

# AJA Newsletter

American JuJitsu Association

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## Did You Thank Your Sensei?

By GEORGE KIRBY

Several months ago a new student transferred into my class from another dojo. At the end of class, after the formal bow-out, this student applauded, clapping her hands and said, "Thank you for a great class, sensei!"

We all looked at her strangely, sort of stupefied. This was totally out of character with the class, which usually ended with good byes after the dojo had been cleaned up. We all chose to ignore her action, which seemed totally out of place.

Perla was persistent, applauding at the end of each

class in spite of whatever anyone else might have thought. Perla was enthusiastic about the class and wanted everyone to know.

A strange thing happened over the next several months. Other students started applauding at the end of each class. Even I started applauding, which is something I usually reserve for seminars at which I teach. (I applaud the participants as a way of thanking them for the privilege of teaching.)

The reason I mention this is because it is nice to be appreciated and applause is a

"western" way of showing appreciation, as well as the simple words, "Thank you." Yes, there is the formal bow-out, showing respect to the sensei, each other and the dojo. It is a nice and appropriate way to end a class. However, the applause that Perla started has now resulted in students individually coming up to me at the end of each class and thanking me for teaching them. That makes me feel good - like I have accomplished something.

Too often, in the rush of our daily lives, we forget the little courtesies: holding a door

(See **Thank-you** on page 13)

## Renewal Time

The first of the year brings many things including the annual renewal of our American JuJitsu Association (AJA) membership. Both Dojo and individual memberships need to be renewed.

Cost for members in a regular AJA dojo is \$14 annually and

AJA+ dojo membership is \$27. The AJA is a non-profit amateur athletic association providing tournaments, seminars and a regular newsletter to students and instructors of JuJitsu.

Support the AJA and stay informed about events in your

area, the country, and around the world. Contact **Mark Jordan** for more information:

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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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Submission deadline for the next issue is  
April 10, 2002

## From the Editor

Welcome to the Twenty-fifth anniversary of the AJA newsletter! For those of you who have been with us for awhile you know that we have been through many changes over the years in format, layout and style. The constant thread has been to provide a forum for sharing news and ideas about our art and the practice that binds us together.

With this issue comes a new look and two contests for names. First is a contest for naming The Chairman's regular column ("Did You Thank Your Sensei?" is Professor Kirby's

installment this issue). We are looking for an over arching title that identifies the Chairman's article, letter, or missive. Come up with a clever title that highlights our chairman's thoughts and, if we select your entry, you will have an opportunity to be profiled in a future issue (optional, of course; you can always remain anonymous, if you want).

The other contest is to name the newsletter. While "AJA Newsletter" is accurate, it provides origin without identity. Just as I am known as "Thomas" rather than "Son of

Gloria," at age twenty-five it is time to give this publication an identity of its own. Be creative, thoughtful, deep or clever. If you suggest a word or phrase in Japanese, please provide your intended translation (Japanese has many homonyms). If we select your suggestion we will also run a profile of you (if you want) in the same issue when the new name debuts.

Remember, the newsletter is for and about you. Without your contributions there is no newsletter.



## Drills and Exercises

By DENNY HARDIKA

**CAUTION:** These drills below use dynamic tension, which, if done improperly, or done in wrong physical conditions, could cause injuries. Do *not* use any of these drills if you have any back problem, weak knees, blood pressure problems, heart problems, abdominal complains or other infirmities. Consult your doctor before attempting any of these drills. Also, we strongly recommend that you do these drills under supervision only. The author is not responsible for any injuries which might occur due to trying out these techniques incorrectly.

These are some of the conditioning drills we are using in Indonesia under the guidance of Sensei Ben Haryo. They are great to improve your strength and muscle tone without sacrificing flexibility.

### I. Lifting Drills

This is a great technique to improve the strength of your hips and abdominal muscles. You must do this on a mat. Get an Uke who is the same size with you. Do *not* get a larger Uke. Once you find a suitable Uke, ask him/her to lie down and spread his/her legs apart. Then you stand between his/her legs. Have the Uke lock his legs around you tightly in a waist scissors position (the full guard for you Brazilian Jiu-Jitsu players). Your stance must be in a very wide Kiba Dachi (horse stance) or Nai-fuanchin Dachi (like a horse stance, but a bit narrower and the toes are pointing inwards). Clasp your hands together. Let Uke grab your wrists. Do *not* bend your back, bend your knees instead. Inhale deeply. Hold the breath on your tanden. Immediately lift your partner using the strength of your

hips and your hands. Uke's knees must be directly under your armpits (if Uke has long legs) or under your elbows (if Uke has short legs), if it is too far then you cannot get a good lifting angle and your Uke might get hurt. Once again do not bend your back, bend your knees instead.

You do not have to lift your Uke high. As long as no part of Uke's body are touching the ground then you are doing fine. Hold this position (and your breath) for several counts (five seconds will be perfect). Do *not* overextend yourself. Slowly exhale while slowly lowering your partner back to the mat. Do several repetitions as you become more comfortable with this drill. This drill will quickly develop your legs and abs muscles.

(See **Drills** on page 11)



Lifting Drills

## Does Rank Really Matter?

By BEN HARYO

For some people, rank does not mean a thing at all. They just want to practice and are content with the joys and satisfaction of being able to perform their techniques well.

I know a person who studied Goju Karate for several decades. His skills are incredible, his knowledge is like that of a master instructor. When he performs a Kata, he does it with precision and power, honed by years of experience. And yet he's content with just a Shodan rank. He said "It will take a lifetime to study just one style. Rank means nothing to me. I am now nearing my fifties. If 20 years from now I am still doing Karate like today, then I'll praise the Lord, He gave me 70 healthy years, and all the enjoyment of Budo training". This man does not care about what rank he is about to acquire. He just cares about how he maintains his health by a constant practice of Karate. I have a lot of respect for him.

While there are people such as my Goju friend whom are content to be a Shodan forever, I see many other people whose goal in life appears to be to get the highest rank possible, the faster the better. When I read some martial arts publications, I am amazed by the number of youthful-looking people having high black belt ranks and

"Grandmaster" status. Not long ago, a 1st degree black belt (shodan) was already a very high achievement. Nowadays we have "Grandmasters" who look much younger than my father, who's still in his fifties. Mr. Michael DePasquale Jr (of Yoshit-sune Jujutsu) once said in the Sept 1998 issue of Karate International that even his father (Dai Shihan Michael DePasquale Sr, 10th Dan Jujutsu) didn't consider himself worthy of the title "Grandmaster" until he reached his fifties.

### How Grand is the Master?

Our question is... how old is a "Grandmaster" supposed to be? Let us assume that a Budoka named Joey Shmoey received his Shodan when he was 17. He received a shiny black obi from his instructor, along with his first Dan certificate. Being a diligent and persistent student, he received Nidan two years later, Sandan three years later, Yondan four years later, Godan five years later, and Rokudan six years later. By the time he earned his Rokudan (and his "Renshi" or "Professorship" level), he will be a 37 year old gentleman. He has been practicing for nearly two decades. He must have acquired a considerable amount of skills and knowledge in his martial art, and he must have produced many high-

quality students under his wing.

Now, Joey Shmoey wants to be a "Grandmaster". To earn the title of "Grandmaster", Joey needs to obtain at least an 8th Degree black belt. Therefore, Joey needs 15 more years to receive the coveted Hanshi-Hachidan rank. By that time, he will be a 50+ year old gentleman, with a dash of gray hair or two, the black belt he received when he was 17 will be a tattered old thing, and the instructor who gave him his first Dan rank most likely has gone up to the big tatami in the sky. In fact, Joey Shmoey might have been chosen as a successor by his instructor, to continue his "lineages", due to his loyalty and undying devotion to the martial art and organization. To many people, this is the "correct" or "acceptable" way to become a Grandmaster: by skills, knowledge, experience and loyalty. To me, this is the best way, the way I myself aspire to follow.

### Ways of becoming a Grandmaster

Looking at the above example, then we could assume that a Grandmaster should be, at a minimum, a 50 year old person who had shown his skills, loyalty and integrity to his/her martial

(See Rank on page 6)

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*I see many people whose goal in life appears to be to get the highest rank possible, the faster the better.*

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*Nowadays we have 'Grandmasters' who look no older than my father who's still in his fifties.*

# Training Reports

## Camp Budoshin

*Editor's note: Usually our training reports are third-person descriptions. This one came in as a letter and the flavor expresses well the sense of those of us attending Camp Budoshin..*



Sensei Brian Allen discussing concepts of Concussive Technology photo credit: Tony Damigo

Thank you very much

for the wonderful opportunity to teach and share with the excellent instructors at Camp Budoshin. Not only were the instructors knowl-

edgeable, but I found the participants open-minded and receptive. I sincerely enjoyed teaching and attending the seminars I had the opportunity to see. Likewise, all of my students raved about the seminars they enjoyed.

Mentioned in particular was Sensei Michael MacDonald's easy manner and expert knowledge; Sensei Steve Gordy's incredible hand speed and flowing techniques; Sensei James Paulson's clear explanations and gentle touch; Prof. Raven's rugged power; Prof. Lynch's presence; Prof Lenoir's incredible hand strength; and your openness and accessibility for questions. As a mat-

ter of fact, right after the camp finished we stood around our cars swapping stories about our various experiences. The only regret was that we were not able to attend all the seminars being conducted. We had to satisfy ourselves with stolen glimpses while trying to pay attention to our own seminars. Everyone found the camp to be professional, informative, and an enjoyable experience and we are all looking forward to next year's camp.

All in all a day that I will cherish. Once again thank you.

Your friend,  
Brian Allen

*Not only were the instructors knowledgeable, but I found the participants open-minded and receptive.*

For more pictures, go to the web:  
<http://www.americanjujitsuassociation.org/cb.htm>

## Scott Anderson

Sensei Scott Anderson, Head Sombo Instructor at the Stratford Sombo Club in Springfield, Virginia, was the guest instructor at the Arlington, Virginia, Budoshin Jujitsu Dojo on Saturday, December 1, 2001. He pro-

vided a unique cross-training opportunity for the students of the Arlington dojo. Holding black belts in Ju-jitsu, 5<sup>th</sup> Dan; Judo, 4<sup>th</sup> Dan; and Russian Sombo, 4<sup>th</sup> Dan; Sensei Anderson taught a variety of Combat Sombo defenses

that complement the Budoshin Jujitsu curriculum.

This was a homecoming, of sorts, for Sensei Anderson. Many years ago he took JuJitsu classes at the same YMCA (different dojo) under Gerry Sewell.



Arlington, Virginia view of the Washington capital area.

## ROC Tournament

ROC Jujitsu Dojo of Pasadena, CA hosted the Fall 2001 AJA Western Region Freestyle Kata Tournament on Saturday November 17, 2001. There were 55 competitors representing 9 different Jujitsu dojos participating, making the competition fierce and the Jujitsu

action intense. Nonetheless, a good time was had by all, and thanks to the full DJ setup pumping out the Techno-Funk all day, there was rarely a dull moment. One of the highlights of the day came when the Kuntau Martial Arts Academy ([www.kuntau.com](http://www.kuntau.com)) arrived and put on one of their renowned

demonstrations that included elements of Karate, Kung Fu, Tai Chi, and Kobudo. The demo team performed several katas and fight sequences - all choreographed to music. Some of the weapons used in the demo included Tonfa, Sai, Samurai Sword, and Combat Cane.

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*One of the highlights of the day came when the Kuntau Martial Arts Academy arrived and put on one of their renowned demonstrations that included elements of Karate, Kung Fu, Tai Chi, and Kobudo.*

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For pictures, go to the web:  
<http://rocjujitsu.tripod.com>

## George Kirby

On Saturday, November 3, 2001, Professor George Kirby, 10<sup>th</sup> Dan and American Ju-Jitsu Association (AJA) Chairman of the Board of Directors presented a seminar in Arlington, Virginia. The focus of the seminar was the use of nerve techniques featured in his new book *Jujitsu Nerve Techniques: The Invisible Weapon of Self-Defense*. Professor Kirby also emphasized ground defenses for application in street situations.

Thirty-two participants welcomed Professor Kirby to the AJA's northern region and took part in the full-day of jujitsu training. The following comments from the participants are a tribute to Professor Kirby and the informative training session he provided.

*"Professor Kirby explained each aspect of a defense in a clear step-by-step manner. His explanation regarding targeting an attacker's nerves took a lot of the mystery out of it. It was a great learning experience."* — Nikyu Arlington, Virginia, YMCA

*"Professor Kirby always has wonderful little 'tricks' that make doing basic techniques easy."* — Nikyu, Arlington, Virginia, YMCA

*"Having an opportunity to directly learn and train with Professor Kirby was an enlightening experience. In addition, he patiently worked with the students as we practiced our new skills. Professor Kirby's teaching style is very well paced and he is very approachable."*

*Every participant is bound to learn something new or at least improve the effectiveness of their existing repertoire."* — Roky, Reston, Virginia, YMCA



Prof. George Kirby touches on some fine points of nerve & pain center attacks  
photo credit: Tony Damigo

## Rank

*(Continued from page 3)*  
art and organization. Therefore, we may assume that grandmastership could be obtained by decades of diligent training and endless devotion to a particular style or organization.

This example is very common outside Japan. However, inside Japan, things are a bit different. It is true that only hard work and dedication will bring you to the top. However, blood is thicker than sweat. Your hard work will be easily bypassed by someone who is a blood relative. Why? In many traditional Japanese styles, grandmasterships are hereditary. Therefore, only people who are related by blood to the current Grandmaster could be the next Grandmaster.

Let's look at this example. Grandmaster Otsuka Hironori (founder of Wadoryu) passed away in 1982. By the rules of tradition, his son Otsuka Jiro became the next Grandmaster. Unfortunately for him, there were other people who had been with his father for a long time, longer than he had, and were more experienced in his father's teachings. To them, Otsuka Jiro's skills, knowledge and experience is a league below theirs. So some of them broke away from the young Grandmaster to follow their own ways. One of them is Mr. Suzuki Tatsuo, who founded his own organization of Wado Kokusai Renmei, and therefore become a grandmaster on

his own, no hereditary status required. So we see that there are several ways to grandmastership: by a life-long study and devotion to a style, by heritage, or by making your own organization who will accept you as a Grandmaster.

### So You Wanna be a Grandmaster?

By this logic, anybody could be a grandmaster. Any black belt could break away from his/her instructor and create a new organization, or even a new style, with him/herself as the Grandmaster. Easy as that.

Before anyone starts sending me hate letters, I have to tell you something. There is nothing wrong with creating a new style along with an organization which will support this new style. The history of martial arts is about progress. A person learned a style, mastered that style, developing new ideas based on the knowledge of that style, then came up with a new style, which could be considered as an improvement over the older style. Almost all of the styles we have now came into being as improvements over older styles.

When Otsuka Hironori founded Wadoryu in the late 1930s, he had nearly three decades of Budo experience under his belt, and that included a Grandmastership in Shindo Yoshinryu Jujutsu, a black belt in Karate from Funakoshi Gichin (founder of

Shotokan), private lessons in Kata with Mabuni Kenwa (Shitoryu) and sparring lessons with Motobu Choki (Okinawa Kempo). This accumulation of knowledge and experience led him into creating the Wado style, an amalgamation of Karate and Jujutsu. In 1940 the Japanese Government through the Butokukai recognized him as a Master Teacher and his style as a genuine Japanese Martial Art. In 1966 the Japanese Royal Family recognized him as Meijin Judan (A Wise Person, 10th Degree Grandmaster). So, in sum, Otsuka needed 30+ years to create his own style, and 20+ more years to earn his Grandmastership. That's about half a century. That's a long, long, long time!

But old standards are a-changin'. Just take a look at today's martial arts magazines, and again, you'll notice the difference. Welcome to the era of 10 years old "black belts", 15 years old "junior instructors", 20 years old "masters", 30 years old "grandmasters", and 40 years old "supreme grandmasters". New martial arts organizations, and new "high ranking black belts" come into being at a spectacular rate. Forget decades of experience, that isn't necessary anymore.

And what about the legitimacy? Well, does it really matter? One thing for sure, with the right kind of connections, there are many ways

*(See Rank on page 11)*

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*In many traditional Japanese styles, grandmasterships are hereditary. Therefore, only people who are related by blood to the current Grandmaster could be the next Grandmaster.*

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*Welcome to the era of 10 years old "black belts", 15 years old "junior instructors", 20 years old "masters", 30 years old "grandmasters", and 40 years old "supreme grandmasters".*

## Halloween Charity Haunted Hike

On October 26 and 27, members of the White Marsh YMCA Dojo put on a hayride and a haunted hike to raise money for the Y's Partnership with Youth Program. Martial arts students and teachers led groups through the woods and took them past the various stations where scary things happened. Sensei Wade Susie organizes the event, building animatronic creatures, setting up the stations and getting everyone in place. The flying witch, the buried woman, the graveyards, the chainsaw man and dragon breathing real fire are popular events, but this year's new floating blue ghost who warns

people to "Go no further" and the "jumper" who leaps out at people with arms extended were big hits. This year's two nights of effort reaped \$2300 to help local youth attend Y classes and camp and learn to swim for free. Everyone had a great time. Members of the dojo feel it is important to help the community. All attending children received free candy, which was provided by the White Marsh YMCA Dojo students. The following martial artists and friends participated: David Mueller, Gerald Mueller, Dennis Jones, Hunter Harralson, Sydney Harralson, Vernon Davis, Anna Marie D'Adamo, Mike Parks, Donny Pimentel,

David Stuart, Jake Stuart, Will Harris, Bobby Stegman, Ryan Levin, Marisa Levin, Mary Ellen Levin, Mike Levin, Richard Martin, sr., Mary Martin, Emily Martin, Shane Connally, Joey Connally, Lorraine Connally, John Connally, Calvin Brandt, Cathy Brandt, Andy Spera, Kendall Spera, Clem Ehoff, Will Lissauer, Chad Kahler, Mark Kahler, Tom O'Dwyer, Tabetha Blair, Bill Needer, Marilyn Principe, George Boden, John Boden, Garrick Macas, Luis Macas, Mark Burton, Tom Edwards, Pablo Fernandez, David Fernandez, Karen Curley and Sensei Wade Susie.



## Sertoma Club Award

Sensei Wade Susie and Karen Curley recently received a beautiful brass and hardwood plaque from the Greater Baltimore Sertoma

Club. Presented at a brunch at Towson University, the plaque was for "significant and meritorious service to mankind" for 2001-2002.

The volunteer work was done at the White Marsh YMCA and the Gribbin Center, owned by Catholic Charities.

## Volunteer Dinner

Sensei Wade Susie and Karen Curley were invited to a Volunteer Dinner at the Gribbin Center. They also received certificates of recognition for the work they have done at the center, which benefits individuals who are physically and mentally developmentally challenged. The work included

putting in and maintaining vegetable and flower gardens, putting up a volleyball net and basketball hoop, installing and maintaining a fountain with fish, building a trellis and a gazebo, hanging pictures and doing various work indoors. This is one way that Wade and Karen promote martial arts by help-

ing the community. They were told that a permanent plaque would be installed on a pedestal at the entrance to the fountain and gazebo. The plaque is to honor Wade and Karen and the White Marsh YMCA Dojo for the volunteer work of the dojo and its sensei.

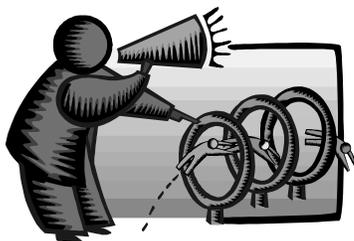


Wade Susie and Karen Curley

## Dojo Discipline and Correction, “The Other Gentle Art”

By ENRIQUE TORRES

*These strategies may have worked as short term solutions, but did not do much for addressing the core of the problem.*



There can be many ways to interpret discipline and correction. More often than not, it is associated with punishment. This is a concept that has been propagated by the notion that negative behavior is to always be punished harshly (remember those push ups on your knuckles, the shainai sting, jumping jacks and those long runs)! These types of punishments served as short term solutions for longer term problems, in some cases. Unfortunately, these punishments were used many times as a “get even” or power strategy by some Sensei’s. These strategies may have worked as short term solutions, but did not do much for addressing the core of the problem.

Discipline is a skill that needs to be developed by instruction and practice. A good example of the best form of discipline is self control. This is a skill that the Jujitsuka and other Martial Artists should develop and help others to develop as well, especially when teaching. Discipline has many facets, but one of the most important ones is to help the student develop the skill of following the rules. These Rules and norms are designed for our individual as well as collective protection. If we are unable to abide by these norms or rules, then we become a danger to ourselves or others because of the choices that we make,

both in and out of the Dojo. Instructors must be able to lead by example. We cannot expect students to learn discipline, if we as teachers do not model it first. Instructors are not immune or exempt from the rules. The rules and norms should neither be bent or shaped just because instructors are of higher rank and hold positions of authority. One must always remember that as a leader your behavior will be duplicated by others.

### Causes of Disobedience

Here are a few of the sources of disobedience and noncompliance.

- Disobedience in a class setting by a student may be because they have lost respect for the Instructor or the ideals they stand for as a person or teacher. Instructors must practice what they preach and should not give mixed messages to the students. “Say what you mean, and mean what you say”
- Disobedience or non-compliance of a student can be rooted in some type of psychological issue(s) which can cause the student insecurity or the desire to rebel or seek attention. On occasion, there may be an underlying conflict between student and Instructor that has not been discussed or resolved. This usually occurs because the student has felt that they have been

“wronged” by the Instructor in some way. This must be explored in order to work through whatever feelings of anger, confusion, pain, etc., in order to facilitate healing in the Instructor-student relationship.

- When someone disobeys or is non-compliant in class, it is imperative that we examine the face reasons for it first. This can sometimes be assessed rapidly by simply asking the student if there is something bothering them today that is hindering their learning. Usually this is enough to help solve the presenting problem, if they know that you care and are there for them. Offer to talk to them after class to address their concerns.
- Some times it may be a simple case of misdirected anger, and you just happen to become the “scapegoat of the day”. This especially stands true for elementary and intermediate school age children, who still have difficulty expressing their thoughts and feelings. Some adults may also experience these same type of problems due to their own psychological and developmental history.

### Addressing the Issue

Here is a suggested system for corrective procedure.

1. When non-compliance or acting out behavior is noted,

(see **Discipline** on page 13)

## Words

## 詞

Mushin Flow

By FRANK BLANEY

Integrated spheres  
 spinning  
 Switch gears  
 Body mirrors  
 The other  
 till other  
 Flows with one another  
 Into one  
 In comes  
 Negativity redirected to neutrality  
 Ki electric energy charging movements  
 Smooth, yet with the force of lightning,  
 thunder, storm  
 As it is so, the wind blows where it  
 blows  
 With it we flow  
 in the center  
 of the storm  
 The Mushin-mind finds calm  
 In the eye of the storm.

無  
心Alacrity

By HAROLD BROSIOUS

Meaning: Promptness in responding.

How does the word *alacrity* apply to the Ju-Jitsuka? The Ju-Jitsuka must use alacrity each and every time they are under attack. Practice reacting to all types of attacks, such as grabs, kicks, strikes or the attacker using various weapons. Once a technique is properly learned, then the repetition of the technique will increase to a much faster alacrity. Failure to have the proper alacrity could result in severe bodily injuries. Therefore proper alacrity is a *must*.

There are several methods of alacrity when attempting to escape from a situation. Control the attacker by placing them into a come-along type hold. Throwing the attacker off balance to injure your attacker. Taking the attacker off balance to the ground and placing them into a body hold down. Doing numerous kicks and strikes to injure your attacker. Combining numerous kicks, strikes and throws injuring your attacker. Everything depends on the original attack. Remember that

if you were just to escape from a grab, it may not be enough. You have lost your element of surprise and the attacker can become a bit more aware that you have additional knowledge. This could possible make the situation worse.

I always relate to the old adage when a limo pulled up to the traffic cop in the middle of the very busy street and asked "How do you get to Carnegie Hall?" His answer was "Practice!"

## Contacting the AJA



To answer this question...



...contact this officer...



...who is this person.

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Where do I send Membership forms and fees? (Dojo and Individual Student)

➔ Membership Chairperson

➔ Mark Jordan

Where do I send Mudansha Rank Promotions? (application and fees)

➔ Certification Chairperson

➔ Donna Mathews

Where do I get materials? (patches, constitution, etc.)

➔ Materials Chairperson

➔ Mark Jordan (acting)

Who do I contact about tournaments?

➔ Regional Tournament Coordinator

➔ Jorge Corona, Western Region  
 Tony Maynard, Southern Region  
 Dennis McCurdy, Northern Region

Where do I send Yudansha Rank Promotion? (application and fees)

➔ Regional Director

➔ Radovan Sekulich, Western Region  
 Tony Maynard, Southern Region  
 Dennis McCurdy, Northern Region

—or—

What if I have a problem with a Board member or Staff member?

—or—

What if I have a question

What if I have a problem with my Regional Director?

➔ AJA President

➔ Walt Lenoir

What if I have a proposal for the Board of Directors?

➔ AJA Board of Directors Chairman

➔ George Kirby

## Rank

*(Continued from page 6)*

for a resourceful person to get a degree of legitimacy. To be fair, some organizations will only recognize a person who already has a black belt (proof required) in another organization, to issue a comparable rank certificate. But what about people who lied about their credentials?

To be continued...

In the Spring issue we will have the conclusion of Ben's article as he describes the development of W.F.S.D.A.J.T. J-D-R:

"Rank certificates will become a fancy and expensive piece of paper, which signifies nothing but the gullibility of the holder."

Ben Haryo is a Karate and Jujutsu instructor who lives in Jakarta, Indonesia. He holds a 1<sup>st</sup> Dan in O'Sensei Brosious's Ketsugo Jujutsu, 2<sup>nd</sup> Dan in Ishihara-style Goshinbudo Jujutsu, 2<sup>nd</sup> Dan in Wadoryu, 5<sup>th</sup> Dan Jidokwan and is a certified Instructor of the International Jidokwan Federation.

*What about legitimacy? Well, does it really matter?*

## Drills

*(Continued from page 2)*

### II. Gyaku Kata Guruma Drills

Get an Uke who is the same size as you. Do *not* get a bigger Uke. Lift Uke up across your shoulders in a reversed Kata Guruma (shoulder wheel) position. Exhale while lifting. Hold Uke in the air for several seconds (five, tops). Gently put Uke back on the ground while exhaling. Do *not* throw Uke down. Repeat this technique from the opposite side. This technique is great to develop shoulder and back muscles. Do *not* bend your back while doing this lifting technique. Bend your knees instead. During the lifting phase, your back must be aligned correctly (very straight), otherwise you will hurt yourself. You must do this on a mat for safety.

### III. Relaxation Breathing Exercise

Sit in Anza (Cross legged position), with your back straight. Your hands are resting on your knees. Focus your eyes as if looking at a mountain far away. Or you could also tilt your head upwards a bit and gaze at the clouds (do *not* gaze at the sun!). Take a deep breath by expanding your abdomen (do *not* expand your chest). Stick your tongue to the roof of your mouth. Count to eight during the inhalation. Then hold your breath and tense your Tanden for eight counts. After that, slowly expel your breath through your nose within eight counts. Force all of the air out of your body by shrinking your abdomen. Close your sphincter muscles during the exhalation.

At first you may feel a bit light-headed, but after you practice this for several repetitions, you will feel relaxed. This is a good technique to help you concentrate or to refresh yourself after an exhausting training session. You can do this anywhere, even at your office. If you are religious, say your prayer to the Supreme Being in which you believe, asking for this Being to give you a healthier body and peace of mind while doing this exercise.

Have fun trying them!

Denny Hardika holds a 3<sup>rd</sup> Kyu in Ketsugo Ju-Jitsu and 1<sup>st</sup> Dan in Jidokwan. He is the assistant instructor on Y. A.I Jidokwan Jujutsu Club and Har-Bro Dojo #20, Jakarta, Indonesia



Gyaku Kata Guruma Drills

## Promotions

### Shichikyū

### 七級

Al Abdullaev	12/19/01	Arlington
Carlton Bonnilla	10/23/01	Arlington
Kathleen Crosby	10/23/01	Arlington
Caitlin Davies	10/23/01	Arlington
Alex Garman	Fall 2001	Tri-City
Garret Garman	Fall 2001	Tri-City
David Langley	10/23/01	Arlington
Michael Morales	10/23/01	Arlington
Christopher Martin	12/19/01	Arlington
Marie Troutman	10/23/01	Arlington
Tom Tsai	10/23/01	Arlington
Susannah Tully	10/23/01	Arlington

### Rokkyū

### 六級

Carlton Bonnilla	12/19/01	Arlington
Mike Field	12/19/01	Arlington
Roberto Hoyle	12/19/01	Arlington
Barbara Keary	10/23/01	Arlington
David Langley	12/19/01	Arlington
Katherine Soderman	12/19/01	Arlington

### Gokyū

### 五級

Vincent Garcia	Fall 2001	Har-Bro Do-Jo #1
Michael Hobson	10/23/01	Arlington
Coury McCully	Fall 2001	Tri-City
Toby Nishi	10/23/01	Arlington
Dan Price	Fall 2001	Har-Bro Do-Jo #1
Robert Rogers	12/19/01	Arlington
Mike Stackable	Fall 2001	Har-Bro Do-Jo #1
Lawrence Tomek	12/19/01	Arlington
Walter Wilson	Fall 2001	Har-Bro Do-Jo #1

### Yonkyū

### 四級

Brian Ellard	Fall 2001	Har-Bro Do-Jo #1
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### Sankyū

### 三級

Jim Greene	Fall 2001	Har-Bro Do-Jo #1
Denny Hardika	10/27/01	Ketsugo Ju-Jitsu
Robert Larson	Fall 2001	Har-Bro Do-Jo #1

Corben Maroquin	Fall 2001	Har-Bro Do-Jo #1
Sam Marroquin	Fall 2001	Har-Bro Do-Jo #1
Bob Price	Fall 2001	Har-Bro Do-Jo #1
Mula Warni	10/27/01	Ketsugo Ju-Jitsu

### Nikyū

### 二級

Kevin Jones	Fall 2001	Har-Bro Do-Jo #1
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### Ikkyū

### 一級

Kevin Brennan	10/23/01	Arlington
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### Shodan

### 初段

Benyamin Adriyan	Fall 2001	Har-Bro Do-Jo #1
Tukang Banting	10/27/01	Ketsugo Ju-Jitsu
Ben Haryo	Fall 2001	Har-Bro Do-Jo #1
Saleh Jusuf	Fall 2001	Har-Bro Do-Jo #1
Berlian Persada	Fall 2001	Har-Bro Do-Jo #1
Noe Salazar	Fall 2001	Har-Bro Do-Jo #1
Matt Salazar	Fall 2001	Har-Bro Do-Jo #1

### Nidan

### 二段

Rick Torres	Fall 2001	Budoshin Yudanshakai
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### Sandan

### 三段

Lynden Holloway	Fall 2001	Budoshin Yudanshakai
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### Godan

### 五段

Ivica Zdravkovic	9/2001	Serbian Budo Council
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### Rokudan

### 六段

Pierre Lautischer	Fall 2001	Har-Bro Do-Jo #1
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### Shichidan

### 七段

Dan Howard	Fall 2001	Har-Bro Do-Jo #1
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### Kudan

### 九段

Phil Connolly	Fall 2001	Har-Bro Do-Jo #1
Walt Lenoir	Fall 2001	Har-Bro Do-Jo #1
Gene Roos	Fall 2001	Har-Bro Do-Jo #1

## Discipline

*(Continued from page 8)*

stop what you are doing and silently look directly at the student(s) who is committing the act. This will usually get their attention (and others as well) and they will cease the behavior. There is no need to embarrass the student by using harsh words or assaulting their character. Inform or remind the student that the learning process in the Martial Arts requires their undivided attention, for their safety and the safety of others is at stake. You cannot learn to apply or receive a technique correctly if you are not paying attention to the instructor. Incorrect application or receiving of a technique can cause harm to self or others.

**2.** If the negative behavior continues, call the student aside or into the office to process the occurrence and/or transgression. Try to figure out why it occurred and what needs to be done differently by the student. Inform the student that they will not participate in the remainder of the class because of the continued dis-

ruptions. Make the student aware that you will be monitoring their behavior for the requested changes in the future. Explain in clear terms what your expectations are of them. Students are also informed that if the needed changes do not occur in a timely manner other action may result. If the student is of school age, a parent-instructor conference may be requested. Their response is usually "please don't tell my parents, I'll behave". Repeated acting out in class may be a sign that something of a much deeper psychological nature may be occurring and should be investigated by the student with a professional.

**3.** If the above strategies don't work, the student may be put on a probationary status or suspension status (non involvement in class for a determined number of lessons. This can be used as a "cooling off" strategy or a time of reflection. In severe cases, they will be asked to leave the Dojo and relinquish their student status. They will no longer be able to

represent the Dojo in sanctioned activities or claim affiliation to the Dojo in any way.

These later decisions should always be processed with the owner of the Dojo or the lead Instructor prior to implementation. Remember, most of the time students will respond quickly to respectful correction and request for behavior change. I am firm believer in "You get what you give" and "What goes around, comes

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← Enrique "Rick" Torres holds Nidan ranks in Budoshin Ju-Jitsu and Tae Kwon Do Karate systems. Rick also holds Shodan Rank in Kyu Shin Ryu Aikijujitsu. He is an assistant instructor at the American Karate Institute and the Mitchell Guidance Center, Kyu Shin Ryu Mentorship Program, both in Victoria, Texas. He is also a Licensed Professional Counselor in Private Practice in Victoria, Texas. This article is dedicated to the memory of his mother.

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*There is no need to embarrass the student by using harsh words or assaulting their character.*

## Thank-you

*(Continued from page 1)*

open for someone, saying "excuse me" or "please", helping a person with an awkward load, saying "thank you". We were all taught these small courtesies early in our lives, yet we seem to have forgotten them.

It is important to take the time to occasionally thank

your sensei, your parents, and other people important in your life because they are helping to make you what you are – hopefully a better person. A "thank you" is such a small thing, but if sincerely given it is among the most priceless gifts in the world.

Now about half the students

are applauding at the end of class combined with "thank you"s. And guess what? I really appreciate it. It makes me feel good. I think Perla's persistence is winning!

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← Professor George Kirby, Judan, is the Chairman of the AJA Board of Directors.

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*We were all taught these small courtesies early in our lives, yet we seem to have forgotten them.*

## Western Region Fall Tournament November 17, 2001

### Junior Division (10 years old and under, all ranks)

1 <sup>st</sup>	Carlos Pena	ROC Jujitsu, Pasadena
2 <sup>nd</sup>	Emanuel Reyes	ROC Jujitsu, Pasadena
3 <sup>rd</sup>	Cesar Pena	ROC Jujitsu, Pasadena

### Division 2: 7<sup>th</sup> kyu, 8<sup>th</sup> kyu, and 9<sup>th</sup> kyu

1 <sup>st</sup>	Claressa Mejia	ROC Jujitsu, Pasadena
2 <sup>nd</sup>	Andres Bernabe	ROC Jujitsu, Pasadena
3 <sup>rd</sup>	Jose Flores	ROC Jujitsu, Pasadena

### Division 3: 5<sup>th</sup> kyu and 6<sup>th</sup> kyu

1 <sup>st</sup>	Angelica Cervantes	ROC Jujitsu, Pasadena
2 <sup>nd</sup>	Danny Cervantes	ROC Jujitsu, Pasadena
3 <sup>rd</sup>	William Cabrera	ROC Jujitsu, Pasadena

### Division 4: 4<sup>th</sup> kyu

1 <sup>st</sup>	Jose Luis Alvarez	ROC Jujitsu, Pasadena
2 <sup>nd</sup>	Daniel Erickson	Harvard-Westlake, Studio City
3 <sup>rd</sup>	Patrick Tsao	Harvard-Westlake, Studio City

### Division 5: 1<sup>st</sup> kyu, 2<sup>nd</sup> kyu, and 3<sup>rd</sup> kyu

1 <sup>st</sup>	Dustin Contreras	Universal Jujitsu, Claremont
2 <sup>nd</sup>	Kimo Williams	Budoshin Jujitsu, Santa Clarita
3 <sup>rd</sup>	Joe Perez	Harbro Dojo #2, Thousand Oaks

### Division 6: Yudanshia

1 <sup>st</sup>	William Hill	ROC Jujitsu, Pasadena
2 <sup>nd</sup>	Marc Tucker	Budoshin Jujitsu, Santa Clarita

### Overall Champion

William Hill	ROC Jujitsu, Pasadena
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### Participating Dojo

Budoshin Jujitsu, Burbank	ROC Jujitsu, Pasadena
Budoshin Jujitsu, Santa Clarita	Ro-Jen Jujitsu, Temple City
Harbro Dojo #2, Thousand Oaks	Universal Jujitsu, Claremont
Harvard-Westlake, Studio City	YMCA, La Canada
	YMCA, Verdugo Hills

### Judges & Score Keepers

George Kirby, 10 <sup>th</sup> Dan	Linda Della Pelle, 2 <sup>nd</sup> Dan
Mark Jordan, 3 <sup>rd</sup> Dan	Paul Martinez, 2 <sup>nd</sup> Dan
Collin Olympius, 3 <sup>rd</sup> Dan	Art Corona, 1 <sup>st</sup> Dan
Ron Sekulich, 3 <sup>rd</sup> Dan	Tony Grady, 1 <sup>st</sup> Dan
Marc Tucker, 3 <sup>rd</sup> Dan	William Hill, 1 <sup>st</sup> Dan
Jorge Corona, 2 <sup>nd</sup> Dan	

### Mat Referees

Collin Olympius, 3 <sup>rd</sup> Dan	Dustin Contreras, 2 <sup>nd</sup> Kyu
Ron Sekulich, 3 <sup>rd</sup> Dan	Bessie Sycip, 2 <sup>nd</sup> Kyu
Fady Ghali, 3 <sup>rd</sup> Kyu	

### Additional Support

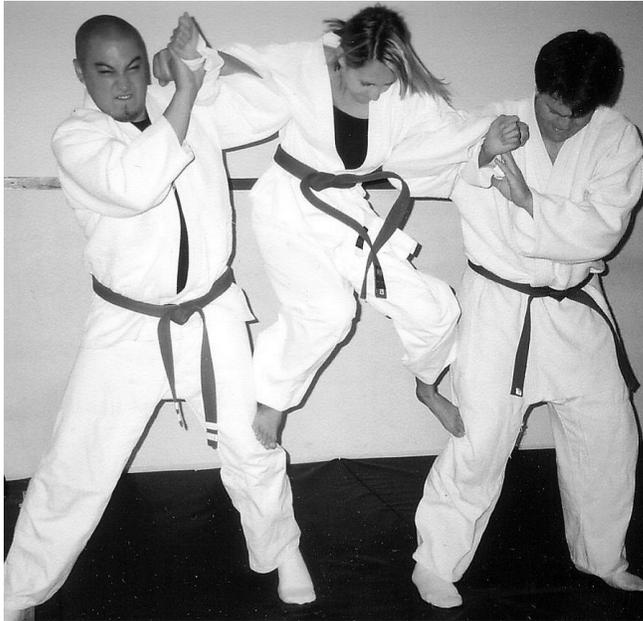
ROC Jujitsu Parents Committee: especially the following families: Bernabe, Alcada, Gamboa, Pena, Flores, Farfan, Quiroz, Alvarez, Gutierrez, Rahimi. (Snacks, Raffle, Setup/Cleanup).

Kuntau Martial Arts Academy: Master Mayoral, Sensei Phil, and the rest of the demo team.

Target Store: Ken Christenson-store manager and 3<sup>rd</sup> Dan in Jujitsu. (very generous Snack & Raffle Donation)

Anthony Grady Jr.: Audio equipment and a full day of Deejaying free of charge!

All the kids who helped out as runners and score-card holders.



“A picture is worth...”

Dealing with two attackers.  
Dave Belleman's Valley Ju-  
Jitsu Club

## Upcoming Events

**February 23, 2002**

Advanced Ju-Jitsu/Empty Hand Seminar  
Where: Salem, IL  
Contact: Ed Damiels  
✉ e-mail: [shoto\\_jitsu@hotmail.com](mailto:shoto_jitsu@hotmail.com)

**March 23, 2002**

AJA Northern Region Freestyle Kata  
Tournament  
Where: Arlington, Virginia.  
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>

**April 13, 2002 postponed to  
Fall, 2002**

Budoshin Ju-Jitsu Fundamentals/Control &  
Restraint Tactics For Law Enforcement  
Where: Toronto, Canada  
Contact: George Cushinan  
✉ e-mail: [cushinan@ca.ibm.com](mailto:cushinan@ca.ibm.com)

**July 2002**

AJA Bi-Annual Convention  
Where: Towson, Maryland  
Contact: Dennis McCurdy  
✉ e-mail: [jmccurdy@cvm.fda.gov](mailto:jmccurdy@cvm.fda.gov)  
✉ e-mail: [jujutsujohn@netscape.net](mailto:jujutsujohn@netscape.net)  
☎ voice: 301 831-3280  
📍 3949 Sugarloaf Drive  
Monrovia, Maryland 21770

**October 12, 2002**

Camp Budoshin  
Where: Santa Clarita, California  
Contact: George Kirby  
✉ e-mail: [senseigk@budoshin.com](mailto:senseigk@budoshin.com)  
☎ voice: 661-259-7912  
☎ fax: 630-604-9186  
📍 P.O. Box 801854  
Santa Clarita, California 91380-1854  
🌐 [http://www.budoshin.com/camp\\_ju.html](http://www.budoshin.com/camp_ju.html)

**November 2, 2002 (tentative)**

Hanbo/Cane Seminar, George Kirby  
Where: Arlington, Virginia  
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>

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*“By three methods  
we may learn  
wisdom: First, by  
reflection, which is  
noblest; second, by  
imitation, which is  
easiest; and third,  
by experience,  
which is the  
bitterest.”*  
Confucius



## American Jujitsu Association

AJA Newsletter  
c/o Thomas Salander  
519 North Livingston Street  
Arlington, Virginia 22203-0222

Phone: 703-243-0206  
Fax: 703-243-0204  
Email: [salander@aol.com](mailto:salander@aol.com)

WE'RE ON THE WEB:  
[WWW.AMERICANJUJITSUASSOCIATION.ORG](http://WWW.AMERICANJUJITSUASSOCIATION.ORG)

*The American Ju-Jitsu Association (AJA) was founded in 1976 and is an internationally recognized governing body for the martial art of Ju-Jitsu in the United States. The AJA is registered with the U.S. government as a 501[c][3] amateur athletic association and is governed by a national board of directors (BOD) according to its Constitution and Bylaws. The AJA is comprised of many different styles of the "Gentle Art" (at least five represented on the BOD), each with its own uniqueness, and each providing a positive influence on the martial arts community as a whole.*

*For more information about membership in the AJA, contact our membership chairman, Mark Jordan at P.O. Box 4261, Burbank, CA 91503-4261 (e-mail: [majik8@usa.net](mailto:majik8@usa.net)) or go to our web site.*

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*My thought was to  
keep the  
demonstration  
simple.*

### Yavapai Indian Center

My Neighbor works for the Yavapai Indian Center. Over the last few months, she has watched me load and unload mats as I turned my garage on a weekly basis into the Tri-City Dojo. Perhaps it was seeing the students or hearing the kias; she asked my permission to submit a proposal to the Yavapai tribe's council for an ongoing martial arts program at the Center. The program would be conducted by the Tri-City Dojo. Not only would such a program offer lessons in the art of self de-

fense for those interested, but it would also be good exercise and instill discipline.

Much to her excitement, the council approved a demonstration. Upon our arrival that day, I noticed that most onlookers were women and teenagers. My thought was to keep the demonstration simple, to just show some very basic techniques and explain that with adequate training, anyone could get away from, hurt or control an attacker. My students dem-

onstrated their abilities through the movements of basic forms with each utilizing a different technique. The elbow lift garnered the most applause as the upward force caused enough pain to stop the attacker. Not only was it a pleasure to give that demonstration, it was a success: Tri-City Dojo gained eight new students.

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*Hannie Blaauw, Showdan,  
Tri-City Dojo, Prescott, Arizona*