



# WHAT is SHOBUDO ?

**F**irst and foremost Shobudo is not a head to head confrontation of strength, ego or who is first and best! It is primarily a defensive martial art that teaches defensive tactics and strategies for self-protection by whatever means that may be necessary with or without injury! Equally important is the daily way of living through the "Martial Way" as opposed to the "Martial Art", which stresses harmony and the balanced union of Yin and Yang of opposites by which human nature and the universe is governed!

In general, Shobudo is strictly a defensive art ... to avoid, evade, block, parry, redirect and blend with the attack. Offense is second ... to counter with a combination of strikes, throws, chokes, joint-locks and submission takedowns. For the novice looking for an art and to help you decide, (see: *Category of Arts*). From day one, Shobudo is a combination of several arts (see: *Waza's taught*), which include strong hard blocks, strikes, low kicks, throws, chokes, nerve/pressure points applied individually or in combination with one another. Emphasis is placed on in-depth detail in the perfection of *joint locking vice leverage locking* applications. Synonymous with Shobudo and heavily stressed is the controlled element of "Itai" (see: *Essence of Pain*) plus the very important and necessary application of "Ki", (see: *Elements of KI*). The founder, Soke Nakasato Shoshu took the best of what he learned from each art and applied them for today's society. Although many throwing techniques are employed we do not use the majority of those listed in Judo as most situations will occur where an individual will only have on a light garment top or in many cases no top at all! To execute many throws in Judo, each participant must wear a heavy garment jacket or *uwagi* as part of their uniform or *Judogi*.

Of special note and unique only to Shobudo in use and application, is the Short 16" baton (see: *Mijikai Shaku-Bo*). Other arts claim to know and use it the same as we, but I assure you they don't! If they did you would be learning it throughout most dojo's and one would know how to use it correctly in subduing a subject rather than beating someone half to death by those we entrust that are to protect and serve! Besides just striking, the majority of techniques employ the use of painful locking but commanding control of takedowns without injury. Also taught is the Rokushaku-Bo (6ft staff) and the 4 ft Jo, both of which also involve painful locking, choking and throwing techniques. Actually the 4' Jo as we train is anything between 30" and 60"! All three BO's are natural items from the beginning of time and like items of size and shape can be found lying around in our surroundings and are available for use when needed. This is what makes Shobudo a practical and down to earth art. Learning these techniques is not taught without being a Shobudo member as all Te-Waza movements are in preparing one for its proper use and application. *Picking up a stick is one thing, proper use with control and finesse is quite another. Sad that law enforcement is not interested!*

**I**n essence, Shobudo can be described as a hard style of Ju-Jitsu yet soft, controlling with compassion and grace. Strictly a defensive art, non-competitive except within our own ranks, we train in reality with real knives/broken bottles (advanced students) when defending and disarming these types of weapon. Our forte is specializing in painful in-depth joint locking applications from the *standing, sitting or ground position* as well as closed and confined areas such as vehicles, elevators and the like... Applications are also performed with the use of common items in place of the short 16" Bo from the same positions of standing, sitting and lying down! As we are not a (Ko-ryu) or old classical art form, we are free to execute and use whatever comes into play and use any technique not taught as long as the principles of leverage, direction, angles, ki and timing are followed ...(see: *Elements of Technique*).

**C**lass Instruction: Towards the end of most classes (intermediate & advanced), a situation is given where (*uke*) will attack and a technique is applied by (*tori*). Under close instructor supervision and monitored for safety, each student in turn will apply the technique on everyone and a critique for correct application, mistakes and variations will be discussed. *Uke* will not tap out until sufficient "Itai" is applied! *This is important, as everyone's reaction to tolerance of pain, leverage and restraint is different.* This gives both (*uke*) and (*tori*) the necessary feel and gauge of control for different individuals. Most sport and competition events place restrictions and requirements into divisions of weight, size, gender and age. **Face it ... aggressor's care nothing concerning your size, age or gender!** For this reason, you must read thoroughly, **Essence of Pain!** Advanced students will put on safety gear and be approached without any given situation and apply whatever technique (Strike, kick, throw, choke or lock) comes into play. Finesse to street fighting brutality if necessary is what makes up Shobudo, but control without injury is our main goal! In conclusion, few martial arts train this way, it's not for everyone, few make the ranks of Dan and it takes a special breed to stick it out ... but this is Shobudo! *The bottom line is that it's down to earth, practical ... and is realty!*



尚  
武  
道

In Budo,

Robert Morton  
Kaicho

*Shobudo Bujitsu Kai*