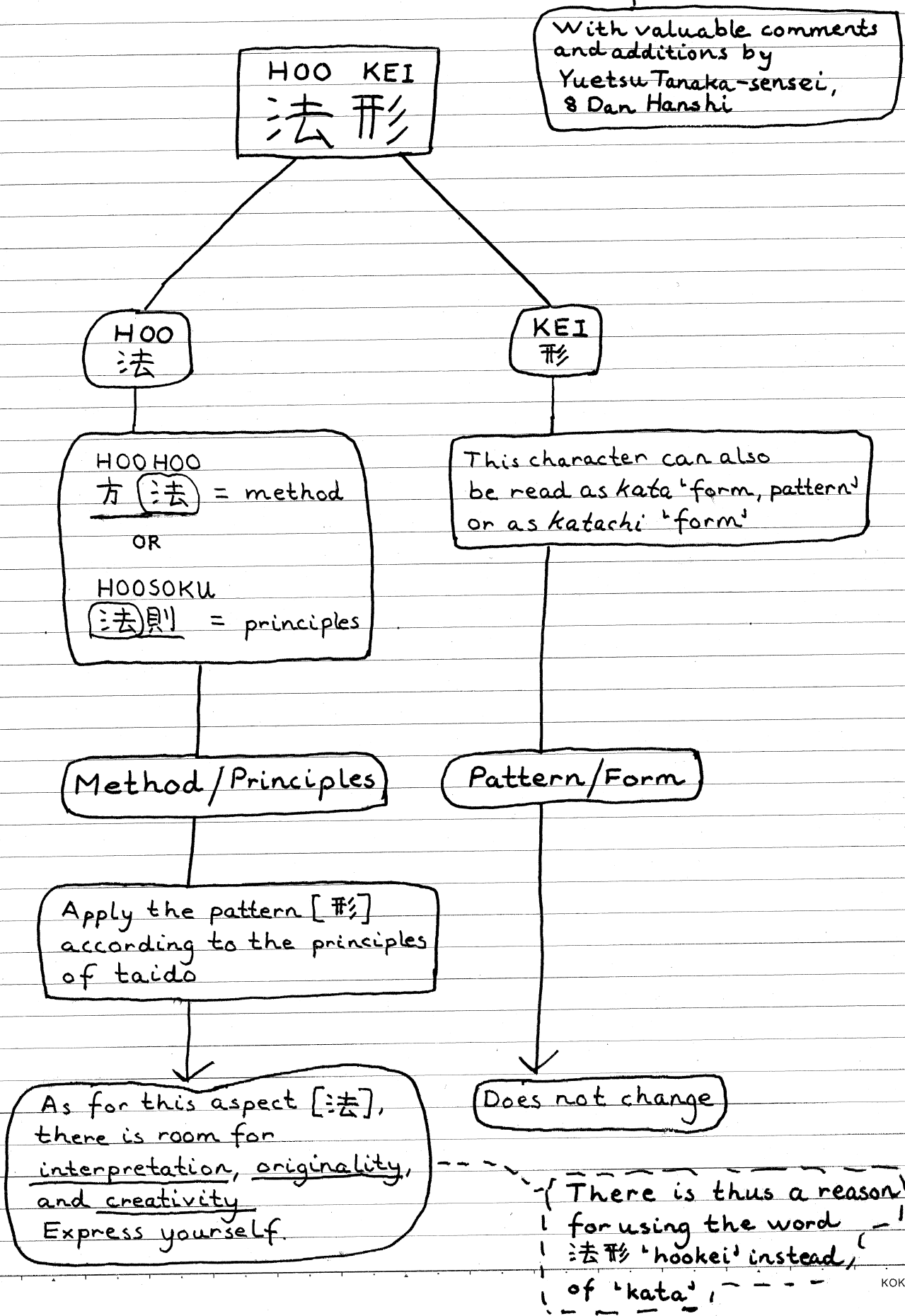


Notes on hookei

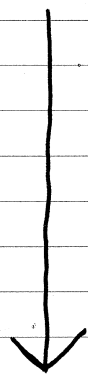
Lars harm, August 2022



Tanaka-sensei's comments about
page one

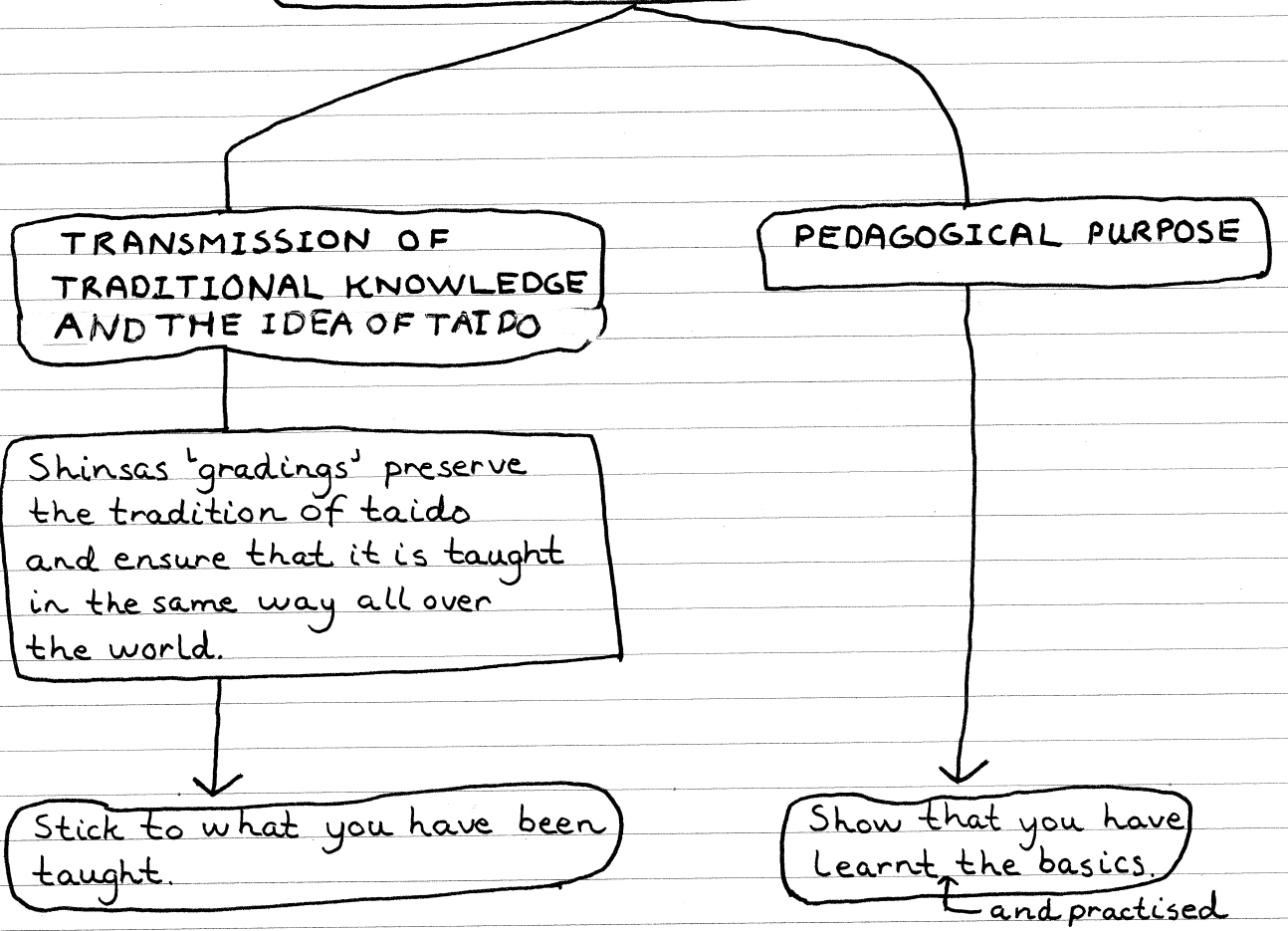
- Hookei was established to distinguish Taïdo from other budos and from karate where the word 'kata' is traditionally used.
The word 'hookei' evokes the image of taïdo, while the word 'kata' gives an image of karate.
- Hookei is the home of Taïdo to which every taïdo member come back after a long journey of creation.
- The character ^{HOO} 法 also means "truth" that is not to be changed by anyone unless there is concrete reason for it.

Continues on the next page



hars harm

**HOOKEI
法形 IN SHINSA 'GRADINGS'**



PEDAGOGICAL ASPECTS



GEIJUTSU TEKI

芸術的 'artistic'

THE AESTHETIC/ARTISTIC DIMENSION OF HOOKEI

BITEKI

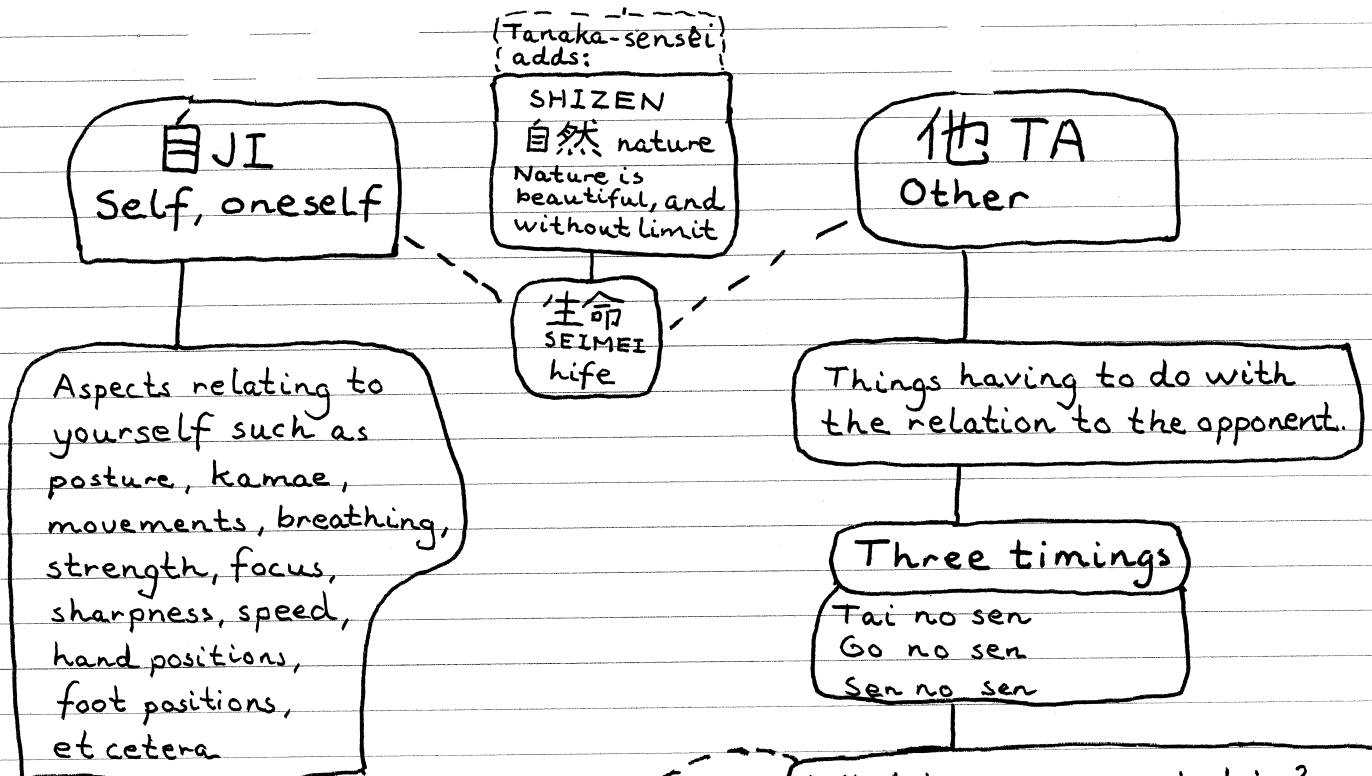
美的 'aesthetic'

- Taicho is a martial art.
- A well-performed hookei is beautiful.
- For example, the extended arm at the beginning of senin chokujoozuki expresses the 線 'sen' (line).

Tanaka-sensei says: SEIBI
精美
'supreme beauty'
'exquisiteness'

What do you think makes a hookei beautiful?

HOOKEI: TWO PERSPECTIVES



Aim to perform your hookei in a way that makes the audience feel or see the opponent.

What is your opponent doing?
Is she/he moving or standing still?
Is she/he attacking you or just about to attack you?
Is there one opponent or several?

Tanaka-sensei: The importance of drawing up a hypothetical storyline.

THINGS TO CONSIDER

— Aim to be sharp, focused, and fast rather than using excessive muscular force.

— Be 真剣 'shinken'. This word means 'a real (sharp) sword' as in 'shinken shoobu' (a fight with real swords).

It is also used in the sense 'serious'.

Taido is a budo. Be totally focused.

↑ traditional Japanese

Tenaka-sensei:
Avoid unnecessary thinking

— Always be mindful of 基動線 'kidoosen'. In August 1989, in Sendai, Japan, Saikoo Shihan said:

"It is not I who is your teacher. Kidoosen is your teacher."

— When competing or taking a grading, try to exhibit a positive body language before entering the court. Keep your head up. Walk calmly and confidently with a poised posture. By doing so you will display:

貫禄 'kanroku' (dignified presence)

and

風格 'fukaku' (dignity, character, style)

Remember what it says in the Taido Gojookun:

態端正にして心形の一体を図り

態位正しきを得れば侮られること無し

TAI TANSEI NI SHITE SHINGYOO NO ITTAI O HAKARI

TAI TADASHIKI O EREBA ANADORARERU KOTO NASHI

See my paper from 2003 'Taido Gojookun The five teachings of taido' with translation and comments.

Hookei and creativity

— When I talked with Yuetsu Tanaka-sensei, 8 Dan Hanshi, in June 2022, he asked me:

"If you had to choose but one key word that epitomizes the idea of taido, what would it be?"

My answer was 主体性 'shutaisei', which has to do with notions such as 'independence of will or action', 'autonomous person', 'independent character'. Tanaka-sensei agreed that 'shutaisei' is very important, but that he would perhaps place it second, after the word 創造性 'soozoosei' (creativity).

創造心 'soozooshin' (creative mind) is one aspect of 躰道心 'taido-shin' which is a new taido word coined by Tanaka-sensei. ↳ taido mind

— In the pamphlet of the first International Taido Friendship Championship (1984), Saikoo Shihan wrote:

「躰道の本質は真技を所有することではなく、
真技を創造するところにあります。」

Tanaka-sensei's comment:
Challenging mindset
→ independent character
→ reflection
→ progress

"Taido no honshitsu wa shingi o shoyuu suru koto de naku, shingi o sozoo suru tokoro ni arimasu."

"The essence of Taido is not to possess the supreme techniques but to create them."

(Probably translated by Takashi Miyazaki-sensei)

What do you think this means in practise, in the context of hookei?

Creativity in hookei competitions

創作の部

SOOSAKU NO BU

A division where the contestants perform new hookeis that they have created. 'Soosaku' means 'creation'.

The annual competition 'Hanshi Taikai', where Saikoo Shihan used to be the sole judge, has three individual hookei divisions: Renshi no bu, Kyooshi no bu, and Soosaku no bu.

In 1974, Kooichi Taniguchi-sensei, at that time 7 Dan, performed his 天位の法形 TENI NO HOOKEI

In 2009, Yuetsu Tanaka-sensei, 8 Dan Hanshi, performed his 逆旋の法形 GYAKUSEN NO HOOKEI

'Ordinary' hookei competitions

The contestants perform the established hookeis of taido, for example Tenin no hookei, Tentai no hookei, Tensei no hookei et cetera.

Do a 法形 and not just a form (method, principles) a 形

Creativity and originality

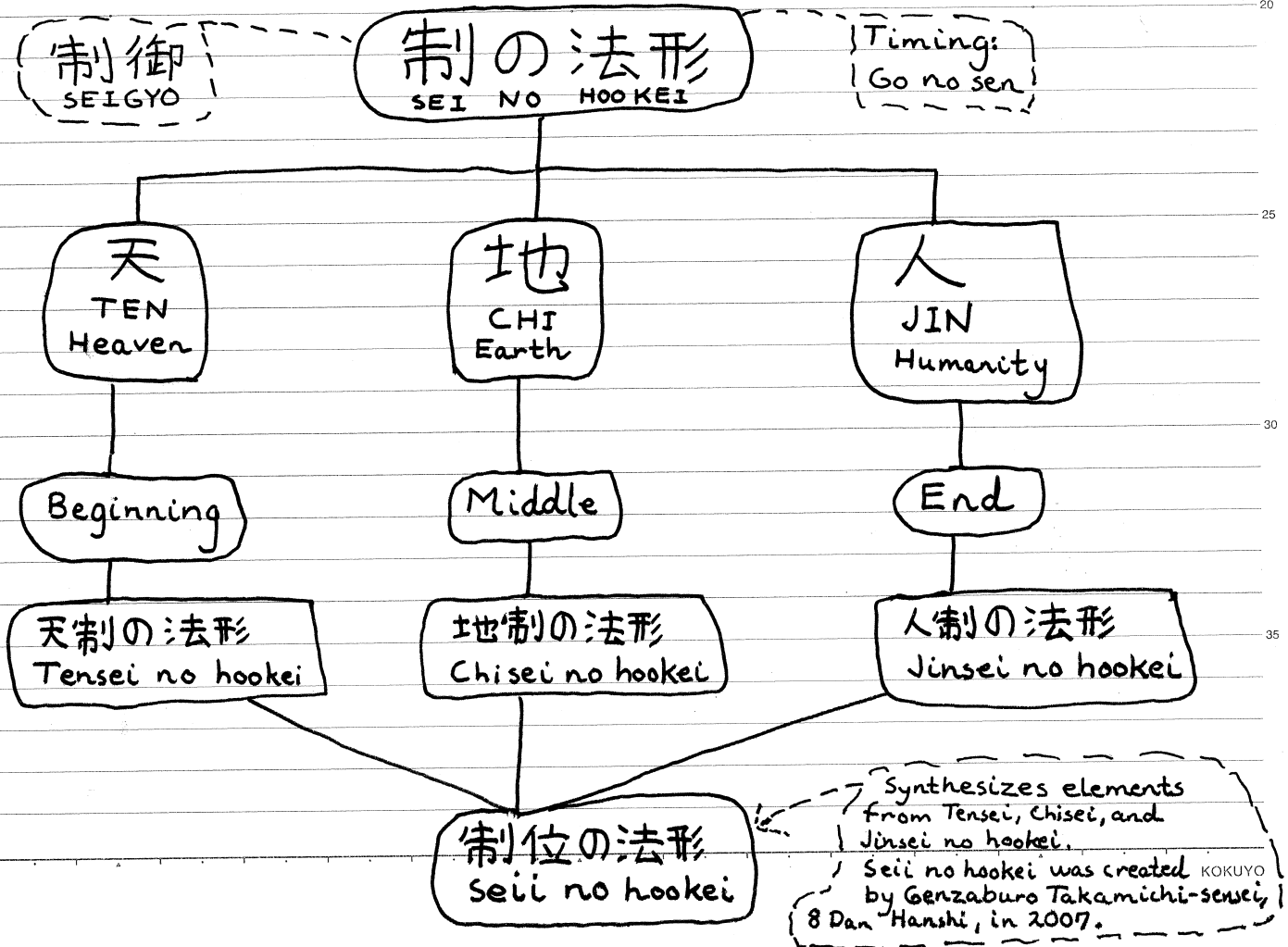
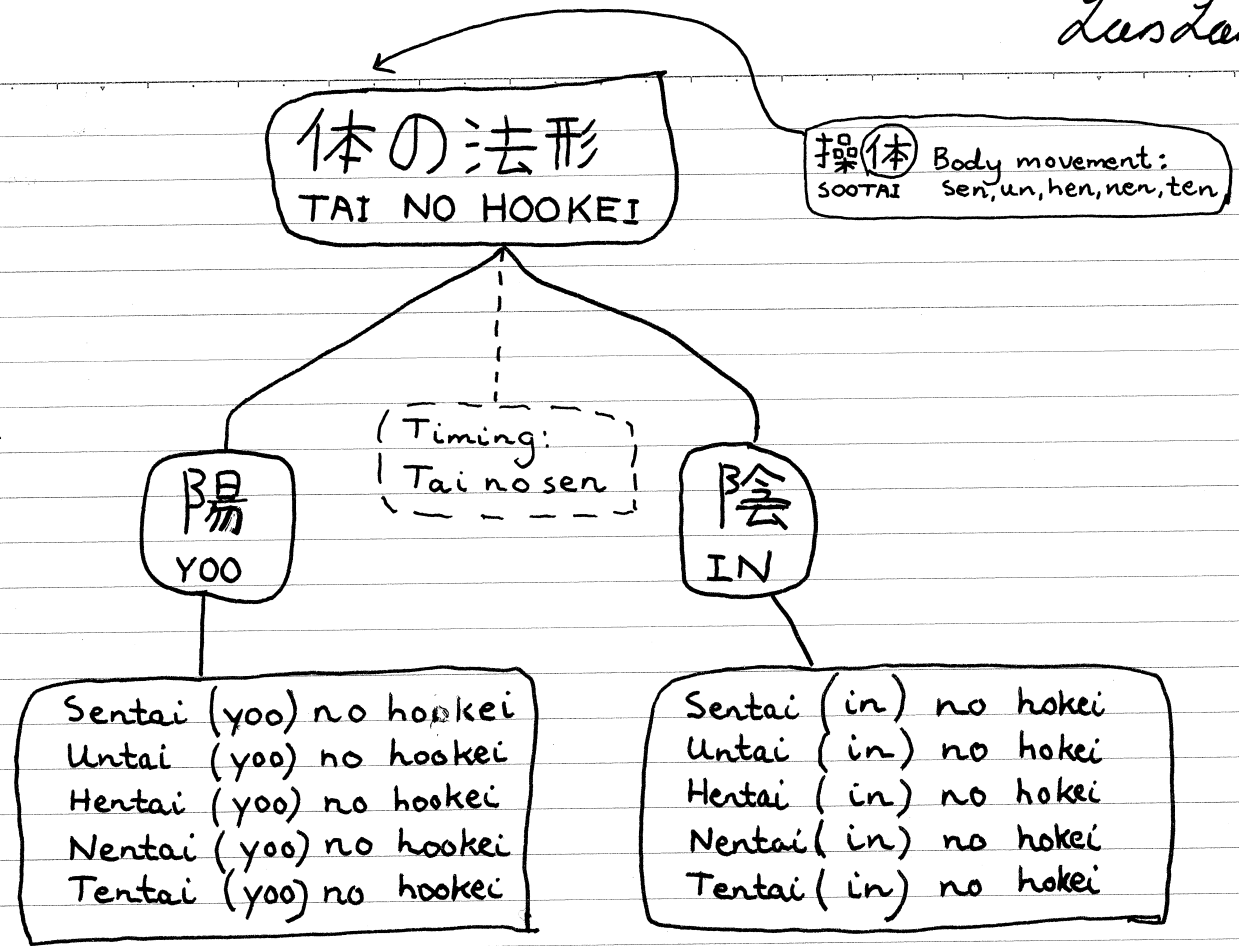
— You might try to further develop an already existing movement by, for example, raising the level of difficulty. Ask yourself: "Does this modification take taido to a higher level?"

— Do not merely replace a technique with another (for example, by doing an elbow technique instead of a 'tsuki'). Neither should you add techniques.

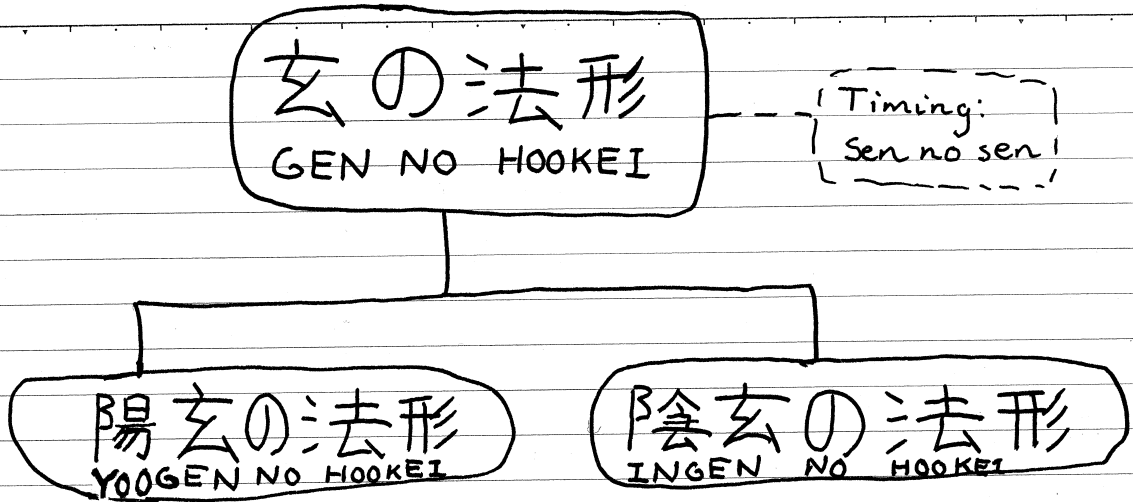
— Find your own rhythm and breathing. Apply 'taiki kyuuho'. Adjust speed and timing. Apply 'Tai nosen, Go no sen, Sen no sen'.

— Apply the pattern (形) using your own method (方法) in accordance with what you think is happening in the hookei and what the imagined opponent is doing.

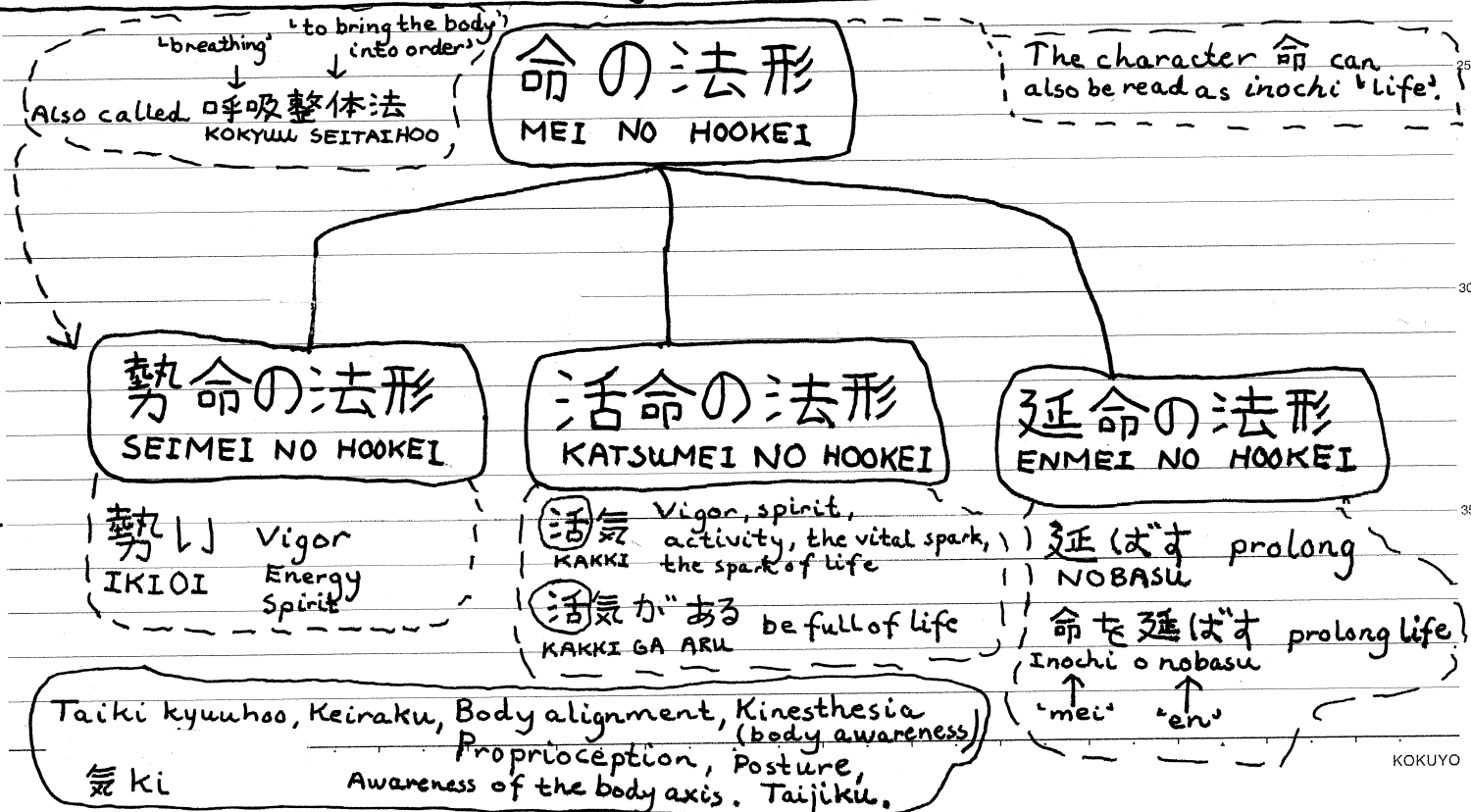
Lus Lam



Les Lam



Comment: You may also have heard of 玄位の法形. Saikoo Shihan performed this hookei at a demonstration at the All Japan Taido Championship, probably in 1970 or around that time. Mitsuo Kondo-sensei, 9 Dan Hanshi, has told me that Saikoo Shihan gave a training seminar on Geni no hookei. However, there seems to be no documentation about the moves and techniques of the hookei, neither in written nor video form. Geni no hookei could therefore not be included in Taidoo Kyoochan.



OTHER HOOKEIS

In the early stages of taicho, there were hookeis that were later taken out of the curriculum, or perhaps in some cases were partly integrated in other hookeis. For example,

体位の法形

TAI NO HOOKEI

Can still be seen in demonstrations
but not in competitions.

旋制の法形

SENSEI NO HOOKEI

Defense against sengi

運制の法形

UNSEI NO HOOKEI

Defense against ungi

I will write about the history of hookei on another occasion.

Tanaka-sensei comments: OTHER HOOKEIS, PART 2:
CREATE YOUR OWN HOOKEI.

Tanaka-sensei also has a suggestion about how to apply taiki kyuhoo in your hookei. He says:

"How about connecting the movements in your hookei with taiki kyuhoo? Sensing the taiki in action will definitely improve your breathing ability."