



NEWSLETTER

1992 NATIONAL AWARDS!!!

Eric Latza

Outstanding Sensei Southern Region
Mt. Airy School of Self-Defense
Dobson, NC

Craig Oxley

Outstanding Black Belt Southern Region
The Dojo, Nitro WV

Rusty Sands, Jr.

Outstanding Student Southern Region
American Combat Jujitsu Dojo
Kernersville, NC

Anthony Ibbott

Outstanding Black Belt Western Region
Budoshin Ju-Jitsu Dojo, Burbank, CA

Diana Bird

Outstanding Student Western Region
Budoshin Ju-Jitsu Dojo, Burbank, CA

Congratulations to all of the participants who were entered into the competition. Julio Usera, our National Awards Chairman, really tried to get everyone involved & almost performed acrobatics to get results. Winners will receive their plaques shortly. Julio will be running the National Awards in 1993. It is hoped that all dojo will participate next year.

FALL TOURNAMENT

The Fall AJA Western Regional Tournament will be held at 9 A.M. November 21, 1992 at Sensei Walt Lenoir's dojo, Borchard Park Recreation Center in Newberry Park, CA. Directions and a map will be sent out to all participating dojo by Tournament Coordinator, Sensei Robert Phebus.

This tournament will have the familiar AJA format, although they are open to suggestions to vary the black belt attacks.

There will be no pre tournament meeting. In the last meeting, it was decided that two additional techniques were too hazardous for tournament: Yoko Tobe Giri (Flying Side Kick) and Nippon Hadaka Jime (Japanese Strangle Hold).

Please don't wait until the last minute to register; return your forms early to Sensei Phebus and call him for further information at 818 842 8118. If you've never participated in a tournament, now is the time: tournaments are safe and fun.

FALLS ARE FUNDAMENTAL

The first thing a new student learns at our dojo is how to fall. In every class, a significant portion of the warm-up period is spent practicing these falls. You can hear the thumps of bodies hitting the mat, as well as slaps and kiais, all the way down the street as we run through forward, backward and side falls from a variety of heights and positions. People sometimes wonder why we spend so much time learning and practicing routines which may seem more appropriate for a gymnastics class than for martial arts training. After all, many martial arts and self-defense courses don't even teach falls to their students. In Ju-jitsu, we certainly need to know how to fall in order to practice our techniques without injury. However, if you think about it, a proper fall is really our first line of self-defense.

I do not have exact statistics, but I believe that at least 80% of all assaults start with the victim being pushed or forced to the ground in some manner, especially when women or children are the prey. I am sure that you have seen it happen with kids on the playground, and you have probably heard it described as well in rape cases. You should be aware that most altercations seem to start with a push or shove, and chances are good you may quickly find yourself headed for the floor. The attacker expects the impact of hitting the ground will injure or at least stun the victim into submission. It seems to be human nature in aggressive people to want to assert dominance and intimidation by standing over a fallen victim.

In such a case, the initial impact of hitting the ground can be lessened by properly breaking the fall. Further injury may be avoided when the victim is able to safely roll away from the assailant, get up and run, or defend themselves in other ways.

As a student of the martial arts, your ultimate goal is learning how to protect your body from injury. This doesn't necessarily mean injury from another person. It could be a falling object, a moving vehicle or even a wet floor. Most sports injuries in games such as baseball, basketball and tennis are the result of falls. Simple everyday occurrences such as falling off a bike or slipping on a wet floor can cause serious injuries if you don't land correctly. If it should happen that you find yourself in the path of an on-coming car, knowing you can safely dive out of the way may keep you from hesitating, thus saving you from disastrous results. Once proper falls become second nature, many common injuries can be avoided.

If you are lucky, you will never have to use the self-defense techniques you learn in the dojo in an actual attack. But statistics show that you will take several falls (for one reason or another) during your lifetime. So let's not discount the importance of practicing our falls. It may be the only thing you learn in the dojo that you will ever actually use.

- Mark Jordan, Ikkyu
Budoshin Ju-jitsu Dojo, Burbank, CA

AJA'S FIRST NATIONAL CONVENTION A ROARING SUCCESS

Over 200 tournament competitors competing in three different formats for over \$1300 in trophies and seminars by internationally recognized instructors such as Professors Wally Jay and George Kirby, the American Ju-Jitsu Association's first national convention in Greensboro, North Carolina, on June 13-14, 1992, was successful beyond all expectations.

The AJA tournament drew over 200 competitors, some travelling from as far as Great Britain, Alaska, California & Puerto Rico. Participants were given the opportunity to participate in three different formats: randori [following the AJA freestyle rules], kata [forms demonstration], and kumite [following the World Council of JiuJitsu Organization's international rules. Competitors were divided by belt-rank and into junior and senior divisions in all three formats. Needless to say, the tournament stretched over 12 hours to make for a very long but smooth running day.

Bryan Hebert, tournament coordinator, ran an extremely tight and smooth running tournament. Ju-Jitsu randori was the first division up. Although there was a large diversity of styles and arts there was a surprising lack of problems on the mat as competitors were able to adjust to a variety of attacks by uki and defensive techniques by tori.

In the kata portion two mats provided ample room for judges to observe kata from different ryu.

The kumite portion provided the most excitement for the day. Based upon WCJO rules, competitors fought each other for 2-minute rounds. One point was awarded for an effective hit, two points for a sweep or takedown, and three points for a clean throw. Winners of each round went on to second, third, or fourth level competition. Despite the potential for serious injuries in Ju-Jitsu kumite, they were kept to a surprising minimum. This was largely due to the intense mat supervision of the three judges and one aggressive mat referee on each mat.

Tournament Winners: There were a total of 107 winners in 32 divisions ranging from white belt up through senior division in three competitive formats, randori, kumite, and kata. The black belt winners in each division are listed below.

Place--->	First	Second	Third
<u>Division</u>			
I			
Randori-Black	Mickey Heath	Kevin Strafford	Mark Hooker
Kumite-Senior	Eric Latza	Don Roberts	Dave Borsos
Kumite-Black	Craig Oxeley	Eric Scoggins	Travis Cox
Randori-Black	Mickey Heath	Kevin Stafford	Mark Hooker
Kata-Black	H.P. Henry	Mickey Heath	Mark Hooker

The second day of the convention was devoted to a series of instructional seminars by Wally Jay, George Kirby, Jedan Figueroa, Gene Roos and others. Credit for a smoothly run convention must be given to Sensei Tony Maynard, of the American Schools of Self-Defense, [also the WCJO President & U.S. Representative], who created a staff of responsible and dedicated Jujitsuka that

kept the whole weekend running smoothly and efficiently -- right down to airport transportation for the seminar instructors and other officials.

For additional information on the AJA write: Director of Memberships, AJA, P.O. Box 1357, Burbank, CA 91507-1357.

Final Results, Continued

RANDORI

JUNIORS

White: 1. Rodney Braswell
2. Josh Ferris
3. Brandon Ferris

Yellow: 1. Steven Wolff
2. Lee Hawley
3. Justin Thomas

Orange: 1. William Bradbrook
2. Jamie Poe
3. Eric Smith

Green: 1. Chris Gillette
2. Chris Jones
3. Diane Sides

ADULTS

White: 1. Sam Miller
2. Tony Alford
3. Gene Tysinger

Yellow: 1. Carl Wills
2. Richard Minnich
3. Michael Rexrode

Orange: 1. Ron Barger
2. Craig Pauley
3. Richard Gunther

Green: 1. Danny M.
2. Lise Fountain
3. Mike Lyons

Purple &
Brown: 1. Chris Potter
2. Brad Boyett
3. Marshall See

KUMITE

JUNIOR 70 LBS BELOW

White: 1. Brandon Ferris
2. Nova Wooder
3. Chad Adams

Yellow: 1. Blake Lambuth
2. Nicholas Kimmons
3. Jason Beck

Ornage &

Green: 1. Josh LeCroy
2. Norman Hopkins
3. Donnie Cecil

JUNIOR 70 LBS ABOVE

White: 1. Jeremy Miles
2. Jamie Jackman
3. Ryan White

Yellow: 1. Patrick Miseta
2. Kyle McPherson
3. Rusty Hughes

Orange &

Green: 1. Diane Sides
2. Ben Brotherton
3. Jeff Waltey
4. William Bradbrook

Purple &

Brown: 1. Michael Hoyking
2. Lucas Cornell
3. Jason Cornell

ADULTS

White: 1. Tony Alford
2. Sam Miller
3. Gene Tysinger

Yellow: 1. Don Hughes
2. Carl Wills
3. Robert Lane

Orange: 1. Craig Pauley
2. Ron Barger
3. Gregory France

Green: 1. Mike Lyons
2. Danny McQuanale
3. Lee Fountain

Purple &

Brown: 1. Marshall See
2. Jerry Walters
3. Brad Boyett

SENIOR

1. Eric Latza
2. Don Roberts
3. Dave Borsos
4. Andrew Layer

RECENT PROMOTIONS

Date	Name	Rank
92		
6/29	Steve Carter	Sankyu
5/21	Mark Jordan	Ikkyu
6/1	Robert Price	Shodan
5/3	Anthony Posinski	Nidan
5/30	Michelle Meade	Nikyu
5/16	Mark Schneider	Sankyu
	Charles Wright III	Nikyu
	George Boden	Ikkyu
	John Schneider	Sankyu
	Paul Schneider	Sankyu
12/91	Scott Anderson	Ikkyu

**BUDOSHIN YUDANSHAKAI
CERTIFICATES**

If you received a direct promotion from Prof. George Kirby in 1991 or 1992 & would like a really nice Budoshin Ju-Jitsu Ydanshakai Certificate please send a copy of your AJA certificate and a check for \$5 [made out to G. Kirby] to Budoshin Yudanshakai, P.O. Box 1357, Burbank, CA 91507-1357

KATA

JUNIORS

White: 1. Chad Adams
2. Jeremy Miles
3. Nova Woodward

Yellow: 1. Patrick Miseta
2. Steven Wolff
3. David Gray
4. Taffy Kirsch

Orange: 1. Garett Blackburn
2. William Bradbrook
3. Eric Smith

Green: 1. Brandy Hopkins
2. Michael Matthews
3. Davis Howell

Purple &

Brown: 1. Jason Cornell
2. Lucas Cornell
3. Michael Hopkins

ADULT

White: 1. Gene Tysinger
2. Tony Alford
3. Sam Miller

Yellow: 1. Dusty Segers
2. De Burke
3. Michael Rexrode

Orange: 1. Terry Hunt
2. Ron Barger
3. Robert Sinclair

Green: 1. Tate Moore
2. Mike Lyons
3. Michael Jones

Purple &

Brown: 1. Kathy Remeberg
2. Jerry Walters
3. Brad Bovette

Black: 4. Eric Latza

SUMO AND KI

When a Ju Jitsu friend of mine handed me a video of the recent fall Sumo tournament in Japan, I thanked him and silently wondered what he could find interesting in Sumo wrestling. I pictured human freight trains crashing into each other, the winner being the biggest freight train. What I saw, instead, was a display of Ki I couldn't have imagined possible with such big men. It seemed that very few matches were won by brute force. Right in the middle of what looked like a contest a strength, one opponent would turn with the speed and agility of a Judoka and topple the other. The biggest applause from the Japanese audience was always for the winner who won with technique -- usually a throw, or hiki technique, or an evasion of the charging opponent.

Even the English speaking announcer spoke in terms of Ki, describing the movements as "helping his opponent out of the ring," or "helping him into the ground," just as my Sensei, George Kirby, always speaks of "helping" your attacker. Some of the "helping" techniques were *uchi mata* and *ogoshi*, all the more spectacular because they were performed on such huge men, without gi. Their size didn't hide the technique, but revealed it. Whenever the cameras froze a throw in mid flight, it was a breath taking image.

What impressed me throughout the 15 match tournament were the calm faces of the Sumo wrestlers. They would confront each other in a football stance ready position, knowing full well that at the signal of the referee they would collide in a explosion of force, yet their faces were absolutely calm and impassive. Even during the matches, which often involved multiple slaps and palm thrusts right into the face, their expressions remained blank. And after the match, you would never know the winner by the look on his face, which remained as calm and unreadable as ever.

All of us studying Ju Jitsu can benefit by watching these classic martial artists at work. It is truly amazing to see these giants employ so many aspects of "the gentle art" -- with dramatic results. To see a 500 lb professional wrestler lifted into the air by some of the very throws we practice in the dojo, and to see another 500 pounder doing the throw, is an image you won't soon forget.

--Editor

DOJO PROFILES

Last issue of the newsletter, we featured a dojo profile. Why not send in one on your dojo? Just a description of your class, and the kinds of work outs and training sessions you have. This would be of interest to the AJA students throughout the USA and overseas. Be sure to get your sensei's o.k.

Koepke Goes To Alabama

Prof. Skip Koepke, Shichidan Seki-Ryu Ju-Jitsu, will be giving a three day seminar at the Akayama Dojo in Birmingham, Alabama Nov. 13, 14, 15, 1992. For further information, call 205 681 6080, or 205 841 1641.

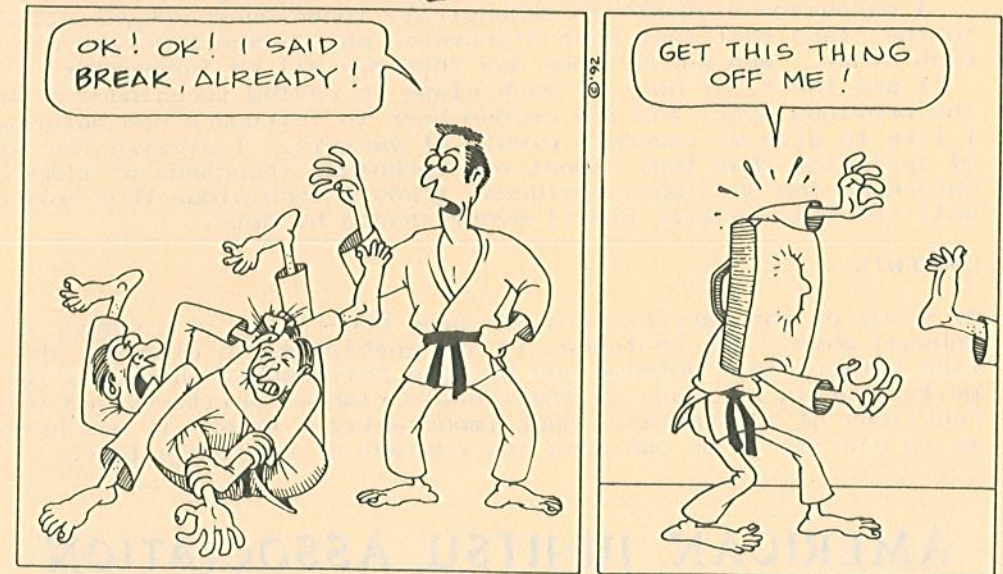
WORKING WITH THE MASTERS AT CAMP BUDO

Martial arts students from all over California, and some from out of state, had a unique opportunity to work with the masters, October 3rd, 1992 at the first CAMP BUDO in Burbank, California. Hosted by the Budoshin Ju-Jitsu Dojo Inc., this all day learning experience featured veteran instructors of many arts: Prof. Ken Penland, Hachidan Shorinji Ryu Aiki-Jujitsu; Prof. George Kirby, Shichidan Budoshin Ju-Jitsu; Prof. Michael Lynch, Shichidan Karate, Godan Kodenkan Ju-Jitsu; Prof. Skip Koepke, Shichidan Seki-Ryu Ju-Jitsu; Prof. Walt Lenoir, Rokudan Ketsugo Ju-Jitsu; Prof. Sam Coombs, Godan Aikido; Shihan Tom Serrano, Godan Gosoko Ryu Karate; Sensei Robert Wong, Godan Budoshin Ju-Jitsu; Sensei Brian Stokes, Godan Iaido; Sensei Bob Deahl and Miles Bonner, Gung Fu; Sensei Gokor Chivichian, Yodan Judo; and Marjorie Jackson, Instructor Tai Chi Chuan.

For the over 50 participants, there were intensive sessions on Judo, Wrist Grabs, Basic Sword, Joint Locks, Hand Arts, Pressure Points, Winding Throws, Reverses, Tai Chi Chuan, Ground Defenses, Take Downs, The Circular Hand, Aikido, Striking, Trapping, Sensitivity Training, Wrist Techniques, Kappo, Nerve Attacks, Fighting Strategies, and Knife Defenses.

This was a rare opportunity for students of the martial arts to learn from the masters. Thanks to all instructors and students for a truly unique learning experience.

PUNCHLINES MARTIAL ARTWORK BY MARK MYER



SENSEI PROFILE

INSTRUCTOR: Anthony (Tony) Ibbott
RANK: Shodan
YEAR BEGAN: 1979
DOJO STYLE: Budoshin
STUDIED UNDER: Dan Stone, Kevin Harte,
Steve Castorena, George Kirby
AWARDS: 1982 Budoshin Dojo Outstanding Student
1988 AJA Western Region Outstanding Black Belt
1988 Budoshin Dojo Outstanding Service
1990 AJA Western Region Outstanding Black Belt

ACTIVITIES:

I have been teaching the Monday night class in Burbank California since 1986. I monitor the AJA member dojos and send out reminder notices when renewal time comes around. I also advertise each 9-week session of the Burbank dojo with Public Service Announcements on the local radio stations.

TEACHING PHILOSOPHY:

I like to let the natural curiosity of my students lead them as far as they can go. When I see them discovering things on their own, I let them go at it, and hold off introducing new material until I see their curiosity is satisfied. Students will often drive themselves harder and faster than the instructor. When I call for a 10 minute break halfway through a class, they often look at me like I am crazy, they want to keep on working, so I try to give them plenty of free workout time. They often learn as much from each other as they do from me.

I encourage students to demonstrate techniques and variations to the class that they have discovered while experimenting on each other. Who knows? One day they may all be instructors.

I use the first hour of each class to review techniques from the previous week, and the second hour to introduce new material. I like to give my students plenty of variety. I dislike the idea of insisting that they repeat one technique thousands of times before moving on. When a student finds a technique that works well for him, he will use it every chance he gets.

COMMENTS:

My study of the martial arts has been beneficial in a number of unusual ways. For instance, it has enabled me to discover the link between self defense and Western philosophy, which has led me further in my study of inalienable rights, politics, and the functions of government. Most importantly I think, it has helped me to clarify in my own mind the concept of excessive force.

AMERICAN JU-JITSU ASSOCIATION

P.O. Box 1357, Burbank, CA 91507-1357