

April 1996

# NEWSLETTER



## OUTSTANDING MEMBERSHIP DOJOS FOR 1995

In 1995 six dojo secured an outstanding membership of twenty or more members. As a result these dojo will be presented with a plaque commemorating their accomplishment. Dojo securing twenty or more members for 1995 are as follows:

**Budoshin Ju-Jitsu Yudanshakai**  
Santa Clarita, CA  
61 members  
George Kirby - Sensei

**Reston Budoshin Ju-Jitsu Dojo**  
Washington, DC  
40 members  
Bruce Jones - Sensei

**Northeast YMCA Ju-Jitsu Dojo**  
Baltimore, MD  
25 members  
Wade Susie - Sensei

**Budoshin Ju-Jitsu Dojo**  
Burbank, CA  
25 members  
George Kirby, Ken Harte, Tony Ibbott - Sensei

**Aiki Jujitsu Dojo**  
Metairie, LA  
24 members  
Gene Roos - Sensei

**American School of Self Defense**  
Kernersville, NC  
24 members  
Tony Maynard - Sensei

Congratulations to all of you. You should have your plaques by the time you receive this issue of the AJA Newsletter. Please accept my personal apologies for the delay in the announcement.

-George Kirby

### Shihan Joseph Miller Returns From Japan

Shihan Miller has moved from Japan and is now with the Zanshin Goshin Dojo, 3831 Sierra Madre Blvd, Pasadena, CA 91107

### Sensei Franco Farantino Moves to Italy

Sensei Farantino, after 25 years of teaching at the USJF & Nanka Judo Yudansha-kai, Los Angeles & Riverside University Judo and Ju Jitsu, is now teaching at the Budokan Ju-Jitsu Institute of Bologna, Italy.

# 1996 AJA CONVENTION!!!

## BE THERE!!!

The AJA will be conducting it's 1996 National Convention in Greensboro, North Carolina this year. The tournament will be hosted by Prof. Tony "The Bear" Maynard, sensei of the American School of Self Defense. The 1996 convention promises to be the biggest ever for the AJA, with terrific seminars, competition using the WCJO format, a great awards banquet, and time to meet and talk with people you've heard about but never seen.

The convention will be held at the Holiday Inn Kary Center in Greensboro, North Carolina. Check in will be on Friday, August 23, with activities planned for Saturday [24th] and Sunday [25th]. The Kary Center is a beautiful convention center well suited to our needs. Prof. Tony Maynard, hosting sensei of the 1996 AJA Convention, plans to continue the high standards of the first two AJA conventions, held in 1992 and 1994.

The success of this convention is dependent upon participation by all AJA sensei, students and dojo. The AJA Board of Directors would like to see members of every AJA dojo at the convention. This is the best way to get to know each other and have a tremendous weekend at the same time. Check the flier in this issue. Make YOUR reservations NOW!!

See you at the convention in August!

# AMERICAN JU-JITSU

## ASSOCIATION

### 1996

## CONVENTION

August 23-25, in Greensboro, NC

### SEMINARS -- COMPETITION -- AWARDS BANQUET

Will be held at the  
Holiday Inn Four Seasons, Kary Center  
Greensboro, North Carolina  
call 800-242-6556  
ASAP for reservations  
Regular \$125/night - max. 4/room  
\$90/night if you say you're with the  
American Ju-Jitsu Association

Make your own airline reservations  
to fly into  
Greensboro Winston-Salem  
International Airport.  
Holiday Inn will pick you up for FREE!

For more information contact:  
Tony Maynard 910 993-5488

### APP ON BOD SYSTEM 2 OTHER HONORARY TITLES NEEDS

Does your ryu have titles such as "Mokuroku",  
"Kaiden", "Meijin", or "Kancho"?

If your answer is "YES" you can be of real  
service to the AJA.

A few months ago the AJA Board of  
Directors voted to study the issue of offering  
Menkyo and other honorary titles to  
noteworthy Jujitsuka in the AJA. However, for  
some reason no one really had any information  
other than what I've collected over the years.  
This has resulted in a project that is easier said  
than done.

If your ryu uses honorary or menkyo  
titles I would greatly appreciate any  
information you have. I have been able to  
cross-reference some material [with lots of  
overlapping]. I would like to have as much  
material as possible before I go back to the BOD  
with any proposals.

If you have any materials please send  
them to:

Prof. George Kirby  
P.O. Box 801854  
Santa Clarita, CA 91380-1854

Thank you very much for your assistance.

### Sensei Profile

Sensei Timothy Lynch, Shichidan Danzan  
Ryu Ju-Jitsu has been teaching for  
25 years. His dojo is the School Of Ancient  
Martial Arts, in which he holds classes limited  
to 20 students, in ages from 9 to 84 years old.

A Deputy Sheriff, he he is also an 8th Dan,  
MohKawai Tang Soo Do, and 3rd Dan, Hapkido.  
He holds a teaching credential in Police Science  
and International Instructor Status in Police  
Defensive Tactics.

Sensei Lynch is another example of the talent  
and experience in the AJA

### Ju-Jitsu In The Street

Have you ever had to apply what you've learned  
in the dojo to "real life" experiences? If so, please  
share your story with the rest of us.

Don't be modest, your experience can help others  
learn, and maybe even save a life or two. Many  
AJA members have street experience. I would like  
to see a series in this newsletter of real life situations  
where your martial arts lessons were applied to the  
street - even if all you did was walk away from trouble.  
Let's share our experiences; it's really kind of a duty  
to the rest of the AJA members. Thanks! -Ed

### Israeli Ju-Jitsu Visit To England

The visit was arranged and the itinerary organised by COLIN  
WHITAKER, PRESIDENT of the ANATEUR MARTIAL ASSN, & the WORLD  
COUNCIL OF JU-JITSU ORGANISATIONS, & the JU-JITSUKAN MARTIAL  
ARTS CLUB, LEEDS. The IJJFCA are members of the WCJJO & AMA.

The exchange visit was scheduled to last from July 3rd to 10th,  
and a highly successful and rewarding visit it turned out to  
be.

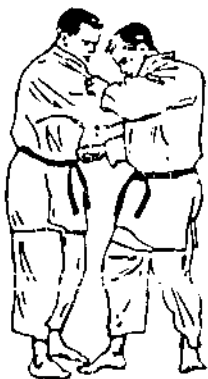
The visiting group consisted of four instructors, MATI ELYASH 4th Dan, OREN GORGOV 3rd Dan, ABRAHAM ELIYAHU 3rd Dan, & HAREL KATZ 1st Dan, plus ten students between the ages of 13 & 17. The group were met at Heathrow Airport at 12 noon on the 3rd July and taken on a mini tour of LONDON, and then onto LEEDS. The bus and driver were hired for their use for the full week. On arriving they were taken to the Leeds dojo and introduced to the instructors and students. The instructors were: STEVE STAVRIDIS 6th Dan, MICK BENNETT 5th Dan, DARREN ANDERSON 2nd Dan, DAVID FARRELL 2nd Dan, BOB EVANS 1st Dan, & MARK ASHWORTH 1st Dan. Then off to the Beechwood Hotel to unpack, relax, and sleep after their long journey.

# JUDO TECHNIQUE

## KATATE SEOI NAGE (One Arm Shoulder Throw)

There are several variations (henka) to Katate Seoi Nage, often called Ippon Seoi Nage. This throw brings the uke over in the largest possible curve. The uke when so thrown knows that he has been really thrown. The feeling is like a leaf falling from the branch of a tree. To execute the projection throw effectively you must first "fish" up the uke straight to the front or right front. Spin the whole body with your back pressed tightly against uke's chest. Thrust your right arm and hand up at a right angle under uke's right arm pit.

The throwing action varies. If the uke is tall and heavy use a pulling (hiki) action. If the uke is about your size push (osu-na) with your hips. See diagram below.



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Courtesy of Shogi Newsletter  
Daito Ryu Aiki Ju Jitsu  
4019 Goldfinch Street, # 155  
San Diego, CA 92103-1820



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### Helpful hints:

1. During the execution do not throw your body forward.
2. The pulling action of your left hand, arm and shoulder must be constant until the uke falls on the mats.
3. Your knees must be bent and legs spread shoulder width. This posture takes practice to develop. The feet should not be too wide apart for a strong throw.
4. Hold your head straight with your neck muscles taut. Do not turn your face up. Never let the head fall back.
5. To master this throw you must do at least 500 deep knee bends daily. I suggest 100 in sets of five. These may be done with a belt (obi) against a tree.
6. Your movement must be relaxed and dominating to avoid the counter.

# AMERICAN JU-JITSU ASSOCIATION

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