

MIJIKAI SHAKUBO

"Powerfully Commanding with Compassion and Grace"



A Practical Weapon for Self-defense

Kobudo: A term referencing *Ancient Martial Arts* and the *Weapon Arts of Okinawa*. In short, the *Nunchaku*, *Kama*, *Sai*, *Bo* and *Tonfa* were tools of trade of the farming peasants of Okinawa that were turned into weapons against the controlling Samurai Satsuma Clan of the southern island of Japan. Although these items are popular, they are not practical in today's society by the restrictions prohibited by law! In order to preserve their *techniques*, *katas*, *customs* and *traditions*, they are still taught throughout many styles and systems today, but it must always be remembered that the origin of these weapons is **Okinawan!**

Buki-Waza: A generic term for all weapons of war and combat as opposed to *Te-Waza*. Of the many (Bu) Jutsu's of Japan, Buki-Waza too are impractical, inconvenient and outdated, but are still taught and practiced for the traditions that were a great cultural part of Japan's history. The art of *Iaijutsu* or *Iaido* (drawing of the sword) is the most classical, traditional and beautiful. The most practical of all the Bu-Jutsu weapons for today's society is the 6 ft staff Bo known as the Rokushaku-Bo!

Shobudo utilizes three Bo weapons. (1): the *Rokushaku-Bo* (2): the 4 ft *Jo* and most importantly (3): The *Mijikai Shaku-Bo* (also known as the *Yawara-Bo* or *Tanbo*), *which is unique only to Shobudo and founded by Soke Nakasato in its use and application*. This Bo is 16" in length, oval in shape and cannot be purchased anywhere, as they are individually hand-made by Shobudo members. Exotic hardwoods are used to craft each Bo which are made from *Cocobolo*, *Macassar Ebony*, *Madagascar Rose Wood*, *Ziricote* just to mention a few and ***Lignum Vitae***, one of the hardest, heaviest and strongest of woods known.

The *Mijikai Shaku-Bo* is unique in its use other than a tool for just striking. All Waza's (techniques) are utilized as listed in (what is Shobudo) and its forte is specialized in *Kansetsu-Waza* (joint locks, dislocation & breaks) of controlled locks and takedowns. With its many blocks, parries, strikes and locks with chokes and throws from *standing*, *sitting* or from the *ground* ... the combination of techniques is endless and too vast to mention here.

As an extension of the body, the power of locking, whether leverage or joint-locking, its control is overwhelming ... see (Essence of Pain). The control is ***quick, powerful, commanding*** and ***excruciatingly painful*** ... but has ***compassion, grace*** and ***control***. Once learned, it need not be carried on your person, as many common everyday items are available within your home and surroundings. Anything somewhat solid from 8" to 20" will do. Face it, you will not find traditional martial arts weapons just lying around when you most need them! Again a demonstration is a must to *see, feel* and *understand* its *effectiveness* and *practicality*. As sticks and stones have been around since the beginning of time, it is a great equalizer if properly used. *One day, all that may be left ... is only a stick! War is not about whom is right, it is about who survives!*

In Itai,

Robert Morton
Kaicho



Shobudo Bujitsu Kai