

T H E V O I C E



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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

Grandmaster (GM) Larry Beard began his martial arts training in 1968 in the art of judo, winning two Southeastern AAU championships (1973 and 1975). In the early to mid 90's, GM Beard taught judo and jiu jitsu at the Auburn University Judo/Jiu Jitsu Club in Auburn Alabama. From there, he taught the Georgia Southern Judo/Jiu Jitsu Club in Statesboro, GA. It was at this time that GM Beard had the opportunity to meet and develop a long and rewarding friendship with Professor John Chambers. In 1999, he began to work at Jacksonville State University (Jacksonville AL) where he now teaches the JSU Judo/Jiu Jitsu club. Grandmaster Beard inherited the leadership of the Budoki Junari system when Professor Chambers retired in January 2006.

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.

QUOTES AND WORDS OF WISDOM

*“The supreme art of war is to subdue the enemy without fighting”
~Sun Tzu*

*“Victory is always possible for the person who refuses to stop fighting”
~Napoleon Hill*

*“Be kind, for everyone you meet is fighting a hard battle”
~Philo*

*“Use only that which works, and take it from any place you can find it”
~Bruce Lee*

*“Never forget that, at the most, the teacher can give you fifteen percent of the art. The rest you have to get for yourself through practice and hard work. I can show you the path but I cannot walk it for you”
~Master Tan Soh Tin*



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.*

“Tighten Up Your Ude Garami” by Clay Howell

Special thanks to Grandmaster Larry Beard for helping with the poses. Special thanks to Cael Howell for taking the photographs.

Ude Garami - often known by the terms "Americana" and "Kimura," is one of the more popular techniques in Judo, Jiu-Jitsu, and MMA. Because it is easy to apply, it is often taught to beginners. When it is taught to beginners, a common description is to hold one's partner's arm in an L-shape, and then rotate the wrist one way or the other to apply pressure.

While the L-shape of the opponent's arm is not technically incorrect, there is a way to tighten up your *ude garami* so that you can apply pressure and get your opponent to tap, while using far less strength. Here are three of the more common applications, and ways to tighten up each of them -

***Ude Garami* (upwards version - Americana)**

Ude Garami can be applied from *tateshiho gatame* (the mount) and from *yokoshiho gatame* (the side). To get even more leverage on *ude garami* when you have your opponent's arm in the upwards position, one should simply bring the opponent's elbow closer to the opponent's ribs. Be mindful - when the opponent's elbow is close to the ribs, *very little* pressure is needed to coax a tap out.



Here is the classical position.



And here, the opponent's elbow is close to the ribs:

***Ude Garami* from Guard (Kimura)**

A very common application for *ude garami* is from the guard position. Again, the classical L-shape hold is taught, and that is not incorrect. However, to apply even more pressure, put the opponent's hand over the spine. Please note, in the second photo, where Grandmaster Larry Beard's hand was placed over his spine, he was nearly forced to tap from simply being in the position, without any pressure applied - this is not uncommon from this application.

Here is the classical position:



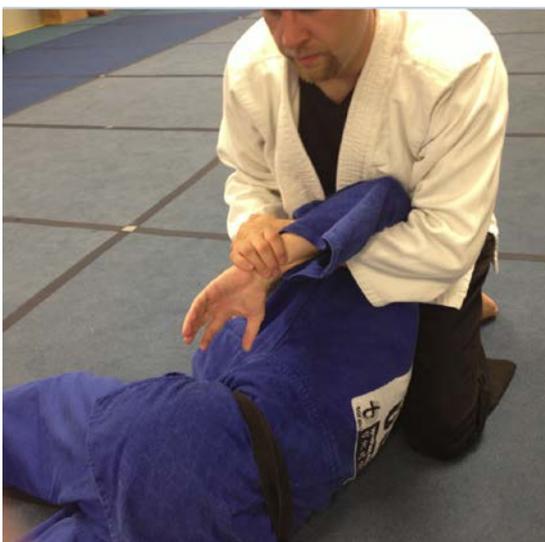
And here, the opponent's hand is over the spine:

***Ude Garami* from top (north-south or wedge position)**

Another common place to apply *ude garami* is from up top. This was the method used by the great Masahiko Kimura to break the arm of Helio Gracie in 1951, and thus the arm lock bears his name in Brazilian Jiu-Jitsu and Mixed Martial Arts circles.

Like with the variation from the guard, the classical method is to hold the opponent's arm in the shape of the letter L. However, for more leverage, again hold the opponent's hand over the spine. Be mindful, as the switch in angle will yield tremendous leverage, so go easy with your training partner!

Classical application:



And the hand over the spine application:



MAUSA Annual Summer Clinic 2013-Athens GA by GM Larry Beard



On the weekend of August 16-18, MAUSA held its annual clinic. Friday evening comprised of Larry Beard starting out with using yoko wakare as a judo counter, then progressed to a shime waza (Choking) session. While Beard was in the back room demonstrating chokes, Andy Stolarik was testing in the front room for his yodan/shidoshi sho in Shin Shin Jujitsu. Grandmaster Jimmy Jackson, Grandmaster Tommy Lunsford, Grandmaster Carole Ivie and Professor Patricia Hill were part of the testing board. Mister Stolarik passed with flying colors.

Where Mr. Stolarik received his 4th dan certificate, Professor Patricia Hill was awarded her 8th dan/Grandmaster certificate from Kenwaoshin Ryu JiuJitsu. This promotion was recommended by Grandmaster John Suarez, Soke, Kenwayoshin Ryu Budo and signed by Grandmaster Jimmy Jackson, Grandmaster Carole Ivie and others in attendance.

Saturday morning began with a couple of well deserved awards to some outstanding individuals in the organization. Ms. Sarah Caum was awarded the “Outstanding Fighter Award” for MAUSA and Grandmaster Tommy Lunsford was awarded the “First Annual John E. Chambers Lifetime Achievement Award” for his life-long contributions to the martial arts. Sensei Clay Howell accepted the award for Ms. Caum and Grandmaster Ivie awarded the Lifetime Achievement Award to Grandmaster Lunsford.

Starting the day’s sessions, Grandmaster Beard did a session on Juji-Gatame. Juji-gatame is an armlock and more ippons were awarded at the Olympics with this technique than any other technique. First was a demonstration on how to set the armlock, then there were several different ways shown to secure the armlock against a resisting opponent.

Next came the newly promoted Andy Stolarik/Alex Keller session on practical self defense training. Sensei Stolarik dressed in street clothes to better demonstrate his training concepts and applications. He and Keller Sensei did an outstanding job demonstrating and explaining fighting concepts.

After lunch, three time world judo champion Grandmaster Dan Smith showed how to chain defenses/attacks from a headlock. The chain consisted of the headlock itself and shifted to a throw, a jaw break, a juji-gatame and several new ways to defend a juji gatame. He reinforced the concept that you do not attack the whole person, you attack just a part of that person. He showed how to isolate the arm during the attack and a way to defend juji gatame by kicking the attacker in the back of the head. He finished with a really neat escape from “the guard”.

The day’s sessions concluded with John Glimmerveen, Sensei, also showing chained attacks in his jujitsu session, but, whereas Grandmaster Smith demonstrated chained attacks on the ground, Glimmerveen Sensei demonstrated chained attacks from a standing position, including defenses from strikes and kicks.

The day concluded with an evening of socialization and friendship at the local Buffalo Wild Wings.





Did you know?

Wrestling has been a part of the Olympic games going back to the original Greek proceedings. But did you know that modern games almost removed this sport from the Olympics.....It's true and the upheaval started a waterfall of "kickback" from the sports community. The following is an excerpt from USA Today regarding the re-admission of the sport to the games.

After a seven-month exile, wrestling was welcomed back into the Olympic program with a giant bear hug Sunday. Wrestling defeated baseball/softball and squash for a spot in the 2020 Summer Games as expected.

Wrestling received a majority of the votes with 49, followed by a joint bid by baseball and softball getting 24 votes and squash with 22.

"Wrestling has shown great passion and resilience in the last few months," IOC president Jacques Rogge said. "They have taken a number of steps to modernize and improve their sport."

In its presentation, wrestling was quick to stake its position as a sport of the future, not the ancient past. "Wrestling is new in virtually every way," said Jim Scherr, a former wrestler and ex-CEO of the U.S. Olympic Committee.

FILA president Nenad Lalovic said wrestling leaders weren't allowed to watch the other presentations because of IOC rules. "But we heard our presentation was the best and the most emotional," Lalovic said. "The burden we carried on our back was much bigger than the other sports have. We were fighting to survive." (Kelly Whiteside, USA TODAY Sports)