

NEWSLETTER
THE AMERICAN JU-JITSU
ASSOCIATION

OCTOBER 1998



Well just hang in there Ju-Jitsuka, there is a changing in the wind! I raised my hand in class, so guess who is doing the newsletter, you got it!!!! For those who don't know me, Im Dennis McCurdy, head of the Towson YMCA Ju-Jitsu Class, Towson, Maryland, and the Northern regional Director. Towson is located north of Baltimore and the class was first instituted by Dr. William D. Fromm, co-founder of the AJA. The usefulness of a newsletter and its success depends on people within the organization having enough interest in writing and submitting things to be published. It makes no difference how large or small in content. So things that might be of interest, and things that grab your attention, write them down and pass it to me. I can be reached by e-mail or snail-mail and phone. They are: <jmmcurdy@bangate.fda.gov>, Hanshi J. D. McCurdy, 3949 Sugarloaf Drive, Monrovia, MD 21770-9113, 301-831-3280 and at work

301-827-0171. Bear with us as we design the publication.

Goings On!

Its been a busy summer in Baltimore. First, the Daitobukan Dojo (Towson YMCA) hosted the AJA Biennial Ju-Jitsu Convention on July 10 and 11, 1999. The convention consisted of tournament (shiai) and clinics. Shiai consisted of kumite for men, throws and take-downs. Clinics included ju-jitsu, aiki-jujitsu, chin-na, self-defense judo, and sambo. Instructors were, Hanshi Dennis McCurdy the study of ukemi-waza, Renshi Wade Susie, Chin-na, Prof. George Kirby, Ju-Jitsu, Hanshi George Parulski, Aiki-Jujitsu, Reggie Heefner, Judo, Prof. Gene Roos, Aiki-Jujitsu, Prof. Timothy Lynch, Danzan-ryu, Bruce Jones, Ju-Jitsu, and Scott Anderson, Sambo.

Following the convention, members of the Daitobukan attended a martial arts camp sponsored by the newly formed National Martial Arts Association, headquartered in Bath, Maine. Training was all day in Judo, Ju-Jitsu, and Karate. Camp was held at the University of Maryland, Baltimore Campus, just a stone throws away from the Baltimore-Washington International Airport. Special classes were in fighting, weapons, Shiatsu (restorative therapy) and Yoga. We had the opportunity to work with Marshall Craddock, number two in world for Judo. Marshall is a student of Kyoshi Serge De Casien from south New Jersey and took the title at the games in Ottawa. Other instructors were, Ken Duran, National Champion in Nage-No-Kata, Joe Walters, International Medalist in Judo, Kyoshi L. Stroud, Hakkoryu, Al. Gardner, Shotokan, Greg Johnson, Kyokushinkai, and Kyoshi Serge DeCasien, Nisei Kito-ryu and Judo. Attendees came from Maine and from the Chicago area.

The NMAA is a spin off of the National Karate and Ju-Jitsu Union International, founded by Kuniba and Ballegeron. The NKJUI is still in existence and headed by Dai-Shihan T. Lewis, Elizabeth City, NC. We will be attending their winter camp February 1999.

On the weekend of August 8 & 9, the Seibukan held Martial Art Clinic in Northern Virginia. Hanshi George R. Parulski, the International Director for the Dai-Nippon Seibukan Budo/Bugie-kai and President Bill Stockey managed a good two days of work out. Each morning began with a strenuous work out in punching, kicking, and self-defense form. Specialty areas included weapons, Aiki-Jujitsu, Sword (Bukto) and Ju-Jitsu. The clinic was held at the Northern Virginia Community College, Annandale Campus. Groups came from Minnesota and Alabama...they drove?? This too will be an annual item in the Baltimore-Washington DC area.

Anyone interested in any of the organizations mentioned herein you can contact me about affiliation. The Daitobukan is affiliated with the Seibukan, NMAA, and the NKJUI. I encourage all you instructors to occasionally go to a camp or clinic as a student and get criticized and sweaty.....it's a great leveling effect.

THE REVERSE PUNCH

Gyaku-zuki (or more correctly tsuki pronounced ski) is known as the reverse punch. I had to opportunity to train this past summer most extensively in the technique. Remember, the Chinese adage about this counter attack...side right, right side. The movement is well suited to counter attack as no foot movement is required. However, you must be close to uke with the hips at a 45o angle to the target. Driving the hip forward (The Hara) and keeping the right elbow close to the body, the hand does not rotate until the elbow is past the body as you

punch to uke's face or stomach. The left comes back with force so your left elbow goes past your body to make contact with any opponent behind you. There is the quick-whipping action of the hips for power. The right knee bends inward to protect your groin so that your rear foot demands to come off the floor..it begs you to kick because of the power of the hip. You must keep the wrist straight so check it with your partner or tape a ruler to your hand to keep the first correctly positioned when you practice alone. I tend to deliver the punch from tate. The practice of this and other striking/punching techniques must be slow, 1000 times slow and one time fast, then repeat it; forever!

I practice the reverse punch in a simple kata the consists of left jodan uchi uke, followed by the right punch that is immediately followed by mae-geri, or kin-geri. This is automatically repeated from the other side. I then add a side check of yoko-geri, and then a low mawashi-geri, and then lastly, a back kick. You can add other uchi uke techniques and striking. This is all done very slowly and deliberate. Each Ju-Jitsu class at the Daitobkan Dojo finishes with this kata.

Comments to this is and any other discussion of technique(s) is encouraged! In each newsletter there will be something dealing with karate, judo, ju-jits, sword and the like. I will do this to encourage discussion and participation. So, if I write something you don't agree with then you are required to re-but, No! You rebut by preparing an article. Now don't tell me you don't have the time. Try having a daughter in High School, a son in Middle School, and a honey-do list that includes repainting the interior of the house. Get the picture!

NEW VIDEOS

Professor Gene Roos, 8th Dan has new videos with illustrated manuals. Techniques are from

the Aiki-Jujuts that are fast, and effective. Defenses include those against gun, knife, stick, kicks, punches, chokes, football tackles, hair pulls, grabs, and ground attacks. There are over 27 defenses in each book volume of I, II, and III, with sequence of pictures and descriptions. Tapes are 37, 43, and 38 minutes. Each video and book are \$39.93 plus \$3.00 or the whole collection for \$100.00 plus \$6.00 postage. You can contact Prof. Gene on 504-835-3004 or write Prof. Gene Roos, 1407 Severn Ave., Metairie, LA 70001. Prof. Roos can be reached by e-mail too, <groos@bellsouth.net >

If you have a video set or print collection and want to advertize them here, forward it to me. Everyone must have a library of pertinent references to the martial arts including CD-roms, and tapes. Hanshi Parulski, Kobushi Multimedia, has an excellent set of CD-roms in Judo, Aiki-Juts, Sword, and Ju-Juts, and the grappling techniques of the karate. These are all well done productions. You can reach Hanshi Parulski by writing to Yama-ji, P. O. Box 321, Webster, New York 114580. Might I recommend Best Judo and Best Karate as additions to your library. As a side note, there is a rather large used bookstore in Frederick, Maryland, the County Seat, and I can usually pick up overstocked items at a good price. For example, I managed to get all of Eric Dominy's works for \$0.94 a copy (soft cover). Keep your eyes open at the book fairs!

FROM THE BIG CHEESE

GETTING OUR ACT TOGETHER AND MOVING ON

During the last months of 1997 and early 1998, we managed to clean up a lot of administrative problems, especially in two critical areas: membership and certification. Robert Wong, President, and Mark Jordan, Membership Coordinator, must be given tremendous credit

for getting things back to normal and being exceedingly patient [especially me] as we worked to improve service. E-mail has served as a boon for rapid [written] communication. Sensei know that they can get in touch with me if things get beyond a deadline and that the problem will be resolved quickly.

Prof. Dennis McCurdy has volunteered to take over coordination of our Newsletter. I sincerely hope that it will again become an effective means of communication on a quarterly basis, coming out in a timely manner. A lot of this depends on you. You need to send material to Dennis. Anything is acceptable: promotions, dojo activities, thoughts on the martial arts, an original article, and cartoons [in good taste], weddings, births, academic achievement-anything of interest.

Thanks also go to Prof. McCurdy for running an excellent 1998 AJA Convention in Towson, MD. There was a tremendous turnout. Thanks to his wonderful staff of Black Belts who made sure everything moved smoothly. What I enjoyed most was the privilege of meeting a lot of yudansha and mudansha I had read or heard about, or talked to over the phone, but never met. It was an honor to meet Prof. George Parulski after so many years, as well as, Josh Lollar, Ikkyu, whom I have been corresponding with over the past couple of years as he moved up through the ranks using my home-study course.

The goal of the AJA is to serve its members. I believe we are back on track. I also believe that with your help and support the AJA will grow. I would like to ask every sensei to look in their local phone book for schools teaching ju-jitsu. Please send me their name and address with zip code. I will contact them. I know that some of you don't want the "dojo down the street" in the AJA because they're so close. However, the reality is that they ARE close by and

cooperation can work better than competition or denial.

As an organization we have to grow. We can not sit on our duffs, hide our heads in the sand, and simply hope. The AJA has gotten it's act together and is now doing its job. All I ask of you is that you help by helping the AJA grow. Find some new dojo for us. Work towards 100% membership in your dojo. Mail articles to Dennis McCurdy for the newsletter. Start saving for the AJA Year 2000 (AJAY2K) National Convention to be held in Southern California!

The ball is back in your court now!

Prof. George Kirby

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