



AJA NEWSLETTER

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Summer 2017

Sensei Wade Susie

Wade R. Susie, retired steelworker and martial arts sensei (master) died peacefully June 14 at Gilchrist Hospice Center in Towson after an extended illness he faced with humor and grace. The Towson resident was 69. Born in Baltimore the son of William and Louise Susie, both deceased, he graduated from Kenwood High School. For more than half his life, he lived on the water in Bolwey's Quarters, working for Bethlehem Steel. He retired at age 48 after 30 years' service to concentrate on teaching and community service. He was best known throughout the area for his martial arts expertise. He held a 2nd degree black belt in Chin-na Karate, a 9th degree black belt in Budoshin Ju Jitsu, and a 9th degree black belt in Nihan



Ryu, very different but complementary martial arts styles. For 40 years, he taught martial arts to hundreds if not thousands of students, mostly at the YMCA's in White March and Abingdon. He was dedicated to his students, and always talked about keeping them under the umbrella of his protection. He gave scholarships to students who went on to college. Many of his students studied with him for 20 years or more, including whole families that worked on their black belts together.

Over the years, his students won more than 300 trophies in area competitions. He was also known throughout the region for workshops and demos, where he broke ten boards or six cinder slabs at once and awed audiences when he laid on a bed of nails. He received the national Outstanding Dojo Award from the American Ju-jitsu Association several years in a row, given to the top martial arts school. White Marsh residents knew him for creating and producing the YMCA Halloween Haunted Hike and Hayride for 18 years. White Marsh named him their Volunteer of the Year. He always gave back to his community volunteering for many years at the Gribbons Center for physically and emotionally challenged adults, and was a member of the Campus Hills Citizens on Patrol. His hobbies found him outdoors- hiking, spelunking, backpacking, boating. Accompanied by his wife, Karen, it was not unusual to hike 30 miles one day and then do it again the next. He had a soft spot for dogs and was devastated when his golden retriever, Doc, died two weeks ago.

He is survived by his wife, retired Mercy HS English teacher and co-martial arts teacher and black belt, Karen Curley. They practiced and taught martial arts together for 40 years. "We had the most amazing, challenging and rewarding partnership. He left a lasting impression on everyone he met. He was often the toughest guy in the room, but also the kindest." Surviving are two sons, James Harvey and Carroll Harvey, both of the Eastern Shore, 4 grandchildren, and half-brother William Susie.

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It's Judo Night – Now You're Ready to Learn Ju-Jitsu

By George Kirby

Back in the late 1960's, Sensei Seki ran his jujitsu program 4 nights a week—or was it 5. They were each 2 hour classes. You always got a good workout. You might also get 10-15 minutes of lecture [which taught you patience] or be told to do a technique 10-15 times, only to be told that it looked like rubbish — so do another 15-20 [which taught you more patience]. Seki worked us hard on the mat, but Thursday nights were special. Thursday was reserved mainly for upper belts [4th kyu & up] and the first hour was straight judo.

One solid hour of throwing, being thrown, and then doing it faster. Sit down time around the edge of the mat was relished but rare. You were expected to bring two gi Thursday night — so you could change out of your sweaty gi from the first hour, perhaps wipe yourself with that extra towel you brought & dampened up a bit with cool water in the locker room, and then put on your second gi — so you could now practice jujitsu the second hour in spite of the fact that you were physically exhausted. But that's what Seki wanted. He wanted you so physically tired that you wouldn't rely on muscle strength the learn or practice jujitsu techniques. He wanted you to learn technique & concepts such as using ki, leverage, kuzushi, etc., to overcome an opponent's attack. Seki figured that if we were tired we'd be more willing to listen to and follow directions. I think Seki may have been right. It was easier to follow directions. It was also possibly because we were physically tired and thus more sensitive to the discomfort that well executed jujitsu techniques can accomplish with very little effort. It was amazing how much was learned and accomplished that second hour after the first hour of what could be called "attitude adjustment" 😊. And we all walked out of class feeling tired, but also refreshed. A valuable lesson had been learned. Learning ju-jitsu or any martial art or anything is NOT about exhausting yourself physically although that may happen as a side effect. Learning anything is about developing the skills that will help you master your goals more efficiently and effectively. Memorizing stuff [which some teachers seem to relish] is not as important as learning how to memorize more effectively. Doing a koshi nage fast is not as important as learning how to do a koshi nage effectively and efficiently.

The "skill" you should develop for anything you need to learn or master is not simply doing it, but knowing how to do it better. This is important because you will ultimately recognize that the process of mastering anything is more important than the result itself — and if you master the process the final result will be much more impressive. Plus you will have learned a bit more about your learning abilities and your ability to succeed. It will also raise your level of self-confidence when facing future tasks. I don't know if all of this was part of Seki's rationale for working out derrieres off for an hour, but he was successful in getting us to learn the art better. We were more oriented to doing jujitsu techniques correctly because we realized it was a lot less work — and we were physically tired. We also worked more closely with our training partner to correct errors because correctly executed techniques tend to affect a uke faster and more effectively. That's what Seki wanted— and that's what he got. Those days don't exist anymore. I encourage my students to practice what they've learned in the dojo at home. I've shown them how to practice with their obi.

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Leg Attacks

By Tom Bruno

The most neglected aspect of self-defense today is not utilizing attacking the legs of an assailant in a street attack. We become so preoccupied in using our hands to protect ourselves, that we often neglect the many accessible targets of the attackers limbs. Likewise, the attacker is focused on deploying his hands, usually with punches to the head, temporarily forgetting one half of our body. As martial artists who are taught to dispatch our assailant as quickly as possible. We sadly overlook the many opportunities to take out an attacker, or at least to end the encounter by our reliance on hand to face/body strikes. Let's examine the necessary criteria to expand our range of attacks. First of all, we must maintain our balance and stability to be able to effectively deliver strikes to our adversaries lower limbs. Foot work becomes crucial in applying these techniques, as well in delivering our hand attacks. Of course, we must take into account the conditions on the ground. Icy surfaces, debris such as glass, rocks, sand, sticks, etc., will cause us to make necessary adjustments to our environment. Even so, we cannot overlook the possibilities of applying leg attacks even under less than perfect circumstances. Remember, our attacker faces the same dilemma

During our martial arts practice sessions, we should be very aware of our training partners leg positions, and the various types of effective kicks and strikes we can utilize to take advantage of during an attack. Remember, our objective is to end the encounter quickly, either by totally incapacitating the attacker, or to inflict enough pain or injury to allow us to safely escape the violent confrontation. Here are some possible methods of attacking the legs for your consideration. First is the knee attack. Often times, when we are in a grappling situation and our hands are "tied up" temporarily, a straight kick to the front of the knee, either done with the toes or the bottom of the foot, can at the least create some space to employ other more drastic measures. If done with more force, a fracture or a badly sprained knee will result. If we are to the side of an adversary, a hard kick with the bottom or the side edge of the foot can have very damaging results for the attacker. Again when practicing, try these two useful methods of attacking the patella (knee cap) from various angles. Even if your knee attack is only partially effective, your attacker's mind set will change, as he will become somewhat confused about future attacks, and this could alter his game plan.

Another great leg attack is the inside of the thigh. known as Spleen 11 on the acupuncture charts. Halfway up between the groin and knee, this "soft" target will cause an attacker to experience acute pain, bend forward, and could even collapse altogether. This sensitive area can be successfully struck with the foot, knee, fist, or elbow. With your attacker in a bent over position, and in a great deal of pain, it is fairly easy to "finish off" the job and safely exit. Another excellent leg attack is one that we all have had experience with, and that is the shin bone. Who hasn't inadvertently walked into an object and struck the shin bone? Painful indeed! This is exactly the kind of vulnerable area that we want to attack during an altercation. A fast and hard kick to the shins will definitely adversely affect your attacker and allow you to continue with various follow ups to gain control of the situation. And let us not forget the toe stomp. We all use this method of defense when grabbed from the rear, and sometimes from the front, arms either pinned or free. Consider using this painful technique when engaged in a grappling situation.

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AJA Updates and Links

By Dave Boesel

AJA is pleased to announce the appointment of two new Directors on its administrative team:

John Landry, Newsletter Editor

AJA Communications Director John Landry, Ph.D. has taken on the additional role of Newsletter Editor. John is well qualified for the job, having written academic articles, reviews, and other articles for on-line publications. As Communications Director, he set up and maintains AJA's Facebook page [AJA Facebook](#). A retired state law enforcement officer, John still serves as a reserve detective and instructor for a municipal police department. He is also a public school teacher. John started training in judo in 1974 and has practiced martial arts ever since. Following in his dad's tradition, his son John Carlos, 17, is a Second Dan in tae kwon do and is currently studying jujitsu and combatives at his father's dojo, Palm Beach Combatives Academy located in Lake Park, Florida. John has been a very productive AJA member for the past six years and looking forward to its future progress. You can contact John for business related to the newsletter at johnmlandryphd@gmail.com

Brian McClernan, Recruitment Director

Brian McClernan, sensei at the Ho'On Dojo in Westminster, MD, has taken on the important and challenging role of AJA's Recruitment Director. It's his job to reach out to dojos across America and encourage them to join the AJA. Brian was a student of Hanshi Dennis McCurdy, Terry Feelemyer, and Paul Klara at the Daitobukan Dojo in Towson for 11 years before starting his own dojo at the Westminster YMCA. He holds a Sandan rank and currently has 14 active students. Brian believes his success in attracting and keeping good students is due both to his experience as a jujitsuka and to his ability to develop meaningful relationships with them, on and off the mats. If you have any information about a dojo that might be interested in joining AJA, please contact Brian at Hoondojo@comcast.net

Martial Arts Supplies

Free Shodan Belts: AJA provides senseis with free black belts for all new shodans. The belts are embroidered in gold with the jujitsuka's name on one end and "American Jujitsu Association" on the other. To receive a shodan belt, you, as sensei, apply online for your student's shodan certificate, and at the same time send a belt request by email to Barry Stebbins [Certification Director](#) indicating the student's name, belt size, and your own mailing address. Barry will forward the information to Golden Tiger Martial Arts, which will send the belt directly to your address.

Discounts on Martial Arts Supplies: AJA members get a 25 percent discount on martial arts supplies – including belts, gi's, strike pads, and the like – at Golden Tiger Martial Arts. You order the supplies online at this link: <http://www.goldentiger.com/>. At the same time, send an email to Joon Lee joonsuh@goldentiger.com at Golden Tiger indicating that you are an AJA member. Be sure to copy Barry Stebbins [Certification Director](#) to validate your AJA membership.

AJA Updates and Links...continued from page 4

Liability Insurance

As an AJA sensei, you and your dojo receive \$1 million in liability insurance from Beacon Insurance/Philadelphia Indemnity Insurance. To be eligible, you, your dojo, and all students in the dojo must be currently registered in AJA. You must also have received concussion awareness training, which is available at the CDC Heads-up Program [Concussion Training Site](#). In addition, **for special events** such as self-defense training and seminars, liability insurance is available to senseis at a rate of \$1.50 for each non-AJA participant. Contact Kristine Wiscarson ladykristine@yahoo.com for details.

Sensei Promotions

Following a change in the AJA Constitution last year, it's now possible for AJA senseis who have no sensei of their own to promote them, to apply for promotion by the National Standards and Certification Board (NSCB). For a promotion application form and more information, please contact NSCB Chair Harold Zeidman hizeidman@gmail.com

Hosting an Event?

Please send pertinent info (what, when, where, cost, how to register) to:

Newsletter@AJA-email.org

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And lastly, we have the kick, punch, elbow, or knee, to the outside of the thigh known as: Gall Bladder 31. This vital point is often seen in MMA with hard kicking Muay Thai fighters and kick boxer. Attacking the Femoral Cutaneous nerve by the above means will cause acute pain and dysfunction of the leg, and can result in a partial or total collapse of the body. The instep is also an excellent alternative point to “stomp” because in the depression of the metatarsal bones lies Gall Bladder 41. Striking with the foot, fist, or elbow, should bring about the desired results. Additionally, we can attack Liver 3 between the 1st and 2nd metatarsal bones (big toe) and get a good reaction. These actions will afford us to either escalate our offense or extricate the encounter safely. There are many other methods of employing sound attacks to an opponents legs. Study diligently the vital points of the lower extremities and experiment with various methods of attacking them in many varied situations, both standing and on the ground. Always become aware of these opportunities, and continue to experiment with all forms of striking to establish which methods will work best for you. Ed note: Sensei Tom Bruno, Renshi, has been an active martial arts instructor for over 40 years and holds multiple black belts. He is also an AJA member teaching at various community adult education centers.



STUDENTS & PARENTS: CONCUSSION AWARENESS

Injuries or concussions are very rare in AJA dojos. However, they do occasionally occur. Here is some really usable information on concussion awareness for you as a parent and as a student. Please download this information, read it, and keep it for future reference:

For students/athletes:

www.cdc.gov/headsup/youthsports/athletes.html

For parents:

www.cdc.gov/headsup/youthsports/parents.html

For general information:

www.cdc.gov/headsup/basics/index.html

SENSEI/INSTRUCTOR: CONCUSSION AWARENESS TRAINING & CERTIFICATION

If you're an instructor and NOT yet Concussion Awareness Training certified go to: <http://www.cdc.gov/headsup/youthsports/training/> take the FREE 30 minute course, pass the FREE exam, and secure your FREE Concussion Awareness Training Certificate. This is an insurance coverage requirement.

Also, make sure you're making the information presented above in Students & Parents: Concussion Awareness, available to your students and their parents on a regular basis, either by printing up the documents and handing them out in class or providing students and parents with the links so they can download the information themselves.

Content

If you have content you would like published in the AJA Newsletter, please send it to:

Newsletter@AJA-email.org

Types of content requested:

- Articles about jujitsu, your students, or your dojo
 - Upcoming Events
 - Personal Interest events

Ju-Jitsu's Role In Fighting Skin Hunger

By Mayra Filippone

When it comes to contact sports, few come close to the amount of contact to be found in martial arts, particularly in Ju-Jitsu, which requires direct physical interaction with another person for nearly everything we do. Apart from the myriad benefits to one's physical fitness, self-esteem, and social interaction, the simple act of physical contact with another human being provides an invaluable benefit.

The topic of skin hunger (or touch deprivation) is making its way through popular articles on the internet as more people realize that something is not quite right. Technological advances can better connect us to people on the opposite side of the globe, but can also have a locally isolating effect as we rely on email and texting, rather than up-close and personal interactions with people in our daily lives. Skin is our largest sensory organ; and prolonged deprivation of sensory input negatively affects our physical and mental well-being. In the case of infants, skin-on-skin contact produces hormones which are crucial for development; the lack of which can result in stunted growth, or even death (Coila). In adults, while death may not be a potential outcome, the effects are still significantly impactful. "Around 40 percent of adults say they're lonely," (Paquin) and touch deprivation has been linked to depression and anxiety. The growing awareness of the issue is a positive step forward; however, the quality of advice to be found is inadequate (e.g. "make more time for human contact" or "hug the people around you more"). This advice ignores the fact that many people simply don't have someone they can turn to. We move away from our families; marriages devoid of affection are distressingly common; many do not subscribe to organized religion (where hugs are often plentiful); and friendships become more and more difficult to forge as we move into adulthood.

The need for human touch is often associated with romantic relationships, but "touch is a common aspect of human communication...In adults, lack of touch leads to communication development problems, depression, eating disorders, aggression, and self-injury behaviors." (Punyanunt-Carter, Narissra M. & Wrench, Jason S. Ed.D) Much of our social touching actually comes in the form of casual contact (handshakes, hugs, high fives, pats on the back, etc.) which provides that assurance that we are part of this fabric called humanity. In the absence of well-established relationships where touching is accepted, touching becomes taboo (i.e. we can't just go around hugging our coworkers, at least not without complaints to HR). Furthermore, because same-sex touching is still considered especially taboo for males, it may cause males to feel particularly deprived of touch. This is why there is such a refreshing contrast when finding oneself in the dojo, where if your hand is not positioned correctly, someone will simply reach over and reposition it for you. In the dojo, physical contact does not stand on ceremony; it is the most essential aspect of what we do.

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Ju-Jitsu's Role In Fighting Skin Hunger...Continued from page 7

For those who suffer from skin hunger and find their refuge in Ju-Jitsu or other martial arts, the bruises taken home from class become a symbolic reminder that someone has touched them. While seemingly a sad thought at face value, it stresses the severity of the isolation in which we can find ourselves, and ultimately can be a source of comfort and hope. The bruises are not a product of hurtful intent, but of learning, of connectedness, and the purity of physics and anatomy in relation to the mechanics of technique. For anyone who has experienced prolonged periods of touch deprivation, the introduction of regular physical contact during class can serve as the fundamental turning point when it comes to one's well-being. Skin hunger is just that, a hunger, a basic bodily need that if neglected for too long, can't help but adversely affect other aspects of one's life.

In addition to providing an opportunity for touch during class or open-mat time, the familiar nature of class itself fosters closer relationships that carry on beyond that hour of time. The intimate and mushin nature of touch on the mat sets a precedent for interaction with the same people when off the mat. When I see my fellow jujutsuka at an outing away from the dojo, we hug. When someone has just come back to class after having been away for a significant amount of time, we hug.

When we practice martial arts, we are connected to each other; we are connected to a rich history – to something greater than ourselves. Even when it feels like we're losing against the inherently isolating nature of our society, we may find our solace in the simple embrace of a hip throw.

References:

Coila, Bridget (June 13, 2017). The Effect of Human Contact on Newborn Babies Retrieved from <http://www.livestrong.com/article/72120-effect-human-contact-newborn-babies/>

Paquin, Joanne (November 29, 2016). What Is Skin Hunger, and Why Do We Experience It? Retrieved from <https://studybreaks.com/2016/11/29/skin-hunger-experience/>

Punyanunt-Carter, Narissra M. & Wrench, Jason S. Ed.D. (2009). Development and Validity Testing of a Measure of Touch Deprivation Retrieved from http://www.uab.edu/Communicationstudies/humancommunication/12_05_Carter_Wrench.pdf

2017 Mudansha Promotions

Name	Rank	Date	Dojo
Akagi Kayashima	1st Kyu	January	Budoshin Jujitsu Yudanshakai
Kale Claus	2nd Kyu	February	Vancouver Institute of Self Defense
Cody Claus	2nd Kyu	February	Vancouver Institute of Self Defense
Canen Mumme	3rd Kyu	February	Belle Chasse Martial Arts
Kelly O'Briant	2nd Kyu	April	Arlington Budoshin Ju-Jitsu
Bryce Thomas	5th Kyu	June	Towson Daitobukan Dojo
Sol Fitzgerald	6th Kyu	June	Towson Daitobukan Dojo
Elliott Morton	4th Kyu	June	Towson Daitobukan Dojo
Dylan Grieco	3rd Kyu	June	Towson Daitobukan Dojo
John Grieco	3rd Kyu	June	Towson Daitobukan Dojo

It's Judo Night – Now You're Ready to Learn Ju-Jitsu

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How many actually put in 10-20 minutes a day reviewing techniques is unknown. But I do know that if they practiced more at home they'd be better on the mat. If they do kata-no-nage with their obi for 15-20 minutes per day they will get tired. However, they will also learn their techniques a lot better. Hopefully they'll also come back to class & ask how to become more proficient. "It's judo night. Now you're ready to learn jujitsu." If you put out the proper effort you will get better at anything you strive to do. It may be frustrating & exhausting at first [1 hour of judo] but if you learn the skills that will help make you proficient [2nd hour of jujitsu] you will end up accomplishing more and will feel more satisfied with your accomplishments. Remember, it's the process of reaching your goals that's more important than the goal itself — because the process can be used in other areas of your life to reach other goals.

2017 Yudansha Promotions

Name	Rank	Date	Dojo
Lindsay Price	Shodan	January	Vancouver Institute of Self Defense
Jesse Strom	Nidan	January	Reston Virginia YMCA Jujitsu Dojo
Kirk Price	Shodan	January	Vancouver Institute of Self Defense
Jameson Feelemyer	Sandan	January	Towson Daitobukan Dojo
Brian Hall	Nidan	January	NOVA Jujitsu
Scott Finley	Yodan	March	Towson Daitobukan Dojo
Kendrick Smith, ,	Shodan	April	Kaiwan Budokai
Boris Korol	Nidan	April	Reston Virginia YMCA Jujitsu Dojo
Paul Haynes	Nidan	April	Dave Clark's Jiu-Jitsu Consortium
Charles Armstrong	Nidan	May	Vancouver Institute of Self Defense
Glenda Perl	Nidan	June	Budoshin Ju-jitsu
Byron Davis	Yodan	June	Budoshin Ju-jitsu
Michael Langewisch	Yodan	June	Budoshin Ju-jitsu



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.

Board of Directors

Position	Name	Email
President & Chairman	David Boesel	President@AJA-email.org
Vice President	Jeff Wynn	VP@AJA-email.org
Secretary	Kristine Wiscarson	Secretary@AJA-email.org
Treasurer	Marc Tucker	Treasurer@AJA-email.org
Western Region Director	Tony Damigo	WRDirector@AJA-email.org
Southern Region Director & International Competition Coordinator	Thomas Salander	SRDirector@AJA-email.org
Northern Region Director	Paul Klara	NRDirector@AJA-email.org
Director	Gene Roos	Director@AJA-email.org

Administrative Staff

Position	Name	Email
Certificates Coordinator	Barry Stebbins	Certificates@AJA-email.org
Communication Director / Newsletter Editor	John M. Landry, Ph.D.	Communications@AJA-email.org
Historian	Mike Balog	Historian@AJA-email.org
Materials Coordinator	Jeff Rice	Materials@AJA-email.org
Membership	Kristine Wiscarson	Membership@AJA-email.org
National Awards	Vacant	Awards@AJA-email.org
National Standards & Certification Board	Harold Zeidman	NSCB@AJA-email.org
Recruitment	Sherry Gibson	Recruitment@AJA-email.org
Webmaster	Scott Finley	Webmaster@AJA-email.org

