



MATSUNO RYU
GOSHINJITSU

NAME: _____

The Esoteric Principles of Judo

by Professor Henry Seishiro Okasaki

Since the fundamental principle acquired through the practice of Jujitsu has been elevated to a finer moral concept called Judo, *The Way of Gentleness* it may well be said that the primary objective of practicing Judo is perfection of character. And in order to perfect one's character, one must be grateful for the abundant blessings of Heaven, Earth and Nature, as well as for the great love of parents, one must realize his enormous debt to teachers and be ever mindful of his obligations to the general public.

As a member of a family, one's first duty is to be filial to parents, to be helpful and harmonious with one's wife or husband, and to be affectionate to brothers and sisters, in order that the family may be a sound, successful and harmonious unit of the community.

As a member of a nation one must be grateful for the protection which one derives as a citizen, one must guard against self-interest and foster a spirit of social service. One must be discreet in action, yet hold courage in high regard, and strive to cultivate manliness. One must be gentle, modest, polite, and resourceful, never eccentric, but striving always to practice moderation in all things. One must realize that these qualities constitute the secret of the practice of Judo.

Anyone who practices Judo should neither be afraid of the strong nor despise the weak, nor should he act contrary to the strength of his enemy because of the art he has acquired. For example, when a boat is set afloat on water, one man's strength is sufficient to move the boat back and forth. This is only possible because the boat floats, for if, on the other hand, the boat is placed on dry land, the same man's strength is scarcely sufficient to move it. It is necessary, therefore, that the weak should learn this fact with regard to the strong.

The forms and techniques should be remembered as the basic art of Judo. One should never use these arts against anyone without sufficient justification. Therefore, refrain from arrogance and do not despise a small enemy or a weak opponent.

Every student of Judo should realize that honesty is the foundation of all virtues. Kindness is the secret of business prosperity. Amiability is the essence of success. Working pleasantly is the mother of health. Strenuous effort and diligence conquer adverse circumstances. Simplicity, fortitude, and manliness are the keys to joy and gladness, and service to humanity is the fountain of mutual existence and common prosperity.

As aptly expressed in the poem-*The bough that bear most hang lowest*. One should never forget the virtue of modesty as one attains proficiency in the art of Judo. Do not disdain or regard lightly either literary or military art, each is important and deserves equal cultivation and respect. Within constant motion and change, there is tranquility, and within tranquility, there is motion and change.

Remember always parental love and one's enormous indebtedness to teachers. Be grateful for the protection of Heaven and Earth. Be a good leader to younger men. To lead younger men well will, in the long run, mean to attain proficiency in the skill of Judo.

Like a drawing in India ink of the whispering of wind in the pines, the secrets of Judo can only be suggested. Only through personal experience can one comprehend the mystic ecstasy of such secrets. It is said of Jujitsu that it would require ten years of practice in order to win victory over one's self and twenty years to win victory over others.

Whatever the trials or dangers, even *Hell under the upraised sword* remain calm and remember the doctrine imparted to you by your teacher.

A noted verse reads-*For the lotus flower to fall is to rise to the surface*. Only by cultivating a receptive state of mind, without preconceived ideas or thoughts, can one master the secret art of reacting spontaneously and naturally without hesitation and without purposeless resistance. These are the secrets of Kodokan into which I have had the honor to initiate you.

MARTIAL ARTS BIOGRAPHY

JOHN D. MCGRAUGH, SHIHAN
6TH DAN, MATSUNO RYU GOSHINJITSU
5TH DAN, RYUSEIKEN BATTO-DO
5TH DAN, HIRAI DO MMA
1ST DAN KODOKAN JUDO

John D. McGraugh, Shihan began studying martial arts in 1984 at the age of fourteen in Tucson, Arizona when a friend introduced him to a self-defense art called Matsuno Ryu Goshinjitsu. The class was taught by Vinson K. Holck, Shihan, son of Joseph Holck, Dai Shihan, president of the Kodenkan Yudanshakai. After consistent training throughout high school, Shihan McGraugh earned his 1st degree black belt in 1987.

In the fall of 1987 Shihan McGraugh started practice with the Judo club at Pima Community College. For the next few years he competed in Judo tournaments and continued to practice and teach Goshinjitsu at various locations. He assisted in founding the CFSD Budokai at the Catalina Foothills School District and started new classes at the Tucson Jewish Community Center.

Standing in line at a water fountain early in his martial arts career Shihan McGraugh overheard a guest martial artist describe his recent trip to Japan, and how someone with a college degree could go to Japan and live while studying abroad. He described the opportunities to study martial arts, and the chance to learn the language and experience their beautiful culture. After hearing this account, Shihan McGraugh resolved to do just that. After completing his Education Degree at the University of Arizona in 1995 he made arrangements to move to Japan and live out this dream.

During his stay in Osaka, Japan Shihan McGraugh studied and earned various ranks in Ryuseiken Batto-Do, Kodokan Judo, Aikido, and Daido Juku Karate. Practicing and competing for five years, Shihan McGraugh then returned to the U.S. in 2000 and began teaching these arts, and also resumed his teaching and development of Matsuno Ryu Goshinjitsu.

Upon return to the U.S. in June of 2000 Shihan McGraugh also began working out with two friends and fellow martial arts teachers who had been studying Brazilian Jujitsu while he was away. As the three fellow martial artists began putting the striking, throwing and grappling techniques together that they had learned a discussion was started about founding an MMA system that would teach traditional martial arts principles and philosophy, but modern mixed martial arts techniques. In 2001 Hiraído, a modern mixed martial arts system, was founded by Shihan Mark Cann, Shihan John McGraugh, and O'Sensei Elliot Lyle to accomplish that goal. Hiraído has since grown immensely, produced numerous black belts and MMA competitors, and has been successful in passing on traditional martial arts principles to hundreds of mixed martial arts students.

In 2012 Shihan McGraugh founded the Southern Arizona Kodenkan with the intention of bringing the best of the traditional and modern martial arts together. Philosophically inspired by Professor Jigoro Kano, founder of Kodokan Judo, Professor Seishiro Okazaki, founder of Danzan Ryu Jujitsu, and Professor Joseph Holck, founder of Matsuno Ryu Goshinjitsu, Shihan McGraugh established the Southern Arizona Kodenkan to synthesize martial arts, fighting arts and self-defense techniques, and to pass down the teachings and stories of these three influential masters.

After 30 years of martial arts practice and study Shihan John D. McGraugh now owns and operates the Kodenkan Martial Arts Academy in Tucson, Arizona and continues to teach and practice these arts with students of all ages. He has also released a video instruction series to help those who would like to learn the art of the samurai sword. Condensing the arts he learned in Japan into a 6 DVD series, he offers to share Ryuseiken Batto-Do with students all over the world through The Sword Guy video instruction series.



SOUTHERN ARIZONA KODENKAN

MATSUNO RYU GOSHINJITSU KYU RANKING SYSTEM

YONEN (JUNIORS AGES 5 -11) / SHONEN INTERMEDIATES (AGES 12-16)

RANK	BELT	TIME IN GRADE
Mukyu – no rank	White belt	2 - 3 months
Hachikyu – 8 th rank	Patch	3 months
Shichikyu – 7 th rank	Yellow belt	3 months
Rokkyu – 6 th rank	Orange belt	3-6 months
Gokyu – 5 th rank	Green belt	6 months
Yonkyu – 4 th rank	Blue belt	6 months
Sankyu – 3 rd rank	Purple belt	6 months - 1 year
Nikyu – 2 nd rank	Purple Belt	6 months – 1 year
Ikkyu – 1 st rank	Purple belt	6 months – 1 year

SEINEN (ADULTS 17 +) AND INTERMEDIATES 14+ (if requirements are met)

RANK	BELT	TIME IN GRADE
Mukyu – no rank	White belt	2 – 3 months
Rokkyu – 6 th rank	Patch	3 months
Gokyu – 5 th rank	Green belt	3 months
Yonkyu – 4 th rank	Blue belt	6 months
Sankyu – 3 rd rank	Brown belt	6 months
Nikyu – 2 nd rank	Brown belt	6 months
Ikkyu – 1 st rank	Brown belt	6 months
*Shodan – beginner	Black belt / *Sempai title	2 years + assist teaching

- Time in grade requirements are considered **minimum** lengths of time but can be lengthened and shortened at instructors' discretion
- It goes against martial arts traditions to ever ask directly for a promotion
- Junior students stay at purple belt until age requirements are met
- Intermediate students may advance to senior requirements depending on age / rank