



AJA NEWSLETTER

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Spring 2011

Grappling with Japanese Jujitsu

David Boesel

Three jujitsuka from my dojo – Brian Buchanan and John and Dan Gress – have been participating in national grappling competitions. Brian has competed in sixteen contests in eight tournaments -- four sponsored by the North American Grappling Association (NAGA) and four by the International Brazilian Jiu-Jitsu Federation (IBJJF) at the Pan Am Championships. He has medalled in eight of the sixteen contests, winning six silvers and two bronzes. John has participated in six contests in three NAGA tournaments, winning one gold and one silver medal. The most recent entry, Dan has competed in four contests in two NAGA events and won silver and bronze medals. In each tournament, they participated in both gi and no-gi events. As Dan pointed out, “NAGA contests are very competitive and typically have 700 - 1000 competitors.”

All three are practicing Brazilian as well as Japanese jujitsu, and Brian is teaching in a Brazilian academy. I wanted to know what they thought Japanese jujitsu contributed to their success in these contests, so I emailed them a series of questions. Following are the questions and their responses.

Q: *In general, what are the differences between Japanese jujitsu kumite and NAGA contests?*

Brian: NAGA events start standing, but there is no IPPON! -- you can't win with just a good throw – and you can't win by pinning your opponent. You win by submission, points, or your opponent's disqualification.

(John and Dan have not participated in kumite.)

Q: *What distinctly Japanese jujitsu*

techniques have you found useful in competing in NAGA tournaments, and why have they been useful?

Brian: Uchi-mata and tai-otoshi are useful, because (in no-gi contests) your non-Japanese style opponents will fight for double underhooks in stand-up grappling (their arms under yours). They don't feel threatened when you have one under and one over-hook. Uchi-mata and tai otoshi work well in that position. In uchi-mata, for example, you can be standing beside your opponent with your arm hooked over his. You throw your leg and twist, and he goes down. Some arm and wristlocks are also useful – kote gaeshi, kote mawashi, and ude garame (figure four). I've used ude garame when in guard, both in top and bottom positions. A lot of BJJ guys and wrestlers

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Appropriate Use of Force

George Kirby, Chairman

Before I get into this topic, I need to quickly raise and put aside some attitudes pertaining to the use of force, particularly its use by law enforcement personnel. As I told my high-school government students, I am an equal opportunity offender. By the end of the year, I probably will have offended every group in America equally.

Here are some of the diverse opinions I've been hearing on this topic over the past few months:

Police officers can do whatever they want and violate our civil rights, constantly harassing, beating up, or shooting non-threatening peaceful civilians who are misunderstood and

their actions misinterpreted by a police officer's "mindset".

Weeping liberals and the money-seeking media cry police brutality whenever a suspect is restrained in the process of arresting him.

Review board proceedings can

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Three Steps

Dave Clark

My best teachers reduced things to their simplest, most logical terms, using one, two or three words to define something. They compared the subject matter to relevant topics, interesting current events, and a variety of contrasting opinions. The classroom atmosphere usually ranged from positively charged to absolutely electric. However, one thing stands out among all the other positive aspects of their teaching: their ability to take any subject matter, no matter how complex, and reduce it to no more than three steps. Virtually any student can manage three steps.

In our dojo, we joke about how the basic hip throw – koshi nage – is not so “basic,” considering that fourteen sequential motions need to be executed for a successful throw. But wait! The basics can be reduced to three moves:

1. Step into position
2. Arm around waist
3. Bend to throw

Students who have become very familiar with koshi nage through practice will recognize the fourteen-step sequence:

1. Block
2. Shock
3. Begin to rotate upper body counter-clockwise
4. Right step
5. Arm around waist
6. Left foot slide to right foot
7. Bend both legs
8. Extend right hip to right well beyond aggressor’s right hip
9. Lift aggressor using both legs
10. Bend at waist
11. Look left
12. Look behind
13. Rotate shoulders by lowering right shoulder during the throw

14. Eyes finish the throw by viewing upper left back corner of the room

It will take the average beginner longer to execute the three-step version of the koshi nage than it takes the accomplished student to smoothly execute the fourteen-step version, and this is what an outstanding teacher plans to see. The other steps will work their way into the technique gradually during focused practice.

The point I am making is this: When teaching anything, you have a responsibility to honor your students’ efforts by reducing subject matter to a maximum of three items at a time. Teachers who consciously keep lessons simple:

1. Avoid sensory overload.
2. Foster confidence.
3. Build on success.

By the way, jiu-jitsu’s poetic types might observe the following ten steps for koshi nage:

1. Mock: (Aggressor) “Your mother wears Army boots!”
2. Talk: (You) “Hey...we don’t have to do this. I’m sorry if I offended you.”
3. Cock: (Aggressor) Raised fists.
4. Block: (You) Forearm or parry incoming strike.
5. Shock: Strike aggressor to stun him.
6. Dock: Close in and grab to control aggressor’s “Y” axis.
7. Rock: Off-balance, take down, or throw the aggressor.
8. Lock: Submit the aggressor.
9. Gawk: Look to see that aggressor is safely submitted.
10. Walk: Leave the scene. ●



“Virtually any student can manage three steps.”

In the Spirit of Jujitsu

David Boesel

Students at the Dave Clark Jujitsu Consortium in Brandon, FL have contributed over \$10,000 to the Monsignor Lara Youth Center and Sister Irene St. Jean Gymnasium, also in Brandon, just outside Tampa. The funds were given over the course of 35 months of jujitsu study and went toward the construction of the

\$2.1 million complex. In March of this year, the students toured the facility to see the results of their contributions.

The students in Dave’s three jujitsu classes pay \$25 tuition, but he does not accept any compensation for his teaching. The funds go to local charities and wor-

thy causes, and the students decide how the money is allocated. Now that they have met their goal for the Youth Center and Gymnasium, the students have chosen to contribute their tuition to The Brandon Foundation, which, in turn, funds local charities. Donations for the

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Appropriate Use of Force

(Continued from page 1)

be worse than proctologic exams, even though the police are only attempting to carry out their legally authorized responsibilities within the extreme restrictions placed upon them.

I'm not going to spend my time getting into both sides of this issue and trying to assuage both extremes. That could be a very time-consuming process, as there are constitutional, economic, societal, and political issues with which to deal. Instead, my purpose here is to provide some insight and guidance to those of you who plan to teach self-defense techniques to civilians or self-defense and control techniques to law enforcement personnel. Please be aware that I am not an attorney and I am not giving legal advice in any form or manner.

I've had numerous black belts tell me that they're going to teach self-defense or arrest-and-control techniques [A&C] to police officers. Some say they're going to teach restraining techniques to civilians. Before you commit yourself to either of these paths you need to know the basic differences in the goals of self-defense, restraining, and arrest-and-control:

The goal of **self-defense training** is the use of necessary but not excessive force by the victim of the attack to safely remove him/herself from the attack and escape the vicinity of the attacker.

The goal of **restraining techniques** is to subdue and control an attacker until he/she calms down and can be released, used as a shield in the process of withdrawal from a dangerous environment, or detained until law-enforcement personnel arrive to engage in A&C. The defender may use reasonable force to restrain a violent individual if release of such an individual would pose an immediate danger to his or her safety.

The goal of **A&C** is to control for purpose of detaining an aggressor, pending further investigation or legal action. This may involve physically subduing [him] with restraining techniques or other methods. Law enforcement personnel should function within the department's use-of-force continuum. They may escalate to higher levels of force than the perpetrator, if justifiable and necessary to protect the officer and/or the general public.

If your goal is to teach self-defense to civilians, then you should be teaching them simple physical techniques that will allow them to escape safely from the attacker's environment. This training should also include non-violent skills on how to avoid situations in which self-defense skills might be needed and other skills to reduce the chances of violence if the student is in a confrontational situation. Also keep in mind that civilians are limited to the use of necessary but not excessive force, which may end up being determined in court after the fact.

If your goal is to teach restraining techniques to civilians, then you must deal with self-defense techniques, as well as the issues concerning the restraint of an individual. Students must learn to assess if they are in an environment where they can safely restrain an aggressor in either a standing position or on the ground (two entirely different scenarios) and what their viable options are once they've restrained [him]. Again, note that civilians may use necessary but not excessive force.

If your goal is to teach restraining or A&C to law enforcement personnel, you have a much more complicated task. Training civilians in the use restraining techniques is different from teaching A&C for a law enforcement agency, in which case you should make sure that everything you teach is within their use-of-force continuum. Every agency should have a defined continuum for their own and their officers' legal protection, and that is what the agency should be using as a basis for any review of an officer's actions.

In the use-of-force continuum, you need to look at two parallel paths:

Perpetrator's Path (his or her reaction to law enforcement). The levels in the continuum are:

1. Verbal compliance
2. Passive resistance
3. Active resistance
4. Physical aggression towards officer
5. Use of deadly force.

Officer's Path (use-of force-continuum). The levels are:

1. Officer's presence
2. Verbal commands

3. Non-compliance control holds or takedowns
4. Use of self-defense techniques or pepper spray
5. Baton or taser, in that order if possible, as appropriate
6. Lethal force – use of sidearm or higher level of deadly force.

Starting at Step 3 in the perpetrator's path, the officer is essentially in a self-defense situation, as the perpetrator is now the aggressor, rather than just offering passive resistance (Step 2). However, once in a self-defense situation (even blocking an attempted hit), the officer's goal is to re-secure control of the perpetrator, not escape from his action and run away. So the self-defense skills taught to an officer will be different than those taught to a civilian.

Because an officer may move to a higher level of force – or even skip levels if necessary – he or she is often seen as the aggressor by the untrained civilian eye. However, because the officer is a representative of the government and is required to enforce the laws of the government, he may use a higher level of force, as necessary, and his actions are deemed legitimate and justifiable. Nevertheless, those action must also be reasonable and within the confines of the law. That's where the use-of-force continuum comes into play. Law enforcement personnel are limited to the use of reasonable force or reasonable escalation of force, as necessary to stop or control the perpetrator's actions, within their agency's use-of-force continuum, which is what police review boards should be using to base their review. Should the officer's actions violate those standards, then he could be subject to criminal prosecution and he and/or the agency could face civil penalties.

If you're teaching a martial art, you may be teaching self-defense techniques, and you may be teaching restraining techniques. You might also be teaching arrest-and-control techniques, such as taiho-jujitsu (Japanese rope binding). However, it is very important that you understand the differences between self-defense, restraining techniques, and arrest-and-control (the use-of-force continuum), simply to avoid getting yourself into a legal mess. Your students also need to know the difference. Hopefully this brief discussion will clear up some misconceptions regarding the appropriate use of force. ●

Grappling with Japanese Jujitsu

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don't feel threatened when they have you in their guard. They don't know wristlocks and don't feel there is a danger.

John: I have found the judo throws and wrist locks to be the most effective. Wristlocks are only allowed in no-gi competition though, so throws have been the major difference between me and most of my opponents. I've had the most success performing harai goshi, hane goshi, and uchi-mata.

Dan: Throws such as uchi mata and harai goshi are useful. These techniques are quick, and even if they are not clean throws, they will still result in taking your opponent down. Most of your opponents have never seen these types of throws and rely more on wrestling takedowns. I am most comfortable using leg hooks such as ko soto gake to take opponents down, because they are lower-risk and many times have good results.

I also use many of the wristlocks we do standing in Japanese jujitsu on the ground during a match. Wrist locks don't seem to be as big a focus in Brazilian jujitsu.

Q. *Apart from specific techniques, are there other elements of Japanese jujitsu that have*

yielded an advantage in your NAGA contests?

Brian: Kiai! They don't do that in BJJ and wrestling. It almost has the same effect as a stun grenade, plus the extra power for a throw when needed.

John: Practicing stand-up fighting on a regular basis has helped me relax during this phase of the match, allowing me to focus more on how to get my opponent down, rather than worrying about how he is going to take me down.

Dan: I would say my experience starting a match standing up in Japanese jujitsu has been helpful, because 95 percent of Brazilian jujitsu takes place on the ground, meaning you rarely practice standing up. Also, if you can get the takedown you most likely will be in a good position, and the takedown is worth two points.

Q. *Do you have any other comments or observations that you think would be relevant?*

Brian: The Japanese style makes me very comfortable when I'm on my feet and tied up with an opponent. After doing NAGA and IBJJF events, and thinking about what would happen in a real confrontation, I feel we should put a little more emphasis on ground

work in practice and do more ground randori. Learning to apply a technique when struggling with an opponent can only be done with drills and randori experience.

John: Most Brazilian fighters prefer to fight from the ground and are quick on the ground, so sacrifice throws, though tempting, may often leave you in a worse position than you started in. Worse yet, a sacrifice throw may give you no points, which could be the difference between winning and losing.

Dan: I think that most of the techniques on the ground are very similar in both arts, but because Brazilian jujitsu is so focused on the ground, it provides the opportunity to figure out and work on many of the finer details of groundwork. However, I think Japanese jujitsu provides much better self defense techniques (striking, arm and hand techniques, throws...). I really don't want to do a ground fight if I'm attacked by more than one person.

To see a video of John's throw in his gold-medal match, please visit <http://www.youtube.com/watch?v=cKMg2fezAmw>

“Kiai! ... It almost has the same effect as a stun grenade...”

How it Works on the Street: Update

The Winter 2011 edition of the Newsletter included an article by Gene Roos about a student who was threatened with a knife and who successfully used jujitsu to defend himself and restrain the attacker.

Another version of this article with more detail and pictures was published in a recent edition of [Fighting Arts](#). To see this article, please visit:

<http://www.fightingarts.com/reading/article.php?id=653>

In The Spirit of Jujitsu

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next six months will go toward resurfacing Nativity Catholic School's playground. After this, funds will go through the Brandon Foundation to help support a home-school family of seven who lost their father to a rare disease last year. The non-profit plans to help support the family for years, until they reach self-sufficiency.

About the American Ju-Jitsu Association

The American Ju-Jitsu Association was founded in 1972, by George Kirby and William Fromm at the request of their sensei, Jack Seki, for the purpose of bringing different ryu of the art together in an atmosphere of mutual cooperation and respect. Since that time it has grown from two dojo to approximately twenty-four, plus international affiliates. The AJA has established itself as a reputable organization within the martial arts community and works closely with other major Ju-Jitsu organizations in the United States and internationally in areas of mutual concern.

The AJA is a non-profit amateur athletic association registered with both the state of California and the United States government [IRS code 501(c)(3)]. It is a non-profit corporation with a charitable foundation status. Although originally recognized by the IRS as a "social club" because there was no other way to recognize the AJA as an amateur athletic association, formal recognition of the AJA as a true amateur athletic association, according to the criteria of the United States government, was secured in 1976 under the Sports Act of that year. To our knowledge, the AJA is the only martial arts organization in the U.S. that is classified by the IRS as an amateur athletic association. ●

Upcoming Events

AJA Eastern Shiai

When: June 18, 2011
Where: Daitobukan Dojo
 Towson YMCA
Contact: Dennis McCurdy
jujutsujohn@netscape.net

Camp Budoshin (20th Anniversary) & AJA Convention

When: Early October 2011
Where: Southern California
Contact: George Kirby
senseigk@budoshin.com

Budoshin Jujitsu Seminar featuring Georg Kirby

When: November 5, 2011
Where: Arlington Budoshin Jujitsu Dojo
 Arlington, VA YMCA
Contact: Thomas Salander
thomas@budoshin.com

Have upcoming events? Please let us know!
 Send an email with the details to:
american.jujitsu.association@verizon.net.

Yudansha Promotions

Shodan

Balog, Michael	2/6/2010	Rising Sun Jujitsu
Curtin, Kevin	12/15/2010	Reston VA YMCA Jujitsu
Geib, Michael	3/20/2011	Maru Martial Arts
Joutorsky, Mikhail	2/28/2011	Yamabushi Jujitsu
Joyce, Liam	2/28/2011	Yamabushi Jujitsu
Labate, Nicole	2/28/2011	Yamabushi, Jujitsu
Sutherland, James	12/14/2010	Kaiwan Budokai
Yamauchi, Jeremy	2/28/2011	Budoshin Jujitsu

Nidan

Davis, Byron	12/17/2010	Budoshin Jujitsu
Langewisch, Michael	12/17/2010	Budoshin Jujitsu

Sandan

Landry, John	2/25/2011	
Carroll, Thomas	12/10/2010	Daitobukan Dojo

Godan

Melendez, Omar	2/28/2011	Yamabushi Jujitsu
Melendez, Rafael	2/28/2011	Yamabushi Jujitsu

Kudan

Lynch, Timothy	2/25/2011	Torakai Academy of Martial Arts
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Judan

Ibarra, Miguel	2/25/2011	Yamabushi Jujitsu
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AMERICAN JU-JITSU ASSOCIATION

PO Box 801854
 Santa Clarita, CA 91380

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