



# AJA Newsletter

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## **Kodokwan Judo & Ju-jitsu Club: A Lighthouse for Zambian Youths**

by Thomas Dineen (*adapted from material provided by Sensei Jonathan Kruger*)

While the American Ju-Jitsu Association is proud to have existed for almost 50 years, one of our newest member dojos traces its origins in Africa back nearly a century.

The Kodokwan Judo & Ju-jitsu Club of Zambia is one of the oldest dojos in Southern Central Africa, teaching traditional Koryu Goshin Ju-jitsu and Kodokan Judo. Founded in South Africa in 1928, it helped introduce the continent to ju-jitsu and in the early 1940s integrated judo into its curriculum.

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## **Block and Punch: How To Attack and Defend at the Same Time**

by Marc Tucker

The goal in any confrontation is to end it—the sooner the better. The best way is to resolve it peacefully by talking it out until both sides feel okay walking away. This is the ideal solution. However, it's not possible all the time, especially when the other side just wants to hit you and/or beat you. This is the worst situation because you don't know to what level the attack will go, from a simple "one punch and I'm done" to "I am going to beat you senseless."

In either case you need to defend yourself. If you study body mechanics, you will learn that our bodies move in very specific ways. It is a natural law, the way our bodies were designed. Knowing how the body works can help you design a defense against any type of attack. This is how all of the martial arts in the world evolved: by studying the attack and countering it.

While the technique I am going to discuss today has been around for centuries, it is rarely taught in modern martial arts. I teach it almost from the beginning, but many sensei never teach it.

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## AJA Updates

by David Boesel

**March 18, 2020**

Given the rapid spread of the coronavirus, on March 14 I issued an advisory to all AJA sensei to suspend operations, monitor the situation, assess the risks on an ongoing basis, and resume operations after the contagion abates. As of that date, a number of sensei indicated that they had already suspended classes or would do so shortly. Presumably, other sensei have suspended classes as well.

AJA's Board of Directors will meet on Saturday, April 4 to discuss and decide on a number of issues, including the disposition of applications for AJA membership from dojos outside the United States and the possible allocation of AJA resources to activities of benefit to the organization, such as shiai.

**Reminder:** All AJA sensei are required to be certified in concussion awareness training, and other instructors are strongly advised to do so as well. Certification is a condition of AJA's insurance policy. Sensei and instructors who have not done so can get training through the CDC's Heads Up online training program. It takes about an hour to complete and will provide you with a certificate, which you should email to AJA's Certification Director, Barry Stebbins ([colbarry@aol.com](mailto:colbarry@aol.com)).

**December 23, 2019**

AJA's Board of Directors met on December 14. The meeting included the following:

- Thomas Salander's resignation from the Board and from his position as AJA's Southern Regional Director. Thomas is sensei at the Arlington, Virginia, Budoshin Jujitsu Dojo. The Board voted for Adam Kennedy to take his place. A former student of Thomas, Adam recently started his own dojo, the Alexandria Budoshin Dojo.
- Paul Klara's term as Board Member and Northern Regional Director ended this year. He was re-elected to those positions for another four-year term. Paul is sensei at the Daitobukan Ju-Jitsu Dojo, which recently moved from the YMCA in Towson, Maryland, to the Atlantic Coast Athletic Club in Hunt Valley, Maryland.
- The Board strongly recommended that AJA's Regional Directors visit dojos in their regions that are applying for AJA membership to assess the quality of their ju-jitsu programs. AJA will cover the associated travel costs.
- The Board also began the process of updating the AJA Constitution to make it conform more closely to current practice. For example, some provisions of the constitution assume paper and pencil dojo registrations and applications for promotion. Today these things are handled through the AJA website.

## Block and Punch

*(continued from page 1)*

There's one rule that you absolutely must understand: **When someone is attacking you, his mind is in attack mode, not defense mode.**

If you really understand this, then you must attack when he is not defending. This leads to a dilemma: How do I attack if I have to defend first? Let's take a boxer. Her opponent throws a punch. She blocks it, and then throws a counter punch. This is how almost everyone is trained: Block, then counter.

There is a much more effective way. Let's go back to our rule—the attacker is not in defense mode when throwing a punch. So as he throws his punch, you block it but at the same time throw a punch. At this one moment, you need only worry about his punch landing because he is getting his other hand ready for his second punch. If you practice this, you will find in almost all cases he is unable to throw that second punch.

This technique was taught by Bruce Lee in Jeet Kune Do with his four-gates drill. It's also taught in Wing Chun, the parent art of Jeet Kune Do. The four gates are an upper right attack, upper left attack, lower right attack and lower left attack. This picture shows an upper right attack. In every case, ALWAYS block and attack the undefended part of your opponent's body to inflict the greatest amount of pain to end the fight as fast as possible.



*Marc Tucker (left) demonstrates a simultaneous block and punch with fellow instructor Byron Davis. (Photo courtesy of Marc Tucker)*

Let's break it down. We will focus on the typical stepping right roundhouse punch common in today's street fights. Your attacker throws a punch with his right hand while stepping forward with his right foot. His goal is to knock you out with one punch. If he hits you with that much force you will be injured, but he leaves himself open to the same attack. You should be in your ready position with your left foot forward and both hands up. Slide forward pushing off your back foot and blocking his right arm with your left AND at the same time punch his jaw with your right hand. He will walk right into your punch.

If you do this correctly, there will be no follow through punch on the attacker's part 90% of the time.

Practice this in the dojo over and over again until it becomes automatic. You don't think about it; you just attack if you are attacked. Practice the four gates: attacks from left and right, upper and lower, and actively defend against them. As my sensei once told me, "If the fight lasts 10 seconds, it was seven seconds too long."

*Marc Tucker is the treasurer of the American Ju-Jitsu Association and teaches in Santa Clarita, California. He can be reached at [Treasurer@aja-email.org](mailto:Treasurer@aja-email.org).*

## Recent Yudansha Promotions

Name	Rank	Month	Dojo
Mathew Clark	Shodan	Feb. 2017	Mushin Martial Arts
John Valceanu	Shodan	Sept. 2019	Alexandria Budoshin Ju-jitsu
Roger Chen	Nidan	Oct. 2019	Reston Virginia YMCA Jujitsu Dojo
Chris Murphy	Nidan	Oct. 2019	Reston Virginia YMCA Jujitsu Dojo
Dominic Calabria	Shodan	Oct. 2019	Ho-on Dojo
Marisol Bovoso	Shodan	Nov. 2019	Full Circle Jujitsu
Paul Haynes	Sandan	Nov. 2019	Dave Clark Jiu-jitsu Consortium
Sherry Gibson	Sandan	Dec. 2019	Mushin Martial Arts
Scott Coldiron	Shodan	Dec. 2019	Nintai Dojo
Darrin Fox	Nidan	Dec. 2019	Ho-on Dojo
Adam Auerback	Shodan	Dec. 2019	Ho-on Dojo
Young Kim	Yondan	Dec. 2019	Kaiwan Budokai
Billy Smith	Shodan	Jan. 2020	Mushin Martial Arts
Kevin Dougharty	Sandan	Feb. 2020	Maru Martial Arts
Thomas Dineen	Shodan	March 2020	Baltimore School of Self Defense, LLC
Mike Jackson	Shodan	March 2020	Baltimore School of Self Defense, LLC

## Recent Mudansha Promotions

Name	Rank	Month	Dojo
Zion Coldiron	Ikkyu	Oct. 2018	Nintai Dojo
Anthony Hickey	Sankyu	Nov. 2018	Nintai Dojo
Manny Toscana	Gokyu	Nov. 2019	Kaiwan Budokai
Bobby Wood Lyon II	Ikkyu	Dec. 2019	Tiger Bear Martial Arts School
Daniel Robertson	Nikyu	Dec. 2019	Alexandrai Budoshin Jujitsu
Daniel Moses	Shichikyu	Dec. 2019	Tiger Bear Martial Arts School
Kristen Minogue	Shichikyu	Jan. 2020	Kaiwan Budokai
Antonio Sanchez	Shichikyu	Jan. 2020	Kaiwan Budokai
Bobby Lyon	Nikyu	Feb. 2020	Tiger Bear Martial Arts School

## Sensei

To have your students' unregistered promotions featured in the newsletter, please send them to [Newsletter@AJA-email.org](mailto:Newsletter@AJA-email.org).



## Judo and Ju-Jitsu in Zambia

*(continued from page 1)*

The African roots of the dojo's current head instructor, Jonathan Kruger, extend back even further. Originally from Berlin, his family settled in South Africa in 1713, and moved up to what was then Northern Rhodesia (now Zambia) in 1898. Jonathan's grandfather was the first European born in northern Rhodesia and his great-great grandfather, Paul Kruger, was president of South Africa from 1883 until 1902.

Since 1998, Jonathan has worked with underprivileged youths and orphans in his community dojo in the city of Kitwe. He compares it to a lighthouse for Zambians seeking to improve their lives through martial arts training. The Kodokwan also helps them pay school fees, acquire martial arts uniforms and even gets them mosquito sleeping nets, as many of them are afflicted by malaria. Jonathan also feeds some of his more malnourished students after training, stocking up when he can on maize, a staple of the Zambian diet.



*Students at the Kodokwan Judo & Ju-jitsu Club of Zambia practice throwing Sensei Jonathan Kruger. (Credit: Kodokwan Zambia)*

The Kodokwan Dojo was started by Japanese merchant sailor Seishi Teppei, who lived in Hong Kong in the 1920s. He taught a military style of ju-jitsu, as well as a system taught to him by his samurai father. He also trained in judo with its founder, Jigoro Kano, at the Kodokan in Tokyo.

In Hong Kong, Seishi met Irish physician Henry Johnston, who'd been living in southern Rhodesia. Seishi instructed Henry extensively and in 1928 granted him the *menkyo kaiden* (license of complete transmission) to the Kodokwan, meaning that Henry had mastered all aspects of the *koryu* (classical style) and was now its head instructor. Henry soon returned to Africa and opened a Kodokwan dojo in Adderley Street, the main thoroughfare of downtown Cape Town, South Africa.

Henry later ran a successful medical practice in southern Rhodesia in the 1950s and 60's. Two of his top students, Joe Grant Grierson and Danny McCrea, were named Henry's successors in 1947. Joe opened the Zambian Kodokwan in 1954 in Kitwe, where his first two students were Steve Arneil and Jonathan's father, John Kruger.

"The late Shihan Joe Grant Grierson was the greatest *ju-jutsuka* [ju-jitsu practitioner] I have ever met," Jonathan Kruger recalled later. "I loved every moment of training with him—even the pain—as it was a once-in-a-lifetime privilege to train with such a distinguished master. Even when he was 79, I always ended up on

the ground when sparring with him! He was of the first generation of Europeans to train with Japanese masters. At our dojo, we try to continue what he started.”

Jonathan also remembers a story Joe told him from 1949, when he and Danny McCrea (then 4th-dan in ju-jitsu) sparred with a Japanese sailor aboard a Japanese merchant ship docked in Cape Town.

“Joe and Danny spoke no Japanese, but showed the ship’s captain their ju-jitsu grade certificates,” Jonathan said. “The captain told them about a very strong *judoka* [judo practitioner] from the Kodokan working on board as a sailor. This Japanese was the biggest man they had ever seen, and he challenged Joe and Danny in judo.

“Danny went first and was thrown so hard that he was nearly knocked out. Joe was next, and the Japanese picked him up in a powerful *seoi nage* but, while in the air, Joe wrapped himself around the Japanese and threw him for a full *ippon* on the ship deck...no mats! The Japanese slowly arose and bowed to Joe, then told him that he wanted to grade him up to 2nd dan in Kodokan Judo.”

After Joe returned to South Africa in 1964, John Kruger took over the Zambian Kodokwan, while Joe gained fame by promoting ju-jitsu in Southern and Central Africa.

John Kruger was a superb competitor as well as an instructor, winning the 1960 Eastern and Central African Judo Championships. He also fought top Budokwai Judo representative and famous 1960s photographer Terence Donovan, who traveled around Southern and Central Africa challenging many judo clubs.

John was later challenged by Central African wrestling champion Fred Coates, who sought to prove that European wrestling was more effective than judo or ju-jitsu. The fight was held in a public hall, and local newspaper reporters were on hand to see who would win.

Fred Coates turned up in his famous leopard-skin wrestling costume while John wore an early judo uniform with short sleeves and trousers. Fred was a very large man—far larger than John, who remarked that he had to use every skill he had to stay in the fight. Fred kept trying to grab John in wrestling holds, yet John managed to throw Fred first with *harai goshi*, then with *osoto gari*, then with *seoi nage*. John eventually won the match, demonstrating to all the combat effectiveness of judo.

The following day, Fred came around to join the Kodokwan, realizing that judo training would improve his wrestling skills. John Kruger continued competing in Zambia against boxing and wrestling champions to promote ju-jitsu and judo, often in “no rules” bouts. Many of his opponents later joined the Kodokwan as students.

John Kruger taught at the Kodokwan from 1964 until his son Jonathan took over in 1998 as the third-generation instructor, granted the *menkyo kaiden*.

Jonathan's own martial arts background is wide-ranging—necessarily so, given his work as a Christian missionary. While learning ju-jitsu from his father, Jonathan was introduced to international tournament judo by Father Jude McKenna in 1989. A Franciscan priest, Father Jude trained over 500 *judokas* in Zambia beginning in 1971, and also founded the largest martial arts dojo in Southern and Central Africa, the Central Sports Club in Lusaka, capital of Zambia. Father Jude was a European light heavyweight boxing champion in the late 1950s and also Assistant Technical Director of the Commonwealth Judo Association. He helped Jonathan reach the 1995 World Judo Championships in Japan and was noted for his masterly strangles.



Fr. Jude McKenna with the Zambian Olympic Judo Team in Czechoslovakia for the 1980 Moscow Olympics. (Photo courtesy of Kodokwan Zambia)

Starting in 1991, Jonathan worked for seven years in Osaka, Japan, smuggling Bibles into mainland China around this time as well—a dangerous feat given communist bans on the Bible. He also worked with Vietnamese “Boat People,” a group of refugees who fled Vietnam only to be interned in Hong Kong.

In Osaka, Jonathan won the 1993 Ibaraki and Takatsuki Inter-High School Judo Championship, soon receiving his *shodan* (first-degree black belt) in judo. One of his instructors at that time underscored the importance of *uchikomi* (repetition training), doing techniques thousands of times to refine them.

Later, in Tondabayashi, Japan, Jonathan trained in aikido with an instructor who also taught noted (and controversial) martial arts movie star Steven Seagal. Jonathan represented Zambia in judo at the 1995 World Judo Championships in Makuhari, competing in the 95 kg-plus weight category against Frank Möller, the European heavyweight judo champion and Olympic bronze medalist from



Germany. He also trained in South Korea for a year in judo and hapkido, and with Sensei Keith "Tiger" Brown, judo champion of England several times.

After decades of competing internationally and training with noted masters, Jonathan still considers the community impact of his dojo perhaps his most significant achievement. "I found these underprivileged youths and orphans in the compounds and villages without any hope in their lives," he said. "Yet many have become strong community leaders by learning martial arts along with godly principles for their spiritual lives. Many of them bring back shiai medals for Zambia from all over Africa."



*Left: Kodokwan students after a shiai with medals and certificates. Right: Head Sensei Jonathan Kruger (second row in black gi) with other Kodokwan instructors and students. (Credit: Kodokwan Zambia)*

*Thomas Dineen is the National Membership Director of the American Ju-Jitsu Association and trains at the Baltimore School of Self-Defense in Middle River, Maryland. He can be reached at [tgdineen3@gmail.com](mailto:tgdineen3@gmail.com). For more information about the Kodokwan Judo & Ju-jitsu Club of Zambia, visit [kodokwanzambia.com](http://kodokwanzambia.com).*

## Content

If you would like to contribute content to the AJA newsletter, please send it to **[Newsletter@AJA-email.org](mailto:Newsletter@AJA-email.org)**.

We're always looking for:

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



## 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 30, 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
Western Regional Director	Harold Zeidman	WRDirector@AJA-email.org
Southern Regional Director	Adam Kennedy	SRDirector@AJA-email.org
Northern Regional Director	Paul Klara	NRDirector@AJA-email.org
Director	Gene Roos	Director@AJA-email.org
Director	Scott Finley	Webmaster@AJA-email.org

### Administrative Staff

Position	Name	Email
Awards Director	Brian McClernan	Awards@AJA-email.org
Certification Director	Barry Stebbins	Certificates@AJA-email.org
Communications Director	John M. Landry, Ph.D.	Communications@AJA-email.org
Historian	Mike Balog	Historian@AJA-email.org
Membership Director	Tom Dineen	Membership@AJA-email.org
National Standards & Certification Board Chair	Jeff Wynn	NSCB@AJA-email.org
Webmaster	Scott Finley	Webmaster@AJA-email.org
Newsletter Editor	Kristen Minogue	Newsletter@AJA-email.org



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