



# AJA NEWSLETTER

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## Eye Kant Rite!

George Kirby, AJA BOD Chairman

I know I'm exaggerating a bit here, but one of the most common rationales that some jujitsu instructors (and many of my students in junior & senior high school) have given to me for not writing is that they believe they cannot produce a well-written news article or an opinion essay. I can understand that much of this frustration and self-doubt probably comes from a teacher who felt grammar and spelling were more important than content. Even I had a few of those and they can have a permanent impact on your self-image unless you also get teachers who evaluate more on content and will work with you on both content and grammar/spelling issues. That's how I evaluated the essays from my "kids" and then worked with them to improve content, plus a little grammar & spelling when necessary. Most essay-type assignments could always be re-submitted for re-grading. As they gained more self-

confidence, the quality of their work increased dramatically and the number of rewrites declined as well. For me, as a teacher, the process was more important than the end product – which usually ended up pretty good too.

Some may think I'm a good writer, but truth be told it's because I read a lot as a kid. All of that reading helped me to develop good writing skills. The last "grammar" class I had was maybe in the 7<sup>th</sup> grade. I basically took "lit" classes all the way through high school. The only downside is that I can't get past a verb and a noun when it comes to "grammar". Lacking that skill was a killer when it came to trying to learn a foreign language. I'm also great at creating run-on sentences. That's why my wife proof-reads a lot of what I write and why publishers have editors.

Will Harris, the AJA newsletter

editor, doesn't care how well you write either. Will can fix most problems. Will isn't going to "grade" your work or make a value judgment of what kind of person you are. He will edit. That's his job. If he needs more information or clarification, he'll contact you.

If you're totally stuck on what to write, just remember we're looking for stories about something that's happened in your dojo, to you, or any of your students. Whether you're writing for our newsletter or any other purpose, remember to cover the 5 W's: Who, What, When, Where, and Why (or how).

- Who was involved?
- What happened?
- When did it happen?
- Where did it happen?
- Why or how did it happen?

(Continued on page 3)

## Welcome New Dojo

Will Harris, AJA Newsletter Editor

Please join me in welcoming Combined Martial Arts of Boston to the AJA! Sensei Tom Bruno has been teaching ju-jitsu for 30 years and currently holds a Shodan in Judo, a Nidan in Nihon Jujutsu, a Nidan in Iaido, and a Godan in Meibukan Goju-Ryu Karate. Sensei Bruno served in the military, is retired

from a successful career in sales, and is passionate about personal self defense instruction. He is held in high regard by friends and associates as evidenced by the letters of recommendation which accompanied his AJA application. Please be sure to include our newest dojo in any AJA correspondence, including

extending invitations for tournaments and seminars. Congratulations to Sensei Bruno for a long and distinguished martial arts journey to this point and here's to wishing him the best in the future with his new membership in the American Ju-Jitsu Association! 🍀

## Use of Tai Sabaki - A True Story

By Gene Roos

Tai sabaki is used to avoid an attack and puts you in an advantageous position in case a response is needed.

By moving off the line of an attack, the defender is not knocked off balance (mass times speed equals force) by the attacker. This allows the defender to quickly follow up with another move if necessary. If the defender is knocked off balance, he only has limited defenses until he regains his balance.

My student, Ryan, while walking his 13 pound dog (leashed) in a park near a pond. A large pit bull (unleashed) ran toward his dog in a very aggressive manner. Ryan quickly grabbed and picked up his dog.

When the pit bull continued coming

towards him and his pet, Ryan then kicked the dog in the face.

This stunned the dog.

Then a very large man (6' 4", 265lbs), the owner of the pit bull, started running toward him shouting, "You kicked my dog!"

As the attacker approached my student, he put his dog down and did an arc motion (tai sabaki) to the side. The eye does perceive a lateral tai sabaki, but not the arc motion.

Obviously in his rage, the attacker did not see the pond that was just beyond Ryan. As the attacker charged Ryan and Ryan performed the tai sabaki, the attacker missed Ryan, and wound up in the

pond.

When the attacker tried to move back towards the land, he found himself stuck in thick mud which was not visible beneath the water's surface.

Ryan called the police to report the incident. The police arrested the attacker and charged him with assault. Animal control took possession of the pit bull.

The attacker claimed that Ryan (a much smaller man) tried to beat him up, but fortunately witnesses testified to the contrary. Both the witnesses and the police laughed at the image of the attacker not only missing his target and going into the pond, but then also getting stuck in the mud in the pond and then trying to claim he was the victim! ☹



## Upcoming Events

### Budoshin Jujitsu Seminar featuring George Kirby

**When:** November 2, 2013  
**Where:** Arlington Budoshin Jujitsu Dojo  
 Arlington, VA YMCA  
**Contact:** Thomas Salander  
[thomas@budoshin.com](mailto:thomas@budoshin.com)

Now I'm sure that there are more events than this one that are planned. Please email the details of your upcoming events—tournaments, seminars, etc. so I can include them in this newsletter. Please send them to:

[AJAnewsletter@comcast.net](mailto:AJAnewsletter@comcast.net)

Thanks in advance for your help!

## Reston Dojo Instructors Present Material at ILEETA Conference

By Bruce Jones

In furtherance of the YMCA Fairfax County Reston's continuing commitments to excellence, our staff instructors' professional re-certification standards are closely adhered to by all. As yet another recent example of our initiatives, two of our self-defense instructors (Bruce and Judy Jones) were honored to be invited by the International Law Enforcement Educators and Trainers Association (ILEETA) to participate in a full day legal conference on "Ethical and Legal Use of Force".

This regional event was hosted by the Virginia Beach Sheriff's Office at their academy in February 2013. The course presented by Bruce and Judy has been

approved by the Virginia Division of Criminal Justice Services (DCJS) as meeting professional standards for such periodic refresher training. Official documentation of this approval has been placed in both instructors' personnel files at the YMCA.

"Self-Defense" is primarily a legal concept in the lawful use of strategies, tactics, and techniques to prevent or prevail in violent confrontations of all types. This includes self-restrained civilian applications of force against other human beings. One very timely and innovative curriculum addition Bruce and Judy have added to their program this year was the concept of neuromuscular incapacitation

(NMI) as a lawful strategy and a violence management tool for improved self-defense for those with limited or restricted physical abilities such as the elderly and those with either permanent or temporary physical impairments. NMI is also very well recognized as highly effective in preventing violence in our homes, workplaces, and schools.

This subject matter had not been presented previously at the ILEETA conference. It was very well received by all in attendance. For more information regarding this very successful YMCA program in Reston, please visit their website at [www.budoshinjujitsu.org](http://www.budoshinjujitsu.org).

## Eye Kant Rite!

(Continued from page 1)

Give as much information as you can – even if it sounds trivial or unimportant. Will will edit out stuff if necessary or appropriate. That's what editors do. When I write stuff for newspapers, magazine articles, or even for my books, a lot of stuff gets edited out or rephrased. I expect that to happen – because that's what an editor is supposed to do.

If you really have hang-ups about writing, get one of your students to write articles, subject to your review before submission. However, give it a try or have one of your students assume the responsibility. It can only help you, your students, and your dojo.

So send your stuff to Will. Let him do his job. Your final articles in the AJA news-

letter will impress your students and maybe encourage them to write as well.

YES --- YOU **CAN** WRITE!

## Calling All Submissions!

By Will Harris

This newsletter is about everything and anything related to the American Ju-Jitsu Association. That includes news about our member dojos, our sensei, our students, our families, etc.

Articles can be about true stories of encounters such as the one found on page two of this issue, how the art has affected our personal lives, such as the open letter from a student at the White Marsh Dojo in the previous issue, awards

or other recognition of achievements or community involvement activities, or ANYTHING that is related to our members.

Please take the advice in Professor Kirby's article and send in your information. We're looking for articles, anecdotes, events, seminars, etc.

This newsletter is only as good as you make it. If not for regular submissions

from a few sensei, there wouldn't be much of newsletter. I'd like to see more participation from the rest of the AJA so we can get a feel for what's going on, "in your neck of the woods."

Please send your submissions to me at:

[AJAnewsletter@comcast.net](mailto:AJAnewsletter@comcast.net)

## Yudansha Promotions

Name	Rank	Date	Dojo
Matthew Cheatham	Nidan	07/27/01	American School of Self Defense
George Cushinan	Sandan	06/09/04	Budoshin Jujitsu Yudanshakai
Andy Sparks	Shodan	01/21/12	San Fernando Valley Martial Arts
Antonio Ramon	Shodan	01/21/12	San Fernando Valley Martial Arts
Cheri Zoe' Walker	Shodan	01/21/12	San Fernando Valley Martial Arts
Louise Wynn	Nidan	04/10/12	Vancouver Institute of self Defense
Joshua A Smith	Shodan	08/01/12	BelAir Rec Council
Peter Turney	Shodan	08/01/12	BelAir Rec Council
Paul Coleman	Shodan	12/01/12	Reston VA YMCA Jujitsu
Michael Hickey	Godan	12/22/12	Daitobukan/Nintai
Amelia Nemitz	Nidan	01/05/13	Reston VA YMCA Jujitsu
Michael Harden	Nidan	01/05/13	Reston VA YMCA Jujitsu
David Tucker	Nidan	01/30/13	Reston VA YMCA Jujitsu
Justin Genovese	Shodan	02/24/13	Maru Ketsugro Jujitsu
Yasir Taha	Shodan	03/23/13	Reston VA YMCA Jujitsu
Jeff Wynn	Rokudan	04/10/13	Vancouver Institute of self Defense
George Cushinan	Yodan	04/15/13	Budoshin Jujitsu Yudanshakai
John Frank	Sandan	04/24/13	White Marsh Dojo
David E Racine Jr	Sandan	05/10/13	Nintai Dojo
John Gress	Nidan	06/07/13	Kaiwan Budokai
Jay Baldwin	Shodan	06/12/13	White Marsh Dojo
Joe Walstrum	Nidan	06/12/13	White Marsh Dojo
Glenda Perl	Shodan	08/15/13	Budoshin Ju-Jitsu Dojo
Byron Davis	Sandan	08/15/13	Budoshin Ju-Jitsu Dojo
Michael Langewisch	Sandan	08/15/13	Budoshin Ju-Jitsu Dojo
Anthony Carreno	Shodan	08/24/13	Santa Clarita Dojo
Ron Breines	Shichidan		Kakuto ryu jujutsu

## Mudansha Promotions

Name	Rank	Date	Dojo
Troy Walker	Ikkyu	08/01/12	Reston VA YMCA Jujitsu
Justin Genovese	Ikkyu	08/02/12	Maru Martial Arts
Dennis McCafferty	Nikyu	08/25/12	San Fernando Valley Martial Arts
Carlos Villamayor	Sankyu	09/01/12	Reston VA YMCA Jujitsu
Tony Ashe	Sankyu	09/10/12	Reston VA YMCA Jujitsu
Tymur Kurtaniszze	Sankyu	10/01/12	Reston VA YMCA Jujitsu
Steven Trauth	Sankyu	10/20/12	Belle Chasse Martial Arts
Hung Vo	Nikyu	10/31/12	Reston VA YMCA Jujitsu
Ned Libby	Sankyu	11/01/12	Reston VA YMCA Jujitsu
Jordan Tucker	Nikyu	11/01/12	Reston VA YMCA Jujitsu
Madelyn Fagan	Nikyu	11/08/12	Maru Martial Arts
Benjamin Murdy	Sankyu	12/14/12	Maru Martial Arts
Jeff Rohaly	Yonkyu	01/01/13	Classical Budo Dojo
Pat Closs	Yonkyu	01/01/13	Classical Budo Dojo
Jason Hirata	Nikyu	01/11/13	Vancouver Institute of Self Defense
McKenna Daly	Sankyu	02/14/13	Maru Martial Arts
Kurt Dutt	Sankyu	03/01/13	Budoshin Jujitsu So California
Charles Armstrong	Ikkyu	03/08/13	Vancouver Institute of Self Defense
Mark Stoten	Nikyu	03/23/13	Reston VA YMCA Jujitsu
Hung Vo	Ikkyu	03/23/13	Reston VA YMCA Jujitsu
Martin Georieski	Ikkyu	03/23/13	Reston VA YMCA Jujitsu
Rich Vinnacombe	Ikkyu	03/23/13	Reston VA YMCA Jujitsu
Jason Claus	Sankyu	04/19/13	Vancouver Institute of Self Defense
William Griffin	Nikyu	04/19/13	Vancouver Institute of Self Defense
Philip Schultz	Sankyu	05/29/13	White Marsh Dojo
Carrie Duncan	Sankyu	07/18/13	Kaiwan Budokai Dojo
Angelo Castro	Ikkyu	07/24/13	Santa Clarita Dojo

## 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. ●

## AMERICAN JU-JITSU ASSOCIATION

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Santa Clarita, CA 91380

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