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# INSIDE KUNG-FU®

THE ULTIMATE IN MARTIAL ARTS COVERAGE!

**CHUCK  
NORRIS**  
returns as  
"A Force of One"

Who is the  
controversial  
"MAN of  
POWER"?

## INSTRUCTION:

- Aikido
- Contact Karate
- Kung-Fu
- Weapons

**GERALD  
OKAMURA:**  
Man of many  
**Weapons**





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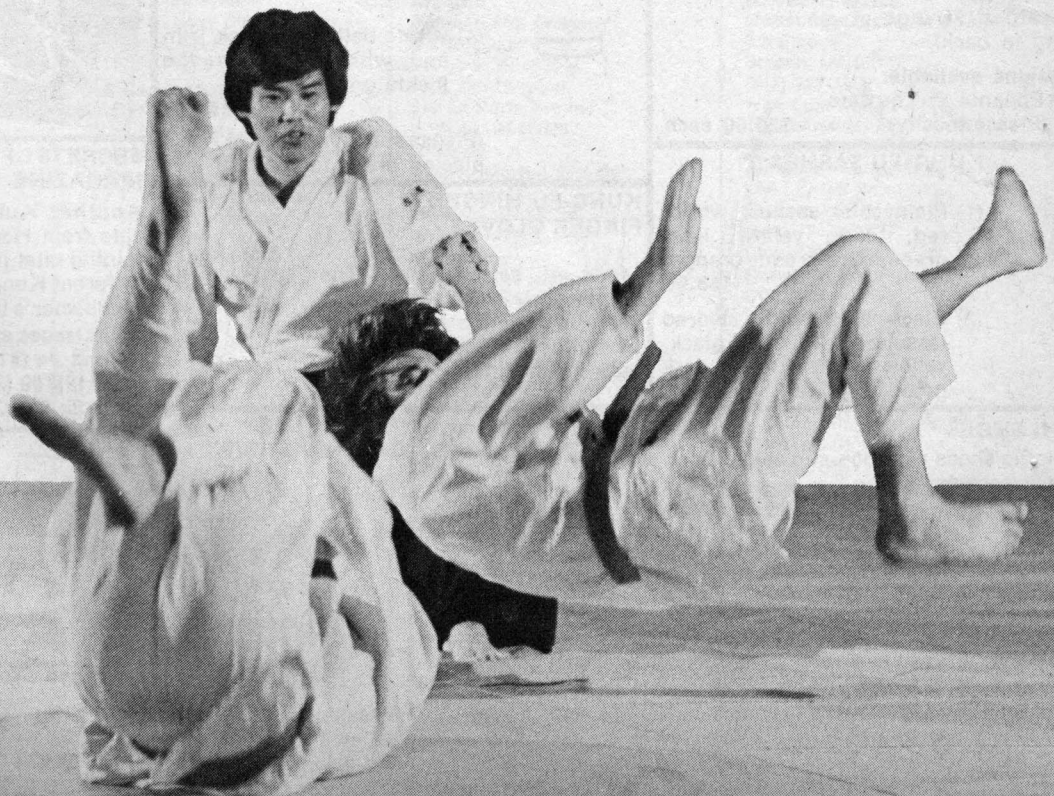
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### KATATETORI SHIHONAGE

The Shihonage technique is one of the basic movements in Aikido. It is versatile in that it can be applied to many types of holds or direct thrusts. Shihonage literally means "Four Corners Throw". This name comes from the 360 degree turn the Aikidoist must make to complete the throw. The name also refers to the fact that the Aikidoist can throw his opponent in any direction (four corners) from any position. In multiple attack, it is sometimes necessary to throw the opponent against the other attacker to block him. In certain instances, it is necessary to use the Shihonage technique to position the opponent as a shield against the other attackers.

1. The attacker grabs the Aikidoist's left wrist.

2. The Aikidoist guides the attacker's wrist up and around as he steps to the side at the point farthest from the attacker's free right hand and foot.

3. The Aikidoist must make a strong, centered rotation of the tanden (hips) guiding the attacker's hand down and forward causing him to shift his weight to his left side immobilizing the left foot from a counter kick.

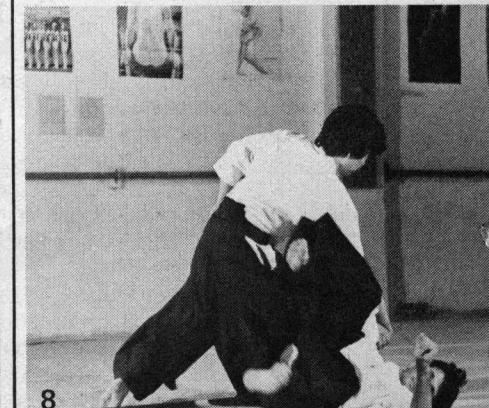
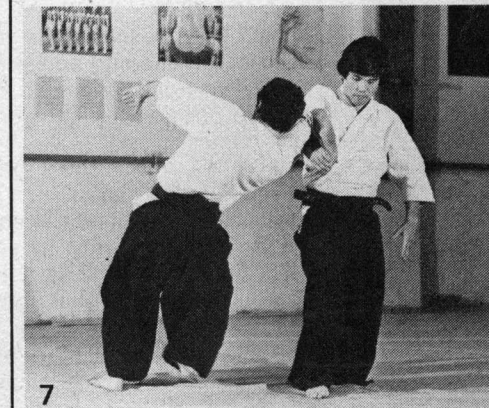
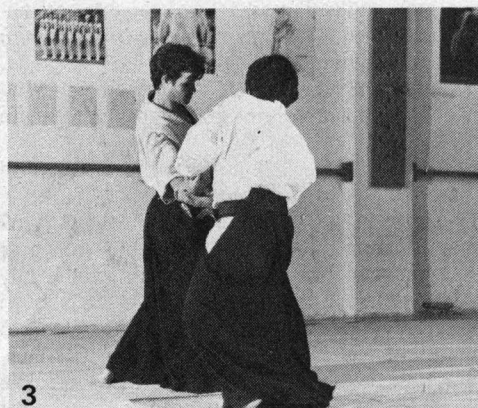
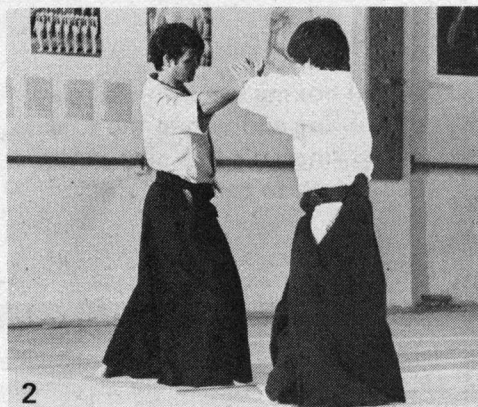
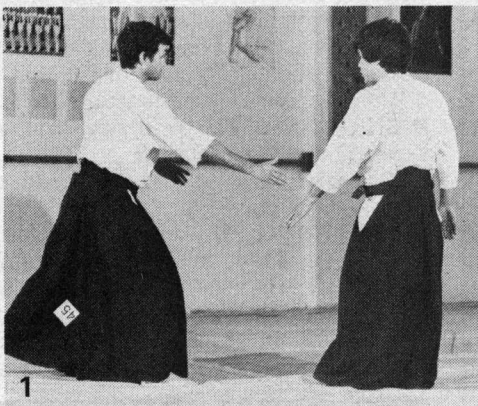
4. The Aikidoist has locked the attacker's left hand; he is positioned behind the attacker out of his range of vision at the farthest point from his right hand and foot. The attacker's vital points at his side and at the base of his neck are exposed to a blow if the Aikidoist finds it necessary and appropriate depending on the circumstances. There are at least 10 basic throws or holds which can be applied from this position. In this case, it is the Shihonage technique.

5. Initiating the Shihonage technique, the Aikidoist makes a strong left step forward, the basis for the rotation of the tanden (hips).

6. The left step is completed and the left heel is twisted up and then down to straighten the back leg and support the complete rotation of the hips.

7. The completed rotation of the tanden has caused the opponent's center of mass to shift several inches beyond his back step. The attacker is off balance and his right hand cannot counter.

8. The throw is completed. In Aikido, the attacker is completely off balance before the throw is set. Thus, the Aikidoist can control the degree of intensity, depending on the circumstances, from a gentle take-down to a complete throw which may cause concussion or injury to the arm, shoulder or back.



**Note: This throw is extremely dangerous. In its original form, it was used to dislocate the arm at either**

**the elbow or shoulder. Practice should not be attempted without the guidance of a competent instructor.**



## GONIN TORI KOKYU NAGE

Two men are holding the left arm, one man is choking from behind, one man is grabbing the front and one man is holding the right arm. Common sense says that one should never be caught in such a situation in the first place.

This kind of training is important because the Aikidoist is at a complete physical disadvantage, five men against one. The problem is to move against several different attacks from several different directions all at the same time. It is not a question of resisting the attackers but a matter of non-resistance.

The spiritual discipline and physical technique must always be totally compatible. They complete and compliment each other. This is the Yin-Yo (Yin-Yang) principle of Aikido. The training is incomplete if one delves only into the spiritual or mental aspects of Aikido; likewise, if one only practices the physical technique, the essence of the art is lost.

1. The five man attack. The Aikidoist remains cool.

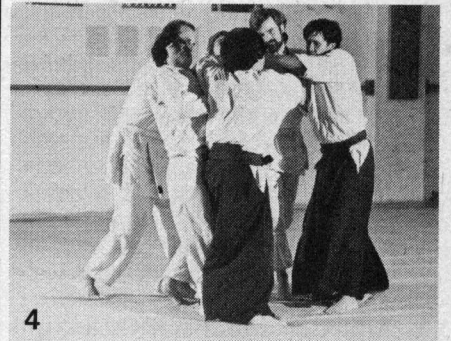
2. The Aikidoist moves to the weakest point of the attackers.

3. The five attackers are drawn together as the Aikidoist moves to a point of safety outside the ring of their attack.

4. The Aikidoist tangles their arms together so that they are resisting each other and not himself.

5. He shifts their center of gravity and they lose their balance.

6. "Zanshin". The Aikidoist remains calm and his energy is concentrated.



Mr. Daniel M. Furuya, chief instructor of the Hollywood Aikido Club, the Aikido Institute of Hollywood, and the Beverly Hills Aikido Club is affiliated with the United States Aikido Federation as an instructor and received his black belt degree from Master Kisshomaru Ueshiba, the legitimate successor to the founder of Aikido, Master Morihei Ueshiba.

Assisting Mr. Furuya are Mr. Pablo Vasquez, Mr. Nick Siu, Mr. Nick Wallace, Mr. Glenn Strand, and Mr. Tom Simmons. They are all students of Mr. Furuya.

