

AJA Newsletter

American Jujitsu Association

AJA: HIDDEN IN THE CLOSET?

by: GERORGE KIRBY, AJA BOARD CHAIRMAN

A little music please...

Oh say can you see
Is the AJA there for me?
Oh, what does it do?
And what else is new?

(Sung to the first part of the
Star Spangled Banner)

For the AJA, our number one problem is publicity – or the lack thereof.

Your dojo may conduct clinics or seminars but is the AJA mentioned in any publicity?

Students participate in tournaments and demonstrations but is the AJA mentioned?

Students receive dojo certificates of promotions, but is the AJA mentioned?

Dojo send out press releases to local newspapers, but is the AJA mentioned?

Students are members of the AJA, but how many wear the AJA patch?

If you're a sensei, do you mention the AJA in any of your publicity?

I'll lay odds that your answer to these questions — and many similar questions — is “no”; none of these things happen.

My next question is “why”?

You are an AJA sensei. You are an AJA dojo. You can use the AJA logo. You can wear an AJA patch on your gi.

The AJA is what we all make it. We can give it public recognition, which ultimately helps us all as it builds our credibility, or we can keep it hidden in a closet for some unknown reason.

The AJA needs publicity and *you* (sensei and student) are the ones best equipped to provide this publicity and your effort can be completely painless. Just do three things:

1. Put the AJA logo on all of your correspondence, publicity, fliers, etc.
2. Mention that you are an AJA member/student in any press or news releases.
3. Wear the AJA patch.

Putting the AJA out there (taking it out of the closet) can only help your dojo because it enhances your credibility. It shows you are affiliated with a uniquely credible organization which, to our knowledge, is still the only jujitsu organization recognized by the IRS as an amateur athletic association to govern jujitsu in the U.S.

If you “put the AJA out there” people in the martial arts community will know about it. It may attract new members to the AJA and, just as importantly, to your dojo.

Putting the AJA out there can only help you and your dojo. It's a win-win situation. Give it a try and I can almost guarantee you greater success.

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Guest Editorial

by: BRUCE JONES

So, what are we actually doing to grow this organization and keep AJA vital?

*What are we doing to
grow the AJA?*

Let's all share our progress.

AJA Reston, VA has enrolled over 40 members for 2005, and has peeling off 2 black belts from this parent dojo to restart the Alexandria, Virginia YMCA AJA Dojo under the leadership of Kathleen Patrick, Sensei and Anthony Lower-Basch, both nidan and AJA certified instructors. We miss them in Reston but know their new group is growing and doing well.

Fairfax County Police Officer David Patton, Sensei, yondan and AJA certified instructor, started a new AJA dojo at the Fairfax County Cub Run Recreation Center in Centerville, Virginia, in March 2005. We also wish David well, will support him by any means necessary, and also miss him at practice in Reston.

I am in the process also of restarting a program we had at the federal building in Washington, DC in the fitness center through the Office of the Inspector General. I will bring it under the AJA and Police Officers' Standards and Training (POST), and we are awaiting a response to our written proposal.

Reston, VA AJA Dojo has been running "circle assessment drills" on the AJA curriculum at the various rank levels and has found this useful both for instructors as well as basic, intermediate, and advanced students. These drills were recently described in the AJA e-mail group's distributions. If AJA Sensei have not created group e-mail lists for their classes, and coordinated with other AJA dojo, at least within their area or region; that might be very helpful to create a stronger sense of organizational identity and bond of common purpose.

Reston Dojo has two e-mail groups. One is for internal communications with instructors only within that dojo, and the other is for all registered members and others in AJA at the local, regional, and national levels. This can be a useful tool for analyzing and discussing professional standards and goals as well as teaching methodologies. If you would like to be considered for inclusion in the Reston, VA AJA e-mail group; please contact us: B2jones@comcast.net. You can also call my work cell phone, after 7 pm EST or on weekends, at: (202) 215-1061. Or, you can go to our website, courtesy of George Kirby, Sensei and Dr. Jeff Wynn, Sensei of WA AJA, at: www.budoshinjutsu.org.

Let's share our progress reports.

The AJA Newsletter welcomes submissions of articles and proposals. We prefer plain text (.TXT) in electronic format. You may also send articles for consideration through the US Postal Service or via fax.

Back issues are available.

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Submission deadline for the next issue is November 1, 2005.

Practical Short Stick Defense - Part 2

Integrating Nerve Techniques and Jutte for Practical Self-Defense

by: CHARLIE BRADSHAW and HOWARD KEE

The jutte has a fascinating history and is excellent at expanding the understanding of advanced jujitsu practitioners. But, as Professor Kirby warns us:

“The jutte ... should never be considered a street weapon.... The jutte is a compact weapon but it should not be carried on you. In some states it may be illegal to carry at all; in others it may be illegal to carry if it is concealed.”

“The jutte should be kept within the confines of a dojo. There is absolutely no reason or justification for a person to carry a jutte outside of the dojo.”

Professor Kirby’s concerns on the legality of carrying a jutte as a personal defense weapon are important and should be well heeded. While we are no longer living in feudal Japan, there is still a wide range of threats from edged-weapons with varying degrees of likelihood, from knives to machetes and even to the katana. From a practical application standpoint, the jutte still has much capability to offer and should not be viewed only as a curious relic of Japanese history. On the other hand, one must consult local laws and ordinances and fully consider the legal ramifications of carrying a jutte

and using it in one’s self defense. Our intent is to build upon the foundation of Professor George Kirby’s excellent works on the jutte and nerve techniques, by applying the principles of these two works to the practical issues of modern-day self-defense.

The jutte is a dangerous weapon, and its practice must be well supervised within the confines of the dojo. However, what practical self-defense lessons can we draw from the study of the jutte? What can jujitsu practitioners take with them if they are not legally allowed to carry a jutte for self-defense? All the blocking, striking, and leveraging techniques of the jutte can be adopted for practical self-defense by employing jutte alternatives or substitute tools. Potential substitutes include short wooden sticks, rods, short plastic tubes, wooden rulers, even sturdy back-scratchers. Any rigid length of material or implement approximating the length of a jutte that can comfortably fit in one hand can be adapted. From here on we will refer to this jutte-substitute simply as a “short stick.”

The loss of the jutte’s guard is a blessing in disguise – the sharp and narrow guard is unforgiving to flesh and fingers, and may cause unintended injury to the attacker.

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Events

Ground Fighting Semiar

The latest techniques on pins/holds, locking methods and the specialized Judo chokes and pins, presented by Morgan Thomas.

September 24 or 25 10:00am – 3:00pm

Sword of Heaven Martial Arts School
906½ Leeds Avenue
Arbutus, Maryland 21227

call: 410-747-0395
410-546-0819

Camp Budoshin

Each year, top instructors from all over the country come together to share their arts in the spirit of the warrior way. Camp participants choose from 4 topics per session, 4–80 minute sessions per day and 2 days of CB, and participate regardless of experience or rank. Its hands down the best way to see and understand the essence of martial arts from around the world.

Two days:

Saturday October 1 9:30am – 5:15pm

Sunday October 1, 8:30am to 4pm

banquet Saturday October 17:15pm

<http://www.budoshin.com/home.htm>

George Kirby Semiar

A hands-on preview of George Kirby's upcoming new book, this class is suitable for all ranks and experience levels.

Saturday November 5 9:00am – 1:00pm

Arglington YMCA
5322 North 13th Street
Arlington, Virginia 22203

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

AJA Northern Region Tournament

Saturday November 5 starting at 2:00pm

Arglington YMCA
5322 North 13th Street
Arlington, Virginia 22203

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

AJA Western Region Tournament

Saturday November 19

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

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Letters

To the editor:

Professor George Kirby, chairman of the American Jujitsu Association board of directors, taught a seminar on Nov. 6 in Arlington, Va. The seminar addressed ki and “cone theory,” the movement from large circles to smaller circles as the jujitsu student progresses.

Kirby explained that new students need demonstrations of techniques such as te nage with large circular motions to let them see the technique. With time, however, students should learn to perform the techniques with a small circular rotation and a minimum of movement. Thus, jujitsu learning can be likened to a cone, where large circles at one end gradually narrow.

The seminar showed examples of cone theory with three wrist-locks from lapel grabs: te nage (kote gaeshi), a wrist-lock take-down (kote hineri, the mirror image of kote gaeshi), and a tekubi shimi waza (nikkyo). Kirby also demonstrated ippon seoi nage, a corkscrew casting throw, and two defenses against a rear grab with knife.

The seminar also addressed ki, what Kirby described as “energy flow.” Exercises included isometric pushing to feel the heat from opposing muscles, attempts by blindfolded students to sense people reaching toward them, and defenses against grabs while blindfolded.

That afternoon, the Arlington dojo held its fall tournament for freestyle self-defense kata, in which Kirby and Sensei Bruce Jones of the Reston dojo gave comments to the participants. At the end of the tournament, Michael Hobson and Chip Tomek were promoted to shodan.

Rob Rogers

To the editor:

Three years ago I went to my first Camp Budoshin. Among the classes I attended was Professor David Dye’s Aikido. I’ve been hooked ever since that first class. Simple moves for off-balancing your opponent or redirecting their attack is always beneficial in self-defense. Simplicity is the essence of Professor Dye’s teaching. His focus this year was using the correct triangulation of the body to achieve maximum efficiency in controlling the attacker. We won’t always have “muscle”. Technique is the key to a success. Even triangulation assists a strong base and therefore, good balance to complete his techniques effortlessly. Technique not muscle. If you’re coming to Camp Budoshin for the first time or the tenth time, you should take time to take Professor Dye’s Aikido.

Valerie Pallai

Practical Short Stick Defense

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Instead, as the defender holds the improvised jutte, he or she would simply release his or her thumb from the grip, forming a “virtual guard.” This virtual guard is obviously not for catching and breaking blades, but it is very useful for trapping an attacker’s hands and, being wider, it is even more useful than the guard of the classical jutte. To fully emulate the trapping power of the jutte, one might consider various hand and thumb strengthening exercises in order to add power to the “virtual guard’s” grip.

Teaching Approach

A teaching approach for this application of jutte and nerve techniques begins with a review of proper attacks. Uke must give a proper and honest attack to allow tore to execute the technique. All simulated attacks by uke should be executed with control but should be focused, fully extended, and thrown to the depth of an actual attack. While students must use care during the practice of jujitsu or any martial art, throwing strikes short of the intended target or not at the target (anticipating a deflection) will teach bad habits and will not give tore realistic training. Students should train at a speed appropriate to their rank and experience and as determined by their sensei. Training partners should agree to a training speed and stay with it. When weapons are included in training, all techniques must be practiced slowly and with extra focus and care Uke must

cooperate fully with tore and offer no resistance. Further, during slow practice, uke should operate within the rules of “slow-motion time”—i.e., uke’s attack should not track the evasive *tai-sabaki* movements of tore, or change mid-attack to defeat tore’s oncoming response. Such “cheating” tactics by uke are not realistic nor do they help either student. At full speed, an attacker cannot change the direction of a punch mid-way or stop mid-way and change the punch to a kick. These guidelines should be observed in the slow and controlled practice with weapons.

Empty-hand defenses are the basis for all of the short stick techniques in this essay. As such, empty-hand defenses for the techniques should be taught and understood first. After the student has learned the empty-hand versions of the techniques the weapon version of the same technique will make more sense and the student will come to appreciate the significant difference in leverage and nerve pain between empty-hand and weapon-assisted techniques. After the basic empty-hand and weapon versions of the techniques have been taught, students can experiment with variations. Instructors should emphasize the power that the short stick offers over empty-hand techniques, especially in nerve techniques and in leverage situations.

Techniques

This selection of techniques is meant only to be representative

of different types of attacks, and responses to different parts of the body. This short sampling is not meant to be comprehensive. These techniques cover empty hand attacks, kicks, a grab and a choke, knife and club attacks, and a short stick grab and retention. With all techniques, the defender must gauge the extent of the threat and respond only with the morally and legally justifiable level of force. Students are warned to take extra care any time a weapon is introduced for defensive techniques—even when the weapon is an innocuous—looking short stick.

5. Attack: *Mae eri dori men uchi*.

Response: trap grabbing hand in kote gaeshi, strike grabbing arm at radial nerve with\ variations: uke makes and doesn’t make contact with grab.

Note: In self defense, the defender should not permit an attacker to walk up and execute a grab. The defender should try to yield and deflect the grab if at all possible.

There are two variations. The first variation is for uke successfully grabbing tore. The second variation is where tore successfully avoids the grab.

First Variation, Right Side Attack: Uke lines up in left foot forward stance. Tore lines up mirror stance to uke, with short stick in right hand and away from uke. Uke steps and attacks *mae eri dori men uchi* (front lapel grab and punch)

Practical Short Stick Defense

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– by grabbing tore’s lapel with right hand, to set up a punch with the left hand. Uke is successful with the grab. Tore steps back, traps the grabbing hand in a covering grasp, preparing for *kote gaeshi*. Uke throws a left punch. Tore strikes the punching arm, using a snapping quarter-circle motion, and strikes uke’s left arm at the radial nerve (No. 69). Tore stuns and distracts uke further with the short stick, with a thrust to the armpit (No. 30). After the stun, tore peels off uke’s trapped right hand, and places the short stick at the line of the knuckles of uke’s right fist; tore uses the leverage of the short stick against the line of the knuckles to apply *kote gaeshi* (wrist lock turn throw).

Second Variation, Right Side Attack: Uke lines up in left foot forward stance. Tore lines up mirror stance to uke, with short stick in right hand and away from uke. Uke steps and attacks *mae eri dori men uchi* (front lapel grab and punch) – by grabbing tore’s lapel with right hand, to set up a punch with the left hand. Tore steps back to the left rear, avoiding the grab, executes an armpit strike, and traps the grabbing hand in a covering grasp with the mirror hand, preparing

for *kote gaeshi*. This is all done in a flowing motion with timing to never allow uke to land the grab. Tore now steps back towards uke to execute *kote gaeshi*, as above. If done with good off-balance and timing, uke should never have an opportunity to throw the follow-up punch with the other hand.

6. Attack: *Ushiro kubi shime*.

Response: apply nerve pressure using short stick against choking hand/arm. After breaking choke, use short stick to *shiho nage*, or *ikkyo*.

Right Side Attack: Uke lines up in neutral stance behind tore. Tore also stands neutral stance, with short stick in right hand. Uke attacks *ushiro kubi shime* (rear choke) – by wrapping his right arm around tore’s neck to choke him. Tore immediately tucks his chin into the crevice space of the choking elbow. With a mid-grip on the short stick, tore strikes down at uke’s choking arm at the radial nerve (any vital point available from Nos. 69, 71, 72, 73, and 74), pulling the choking arm down and away from the neck/throat area. There are two variations for finishing the technique from this point.

Variation 1: Tore turns and with the short stick in the right hand, strikes uke in the ribs (No. 36). Tore hooks uke’s right elbow with the short stick, pulling the elbow towards tore and forming a parallel line with the ground. Tore transitions the stick against uke’s right hand to perform *shiho nage*.

Variation 2: With the stick in the left hand, tore turns a half turn, and conducts a right elbow strike at uke’s ribs (No. 36). Following the elbow strike to the ribs, tore conducts an upward elbow strike to uke’s chin.

Tore then uses his right hand to reach across and peel off uke’s left hand. Using his left hand, tore places the short stick under uke’s right elbow, using the leverage and turning the arm over into *ikkyo*.

To be continued...

The authors would like to thank Sensei Bruce Jones of the Reston Institute of Self Defense for his instruction, guidance, and encouragement; and David Patton, Sandan and Kathy Patrick, Shodan, for their insight, comments and assistance.

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The American Jujitsu Association (AJA) was founded in 1976 and is an internationally recognized governing body for the martial art of Jujitsu 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 four 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 the membership chairman, Mark Jordan at P. O. Box 4261, Burbank, California 91503-4261 (e-mail majik8@usa.net) or go to our website.

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