



# AJA NEWSLETTER

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Winter 2014

## Ju-Jitsu and Judo

### Where Ends the Technique and Where Begins the Tactic?

Scott Anderson

In the last quarter of the 19<sup>th</sup> century, ju-jitsu and her streamlined younger cousin, judo burst forth into Europe and America as an exotic form of self-defense and physical education. Some Westerners wanted the authentic experience and tried to do everything just as the Japanese did, but others decided that Eastern and Western minds and bodies were fundamentally different, so these Eastern martial arts were ‘westernized’ for others to learn and excel at.

Julius Fleck, in the first half of the 20<sup>th</sup> century while living in Austria was considered so adept at judo that he was called the “white Japanese”, yet he still believed in his heart that excellence in judo was only for inheritors of Japanese DNA, yet

his studies concluded that the Japanese missed out on some opportunities to throw opponents by hanging the thrower’s body weight on their opponent’s limbs to unbalance the adversary. He believed that this concept and other changes could be used to modify judo for Europeans to provide some parity in Western vs. Eastern judo.

Toward that end, he developed a European module for judo to be studied in addition to the standard judo curriculum. He called this system judo-do (the widening of the path), and submitted his studies to the Kodokan who awarded him a gold medal for his efforts. The system’s hey day came and went with the 1970s when tournaments were held in Europe, but

in a short time, the useful parts of the system were absorbed into modern European judo. Today, judo-do is barely cultivated outside of Austria and Australia.

In the first quarter of the last century, the Russian NKVD was learning ju-jitsu through joint training ventures with the German SS. Meanwhile, the Red Army was integrating combative judo into its physical training program. Once again, Europeans had issues with Japanese concepts, and thus, judo was stripped of its Japanese trappings and re-engineered using a Greco-Roman wrestling training template and filling in judo sport and fighting techniques into all of the slots on the training charts filled with wrestling tech-

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## Kirby Seminar: A Jujutsuka’s View

Stewart Burke

With the possible exception of Santa Claus, the annual visitation most eagerly awaited by the members of the Arlington Budoshin Jujitsu Dojo is that of Professor George Kirby. In the days preceding November 2<sup>nd</sup>, the date of this year’s seminar, my 12 year old daughter, Coral, was positively tingling with excitement, no doubt with visions of waza dancing in her head.

The head of the Arlington Dojo, Sensei Thomas Salander (godan), with the assistance of Sensei Chuck Youman (yodan) and Sensei Adam Kennedy (nidan), oversaw the necessary preparations. For the second year in a row, the event in question took place not at our home venue at the Arlington YMCA, but rather at the nearby Woodmont Center, which necessi-

tated the transfer of the mats, a process overseen by Sensei Youman. For what is the basis of jujitsu if not the tatami?

Coral and I and our complement were pleased to see among the assembled jujutsuka such old friends as Bruce Gayman, from whom I have personally learned so much over the

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## Kuzushi: The Great Equalizer

Jesse Strom

It is said that the distance between failure and success is termed *the extra mile*. The great equalizer of strength and size that enables one to go the extra mile is articulated in the Japanese martial art of jujitsu as *kuzushi*.

*Kuzushi* is the term to convey the principle of breaking an opponent's posture or balance forcing the opponent into a vulnerable position. *Kuzushi* comes from the Japanese word *kuzusu* which is composed of the characters 崩す meaning 'to destroy or pull down'. The central root of the word can be found in the character 崩 denoting a 'collapse.'

*Kuzushi* is the principle that we apply as a force multiplier, with our yield, in assisting the attacker beyond the point of unbalance. *Kuzushi*, deployed in this manner, also destroys or collapses the attack so that it is no longer an immi-

nent threat.

Let us examine a yielding response to three possible attacks: 1) Straight punch, 2) Round-house punch or haymaker, and 3) medium to high kick.

1. In response to a straight punch, we simply avoid the force of the attack by stepping aside with a parrying block. Applying *kuzushi*, we grasp the attacker's sleeve or trap the elbow and continue the attacker's momentum in the forward direction until the attack is collapsed rendering the attacker unable to rebalance and reprise the attack.

2. In response to a round house punch, we can step inside and parry the blow. By grasping the attacker's sleeve or trapping the arm, we continue the attacker's momentum in a circular direction to the point

of a throw or controlled takedown.

3. In response to a high or medium level kick, we can parry the kick and, while grabbing a pant leg or trapping the leg, simply step forward lifting the leg beyond the attacker's balance.

Simultaneously and/or after systematically applying *kuzushi*, we are able to continue our actions to effect the attacker's submission if necessary.

Jujitsu is called the 'gentle' art due to the 'giving way' or 'yielding' motion of our defense. The principle of *kuzushi* gives jujitsu that extra advantage to enable safely repelling attacks without injury to the attacker. Applying this principle is not as easy as it seems nor is it difficult. One must train diligently maintaining *kuzushi* as the primary principle of all movement in efforts to go *the extra mile*. ☉

## Yudansha Promotions

Name	Rank	Date	Dojo
Nissan Zahavi	Yodan	06/06/13	Belle Chasse Martial Arts
David Vidal	Shodan	08/01/13	Nova Budoshin Ju-j-jitsu
Hung Vo	Shodan	09/10/13	Reston VA YMCA Jujitsu
Martin Georgievski	Shodan	09/15/13	Reston VA YMCA Jujitsu
Bruce H Jones	Hachidan	09/24/13	Reston VA YMCA Jujitsu
Jancel Conroy	Godan	09/30/13	Reston VA YMCA Jujitsu
Rich Vinnacombe	Shodan	10/01/13	Reston VA YMCA Jujitsu
Andy Sparks	Nidan	10/17/13	San Fernando Valley Martial Arts
Antonio Ramon	Nidan	10/17/13	San Fernando Valley Martial Arts
Dennis McCafferty	Shodan	10/17/13	San Fernando Valley Martial Arts
Howard Kee	Godan	11/10/13	Reston VA YMCA Jujitsu
Kevin Mathis	Nidan	11/20/13	Reston VA YMCA Jujitsu

## Kirby Seminar: A Jujutsuka's View

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years at these seminars; Tyler Garner, Jodi Canapp, and others.

The morning session saw Professor Kirby demonstrating the finer points of a pair of throws that many of us in the lower and mid-level ranks might find relatively advanced – harai ogoshi and hanae goshi -- as well as tai otoshi. After reading his books and watching his instructional videos, it is especially gratifying to be able to receive the benefit of Sensei Kirby's knowledge in person. Changing partners as we did after working on each technique, it was also very beneficial to receive the insights of one's ukes, particularly those at the upper levels.

After a lunch of Subway sandwiches graciously provided by Sensei Thomas and his wife, Mary Claire, the attendees assumed the position of anza around the perimeter of the mat by order of height and rank. Starting with the shortest white belt, each student was allotted one minute in which to defend against attacks from uke, after which their performance was critiqued by a distinguished panel consisting of Sensei Kirby, Sensei Salander, and Sensei Will Harris of the Ward Y Dojo [formerly known as White Marsh Dojo]. I must admit I beamed with paternal pride – and I think I detected a similar expression on the face of Sensei Thomas – when Professor Kirby complimented Coral on her kata performance and said he wished she

were in his dojo. Perhaps I should let Coral describe her impressions of the



*Prof George Kirby demonstrating tai otoshi at the Arlington Seminar on November 2, 2013.*

seminar in her own words:

“The seminar was a great experience for everyone who signed up. I loved meeting new people and learning how to defend against attacks I don't know

(Also a great way to make friends =D). The free-style kata was one of my favorite parts of the seminar. You get to see the different techniques people learn from other dojos. I think this helps improve my skills.”

During my own freestyle kata, my old friend and uke Tyler Garner essayed an unexpected and unaccustomed type of attack which left me momentarily nonplussed, underscoring the immense value of periodically training with uke from outside one's customary dojo.

I think all in attendance would agree that the respective performances, against multiple armed attackers, of Sensei John Frank of Ward Y Dojo and Sensei Chris Hendricks of Reston, VA, stood out as highlights of the seminar (a video of John's performance can be seen here: [https://www.youtube.com/channel/UCGMgamCe3wOwZJdc\\_S8JONA](https://www.youtube.com/channel/UCGMgamCe3wOwZJdc_S8JONA)).

However, for Coral and I, this year's seminar will always stand out as the one at which, at the very end of the day before bowing out, we were summoned before Sensei Thomas and Sensei Kirby to be awarded our purple belts in honor of our promotion to yonkyu.

Aside from the recognition of rank and courtesies thereof, our annual seminar knows no discrimination other than that of the ability to fall in relative safety and the acknowledgment that we gather in a spirit of friendship and open-mindedness and depart in the same manner. ☺

## Newsletter Submissions

If you have an article or an upcoming event, I would like to hear from you. It can be an article about technique, philosophy, real life encounters, or anything about the students or dojo. Even if it's just a comment about an article in the newsletter or an AJA event you've attended, I'd like to see it. If you have an upcoming event you would like to advertise, let us know. Remember, if it's about you, the students or the teachers in your dojo, then it's about the AJA!

Please send your submissions to:

[Will.Harris1@verizon.net](mailto:Will.Harris1@verizon.net)

**Please note the new email address!**

## Upcoming Event

What	Multi-Discipline Seminar
When	March 15, 2014
Time:	8:00 am to 5:00pm
Host:	Rising Sun Martial Arts Academy
Location:	MgM Dance Studio 241 N. Main Street Shrewsbury, PA 17361
Contact:	Debbie Burk
Instructors:	George R. Parulski, Jr., Tony Maynard, Reggie Heefner, Dave Patton, Debbie Burk

## Ju-Jitsu and Judo

### Where Ends the Technique and Where Begins the Tactic?

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niques. Exercises for judo mixed with Western wrestling exercises because many of the newly minted judo instructors for the military had recently been Greco-Roman wrestling coaches.

Oriental throws and other techniques came under Western “scientific” scrutiny, and new models for training were developed. In the Russian approach, anything that scored was a technical action, but technical actions were supported by auxiliary actions: movements, gripping, and various tactics. This mindset led to the concepts of the technical-tactical action or the tactical-technical action. Both of these allude to the fact that a throw in training may be purely technical in nature, but a throw to be applied against a moving and resisting opponent almost certainly must have some tactical element to succeed.

Thus, the actual nuts and bolts for how to perform an *O goshi* as a throw over the hip are the technical elements for that throw; however, within a fight or match, knowing when and how to set up and use the throw to win embodies the tactical elements. Yuri Shulik, a Russian judo and sambo coach summed it up through the diagram in the center of this page.

The left side of the arrow translates as “technical preparation” while the right side of the arrow translates as “tactical preparation”. This illustrates the technical-tactical training mixture of a throw from beginner to master. On the left, almost the entire focus on learning the throw revolves around building the technical skills to execute the throw. Over time, the student becomes more skillful, and must reach a point where the throw should be evaluated in use (*randori*—free fighting) to determine if the student has learned to throw effectively and not just technically.

Under these conditions, the student must be able to figure out the circum-

stances where a certain technique will work, and figure out tactically how to make that happen. Thus *Obi O Goshi* might be the hip throw variant that the student likes to use, but he may find that in a match with a shorter opponent that the hand that normally would go to the opponent’s belt must go under his armpit to execute the throw, and to make room to execute the throw, he may need to use his shoulder to bump his opponent’s chin up, so that he can get in and under his opponent. Thus, the tactical elements support the technical elements, and without both, the throw most likely will not succeed.

In ju-jitsu, techniques are often taught as part of a *kata* where if the strikes or other previous techniques work as planned, then the defender should be

техническая подготовка

тактическая подготовка

able to implement both his throw and his finishing techniques. However, if the opponent is not sufficiently softened up or destabilized by the previous efforts, the *O Goshi* may be unsuccessful. Further defense, or even survival, may mean that this blown technique must be followed up immediately and tactically with a second, and hopefully successful, technique.

Tactics are a means to support the act of throwing. Less than perfect technique can still net a scoring throw if the tactics via gripping, timing, and unbalancing the opponent are applied and compensate for the technical deficiencies in the technique applied. This led the Russians to theorize that judo exists in two forms. Classical judo which is what is taught in a standard judo course, and sport judo which is taught by a “coach” training a team or judoka for competi-

tion. This means that throws such as *seoi nage* and *o soto gari* have elegant forms taught in classical judo to teach “principles” while the same throws in combination with tactical elements are taught by coaches for sport success. These forms may diverge more over time as principle and practice are allowed to evolve independently, and a question for a practitioner of ju-jitsu might be: “are these changes beneficial in evolving better throws for self-defense or combat?”

Judo today has rule based limitations on follow on throws in combinations, but a ju-jitsu practitioner could switch from *O Goshi* to *Morote Gari* or even a bolder *Kani Basami*. So, how does a student learn to flow smoothly from one technique to another? Within the context of his specific personal needs?

The Russians were dismayed that the Japanese offered them basically what they saw as *kata* or *randori*—to the Russians: one-sided training or free fighting. One-sided training meant that in a *kata* for the most part only one of the students is really being trained. The person learning the counter was

the principal recipient of the benefit of the training. After both partners practiced one-sided learning, the students were sent off to *randori* often with less than desired results for average practitioners.

Russian training revised the scheme as “one-sided training” to “two-sided training” to “free fighting”. In two-sided training, what happens in the *kata* becomes less predictable after the opening techniques are set. Thus, the attacker in one-sided training may only throw a right-handed roundhouse punch, but in two-sided training after his right-handed roundhouse, he may counter the defender’s response, and the defender may counter that leading his attacker to counter.... Etc., etc.

As with any learning, the training starts

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## Ju-Jitsu and Judo

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slower and gradually becomes quicker and more complicated. Thus one-sided training gives way to very basic two-sided training (initial strike, counter, counter-counter before moving to initial strike to counter to counter-counter to a counter to the counter-counter) which eventually leads to more mature free fighting as the internal mental and physical processes have learned to process information for smooth transitions between techniques that facilitate dealing with the vagaries of free fighting where there may always be doubt about what comes next when facing a determined adversary.

What works today? Actually, to some level both the traditional systems and systems modified for western sensibilities are useful. In studying both methods, we can find ways around road blocks that may come up in our own individual training.

As a final note, G.P. Parhomovich, another Russian judo coach deplored that judo came to Russia with its *budo* twice distilled out. First, in the early 1900s when Imperial, and then, Communist Russia revamped the exotic Japanese style in terms of a modern system of physical education with western scientific methodologies applied, and later, in entering the 1964 Olympics where judo was stripped of *budo* in pursuit of gold medals. In between, the Soviet Union did all that it could to strip Japanese culture from what was left of Russian judo in the form of sambo-wrestling. Parhomovich believed that without the essence of *budo* instilled in judo by Jigaro Kano that judo as practiced in Russia was limited to what modern science could do to improve techniques.

Toward that end, he believed that it would take generations to repair this lapse as first a new generation of students would have to be trained in *budo* from the ground up to become competitors, and then coaches who could teach the next generation which would become the first generation of judoka truly

trained in the philosophy and spirit of *budo*.

Ju-jitsu may have a simpler path. With the *kata* taught in the classes, the tactics are built around the throw with the blocking, striking, and finishing techniques. Where the issue becomes complicated is what happens when the *kata* can't proceed as it does in the pictures in the book? Very few throws applied in the real world are pure technique. If they are, then fate set up the right conditions, and would make self-defense more about luck than training.

With the right technical training, a person defending himself has a better chance of a technique working when needed. However, to implement it against a contrary opponent who is intent on not making a mistake, the defender must become a tactician. As it turns out, many have philosophized that it tends to be easier to defend than to attack. Yes and no.

Yes, for a prepared and well trained defender, the attacker is setting himself up to be thrown by supplying the energy of the attack. He lashes out, but a defender deflects and exploits the misdirected energy to throw his opponent. That's great if it happens.

Now, for the "no" side. The opponent attacks relentlessly without giving the defender a chance to stabilize his position and set up his defense. Is that fair? Probably not, but because a brutal, surprise attack may be tactically sound for the attacker, he does not necessarily need to be skilled.

Russian experience determined that a defender in a self-defense situation should have the skills to block to build a frame of safety around his body, and begin to retake the initiative with striking techniques until he can stabilize the situation to use this throwing and finishing techniques. This is a tactic based on a strategy of prior preparation that must take place long before any life and death encounter.

The Russian take on ju-jitsu was that as a system, it was the most complete system in existence for self-defense. From there, it required some streamlining and new methods of teaching to prepare a defender to use technical-tactical techniques where prior training brings the right techniques to bear in the worst situations that we may face in life. Toward that end tactical-technical techniques were developed where pre-planned strategies (build a frame to stabilize defense and regain initiative through striking until the opponent is sufficiently stifled that a throw or joint lock can be applied) meant that gross motor skill plays had to become instinctive to allow a besieged defender to regain a sufficiently stable position to be able to apply a technique that his training tells him is appropriate to apply in that particularly situation.

What this means in the long run is that training that is pure *kata* most likely will leave training gaps that can be unfortunately realized in self-defense. If self-defense is the end goal then martial arts training as pure martial art based only on *kata* must give way to the somewhat rougher training methods found in military combat systems. The defender must be well conditioned physically and mentally able to endure the stress of a violent encounter to be a tactical fighter who has the will to come out relatively safe regardless of the situation. ☉

## AMERICAN JU-JITSU ASSOCIATION

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### 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. ☺

### Mudansha Promotions

Name	Rank	Date	Dojo
Mike Montes	Sankyu	10/12/00	San Fernando Valley Martial Arts
Marco S LaRocca	Nikyu	03/10/11	Kaiwan Budokai Dojo
Pete Andrews	Sankyu	03/31/11	American School of Self Defense
Pete Andrews	Nikyu	07/01/11	American School of Self Defense
David McComas	Sankyu	07/21/11	Kaiwan Budokai Dojo
Peter Turney	Shodan	05/03/12	BelAir Rec Council
David McComas	Nikyu	07/19/12	Kaiwan Budokai Dojo
Marco S Larocca	Ikkyu	07/19/12	Kaiwan Budokai Dojo
Pete Andrews	Ikkyu	04/25/13	American School of Self Defense
Jordon Tucker	Ikkyu	05/01/13	Reston VA YMCA Jujitsu
Ned Libby	Nikyu	05/01/13	Reston VA YMCA Jujitsu
David McComas	Ikkyu	05/30/13	Kaiwan Budokai Dojo
Jayesh Lalwani	Sankyu	06/01/13	Reston VA YMCA Jujitsu
Bruce Mansfield	Sankyu	08/03/13	Belle Chasse Martial Arts Vancouver Institute of Self De- fense
Kelly Garcia	Sankyu	08/09/13	
Mark Stoyen	Ikkyu	10/01/13	Reston VA YMCA Jujitsu
Dennis McCafferty	Ikkyu	10/17/13	San Fernando Valley Martial Arts
Mike Montes	Nikyu	10/17/13	San Fernando Valley Martial Arts Vancouver Institute of Self De- fense
Jason Claus	Nikyu	10/18/13	Vancouver Institute of Self De- fense
William Griffin	Ikkyu	10/18/13	Vancouver Institute of Self De- fense
Jason Hirata	Ikkyu	11/01/13	Vancouver Institute of Self De- fense
Ned Libby	Ikkyu	11/15/13	Reston VA YMCA Jujitsu
Luke McKennedy	Nikyu	11/17/13	Nova Budoshin Ju-j-Jitsu

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