



REIKIJITSU

THE NEW INTERNAL ART

Article, Photos & Design by Morgan Buchanan.

Reikijitsu is a revolutionary new martial art founded by Sensei Graham Slater, 6th Dan after 30 years of training and discovery in multiple styles of martial arts. Using the kata and kumite from Shotokai Karate as a base Slater borrowed elements from Shintaido, Aikido, Tai Chi, Shiatsu and Reiki to form a wholistic system that focuses on both healing and the martial arts.

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It took Slater three years to formulate the two core curriculums of the style.

The first is Reikijitsu Karate focuses on a more traditional karate approach, the second, Reikijitsukai, draws elements from other martial arts and has a more intense focus upon the healing aspects of the art.

Initially Slater felt that the karate systems he had studied were lacking in joint locks and throwing methods. Exploring these methods in other arts opened up a world of new movement which utilised circular techniques over the linear punches and blocks of traditional karate. Slater feels that the relaxed, circular elements of Reikijitsu are what lend the style its power and effectiveness :

“Using circular movements I found that I was redirecting my opponents, keeping them off balance. Opportunities for joint locks and throws seemed to magically appear and I also found it easier to insert elbows and shoulder attacks into a technique. Because my body was more relaxed I found I could seize the moment of the opponent’s attack a lot easier. I felt as if I was moving slower but at the same time I could time my entry a lot better, manipulate my attacker’s movements, diffuse his energy or redirect it back as an attack.”

The healing and energy aspects of Reikijitsu are drawn from Slater’s experiences as a master level teacher and practitioner of Reiki.

Reiki, a healing method originating in Japan, has spread all over the world and is regarded as a powerful and simple method of developing ki energy to share with others. Slater’s practice in this art revitalised his physical movement in karate and led him to develop an art which enhanced the sensations he experienced after beginning Reiki.

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He discovered that relaxed, circular movements were move conducive to the feeling of ki energy. “Reiki’s influence comes into my martial arts in many ways. “Rei” means being humble or courteous and “Ki” refers to the universal energy. In Reikijitsu the philosophy is the same as Reiki’s, we try to redirect aggression, to project a harmonious attitude. Reiki also helps train the mind to lead the energy, when I put my intent into an application I get much greater stopping power.

Slater insists the Reiki cured him of a variety of physical blockages and ailments and helped him achieve balance in his martial arts.

Another great influence in the formation of the Reikijitsu system was Shotokai Karate and its related method - Shintaido. Shotokai Karate was strongly influenced by the philosophy of Aikido and concentrates on developing continuous, flowing attacks.



“Shotokai Karate was strongly influenced by the philosophy of Aikido and concentrates on developing continuous, flowing attacks. There are no breaks in attack and so no opening through which an opponent can counter.”

There are no breaks in attack and so no opening through which an opponent can counter. Emerging from Shotokai Karate, the Shintaido system emphasises energy development and more esoteric martial arts skills. In the late 60’s one of the leading teachers of Shotokai named Hiroyuki Aoki took 38 practitioners who had graduated for 5th dan and went into seclusion for 1000 days of training, in order to develop the higher, internal methods of martial arts.

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“Slater trains his students to practice a whole 20 movement kata using only one exhalation, performing a ki-ai all the way through.”

By relaxing their techniques and working on developing their mind intent, they discovered that they could become much more sensitive to an attackers energy, to the point of sensing an attack before it happened.

Some of the methods they employ to increase relaxation and sensitivity include working with sound (using different vowels in ki-ai's in order to cause the body to vibrate at different frequencies) and eyes closed training. Slater witnessed Aoki demonstrate with a blindfold, avoiding full speed attacks and throwing opponents without sight, relying on his energy and sensitivity to the incoming force.

Reikijitsu emphasises breath control as part of its method of developing relaxed power. Slater trains his students to practice a whole 40 movement kata using only one exhalation, performing a ki-ai all the way through. “You can't perform a feat like this with a tense body, you have to relax in order to make it all the way through.”

“People sometimes wonder about Reikijitsu's use of relaxation to develop power. It's a method that can only be judged by it's effect, not how it looks on the outside. People need to feel the effect and then they know that softness and relaxation can be powerful.”

Slater emphasises using the minimal amount of energy to effect the greatest possible reaction in the opponent's body and mind, making Reikijitsu an efficient and effective modern style, based on ancient principles.

For more information on Reikijitsu please contact Sensei Graham Slater on 0409 569 565 or by email at : chairman@martialartalliance.com

