

# AJA Newsletter

*American JuJitsu Association*

## Homologous Promotions: The Pancake Analogy

By GEORGE KIRBY

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Occasionally the AJA receives a dojo application from a sensei with a homologous certificate of rank in Ju-Jitsu.

A "what?" certificate, you ask, having never heard the word *homologous* before.

Yes, it's called a homologous certificate of rank. The certificate may or may not say *homologous*. However, the issuing sensei, or more likely the issuing organization, will state that it is. To state that a certificate is homologous is at least an honest statement. The use of such certificates to secure jujitsu yudansha grades is another matter however.

Your next question may be, "what does *homologous* mean? According to the dictionary it means "corresponding or similar in position, value, structure, or function."

Then what is a homologous certificate/promotion. Quite simply it is a piece of paper that says that you have a rank in a martial art that is "corresponding or similar in position, value, structure, or function."

"Whoa!", you say. "Does this mean that if I earn ranks in 2-3

arts like judo, karate, &/or aikido, I could find someone or an organization to issue me a homologous rank in jujitsu?"

"Yep! And you don't even have to learn jujitsu to get the promotion because you've learned some of the separate arts that compose jujitsu."

"Gee. I'm gonna get me one of those." You say. "Then I can teach Jujitsu!"

Somewhere and somehow someone came up with a great scheme and a great way to make money too: Offer homologous certificates of rank. In my 35+ years in the martial arts I've seen three variations on the theme:

1. Earn a dan grade in judo, karate, and aikido (or sometimes just two out of the three) and you're issued a similar dan grade in jujitsu (or see "3")
2. Enroll in a particular program, earn a black belt and your dan grade is good for **all** martial arts.
3. If you have a 1<sup>st</sup> dan in judo, 2<sup>nd</sup> dan in aikido, and 3<sup>rd</sup> dan in karate then that equals a 6<sup>th</sup> dan in jujitsu.

I've seen all of these and the only difference between numbers 1-2-3 is that the level of absurdity increases from the first to the third.

What's wrong with homologous certificates of rank and why is there opposition to them?

The problem with homologous certificates is that they are misleading. They mislead people to believe that the person who received the certificate knows jujitsu at a particular black belt level. The sensei may hold ranks in judo, karate and or aikido. However that's not the same as a black belt in jujitsu.

Let me draw a simple analogy. Let's assume you're making pancakes and the ingredients call for pancake mix, eggs and milk. Let's assume (without adding insult to injury) that the pancake mix is karate, the eggs are judo, and the milk is aikido. If you put them all in the same bowl they just sit there, next to each other. A homologous certificate is much like that. Even if you mix the ingredients together into a batter, you still don't have pancakes (jujitsu). In order to get good pancakes the experi-

(See **Pancake** on page 6)

The AJA Newsletter welcomes submissions of articles and proposals. We prefer plain text (.TXT) in electronic format, either through e-mail or on floppy disk. You can also send articles for consideration through the U.S. Postal Service or via fax.

Back issues are available.

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## From the Editor

Welcome to the spring edition of the AJA Newsletter. In this issue we address the question of sparring competition, specifically jiu-kumite. Starting on page 8 you will find three articles on the subject, each with a different view of sparring. While these focus on sparring's value in training the JuJitsu student, there is yet another side.

Our dojo is part of the Arlington, Virginia YMCA. As such, we not only teach JuJitsu techniques and philosophy, we must integrate our program into the larger YMCA's

mission. From the beginning we knew that sparring was contrary to the Arlington Y's goals, so the question of sparring was moot. Potential students looking for sparring are given the address of other dojo in the area that do engage in sparring.

As a result, we have realized an unanticipated side effect. The majority of the students in our dojo have confirmed that they would not be there if sparring was included in the curriculum. Many would never have stepped foot on the mat in the first place if sparring was an option.

Thus, the benefits of studying JuJitsu — both physical and philosophical — are open to a section of the population that otherwise would not have considered taking such a class.

This may not be the right choice for every one. Many people enjoy sparring and consider it either a critical part of their training or the main reason to take the class. For others, our dojo provides a different path.



## It's a Contest!

We are running two contests this year and *you* can enter!

The first contest is to name the newsletter. Be creative, thoughtful, deep or clever. If you suggest a word or phrase in Japanese, please provide your intended translation (Japanese has *many* homonyms).

Second is a contest for naming The Chairman's regular column ("Homologous Promotions" is Professor Kirby's installment this issue). We are looking for an over arching title that identifies the Chairman's article, letter, or missive. Come up with a clever title that highlights our chairman's thoughts.

If we select your entry for either title, you will have an opportunity to be profiled in a future issue (optional, of course; you can always remain anonymous if you want).



## Corrections

In the winter issue, "Did You Thank Your Sensei?", the student who started the applause at the end of class was named Glenda.

In the fall edition, the tournament results for the Northern Region Fall 2002 tournament omitted Ryan Newcomer as a judge.

## Does Rank Really Matter? Part 2

By BEN HARYO

In part one we looked at how rank is obtained in the martial arts and particularly “grandmastership”. We identified three primary ways this is done: by a life-long study and devotion to a style, by heritage, or by making your own organization who will accept you as a Grandmaster. Legitimate ways earning this title can take thirty-five to fifty years of training. Humans are not a particularly patient lot by nature, so creative thinking can substantially shorten that time.

### Creative Thinking ... or Creative Lying?

There are some people who “invent” their own legitimacy. Can you say “Blatant Lies”? You bet. Any inventive liar could spin off a made up story, claiming a possession of knowledge in a “marvelous fighting style”.

Let us say a clever gal named Jane Doe wanted to be as strong as Steven Seagal so she could become a strong woman. To do this she enrolled in an Aikido school. After she had been training for a while, she decided that the 6 months worth of lessons she received in the local Aikido Club were not enough to imitate what Steven Seagal did in his movies. So she rented all of Seagal’s movies and learn the moves by watching the video tapes. Throw in a

couple of Gracie self-defense-for-women classes, and a dash of Taebo, and she was ready. A couple of months later she became “Dai Sensei Jane Doe, 10th Dan Black Belt, founder of W.F.S.D.A. J.T.J-D-R (Women-Friendly Self Defense Aikido-Jujitsu-Taebo-Jane-Doe-Ryu)”, offering “true, battle-tested, real-life self-defense techniques especially from women”. And if she was really clever, she might add that “learning self-defense from a fellow women is much more superior than learning from men” and “reduces the possibilities of sexual-harassment”. Yee-haw! Instant Grandmastership! No need to train for decades!

Are we ready for some more fun? Jane decides that she has something going here. She has a curriculum (borrowed from many sources, of course, even from magazines she just read a couple weeks go), she has a great “sales pitch”, and she has the willingness to carry on her plan full-scale. So she opens a Dojo. She shells out some cash to borrow advertising space in various martial arts magazines. She puts a website on the Internet. With a charismatic personality, a great sales pitch, and a carefully planned curriculum, she will have no problem finding students. Lots of people, gullible of

course, will flock to her direction, looking for instruction in this “no-nonsense self-defense bag o’ tricks for women, by women”. Before you know it, she will have hundreds of students and several branch Dojo everywhere.

Cool, isn’t it?

Are we all set? The story doesn’t end here! Jane Doe decides that she needs to “legitimize” herself. Off course her Aikido instructors won’t legitimize her. However, Jane Doe will not have much trouble finding a martial arts organization to “legitimize” what she has done. All she has to do is to gather a bunch of like-minded gals, then create something called “International Sokeships of Women-Friendly, Women-Only, True Self Defense Council”, to recognize her 10th Degree Black Belt. Forget the fact that she wasn’t even 50 years old. Forget the fact that she wasn’t even ready for her Aikido black belt test. She’s now a Grandmistress of her own style. Isn’t it wonderful that someone could become a 10th Dan with less than two years worth of martial arts experience? Nothing beats creative thinking (lying) doing its best.

### Gag Me With A Rank Certificate

The Jane Doe example above is a fiction, but I

(See Rank on page 6)

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*Rank certificates will become a fancy and expensive piece of paper, which signifies nothing but the gullibility of the holder.*

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*Humans are not a particularly patient lot by nature, so creative thinking can substantially shorten that time.*

## Training Report

### Scott Anderson

#### Second Visit from Expert Instructor

On Saturday, January 26, 2002, Sensei Scott Anderson was the guest instructor at the Arlington, Virginia, YMCA Budoshin Jujitsu dojo. Holding yudansha ranks in Judo, Ju-jitsu, and Sombo, Sensei Anderson taught self-defense principals and tech-



Scott Anderson demonstrating one of the many ground techniques presented during his two hour class.

niques applicable in both standing and grappling situations. In particular, Sensei Anderson demonstrated the effectiveness of "Framing" as a defensive posture as he led the class through an invigorating and well-paced workout. The Arlington ju-jitsu students benefited from Sensei Anderson's tempo-

rary work assignment to the Washington, DC, metropolitan area, and his second visit to the dojo as guest instructor during his stay. More importantly, they benefited from his skill as a martial artist, his willingness to teach, and his expertise as Sensei.

## Community Involvement

On January 25, 2002, nine scouts from Junior Girl Scout Troop 1005 at St. Joseph's came to the White Marsh YMCA Dojo to attend a presentation on martial arts as part of the Sports Sampler merit badge they are currently working on. Sensei Susie and Sensei Curley treated the girls to a half hour discussion, demonstration and participation on the importance of self defense, daily exercise and good

health. They also discussed the equipment needed, the benefits of participation, safety when practicing martial arts, rules and proper clothing. Sensei Susie talked about the training needed to become an instructor and how many years he has been teaching jujitsu. All the scouts were invited to stay and participate in the youth class which followed the presentation. The girl scouts had a wonderful time and

came away with some knowledge and appreciation of the art. Several of the girls are ready to enroll in class. One of their fellow scouts, Marisa Levin, told them how much fun she has in class each week and that she has been coming since she was six years old. Many thanks to the Sensei and Senpei who helped the scouts earn this badge.



Wade Susie and Karen Curley



# AJA Bi-Annual Convention

July 12 7:00pm to 9:30pm  
July 13 8:00am to 6:00pm

Towson YMCA  
600 W. Chesapeake Avenue  
Towson, Maryland

Every two years AJA members from around the country gather together for training and fellowship. This year's convention will be hosted by the Daitoubokan Dojo at the Towson YMCA and organized by Dennis McCurdy and Terry Feelemyer. Instructors will include George Kirby, George R. Parulski, John D. McCurdy, Gene Roos, Bill Stockey, Wade Susie, Reg Heefner, Bobby Anderson, Scott Anderson, and Bruce Jones.

Cost: \$40 for both days.

Competition will include:

- Self-Defense Kata
- Free Sparring (Kumite)

Training workshops will include:

- JuJitsu
- Karate
- Sombo
- Chin-Na
- Aiki Jutsu
- Judo
- Classical



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*Once money is involved, people are thinking of success in terms of how much money they made.*

## Rank

*(Continued from page 3)*  
 have no doubt that many cases like this actually happened. Will this ever end? Unlikely, because once money is involved, people are thinking of success in terms of how much money they made. If they could make a lot of money from their lies, they are not going to stop! If this kind of thing keeps on going, then rank certificates will lose all meaning. No longer will it signify all the years of practice and all the skills accumulated. Rank certificates will become a fancy and expensive piece of paper, which signi-

fies nothing but the gullibility of the holder. Sad, isn't it?

So what is an honest martial artist to do? Simple. Quit thinking of higher belt ranks. Just train. Practice. Show some respect and loyalty to your style. If you are diligent enough, if you are practicing your art to the extent of your abilities, then you can be sure that you will pass your next belt test.

Does rank really matter? Yes sir! For sure! It matters a lot! Just make sure that you earn your rank. Be honest to your heart. If you earned your black belt by years of

diligent practice, then you can smile to yourself, knowing that you are doing the right thing. Be proud of what you have achieved.

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*Ben Haryo is a Karate and Jujutsu instructor who lives in Jakarta, Indonesia. He holds a 1<sup>st</sup> Dan in O'Sensei Brosious's Ketsugo Jujutsu, 2<sup>nd</sup> Dan in Ishihara-style Goshinbudo Jujutsu, 2<sup>nd</sup> Dan in Wadoryu, 5<sup>th</sup> Dan Jidokwan and is a certified Instructor of the International Jidokwan Federation.*

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*It's amazing how many martial arts schools are suddenly advertising that they offer jujitsu instruction.*

## Pancake

*(Continued from page 1)*  
 enced cook (a competent sensei) places a ladle of the mixed ingredients onto a properly heated and treated griddle, turning them at the right time. A homologous certificate may, at best, create a good batter. However, good batter still isn't a good pancake unless the cook (sensei) knows what he's doing.

There are some ryu of jujitsu that have been jujitsu from when they were created or evolved in ancient Japan. There have been some ryu where sensei were knowledgeable enough in the separate components of jujitsu to successfully integrate them back into a viable jujitsu ryu. In both cases these ryu present an organized and integrated instructional program that teaches jujitsu to

students from the outset and has high standards for yudansha grade promotions as well. Both types of ryu are surprisingly similar in standards and promotional requirements.

It is not just a list of aikido techniques, judo techniques and karate kata that must be memorized at different points in the student's martial arts training. An effective jujitsu program teaches jujitsu from day one; all aspects of the art are fully integrated from the outset. The student doesn't learn a judo move, then a karate move, then an aikido move. The student doesn't learn karate for a certain time period and then karate and then aikido. In jujitsu the student learns effective self-defense techniques that integrate all three arts from the very

outset. There is no karate, no judo and no aikido – there is only jujitsu.

Keep in mind that judo, aikido, and many ryu of karate evolved from jujitsu because jujitsu was (and still is) a more cumbersome art to teach. The simple reason for its complexity is simply that there is so much more to learn. What's most important though is that the student is learning an art, not just an extremely effective and personalized self-defense system. That cannot be taught by a teacher who hasn't been cooked on the griddle.

Legitimate jujitsu ryu and organizations are appalled with homologous certificates of rank, especially when issued for ju-

*(See Pancake on page 17)*

## Practice

(Continued from page 17)

spective. If I really was a serious dedicated student, then I would bring up my grades and make time for class. Dedication is not just about coming to class on time and being there. It's about everything else, from school to sports teams.

Every so often my sensei shares the statistics for class attendance and what rank has the best. He says that statistically when a student is promoted to 5th kyu, his or her attendance tends to drop even more. When I was promoted to 5th kyu my attendance dropped significantly, just as my sensei said. I cannot remember whether it was because of grades or wrestling, but I missed class for almost 2 months. When I returned to class. I started to practice with more advanced students and started to pay more attention to the Budoshin philosophy. When I first joined I did not take to heart what my sensei said — I was just there mostly to have fun and throw people around. *When I began to come to class on a regular basis again it started to occur to me that Jujitsu is more than throws and falls.*

It was in 9th grade that everything really came together for me. I started to feel more like I knew what I was doing. The dojo's older and more experienced members began to accept me as one of the class. It had been about 2 years since I joined and things were finally clicking. Around this time I made friends with the highest-ranking student, Kevin, who happened to go to the same high school I attended. He was

17 and not the person I expected at all. When you only see someone in a dojo, you only get to see one side of the person. The side I saw for 2 years was a serious longhaired brown belt that never laughed and barely talked. But as I got to know him he started to loosen up and we got to know each other better. We started to spend more time together. Unexpectedly, our friendship led to learning even more about jujitsu. His knowledge of the art and how he carried himself outside the dojo started to rub off on me as well as make me think about how I acted.

This is when I started to take the true philosophy of ju-jitsu to heart. Kevin was, and still is, a good example of how someone should practice the philosophy of Budoshin. This is the way of a gentle man. The way of a true martial artist, only using your skill when it is the last possible resort. Fighting is not right. When two people fight, modern society's morals and ideals have broken down. Fighting is like going back to a primal stage of resolving matters. Hanging out with Kevin as well as listening to my teacher started to make me understand more about how one can live by those ideals. All this philosophy and controlling emotions helped to develop my own opinions on fighting. Personally I feel it can always be avoided. I have been in situations where I could have fought and found that it was not necessary.

Recently, I have been testing this theory, though not by choice. A certain person whom I occasionally run into, rubs me

the wrong way. Whenever I see him, my adrenaline starts pumping. My heart rate increases and angry thoughts pour through my head. I have to tell my self, "just keep away from him, and don't put yourself in a fighting situation." My teacher has made it clear to us about the consequences of our actions should we harm someone. He talks about the idea of proportionality: only return the same force or less than your attacker puts forth. For example, suppose I were to get into a minor argument with the student mentioned above, resulting in me being shoved. My anger towards him, coupled with my Ju Jitsu training could yield a devastating result. This is a prime example of applying Budoshin philosophy to real-life. I'm capable of breaking my fellow student's arm. But, if I did, I would have reacted with too much force and would be punished. Our sensei makes it clear that fighting is not the answer.

Ju-jitsu has made me a stronger person, more equipped to deal with life. It has made me more capable of making the right decisions and functioning more effectively in the world. It has also taught me to control my emotions and treat others with respect. I have learned that many things in life are not necessary. If everyone took ju-jitsu, I think the world would be a more peaceful place.

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Daniel Gaul is a 16 year old sophomore at Yorktown High School in Arlington, Virginia. He has been studying for 3 years with Thomas Salander at the Arlington YMCA. He will be taking his Sankyu test in June.

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*Fighting is like going back to a primal stage of resolving matters.*

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*Dedication is not just about coming to class on time and being there. It's about everything else, from school to sports teams.*

## Special Report: Sparring

### Jiu-Kumite: Yes!

By JOHN D. MCCURDY

*You can have a lot of fun if competition is overseen carefully by competent judges and referees.*

Some would argue that this is impossibility, yet we note famous ju-jitsu fighters in feudal Japan. Challenges were offered and accepted, and I suppose that as in the original sword practice using the bukto, bones were broken. Hence, by the way, the evolution of the shinai. Those who would argue against such a competition evoke lethality as the conclusion of such an event that is if it were true ju-juts.

As ju-jitsu developed in our area,

some students wanted a little more action. Not wanting to be too much like judo randori, and yet not to much as in the karate jiu-kumite, Hanshi George R. Parulski, Shihan Terry Feelemyer, Renshis Wade Susie, and Dick Lab, and myself, came up with what we think is a workable free fighting situation. The rules for the up-coming AJA National Convention in Baltimore have been in place for several years without major injury to competitors.

Essentially, it is a combination of various parts of USJA and USKA rules, modified for this particular activity, so that kicks and punches lead to a grappling situation in an attempt to throw or take down the opponent. If there is no clean waist high throw or shoulder level sutemi-waza, action may continue on the mat as in judo gatame waza for the pin. The clean throw is ippon, while the punch or kick landed is scored as well as a take

(See **Yes!** on page 10)

### Jiu-Kumite: No!

By GEORGE KIRBY

*To train students for jiu-kumite is to untrain them for jujitsu as an art and as an effective means of self-defense.*

Jujitsu is known as the gentle art. It includes the techniques of judo, karate and aikido and is a tremendously effective form of self-defense for street use. That is how students are trained.

Jujitsu is not a sport. It was never created for sport. To reduce it to a safe sport for kumite (in which two competitors are attempting to use

jujitsu on each other) requires so many modifications and restrictions that the art is lost and its effectiveness as a self-defense system cannot be realistically demonstrated. In spite of all the "safety rules" for kumite, what is left of the art still is not safe for the participants.

Protective gear may protect the participants from hits and kicks,

but they also increase the chances of injury when joint locks are used (even without taking resistance into account). The person attempting to execute the technique cannot get a feel for his opponent's body or extremity. Thus more force than necessary is used and the chances of injury are increased. The general public,

(See **No!** on page 10)

### Jiu-Kumite: Training—Technical, Tactical, and Tough

By SCOTT ANDERSON

*An art that wishes to encourage throwing will not allow the fighters too much time in ne wasza.*

#### A Means for Acquiring or Re-Engineering Fighting Skills

For centuries, rough and tumble fighting systems have evolved beyond the battlefield or the fight or flight struggle into the realm of martial arts that are intended to lead to spiritual or personal growth if not

true enlightenment. Ju Jitsu to Judo to Aikido might describe one such evolutionary chain. This in turn is augmented by decades of sports physiology training, so that students training in a martial art today have never had more resources available to lead them successfully toward their goals.

It may not be fair to benchmark

the success of a martial art or an individual practitioner based on whether or not someone can win competitive sport matches, but most martial arts do claim to provide personal defensive skills. Sport matches are useful training tools for techniques to be tried and perfected under safe and

(See **Tactics** on page 11)

## Words

## 詞

### Seminar Lament

By **GEORGE KIRBY**

It would be neat if travel was cheap  
then, I'd go to all seminars offered.  
But since they cost bucks I'm just out of luck  
I can't go to all that are proffered.

I must pick and choose, win or lose  
To pick the few I can afford.  
For I can't go to all, and take all those falls  
'Cuz I don't have the bucks, good lord.

So if I say no, I'd really like to go  
But my wallet is empty you see.  
But I'll be there in spirit; that's one way to get near it  
Unless I can go there for free.

## Eventuate

By **HAROLD BROSIOUS**

Meaning—Final result. Conclusion.

For a Ju-Jitsuka eventuate is very important. The manner in which it is accomplished will differ according to the original attack. There are certainly many different techniques that may be used when under attack. However, the eventuate technique has to be applied according to the original force that is used by the attacker.

If the attacker elevates the attack in any

way, then the Ju-Jitsuka may elevate the eventuate.

Examples: If you are grabbed and the attack is not life threatening, then techniques may be used to control, ( come-alongs or body hold downs ), strike or kick the attacker. If the attack becomes life threatening, then the defense may be elevated to the maximum.

Remember that in the use of the eventuate

technique you must be justified in doing it according to the original attack. You must be able to walk away from the original attack and immediately report the incident to law enforcement.

It is certainly important that you have a knowledge of numerous eventuate techniques so you can immediately use one that would be for the situation that arose.

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*As ju-jitsu developed in our area, some students wanted a little more action.*

## Yes!

*(Continued from page 8)*  
down. Therefore, one might win by points or throw or osaekomi. Each opponent must at some time during competition initiate a grapple. If contact is made with out follow-up, the mat referee stops the action and will score. He might score both if exchanges are simultaneous. This is not a continuous fighting format, which in our opinion,

leads to in-stoppable situations leading to serious injury.

You should remember that this is a game and the referee will stop the match when he thinks that unacceptable danger exits; failing resistance to ude hishigino-ju-ji gatame as an example.

You can have a lot of fun if competition is overseen carefully by competent judges and referees,

and you can get the feeling of how it might have been when challenges were issued in ancient Japan. Certainly, you will get the sense of how it might be in the street!

←  
*John D. McCurdy, Hanshi  
Northern Regional Director*

## No!

*(Continued from page 8)*  
especially parents, are not enthusiastic about high risks of injury, the bloody noses, or the seemingly macho image that is required to stoically survive all this damage.

Scoring for strikes borrows from karate competition. Yet in ju-jitsu, the effectiveness of a hit or kick is determined by it's intention, not it's impact. A hit may be used to distract, stun or injure. How do you determine the validity of a hit in all three areas in jiu-kumite? You can't.

Scoring for a clean throw borrows from judo randori. In a street situation a "clean" throw can put an assailant "through the concrete" and—because do to all of the injuries sustained—he will not get back up. On the other hand, a trained judoka or jujitsuka should be able to execute a clean throw and put the attacker down gently enough to minimize the chance of injury. Which concept is to be followed in jiu-kumite? It would seem that the person with the best control would be penalized.

Let us not forget those pins and

submissions, another element from judo. Pins are good to learn, but I wouldn't plan to maintain one in a street situation. It's too dangerous if the attacker's friends want to join in the fray. Submission (joint locks, dislocations, etc.) are designed to quickly render an attacker unable to continue his attack by causing severe trauma to a joint or causing a fracture. In the "heat of competition", when the adrenalin is running high, it is too easy to break or dislocate a joint. I've seen it happen too many times.

And what of all those aikido techniques we've learned. Guess what? Aikido does not have competition for two reasons: 1.) the idea of competition is in complete conflict with the philosophy of Aikido which emphasizes control and non-violence, and 2.) well executed aikido/akijujitsu techniques can do an incredible amount of serious structural damage almost instantly once they are set.

To train students for jiu-kumite is to untrain them for jujitsu as an art and an effective means

of self-defense. There are just too many things that cannot be done—in the interest of safety—in a jiu-kumite competition.

**H**ave I ever been involved in jiu-kumite? Yes. Sensei Seki would occasionally set up a tournament. The only thing we could not do was make contact with the face or head and all hits and kicks had to be pulled. Protective gear was minimal. I went through that competition twice and placed once. I would never put my students into the competition because there were not any written rules and the winner was the last student standing or who had not tapped out. I may have been young and dumb enough to compete a couple of times, but I was also old and wise enough to protect my students.

There are safe formats for demonstrating jujitsu in a competitive environment for those who feel the need to compete. In all fairness, students must also be "trained down" to compete safely in these other formats.

*(See No! on page 15)*

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*Protective gear increases the chances of injury when joint locks are used.*

## Tactics

*(Continued from page 8)*

controlled circumstances, and yet many people do seem to train very hard to lose.

Each fighter must understand the skills that he is learning, so that those skills may be properly learned and adapted to that individual fighter. This is not easy, which is one reason that the fighter needs a good instructor to help select and hone the skills needed to compete, defend, or flat out fight.

One paradigm for understanding the more important aspects of applying a given technique is the Three Ts: Technical, Tactical, and Tough.

In a well-balanced fighter, all three of these aspects are developed equally, but any combination or even a single aspect if strong enough may overcome all three of these same aspects in an opponent. For example, an extremely strong fighter may completely overwhelm a technically more proficient but weaker opponent no matter how many tricks that he has under his belt. Conversely, a stronger fighter may be undone by a technically superior opponent—particularly if the opponent uses tactics to offset his opponent's strength.

### Technical

Technical relates to the learning of techniques. Depending on how the martial artist or fighter wants to use his skills, this may not be as simple as it seems. To reach a black belt in Judo, Ju Jitsu, etc is an academic process that does not necessarily have to reflect the real world. Proficiency is usually a function

of time and technique repetitions until the student is able to accomplish all of the required material per the standards of the system. Master the techniques in the manual, and the coveted black belt is issued. Learning the techniques for self-defense or for sport may be an entirely different matter.

Coaches and instructors must determine which techniques are needed for a tournament and ensure that the competitors are given both the required techniques and the required counter techniques. Also, the required competitive techniques do not stay the same year after year—they evolve, or at least batches of techniques seem to go in cycles or fads. Sometimes techniques change because someone found a better way to execute them, and sometimes techniques become advantageous due to rule changes to re-engineer the competitive art to encourage the use of certain techniques. For example, an art that wishes to encourage throwing will not allow the fighters too much time in ne waza if there is not an obvious scoring opportunity looming up. Instead, the fighters will be returned to their feet for tachi waza.

Sankaku jime is a consummate Judo technique where the largest muscles of the body are used against the much weaker neck to secure the choke. This technique is far riskier on the battlefield or in matches where biting and groin strikes are permitted. Morote Seonage came into its own in judo because of the judogi being patterned after the kimono with nice loose lapels to grip. The samurai would

not find it as useful in battle against opponents in armor with no lapels.

Lastly, Sombo is noted for ankle and leg locks that were once a part of Judo matches a mere three quarters of a century ago. The rules changed, and those techniques are now only in the Atemi Waza. The techniques are as effective as they always were, but they are now illegal, so no one uses them in competition.

Some techniques of the samurai entered the age of firearms unaltered while others would have become fatal without modification. For example, Kote Gaeshi may be executed against a knife-wielding opponent without great concern about the angle of the assailant's wrist. Put an automatic pistol in that assailant's hand and that wrist angle becomes much important as he instinctively begins to fire off rounds. The defender would want to ensure that his body is not in the line of fire.

### Tactics

Technique selection for tournaments should not be based on the entire curriculum of an art. First, fighters must refine their best techniques, and this limits the number of techniques that fighters can polish and use to a couple from standing and a couple down on the mat.

The first step is to recognize what type of competition that is taking place. For example, many Ju Jitsu styles might consider the two sides of the competitive match tachi waza

*(See **Tactics** on page 13)*

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*Master the techniques in the manual, and the coveted black belt is issued. Learning the techniques for self-defense or sport may be an entirely different matter.*

---

*Sometimes techniques become advantageous due to rule changes.*

# Technique

## Double Arm Trap Throw

By GENE ROOS



*Attacker wraps his arms around the defender's arms.*



*The defender takes a left foot rear arc step and his body turns counter clockwise. At this point the attacker is locked onto the defender.*

*The defender bows to his left as his right leg lifts the attacker's left leg.*



*Defender's right leg sweeps (forward) the attacker's left leg throwing him to the ground.*



## Tactics

*(Continued from page 11)*

(standing fighting) and ne waza (ground fighting) with more emphasis on the tachi waza. A Brazilian style tournament might consider the same two dimensions but with a greater emphasis on the ne waza.

Sombo, another grappling art further subdivides the match areas as:

- Fighting from Standing
- Fighting from Standing while Going Down to Matwork
- Matwork
- Matwork while Returning to Standing Fighting.

The second step in developing tactics for a competition is to read and understand the rules. Also, knowing the duration of individual matches, and if any techniques have been prohibited or permitted beyond the standard sport rules is important.

Knowing what is illegal in a tournament is also crucial. Illegal techniques may be dangerous (or just dangerous to those who have not seen them before) and should carry a stiff penalty for their use. A tournament that does not have a heavy penalty for the use of illegal and dangerous techniques is in danger of encouraging the use of illegal techniques as a strategy to intimidate or wear down an opponent. Some fighters are willing to take a minor point penalty if they believe that there is a greater advantage in using an illegal technique.

Never assume because a technique is illegal in one martial art that a practitioner does not know the technique. Full Nelson's are illegal in both school-boy and collegiate wrestling, but most wrestlers know how to apply one. A practitioner's style may help to decide how to defend against his offense, but it seldom guarantees that there are any classes of tech-

niques that he will not use or be familiar with.

### Toughness

Toughness can be both physical and mental, but physical toughness is the most evident. It is usually based on genetics or hard, physical training. Strength is the most obvious physical attribute for the fighter. It can be used to offset inexperience and less refined technical skills. A grip of iron is hard to beat even if the fighter is not using his best wrestler's grip.

Endurance is the second physical aspect, but it may be harder to determine at a glance. By being in good physical condition, the fighter may carry out constant attack and harassment of his opponent as a tactic. If his opponent is constantly defending himself from being overwhelmed, he may not be able to launch an offense of his own.

Coordination and the sense of balance work together to complete a fighter's physical skills. While having both permits a fighter to more quickly master the training matter, a lack of either or both may be overcome with repetitions and time.

Regrettably, the better fighter is not always the winner. It may go to the smarter, the stronger, or even the one who can simply outlast his adversary.

### Re-engineering

Re-engineering is not just refining one's skills. It is about finding out what works and what does not. It is about improving.

Systems engineering is akin to the scientific method, but it applies to martial arts since each art is a system of techniques and principles. The scientific method states that hypotheses must not only be generated, but they must be tested to prove their validity. If testing shows flaws in a hypothe-

sis, then the hypothesis should be revised (and retested) or abandoned.

This is not a call to wreak havoc with traditional curricula, but it is an attempt to obtain an honest, objective snap shot of a practitioner or system's capabilities in certain situations. This can be an excellent training skill.

Similar styles present some illusion that testing is not needed. A wrestler attempting Judo or Ju Jitsu may have technical skills that should win matches, but the wrestler may find out that he spends as much time fighting his own jacket as he does his opponent. If the wrestler had found this out prior to the competition, he may have been able to get additional training to offset the problem, or he may have been able to develop tactics to prevent him from having to deal with gi grips entirely.

Lastly, systems engineering has an old saw: "If you always do what you always did, you will always get what you always got."

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Scott Anderson learned the hard way that similar seeming martial arts can be very different in their practice and theory. He started off learning the four styles of wrestling recognized in the United States which includes sombo wrestling. In the nooks and crannies of thirty years on the mat, he managed to study judo, judo, and several styles of Ju Jitsu under Gerry Sewell, George Nobles, and Dennis McCurdy. In another thirty years, he may figure out everything that his instructors were trying to tell him.

His articles have appeared in *Karate International* and *Black Belt* magazine. He collaborated on a sombo article for the *Journal of Asian Martial Arts* with Dr. Brett Jacques that was later translated into Italian and published in *Arti d'Oriente*.

---

*Regrettably, the better fighter is not always the winner. It may go to the smarter, the stronger, or even the one who can simply outlast his adversary.*

---

*Some fighters are willing to take a minor point penalty if they believe that there is a greater advantage in using an illegal technique.*

## Contacting the AJA



To answer this question...



...contact this officer...



...who is this person.

### Jorge Corona

✉ [jorge.corona@iwon.com](mailto:jorge.corona@iwon.com)  
 ☎ 626-918-6510 (home)  
 ☎ 626-392-1440 (mobile)  
 📍 15014 Dancer Street.  
 La Puente, California 91744

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✉ [majik8@usa.net](mailto:majik8@usa.net)  
 📍 P.O. Box 4261  
 Burbank, California 91503-4261

### George Kirby

✉ [senseigk@budoshin.com](mailto:senseigk@budoshin.com)  
 ☎ 661-259-7912  
 📍 P.O. Box 801854  
 Santa Clarita, California 91380-1854

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✉ [lenoirshihan@earthlink.net](mailto:lenoirshihan@earthlink.net)  
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 📍 P.O. Box 1906  
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 91358-1906

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 📍 500 Virginia Avenue #1202  
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 📍 324 Barrington Park Lane  
 Kernersville, North Carolina 27284

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 ✉ [jujutsujohn@netscape.net](mailto:jujutsujohn@netscape.net)  
 ☎ 301 831-3280  
 📍 3949 Sugarloaf Drive  
 Monrovia, Maryland 21770

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✉ [rsekulich@earthlink.com](mailto:rsekulich@earthlink.com)  
 📍 250 West Spazier #206  
 Burbank, California 91502

## Updates

The following information has changed since the last issue:  
 Donna Mathews: e-mail  
 Radovan Sekulich: e-mail

Where do I send Membership forms and fees? (Dojo and Individual Student)

➔ Membership Chairperson

➔ Mark Jordan

Where do I send Mudansha Rank Promotions? (application and fees)

➔ Certification Chairperson

➔ Donna Mathews

Where do I get materials? (patches, constitution, etc.)

➔ Materials Chairperson

➔ Mark Jordan (acting)

Who do I contact about tournaments?

➔ Regional Tournament Coordinator

➔ Jorge Corona, Western Region  
 Tony Maynard, Southern Region  
 Dennis McCurdy, Northern Region

Where do I send Yudansha Rank Promotion? (application and fees)

➔ Regional Director

➔ Radovan Sekulich, Western Region  
 Tony Maynard, Southern Region  
 Dennis McCurdy, Northern Region

—or—

What if I have a problem with a Board member or Staff member?

—or—

What if I have a question that is not listed here?

What if I have a problem with my Regional Director?

➔ AJA President

➔ Walt Lenoir

What if I have a proposal for the Board of Directors?

➔ AJA Board of Directors Chairman

➔ George Kirby

## No!

*(Continued from page 10)*

However, since they're not encountering any resistance they can more effectively demonstrated control and the art of jujitsu. Also, not as much "training down" time is required to ensure safety. The two "safe" competitive formats that I know of can be categorized generally as freestyle-kata and kime-no-kata.

In the early 1970's the freestyle-kata format was developed on the west coast by the Budoshin Jujitsu Dojo. In this format the tori is continually attacked by the uki for 60-90 seconds, without prior knowledge of the attacks, and must demonstrate effective self-defense techniques from jujitsu. The uke may not resist any technique and the tori may not

use excessive force. Only the tori is scored on his or her total performance. There are 1½ pages of printed simple rules and they *are* enforced! Fortunately there have been no injuries in this type of format since its inception. This format has been adopted and modified by other jujitsu organizations in the U.S.

Another format was developed by the AJJF (American Judo/Jujitsu Federation) called prearranged kata. (In Budoshin Jujitsu we'd call it kime-no-kata.) Participants are issued a list of kata, appropriate to their belt rank a few weeks prior to the competition. They then demonstrate the kata on their preselected uke and are scored on the execution of each kata. This format is tremendously safe as

there is 100% cooperation between tori and uke.

Any form of jujitsu competition is "trained down" or watered down jujitsu. In jiu-kumite the competitors hands (feet and heads too) are most effectively tied behind their backs. They are put in the most realistic environment with an adversary — an adversary as skilled as they are — and severely limited in what they can do to protect themselves in that environment. Many times the matches end up, as Seki would say, looking like "chickens scratching". Boy did we get chewed out when we looked like that!



*Prof George Kirby  
10<sup>th</sup> dan, Budoshin Jujitsu*

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*Any form of jujitsu  
competition is  
watered down  
jujitsu.*

## Summer Training

As summer approaches for many of us the heat can become our biggest adversary. Here are some thoughts for training in the heat.

- Exercise during the morning or early evening hours, avoiding midday when it's warmest.
- Wear comfortable, loose fitting clothing.
- If you're going to be outside in the sun, put on protective sun block.
- Drink plenty of water. If you're thirsty, you're already on the way to being dehydrated.
- Avoid sugary sports drinks, as they can cause cramping.
- Avoid exercising when it's too hot or too cold to be outside comfortably. It's unhealthy to exercise outside when air quality is poor.

## Promotions

### Shichikyū 七級

John Simic	3/2002	Burbank
Kevin Jew	3/2002	Burbank

### Rokkyū 六級

Caitlin Davies	2/19/2002	Arlington
Elise Freeman	2/19/2002	Arlington
Christopher Martin	2/19/2002	Arlington
Marie Troutman	2/19/2002	Arlington
Bryce DeFigueiredo	3/2002	Santa Clarita
Denis DeFigueiredo	3/2002	Santa Clarita
Sean Gallimore	3/2002	Santa Clarita
Masashi Mizukami	3/2002	Santa Clarita
Jason Richards	3/2002	Santa Clarita
Carol Roleder	3/2002	Santa Clarita
Alex Martin	3/21/2002	Claremont
James Stevens	3/21/2002	Claremont

### Gokyū 五級

Priya Kulandaivelu	Winter, 2002	Har-Bro #2
Enrique Rivero	Winter, 2002	Har-Bro #2
Mark Broihier	Winter, 2002	Har-Bro #2
Glenda Perl	3/2002	Santa Clarita
Michael Langewisch	3/2002	Santa Clarita

### Sankyū 三級

Denny DeLosReyes	3/2002	Santa Clarita
Wes Farmer	3/2002	Santa Clarita
Kevin Yousefi	Winter, 2002	Reston
Vincent Hayes	Winter, 2002	Maru
Adam Sasso	Winter, 2002	Maru

### Nikyū 二級

Daniel Orkwis	2/19/2002	Arlington
Clem Ehoff	Winter, 2002	WhiteMarsh
Chris Styles	Winter, 2002	Maru
Philip Browning	Winter, 2002	Maru
Fave Eckardt	Winter, 2002	Harvard-Westlake

### Ikkyū 一級

John Portlock	3/21/2002	Claremont
Kimo Williams	3/2002	Burbank
Edward Birrane	Winter, 2002	Maru
Anthony Lower-Basch	Winter, 2002	Reston
Kathleen Patrick	Winter, 2002	Reston
Geoff Sasso	Winter, 2002	Maru

### Shodan 初段

Paul Bjork	Fall, 2002	Thousand Oaks
Joe Perez	Winter, 2002	Har-Bro #2
Mark Robinson	Winter, 2002	Har-Bro #2
Evan Chapman	Winter, 2002	Har-Bro #2

### Yodan 四段

Chris Angel	Winter, 2002	Metairie
Chaille Delerno	Winter, 2002	Metairie

### Godan 五段

Ivica Zdravkovic	9/2001	Aiki Jujutsu
Charles Cook	Fall, 2002	Thousand Oaks

### Instruction Certificate

Enrique Torres	Winter 2002
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### in memoriam

Kurt Mautner, age 17 and a student of Har Bro Dojo since age seven, perished March 17, 2002 when he veered to avoid a collision and rolled off the embankment of highway 118 in Simi Valley. Kurt was killed on impact. He was an excellent student and earned his Shodan last year.

Kurt was like a son or a little brother to the members of the Har Bro Dojo. He was not the biggest nor the fastest nor the strongest, but he would never quit. The older black belts took him under their wings. Over the ten years he was in JuJitsu the members watched him grow from an awkward, stumbling kid to a fine young man who helped in the junior classes.

Kurt will be dearly missed by everyone in Har Bro Dojo. He now resides in the Big Dojo where he will be looked after by the Supreme Grand Master.

Prof. Walt Lenoir, Kudan

## Pancake

*(Continued from page 6)*  
jitsu by sensei or organizations unqualified to issue legitimate certificates because they undermine and ultimately misrepresent the art and its integrity. They create the same bad image today that was created by jujitsu in the 18<sup>th</sup>-19<sup>th</sup> century of Japan, when the art was used for ignoble purposes and ultimately looked down upon with disdain.

The same thing can happen today. It's amazing how many martial arts schools are suddenly advertising that they offer jujitsu instruction. The general public is unfortunately ignorant enough to be misinformed and misguided. Ultimately they are disappointed in what they've learned (or more accurately what they haven't learned) and jujitsu gets a bad name. If the sensei is teaching with a homologous certificate and really

hasn't been adequately trained in jujitsu, then he is misrepresenting the art and himself and his students suffer the consequences.

How do you want your pancakes?

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Professor George Kirby, Judan, is the Chairman of the AJA Board of Directors.

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*Judo, aikido, and many ryu of karate evolved from jujitsu because jujitsu was a more cumbersome art to teach.*

## Practice

*(Continued from page 20)*  
Miles, Logan and I, along with my dad, were all excited to learn how to defend ourselves and show off what we had learned. Sadly we realized after the first class that it was not going to happen overnight. To be like Steven Segal was going to take many years of dedication.

The first couple of months focused on basics, for example how to maintain balance and center of gravity, basic forms, and how to fall and roll. One must learn to fall correctly because as a student progresses, he or she works up to throwing opponents and being thrown. There is a lot of hitting the mat hard after being thrown. It's hard to think about falling "correctly" but there really is a way to do it. Body position and a Kiai both cause you to be able to get up after you are thrown. In learning these techniques,

we were taught control right from the beginning. Nevertheless, we did not really see how important these fundamentals would be to us in the future.

The thing that kept me going through all the less challenging beginner stuff was seeing how the more advanced students looked. Their movements looked elegant and lethal at the same time. From the complicated forms they sometimes demonstrated to the Kata they practiced, this was a glimpse of what was to come. Sadly this did not keep two of my friends in class. Miles and Logan quit after about 2 months. It wasn't really that big a deal, but their leaving made me take my training a little more seriously. Eric and I progressed at the same rate for almost a year and a half. But during the summer between 8th and 9th grade, things started to change. Eric's and my Dad's attendance

dropped - Eric because he seemed to take Ju Jitsu less seriously; my Dad because of work commitments. Naturally, with more practice time, I started to move beyond their level. When I was promoted ahead of them, it made an impression on me.

Before this I had not exactly been Mr. Perfect when it came to attendance. It was not that I didn't want to go to class, but other things kept me from going. I had been a wrestler long before Ju-jitsu, so during wrestling season, my attendance at ju-jitsu fell dramatically. Along with wrestling, my grades were not so solid. My parents kept me from the dojo until my grades improved. I would tell my self, "it's not my fault I am not going, my parents won't let me go". But eventually I came to understand a different per-

*(See Practice on page 7)*

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*When two people fight, modern society's morals and ideals have broken down.*

## Northern Region Spring Tournament March 23, 2002

### Gedan: 7<sup>th</sup> kyu, 8<sup>th</sup> kyu

1 <sup>st</sup>	Matt Blinn	Arlington
2 <sup>nd</sup>	Adam Philippy	Maru
3 <sup>rd</sup>	Nicholas Rothwell	Maru

### Chudan: 6<sup>th</sup> kyu

1 <sup>st</sup>	Charles Duva	Maru
2 <sup>nd</sup>	Christopher Martin	Arlington
3 <sup>rd</sup>	David Langley	Arlington

### Chudan: 4<sup>th</sup> kyu, 5<sup>th</sup> kyu

1 <sup>st</sup>	Rob Rogers	Arlington
2 <sup>nd</sup>	Michael Hobson	Arlington
3 <sup>rd</sup>	Steve Tenney	Arlington

### Jodan: 1<sup>st</sup> kyu, 2<sup>nd</sup> kyu, and 3<sup>rd</sup> kyu

1 <sup>st</sup>	Bob Connolly	Arlington
2 <sup>nd</sup>	Daniel Orkwis	Arlington
3 <sup>rd</sup>	Alene Casteret	Towson

### Yudanshia

1 <sup>st</sup>	Raelene Meneses	Maru
2 <sup>nd</sup>	Michael Hickey	Towson
3 <sup>rd</sup>	Joni Wood	Towson

### Overall Champion

Charles Duva      Maru

### Judges

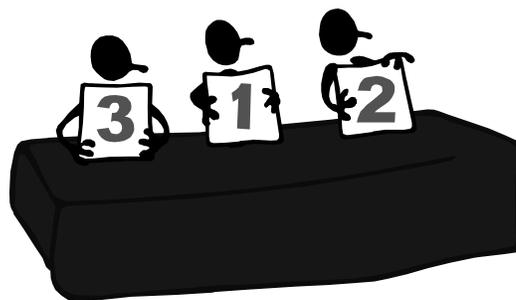
Scott Anderson, 5 <sup>th</sup> Dan	Raelene Meneses, 2 <sup>nd</sup> Dan
Thomas Salander, 3 <sup>rd</sup> Dan	Michael Hickey, 2 <sup>nd</sup> Dan
Tim Mathews, 3 <sup>rd</sup> Dan	Joni Wood, 1 <sup>st</sup> Dan
Charles Youman, 2 <sup>nd</sup> Dan	

### Mat Referees

John D, McCurdy, 8 <sup>th</sup> Dan	Kevin Brennan, 1 <sup>st</sup> Kyu
Thomas Salander, 3 <sup>rd</sup> Dan	Bob Connolly, 2 <sup>nd</sup> Kyu
Tim Mathews, 3 <sup>rd</sup> Dan	Daniel Orkwis, 2 <sup>nd</sup> Kyu

### Additional Support

A special thanks to Kevin Brennan, Michael McCurdy and Chris Styles who acted as Uki during the tournament even though none of them were competing!



## Upcoming Events

**April 27, 2002**

AJA Western Region Freestyle Kata  
Tournament

Time: 9am to 3pm

Where: Universal Ju-jitsu Dojo  
Claremont Human Services Center  
1700 Danbury Road  
Claremont, California 91711

Contact: Jorge Corona

✉ e-mail: [jorge.corona@iwon.com](mailto:jorge.corona@iwon.com)

✉ e-mail: [rocjujitsu@yahoo.com](mailto:rocjujitsu@yahoo.com)

☎ voice: (626) 392-1440 (mobil)

🌐 <http://rocjujitsu.tripod.com/aja2.html>

**May 18, 2002**

Masters Seminar Series: Jointlock Combina-  
tions

Time: 9am to 12pm

Presenter: Walt Lenoir, Ketsugo JJ

Where: Budoshin JJ Dojo  
Studio City, California 91604

Cost: \$25

Deadline: May 11

Contact: Radovan Sekulich

✉ e-mail: [rsekulich@earthlink.net](mailto:rsekulich@earthlink.net)

📍 250 West Spazier #206

Burbank, California 91502

**May 25, 2002**

Shobukai Austria Lehrgang International

Time: 1pm to 6:30pm

Presenter: George Kirby, Budoshin JJ

Where: University Sports Center, Halle 1  
A-1150 Wien, Auf der Schmelz  
Vienna, Austria

Cost: Euro 65

Contact: Mag.Dr. Franz Knafel

✉ e-mail: [shobukai@gmx.at](mailto:shobukai@gmx.at)

✉ e-mail: [knaf1.shobukai@aon.at](mailto:knaf1.shobukai@aon.at)

☎ fax: +43-1-888 76 64

🌐 <http://www.americanjujitsuassociation.org/seminar2.htm>

**June 29, 2002**

Masters Seminar Series: Transitions

Time: 9am to 12pm

Presenter: Robert Hudson, Danzan-ryu JJ

Where: Budoshin JJ Dojo  
Studio City, California 91604

Cost: \$25

Deadline: June 20

Contact: Radovan Sekulich

✉ e-mail: [rsekulich@earthlink.net](mailto:rsekulich@earthlink.net)

📍 250 West Spazier #206

Burbank, California 91502

**July 5-6, 2002**

AJA Bi-Annual Convention

Where: Towson, Maryland

Contact: Dennis McCurdy

✉ e-mail: [jmccurdy@cvm.fda.gov](mailto:jmccurdy@cvm.fda.gov)

✉ e-mail: [jujutsujohn@netscape.net](mailto:jujutsujohn@netscape.net)

☎ voice: 301 831-3280

📍 3949 Sugarloaf Drive

Monrovia, Maryland 21770

**October 12, 2002**

Camp Budoshin

Where: Santa Clarita, California

Contact: George Kirby

✉ e-mail: [senseigk@budoshin.com](mailto:senseigk@budoshin.com)

☎ voice: 661-259-7912

☎ fax: 630-604-9186

📍 P.O. Box 801854

Santa Clarita, California 91380-1854

🌐 [http://www.budoshin.com/camp\\_ju.html](http://www.budoshin.com/camp_ju.html)

**November 2, 2002**

Hanbo/Cane Seminar

Presenter: George Kirby, Budoshin JJ

Where: Arlington, Virginia

Contact: Thomas Salander

✉ e-mail: [salander@aol.com](mailto:salander@aol.com)

☎ voice: 703-243-0206

☎ fax: 703-243-0204

🌐 <http://members.aol.com/koshinage>

**Fall, 2002**

Budoshin Ju-Jitsu Fundamentals/Control &  
Restraint Tactics For Law Enforcement

Where: Toronto, Canada

Contact: George Cushinan

✉ e-mail: [cushinan@ca.ibm.com](mailto:cushinan@ca.ibm.com)

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*“All men know  
the utility of useful  
things; but they do  
not know the  
utility of futility.”*

Chuang-Tzu

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*“Sudden  
enlightenment  
comes only with  
exhaustion.”*

Chogyam  
Trungpa



## American Jujitsu Association

AJA Newsletter  
c/o Thomas Salander  
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Arlington, Virginia 22203-0222

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WE'RE ON THE WEB:  
[WWW.AMERICANJUJITSUASSOCIATION.ORG](http://WWW.AMERICANJUJITSUASSOCIATION.ORG)

*The American Ju-Jitsu Association (AJA) was founded in 1976 and is an internationally recognized governing body for the martial art of Ju-Jitsu 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 five 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 our membership chairman, Mark Jordan at P.O. Box 4261, Burbank, CA 91503-4261 (e-mail: [majik8@usa.net](mailto:majik8@usa.net)) or go to our web site.*

### A Life Altering Practice

By DANIEL GAUL

*Editor's note: What follows was not intended for the newsletter but was originally written for a composition class. The essay made such an impression on the English instructor that she visited the author's dojo to see for herself what he was describing. She is now planning to sign up for the next session.*

**I**t's funny how one goes into something not knowing it may change one's life forever. Some random event ends up being a major turning point in your life. One night you're at a party and meet a girl who ends up being your wife. Or maybe you finally decide to try something new and out of the ordinary and find it's something you grow to

love. For me something new was when I joined a ju-jitsu dojo in the 7th grade, not knowing what it would do for me. Ju-jitsu has changed my life by educating me about how to control my emotions and treat other people around me. It has taught me discipline and dedication and started to mold my views on life over all. Ju-Jitsu has improved my life for the better and become a key part of it.

Most people have not heard of ju-jitsu but the truth is that it is one of the oldest martial arts. It is also hard to say exactly what ju-jitsu is because it is a little bit of everything. The art contains varied techniques from pressure points to flying roundhouses. Many of

the martial arts like aikido and judo are derived from ju-jitsu. The style I practice, Budoshin Ju-jitsu, concentrates on using an attacker's momentum against him and using less forceful techniques for a large outcome. Breaking the word ju-jitsu down, it roughly translates to "gentle art". A gentle martial art? Weird isn't it? But it's not that kind of gentle art. The context is the amount of force used to control the enemy or attacker. Gentle means more gentle on you, the Jujitsuka, not on the person you use it on.

So with my meager knowledge of what I was getting into, I started my first class of Budoshin Ju-jitsu with 3 friends. The four of us, Eric,

*(See Practice on page 17)*

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*If I really was a serious dedicated student, then I would bring up my grades and make time for class.*