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INTRODUCTION

The founder's approach

Step 1 : SEARCHING FOR A SYNTHESIS

If we consider opposition sports such as Judo, wrestling, etc., we notice that their work is based on a specific muscular development in *traction*. On the opposite, striking sports like boxing, kick-boxing or karate are based instead on *extension* muscular work.

Associating these two types of work results in a **balanced muscular development**. Based on this, Hiroo MOCHIZUKI has tried to make a synthesis that integrates work with foam padded weapons of three different lengths (see photos). Using this equipment offers various advantages :

- Improve adaptability
- Develop skills, mobility and accuracy as well as timing, tactic and focus.

Unfortunately learning each part separately has proven too lengthy a process.

Step 2 : DISCOVERY AND ISOLATION OF THE VIBRATION

Hiroo Mochizuki discovered at the end of this searching period that all forms of energy are transmitted as waves of various amplitudes (sound, electricity, etc.) This observation in turn led him towards the search for a system that would exploit the above concept on the human body.

Thanks to his VD medical background, and after many years of experimentation at all levels of practice and competition, he found the common point to all sports : the vibration (or undulatory movement).

Exploitation of the vibration allows :

- The **transfer of power** from the trunk to the limbs (and to the weapons)
- To significantly increase the power of impact (proven in tests at the INSEP institute).

Step 3 : APPLICATION & ELABORATION of the YOSEIKAN METHOD

Hiroo Mochizuki started to build a method centered on this body vibration comparable to that of a whip. From that point onwards, it was a basic concept to which all techniques could be linked : throws, locks, barehand and weapons. From this discovery – related to all martial arts and combative sports – was issued a unique and specific pedagogic system : Yoseikan Budo.

The theory is easily exploited and demonstrated through the kata « **TANTO HAPPO** » (study of the power transfer through the vibration)

Another specificity of this system is the systematic **symmetrical** work both in training and competition, a requirement aimed at sollicitating both sides of the brain (there are left/right hand weapons bouts of similar duration in competition)

Additionally, YOSEIKAN's major goal is to guarantee the physical integrity of participants of any age and level, both in practice and competition, and tend to improve the physical and mental conditions of practitioners.

HOW ?

- In reducing trauma and injuries resulting from wrong movements, positions or forms of work.
- In promoting educative and social workout.

As a matter of fact, in Yoseikan, all the techniques, positions, warm-ups and warm-downs and all specific forms of work have been thoroughly and **scientifically** planned, experimented and tested by Hiroo Mochizuki, based on his medical background and with the constant input of **latest available knowledge** in terms of physiology, anatomy, psychology and biomechanics.

Finally, for Hiroo Mochizuki, sports have a major role in education. He wishes to enrich education by creating a sports activity that can be used as a tool for an ethical integration of individuals in society.

Many have tried in vain to create a synthesis of martial arts comparable to the branches of a tree. However sticking branches together offers little interest. The important part of the tree is the trunk that gives birth to the branches, not the other way around. The comprehension of the wave principle and the mastery of the vibration (undulatory movement) lead to a faster and deeper assimilation of all technical forms. And the Yoseikan can technically be summed-up with a simple formula (one trunk, many branches):

1 = ALL

The exact opposite of the former synthesis (sticking branches together) that claims that:
all = 1

Part 1 –Yoseikan : a competitive sport

1 – Competition seen by the founder

Itinerary of a field man, researcher and humanist

For Hiroo Mochizuki, sport is a privileged vector for the individual development, regardless of social status, age or sex. Sport must allow everyone to find a proper body and mind balance allowing his or her integration in the ever-changing society.

His knowledge and mastery of a wide array of both oriental and occidental martial arts led this outstanding technician to notice their repetitive potential, and to enhance adaptability and creativity, two qualities he today considers are fundamental.

- His university sports cursus (he graduated from the veterinary dept of Tokyo university) and his competition records,
- His past experience as a coach for international high-level competitors,
- His daily experience as a teacher,

All influenced his reflexion and personal approach : conception of a sport and specific competition system within that frame of mind.

To reach his goals, he uses his innate research capacity, together with an extreme rigor and a great modesty that allow for constant self-questioning and challenging.

He also relies on the most recent sports medical findings to develop a logical and pragmatic method.

The main particularity of the method is that it lets students develop good body aptitudes and a positive mindset while respecting their physical integrity. This concern always present in Hiroo Mochizuki's 40-year coaching, has made him a pioneer as early as the 60's.

His unique competition system, that shows obvious pedagogic advantages and was set-up with the technical commission, is therefore a totally new system.



2- Junior and adult Yoseikan competition: Description

Public : male & female, with sex, age and weight categories

Number of bouts : 2, or 3 in case of draw

Bouts duration : 2 minutes

1st BOUT : Bout with foamed sticks of 7 cm in diameter

Permitted Techniques: foam stick strikes, punches, kicks, throws, immobilizations (without sticks). **Locks and chokes are forbidden in this bout for safety concerns.**

Selection 1 : each competitor has one foam stick of 75 cm in length held 1 mn at right hand and then 1 mn at left hand ;

Selection 2 : 2 x 1mn bouts - one competitor has 2 foam sticks of 75 cm (one in each hand) and the other one a foam stick of 105 cm in length held with 2 hands (right or left hand forward at will).

Roles are reversed for the second minute;

Selection 3 : each competitor has one foam stick of 105 cm held with 2 hands, (1 mn with right hand fore and 1 mn with left hand fore)



From 4^e Selection onwards: bout randomly drawn from the above 3 selections.

Objectives :

During this part of the tournament, the competitors can without danger – and with throws modified on purpose – use and show a large array of techniques.

The various weapons lengths enhance the mobility, develop adaptability and polyvalence as well as the sense of strategy, all abilities that are utile in daily applications.

Symmetrical work is designed to allow for a harmonious and balanced development of reflexes and muscles, seriously reducing risks of pathologic trauma of the « tennis elbow » type.

2nd BOUT : Barehand bout (with gloves)

Permitted Techniques: punches, kicks, throws, immobilizations.
Locks and chokes are forbidden in this bout for safety concerns.

Similar content in all selective bouts.

Objectives : Focus on the development of physical strength and resistance. This also enhances spontaneity, creativity, self-control, all virtues that are precious in everyday 's life.



3rd BOUT (in case of draw) : Mixed bout

One of the competitors has one foam stick of 35 cm in length held with one hand (It is possible to change hands at will during this bout)

Permitted Techniques: foam stick strikes, throws, immobilizations.

Locks and chokes are forbidden in this bout for safety concerns.

The opponent is barehands (with gloves).

Permitted Techniques: punches, kicks, throws, immobilizations.

Locks and chokes are forbidden in this bout for safety concerns.

Roles are reversed for the second minute;

Objectives :

The 35cm foam stick develops the intelligence and sense of strategy of the opponent who needs to win despite a handicap.

The opponent must have a maximum control of each move, improve his ability to make time-sharp decisions, and increase his will to succeed when facing a handicap.

ADVANTAGES OF THE USE OF FOAM WEAPONS

In short, manoeuvring various weapons lengths develops coordination and polyvalence due to the variations of the following factors :

- distance (apprehension of distances, directions, heights,...)
- amplitude of movements.

As seen above, the change of guard and grip (weapons held right or left hand) allow a harmonious muscle development and reduce the risks of pathologies resulting from one-sided or asymmetric practice.

Working at different distances according to the weapons length improves :

- muscular work in extension,
- body mobility,
- reflexes,
- speed,
- gesture mastery (coordination, dissociation, lateralization)

and also develops :

- the sense of tactic (strategy)
- the adaptability (polyvalence)
- the speed of decision
- the winning spirit

3 - Technical tournament : the assistance concept

Participants : teams of two « partners », male, female or mixed, without weight category

Permitted Techniques: punches, kicks, wrestling, throws, locks and chokes and short immobilizations

Duration : 1 minute

a) Principle

The principle of this type of barehand is that of a **CONTROLLED DIALOGUE**

It is intended to present combinations of coherent techniques with a proper timing, with an obligation to include two 10-second slow-motion phases.

Each team of two partners presents combinations in a demonstrative form.

Criteria for judgement are in respective order :

1. Logic of combinations
2. Technical abundance
3. Variation of distances
4. Fluidity
5. Aesthetics

This work allows to preserve technical richness with minimum risk of injury, through a progressive acquisition of individual control and mastery of moves, both on the physical and mental aspects. It also offers everyone an opportunity for expression in creating own techniques that will enrich the common patrimony.

This exchange – with an educative vocation – tends to promote a free form of reasearch aimed at :

- stimulating the creativity of opponents
- enhance and valorize the team concept

This tournament is aimed at creating a technical sharing mindset ending in a common growth, without any individual victory – the end goal is the creation of a spirit of assistance.

b) Acquisitions

Since there is no confrontation and little risk, this type of work alllows for testing recently learnt techniques and absorb them.

Il also helps in the « globalization » of the gesture ; a strike can easily become a throw (or the other way around) if the distance between partners varies.

It additionally develops fundamental motricity and gesture, not only when training but also in combat. Adaptability and an open mind are requested and imply a complicity and mtual respect between the opponents. This necessity for adaptation to various situations is a source of creativity and it erases handicaps that can be overcome and compensated by working differently.

Everyone can put forward his/her own natural abilities. It avoids any kind of hierarchy and evidently shows that union and complementarity are better than confrontation, since every individual has qualities than can be profitable to others.

4 – Equipment



→ **HELMET** with grid and hood.
Protection of competitors against face trauma.

→ **GLOVES** (open - protecting the finger tips)

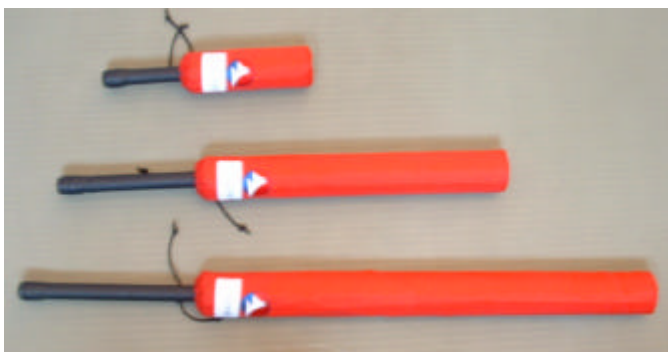
CHEST PROTECTOR for women

→ **CHEST GUARD (PLASTRON)**

Protection of competitors against chin, throat and related trauma (brain, jaw, etc.)

GROIN PROTECTOR for both men and women (worn under the pants)

→ **SHIN/FOOT PROTECTORS** with «covered heel»



35 cm STICK, single-hand grip

75 cm STICK, single-hand grip

105 cm STICK, double-hand grip

Part 2 –Yoseikan & Children

PREAMBLE

Basically, children are in full physical, psycho-motor and intellectual development. For this reason, many activities intended for adults are not adaptable for children. Children mostly learn while having fun, and therefore it is necessary to conceive and put into action attractive and educative exercises.

This is what Yoseikan proposes : a recreative approach to opposition sports that will develop children psychomotricity thanks to a specific equipment. In fact, using pedagogic tools such as the 3 foam padded sticks of different lengths (35cm, 75 cm, 105 cm) generates a better estimation of distances et enhances a child's notions of space while developing his adaptability.

A balanced workout gives a child a better « lateralization » and a harmonious body growth. This is obtained through the alternance of techniques « in extension » (punching, kicking, foam weapons) and techniques « in traction » (throws, immobilizations)

With complete body protections and specific educative exercises, the child is soon able to work on safe sparring forms that will in turn develop his focus, self-confidence, sense of decision, as well as moral values such as respect of others and sense of assistance.



Yoseikan camp in MONACO
(6-8 year-old children)

YOSEIKAN CHILDREN COMPETITION

1 – Aim, interest

Kids will be able to start being initiating to competition as soon as 6 years old. Before all, for the 6-10 year-olds, it will be friendly tournaments, a chance for moral and technical exchanges. The tournaments are oriented towards maximum safety, with categories of weight and time of practice (1,2,3 years or more).

On the physical aspect, competition aids to the development of the 3 different stages of information processing in the child :

a) Perception :

Perception is visual at first then it becomes tactile. The time perception therefore depends whether a stick or not will influence the speed and relative acceleration of the action.

The space perception will then become very important because – unlike in regular training – the competition is done within a marked, limited circle.

b) Decision :

The child needs to quickly process the captured and selected information in way to anticipate an answer, elaborate a strategy or apply principles (he's pushing so I need to pull...) while managing his efforts and energy.

c) Execution:

The child needs to choose optimum time to start an answer, depending of the field of action (very fast in striking, slower in throwing and immobilizations, and variable when using foam sticks). He must adapt the counter attack's strength (static force in immobilizations, explosive force in striking and weapons and dynamic force in throws) and adjust it to the trajectory and placement of the opponent.

This will result in an automation of the child's actions when facing an opponent. It will influence the building of his personality and favor learning to cope with a social life in respect of rules, partners, and responsibility of his own acts.

Yoseikan competition aims towards a social education, not just a simple search for physical performance.



Yoseikan camp in BEZIERS
(9-12 year-old children)

2 – Description of children and junior competitions:

6-7-8 year-olds :

1st BOUT : Bout with short foam stick (35 cm) held in one hand

Duration : 1 mn 30 (45" right hand and 45" left hand)

Permitted Techniques: Foam stick strikes only.

2nd BOUT : Barehands (with gloves)

Duration : 1 mn 30 (45" right hand guard and 45" left hand guard)

Permitted Techniques: Throws only.

9-10 year-olds :

1st BOUT : Bout with short foam stick (35 cm) held in one hand

Duration : 1 mn 30 (45" right hand and 45" left hand)

Permitted Techniques: Foam stick strikes and throws.

2nd BOUT : Bout with medium foam stick (75 cm) held with two hands

Duration : 1 mn 30 (45" with right hand fore then 45" with left hand fore)

Permitted Techniques: Foam stick strikes only.

11-13 year-olds:

1st BOUT : Bout with medium foam stick (75 cm) held with one hand

Durée : 1 mn30 (45" right hand and 45" left hand)

Permitted Techniques: Foam stick strikes and throws.

2nd BOUT : Barehands (with gloves)

Durée : 1mn 30

Permitted Techniques: Punches, kicks and throws.

Note : strikes are only permitted on the chest guard

14-15 year-olds:

1st BOUT : Bout with short foam stick (35 cm) held in one hand

Duration : 1 mn 30 (45" right hand and 45" left hand)

Permitted Techniques: Foam stick strikes, punches, kicks and throws.

Note : punches and kicks strikes are only permitted on the chest guard

2nd BOUT : Barehands (with gloves)

Durée : 1mn 30

Permitted Techniques: Punches, kicks and throws.

Note : strikes are only permitted on the chest guard

16-17 ans :

1st BOUT : Bout with medium foam stick (75 cm) held in one hand

Duration : 1 mn 30 (45" right hand and 45" left hand)

Permitted Techniques: Foam stick strikes, punches, kicks and throws.

Note : punches and kicks strikes are only permitted on the chest guard

2nd BOUT : Barehands (with gloves)

Durée : 1mn 30

Permitted Techniques: Punches, kicks, throws and immobilizations.

Note : strikes are only permitted on the chest guard

Part 3 –Yoseikan : a leisure sport

Yoseikan offers various forms of practice for a diversified public interested in recreative or aesthetically oriented training.

YOSEIKAN TRAINING combines selected music rhythms to exercises extracted from Yoseikan Budo techniques. This form of training improves body stamina, leads to a harmonious and balanced body development, and maintains the cardio-vascular system. The music support attenuates the sensations of stress and fatigue, and increases the endurance and motivation. It also helps in assimilating rhythms that can be compared to combat timing.

This novel approach to fitness also allows one to acquire basic self-defense techniques and develop a good physical condition through a logic, progressive and recreative method.



YOSEIKAN SPARRING is the ideal transition between Yoseikan Training and Yoseikan Budo and it can be used as a perfect pedagogic bridge. Practiced by pairs, without contact, it is a training method with a musical support that ideally develops coordination, focus and reflexes. Yoseikan Sparring also helps in acquiring a better understanding of the technical aim of the movements and exercises.



YOSEIKAN BAJUTSU is a form of horse-back martial art that involves foam sticks and a short bow used on both sides – right and left hands – a unique and novel approach to riding.

Initiated in France by Hiroo Mochizuki in collaboration with personalities of the equestrian field such as Jean-Yves BONNET and Jean-Charles ANDRIEUX, it is now developing in several European countries.



Part – Fundamentals of Yoseikan

1 – Biography of the founder

Hiroo MOCHIZUKI

Residence : Aix en Provence (France)

Nationality : French

Activities : Sports Educator
2^e degree State Diploma as PE teacher
Y.W.F. consultant.

Studies : Veterinarian Doctor
Graduated in Tokyo at Nihon University.



1936 : Born in Shizuoka, Japan, on March 21

1938 : Leaves to China with family.

1943 : Starts Kendo with his father.

1946 : Returns to Japan.

1950 : Starts judo and aikido with his father.

1954 : Captain of his college judo team

1955 : Joins the VD section of Nihon University. Starts Shotokan karate (JKA) in a Tokyo club under master Hyogo.

1957 : Comes to France to teach Shotokan karate at Henri Plée school in Paris. He is the first Japanese ever to present Karate in Europe.

1958 : Participates in the creation of the French Federation of Aikido, Tai Jitsu and Kendo. Directs several seminars and demonstrations in Switzerland, England and Portugal.

1960 : Back to Japan to continue his VD studies in Tokyo. Starts Wado ryu karate with master Shinji MICHIHARA.

1961 : Nihon University judo team captain and master MICHIHARA's school's karate team vice-captain.

1962 : Graduates as VD Doctor.

1963 : Back to France, teaches Aikido and introduces Wado Ryu Karate to Europe.

1964 : Becomes the first technical advisor for Aikido and karate at the FFJDA (French federation of Judo and incorporated disciplines) ; Participates in the creation of the FFKAMA (French federation of Karate and affiliated martial arts) and acts as its technical advisor until 1976.

1965 : Participates in the creation of the Karate European Union, and becomes its first technical advisor. Starts his personal research called YOKEN.

1967 : Discovers the undulatory movement « vibration or impact wave».

1970 : Calls his method « YOSEIKAN BUDO » in homage to and with the agreement of his father.

1975 : Participates in the creation of the French Federation of Yoseikan Budo and becomes its technical director.

1978 : Participates in the creation of the Yoseikan Budo International Center.

1992 : Creates Yoseikan Bajutsu, a sportive horse riding martial arts with short bow and foam sticks.

1996 : Is awarded the Youth and Sports Gold Medal -- the highest national distinction by the French Ministry of Sports (médaille d'or de la Jeunesse et des Sports).

1997 : Participates in the creation of the Yoseikan World Federation (Y.W.F.) and becomes its President.

2000 : Receives the title and diploma of « Soke » of the Yoseikan from his father's hands.

2003 : Resigns from the YWF President position and becomes its Consultant.

2 – Philosophy & symbols :

THE NAME :



YO « Breeding the Soul »: **Education**

SEI Honesty and self- consciousness, sense of justice: **Righteousness**

KAN The place of union: **A large house, a school.**

BU « Stop the spear » (avoid the war): **Search for peace**

DO The path to the goal: **Path**

THE LOGO:



Placed on the heart on the keikogi jacket, it is the official image of the school.
Various elements of this logo remind of the phylosophic dimension :

- **CIRCLE** : Perfection, the infinite search that mankind can never complete. The line that breaks the circle (base of the mountain) reminds one that modesty is necessary for perfection is not humane.

In the circle, three parts :

- **AIR/SUN** (dark orange) : oxygene, light, **happiness**.
- **WATER** (blue) : suppleness, calm, hope, **adaptation**.

Without light , earth and water, there is no possible life. We have to respect these elements and the nature that provide life. It also reminds us that mutual respect is the base of society.

- **MOUNTAIN** (white) : earth, pureness (honesty), clarity (in decisions, in engagements), **solidarity**.

The three summits symbolize the necessary collaboration with others, because each individual has diverse values and qualities. Uniting the three summits goes further as a symbol of solidarity. No one can reach the summit without the assistance of others (parents, friends, teachers...)

THE OUTFIT : Training keikogi



- **BLUE JACKET** : « IN » (represents the Chinese Ying, negative female principle that balances the yang)
- **WHITE PANTS** (with marine lateral stripes) : « YO » (represents the Chinese Yang, positive male principle that balances the ying)
- **WHITE/BLUE BELT** : Represents the impact wave (from afar, the dark parts look narrower and the whites parts look wider than they really are). This suggests the sinusoidal wave.

These colors remind of nature's cycles, oppositions between the light and the dark, the day and the night...

The belt is the same for everyone

Purposedly, no rank difference is visible through the belt, because the technical value is not necessarily proportional to the moral value. The human value of each person is more important than his/her technical value, which means that we should respect moral values first and foremost.

THE SALUTE :

The salute is one essential and imperative elements of community life and represents **respect**. To respect self and others is a good base to a pacific co-existence.

It also symbolizes :

- trust
- exchange
- friendship

There are 3 forms of salute :

1. Standing salute
2. Kneeling salute (ZALEI)
3. Salute with weapons

In all forms of salute :

- **When bowing** : One exhales symbolizing the offer, the will of giving something to partners. The student bows his head while looking at the floor, putting himself in a vulnerable situation, in a sign of trust and respect.
- **When unbowing** : One inhales, symbolizing acceptance.

Exhaling and inhaling must be naturally following the normal rhythm of breath.

Salute with weapons can be done standing or kneeling.

With the medium and long sticks, the weapon is put on the floor on the left side.

THE VALUES :

- respect, assistance and solidarity
- adaptation
- initiative and sense of decision
- winning spirit
- personal creativity.
- modesty