



AJA NEWSLETTER

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It's a Matter of Respect

George Kirby, Chairman

One of the things I've recently realized is that we, as sensei, know very little about each other unless we're fairly close friends. I can give you names of a number of AJA sensei across the country, but that's about it. I don't know anything about their accomplishments outside of them being sensei of or in their dojo.

That doesn't say much for us as a community. A lot of us have skills and experiences that no one, not even our students, know about. We all come to class. Sensei teaches. We all go home. It's that simple and sadly, very superficial.

So I am suggesting to Will Harris, our new newsletter editor, that he start a series called "Know Your Sensei" or something like that. Essentially Will

would like a bio from you, not just about your martial arts history, but what you do in the real world.

I know some of you might be hesitant to do this. After all, some sensei have PhDs, and some sensei only secured a high school diploma. And there's everything between and beyond these two fence posts. The reason I bring this up is because some of you might be hesitant because what you do in the real world isn't as "flowery" as someone else.

So, let me tell you a story. When I was in high school [1959-62] I worked in a custom machine shop for a boss who dropped out of school in the 8th grade to help support his family. Back in that time he had several people working for him and had

a six-figure income. He was tremendously creative and well respected in the business community. I developed a great deal of respect in him as a person.

Another item. I did not do well in school [about a C average] until I went to college. My parents joked [I hope] that I was going to grow up to be a gardener because I enjoyed yardwork – which I still do. Yes, I went to a junior college for my first two years, and then, as a result of tremendously high ACT scores & a good GPA, my education through my MA degree was basically taken care of. The rest is "history."

What I'm trying to say is that we are all equal and have value, regardless of our education, occupation, or other items that

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Changes in the AJA

Will Harris

There have been a few changes in the AJA's organization since the last newsletter was published.

First, Professors Wade Susie and Karen Curley have decided to retire from the board of directors and have vacated their position of Secretary.

This move created an opportunity for our former newsletter

editor, David Boesel, to join the Board of Directors as the new Secretary.

David's move opened the door for me to step into the role of newsletter editor. I've been assisting Dave for the past year and a half and have been responsible for the layout and design of the publication.

Other changes to the adminis-

trative staff have been the addition of Jef Rice as Materials Coordinator and Kristine Wis Carson as the Membership Coordinator. For a complete list of the staff, please see the last page of this newsletter.

Congratulations (and thanks) to all who have accepted new positions. It's these volunteer efforts that help make the AJA a strong organization. ●

Getting Robbed At Gunpoint: What To Do? It Depends.

Gene Roos

I would never advise the normal citizen to resist a robbery at gunpoint or try to wrestle the gun away from the robber. It is a good way to get killed. Some in law enforcement, the military and in the martial arts have, however, received training on how to disarm in such an event. Even so, there is always danger.

Here are a few simple rules most people would want to follow when being robbed at gunpoint, especially if you are a normal citizen without special training. If faced with a gun toting robber demanding you hand over your valuables, you should show compliance. Raise your hands slowly (chest high) and tell the robber, "Anything you want."

A quick side note: I advise my students to separate their money and their wallet (which usually might carry identification, credit cards and other hard to replace information). Keep them in separate places. For your cash I recommend a money clip. If you keep a \$20 bill or bills on top with singles folded up underneath, it looks like a lot of money.

Back to the action: If you have a separate money clip you might also say, "I have cash in my pocket, can I reach for it?" If, however, you only have a wallet you might say, "I have my wallet in my pocket, can I reach for it?" Depending on if you have a separate money clip or just a wallet, you can reach for either. If it is a wallet you can slowly extract the

cash and offer it to the robber, hoping to keep your wallet. It might work but he may want more.

Remember, during any such robbery don't act suddenly, act compliant and don't move unless you have asked permission to move. This is what most law enforcement spokesmen recommend on how to deal with this situation. You also don't have many options. Don't risk any type of disarm unless you have been thoroughly trained, and even then I personally would not attempt to resist unless I thought my life was in danger.

Those who have been thoroughly trained in gun disarms might, if they feel threatened, take action. The scenario below is based on the robber being close and holding the gun in his right hand.

Here your actions pretty much mimic what was advised above, but with a surprise at the end. In this illustration the robber demands cash, but it could equally have been your wallet.

This technique is taught in Ketsugo Jujitsu. Variations of this technique can also be found in other jujutsu systems as well as in aikido

When the robber demands your money you say, "I have cash in my pocket, can I reach for it?" Wait until you are given permission to move and then do so

slowly. Extract the cash with your right hand and then extend it slowly towards the robber. As you do this, ask, "Is this alright?"

Your question will momentarily occupy the robber's mind while he simultaneously looks at and tries to concentrate on your extended arm -- the combo acting as a momentary distraction (also slowing his reaction time). Remember your left arm is still raised chest high, not far from the robber's gun arm. So as you ask your question and reach out with your right hand distracting the robber, you do two things simultaneously. First, your left arm comes down, your hand grabbing the robber's wrist holding the gun to lead the arm down and to your right at about 30 degrees. As you do this your left foot steps to the left toward the right outside of the attacker followed with a step back with the right foot in an arch step -- the whole body working as a unit. Be careful to keep your left hand centered on your body. You are not using your arm power, but the whole rotational weight of your body to effect this technique. This combined action momentarily unbalances the robber while also getting your body out of the line of fire.

The robber's normal reaction is to try to resist by pulling the arm up and back. This type of resistance is almost reflexive. You use this to your advantage as you use your right hand to immediately



The attacker holds the gun in his right hand and demands money from the defender.

The defender says his money is in his front pocket and asks if he can get it. The attacker says OK, so the defender's right hand slowly reaches for the money in his front pocket.

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Getting Robbed At Gunpoint: What To Do? It Depends.

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join the first hand on the robber's gun hand wrist. As you do this you rotate in the other direction (using your whole body) while lifting up the arm to bend the attacker's wrist (very painful) to the robber's right outside shoulder. In this second step your right foot moves forward towards the middle of your attacker's two feet while the left foot takes an arch step backward -- your whole body rotating as a unit. The

power of the whole body behind your two hands pushing down the attacker's wrist should force him to the ground and give you control of the gun.

If, however, you can not get the gun out of the attacker's hand, several options include the following:

- Dislocate the attacker's right wrist or elbow (holding the weapon).
- Kick the attacker (distraction) in vital areas until he releases the gun.

- Point the attacker's gun at the attacker and tell him you are going to shoot him with his own gun if he does not release it.
- Shoot the attacker (with his own gun) to obtain a release of the weapon.

Acknowledgement:

I want to thank Christopher Caile, Editor of FightingArts.com for his help in editing and reworking this article.



As the attacker's eyes watch for the money from the defender's right hand, the defender's left hand grabs and pulls the attacker's right wrist downward and to the right at approximately a 30 degree angle. Simultaneously, the defender takes an arc step with his left foot.



Then the defender takes arc steps with his right and left foot as his right hand also grabs the attacker's right wrist. The defender pushes downward to his left on the attacker's right wrist, throwing him to the ground.

The Uke-Nage Relationship in Training

David Boesel

The person who executes a technique in jujitsu or judo practice is nage (the thrower), tori (one who seizes or takes), or shite (the doer). Since we'll be talking mostly about throws and falls here, we'll use the term "nage." Uke is the "receiver" of the technique -- the guy who gets thrown. Uke may initiate an attack on nage or just start from a standard grappling stance -- one hand grasping the sleeve, the other, the opposite lapel.

As a new student, I used to think of uke as "the fall guy" -- the poor sucker who gets bested in a confrontation. Implicit in this understanding is the idea of a contest or struggle that one person wins and the other loses. With the situation defined this way, the thrower is the one who benefits and the person thrown is the one who loses out. However, Jigoro Kano's maxim for judo -- "mutual welfare and benefit" -- can be applied specifically to the relation between uke and nage. The partners in both roles benefit from the interaction. Some students understand this as a theoretical proposition, but when push comes to shove, their gut reaction is that they are in a sort of fight or contest in which they must resist being thrown so as not to lose.

Following the "mutual benefit and wel-

fare" rule, uke doesn't resist nage. Rather he (or she) performs ukemi, which Kano calls "the technique of falling safely." The term "mi" in "ukemi" refers to one's body or self. Uke's body responds to a throwing technique in a specific way that ensures that he/she will fall safely. There are many different kinds of ukemi, often prefaced by terms such as zenpo (forward), yoko (sideways), and ushiro (backwards) indicating the direction of the fall or roll. We usually practice ukemi during the warm-up in a class, but they are also essential to the practice of techniques, which benefits both parties.

The roles of nage and uke are designed to facilitate learning, or training -- especially, getting your body to internalize the proper methods through repetition, i.e., developing muscle memory. Nage learns to execute the technique, uke learns how to receive it safely -- e.g., how to fall. The resistant uke defeats both purposes. Since he usually knows in advance what technique is being practiced, he is able to stymie nage, undercutting his benefit in learning the technique. And uke is able to resist falling, denying himself the benefit of learning ukemi with a partner, as distinct from performing a fall or roll during warm-up.

It's sometimes argued that these training

procedures aren't realistic -- that they're choreographed. But that's beside the point. They're designed to teach the body how to move and respond. Other parts of training -- e.g., randori, multiple attacks, and self-defense kata -- enable the practitioner to use these techniques and responses in a more realistic way. For well over a century, judoka have trained in uke-nage manner and then successfully applied the techniques they've internalized in randori and tournaments.

There is some nuance to the rule that uke shouldn't resist nage's techniques. It holds true when the student trying to learn the technique is inexperienced. In this situation, uke can be most helpful just going with the technique if the basics are okay. With more advanced students, uke may resist to some degree at points where the technique is not being executed correctly. For example, if nage does nothing to break uke's balance, uke will do him no favor by just falling over. That would be of no benefit to either party. The intent of uke's action is to enhance learning through practice.

The emphasis on learning through the uke/nage partnership is evident in bujitsu and budo sword training, though there

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It's a Matter of Respect

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characterize or classify us. Your education and life experiences are obviously important. However, it's what you do with them that's even more important. If we respect each other as capable individuals doing our best to contribute to the well-being of our society, there's not much else we can ask of each other. What matters is that you are a giving and valuable member of society. That's what's important. Your history is your history. It's worth knowing because it's what makes you you.

So, send Will your story/history. Let everyone know you -- even your students - a bit better. Who knows? You might make some new friends. You might have a better understanding and appreciation of how other people think and function and they will do the same for you. And hopefully it will give us all a greater appreciation of each other and strengthen our community. ●

Newsletter Submissions

If you have an article or an upcoming event, I would like to hear from you. It can be an article about technique, philosophy, real life encounters, or anything about the students or dojo. Even if it's just a comment about an article in the newsletter or an AJA event you've attended, I'd like to see it. If you have an upcoming event you would like to advertise, let us know. Remember, if it's about you, the students or the teachers in your dojo, then it's about the AJA! Also, if you've submitted material since the last newsletter was distributed, please resubmit it. I had some email server issues over the past 6 months and lost several emails.

Please send your submissions to:

AJAnewsletter@comcast.net



Know Your Sensei: Professor George Kirby

George Kirby, Chairman

As I'm in the forefront of getting a series of articles about sensei in the AJA, I figured I should take the lead and be the first one "at bat." The following biographical information is from my website. It's probably the most complete & up-to-date bio of me and I can't assume everyone's been to my website.

Prof. George Kirby (1944 -), Black Belt magazine's "Instructor of the Year" for 2007, holds the rank of Judan, and is an internationally recognized martial arts instructor and author. He has been teaching Ju-Jitsu since 1967. He was the head instructor at the Burbank YMCA from 1968-75 and the Burbank Parks Dept. from 1974-96. He is currently teaching Budoshin Ju-Jitsu classes through the Santa Clarita Parks Recreation Dept., Santa Clarita, CA (about 35 miles north of Los Angeles).

George Kirby was born in Los Angeles, CA in 1944. He grew up in Burbank, CA, graduating from John Burroughs High School in 1962. He earned his BA in Social Science (1966), clear lifetime teaching credential (1967) and MA in Social Science (1969) from California State University, Los Angeles. He also holds an administrative services credential from the state of California.

Prof. Kirby was awarded the title of Hanshi in 1997 and his Judan grade in 2000. As a fully credentialed school teacher, he taught Ju-Jitsu at Olive Vista Jr. High School in Sylmar, CA from 1976-83 as an elective and alternative to regular physical education classes. He has taught seminars throughout the United States, Canada, Europe and Israel.

Using his skills as an experienced professional high-school teacher, Prof. Kirby has had the opportunity to write a number of books, magazine articles, and even produced an 8-DVD instructional series. His published books include:

- *Ju-Jitsu: Basic Techniques of the Gentle Art - Expanded Edition* (Black Belt Books 2011)
- *Ju-Jitsu: Intermediate Techniques of the Gentle Art* (Ohara 1985)
- *Jutte: Power of Ten Hands Weapon* (Ohara 1987)
- *Budoshin Ju-Jitsu; The Big Book, 6th Edition* (2002)
- *Jujitsu Nerve Techniques: The Invisible Weapon of Self-Defense* (Ohara 2001)
- *Advanced Jujitsu: The Science Behind the Gentle Art* (Black Belt Communications 2006)
- *Jujitsu Figure-4 Locks: Submission Holds of the Gentle Art* (Black Belt Communications 2009)

In 1992 Panther Productions released the 8-DVD instructional series, entitled *Black Belt Ju-Jitsu*. Prof. Kirby has also written numerous articles for *Black Belt*, *Inside Karate*, and other martial

arts magazines.

In addition to his instructional responsibilities, Prof. Kirby is very involved in the governance of Ju-Jitsu, serving as chairman, board of directors for both the Budoshin Ju-Jitsu Dojo Inc. (a non-profit educational foundation) and the American Ju-Jitsu Association (an amateur athletic association and governing body for Ju-Jitsu and amateur competition in the U.S. as recognized by the U.S. government). He is also the founder of the Budoshin Ju-Jitsu Yudanshakai, an educational foundation.

Prof. Kirby is also active in a number of other martial arts organizations. He is affiliated with the Shorinji Ryu Jujitsu Association, World Head of Family Sokeship Council, and Budo Centre International. In 2011 he was appointed as a Senior Institute Advisor for the Institute of Traditional Martial Arts (University of New Mexico). He is also the primary liaison between the American Ju-Jitsu Association and its international affiliates, including the European Jujitsu Union (EJJU) and the Intercontinental Ju-Jitsu Organization (IJJO - founded 2010).



As a strong believer in community service, Prof. Kirby was selected to serve as a Defensive Tactics Consultant for the Los Angeles Police Dept. in 1994 (after the Rodney King incident), serving on their Civilian Martial Arts Advisory Panel (CMAAP). In that capacity he was involved in developing and was the final

reviewer for the new arrest and control (A/C) program for officers. He was also the only martial artist involved in designing the officer A/C competency evaluation (testing) process. He continued to serve the LAPD CMAAP until its termination in 2007. He also developed a Defensive Tactics program for the state of Nevada in the 1980's and has taught arrest and control techniques to private security firms and a variety of local and national law-enforcement personnel. In 2006 Prof. Kirby became a certified POST (Police Officer Standards Training) instructor. In 2007 Prof. Kirby was selected to be a member of FLEOA (Federal Law Enforcement Officers Association) and ILEETA (International Law Enforcement Educators and Trainers Association).

Prof. Kirby was a public school teacher for 39 years, from 1967 until his retirement in 2006. He has a MA degree in Social Science/Political Science, Standard Secondary Teaching Credential, Standard Jr. College Teaching Credential, and Administrative Services Credential from the state of California. He was the chairman of the Social Science Dept., U.S. Grant High School, Van Nuys, CA from 1992-2006, where he taught Advanced Placement U.S. Government and Honors Economics.

While Prof. Kirby may have retired from teaching for the Los

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Know Your Sensei: Professor George Kirby

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Angeles Unified School District, he strongly believes that "retirement" is relative and thus has not retired from teaching. In August, 2007, Prof. Kirby started teaching Budoshin Ju-Jitsu at College of the Canyons in Santa Clarita, CA. The program was temporarily suspended due to state budget cuts in August, 2010. Students will be able to take his class for as many as four semesters (state maximum) and earn CSU/UC transfer credit for each semester completed.

Professor Kirby's Official Affiliations:



White Marsh Dojo Awards College Scholarship

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When asked what he will most remember from his martial arts training, he said he will always remember the discipline he achieved and the fun he had while training.

Sensei Wade encourages his students to do well in school and has awarded scholarships to ten students going off to college. It is just one way of promoting Budoshin while giving back to the community. 🌟

Western Region 2012 Winter Tournament

Will Sherman

This winter's Western Region tournament was a huge success! Several dojo participated, including Universal Dojo, Santa Clarita, and KV Dojo. The Tournament Coordinator, Will Sherman, organized several parent volunteers to work the front desk collecting waiver forms and tournament entry fees. The volunteers also helped verify the calculations on the judges' scoring sheets. One change to this year's tournament was switching from trophies to medals. It appears to have been very successful, as evidenced by all of the smiles and happy faces at the end of the day. All participants and volunteers are eagerly awaiting the next tournament!

Results

Yellow Belt

1st Anthony Montes
2nd Zachary Montes

Purple Belt

1st Rod Damer
2nd Sherida Reed
3rd Irvin Burton

Overall Tournament Champion

April Warren

Green Belt

1st Michelle Venegas
2nd Jordan Borboa
3rd Brady R. Bryan

Brown Belt

1st April Warren
2nd Ronnie Lail
3rd Mathew Clark

AMERICAN JU-JITSU ASSOCIATION

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About the American Ju-Jitsu Association

The American Ju-Jitsu Association was founded in 1972, by George Kirby and William Fromm at the request of their sensei, Jack Seki, for the purpose of bringing different ryu of the art together in an atmosphere of mutual cooperation and respect. Since that time it has grown from two dojo to approximately twenty-four, plus international affiliates. The AJA has established itself as a reputable organization within the martial arts community and works closely with other major Ju-Jitsu organizations in the United States and internationally in areas of mutual concern.

The AJA is a non-profit amateur athletic association registered with both the state of California and the United States government [IRS code 501(c)(3)]. It is a non-profit corporation with a charitable foundation status. Although originally recognized by the IRS as a "social club" because there was no other way to recognize the AJA as an amateur athletic association, formal recognition of the AJA as a true amateur athletic association, according to the criteria of the United States government, was secured in 1976 under the Sports Act of that year. To our knowledge, the AJA is the only martial arts organization in the U.S. that is classified by the IRS as an amateur athletic association. ☺

The Uke-Nage Relationship in Training

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is a twist. In this case, uke (uchidachi, the attacking sword) is the senior partner, and shite (shidachi, or technique doer), is the apprentice or junior partner. Uchidachi initiates the attack, while shidachi evades or parries and strikes the decisive blow. In the process, uchidachi controls or guides the competitive distance (ma ai), the pace and timing of the exercise, and shidachi's execution of the sword

technique, among other things. In this relationship, shidachi benefits more than uchidachi, but this sword-training regimen predates Kano's emphasis on mutual benefit.

The bottom line is that the uke/nage relationship is about learning, not about testing one's skills against an opponent. And in jujitsu practice, both parties benefit. ☺

White Marsh Dojo Awards College Scholarship

Karen Curley

Once again this year, Sensei Wade Susie and Karen Curley have awarded a \$500 scholarship to one of their young black belts going off to college. Tim Bender began taking classes at the White Marsh Dojo when he was just nine years old. Now after earning his black belt in Budoshin Jujitsu, Tim will be going off to college at Salisbury State where he plans to major in biomedical engineering. He is interested in helping to develop electronic prostheses, an up-and-coming field which will help physically challenged people lead better lives.

Tim has always been ready to help others. He learned the importance of giving back to the community from his parents (Jill and Mike Bender), from his martial arts training under Sensei Wade Susie, and from his experiences in the Boy Scouts. Tim earned his Eagle Scout Award by completing a project which involved helping a church that wanted to get rid of an old dilapidated garage on the church's property. Tim wrote a proposal and organized

friends (including Sensei Wade) to demolish the garage and dispose of all debris. The site where the garage was went from being an eyesore to a clean, empty spot for the church to use however they want.

Tim has given back to the dojo in many ways. He has helped put on martial arts demonstrations for his scout troop. Fellow martial arts students had an opportunity to show off their skills and possibly recruit new young students. Tim also competed in many AJA Northern Regional Shiai and has won ten trophies in kata and/or kumite. In classes, Tim sets a good example for the lower ranks. He works and studies hard and is willing to help a lower rank with a technique when they need it. His advice to a white belt would be to stick with the training even if they get frustrated. He tells them not to give up and to practice, practice, practice.

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