situation. They lose.

But to develop the heart and the body, the only thing that young people have today are competitions.

During the Tokugawa Shogunate, they gathered people who did Kendo and Watari Seiichiro Nobuhisa taught them, he was a small man, with a very good character, he was the number one in Japan in Kendo in the Tokugawa Shogunate. He could face anyone with a shinai of approximately 1.4 m in length. He was the one who decided the length of the bokken used in competitions. Oishi Susumu from Saga Prefecture, also practiced Kendo, and used a 3 meter long Shinai.

The sword bowl was so large that you could hardly see behind it, so it could take down anyone, but it could not defeat Watari Seiichiro, so the length of the shinai was decided to be 3 jaku and 7 sun (1.10 meters). We don't know if that length helps or not because now you can't go around with a sword so Kendo has evolved the way it has. Kendo is now all sundome.

Not long ago a high ranking bujutsu-ka from the Beijing government came to Okinawa.

There were about 1500 different styles of bujutsu in China, about 1200 of them were unarmed and about 300 of them were weapon based. And that's in a country with over a billion people. Weapon arts are not increasing.

Bujutsu that is based on weapons does not seem to develop and grow, one notices that in Okinawa, there are many more people practicing Karate than Kobudo. That is because you cannot carry weapons on the street.

**Interviewer:** *Back to the styles, in Okinawa there are dozens of different styles, right?*

That's right.

**Interviewer:** *¿Do you think that the time will come when all these styles will be unified and the individual styles will disappear?*

Yes, it has to happen.

Miyagi Sensei did not like styles. The reason was that Miyagi studied many different types of Chinese Budo. And it is very likely that he also knew Kano Sensei.

Budo does not develop when there are styles, everybody tries to protect and preserve his own style, right? everybody thinks that his style is the best, so, although he called his style Gojuryu, he did not really want to give it a name.

Once upon a time, during the Showa era, there was a competition, Meiji Jingu...Like Kokutai today... Shinzato Jinan, the young man in the photo there, was the representative for Okinawa proposed by Miyagi sensei.

Some senseis asked him which style was his, he did not have a name and this caused him problems, he explained that in Okinawa he did not have styles. When he returned, he spoke with Miyagi sensei, and Miyagi sensei told him that when they asked him to tell them that the style was called Goju-Ryu. The name got to the people in that area and from there it spread. This is how the style came to be known as Goju-Ryu, although Miyagi sensei was not in favor of giving it a name at all.



**Interviewer:** *¿So Chojun Sensei didn't actually give you the name Gojuryu?*

He did not like the idea of styles in general. In the Japanese Karate Federation which was founded in the Showa 40 period 1965 (it was Showa from December 25, 1926 to January 7, 1989), they thought of eliminating styles, however, they could not do it.

The styles are still there. For example, Shito ryu, Wado ryu, Nihon Karate-do, Kyokai, Gojukai...All the different styles have events and competitions and things like that, and all that costs money. JFK failed to raise the money they needed, the people who do best at raising money become the heads of their respective

organizations, many of whom have never even practiced karate. For example, Prime Minister Hashimoto Ryutaro was head of Wado Ryu, he had simply collected money and given it to them, but he had never seen karate.

Miyagi Sensei said that if there are styles then Karate will not develop and grow. Rather they get in the way, they get in the way. It will get worse even here in Okinawa.

***Interviewer:** Yes, the number of styles has increased in the last 10 years.*

Not long ago, Matayushi san from RBC came here and asked again for cooperation in broadcasting the world championship. He asked me how many styles there were, I told him I didn't know. I gave him a copy of the renmei karate book that the prefecture had published. I told him that I had no way of knowing how many styles there are, since 5 or 6 new ones are created every year. Surely there is no one in the Okinawan karate world who can say how many styles there really are. "Is that true?" he replied.

There is no requirement to register a new style and there are no rules against establishing a new style. If there were no styles, Karate would develop and grow more. The number of styles is confusing to the point that soon schools will stop teaching Karate.

## ***DO GI (clothing in the dojo)***

***Interviewer:** I would like to talk about the uniforms used in Karate. You were talking about Judo, which now uses colored dogi? The Karate dogi that was used before the war was short sleeved, wasn't it?*

The dogi I used to wear did have sleeves and reached up to here (indicates a little above the elbow). The sleeves reached above the elbows.

***Interviewer:**In your book you wrote that long sleeves produce a snapping sound that many people seem to like. You also wrote in your book that the black karate dogi was unhygienic. You wrote that karate needs a special uniform... what do you think is the best uniform for karate?.*

If you want me to tell you the truth... they didn't wear a belt in Okinawa, did they? Actually, you don't need a belt, you can grab it and use it to take your opponent down, ideally you wouldn't even have to wear a jacket.

***Interviewer:** But when you train, the sweat spreads everywhere.....*

There are mirrors here, aren't there, if you didn't wear a jacket to absorb the sweat you wouldn't be able to see yourself in the mirrors after a while, you'd have to dry them constantly.... Even in Judo, I had one of these....

***Interviewer:** A zipper.*

It was thought to use a zipper, but that could cut the opponent in the face, with a simple rubbing. In judo you have to wear a belt because you use it to pull, to grab, to wrap your opponent's hand to prevent him from moving, as it is necessary, the length of the belt had to be decided after it was tied. It was also decided that the length of the jacket should be long enough to cover your back, if you get grabbed and your jacket opens, they stop the fight so you can take a little time.

In the Taisho era (July 30, 1912 to December 25, 1926) people who practiced Karate did so in their underwear. There were no dojos as we know them today. They used to practice outside, on the ground and no matter if the sweat was all over the place, you could clearly see people's muscles, you could see if a guy was trained and you knew that by hitting you would end up with sore hands.

So, for Karate, the ideal uniform would be to wear nothing. Maybe something like a swimsuit or something similar.

***Interviewer:** So according to you, the ideal uniform for Karate would be shorts and a short-sleeved jacket? And what about belts?*

No belt is required. In China they use buttons, don't they? That would be better, I think.

I talked to JKF about this. I talked to a guy named Takagi about this. He said "Judo gi was good, so let's use the same thing." For the Japanese there is also a religious aspect, black on white is an ideal combination. When there is a celebration or a funeral, we wear black and white, right?

The ideal color for the Japanese is purple. It is the best color, but there are religious aspects to take into account. For a celebration, the colors are red and white, even for the room where it is celebrated. For a funeral, the colors used are black and white. There are areas that foreigners do not understand about Japan. Foreigners have the opinion that if it is logical and convenient it should be done.

### ***(about PREPARATION)***

***Interviewer:** Sensei, if we can go back to what we were talking about before? In Miyagi Chojun Sensei's dojo it was written that there were many chiishi and sashi etc.... What kind of equipment was in your dojo?*

There were chiishi like this, weights, ishi sashi, kaami, sashi ishi, etc....

***Interviewer:** Looking around Sensei's dojo, I see a lot of that equipment. Would you say that all this equipment is due to the teachings you received from Miyagi Chojun Sensei?*

(He nods)

***Interviewer:** We've talked a little bit about this before but, Miyagi Sensei always talked to you about developing physical strength. Thirty-four years ago you wrote about Karate at the Olympics. You wrote that you learned Judo from Itokazu Shoko Sensei and Karate from Miyagi Chojun Sensei. And that there was a part*

*about Russian judo, Sambo was called, right? You wrote this in March and in November you wrote about Karate training methods.*

*I have read this quite a few times and to summarize, Karate consists of junbi undo, hojo undo, kata and kumite etc. Among the components of karate, hojo undo is not done enough. There is not enough training to increase muscle strength.*

*Sensei, you have done judo for years and taught at the Police Academy etc. so obviously you had concentrated on muscular strength? Is that what Sensei Chojun Miyagi passed on to you?*

Yes, that's right. Sensei was very strict about preparation. In Okinawa preparation is not something you get just by moving your arms and legs, you have to prepare to the point where you can take down an opponent in 2 or 3 attempts. It is no good to be so weak and skinny that you can be blown away by a gust of wind. Miyagi Sensei said that you need to practice sport, any sport is good. Many Judo and Kendo Yudansha came to Miyagi Sensei for training because .....

### **(About BREATHING)**

.... did not have the resistance they needed.

Chojun sensei was very strict about breathing. It is said that people need food and to be able to breathe in order to survive. If you have nothing to eat, you could live for a while. But if you stopped someone from breathing, they would die soon. That's right, isn't it?

In the old days people used to make fun of Sanchin.

Nowadays many people are interested in Sanchin because now they understand the importance of breathing. If the breathing is not regular or is cut off, you can't do anything. When you are tired and you take a break, you gasp trying to breathe as much as you can.

The tanden is about 3 cm below the navel, you should try to focus your effort at this point. When someone with high blood pressure arrives at a hospital, the first thing they tell them to do is to take a deep breath, which lowers their blood pressure.

**Interviewer:** *That's true, before taking my blood pressure they ask me to take 3 deep breaths.....*

That's right.

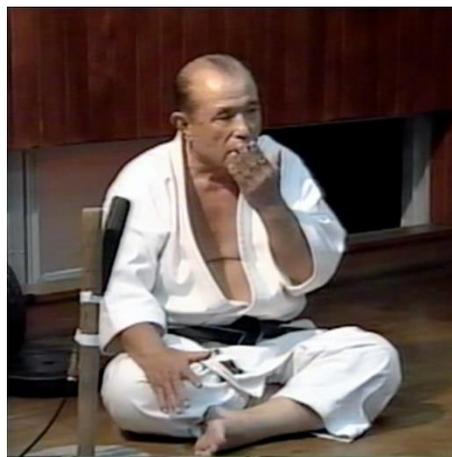
In the old days in Okinawa, people in Shuri used to say Naha Te, Naha Te if you do Sanchin you will be very tense and you won't be able to do anything.

**Interviewer:** *Sensei, in Gojuryu the inhalation-exhalation type of breathing is used? Can it mean 'YO (Yang) and 'In' (Yin)?*

In China that is what it meant. With breathing...

**Interviewer:** *Donto was called, wasn't it? ... Tondo, that, Tondo. What about the 'YO' face?*

The 'YO' is... if you put your hand in front of your mouth and you exhale hot air, what you feel is 'YO', that's exhalation.... When you breathe in like this.... this is exhalation 'In'.



And the Chinese, when they played Go, White is 'YO', black is 'In', it's like heaven and earth.

**Interviewer:** *So inhale is 'YO'?*

No, not inhale, but exhale.

**Interviewer:** *Then what is 'In'?*

"'In' is rapid exhalation. When you breathe out and the air that comes out if you put your hand in front of you is cold, that's 'In'.

The important thing is the exhalation 'YO', it comes from down here, from the navel area.

It is important when you exhale, that is, when you focus your strength, so when you exhale it lasts 3 or 4 times longer than when you inhale. If you inhale, counting to 5, then your exhalation will last until you count to 15.

**Interviewer:** *So that's in Sanchin, that's part of Sanchin.*

'In' and 'Yo'.

Sensei mainly taught the 'Yo' type of exhalation. 'In' exhalation is fast, the air feels cold in the hand. If you put your hand in front of your mouth you will feel warm air in your hand. That is 'YO'.

**Interviewer:** *That is, exhalation....*

Yes. People relax by breathing. If you run 100 meters and the competitors are in line at the start, a good starting referee, the one who fires the gun, will give the competitors the time to breathe first. Ready (breathe) DON! If not, they make a bad start because they are not relaxed.

Supervisors in exams do the same thing, when they ask students to put their pencil down on the table, they ask them to take a deep breath and tell them to check if they have written the number and name correctly.

In other words, they make them breathe to relax. When people are going to die their breathing becomes labored, don't they? When babies are born they scream, don't they... It's all about breathing.

And since nobody knew it in Okinawa, in the old days nobody understood the meaning of Sanchin. People used to say 'What is that? You can use it for fighting', Sanchin was not made to be used for fighting, it is used for training the body.

Breathing has now been thoroughly researched. There is even a machine that measures where the force is concentrated. In Japanese everything to do with people's lives revolves around breathing, Ikagai (meaningful), Ikiru (to live), Ikiikishite iur (excited, enthusiastic about)....

**Interviewer:** *Sensei, in kumite... when you get hit and bruised... there are Chinese herbal medicines that help you to heal. Recently these kinds of herbal medicines have become popular in the Karate world. What was it like in the old days?*

Natural Chinese herbal medicine used to be very much respected. I've been to China and Taiwan, and I saw a demonstration and there were people with little round pieces of steel, a bit smaller than this and they were beating themselves all over their bodies, it was something that someone with a weak spirit couldn't even look at, women could faint if they saw something like that. Their bodies were black, and they would put this medicine on their bruises to ease the pain.



**Interviewer:** *And so did Chojun Sensei?*

NO

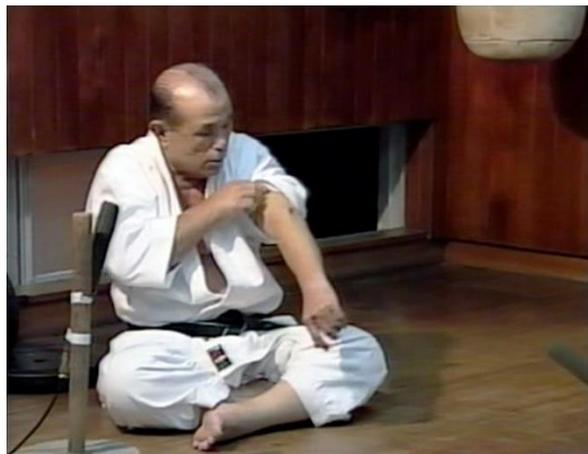
**Interviewer:** *He never did anything like that. Chinese herbal medicines ....*

No, not at all...

Talking about Taiwan... they have something called Kokujutsu, which is jutsu from Taiwan.

If you look at the Kokujutsu Association, you'll see that they have a license to train a medical professional - called Ika, it's written using 'Kanji' for Doctor. Doctors have to go to university and pass a national exam to get their degree, don't they. Ika however are normal people.

For example, they might treat bruises resulting from a karate fight, but they cannot prescribe medicine or operate, because they are not 'real' doctors. In the places where they teach karate instead there are always pharmacies inside, so that local people go there for treatment, because it is cheaper than going to a hospital.



**Interviewer:** *Chojun-sensei went to China a few times and yet he didn't do anything with Chinese medicines?*

Yes, he never did anything like that. Where we lived there were a lot of Chinese people and we had a lot to do with them.

In modern day karate, particularly in championship kumite, there is not much training of the body. There were very few people who actually hit the makiwara. All they do is this "raise your hands as if you are going to fight". It's ridiculous, so in fact, if people really want to do karate, they need to train their bodies and believe in what they are doing. Today, all they do is jumping up and down.

It is important to believe in what you do. In the old days, in Kendo and Judo... Miyagi Sensei had a lot of respect for Kendo and Judo. He used to say, 'Do you know how they prepare in Kendo and Judo?.'

Look at karate, they just jump around and play, stop, wipe their faces as soon as they start to sweat... It's just a game. It's not for real fighting.

In Judo, the competitors competing in the Japanese Championships, when they train in the middle of summer, prepare about 10 judogis, and put them all on. After a month of training their eyes are sunken, they are so dehydrated that they stop sweating, their arms are limp, they lose at least 10 kilos. If you train with 30 people a day, after one month you have trained with 1000 people. If you only train with 3 or 4 people there is no way to reach that 1000. You would only reach about 50.

In Kendo also... they train from morning till the next morning and they don't stop to eat. When they eat, if they eat, they eat the same food that a sick person would eat, Okayu (rice-oats) and they drink it. 1000 bouts, they fight 1000 opponents in a month, no matter if it is in the middle of summer or in the middle of winter, they get up when it is coldest, between 4 and 6 in the morning and start training.

Getting up so early in the morning to train means that you have to fight laziness and the urge to stay in bed. Miyagi Sensei used to say that a lot of Okinawan Karate was no good. It was no match for Judo and Kendo.

The Karate-ka would take hits from all sides, if they hit, they would take hits in return.

If you asked him who would win, Jukenjutsu (rifle fighting) or Bujutsu, Miyagi Sensei would scold you, and say 'you have never practised jukenjutsu, so why are you asking that?'

Every bo is someone who twirls a stick. Simply a spectacle.

I competed in Jukenjutsu for 3-4 years and we used to train until we were exhausted.

We trained from morning to night. I went to Manchuria as a soldier during the war. You couldn't go outside, it was -50 degrees Celsius. The skin on my arm was cracked and dry because of the cold and the training. Untrained people couldn't even give a proper push. It's the same in karate, isn't it? Someone who trains hard is forceful and authentic in his technique. But someone who doesn't train hard has no idea what he is going to do.

Ashibarai (sweeping) is the same...every time I taught beginners I had to put ice on my leg so I could sleep, because I got kicked so much.

They can't do the techniques firmly and doing it is difficult. You have to put more emphasis on training when you train karate, that's why it's called training.

If other martial arts are treated lightly, it is embarrassing for Karate.

Simply being able to block and punch means nothing, even a kindergartner would be able to do it. If you raise your hand, there will be a reaction and the opponent will do something similar to defend himself. It is human nature.

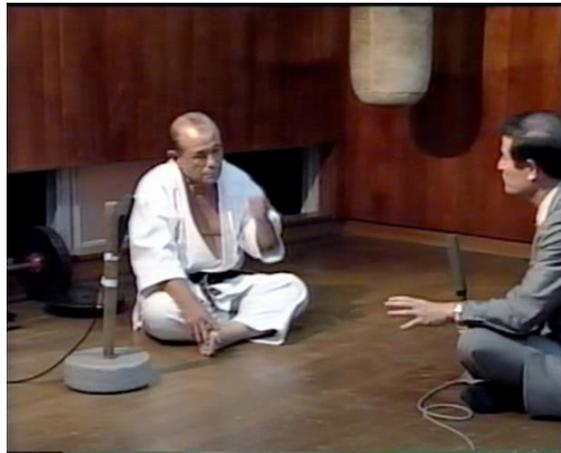
Breaking the makiwara, it's no great feat, the makiwara doesn't move, you just hit it. A moving opponent is different, it is difficult to knock someone down with a single technique.

## ***BUBISHI***

***Interviewer:*** ¿The origin of Kenpo... comes from Higaonna, Sensei?

No, that is not so. The origin was in Bubishi, from China, Bubishi is Chinese.

Apparently there were a number of different Bubushi. Recently, Okinawan Bubushi has come out...It's just a copy from a few sources originated by people who didn't know what they were talking about. I gave it to a Chinese person who I knew spoke Japanese very well and didn't know what they were talking about. When I asked him he said that there are many mistakes in the copies that invented the Bubishi.



***Interviewer:*** Sensei, speaking of Bubishi, the Bubishi that Chojun Sensei had, did he bring it from China or did a Chinese person give it to him?

Probably he brought it with him from China.

***Interviewer:*** And it was copied by Higa Seike Sensei? Chojun Sensei had a number of different copies of the bubishi?

Yes, that's right. There are a number of bubishi in the library of the University of Tokyo.

In China there are many books detailing all aspects of Chinese life and culture.

The Bubishi was just one volume of all the books that were written to document life in China, there are about 1500 different types of bujutsu in China, of which 1200 do not use weapons...

