



# AJA NEWSLETTER

Volume XXXIX, Issue III

Autumn 2016

## Inside this issue:

Applied Jujitsu	2
Heads Up Concussion Awareness	2
Upcoming Events	2
Northern Shiai Results	4
Bargain Prices on Gi's and Martial Arts Supplies	5
AJA Dues Renew- al	5
Newsletter Help Wanted	5
Mudansha Promo- tions	6
About the AJA	7
Board of Direc- tors	7
Administrative Staff	7

## Why Do You Train?

*Will Harris*

There are a number of ways to answer that question and I'm sure if you ask a dozen martial artists you will get close to a dozen different answers. But your personal "why" isn't really what I'm after when posing this question.

There are a number of athletic activities that people train for: running marathons, distance swimming, playing a sport at a high level, etc. But not all runners train the same way. Nor do all baseball or football players train the same way. They train for their specific role on their team (think offense vs. defense, or quarterback vs. linebacker) or for the type of event in which they are to compete (sprint vs. distance).

Hopefully you're getting the idea. Even though athletes train to play the same sport, their role on the team dictates how they train and what skills they practice. My suggestion is that we as

martial artists should be aware of what our goal is so that we know how we should be training.

To simplify things, I think there are four main goals that most martial artists work toward. While not every martial artist will train with all of these goals in mind, most will train for at least one of them during their journey. Many may work toward several of these goals at different points along the way. The goals for training I'm referring to are as follows:

1. Continuing the art
2. Self Defense
3. Competition
4. Demonstration

While there are certain skills and techniques

*(Continued on page 3)*

## Annual Northern Regional Shiai & Workshop Returns

*Scott Finley*

On July 24, 2016 the dojos in Pennsylvania, Maryland and Virginia gathered at the Towson YMCA for the Northern Regional Shiai and Workshops for the first time since 2011. The AJA Northern Regional Shiai had been a summer tradition for decades, hosted by the Dai-tobukan Dojo, but a combination of circumstances led to a 5-year hiatus after the 2011 event. With more than 60 registrants, the gathering was a fantastic celebration of Japanese Ju-Jitsu, including the various ways it is taught, understood, and practiced.

"Shiai" loosely translates to "tournament." Until about 2008 the competition included both Waza (self-defense kata) and Kumite (free fighting) competitions. This year we held a Waza competition, in which each competitor was provided with a series of attacks and an opportunity to offer a complete defense of those attacks. A panel of judges scored the quality and variety of those defenses. We hope to bring back Kumite when we can develop approaches that adequately manage liability, safety, and the good intentions of all competitors.

The old Towson YMCA was completely demolished and replaced with a newly constructed facility over the last few years. What had been a dark and leaky but familiar facility has given way to a modern, light, and airy YMCA. Participants were delighted with the enormously improved facilities.

Traditionally the day starts with a series of workshops/seminars. This year these workshops were led by four guest instructors. Will Harris, Bill Stockey, George Parulski, and Jancel Conroy provided instruction in

*(Continued on page 4)*

## Applied Jujitsu

Dave Boesel

A young student at our dojo, Kaiwan Budokai, recently had a chance to put his jujitsu skills to work. (He asked that his name not be used in this article, so let's call him Jim.) Jim is a fifth kyu jujitsuka, short in stature, quick, and coordinated. A student at Anne Arundel Community College, he delivers pizza in his spare time to earn extra money. The job requires that he carry a lot of cash with him. This, and his short stature, makes him a tempting target for muggers.

Recently, one such guy accosted Jim with a knife as he was leaving an apartment after a delivery and demanded all his money. Jim said the money was in his car, and so the mugger marched him toward the car, one hand on his shoulder, the other with the knife in his back. Jim could feel the point of the knife. As they approached the car, Jim saw a woman across the street and shouted at her. At this distraction, the mugger loosened his grip on Jim's shoulder and drew the knife back a little. What happened next happened so fast and intuitively that Jim has difficulty recalling the details, but this much is clear: He immediately sidestepped, gripped the mugger's free arm (the one on his shoulder) and dropped him to the ground, landing on him, knee on chest. The woman called the police, who arrived in a few minutes and arrested the would-be robber. Jim was asked to be a witness for the prosecution, and he heartily agreed. This is applied jujitsu at its best! 🐾

## Upcoming Events

### George Kirby Seminar

**Where:** Woodmont Program Ctr  
2422 N. Fillmore St  
Arlington, VA 22207

**When:** Saturday, Nov 5, 2016  
9:00 AM to 5:00 PM  
(date is tentative)

**Cost:** TBD

**Notes:** Look for more details as we get closer to the event. Advanced registration is recommended.

### Hosting an Event?

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

**Newsletter@AJA-email.org**



### 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](http://www.cdc.gov/headsup/youthsports/athletes.html)

For parents:

[www.cdc.gov/headsup/youthsports/parents.html](http://www.cdc.gov/headsup/youthsports/parents.html)

For general information:

[www.cdc.gov/headsup/basics/index.html](http://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.

## Why Do You Train?

*(Continued from page 1)*

that would fit into every category, how someone trains for each of these goals can and should vary because even though it may or may not look so at first blush, each of these goals is very different. Let's take a look at them one-by-one.

### Continuing the Art

This is most likely the response from upper ranks. We want to continue teaching all of the techniques we've learned, even if we don't necessarily like the technique. The reason is simple. If we water down what we teach to just the techniques we like, and then the next generation does the same, and the next generation does the same again, eventually we'll only have a handful of techniques. If that's all you have to offer, why would anyone come to train with you? They wouldn't. And the art would fade away.

So if the art is to continue, some day you will need to teach it to someone else. The only way for the art to continue in perpetuity is if we continue learning all of the techniques. That means you need to practice all of the techniques, even the obscure ones.

If you don't like a particular technique, my argument may be that you're not good enough at it to make it work properly. So my advice would be to practice it a few hundred more times. Once you can do it without thinking about it, then you can decide if you like it or not. Don't fall into that beginner mentality where if it didn't work the first few times you tried it, it must not work for you. Keep practicing – preferably with someone who has the knowledge and skill to do it well. Remember, practice doesn't make perfect. Perfect practice makes practice.

### Self Defense

Every martial artist thinks his/her style is the best form of self-defense, regardless of whether their style is Jujitsu, BJJ, Muay Thai, Krav Maga, Taekwondo, Judo, Aikido, Kung Fu, Boxing or something else. How is this possible? My argument is that anyone who is skilled at their particular art can use that art effectively for self-defense.

However, when working with beginners, you can't tell them it's going to take them several years and thousands of repetitions before they can feel safe to walk to their car at night. Well, you can, but they won't be with you for long if learning basic self-defense is their only goal.

So when you're training for self-defense, remember that your goal is completely different than any other type of training. Your goal is simply to get yourself and your family out of harm's way. The techniques don't need to be flashy. They just need to be effective. And fast. Don't try those cool-looking, fancy combination chokes,

holds, and throws. Do the down-and-dirty quick releases and takedowns and get out of there. We're not worried about complicated pins and submissions. Hit them in the nose, kick them in the groin and/or shin, stomp on their feet. And get out of there.

Please remember, real life isn't like the movies. You're probably not going to hit your opponent one time and knock them out. So don't hit them once and look to see if it was effective. Be prepared to strike your opponent multiple times. And then do it! Keep striking and kicking until their grip is loosened and the attacker has been neutralized.

A big part of self-defense training is mental. So hopefully your training covers this aspect too. You have to recognize potentially dangerous situations and avoid putting yourself in them. Do this by trusting your instincts. If an area looks sketchy, don't put yourself in it. Whenever you enter a structure (house, store, mall, concert venue, etc.), take a moment to look around and know where all of the exits are located because you may not be able to exit the same way you entered. In an emergency, ignore those signs that say "Employees Only" or "Alarm Will Sound" and go through those exits. There is almost always a back of house exit for deliveries, so take advantage of it. Don't be afraid to go through a kitchen, or through a service hallway to get to safety.

The biggest part of self-defense training is remembering that there are no rules and there is no such thing as "fighting dirty" if you're fighting for your life. All of those techniques that are forbidden in competition are absolutely allowed if you're in a real fight. Kicks to the groin, eye gouges, strikes to the throat, etc. are all acceptable if necessary to defend your life.

### Competition

Another popular reason for training is to compete. But there are numerous types of competition:

- Traditional kata in which the person being judged performs a set of predetermined maneuvers linked together in a flowing, dance-like performance. In this type of competition, there is no opponent. Depending on the art and the skill of the practitioner, the kata may be empty-handed or it may include a weapon.
- Self-Defense Kata puts two opponents on the mat, an uke and a tori. Tori is being judged. Uke delivers a variety of attacks within a predetermined amount of time and tori demonstrates his/her knowledge of the art and his/her skill by performing a variety of defenses against those attacks. Formats can vary to include weapons and/

*(Continued on page 6)*

## Annual Northern Regional Shiai & Workshop Returns

(Continued from page 1)

various areas including Budoshin Ju-Jitsu, Karate, and several various applications of the Jo staff.

In the afternoon our traditional Waza tournament was conducted with two fighting squares. One innovation this year was that the set of attacks was standardized, to ensure that each competitor had an opportunity to respond to a similar set of circumstances. We'll be paying attention to how this change was received. There were seven categories of competition, grouped by age and rank. Age was split

into youth and adult groups, and rank was grouped into Gedan, Chudan, Jodan, and Yudansha groups, with Yudansha limited to adults only. Videos of all the competition can be found on the Daitobukan Dojo channel on YouTube (just search for "Daitobukan").

Special awards were given to Dennis McCurdy and Terry Feelemyer in recognition of their many years of dedicated service to the Daitobukan Dojo and to the art of Japanese Ju-Jitsu. 🙏

## 2016 Northern Region Shiai Results

### Yudansha

Place	Name
1st	Jodi Canapp
2nd	Jay Baldwin
3rd	Joe Walstrum

### Adult Judan

Place	Name
1st	Jonathan Arend
2nd	Stuart Burke
3rd	Kendrick Smith

### Youth Judan

Place	Name
1st	Coral Burke
2nd	Tyler Hickey
3rd	Zion Coldiron

### Adult Chudan

Place	Name
1st	Jordan Duval-Arnould
2nd	Daniel Robertson
3rd	Dominic Calabria

### Youth Chudan

Place	Name
1st	Abby Frank
2nd	Sophia Boudreau
3rd	Adam Harris

### Adult Gedan

Place	Name
1st	Megan McGrath
2nd	Tyler Slayman
3rd	Raphael Reggie

### Youth Gedan

Place	Name
1st	Ivan Finley
2nd	Duncan Boudreau
3rd	Bryce Thomas

## Bargain Prices For Gi's and Martial Arts Supplies

Dave Boesel

The AJA has made an arrangement with Golden Tiger Martial Art that enables its members to buy gi's, belts, and other martial arts supplies at bargain prices. To see their offerings, please go to [www.goldentiger.com](http://www.goldentiger.com) or key "Golden Tiger Martial Art" into Google.

Golden Tiger has agreed to discount their already-low prices for AJA members by 30% - 50%. Their products are of good quality. The AJA currently buys the embroidered belts that we offer to new Shodans from Golden Tiger.

To make a purchase, your sensei must do two things:

1. Order the supplies online.
2. Immediately send an email to [joon-suh@goldentiger.com](mailto:joon-suh@goldentiger.com) and to our Membership Director, Kristine Wiscarson ([Membership@AJA-email.org](mailto:Membership@AJA-email.org)) affirming that his or her dojo is an AJA member.

The email is important, because it will enable you to get the discount. 🐾

## New Procedure for AJA Dues Renewal

Scott Finley

It's that time of year again. Time to renew your AJA membership for your dojo and your students. Current memberships expire 12/31/2016, however, renewals are due before current memberships expire.

In the past, we have been unable to renew our memberships online until they expired. This had the unfortunate consequence of having dojos automatically removed from the directory on January 1st if the renewal had not yet

been processed.

This year the AJA has added the ability for dojos to renew on the website before the end of the year. This will ensure that their membership doesn't lapse and they don't drop off the dojo directory on New Year's Day. Early renewal (for dojos and members) begins October 1, 2016. Please visit the AJA's website ([www.AmericanJujitsuAssociation.org](http://www.AmericanJujitsuAssociation.org)) to renew today! 🐾

## Newsletter Help Wanted!

### Content

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

[Newsletter@AJA-email.org](mailto:Newsletter@AJA-email.org)

Types of content requested:

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

### Publication

If you would like to assist in the publication of the AJA Newsletter, please contact the editor at:

[Newsletter@AJA-email.org](mailto:Newsletter@AJA-email.org)

Looking for someone familiar with desktop publishing with the ability to convert files to PDF for distribution and with the ability to meet deadlines. If this sounds interesting to you, please let us know!

## Why Do You Train?

(Continued from page 3)

or multiple attackers.

- Kumite puts two opponents on the mat but they are both being judged and awarded points. This form of competition is as close to a real fight as you can get in a sport setting. Rules vary by sponsoring entity as to what is and is not allowed. Kumite can range from light to full contact. Depending on the style of competition, the end goal is to either pin or submit your opponent, or to outscore your opponent.

When training for competition, you obviously have to know what type of competition you are entering and the rules for that particular tournament. Your training then becomes focused on maximum performance within the guidelines established for the event in which you are competing. For example, if chokes aren't allowed, you don't waste time practicing setting them or defending against them. If you gain more points in kata for super high, flashy, spinning and/or flying kicks, then you work on your flexibility and speed and practice those kicks over and over again until you can do them flawlessly. However, you probably wouldn't do that same kick in a kumite competition, especially if the kumite includes grappling arts.

### Demonstration

Many martial arts schools use demonstrations as a marketing tool to gain new students. People in the crowd watch the demo and think, wow, I want to learn how to do that! There's even some crossover between demonstration and competition, especially in the sport karate world where teams perform choreographed demonstrations to wow the audience and win points from the judges.

As with anything else, you have to know why you are doing the demo to be able to do it well.

One school of thought it to have a demo team that consists of only your best students doing the most impressive stunts and techniques. It looks impressive to see people perform at a really high level, regardless of the underlying style of martial art.

Another school of thought is to use students of varying skill on a demo team. This allows the average person in the audience to think that they actually could do what they're seeing and that they don't have to be an elite athlete to take martial arts. It also shows progression of skills through the ranks.

Regardless of the type of demonstration being performed, it should be interesting, exciting, and relatively fast paced. Therefore, someone has to choreograph the demo and each member of the demo team has to practice their role. Roles vary and can include board breaking, throws, synchronized striking and kicking demonstrations, acrobatic maneuvers, knife throwing, or even stunts like a bed of nails or broken glass.

Demonstrations are the time to let the students shine by having them do what they do best. It's not the time for someone to try a new break, or a new technique they've never practiced.

Knowing what you are training for is as important as the actual training itself. If you don't have a goal, you'll never get there. Maybe the perfect scenario is to spend time training for all four goals so you can see, feel and understand the difference. Of course in order to do this properly, you, your training partner and your sensei must all be on the same page and must be playing by the same rules.

So why do you train? 🐉

## Mudansha Promotions

Name	Rank	Date	Dojo
Mayra Filippone	Shichikyu	8/10/2016	Baltimore School of Self Defense
Megan McGrath	Rokyu	8/10/2016	Baltimore School of Self Defense
Jordan Duval-Arnould	Gokyu	8/10/2016	Baltimore School of Self Defense
Daniel Robertson	Yonkyu	7/26/2016	Arlington Budoshin Jujitsu 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. ☪

### 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	John Landry	Communications@AJA-email.org
Historian	Mike Balog	Historian@AJA-email.org
Materials Coordinator	Jef 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
Newsletter Editor	Will Harris	Newsletter@AJA-email.org
Recruitment	Sherry Gibson	Recruitment@AJA-email.org
Webmaster	Scott Finley	Webmaster@AJA-email.org

