

XXVII, Issue 1

Winter 2004

AJA Newsletter

American Jujitsu Association

AJA 2003 Awards

AJA Outstanding Dojo

Awards are presented to dojo for providing jujitsu training to at least 20 students during the course of the year.

ROC Jujitsu	Pasadena, California
American School of Self-Defense	Kernersville, North Carolina
Reston Budoshin Jujitsu Dojo	Reston, Virginia
Arlington YMCA Jujitsu Dojo	Arlington, Virginia
Maru Martial Arts	Towson, Maryland

AJA Outstanding Student

Awards are presented according to the criterion set by the head sensei of the individual dojo.

Dusin Contreras	Claremont, California
Cesar George	Claremont, California
Kory Wollons	Santa Clarita, California
Carol Roleder	Santa Clarita, California
Paul Blaney	Santa Clarita, California
Bryce Defigueiredo	Santa Clarita, California
Michael Langewisch	Santa Clarita, California
Tom Carroll	Arbutus, Maryland

AJA Outstanding Black Belts

Awards are presented according to the criterion set by the head sensei of the individual dojo.

Mark Kolodziejczk	Santa Clarita, California
Frank Blaney	Santa Clarita, California

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Letters

To the Editor:

I found the article on belt testing ["Illusion vs. Reality: Belt Testing", Summer 2003] to be very interesting. It sounds like there's something of a question as to what direction the BJYJ will take in its desire to elevate the standards of its Brown and Black Belts. Both sides of the "argument" (for lack of a better word) have merit. But let's suppose for a moment that each Brown and Black Belt grade had its own lengthy list of Kata and Waza requirements.

An instructor providing a 1 ½ to 2 hour class would need to divide his program into 6 segments to cover each Kyu (6th through 1st) not to mention the task of covering techniques and materials for Shodan and above. To my way of thinking, such a thing would be a logistical nightmare for instructors who provide training to several levels of Brown and Black Belts, in-and amongst their other students. Expanding one's current program to cover advanced training (at another time) would seem

be the only solution to the above proposal.

I find the current program to be adequate in its appraisal of a candidate's skill and knowledge of the art. I believe that it allows a certain degree of flexibility for both sensei and student alike. However, I can understand that others may have desire to standardize and quantify each of the brown and black belt grade requirements by implementing individual syllabi. Only time holds the answer to such a move.

The current program is adequate in its appraisal of a candidate's skill and knowledge of the art.

Q & A

Q In my studies of the Japanese Martial Arts I have noticed that many other "modern" associations have been either the result of or victim of corruption (greedy and notoriety seeking chair people, collecting money for fake certificates, etc.). Thankfully, I have noticed very little corruption within the ranks of the AJA. I think we manage to maintain our position very well and I commend the Board of Directors for holding steady and remaining true to the code of Budoshin and the moral obligations that positions of responsibility require.

My question is, however, how is it that we managed to

remain the honest and noble organization that we are today? How do we plan to remain as such in the future as times and people change roles within the organization?

A I think the main reasons for our current honorable status are:

1. The leadership tends to be honest and up front with each other because we've known each other for so long AND we tend not to take BOD decisions or BOD member opinions personally.
2. Our intentions are to serve the art and not ourselves.

3. We respect each other's technical and professional competency.

4. The current senior BOD members are well respected in the martial arts community (not just jujitsu) as being straightforward and honest individuals.

5. The "newer" BOD members also maintain the straightforward and honest characteristics and will engender the respect of the community as they further establish themselves.

6. Most BOD members are members of other national and international organiza-

(See Q & A on page 11)

The AJA Newsletter welcomes submissions of articles and proposals. We prefer plain text (TXT) in electronic format. You may also send articles for consideration through the U.S. Postal Service.

Back issues are available.

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To contact us:

✉ thomas@budoshin.com

☎ voice: 703-243-0206

📄 AJA Newsletter
 c/o Thomas Salander
 P.O. Box 5213
 Arlington, Virginia 22205

Submission deadline for the next issue is May 15, 2004

AJA 2003 Awards

(Continued from page 1)

AJA Regional Awards

Nominees may be submitted by the head sensei from dojo across the USA to their respective Regional Directors. The Regional Directors select one recipient per category.

Outstanding Western Region Student

Dustin Contreras

**Universal Jujitsu Dojo
Claremont, California**

Outstanding Western Region Black Belt

Marc Tucker

**Budoshin Jujitsu
Santa Clarita, California**

Outstanding Western Region Sensei

Jorge Corona

**ROC Jujitsu
Pasadena, California**

AJA Hall of Fame

Nominees may be submitted by the head sensei of the dojo across the USA to the Board of Directors. Nominees may or may not be AJA members, but should be leaders in the whole jujitsu community.

Dennis McCurdy

Northern Region Fall Tournament November 8, 2003

Gedan, Youth

1 st	Mickey Sloan	Arlington
2 nd	Corey I. Imes	Woodbridge
3 rd	Julian Janssen	Arlington

Gedan: 6th kyu, 7th kyu, 8th kyu

1 st	David R. Fallon	Arlington
2 nd	Brian W. Collins	Arlington
3 rd	Corey D. Imes	Woodbridge

Chudan: 4th kyu, 5th kyu

1 st	David Racine	Perryville
2 nd	Caitlin Davies	Arlington
3 rd	Robert J. Kennedy	Arlington

Jodan: 3rd kyu

1 st	James Lee Boothe	Anne Arundal
2 nd	Robert Rogers	Arlington
3 rd	James E. Gaul	Arlington

Jodan: 1st kyu, 2nd kyu

1 st	Lawrence Tomek	Arlington
2 nd	Michael J. Hobson	Arlington
3 rd	Daniel Gaul	Arlington

Yudanshia

1 st	Sean Gallimore	BJJY, Connecticut
2 nd	Robert L. Connolly	Arlington
3 rd	Michael S. Hickey	Perryville

Overall Champion

Lawrence "Chip" Tomek	Arlington
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Judging and Scoring

George Kirby, 10th Dan, Santa Clarita
 Thomas Salander, 4th Dan, Arlington
 Charles E. Youman, 3rd Dan, Towson
 Michael S. Hickey, 2nd Dan, Perryville
 Robert L. Connolly, 1st Dan, Arlington
 Alainna Wonders, 1st Dan, White Marsh

Mat Referees

Kevin Brennan	Daniel Orkwis
Michael J. Hobson	Lawrence Tomek

Additional Support

Brian W. Collins	Abby Gregg
Caitlin Davies	Evelina Gueorguieva
David R. Fallon	Robert J. Kennedy
Daniel Gaul	Kevin McCleary
James E. Gaul	Robert L. Rogers

Financial Support provided by Phil Neel and the Arlington YMCA Dojo.

White Marsh Dojo Provides Community Service

By WILL HARRIS

As we all know, the term Budoshin means to conduct oneself in an honorable and respectful manner. This behavior could also be described as chivalrous or knightly. One way the White Marsh Dojo demonstrates the true meaning of Budoshin is by volunteering time and effort to help the community throughout the year.

Our efforts include offering free demonstrations for local schools and organizations, supporting local high school clubs and charities, and cleaning and preparing the grounds and swimming pool area of the White Marsh/Fullerton YMCA for both the summer and winter seasons. However, two of the most visible contributions come during the Halloween season.

Professor Wade Susie and Professor Karen Curley took time out of their schedules to help everyone at the Gribbin Center have an enjoyable Halloween party. The Gribbin Center is a day work center for developmentally challenged adults. The center is run by the Associated Catholic Charities of Maryland, a non-profit organization that provides human services to clients regardless of faith, race, or background.

At the party, Professors Susie and Curley were dressed in costume and distributed homemade bags of candy. There was music, dancing, and even a costume contest. Colorful watches were given to the contest winners. Seeing the smiles and hearing the laughter from the 81 people in attendance made the effort worthwhile.

Undoubtedly, our biggest event outside of the dojo is the Fright Night held on the grounds of the White Marsh/Fullerton YMCA. This year's Fright Nights took place on October 24th and 25th, and consisted of the sensei, students, and friends of the White Marsh Dojo putting together a haunted hike through the woods and a haunted house. These nights resulted in thousands of dollars being raised through ticket sales and sponsors. The proceeds go to the Partner with Youth Campaign to fund need-based scholarships for children to attend camp and classes at the YMCA.

The haunted hike takes place along a 3/8-mile trail through the woods. Fog machines, an audio system providing spooky sounds, and strobe lights were set up to supply the appropriate atmosphere. Those guests waiting to be escorted along the trail were put in the right frame of mind by watching video clips of horror movies on a 10-foot screen placed at the en-

trance. Once on the trail, guests encountered a number of scary situations. These included a buried lady, a chainsaw murderer, a flying witch, a flame-breathing dragon (with real flames), a live 10-foot tall skeleton, an escaped convict keeping people at bay with a live wire that generated large sparks, and a grave digger whose corpse suddenly springs to life from his closed coffin. What appeared to be a regular mirror surprised guests by turning their reflections into scary monsters. There was also a graveyard lit with UV lights featuring glow-in-the-dark bones, skeletons, and gravestones. Finally, the trail was topped off with several life-sized animatronics including a walking skeleton, a Norman Bates mannequin stabbing at guests, a hanging man, and a talking skeleton swinging on a swing.

Since the hike is too scary for our youngest guests, they enjoyed a haunted house that was much more tame than the hike through the woods. The small children also received free candy and refreshments. Additionally, they had the option of participating in a costume parade and contest.

The event would not have been possible without the help of the following students and friends of the Budoshin Ju-Jitsu and Chin-na Karate classes: George and John Boden; Mary Ellen, Mike, Marisa, and Ryan Levin and friends; John, Lorraine, Joey, and Shane Connelly; Mark and Chad Kahler; Mark and Kim Burton; Anna Marie D'Adamo; Vernon Davis; Marilyn Principe; Gerard and David Mueller; Tom Edwards; Will Lissauer; Will Harris; DJ and Jake Stuart; Calvin and Cathy Brandt; Pablo and David Fernandez; Bill Needer; Mary, Rick, and Emily Martin; Clem Ehoff; Scott McCruden; Geoff and Sarah Pierce; Alaina Wonders; Patrick Vizzard; Tom and Michael O'Dwyer; Sarah and Lindsay Dudley; and Esmeralda Liu.

A very special thank you goes to Professor Wade Susie and Professor Karen Curley, who both spent most of the week leading up to the Fright Nights setting everything up and testing it for proper operation. They also provided overall supervision of the event on both nights. Assisting them in the setup was Sandan Bill Needer. Assisting in the tear down were Shodan John Boden, Yodan George Boden, and Godan Will Harris.



Will Harris
Godan, Budoshin Jujitsu

It's All Relative – Acts of Kindness And a Thank You

By GEORGE KIRBY

Sometimes things happen and people show their good sides.

Last Thursday, while my daughter was practicing her driving, she was sideswiped by a hit & run driver. The impact damaged the entire left side of the car and forced the car into the curb where it suffered a broken front axle along with other damage to the right side. My wife's car was almost totaled, but it is repairable. Both Adel and Kim emerged from the car shaken-up but unscathed. Fortunately a witness wrote down the plate number of the offending car and chased down the driver. An act of kindness.

When I got a call from my wife, right after the accident, it was five minutes before I was supposed to teach my class. Fortunately I had two black belts (Marc Kolodziejczyk and Frank Blaney) at the class and they took over for the entire 2-hour class. An act of kindness.

On Monday afternoon, Marc Kolodziejczyk one of our dojo blackbelts was asked to take over Sensei Marc Tucker's Monday night class due to his house's closeness to the raging firestorms in southern California. Marc Kolodziejczyk graciously accepted the task even though he might have had other commitments for that evening. An act of kindness

One of my high school students told me that her research paper had been destroyed with the rest of her mother's house as a result of the fire in Simi Valley. She wanted to know if I would accept it late – 1-2 weeks late. I told her, "Yes. Take more than 1-2 weeks if you need to." An act of kindness.

The following Wednesday I found out that the only major highway from my place of work to home had been closed due to one of the fires in southern California. I was going to ask an administrator if I could leave for home an hour early as I knew that the alternate routes would be packed and I did not want my daughter home alone late into the evening (her school was closed for the day due to the same fire). As soon as I got onto the phone to one of the clerks in the main office and said my request was due to the fire, she told me to leave right away. They would find someone to cover the rest of my classes. An act of kindness.

Sensei Ron Sekulich, who happens to work for the American Red Cross, took time out of his insanely busy day of helping people with serious problems, to e-mail both Marc Tucker and me that Wednesday afternoon. He was checking to see if we and our families were ok. An act of kindness.

I have received phone calls

and e-mails from people I have not heard from for a long time asking if my family was ok – and we have been keeping tabs on people we know who have been affected by the fires in Southern California. Acts of kindness.

People we know and don't know always have their good sides. We tend to accept their "good sides" without mention or appreciation most of the time. Sometimes we thank them for things they do for us. But more often we do not. It is not that we do not appreciate what they do. It is just that we are so used to them doing good things for us that we accept them as the norm. As a result, all those acts of kindness go un-thanked – and sometimes unappreciated – as a result.

The reason good people offer acts of kindness is because they believe it is the right thing to do. It is that simple. They really do not expect anything in return. If it is an act of kindness for a more mundane event the act is just accepted and life goes on. However, if the act is offered in a more serious situation, as in the events above, it takes on a special meaning.

When someone does something for you un-requested, a simple "thank you" is really appreciated.

Most of us do not even think of all the good things other people do for us.

We all need to thank others when they do something for us, no matter how small and insignificant it may seem.

(See Kindness on page 9)

Words

Attention

By DANIEL ORKWIS

problems on coat hooks
let the work wait for a while
enter the dojo

Acedia

By HAROLD BROSIUS

Meaning: *Final boredom; a state of weariness, listless.*

There are numerous reasons why students get *acedia*.

To help prevent *acedia*, an instructor must vary the training program.

One way is to add something different to each class. Often the things below are given at a higher level, but introducing them has a way of whetting the mind for future knowledge.

Examples are:

1. Introduce different types of weapons,

demonstrating proper *defense against* an attacker using those weapons.

2. Demonstrate the proper use of those weapons.

3. Demonstrate the proper use of a hand stick with key ring.

4. Demonstrate the proper use of household objects such as plastic bags, clothes hangers, brooms, etc.

5. Demonstrate proper rope tying and escaping.

6. Demonstrate proper body hold downs.

7. Demonstrate proper come-alongs.

8. Demonstrate proper knife throwing.

9. Demonstrate proper use of a whip.

10. Demonstrate techniques to your entire group.

11. If there are Law Enforcement students, then offer special instructions in proper use of their weapons and proper detaining methods.

To offer something new is always intriguing to students. Anything that a student can add to their repertoire is always enlightening. When a student has *acedia* they lose interest very quickly. Thus when a student continues to learn new things, this piques their interest and they will continue practicing until they reach a much higher goal.

Kindness

(Continued from page 7)

Those two words are all the person needs or wants — even though they will never ask for them. In major situations, such as natural disasters, those two words are also the only words that are necessary. They are the “reward”, the indication of appreciation.

I think that most of us do not even think of all the good things other people do for us until there is a major disaster in our lives and people

(relatives, friends, and responsible caring citizens) are there to help at the drop of a hat. I think that we only come to realize all these acts of kindness more immediately when our world is torn asunder. Somehow they take on an air of major importance in our lives because their simple acts of kindness make it possible for us to take care of “urgent” matters that have suddenly messed up the safe routines of our daily lives. They sort of pick up the pieces for us.

We all need to thank others when they do something for us, no matter how small and insignificant it may seem to us — or to them. When a person does something special for you, you need to thank them as soon as possible.

Those two words — “thank you” — will keep the acts of kindness coming ... to you and to others.

George Kirby
Judan, Budoshin Jujitsu

Promotions

Shichukyu 七段

Crabtree, Sadie	10/23/2003	Arlington
Gueorguieva, Evelina	10/23/2003	Arlington
Lashof-Regas, Sam	2/26/2004	Arlington

Rokkyu 六段

Burroughs, Bill	11/2003	Santa Clarita
Gideon, Christina	11/2003	Santa Clarita
Gideon, Marisa	11/2003	Santa Clarita
Randall, Rochelle	11/2003	Santa Clarita
DeFur, Kirsten	2/26/2004	Arlington
Hasseltine, George D.	2/26/2004	Arlington
Mosby, John	2/26/2004	Arlington
Neel, Phil	2/26/2004	Arlington
Edgell, Klaus	3/2004	Santa Clarita

Gokyu 五段

McCleary, Kevin	10/23/2003	Arlington
Weilbach, Marcia	10/30/2003	Waynesboro
Daigon, Glenn	2/26/2004	Arlington
Lashof-Regas, Mathew	2/26/2004	Arlington

Yonkyu 四段

Collins, Brian W.	2/26/2004	Arlington
Kennedy IV, Robert J.	2/26/2004	Arlington

Sankyū 三段

Brown, Tyler	9/7/2003	Waynesboro
Green, Matthe	9/25/2003	Reston
Gaul, James E.	10/23/2003	Arlington
Langley, David H.	10/23/2003	Arlington
Rosa, Andrew	10/23/2003	Arlington
Heefner, Reginald	11/2/2003	Waynesboro
Weilbach, Jacques Sr.	11/2/2003	Waynesboro
Kipe, Jonathan	11/11/2003	Waynesboro
Write, Jeff	11/11/2003	Waynesboro

Nikyu 二段

Stuart, David	6/23/2003	White Marsh
Duva, Charles	12/7/2003	Maru
Tabeling, Victor	12/7/2003	Maru
Turbert, Kevin	12/7/2003	Maru
Demato, Michael	12/17/2003	Maru
Rogers, Robert L.	2/26/2004	Arlington

Ikkyū 一段

Gaul, Daniel	12/18/2003	Arlington
Blaney, Daniel	3/2004	Santa Clarita
Blaney, Paul	3/2004	Santa Clarita

Shodan 初段

Boden, John	8/3/2003	White Marsh
Browning, Philip	9/1/2003	Maru
Williams, Kimo	10/2/2003	Burbank
Birrane, Edward	10/11/2003	Maru
Heefner, Theodor	11/15/2003	Waynesboro
Orkwis, Daniel	12/18/2003	Arlington

Nidan 二段

Woods, Joni	4/26/2003	Towson
Fernandez, Pablo	6/28/2003	White Marsh
Jordan, Mike	10/4/2003	Maru
Enders, Tim	12/6/2003	Maru
Brennan, Kevin	12/18/2003	Arlington

Sandan 三段

Hickey, Michael	4/26/2003	Towson
Newcomer, Ryan	9/1/2003	Maru

Godan 五段

Harris, William	5/23/2003	White Marsh
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Training Report

Brosious/Roos Seminar

Harold Brosious, the founder of Ketsugo jujitsu, and Gene Roos, a prominent aiki-jujitsu instructor, presented a seminar on July 27, 2003 at the YMCA in Arlington, Virginia. The two instructors took turns instructing the participants and occasionally worked together to demonstrate techniques.

Brosious discouraged students from punching an attacker because it is so easy to hurt one's knuckles. Instead, he recommended using hammer fists as a striking tool. He also suggested blowing saliva into an attacker's face as a distraction. When the attacker opens his eyes, the defender can already have applied a technique.

As a defense against any grab from behind, Brosious advised first stomping on the instep of one of the attacker's feet to shift his weight to the uninjured foot. At that point, tori

should drive the knife edge of his foot into the attacker's other ankle, striking at a 45-degree angle to the ground. If done full-power, this technique should break the attacker's ankle.

Roos stressed the importance of tai sabaki, body movement that frequently involves stepping 12-14 inches to the side of uke's attack. As an example, Roos warned against defending against an overhead stab with a cross block or upward block, because uke can cut the defender as he withdraws the knife. Instead, tori should step to the outside of the attacker, where a technique such as ude guruma ushiro can be applied safely.

Roos demonstrated the wrist throw kanoa gaeshi, which involves pushing on the wrist when uke's elbow is at a 45-degree angle from his body. Unlike the more familiar kote gaeshi, kanoa gaeshi does not require pain or

twisting of uke's wrist. Roos also showed students how to escape from a front choke by dropping their weight as they struck to the inside of uke's forearm to break the choke.

Both instructors showed defenses against weapons. When raising one's hands into the air at gunpoint, Roos advocated waving the hands to distract the gunman. Because eyes detect start/stop motion better than constant movement, this tactic may give the defender more time before the attacker can shoot. Brosious, in showing how to protect one's self against a knife threat to the throat from the rear, said to raise an arm straight up (to block uke's arm from pulling the knife across the throat). The defender then should turn the head to the side, twist out to the rear, and redirect the knife into the attacker.

Kirby Seminar

Professor George Kirby, the chairman of the AJA Board of Directors, taught a self-defense seminar on November 8, 2003 in Arlington, Virginia. The seminar covered two main topics: ground defense and the use of the koshi-no-bo, a pen-sized stick sometimes known as a Kubotan.

In explaining the use of the koshi-no-bo, Kirby emphasized the importance of pressure points. The stick can be placed into the jugular notch to throw a punching attacker onto his back, into the side of the neck to rotate the attacker down in a circle, and into the base of the neck (from the rear) to drive the striking attacker to the

ground. Against grabs, the Kubotan can drive into the femoral artery on the inside of the thigh to defend against a front bear-hug; against a rear bear-hug, it can thrust back into the groin. The tool also can scrape down an attacker's sternum to disrupt an attack painfully.

In discussing ground defenses, Professor Kirby explained the proper way to mount the uke from the front and the rear. He also discussed how to escape from a mounted choke, how to release yourself from a side headlock on the ground, and how to escape a guard (a hold where the prone attacker is holding you between

his legs).

After the seminar, the Arlington YMCA dojo hosted a tournament for self-defense kata, with Professor Kirby and other yudansha volunteering as judges. The tournament also included a demonstration of aiki-jujitsu techniques by Becky Sheetz-Runkle of Sho Bushido Ryu Bujutsu, who stressed the importance of moving in to surprise an attacker. Among the aiki-jujitsu moves shown were classical aikido techniques such as irimi nage, as well as one-handed defenses against a variety of attacks.

Upcoming Events

May 8, 2004

AJA Tournament

Where: Studio City, California

Contact: Ron Sekulich

e-mail: rsekulich@earthlink.com

October 1-3, 2004

AJA Convention

AJA Tournament

Where: Burbank, California

Contact: Ron Sekulich or George Kirby

e-mail: rsekulich@earthlink.com
senseigk@budoshin.com

July 24-26, 2004

BJJY Summer Camp

Where: Santa Clarita, California

Contact: George Kirby

e-mail: senseigk@budoshin.com

November 6, 2004

George Kirby Seminar

AJA Tournament

Host: Arlington YMCA

Where: Arlington, Virginia

Contact: Thomas Salander

e-mail: thomas@budoshin.com

Summer, 2004

George Kirby Seminar

Host: Rocky Mountain Jujitsu

Where: Longmont, Colorado

Contact: Linda Crochiere

e-mail: l.crochiere@attbi.com

*Do not think of
work—any
work—as a duty.
If it is a duty, it
will become a
burden. How do
you turn a burden
into a pleasure?
Live respectfully,
correctly, positively,
and boldly.
Tempu
Nakamura*

New Instructors in Waynesboro

As of December 4, 2003, Gordon P. Burgett, Jr. (Sandan) of Newville, PA, and Todd Pryor (Sandan) of Blue Ridge Summit, PA have take over responsibility for the Classical Budo Dojo in Waynesboro, PA. Classes in

judo and ju-jitsu will continue to be offered on Sundays from 1-3pm at 230 S. Potomac St., Waynesboro. All are welcome, irrespective of style or national affiliation.

The dojo mailing address and point of contact is:

Gordon Burgett, Jr.
1031 Centerville Road
Newville, PA 17241-9555
burgettg@hotmail.com

*When the heart is
full of illusion,
others are blamed.
When the heart is
free of illusion, no
one is scorned.*

From the
Kokoro no
Maki

Q & A

(Continued from page 2)
tions (and may be on governing boards of them as well) and thus can influence people outside of the "AJA".

7. The promotional and other standards of the AJA

are high and well respected.

8. The AJA has restricted itself to being just a jujitsu organization.

9. Most important, we try to be responsive to our membership and their needs.

We can remain that in the future by developing future leaders who will continue to meet the standards listed above.

George Kirby
AJA Board Chairman