



GOSHIDO-URA



The Way to correct Attitude through
Ura teachings in the Classical Martial Arts,
Koryu Bujutsu



Goshido – the way to correct attitude

goshido is

- a way of looking,
- a way to observe,
- a way of thinking,
- experiencing the days of living.

Goshido teaches you to look honestly at effort – step by step



Japanese Kanji for
Do – Michi, the Way

Goshido was founded 2002.02.02 by

Shihan Goro Suzuki and Soke Bo Munthe



Goshido practice commitment

The following text is the result of the discussions between Goro Suzuki, and Soke Bo Munthe, Shihan, during talks about lifting the mental awareness and qualities in the goshinjutsu training. Our intention has been to put the methods of Goshido above the physical training and the struggle to higher grades and other stress full results related to *jutsu* practise. Although we are using all physical techniques from goshinjutsu muteryu, there is no grading in Goshido.

Goshido, Zen and Budo have the same goal; to serve as a vehicle for personal spiritual development.

Goshido is the five intentions of:

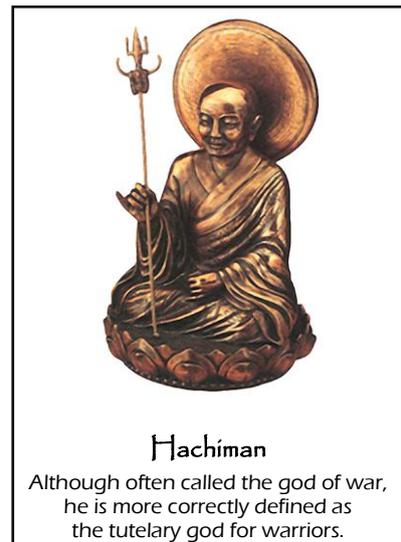
1. Open mind and ready to help fellow human beings
2. Perspective on life and continuous striving
3. Humility and focused mind
4. Honesty and clear consciousness
5. Inspiration for personal development

五
志
道

Go - five

Shi - pure mind

Do - way



Thoughts of Goshido

Real Budo is not a sport or self-defence which is egoistic and heroic attitudes. Of course Budo can be used as self-defence, but true Budo mind is not focused on this. The budoka has a great responsibility towards him and others. Self-respect and respect for others is essential.

Knowledge of technique without mental discipline is not enough to accomplish the goals of Budo. It is hard work to find the spirit of the techniques. To accomplish the techniques the budoka must train his mind, develop wisdom and love of humanity.

Beginner

Beginners should not practise alone as it can be dangerous. Budo is not a tatami-sport. When entering the dojo, one must submit to the leadership of the instructor. **The philosophy of Budo is an art of deep mental and physical discipline.**

Violence

One who uses violence, in our outside the dojo, will be expelled from the training by the master of the dojo. **Violence has no connection with Budo.**

Tools, instruments, weapons

In Budo and Kobudo there are many techniques trained with weapons of different kinds. It is not possible to understand the techniques only by reading or watching, one must practise with the instructor. With the correct knowledge of how to use the tools one will learn to respect, and maybe fear them. With the right mind of practise one will develop one's own mind. **Who has the tools will reflect his mind in the use of these.**

The weapons are originally meant to kill and hurt an enemy but this must be forgotten when practising. The attitude of the instructor is therefore of the greatest importance when guiding the student in the way of thinking and acting. **The right attitude of Budo will give peace of mind and pleasure in life.**

Philosophy

The universe consists of a great variety of manifestations of phenomenon that exist only in relation to each other, and have their absolute value only in this relation.

The irreducible factors, according to traditional Japanese philosophy are the five elements, Earth, Water, Fire, Air and Ether (void). The five elements are also an image of Man.

This does not mean that we have a microcosm and a macrocosm in this relation but the universe is incarnated in Man as an *antropocosm*. Every human being is the universe and this is an ultimate reason for respecting integrity in life.



Humanism, Humanitarian, Humanity

- **Humanism** is a system of beliefs concerned with the interests and values of man.
- **Humanitarian** is being concerned with trying to improve people's lives by giving them better conditions for living, fighting injustice, etc
- **Humanity** – the quality of being human.

The training of Goshido is like the art of calligraphy, *shodo*,
Always new, never the same, always developing one's mind,
Striving for enlightenment
through refinement of techniques.

Goal of Goshido *working together* –
Developing each other

GOSHIDOKAN med Edo Machi-kata Taiho Jutsu

Vår träning är inriktad på de klassiska och traditionella kampformerna, ko ryu bu jutsu. Därmed finns ingen direkt anknytning till någon specifik stil (ryu), principerna i träningen kommer dels från EMKTJ, den traditionella Ju Jutsun samt från den ninjutsu som Soke tränat. Filosofiskt baserar sig träningen på Goshido (se särskilt kompendium) som ska skapa rätt attityd och förhållningssätt till vår träning i Budo och utanför dojon. Verksamheten går under namnet GOSHIDOKAN och leds av Soke Bo Munthe med hjälp av Kyoshi Dan Utholm, 8 dan.

För att våra medlemmar ska veta hur vi kommit fram till vår form av Ju-jutsu, och den filosofiska inriktningen, är det viktigt att påvisa varifrån våra rötter i budo kommer. Soke har tränat och studerat Budo sedan 1958. De senseis han tränat med har bidragit till att hans fysiska och filosofiska kunskaper ackumulerats till den nivå de är idag. Nedanstående lista visar vilka han tränat och studerat med:

- Sensei Georg Irénus (1930-2013) Judo, jujitsu, soke, Ju-shin-jitsu
- Sensei Bo Holm (1939-2000) Judo 4 Dan
- Sensei Olle Edeklev (1938-) Judo 7 Dan
- Sensei Zsolt Györbiro (1939-) Kempo (Renshinkan karatedo) 5 Dan
- Shihan Tetsuji Ishizuka (1948-) Bujinkan Budo Taijutsu, ninjutsu
- Soke Masaaki Hatsumi (1931-) Bujinkan Budo Taijutsu
- Soke Richard Morris (1936-) Jiu Jitsu International
- Shihan Goro Suzuki (1950-) Mentor, filosof, humanist, kunskapare och god vän
- Joe Hyams, (1923-2008) Hedersyudansha, god vän och mentor
- Doc George "Rhino" Thompson, (1941-2011) Sokes sensei i Verbal Judo

逮
捕
術

"Edo Machi-kata Taiho Jutsu
is dedicated to researching,
preserving, and disseminating
information about traditional
Japanese
arresting arts and implements."

Betydelsen av Edo Machi-kata Taiho Jutsu enligt Dr Cunningham:

Basically, it translates as "Edo town way" or "Edo town technique." By this, I meant the title to include a reference to the traditional arresting arts as practiced in Edo (now Tokyo) during the Edo period. (徳川時代, Tokugawa jidai 1603 to 1868.

Edo Machi-kata Taiho Jutsu

江戸町形逮捕術



JU-JUTSU

Tai sabaki

Uke waza

Atemi waza

Te/Tai hodoki waza

Osaе waza

Kansetsu waza

Nage waza

Shime waza

BEVÄPNAT

Jutte jutsu

Tessen jutsu

Kusari fundo jutsu

Hojo jutsu

Bojutsu

Tanbo

Hanbo

Tsue bo

Yawara bo

Keibo

Teno uchi