

# Okuiiri

*A Publication of the American Jujitsu Association*



## Voice Commands

by: CHARLIE BRADSHAW

Winter 2009

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A recent comment at a jujitsu seminar led me to re-examine when and where voice commands are appropriate and how to use them. Voice command use will likely vary according to the situation a Jujitsu practitioner encounters, the level and immediacy of a threat or, possibly, the mental or physical state of an attacker.

Consider first a situation where a threat or intent to do bodily harm is uncertain. You sense something wrong about someone closing into your "space" and into attack range. The posture or attitude of your potential opponent triggers your instincts. You should always listen to your instincts about this and politely but firmly command "please stay back!". A relaxed and upright posture, open hands out in a ready position and eye contact when giving the command are important.

Now consider a situation when an opponent has given an overt threat. Your polite command to "please stay

back" is being ignored or threatening remarks are being made to you. Now you should be in your defensive stance and issue in a loud voice — almost a bark — "stay back!". This is a command, definitely not a request, and should be made with a lot of *Ki* from the pit of your stomach. Also, maintain a relaxed and upright defensive posture and keep eye contact with the threat.

*A bad outcome for the attacker must be implicit in the command.*

When there is an overt threat, your voice command should reflect both an implicit warning and a promise. The warning part is that the outcome of an attack will not be good for

the attacker and the promise is that obeying the command will produce a better outcome. A police officer, who commands a person to "drop the knife", does not find it necessary to add "or I will shoot you". A bad outcome or consequence for the attacker is implicit in the command. If the command is given with complete confidence, the attacker will feel less secure about his

*...continued on page 3*

# KYŌHAN

## ...and the Beat Goes On

by: GEORGE KIRBY

A lot of stuff was accomplished in 2008, although most of it was not visible to the general membership. First, Dennis McCurdy (**jujutsujohn@netscape.net**) and I finally got the Board of Directors (BOD) to accept a revised constitution (a 3+ year process) that, we hope, will result in a more efficient operation of the AJA. Major changes included BOD voting, replacement of the National Black Belt Board (NBBB) by the National Standards and Certification Board (NSCB) which has broader powers which will hopefully be developed in 2009.

Several staff members were replaced with a goal of improving service. Byron Davis (**byronsdavis@gmail.com**) replaced Mark Jordan (**majik8@usa.net**) as Membership Director. Bill Swope (**bfswope@alltel.net**) replaced Donna Mathews as Certification Director and Steven Castorena (**scastorena@socal.rr.com**) became the new Materials Director. While Mark and Donna both did exceptional jobs it was a decision by Dennis (AJA President), Mark (AJA Vice President), and me (as BOD Chairman) that some responsibilities needed to be moved around and that new people needed to be involved in the administrative process. It will also allow Dennis and Mark to do their jobs better. In addition, this would give the BOD a source of new BOD members when openings occur.

Also added to the AJA staff in 2008 (or late 2007) were Michal Pollack (**michaelp@mppro.net**), Communications Director; Jeff Wynn (**jeff@budoshin.com**), AJA Webmaster; and David Boesel, (**boesel.dg@verizon.net**) Recruitment Director. Thomas Salander (**thomas@budoshin.com**) remains as our Newsletter Editor — and he is in desperate need of material. If your dojo is doing something — anything, even promoting a single white belt — write up a nice detailed article for the Newsletter. It is great PR for your dojo!



So, what are my plans for 2009? I will be promoting the AJA as amateur athletic association because that is what the AJA is! I will be promoting the AJA Freestyle Kata competition as a viable — and safe — format. I will also be pushing a national competition format using computer scoring to allow AJA dojo in different parts of the country to compete and determine regional/national winners even though competitors might not have met on the same mat. This is done in other sports, so why not ju-jitsu? Also, the late Bill Fromm and I used to run this competitive format for years. So here is a situation where an “old dog” can probably teach some new tricks. I hope that some of you will join me on this journey.

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# Voice Commands

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actions and hesitate in the attack, giving an opportunity to defuse the situation.

*At a minimum, voice commands may help limit the damage you must do to another human being.*

When an attack has been initiated, is the voice command a waste of breath? I believe and teach that voice commands should serve at least two purposes; the first and primary purpose is to deflect or avoid conflict, the secondary, and maybe equally important, reason to give a voice command is to clearly define to any witnesses that you are being attacked. If a conflict ends up in a court of law, a martial artist is at a disadvantage. Television and movies paint very unrealistic pictures of the capabilities of martial artists. It is better to have any witnesses testify that you were being attacked and that your response was in self defense.

There are also post attack voice commands. These commands are given when your jujitsu techniques have eliminated an attacker's immediate threat and you are applying a restraining lock or hold to prevent further attacks. You should still issue voice commands to the attacker to direct him in not resisting the technique and talking him down from his rage or adrenalin rush. These commands should also be given in a firm but calm voice giving the attacker directions

in what he needs to do to lessen his discomfort and possibly negotiate a release.

Will a voice command be effective in deflecting an attack in process? I don't know. There are too many variables in any situation. At a minimum, voice commands may help limit the damage you must do to another human being who may only be temporarily out-of-control, such as an emotionally disturbed person, a person in a diabetic stupor, or a drunk. Not every attacker is a criminal. However, giving a firm voice command takes little energy, and it might work. Think of it as a Kiai exercise. If it does not deflect or stop the attack, witnesses will likely testify that you were defending yourself and did not initiate the conflict. For these reasons, I would always give voice commands. 🐉

*Charles Bradshaw is a Yodan Instructor at the Cub Run Jujitsu Dojo, Virginia, David Patton, Sensei. He has studied the martial arts since 1966, when he began studying Aikido at the Uyeshiba Dojos of Tokyo, while in the US Air Force. He became a Judoka under the Okinawa Judo Federation in 1970. He studied Ki-Aikido for about 10 years under Sensei George Simcox until 1979 when he began studying Budoshin Jujitsu under Sensei Bruce Jones. He has been teaching at Cub Run for almost three years.*

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*E-mail: cbradshaw1@verizon.net*

*The things which are easy for you are not what define you as a person. It is the things which are hard, and you do anyway, which are valuable.*

*—Daniel Orkwis Sensei*

# Talking about JūJitsu

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by: DANIEL ORKWIS

It is futile to talk about jūjitsu, write about jūjitsu, or try to teach jūjitsu. Jūjitsu is about movement, it is about body mechanics, and physics, and kinaesthesia. It is, above all, about the body, and no teacher can be inside your body. However, we teach it, we talk about it, and we write about it. This is how it has been for centuries, and it works.

It is futile to talk about jūjitsu because any words we can say are nothing more than a reminder of the physical. I can tell you a hundred times how to roll, and you will not know how to roll. You might have a better understanding when you start trying it than someone I had not ever told, but you would not know how to do it.

We understand much more about learning now than we ever have before. We have theories about learning styles: that some people learn better by writing, by reading, by seeing it done. These are all excellent, and it can be useful to work with students to figure out which they are. Once a student knows for him or herself how they learn best, he or she can develop out-of-class study techniques.

However, once we all step on the mat, none of that matters. All of those other studies need to be left at the dojo door, or, if they come in, they should be

as non-intrusive as possible. Our time in the dojo is desperately short. Most of us spend less time practicing than we do commuting to and from work. The practice we get in the dojo, therefore, should be focused on what the dojo is good for.

In the dojo, we can practice the physical act of performing our art with other live bodies. Nowhere else do we have that opportunity. This must be the core of our practice. For all that a person may be able to speak or write about jujitsu, they are not a jūjitsuka unless they can do jūjitsu. That ability is not one that can be learned out of a book or off a video without the component of physical practice. I cannot learn how to do a new technique by someone telling me about it unless I actually physically practice the technique.

So learn your learning style, and use it to help your study outside of the dojo, but when you come to practice, be

prepared to practice. ㊦

*Daniel has been a student of Jūjitsu for eleven years and holds the rank of Nidan in Budoshin JūJitsu. He is currently teaching Jūjitsu at Marlboro College as part of his course of study.*



# Following the Beat

...continued from page 2

My other areas of concentration will be on finishing my new book (the topic is a secret) and for getting the Budoshin Ju-Jitsu Consortium up and running again, so that it can develop the training seminars which Budoshin Ju-Jitsu yudansha will have to complete as part of their promotional requirements.

However, my most difficult and challenging task will be to keep my nose out of the administrative end of the AJA organization. To this end (no puns intended — really) I need your help. If something in the AJA is not working right, please contact Dennis ([jujutsujohn@netscape.net](mailto:jujutsujohn@netscape.net)) or Mark ([majik8@usa.net](mailto:majik8@usa.net)) (also see Dennis's "President's Corner", page 10 — editor). It is really their responsibility to fix it. If Mark or Dennis do not seem to be resolving the problem, then you can contact me. The AJA has been set up this way for years and needs to run this way. If you contact me first to resolve a problem I will forward it to Dennis or Mark for resolution. I am not backing out of anything. It's just my belief that the best way for a person to develop good leadership skills is by practicing good leadership skills.

So, 2009 is a year in which I need your help. I need your help to make the AJA function the ways it is supposed to. I need your help to develop national competition. I need your help to keep me pointed in the right direction. 🍷

*George Kirby, Judan  
Chairman, Board of Directors  
American Ju-Jitsu Association*

For a complete list of officers and staff, contact information, photos, etc., go to the AJA website at <http://www.AmericanJujitsuAssociation.org/bod.htm>.

## *In the News:* 19-year-old Jujitsu Student Saves Child from Molester

Evgenii (Zhenya) Ivin, a sophomore at the University of Humanities in Ekaterinburg, Russia, was returning home late one night. While passing near a railway crossing, he stumbled upon a man in his forties lying on the ground on top of a girl barely eight or nine years old. The girl's clothes had been torn to pieces and she was so tired out she had stopped resisting, only barely crying. When she noticed Zhenya, she started crying louder. The man looked around and saw the approaching student. A fight ensued

and, although the child molester was significantly bigger and stronger than Zhenya, what he didn't know was that Zhenya had a black belt in jujitsu. The student was able to not only bring the man down, but also to hold him on the ground until the police arrived. Luckily, it turned out that Zhenya had arrived just on time and the man had not been able to do any damage to the girl, except for tearing off her clothes and scaring her. The attacker is now being held in custody awaiting trial and is being investigated for other cases of child abuse.

In a few days, the regional district attorney visited Zhenya's university to publicly congratulate him in front of his school. This caught everyone by surprise as the modest hero had not mentioned his actions to anyone, not even his parents.

For the full article please visit *Komsomolskaya Pravda* online at: <http://kp.ru/daily/24061/304270/print>

*Reported by Evelina Gueorguieva; the original article is in Russian.*

# IN MEMORIAM

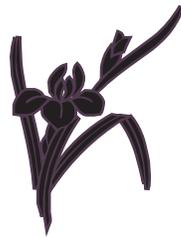
Sensei John Portlock, Shodan

January 11, 1959 - December 25, 2008

Universal Jujitsu Dojo

Member since 1994

Sensei John was a gentle spirit who possessed devastating martial arts skills. He is survived by his wife, Carol, daughter, Mara, and sons Ross and Miles. Surrounded by loving family, he departed peacefully on December 25, 2008 as a result of complications resulting from a motorcycle accident. His friends and fellow jujitsuka of Universal Jujitsu Dojo will miss him. Sensei John will live on in very fond memories.



# Upcoming Events

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## Masters in Motion Seminar: George Kirby and Kris Kademian sponsored by: MIM Dojo, Martial Arts Academy

cost: \$10 MIM students, \$20 guests

March 14, 2009

10am – 11am (kids), 11am – 1:pm (adults)

location: 1515 N. Glenoaks Blvd., Burbank, CA 91504

e-mail: [Info@MastersInMotion.Com](mailto:Info@MastersInMotion.Com)

Signup by March 7. Register by phone: 888-MIM-DOJO, fax: 888-646-3656.

## 4th Annual Multi-Discipline Martial Arts Seminar sponsored by: Rising Sun Ju Jitsu and the Southern York County YMCA

cost: \$40 (\$50 at the door)

March 21, 2009

8am – 6pm-(ish)

location: Southern Branch YMCA 100 Constitution Ave., Shrewsbury, PA 17361

e-mail: [DBRisingSun@Yahoo.Com](mailto:DBRisingSun@Yahoo.Com), or [skidse@yahoo.com](mailto:skidse@yahoo.com)

Instructors (as of February 7) include Shihan Parulski (AikiJujitsu), Joshua Hartlaub (Brazilian JuJitsu), Scott Anderson (Sambo), Relene Meneses (Flippino Stick Fighting), Dave Patton (Tactical Self-Defense), and Mr. Carlos (Capoeira). (There may be other instructors or substitute instructors in addition to the above list.) To register call the Southern YMCA at 717-235-0446. You may fax the registration to the YMCA at 717-227-9005. For more information contact Debbie Burk 717-993-6745 or e-mail at [DBRisingSun@Yahoo.Com](mailto:DBRisingSun@Yahoo.Com).

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Okuiiri 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.

Back issues are available.

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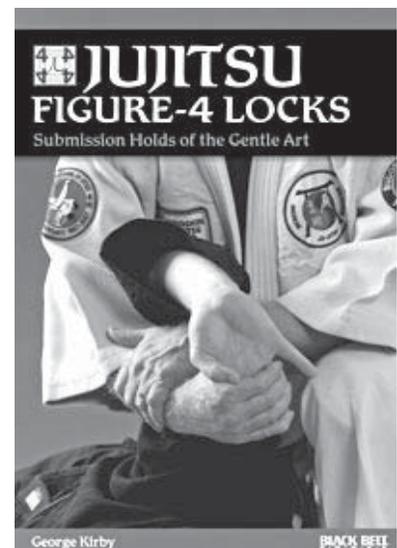
To contact us:

email: [Thomas@Budoshin.Com](mailto:Thomas@Budoshin.Com)

AJA Newsletter  
c/o Thomas Salander  
P.O. Box 5213  
Arlington, Virginia 22205

## *JuJitsu Figure-4 Locks*, coming this fall...

There is always something new to learn in JuJitsu. It may be how we see the art, the way we make connections between techniques, where we see the common in the different, or find the infinite in variation and application. This fall Prof. Kirby's new book, *JuJitsu Figure-4 Locks: Submission Holds of the Gentle Art*, will be published by Black Belt Books. We will have more information as it becomes available.



# Profile

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*interview by:* EVELINA GUEORGUEVA

## Tommy Wallace Southern Region Outstanding Black Belt 2006

American School of Self Defense, Inc.  
Kernersville, North Carolina  
Sensei: Prof. Tony Maynard

### *How it all started...*

Tommy Wallace has been studying jujitsu since 1994. Although he had always been interested in martial arts ever since he was a kid, he did not have the free time to commit to training until he moved to North Carolina in 1994. He trains under Sensei Tony Maynard in American Combat Jujitsu and he holds the rank of Yodan (fourth degree black belt). He is also an instructor at the School of Fighting Arts dojo in Thomasville, North Carolina, which he holds with two partners, Aldo DiPuorto and Gene Tysinger.

### *Most Memorable Training Moment...*

Tommy admitted that he had been initially afraid of meeting Prof. Maynard for the first time. The reputation that preceded Prof. Maynard was that of a “big bad dude, ex-special forces, eighth degree black belt and all.” When the two finally met, however, Tommy quickly realized that Sensei Maynard is simply “one of the nicest guys you could want to meet.” Tommy has been very impressed by his teacher’s helpfulness, generosity and continued dedication to furthering the art of American Combat Jujitsu.

### *Teaching Jujitsu...*

Tommy has been an instructor since 1999 (although he was enrolled in the instructors’ program since 1996). He transitioned from just practicing to practicing *and* teaching because he wanted to make a difference in the students’ lives. Over the years, that has remained his biggest motivation. He enjoys teaching and focuses his lessons around the practical aspects of self defense rather than sparring for tournament points.

### *The Art of Jujitsu...*

Tommy believes that the art of jujitsu has changed over the years that he has been studying it. The recent popularity of Mixed Martial Arts has helped to boost student participation rates but has hurt the practice of “pure” jujitsu. It has “taken the honor, respect, discipline and the art out of martial arts.”

### *Off the Mat...*

Tommy describes his personality off the mat as “quiet and laid back.” On the mat, however, he cannot act that way or his students will “run right over him.” That is why on the mat he is much stricter and demands respect — or else sends his students to do push ups in the corner! Off the mat, Tommy loves biking — either mountain biking with his family or street biking with his friends. He and his wife Shelly have a seven-year-old daughter Mia who is currently enrolled in the jujitsu kids’ class. During the day, Tommy works as a car mechanic and tire changer. Even in his life off the mat, Tommy remains dedicated to following the mental and physical training of the martial arts and living by the code of honor of the ancient warriors. 🐉

# Promotions

1 <sup>ST</sup> KYU		一級	6 <sup>TH</sup> KYU		六級
Byron Davis	12/08	Santa Clarita	Travis Stoltz	1/08	Santa Clarita
			Chris Macabitas	1/08	Santa Clarita
2 <sup>ND</sup> KYU		二級	Brandon Rankin	5/08	Claremont
Byron Davis	6/08	Santa Clarita	Jaime Arviso	6/08	Santa Clarita
Kevin Saul	7/08	Harrison, AK	Paul Duarte	6/08	Santa Clarita
			Engene Kim	6/08	Santa Clarita
3 <sup>RD</sup> KYU		三級	Joung-Woo Kim	6/08	Santa Clarita
Stark Howell	6/08	Santa Clarita	Manny Onsing	6/08	Santa Clarita
			Jon Lin	9/08	Santa Clarita
4 <sup>TH</sup> KYU		四級	Josh Lin	9/08	Santa Clarita
Arturo Cardenas	12/08	Santa Clarita	Matthew Lopez	11/08	Claremont
			Steve Lajoie	12/08	Santa Clarita
5 <sup>TH</sup> KYU		五級	Ray Castillo	12/08	Santa Clarita
Glenn Parsons	1/08	Santa Clarita			
Chris McGraw	3/08	Santa Clarita	7 <sup>TH</sup> KYU		七級
Antonio Carreno	3/08	Santa Clarita	Jan Dietrich	1/08	Santa Clarita
Chris Macabitas	6/08	Santa Clarita	Eugene Kim	3/08	Santa Clarita
Paul Duarte	9/08	Santa Clarita	Joung-woo Kim	3/08	Santa Clarita
Joe Bailey	12/08	Santa Clarita	Amanda Kressful	9/08	Santa Clarita
			Tristen Morgan	12/08	Claremont
			Alex Lopez	12/08	Claremont
			Jack Chavez	12/08	Claremont

*There is a natural order and harmony in this world which we can discover.*

*But we can't just study that order scientifically or measure it mathematically. We have to feel it in our bones, in our hearts, in our minds.*

—Chögyam Trungpa-rinpoche

# Western Region Tournament

## November, 2008

### GEDAN

- 1<sup>st</sup> Joseph Bailey, Budoshin Ju-Jitsu  
 2<sup>nd</sup> Ray Castillo, Budoshin Ju-Jitsu  
 3<sup>rd</sup> Matthew Lopez, Universal Jujitsu

### JODAN

- 1<sup>st</sup> David Contreras, Universal Jujitsu  
 2<sup>nd</sup> Aaron Diyarza, Cat Dragons  
 3<sup>rd</sup> Mike Pollack, Budoshin School of  
 Defensive Arts

### CHUDAN

- 1<sup>st</sup> Marcos Diyarza, Cat Dragons  
 2<sup>nd</sup> Mathtw Gelaude, Budoshin Jujitsu  
 3<sup>rd</sup> April Warren

### YUDANSHIA

- 1<sup>st</sup> Cesar George, Universal Jujitsu  
 2<sup>nd</sup> Steve Castorena, Cat Dragons

### MAT REFEREES

Michael Pollack, Budoshin School of Defensive Arts

Robert Jones, Reseda

David Contreras, Universal Jujitsu

## President's Corner

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To all who study the art ... you can always and at anytime contact me with any suggestions that you think will help make the AJA a better organization. Just because someone bears a title does not necessarily mean he or she has all the answers to all the problems that exist. Feel free to write me at [jujutsujohn@netscape.net](mailto:jujutsujohn@netscape.net), or [john.mccurdy@fda.hhs.gov](mailto:john.mccurdy@fda.hhs.gov), or [john.mccurdy@montgomerycollege.edu](mailto:john.mccurdy@montgomerycollege.edu), or call me at work on 240-453-6852.

Best Regards

J. Dennis McCurdy

President

# Northern Region Tournament

## July 12, 2008

### YOUTH GEDAN

1 <sup>st</sup>	Ryan Dejong, White Marsh
2 <sup>nd</sup>	Caitlin McCann, Nin-Tai
3 <sup>rd</sup>	Austin Hancock, Abingdon
4 <sup>th</sup>	Zach Morrell, Rising Sun

### YOUTH CHUDAN

1 <sup>st</sup>	Kenneth Bradley, White Marsh
2 <sup>nd</sup>	Catherine Burke, Rising Sun
3 <sup>rd</sup>	Chloe Beard, Nin-Tai

### YOUTH JODAN

1 <sup>st</sup>	David Racine, Nin-Tai
2 <sup>nd</sup>	Connor Bowman, Nin-Tai

### OUTSTANDING YOUTH

David Racine

### ADULT GEDAN

1 <sup>st</sup>	Eugene Sato, Johns Hopkins
2 <sup>nd</sup>	Chris Mitchell, Daitobukan
3 <sup>rd</sup>	Beth Hancock, AD

### ADULT CHUDAN

1 <sup>st</sup>	Steven Bowman, Nin-Tai
2 <sup>nd</sup>	Sean McCann, Nin-Tai
3 <sup>rd</sup>	Shannon Patchell, Nin-Tai

### ADULT JODAN

1 <sup>st</sup>	Britney Racine, Nin-Tai
2 <sup>nd</sup>	Mike Balog, Rising Sun
3 <sup>rd</sup>	Jessica Racine, Nin-Tai

### YUDANSHIA

1 <sup>st</sup>	Chad Kahler, White Marsh
2 <sup>nd</sup>	Shane Connley, White Marsh
3 <sup>rd</sup>	Kevin Dougherty

### ADULT YUDANSHIA (MASTERS DIVISION)

1 <sup>st</sup>	Joni Peebles, Nin-Tai
2 <sup>nd</sup>	Richard Cuno, Daitobukan
3 <sup>rd</sup>	Mario Harrold, Daitobikan

### OUTSTANDING ADULT

Chad Kahler

Okuri  
C/o Thomas Salander  
P.O. Box 5213  
Arlington, Virginia 22205



## American Jujitsu Association



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](mailto:majik8@usa.net)) or go to our website.

Find us on the web:  
[www.AmericanJujitsuAssociation.org](http://www.AmericanJujitsuAssociation.org)

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