

# The Hanno Project: Spanning the Arc from Traditional Gyoki to Classical Medicine

V Damljanovic and O Faehnle

Ken Ki Dan Seiki Dojo, Hauptstrasse 34, 9434 Au, Switzerland.

## Abstract

Within the Swiss research project "Hanno" (derived from an old strategy in Japanese sword fighting) the process of self-healing induced by Gyoki touch is experimentally analyzed. For this purpose, different state-of-the-art measurement technologies are evaluated in order to enable the observation of the effects caused by Gyoki touch and to deterministically document their modes of action. So far, two studies have been published using infrared screening on the one hand and Heart Rate Variability (HRV) monitoring on the other hand; both methods are suitable for measuring Gyoki induced self-healing processes and enable insights into the effects and functioning principles of Gyoki touch.

**Keywords:** Seiki • Shiatsu • Manual therapy • Physical therapy • Hanno

## Introduction

Since the early days of mankind, mutual touch has been one of our most important means of communication, support and healing. While being in touch with each other, we communicate on a non-cognitive yet direct body level, allowing us to feel one others state of mind and intentions ranging from love to aggression. Therefore, mutual touch initiates communication between two beings enabling the initiation of self-healing processes by bio intelligence without medication. This has led to healing methods, such as Shiatsu, where human touch is used for diagnosis and treatment purposes of injured or ill human beings out of which Seiki has been developed by Akinobu Kishi sensei applying Gyoki touch [1-3]. Historically, it is often said that touch feels good and can even work wonders, and as with so many things in life, some people recognize this, many are looking for it, and others are not interested; just the whole spectrum of human perception and desires. This shows how close and yet so far away we are from the touch that is always present in everyday life and the different importance it can have: be it in education, training, treatment or science. Nevertheless, our everyday life has all its potential, according to the motto "take it or leave it".

## The Hanno Method

The human touch itself spans the arc from ancient knowledge and Seiki to modern science and medicine. It is precisely these two polar communities that are being connected through the Hanno approach by applying deterministic measuring methods recognized by traditional medicine and thus documenting the effects and mechanisms of Seiki-induced healing and effects in a sustainable way [4,5].

Within the Swiss Hanno project, evaluation methods of experimental physics are being applied at the Ken Ki Dan Seiki Dojo in Au, Switzerland, relying on deterministic design of experiments (DoE), to analyze the process window of Gyoki touch initiated healing processes. Deterministic testing methods are being applied to measure and understand more deeply the

functioning principles and effects caused by Seiki, e.g. by Gyoki touch. To that aim, a special design of experiment (DoE) is being applied where four sets of data are being collected: a Gyoki touch specialist is touching a patient and a healthy person and subsequently the same procedure is carried out by a person that is not capable or trained to apply Gyoki touch. Eventually all for data sets are being analyzed extracting information about the Gyoki touch effects generated in human bodies as well as about the testing method that has been applied.

As described in two scientific papers published so far, the Hanno method has been applied to interpersonal touching, with various tests performed by a set of Gyoki trained therapists and by non-experienced Gyoki laymen. It is very motivating to see how test persons do react (or not) to the two different quality forms of touch. So far two deterministic test procedures have been analyzed with Hanno: Infrared screening and HVR (Heart rate variability). That way, it has been demonstrated that both testing methods are perfectly suited to monitor body mechanisms initiated by Gyoki touch. Both papers have generated an enormous international response in communities, traditional medicine and Seiki.

Parallel to this, experiences in daily clinical practice are collected and evaluated: In general, painful conditions influence behavioral patterns, physiological and pathological complaints and anomalies and their expression, whether it is an acute or chronic episode. We can also see how strange and wonderful our perceptual system reacts to "clinical indications", especially when expressed as a subjective opinion, and how Seiki touches trigger bodily mechanisms of action initiation healing. This is clearly shown by imprinted protection patterns on an intellectual basis, although most of them realize that this is the case at second glance. This can be made clearly visible with a before and after comparison, whether in video or photo form. Here the initiated, bodily healing process is already activated, although we cannot yet see it clearly; this is all part of the process and that is fine. We hope that the knowledge gained by applying the Hanno method will contribute to a more objective communication between both communities, Seiki and traditional medicine, and will eventually lead to a common greater understanding of interpersonal touch and attention.

## Discussion and Conclusion

Within the Hanno project, proven, traditional medicine, testing methods are being applied to measure and understand more deeply the functioning principles of Seiki, e.g. by Gyoki touch. To that aim, a special deterministic design of experiment (DoE) is being applied and four sets of data are being collected and analyzed comprising of combinations of Gyoki specialists and laymen on the one hand and on patients and healthy persons on the other hand.

*\*Address for Correspondence:* Vidan D, Ken Ki Dan Seiki Dojo, Hauptstrasse 34, 9434 Au, Switzerland, E-mail: [vidanseiki@gmail.com](mailto:vidanseiki@gmail.com)

**Copyright:** © 2021 Vidan D, et al. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

**Received** 04 October 2020; **Accepted** 01 January 2021; **Published** 08 February 2021

That way, both communities gain in value: classical medicine gains access to the profound user knowledge and experiences of the Gyoki about the application of healing touches; on the other hand, the Seiki gains objectivity through the documentation by means of deterministic, medical measurement methods, which allow comprehensible insights into its chemical-biological modes of operation. Thus Hanno paves the way for combining the strengths of both communities and making them available to patients; because in the end it is all about healing people and not about excluding each other. All these different processes and modes of action of Seiki and classical medicine have already been encountered in our Hanno research and we have come to the conclusion that the Gyoki application potential should definitely be used more. Especially the use of bio-intelligence, which can be supported and initiated by Gyoki touches as well as by conventional medical therapies, should be used more often. Here we see great potential if both communities can work together and rely on deterministic methods. Finally, it is nice to say at this point that our body is not stupid.

The effect caused by Gyoki touches is to be understood as follows, it is not about preventive measures, but we create access to our body's own and already existing self-regulating resources and thus take more responsibility for ourselves. Our Hanno experiments and the obtained results so far have given us confirmation and confidence that a combination of the strengths of traditional medicine and Seiki has the potential to lead to a more efficient way to heal people; and that is nothing but the essential task of the science of medicine.

---

## Acknowledgement

The authors want to express their sincere gratitude to Akinobu Kishi sensei and Kyoko Kishi sensei in Japan for invaluable guidance and training of Vidan towards Seiki.

---

## Reference

1. Kishi, Akinobu and Alice Whieldon. "Sei-Ki: Life in Resonance, The Secret Art of Shiatsu." *Jessica Kingsley Publishers* (2011): 176.
2. Kishi, Kyoko. "Sei-Ki, The Message of Akinobu Kishi." *Kitamura Co. Ltd* (2014).
3. V. Damjanovic. "SeiKi: Fundamentals", Ken Ki Dan Dojo, Hauptstrasse 34, 9434 Au (2020).
4. V. Damjanovic and O.Faehnle."Experimental Analysis of Human Touch Activated Self-healing Body Energy: Gyoki Body Resonancing." *Alternative & Integrative Medicine* (2018).
5. V. Damjanovic and O.Faehnle. "Hanno: Experimental Investigation of Gyoki Impacting on the Human Heart Rate Variability and the Autonomic Nervous System." *Alternative & Integrative Medicine* (2018): 284.

**How to cite this article:** Vidan D and Oliver F. "The Hanno Project: Spanning the Arc from Traditional Gyoki to Classical Medicine". *Altern Integ Med* 9 (2020): 307