

plus martial arts

FOR TRADITIONAL MARTIAL ARTISTS

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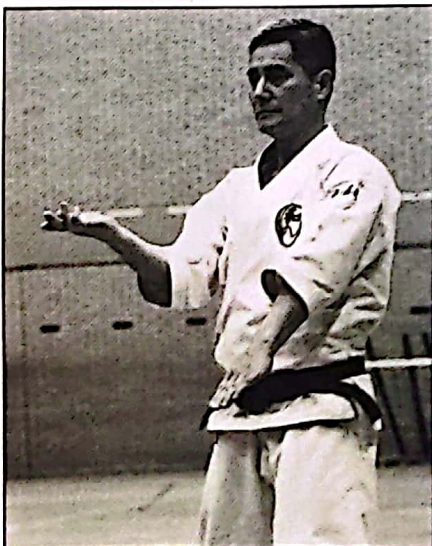
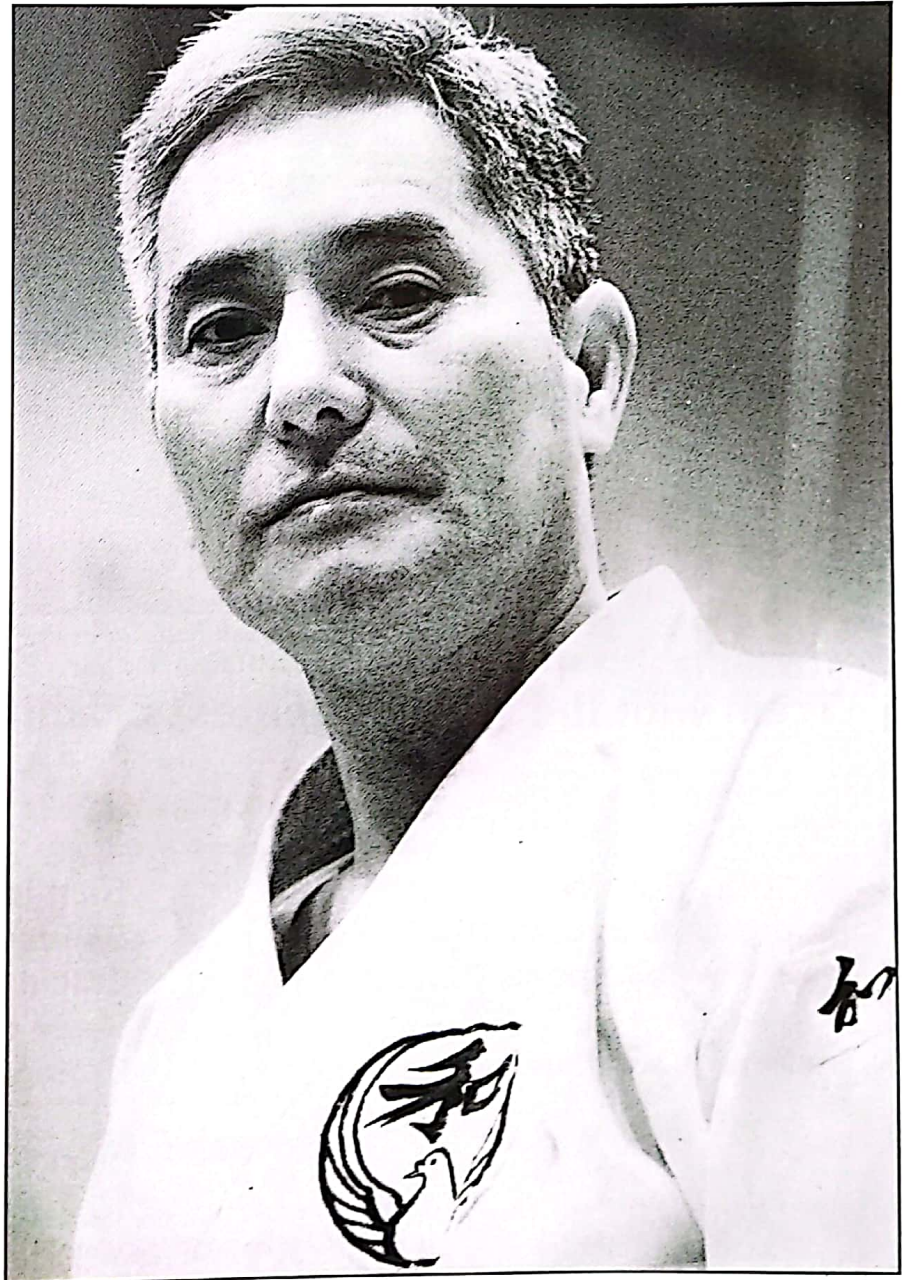
Grandmaster Hironori Ohtsuka II

Plus
Keinosuke Enoda
8th Dan Hanshi

Plus
The Chris Clifford
Story Part II

Plus
Kodokan Judo
The Early Years

Plus
BASKA's New
Dan Grades



Plus
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The Chris Clifford Story Part II

The Goju of Grandmaster Ichikawa

MAP: Why do you find Ichikawa Goju Ryu so different?

CC: I feel that in the West only the form or the exterior of the art is known. The understanding and knowledge in the East. When Grandmaster Higashionna Kannyo returned to Okinawa, it was a Chinese system that he brought back. In later years Grandmaster Miyagi was to name the art Goju Ryu and to systematise it to enable it to be Japanese by de-emphasising the Chinese influence. Grandmaster Ichikawa has studied the essence of open hand and has rediscovered the secret knowledge of Grandmaster Higashionna that originated in China and has enhanced it.

MAP: So Ichikawa Goju Ryu is Chinese Karate then?

CC: No, it encompasses the whole teachings of all previous Grandmasters, Chinese, Okinawan and Japanese. It is a synthesis of all of three. Each Grandmaster after a lifetime of study passes onto his top disciple the secrets he has discovered, in addition to the mysteries and secrets of those that came before.

MAP: How are individual Grandmasters teachings and contributions remembered?

CC: Each Grandmaster has written down his thoughts in secret papers and these Grandmaster Ichikawa keeps with the text, Bubishi. The Bubishi itself has

never altered.

MAP: How would you describe Grandmaster Ichikawa?

CC: I wouldn't!

MAP: Why do you say that?

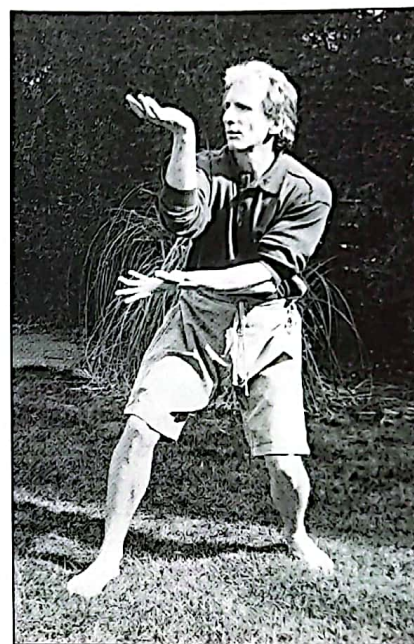
CC: Because I don't know how to put into words a description that would do him justice and which at the same time the readers would believe. I am talking about a man who can control the minds and energies of other people. Unless you meet him you can't imagine at what level of knowledge he has arrived at. Even his disciples who have studied under him for 40 years cannot follow him to these levels, even they do not understand these mysteries.

MAP: Has Grandmaster Ichikawa ever spoken of others having this knowledge?

CC: Yes, he has, but he feels that very few living masters truly understand the warriors' way. Grandmaster Ichikawa fears that when he and these last remaining masters, who are now very old, die, then this will be lost to the world.

MAP: Your current grade is now 5th Dan?

CC: I am 5th Dan, having qualified 4th Dan. I have left the 4th level and am now studying the 5th level. To gain the knowledge of 5th Dan it will take 6 years of daily study. By study I mean on my own, not teaching others. Each Dan represents 10% of the whole, so as 5th



Clifford Sensei training in the garden

Dan I understand 40% of the system and am now working for the next 10%. At 6th Dan I will still only be half way to complete mastery.

MAP: I understand that you were awarded a copy of the original Bubishi.

CC: Yes, I was shocked when this happened. This is given to disciples as teaching licence when Grandmaster Ichikawa considers that you have begun to master the true way. Normally it is passed on at 7th or 8th Dan, so for this reason I never expected to be honoured in this way. The text can only be understood by someone who already has that understanding and its message is one of the eternal mysteries of the past, present and future of life.

MAP: When did you open your Dojo?

CC: I opened my Dojo; Seishinkan, it means place of true heart, at 4th Dan and then only with permission. It is not considered that someone below this level has enough understanding to assume the responsibility of being a teacher. Being a teacher helps further my knowledge as I know where the student is coming from and where they are going to, I see myself in them. Grandmaster Ichikawa was happy with



Grandmaster Ichikawa with his disciples - Clifford Sensei bottom far right.

my understanding, it is how broadly we see things that's important. Many look, but never see.

MAP: Since opening your Dojo have many Goju students contacted you for tuition?

CC: Yes many, but I prefer to remain private, so I only take on a few new students each year. Everyone I speak to feels there has to be more in the Goju system. Most are searching and looking towards the Chinese arts.

The difficulty then is that these new facets are add on's whereas Ichikawa Goju Ryu is a fully integrated and composite teaching. If I take sticking hands from one, Chi Kung from another and Atemi or Dim Mak from another, then I have three separate things. Everything must follow on Kata, Kumite, Tako, Atemi, Hente, etc., as one thing - not many. We must have one spirit that is strong and constant to understand and defeat the enemies. By studying one way we understand many ways, not the other way around, otherwise we just get confused.

MAP: Can you relate some of the higher teaching of Grandmaster Ichikawa and what it comprises of?

CC: Well, they are so far removed from what the public think of as Karate that it will I know be difficult for people to accept. Still, you must remember that empty hand is for killing the stronger enemy, that is the bottom line. Grandmaster Ichikawa's Goju Ryu enables the disciple to kill the big strong one. The teachings include vibration to generate energy, many methods of breathing to enhance and direct this energy or Ki as it is called. Energy is cultivated to protect our body from the effects of blows. When we attack we do



Clifford Sensei - only westerner to be awarded a copy of the Bubishi

so with Ki, allowing to explode at the point of impact into the enemy, and not with the confines of limited strength and muscles.

We use misconception, hypnosis, deception, illusion and telepathy to confuse and control the enemy. At these levels we understand why Kata is, as it is. We cannot then be stopped as the enemies "will power" becomes our own. Each Waza or technique has no beginning, no middle and no end. To know how to approach, to engage and to kill the enemy. Kata then becomes Hente, "change hands" this is when Kata is alive and cannot be stopped as the enemies "will power" cannot resist as I am his will power. There is no avenue of attack and retreat that is allowed to the enemy the Tako Waza or octopus technique being used to control the whole body of the opponent even from a distance. Past these teachings are others, higher teachings, that talk of massive stars, quasars) and their gravitational attraction and repulsion and subatomic particles. Of the influence of electrical charges and magnetic fields and black holes. Supernovas that explode from within (the most massive explosions since the big bang). The use of electromagnetic waves, from microwaves up to and including the (δ rays) Gamma Rays.

These teachings are contained in old secret texts. Although the various descriptive terms are used are modern the empathy of the way of the universe i.e., Doh or Tao, through the cause and effect has been known for thousands of years. Some people know this as Sanchin.

For example infra red waves are given off by the body. Although in past times the term "infra red" was unknown, it was known and taught by some masters that the enemy's movements could be detected from the energy that radiates from everyone using the fingers as antennae.

There are teachings on the oceans and currents, how thought creates time and time creates space, of light and how we cloak ourselves in darkness, of mysteries not imagined by others.

Warrior Zen is below the knees, the mysteries are all around, in plants, animals, rivers, the ground, in everything. But we must have the eyes to see.

For these things I do not have the words.

MAP: With all the knowledge of killing, how can it be seen as a 'Do' (a way)?

CC: We also learn how to cure using Shiatsu, Herbalism and Acupuncture. These methods restore the bodies natural balance, this can also be done without the use of needles and herbs using direct energy transference.

When we have mastered open hand, we understand that the fight is with ourselves. To master Karate is to master ourselves, there is then no fear of death. Without fear there is no anger, this is the path to peace.

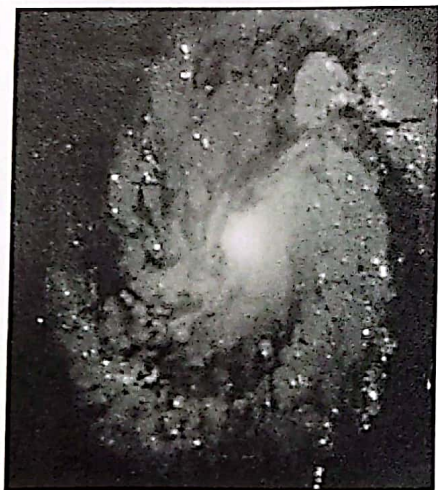
MAP: When are you returning to Japan?

CC: In my heart and mind I have never left Japan, I carry it with me always. My next Dojo visit though is in May when Grandmaster Ichikawa will give me a special lesson. This time it will 'Pachurin' Kata (this is the Chinese name that is still used by Grandmaster Ichikawa for the Kata now known in Japan as Suparinpe).

High grade disciples of 4th to 8th Dan attend the lesson. Some are in their 50's and 60s, and they are riveted by Grandmasters Ichikawa's presence. Their eyes never leave him the whole time he talks, and this could be for several hours.

MAP: Tell me of some of your experiences with the Japanese.

CC: If I told you of some them, then the magazine would be on sale of the top shelf of the newsagents to the over 18's. I have read many articles written about the visits to Japan but they are nothing like mine. You see, I am very



Core of the spiral galaxy M100

lucky to have a close friend in Master Yonemoto, so I have been accepted as a Japanese and been shown the old and the new face of Japan that is normally kept from the Westerner.

It is much like when you have visitors, you tidy up, you dress up, you lay on food and you give an image of yourself. When they go, you relax and give a sigh of relief. In Japan I am family so I see the true face of the Japanese.

MAP: I understand that your students have to go to Japan to receive their black belt, is this correct?

CC: Yes, I recommend they do. I fell it is very important that they see the true way, Grandmaster Ichikawa's Karate, not mine, whilst it is still possible. The school of Grandmaster Ichikawa is very small in numbers because the attitude is why do you come to steal my secrets? I am the only non-Japanese that studies under Grandmaster Ichikawa. To take someone new to the Dojo takes months of letter writing and introductions to obtain permission for them to see

Grandmaster Ichikawa's Karate. You don't just walk in off the street and say teach me, here are my Dojo fees, you would be politely shown the door.

MAP: Grandmaster Ichikawa is now an old man, what happens when he passes away?

CC: I will follow Grandmaster Ichikawa until he travels to the next world, then Master Yonemoto will become my teacher until one day it is time for me to fly.

MAP: I understand that Master Yonemoto has visited England twice now?

CC: Publicly yes, but privately Yonemoto Sensei has come been coming to England for the many years. Each year Master Yonemoto visits me and my family. For the last two years my students have met and studied with him. Master Yonemoto or for that fact Grandmaster Ichikawa do not like publicity, they don't like to show off their art to strangers.



Clifford Sensei is part of the family at Mumma-San's (liquor & snacks) in the Adachi-Ku area of Tokyo, Japan.

The final part in the next issue



Not all masters are severe! L-R - Hiruta Sensei, Sagiura Sensei, Clifford Sensei, Yonemoto Sensei, and Kizumi Sensei