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Juko Ryu Aiki Inyo Toide SAMPLE PAGES

Juko-Ryu Aiki Inyo Toide

Rod Sacharnoski, Soke Shodai

Juko-Kai International

ABOUT THE AUTHORS



Rod Sacharnoski was first introduced to the marital arts in 1950, at the age of 10. Since that time he has continued his studies under numerous well known martial arts masters, both in the United States and Japan. A brief list some of his martial arts attainments include:

- Being one of the very few known non-Asians to receive formal written Shodai Soke certification (first generation founder) recognition from Okinawa/Japan. He is recognized as the first generation head founder of Juko Ryu Bujutsu and Juko Kai Nihon Ryu disciplines.

- One of the very few non-Asians to earn the rank of Kudan Hanshi, ninth degree black belt grandmaster, on Okinawa. He was graded to Kudan in Seidokan Karate, Kobudo, and Toide in the year 2001 by Shian Toma, Soke, headmaster of the All Okinawa Seidokan Karate and Kobudo Remmei, Okinawa/Japan.
- Founded Juko-Kai International in 1961, which is one of the oldest martial arts unions of the United States.
- Soke Sacharnoski and his personally trained world demo team have demonstrated his world renowned Combat Ki art on national television in the United States, Japan, and other countries as well.
- Co-starred in the film “Buckstone County Prison” with his longtime friend and associate, the late Ed Parker.
- Soke Sacharnoski has also been featured in numerous martial arts magazines and publications over the past 30 plus years.
- Demonstrated on the Fox Sports Science for the popular television show and, for the first time, his art of Combat Ki was scientifically measured and documented. World records were established.

This publication is the first known Western book on the art of Toide. For those interested in studying this excellent

combat system, or any Juko Ryu Bujutsu art for that matter, please visit the Juko Kai website at www.jukokai.com for more information.



William Durbin began training in 1970 under Richard Stone. Due to martial arts politics, Durbin joined Juko-Kai International in 1978, where he knew he would be judged on his skill and dedication, not the play of politics. Stone joined Juko-Kai shortly after and the two have enjoyed the camaraderie of the many Juko Kai members.

Durbin also began training under Bill 'Superfoot' Wallace in 1978, seeking to master the superior kicking

method of the then Middleweight Full Contact Karate champion. Under Soke Sacharnoski he expanded his knowledge and understanding of the Japanese and Okinawan arts. Soke Sacharnoski encouraged Durbin to research his own roots, which lead him to the Kosho-Ryu Kempo lineage.

In 1982, Soke Sacharnoski sponsored Durbin to be a Shodai Soke of his own method, known today as Kiyojute Ryu Kempo Bugei. Durbin also has received recognition from several branches of Kosho Ryu, recognizing his Kempo system. Nimr Hassan, Hanshi of Koga Ha Kosho Shorei Ryu Kempo also recognized Durbin's skills in the arts of Koppo and Ninjutsu.

Currently Durbin has in print "Mastering Kempo" and "Koga Ryu Ninjutsu". Durbin also co-wrote Judo Techniques and Tactics with Olympian Jimmy Pedro.

AUTHOR'S PREFACE

Since the end of the Second World War, thousands of American soldiers have been stationed on Okinawa and had the unique opportunity to train under some of the Okinawan Karate and martial art greats. In 1960-61, I, too, as a young Marine with the 3rd Marine Division, served my Okinawan tour. Most of my military friends and associates chose to practice karate—and to an extent, so did I. However, my background was also in judo and jujitsu, so I elected to continue my training in the throwing arts as well as the Empty Hand.

In 1982 I became a member of the All-Okinawa Seidokan Karate and Kobudo Renmei, Okinawa/Japan. Even though I was an accomplished martial arts master at the time, I once again began my studies as a white belt and worked my way up, rank by rank. Today, I have been fortunate enough to have earned my 9th Dan Hanshi in Seidokan Karate, Kobudo and Toide.

It has been my experience that few (and I mean very few) non-Asian martial artists have any idea of what Okinawan Toide is or consists of. Most refer to it as a misspelling or

state that Toide is a name signifying the hidden-hand techniques of Karate kata. Little do they realize that that Toide is a complete martial art with a rich historical background that could be traced back to the Royal Imperial Family of Okinawa.

This book deals with my interpretation of Toide as the founder of my own style identified as Juko-Ryu Aiki Inyo Toide. The techniques in this publication should not be confused with either Seidokan or Motobu-ryu Toide since each of these great arts has its own formats and methods.

It is my hope that this introductory book will give non-Asian martial artists a better insight into this martial art. The techniques included in this book are but a few of the vast number of techniques in Toide. It is truly an art that people can study for a lifetime.

Rod Sacharnoski, Soke Shodai
President / Head of Family
Juko-Kai International®

January 2009

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DEDICATION

I would like to personally thank my wife Mary (Seidokan 7th Dan who began training with me in Seidokan Karate, Kobudo and Toide in 1982) and Melissa Sacharnoski (5th Dan Seidokan Karate, Kobudo and Toide) for their on-going dedication to all of my projects. I also want to extend my sincere appreciation to Bill Durbin for his martial arts research expertise.

Lastly, I would like to thank the following Shihan: John W. Leopold, Randy Marvel, Frank Rex, and John Fields for their on-going help and assistance concerning this book.

I would like to dedicate this book to the following individuals and masters who have been a great influence in my martial arts career:

- Shian Toma, Soke/10th Dan, Seidokan Renmei, Okinawa/Japan
- Albert C. Church Jr., Soke/10th Dan, Nippon Kamishin-Ryu and Shihan of Motobu-ha Shito-Ryu, Japan
- Harry Olsen, Soke/10th Dan, Oikiru-ryu Budo/Bujutsu-kai, Denmark/USA

- G.J.M. VanZantwijk, Soke/10th Dan, International Judo and Jujutsu League, Holland
 - T. Ishikawa, 9th Dan Kodokan Judo
 - M. Noguchi, 7th Dan Kodokan Judo
- R. Nakamoto, 7th Dan Shihan, Okinawa/Japan
- Tomio Nakai, Shihan, Hontai Yoshin-ryu, Japan

This list is by no means complete, as there are many other masters that I have had the privilege to train with over the past 50-plus years. May God bless each and every one of them.

Rod Sacharnoski, Soke Shodai
President / Juko-Kai Head of Family
United States Hombu

2009

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Chapter 1

Toide Physical Conditioning



Photo: Rod Sacharnoski, Soke, center; Frank Rex, Shihan, Left; Randy Marvel, Shihan, Right.

Like all martial arts, Toide requires its proponents to be in good physical condition. This can be accomplished through various means, but some are specific to the martial arts in general and a few to Toide in specific.

Physical fitness is comprised of three aspects; strength, endurance, and flexibility. There are many ways to develop one's strength but in regard to general conditioning there is nothing better for the human body than to perform push-ups. These kinds of exercises can be performed easily during class time, requiring only enough space for students to lie down and, since push-ups only use the human body, no extra equipment is needed.

Stomach crunches and sit-ups can be used to strengthen the core and provide abdominal strength, a true necessity for the total body movement required in Toide technical execution. Once again all that is needed is lying space, so they make excellent classroom exercises.

To develop endurance a student can engage in many activities, but the general development of endurance in the martial arts comes from practicing the moves themselves from twenty minutes to two hours. This must be sustained training so that the cardiovascular system is actually worked out.

Another method strongly advocated by Soke Sacharnoski is walking; it is one of his preferred methods

of training. Since his earliest days in the martial arts, Sacharnoski has noted the health benefits of walking and its connection to many of the great masters of the past. Sacharnoski walks daily and encourages his students to do the same.

Finally in regard to flexibility, there are many methods of stretching which are excellent. There is no one set that Sacharnoski demands of his students and each Juko Ryu Dojo, school, is encouraged to create their own form of Taiso, body conditioning, according to the arts they teach, but each one should have both strength training and stretching, then once again the endurance is developed through the actual training of the martial arts.

Specific to Toide, and other grappling arts, are special wrist and forearm stretches which will help the Toide student protect their arms during the execution of many joint manipulation techniques and throws found in the curriculum.

Basically, the student should use one hand to hold the other hand in the formation of the joint manipulations and gently exert a stretching sensation to the wrist and forearm.

Thus the hand should be held in the wrist reversal position, the wrist twist position, and the wrist rotation position and gently flexed. This will strengthen the wrists and forearms and loosen them up so that they will be less

likely injured in the course of the actual execution of the Toide techniques.

Soke Sacharnoski encourages his students to engage in individualized physical conditioning and many members of Juko Ryu, lift weights, ride bikes, run, swim, and engage in many other physical activities.

But it must be emphasized that the true martial artist, and this is especially true of the Toide practitioner, must engage in Taiso, body conditioning. Each class would do well to start off with exercises that work on physical strength and flexibility. Then, make certain to engage in constant and continuous movement for twenty minutes or more to insure that the endurance is worked.

When training in joint manipulation, be sure to add the special wrist exercises noted above so that the training may be engaged in safely. Toide physical conditioning is designed to allow the practitioner to train safely and avoid injury. All martial arts training should begin with Taiso for this reason.

Chapter 7

The Juko Ryu Methods of Ukemi



Ukemi is commonly called breakfalls in English. There are different ways to practice Ukemi so that a person may learn to fall safely. Basically, Ukemi can be divided into two categories; breakfalls that apply to non-combative martial arts which are practiced on the safety of mats in a martial arts school, and breakfalls in combative martial arts which are learned by falling on hard surfaces such as floors, concrete or the ground. It takes a higher level of skill to safely perform the advanced Juko Ryu Ukemi shown in this chapter. **These drills should not be attempted by novices or without a qualified instructor!**

Soke Sacharnoski developed Juko Ryu Ukemi with combat in mind. It is not unusual for him to perform demonstrations with his advanced students using only the bare floor to fall upon. To this day, in Juko Kai, no known injuries have occurred as a result of this type of training.

As the photos will depict, Juko Ryu practitioners perform Ukemi with closed fists and do not slap the floor. To slap concrete or a hard surface after being thrown could result in injury to the hands, fingers or elbows. There is no need to slap the surface in combat; in Juko Ryu one learns to fall in such a manner as to where the impact is absorbed by the body itself, minus the slap.

In combat one does not have the luxury of being thrown in a controlled manner such as in the dojo. Being thrown on the street by someone who is not a trained

martial artist generally results in landing at different and dangerous angles on all types of hard, uneven surfaces. Soke Sacharnoski recognizes that most people who throw others on the street do not retain a grip on their opponent, which is why so many are injured from the fall alone.

Juko Ryu Combat Ukemi is taught so the practitioner is capable of using their fists and feet once they have been thrown to the ground. Defending oneself from different ground positions is important since it can be safely assumed the attacker will continue the attack using feet, weapons, or even his friends. The goal of anyone thrown to the ground is to get back on their feet as quickly as possible—never stay on the ground! Those who have not engaged in street combat should pay attention to the fact that the street and alleys are littered with used drug-addict needles, broken glass, cans, sharp objects, and many other items that could cause serious or long-term injury when falling upon them. Ground-grappling is not the answer for street combat even though Juko Ryu practitioners have extensive training in this respect.

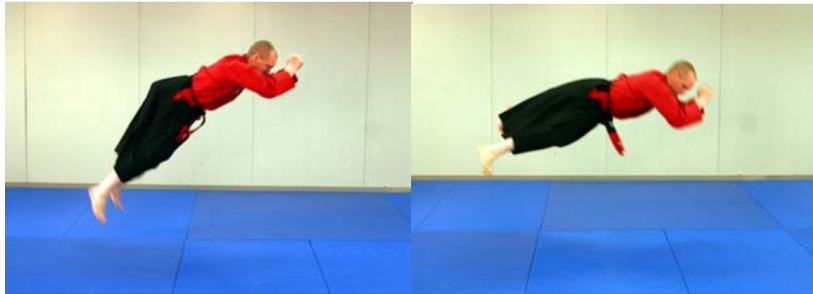
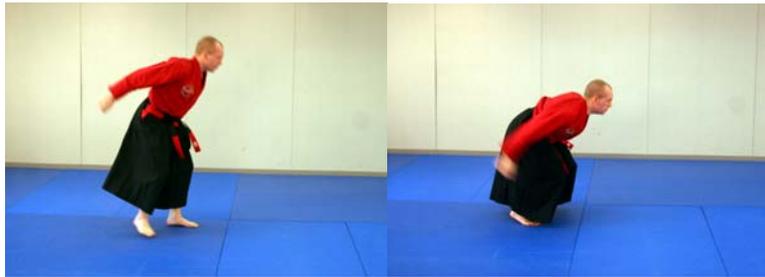
Breathing In Ukemi

One fact that is seldom covered in the dojo is the importance of correct breathing while performing Ukemi. Before doing the actual breakfall (standing or sitting)

breathe normally. When being thrown and especially when hitting the floor, exhale and get the air out of the body. Never hit the ground while inhaling; the impact can cause the practitioner to totally lose their breath, which in turn can cause one to lose a fight.

Standing Front Face Fall

Begin by standing in the basic defensive posture, breathing normally. With a partial squat, propel yourself forward, leaping into the air. Bring your hands up in front of your face forming a triangle-shape. Simultaneously, you will be spreading your feet apart and tightening your abdomen. Focus on keeping your hips off the ground in order to protect your groin. Note that you will be landing on your toes, with your hips off the ground. Most significantly, you will also be landing on your forearms and NOT one's extended arms and wrists (which can lead to serious injury of your wrists elbows and shoulders). Additionally, the Toide practitioner will turn their head to the side while exhaling sharply just prior to impact. Practice following up this technique with right and left kicks executed from the final prone position.



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