

The Danzan Arts System

As taught by Sensei Kimo Williams
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The ultimate goal of your training in the Danzan Arts is to align your physical body, your mental body and your spiritual body. This alignment represents “completion” of your self(s) and reveals your ultimate power, which is your right to access.

The benefits of this empowerment are greater health, longevity, happiness and peace.

Training is completed in 4 phases or “transmissions.”
Within these transmissions are the following training goals:

- Empower the Physical body
 - Flexibility
 - Balance/Coordination
 - Stamina
- Empower the Mental body
 - Patience
 - Sensitivity
 - Concentration
- Empower the Spirit body
 - Intuition
 - Creativity
 - Compassion

The holistic or collective product of this training is profound confidence... your absolute belief in yourself and your abilities.

The Danzan methodology employs principles and skills commonly associated with:

- Traditional Japanese Jujitsu
- Tai Chi and Qigong
- Kali & Escrima
- Hawaiian Lua
- Judo Seifukujitsu
- Shiatsu
- Lomi lomi
- Hatha Yoga

In concert with the ancient wisdom of the Tao, Buddhism and Huna.

Level One (Shoden)

White Belt thru Blue

Goals

- To train and discipline the body-mind to increase:
 - Balance
 - Coordination
 - Flexibility
 - Posture
 - Timing
- To provide a basic level of self-defensibility.

Tools

- Yoga & balance drills
- Tai Sabaki (stance and footwork)
- Sutemi Waza (rolls and falls)
- Yawara te (escapes and joint locks)
- Kali hand and stick drills
- Nage waza (throwing methods)
- Ne waza (grappling methods)

Expectations

- Increased flexibility, coordination and stamina
- Solid foundational skills for advanced Danzan Ryu Jujitsu

Level Two (Chuden)

Purple Belt thru 2nd degree brown

Goals

- Understanding of concepts and strategies surrounding:
 - Ju
 - Non-resistance
 - Effortlessness
 - Yin & Yang
 - Qi
 - Circulation
 - Pain/Stress
 - Systems
 - Mana
 - Concentration
 - Kiai
 - Power

Tools (in addition to Level One)

- Qigong (internal cultivation)
- Shime te (constrictions and submissions)
- Goshin Jitsu (street defense)
- Oku te (combinations)
- Kapo (resuscitations)
- Randori (controlled sparing)
- Shiatsu (pressure points)

Expectations

- Begin to work with focused energy.
- Ability to demonstrate fundamental jujitsu waza.
- Increased skill in all kata
- Willingness to help out (Kokua)

Level Three (Okuden)

1st degree brown thru 2nd degree black

Goals

- Experience and comprehend the subtle aspects of the Danzan Arts
 - Mana (holistic power)
 - Shibumi (effortlessness)
 - Aloha (appreciation & non-judgment)
 - Shin (true nature)

Tools

- Kiai no maki (scroll of the unified force)
- Shinnin (Beyond the Illusion)
- Shinyo (Supreme Confidence)
- Shugyo (Purifying training)
- Lomilomi massage
- Assistant instructorship

Expectations

- Command of the Danzan Kata
- Seriousness and focus
- Commitment, power and authority
- Effective teaching/communication skills

Level Four (Koden)

Sandan thru Shihan

Goals

- To comprehend the nature of experience by increasing time spent in triune alignment (body-mind, thinking-mind, spirit-mind).
- To become an effective healer and counselor to all those in need.
- To experience the arts from a higher awareness.
- To become a teacher of teachers.

Tools

- Meditation
- Weapons training
- Qigong
- Seifukujitsu
- Ho'o pono
- Hai pule
- Shingen
- Healing
- Teaching

Expectations

- Martial Mastery
- Shamanic healing
- Master teacher
- Happiness, Joy, Health, Compassion, Peace