

# American Ju-Jitsu Association™ News Letter Summer, 2001



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## EDITORIAL

### INTEGRITY & CREDIBILITY *GET THOSE HIP-BOOTS ON!*

By PROF. GEORGE KIRBY

One of the problems of having a videotape series supported by written instructional materials is the constant possibility of someone claiming false rank after “viewing” the videotapes. I am not alone in having this problem. It is amazing how many “videotape” sensei there are floating around who don’t know one end of a tatami from the other. This is a problem faced by many top sensei who have instructional videotape series.

For that reason I periodically use a major internet search engine (go, Google, Metacrawler, etc.) to search out the word “budoshin”. It is really amazing how many sites come up. Some pertain to budoshin on the philosophical level. Some pertain to Budoshin Ju-Jitsu, my website and references or links to it. Sometimes there is a site that does not have anything to do with martial arts. Then there is the occasional “budoshin jujitsu” sensei, claiming rank. BINGO!

Amazingly, I have never heard of most of these people. Some claim to have “studied” the art – whatever that means. Because they have “studied” the art they are now qualified to “teach” it. Gee – I wish life was so simple. It would sure be nice if I could observe a karate or aikido class and then claim to be qualified to teach it.

I have even run into a few who claim 3<sup>rd</sup> or 4<sup>th</sup> dan in Budoshin Ju-Jitsu. Wow! Some even get other organizations to recognize their ranks. Phenomenal! How do they accomplish this? I don’t know. However, it sure raises questions with respect to those organizations’ integrity and credibility. There are even organizations on the internet that say, “send me your money and we will send you your yudansha certificate.” Some organizations will even grant recognition in different ryu even though there is no one in the

organization qualified to do so. It is sort of like the “university diploma by mail” scam. In all fairness, there are some organizations that will cross-check with me (or the AJA) before issuing a certificate of rank.

It is possible to study videotapes on your own (with an uke) and if you’re both sufficiently skilled, learn some techniques. However, technical knowledge and acquiring credible rank are two entirely different things. Anyone who has been in a formal learning environment knows the difference. However, there are those who believe that watching a videotape and practicing a few moves makes them qualified. What is even worse is that their students believe them.

How do I deal with the problem? Very simply: I contact the person. Sometimes they received a promotion from one of my black belts and that resolves the problem. Fortunately I have kept records of all students I have promoted to yudansha grades. It is usually easy to verify these promotions. I congratulate the person and then they use me as a resource as well as their sensei.

Sometimes a self-promoted person is really shocked to hear from me. They want to know how “I” found out about “them”. It is sort of a defensive reaction to distract me from the issue at hand: is their rank legitimate? Once “caught”, they are usually quite apologetic, agree not to use the name “Budoshin Ju-Jitsu” (in writing) and life goes on. On rare occasion I have to come on very strong, advising them that “Budoshin Ju-Jitsu” is part of a registered trademark and their use of the term for personal financial gain or abuse of the name for purposes of misrepresentation could put them in a lot of legal hot water. I have only had to be heavy-handed once or twice. Politeness and professionalism usually win out.

The AJA has had an effective policy to deal with this problem for many years. Any sensei wishing membership must provide

**Please see INTEGRITY, page 14**

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and acquiring credible  
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## INTERNATIONAL

**Indonesia**

March 14, 2001

The Yonryu Goshin Budo Club of Indonesia was accepted into the International Jidokwan Federation (IJF), a Canada-based organization headed by Master Dafyd Haase (10<sup>th</sup> Dan Jidokwan Taekwondo, Hapkido and Jujutsu). Sensei Ben Haryo (the chief instructor for Yonryu Goshin Budo Club) received promotion to 5<sup>th</sup> Dan in Jidokwan Jujutsu & is appointed as a representative for Jidokwan in Indonesia.

March 16, 2001

The second annual conference of FUKASEBA (Communication Forum for Martial Artists in Indonesia) took place on March 16, 2001. Sensei Imanul Hakim from Indonesia Aiki Kai, Master Sae Ho from Lanchelung Shaolin Gung-Fu and Sensei Ben Haryo from Yonryu Goshin Budo (representing the AJA, Wado Kai and IJF) took part in the demonstrations and received huge ovations. Mr. Wisja Sikumbang (representing Indonesian Silat) is appointed as National Coordinator for FUKASEBA and he promised to promote peace and cooperation amongst martial artists in Indonesia.

March 17, 2001

The Institut Ju-Jitsu Indonesia (IJI) held a Provincial Conference. Sensei Ben Haryo from Yonryu Goshin Budo (representing the AJA, Wado Kai and IJF) was amongst the honored guests of that conference. Sensei Haryo also delivered a speech. The Head of IJI, Mr. Heru Nurcahyo (7<sup>th</sup> Dan, WCCJO) expressed his happiness that the Yonryu Goshin Budo Club and the IJI are in good relations, and he promised to invite the Yonryu Club to future IJI events. He also proposed a plan to create a federation to promote peace and cooperation amongst all Jujutsu styles in Indonesia.

**Yugoslavia and Macedonia**

The Katai Ryu Aikijutsu Association's Second International Open Seminar in Crvenka (see training report) marked the founding assembly of a new Jutsu Union. This organization is going to be the leading authority in Yugoslavia and Macedonia — possibly the whole region of Balkan — for jutsu arts and styles: jujutsu, aikijutsu, aiki jujutsu, atemi jutsu, kempo jutsu, tai jutsu, etc. Boarding Committee of the newly founded Jutsu Union consists of 5 members: Tomislav Djuric as president, Slobodan Saric as vice-president, Goran Jaksic as secretary, Ivica Zdravkovic as technical director, and Aleksandar Alimpic as sports director. The main goals of newly founded Union will be: gathering of all jutsu practitioners and clubs, organizing various jutsu competitions (kata and kumite), organizing seminars and rank exams, and finally, supporting international activities of all Union members.

**Katai Ryu Aikijutsu Association — Serbia**

BY GORAN JAKSIC

Editor's note: *The AJA Board of Directors has approved a new category of Honorary Member. The Katai Ryu Aikijutsu Association is the first organization to receive this new membership. The following is a brief history and description.*

There are four dojo in Katai Ryu Aikijutsu Association. I run one of them in the town of Crvenka in the northern part of Serbia (province Vojvodina). Our leading sensei, Tomislav Djuric, yondan, is running our Hombu Dojo in Novi Sad (capitol of Vojvodina). We have one more club in Vojvodina, run by Miroslav Milojevic, shodan. Finally, there is our Macedonian friend, Simeon Stojceski (sandan), and he runs his dojo. I hold a nidan.

Several years ago we were all members of Real Aikido. It is a big organization, run by Hanshi Ljubomir Vracarevic from Serbia who holds ranks in both Yoshinkan Aikido and Daito Ryu Aikijujutsu. Real Aikido was quite popular in the whole Balkan region and there were branches in several countries of Northern Africa, Scandinavia, and the former Soviet Union.

Since we were all holders of dan ranks in Real Aikido and running our clubs, we decided to form the "Hard Aikido Association". This name was meant to distinguish us both from classical aikikai aikido and Real Aikido. Tomislav and Simeon are also black belt holders in karate, so we incorporated quite a lot of non-aikido techniques into our syllabus. We strongly believe in the necessity of a more real approach.

After almost a year, we started searching for an international "umbrella" association and found the World Budo Alliance, run by Shihan Dave DeGrouchie from New Brunswick, Canada. This association not only accepted our Hard Aikido Association, but also promoted our head instructor Tomislav Djuric to yondan (he was sandan in Real Aikido). Meanwhile, we met Dr. Zdravkovic, and he made several very reasonable suggestions. First he advised us to change the name of our art to aikijutsu. Being an experienced jujutsuka himself, he noticed that we practice something very similar to his style, with more emphasis on aiki techniques (joint locks and takedowns). He connected us with sensei Ian Stewart from UK. This gentleman holds Godan Aiki Jujutsu with Zazen Bushido International Society. After viewing some of our concepts and syllabus, Sensei Stewart also agreed that we should rename our art to aikijutsu or aikijujutsu. Finally, Dr. Zdravkovic presented us to his friend Walt Bushey from Texas, who is an aikijutsu sandan (under sensei Seno Kuniaki from Japan). That was the third respectable opinion and we were absolutely convinced that these fine people were right. So, we translated "hard" to japanese "katai" and reorganized our association as Katai Ryu Aikijutsu Association.

This year we were recognized by the Serbian Budo Council. We are still expecting rank certificates from World Budo Alliance, but we already have certificates from Dr. Zdravkovic and Budo-Bujutsu Shidoshikai of Serbian Budo Council.

## REGIONAL

## Western Regional Tournament

Harvard-Westlake Dojo of Studio City, California, hosted AJA's Western Region Spring 2001 Freestyle Kata Tournament on April 28<sup>th</sup>. With eight Western Region dojo participating including forty-five competing jujutsuka, the Spring 2001 AJA Tournament was a success! As Sensei Lenoir said, "all went well, good attendance, excellent participation and the donuts weren't bad either."

### White Belt Division

1 <sup>st</sup>	Ben Smallwood	Budoshin Jujitsu, Burbank
2 <sup>nd</sup>	Jasmine Gomez	Roc Jujitsu, Villa Parke
3 <sup>rd</sup>	Rudy Gomez	Roc Jujitsu, Villa Parke

### Green Belt Division

1 <sup>st</sup>	Jose Luis Alvarez	Roc Jujitsu, Villa Parke
2 <sup>nd</sup>	Patrick Tsao	Harvard-Westlake, Studio City
3 <sup>rd</sup>	Akio Katano	Harvard-Westlake, Studio City

### Purple Belt Division

1 <sup>st</sup>	David Morris	Harbro Dojo #2, Thousand Oaks
2 <sup>nd</sup>	Derek Goodwin	Temple City Dojo, Temple City
3 <sup>rd</sup>	Fady Ghali	Temple City Dojo, Temple City

### Brown Belt Division

1 <sup>st</sup>	Frank Blaney	Budoshin Jujitsu, Santa Clarita
2 <sup>nd</sup>	Joe Perez	Harbro Dojo #2, Thousand Oaks
3 <sup>rd</sup>	Brian Sincomb	Budoshin Jujitsu, Burbank

### Black Belt Division

1 <sup>st</sup>	Ed Morlen	Harbro Dojo #2, Thousand Oaks
2 <sup>nd</sup>	Robert Rainey	Westchester Jujitsu, Westchester
3 <sup>rd</sup>	Anthony Grady	Roc Jujitsu, Villa Parke

### Overall Champion

Ed Morlen

Officiating sensei were:

Prof. George Kirby, 10 <sup>th</sup> dan	Jorge Corona, 3 <sup>rd</sup> dan
Prof. Walt Lenoir, 8 <sup>th</sup> dan	Linda Della Pelle, 2 <sup>nd</sup> dan
Robert Wong, 6 <sup>th</sup> dan	Art Corona, 1 <sup>st</sup> dan
Mike Dingman, 4 <sup>th</sup> dan	Ed Morlen, 1 <sup>st</sup> dan
Mark Jordan, 3 <sup>rd</sup> dan	Kurt Mautner, 1 <sup>st</sup> dan
Marc Tucker, 3 <sup>rd</sup> dan	

As announced in the Winter issue, this tournament was Sensei Linda Della Pelle's last tournament as Tournament Coordinator. Since November of 1999, the number of competitors in the bi-annual Western Regional tournaments has grown. The new Western Regional Tournament Coordinator will have a great opportunity to build on this trend!

## TRAINING REPORT

## Seibukan Renmei and AJA Northern Region Clinic

The 26<sup>th</sup> Annual Seibukan Renmei and Northern Region of the American Ju-Jitsu Association Clinic were held on June 8-9, 2001. They were hosted by the Daitobukan Dojo Towson YMCA. Daitobukan dojo is home for the Northern Region of the American Ju-Jitsu Association and members of the Dai-Nippon Seibukan

Budo/Bugie-kai, United States Classical Judo society, the US Judo Association, the National Martial Arts Association, and the National Karate and Ju-Jitsu Union-International. On Friday, June 8<sup>th</sup>, Seminars were given by J. D. McCurdy, Hanshi and Regional Director of the AJA (8<sup>th</sup> dan ju-jitsu, 7<sup>th</sup> dan judo, and 3<sup>rd</sup> dan iaido), and Wade Susie (6<sup>th</sup> dan Budoshin Ju-jutsu, 6<sup>th</sup> dan Seibukan, and 2<sup>nd</sup> dan Chin-na Karate). Dennis McCurdy did a warm-up for all participants, and he taught some throws and counter-throws. Wade Susie alternated teaching Chin-na techniques with mat grappling maneuvers. On Saturday, June 9<sup>th</sup>, Hanshi George R. Parulski, International Director Dai-Nippon Seibukan Budo/Bugie-kai, gave a seminar.

Many thanks are due to Hanshi Dennis McCurdy and his assistants from Towson who put in much time and effort to make the clinic and Shiai a success. We are looking forward to next year's shiai.

## TRAINING REPORT

## Katai Ryu Aikijutsu Association Second International Open Seminar

Katai Ryu Aikijutsu Association held its Second International Open Seminar in Crvenka (Vojvodina, Northern Serbia). It was a two-days event, June 16<sup>th</sup> through June 17<sup>th</sup>. Hosts of the seminar were members of the aikijutsu club in Crvenka, and the leading organizer was Renshi Goran Jaksic, Nidan Katai Ryu Aikijutsu. General impression of all the participants is that this year's seminar was very well scheduled. There were 3 main classes, and many hours of friendly chat and exchanging budo experiences.

Leading instructor of this seminar was Sensei Tomislav Djuric, from Novi Sad, Yondan Katai Ryu Aikijutsu (KRA). Sensei Djuric presented a variety of techniques included in the syllabus of KRA: atemi waza, blocks, sabaki, combined evasive and attacking movements, controlling techniques, and, of course, throws and takedowns. It was a great pleasure to see that even yudansha from other styles and arts practiced all the KRA techniques, without any preconceptions. The atmosphere on the mat was very friendly with participants from 12 different dojo, 9 towns, over 15 Dan holders and over 80 participants in total.

Aside from KRA instructors, there were several outstanding black belt holders from Jujutsu (Gendai Goshin Ryu and Taiho Ryu), Brazilian Jiu-Jitsu, Judo, Aikikai Aikido, Karate and Ninpo. These instructors also presented their arts and it was a great show for everyone in the hall. Well known Serbian sport channel "SOS" broadcasted parts of this event on TV.

KRA organizers were particularly happy to see their friends from Macedonia, led by KRA Sandan, Sensei Simeon Stojceski. Even with war in their own country, these brave Macedonian budoka found the way to come to Crvenka to teach and learn.

## SPECIAL: WOMEN AND MARTIAL ARTS

## The First Three Lessons of Women's Self-Defense

By LINDA DELLA PELLE

As a jujitsuka of twelve years, I have had a number of illuminating conversations with ladies regarding "women and self-defense". Comments and questions have ranged from "Wow; you're a *Black Belt!* There's nothing that *you* have to worry about!" To, "Does self-defense training *really* work?"

I have instructed women in self-defense with two-hour seminar formats, with six-week mini-course formats and in my ongoing co-ed jujitsu classes. Regardless of the format of training or length of the program, the most fundamental and practical lessons a woman should learn in a self-defense class are:

1. Heighten your awareness of your surroundings
2. Recognize and eliminate (if possible) risky behavior
3. Project an aura of confidence, physically and verbally

Practicing these *First Three Lessons* will make a woman a less desirable target for assault. Those who seem weak and distracted are more attractive prey.

In an attack, a well-placed strike may gain you a release. A body-winding throw or a shoulder lock takedown may submit your assailant. But mental awareness and attitude may prevent a showdown altogether!

One evening I met at a restaurant with a number of work associates. We were a diverse group of women with a variety of interests. All present were aware of my interest in martial arts, but none shared my hobby. After a lot of good food and conversation, it was late and time for me to leave. I announced that I did not want to walk through the parking structure alone. I proceeded to take a poll of my five dinner companions to see who else was ready to leave the restaurant. Incredulous laughter suddenly burst forth from the ladies. "You, a *Black Belt*, are concerned to walk to your car alone!"

Of course, I immediately delivered my *First Three Lessons* lecture. My points were well taken: all six of us left the restaurant together! As a pack, we advanced through the caution-worthy parking structure. Each of us projected physical confidence and a no-

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## SPECIAL: WOMEN AND MARTIAL ARTS

## Women in the Martial Arts

By BEN HARYO

In Western countries, gender discrimination is a touchy subject. The "Sexist" label has been a potent weapon to legitimize countless lawsuits against many so-called "crimes", both real and imagined. I have heard that even martial arts, especially Eastern ones, have been looked down on as "Sexist". As an instructor of Japanese Martial Arts, I am moved to shed a bit of light in this topic.

First of all, the Japanese grandmasters who created Jūjutsu and Karate long ago did not know much about "feminism" or "equal opportunities". But they certainly were not against women. The

truth is they had done something better for women: they created special techniques for women. That's it, special techniques for women. While female students have access to all the techniques, the male students were usually barred from these techniques, except for the very few who were designated as the successor of the grandmaster.

The grandmasters of Japanese arts knew that most women do not have the strength of men and they created new techniques accordingly. The Japanese do not care much about who is superior, male or female. They recognize the differences between the two and devise techniques according to their strengths. They know that women could rely on "the element of surprise and deception", that is, allow the attacker to believe they are helpless and submissive, and, in a most opportune moment, strike the attacker and get away.

The great Jigoro Kano of Jūdō created "Jū No Kata" and "Joshi Goshinno" especially for women, because he knew that women looked better compared to men when performing such techniques as contained within the Kata. This also worked in the Aikidō field. Mr. Shioda Gozo of Yoshinkan Aikidō once remarked that Aikidō is very good for women because it makes them look graceful. Professor Okazaki of Danzan Ryu created Fujin Goshin No Maki and Ladies's Yawara for his women students, and he gave instructor's licenses to both male and female students.

While Karate featured many Kata forms that looked very masculine (such as the Seishan and Naihanchi forms), the masters of Karate such as Funakoshi (Shotokan), Mabuni (Shito Ryu) and

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**Margie Bennington**  
**AACC: Classical Budo Dojo**

Photo courtesy: Russ Kantman

## SPECIAL: WOMEN AND MARTIAL ARTS

## You Too Can Be a 21<sup>st</sup> Century Warrior

By SUE JENNINGS

When I first started training in the martial arts in 1984, I had no idea it would be a decision that would affect the rest of my life. I began taekwondo because I wanted to be in better physical condition so I would be able to enjoy the recreational activities available in the Pacific Northwest. Little did I realize I would still be practicing martial arts, or teaching it 17 years later.

In less than 3 years I earned my black belt from the World Taekwondo Federation. For some people, earning a black belt is “the ultimate goal”, but I certainly did not feel I knew everything that I wanted or needed to know if I ever had to “use” my art. So, I kept practicing and subsequently started teaching others.

After a few more years, I felt the need to cross-train and, after looking around, I found jujitsu. In 1989 I began studying Danzan Ryu Jujitsu from Professor Ron Jennings. With jujitsu being such a comprehensive martial art I felt this would round out my training, and it looked like so much fun!

However, it's not easy to go from a black belt in one martial art to starting over as a white belt in another. To paraphrase my instructor, I was one of the worst white belts he'd ever had. When I started learning throwing techniques, I would throw my uke and immediately follow with a punch or kick before they could get up from the mat. It was intimidating to other beginning jujitsu students, for in our jujitsu school the early training taught mainly defensive moves with counterattacks emphasized later.

Meanwhile, my knees gave me some trouble, which I attributed to the intensive stretching from taekwondo. I stuck with the jujitsu, but gave up taekwondo partly because of my knees but mainly because I fell in love with jujitsu.

I earned my jujitsu black belt in 1995 and for the past three years have been teaching twice a week.

When reflecting on whether it's tougher for a female martial artist, I'd say it is, but definitely not in convention recently I asked a large man who was a (who happened to be a martial artist from the east coast) choke hold so that I could demonstrate an escape class that I was teaching. When I asked him to

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**Sue Jennings, teaching at a self-defense camp, showing one way to deal with a lunge punch**

## SPECIAL: WOMEN AND MARTIAL ARTS

## What I've Learned

By JUDY JONES

males tend to set me down. I throw them.

strength may not be an advantage.

distance helps.

you should look at everyone you pass.

unbalancing is simple ... and complex.

yelling is good.

all bodies are a challenge.

timing can be almost everything.

there are many types of weapons.

power has many forms.

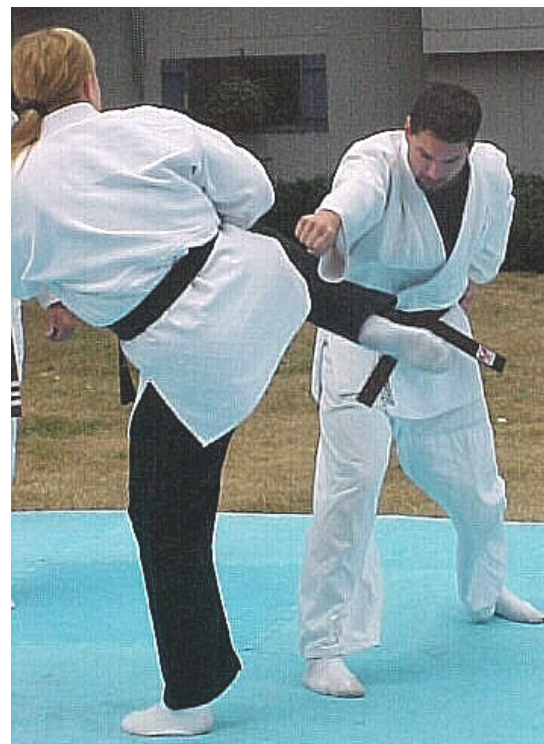
*ki* is amazing.

“what if” is a good question.

“could” and “should” are vastly different.

giving up is not an option.

*Judy Jones is a Shodan in Judo and Russian Sombu, and a Godan in Jujitsu. She studies at the Reston Budoshin Jujitsu Dojo, Reston, Virginia YMCA, with Sensei Bruce Jones.*



## REGIONAL

## Northern Regional Tournament

The 26<sup>th</sup> Annual Seibukan Renmei and Northern Region of the American Ju-Jitsu Association Tournament were held on June 8-9, 2001. It was hosted by the Daitobukan Dojo Towson YMCA with nine dojo participating. Saturday morning was the time for the kata competition, with participants demonstrating self-defense techniques against one or two opponents for 1-1½ minutes. The American Ju-jitsu Association rules were used for the competition. Judges scored participants on form, variety, appearance and response. After a lunch break, the kumite competition was held. The Northern Region American Ju-jitsu Association kumite rules were used. Participants fought in 2-minute rounds with single elimination as they earned points for first-strike punches and kicks and attempted to grapple for a throw, takedown or pin.

Rick Cuno (Towson) deserves an Honorable Mention for tying for 3<sup>rd</sup> place (Yudansha Kata) with Mark Burton and agreeing to break the tie with a repeat performance by each with new judging. Rick graciously accepted the judges' decision and showed the spirit of Budo.

Many thanks are due to Hanshi Dennis McCurdy and his assistants from Towson who put in much time and effort to make the shiai a success. We are looking forward to next year's shiai.

### Adult Kata

#### Gedan Division

1 <sup>st</sup>	Sandy Whaler	White Marsh
2 <sup>nd</sup>	Ed Estrella	Towson
3 <sup>rd</sup>	Michael Hobson	Arlington

#### Chudan Division

1 <sup>st</sup>	Andy Spera	White Marsh
2 <sup>nd</sup>	Colin Ferguson	UMBC
3 <sup>rd</sup>	Dominic Bonvegna	White Marsh

#### Jodan Division

1 <sup>st</sup>	Pablo Fernandez	White Marsh
2 <sup>nd</sup>	Bob Connolly	Arlington
3 <sup>rd</sup>	Roger Delp	Towson

#### Yudansha Division

1 <sup>st</sup>	Will Harris	White Marsh
2 <sup>nd</sup>	Mike Parks	White Marsh
3 <sup>rd</sup>	Mark Burton	White Marsh

### Youth Kata

#### Gedan Division

1 <sup>st</sup>	Kevin Needer	White Marsh
2 <sup>nd</sup>	Brian Betz	Ramsey's
3 <sup>rd</sup>	Justine Heritage	White Marsh

#### Chudan Division

1 <sup>st</sup>	Shane Connelly	White Marsh
2 <sup>nd</sup>	Chad Kahler	White Marsh
3 <sup>rd</sup>	Andrew Violanti	White Marsh

#### Jodan Division

1 <sup>st</sup>	Zack Hoy	Ramsey's
2 <sup>nd</sup>	Alex Massarek	Towson
3 <sup>rd</sup>	Mike McCurdy	Towson

### Youth Kumite

#### Gedan Division

1 <sup>st</sup>	Brian Betz	Ramsey's
2 <sup>nd</sup>	Jamie Ferguson	White Marsh
3 <sup>rd</sup>	Justine Heritage	White Marsh

#### Chudan Division

1 <sup>st</sup>	Joey Connelly	White Marsh
2 <sup>nd</sup>	Chad Kahler	White Marsh
3 <sup>rd</sup>	Colin Brown	White Marsh

#### Jodan Division

1 <sup>st</sup>	Ben Houdeshell	Ramsey's
2 <sup>nd</sup>	Andrew Violanti	White Marsh
3 <sup>rd</sup>	Amanda Houdeshell	Ramsey's

### Young Men's Kumite

1 <sup>st</sup>	Mike McCurdy	Towson
2 <sup>nd</sup>	Sean Tillman	Towson
3 <sup>rd</sup>	Alex Massarek	Towson

### Women's Kumite

1 <sup>st</sup>	Sandy Whaler	White Marsh
2 <sup>nd</sup>	Karen Curley	White Marsh
3 <sup>rd</sup>	Aileen Carteret	Towson

### Men's Kumite

#### Gedan Division

1 <sup>st</sup>	Ed Estella	Towson
2 <sup>nd</sup>	Matt Banta	UMBC
3 <sup>rd</sup>	Troy Kratzer	Ramsey's

#### Chudan Division

1 <sup>st</sup>	Dominick Bonvegna	White Marsh
2 <sup>nd</sup>	Donald Ward	UMBC
3 <sup>rd</sup>	Colin Fergus	UMBC

#### Jodan Division

1 <sup>st</sup>	Robert Phillips	Harford County Rec Council
2 <sup>nd</sup>	Adam Mueller	UMBC
3 <sup>rd</sup>	Roger Delp	Towson

#### Yudansha Division

1 <sup>st</sup>	Jason Clareg	Yama-Ji Kan
2 <sup>nd</sup>	Tom Edwards	White Marsh
3 <sup>rd</sup>	Charles Parker	Bushido

### Outstanding Junior Award

Shane Connelly White Marsh

### Outstanding Senior Award

Will Harris White Marsh

We would like to thank the people who judged, timed and kept score:

Richard Beard	Theresa Krol
George Boden	Bill Needer
Mark Burton	Chuck Needer
Terry Feeleymeyer	Mike Parks
David Fernandez	George Parulski, Hanshi
Paul Klara	Bill Stockey

...and any others whose names we omitted here.

### WORDS



Jujutsu sensei  
 Moves with a panther's grace  
 Teaching rowdy cub.

Prof. Walt Lenoir

## PROFILE

## Linda Della Pelle

Ask Sensei Linda Della Pelle's students what they like most about her class and you will get a different answer from each student. What is the same is the enthusiasm each student has for the class and their teacher.

From Chris Zivelonghi: "What I like about Linda Della Pelle's classes are that she is very patient when she teaches. Let me give you an example. When I first started I was having trouble with my forward ukemi. I just wasn't grasping how to do it properly. She went over it with me countless times so that I could do it properly, this took at least six months for me."

From Cesar George: "It's like having an energy boost. Just when you think you have reached your limit and there is no way your brain could take any more info and be able to store it, boom, you are hit with an energy boost and the next thing you know, you are throwing someone twice your size with a new technique. You are left wondering, what, how, when did she sneak that in my memory bank."

From Dustin Contreras: "I cannot think of a boring moment in the history of the class. Sure, there were some hard times when I wanted to quit, but then there were always the fun times that Linda and Paul [Matinez] managed to work into the schedule. I definitely liked their policy of not having you do anything that you were uncomfortable with. You work at your own pace. I liked that idea and it definitely made me respect Linda more as a teacher and a person."

From Christopher Perry: "It happens to be the highlight of any given Tuesday or Thursday for me. For Sensei Linda safety, both in the class and on the street, is her number one priority. Followed closely by respectability, responsibility, and, of course, fun."

If you ask Sensei Della Pelle about her dojo you initial get dry facts (her term). She formed Universal Jujitsu Dojo as a Shodan with Bill Swope in 1994. By that summer they had assumed responsibility for the City of Claremont's entire Jujitsu program. In 1997 Sensei Swope retired and Sensei Della Pelle chose Paul Matinez as her co-instructor. From 1999 to the spring of 2001 she also was the AJA Western Region Tournament Coordinator.


Wait a bit and you may hear that she, along with her husband, was Senior High Youth Ministry Leader at her church for four and a half years. Then she will tell about the cherished memories the youth of St. Ambrose have given her and the great joy and satisfaction she receives from the sensei and students of Universal Jujitsu Dojo. Eventually the humor her students admire comes out. When asked about her name: "My last name is Italian; 'della' means 'of the'; 'pella' translates to 'skin'. If you consider that 'Linda' means 'pretty' in Spanish, I suppose my name infers that I should have pretty skin. In light of all the bruises and gi burns I collect during jujitsu class, perhaps I should think about changing my name!"

Some schools mark their success by the trophies they collect, or the fights their students win. Each school is a reflection of the instructor. Linda's students reflect some of the highest values of the martial arts. Mr. Contreras expressed it this way:


I joined this art because I was forced to by my dad. However, he forced me to join because I was the prime target for the bullies at school. Therefore I came in not only with a bad attitude saying "I don't want to be here, I was forced to be here" but also the attitude of "I am learning this to kick someone all over the place." I liked the fact that Linda explained to me that this was the gentle art of self-defense, and this is not about attacking someone, but of defending yourself. You do not need to be going out on the street with an attitude like the ones I came into the dojo with, but instead with confidence with yourself. That was my first lesson in Jujitsu.

However from that point on the bullying ceased.

**Dojo:** Universal Jujitsu Dojo  
**Location:** Claremont, California  
**Sensei:** Linda Della Pelle  
**Styles:** Budoshin Jujitsu  
**Contact:**

 e-mail: [lsldp@att.net](mailto:lsldp@att.net)

 voice: 909-624-0920

 965 W. Marymount Lane  
 Claremont, California 91711

*Would you like to profile your dojo, your sensei, an instructor or a student? See submission information near the end of the newsletter. — editor*

## NATIONAL


## Training Opportunities

**August 11-12, 2001**

**Ketsugo Ju-Jitsu Self-Defense Workshop**, presented by Professor Harold D. Brosious, will be hosted by Way of the Sun Martial Arts, Har-Bro Dojo #16 in Alamogordo, New Mexico. The seminar will run 9am to 4pm both Saturday and Sunday. Cost for advanced registration before August 10<sup>th</sup> is \$35 for one day, \$60 for both days. After August 10<sup>th</sup> the cost is \$45 for one day, \$80 for both days.

For additional information contact:

Scott A. McLernon

 e-mail: [smclernon@zianet.com](mailto:smclernon@zianet.com)

 voice: 505-439-0766


 <http://www.zianet.com/smclernon/workshop.html>

**September 7-9, 2001**

**Kempo Jujitsu Homecoming Convention** will be held at the Portland Exposition Building in Portland, Maine. The tournament and seminar includes Professor Tim Lynch as one of the instructors.

For additional information contact:  
Professor Frank R. Ricardo


 e-mail: [escrima@ime.net](mailto:escrima@ime.net)


 <http://www.kenpojujitsu.net/convention.html>

**October 6, 2001**

**Camp Budoshin 2001**, sponsored by the Budoshin Ju-Jitsu Dojo, Inc. (Burbank & Santa Clarita), will be held Saturday, October 6, in Santa Clarita, California. Sixteen or more top instructors from different martial arts are anticipated. Prepaid admission fee also includes a Camp Budoshin T-shirt. A tentative list of instructors is available at the web site.

For additional information or to get on the mailing list contact:  
Professor George Kirby


 e-mail: [senseigk@budoshin.com](mailto:senseigk@budoshin.com)

 [http://www.budoshin.com/camp\\_ju.html](http://www.budoshin.com/camp_ju.html)

**November 3, 2001**


**Professor George Kirby**, author, teacher, and Chairman of the American Jujitsu Association (AJA) will be presenting a seminar at the Arlington YMCA Jujitsu Dojo, Arlington, Virginia, 9am to 4pm. We expect Professor Kirby's new book to finally make print and the seminar will be drawn from the new material. Autographed copies of the new book will also be available if publication stays on schedule.

For additional information contact:  
Thomas Salander:

 e-mail: [salander@aol.com](mailto:salander@aol.com)

 voice: 703-243-0206


 fax: 703-243-0204

 <http://members.aol.com/koshinage>

**February 23, 2002**

**Advanced Ju-Jitsu/Empty Hand Seminar** with Professor George Kirby Seminar will be held in at 300E. Oglesby, Salem, Illinois 62881.

For additional information contact:  
Ed Daniels

 e-mail: [shoto\\_jitsu@hotmail.com](mailto:shoto_jitsu@hotmail.com)

**April 13, 2002****Budoshin Ju-Jitsu Fundamentals**

Time: 10am to 1pm

Fee: \$40 in advance, \$50 at the door (Canadian)

**Control & Restraint Tactics For Law Enforcement**


Time: 2pm to 5pm


Fee: \$40 in advance, \$50 at the door (Canadian)


Both seminars with Prof. George Kirby will be hosted by Markham Combat Arts and will be held at Markville High School, 1000 Carlton Road, Markham, Ontario, Canada L3P7P5

For additional information contact:

George J. Cushinan

 e-mail: [cushinan@ca.ibm.com](mailto:cushinan@ca.ibm.com)

 voice: 905-475-8716


 90 Markville Road  
Markham, Ontario  
Canada L3R4V6

**Tournaments****September 22, 2001**

**AJA Northern Region Freestyle Kata Tournament** will be hosted by the Arlington YMCA Budoshin Dojo, Arlington, Virginia.

For additional information contact:

Thomas Salander:

 e-mail: [salander@aol.com](mailto:salander@aol.com)

 voice: 703-243-0206

 fax: 703-243-0204


 <http://members.aol.com/koshinage>


**November, 2001**

**AJA Western Region Freestyle Kata Championship Tournament** Location to be determined.

For additional information contact:

Ron Sekulich:

 e-mail: [Ragnarrokk@aol.com](mailto:Ragnarrokk@aol.com)

 250 W. Spazier #206  
Burbank, CA 91502

**BOARD OF DIRECTORS****New Western Region Director**

Congratulations to Ron Sekulich on his election to the post of AJA Western Region Director and AJA Board of Directors. We will have an interview with our newest BOD member in our next newsletter.



## New Membership Types Approved

The BOD has approved two new membership types.

### Honorary Memberships

Honorary AJA membership is to recognize any individual for their contributions to the AJA or to an individual AJA dojo. Examples: It may be given to the head of any martial arts organization as a goodwill ‘Let’s stay in touch’ gesture. They will get our announcements, and we will get theirs. It is good PR. Any sensei of any dojo may request Honorary AJA membership for the Mayor of his town, his Minister, or for anyone who has helped him or his dojo. For a fee of \$5 to cover postage (fee paid by honoror, not honoree), it is a nice looking document and makes a great gift of recognition. Once again, it’s good PR.

An honorary membership would only require the approval of a Regional Director, not the entire BOD. This would speed up the process, and if requested in advance, may be presented at some future scheduled event. The person submitting the request would determine and designate if the honoree should receive regular mailings from the AJA. For example, the head of a martial arts organization should be placed on the mailing list to receive regular newsletters, etc., while the parks director who helped you find a location for your dojo, would not.

### Associate Memberships

Associate membership will be for previously certified AJA dojo that are going through a transition. For example, if membership drops off, the Sensei moves or needs to take time off, he/she can renew as an associate member at a reduced yearly fee in order to keep their dojo number and certification. This will prevent them from having to go through the entire certification process if they start classes again.

## New AJA Dojo

The following dojo have been approved for AJA membership:

<b>Budoshin Jujitsu Dojo</b>	Sensei Kent Johnston 109 E. Av. De Los Arboles Thousand Oaks, CA 91360
<b>Ozark Ju-Jitsu Dojo</b>	Sensei Bill Swope 1813 Cedar Rd. Harrison, AR 72601
<b>ROC Jujitsu Dojo</b>	Sensei Jorge Corona 15014 Dancer St. La Puente, CA 91744
<b>Katai Ruy Dojo</b> (Honorary)	Sensei Goran Jaksic Crvenka, Serbia

## TERMINOLOGY

### The Meaning of Ju Jutsu

柔術

By REGINALD LEE HEEFNER

Most basic books on *ju-jitsu* gloss over this Japanese term as “the gentle art”. Similarly, the term *judo* is listed as “the gentle way”, irrespective of whether it refers to the ancient *ju-jitsu ryu* called *judo* or modern *Kodokan judo* founded by Prof. Jigoro Kano in 1882. Both of these are succinct and convenient ways of briefly translating the terms. However, both of these are *mistranslations*. They are fundamentally derived from a misunderstanding of the full range of meaning of the Japanese *Ju* and its intended meaning in the context of *ju jitsu*.

It is unfortunately that these misunderstandings have become embedded over the course of time. This mistranslation of the term *Ju* as “gentle” causes endless arguments and debates about the use of strength and force in *ju-jitsu* or *judo*. This is why I feel that some clarification is in order.

The character 柔 (*ju*) in Japanese refers to a pliancy and flexibility of both the mind and body to adapt to circumstances spontaneously. That is, the ability to respond to a sudden armed or unarmed attack with a composure and presence of mind — in the midst of the chaos caused by any battle — in order to thwart the attack in the most efficient and effective manner possible, given the relative positions of oneself and the attacker.

Early translators  
fell into the  
pitfall of novice  
translators:  
trying for a word-  
to-word  
equivalence.

The character 術 (*jutsu*) means “art”, in the sense of a finely honed physical skill that transcends physical technique when executed. The word originally struck Westerner’s ears as *jitsu*, much as *ju* (a long vowel in Japanese) came to be written *jiu*. These erroneous romanizations not only became embedded in English but also, in the case of *jitsu*, dominant.<sup>1</sup>

Early translators, with little knowledge of the art itself, misconstrued the intended meaning of *ju* and fell into the pitfall of novice translators: trying for a word-to-word equivalence instead of a meaning-based translation to reflect the truly intended meaning in context. Because early translators selected the wrong meaning for the character from the many meanings and ranges of meanings possible, *Ju* has come to be translated and mean “gentle”, thereby making one infer that the art is gentle and that one does not need to use strength or force. The original meaning was a

**Please see MEANING, page 13**

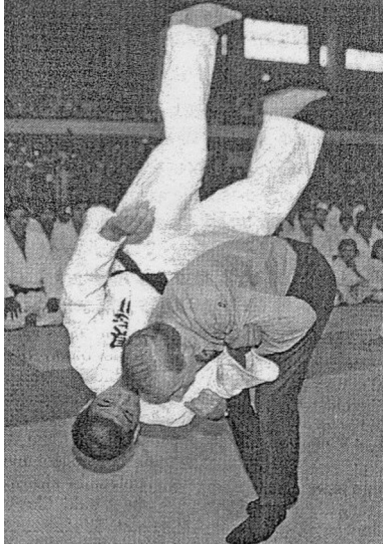
TECHNIQUE

## Efficiency VS Tradition

By PROF. GENE ROOS

In 1958, in Chicago, Ill., while taking private lessons from Masato Tamura, 8<sup>th</sup> dan in Judo, I was taught an efficient method of throwing the Ippon Seoi Nage.

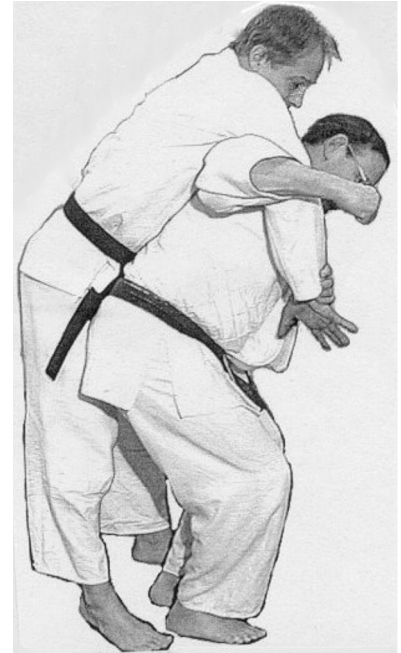
In this picture, the Russian President Vladimir Putin (Judo black belt) executes Ippon Seoi Nage on a Japanese judo student in Okinawa. This is the traditional version (*Kodokan Judo*; Jigoro Kano; p. 67). His left foot is further out than the right, a position which only a thrower with strength can execute.



If the left foot is equal or to the rear of his right, the throw can be accomplished with very little effort.



If the thrower's body is turned 30 to 45 degrees to the left (with the middle of the buttocks on the faller's right leg) no sliding will occur during the throw. If the thrower's body is parallel to the faller, sliding occurs as the throw is being made.



The thrower places the faller's right arm on the side (near the top) of his right arm. While throwing, this lessens the possibility of dislocating his partner's right shoulder and he also has the option of dropping him off to the side (lowers the impact of the fall in practice).



Masato Tamura taught his younger brother, Vince Tamura, who achieved a Judo U.S. National Champion status in the 1954, 1956 and 1959. Vince Tamura was also a quarter finalist in the World Competition in Tokyo in 1956. His present rank is 8<sup>th</sup> Dan in Judo.

*Prof. Gene Roos is a Director of the AJA, 9<sup>th</sup> Dan in Jujitsu, 4<sup>th</sup> Dan in Judo and teaches in Metairie, Louisiana.*

**PROMOTIONS: MUDANSHIA****Shichikyū 七級**

Hobson, Michael J.	4/26/2001	Arlington
Keary, Barbara	7/3/2001	Arlington
Nettekoven, Kerstin	7/3/2001	Arlington

**Rokkyū 六級**

Andrade, Gene	6/2001	Santa Clarita
Ferguson, Jamie	6/9/2001	White Marsh
Heritage, Justine	6/9/2001	White Marsh
Hobson, Michael J.	7/5/2001	Arlington
Langewisch, Michael	6/2001	Santa Clarita
Lawrence, Tomek	7/3/2001	Arlington
Needer, Kevin	6/9/2001	White Marsh
Pederson, Cari	6/2001	Santa Clarita
Schnepf, Eric	6/2001	Santa Clarita
Teitelbaum, Daniel	6/12/2001	Arlington
Whaler, Sandy	6/9/2001	White Marsh

**Gokyū 五級**

Bonvegna, Donny	6/9/2001	White Marsh
Brown, Colin	6/9/2001	White Marsh
Eglund, Kasia	4/11/2001	Har Bro Dojo # 2
Irick, Chase	4/11/2001	Har Bro Dojo # 2
McCrudden, Scott	6/9/2001	White Marsh
Nielsen, Per	4/11/2001	Har Bro Dojo # 2
Orona, Ericka	4/11/2001	Har Bro Dojo # 2
Orona, Gabrielle	4/11/2001	Har Bro Dojo # 2
Sims, Parker	4/11/2001	Har Bro Dojo # 2
Su, Joey	4/11/2001	Har Bro Dojo # 2
Su, Ryan	4/11/2001	Har Bro Dojo # 2

**Yonkyū 四級**

Connelly, Joey	6/9/2001	White Marsh
Ellsworth, Ken	4/11/2001	Har Bro Dojo # 2
Estrella, Ed	6/9/2001	Towson
Kahler, Chad	6/9/2001	White Marsh
Gvozdic, Gvozden	3/2001	Serbia Budo
MacLean, Bryan	4/11/2001	Har Bro Dojo # 2
MacLean, Eric	4/11/2001	Har Bro Dojo # 2
Martin, Richard, Sr.	6/9/2001	White Marsh
Popovic, Phil	4/11/2001	Har Bro Dojo # 2
Scott, Adam	4/11/2001	Har Bro Dojo # 2
Spera, Andy, Jr.	6/9/2001	White Marsh
Tynan, Carolyn	4/11/2001	Har Bro Dojo # 2

**Senior Yonkyū**

Ferguson, Stephen	6/9/2001	Towson
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**Yonkyū 1<sup>st</sup> Grade**

Cotter, Jason	4/11/2001	Har Bro Dojo # 2
Didamo, Michelle	4/11/2001	Har Bro Dojo # 2
Didamo, Thomas	4/11/2001	Har Bro Dojo # 2
Justi, Paul	4/11/2001	Har Bro Dojo # 2
Morris, Dave	4/11/2001	Har Bro Dojo # 2

**Sankyū 三級**

Albert, Gene	5/19/2001	Reston
Carteret, Aileen	6/9/2001	Towson
Robinson, Brandon	4/11/2001	Har Bro Dojo # 2
Sasso, Geoff	4/30/2001	Maru
Stojimirovic, Sasa	6/2001	Serbia Budo

**Nikyū 二級**

Binas, Gary	4/11/2001	Har Bro Dojo # 2
Dick, Mark	5/19/2001	Reston
Duran, Daniel	4/9/2001	Blaauw
Kromer, Aaron	5/31/2001	Arlington
Patrick, Kathleen	5/19/2001	Reston

**Ikkyū 一級**

Chapman, Evan	4/11/2001	Har Bro Dojo # 2
Wynn, Jeff	4/21/2001	Reston

**PROMOTIONS: YUDANSHIA****Shodan 初段**

Bushey, Cheryl	6/2001	Serbia Budo
Edwards, Tom	4/30/1997	Belair
Fernandez, Pablo	6/9/2001	White Marsh
Jordan, Michael	6/16/2001	Maru
Milojevic, Miroslav	6/17/2001	Katai Ryu Aikijutsu
Wynn, Jeff	4/28/2001	Reston

**Nidan 二段**

Cuno, Richard	6/9/2001	Towson
Edwards, Tom	6/9/2001	White Marsh
Jones, Dennis	6/9/2001	White Marsh
Pruitt, Robert	2/25/2000	BJJY

**Sandan 三段**

Cordon, Marco	4/11/2001	Har Bro Dojo # 2
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**Yondan 四段**

Boden, George	6/25/2001	White Marsh
Jones, Judy	4/11/2001	Reston

**Godan 五段**

Haryo, Ben	3/14/2001	Yonryu Goshin Budo
Klara, Paul	6/9/2001	Towson

**Rokudan 六段**

Wade Susie	6/9/2001	Towson
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**Shichidan 七段**

Johnston, Kent	4/15/2001	Harbro
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**Jūdan 十段**

Kirby, George	12/2000	Black Belt Board
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**PROMOTIONS: INSTRUCTOR CERTIFICATE**

Edwards, Tom	4/30/2001	WhiteMarsh
Enders, Tim	6/22/2001	Maru
Jordan, Michael	6/22/2001	Maru
Wynn, Jeff	5/19/2001	Reston

**PROMOTIONS: ADDITIONAL**

Wade Susie was awarded 6<sup>th</sup> degree black in Seibukan by Hanshi George Parulski on June 9, 2001.

**REGIONAL****Lifetime Achievement Award**

On June 2, 2001 Tim Lynch, Hachidan, was inducted into the World Combat Arts Federation "Hall of Fame" and was the recipient of the "Gold Lifetime Achievement Award" for his years of dedication to the martial arts. Lynch was interviewed on the TV program "Martial Arts Today" which will be aired in New England this summer. The interview included a demonstration of jujutsu arts as taught at a seminar during the WCAF Annual Convention.

## Generosity

By BOB CONNOLLY

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The ancient bujitsuka espoused many virtues. It was required that the ancient samurai be, among other things, loyal, courageous, and generous. The generosity that the samurai were expected to exhibit extended so far as to include complete sacrifice (sutemi) for their lord and his causes. This meant pledging absolute obedience and allegiance, even to the death. Thankfully, modern day martial artists are not required to make the same pledge. This does not mean that the virtues that were held so closely years ago are absent from contemporary martial arts training. Generosity remains an important part of martial arts training. For those of us who train at the Arlington YMCA Budoshin Ju-jitsu Dojo, we have many opportunities to display this trait by being generous with our time and by being generous while training.

### Giving of our Time

Our dojo is a part of the Arlington, Virginia, YMCA (Y). The Y's mission is to foster the spiritual, mental, and physical development of individuals, families, and communities. It accomplishes its

mission by delivering a variety of programs and services. The Y's mission is similar to the goals of martial arts training. The Y looks favorably toward martial arts programs because they share similar goals. The Y provides a place to practice ju-jitsu.

**Ju-jitsu practitioners give up the need to prove themselves in a physical confrontation.**

Additionally, the YMCA matches the contributions (dollar for dollar) that dojo members make to buy new mats used for classes. Not only does the Y support the philosophy behind martial arts, the Arlington YMCA supports its ju-jitsu program.

The Budoshin ju-jitsu dojo, in turn, welcomes opportunities to assist the YMCA with their programs, and gives assistance generously. When the Y provides facilities and activities for children's birthday parties, the dojo participates by giving ju-jitsu demonstrations. It is a way to assist the Y, and a great way to expose the next generation to ju-jitsu. Members of the dojo help the Y with two road races each year by serving as marshals. The members also represent the Y at the Arlington County Fair each year by staffing a table and by presenting a ju-jitsu demonstration. In addition to being a way to promote ju-jitsu, these are opportunities to give back to an organization that supports the dojo.

Another way the Arlington Budoshin Ju-jitsu dojo displays generosity is by offering self-defense seminars specifically for women. These self-defense seminars are a community service. The sensei and the female members of the dojo donate their time to make this essential kind of education available. Through these seminars the participants learn basic ju-jitsu techniques and have the opportunity to practice them with a partner. By supporting an organization that supports ju-jitsu, and by offering ju-jitsu training to the community, contemporary martial artists display generosity.

### Generous in Training

Generosity is also important in our ju-jitsu training. In fact, good training requires generosity. By choosing to participate in ju-jitsu classes, ju-jitsu students sacrifice other options in order to practice ju-jitsu. Students sacrifice spending time with family and friends. They sacrifice learning a different skill in order to commit to training for this skill.

**When presented with an attacker who decides to lunge forward and punch, give him what he is asking for ...and then some.**

Given that everyone devoted to practicing ju-jitsu is making a sacrifice, students must be generous when they train. Participating in class requires presenting oneself to be another's training partner. It requires giving a partner realistic and varied attacks that allow him/her the opportunity to practice. It requires being thrown to the ground, and have one's joints locked to the point of discomfort, and having one's nerves attacked. It requires getting up quickly after a technique is complete and attack again to give a partner many repetitions. This kind of generosity during training maximizes class time and provides the best opportunity to learn. Students are generous and honest with feedback to a training partner. When appropriate, students must let partners know if a hold is being properly executed.

In the dojo, higher ranked students are asked to work with lower ranked students when techniques are presented. Training in this fashion requires that the higher ranked students make a sacrifice. Higher ranked students are giving up an opportunity to work with someone with more experience in order to pass on knowledge and experience to a newer student. This kind of generosity to the dojo and to the art of ju-jitsu ensures that both will continue to grow.

**Please see GENEROSITY, page 13**

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## GENEROSITY from page 12

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### The Generous Art

From a purely physical point of view, ju-jitsu is a generous art. Ju-jitsu's principles are based on the concepts of accepting an attack and adding a little something extra to it. When presented with an attacker who decides to lunge forward and punch, give him what he is asking for and then some. Give ground or move in a direction that allows him to commit his energy to his attack. Help him along by deflecting his punch, stepping in and grabbing him, and throwing him over our hip and onto the ground. Give an attacker a little bit more than he asked for. Similarly, if grabbed, help him grab hold by trapping his hand firmly against the body, and turning in a direction that causes pain and discomfort on the wrist and ending any aggression.

Ju-jitsu practitioners give up the need to prove themselves in a physical confrontation. They make every effort possible to avoid physical confrontations. They avoid areas where their physical well being is at risk. They carry themselves in a non-aggressive manner so as not to escalate a verbal altercation to a physical one. A ju-jitsu practitioner may display generosity by letting someone win an argument, or have a parking space, or even have their money if it would prevent a physical confrontation.

If all efforts to avoid a physical confrontation are in vain, however, ju-jitsu gives and gives generously.

*Bob Connolly, Sankeyu, has been practicing Budoshin Jujitsu for four years and wishes to thank the sensei and students at the YMCAs in Arlington and Reston, Virginia, for the generosity they have offered to him while training. He currently competes in no-holds-barred competitions in Falls Church against his girlfriend's cat. His record is zero wins, seven losses.*

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## LESSON from page 4

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nonsense, take control attitude. One might have guessed that we each had a black belt wrapped around our hips!

Does owning a black belt allow you to go anywhere free of safety concerns? No. In fact, the wise black belt, acutely aware of her surroundings, is probably analyzing the situation more than most. Whether or not that "awareness/concern" becomes elevated to "worry" depends on the assessment of the situation.

Does self-defense training really work? There are no guarantees when it comes to self-defense. Training increases your options and preparedness.

Many women do not have the desire, or the luxury of time and money to enroll in formalized self-defense training. However, *all women* have an opportunity to benefit from the *First Three Lessons*. No enrollment fees, no training halls, no uniforms – they aren't necessary to begin. Every day, women can practice 1) being aware of their surroundings, 2) recognizing and avoiding risky situations

and 3) walking and talking with confidence. These three steps will decrease a woman's odds of being targeted for assault. This practical goal is worth every woman's effort.

*Linda Della Pelle, a 2<sup>nd</sup> Dan in Budoshin Jujitsu, is a founding sensei of Universal Jujitsu Dojo in Claremont, California. Universal Jujitsu Dojo conducts classes through the city of Claremont Human Services Department. As of July 17, classes will be held in the newly remodeled Alexander Hughes Community Center.*

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## MEANING from page 9

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concept: optimum use of strength and force so that one's energy is not dissipated needlessly.

Unfortunately, these translators were unaware of the full range of meanings available, which is only natural when dealing with a second language. This is why the United Nations insists that its interpreters and translators only translate into their native language and from the foreign language. This is why, today, we are saddled with "the gentle art" for *ju-jitsu* and "the gentle way" for *judo*. When bringing up this issue it is inevitable that one person or another will go to a native Japanese and ask for the correct definition of these two terms. It is ironic that one would go to a native Japanese speaker and expect that person to have such an encyclopedic knowledge of their nonnative English that they could render judgments about translations from Japanese into English.

As long as one is aware of the original derivation of the terms and their proper meanings in context, we can settle for "the gentle art" instead of the art of pliantly adapting to circumstances.

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There were many competing Romanization systems both then and now, though the most common is the Hepburn System. The most widely taught in schools was developed by Dr. Eleanor Jorden, which strikes everyone as cumbersome though it is linguistically sound. At any rate, what in Japanese is properly *jū-jitsu* has most commonly become rendered *ju-jitsu* in English.

It would be a pedantic exercise to try to change this rendition as it is so imbedded that the correct term would not stick. That is why most martial arts scholars and serious students of martial arts end up just learning the characters, as Ben Haryo pointed out in his excellent series of Japanese characters à la Donn Draeger when he was alive.

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## INTEGRITY from page 1

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information about the source of his promotion as well as the promotional criteria. In some cases the promoting sensei or organization is contacted. Sometimes their credentials are even checked. This may seem a little extreme. However, there are abuses and the AJA's credibility is at stake. Fortunately there is a lot of cooperation in this area among credible ju-jitsu organizations.

Where does this leave the general public? In hip boots. As instructors and organizations we have a responsibility to maintain high standards and be intolerant of abuses. The public expects this of us and has a right to do so. If they are going to be in hip boots the water they are wading in should be as clear as possible. They should be able to see their feet.

As sensei, we have to maintain the vigil for the general public. This is our responsibility; it is part of the package. As a student, you need to keep your eyes open for abuses. This is America. Anyone can go out and buy a black belt, create a certificate, and go into business. Most sensei are legitimate. However, it's the few bad apples that can ruin an entire barrel.

My search this time turned up three "budoshin" blackbelts I've never heard of. I will be checking them out. I will do another internet search in six months to see if anything else turns up. It is a sad commentary on the martial arts community that I have to do this. On the other hand, it is part of my responsibility as a credible sensei.

*Professor George Kirby, 10<sup>th</sup> Dan, is the Chairman of the AJA Board of Directors.*

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## WOMEN from page 4

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Konishi (Shindo Jinen Ryu) did not neglect the feminine qualities of their students. The Aoyagi Kata of Shindo Jinen Ryu and Chinte Kata of Shotokan gained fame as Katas tailored for women, because of the graceful techniques.

And the aforementioned example does not mean that admittance of women and creation of women-specific techniques are limited to the above styles only. There are hundreds of martial arts schools and styles in Japan that have techniques for women only. In fact, there is evidence that the Ninjas developed an entirely new martial art devoted to the Kunoichi, or women Ninja.

Speaking of instructorships, I know that very few women are given instructor's license in Japanese arts. But that is not because of discrimination. This does not mean that there are no female instructors. Imi Okazaki (daughter of Prof. Okazaki) and Keiko Fukuda (granddaughter of Hachinosuke Fukuda the Tenjin-Shinyoryu Jūjutsu master) are good examples of this. There also are many examples of other female instructors. So we can say that if there are more male instructors than females, it is not because of sexual discrimination, but it is because there are not many women

who enroll in self-defense classes with the intention to become instructors.

Now let us not dwell in an exalted past but let us look at the present. If you look at many Jūjutsu schools in the East and the West, you will see that many male instructors happily sacrificed their health for the sake of their female students. That is it: they selflessly volunteered to become the Uke for their female students. Ask Rorion Gracie, who got beaten up everytime he taught a female self-defense class. Many male instructors get kneed, kicked or punched in the groin everytime they teach rape-prevention techniques. Does this sound like an anti-women campaign? Not at all. To me it sounds like chivalry. That is what teaching self-defense is all about.

I also believe that women should be encouraged to learn self-defense. My teacher Ishihara Dai Sensei once said "self defense is the rights of those who need it". And who needs self defense more than women, who are physically weaker than men? Any strong man could defend himself with his own brute strength without having to learn any form of martial arts. The same cannot be said about women. They need to rely on their cunning and feminine allure to survive, and learning self-defense is a readily available tool for them, should they choose to utilize it.

And so I can conclude that our Japanese Martial Arts is not sexist at all, and I recommend any women to have a look. I sincerely hope you could appreciate its values.

*Ben Haryo is a Wado Ryu and Goshin Būdō Jūjutsu instructor in Jakarta, Indonesia. He holds 2<sup>nd</sup> Dan in Wado Ryu and 2<sup>nd</sup> Dan in Ishihara-Ha Yonryu Goshin Būdō Jūjutsu.*

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## CENTURY from page 5

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apply the choke he said, "If I choke you, I'll kill you." I asked him to choke me anyway then successfully escaped the hold and had my students practice the technique.

The comment he had made to me was not appreciated, especially by some of the other women instructors, who became quite angry at him. Later the man apologized for what he had said and the issue was resolved, but when someone is teaching a class, protocol dictates that you simply do not threaten them or belittle them to their students. This is an example of something that rarely ever happens to a male instructor.

Another time while teaching a junior class at the YMCA I had to ask two men to leave the room. There was a kick bag at the end of the room that the two men started practicing on, which was disrupting our class. I told the men that we were in the middle of a class and they would have to leave. They protested, and tried to intimidate me to let them use the bag, but I held my ground and firmly asked them to leave, which they finally did. This may not have happened if there had been a male instructor instead of a female, but some people seem to think they can take advantage of a

female instructor. There is definitely some bias against women martial artists and instructors. There is also a lot of respect for them, but the respect has to be earned.

Jujitsu has to be fun for a person to stick with the training, the rules, and time away from home. As an instructor that is your responsibility to make it that. But the most important element to help you succeed in the martial arts, for a woman or man, is to have the support of your family. If your family does not understand your dedication to the art, life at home can become difficult. If you have your family's support, training can be very rewarding.

Women have been warriors for centuries, and you too may become a 21<sup>st</sup> century warrior, but your battles may be of acceptance in the sport as a participant or as an instructor rather than through physical combat.

At a recent convention my instructor overheard a junior student say, "She can do anything!" With confidence in me like that, I feel I still have a lot of work ahead.


*Sue Jennings holds a Sandan in Danzan Ryu Jujitsu and teaches Jujitsu at both the KaishinKai Dojo and Evergreen State College. She is a member of the Association of Women Martial Arts Instructors, Jujitsu America, the American Jujitsu Institute, ShoshinRyu Yudanshakai, and the American Judo and Jujitsu Federation. She also serves as Editor of Jujitsu America's quarterly national newsletter, The Tegami.*


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
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
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
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#### AJA NEWSLETTER

The AJA Newsletter welcomes submissions of articles and proposals. We prefer plain text (.TXT) in electronic format, either through e-mail or on floppy disk. You can also send articles for consideration through the U.S. Postal Service or via fax.

Back issues are available.


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#### Fall 2001

Promotions and Training announcements: October 10, 2001

All other submissions: October 1, 2001

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Promotions and Training announcements: January 2, 2002

All other submissions: December 17, 2001

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Mary Claire Salander, Wade Susie.

**LETTERS TO THE EDITOR**

**The Right Words**

I enjoyed Mr. Haryo's article ["Jūjutsu Ryū Names", Spring 2001], but he was incorrect about the Japanese character *shin* for "heart" in *Budoshin*. Prof. Kirby's Jujitsu volumes clearly indicate it is the "gentlemanly art", which would be derived from the Japanese word *shinshi*, a "gentleman-scholar" an idea from Confucianism originally, then later incorporated into the Code of Bushido for Japanese *bushi*.

One more small note: *uke* ["Duty", Spring 2001] is the correct spelling for the receiver of the *tori's* action, not *uki*, which means "floating". Confusion arises because *uke* is commonly

mispronounced with the second syllable sounding like "key"; it should sound like our letter "k" in "K-Mart".

*Reginald Lee Heefner*  
*Classical Budo Dojo*

**NEXT ISSUE**

Other martial arts and Jujitsu.

Not your typical Sunday supplement puzzle. Some of the words are from your training. Some are in your hands.

**ACROSS**

- |    |                                 |             |                                  |
|----|---------------------------------|-------------|----------------------------------|
| 1  | Certified public accountant     | 65          | Had been                         |
| 4  | Visual                          | 66          | Ghost                            |
| 9  | Rub clean                       | 67          | Cavalry Sword                    |
| 14 | Shelter                         | 68          | Rising (Japanese)                |
| 15 | Cook an egg                     | 69          | Gets bigger                      |
| 16 | Shimé (English)                 | 70          | Head (Japanese)                  |
| 17 | Fire remains                    | 71          | Hai!                             |
| 18 | Adios                           |             |                                  |
| 19 | Helped                          | <b>DOWN</b> |                                  |
| 20 | Husks                           | 1           | Rifts                            |
| 22 | Finished                        | 2           | Military exercise                |
| 24 | Chest (Japanese)                | 3           | Athens' goddess                  |
| 25 | Common spanish name             | 4           | Opaque gem                       |
| 27 | "First in, first out"           | 5           | What peas come in                |
| 31 | Bridge                          | 6           | body ( ___ O-toshi)              |
| 32 | Chili con ___                   | 7           | Frost                            |
| 33 | rei                             | 8           | Division for Connelly win        |
| 34 | related Gokyu from Har Bro Dojo | 9           | Look over                        |
| 36 | Constellation                   | 10          | Leader                           |
| 38 | Fly                             | 11          | Bo (a wooden ___)                |
| 40 | First born                      | 12          | receiver of technique (Japanese) |
| 42 | shin (English)                  | 13          | Futon                            |
| 43 | Jodan                           | 21          | AJA President (family name)      |
| 44 | Ude                             | 23          | Ichi                             |
| 45 | new Yondan (family name)        | 25          | Common woman's name              |
| 47 | U.S. Department of Agriculture  | 26          | Back (Japanese)                  |
| 51 | Run                             | 28          | Wading bird                      |
| 53 | Adam's garden                   | 29          | ashi                             |
| 54 | Approach                        | 30          | Possess                          |
| 55 | Single                          | 32          | Portable bed                     |
| 57 | Scissors (Japanese)             | 35          | Lab animal                       |
| 59 | Small wrapped candies           | 36          | Poem                             |
| 62 | Measuring instrument            | 37          | Old tv shows                     |

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66							67						68	
69							70							71

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|----|---------------------------------|----|-------------------------|
| 38 | Air (prefix)                    | 52 | hiji (English)          |
| 39 | Upper part of shoe              | 56 | Very large trees        |
| 40 | Overt                           | 57 | Wound                   |
| 41 | Licensed practical nurse        | 58 | Realm                   |
| 42 | Movie 2001's talking computer   | 59 | Chinese seasoning       |
| 43 | arm (Japanese)                  | 60 | Spr.. month             |
| 45 | teaches in Jakarta (given name) | 61 | Cow sound               |
| 46 | City                            | 63 | Cereal                  |
| 48 | Inland ship route               | 64 | Basket Ball association |
| 49 | Wound                           |    |                         |
| 50 | Gets up                         |    |                         |