

martial arts

health, fitness, & wellness magazine



Volume 1, January 2011

MARTIAL ARTS health, fitness, and wellness magazine is a valuable resource for information about physical and spiritual well-being in correlation with the practice of Martial Arts. MARTIAL ARTS health, fitness, and wellness magazine is your guide to better health, self awareness, fitness and inner peace.

Advertising Fees

Full Page: \$375.00

Half Page: \$190.00

¼ Page: \$95.00

All artwork is done by the advertiser and must be submitted in JPEG or WORD format.



ISBN-13:
978-1456468552

ISBN-10:
1456468553

Cover provided
by **BMAA**



Publisher: BMAA

Bashaw's Martial Arts Academy
bashaw42@yahoo.com

Advertising and Sales: Max Holton
bashaw42@yahoo.com

<http://bmaa.yolasite.com/>

Submit Articles:

bashaw42@yahoo.com

SUBJECT: Articles MAHFW

THIS ISSUE

- 2 Shugendo Yoga
- 10 Qigong healing
- 18 Mind/Body Medicine
- 25 Women's Self Defense
- 31 The Best Martial Art

Quotes to motivate your training

It's not whether you get knocked down, it's whether you get up.

~ Vince Lombardi

The harder you train, the harder it is to surrender.

~ Vince Lombardi

Teachers open the door, but you must enter by yourself

~ Chinese Proverb

If you can imagine it, you can achieve it: If you can dream it, you can become it.

~ William Arthur Ward



Shugendo Yoga: The American Yoga System of Healing and Spiritual Awakening

When one thinks of “yoga system” what comes to mind? For many here in the west it is a healthy lifestyle of eating right, classes of stretching, possibly intertwined with Hindu spirituality and having a guru. But truly yoga is more. The word yoga comes from the Sanskrit and often is interpreted to mean “to yoke or join” with the Divine. Simply put it is a vehicle for the individual soul to steadily progress toward union of the God-soul; a merger for two to become one. Typically when one thinks of yoga they think of systems emerging from India as old as civilization itself; but “yoga” is in all cultures and is called by different terms, put into practice slightly differently, but always with the same goals in mind. Traditionally one concludes that a yoga system, from India, has stretching exercises with cool interpretations of the Sanskrit, includes chants and kirtans, spiritual teachers called a guru, and highly fit- traditionally female here in the west- persons in tight fitting clothes doing what seems like impossible poses for the average American. Often these “traditions” have become commercial in limiting most yoga schools today here in the west to merely exercise-related approaches, and then only practiced regularly by the deeply committed practitioner. But what if there was a yoga system for the everyday common man and woman that were simple, adaptive, and effective in healing? One that had influences of “Old India”, but also incorporated Traditional Chinese Medicine, holistic healing theory, knowledge of western medicine, and yet was spiritual and not religious? What if

this yoga was purely American; a new system of the blending of the old traditions? A melting pot of traditions used to reach new awareness and transdimensionality? If such a thing existed, and it does, then it would be Shugendo Yoga www.shugendoyoga.com .

Born out of the mind and implementation of a registered nurse with over 25 years experience in critical care, rehabilitation, and teaching; Christopher Bashaw combined traditional healing practices and theories from around the world. Bashaw, a New Hampshire native, created Shugendo Yoga in hopes of promoting a practice where the individual actively participates in his or her own healing process. By combining practices used in tai chi, martial arts, yoga, and fitness training with the understanding of spiritual concepts Shugendo Yoga has taken flight. Bashaw states; "The Shugendo Yoga classes are a mix of gentle exercises - a unification of gentle stretching, ancient energy cultivation exercises, self healing techniques and meditation accompanied by gentle breathing and relaxation techniques. It is designed as a spiritual aid to enhance all belief systems as well as a potent self-healing modality for the body, mind and spirit."

To further understand Shugendo Yoga let's look at the word Shugendo as used to identify this unique yoga system. Shugendo is a Japanese deep-rooted way of searching and knowing, and in turn understanding what Man and Nature are and are not. Shugendo originates from the ascetic spiritual practice of the Japanese Mountain priests known as the Yamabushi. Shugendo evolved as a blending or fusion between Buddhism and several other religious influences in Japan around the 7th century, including but not limited to Taoism and Shinto. In modern times, Shugendo is practiced by the Yoshino Yamabushi of Dewa Sanzan (Tendai sect), Kinpusenji and Ishiyama-dera Shingon sects, but it retains an influence on modern Japanese religion and culture.

Shugendo literally means "the path of training and testing." It centers on an ascetic, mountain-dwelling lifestyle and incorporates teachings from other eastern philosophies. The focus or goal of Shugendo is the development of spiritual experience and power; some might even call this power magik. Some of the Japanese martial arts claim they are derived from the profound knowledge of Shugendo, but many of these arts no longer recognize and have forgotten this aspect of day to day training.

Keeping in mind that the word yoga is from the Sanskrit, meaning to 'yoke God and man' together; Shugendo Yoga is designed to harness the esoteric, mystical practices which link man to the Divine Wisdom of Creation through Natural Law.

Shugendo Yoga is a practice which goes beyond what we typically think of as yoga here in the West. It is not mere stretching, nor Pilates, though those too have their merit; Shugendo Yoga takes prayer (talking to God), meditation (listening to God), energy cultivation exercises,



Yoga has become increasingly popular in the last few years. Shugendo Yoga is ideal for Martial Arts Schools wishing to incorporate a yoga program into their school as part of their curriculum or as a separate program.



Bashaw (left) and Wilmott (right) of SYKI

asanas, and self healing techniques and blend them into one session that is practiced daily. These sessions typically last 45- 60 minutes, but can last longer or shorter depending upon the needs and time constraints of the individual. Though similar, no two sessions are alike. In fact each session is specific; often geared to help harmonize the body and defend against particular dis-ease. Results of a session can be as simple as immediate stress release, calmness and relaxation, to over-time, a deeper understanding or enlightenment, to eventually an eradication of dis-ease. The time practicing Shugendo Yoga is meant to be done silently; healing music is often played in the background or primordial noise during a session. During sessions only the instructor speaks, which is done as a manner to guide the student through the session itself. During the practice the student must listen, inwardly to the voice within, learning how to remove the mindless chatter from the message and in turn allow his body to respond through healing. The unique aspects of this yoga system are that it can, and is expected, to be adapted to all abilities of those who practice. Each session is comprised of five separate, but inter-related portions as previously discussed, all geared to heal the body against a specific dis-ease process while promoting a spiritual and calming nature. Every session begins with a 108 mantra; vibrational sound geared toward harmonizing body, mind, and spirit beginning the individual's essence for the harmony and balance to be restored from its dis-eased state; each session's mantra is selected to work on the dis-ease process identified. Then a specific self-healing modality is introduced to continue to climb towards the homeostasis that the mantra has initiated. These self-healing modalities can include, but are not limited to, shiatsu, mind-body medicine, jin shin jitsu, and esoteric energy and shamanic healing. The third step in the session appears more to what most would think of, here in the West, as typical yoga. The asana or yoga posture is introduced, and established in a manner where it is then adapted to meet the limits and abilities of each person participating. Typically three postures are introduced; once again with the specific mind-set of the dis-ease process at hand kept in the mind's forefront. These postures are done gently with the intent of circulating and moving life force energy into harmony and balance, more than just simply used as a stretching routine. Once the postures have been done Qigong is introduced. Qigong or "chi kung" is also known as Chinese Yoga. These simple, but profound exercises cultivate the chi or life force energy in a manner to once again specifically work with the previous sessions while restoring balance to the body. The forum is then ended with meditation to allow the blending of the complete session to evolve and manifest wellness. Often by the end of the very first session individuals begin to experience relief of symptoms.

Shugendo Yoga is designed to be simple but do not let its simplicity deter you to its effectiveness, anyone regardless of age or ability can modify Shugendo Yoga to meet their restrictions. People ages 17- 70 have participated in treatments and classes and all have found profound benefits to the Shugendo Yoga practice. It is suggested that for a specific dis-ease (IE: carpal tunnel, fibromyalgia, depression, insomnia, etc) in which regular practice includes class instruction along with continued training in the privacy of one's home, the individual can radically change one's life for the better in as little as thirty days or less once Shugendo Yoga has been implemented into their way of life.

Bashaw's resume alone is impressive:

Rev. Christopher J. Bashaw, PhD/MA, DD, RN, Soke

World Martial Arts Hall of Fame inductee as well as other Martial Arts halls of fame inductee; soke (founder) of Kosho Hoho Yooga and American eclectic martial art that blends martial, healing, and mysticism; holder of several black belt rankings the highest being an 8th degree black belt and PhD/MA awarded by the World Martial Arts Hall of Fame. Bashaw is not only a RN but an experienced practitioner of several holistic healing systems. Holding a Doctorate in Divinity Bashaw is also an ordained Buddhist Priest and shamanic practitioner. Bashaw is also a renowned psychic and medical intuitive as well as a founding member of both WaShin International and SYKI. And if that were not enough he is also a CNFT^(Certified Natural Fitness Trainer).

But it is the system of Shugendo Yoga itself that blends his accomplishments into a practical and positive yoga system that is available for any and all.

Bashaw introduced the practice of Shugendo Yoga was initially along the New Hampshire seacoast as well as the Monadnock region and it has spread in popularity down the New England coast to Providence, Rhode Island where Rick Wilmott, who is Certified in the Shugendo Yoga System, teaches classes.

Wilmott, also a martial artist and healer holding high black belt rankings in several martial arts and is an inductee in several martial arts hall of fame. He is a Certified Shiatsu Therapist and student of Toshiko Phipps, the first qualified Shiatsu Therapist to teach in the United States and founder of the Nippon Shiatsu Daigaku.

Together Bashaw and Wilmott formed the Shugendo Yoga Kai International (SYKI), an organization dedicated to promoting the system and educating and training others to teach the system. Bashaw and Wilmott have introduced Shugendo Yoga to martial artists around the world at various large gatherings and trainings with a reception of overwhelming appreciation for its simplicity and insightful nature.

SYKI has developed a teacher training program for individuals to become a Certified Shugendo Yoga instructor. Certification is based on weekend training and correspondence. The course is designed to provide excellent instruction and support with the hopes of more Shugendo Yoga classes being conducted so that more people can benefit and experience the healing of disease. SYKI has revolutionized it's designed to take a novice or a yoga master through the steps to implement this powerful system of healing in 200 hours. Both Bashaw and Wilmott hope that current yoga instructors, martial arts school owners, rehabilitation centers (physical therapists, occupational therapists, massage therapists, nurses, and doctors) and holistic healing arts practitioners will become trained Shugendo Yoga Instructors. Bashaw states, "This,

(Shugendo Yoga) will also add a significantly to their individual repertoire of healing based modalities.”

Shugendo Yoga is the “lightning path” of yoga practice for healing and spiritual development.

Shugendo Yoga Instructor Certification begins in Providence, RI, April 2011
The only North American training currently scheduled

Those interested in Training or Certification visit www.ShugendoYoga.com or contact Bashaw Chris@shugendoyoga.com or Wilmott Rick@shugendoyoga.com to bring an introduction workshop of Shugendo Yoga to their school or organization.

Photographs provided by SYKI - Kim Testsa Photography

YOGA FACTS

• US Yoga Statistics

These 2008 statistics are from YIAS (Yoga in America Study).

- Gender of US yoga practitioners:

72.2%  Female

27.8%  Male

- 44% - Percentage of U.S. yoga practitioners with household income of more than \$75,000; 24% earn more than \$100,000.

- 30% - Percentage of U.S. yoga practitioners with household income of more than \$85,000.

- Age of U.S. yoga practitioners:

40.6%: 18 - 34 years of age

41.0%: 35 - 54 years of age

18.4%: Over 55 years of age

- These 2003 statistics are from AIYT:

- Where U.S. yoga practitioners live (2003):

West Coast: 20%

Northeast: 30%

Central (inc. OH): 30%

Other parts: 20%



Canadian Yoga Statistics

A 2005 study shows that 5.5% of Canadian adults or 1.4 million people now practice yoga, an increase of 15% from the prior year and 45.4% from 2003. Of the 1.4 million Canadians now practicing yoga, the fastest growing segment is the 18-34 age group, which increased by a remarkable 25.7% in one year.

About 2.1 million Canadians, or 1 in 12 non-practitioners say they intend to try yoga within the next 12 months *PMB (Print Measurement Bureau) as quoted by Yoga in Toronto*

Gender:

- 72.3% women

- 27.7% men

Age:

- 44.7% are 18-34

- 41.0% are 35-54

WWW.SHUGENDYOYOGA.COM

Health, Fitness, Wellness

Become a Certified Shugendo
Yoga Instructor through SYKI



Open your school to a world of
possibilities!



BASHAW'S MARTIAL ARTS ACADEMY

www.bmaa.yolasite.com/

Your advertisement for a program, seminar, service, or product could be here.



Contact **Advertising and Sales:** Max Holton
 bashaw42@yahoo.com today and be in our next issue.

Hoshinroshiryu Jutaijutsu Association

<http://www.hoshin.ca/>




We offer training in the eclectic martial art known as Hoshinjutsu as it was developed by the late [Dr. Glenn J. Morris-socket](#), as described in his books: Path Notes of an American Ninja Master, Shadow Strategies of an American Ninja Master, and Martial Arts Madness.

The Hoshinjutsu system is a balance of both the internal and external sides of the martial arts, combining a combative self protection system, with an extensive chi kung and meditation program.

The modernized, no-nonsense self protection system is a conglomeration of hundreds of years of warrior training derived from combative traditions from Japan, China, Russia, India, and North America. The system includes kicks and strikes, throws, joint locks, ground fighting, pressure point tactics, and the use of common, modern and traditional weaponry.

The internal side of Hoshin teaches various chi kung forms, meditation, massage, and acupressure techniques. The combination of these aspects creates a unique and sought after martial art.

Washin International



WaShin International purpose is to unite both warriors, healers, and warrior-healers in a scholarly venue where sharing, education, networking, and fellowship of like minds are brought together.

<http://www.thewashin.org>

Bring back the rich traditions of our lineages; healing and restorative arts, mystical arts, and energy arts.

Washin International is taking individuals of all systems and styles into its membership. These individuals are setting their schools and practices apart from the mall dojo's of today; teaching real budo, complete systems like the sohei, shinobi, and samurai of our past.

Join today and begin your journey!



Kuroshinobi Ryu

<http://shinobijutsu.webs.com/>



Find Yourself at Amherst Yoga

<http://www.amherstyoga.com/>

Nia NH and Yoga

<http://www.nianhandyoga.com/>

martial arts
health, fitness, & wellness magazine





QiGong Healing

- *is a Chinese practice using movement, affirmations, breath work, visualizations and meditation, to improve the flow of "qi" or life force, restore internal harmony, and restore the practitioner's harmony with nature.*
- *a set of exercises including meditative and physical movements. Used to move qi, thereby maintaining and regaining physical, emotional and ...*
- *Also referred to as chi-kung, this ancient Chinese exercise system aims to stimulate and balance the flow of qi (chi), or vital energy, along the acupuncture meridians, or energy pathways. ...*
- *A system of self healing encompassing gentle movements, breathing, and meditative practices.*
- *Energy Work Exercises designed to coordinate, develop and/or increase Chi.*
- *A component of traditional Chinese medicine that combines movement, meditation and the regulation of breathing to enhance the flow of vital energy (qi, pronounced chi) in the body, to improve blood circulation and to enhance immune function.*

To learn more about Chi Kung (qigong) and the Kosho Hoho Yooga system of Tai Chi/ Chi Kung contact Chris Bashaw, soke at BMAA Bashaw's Martial Arts Academy for class schedules and treatments. <http://bmaa.yolasite.com/>

The 5 Element Qigong set of Kosho Hoho Yooga (Basic Version).

- 1) Begin in a moment of emptiness; quiet and still the mind. Keep the tip of your tongue touching the roof of your mouth from this point on during the whole exercise so as to promote chi flow and safely raise your vibrational energy. Chi is the crossing point between the consciousness, spirit, and the physical body. Stand with your feet at shoulders width apart, knees with a slight bend, shoulders loose and the hands at your side. Breath normally in and out through the nose. **(Photo 1)**
- 2) Circle your hands upward until they are over your head above the crown of the head. This is **Spirit**. With both the breath as well as the imagination draw in heavenly chi through the hands into the crown of the head. This symbolizes our connection to the Divine Creator. **(Photo 2)**
- 3) Straighten your arms to shoulder level with palms facing up. This is **Air**. This symbolizes communication on an earthly, mundane existence. **(Photo 3. Notice the orbs at the forehead as well as the left foot area. KHY is known to raise the energy levels in a way that communication with elementals, angels, and ghosts are possible.)**
- 4) Turn the palms so that the fingertips point upward as you pull the hands from a lateral position more medial and push out again. This is **Wind**. Wind is an aspect of air; it reminds us that effective communication must be two ways; hearing and speaking. **(Photo 4a and 4b)**
- 5) Position the hands downward so that the palms are parallel to the ground. Under the armpits there is a hollow space that would support a grapefruit sized area. This is **Water**. Water represents the feminine, emotional and fluid side of the self. **(Photo 5)**
- 6) Palms turn upward and move medial at genitalia level moving upward the midline to above the head. Palms rotate downward and return down the midline to the genitalia region. Think of a volcano erupting during this movement if you wish. This is **Earth**. The male counterpart of water. It is solid and stable, unyielding. **(Photo 6a, 6b, 6c, and 6d. Notice the energy orbs on the lower half of the body.)**
- 7) Pull the hands together to form a prayer hand position and a circle with the hands, raising them to heart level. This is **Fire**. Fire is about transformation and change. While holding the hands out as if hugging a cauldron imagine all 5 of the elements, plus the sixth one, consciousness (consciousness is in all the 5 elements, but is in none of them), circling in the cauldron and transforming into a new you. **(Photo 7a and 7b)**
- 8) In prayer position complete the energy cultivation by bringing the prayer hand mudra to the heart, reminding us we are the six elements, Divine spirit, air, water, earth, fire, and consciousness (which is in all the elements, but in none of them). To be whole we are a balance of the elements. **(Photo 8)**
- 9) Repeat this in sets of three. Match the breath to the movement.

Expert guidance is absolutely essential for beginners. Qigong is best learned from a qualified instructor in a class setting who can best instruct you on body alignments, breath work, energy cultivation, and theory as well as advanced teachings of this exercise.

Effects of Qigong

The following is a brief summary of the physical and mental benefits of Qigong.

Physical Effects

- Aligns and strengthens muscles and skeleton.
- Improves blood circulation and warms hands and feet.
- Eliminates fatigue and improves sleep.
- Provides complete recovery from minor illnesses and significant improvement or complete healing of chronic illnesses.
- Strengthens immune system, creating the ability to prevent disease.
- Controls weight and blood pressure.
- Strengthens one's voice and confidence.
- Makes the body supple.
- Softens skin and eliminates discoloration, freckles, and age spots.
- Regulates menstruation and improves intestinal health.
- Improves vitality and stamina and contributes to a healthy sex life.
- Helps eliminate unhealthy habits (drinking, smoking, etc.).
- Relieves allergies.
- Contributes to weight loss and muscle toning.

Mental Effects

- Gradually eliminates anxiety, fear, and obsessive thoughts.
- Creates a more peaceful, relaxed and confident mind.
- Changes more positive mental outlook.
- Helps establish discipline and self-respect.
- Improves concentration and creativity.
- Improves personal relationships.
- Helps practitioner experience a sense of connection to others and to the universe.
- Aides in expanding on clairvoyance, psychic awareness, and intuition.



Photo 1



Photo 2



Photo 3



Photo 4a



Photo 4b



Photo 5



Photo 6a



Photo 6b



Photo 6c



Photo 6d



Photo 7a



Photo 7b

White Lotus Tantra

©

<http://tantra-mastery.webs.com/>

What is Tantra?

There are a number of different definitions of tantra from various viewpoints, not all of them necessarily consistent. The White Lotus Tantra (c) system identifies tantra as the practice of connecting with the soul. This heartfelt practice of compassion is done through White Tantra practice or advanced Red Tantric practice (Sacred Sexuality). The White Lotus Tantra (c) system is an eclectic mix of Buddhist, Verdic, and modern tantric practices made readily available to the people of today.

Tantra itself is an amassing of practices and philosophy which is characterized by the use of ritual, by use of the everyday to access Spiritual Bliss emotionally and physically by connecting at a soul-full level.

The Tantric practitioner seeks to use the chi, prana, ki, also called bio-electric-magnetic energy (divine power) that flows through all the universe (including one's own body) to connect to an individual; be it a lover, co-worker, or adversary. This can be both a mystical experience as well as an experienced based in the pleasures of the physical.

In the process of working with this sacred energy, the *Tantrika*, or tantric practitioner, has various tools at his or her disposal. These include yoga (Shugendo Yoga), to set in motion processes that will "yoke" the practitioner to the divine. Also key are visualizations exercises designed to influence the process as well as the spoken word as seen in mantras, which may be interpreted as seeing, listening internally, and singing with power into a powerful state within the individual, resulting in an ever-increasing awareness of cosmic vibration. This is further strengthened through daily practice.



Tantric practice is a quest for spiritual perfection and magical power. Its purpose is to achieve complete control of oneself, and of all the forces of nature, in order to attain union with the cosmos and with the divine. Long training is generally required to master Tantric methods, but the **White Lotus Tantra © system is the lightning path to Universal Love and Soul Connection.**

White Tantra consists of those schools that produce beings who are clean of all egotistical desire, anger, lust, envy, etc. Within the White Lotus Tantra (c) system this is a non-sexual approach to connecting to the Soul with only Unconditional Love and Compassion.

White Tantra is primarily concerned with meditative practices and utilizes the power of chi energy without the need of sexual physical contact with another. Divine chi energy is being either circulated within the individual or transformed between two (or more) individuals on the level of their energy bodies. Consistent White Tantra practice is known to raise the kundalini, liberate the mind, and lead one toward Buddhahood. The heart of White Tantra is Love.

The consistent training of White Tantric techniques form the basis of the White Lotus Tantra © system and are essential to its Red Tantric practice.

There are three White Tantra levels in the White Lotus Tantra (c) system; each building off the one before it.

All focused around Universal Love and Compassion and esoteric energy. These include, but are not limited to qigong, meditation, and simple yoga techniques. Each exercise can be added to one's own practice to make a richer and more meaningful tantra experience. Each level is 4 hours long.

Red Tantra primarily focuses on the sexual practice related to tantra. This is a feature that makes tantra so appealing to the sexually self-conscious, spiritually starved western society. And though the sexual union is considered the highest form of tantric practice, it can be, and is easily misinterpreted. Unfortunately the West has taken the term tantra and deteriorated it into solely pornographic material with no sense of spirituality, orgies (often with mind altering substances), and an idea where sexual pleasure and self-gratification overshadows the spiritual intent of self-realization, love, and soul connection. Tantra is a path of enlightenment and liberation: sexual liberation is an important pre-requisite, but do not think it is a XXX fun-fest. Red Tantra is SACRED SEXUALITY.

Red Tantra is the cultivating states of presence, energy flow, relaxation, harmony, and connection which is not always easy. A lifetime of hurts and other negative experiences have gradually limited our ability to be present and to express the essence of who we really are, fully and freely. We slowly become cut off from our feelings and the ability to experience our sexual creative energy in a connected, joyful, loving way. By incorporating White Tantra into Red Tantra practice the White Lotus Tantra (c) system heals on a multitude of levels.

Upon completing the three White Tantra levels one can explore the next two (levels 4-5) Red Tantra Levels. White Lotus Tantra (c) expands on the concepts of the previous three levels and expands on the Art of Sacred Sexuality. Incorporating rites and ritual, medical sexual health, esoteric energy and sex, and so much more.. Each level is 4-6 hours long.

Teach WLT White Tantra. Upon completing a Three Level WLT White Tantra Intensive become certified to teach LEVEL 1 and learn how to teach the remaining levels. Email Namaste@shugendoyoga.com to learn how to host WLT training in your area.

Mind-Body-Spirit Medicine; Embrace the Buddha

By rev. Dr Christopher J. Bashaw, RN, DD, PhD/MA, RMT, CNFT



Nurses across America are expanding their roles in healing by incorporating many “alternative” therapies into their daily care plans and seeing positive results. Mind-body-spirit medicine is just one of those modalities.

The model of American medicine is in a constant state of both change and evolution. Traditionally, modern Americans have looked at our healthcare as one based solely on science. This system of healthcare has been perceived as being highly technological and based on lifesaving treatments associated with curing. Now since western medicine has a foundational premise of curing (defined as treatment typically involving chemicals, radiation and/or surgery in a bio-mechanical approach to eradicate disease; in which the use of the term curing can only legally be performed by a licensed medical physician in America.) it often is constricted by its

own conventions and further reinforced by the current social and economic interests which, for the time, shape and sustain science. Is this bad? No. But this approach is best for the acute, emergent case more so than the chronic one many healers are faced to minister to.

Then what approach works well on a chronic case, or possibly side by side of the acute and emergent? It is that modality which promotes self-healing from within, at the source of the problem and not just at the symptom(s) presented. What we are talking about is the mind-body-spirit connection that science is now doing considerable more research on and that science is discovering a plethora of supporting data validating its existence. Mind-body-spirit medicine, as it is often referred to here in the west, focuses on the interactions between the body, mind, and spirit and how powerfully these influence and affect our individual health and wellness. The approach to treatments associated with mind-body-spirit medicine capitalizes on, and enhances, each individual's capacity for self-knowledge/awareness and self-care, emphasizing techniques, which are grounded in this ancient approach. Techniques of mind-body-spirit medicine such as meditation, visual imagery, exercise, prayer, diet, yoga, qigong, tai chi, and self-hypnosis are noted as valid modalities just to name a few. These modalities are now being integrated along side western medicine in hospitals and clinics filling voids that allopathic medicine has not been able to fill. It views illness as dis-ease, or imbalance of the body-mind-spirit connection. Dis-ease is further viewed as an opportunity for empowerment and transformation for the improvement of the self. We as healthcare providers are only tools or catalysts in this process; our goal to educate the individual in dis-ease on how to correct the issue themselves and what they are to learn from the event at hand.

Though the term mind-body-spirit medicine is relatively new, the concept has been around since the time of Sakyamuni, the historical Buddha, 2,500 years ago. This age old concept has survived countless centuries and is still in practice today throughout Asia as it has spread out to the rest of the world. Can we, as the only surviving super nation, be so ignorant as to say this practice is not relevant to our well-being; to healthcare? If we do, it is because of arrogance, greed, and pride that does not allow us to see (or blinds us to other possibilities and paradigms) to the concept of 'only that which is highly technical is true medicine'. It is safe to say from my experience in the field of nursing that the skillful art I once practice is more concerned with the skill associated with technology and that the art has taken a back seat. Yakushi Nyorai, the Medicine Buddha of Healing, (Shingon esoteric Buddhism) is a fine example of relating this holistic and foreign practice/concept to the often egotistical, narrow mind that this country so often displays; with our healthcare in crisis demonstrating that first hand.

Yakushi Nyorai or Medicine Buddha, is perceived as a fully enlightened being in Buddhism. Yakushi is unbiased in his compassion for all living beings. He is perceived as a spiritual guide

protecting living beings from physical and mental sickness not limited to include obstacles and dangers. In doing so, he assists in eradicating the “Three Poisons” which are known as attachment, hatred and ignorance. These three toxins are considered the source of all sickness and danger in traditional Buddhist medicine. Yakushi, a Buddha doctor, is really what today we would consider as a symbol of the practice of mind-body-spirit medicine.

In the left hand of Yakushi he holds a medicine container, while his right hand forms the mudra/ hand sign for granting wishes. As spiritual guide, he is the Buddha who offers medicine to the people suffering from illness, while granting sustenance to the mind, body, and spirit. Buddhists who understand the concept and philosophy of Yakushi feel that Yakushi has vowed to heal mental and physical illness and grant the wishes to do so to all who seek him out. Through prayer and ritual, while aligning the self to this Buddha and all he represents in turn allows the mind to begin the process of harmony; balance; resolution of dis-ease. By creating harmony the Three Poisons are cast out and healing begins. Healing being defined as balance to the three bodies; mind-body-spirit.

To further understand the mind-body-spirit connection, let us first define illness or dis-ease. Dr Yeshi Donden, a practitioner of Tibetan medicine, has been credited with saying, “the root [of illness] is beginningless ignorance.... [and that] ignorance is with us like our own shadow.” Ignorance generates other negative states of the mind such as desire, hatred, jealousy and pride. It is negative emotions, such as these, that accumulate and build the toxins that lead to the Three Poisons. If we look at the basis of our emotions we will find that our emotional energies are neither good nor bad; but if we hang onto those emotions they eventually manifest from the etheric realm into our physical world at the weakest point, the human body; this is true dis-ease. More to the point it is not the emotion itself that is of importance alone, but more so, how we relate to that emotion and carry it, that creates our state of well being. This concept is the basis to EFT or Emotional Freedom Technique used by allopathic and alternative practitioners alike today.

It is the Three Poisons that manifest into what we in the west consider as illness. For possessing the Three Poisons implies imbalance. Attachment or desire/passion implies a grasping at objects or experiences for personal pleasures of the ego. Take a moment to look at this through the eyes of the west in a few clichés: “he with the most toys wins”; and “shop ‘till you drop”. Madonna probably said it best “a material girl [or boy] in a material world...”.

As attachment creates imbalance, so does hatred. Hatred is based in fear. If the ego is truly frightened it reacts; a reaction of hatred toward the cause of the fear in hopes of sustaining itself. The third poison, ignorance, can be a factor in fear also. If we don’t understand something, often the ego becomes fearful of that and the unpleasantness of that fear manifests either into a deeper fear or hatred. Ignorance is simply misunderstanding of the ego.

Now attachment, hatred, and ignorance do not always mean illness. No, for when they are in balance the body is in a state of well being; but when disharmony occurs with either of these, illness begins to grow like a seed sprouting into a great oak in the forest. It all goes back to maintaining harmony of the body, mind, and spirit. If these three “bodies” are in harmony of each other then the Three Poisons are in balance also. If the Three Poisons are balanced then dis-ease is not present.

How does this concept of Yakushi relate to the mind-body-spirit experience of today? Let’s look at the individual diagnosed with cancer. In America many oncologists are incorporating visualization techniques into their treatment plans. And as a result stories are told of simple healing to miraculous results. Let us keep in mind that visualization is a vehicle to accessing the body through the mind. But why do some individuals access this healing power, while others do not? The answer is the limbic brain.

This small portion of the brain holds the pineal and pituitary glands; two endocrine glands that secrete hormones, which are vital for our bodies to function. And like a muscle, the more they are used, the better they work. The pineal gland has recently been identified as producing a chemical called pinolene; pinolene has been termed the body’s ultimate communicator. Pinolene identifies needs or surpluses in the body and communicates it to the appropriate glands and organs so that homeostasis can be maintained.

Again how does this work specifically to the mind-body-spirit connection? Think of someone that you know who is constantly miserable. If they believe (the mind) themselves to be depressed or unhappy the body produces distinct chemicals (downers) as a result. These chemicals affect (the connection) the body specifically in ways that often produce ill effects. Now consider the eternal optimist. They also produce specific chemicals (mood enhancers) that affect the body and its function in a positive manner bringing into being balance and ease.

Now add the creative visualization technique to the dis-eased person’s paradigm. Through visualization we access the limbic brain. Begin with this simple exercise: Think for a moment and picture yourself within your mind’s eye. This is the image that your limbic brain is identifying with and trying to maintain. Now choose a relatively simple physical change in your self-image that you want to occur: weight loss; stopping smoking; ect. . Now float away that old, outdated image of yourself and focus on the new image, a cleaner healthier image without that particular dis-ease. Do this periodically throughout the day (set aside an easy to follow routine that you can adhere to, like every time you go to the bathroom? You will develop a practice and we have all heard the term, “practice makes perfect” .). The easier the practice is, the more likely it is that you will do it. Continue this daily until that new self-image is you. One that you not only see, but believe. Then start again with another dis-ease. Don’t attempt more than one physical change at a time since you are changing the chemical production within the

body through what is basically a thought. Now use the same procedure to see yourself in a new car, new job, new relationship, etc. What you focus on will manifest itself both physically and metaphysically.

The above discussed practice is that of ritual; doing the same thing, the same way, for the same outcome. The ritual with the Yakushi philosophy is to picture him, or more so his essence and embodiment within the practitioners mind's eye. It is through the intent of what he represents, that is the concept to cure mental and physical illness, that the mind then secretes the appropriate chemicals. This is the mandala, or picture that the mind holds for the prescribed ritual, much like picturing one's self in better health as described above. It is limitless in how one can use it and affect their reality. Often in many traditional cultures a mantra (sound or prayer/ chant) accompanies the mandala.

In the modern visualization as stated above an affirmation (mantra) could be used to strengthen the visualization. Something like, "I am in radiant health. I am calm and at peace. My pain is gone."

And thirdly a mudra is often used alongside mantra and mandala. A mudra is a physical position that is taken and held, which tells the body, through the muscles, that healing is to take place. In different cultures it may be sitting in seiza or lotus position with the hands held in a certain way. While in our culture it may be sitting in a comfortable chair, with the feet firmly, yet gently set on the floor and the hands in the lap with eyes shut to promote both relaxation and awareness of the present moment.

Together this ritual provides the practitioner the intent to manifest healing through the Buddha of Healing in much the same way that we in the west currently practice the mind-body-spirit connection. Is one better or worse? No. Simply the intent behind each has the same outcome; each culturally specific. Isn't a shoe the same whether we call it a sneaker or tennis shoe? Semantics and ritual; don't get hung up on the language. Look for the similarity in things and not the differences. Do this and you immediately begin to battle the Three Poisons! Often western medicine gets hung up on what separates us, and not that which ties us together. As you can see the practice in the Medicine Buddha is a Great Grandfather to current mind-body-spirit practice.

For both practice in the Medicine Buddha and practice in current trends of mind-body-spirit medicine deals with intent of love and compassion toward the self. The most common problem associated with the practice of each of these is that lack of intention. As Americans, in our narrow minded culture, we all too often, allow our left brains to tell us and rationalize that either we can't do something or that we lack a faith in our abilities to accomplish the task at hand. It is negative thinking that is the biggest enemy to growth and achievement, and eventually

healing and well-being. Each way of thinking, Medicine Buddha as well as current mind-body-spirit practice, takes a different vehicle to reach their destination -but they travel the same highway to attain the same view from the top of the mountain. Why I drive a Ford and you a BMW is for personal reasons of comfort. Both vehicles get us to our destination in the end. For the power to heal comes from within.

Kusuri

Iku kusuri

Montomemu yori mo

Tsune ni mi no

Yashinai kusu wo

Tsumeyo tozo omou

Medicine

Instead of buying

A great deal of medicine

It is better to take care

of your (own) body

-Meiji Emporer, Japan (Reiki Ryoho Hikkei)

Be well and remember to “Embrace the Buddha” in your own life and practice.



Bashaw's Martial Arts Academy

<http://bmaa.yolasite.com/>

Advertise with **MARTIAL ARTS**
health, fitness, & wellness
magazine. Bashaw42@yahoo.com

Ann's Ginger House

183 Wednesday Hill Rd.
Lee, NH, 03862



Mon - Fri: 9:30 am - 7:00 pm
Sat: 4:30 pm - 7:00 pm
Parking: Parking Lot

General Information:
Prices for massage are, \$60 for one hour (\$30 for a half hour, \$90 for 90 min.) All massages are tailored to suit your needs, no extra price is added for deep tissue, or sports massage. Hot Stone massage is 75 min. for \$85. Flower Essence, and Herbal consults are \$60 for app. 1 1/2 hour visit. Not incl. essences or herbal products. Reiki, and Crystal, treatments are \$1/min. -10, 20, 30 min. treatments.

Phone: 603-661-1043

North American

SHUGENDO YOGA

Teacher Training Certification Intensive

red/orange level (level 1-2)

Providence, Rhode Island

Instructors: Rick Wilmott, Master Instructor of Shugendo Yoga and co-founder SYKI.

Chris Bashaw, Founder/Creator of Shugendo Yoga and co-founder SYKI.

www.shugendoyoga.com

nameste@shugendoyoga.com

Teacher certification at "SENSEI" or Yellow level (level 3).

This is a comprehensive Yoga Instructor Training, designed in accordance with the requirements set by the Shugendo Yoga Kai International (SYKI) for 200 hour training, is being offered in North America for the first time . At the end of the course you will be a Certified Yoga Instructor, eligible to register with Shugendo Yoga Kai International, simply by sending in a copy of your certificate. Upon competition you will be qualified to teach Shugendo Yoga in accordance with the SYKI.

Dates: Participants must attend all levels for Teacher Certification

RED/ORANGE LEVEL (APPRENTICE/ ASSISTANT Instructor) \$895 April 29, - May 1, 2011

YELLOW LEVEL A (Certified Instructor part 1) Call today for pricing. June 25-26, 2011

KRR Training (ENERGY TRAINING) Call today for pricing. August 13-14, 2011

YELLOW LEVEL B (Certified Instructor part 2) Call today for pricing. October 14-16, 2011

NOTE: Additional correspondence training included between sessions.

NO EXPERIENCE REQUIRED



Unlike most yoga systems, Shugendo Yoga melds the spiritual and healing of yoga into a simple, yet complete system that is adaptable for all. Designed by a practicing Registered Nurse for over a quarter of a century who happens to also be a healing arts practitioner, martial artist, yoga practitioner, and shaman; this yoga system is both practical and effective.

Each 50 minute session is geared toward a particular dis-ease (ie carpal tunnel, depression, fibromyalgia, back pain, ect) and includes mantra, healing work like shiatsu, yoga asana, qigong, and meditation all designed and implemented to bring back balance into the body. www.shugendoyoga.com

Shugendo Yoga has been acknowledged by the World Yoga Hall of Fame noting its effectiveness and has been featured in Scotland Connections Magazine, Herbal Path Monthly Newsletter (Dover, NH) and Inner Tapestry Magazine.

Those that should take Shugendo Yoga Teacher Training:

*Yoga instructors desiring to add a new spiritual or healing path for all persons

*Martial Arts Instructors wishing to add a deep healing modality to their schools

*Individuals searching for a deeper life path, wishing to share that vision with others

*Nurses, Therapists, Doctors, Reiki Practitioners, Massage Therapists, Counselors, Acupuncturists, Ministers who wish to bring a new modality of total body healing that is safe, effective, and self regulating to their practice.

Space is limited and we expect to fill up. Sign up now and be a pioneer in brining Shugendo Yoga to your community!

Women's Self-defense Training: Response, Awareness, Preparedness, Empowerment (RAPE)



Violence against women in this country is alarming. As martial artists many of us have taught women's self-defense in workshops and classes at our individual communities. At best women armed with only fear of attack and hopes of survival come, spend a limited few hours and we hope they have learned enough to react and save themselves in hopes that they never have to use what we share. Often these brief interludes of training include a handful of techniques as well as the hopes that they will enroll in one of our commercial programs. This isn't necessarily bad, but as an instructor don't we owe the student more? We must be armed with that vital, and the horrifying statistics that are out there as we teach awareness, prevention, and at least review the post-attack aspects with our participants. What I have seen over the years is this aspect of training is lacking or at best minimalized with the focus primarily being only physical techniques. I think it's time to change all that. Yes, continue to focus on the physical techniques, and it's really OK if you get an additional student or more as well, but consider adding this delicate information surrounding rape into your classes and workshops.

In the United States rape is defined differently by individual states. In many legislatures in the world some non-consensual sexual acts are not defined as rape at all. They may be considered legal, or as an illegal form of sexual assault. In some jurisdictions, male-female rape is the only form of rape considered rape while in others male-male, female-male or female-female rape may also be included as a legal form of rape. Rape of children is rarely seen reported in official

reports. Nor is the rape of children by their mothers and fathers or other relations represented in official publications. Rape, as well as other major crimes, suffers from poorly defined and often contradictory verbiage in the legal world making prosecution difficult at best. According to USA Today reporter Kevin Johnson "no other major category of crime - not murder, assault or robbery - has generated a more serious challenge of the credibility of national crime statistics" than rape. More globally a United Nations statistical report compiled from government sources showed that more than 250,000 cases of male-female rape or attempted rape were recorded by police annually. The reported data covered 65 countries.

In the United states alone, according to RAINN (Rape Abuse and Incest National Network):

- 1-1 in 6 women will be sexually assaulted at some point in their life, as will 1 in33 men.
- 2-College age women are more likely (4 times more likely) to be sexually assaulted.
- 3-In 2007 there were 248,300 victims of sexual assault.
- 4- Every 2 minutes in the United States someone is sexually assaulted.
- 5-60% of all rapes are never reported to the police.
- 6-73% of victims know their assailants.
- 7-Only 6% of rapists will ever spend one day behind bars.

For purposes of this article we define rape as the crime of forcing another person to submit to sexual acts, especially sexual intercourse without that persons consent.

So, how does one protect themselves against the risk of rape? Awareness is the first step. Obviously if you are being stalked, or if you feel your life is being threatened, or if someone who has harmed or threatened you before is being released from prison, or if you live or work in a highly dangerous environment, these are some obvious signs of risk, and you should consult with the police in your area to evaluate the danger that you are in, and they should help you develop a personal protection plan that is suited to your specific situation. Don't ignore the danger. But, what about the less obvious? A college student walking back to the dorm after a late class, a mother with a young child broken down on the side of the road, a cashier leaving from work, or even a nurse in the ER experience an out of control patient or family member? Of course we cannot cover every situation in this article, but we do hope to lead the reader to being more aware and where they can begin to seek out being prepared before the danger becomes imminent. Remember, what the situation is if you are in, or feel you are soon to be in, extreme personal danger, you should contact your local police immediately. Your highest priority should be to keep yourself safe, which includes finding a safe place to be, such as a

police station, a safe house, a domestic violence shelter, or even a very public place. Sexual Assault is an act of violence and no matter how we try to protect ourselves or our friends, we cannot guarantee safety. But what we can do to affect change in the environments in which we live. There are steps we can take to try to prevent sexual assault and make our communities safer.

With that in mind here are **15 ways we can begin to stop rape**, effective today:

- 1) Recognize that no one asks for or deserves to be raped.
- 2) Don't blame survivors for the violence enacted against them.
- 3) Know that silence does not equal consent.
- 4) Take responsibility for your own sexuality: don't let it be defined by your partner, the media or anyone else.
- 5) Don't drink and/or do drugs beyond your ability to control your body or your environment.
- 6) Don't use alcohol or drugs to get someone to have sex with you.
- 7) Become an ally to the women in your life—do not participate in sexist behavior by objectifying or stereotyping women.
- 8) Take a self-defense class, not in fear but in response to preparedness. And repeat that training often. Or enroll in a weekly martial arts program .
- 9) Teach your children, friends, parents, and peers about the myths and realities about sexual assault.
- 10) Find out what your local k-12 school board's policy is on anti-rape and violence prevention education and get involved! If it is not proactive, be a change agent yourself and change it!
- 11) Lobby your local, state and federal legislators for funding for anti-sexual assault programs, and self defense programs.
- 12) Let teachers know you want to have rape prevention and self-defense programs in your school room classes at the appropriateness for all students and ages. Extend this to senior programs as well.
- 13) Donate your time as a volunteer to your local rape crisis organization. Don't' worry, they'll train you.
- 14) Donate money to your local rape crisis organization.
- 15) If you have been a survivor or sexual assault—either by a stranger, an acquaintance—know that there is help out there, and it doesn't matter if the rape just occurred or was decades before). Help can always reached through your local rape crisis center directly by calling the National Sexual Assault Hotline at 1-800-656-HOPE.

But there is no guarantee that even awareness and preparedness can prevent all rape attacks. So what does one do if they are the victim of a rape, or a friend comes to you stating they have been raped?

1. Get to a safe place.
2. Contact the police (911), a friend, family member or Crisis Hotline immediately.
3. **DO NOT** change your clothes, bathe, shower, douche, comb your hair, go to the bathroom, drink, eat, smoke, brush your teeth or gargle, before you go to the hospital or see a doctor immediately so that evidence can be collected.

What Happens in a Rape/Medical Exam

The rape/medical exam is conducted for your protection. Timing is very important and should be performed immediately after the attack (it can be performed up to 72 hours after, for the evidence still able to be effectively collected). **IMPORTANT: DO NOT** change your clothes, bathe, shower, douche, comb your hair, go to the bathroom, drink, eat, smoke, brush your teeth or gargle, before you go to the hospital or see a doctor. If possible bring a change of clothes to wear home after the exam as your clothing may be sealed as evidence. If you have already changed your clothes, place the worn clothing in a paper bag to take to the hospital. A description of the assault will help the physician with the rape exam. It may also be used as evidence if there is a prosecution. Even if you do not intend to prosecute, seek medical attention immediately.

Common elements of a typical rape/medical exam.

1. The medical professional will assess any physical injuries.
2. The medical professional will have you undress while standing on a clean white cloth. The purpose of this is to allow the nurse or physician to note torn clothing, rips, tears, stains, moss, leaves, sand, or other foreign materials.
3. All of your clothing will be put into separate paper bags and then sealed. When you have undressed, any debris and the white cloth will be collected as evidence. You will not get your clothes back while the case is being prosecuted.
4. The medical professional must complete the exam according to forensic protocol, which includes taking swabs, hair samples, fingernail scrapings, and a blood sample.

4. Be sure to get Medical Attention. You may have hidden injuries that a doctor will need to check and you may need to inquire about preventing pregnancy or sexually transmitted diseases. The last step will be the follow-up procedures for the medical and/or rape exam:

1. Referral to a sexually transmitted infections (STI's) clinic or your private physician for repeat cultures in six weeks.
2. Referral to a clinic or your private physician to test for pregnancy.
3. Referral to a clinic or your private physician for an HIV test in 6 months.
4. Follow-up examine on any other physical injuries, if needed.

If you think you may have been drugged, a *free* drug test is available and requires a urine sample within 72 hours of suspected drug ingestion. This test will also screen alcohol, amphetamines, barbiturates, benzodiazepines, cocaine, GHB, marijuana, and opiates.

5. Write down everything that happened to you. This journaling can help with your own healing process as well provide written information for any legal action you may decide on later.

6-Being sexually assaulted is **never** the fault of the victim even if your attacker was your spouse, date, friend or an acquaintance. Rape is wrong.

Healing from rape will take time, seek out supportive friends and professional help.

Common reactions of rape victims are that the victim may experience a wide range of various physical and emotional responses to their trauma. Individuals vary in the way they handle and cope with their response to the attack. Some reactions may be triggered by people, places or things connected with the assault directly or indirectly. These reactions expected.

Don't become one of the statistics. Prepare yourself, your spouse, your daughter, your mother. Victimization holds no prejudices of race, socio-economic standing or social status. Start today and don't be a target.

Common Emotional Reactions	Common Physical Reactions
<ul style="list-style-type: none">• Emotional shock, disbelief or denial• Feelings of powerlessness and/or helplessness• Shame• Embarrassment• Fears of being alone• Fear of being with men• Anxiety/panic attacks• Anger• Guilt• Fear that you are to blame• Depression	<ul style="list-style-type: none">• Sleeplessness• Nightmares/reliving the event• Bed wetting• Stomach aches• Obsessive/compulsive behavior• Excessive movement• Disorientation• Hysteria or extreme calm• Muscular tension• Nausea• Loss of appetite or overeating• Lack of concentration



Don't Become a victim. Start training today!



<http://bmaa.yolasite.com/>

舊式松樹法

A Warrior's Art



<http://www.old-pine-tree.webs.com/>



A warrior monk tradition steeped in Buddhism, shamanic practice, magik, energy-work, healing, and concept of the natural law of movement. Using Kosho concept and tai chi forms one embraces the mystical, magical, and martial side of being a warrior. KHY is a true warrior's art that completes the individual searching for wholeness.

Students of KHY are exposed to tai chi, qigong, Shugendo Yoga, energy healing arts like Kokoro Ryu Reiki and Koshonic Body Stress Release, True Self-Defense, Universal Buddhism, magik and shamanic practice, philosophy, kuroshinobi-ryu Shinobi-do, and KHY herbology, to name a few.

About Rev. Christopher J. Bashaw, PhD/MA, DD, RN, Soke

Kosho Hoho Yooga is an American eclectic Martial Art, developed by Christopher Bashaw, soke, Family Head. Kosho Hoho Yooga, or "Old Pine Tree Method of Unity and Self Discipline", a martial blending of Kosho Ryu Kempo and Tai Chi. Kosho Hoho Yooga takes the traditional conceptual teachings of the Japanese Warrior Monk of 1235 AD (true self-defense, healing, and spiritual arts) and makes it applicable for the 21st century. Christopher holds black belt ranking in Shaolin Kempo Karate, Mugei-Mumei no Jitsu, as well as certification in Yang style Tai Chi, and Jonin in Kuroshinobi Ryu Shinobi-do. He was awarded his Hachidan (8th degree black belt) from the World Martial Arts Hall of Fame in Cleveland, Ohio in 2006. In January 2007 Christopher was inducted into Action Magazine Martial Arts Hall of Fame. And in June of 2008 Bashaw was inducted into the World Karate Union as "Founder of the Year". Christopher has been a Registered Nurse for over 2 decades, including pediatrics, military, pain care, recovery room, occupational health, drug and alcohol recovery, insurance case management, and rehabilitation. And over the last 20 years he has become certified as a Reiki Master/Teacher, developing his own system, Kokoro Ryu Reiki System of Natural Healing, and given permission in his lineage by Laura Grant, RMT to proceed with that system; Christopher is also the founder of Shugendo Yoga, a spiritual, gentle healing form of yoga which is done by Kosho Hoho Yooga-ka as well as students outside the system; he has taken vows as a Buddhist Lay Priest and now practices and teaches Universal Buddhism as part of his curriculum. He holds a Doctorate in Divinity as well as a PhD/MA and the title of Professor. He incorporates herbalism, internal and external Chi Kung healing, and Shamanism into his practice and the art of Kosho Hoho Yooga. He developed Koshonic Body Stress Release © and is now teaching it privately to select students who are opening their own successful practices. Bashaw is also a renowned psychic and medical intuitive, working both independently as well as with New England Curiosities. Christopher is available for private readings and sessions. Bashaw, soke teaches internationally the art of Kosho Hoho Yooga. Christopher is a founding member of WaShin International. Bashaw, soke, is also a CNFT^(Certified Natural Fitness Trainer).

A martial art that is a complete system of martial, healing, and spiritual growth as well as philosophy, concept, and practicality.



KHY



Kosho Hoho Yooga

Old Pine Tree Method of Unity and Self-discipline



KHY and Bashaw, soke have been acknowledged and awarded by The World Martial Arts Hall of Fame, Action Magazine Martial Arts Hall of Fame, Karate Union Hall of Fame, and World Yoga Hall of Fame as well as featured in several magazines for his art's accomplishments.

*To arrange seminars, workshops, group teaching, or private lessons contact Bashaw, soke at
603-418-4382 or bashaw42@yahoo.com*

The Best Martial Art

Many people send us emails inquiring about the best martial art so we decided to write an article about the best martial art in our opinion.

It is a very difficult task to determine which is the best martial art so first of all let's take a look what a martial art exactly is and what not.

The word "martial art" consists of 2 parts; "martial" and "art" both of them are very important as you will see in the following lines in the determination of what a martial art exactly is.

According to the dictionary the word martial means:

1. Of, relating to, or suggestive of war.
2. Relating to or connected with the armed forces or the profession of arms.
3. Characteristic of or befitting a warrior.

As you can see , martial has everything to do with war and the ways of the warrior.

Art on the other hand gives the following definition:

1. Human effort to imitate, supplements, alters, or counteract the work of nature.
2.
 - a. The conscious production or arrangement of sounds, colors, forms, movements, or other elements in a manner that affects the sense of beauty, specifically the production of the beautiful in a graphic or plastic medium.
 - b. The study of these activities.
 - c. The product of these activities; human works of beauty considered as a group.
3. High quality of conception or execution, as found in works of beauty; aesthetic value.
4. A field or category of art, such as music, ballet, or literature.
5. A non-scientific branch of learning; one of the liberal arts.
6.
 - a. A system of principles and methods employed in the performance of a set of activities: the art of building.

b. A trade or craft that applies such a system of principles and methods: the art of the lexicographer.

7.

a. Skill that is attained by study, practice, or observation: the art of the baker; the blacksmith's art.

b. Skill arising from the exercise of intuitive faculties: "Self-criticism is an art not many are qualified to practice" (Joyce Carol Oates).

8.

a. arts Artful devices, stratagems, and tricks.

b. Artful contrivance; cunning.

So combining the two gives us A system of war principles and war methods employed in the performance of a set of warlike activities as a useful definition for martial art.

In short; "the training of the methods and principles of war"

This is very important that we understand this completely because most martial arts nowadays are not martial arts as defined by the term above. War is not defined by rules, competition or divisions. War has only one goal; the destruction of the opponent by all necessary means in the shortest time possible.

The moment a martial art acquires rules of competition, divisions, and rules of engagement or protection the martial part of martial arts is lost and the martial art in question becomes a completely different thing.

Now I am not going to write about the sports derived from martial arts because the question in this article is "What is the best martial art"

In my opinion the best martial art is the one that gives you most options of survival in a true case of life and dead struggle with a professional opponent.

This means that the martial art must be prepared and give the practitioner the possibility and means to deal with both armed as well as unarmed opponents, single or multiple attacks and so on.

This is not only done by techniques because techniques and the human capacity to perform them in the short period of time (seconds) of a true case and in constantly changing environments, situations and against different opponents makes it virtually impossible to use only techniques overcome all kinds of attacks.

This is where the martial methods in Japan became an art. Being aware of the limitations of training (limited time and physical capacity) the Japanese bushi started to study the underlying principles of war. They found out that all human beings have similar reactions when they are to be found in similar situations.

Let me give you an example to make this clear: When someone touches a hot stove his hand automatically recoils without even having to think about pulling your hand back. Or when your head is pulled down, your body automatically will follow and to prevent falling to the floor you will resist pulling to the opposite side of the force pulling you down.

Knowing and understanding these concepts gave the boshi in ancient Japan an enormous advantage over his adversaries. It increased by no small amount his capacity to deal with life threatening situations.

Today this is still useful and I think it will always because humans today are the same as the ones of 600 years ago. We still share the same fears and instinctive reflexes and the principles of war have not changed, only the means by which we engage in war.

So if you want to practice the best martial art first of all you must be prepared to do a lot of hard physical training (did you ever see a warrior with an overweight of 50 pounds ?) to prepare your body, next explore your fears and instinctive reactions and adapt or change them to fit your needs as a warrior so you will be able to use them in true combat and finally learn to understand your opponent and use his fears and instinctive reactions against him.

This will give you the best martial art.

Peter Vermeeren is a traditional martial arts teacher for over 30 year. His websites can be found here: <http://www.takaharudojo.org> and <http://www.kamikaze-portal.com>

Source: <http://www.websition.com/>

Welcome to the Kawartha Hoshin Training Centre

“the way of the enlightened warrior”

<http://www.khtc.ca/>

The Kawartha Hoshin Training Centre (KHTC) was the first official Hoshin training facility in Canada, and now Hoshin honbu.

Come Train in Hoshin and train with the best Canada has to offer.

**95 1/2 Saint Patrick Street
Lindsay, Ontario, Canada
K9V 1R7**



What Makes Us Different?

- We Teach Self Protection
Not Sport Martial Arts
- We Develop Both the
Internal & External sides
of the Martial Arts
- We Use Awareness Skills
to Avoid Conflicts
- We Teach Meditation,
Chi Kung, and Healing
Skills

