

Elemental Sound Projection by Mr Gary Rooks

What is Elemental Sound Projection?

Elemental sound projection refers to the emission of different sounds for the purpose of inflicting pain, healing another or strengthening oneself. It is associated with the theories of Traditional Chinese Medicine (TCM). According to TCM, the body has numerous meridians (energy pathways). Each meridian is associated with one of five elements: fire, metal, wood, earth or water. Each element has a corresponding sound. For example, fire is associated with the sound KE “KEY” and metal is associated with the sound SI “SHE”. Elemental Sound Projection uses Yin Sound (Soft) and Yang Sound (Hard); these are classified as Elemental Sounds and Triple Warmer Sounds. In all there are 6 Yin elemental sounds, 1 Inhalation or Draining Sound and 3 Triple Warmer (Yang – Kiai) sounds. The basic theory behind elemental sound projection is that the healing or hurting technique becomes more effective when one emits the appropriate sound.

How Does Elemental Sound Projection Work?

The sound or kiai is to be released with the exhalation of breath which contracts internal muscle around areas of the diaphragm and projects energy (Chi) from that source. The amount of energy or chi projected depends on how shallow, deep, hard or soft the exhalation. Elemental Sound Projection can add between 40% and 80% more energy to a technique. A perfectly executed kiai can add up to 100% more energy than the technique alone. Proper mental intent must accompany the kiai in order to make it effective.

The History of Elemental Sound Projection

Elemental Sound Projection can be found in any style of martial art throughout the world. It manifests itself as the “kiai”, the most common tool used by all martial artists. The kiai is said to bring one’s body, mind and spirit together for a single combative purpose. There are many stories of famous karate masters who used kiais as an effective tool to raise their fighting spirit or to evoke fear and paralyze their opponents. From this Kiai Jitsu was born. The use of sounds or yells (kiais) became an art in itself. That is only one aspect of Elemental Sound Projection, however. Sound is also used for strengthening and healing one’s own body. Chinese monks used sounds to elevate their mental states in meditation through chanting. Elemental Sounds are used in Chinese Chi Gong practice as well to stimulate the energy flow in the body’s meridians. Yoga masters use Elemental Sounds to wake up and stimulate the seven chakras of the body.

The art of Kiai Jitsu, or Elemental Sound Projection came to Okinawa through the introduction of the White Crane arts. The Chinese White Crane art known as “Shouting Crane” was one of the first arts to use elemental sounds in its fighting arsenal. Its masters used sounds for many purposes: to physically strengthen themselves, to raise their

fighting spirit, to calm down and to project energy (Chi) along with their strikes or grappling to disable a would-be attacker. This art and other White Crane arts were taught to the people of Okinawa by visiting Chinese representatives. It started with the 36 Families that took residence in the Kume village of Okinawa. Many other visiting Chinese: sailors, merchants, government diplomats, military envoy also helped to spread these arts in the Tomari, Shuri and Naha villages of Okinawa. The native inhabitants studied and learned the White Crane Martial Arts styles from these Chinese Masters and developed their own unique style of Okinawan Karate. Through the development of these styles came the art of Kiai Jitsu.

Application of Elemental Sound Projection to Kata

One of the most effective katas to use in sound projection training is Sanchin. The kata Sanchin, known by the Chinese monks as “Walking Zen”, brings all the important aspects of karate together, Body (muscular tension, technique, movement and rooting) Mind (focus and intent) and Spirit (breath and sound projection). The great masters of karate said: “if you have not mastered Sanchin you are not a master of karate”. Therefore the study of this kata is of the utmost importance. In terms of elemental sound projection, Sanchin trains the triple warmer. The inhalation draws in and stores energy while the exhalations train the 3 warmers. The HA sound trains the upper warmer (from the nipple line to the top of the head). The HAU “HALL” sound trains the middle warmer (from the nipple line to the dantien). The SA sound trains the lower warmer (from the dantien to the feet). Sanchin breathing also trains the conception, governor and belt vessels.

Elemental Sound Projection makes pressure point manipulation (Tuite Jitsu) and pressure point striking (Kyusho Jitsu) more effective. For example, if an opponent was to poke you in the chest with his right index finger you could grab that finger with your right hand and apply a finger lock while pressing against his wrist with your left hand to control his arm. This technique alone could bring your attacker to his knees however elemental sound projection makes it work better. If you were to inhale to draw in energy and exhale the elemental fire sound KE “KEY” while dropping into a cat stance you would find that your opponent would drop faster and experience more pain. This technique follows the TCM theory of the cycle of destruction. The metal meridians, lung and large intestine, are found in the index finger. Two fire meridians, small intestine and heart, are located in the “pinky” finger. When applying a finger lock your fire meridians come in contact with your opponent’s metal meridians. Through the emission of the fire sound you are reinforcing the theory of the “cycle of destruction” whereby “fire destroys metal”.

This article merely scratches the surface of elemental sound projection. The use of these sounds can add depth and effectiveness to any martial art. Mr. Gary Rooks is featured in four videotapes teaching the fundamentals of this art. They are available on his website: www.rookskarate.com.