

和心流

Meaning of Wa Shin Ryu

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Literally translated the terms mean:

Wa = harmony

Shin = mind, will, spirit, heart

Ryu = system/tradition

Thus, the literal meaning is "the system of the harmonious mind". The intent however is to stress the idea that the system helps harmonize the whole person; that is, both mind and body.

Thus, by achieving a harmonious state of mind and body we are then able to create the preconditions necessary for tapping into, and unleashing the awesome power that we all possess within us. The road to such self actualization is hard and requires a commitment to the Four-fold Path. That is:

(i) Rigorous and dedicated training in the ways of Wa Shin Ryu Jujutsu

(ii) Meditation and introspection

(iii) Practice and application of the philosophy of Wa Shin Ryu

(iv) Correct application of the System Principles of Wa Shin Ryu Jujutsu. These are:

1. General Principles of Combat Strategy (Heiho - 8 principles)

2. General Principles of Movement (Shintai Jo - 4 principles)

3. General Principles of Technique Execution (Kake Jo - 6 principles)

4. Principles of Power Generation (Ryoku Jo - 10 principles)

5. Principles of Distance Fighting (5 principles)

6. Principles of Close Quarter Fighting (6 principles)

7. Principles of Ground Fighting (6 principles)

*** Note: The above principles are explained in the document "System, Philosophy and Principles of Wa Shin Ryu Jujutsu"**