



AJA NEWSLETTER

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Judo's Ultimate Goal – the Third Principle

by Reginald Hefner

Jigoro Kano's "Kodokan judo" is so named to distinguish it from an earlier and unrelated ju-jitsu ryu as well as Kano's decision to emphasize *do* [道] rather than *jutsu* [術]. Most ju-jitsuka are familiar with the two principles of Kodokan judo: *seiryoku zenko* (optimum use of force) and *jita kyoei* (mutual benefit and welfare - literally "self and others shining together"). *Jita kyoei* is interpreted as "I am responsible for your safety and welfare and vice versa so that we both are able to safely practice and learn." Interestingly, the Japanese original *seiryoku zenko* says nothing about the non-use of force, though it is often misconstrued that way.

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Waza Tournaments

By Scott Finley

Overview

A waza (or "self-defense kata") tournament is a way for judoists to compete in a way that is similar to the cooperative training practiced in the dojo. Waza means "technique." Each competitor (*tori*) is paired with an *uke* who provides a variety of attacks over a set time period, enabling *tori* to demonstrate a variety of defensive techniques and submissions. These techniques are usually scored by a panel of judges, but in less formal tournaments the students may receive constructive criticism in lieu of scores. It's a valuable and enjoyable way of assessing one's progress in the art with more objectivity than is possible within a single dojo. This article highlights some of the experiences of the Daitobukan Dojo, which has been hosting waza tournaments in Towson, Maryland for decades. Details can be adjusted to suit your space and preferences.

Host dojo's preparation

The activity occurs within a fighting square, marked by tape on the mat. The size of square varies depending on the mat area available. In larger tournaments multiple squares can operate

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Annual Northern Region Shiai and Workshop

by Samantha Finley

On July 21, 2019, Daitobukan Dojo once again hosted its annual clinic and tournament of self-defense kata, known as Shiai. The all-ages and all-ranks event drew attendees from near and far to the Towson YMCA. There was a strong turnout, similar to last year's.

Instructors for the morning seminars this year were Tony Maynard, Dave Boesel, William Stockey, and Debbie Burk; Sensei Boesel and Sensei Stockey also taught in 2018. As per usual, the seminars were followed by an afternoon Waza competition. Videos of the competition, as well as ones from previous Shiais up to ten years ago, are available on the Daitobukan Dojo YouTube channel, which can be found at <https://tinyurl.com/DaitobukanYoutube>.

Attendees of the 2019 Shiai were surveyed about their experience after the fact. Responses were broadly positive, both regarding procedural matters (ease of online registration, lunch selection, etc.) as well as matters of content (quality of seminars, enjoyment of the tournament). Overwhelmingly, respondents expressed a sense of camaraderie with fellow participants.

2019 Northern Region Shiai Results

Click a results table for a link to a playlist for that division.

Yudansha

| Place | Name |
|-------|-------------------|
| 1st | David Racine, Jr. |
| 2nd | John Frank |
| 3rd | Jarrett Bowman |

Adult Jodan

| Place | Name |
|-------|------------------|
| 1st | Adam Auerback |
| 2nd | Dominic Calabria |
| 3rd | Scott Coldiron |

Adult Chudan

| Place | Name |
|-------|----------------|
| 1st | David McMillan |
| 2nd | Todd Weber |
| 3rd | James Hawkins |

Adult Gedan

| Place | Name |
|-------|------------------|
| 1st | Abraham Tzou |
| 2nd | John Tropea |
| 3rd | Jennifer Hawkins |

Youth Jodan

| Place | Name |
|-------|----------------|
| 1st | Anthony Hickey |
| 2nd | Zion Coldiron |
| 3rd | Abigail Frank |

Youth Chudan

| Place | Name |
|-------|-----------------|
| 1st | Alice Pritchard |
| 2nd | Carson Frank |
| 3rd | Trent Hawkins |

Youth Gedan

| Place | Name |
|-------|-------------|
| 1st | Zoe Ewing |
| 2nd | Wyatt Brock |

Recent Yudansha Promotions

| Name | Rank | Date | Dojo |
|-------------------|-----------|-----------|----------------------------------|
| Daniel K Schmidt | Godan | May | Midori Judo Club |
| Peter Zeyen | Shodan | May | Midori Judo Club |
| Michael S Hickey | Rokudan | June | Nintai Dojo |
| John Castellon | Yondan | July | Budoshin Jujitsu Yudanshakai |
| Eric Tollett | Sandan | July | Budoshin Jujitsu Yudanshakai |
| Charles E. Youman | Godan | August | Arlington Budoshin Ju-Jitsu Dojo |
| Kendrick Smith | Nidan | August | Kaiwan Budokai |
| Dayna Aldridge | Shodan | August | Ho'on Dojo |
| Jeff Wynn | Shichidan | September | Budoshin Jujitsu Yudanshakai |
| Dave Clark | Yondan | September | Budoshin Jujitsu Yudanshakai |

Recent Mudansha Promotions

| Name | Rank | Date | Dojo |
|----------------|--------|--------|-------------------------------------|
| Elliott Morton | Nikyu | June | Towson Daitobukan Dojo |
| Bert Roepe | Ikkyu | July | Reston Virginia YMCA Jujitsu Dojo |
| Raphael Reggie | Sankyu | July | Towson Daitobukan Dojo |
| Manny Toscana | Rokyu | July | Kaiwan Budokai |
| Ender Claus | Sankyu | August | Vancouver Institute of Self Defense |
| Janae Fang | Sankyu | August | Vancouver Institute of Self Defense |
| Yozen Fang | Sankyu | August | Vancouver Institute of Self Defense |
| Megan Eckman | Sankyu | August | Vancouver Institute of Self Defense |
| Jeff Opp | Sankyu | August | Vancouver Institute of Self Defense |

Sensei

To have your students' unregistered promotions featured in the newsletter, please send them to
Newsletter@AJA-email.org

AJA Update

by Dave Boesel

Sexual Harassment Policy

AJA's Board of Directors has adopted a policy on sexual harassment involving AJA members. The policy defines sexual harassment in detail, but in general the term applies to speech or action of a sexual nature that harms or demeans another individual belonging to an AJA dojo. The policy recommends that any such individual who believes he or she has been subjected to harassment first try to resolve the issue informally, for example by addressing the (perceived) harasser directly and calling attention to the behavior in question. This step is recommended but not required.

If the issue is unresolved, the complainant should inform the AJA Board, the organization that hosts the dojo (if any), and, as appropriate, law enforcement authorities. Upon request by the complainant, the AJA Board will form an ad-hoc committee to investigate the matter and to recommend an appropriate outcome, which may include no action, censure, or expulsion.

To our knowledge as AJA Board members, instances of sexual harassment in the organization have been rare, but there have been a few, and in an era in which notorious cases of sexual harassment have heightened public awareness of the issue, it is important for AJA to have a clear policy on it. You can read the policy statement [here](#) or by going to the [American Jujitsu Association website](#) and clicking on About>Rules and Regulations.

Concussion Awareness

This is just a reminder that all AJA senseis are required to be certified in concussion awareness training by a recognized national organization such as the Centers for Disease Control (CDC) or the American Red Cross. It is also expected, but not required, that all other instructors in AJA dojos be certified. The CDC offers training on concussion awareness in its online [Heads Up](#) program. The course is free and takes about an hour to complete. So if you are an AJA sensei or other instructor and have not been certified, please set aside an hour or so to take a concussion awareness training course before next year's registration in January 2020. When you've completed the training, send a copy of the certificate to Barry Stebbins, AJA's Director of Certification, at certificates@aja-email.org.

The Third Principle

(continued from page 1)

These were the twin principles underlying Kano's argument that judo should be permitted to be practiced while other martial arts were being banned. By framing judo as a means to improve the health, welfare, and minds of the practitioners, and a form of mental and physical training/development, Kano was permitted to teach at his Kodokan Institute - "Kodokan" literally means Institute for Lecturing (about) the Way. Once established, Kano invited both Gichin Funakoshi, the founder of modern karate, and Morihei Ueshiba, the founder of aikido, to "lecture on their arts," but that's another story...

What fewer ju-jitsuka and judoka are aware of is Kano's other maxim: jiko kansei (literally "self-perfection"). This principle tends to be significantly misconstrued, much more so than the other two. In fact, jiko kansei is what Kano held to be "the ultimate goal of his Kodokan judo" (earlier called Kano-ryu Ju-jitsu). The import of this is "the harmonious development and eventual perfection of human character." Notice that it is decidedly not "becoming perfect." Nobody is perfect; as in our classic Western tradition, in Kano's ideal we must constantly strive to improve, "to perfect" ourselves, an endless process of honing ourselves, just as swords and knives (and skills) need sharpening. Most judo dojo have Kano's calligraphy of the two main principles of judo in parallel with a framed photograph of Kano situated between them. It is thus understandable that the overarching maxim would be less well-known.

For those who want to read more on the differences between do and ryu, I'd recommend Donn Draeger's excellent books on martial arts versus martial ways [e.g. *Asian Fighting Arts* (written with Robert W. Smith, Tuttle, 1969) and especially *Martial Arts and Ways of Japan* (Weatherhill, 3 volumes, 1973-1974)]. Martial ways include judo, karate-do, aikido, kendo, iaido, and kyūdō (see *Zen in the Art of Archery* by Eugen Herrigel).

Content

If you would like to contribute content to the AJA newsletter, please send it to **Newsletter@AJA-email.org**
We're always looking for

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

Waza Tournaments

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simultaneously. Each participant should complete a liability waiver prior to participating. In addition to ensuring that sufficient competitors of comparable size, age, and level of training are participating, organizers need to ensure to arrange for enough yudansha (or sometimes sempai) who are willing to serve as judges (three or four per fighting square), mat referees, and timers. You'll need at least enough space for the square(s) as well as a judges' table and chairs, plus room for attendees and any spectators. It's best if several dojos can participate, but a very simple waza competition can be conducted within a dojo.

Having a nurse available (along with ice or cold packs) on site can be a helpful precaution; hopefully, they will have nothing to do but watch.

Divisions

Daitobukan has had good success when competitors are grouped by rank: beginners (generally white and yellow belts, 8th and 7th kyu) compete in the gedan division. Intermediate competitors (generally green and purple belts, 6th through 4th kyu) compete in the chudan division. More advanced students (generally brown belts, 1st through 3rd kyu) compete in the jodan division. Black belts compete in the yudansha division. Youth and adults generally compete in separate divisions. Sometimes a Masters/Senior division is offered for older competitors, usually only at the yudansha level. The dividing lines (between adult and youth divisions, or between gedan/chudan/jodan divisions) can be shifted a bit if the pool of competitors leaves the divisions unbalanced or leaves a division smaller than desired.

Procedures

Uke/tori pairs are most often made by the mat referee within a division. Tori and uke should be of similar height and weight; when size differences make that impossible an uke volunteer (of equal or higher rank to tori) may be selected from higher divisions or among non-competitors. Ideally tori and uke will be from different dojos whenever possible, and siblings should not be paired. Participants will usually be asked to bow to the judges, the mat referee, and each other before and after the action. The judges indicate to the mat referee that they are ready, and timing starts when the mat referee says "hajime." Uke then provides a series of attacks, and tori must respond to each one, until the mat referee calls "time" (after being signaled by the timer). At that point, tori and uke return to their starting positions, repeat the same sequence of bows as directed by the mat referee, and — in accordance with Americanized Japanese etiquette — step out of the square without turning their backs.



John Frank performs a technique on his uke in Daitobukan's 2019 Shiai.

A variety of attacks: the role of uke

Uke is responsible for providing a variety of attacks (e.g. punches, kicks, chokes, grabs, bear hugs, weapons), each of which tori will respond to. The attacks should be provided at a speed and with an energy level appropriate to tori's rank. When uke wants to execute an attack from behind they should gesture to tori to turn around.

Uke should not try to prevent a technique from being performed by tori, and indeed should yield to it completely. This is important to the competition, enabling tori's demonstration to be executed, and is important to the safety of the competition. Unlike in class, tori and uke will often be unfamiliar with one another, and the speed and intensity of attacks and techniques will be less predictable.

Although no contact should be made with any strike (it can be pulled short or redirected), uke should respond appropriately to simulated strikes by tori, as though contact had been made. Uke should also tap out loudly in response to the correct application of any joint locks well before there is any risk of injury. After each technique is complete tori and uke should quickly resume their fighting stances, facing one another.

A variety of techniques: the role of tori

Tori should respond completely to each attack with as large a variety of well-executed techniques as they can, limited to those uke can reasonably be expected

Upcoming Events

Sensei George Kirby will be teaching a seminar in Arlington, VA on October 26. Details at <https://americanjjuitsuassociation.org/events/upcoming-events/>

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to safely manage. Repeating the same technique contributes little to tori's score. All techniques should be finished with a submission of some sort or a definitive (simulated) strike. Tori should try to perform smoothly and briskly, using the available time to demonstrate as many techniques as possible. Any weapons should be secured safely, removed from uke's reach.

Tori should keep their hands up in a defensive posture between attacks and quickly return to a ready position after completing a technique, enabling more techniques to be demonstrated.

Energetic kiais by both uke and tori are extremely helpful in several ways: they help the judges and audience observe the action and intent, and they help uke and tori focus appropriately on one another. Don't bring a cell phone onto the mat (yes, it has happened).

Competition details

Daitobukan's kyu-level competitions generally last for 60 seconds. Yudansha-level competitions generally last for 90 seconds. At the yudansha level a second attacker may be introduced during the process, sometimes for the final 30 seconds. Weapons (generally clubs and rubber knives) may be handed by the mat referee to uke for use in the next attack. Consideration should be given to which divisions should include weapon attacks. Gedan competitors in particular will often not have adequate training to handle weapon attacks appropriately.

The competition is fairest when the set of attacks is the same for each competitor, but it's also best when each specific attack isn't known until it occurs. The Daitobukan dojo tried an experiment in which the mat referee called out the attacks for uke to perform, to ensure an identical mix, but the loss of the element of surprise was costly, and the experiment was not repeated.

Nevertheless, at the youth gedan level the mat referee may need to help keep things moving by suggesting attacks to some uke.

Scoring

Per the AJA Tournament Handbook competitors are graded on a 12-point scale in each of four categories:

1) Response to attacks, Follow through, & Submissions. An excellent score is described as follows: "Immediate response, most are complete techniques. All or most defenses include submissions"

2) Form, for which an excellent score is described as "Superb, fluid form and technique."

3) Variety of Defense ("Extreme variety of techniques, few repetitions.)

4) Appearance ("Calm, confident, and in control.").

When there are tie scores the tie is resolved by removing the lowest and highest scores for each competitor and recalculating.

Daitobukan has always presented awards for first, second, and third place results in each division.

Video

The Daitobukan Dojo has made video recordings of Waza competitions for some years now. It's worthwhile to see how it works to develop some ideas about how you might do it. These videos can be viewed at

<https://tinyurl.com/DaitobukanYoutube>.

Conclusion

Waza is an engaging and educational way to gain new perspectives on the use of Japanese Ju-Jitsu in self-defense, and to develop increased insight into one's own strengths, weaknesses, and standing. The AJA has a detailed handbook directed mainly at people planning to conduct a Waza tournament (or just thinking about it). The handbook can be found at

<https://americanjujitsuassociation.org/wp-content/uploads/2014/03/Tournament-Handbook-092308.pdf>

The Handbook hasn't been updated in a number of years, so some of the details aren't quite up to date, and some administrative procedures it describes have fallen into disuse. Anyone who'd like to volunteer to update the handbook should contact the author at webmaster@aja-email.org.

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 | Barry Stebbins | Secretary@AJA-email.org |
| Treasurer | Marc Tucker | Treasurer@AJA-email.org |
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