

American Judo and Jujitsu Federation

KIAI ECHO

Winter 2007

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Sensei Kevin Colton of Santa Clarita Valley

Editor's Corner

The topic of ethics is one that often seems to ignite a great deal of controversy in every venue where I've seen it come up. In many cases, such as high technology companies where I worked or businesses to whom I consult, a discussion of ethics often is equated as a personal attack on members of the organization.

Ethics, in the most common sense, is considered to be that behavior which is morally accepted as "good" and "right." The problem with ethics is that it isn't always all that simple. One person's version of what is good and right isn't always the same as another's. Broadly speaking, there are four canonical ways of viewing ethical behavior: Utilitarian, Individualism, Moral-Rights, and Justice. For the utilitarian, the need to shut down a factory in one town so that the factories in the next three towns can stay open may be a perfectly good and right decision. However, someone more individually focused might equally reasonably disagree. Some companies will lay off some employees on the grounds that it's a necessary evil to preserve the jobs of the rest; Tom Watson, the founder of IBM, regarded such behavior as unethical. Despite pressure from investors, he refused to lay off employees even during the Great Depression.

More generally, ethics is a tool to educate both the members of an organization and non-members alike. Members are told the behavioral expectations involved in being part of the organization. This is particularly important in organizations where there are new members constantly entering the group. Without this education, members unwittingly may act contrary

to the norms and desires of the group, or unscrupulous group members may take advantage of the ignorance of younger group members. Because so much of learning ethical behavior in a group involves modeling established members, it is particularly important that those members live up to the principles espoused by the organization, and that the organization enforce, visibly when necessary, the appropriate behavior.

Non-members, on the other hand, learn what behavior to expect from members of the group. In a sense, the code of ethics of a group can also be considered its list of qualifications. The ethics code of the American Psychological Association (APA) states the expected skills and qualifications of a therapist. By doing so, it educates the public as to what it believes to be the necessary qualifications of a therapist. While someone might disagree, at least they are making an informed choice.

When a person sees a purported member of an organization behaving in a way that does not match the stated ethics of an organization, that may be a clue that the person claiming membership is not, in reality, a member of the organization, or is acting without the organizations' knowledge or approval. Without the knowledge of what the organization considers ethical, an observer might otherwise condemn the entire organization based on the actions of one or a few individuals.

Ultimately, organizational ethics define the range of accepted and acceptable behaviors within an organization. To be effective, the commitment to live up to them must be made throughout the organization. ✿

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Fundamental principles of martial arts

Richard Howell

While studying Danzan Ryu Jujitsu I have had the opportunity to attend classes, camps, clinics, and conventions featuring both masters of jujitsu and masters of a wide range of other martial systems.

After a while it becomes clear that there are some concepts and principles that seem to be common to all martial arts from the softest Tai Chi to the hardest Gung Fu and Karate styles. This is particularly easy to observe at mixed martial arts clinics such as those that are held in Southern California and South Carolina. To aid in my training, I started to list those principles that seemed fundamental. This was done in the spirit of attempting to make sure that I was not missing them in my own techniques. For a principle to make the list it had to be basic to at least all the martial arts styles that I happened to see taught. Other useful concepts that are “good things to do” might apply only to our system. So true and useful concepts that are specific to only jujitsu/judo systems but not karate or tai chi based systems would not be fundamental. It is fundamental when it is a part of all martial arts.

Once I started my list, I started testing my techniques against the principles. Does this technique have all the principles or is it missing some or, worse, does it violate some of them? And if I adjust my technique to include all the principles does it get better? As I tried this I found that our kata techniques became stronger as I included principles that I had ignored and I avoided violations. This probably does not surprise you. I also found that seemingly small changes in technique separated strong arts with sound principles from weaker arts that lacked them. Remember when the professor said that strong jujitsu was based on precision and detail? Well this process helped guide me to find the correct detail and the strong precision in our arts.

Using these concepts as guideposts for the details of my jujitsu has helped me improve, and so I am sharing my

present understanding of these principles with you in this article. This is a work in progress. The list is probably not complete and all of the descriptions are in my words and described from my personal viewpoint. You may have a different way of expressing the same concept. This happens often in martial arts discussion and so read what is here but use the description that works for you. You may also think that the principles listed here are obvious and old hat. That is great, and your jujitsu must be strong.

It would take much too long in this article to illustrate each of the principles below with detailed examples and techniques. That is the purpose of the Danzan Ryu kata and working out on the mat. If you want to learn more about the details of these principles ask your sensei, go to classes, and do some jujitsu.

When you lift a bicycle chain sideways each link will lock in order. This starts with the link you grab and goes on until the last link of the chain is locked.

Some principles:

You are stronger while exhaling.

This is the basic issue of kiai. Kiai and control of breathing is common to all martial arts, weight lifting, general sports, and even yoga and meditative practices. Consequently this is a broad and complicated topic that is unified by the concept that you are more powerful during your exhale. There are many breathing techniques that recommend exhaling to enhance your strength and power. There are none that recommend

inhaling for that purpose. So exhale for strength, power and control. The quality of your exhalation can have a profound effect on the results you obtain. The details of speed, duration, intent, and technique of your breathing are all important and significant study is required to master all the possibilities. Since breathing is so basic there is a great sensitivity to someone else's breathing. Consequently the quality of your kiai and breathing can be used to establish a connection and establish control between yourself and others. A common example is exhaling in order to speak. Martial artists often use kiai to manipulate both their own and uke's strength and balance through the qualities of a kiai yell.

The posture of strongest equilibrium occurs when all joints are free.

Sometimes a strong equilibrium is described as being “in your center” or grounded or rooted or having strong balance or good kamei. I like to use equilibrium since it has the same meaning on the mat as it does in a physics book. It is also a dynamic concept. You can describe equilibrium and dynamic motion together. A scale can be in static balance but a top will fall over if it is not spinning. The spinning top has a stable equilibrium.

The best, most stable, equilibrium is found when all joints are free to move. This means that muscles are relaxed and that the skeleton is aligned so that all joints are near the center of their range of motion. This posture is described as the “anatomically efficient position” on the skeletal charts, shizen hontai by judoka, as the central post by some of our instructors. and the yiquan basic stance in Chinese martial arts.

A strong, stable equilibrium is found when a system restores itself to its central position after some action displaces it. Think of a marble in a bowl: It always returns to the bottom of the bowl after being pushed up the side. It is in a stable

equilibrium. Human bodies are much more complex and move in multiple directions but still have this same property. Humans are in their strongest equilibrium when each joint is free to move and near the center between the limits on its motion. In that stance you are more difficult to displace and can re-establish your posture most efficiently. You may choose to modify this posture for some purpose such as taking a more covered defensive stance or making a motion to push or strike an opponent. The posture that leaves you most relaxed and your joints most free will be your best equilibrium for that stance. The stability of your equilibrium will be weakened if you move into more awkward positions and can even become unstable in the worst cases.

This principle may be more familiar when stated in the contrary view. Any time you lock any of uke's joints you have made some reduction in the strength of uke's equilibrium and balance. When someone's frame has been broken they are in a posture that has moved their joints off-center and closer to the limit on their range of motion. If all the joints are locked then uke no longer has a stable equilibrium at all and any displacement will cause him to fall. Think of a marble on the bottom of a bowl but the bowl is upside down. Now the marble is in an unstable equilibrium and any bump to displace it results in the marble rolling onto the floor.

When uke's equilibrium is made less stable by locking his joints he is limited in launching attacks, absorbing blows or resisting being thrown. Yawara, nage kazushi, and many strikes serve to lock joints and diminish uke's equilibrium to the point that it becomes unstable (see the "bicycle chain" discussion below). As one of its many benefits, massage opens the joints and allows uke better physical equilibrium.

There is only one sequence that locks all joints between your initial point of attack and uke's support by the earth and all of those joints must be locked to control uke: i.e. like a bicycle chain.

The joints of the body can be thought of as being like the links in a bicycle chain. Each link can move freely in some directions and has limited movement in other directions. Picking up a bicycle chain sideways will lock all of the links into some pattern. Once all the links are locked, a bicycle chain is set in that pattern and under control. However full control of the position of the bicycle chain is not achieved until all of the links are locked. The same is true for the human body. Each joint of the body has directions of free, natural motion and directions that are limited or locked. Most of the joints of the body have much more complicated ranges of motion than the simple hinge of the bicycle chain but every joint has limits and directions of free motion. If all the joints are locked then uke is under your full control.

When you lift a bicycle chain sideways each link will lock in order. This starts with the link you grab and goes on until the last link of the chain is locked. The sequence cannot be altered and there is no way to completely control the chain if one of the links is loose. There is no technique that locks a central link before locking the link nearest your grip. It must always happen in sequence. This is also true for the human body. Problems in techniques often come from failing to take each step in its proper sequence.

There are two ways to lock the bicycle chain links; you can lift up until the last link is lifted off the table (so you have them up on their toes as in moro yubi tori or a floating kazushi in nage) or you can press the chain into the table to put pressure on the last link as is done to uke in ryote tori or ryo eri tori. This means that all yawara techniques go through a **necessary** sequence if they are taken so that all of uke's joints are locked and uke is fully controlled. Control starts at your grasp and progresses joint by joint. The line of attack is defined by the motions of each joint in order and will vary from the beginning to the end of an art in order to lock all joints. When all of the joints (links) are locked between your contact and the uke's (the chain's) support on the ground full control is achieved. There are many closely related sequences that lock related joints or lock the same joint but against a different limit of motion. It takes some practice to fully lock all joints. Nevertheless, each line has its special necessary sequence.

Yawara is not the only joint locking technique. The shock of a strike or a of a loud, sharp kiai can create tension in the surrounding muscles that effectively immobilizes uke's joints for a short time. Also any internal tension in your body serves to partially lock your joints, weaken your equilibrium and give tori assistance in attacking you. Remember all those times when sensei said relax?

Hands/fingers push (not pull) to get power and balance.

When you push, the force between the ground and the object being pushed is generally along the length of your

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bones. At the joints the force partially compresses the cartilage but puts little stress on your tendons and ligaments. When you push you are in an alignment that has the object being pushed at one end, your center of equilibrium at an intermediate spot and your contact with the earth at the other end. Thus, pushing requires minimum strength for a strong result and also protects your center of balance.

When you pull, the alignment between the object being pulled, your center, and your contact with the earth is changed. Strength is limited by the tension that you can produce in your ligaments and tendons since at least some joints will be opened by pulling. In the extreme case of pulling, your center is behind your contact with the earth so that your equilibrium is substantially weakened in comparison to pushing with the same force. Also a pull actually invites uke into your center rather than protecting your center from uke.

The human body has inherently strong and weak lines in any stance

Human physiology has a large number of related strong and weak lines of motion. Some of these lines can be found by observing the details of uke's stance. Their direction is modified if the stance changes but there is no stance that does not include them. An important, commonly known strong line is along the direction set by a line between the balls of your feet. Another is from the heel over the big toe. Weak lines are over the little toe, over the outside to the back of the heel, and to the two sweet spots found in front of you and behind you. These sweet spots are found by locating the tip of a triangle that has equal sides and a base that connects the balls of your feet. Another weak direction comes off of the shoulder and hip as points where you can warp uke's frame and make him twist. The shoulder and hip can be thought of as the unsupported corners of a square frame that is the torso of the body. The directions just described are just a sample, there are many other weak and strong lines of motion determined by the physiology of our joints and muscles.

The strongest yawara attacks at the joints not on bones or muscles.

This is both a mechanical and a physiological effect. One common object of yawara is to lock the joints between your point of contact and uke's contact with the earth (as when you grab their fingers and get them on their toes). The longest lever is the strongest tool to use. So the best leverage to control the joint you are attacking is on the other end of the bone connected to it. And what is at the end of that bone? Another joint – so the best advantage is always at a joint. Also joints are well supplied with nerves capable of feeding back pain and other sensations more effectively than soft tissue or bones. Attacking the joints benefits from the body's natural reaction to protect the joints when pressure is introduced.

There are many rotations used in joint locks and there is one correct sequence of rotations for any progression. Failure results if you do things out of order.

Control the elbow and you control the body - The \$5000 Secret

Since the elbow joint is the first break in the arm after it connects to the body, any push on the elbow will translate directly into a force on the central frame of the body. For instance, nage kazushi is more easily done at the elbow where the best control of the body is achieved.

Said in the opposite, you can express the energy of the core of your body very powerfully through the elbow. An example is our massage where the elbow is the contact of choice to transmit energy from the basic posture to the massage uke.

About the "\$5000 secret" - Years ago, Don Angier taught a clinic focusing on

techniques that emphasized control of the elbow. Afterwards one of the students approached him and said "I paid \$5000 to learn what you have just given away." The student had studied jujitsu in Japan and was offered the ultimate secret of the system if he would pay \$5000. He agreed and was taken into a special room and with some ceremony told that the control of the elbow gave control of the body. He wrote the check. Ever since then in my dojo this principle has been the \$5000 secret.

Tense muscles are fixed - relaxed muscles can move/respond

Muscles can only contract to cause motion. If your muscles are already contracted or if muscle groups are contracting in opposition to each other then you will be frozen static until some muscles relax.

Every attachment is always two ways

"Once uke grabs you, never let him go," Prof. Ray Law. Attachments are two way for both physical and psychological contact. This appears to be part of the basic human condition. Mastery of all aspects of both your's and uke's role in attachments is an extremely complex subject that can be studied for a lifetime.

For every action there is an opposing reaction

Stimulation by some forceful action can generate involuntary counter reactions in uke. Many of these are reflexive, like when the doctor hits your knee with the rubber hammer. In addition human beings have an intuitive reaction to oppose any motion that you make. For example if you push uke, uke will momentarily push back as a natural reaction. A second example occurs when if you shock uke with a sharp slap: uke will momentarily stop or freeze. Also uke will often have an involuntary reaction to withdraw from pain. These effects are often used to get uke to make a motion that you desire.

Some of these reactions can be trained away by making them familiar and learning to remain relaxed. Others do

Continued on page 6

Jobu Shin Kan Fire

Editor's note: I received the following email from Danielle Baskette a few days after the event.

"I don't know if you heard or are aware, that the Jobu Shin Kan in Eureka California was hit pretty hard. Friday, December 8th 2006 at about 10pm the fire department was called about smoke coming from a business that is located downstairs from the Dojo. An hour later the entire building was completely engulfed with flames. Sensei Jon and other students from Jobu Shin Kan looked on while their beautiful school continued burning. The spirit of the school lives on, but will have to do so from square one. A new beginning, a fresh start. I hope people can realize that, it's the spirit of the people WITHIN the dojo that makes it so special. With strong martial spirit you can move mountains. You can certainly move a dojo and start anew."



The good news is that no one was hurt, although the dojo and all its contents were completely destroyed. They have since moved into a new location and Professor Estes has donated a full set of mats.

Michael Smith from Gold Country Jujitsu is coordinating donations for Jobu Shin Kan.

You can donate via Paypal to mikes721@sbcglobal.net or via regular mail to Kathie Himmah. Please make checks out to Kathie and mail to Kathie Himmah 4560 Benton Wy. Shingle Springs, CA 95682.

All donations will be presented to Sensei Jon Sylvia at the 2007 National Convention. ❀

Continued from page 5

not use your conscious thought and are permanent, unguarded gateways into your personal defense.

Physics cannot be denied

The human body has a wonderfully complicated set of bones, joints, and physiology. It is possible to get the impression that physical laws can be bent a little, if not broken, when doing some of our techniques. This is not true. Unsupported bodies always fall. Some force must be applied to get a body to move. Also freely falling bodies will tumble according to how they were launched. The laws for falling are a little complicated but we can understand their effects by a simple experiment. Take a hard back book and hold it in the center at the bottom. Now let the book tip to the front and fall for a few feet. If you

held it well it will summersault and fall with the spine of the book on the same side as you started. Now do the same thing but hold the book at the spine. Let it tip forward and watch as it twists in mid air as it falls. Now the landing can be in any position. People fall square or tumble the same way. Acrobats and divers use this principle to decide what kind of airborne twists they will do. Remember how sensei has you do your straight-over starting with your shoulders square?

Sequence in rotations matters

This can also be seen in a simple example: find a book and lay it on a table. Do two 90 degree rotations to the front of the book, one along the bottom and one along the spine. Start over and do them again in the opposite order. At the end the book is in two different positions. There are many rotations used in joint locks and there is one correct sequence

of rotations for any progression. Failure results if you do things out of order. An example is katate tori: the first rotation is along the direction of uke's fingers to get initial bend of wrist back into uke and the second rotation is around axis defined by radius and ulna to lock wrist and elbow. Doing it out of sequence results in a more easily resisted art

I would like to thank the many jujitsuka who have discussed these ideas with me for their insight and guidance and especially Prof Tom Ryan who was kind enough to offer several valuable suggestions about this article, and the yudansha of Yoshin Jitsu Kai, Dan Howell and Dave Klaus.

Renshi Richard Howell is an AJJF Sandan and the sensei of Yoshin Jitsu Kai in Livermore, California. ❀

Rocky Mountain Regional #3

Grace Mosgeller

This past summer friendly and adventuresome Jujitsuka took advantage of the opportunity to improve their art at the 3rd Annual Rocky Mountain Regional Convention. Hosted and organized by Sensei Johnny Matijevich of Red Dragon Jujitsu Club, in Denver, Colorado, over 41 participants attended the late July weekend event.



Friday Afternoon, Professor Ball, Randy Schuster, his wife, and Ted Himmah were picked up from Denver International Airport and chauffeured to a beautiful outdoor camp nestled in the heart of the Rocky Mountains. Robert Hodgkin arrived after an 8-hour car ride from Utah just in time to facilitate black belt exams. A caravan of 15 more Utahians arrived in staggered stages through the afternoon and evening. Two dedicated students represented Missoula Montana. Sensei Jay Kalasaik arrived to witness one of his students take and pass her shodan exam. Dave




Lindsay, a DZR yodan from the lineage of Joe Holck, who received his scrolls from Master Okazaki, was another favorite senior instructor. Many ranks of Colorado Jujitsuka showed and enjoyed the beautiful setting and great guest instructing.

As usual, high caliber instruction from local and visiting instructors was in full swing. Any visitor lucky enough to hike past our camp could hear the shout of Kiai and the slam-dunk of falls as energetic Jujitsuka participated fully in 2 days of back-to-back DZR training. Outside in the fresh mountain air, participants enjoyed the chance to

rejuvenate their muscles and balance their psyche with full body massages from a volunteer staff of sports massage therapists. Participants spent their leisure hours eating food, playing cards, or attending impromptu healing and weapons classes. All had a very enjoyable, laid back experience.

Because Colorado Jujitsuka is growing in numbers, senior instructors are coming more often to hold clinics. In October, Yodan John Pfund spent an entire weekend teaching advanced classes for our 12 black belts and held a clinic for our kyu ranks. He was much enjoyed. ✪



PROF HUDSON VIDEOS

NAGE TE DVD NOW AVAILABLE

Nage Te are the throwing, or projection, techniques and along with Yawara and Shime Te comprise the shoden, or beginning transmission of Danzan Ryu Jujitsu. These are considered the "basics" and contain the very foundation of techniques and corresponding principles that define our system. The Nage Te course of 20 basic katas is presented in its entirety along with discussion of the integral principles, key motions and advanced applications that will help you to master the throwing arts of Danzan Ryu Jujitsu.

• • •

Professor Robert Hudson, Shichidan, has traveled extensively within Danzan Ryu and has trained with many of its finest practitioners, giving him a unique insight into the methods and principles of Danzan Ryu Jujitsu. From his many years of research he has created a series of DVDs to explore the principles and concepts behind the techniques, to help you better understand your art.

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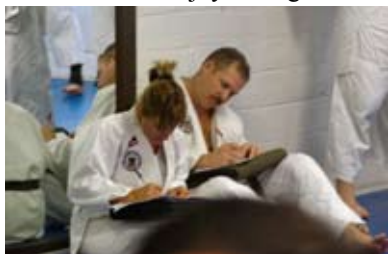
Kathie Himmah

A foundational philosophy of the AJJF is contained in the word "Kokua," meaning "to mutually help one another". The phrase "practice what you preach" is also a common theme in life. Both concepts were evidenced at the AJJF exams held in Medford, Oregon, on November 18, 2006. Fifteen students tested, with six professors and over 40 Black Belts attending the exams. The entire testing environment



was filled with anticipation and energy, whether you were testing or helping out. Orchestrating exams is no simple task, even if you are very well organized. Putting together examiner panels, getting Ukes and Callers ready, having folks available for notebook grading, tracking candidates for taping and anatomy testing, and putting candidates on the mats, is overwhelming for one person to do. With this many exams, four mats were running at the same time and the professors and the other examiners were on the mats with little break time.

Thank you to the examiners: Prof. Ball, Prof. Carr, Prof. Estes, Prof. Lane, Prof. Cross, Prof. Nolte, Ted Himmah, Troy Shehorn, Bob McKean, Tim Merrill, Scott Redden, Jon Sylvia, John Pfund and Pete St. Pierre. Thank goodness for the thoughtfulness of the wife of one of Prof. Nolte's students who delivered juice and snacks for all to enjoy throughout the day.



A time consuming task is grading the notebooks. Robbin and Stan Miller, Katie Stevens (aka Murph), Nerissa Freeman, Chantilly Ortiz, and Gary DeGarmo worked on this project and it was greatly appreciated.

Special thanks to the wonderful job done by all of the people who volunteered to be the Callers for the exams: Stan Miller, Katie Stevens (aka Murph), Nerissa Freeman, Gary DeGarmo, Brian Gilbert, Skip Maxfield, Scott Redden, Chris Denz and Choy Estes. Some called two exams in a row and were even Uke's for some of the candidates.

Speaking of the Uke's for the candidates, Dominic Beltrami was an Uke for three exams. Being an Uke is the ultimate in Kokua. These volunteers were Skip Maxfield, Nicholas Eads, Matt Sheller, Dominic Beltrami, Miki Welling, Sean Hummer, Jose Ortiz, Peter Griggs, Scott Redden, Kevin Lollis and Jeff Gustafson.



One of the stresses of running exams is making sure the candidates have completed all of the requirements prior to their exams. The smoothness of tracking candidates for taping and anatomy testing couldn't have been done without the help of Katie Stevens (Murph).

I have had the opportunity to be the exam coordinator four times and with each time I experienced "harmony" demonstrated amongst our members. We were able to complete the exams in a little over 6 hours. Your strong support is always appreciated.

And finally a special note to all of the candidates, Sensei's and visiting students. Thanks to you, for without you we would not have our wonderful AJJF organization. ✪

JUJITSU VIDEOS

Professor Don Cross, M.Ed.

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AJJF Business

AJJF Board of Directors Phone Meeting

December 10, 2006

Finance Report

The AJJF is overall on budget for the year.

Discussed using Webinar, a web seminar system, to use for conferencing. This system allows for simultaneous viewing of documents over the Internet. Further information will be obtained by Prof Congistre before a decision is made.

Discussed various insurance issues.

Discussed a possible change to the membership of the BOD. This will be discussed in committee and returned to the BOD at its next meeting.

Discussed possible instructors for Convention 2007.

Ohana 2007

August 31 – September 3, 2007 at the Santa Clara Marriott

More information: www.OhanaAlliance.com

Host dojo is Santa Clara Kodenkan Jujitsu School:
www.kodenkan.com

Host organization is the Kodenkan Danzan Ryu Association
– www.kdrja.com

*Next Board of Directors and Board of Professors Meetings:
Thursday, March 29, 2007 at the AJJF Convention.*

Respectfully submitted,
Nerissa Freeman
AJJF Board of Directors Scribe

AJJF Operations Committee Phone Meeting

November 26, 2006

New Positions

Richard Golia has been appointed NorthEast Regional Manager

Online

Jaya Carl and Kimo Williams are redesigning the AJJF website. Current proposals look gorgeous.

Kimo Williams and Professor Lane are currently working on an mp3 about DZR to include on the website.

Awards

Jerold Kunzman will have the design for the 50th Anniversary award banner before 2007.

Convention

Lots of ongoing work for our 2007 National Convention, hosted by Hon Shin Kan, Santa Rosa CA.

Budget

The 2007 budget will be finished soon and be available for review at the upcoming Board of Directors meeting.

The AJJF will likely finish out 2006 slightly ahead of the budget.

Division and Regional Managers

Robert Hodgkin has created a spreadsheet for regional managers, detailing how to receive funding for activities.

A special thanks goes out to all our hard working managers. They put in lots of time and effort to the AJJF.

Central Office

Central Office is making strides towards directly accepting credit cards.

Next Operations Committee Phone Meeting: Sunday, March 18, 2007, at 9:00am PDT.

Respectfully submitted,

Erin Carlson
Operations Committee Secretary ❁

“If we did all the things we were capable of doing, we would literally astound ourselves.”

-- Thomas Edison

2006 AJJF Eastern Division Palmetto Fall Clinic

Prof Tom Ryan

This was our biggest and best so far. We had approximately 180 participants this year, from 19 states and 1 Trust Territory: Wisconsin, Michigan, Ohio, Pennsylvania, Connecticut, Massachusetts, New York, Illinois, Kentucky, Tennessee, Georgia, North Carolina, South Carolina, Texas, Arizona, California, Hawaii, Virginia, Florida, and the US Virgin Islands. There were a wide diversity of martial artists and healers attending. We offered 32 hours of martial arts classes and 28 hours of healing art classes.



The quality of instruction and participation will be hard to beat next year, but we are already working on it.

This year, we tried to bring together the martial arts that our techniques are derived from to possibly get a different perspective. We concentrated on three specific areas of involvement: at Kyu rank, a different way to see techniques; at Dan rank, how the original art sees the technique and what is emphasized according to their insights; and, at the Instructor level, a level of training between the instructors with the very best from around the country.



Black belt exams were held on Thursday and Friday evenings. I am proud to say nine tested, nine passed (1 Yodan, 1 Sandan, 2 Nidan, and 5 Shodan (2 of those being from PJA blackbelts, I'm a granddad in DZR!)). We also had six Mod I DZRSI exams and all passed as well.



Next year, the entire event will be held at the Radisson Hotel and Conference Center, Columbia, SC, on 1-4 November 2007. Hope to see you here!

Finally, a special thanks to all those who helped make this all possible: my wife, dojo, and area clubs (both near and far). A special thanks to the Instructors and the AJJF Professors and Senior Instructors in attendance. This was truly a combined effort to bring it all off. ✿



The Jujitsu Clinic

Anna Claire

The jujitsu clinic was a great experience for me. I was able to go to the Radisson Hotel and learn in some of the kids' classes about kicking and punching, which I liked a lot. We also learned break dancing in one of the kids' classes, which was silly and fun. I also got the wonderful opportunity to join in the adult classes on Saturday at our dojo which none of the other kids got to take. My favorite Saturday class of the clinic was when Kyrian, Markus, and I took kendo/aikido, where we learned to fight with swords and sticks. We also took a class on gripping which helped me with the way that I grip and I also thought it was so great how the black belt would help us if we were incorrect, instead of acting like we weren't even there. And that was my time at the jujitsu clinic of 2006. ✨



Contest Results

Redding JuJitsu Academy 34th Annual Tournament October 28, 2006

Peawee Division

- | | |
|----------------------------------|-----|
| 1. Rachel Sedillo | RJA |
| 2. Angelina Spence/Mason Baseley | RJA |
| 3. Roen Langum/Nathan Simon | RJA |
| 4. Gabriel Spence/Morgan Baseley | RJA |

Junior Beginner

- | | |
|-----------------------------------|-----|
| 1. Aimee Redden/Harrison Redden | RJA |
| 2. Lorrie Yee/Sarah Tran | RJA |
| 3. Beau Hamilton/Rashell Barragan | RJA |

Junior Advanced Beginner

- | | |
|------------------------------------|-------------|
| 1. Ruth Sedillos/Rebekah Sedillos | RJA |
| 2. Nathan Magrogan/Justin Cornwall | High Sierra |
| 3. Riley Magrogan/Cameron Aro | High Sierra |

Junior Advanced

- | | |
|----------------------------------|-------------|
| 1. Kaitlin Sego | SCVJ |
| 2. Sam Crognale/Jacob Franey | High Sierra |
| 3. Alana Crognale/Breadon Franey | High Sierra |

White

- | | |
|-----------------------------|-----|
| 1. Joylynn Wilson/John Rood | RJA |
|-----------------------------|-----|

Blue

- | | |
|-------------------------------|----------------|
| 1. Andy Keo Sok/Isaac Leija | Nibukikan |
| 2. Eli Toney/Lauren de Terra | Makoto Kai |
| 3. Anton Muller/Vicky Dobkins | Chico Kodenkan |

Green

- | | |
|--------------------|--------------|
| 1. Bridgett Wilson | RJA |
| 2. Al Wolterbeek | Gold Country |
| 3. Micha Lindstrom | Makoto Kai |

Sankyu/Nikyu

- | | |
|-------------------------------|---------------|
| 1. Kelly Brady/Joel Nunn | RJA/Nibukikan |
| 2. Will Morrison/Rob Newcomer | RJA |
| 3. Gerry Palma | Makoto Kai |

Ikkyu

- | | |
|-----------------------------|------------|
| 1. Sean Hummer/Matt Sheller | Nibukikan |
| 2. Vlad Litt/Conor Heath | SCVJ |
| 3. Leo Vatev/Tim Nibert | Tri-Valley |

Blackbelt Demonstrators

- | | |
|-----------------------------|-------------|
| Jim Ghiglieri/Roswell Allen | High Sierra |
| Kevin Colton/Renate Schulz | SCVJ |
| Mike Schmidt/Frank Ferris | High Sierra |
| Peter Griggs/Scott Redden | RJA |
| Chris Denz/Harry Burleson | Nibukikan |
| John Pfund | Tri Valley |
| Mike Johnson/Amanda Ferris | High Sierra |

Timpanogos Jujitsu Junior Kata/Adult Freestyle Contest October 28, 2006

Kata Contest

Junior White:

- Seth Lecates/Connor Symonds
- Rachael Ferry/Adara Peterson
- Noah Delano/Scott Miess



The contestants

Junior Yellow:

- Benjamin Jensen/Jacob Warner (Overall Junior High Score)
- Amelia Southworth
- Elizabeth Holbrook/Melanie Sheely



Benjamin Jensen and
Jacob Warner

Continued on page 13

Blackbelt Promotions

To the rank of Shodan

Michael Burkett, a student of Professor Tom Ryan from Palmetto Jujitsu Academy

Jesse Ellis, a student of Professor Larry Nolte from Medford Judo Academy

Jay Gischer, a student of Sensei Nancy Bigham from Kodai No Bushido

Sean Hummer, a student of Professor Geoff Lane from Nibukikan

Patrick Knapp, a student of Sensei Steven James from Kokoro Jujitsu

Daniel Lester, a student of Sensei Robert Hodgkin from Bushido Jutsu Kan

Kevin Lollis, a student of Professor Larry Nolte from Medford Judo Academy

Randy Peer, a student of Sensei Robbin Miller from Fudo No Sei Kaku

Ralph Rosas, a student of Sensei Hillary Kaplowitz from Pacific Jujitsu Kai

David Shaw, a student of Professor Tom Ryan from Palmetto Jujitsu Academy

Ryan Shawgo, a student of Sensei Joshua Grant from Danzan Ryu Boston.

Matthew Sheller, a student of Professor Geoff Lane from Nibukikan

Marissa Thomas, a student of Professor Tom Ryan from Palmetto Jujitsu Academy

Leo Vatev, a student of Sensei John Pfund from Tri-Valley Martial Arts

To the rank of Nidan

Harry Burleson, a student of Professor Geoff Lane from Nibukikan

Amanda Ferris, a student of Sensei Frank Ferris from High Sierra Jujitsu

Chris Garland, a student of Professor Tom Ryan from Palmetto Jujitsu Academy

Jeff Gustafson, a student of Sensei Robbin Miller from Fudo No Sei Kaku

Lori Gustafson, a student of Sensei Robbin Miller from Fudo No Sei Kaku

Jeffrey Ingold, a student of Professor Tom Ryan from Palmetto Jujitsu Academy

Kimo Williams, a student of Sensei Kevin Colton from Burbank Judo & Jujitsu

To the rank of Sandan

Jamison Greggs, a student of Professor Tom Ryan from Palmetto Jujitsu Academy

Mark Roberts, a student of Sensei Jeff Penner from Honshinkan

To the rank of Yodan

Sensei Hillary Kaplowitz, a student of Professor Robert Hudson from Pacific Jujitsu Kai

Jeff Meyers, a student of Professor Geoff Lane from Nibukikan

Douglas Musser, a student of Professor Tom Ryan from Palmetto Jujitsu Academy

Continued from page 12

Junior Purple:

1. Nicole Fleming/Stewart Sheely
2. McKayla Parker/Emily Sheely

Freestyle Contest

Adult White:

1. Nathan Lowther
2. Coralee Crye

Adult Under 20

1. Taylor Miller (Overall Adult High Score)
2. Brittany Southworth
3. Zack Fleming

Adult Brown/Black

1. Jeremy Jones
2. Daniel (Ty) Lester
3. Sheely Duane

AJFF Freestyle Championships

Once again the National Convention will host the AJFF National Freestyle Championships!

What is AJFF Freestyle?

In a freestyle contest, each competitor gets three rounds of one minute each to show off their techniques. They will be attacked by another competitor in the same division who will give them a variety of attacks to respond to.

Attackers do not counter. The goal of the defender is to make it look as if the attacker couldn't counter even if he or she wanted to.

Competitors are scored on Safety, Effectiveness, and Variety & Control.

The more creative your variations, the better your chances of impressing the judges. Freestyle is your chance to have a Jackie Chan moment, without the risk of falling out of a helicopter.

We will have both junior and senior divisions.

Junior divisions will be intermediate and advanced.

Senior divisions will be green, sankyu/nikyu, ikkyu, shodan, nidan, and sandan and above.

Divisions are limited to ten people each.

Anyone who places in the top 3 of any kata or freestyle contest held since the 2006 convention is eligible (if fewer than ten qualify, the division will be opened on a first come, first served basis).

Don't miss this chance to be the AJFF Freestyle Champion for a year... and win a free convention package to the 2008 convention!

Pre-registration will be \$ 15.00 per person. Registration at Convention will be \$ 20.00 if there is an opening. Please make out your check to the AJFF and include four copies of the freestyle judging form found on the AJFF web site under forms (http://www.ajjf.org/handbook/forms/judge_freestyle.pdf) and included in this issue.



Also please include a signed copy of the release form included in this issue of the Kiai Echo, and remember to specify your age and rank. If you are under 18, please have a parent sign the form.

Starting 1 January 2007, Freestyle registrations may be sent to:

Clinics & Contests
P.O. Box 494279
Redding, CA. 96049

American Judo & Jujitsu Federation

Participants' Release & Registration Form - AJJF Sanctioned Event

Title of Event _____ Date(s) of Event _____ Event Director _____ Phone# _____

Host Dojo _____ Location (include address) _____

Form submitted by _____ Date _____ Phone _____ E-mail _____

Dojo Name and Address _____ # street _____ city _____ state, _____ zip _____ Sensei _____

Number of Contestants _____ Fees enclosed \$ _____

IF THE CONTESTANT LISTED BELOW IS UNDER 18 YEARS OF AGE, A PARENT OR GUARDIAN MUST SIGN THIS RELEASE FORM.

"For and in consideration of my being accepted as a participant in the above named event on the named date, intending to be legally bound, hereby, for myself, heirs, executors and administrators, waive and release any and all rights and claims I may have against said Federation or it's members, for injuries, or rights to damages suffered by me, directly or indirectly as a result of attending, participating in or practicing for, travelling to or from such tournament, clinic, seminar, or class, or against the owners, organization or members of the gymnasium, school or place held. It is further understood that the Federation and Committee reserve the right to reject any participant."

WAIVER AND RELEASE OF LIABILITY - Read the paragraph above and sign below

Participant Information (Please Print)	Age	Participant Signature or Parent/Guardian Signature	AJJF # or New / Renewal	AJJF Expiration Date	AJJF Monies Received	EVENT Monies Received
Participant Name: _____ Rank/Division: _____ (Partner Name: _____)		_____ This is a waiver and release of liability				
Participant Name: _____ Rank/Division: _____ (Partner Name: _____)		_____ This is a waiver and release of liability				
Participant Name: _____ Rank/Division: _____ (Partner Name: _____)		_____ This is a waiver and release of liability				
Participant Name: _____ Rank/Division: _____ (Partner Name: _____)		_____ This is a waiver and release of liability				

OFFICE USE ONLY

EVENT REGISTRAR

- All participants must present a current AJJF membership card or one of the following:
 - Be listed on an updated membership list from AJJF Central Office.
 - Present receipt from Sensei with a copy of your membership application with Sensei verification of mailing.
 - Apply for membership at this event, pay in full, be given a receipt.
- Make sure this form is filled in correctly and, within three days of the event, mail it to the Regional Manager of the event.
- Forward the New and Renewal AJJF membership forms, with checks or money orders, to the AJJF Central Office Administrator.
- Send a list of participants and the results of the contest to the AJJF Data Tracking co-ordinator

**American Judo and Jujitsu Federation
FREESTYLE CONTEST JUDGING FORM**

Bring with you to the contest FOUR copies of this form, filled out, typed or printed clearly.

Host Dojo: _____ Date of Contest: _____

Contestant's Name: _____ Rank: _____ AJJF #/exp_date _____

Circle One: Junior (12 years and younger) Senior (13 years and older)

Contestant's Dojo _____

Contestant's Sensei Name: _____ Rank: _____

DESCRIPTION	Round 1	Round 2	Round 3	Total
Safety (Maximum 10 pts/rnd)				
Variety & Control (Maximum 10 pts/rnd)				
Overall Effectiveness (Maximum 10 pts/rnd)				
Round Total (Max. 30 points per Round)				
Grand Total (Maximim 90 points)				

Referee's Signature _____ Rank _____

Judge's Signature _____ Rank _____

Judge's Comments:

Auditor #1 Signature _____ Total Points (Max. 90) : _____

Auditor #2 Signature _____ Total Points (Max. 90) : _____

The
American Judo & Jujitsu Federation

2007 National Convention
March 29 - April 1, 2007

稽古

The Westin San Francisco Airport
1 Old Bayshore Highway
Millbrae, CA
(650) 692-3500

Keiko



2007 AJJF National Convention

The Westin San Francisco Airport - March 30 - April 1, 2007

Name: _____	AJJF Rank: _____
Street: _____	AJJF Number: _____
City / State / Zip: _____	Dojo: _____
Phone: _____	Age: _____ e-mail: _____

WAIVER AND RELEASE OF LIABILITY

In consideration of this membership, I agree for myself, my heirs, successors and assigns to waive and release all liability, not file any lawsuit or any other action, and to indemnify and hold harmless the American Judo & Jujitsu Federation (AJJF), its directors, professors, officers, employees, committee members, instructors, members, affiliated dojos or schools for any injury, or other legal cause of action arising out of the study or practice of Danzan Ryu Jujitsu or any activity taught, practiced or conducted in connection with my membership in the AJJF. This waiver, release and indemnity includes, but is not limited to injuries or any other legal cause of action occurring in classes, demonstrations, competitions or otherwise, and I waive and release any and all claims or rights that I may have in any jurisdiction for any liability arising out of any legal cause of action, including but not limited to, any liability from negligence and agree to indemnify and hold harmless the parties listed in the prior sentence. I understand that the study and practice of martial arts in general, and Jujitsu in particular is an inherently dangerous activity and may lead to serious and permanent physical injury and/or death. Intending to be legally bound by my signature Below, I acknowledge the above and for all time knowingly and voluntarily assume any and all risks associated with the study and practice of Danzan Ryu Jujitsu or any martial art. The AJJF BOP reserves the right to suspend any individual or school membership at any time. I have read this waiver. I agree to adhere to the rules and standards of the AJJF. I further understand that only AJJF sanctioned classes and events are covered by the AJJF group Insurance.

I am over 18 or I am the parent or legal guardian of the above named Convention participant. I have read the release and agree accordingly.
 (Signature required) X: _____ Date: _____

Registration Options for Convention 2007

AJJF membership is required to attend clinics. Event only memberships (\$6), as well as new and renewal membership will be available on-site. Please do not enclose membership applications, or renewals, with this convention registration.

Full Convention Package	Cost if paid and post marked by		Cost if paid and post marked after		Subtotal					
	1/1/07	2/15/07	2/15/07	At Door*~						
Adults: Clinics, T-Shirt~, Banquet* (14 & older)	\$130	\$140	\$150	\$160	\$ _____					
Juniors: Clinics, T-Shirt~, Jr. Banquet* (13 & under)	\$80	\$85	\$90	\$100	\$ _____					
Please circle banquet dinner choice: BEEF CHICKEN VEGETARIAN										
Please circle T-Shirt size: CHILD'S: S M L ADULT'S: S M L XL XXL XXXL										
Extra Items and Partial Packages										
Banquet:										
Adult: Enter number of adult guest/s under meal choice @ \$50.00 ea.	Beef <input type="checkbox"/>	Chicken <input type="checkbox"/>	Vegetarian <input type="checkbox"/>	\$ _____						
Junior: Enter number of junior guest banquets @ \$35.00 ea.	<input type="checkbox"/>			\$ _____						
*Note: if we have not received your registration prior to 3/1/2007, you may not be served a meal at the banquet.										
Number of extra t-shirts @ \$15 ea.	Child's: S <input type="checkbox"/>	M <input type="checkbox"/>	L <input type="checkbox"/>	Adult's: S <input type="checkbox"/>	M <input type="checkbox"/>	L <input type="checkbox"/>	XL <input type="checkbox"/>	XXL <input type="checkbox"/>	\$ _____	
~ Note: if we have not received your registration prior to 2/15/2007, you will not have the t-shirt at the event.										
Enter number that will be attending the Schoolheads Breakfast (Schoolhead/Sempai only) <input type="checkbox"/>										
In order to participate in the clinics you must fill out the top portion of this registration and waiver form.										
Adult clinics only - circle day/s	Fri \$30.00	Sat \$50.00	Sun \$35.00	\$ _____						
Junior clinics only - circle day/s	Fri \$15.00	Sat \$30.00	Sun \$25.00	\$ _____						
The AJJF is a non-profit, tax exempt organization. \$4 of each registration is tax deductible. Your canceled check is your receipt and confirmation of registration. If you wish to make an additional tax deductible donation, please enter it here										
Total payment enclosed										
\$ _____										

Please make check or money order payable to "AJJF Convention 2007"

Mail to: AJJF Convention 2007
 357 Breeden Street
 Santa Rosa, CA 95409

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The Danzan Ryu Seifukujitsu Institute.

After 1500 years,
there's still no
better art of
balancing and
restoring than
Seifukujitsu.

After 23 years,
there's still no
better place
to learn it.



The path to healing begins here.

Professor Okazaki always believed that the fighting spirit should be balanced by the healing spirit. And for that reason, taught both jujitsu and restorative massage systems to his students.

Since 1983, the DZRSI has continued Master Okazaki's tradition by passing on the art of Seifukujitsu with the highest possible standards. From this tradition, many students have gone on to become highly sought after healers in their communities.

We encourage all AJJF members to consider the many benefits of Seifukujitsu training. To learn more about the program or for classes forming near you, log on to www.AJJF.org.

