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Judo/Jujutsu Edition
Part II
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Martial Arts USA is an organization dedicated to bringing martial artists regardless of style under a single banner to promote learning and fellowship. Promotions are currently provided for a variety of martial art systems.

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ABOUT THE AUTHORS

Clay Howell is a 20 year veteran of the martial arts. Having started in 1985 under Grand Master John Suarez, Clay holds black belt ranks in Wado - Ryu Karate and Kosen Jiu-jitsu (Pre-WWII Judo). Clay is the head instructor of the Usagi Dojo in the Nashville, TN area. He enjoys learning new applications and techniques from different arts, training with weapons, and corny jokes.



Matt Luffman, a Georgia native, lives, works, and trains in Athens Georgia. He graduated from the University of Georgia in 2006 and works as a software engineer for Intuit. Matt is currently ranked First Kyu in Judo, and has been training for 6+ years at AKF Athens Martial Arts. He also enjoys watching football, being outdoors, going to concerts, and traveling.

QUOTES AND WORDS OF WISDOM

*“You progress not through what has been done, but reaching towards what has yet to be done”
~Kahlil Gibran*

*“Walk a single path, becoming neither cocky with victory nor broken with defeat, without forgetting caution when all is quiet or becoming frightened when danger threatens”
~Jigoro Kano*

Seiryoku zenryo: strive for maximum effect with minimum effort.

Jitta kyoe: strive for mutual welfare and benefit.

Jika no kansei: strive for perfection as a whole person.



ARTICLES

Disclaimer: Judo techniques are potentially dangerous and should only be practiced with proper safety precautions and instruction under the supervision of a qualified judo instructor.

*Personal note (GM Beard): YouTube does **NOT** constitute a qualified judo instructor.*

JUJI GATAME by Clay Howell, Usagi Dojo

Juji Gatame – more correctly called Ude Hishigi Juji Gatame - the straight arm lock (or armbar) is one of the most widely used techniques in the grappling arts. It is called the most powerful arm lock in Judo. Rarely does an MMA event take place where a juji gatame is not used. It is widely seen in Brazilian Jiu-Jitsu (BJJ) and SAMBO tournaments.

Due to the nature of juji gatame, it is only wise for the grappling student to study ways to defeat or otherwise escape juji gatame. In response, the grappler who wishes to secure juji gatame must develop a game plan to defeat the inevitable escape attempts. In the following sequence, we will demonstrate a method of securing juji gatame that has been used numerous times by UFC women’s bantamweight champion, Ronda Rousey, in MMA competition. This same method is standard practice here at the Usagi Dojo in Mt. Juliet, TN.



Photo 1 demonstrates two things: A) how very ugly Clay Howell, head instructor of the Usagi Dojo is. B) A standard attempt at juji gatame. There are numerous ways to get to this position, ask your instructor for some of her favorite methods!



In photo 2, Richard has crossed his arms in a hadaka-jime type manner as a defense. This is a common tactic to buy some time. Clay has moved his leg off of Richard’s face so details of the defense can be seen. In practicality, one would never drop the leg off the face like this, unless one wanted to give up on the juji gatame attempt.



So how does one counter this defense? Simple... the “spider web!” Step one of the spider web is to lock the crook of your elbow to the crook of your opponent’s elbow (Photo 3). In Judo and BJJ competitions, one may grab one’s own lapel (photo 4) to strengthen the grip.

Second step is to grab the far arm behind the elbow and tug it toward you (photo 5). Sometimes, this will break the defensive grip, sometimes it won't break the grip. When the arm is near you, cross your feet behind the far shoulder.

Step three is to peel the arm out and finish. This step is simple, but there are two major ways it can be done – to the “north” (toward the opponent's head at 45-degrees), and “south” (toward the opponent's feet at 45-degrees). Which direction you go depends directly on what angle the opponent's wrist is facing.

That's right – the wrist. A common mistake is to tug firmly against the elbow. This is a fantastic way to waste energy. Instead, keeping with the principle of “maximum efficiency, minimum effort” is to get the wrist to flex. To accomplish wrist flexion, it is necessary to follow these steps:

A) Clay determines which direction Richard's wrist is facing. If necessary, he will change the hooking arm (photo 6).

B) For the “north” break, Clay places his north arm (right arm in photo 7) in a wrist-to-wrist position. For a “south” break, place the south wrist (Clay's left arm in photo 8) against the opponent's wrist.

C) Lean with the effort of the entire body until the arm is peeled free, then go back to center (90-degrees from the opponent) like in photo 9. Since the entire body is used, a very small, weak person can easily peel the arm of a large, powerful man.



Finish juji gatame as shown in photo 10. Remember – slowly apply pressure in training. Be mindful of the opponent's thumb positioning. Also, keep pressure on the opponent's body and head by pressing with the sides of the knees in a “butterfly” type motion. The crossed feet should be tugging the opposite shoulder toward you.



Without a doubt, there are many finishes for juji gatame. Most of them require the proper circumstance and setup to be effective. The best benefit of using the method shown is that it is useful against many types of defenses, as well as being useful in gi and no-gi situations.



Special thanks also to Sarah Caum – photographer. Sarah has used jujitsu gatame to win more than half of her competitive grappling matches.

Seiryoku-Zen'yo Jita-Kyoei

Judo Essay by Matt Luffman, AKF Athens Martial Arts

Over one hundred thirty years after its founding in Japan, the sport of Judo thrives worldwide with 187 nations being members of the International Judo Federation. Professor Jigoro Kano founded what we know as Kodokan Judo in 1882. Having previously studied both tenshin-shinyo-ryu and kito-ryu Jujutsu, Kano felt the need to adapt his teachings with the times, as jujutsu practice was falling out of favor starting around 1868. Kano worked to identify techniques from the arts he had studied that fit the principle of maximum efficiency, discarding techniques that did not fit this principle. The resulting set of techniques was what was called Kodokan Judo. Today, Judo still has some very high profile practitioners from all over the world. Female Mixed Martial arts Champion Ronda Rousey won a bronze medal for the US in the 2008 games. Russian president Vladimir Putin is a highly accomplished Judoka, holding a ranking of 8th Dan. Judo currently consists of 67 techniques involving the throwing of your opponent to the ground, as well as grappling and submission techniques. [3]

Jigoro Kano, the father of Kodokan Judo, was born on October 28th, 1860 in Mikage, Japan. Kano's family, who made their family money off of sake production, believed heavily in the value of education, and provided Kano with best they could afford. This relationship with education heavily influenced the direction that Judo took as an education tool. Kano was a small child and was not known for having the best health. This caused Kano to be the target of bullying in school, and he wished to take up an activity that would improve his health and give him a way to defend himself. Against the wishes of his father, he began searching for a Jujutsu teacher at age 17.

During this period of time Jujutsu was falling out of favor, and the practice of it was becoming discouraged. This was a result of the fall of the Tokugawa Shogunate and restoration of Imperial rule in 1868. A law was passed in 1871 that forbid the Samurai from wearing swords, and a decline of martial arts, particularly Jujutsu, came quickly. Due to this series of events, Kano had a particularly difficult time finding a place to teach him these dying arts in the late 1870's. He was not discouraged, however, having heard that with principles of Jujutsu allowing a smaller, weaker opening to yield, or give way, one could take advantage of the larger foe's lack of balance, and defeat them.

After searching for some time, Kano was finally able to find a school that would teach him, and he joined Tenjin-Shinyo-Ryu school under Hachinosuke Fukuda. This style was a softer style and Kano picked up striking (Atemi-waza) and grappling (katame-waza) techniques, two of the three areas of techniques that would later become the foundation of Judo. After this period, Kano moved on to study the Kito-ryu style of Jujutsu under Tsunetoshi Iikubo. It was in this even softer style of Jujutsu where Kano became proficient in throwing techniques, or Naga-waza, which make up the majority of the Judo Syllabus. Kano went on to study other styles of Jujutsu to gain wider knowledge and mastery of skills. It was around 1880 that Kano started seeking to create some system of his own that incorporated the best techniques from all of the Jujutsu styles he had studied up until this point, while at the same time creating a system that was relevant to Japan's new political climate, and something that could be used in the education system as a way to not only train the body, but also a student's mind, and make them a better overall person.

Kano began examining his techniques and searched for a principle that existed throughout most of what he knew. This concept was maximum efficiency with minimal effort. Without adhering to this principle, there was no way for a small opponent to be able to defend himself against a larger opponent. Those techniques that did not meet these criteria were not incorporated into the system. In a speech given to his school in 1898 Kano outlined this idea in the following passage:

"While studying jujitsu, not only did I find it is interesting, but also realized that it was most effective for the training of both body and mind. It therefore occurred to me to disseminate it far and wide. But it was necessary to improve the old jujitsu to a certain degree in order to popularize it, because the old style was not developed or devised for physical education or moral and intellectual training. The latter, in fact, were nothing but the incidental blessings or benefits of the former, which was exclusively devised for winning. On the other hand, knowing that every one of the jujitsu schools had its merits and demerits, I came to believe that it would be necessary to reconstruct jujitsu even as an exercise for martial purposes. So by taking together all the good points I had learned of the various schools and adding thereto my own devices and inventions, I founded a new systems for physical culture and mental training as well as for winning contests. I called this 'Kodokan Judo'. [1]

The name of the art was important as a way to distinguish Kano's system from the earlier Jujutsu systems. Jujutsu - meaning the gentle martial art - would become Judo - meaning the gentle way. Jujutsu or martial art was merely a system, where as Do is a way of life. The Kodokan, the name for Kano's school, was first established in the Eishoji Buddhist temple in Tokyo. Kodokan literally translates into "a place to study the way". Although there were few students in the beginning, the school continued to grow, and the art continued to change and develop both technically and politically for the next twenty years. In 1886 a competition was staged to see which art was the most dominant in Japan. Students from Totsuka School, the leading Jujutsu school, and Kodokan students competed, and the Judo students easily prevailed. This event cannot be underestimated in terms of what it did for the public image of Judo, and greatly contributed to the continued rise in adoption.

The next several years saw the Kodokan's popularity increase and the art's development continue. By 1887 the techniques had been categorized and Kano began traveling the world to spread judo by 1889. In 1904 a student of Kano demonstrated Judo to Theodore Roosevelt and the cadets at west point. 1905 was significant in that Masters from other leading Jujutsu schools came together to join Kano's system. This represented another large step in Judo's succession over Jujutsu as a practice in Japan, and in 1909 the Kodokan was deemed an official Japanese foundation, and Kano became the first Japanese person to join the International Olympic Committee. Having been deemed safe for practice by children, Judo was incorporated into the Japanese education system in 1911. Technically, the formation of Judo was complete by this point, even though there were some meetings to change how many, and which throws were part of the curriculum. The spiritual aspect of Judo continued to be perfected until 1922, when the Kodokan Cultural Society was established. Kano continued to promote his art, and served as a large influence in Japanese sport in general. He is credited with Tokyo being nominated as the site for the 1940 Olympics.

Professor Kano died of pneumonia while on the S. S. Hikawa on May 4th, 1938. Kano had achieved a doctorate degree in his art, the only person to ever do so. This was the equivalent to 12th Dan. No one else has achieved more than 10th Dan, or Judan. Control of instruction at the Kodokan was assumed by Kyuzo Mifune, the fourth

judoka to ever achieve Judan, or 10th degree black belt. Mifune's graceful movement and speed were said to have influence the overall style of Judo at the Kodokan after the passing of the founder. To this point only fifteen Judoka have achieved the rank of Judan [2]. Judo as a sport continued to develop, with the 1964 games being the first where Judo was included as an event. This inclusion helped foster the development of weight classes in Judo.

Judo as an art and sport continues to thrive worldwide. Today the Kodokan has over 1,200 mats spanning five halls. This is one hundred times what it had when it was first started in May of 1882. Without Kano's vision and determination this practice wouldn't be a part of modern martial arts and sport. What Kano managed to accomplish in his lifetime for physical and mental education, sport, and martial arts in general is spectacular. Personally speaking, practicing Judo has enriched my life in many ways. I no doubt have greater self confidence, better physical conditioning, and more respect for people in general. Having met some amazing people throughout the course of my training, I have seen that these aspects of other people's lives have been positively influenced by the art we practice: Kodokan Judo.

Sources

[1] <http://judoinfo.com/new/alphabetical-list/judo-history/128-origins-of-judo-by-allen-gordon>

[2] <http://judoinfo.com/judan.htm>

[3] <http://judoinfo.com/new/techniques/throwing-techniques/96-official-67-throws-of-the-kodokan>





Roger Carpenter's Kansas Karate with George Pesare 1973