



AJA NEWSLETTER

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What's New in the AJA

Dennis McCurdy, AJA President

Some things that the Board of Directors (BOD) have elected to do includes new membership cards and a new AJA web-site which is currently under construction by a professional design group after our attempt to design a web-site fell short. The new cards are being mailed to the dojo of record. We hope that the new website will make it easier for the membership to navigate and to work with the AJA.

The BOD is getting old and there is no doubt about it. Personally, I am almost 72, retired from my profession, and was forced to give up teaching mar-

tial arts because of a degenerative back disease. At the last BOD meeting I proposed the formation of a Senior Advisory Board (SAB) to be formed by the BOD. This board will be a place for senior retiring members of the AJA Board to continue their involvement in the organization's affairs and efforts by offering seasoned advice to the newly elected BOD. I will resign from the BOD at the end of my service time in 2015 and hopefully chair the SAB.

I remain open to emails and phone calls, as are all of the board members. We would like hear to your questions, sugges-

tions, and offerings (positive & negative) with respect to the operation of the AJA. I certainly would enjoy chatting with you. Best time to call me is in the late afternoon or evening. I can be reached by phone, email or snail mail. My contact info is as follows:

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Mid-Atlantic Events

Will Harris, AJA Newsletter Editor

Thank you to all who have been sending me their events for inclusion in the newsletter. Activity has certainly picked up since the last newsletter. Unfortunately, several of the events occurred shortly after the release of the previous newsletter, or shortly before the release of this newsletter. So what I've decided to do is to start distributing "Upcoming Event" emails to list any events that may be occurring or having registration deadlines before the next quarterly newsletter will be released. These emails will be distributed in the same manner as the newsletter.

Included among those events between the newsletters were various seminars: one featuring O'Sensei Harold Brosius, a 10th degree black belt and founder of Ketsugo Jujitsu System, another one featuring Professor Tony Maynard, a 10th degree black belt and founder of American Combat Ju-Jitsu System. Hopefully someone attending these events will write an article about their experience at the seminars.

I had the pleasure of attending two events in the Mid-Atlantic region this past quarter. The first was the Multi-Discipline

Seminar hosted by Sensei Debbie Burk's Rising Sun Martial Arts Academy in Shrewsbury, PA on March 15, 2014.

The day included seminars led by several different instructors. First up was Sensei Mike Balog, who taught a session in Tomiki Aikido. At one point Sensei Balog, when trying to emphasize a point about being careful not to over-extend one's own arm when grappling, said to "never lock a joint unless it's your opponent's." Next up was Sensei Graciá Flura teaching Brazilian Ju-Jitsu with several techniques from the guard position and

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The Essential Uke: Seven Roles for Seven Ukes

Jess Strom

All the world is a stage.

And all the tori-s and uke-s are merely players.

They have their exits and their entrances,

And one uke in his time plays many parts.

(With apologies to William Shakespeare, As You Like It.)

An uke is one who receives action. In the practice of judo, for example, the uke stands to receive the throw, choke, and/or arm bar performed by the practice partner (tori). In jujitsu and other martial arts randori (free form), the uke usually commits the first attack so that the tori can practice the techniques to evade, block or yield while flowing through control to restraint or submission.

Once the uke has thrown the first punch, so to speak, the temptation is great for the uke to go into a mind numbing period of inactivity until the tori's techniques are over. Yet, for the essential uke, this is the point where the work actually begins. How can one become an essential uke? What role or roles should the uke play? In the words of Elizabeth Barrett Browning "Let me count the ways."

1) Play-by-Play Announcer:

Enter the green-horn. Each of us, in our own time, has been or become a "green horn" tori – one unfamiliar with a particular technique or a particular art. The essential uke is instrumental in the tori's success. Calling the action like a play by play announcer - in advance of the tori's action – helps guide the tori to successfully learn the specifics of executing the new technique. Should the sensei (teacher) be calling the play-by-play movement, uke becomes the color commentator.

2) Master Marksman:

Uke's position as Master Marksman is to execute the initial attack with precision – over and over and over again – so that the technique can be programmed into the tori's muscle memory. Practice in this way enables what is known as 'trained response'. In law enforcement training publications, it is well documented that a

knife wielding suspect can cover 21 feet in about one and a half seconds. In competition, one and one-half seconds – though short in nature – is time enough for a competitor to execute multiple attacks. The response, then, must come almost intrinsically. There is not enough time to think through defenses. Repetition by the uke is key in training the response of the tori.

3) Game Changer:

One would imagine that the response time of elite athletes is far quicker than that of a lesser trained person. Trained to hit a baseball travelling at a searing speed, one would imagine that a professional baseball player would have no problem hitting a softball. After all, a softball is a bigger target and a slower projectile. Yet in a 1964 exhibition at Dodger Stadium, Eddie Feigner, throwing a softball underhanded, stuck out Brooks Robinson, Willie Mays, Harmon Killebrew, Willie McCovey, Maury Willis, and Roberto Clemente in succession. Baseball players, it was noted, have to anticipate where the ball will be in order to place the bat at the correct position with correct timing. Those supermen of baseball were unprepared for the dynamics of underhanded pitches and their sense of anticipation was thrown off a bit. (Epstein, David. "It's All About Anticipation." *Sports Illustrated*, August 08, 2011.

So too in jujitsu, response depends upon anticipation by sensing the attack. Uke is key to helping tori develop that sense of anticipation by stepping into the correct position so that tori can sense the timing and dynamics of movement. Upon witnessing tori's repeated success to uke's marksmanship at one level, uke can change the tempo or direction of attack and continue training with that same level of marksmanship until that new tempo or direction is mastered. Eventually, tori will have developed a well-trained response to the attack from multiple directions and timing. When the game changes, adapt.

4) Judge Advocate Cheerleader:

Uke, being the receiver of tori's actions, is possibly the best judge of the effectiveness of tori's actions – pointing out and

suggesting various improvements. Accordingly, Uke can also provide positive encouragement by commending each correct technique and/or action. Cheerleading lifts spirits.

5) Cerebral Activist:

To become a master, think like a master. Uke's outward expression of thought can guide tori's action and influence tori's thoughts of the technique. Think through each technique as each perturbation presents different opportunities to excel. Intellectualize and investigate variation of techniques.

6) Best Supporting Actor:

When a technique is being taught or demonstrated, the uke must focus with laser-like precision on delivering the requisite attack and response to tori's actions. For example, as tori strikes uke's stomach, the natural reaction would be for a receiving adversary to bend forward throwing the hips backwards. By responding accordingly, the uke can help highlight the demonstrated techniques as well as create dynamics which closely mimic real life.

7) Lifetime Learner:

As the tori practices the techniques, an involved uke will carefully watch the movements to catalogue and remember which movements will work well should the roles be reversed. The best uke is one who is continually working on self-improvement. Practice does not make perfect but it does make better.

One of the greatest joys, experienced by a teacher, is witnessing the moment when a student gets promoted, graduates, and/or performs a newly learned task successfully. As team members, we are all teachers regardless of rank. We all take a bit of personal pride in the job that we do as uke to help others improve. In the final analysis, the active uke understands the essential nature of the position and derives great satisfaction from a job well done. What a person does for oneself stays with oneself. What one does for others, takes on a new life of its own. ☺

Taking Care of Your Martial Art Feet: The Signs of Foot and Other Trouble

John D. McCurdy, AJA President

I have foot mycosis! Practice on the dojo floor and mat presents the martial artist with a potential bevy of foot problems. The foot has 26 bones, 33 joints, and more than 100 tendons, muscles, and ligaments. It is a complex structure and much can go wrong. Some foot problems are inherited; however, many foot problems occur because of years of wear and tear. This should warn us that whatever the foot problem we notice we should not just shove our problem in a sock and move on hoping the problem will go away on its own. Signs of trouble include pain, excessively dry skin, thickened/discolored nails, swelling, redness, and/or unusual sensation. None of these symptoms are normal.

Pain in the feet can trigger pain in the legs, hips, and back. Play kendo? Changes in the structural appearance of the foot can also be signs of abnormalities such as tendon rupture, rheumatoid or osteoarthritis, or neuropathic disease. Toenails that are rounded inward not outward could be a signal of iron deficiency anemia. Kidney disease, heart disease, high blood pressure, and circulatory problems can cause the feet to swell. Tingling and numbness in the feet and slow healing wounds could be signs of diabetes or other serious diseases. Chronic stiffness

in the toes could be a sign of arthritis.

In this short discussion we will address the most common foot ailments with respect to the martial artist, as well as, the unpracticing, and what can be done to prevent or remedy the situation. These conditions are: fungal nails, ingrown toenails, athlete's foot, warts, blisters, and corns and calluses.

Fungal Nails: Symptoms include discolored, thick and/or brittle toenails. Mycosis can spread to other toenails. Fungal infection can be picked up in damp areas such as swimming pools and locker rooms. Clean, dry feet help prevent this. Treatment can include topical or oral antifungal medications, and in severe mycosis, toe nail removal.

Ingrown Toenails: Ingrown toenails are those in which the nail corner or side digs into the skin causing pain and sometimes infection. The situation is caused by improper nail trimming, pressure from shoes that are too small, foot injury, fungus infection, heredity, and poor foot structure. The nail should be trimmed straight across to prevent a problem. Soak the foot in soapy water, apply antiseptic, and bandage. Wear well-fitting shoes. If the toenail is painful or infected,

a doctor may remove the ingrown part of the nail.

Athlete's Foot: Certainly we are all familiar with this mycotic (fungal) infection. It is a skin disease that can spread from the feet to other parts of the body. This disease doesn't typically spread from person to person. Signs of the infection are dry, scaly skin; itching; inflammation; and blisters. Mycosis can be prevented by daily washing with soap and water, drying the feet, changing sweaty shoes and socks or hose regularly, and wearing shoes or sandals in public environments such as the locker room or pool.

Warts: Warts are caused by a virus that enters the skin through small cuts and infects the skin. Most are harmless, though they can be unsightly and painful. Warts can be caused by walking barefoot on dirty ground. Treatments include over-the-counter and prescription topical acids (drugs), and laser or surgical removal.

Blisters: Caused by skin friction, especially from poor fitting shoes. They can also be caused by practicing karate and kendo when the feet are not conditioned for such repeated friction. Another contrib-

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Upcoming Events

Judo Clinic featuring Reggie Heefner

When: June 14, 2014
10:00 AM to 2:00 PM

Where: 21429A York Road
Freeland, MD 21053

Contact: Debbie Burk

RisingSunJujitsu@gmail.com
717-993-6745

Space is limited. Please call or email to confirm registration.

Cost is \$20.00.

11th Annual Budoshin Ju-Jitsu Summer Camp

When: August 15-17, 2014

Where: Santa Clarita, CA

Contact: George Kirby

senseigk@budoshin.com

Budoshin Jujitsu Seminar featuring George Kirby

When: November 1, 2014

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:
Will.Harris1@Verizon.net

Mid-Atlantic Events

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finished with multiple submission techniques.

Professor Reggie Heefner followed up with the seven garuma practiced in Judo. Though not practiced by the group due to time constraints, Sensei Heefner showed kata garuma, and addressed the notion that some may believe that those smaller in stature could “never” properly execute a kata garuma on a much larger person (see photo insert). By popular demand, he finished his time demonstrating and allowing participants to practice jigoku jime, “the hell choke”.

Sensei Dave Patton followed up with stick defenses appropriate for batons and/or escrima sticks. Sensei Patton made a point to emphasize that nearly every potential witness has a video camera on their phone. Even though you may be completely justified and within your rights to defend yourself or others using a baton, you may still find yourself



Professor Reggie Heefner demonstrates how it is “impossible” for a smaller individual to pick up a larger person for kata garuma!



The host and seminar instructors from the Multi-Discipline Seminar hosted by Rising Sun Martial Arts Academy in Shrewsbury, PA on March 15, 2014. From left to right is host Sensei Debbie Burk, Professor Tony Maynard, Sensei Graciá Flura, Sensei Dave Patton, and Professor Reggie Heefner. Not pictured are Sensei Mike Balog and Sensei A.J. Farmer.

having to answer for your actions and if that’s the case, it’s easier to defend using controlling techniques to subdue and control your attacker than it would be to defend aggressively swinging and beating your attacker.

Every technique demonstrated and practiced emphasized using the defensive tool as an extension of your body. You should be able to set every hold or joint lock using either your arm or your defensive tool. With this thought in mind, the possibilities for variations and nearly endless.

The final session taught at the seminar was led by Professor Tony Maynard and assisted by Sensei A.J. Farmer. Professor Maynard demonstrated many techniques from his own American Combat Jujitsu System as well as those from Professor Wally Jay’s Small Circle Jujitsu System. Sensei Farmer wrapped up the session with some handgun takeaways when encountering a gunman pointing his firearm at a third party.

As always, this annual seminar in Shrewsbury was both educational and enjoyable. If you are in the Mid-Atlantic region, I would highly encourage you to be on the lookout for this seminar in March 2015.

The other event I attended recently was a Women’s Self Defense seminar led by Professor Bruce Jones at the Reston Institute of Self Defense in Reston, VA on Saturday, May 10th. This event was not designed for fellow jujutsuka, but instead was targeted toward a female audience with little or no prior self-defense training.

The three hour seminar was designed with a very high instructor to student ratio. Each group of two students had their own instructor/coach working with them to answer their questions and help them understand and properly perform the techniques safely. To reduce the intimidation factor and help put the participants at ease, none of the instructors wore their gi or their belts. Instead they wore clothing appropriate for general workouts (mostly sweat pants and t-shirts). This genuinely appeared to make for a more welcoming and less intimidating atmosphere.

Sensei Jones began the seminar by talking about the “reactionary gap”. This dis-

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Recent Promotions

Yudansha Promotions

Name	Rank	Date	Dojo
Daniel Gress	Shodan	03/17/11	Kaiwan Budokai
Henry Herzberg	Sandan	05/10/12	Kaiwan Budokai
Marco LaRocca	Shodan	05/30/13	Kaiwan Budokai
Young Kim	Nidan	12/01/13	Kaiwan Budokai
Josh Marsiglia	Shodan	12/01/13	Daitobukan
Paul Marsiglia	Shodan	12/01/13	Daitobukan
James B. Pikula	Rokudan	12/12/13	American School of Self Defense
Jordan tucker	Shodan	02/16/14	Reston YMCA Jujitsu
Troy Walker	Shodan	02/26/14	Reston YMCA Jujitsu
Valerie Wade	Nidan	03/10/14	Reston YMCA Jujitsu
Bruce Geyman	Sandan	03/30/14	Reston YMCA Jujitsu
Mark Stoyen	Shodan	03/30/14	Reston YMCA Jujitsu

Mudansha Promotions

Name	Rank	Date	Dojo
Madelyn Fagan	Ikkyu	04/13/13	Maru Martial Arts
Toney Ash	Nikyu	09/10/13	Reston YMCA Jujitsu
J D Mullins	Sankyu	10/01/13	Reston YMCA Jujitsu
Carlos Cortez	Rokyu	11/14/13	Nova Budoshin Ju-jitsu
Ben Biouin	Sankyu	11/16/13	Belle Chasse Martial Arts
Carrie Duncan	Nikyu	12/03/13	Kaiwan Budokai
Mustafa Wahid	Sankyu	12/07/13	Maru Martial Arts
Amanda McCourt	Rokyu	12/28/13	Daitobukan Dojo
Andrews Andrews	Rokyu	12/28/13	Daitobukan Dojo
Samantha McCourt	Rokyu	12/28/13	Daitobukan Dojo
Garrett Melich	Sankyu	02/01/14	Reston YMCA Jujitsu
Jess Strom	Sankyu	02/01/14	Reston YMCA Jujitsu

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. ☪

Mid-Atlantic Events

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tance of approximately 25 feet could be covered in about 12 paces by an average adult walking at a normal speed. However, if that pace is increased from a walk to a run, it could be closed in about three seconds! The point Sensei Jones was making was that you need to have an awareness of people that are within 25 feet of you in any direction. If something doesn't look right about them, then don't let them any closer. Change directions, cross the street, or do whatever you need to do to maintain that reactionary gap so if they do lunge toward you, you will at least have a fighting chance to protect yourself.

It was a very well-run and well-received seminar, including preventive knowledge, strategies, tactics, lawful defensive tools, and physical techniques. One of the points Sensei Jones emphasized was to first, make yourself safe. Be aware of your surroundings so you can identify a potential threat, and then do what is necessary to escape imminent danger. Only when you are out of harm's way should you call the authorities. The point being, don't hang around in what could be a dangerous environment fumbling to find your phone and trying to call 911. Get yourself to a safe place, then make the call. ☪

Taking Care of Your Martial Art Feet

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uting factor is if the facility used for practice has the incorrect flooring or floor covering. For example, when the Washington DC Kendo Club was formed, the group practiced for some time in a Community Center whose floor was sheet vinyl on a concrete slab, thus making ashi waza difficult. What to do! A band aid should be worn until the blister(s) heals, and socks should be worn with shoes. If the blister breaks it should be washed, an antiseptic used, and a sterile bandage applied. You should never pop a blister, but instead have a professional drain it.

Corns and Calluses: Corns and Calluses are protective layers of dead skin cells. Calluses appear on the soles of the feet, and corns ap-

pear on the toes. They are caused by friction from skin rubbing and shoes. Pain may be relieved by moleskin or padding. They should never be cut with an instrument.

I did not address Bunions, Hammertoes, Plantar Fasciitis, Neuroma, or Heel Spurs all of which are a bit beyond the intended scope of things. So take care of your feet: massage them after practice and be sure to powder them with a foot powder containing an active component to fight fungus or you can use creams containing those active drug ingredients, some of which are prescription products.

[Reference; FDA Consumer, Vol. 40 No.2] ☪

AMERICAN JU-JITSU ASSOCIATION

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