

# SILICON VALLEY BUDOKAN MARTIAL ARTS & HEALING CENTER

## MARTIAL ARTS

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### Koshiden-Ryu Jujutsu



Koshiden-Ryu Jujutsu is a principle-based martial art that emphasizes harmony and mind/body coordination with the laws of nature (physics, physiology, and psychology) to control or defeat an opponent. It is an art of joint locking, throws, pressure points, connection, grappling, striking and chokes.

Koshiden-Ryu Jujutsu also offers training in and defense against modern and traditional weapons (long and short staff, knife, sword, bokuto), and teaches evasive strategy and defense against multiple attackers.

### Shinkendo (Japanese Swordsmanship)



Shinkendo emphasizes traditional and effective sword training, based on a historically accurate, comprehensive style of Japanese swordsmanship.

Shinkendo training includes suburi (sword swinging drills), tanrenkata (solo forms), battoho (combative drawing and cutting methods), tachiuchi (sparring), and tamashigiri (cutting straw and bamboo targets). Students train using a bokuto (wooden sword), and later advance to training with an iaito (non-sharpened sword), and finally a shinken (live blade).

## Tao of Self Defense (Dao Zi Bao)

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Based on simple principles and instinctive movements, Tao of Self Defense (TSD) is a reality-based system that is designed to teach effective self-defense in the shortest possible time. Training includes learning how to defend against common attacks (chokes, grabs, and bear hugs), and weapons (guns, knives, and sticks). Just as important, students learn how to react and function effectively during the stress and shock of a sudden, violent encounter.

TSD is also offered to children, teaching them practical and effective self-defense in a fun, dynamic and encouraging environment. Through TSD exercise, personal safety and discipline, children will build confidence, character, and self-esteem that will empower them with crucial life skills that they can use in all aspects of their lives.

## Aikido and Aikibujutsu



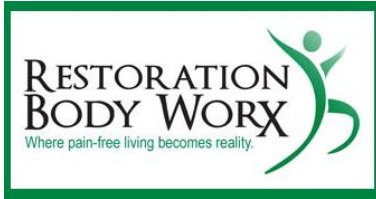
Aikido and Aikibujutsu are empty-handed arts in which one utilizes, rather than opposes, the energy or force of an opponent's attack through techniques such as throws and controls. Aikidō and aikibujutsu methods do not rely on the use of force against force, but instead involve blending with the opponent's energy and redirecting or diffusing it, resulting in a less destructive (and less effortful) method of overcoming an opponent.

Aiki instruction incorporates extensive taisabaki (body movement), ashisabaki (footwork), kumite (paired exercises), jiyūwaza (free sparring against single or multiple opponents), and a diversified curriculum of effective techniques. Supplemental teachings also include tantōjutsu (knife technique), bōjutsu long staff technique), jō-kumite (short staff practice), te-hodoki (unbinding methods), and various other disciplines.

## HEALING CENTER

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### Restoration Body Worx



Martial arts have used massage therapy for a long time as part of their training regiment to relieve soreness and improve performance. Restoration Body Worx offers sports rehabilitation and many different types of therapeutic massage. Sports rehabilitation is offered through functional movement assessments and the latest tools and practices to detect and treat problem areas. Therapeutic massage is the manipulation of the soft tissue of the human body to prevent and alleviate pain, discomfort, and stress; the following is offered at Restoration Body Worx: Sports, Koho Shiatsu, Trigger Point, Deep Tissue, Reflexology, and Cranial Sacral.

### Kilohana Massage and Healing Arts



The Kilohana Martial Arts Association is a non-profit organization founded to perpetuate the teachings of Professor Sig Kufferath, as well as to promote the study of other martial disciplines so as to provide the widest possible exposure to all aspects of martial arts for their members. Kilohana also encourages the discovery of the spiritual aspects of martial art and works diligently to foster a sense of community among other martial organizations and schools.

The association also includes the Kilohana School of Massage and Healing Arts, which was established to promote the massage and healing arts of Professor S. Okazaki and Professor Kufferath, as part of a martial arts training regimen. The school's classes are taught by senior members of the association, who are also master instructors of their own martial arts disciplines.

The new location will be open in April of 2013 at 685-D Jarvis Drive in Morgan Hill. For more information contact Rowdy Hall at [rowdyhall@gmail.com](mailto:rowdyhall@gmail.com).