

The JAA(USA)



AIKIDO TIMES



A TOMIKI AIKIDO QUARTERLY NEWSLETTER

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2004 JAA/USA National Clinic & Tournament “The Appleseed Games”

ATTENTION ALL SPORT AIKIDO PLAYERS:

Come one, come all to Mansfield, Ohio this summer and join your hosts from the Mansfield Aikido Club for the “**Appleseed Games**” on July 22, 23 and 24. Inspired by Johnny “Appleseed” Chapman’s exploits on the frontier of the Western Reserve in the Ohio Valley, we plan to spend three days exploring sport aikido through studying and competing together.

Aikidoka of all levels and ages will find new events and opportunities for participation in this tournament as well as the standard competitions we have played for years. Younger Aikidoka will have chances to compete against players their own age in new youth kata and randori competitions. A separate kyu randori event will allow inexperienced players to try their hand at shiai without worrying about facing a seasoned randori veteran in their first match ever. And those unique American games of Random Partner Kata and Impromptu Compulsory Kata (the ultimate on-the-spot-kata games!) will be back to keep things hopping and spontaneous!

The venue will be the new Mansfield YMCA, a sparkling state of the art building opened in 2000. The Y management has generously agreed to allow event participants to have full access to all its facilities at no extra cost. This includes

weight resistance, aerobic equipment and locker rooms as well as a wonderful indoor pool area with a lap pool, kid’s play zone and hot tub for after tournament relaxing. Lodging is blocked out in a number of local motels, none more than 30 minutes drive from the venue. Make sure to get your reservations early as these are the only rooms available in Richland County for that weekend due to a major race at Mid-Ohio Race Course that same weekend (see complete motel information on next page).

We look forward to seeing all our old friends as well as the new players we have never met before. So plan to come to Mansfield this summer and let’s play Aikido!

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2004 USA Aikido Nationals Registration Form

a.k.a. The APPLESEED GAMES

Sanctioned by Japan Aikido Association/USA (JAA/USA)

Last Name	First Name	M / F	Home Phone #		
Home Address	City	State	Zip	Country	
Your E-mail address			Work/Cell/Emergency #		
Parent/Guardian/Emergency Contact	Last Name	First Name	Relationship		
Name of school/Club			Head Instructor's name		

Note: Mail-in Registrations will **NOT** be accepted postmarked after 7/9/04. After 7/9/04 Onsite Registration Only.

First Event Entered	Note: Entry fees. For partner events	\$	25.00	\$	35.00
Each Additional Event	each person must fill out a form.	\$	10.00	\$	10.00
Unlimited Events		\$	75.00	\$	85.00
Clinics (5 Hours)		\$	25.00	\$	40.00

Events	Division		Postmark by 7/9/04	ON-SITE	
NOTE: All Youth events will be held on Saturday					
Randori No Kata (basic 17)	Youth Coed 16 and under				
Jo Kata (21 step kata)	Youth Coed 16 and under				
Freestyle Kata	Youth Coed 16 and under				
Tanto Taisabaki	Youth Coed 16 and under				
Randori No Kata (basic 17)	Adult (Kyu Rank Only)				
San No Kata (1-16)	Adult				
Paired Weapons Kata	Adult				
Open Freestyle Kata	Adult				
Impromptu Compulsory	Adult (Required techniques determined on Friday)				
Open Toshu Randori (Men)	Adult				
Open Tanto Randori (Men)	Adult				
Open Tanto Randori (Women)	Adult				
Kon Go Dan Tai Sen	Adult Mixed Team				
Random Partner Kata	(1st 10 of Basic 17) Everyone is urged to participate. It's fun!	\$	5.00	\$	5.00
Kyu Tanto Randori	Adult. Pool to bracket 2 matches guaranteed. Participation certificate.			NO COST.	
Clinics	Thursday and Friday mornings				
Awards Banquet	Saturday Night (\$25 per Person)				
If you are NOT a JAA/USA Member, you <u>MUST</u> add \$4 for event insurance.					
Total					

Enclose Payment. Make payable to: **JAA/USA**

I hereby submit my form to 2004 US Nationals known as The Appleseed Games (Event). I agree to waive all claims against any person, organization or facility connected with this event for injuries I may sustain and assume full responsibility for all my actions in connection with said event. I understand there are rules and regulations associated with this event and I will abide by them.

Competitor's Signature	Date	Parent/Guardian' Signature (if minor)	Date
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Shishida Sensei's Sabbatical to Denver

Over the first weekend of April 2004, Shishida sensei spent a small portion of his sabbatical in Denver, sharing with us the finer points of Tomiki Aikido. He traveled with his very charming and energetic wife Yoko, who is also a sho-



dan. Shishida Sensei conducted no fewer than four seminars during his short stay in the Rocky Mountains, including a daylong Aikido Summit on Saturday. As is customary with the Aikido squad, the weekend was sprinkled with social gatherings including a group dinner, welcome party and farewell barbecue.

The dinner party at Tanaka Sensei's home included a story telling session that encompassed history, philosophy and good-hearted humor. The weekend was a data dump of useful information and points to ponder.

Shishida Sensei is an enthusiastic and technically proficient instructor. His long and lean body type serve him well, as he is very agile and quick



on his feet. Just ask Nettles Sensei, who was on the sharp end of the spear by taking ukemi throughout the weekend. A recurring theme to Shishida Sensei's

seminars was the emphasis he placed on shinzentai (natural stance) and unsoku (footwork). Repetition of unsoku, including adding additional steps and using shinzentai in the junanahon (basic 17) were drilled into the attending aikidoka. Shishida Sensei's use of metaphor and visualization is best demonstrated by the way he described ushiro-ate. After getting behind uke,

one must become a passive weight on the shoulders' of uke before moving uke backwards. To make his point, Shishida Sensei acted out the part of a small boy at the zoo who is tired and wants a ride on Dad's back. While the child is awake and actively hanging on, this burden is relatively easy to carry. But once the child falls asleep and becomes a passive weight, Dad fatigues very quickly. It is this type of passive weight that must be first applied to uke's shoulders before driving him/her backwards and eventually to the mat.



Shishida Sensei used metaphor again when he presented aigamae-ate. A common error when executing this technique is for tori to apply a turning or twisting motion to uke's chin before uke's head has been loaded and tipped back. The technique is properly executed when uke's head is first loaded up and he/she is being driven backwards. At this point, twist is applied to uke's chin, bringing uke into tori's center and subsequently down to the mat. To illustrate this point, Shishida Sensei described how a Phillips head screw is driven into wood by first engaging the tip of the screwdriver with the slots of the screw and applying a downward, axial force. Only after the screwdriver tip has secure engagement with the screw head can torque be applied and the screw driven into wood. If



one were to apply torque with only light engagement, the screwdriver simply strips out of the screw head. So it goes with aigamae-ate. What if uke resists and locks his head you ask?



Shishida Sensei obliged by demonstrating how tori instantaneously transitions to ushiro-ate and becomes a passive weight on uke's back. Here the epiphany occurs, when one recognizes how the integrated package of aikido is stunning in both its beauty and effectiveness.

In addition to colorful and memorable metaphor, Shishida Sensei also delivered technically precise descriptions of techniques. For example, mae-otoshi is performed when tori causes uke's weight to shift onto the lead foot. Maintaining kuzushi (balance breaking) during the transition is one of the key components of the technique and is frequently where the technique breaks down. Here Shishida Sensei coined the phrase "reducing looseness" when describing how to load up uke's arm with the forward weight shift and not to give looseness back to uke during the transition from forward entry to rear throw. Giving looseness back means letting uke's arm return to a relaxed state during the transition thereby allowing uke to regain his/her balance and resist the technique. What amount of offset from uke's forward, load bearing foot should be used during mae-otoshi? According to Shishida Sensei, 10 centimeters off the toe-heel line results in ef-



One of many groups to attend Shishida's clinics

fective kuzushi.

Throughout the extended weekend, Tanaka and Shishida Sensei worked to complement each other's presentation of the material. The synergy between the two Senseis was very effective in shedding new insight into the techniques. Shishida Sensei often time demonstrated techniques that he had perfected and



he was careful to point out the differences between his technique and the official Shodokan curriculum. This comparison and contrast approach was beneficial as looking at the technique from a different angle or facet frequently reveals some small detail that was otherwise missed. Techniques evolve over time and change in subtle ways. As Tanaka Sensei elaborated, it is the duty of all students to constantly challenge the technique and thereby refine and improve upon it. It is certainly a privilege to study and train under such enlightened instructors.

*David Mulholland, Sandan
Colorado Shodokan*

Visions & Revisions—Shodokan Kyu Rank Curriculum DVD's

It's Finally Arrived... On DVD... In Full Color... In Clearly Audible English...

Sensei Dave Nettles, Chief Technical Director of the JAA/USA, demonstrates the entire kyu-rank Tomiki Aikido curriculum...Containing full instruction suitable for both beginners and black belts, this DVD series will allow you to truly master even the finest subtleties of Tomiki Aikido...This exclusive series details not only the famous Basic 17 but also covers sitting techniques, standing techniques, techniques against grabs and holds, techniques against punches and strikes, as well as techniques against armed opponents....No student of the Martial Arts should be without this beautiful, professionally produced DVD series...Order yours today!

This Exclusive JAA/USA Series is Available on 6 DVD's...

- #1:** 8th, 7th& 6th kyu test material covering cross-hand and same-side grabbing attacks as well as attacks from the rear and while sitting.
- #2:** 5th kyu test material covering the powerful Atemi Waza, or striking techniques. These are the five most powerful and direct aikido throwing techniques and should be a part of every serious martial artist's repertoire. This DVD also features powerful sitting techniques and entering drills that will maximize your timing and power.
- #3:** 4th kyu test material covering the Hiji Waza, or elbow techniques. If you control the elbow, you control the body. Includes the overpowering standing arm bar Waki Gatame as well as the Ude Gaeshi and Ude Hineri elbow throws. Also includes advanced sitting techniques and timing exercises to improve your fighting skill.
- #4:** 3rd kyu test material covering the Tekubi Waza, or wrist techniques. Learn to master Kote Gaeshi and Shiho Nage as well as other ancient wrist locking techniques.
- #5:** 2nd kyu test material covering the Uki Waza, or floating techniques. These are the 3 most subtle timing throws in all of the martial arts, but if done correctly, your opponent will seem to be weightless and floating as you throw him to the ground! This extensive disc also features pressure-point pins and even more blending and timing exercises to bring your training up to full speed.
- #6:** 1st kyu test material covering the Juppon Ura Waza, or Ten Fundamental Counter Techniques. Includes counters to 10 of the Basic 17 techniques of Tomiki Aikido as well as the correct methods of using each of the Basic 17 against a knife wielding opponent. Also features timing drills to bring your skills up to full fighting level.

JAA/USA Members: Member cost is \$10/DVD, but if purchased at time of promotion, members may pay \$5 for the DVD covering the material for their next exam (kyu rank promotion discount). For instance, when you pass your 5th kyu exam, you can buy the 4th kyu DVD (disc #3) for \$5. Certified JAA/USA instructors can also buy the complete 6-DVD set for only \$50.



For instance, when you pass your 5th kyu exam, you can buy the 4th kyu DVD (disc #3) for \$5. Certified JAA/USA instructors can also buy the complete 6-DVD set for only \$50.

General Public (Non-members): \$25/disc or \$125/complete set.

Available now at www.tomiki.org

Reviews & Previews—USC Clinic, February 2004

Second Erratic Annual USC/Berkley Seminar

by Rev. E. Del-Shimsky

Mark Colopy, the USC aikido instructor, is my long time climbing partner, and listening to him over the years on multiple pitches of multiple climbs I've been cajoled into attending a few classes and watched more aikido video than I believe is legal . . . So, when Mark told me that both Nettles Sensei and Dziubla Sensei would be in town for the February 21 and 22 seminar/tournament between USC and Berkley, I figured watching the randori between these two rival schools would be worth all the kneeling and bowing that goes with these seminars.

Saturday morning the USC dojo was just as cold and musty as the evening classes I had previously attended. Fortunately the rain had stopped and the sun was beginning to shine through the windows, slowly warming the worn 1920's gym. Once the mats were rolled out, the video cameras set up, everyone was stretched out, bowed in, unsoku'd and tegatana dousa'd, the seminar began.

Nettles Sensei demonstrated the Nanahon-nage kuzushi. As an occasional participant I'm always impressed with how the senseis move so slightly and get such startling reactions out of the attackers. In watching, what I noticed was the timing of simultaneous motions of hands and feet while moving from one position to another. Nettles Sensei always seemed to have his hands/arms in front of him and was constantly bending his knees and twisting at the waist. If I heard it once at the seminar, I swear to God I heard it a thousand times that day . . . everything stays in your center. (. . .but as I practiced I found that's easier said than done . . . especially when learning new techniques) The other thing I noted was that Nettles Sensei seemed to always move off the main axis or the line of attack, while simultaneously breaking his opponent's balance – what a concept— get out of the way before you get whacked! From the comments Dziubla Sensei added to Nettles Sensei's demonstrations it seemed that getting out of the way is central to most of the techniques.

I'm always impressed with how damn well the sensei's attackers (uke) bounce. I'm told that most of the senseis bring their own victims . . . but in this case Nettles Sensei came victimless and had to rely upon this guy from Berkley . . . Warren. They tell me he's spent some time at Shodokan . . . he must have, 'cause he bounced really well . . . both days.

Nettles Sensei reviewed the Nanahon-nage, the tachi techniques from the Dai-san, the jokatata, the bokken attack for the San-dan exam as well the bokken/bokken technique. However, the demonstration I found most impressive was Tenshi-nage or the Heaven and Earth Technique. It was impressive to see the how the movements of tegatana dousa as well as the central concept of moving off the line of attack, coupled with situational awareness of uke's body resulted in an elegant and powerful throw, with Nettles Sensei never breaking a sweat.

Second Erratic Annual USC/Berkley Seminar (cont.)

It's SUNDAY!

All this seminar stuff was interesting but Mark sold me on a grudge match between two of the PAC 10's big rivals. Tomiki Smackdown . . . SUNDAY!SUNDAY!SUNDAY!

Never listen to Mark. He lies.

Senseis Dziubla and Nettles put on a clinic, but not on randori; on getting out of the way and the value of unsoku. (This footwork thing also seems like a central principle of aikido from what I can tell) It was almost an hour and a half before we got to tales of tournaments, the Tokyo Typhoon and technique combinations useful in tournaments. Dziubla Sensei kept stressing the value of learning your opponents tactics – don't grab at the first stab, let your opponent show you what he does and work with the weakness you see. Dziubla Sensei continued to point out that if you don't get out of the way of an attack in a tournament with a proper block you get docked style points . . . not to mention being dead if it's a real situation. Can't argue with simplicity.

Finally the big moment arrives – a mock randori contest between representatives of each school. You could almost hear the theme from “The Good, the Bad, and the Ugly” as Carlos (USC) and Jack (Berkley) strode onto the mat and stood in front of the judges. Everyone bowed, the music rose to crescendo, everyone bowed some more and somebody was handed a tanto. Now, at last I'm going to see the Hong Kong Jackie Chan style action I'd been promised. Yeah Tomiki Smackdown! Lots of techniques . . . bodies flying through the air! The roar of the crowd with each spectacular throw! Mayhem!

Wrong. The most action I got was Dziubla Sensei yelling “Taisabaki Shido!” He used that phrase so much during that match, I began to think it really meant Taisabaki You Should'ha. Both players were strong and evenly matched but both of them did the same thing when attacked. The victim, sort of slapped at the attackers knife hand, moved in and grabbed a wrist in each hand and then both of them dosie do'd around the mat in what looked like combat square dancing. I was soooo disappointed . . . and Mark soooo owes me.

Following the combat ho-down, Dziubla Sensei requested input from the judges. I was surprised to hear them all comment upon the lack of movement on the part of uke. It was somewhat surprising that after an entire Saturday of demonstrations by Nettles sensei of the central principles of aikido techniques that during the heat of even a mock competition all the training evaporated from everyone's mind and in its place was something reminiscent of sumo.

Other than Mark . . . my friend . . . “mis-informing” me about the big grudge match, it was a great weekend. Oh, yes — I met two guests of the Berkley club from Japan. A newly wed couple who for their honeymoon were touring aikido dojos in the US. Now that's what I call Love and Devotion.

*DVD's of the USC clinic can be purchased at a cost of \$25 for a 2-DVD set).
Send checks to JAA/USA, 5752 S Kingston Way, Englewood, CO 80111.*

ABOC—World Martial Arts Games Aikido Competition Results

Youth Competition:

Freestyle Kata
Alex Hill/Abby Owen



GOLD
SILVER
BRONZE

Jo Kata
Alex Hill
Abby Owen
Kim Owen



Adult Competition:

Dai San Kata
Tim Kracus/Darren Snively
Sean Flynn/Kevin DeWeese

GOLD
SILVER

Freestyle Kata
Steve Wood/Jeff Davidson
Jay Harris/Tim Kracus

Junanahon
Eric Snyder/Charles Hudson
Josh Ramey/Ian King
Yuba Sobeshnehavskaya/Sarah Lackay

GOLD
SILVER
BRONZE

Kyu Randori
Kevin DeWeese
Charles Hudson
Bradley Leposa/Ian King

Men's Open Randori
Wade Current
Sean Flynn
Bob King/Tim Kracus

GOLD
SILVER
BRONZE

Women's Kyu Randori
Sarah Lackay
Valerie Summers
Tiffany Dean/Miranda Martinez

Kon Go Dan Tai Sen (Mixed Team Event):

GOLD

Jeremy Glick Tim Kracus Carol Apple Wade Current
Valerie Summers Jay Harris Bob King

SILVER

Charles Hudson Eric Snyder Steve Wood Jeff Davidson
Sarah Lackay Geoffrey Wertime Sean Flynn

BRONZE

David Chiu Ian King Yuba Sobeshnehavskaya Tiffany Dean
Miranda Martinez Darren Snively Bradley Leposa



Left: Vandalia Team winners Tim Kracus, Carol Apple, Darren Snively, Jay Harris
Right: Moe Stevens with Kyu Randori winner Kevin DeWeese
Above: Youth Competitors—Abby Owen with Alex Hill (winners of Freestyle Competition) and Kim Owen (Bronze medalist in the Jo Kata)





A Letter from Alex Hill

Dear JAA/USA,

I am thirteen years old, the rank of Rokyū, have been practicing Aikido for about one year and I am one of the few junior Aikido students that competed at the Arnold Battle of Columbus (A.B.O.C.) martial arts competition. I received two gold medals for the two events I competed in, which were the twenty one count Jo kata and a freestyle kata with Abby Owen. I attend Aikido classes every week and sometimes assist sensei in teaching the younger students.

My Dad was the one who encouraged me to begin classes at the Vandalia Rec. Center taught by Carol Apple. At first I was reluctant to try Aikido but my Dad thought it was something I would enjoy and excel at. After the first class I knew I wanted to stay and continue classes.

After about one year of practice, I was confident about myself, and was looking forward to competing. It seemed like a lot of money and a long way to go to compete but if I had known ahead of time how well I would do and the experience I would receive, I would have never questioned going to A.B.O.C.

Before I went out onto the mat at A.B.O.C. I was very nervous. My thoughts were racing about how I would do, how I would be scored, which move came first or last, and hoping that I wouldn't blank out right before I went on. There was so much noise from the trade show in the other part of the arena; it seemed so easy to get distracted. My legs felt like they were going to give out. But once I got out onto the mat I gained all of my confidence back and my training took over. I was completely focused on my kata and I did everything to the best way I knew.

After everyone performed I was very anxious to see who the winners were. I was still very nerv-

ous before they announced the winners. But when they did and said I had won first place in the Jo kata I felt relieved that I didn't have to compete any more that day. It felt great to receive the medals and wear them around the arena. I received a lot of attention from people I didn't know. It was sort of awkward but still felt great that I was being recognized for something that I love to do.

I was asked by one of the blackbelts to be a representative for Aikido and carry a large sign that said "Aikido" in bold letters. There were others chosen to carry signs representing their fields of martial arts. We all acted as an opening parade for Arnold Swarteneggar. Once Arnold got on stage he made a speech and was presented with awards, before leaving the stage.

I had a great time at the competition. The two medals I received would not have been possible without the help from my sensei (Carol Apple) my Dad (David Hill) and Abby Owen who was tori in the freestyle kata we competed in. I highly recommend Aikido for anyone from the ages of seven years and older. Aikido helps with faster reflexes, discipline and being more focused in everything you do. Aikido helps me in every day life with every problem I face, both physical and mental.

Sincerely,
Alex Hill



Carol Apple and her outstanding junior students at the Arnold Battle of Columbus

Technical Corner



AIKIDO COMPETITION AND JU JITSU DUO SYSTEM

**by Ragib Karamehmedovic
Sarajevo, Bosnia**

More traditionally oriented martial arts masters would usually say that budo is not competition and that introducing the competition to budo is a matter of not understanding the true nature of budo.

Today we have competition, or sport oriented, karate, judo, jiu-jitsu, kendo ...

Have they lost their budo way, or are they enriched with introducing competition — it is totally up to your premises, beliefs or preferences ... The modern sport way, based on Old Greek olympic spirit, surely promotes peace between people more than any other idealistic budo approach. The proof is simply a matter of statistics. Let us take a closer look at jiu jitsu competition rules.

The International Jiu Jitsu Federation, as the federation of national jiu-jitsu associations, promotes two types of competition. One is Fighting Competition - which is beyond the scope of this article. The other is duo system which could be applied to aikido, because of the similarity to aikido approach.

So, what is the duo system? As the name by itself suggests – duo is a latin word for double – meaning couple, i.e. couple competition. What is very interesting in this system is that all the attacks are predetermined. There are four series of five attacks.

ATTACKS IN THE DUO SYSTEM

The feet position is totally free in all attacks.



The complete attack series is given at the picture below

Some of the attacks presented are not used in aikido – like short stick and grappling attacks, and some aikido schools do not use leg attacks at all. But I do not see any reason to exclude these types of attacks. With these kinds of attacks included there is also the possibility to modernize aikido in some way.

The competition takes place between contestants of the same team. The attacks are predetermined, as we said, but defenses are at the competitor's choice. Imagine that. The referee gives you the attack just a second before it is to be executed. The attacker then attacks with full speed and realism. The defender applies the technique, or combination of techniques of his choice, until the attacker is completely controlled on the ground. You have to decide in a short time. You can combine techniques at your own will to make them more attractive but still realistic. You finish the techniques by completely controlling the attacker on the ground.

Aikido will lose nothing using this system of competition, and it could gain much.

For your further information let me give you some details of the duo competition rules given in the manual of the Jiu Jitsu Interantional Federation: The JJIF Duo System is aimed at presenting the defense of one contestant against a numbetr of predetermined



attacks from a contestant of the same team. The attacks are divided into 4 groups of 5 attacks each. The defense is completely at the the defender's choice. A couple may be formed without any restriction at all, such as weight, age or grade. It is also possible to change Tori And Uke at any time during the competition. The couple is of course responsible for each other. A couple may consist of 2 men, 2 women or mixed.

The competing couples shall stand facing each other at the center of the contest area and approximately 2 meters apart. The attacks are divided into 4 groups, each group consisting of 4 attacks. The Mat Referee (MR) draws 3 attacks of each series and then shows these shortly to the active couple before the attacks. The other couple will use the same attacks but in the order called by the MR. The feet position is completely up to the competitors.

The competition is between two couples. Couple 1 has red belts and couple 2 has white belts. Couple 1 starts series 1 and gets its scores; after that couple 2 proceeds series 1 and gets its scores. Couple 2 starts series 2 and gets its scores; after that couple 2 proceeds with series 2 and gets its scores

The jury shall look for and judge the following: attitude, effectiveness, speed, control, powerful attack

The attacks and defense must follow certain norms — atemi must be powerful, with good control and given in a natural way considering possible follow up; throws and take downs shall contain opponent balance breaking and be made at good speed and with good balance; locks and strangulations must be shown to the jury in a very obvious and correct way, with tapping by uke; both the attack and the defense shall be executed in a technical and realistic way



The jury shall consist of 5 licensed jury referees, each from a different country. The jury members give their points upon instruction of the MR by holding their score tables over their heads. The scores are given from 0 to 10 by each jury member.

That's it. Now, how to apply the duo system to Tomiki aikido? Here's my opinion:



System of attacks could remain unchanged or could be adapted to aikido by a special JAA board Aikido practitioners should learn to make a realistic attack or should learn at least basic elements of karate attacks.

Aikido competition could be made more interesting for the public

Aikido would be revitalized by including new techniques of attacking

Practitioners would be given the opportunity to develop their own combinations of defenses, locks and holds and in that way they would have the possibility to further develop the system

Belt examination system could include sets of duo system attacks (from 3-kyu up). One set per grade or belt. The examinee has to make his own combination of defense techniques. This gives him the possibility for acting creatively and incorporating his individuality into the examination.

My hope is that this article will inspire you with new ideas on developing Tomiki aikido.

A complete competition manual of the International Jiu-Jitsu Federation can be found at www.jjifweb.com

Please pay attention to the new Self Defense System against multiple attackers that is based on the Duo System (under JJIF). It is very interesting as a suggested competition system against multiple opponents. The defender is placed in the center with the attackers placed on four sides. The referee randomly selects 4 attacks from the given duo system of attacks. Each attacker makes an attack starting from the front, going around the clock in a circle sequence ...

Some very interesting video clips of the jiu-jitsu duo competition can be found at www.iespana.es/nuevoacceso/ju_jutsu.htm I hope you will enjoy watching them. Any new ideas or suggestions are highly welcome.



Photos include Club Instructors who successfully finished Brazilian Jiu Jitsu Seminar under Edson Carvalho, examination photos, and Aikido club members in a public Duo System Presentation – Sarajevo 2003



Instructors Forum—exam papers

Shodan Musings—by Mike Jones

It is most interesting that we are asked to write an essay when we are being considered for Dan rank and promotion. It is interesting because it so clearly delineates our efforts as not only physical but mental. It is interesting because it so clearly pays homage to our roots. (Professor Tomiki was a scholar and insured that the scholarly nature of what we do was continued.) It is interesting because it extends our role from practitioner to communicator, if only at a very modest level. The requirement seems, in fact, to honor our past, our present, and our future.

So, if you will, please excuse the musings of an old man. I started studying Aikido so I could learn to fall properly and while some would argue that I still can't fall properly, I have learned some few things from my study. These would include:

The difference between Self-defense and a Martial Art. That is to say, the difference between how to properly defend oneself and how to truly avoid having to defend oneself;

The difficulty one has in their fifties teaching the body to do things it has never before had to learn;

The positive nature of change and changing and how that is inspired (more often than not) by those who are younger and fully inspired;

The respect we must have for our Sempai, even if we don't feel it at the moment, because they have advanced our craft to art;

The respect we must have for our peers because they are our partners in life; and

The respect we must have for our Deshi because they must be trained to lead us when we are no longer able.

Tomiki Aikido is a wonderful life skill. It, properly taught and applied, can be learned at any age. It insures a level of fitness. It grants a level of confidence to deal with many of life's problems. It so clearly teaches us to avoid attacks, block attacks so that we will not face immediate harm, and then, if we can, to use the attacker's strength and momentum to disarm. We apply this training on the mats and learn that it doesn't always work because we can't make it work. We apply this training in life and learn the same lesson. That being said, we also learn that when it does work it generally creates a positive outcome for all parties.

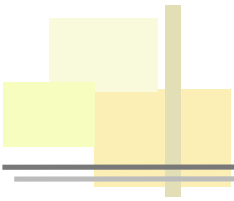
We, as individuals, are part of a small community. It is an incredibly warm and accepting community. I have had the pleasure of studying (at times only briefly) with several of our senseis, I have been invited into their homes, and I have thoroughly enjoyed the pleasure of their company. Our regional and national conferences and tournaments are inspiring and enjoyable. That being said, I have at times felt isolated. It is easy to forget that there are other dojos teaching our art.

I would like to continue with a reference to Sensei Alex Izaguirre's essay in the last issue of our Newsletter. In that piece Sensei Izaguirre states, "It is sad that we still are a young organization and are sometimes plagued by insular behavior. Sometimes I have felt quite alone. On occasion I have almost defected to the Aikikai, but I feel a strong loyalty to Tomiki and his followers. . . I am sure that Tomiki's dream was to have a solid united organization and not a collection of splintered groups."

Sensei Izaguirre's words went straight to my heart and are a reflection of all that is good and all that is not so good with our organization. Unlike many martial arts' organizations in this country (and, I assume, throughout the world) we are not lead by one charismatic leader. Rather, we are a confederation bound together by the general practice of a very particular set of principles and techniques that are based on Tomiki Shihan's work. The beauty of our craft (and, at higher levels, art) is that we (again, as so eloquently espoused by Sensei Izaguirre) have modified and refined and moved Tomiki's work forward. By practicing with resistance we have created a body of knowledge that is effective, up-dated, and fun. As a confederation our strength is our core. We have an organization that is not charismatically or rigidly bound by a hierarchy that dictates from the top down. Our weakness is that, beyond very strong pockets (i.e., Ohio and Denver) it is very difficult to grow and our Senseis must feel isolated at times.

It may or may not be appropriate but I would challenge every member of this organization to reach out and help the organization grow. We have a collective body of knowledge in our Senseis. We have started to document that knowledge in books and on disk. I would humbly ask that all of us, in any small way we can, support not only our dojo but also the dojo down the street, or across the state, or across the country. We can learn so much more as a collective rather than individuals. Help those who are on the board learn ways to communicate directly and effectively so everyone feels included in all that we do. It would be wonderful if we could be able to study our form in any place at any time.

As a final note, I would like to thank those who have made my journey of the last five years a pleasure. Thank you Warren, Jack, Oren, and Antonio. Thank you Karl, Mark, Tom, Dave, Manny and Moe Senseis. Thank you Dave Sensei and Kerry Sensei. Thank you Shishida Shihan. Domo Arigato Goziamasu Sean Sensei.



It's just this. (An introspective into Aikido)

By Joel R. Copeland

It's just this. More frustrating words I have never been spoken. You may have heard it in school. You may have heard it at home. You may have heard it at work. But it's a sure thing that you have heard it if you've taken any martial art. No matter where the term first reared it's ugly head, I'm sure you've grown to hate it at one time or another. And why is that? Because it **is** "just this", but hearing it and actually seeing it are two totally different things.

You'll debate it, you'll agonize over it, you'll contemplate it, and you may even curse it. Eventually you'll acknowledge it, possibly accept it.

The first day that you stepped out onto the mat it seemed like an alien world. Filled with people dressed all in white with multicolored belts, you weren't sure you'd ever fit in. Your instructor gets into the basics. How to walk, how to fall, the meaning of center, force, using your hips, etc... As you're trying to get a grasp on all of this, you might have heard those words that you'll soon learn to hate. "It's just this!"

The first few months may be a struggle. You start to grasp the basics, learning how to move and, hopefully, remembering at-least the first few moves. One constant will remain. "It's just this" will continue to infuriate you. How can it be "just

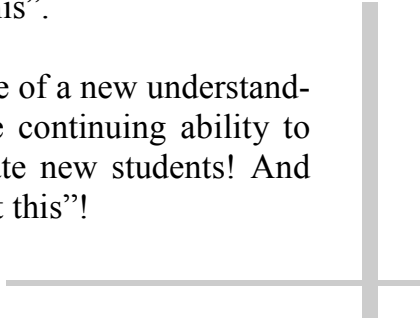
this" when it doesn't look like that at all!?!?

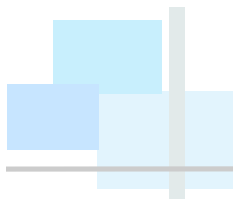
As time passes and you work your way up the ranks, "It's just this" will start to take on a different light. Every once in awhile you'll actually see where it is "just this". You start to accept that there's probably some actual knowledge or fact behind that cryptic phrase, even if you have to beat it into your brain and body.

Then, one unforeseen day, you may be working with a fellow student or trying to teach a lower rank some technique. Before you even realize it, before you can pull those words back that you've so long dreaded hearing, you utter it. "It's just this". At a loss on how to continue or better explain what you're trying to show, you finally realize it is "just this". There seems to be no simpler or more obvious way to exemplify what you're trying to get across.

Realize that you've taken the first step to the other side of the coin. Not only are you now in a position to gain a whole new insight into aikido, you've also inducted someone else into the confusing circle of "it's just this".

Welcome to a future of a new understanding. As well as the continuing ability to confuse and frustrate new students! And remember, "It's just this"!





Instructors Forum—exam papers

Getting Back Up Again

By Kirk Lawson



Sometimes you're Tori and sometimes you're Uke. That's just the way Aikido practice is. It's only fair to your training partners. And, in another sense, it's only fair to you. You need an opportunity to first learn and then to practice and hone your skills at falling; at taking the lumps as it were. It helps refine your own skills in more than just falling. You see where the falls are when you're Tori. You **feel** where the falls are when you're Uke. You study that sensation, learn from it, see where to apply it.

When you Uke for Randori no Kata (the "Basic 17"), you are thrown or forced to the ground in 16 of the waza, often with an accompanying Joint Lock for that "extra little something." And, of course, you want to practice both Right and Left for balance in your training. So that's 32 "falls" in just one session, straight through, of the Kata. And that's not including if your partner wasn't satisfied with a technique and wants to try again (and again, and again). And heaven help you if you're practicing something as strenuous as a Dan rank testing. You could be thrown hundreds of times in a very short period.

Now, here's the kicker.

At some point, and it's different depending on countless factors, as you're laying there on the floor, you start to think that maybe **staying** there on the mat doesn't sound like such a bad idea. After all, you're just going to end up there again in a few seconds. And it's sort of comfortable too. The mat is (if you're lucky) nice and soft. You're feeling tired and expended. And Tori is giving you that "You looked funny with your feet in the air and a space between your face and the mat, let's do it again!" look.

But, sometimes with a sigh, sometimes with

renewed commitment, you get back up again and go back in for another throw.

You've been taught that you should relax through the fall. Don't tense your body or you'll injure yourself. You've been taught to "enjoy the fall".

It's odd how often the Dojo is a microcosm of life.

As you go through your training you often seem to hit a plateau; a place in your life where it feels like you're not getting anywhere. Where it feels like you just keep ramming your head into the same brick wall. And heaven help you if there's some other stress in your life demanding your time and energy. It may be the frustration of a toddler who refuses to potty train or a last minute project at work which requires a 200 hour budget but has been given 20 hours instead.

At some point you start to think that maybe **staying** on the couch doesn't sound like such a bad idea. After all, you're just going to go out and fall flat again. And the couch is comfortable too. It's nice and soft, and your favorite program is just coming on TV. You're tired and expended from a long day. And all the while the Universe seems to be looking at you as if to say, "You look funny with your feet in the air, let's do it again!"

This is the time when, either with a sigh or with a defiant yell, you get back up again and go back for another throw.

Renew your commitment. Promise yourself to give it just one more go and then another. You know from your experience on the mat that you will improve, if only in fits and starts, so you should also know that if you work diligently you will improve your life and your circumstances, if only in fits and starts.

Dan Rank Promotions

The following students were promoted after testing before the Ohio Black Belt Council on February 7, 2004:

Just This Aikido

Sensei Moe Stevens

6

Shodan

Amanda Stevens



Sandan

Joel Copeland



KCW Aikido

Sensei Carol Apple



Shodans:

Darren Snively
Kirk Lawson

Piqua Aikido Club

Sensei Steve Wood

Nidans: Quincy Essinger & Tom Perone



Kyu Rank Promotions

KCW Aikido

Sensei Carol Apple

Mark Tracy
Rich Bendula
Sandy Hibner
Jacob Ly

Nikyu
Nikyu
Rokyu
Shichikyu

Colorado Shodokan

Sensei Dave Nettles

Chris Belitz
Morgan Garvey
Wyatt Love
Cliff Inbau

Rokyu
Yonkyu
Sankyu
Sankyu

Fayetteville Aikido

Sensei Ed Mink

Roger Garrison
Don West
Olivier Fournier
Jared Stephen Heth
Robert Ragsdale
Robert Horner
Terry Robinson

Rokyu
Rokyu
Rokyu
Rokyu
Gokyu
Sankyu
Nikyu

USC Shodokan

Sensei Mark Colopy

Peter Schuster
Chaithanya Ramachandra
Daniel Ford
Weisun Chuu-Wei Chang
Robert Cheng
Maryal Peters
Spyro Spyropolros
Jeffrey Scott Nuttrell
Darryl Ng
Lu Yang

Hachikyu
Hachikyu
Hachikyu
Hachikyu
Hachikyu
Shichikyu
Shichikyu
Gokyu
Nikyu
Nikyu

Yama Arashi Dojo

Sensei Alex Izaguirre

Ernesto Savinon
Mary Rose Defino
Dennis Bella

7th Kyu
7th Kyu
5th Kyu

JAPAN AIKIDO ASSOCIATION (USA) MEMBERSHIP FORM

NAME _____ DATE _____

ADDRESS _____ PHONE (____) _____

_____ (____) _____

E-MAIL ADDRESS _____ FAX (____) _____

NAME AND PLACE OF PRACTICE: _____

ANNUAL MEMBERSHIP FEE:

\$20.00 for individual members

\$5.00 for lifetime members (to partially defray insurance cost)

(Annual membership fee includes newsletter, national insurance coverage, and membership discounts on JAA/USA books, videotapes, DVD's, and most regional/national clinics and tournaments. Details on insurance coverage include \$1 mln liability/\$2 mln aggregate for participants and facilities; \$25,000 maximum medical expense benefit (\$100 deductible per claim); \$12,500 AD&D; & \$25,000 maximum dental coverage. This policy is with a rated insurance company with decades of athletic insurance experience.)

INDIVIDUAL MEMBERS PLEASE INDICATE START DATE _____ (Sept or Jan)

PLEASE MAKE CHECKS PAYABLE TO:

JAA (USA)

5752 S. Kingston Way

Englewood, CO 80111

Special Notes

Please note that due to Honda Super Cycles Races in Ohio during the weekend of July 23-24, hotels are very scarce for the upcoming 2004 Nationals (aka The Appleseed Games) in Mansfield, OH. Tournament coordinators in Ohio have put a hold on all available blocks of hotel rooms, so get your reservations in asap—list is shown on page 2.

Also note that the new JAA/USA membership form shows a different price structure and includes national insurance coverage with medical, dental, and general liability for both students and instructors wherever they are practicing or competing—at their own dojo or at any national clinic or tournament. See page 17.

UPCOMING EVENTS

*2004 National Tournament
Mansfield, OH*

*July 22-24, 2004
Mansfield Area YMCA
Downtown Mansfield, OH
(see details inside this issue)*

*2005 International Tournament
Kanto Area (Tokyo) Japan
October, 2005*

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