



AJA NEWSLETTER

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Winter 2015

Is Your RIP Certificate Posted in Your Dojo

George Kirby

Amidst the website changes the AJA is undergoing [and sensei have been very patient] is the fact that after many years, we had to change insurance companies because our former insurer would no longer cover associations, only individual dojos.

One of the “requirements” of the new insurer was that all dojo had to have a concussion awareness program encompassing a number of items. If you put

this together with the AJA recommendation that all sensei should also have first aid and CPR training, it might seem that instructors were being burdened with a lot of “non-martial arts” bureaucratic requirements, depending upon your perspective and training background.

Actually, and from multiple past experiences, I think first aid, CPR, and any other training, is EXTREMELY important to help

assure the safety of your students. But that’s not the purpose of this editorial. My purpose in writing this article is to ask, “Is your RIP Certificate posted in your dojo?”

OMG you might be thinking. What’s the RIP certificate? What new requirement[s] do I need to meet now? Is there a fee? Who issues it? What am I to do? Oh n-o-o-o-o

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Judo Over Ju Jitsu: One Step Back for Two Steps Forward

Scott Anderson

From “Chapter 2: Some Observations about Methods and Procedures” in Judo for Self-Defense by Horst Wolf:

“Self-defense techniques are embedded in every phase of judo training. Many people practice sport wrestling and have taken that interest further by learning judo techniques for sport judo. This interest has developed into their interest in sport judo, and they often believe that learning the throws of judo has trained them for self-defense. What they have learned for the most part is sport judo. With this book, these practitioners will have the opportunity to direct their sport wrestling skills toward techniques for self-defense.”

Nowadays, it is common for those of us in the 21st century

to hear that Jigaro Kano revolutionized ju jitsu and used his theories and methods to transform the archaic Japanese martial art into modern judo. So, now and again, we might ask “if judo is the modernized version of ju jitsu, should we not be studying judo instead of ju jitsu?”

Those who practiced ju jitsu as Kano’s system took hold in Japan did not readily see judo’s superiority, and many noted deficiencies in judo for combat and self-defense training. Note the following from The Gokyu by Barnaby Chesterman:

“The reason that ashi-barai never

featured in jujutsu is because jujutsu was an art developed for the battlefield. Ashi-barai techniques require a smooth flat surface as they deal with split second timing to sweep the foot centimeters before it rests on the ground. A bumpy surface would make such a sweep almost impossible. Whereas in the Kodokan, judo was practiced on smooth tatami (traditional straw mats) which made a smoothing reaping action possible...

“...Some time before the first Gokyo was designated in 1895, when judo was yet to be distinguished from other jujutsu ryu (schools) there were no distinctions between different forms of ashi-barai, such as de-ashi-berai (advanced foot sweep), sasae-tsurikomi-ashi (sweeping propping ankle) and harai-tsurikomi-ashi (sweeping drawing

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Is Your RIP Certificate Posted in Your Dojo

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Let's deal with all of these questions because ignorance is our worst enemy and most sensei are already in compliance - - you may just not know it.

What is the RIP Certificate? The Responsible Instructor Program is a way to reward instructors and dojo that are in compliance with AJA and insurance company standards oriented towards providing students with a safer environment. I created the RIP certificate, with BOD approval, to be a visual confirmation and recognition that the instructors and dojo were in compliance.

What are the requirements to secure RIP certification? There are four basic requirements for issuance, detailed on the RIP certificate itself that cover first-aid & CPR, concussion awareness training, a concussion awareness program and risk management.

Is there a fee for the RIP certificate? There is no fee for the RIP certificate. It's free!

Who issues the RIP certificate? The RIP certificate is issued by the AJA and is available for download from the AJA website. It is self-administered. However, the head instructor of the dojo is responsible for assuring that all of the requirements are met. After all, the instructor signs the bottom of

the certificate indicating that all the requirements are met and that the instructor can verify such. This keeps things simple.

What am I to do? First, go to the AJA website and download the RIP certificate and risk management survey. If you have already met the requirements you can sign and post the certificate in your dojo. You don't need to send the AJA anything. If, however, you do have an injury (concussion related or otherwise), the insurance company might require copies of some of the documentation you have to support your claim. If you haven't met the requirements it's to your and your students' advantage for you to do so. Once you meet the requirements then you can sign and post the RIP certificate in your dojo.

It's that simple: If you're already in compliance you can download the RIP certificate, sign it, and post it. You're done! If you're not in compliance you should to get in compliance ASAP – for your and your students' well-being.

So, is your RIP Certificate posted in your dojo?

"It's that simple. It really is." (These are the last two sentences in my new book – scheduled for release in May 2015!)

Editor's Note: Please see the sample Responsible Instructor Program certificate on page 3 of this newsletter.



STUDENTS & PARENTS: CONCUSSION AWARENESS

Injuries or concussions are very rare in AJA dojos. However, they do occasionally occur. Here is some really usable information on concussion awareness for you as a parent and as a student. Please download this information, read it, and keep it for future reference:

For students/athletes:
www.cdc.gov/concussion/pdf/athletes_Eng.pdf

For parents:
www.cdc.gov/concussion/pdf/parents_Eng.pdf

For general information:
www.cdc.gov/HeadsUp/index.html

SENSEI/INSTRUCTOR: CONCUSSION AWARENESS TRAINING & CERTIFICATION

If you're an instructor and NOT yet Concussion Awareness Training certified go to: www.cdc.gov/concussion/HeadsUp/Training/index.html take the FREE 30 minute course, pass the FREE exam, and secure your FREE Concussion Awareness Training Certificate. This is an insurance coverage requirement.

Also, make sure you're making the information presented above in Students & Parents: Concussion Awareness, available to your students and their parents on a regular basis, either by printing up the documents and handing them out in class or providing students and parents with the links so they can download the information themselves.



AMERICAN JU-JITSU ASSOCIATION RESPONSIBLE INSTRUCTOR PROGRAM

The Responsible Instructor Program [RIP] is an integrated approach geared towards providing students of AJA dojo with responsible, competent and well prepared instructors. RIP is composed of four elements:

1. A combination of new instructors [who have been trained by their instructors to conduct a coherent instructional program designed round the goals and standards of their system of traditional jujitsu] and experienced instructors who have been teaching a comprehensive program for a number of years.
2. At least one or more instructors and/or staff, present during instruction, who have obtained the certifications listed below as a part of the American Ju-Jitsu Association's ongoing desire to provide a safe instructional environment for their students. The two certifications required by the AJA for RIP certification are:
 - A. First-Aid/CPR certification by a nationally recognized training agency.
 - B. Concussion awareness certification as established by the Center for Disease Control [CDC] or other national, regional, or state government agency or recognized sport governing body.
3. AJA support of a "Concussion Awareness and Safety Awareness Program" composed of the following elements:
 - A. Maintaining an adequate systems to regularly promote a "concussion awareness and safety program for AJA instructors and members, including but not limited to the online Concussion Course offered by the Centers for Disease Control and Prevention; and
 - B. Communicating in writing (including by electronic means), their "concussion awareness and safety recognition program" to all "participants" including parents and coaches about the nature of risk of concussions, including but not limited to how to recognize concussion symptoms.
4. Instructors who periodically conduct a "risk assessment" evaluation of their teaching environment based upon the criteria established by the AJA.

By signing this document below and displaying this document publicly, the instructor of this school indicates that the school is in compliance with the AJA Responsible Instructor Program standards listed above. Documentation of the above requirements are available from the instructor.

_____/Instructor

_____/School Name _____/Date

Judo Over Ju Jitsu: One Step Back for Two Steps Forward

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ankle). At that time, judo or jujutsu was practiced in kimono (judo suits) with short sleeves which made it difficult to get the leverage to perform a variety of sweeps in different directions and hence only *de-ashi-barai*, or *ashi-barai* was recognized. Once long sleeved *judogi* (suits) were introduced, all that changed and sweeps in all their various guises took an important role in judo..."

The original ju jitsu, of whatever *ryu*, whether for defense or offense, was about fighting. Kano's judo was about many things including physical education, spiritual and moral education, preserving a Japanese heritage in martial arts in a safer form to be practiced by everyone, and last, but not necessarily least, self-defense and/or combat. As such, judo veered from the ju jitsu that had often been practiced outdoors on the uneven surface of a grassy area. In a way, the judo *dojo* represented a more sterile indoor activity much like a science laboratory where the strictly controlled setting and uniforms became a regimen to distill only the principles that Kano deemed essential to the Japanese martial way without contamination from weather, varied settings, or down time due to injuries.

His concentration on minimal effort for maximum effect could be demonstrated and enhanced in his well cultivated *dojo*, but that was not necessarily the same as developing battle ready techniques because *dojo* finesse could fall victim to environment, misfortune, and adrenaline.

He dreamed of a martial art that was exemplified through elegant throwing techniques where a smaller opponent could devastate a stronger, larger opponent, or simply lay his opponent down relatively gently on the ground. Kano believed that such skill demanded a decade of dedicated study.

Toward that end, when he designed the *judogi*, he ensured that the jacket sleeve was of sufficient length and width that the ends of the sleeves could be gripped by an opponent. He believed that a strong fighter would always want to close with a weaker opponent, so that he could use his size and strength to dominate a weaker adversary. Thus, a smaller fighter could hold his larger opponent at bay by gripping the ends of his adversary's sleeves and maneuvering his opponent until that opponent became vulnerable to a throw. This also worked well with Kano's newfangled sweeping techniques.

Many of the senior members of his Kodokan staff noted that a skilled thrower could be stalemated by a ju jitsu practitioner skilled in *ne waza* (ground fighting)—particularly since *ne waza* only comprised about 10% of the overall judo techniques. Many felt that there should be a 50/50 split in standing and ground work. Kano realized that significant ground skills could be developed in a year, and he feared the easier access to *ne waza* techniques would cause immature judokas to become over reliant on *ne waza* to the extent that their throwing techniques might never mature.

In the end, Kano made two concessions regarding *ne waza*. In the first, he allowed that up to 15% of his curriculum could be devoted to *ne waza*. In the second case, he realized that for his *ne waza* to remain modern and effective, he needed a forum for its development. Thus, he allowed the "kosen" competition rules that were more favorable to *ne waza* in judo. These same rules made their way to Brazil to become the basis for the Gracie Brazilian ju jitsu system.

Because self-defense was not Kano's first priority, some ju jitsu techniques in their transition to judo were modified for safety or other reasons in a manner that rendered them less effective on the street. Many other techniques made the transition and retained their combat oriented attributes.

Horst Wolf, an East German judo instructor in the early to mid-twentieth century wrote a judo manual entirely devoted to judo adapted for self-defense. Presented below are sweeping and reaping techniques still used in fighting judo during Wolf's time:

Figures 118, 119, 120 & 121



Tori quickly evades to the left but staying close to uke's right side. To complete his defensive position, he executes a quarter turn to the right. Simultaneously, he intercepts his attacker's hostile right leg as displayed in Figures 119 and 120.

In Toshiro Daigo's *Kodokan Judo Throwing Techniques*, on page 149 under a discussion of *ouchi-gari* (major inside reaping throw) and *ashi-dori-ouchi-gari*, ("hand-assisted" major inner reap), discusses the technique as being used after gripping one the partner's legs, the author states:

"This technique was in existence at the time the Kodokan was established, but it is

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thought that it was not in use in randori. The technique was developed and refined at the start of the Taisho era (around 1915), and came to display the power of randori-waza, which explains why it was included in the Shin Gokyo no Waza.”

Figures 122, 123 & 124



This technique may have influenced the Russian Vasily Oshchepkov who was at the Kodokan working on his *nidan* at that time. Oshchepkov who is credited as one of the founders of SAMBO wrestling, believed that within a fight, once an opponent assumes a fighting stance, he is not so readily vulnerable to *kuzushi*, so leg grabbing techniques may be the only means for initiating a throw to win a fight—a concept that no doubt would have distressed greatly Jigaro Kano.

Kano believed that the point of judo was the throw, and the perfect throw generated the most power for the least effort on *tori's* part. Gripping an opponent's legs to unbalance him before throwing him would thus then seemed like muscle work instead of an ingenious use of physics and balance.

Wolf's work on judo for self-defense also included these ploys:

Figures 127 and 128



As uke pushes into tori, tori deflects his torso to the left and shifts his weight over to his left leg. He moves his right leg forward to bar uke's legs from coming forward. Simultaneously, his right arm grips uke's jacket over uke's right shoulder while his left arm catches uke's trousers from behind.

Then, tori forcefully pushes uke's right arm from uke's motion toward tori's intended motion while tori's left hand provides a strong forward and upward draw (in relation to uke). The attacker is thrown forward and over the defensive barrier right leg put out by tori. If uke is not well training in *Ukemi* (falling techniques), he may land very hard on his head.

Sixteenth Ploy (Figures 133, 134, 135, and 136)



Here, uke's right arm grabs tori's left lapel. Uke pushes into tori to set him up, so that he may draw back for a strike with his left fist.

Both of tori's hands grip the rear of uke's right hand. He uses this grip to set his left hand beside the thumb of uke's right hand while his right hand takes a position beside uke's little finger. It is important that both of tori's thumbs be close to each other and press into the rear part of the hostile hand while his little fingers are firmly clamped at the base of the hostile hand.

Tori uses uke's initial push to throw him with the technique that the Japanese call *Hiza Garuma* (also known as the "sweep in the knee" to the *sombists*).

When uke's back contacts the ground, tori completes the ploy with a submission lever applied to his attacker's hostile hand. He does so by setting uke's elbow directly on the ground with his forearm restrained in a vertical position. He presses the hostile hand downward to cause the submission pain. His next level of learning for this technique is described in the fourth ploy in the chapter for defenses against knife attacks.

Nineteenth Ploy

(See Figures 143, 144, and 145 on next page)

In this situation, the role of tori is filled by a woman while uke will remain male. Uke is molesting her from the left side in an attempt to drag her away with him.

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Even a smaller female should be able to loosen uke's grip on her left arm without too much trouble by reacting to her attacker's initial contact and moving her arm before uke's hold is set completely. She draws her attacker inconspicuously forward and to the right, so that his left leg can slide under the motion of his right leg. Because of their height differential, she must take care to ensure that her pelvis moves in tightly to his pelvis.

As his attacker attempts to lift his right leg from the ground for his next step, tori unexpectedly moves herself into uke's right leg while gripping his clothing in area near the lower part of his abdomen while simultaneously lifting her left knee upward and behind his buttocks. This must occur before uke can react to the ploy and reset his right foot to the ground. Tori's strong upward knee-push to her attacker's buttocks combined with her right arm providing a strong forward and upward pull on uke's pelvis completes the technique. Maximum force is derived from tori turning her body to the left and rear.

The physical synergy developed by following precisely these instructions will force uke to rotate backward around his center of gravity to fall on his back.

Figures 283 and 284



Again, uke delivers a straight strike with his left fist toward tori's head.

Here, tori evades the strike by leaning left and forward. As he does, his right hand grips his attacker's sleeve from the inside above his elbow (grip from below with his thumb pointed toward the ground), and immediately he

presses uke's left arm outward. Then, tori draws closer to his opponent to place his right foot sole behind uke's left heel to begin executing the throw called *Yoko Gake* by the Japanese (which the sombist's call the "lateral sweep with a falling motion").

Within the confines of Wolf's book, strikes are not specifically called out other than to say that they are to be applied as needed in the circumstances dictated. As a sign of his times, Wolf noted that his book was not intended to give the judoka the striking skills of either a boxer or a practitioner of *savate*—just the skills to survive until judo could be used to win the day.

So, are we better off with judo or jujitsu? It depends on our goal: sport judo or self-defense. If the goal is sport, then a practitioner can do no better than to find a *sensei* with a coaching license. If the goal is self-defense, then it seems that the shortest distance between two points is ju jitsu with its emphasis on self-defense. In the ju jitsu systems recognized by the AJA, a green belt has developed considerably more self-defense skills than the average judo player with a green belt although in our competitive system with its rules and controls, the cannier fighter can still win.

Judo or ju-jitsu as systems must constantly evolve to remain effective in terms of their guiding principles, and what is learned in one MAY be useful in the other, but the only way to be sure is to test the technique under real life conditions. Losing a judo match may be the difference between a silver medal and a gold medal or just bragging rights while losing in a self-defense situation may be about loss of property, injury, or worse.

Horst Wolf envisioned sport judo training as a basic building block for judo based self-defense. He reasoned that mat time was required for the judoka to learn the falling skills to land safely when thrown using the combat throws, and more importantly, the student would have developed sufficient skills to control his throws to sufficiently limit any injuries to his training partners. Modern ju-jitsu may have overcome these concerns, and ju-jitsu has been used as a foundation to build numerous military combative systems around the world. That does not mean that judo techniques do not have a place in modern self-defense training just that the techniques may have very discrete applications or require some re-engineering to be effective just as many ju-jitsu techniques might require modification to be used in judo (if they are even legal at all).

Check out the new-look website:

www.AmericanJujitsuAssociation.org

Yudansha Promotions

| Name | Rank | Date | Dojo |
|-----------------|---------|------------|-------------------------------------|
| James Jorgensen | Shodan | 6/2/2009 | Universal Jujitsu Dojo |
| Daniel Gress | Shodan | 3/17/2011 | Kaiwan Budokai |
| Marco LaRocca | Shodan | 5/30/2013 | Kaiwan Budokai |
| Josh Marsiglia | Shodan | 12/1/2013 | Daitobukan |
| Paul Marsiglia | Shodan | 12/1/2013 | Daitobukan |
| Jordan tucker | Shodan | 2/16/2014 | Reston YMCA Jujitsu |
| Troy Walker | Shodan | 2/26/2014 | Reston YMCA Jujitsu |
| Mark Stoyen | Shodan | 3/30/2014 | Reston YMCA Jujitsu |
| Jason Claus | Shodan | 8/8/2014 | Vancouver Institute of Self Defense |
| Cesar O. George | Nidan | 10/12/2013 | Universal Jujitsu Dojo |
| Young Kim | Nidan | 12/1/2013 | Kaiwan Budokai |
| Valerie Wade | Nidan | 3/10/2014 | Reston YMCA Jujitsu |
| Paul Nunez | Nidan | 10/1/2014 | Nova Budoshin Jujitsu |
| Henry Herzberg | Sandan | 5/10/2012 | Kaiwan Budokai |
| Bruce Geyman | Sandan | 3/30/2014 | Reston YMCA Jujitsu |
| Thor Banks | Sandan | 10/5/2014 | Nova Budoshin Jujitsu |
| Young Kim | Sandan | 11/6/2014 | Kaiwan Budokai |
| James B. Pikula | Rokudan | 12/12/2013 | American School of Self Defense |

Mudansha Promotions

| Name | Rank | Date | Dojo |
|--------------------|--------|------------|-------------------------------------|
| Carlos Cortez | Rokyu | 11/14/2013 | Nova Budoshin Ju-jitsu |
| Amanda McCourt | Rokyu | 12/28/2013 | Daitobukan Dojo |
| Andrews Andrews | Rokyu | 12/28/2013 | Daitobukan Dojo |
| Samantha McCourt | Rokyu | 12/28/2013 | Daitobukan Dojo |
| Amanda Diddlemeyer | Sankyu | 12/13/2011 | Kaiwan Budokai |
| J D Mullins | Sankyu | 10/1/2013 | Reston YMCA Jujitsu |
| Ben Biouin | Sankyu | 11/16/2013 | Belle Chasse Martial Arts |
| Mustafa Wahid | Sankyu | 12/7/2013 | Maru Martial Arts |
| Garrett Melich | Sankyu | 2/1/2014 | Reston YMCA Jujitsu |
| Jess Strom | Sankyu | 2/1/2014 | Reston YMCA Jujitsu |
| Nathaniel Martin | Sankyu | 6/5/2014 | Kaiwan Budokai |
| Michael Jackson | Sankyu | 6/16/2014 | Baltimore School of Self Defense |
| Amanda Diddlemeyer | Nikyu | 7/19/2012 | Kaiwan Budokai |
| Toney Ash | Nikyu | 9/10/2013 | Reston YMCA Jujitsu |
| Carrie Duncan | Nikyu | 12/3/2013 | Kaiwan Budokai |
| Ben Hirata | Nikyu | 6/13/2014 | Vancouver Institute of Self Defense |
| Nathaniel Martin | Nikyu | 10/16/2014 | Kaiwan Budokai |
| Madelyn Fagan | Ikkyu | 4/13/2013 | Maru Martial Arts |

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. 🌐

Board of Directors

| Position | Name | Email |
|--|-----------------|--------------------------|
| Chairman & International Region Director | George Kirby | Chairman@AJA-email.org |
| President | John D. McCurdy | President@AJA-email.org |
| Vice President | David Boesel | VP@AJA-email.org |
| Secretary | Jeff Wynn | Secretary@AJA-email.org |
| Treasurer | Marc Tucker | Treasurer@AJA-email.org |
| Western Region Director | Tony Damigo | WRDirector@AJA-email.org |
| Southern Region Director & International Competition Coordinator | Tony L. Maynard | SRDirector@AJA-email.org |
| Northern Region Director | Terry Feelemyer | NRDirector@AJA-email.org |
| Director | Gene Roos | Director@AJA-email.org |

Administrative Staff

| Position | Name | Email |
|--|----------------|----------------------------|
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| Historian | Mike Balog | Historian@AJA-email.org |
| Materials Coordinator | Jef Rice | Materials@AJA-email.org |
| National Awards | Debbie Burk | Awards@AJA-email.org |
| National Certification & Standards Board | Harold Zeidman | NCSB@AJA-email.org |
| Newsletter Editor | Will Harris | Newsletter@AJA-email.org |
| Recruitment | Bruce Jones | Recruitment@AJA-email.org |
| Webmaster | Jeff Wynn | Webmaster@AJA-email.org |

