

Relaxation and Hakko Denshin Ryu Ju Jutsu

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"Relax, relax, relax... How many times have I told you to relax?!" These words seem to echo in my mind and I know every student in our dojos hears them frequently.

What do we mean when we tell a student to relax?

Perhaps I can share some thoughts on this topic. Things I have learned and continue to learn.

We have often heard from students in response "I am relaxed". Well that is not always the case. Thinking or forcing yourself to relax, does not always translate to the comfortable, actual relaxation that one must achieve (or at least work toward) to advance in both knowledge and understanding of Hakko Denshin Ryu Ju Jutsu and thus progress in our Art.

The type of relaxation one needs to achieve is the heavy complete relaxation with your weight dropping down, without pressure. Think of letting out a heavy sigh and dropping your shoulders, back etc. We must strive to allow the body to relax while the mind remains active and focussed. It is not easy but with practice, conscious effort and commitment, I believe anyone can learn to be relaxed. Perhaps I should say - more relaxed.

I know I still walk this road and hope to see you along the way.

Oh yes, don't forget - relax, relax, relax.