

## Quantitative Experiments on Remote Action Toh-ate

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**Abstract:** The present experiments focus on the skills involved in the traditional Japanese martial art called "toh-ate". Toh-ate is a non-contact attack by one person against another when the two are separated by some distance. For the experiments, 6 pairs of veteran practitioners of martial arts participated. Three pairs were practitioners of Japanese martial arts and the other pairs were practitioners of Chinese qigong. As control, 6 pairs (non-trainees) participated; these persons had no martial arts training. Two subjects of a pair were put in separate rooms with communicational deprivation and the experimenters measured physiological changes of one of the two, acting as a Receiver, when the other, acting as a Sender, attempted to make a remote attack on the Receiver at a distance. The Receiver was seated in a Faraday cage and the Sender performed only one "sending" motion per 80-second trial on double blinded and randomized conditions. When the Sender or Receiver pushed a switch as the event marker, output signals were produced. The signals were recorded as the sending time or the response time, along with physiological data, by recorders. No anomalous changes of average gradient of skin temperature of the Receiver's palm were observed around the sending time. Totally 797 data were available for analyses of time coincidence between motions of the Sender and Receiver. There was no significant coincidence at time-difference is 0sec. However, two pairs of Chinese qigong practitioners showed 5% significance peaks at +11 sec. If these delay peaks were caused by toh-ate, their sending performances were longer than several seconds.

**Keywords:** DMILS, bio-PK, martial arts, qigong

### 1. Introduction

We have carried out several experiments with pairs of qigong or martial arts practitioners from 1995 to the present<sup>1-21)</sup>. One focus of these experiments has been the skills involved in the traditional Japanese martial arts called "toh-ate". Toh-ate is a non-contact attack by one person against another person or animal when the two are separated by some distance Toh-ate is seen as a powerful signal by psi, a kind of direct mental influence with living systems (DMILS) or a psychokinesis against bio-system (bio-PK). Although toh-ate or toh-ate-like performances have been

described at least for several decades in Japan, it is difficult to identify a clear historical origin for toh-ate because practitioners of martial arts tend not to describe their secrets in written records<sup>22,23)</sup>.

In modern Japan, veteran practitioners of martial arts or qigong masters often claim that they have the ability to do "toh-ate". Therefore subjects for experimental studies are relatively easy to find.

Toh-ate is usually done face to face. Therefore, psychological effects, i.e. suggestion, are possibly included in performance of toh-ate. But the most important and interesting property of toh-ate is that it seems to affect a person at a distance. Therefore researchers can separate subjects in two rooms for double blinded and randomized experiments.

Generally, the attack action in martial arts is quick, and toh-ate is also done in a flash. Therefore, experiments can be designed so that the subjects'

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motion times are used as triggers. Small changes of physiological data can be highlighted by averaging from the triggers. In this way, details of physiological changes can be found.

There are various toh-ate-like performances in other martial arts. For example, qigong masters often claim that they can emit invisible unknown power from their body towards other people and materials. Therefore it is desirable to compare data of practitioners of Japanese martial arts with data of other martial arts practitioners.

## 2. Methods

**[Subjects]** Subjects were 6 pairs of veteran practitioners of martial arts who had trained more than 5 years. Three pairs of them were practitioners of Japanese martial arts (Shintaido) and the other pairs were practitioners of Chinese qigong (Shaolin). As control, 6 pairs of volunteers (non-trainees) who had no martial arts training were used.

**[Facility]** The experiments were done in three experimental rooms; rooms 204 (Receiver), 203 (central control room) and 101 (Sender) of the Multipurpose Facility in the National Institute of Radiological Sciences, Japan. One-line distance between the Receiver and Sender was about 10m. There was a Farady cage (30dB at 50/60Hz) in room 204. Instructions were given from the central control room using loudspeakers in rooms 204 and 101. All physiological data and video signals were collected in the central control room.

**[Procedure]** Two subjects of a pair were put in the separated rooms with communicational deprivation. The experimenters measured physiological changes of one of the two, acting as a Receiver, when the other, acting as a Sender, attempted to make a remote attack on the Receiver at a distance. The Receiver was seated in the Farady cage and kept his eyes closed during trials and pushed the switch when he felt an attack from the Sender.

One trial was 80 seconds. The Sender made only one attack motion per trial. The sending time was decided at random by Multi Stim. One run consisted of 3 trials and there was a 10-second rest between each

trial. One session consisted of 4 runs and 3 sessions (36 trials totally) were done for each pair for one experiment. Each pair did two experiments and the practitioner pair members were fixed for the two experiments.

A prompt report of results of time coincidence between sending times and receiving times was given to the subjects after each session.

**[Questionnaire]** A questionnaire was prepared for each subject. The questionnaire had questions on personal habits (e.g. subject's sleeping hours), the experiments (e.g. subject's conditions and impressions), subject's experiences in martial arts, and subject's unusual (paranormal) experiences.

**[Recording]** When the Sender or Receiver pushed a switch as the event marker (EM), output signals were produced. The signals were recorded as the sending time or the response time, along with physiological data, by recorders. A thermistor (TSD102A, with 0.6sec response time, Biopack Systems, Inc.) was used to measure the Receiver's left hand skin surface temperature at the laogong point which was located in the middle of the palm. The sampling rate was 1kHz.

**[Randomizing]** Multi Stim (NEC Medical Systems) was used to make random signals to indicate the sending time to the Sender. A random signal was selected among integers 0, 1, 2, ..., 79. Multi Stim turned on a signal lamp in the Sender's room 5 sec before the sending time.

**[Analyses]** The Receiver's skin temperature was analyzed in the range of 5 sec before and after the initial time of sending. Data were smoothed at a rate of 20Hz before analysis.

Analysis-1: The difference of average of skin temperature change between before and after sending.

Analysis-2: Comparing data of two schools, Japanese martial arts and Chinese qigong.

Analysis-3: Time coincidence of motions between Sender and Receiver<sup>3)</sup>.

## 3. Results

### 3.1 Skin Temperature

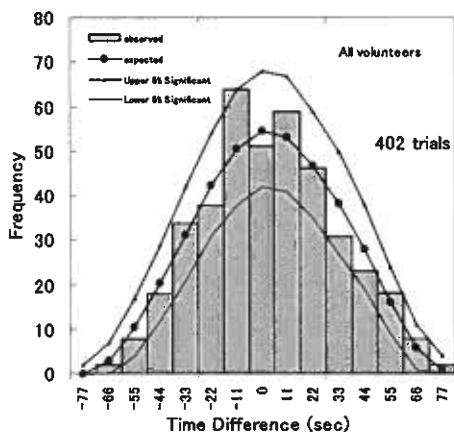
Average gradient of SKT of non-trainees changed slightly after sending, but it was not significant.

Average gradient of SKT of practitioners did not change after sending. Also, there was no significant difference between practitioners and non-trainees. Both average gradients of SKT of Japanese martial arts and Chinese qigong did not change after sending. Also there was no significant difference between Japanese and Chinese schools.

### 3.2 Time Coincidence of Motions of Subjects

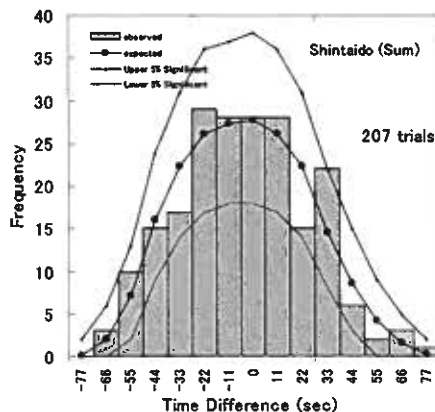
Totally 797 data were used for analyses. The following figures show results of time differences between motions by senders and receivers.

All non-trainees showed a 5% significance peak at -11 sec (Fig. 1), but all practitioners did not.



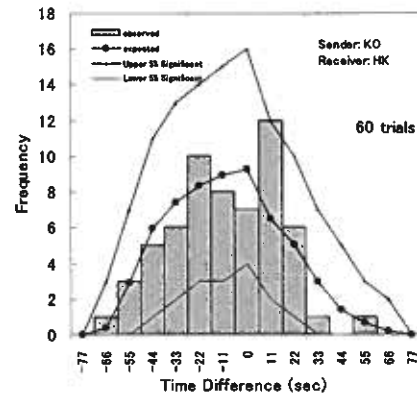
**Fig. 1 All non-trainees**

In comparing Japanese martial arts with Chinese qigong, all Japanese martial arts practitioners showed a 5% significance peak at +33 sec (Fig. 2), but no Chinese qigong practitioners did.

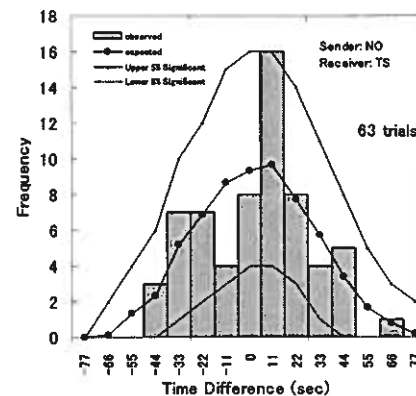


**Fig. 2 All Japanese martial arts**

In analyses on each pair, no pair of Japanese martial arts practitioners showed any significant peaks. Two pairs of Chinese qigong practitioners (Z-01 & Z-02) showed 5% significance peaks at +11 sec (Figs. 3, 4). If these delay peaks were caused by toh-ate, their sending performances were longer than several seconds generally. Chinese qigong practitioners have trained to develop their healing abilities. Therefore their emission performances were often longer.



**Fig. 3 Pair Z-01**



**Fig. 4 Pair Z-02**

## 4. Discussions

We had expected to find a peak in time coincidence of subjects' motions, especially for practitioners of Japanese martial arts, even if it was not significant. This was because 4 of these 6 subjects had participated in our previous experiments for Receivers' discriminability ability<sup>21)</sup>, and they were

considered to have abilities for toh-ate. However, no time coincidences of subjects' motions were observed. We can consider the following possible reason. The subjects of the present experiments were instructors, but they did not have the same level of abilities as the founder or the highest master of the martial arts did<sup>5)</sup>. They were still developing toward the highest master level. Moreover, our earlier significant results were obtained by subjects who trained in toh-ate every day<sup>3)</sup>. However, typically subjects of the present experiments trained in various skills, not only toh-ate. Therefore, the present experiments did not detect any time coincidence.

Some results showed 5% significance peaks which were displaced in time. It is useful for further studies to discuss the possibilities that these displaced peaks were caused by toh-ate. Both peaks of Chinese qigong pairs (Z-01 and Z-02) are considered as promising peaks. Those peaks were at +11sec (11 sec later the initial time of sending). Generally, healers continue to do laying-on-of-hands for a long time during therapy. All qigong practitioners of the present experiments had trained to apply qigong as a therapy, and so were familiar with ways of long time emitting. Indeed, the Sender of Z-01 pair often continued to emit qi(ki) for several seconds although the Sender of Z-02 pair emitted qi in a flash. Our experimental systems are not suitable for monitoring continuous emitting. We need to improve the systems and test other types of subjects; for example, healers who emit qi continuously for more than several minutes.

In our previous experiments, we observed anomalous changes of average gradient of skin temperature around the sending time<sup>16-18)</sup>. However, in the present study, we could not observe any. In the previous experiments, the subject was the founder of one school of martial arts. Therefore, in the present study, there is a possibility that the careers of the practitioners were too short.

Many physiological data have not been analyzed yet. We will analyze them in further studies.

## 5. Conclusions

We measured Receivers' skin temperatures and

looked at the time coincidence between subjects' motions for practitioners of Japanese martial arts and Chinese qigong and non-trainees. However, we could not observe any remarkable anomalous time coincidences or anomalous changes of average gradient of skin temperature around the sending time. No clear reasons for no detection of anomalies were found, although there was a possibility that difference in career length of the practitioners played a part.

## Acknowledgements

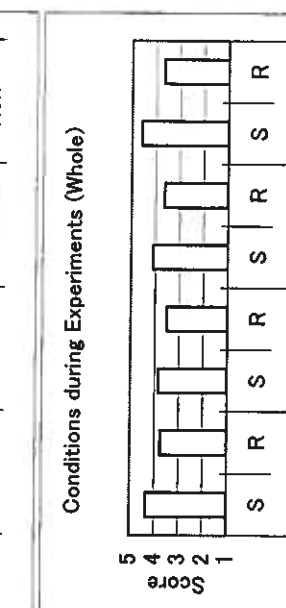
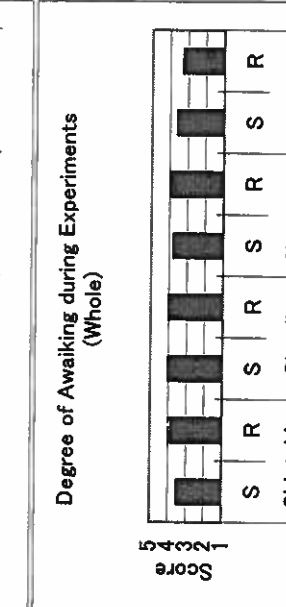
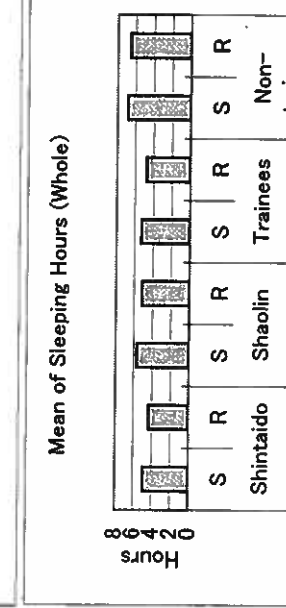
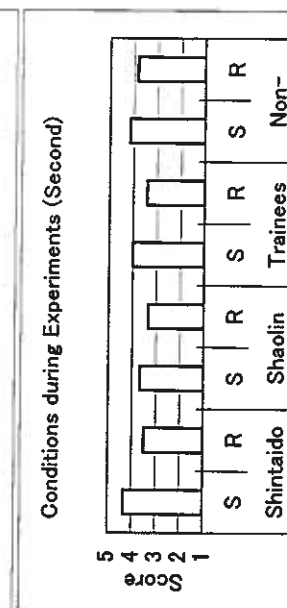
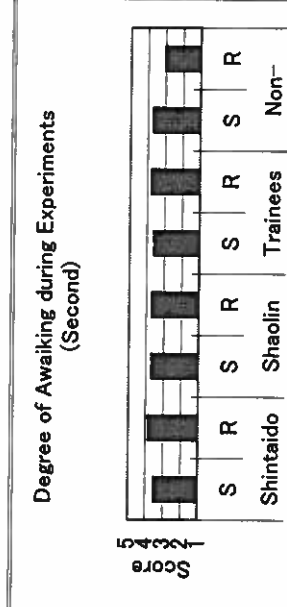
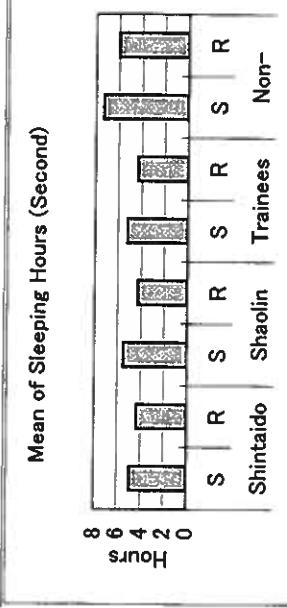
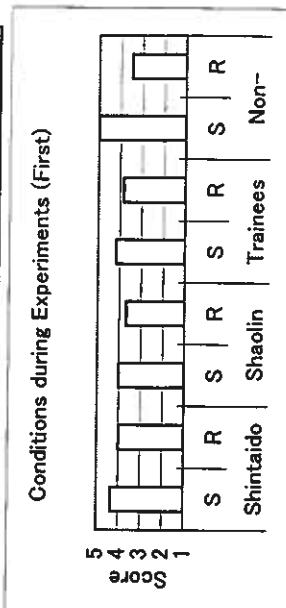
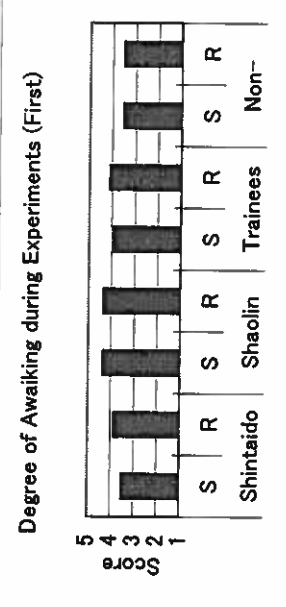
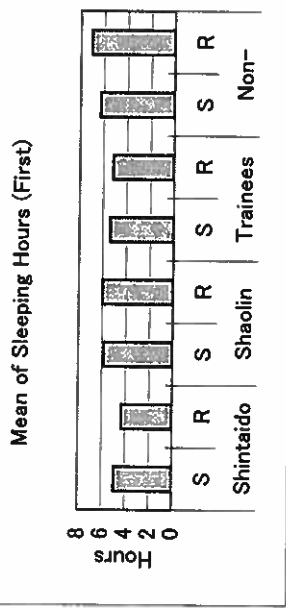
We express our sincere thanks to Japan Shintaido Association (President: Mitsuru Okada), The All Japan Shaolin Temple Qigong Association (President: Xiping Qing) and BIAL Foundation (in Portugal).

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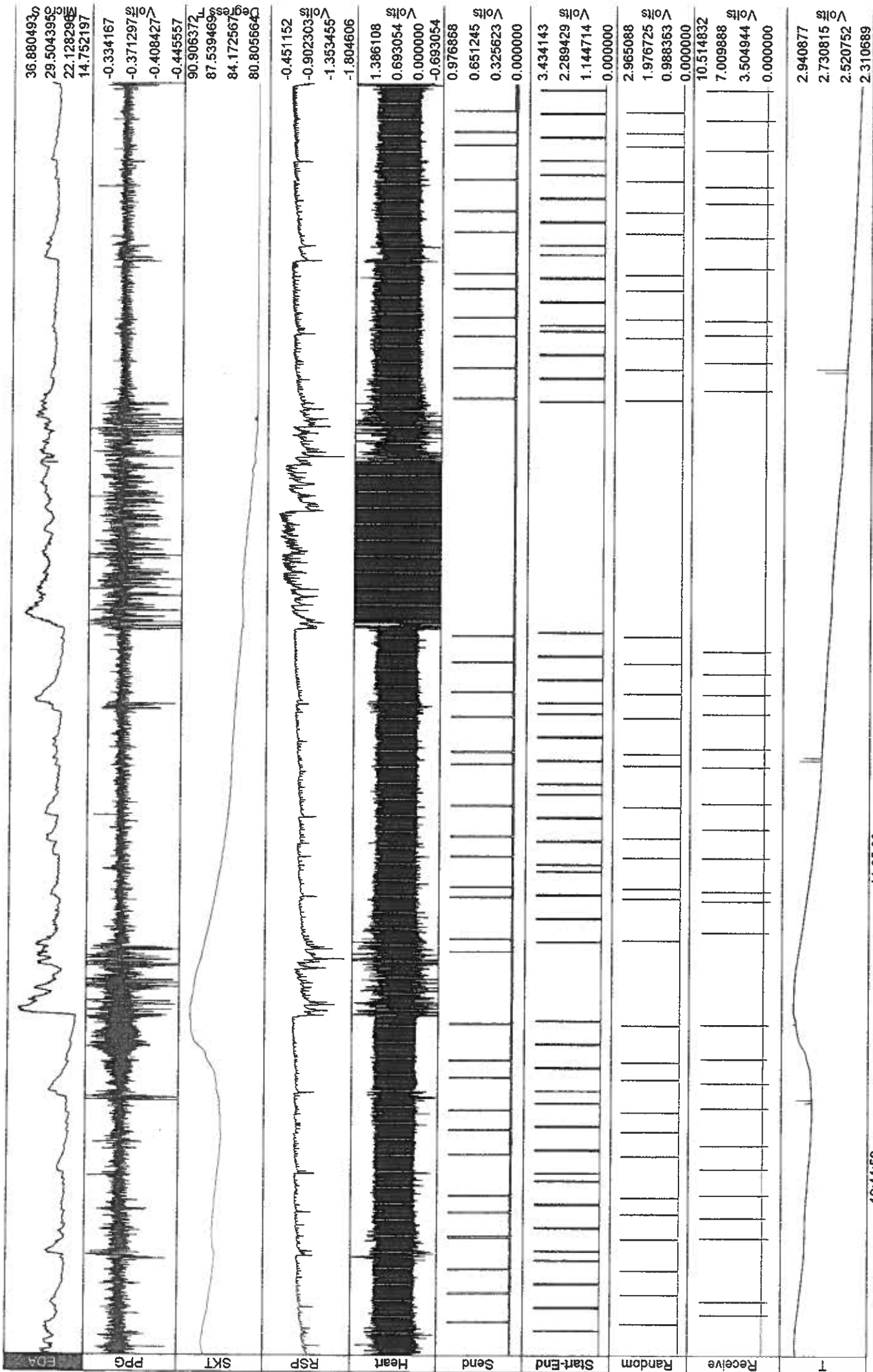
Appendix B Graphs of General Conditions of Subjects

Toh-ate Trainee / Non-trainee Sender / Receiver	First						Second						Total											
	Shintaido		Shaolin		Non-trainee		Shintaido		Shaolin		Non-trainee		Shintaido		Shaolin		Non-trainee							
	S	R	S	R	S	R	S	R	S	R	S	R	S	R	S	R	S	R						
Sleeping hours	4.92	4.35	5.83	6	5.38	5.18	6.29	7.08	4.92	4.35	5.5	4.27	5.21	4.31	7.33	6	4.92	4.35	5.67	5.13	5.29	4.74	6.81	6.54
Degree of awaking	3.5	3.83	4.33	4.33	3.92	4.08	3.5	3.5	3.5	3.83	3.67	3.58	3.75	3.67	3	3	4.33	3.75	3.83	4	3.75	3.92	3.58	3.25
Condition	4.33	4	4	3.67	4.17	3.83	5	3.5	4.33	3.5	3.67	3.33	4	3.42	4.17	3.83	4.33	3.75	3.83	3.5	4.08	3.63	4.58	3.67



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Appendix C Raw Data of Physiological Factors



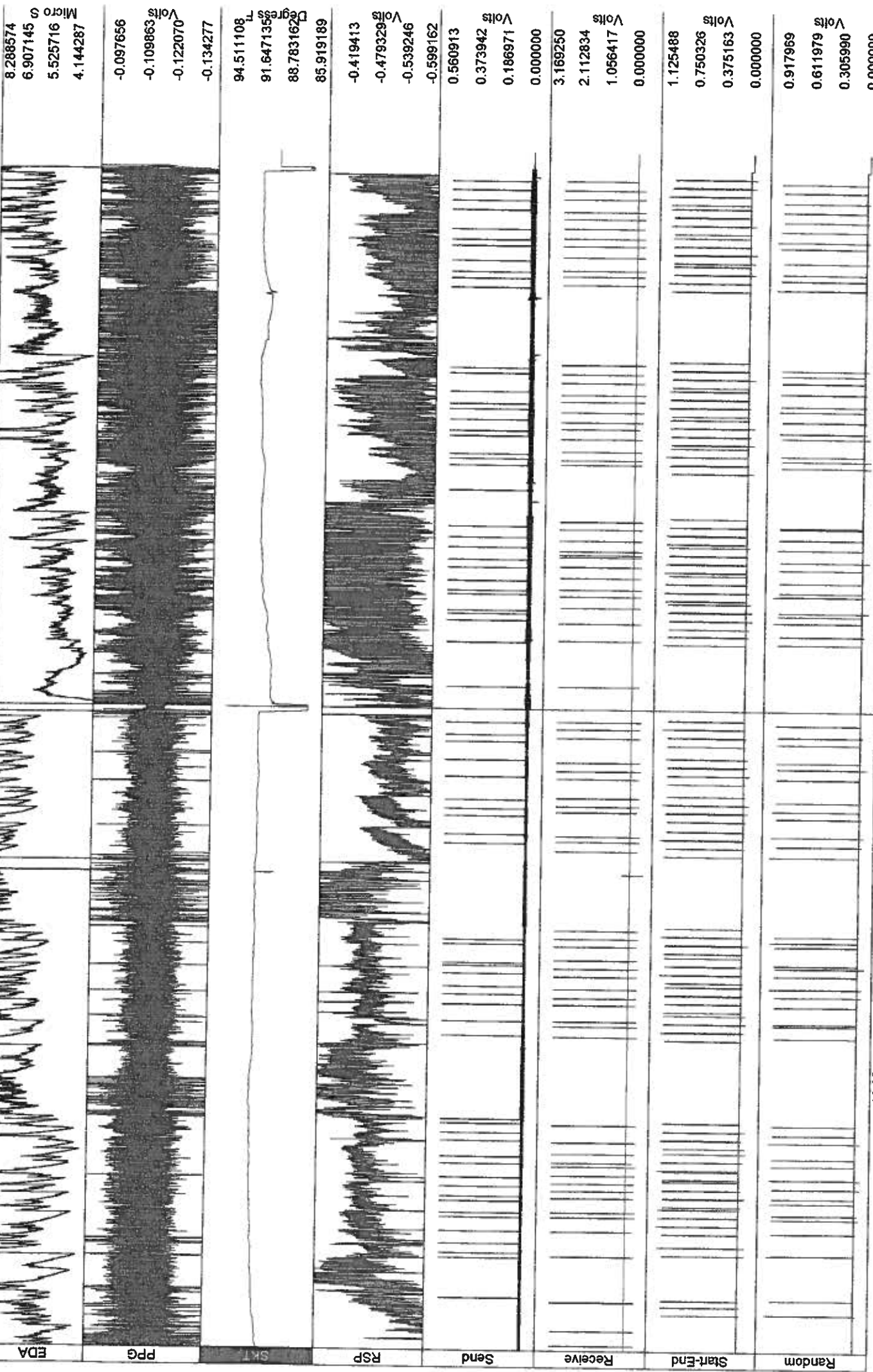
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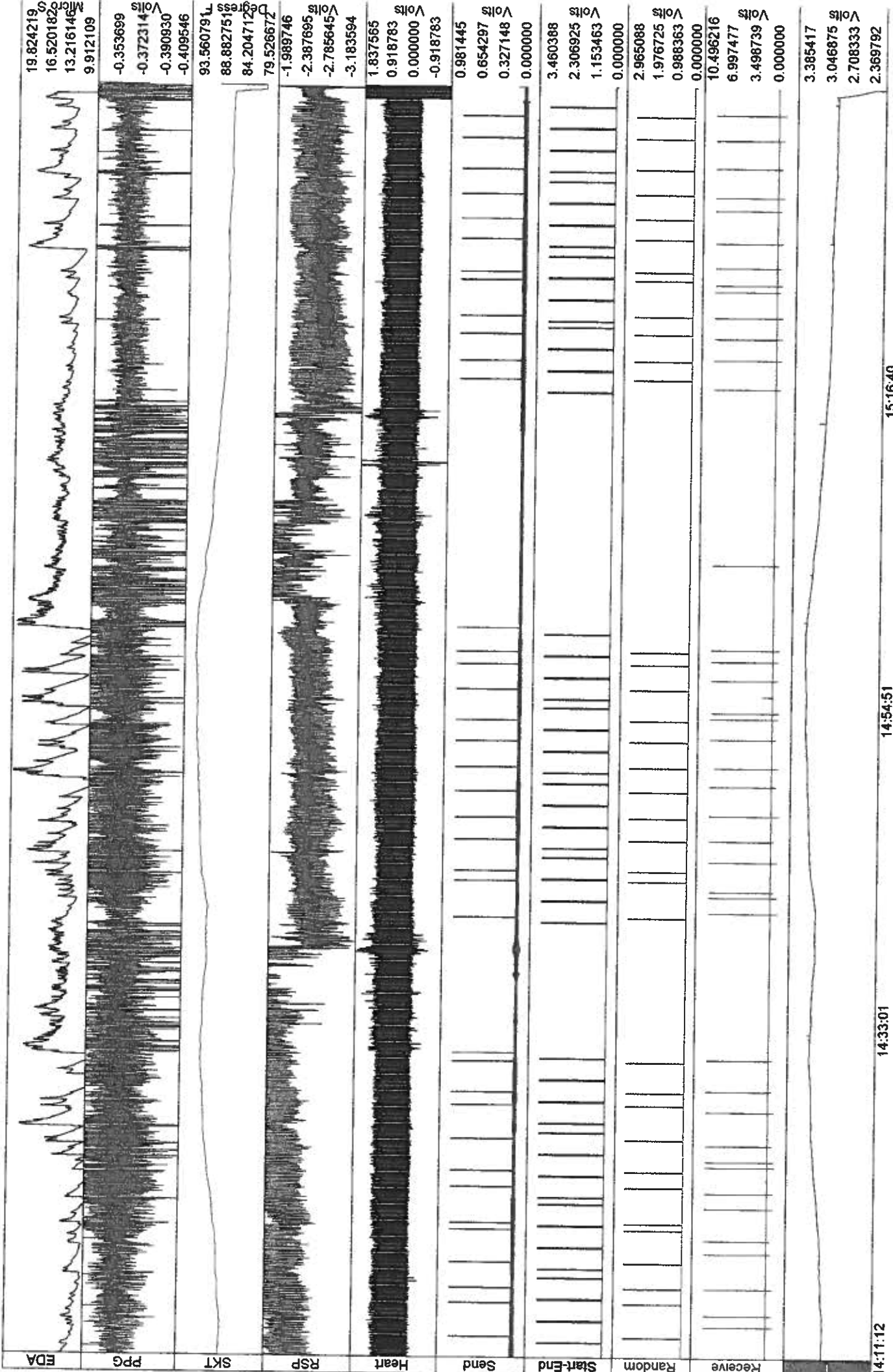
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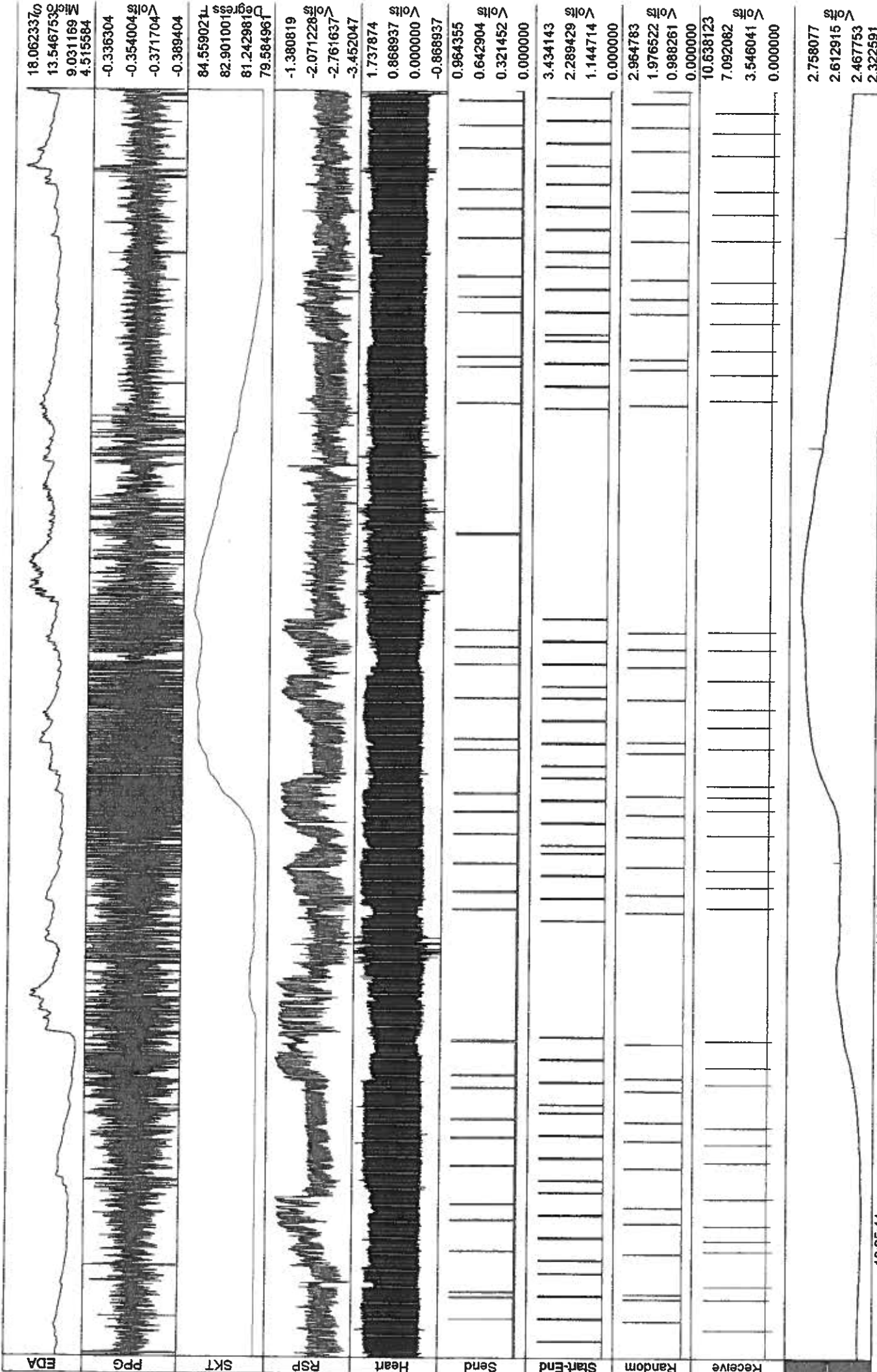


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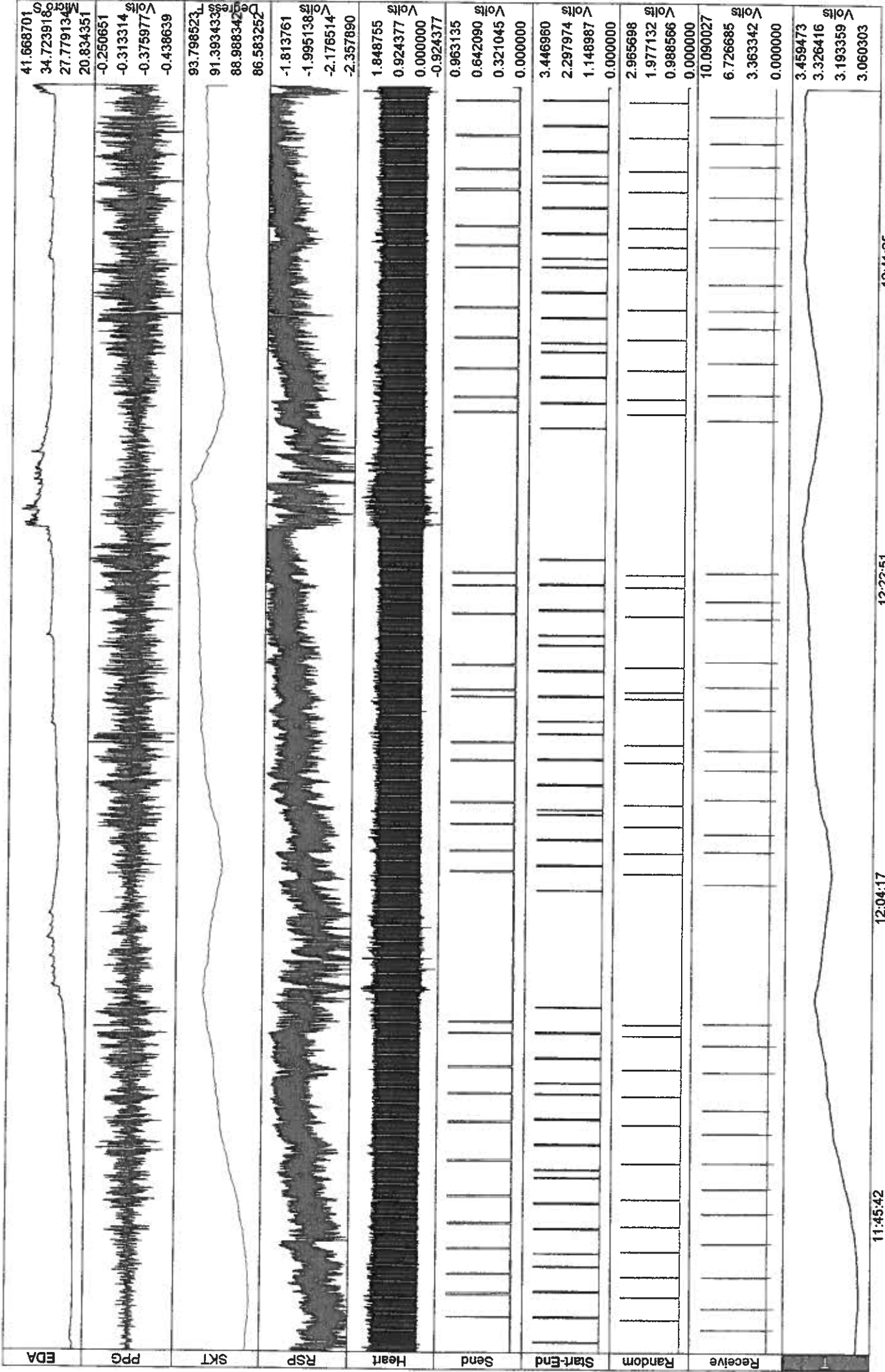
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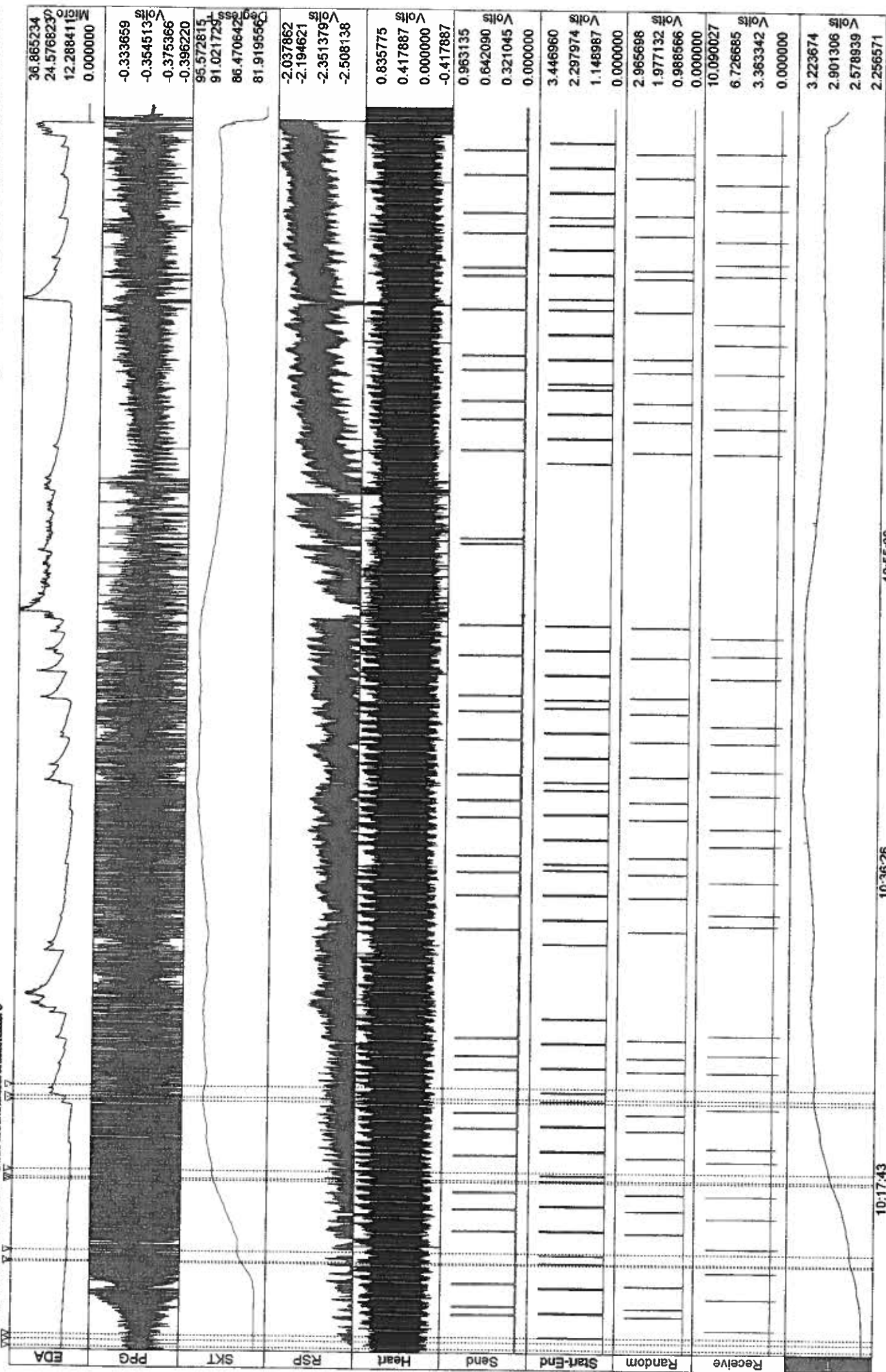
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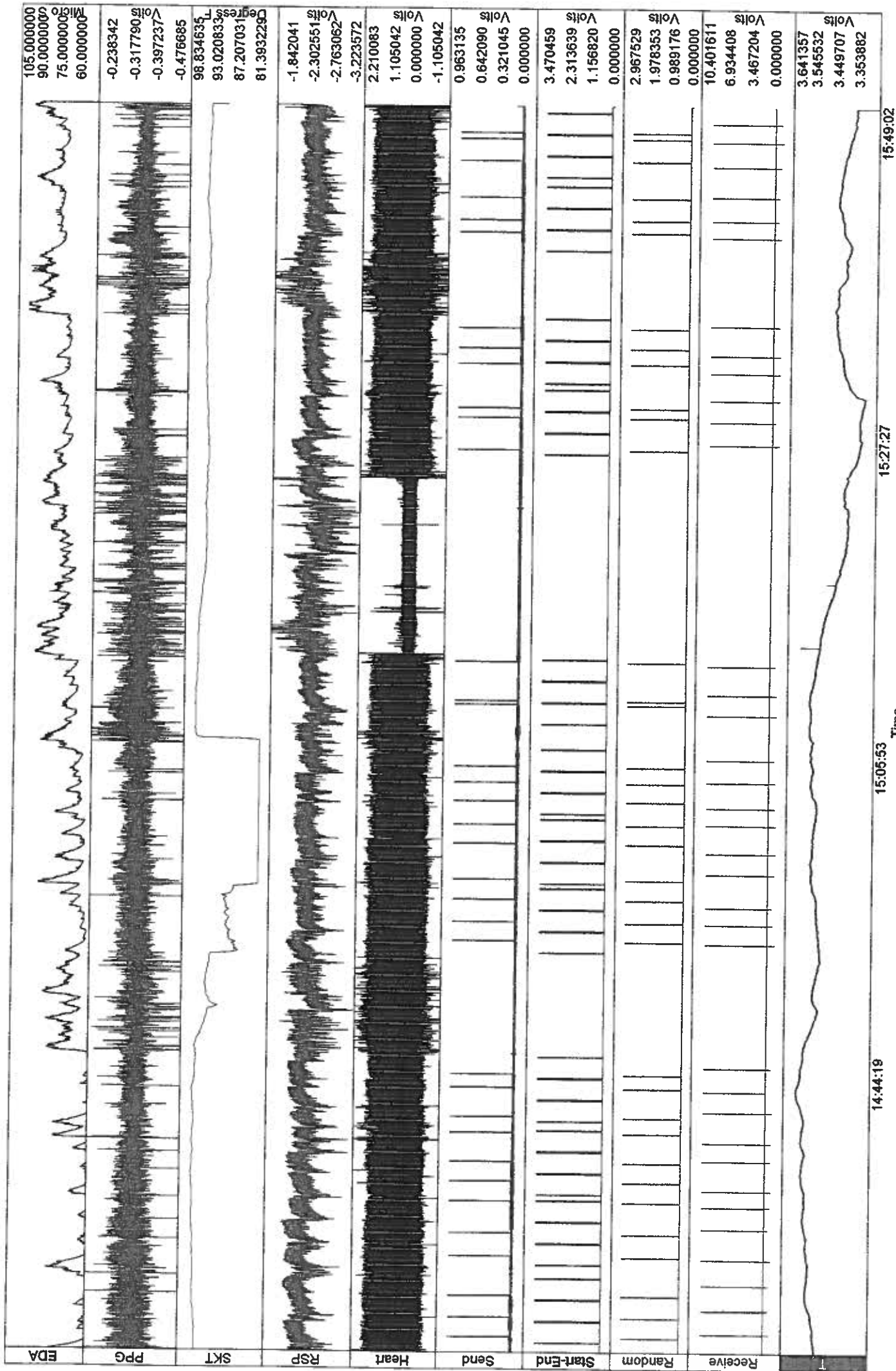
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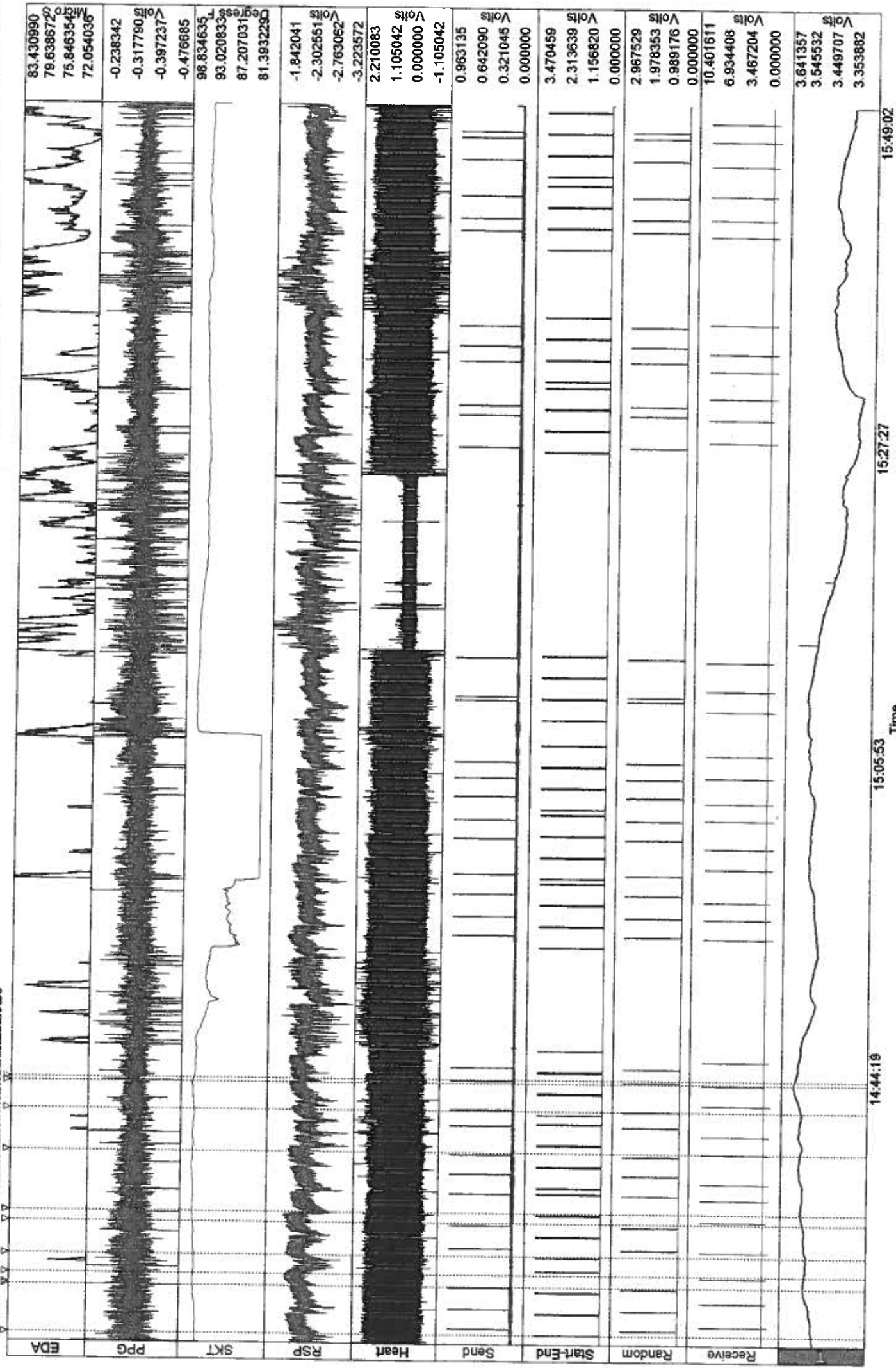
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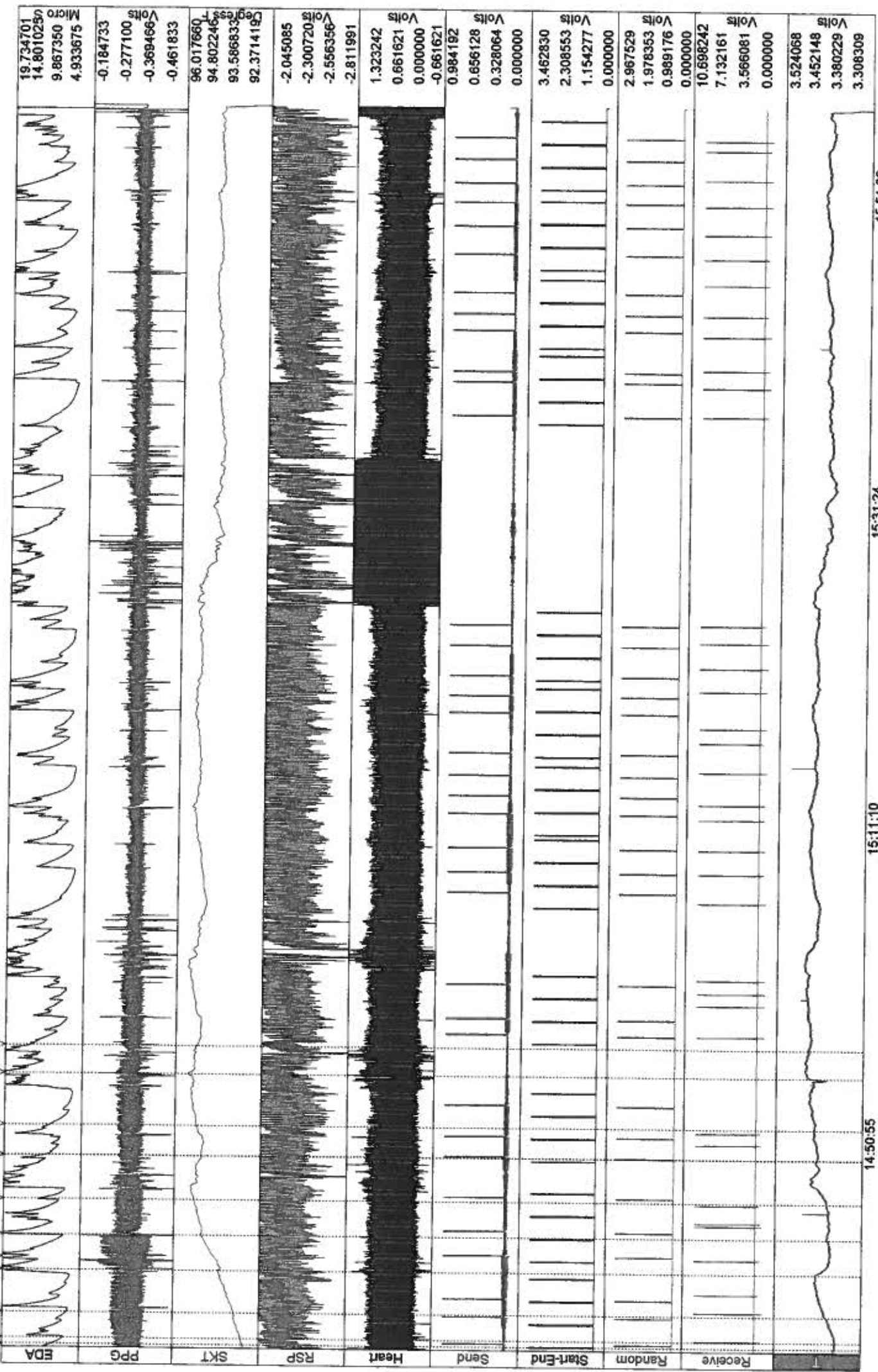
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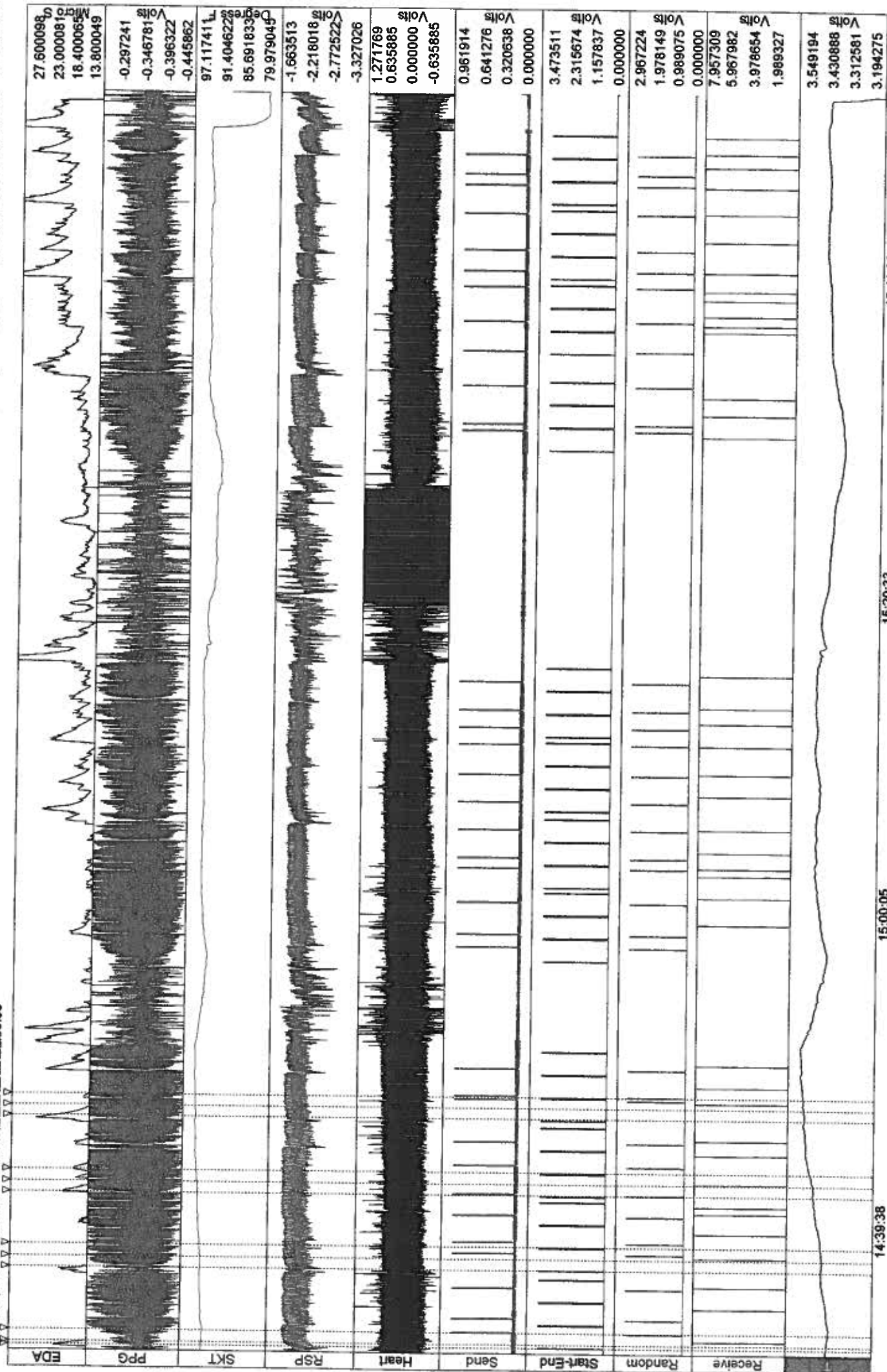












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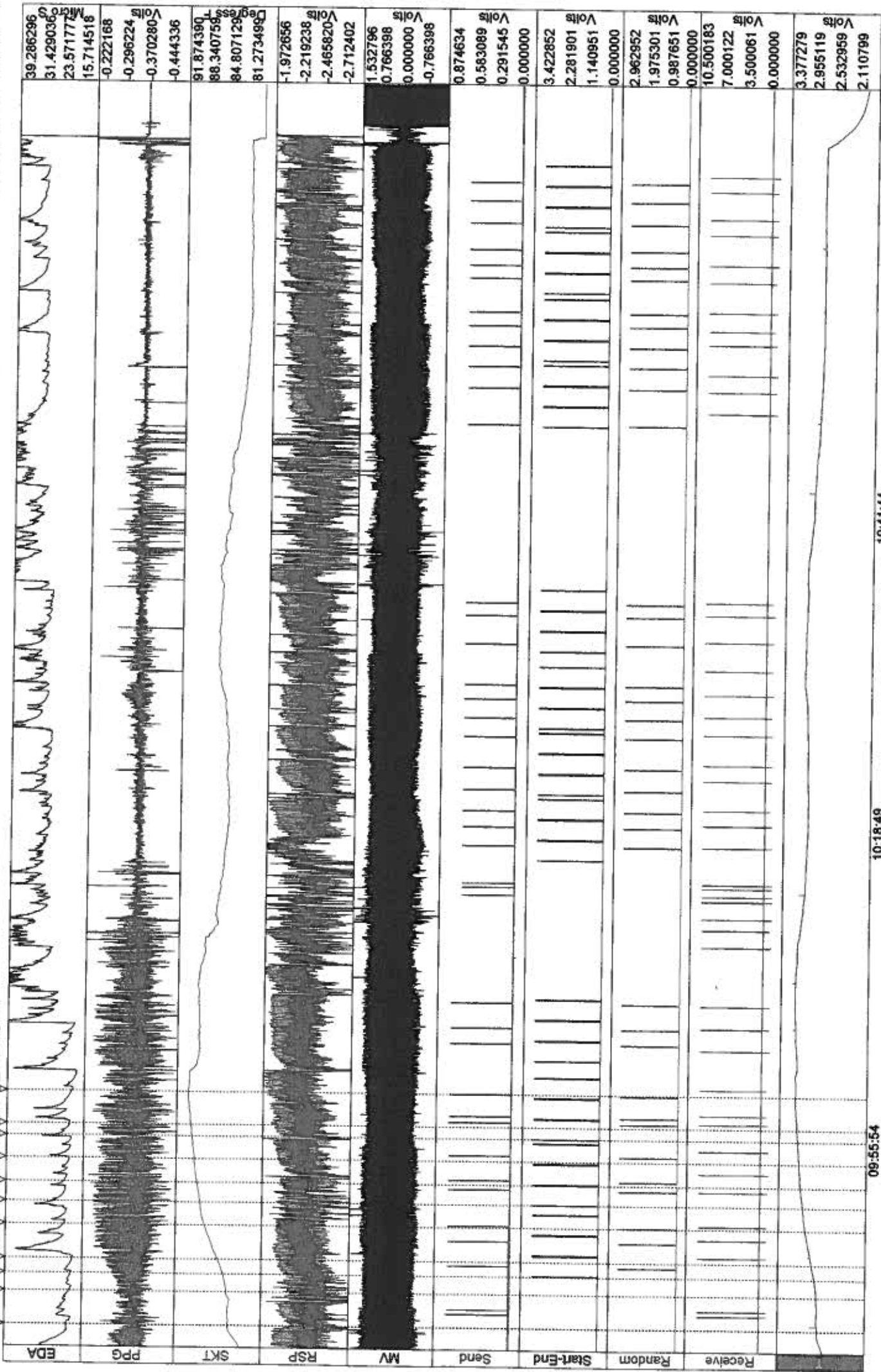
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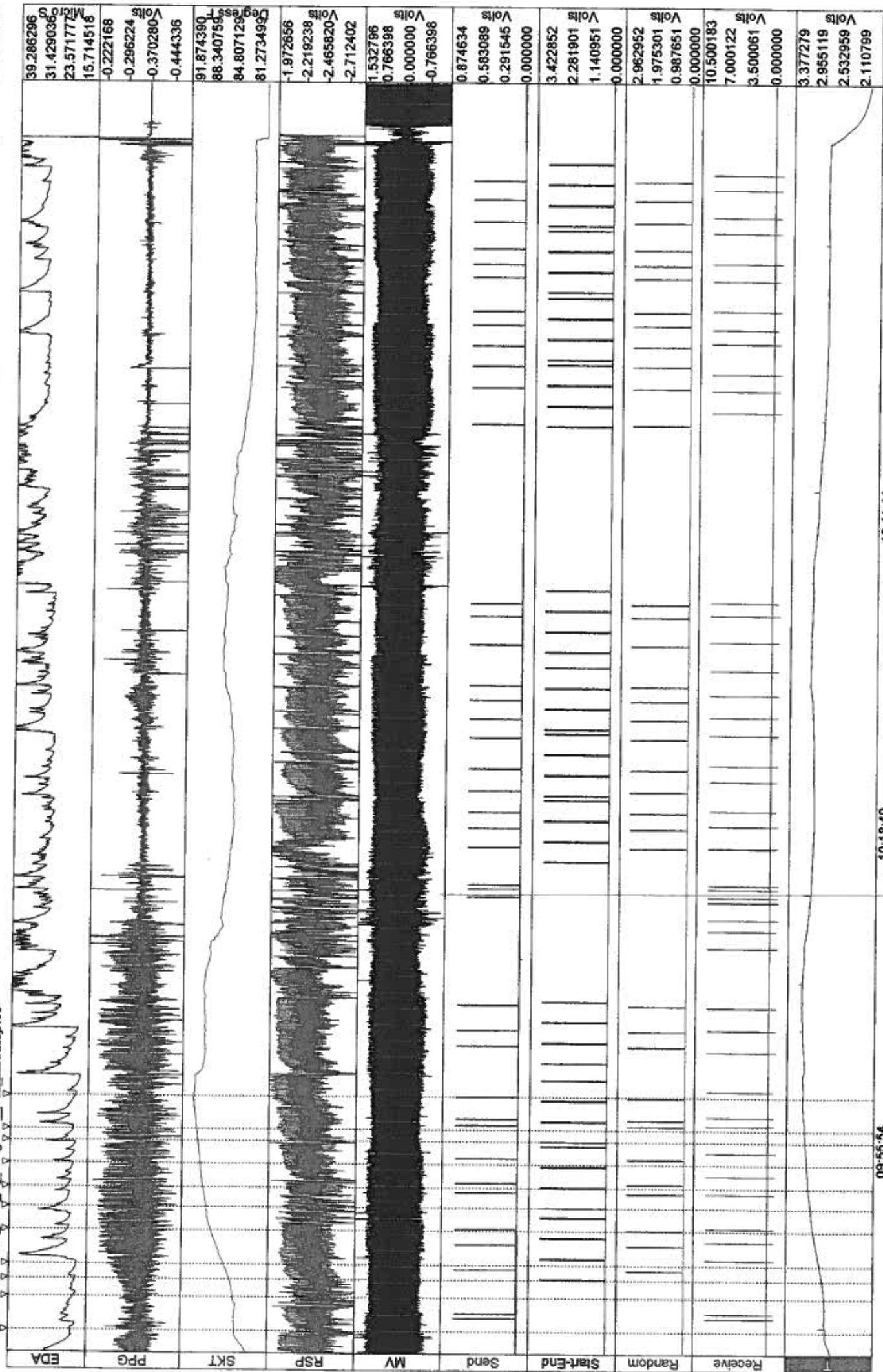
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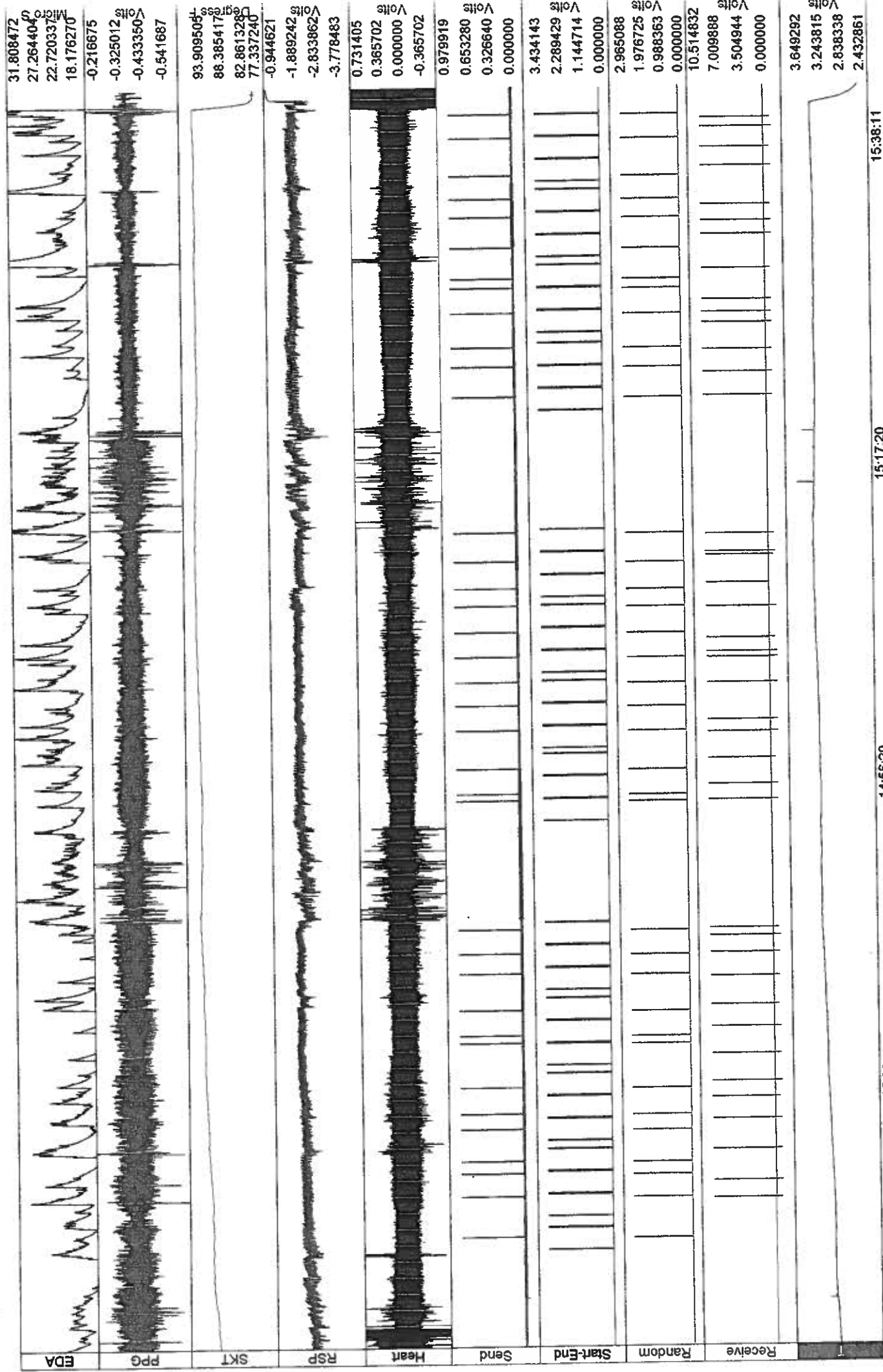
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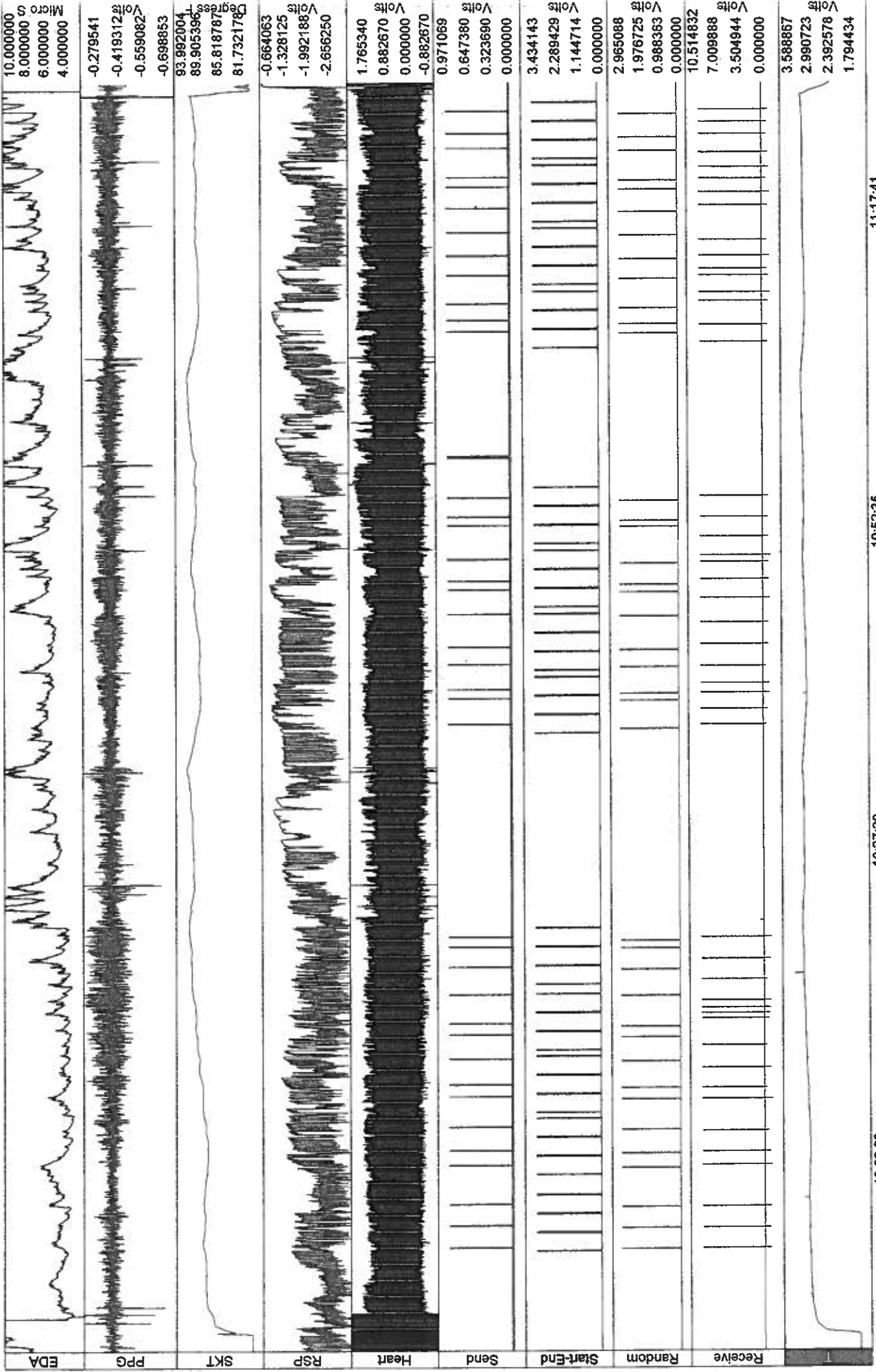
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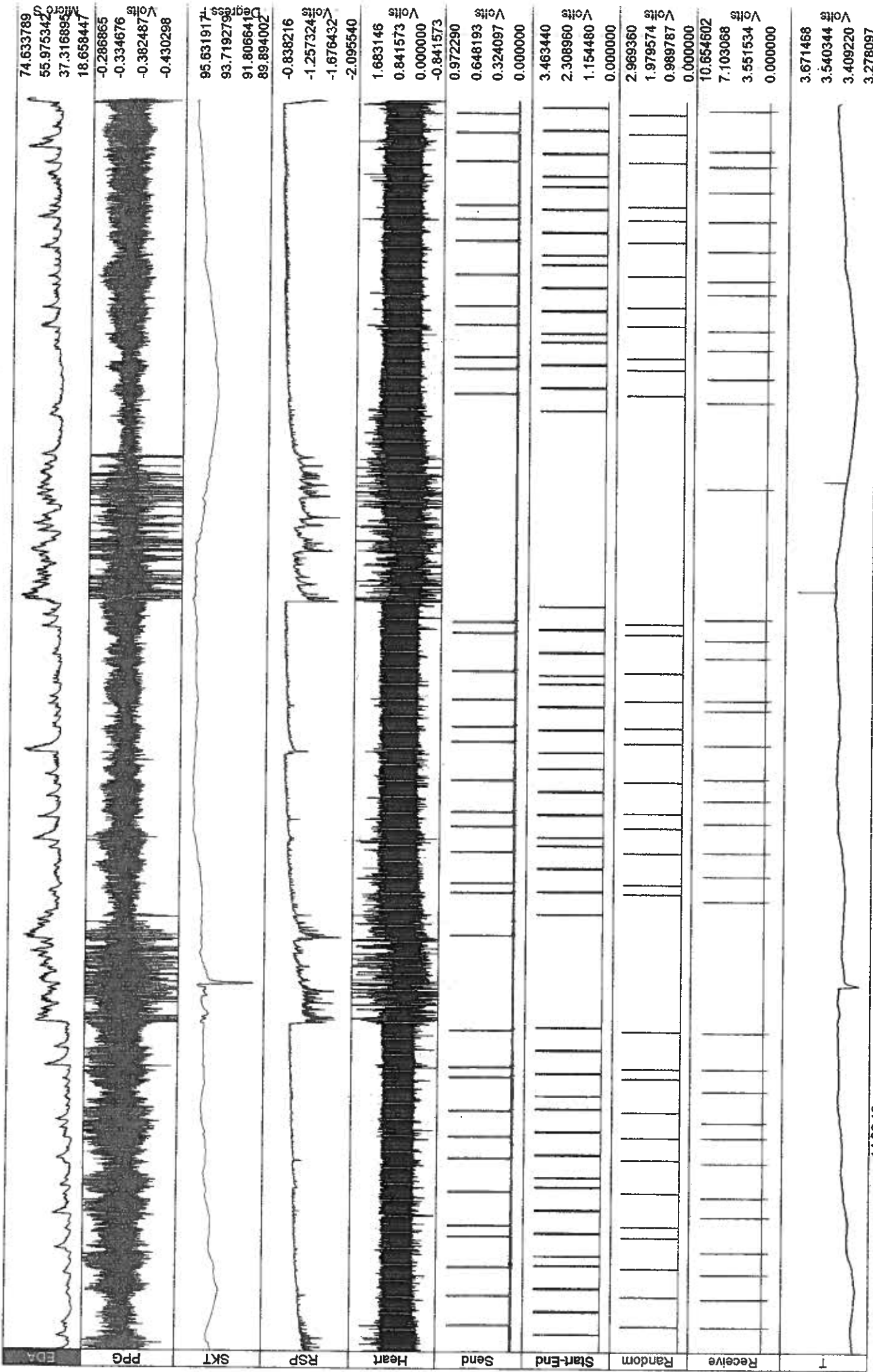
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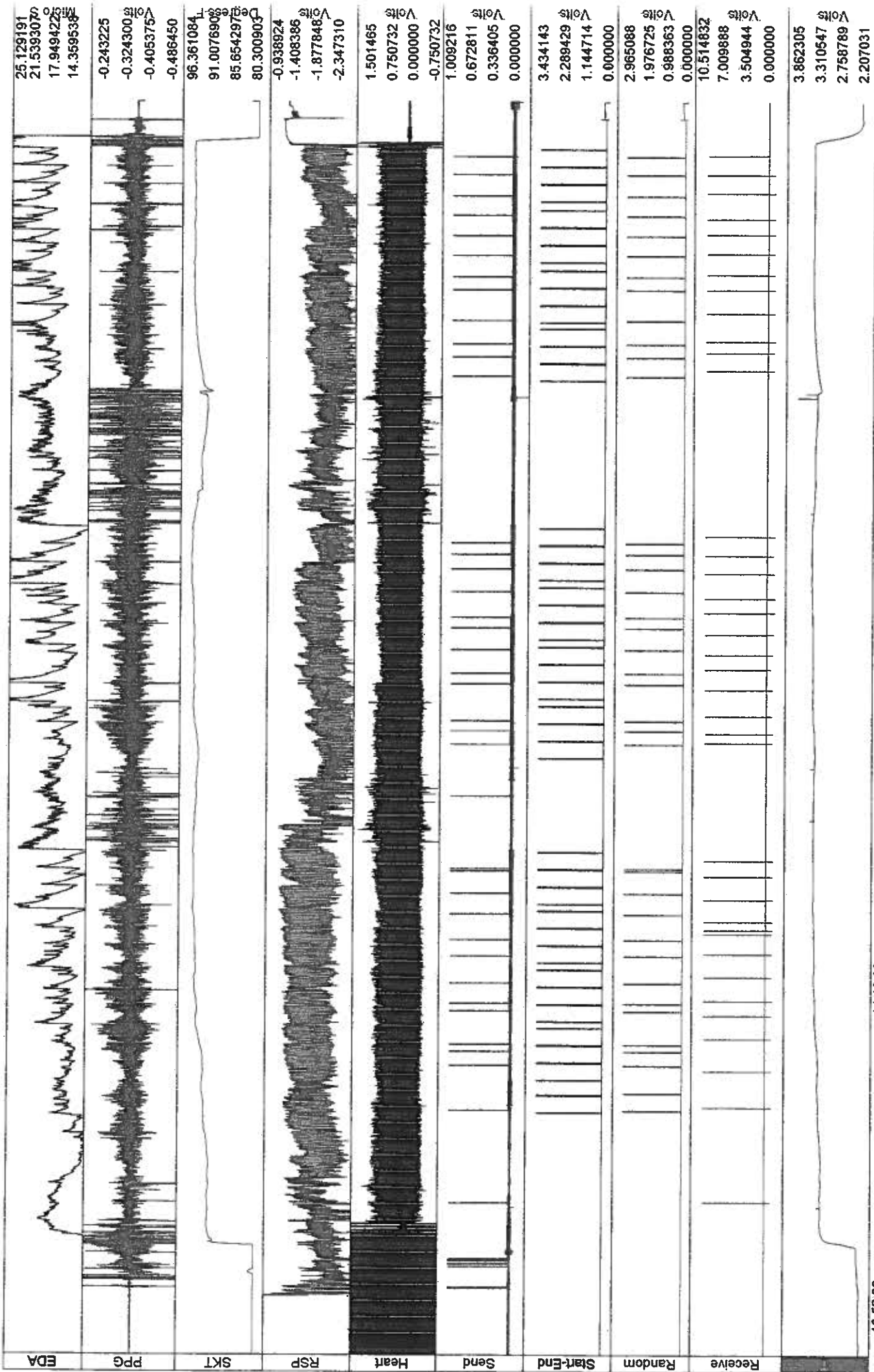


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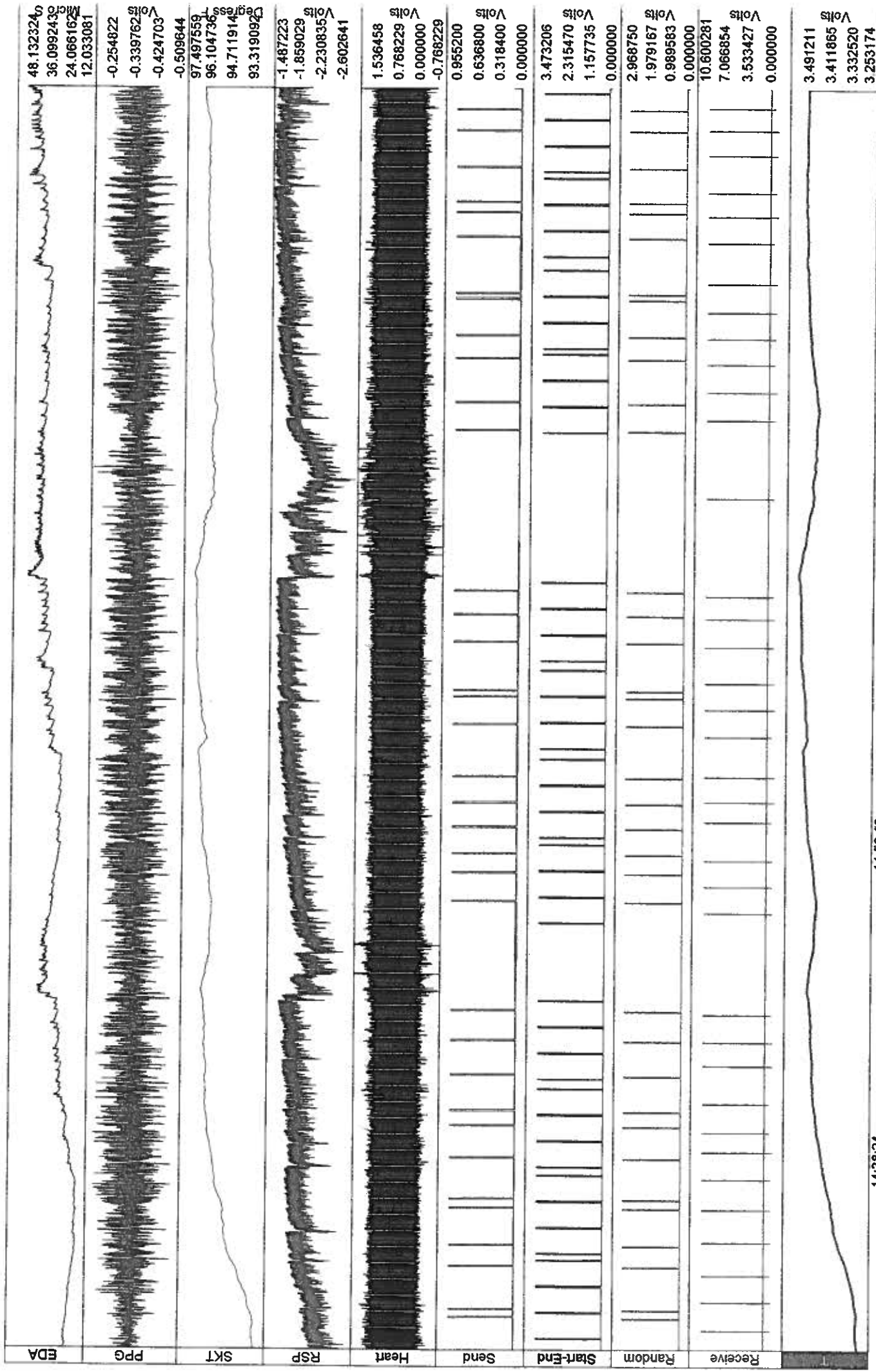
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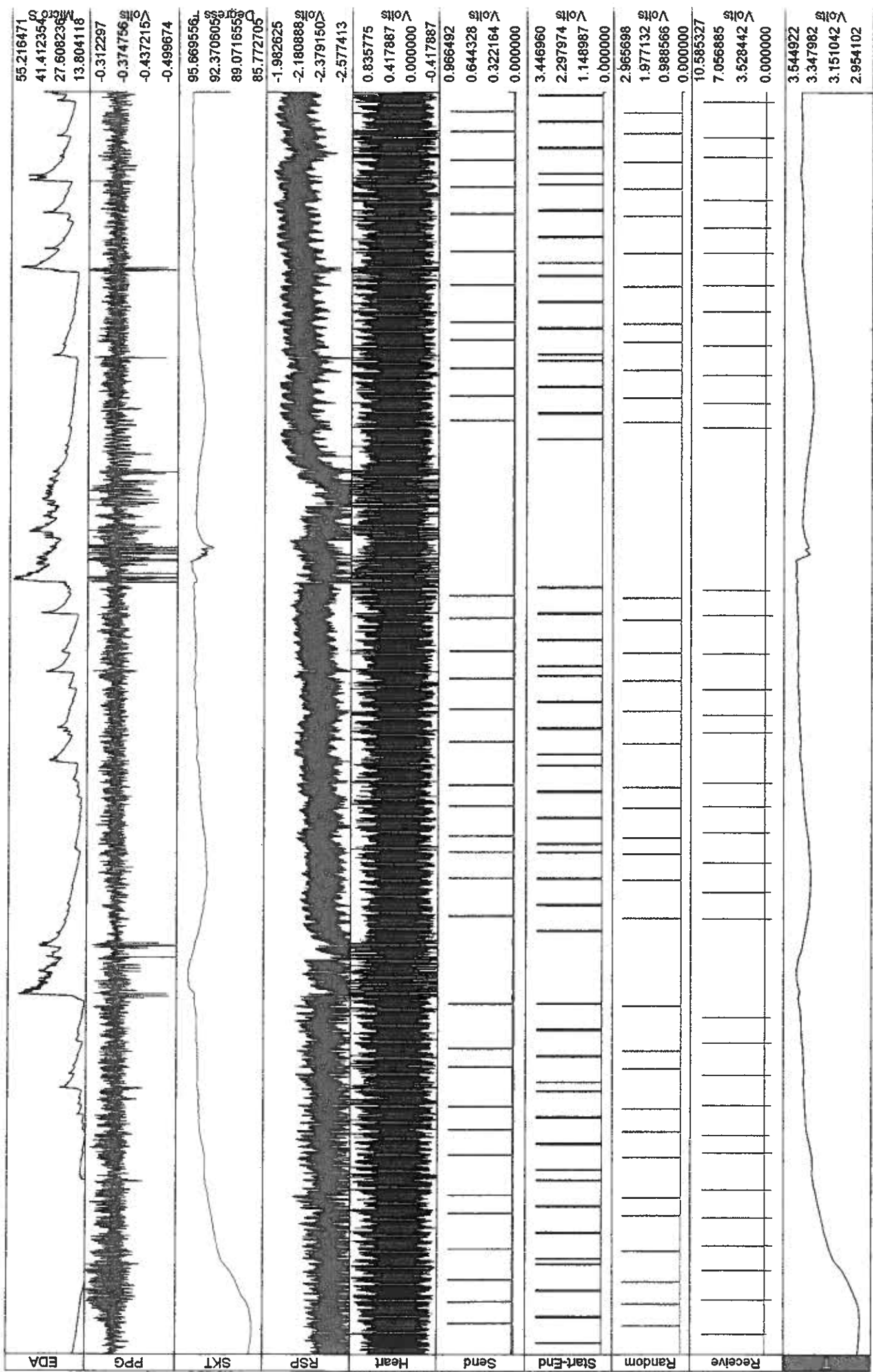
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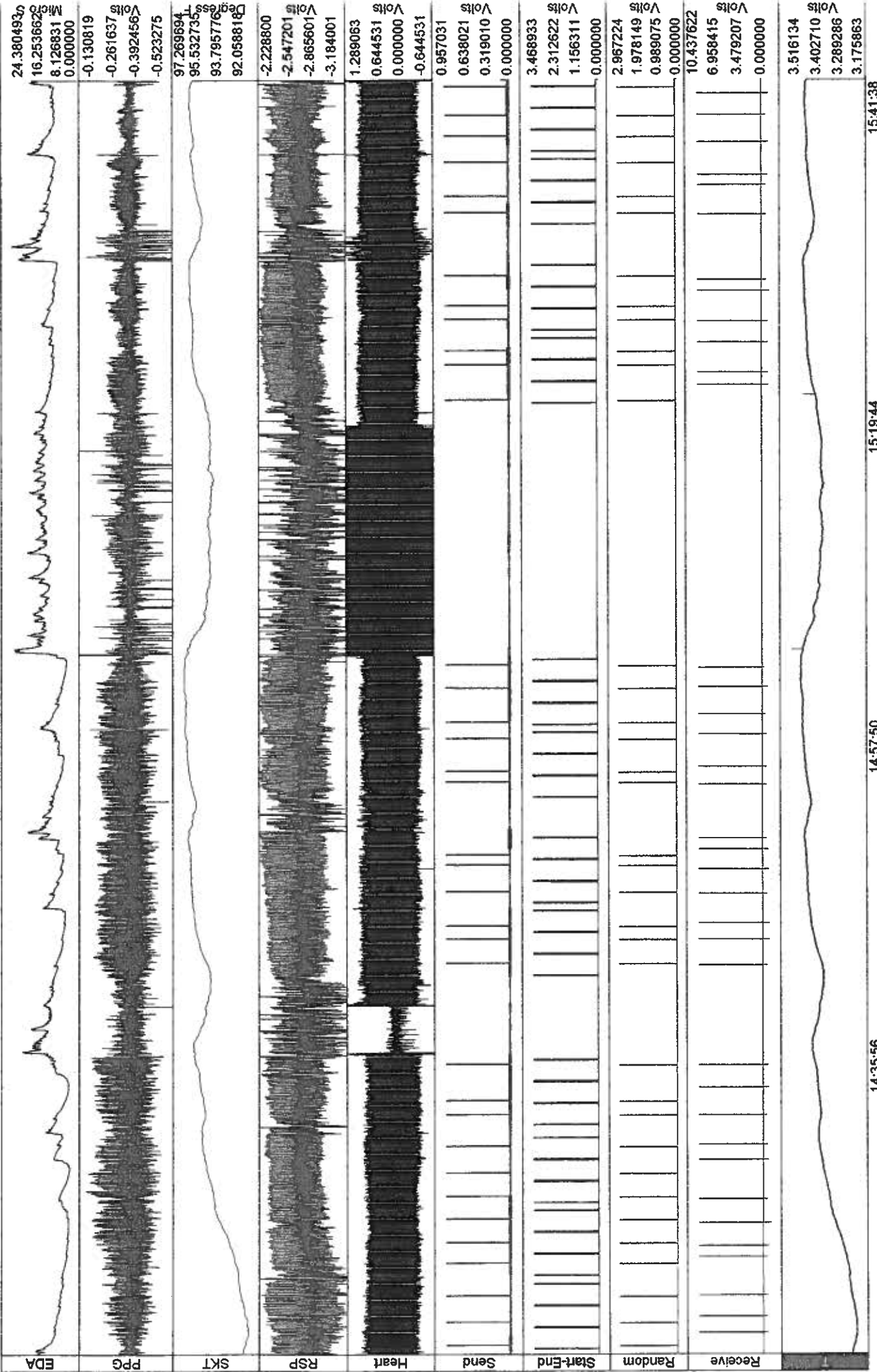
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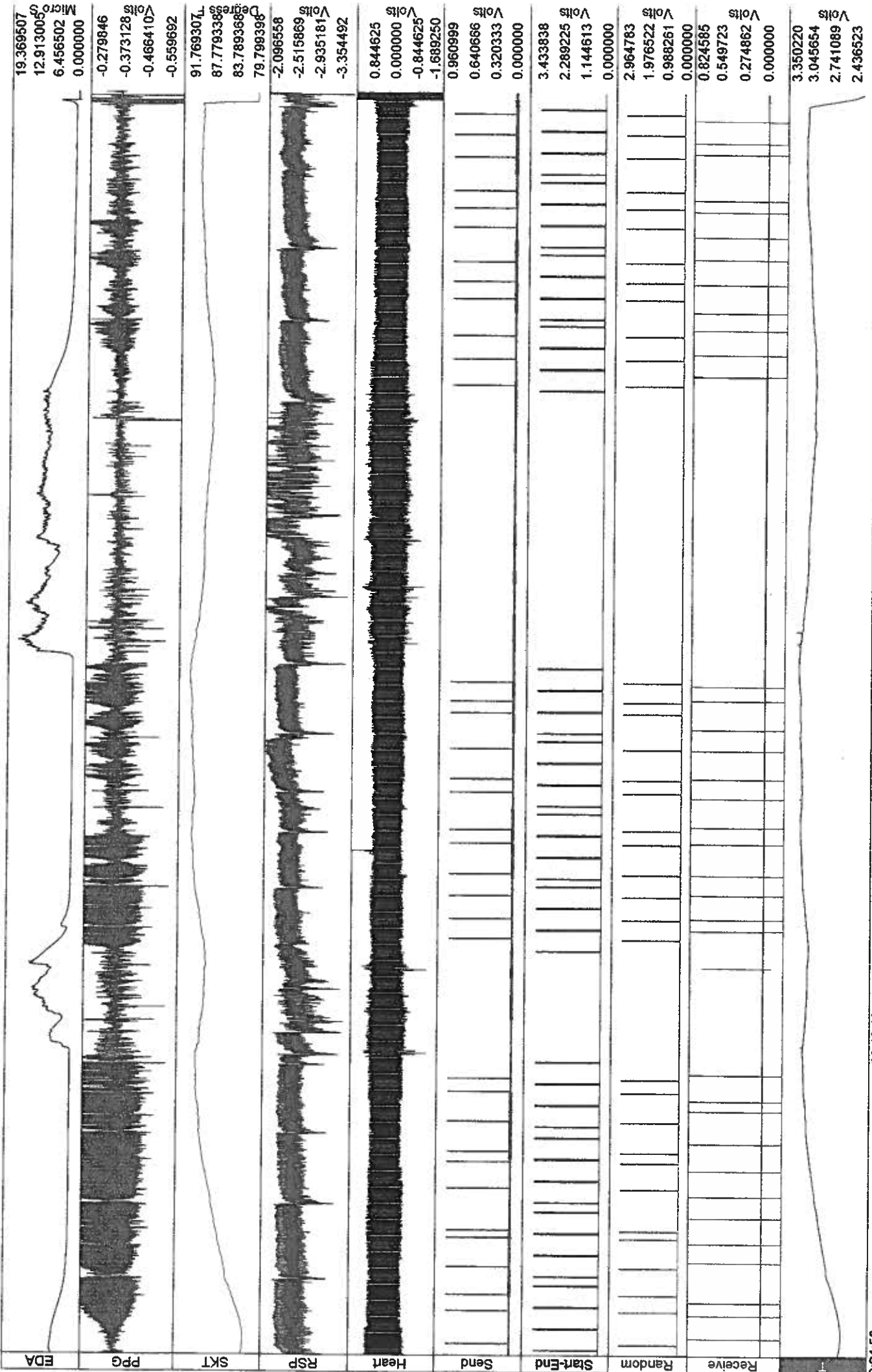
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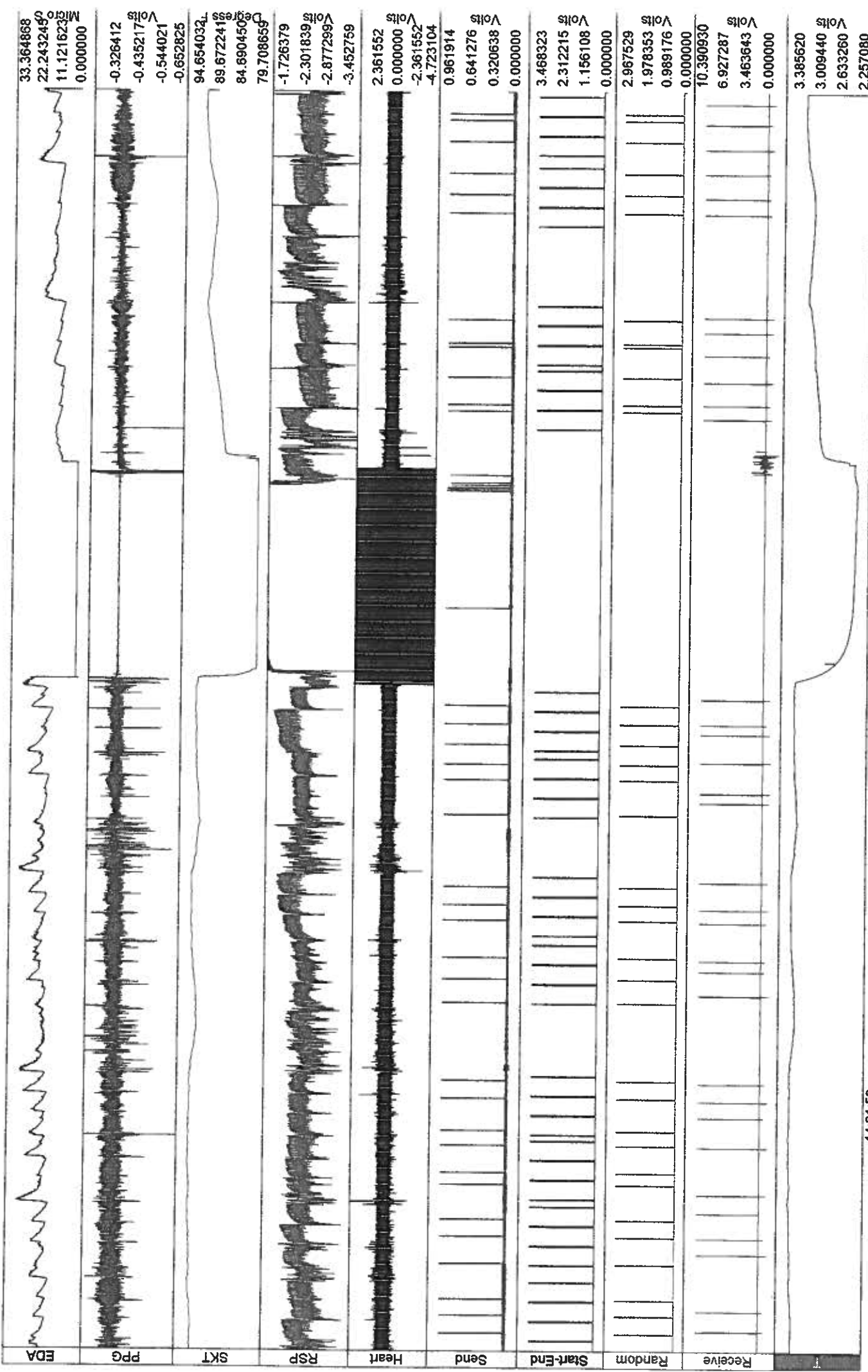


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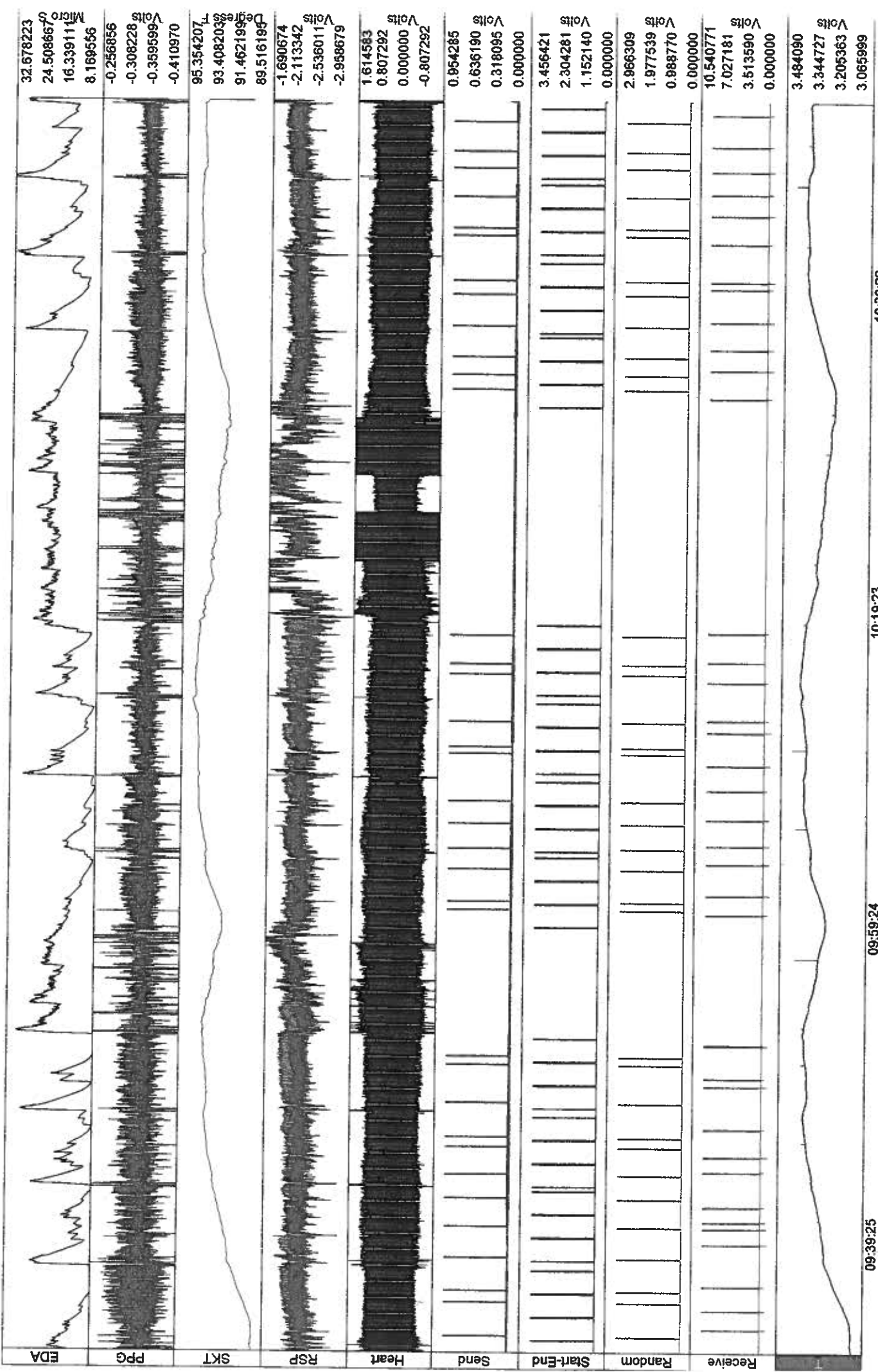
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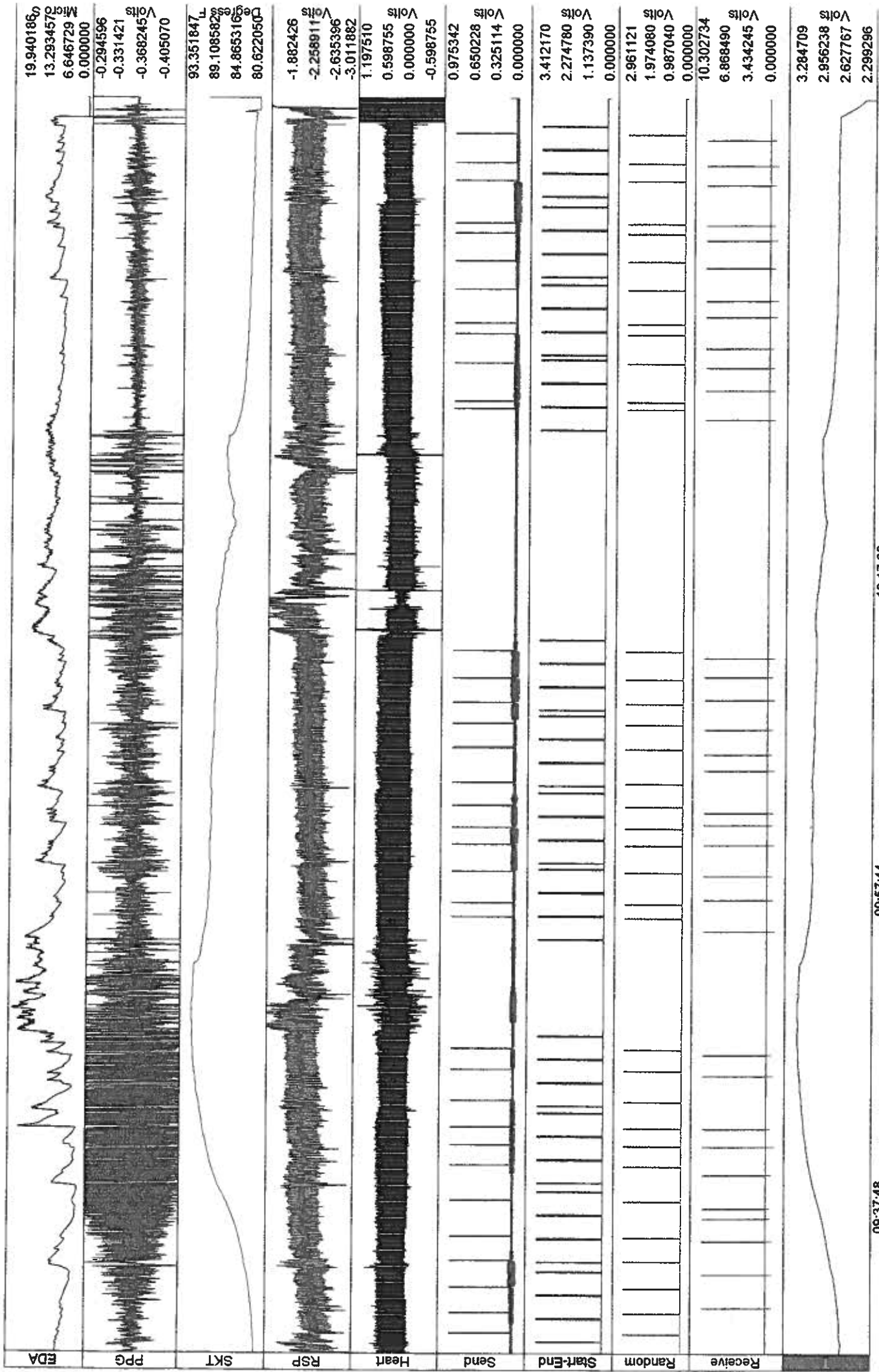
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