



UCMAA KI-AI

12-1-2023

(Vol.2; Issue 2)

Website: ucmaa.net

UCMAA PRESIDENT KI-AI

Hello to all UCMAA members. This past quarter has really been a very busy quarter. We had our National seminar in October, and also an amazing grappling and kickboxing seminar in November. For all our members that were able to attend the 2023 National seminar, the board members and myself would like to say thank you for making this seminar one of the best. This year we had set a goal of 100 participants along with a new venue to host it. We ended up going over our target and had 123 participants at the seminar. We had a lot of members who drove and flew in from out of state. It was really great getting to visit with you all and thanks for making the trip. This was the first year for us to hold a banquet in conjunction with the seminar. We had an amazing turnout for this event as well. Again, thanks to everyone who attended. We would not be the organization that we are without the support of the members. We have already scheduled and booked the location for next year's seminar so make plans now to attend.

UCMAA has a great seminar schedule coming up for this coming year. The schedule will be posted in this newsletter. If you really want to grow in the arts then do your best to attend. Over the past 38 years in the martial arts, I look back at all the trips many of us have made together. The fun that we have had together, the training that we have been through, put all of us on a higher level in our experience in the arts.

We are a **United** group of **Combat Martial Artists** who have come together to form an **Alliance** to continue the growth in traditional combat martial arts. The instructors of UCMAA have one goal in mind. To share what we have learned and to train our students to be better than we are.

Next UCMAA Newsletter on March 1, 2024. Hope to see you on the mats! Shihan Joey Harvey, President: UCMAA

Editor's Note: The UCMAA board would like to take this opportunity to thank Shihan Harvey for the hard work he performed to assure this year's UCMAA National Seminar and banquet was a success. A goal of 100 participants was set with 123 attending. Also special thanks to Shihan Paul Mathews and Shihan Anita Harvey for all they have done. The 2023 National Seminar will set a standard for many years to come.

UCMAA BOARD MEMBERS

Joey Harvey; 10 Dan, **President**

Jose Monegro; 7 Dan, **Vice President**

Paul Mathews; 10 Dan, **Secretary**

Stevie Tillson; 10 Dan, **Treasure**

Jimmy Gauthier; 10 Dan, Board

Kirby Roy; 10 Dan, Board

John Allen; 10 Dan, Board

Jeff Marien; 9 Dan, Board

Cheryll Whigham; 5 Dan, Board

Anita Harvey; 5 Dan, Board



UCMAA ARTS

Aiki Jujutsu
Kobu-Jutsu

Judo
JuJutsu



Iaijutsu
Kempo-Jutsu

Karate
Toide

UCMAA History



EXPLANATION OF THE UCMAA PATCH

Working from the outer edge of the patch inward:

Red Octagon – Represents the concept of Happo no Kuzushi; the 8 points of balance, the understanding of which is essential in the martial arts.

Gray Area – Represents the 8 primary arts taught and supported by the UCMAA.

White Circle (Contains our organization name in both English and Japanese) – Represents the nature of training in the traditional martial arts. There is no ending, only cycles through which we find ourselves at new beginnings. In several of our arts, Jujutsu for one, it can also represent the circular movements inherent in the art.

The Red/White In/Yo (Yin/Yang in Chinese) – Represents the complementary duality of traditional martial arts: Soft/Hard, Internal/External, Mind/Body, etc.

The Swordsman under the Torii (Symbolic Gateway) – Our training is a passageway from the mundane to something greater or more fulfilling.

UCMAA: Active Black Belts (10-31-2023)

*Jimmy Gauthier (10 th Dan)	UCMAA Charter Board Member	<i>Jujutsu</i>
*Kirby Roy (10 th Dan)	UCMAA Charter Board Member	<i>Kempo Jutsu</i>
*John Wayne Allen (10 th Dan)	UCMAA Charter Board Member	<i>Kijutsu</i>
*Stevie Tillson (10 th Dan)	UCMAA Charter Board Member	<i>Goshinjutsu</i>
*Paul Mathews (10 th Dan)	UCMAA Charter Board Member	<i>Iai-Jutsu</i>
*Jeff Marien (9 th Dan)	UCMAA Charter Board Member	Open Division
*Joey Harvey (10 th Dan)	UCMAA Charter Board Member	<i>Toide</i>
*Jose Monegro (Fl., 7 th Dan)	UCMAA Charter Board Member	<i>Karate Jutsu</i>
*Cheryll Whigham (Fl., 5 th Dan)	UCMAA Charter Board Member	<i>Aikijujutsu</i>
*Anita Harvey (5 th Dan)	UCMAA Board Member	

*Dal Neathammer (9 th Dan, CA)	Charles Charrier (1 st Dan)
*Corina Neathammer (9 th Dan, CA)	Stephen Kimble (1 st Dan)
Vernon Schlieff (NOLA)	Hannah-Rose Monegro (Fl., 1 st Dan)
Gary Barth (4 th Dan)	Jeremiah Batiste (1 st Dan)
Glenn Cooley (4 th Dan)	Isaiah Monegro (Fl.)
Sean Mayeux (5 th Dan)	Cameron Deam (Fl.)
James Gifford (9 th Dan Pa.)	Donald Lambert 111 (Fl., 4 th Dan)
Artie Lyons (3 rd Dan)	Donald Lambert 1V (Fl., 3 rd Dan)
Joey Stokes (3 rd Dan)	Christian Bursk (Fl., 2 nd Dan)
*Jamie Taylor (5 th Dan)	Larry Beall (Il., 3 rd Dan)
Scott Dixon (2 nd Dan)	Robert Murry (1 st Dan)
Roberto Guzman (2 nd Dan)	Chris Bordelon (1 st Dan)
Kevin Fruge (Fl., 5 th Dan)	Kenny Brassette (1 st Dan)
Howard Freedland (Fl., 3 rd Dan)	Mark Hale (Il., 7 th Dan)
Eddie Pitre (2 nd Dan)	Scotty Marcotte (1 st Dan)
Steve "Pop" Batiste (3 rd Dan)	Blaine Laborde (1 st Dan)
Paul Slater (1 st Dan)	Dorrian Murray (1 st Dan)
Reese Martin (1 st Dan)	Dylan Gallion (1 st Dan)
John Coutee (5 th Dan)	Dorrian Loftin (1 st Dan)
Adrian Richard (1 st Dan)	
Hope Dixon (1 st Dan)	

*UCMAA Shihan

Dojo Locations



West La. Jujutsu Training Academy 101 South 3rd Street; Leesville, La., 71446 shihanharvey@gmail.com	Joey/Anita Harvey M/T/TH - 4:00pm to 8:30pm	337-375-7371
Avoyelles Martial Arts Center 617 North Main St.; Marksville, La., 71351 avoyellesmartiakarts@cricket.net	Stevie/Chris/John C. T - 5 to 7:30; W - 5:30 to 7:30	318-253-8974
Niryūshin Dojo 4603 Coliseum Blvd.; Alexandria, La., 71303 plmathews1387@gmail.com	Paul /Jeff/Gary Th - 6:30pm; S-8:00am	318-794-9187
Hessmer Martial Arts 581 Little Corner Rd.; Hessmer, La., 71341 kirbyroy54@gmail.com	Kirby/Jimmy/John/Jamie/Pop Sun/Th/Fri - 6pm	318-305-1076
Florida Karate therisensonmac@hotmail.com	Jose TBA	352-428-3727
Florida Aiki-JuJutsu senseicheryll@hotmail.com	Cheryll TBA	Phone
Green Dragon Dojo 13627 Linden Dr.; Spring Hill, Florida, 34609 greendragondojo@outlook.com	Donny Lambert & Son M-Th - 5pm to 8pm	Phone
Neathamer Training Consultants 5371 Deschutes Rd.; Anderson, Ca., 96007 dalandcorina@yahoo.com	Dal/Corina Neathamer	Phone
Tao Martial Fitness: 223 Yellow Springs Ct.; Yardley Pa., 19067 james_gifford@hotmail.com	James Gifford	Phone
Black Dragon Academy-Chicago 5062 N Kimball Ave, Chicago IL 60625 mhale@blackdragonacademy.org	Mark Hale Online	708-846-3075
JTMA Dojo: Florida kwfruge@bellsouth.net caskman1@gmail.com	Kevin Fruge' Howard Freedland	561-351-1229 561-889-2735
New Orleans Judo vschlief@outlook.com	Vernon Schlieff	Phone



Dojo News

GREEN DRAGON DOJO: The Green Dragon Dojo is proud to announce as of September 1st we have successfully completed our first year in business. We have had substantial growth over the course of the year with new and returning students. I am also excited to announce the promotion of Senpai to a former student, Hector L. Alicea Jr. He has proven to be a great asset to our dojo family. Also new is Sensei Donald Lambert IV's competition team. He has been successful in the development and took his team to the mats in September for the first time. The Green Dragon Dojo will be participating in our first community event showcasing all levels of talent we offer. We hope to continue our growth this year and look forward to seeing you all soon.



DOJO



Donnie Lambert Jr. receiving Sandan from Shihan Jose

HESSMER DOJO: Shihans Gauthier, Roy, Allen, Taylor, and Sensei "POP" Batiste welcome all members to UCMAA and to our dojo. Our dojo is based on private instruction, not mass. The Hessmer Dojo teaches JuJutsu, Kempo, and weapons. We incorporate ground techniques for survival and self defense. Classes are held on Sunday evening (varies), Thursday and Friday evenings. At this time, we have more instructors than students due to two black belt promotions and the return of Jeremiah Batiste. We encourage our students and UCMAA members to support all clinics.

(HESSMER DOJO Cont.)



Blaine and Scotty receiving their Shodan in JuJutsu
Blaine also received "Perfect Clinic Attendance"

A couple of recent key promotions are Sensei Batiste to Sandan (3rd Degree/Full Instructor) and Sensei Jamie Taylor to Godan (5th Degree Black Belt; after 33 years of experience). Sensei Taylor also received a Shihan ("Points the Way") appointment after many years of service and dedication. Congratulations to both and also to Blaine Laborde and Scotty Marcotte receiving their Shodan in Kempo and Jujutsu. Banquet awards were presented to Josiah and Sabian Batiste for "Youth of the Year," Scotty Marcotte and Blaine Laborde "Adult of the Year," and Jamie Taylor for "Outstanding Assistant Instructor."



Jamie Taylor Shihan presentation with board



Sensei Batiste 3rd Degree Black Belt Rank

WLJTA DOJO: West Louisiana jujutsu Training Academy would like to say thanks to all of our students who attended the National Seminar and also the November seminar. A special shout out to all of you guys who helped us load mats and unload mats after the seminar. Thank you, Kevin Faulkner and Robert Lozano for helping to transport all of the mats. We had our annual year end banquet in November. We had some amazing food and thanks to everyone who attended. We have announced that next year we will have three students testing for Shodan (Black Belt) Robert Lazano, Anthony Zittle, and Beth Mcgraw. We are looking forward to seeing them go before the board to test. We have also been really busy through November testing students in our advanced youth class. We have some amazing students coming up. It is really awesome when you get to watch a young person start early in the martial arts and see how far they can really go as they become adults. You guys will see a list of seminars in this issue. I would like to encourage all of you to attend as many as you can. This doesn't just support our organization but will really take your training to a new level.

(WLJTA DOJO Cont.)



Larry Beall receiving Sandan from Shihan Harvey



Dorrian Loftin receiving Shodan from Shihan Harvey



Dylan Gallion receiving Shodan from Shihan Harvey



Robert Murray receiving Nidan from Shihan Harvey



Annual year end banquet in November



Grappling Seminar

Avoyelles Martial Arts Center: *(From the editor) Apologies to Sean Mayeux. In the Black Belt Listing, it listed him as a Fourth Dan. Sean has been a Fifth Dan for many years.*

Avoyelles Martial Arts Center recently installed new mats throughout the dojo. We've nearly doubled the area of tatami in our main room!



It's been a quarter for self-defense classes and demonstrations. First, we visited with the Greater Central Louisiana Realtors Association, and discussed self-defense when showing homes. We followed with a demonstration at the Louisiana Rural Economic Development Health Fair at Paragon Casino. We finished out our demo tour with a quick demo at the Marksville Chamber of Commerce "Cham-Boo Bash" Halloween on the Square Event for Halloween.



(Avoyelles Martial Arts Center Cont.)



For our national seminar, Shihan Tillson and Sensei Bordelon represented the dojo by teaching Naishin Ryu Bojutsu to both the Children's and Intermediate Adult ranks. Students were introduced to the fundamental strikes and blocks, along with Tai Sabaki, and were also able to spar.

Niryūshin Dojo: The Niryūshin Dojo is headed by Paul Mathews and Jeff Marien. We train on Wednesday nights from 6:30 – 7:30/8:00 and will begin adding regular Saturday morning classes as well. Classes meet in the Activity Building of Holy Savior Menard High School on Coliseum Boulevard in Alexandria. Most nights the training centers on Naishin Ryu Jujutsu but we also frequently spend time on Karate, Iai Jutsu, Kempo Jutsu, and Hanbo Jutsu.

Black Dragon Academy-Chicago: In lieu of dojo news, Sensei Mark Hale shared the following article.

ORIGIN OF JUJUTSU

The specialty of jujitsu (otherwise called jiu-jitsu, ju-jutsu, tai-jutsu, yawara and yawara-ge) has its foundations in medieval Japan and depends on the rule that the delicate overcomes the hard. It was created close by different trains like toxophilism and swordsmanship and was a way a samurai champion could safeguard himself against a rival with a weapon in full defensive layer, regardless of whether he personally was incapacitated.

The Advancement of Jujitsu: *The primary perceived school (Ryu) that showed just jujitsu moves opened in 1532, established by Expert Takenouchi Hisamori. The Takenouchi-Ryu showed the specialty of seizing (Kogusoku) and however it was not quite the same as the style as it is shown today, being the groundwork of the cutting edge art is typically thought of. The specialty of jujitsu grew further from the seventeenth century when numerous samurai champions were at this point not ready to make a pay from battle as the nation had started a time of delayed common rest, known as the Edo Period (1603 - 1868).*

Blades and different weapons, for example, bows and bolts were prohibited for everything except the samurai so hand to hand fighting schools that showed unarmed battle strategies filled in ubiquity all through the period. Jawline Genpin, a cleric from China who emigrated to Japan, was a significant figure throughout the entire existence of jujitsu. He started showing kicking and striking methods got from kung fu at the Kokushij Sanctuary in Tokyo, where among his understudies were three ronin (masterless samurai), Fukuno Schichiroemon, Yoshin Miura and Isogai, every one of whom established their own schools. Jujitsu formed into a more deliberate fine art under these and different bosses during this time and at the level of early jujitsu training, the nation had north of 700 ryu.

Jujitsu History in the Advanced Period: *From 1868, power moved in Japan from the shogun to the ruler in what became known as the Meiji Rebuilding and a Supreme law from 1871 implied that numerous parts of samurai culture were prohibited, including the act of combative techniques. The couple of bosses that proceeded with the educating of jujitsu during the last 50% of the nineteenth century either created some distance from the nation or had to prepare stealthily, giving their insight to a solitary or select gathering of confided in understudies.*

In the mid-20th hundred years, the universe of jujitsu split when a considerable lot of the schools converged with the new military craftsmanship, judo (the delicate way), made by Jigoro Kano. Judo took a considerable lot of the less risky jujitsu moves and was adjusted for a more present-day approach to battling, with more prominent accentuation on the game and exercise components of the combative techniques. Around a similar time, Morihei Ueshiba made the craft of aikido (the method of amicable soul), putting together his new framework with respect to an alternate arrangement of jujitsu procedures, specifically the wrist and arm locks.

Under the American control of Japan after WWII, many styles of battling were again restricted on account of their possible connection with militarism. This went on until 1951 when the occupation finished and the craft of jujitsu started to thrive again in its nation of beginning, as well as in various nations all over the planet.

Jupiter Traditional Martial Arts:

Jupiter Traditional Martial Arts has had a very busy quarter! First, to get into the spirit of things with UCMAA, we ordered enough weaponry from Century to cause them to do a wellness check on us. We are having a blast incorporating Bo, tonfa, sai and the bokken into our workout plans. Furthermore, we have had a few metriculations - congratulations to Matthew Phillip and Talya Ruch for achieving their yellow belts in Shorin-Ryu, and, as pictured here, Senseis Glen Aitken and Frank LoPresti traveled to Spring Hill to meet up with their Sensei's Sensei (say that a few times fast) and they were both honored with their Seventh Dan in Goju-Ryu! We are proud of all of our member's accomplishments. We also hosted a very successful Women's Self Defense Seminar (our next one is January 13th) and are looking forward to having Sensei Elena Jacobson test for Ni-Dan in December. Joining us will be Shihan Jose' Monegro and Donnie Lambert Sr and Jr from Spring Hill.

We can't wait to host the Spring Regional UCMAA Seminar, April 5th and 6th. Contact Howard Freedland at caskman1@gmail.com for details.



Kevin Fruge receiving his Shodan in Jujutsu from Shihan Mathews



Glen Aitken and Frank LoPresti receiving their Shichidan in Goju Ryu Karate

Black Belt SPOT Light



SHIHAN JEFF MARIEN (by Paul Mathews):

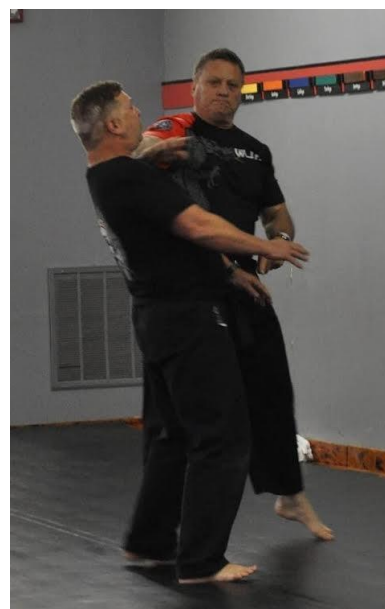
Shihan Jeff Marien grew up on a farm along Bayou Rapides, just outside of Alexandria, Louisiana. He was never active in sports in school because it would have interfered with working on the farm. By far the youngest of six children, Jeff was often picked on by his four older brothers. That led him first to become interested in strength training and eventually to training in the martial arts.

Jeff started his martial arts training in Juko Ryu Jujutsu at Louisiana State University – Alexandria in January of 1981 under the instruction of the late Jim Marler and Bill Pearson. Interestingly, two other members of that beginner class were Paul Mathews and “Big John” Hebert, who was to become the sensei of UCMAA President Joey Harvey. Jeff had first met Big John years before when John rescued him from being chained in a dog collar to the front porch of a hunting camp. Big John set him free and took him hunting with him. Jeff and Big John became training partners for a time which presented Jeff with major challenges, throwing someone of John’s girth and weight. Yet Jeff persevered.

Shihan Marien earned his black belt in Jujutsu in August of 1984, about the time transferred to the main campus of Louisiana State University in Baton Rouge. While there he was instrumental in reviving the LSU Jujutsu Club. At a national seminar in August of 1985, because of his teaching and continued training, Jeff was promoted to Nidan alongside five other candidates, including John Wayne Allen and Paul Mathews. It was this group of individuals that attended the seminar with Pearson and Marler that first earned the label, “Louisiana Wrecking Crew!”

Paul Mathews recalls; “my favorite story about Jeff occurred at the seminar in Rockford in 1985, the year we were promoted to Nidan. During the training one day, Dr. Marler called Jeff over to demonstrate his ability to take a kick to the ribs from a black belt with another group. Dr. Marler told Jeff, ‘Take it.’ Jeff heard ‘TAKE HIM!’ As soon as the guy kicked him, Jeff dropped the hammer on him and the guy folded like a piece of paper. When he got up from the tatami he was missing two of his teeth!”

After graduating from LSU Jeff continued teaching, starting a dojo in Jonesville, LA, and training several students to their black belt, including Jerry Humble and David Manning. In 1988, Jeff was among the first to go through the Combat Ki Master Test at a seminar in Orlando, Florida. He received his Godan rank in 1991 and currently holds the rank of Kudan. He also holds ranks in Judo, Iaijutsu, Kempojutsu.



Shihan Marien striking Sensei Chris Bordelon during a Ki Clinic



Jeff on the left: “Ultimate Top 5 Martial Arts”

(Shihan Jeff Marien Cont.)

Shihan Marien is a founding board member of the UCMAA, and together with Paul Mathews, is dojo headmaster of the Niryūshin Dojo in Alexandria.

Shihan Marien is currently the CENLA Market President for First Federal Bank of Louisiana. He has one daughter, Emily who is a Nurse Anesthetist. He is a lifetime member of the NRA and is an admitted car freak, especially when it comes to muscle cars.



September 5 Demonstration to Realtors AMAC/Hessmer/WLJTA



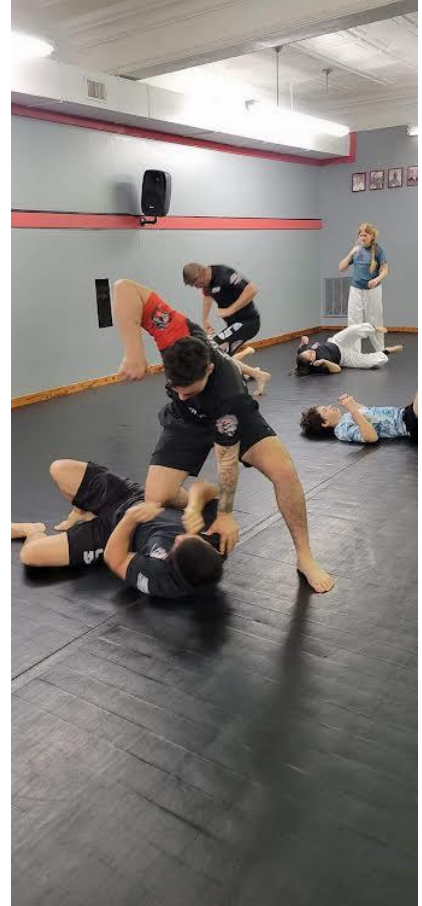
Nov. 11, 2023 Grappling/Kickboxing Seminar WLJTA

On November 11th, WLJTA hosted the fall 2023 Integrated Submission Grappling & Savate Thai Kickboxing seminar. We had a great turnout of students for this seminar. We covered a lot of material in both the grappling and kickboxing seminar. We started out with a warmup session which led directly into the stand up versus ground. We covered about 12 different leg passes with several submissions. We then transitioned into different submissions from Cross body, Turtle, and North & South.

After a lunch break, we started with a warmup session for STX. After the warm up we started to cover various striking techniques with body movement to help students to understand how this transitions into the tilt series, collar tie series, and the spear entry series. We also demonstrated how this all blends together with a lot of the techniques such as throws, and locks that we teach in Jujutsu. Each session finished with students having the opportunity to free roll in the grappling session and sparring in the kickboxing session.

Grappling/Kickboxing (Cont.)

We have also just finished editing all the videos of the techniques taught in this seminar and have added it to each member who participated in this seminar for them to be able to review on our online university portal and app.



Seminars for 2024

- | | | |
|--|-------------|--------------------------|
| Feb 10: <u>Hanbo Jutsu</u> | 9:00 - 3:30 | WLJTA Leesville, LA |
| Ap 5-6: <u>Jupiter Traditional Martial Arts</u> | TBA | Jupiter Florida |
| May 11: <u>Iai jutsu/Ken jutsu</u> | 9:00-3:30 | Menard High School (La.) |

(Seminars for 2024 Cont.)

June 15: <u>Bo jutsu/Karate jutsu</u>	TBA	Menard High School (La.)
Aug 10: <u>Naishin Ryu Toide</u>	9:00-4:00	WLJTA Leesville, LA
Oct. 12-13 <u>UCMAA National Seminar</u>	TBA	Pineville, Louisiana
Nov 09: <u>Integrated Submission Grappling</u> <u>/Savate Thai Cross Training</u>	9:00-4:00	WLJTA Leesville, LA



UCMAA FIRST BANQUET

What a great way to end the first day of the seminar with a banquet! Participants attended with family members to receive black belt promotions, Shihan appointments, and dojo awards (3 awarded per dojo for students). The banquet was held at Country Inn Suites in the training hall. The buffet style was delicious, and the comradery was heartfelt. UCMAA currently plans to host a banquet every five years. Great job, organizers!





SHIRT Description for National Clinic: *As the sun began to set, the samurai stood atop a hill. Gazing out at the red orb as it descended below the horizon. Smoke billowed at his feet, a sign of the intense battle he had just fought. Ahead, a traditional Japanese house stood tall and proud, its black walls and roof a stark contrast to the fiery sky. The samurai's face was stoic and determined, as if he was ready to face whatever challenges lay ahead. As he stood there, a symbol of honor and strength, it was clear that he was a true warrior.*



New UCMAA Banner





2023 UCMAA 5th National Seminar Participants (Front Row: UCMAA Board)



When approaching a Black Belt or the Dojo Headmaster or Official:

- Stand 4-6 feet away at attention and wait to be acknowledged to approach.
- Then bow, approach, and ask your question.
- If the instructor is busy and does not acknowledge you within a few minutes, back off and try again at a later time.
- *Never* interrupt an instructor unless it is an emergency.

This is about respect and courtesy.



From Shihan Roy - Combative Ki (part 4 of 4).

Below are additional questions I receive on a regular basis. With all due respect, some photos have patches of a system from many years ago which UCMAA is not affiliated with any longer. Due to many young readers, words such as “nether region” have been substituted.

Are only certain individuals able to perform this feat? Are you unique? No! I was never a great athlete. I'm educated (Master's in Ed., plus), I love my family, I had a good job (retired), and I'm into politics (public office/civic/community organizations and giving back to the community). I have many great friends, many who I met through martial arts. I love martial arts which includes my martial arts family. I'm 69 and still have good “Combative Ki” abilities. I was

and am the average “joe on the block.” I went through the normal training routine as everyone else did. Opportunities came and I took advantage of it, where I took it to the next level.

Is “Combative Ki” practical? Many MMA fighters and boxers condition their body to take strikes and kicks. Many, before a match, warm up by striking their face and body. This ritual prepares them for the fight. In a fight, real or sport, you must be prepared to get hit numerous times. The body would need to be trained to sustain hits. Conditioning and sparring prepares you for such. Many martial artists and individuals have never been in a real fight, much less been hit. “Combative Ki” can teach you the experience of getting hit and the ability to continue the fight after being hit. The same principle applies when teaching the blade/knife; you must make the individual understand he/she will get cut. Same in a fight, you will be hit.

All art’s teach defenses against kicks (blocks, evasion, etc.) but not many will teach stepping into (jamming) or taking a kick as a defense. “Combative Ki” will aid in this. An example would be taking a roundhouse kick to the ribs and wrapping the leg up in a lock, then into a take down, similar to an “uchi ude gatame.” Don’t get me wrong, this is not 100% fool-proof, but it could aid in your defense. Any type of strike or kick to the head area or any vital area could be devastating, so keep your hands up, use good footwork, stay off the centerline of your opponent, and end the confrontation quickly.

Many self-defense escapes and defenses show striking to the “nether region.” It is a vital strike area which could end a fight or a situation quickly. If you learn to take strikes to this area, it would be one less concern you should have. This would give you the ability to maintain a lock without the worry of being struck in low areas in order for an escape to occur. It would allow you to keep your hands up during a low kick. The problem is, not many people train to take strikes in this area. This application will also apply to strikes delivered to the torso area, like an elbow or kick.

As with any sport or physical activity, breathing plays a major role. Inhaling and exhaling at the proper time can make a difference. Holding your breath is not proper procedure and not acceptable. In “Combative Ki,” breathing is extremely important during a fight. As stated, so many times, it’s a tool. It is no different than learning to break fall. Use it to prevent injuries, understanding it is not 100% fool-proof or guaranteed. A hard “ki-ai,” in all situations could make a difference.

In workouts, it gives the ability to feel what it is like to hit a human body part or be hit and move further into the attack or to counter attack. When I started training in 1972, taking strikes was part of training. In all my years, I found “Combative Ki” does not work well with chokes, strikes to the nose/facial areas, and multiple leg strikes. It can and will build your confidence. It can give you an edge. This can also aid in other areas of your life.

Summary:

To sum up, when it comes to taking strikes using “Combative Ki” methods, it all depends on what you believe in and how far you would like to take it. There are many challenges and obstacles that must be overcome. One of the biggest is yourself and believing what you do is right and important. There will always be those who will not believe, try to dishonor you, try to hurt you, are jealous of you, etc. It does not matter if they believe, it’s what you believe, what you can control, and how you can use it. A Samurai used the sword until it was taken away, then he used his martial art’s skills. Same with Ki, use it but your training in the arts is what will

save you in a self defense situation. Use “Combative Ki” as one of your tools/techniques. I don't take hits for others, I do it for myself, my training, my art, and my organization. Check us out on YouTube and now on Tic Toc.



Struck in the nose and bleeding:

- Sit down and lean forward-not back.
- Breathe through the mouth.
- Pinch nose (direct pressure) for 5 minutes.
 - If still bleeding, pinch for 10 minutes.
- Ice.
- Spit out any blood (inside: use trash can or bowl); do not swallow any blood.
- Bloody nose after trauma to the head and neck may indicate a brain injury.

**First aid is to address the immediate needs & safety of someone. Before administering any first aid to anyone outside your family, be aware of your rights and responsibilities: “Good Samaritan Law.” A licensed physician should be consulted. Call 911 for all medical emergencies. If there are any doubts, do not assume, call 911.*



ICHI	eech	One
NI	nee	Two
SAN	san	Three
SHI (YON)	she	Four
GO	go	Five
ROKU	roke	Six
SICHI	seech	Seven
HACHI	hach	Eight
KU	koo	Nine
JU	joo	Ten





Time Line

- 03-14-2013 Stan Lee's "Superhuman" aired.
- 03-15-2013 Demo for Charter School. 11 demos in 3 hours.
- 04-06-2013 Dallas Clinic: Bo. Roy/Tillson/Bartell/Harvey
- 04-20-2013 Leesville Clinic on Toide. Host: Harvey. Out of state: Whigham/Dallas crew.
- 05-13-2013 Southern Black Belts recertified: Total: 19 active Black Belts; 12 being Shihans.
- 05-00-2013 Promotion: Jamie Taylor to Nidan: Ju-Jutsu.
- 05-30-2013 Soke Toma Died at the age of 82.
- 06-12-2013 Roy interviewed over SKYPE with DiGa Vision. Discussion: Being a "Martial Artist Involved In Politics."
- 06-21-2013 52rd National Dan Clinic in New Braunfels, Tx.; Ki/Toide
Promotions: Lathan Dowden to Kyoshi; Kenneth Myers/Adrian Richard; etc. to Okuden/Kyoshi.
- 07-12-2013 Trip to San Antonio in Ki. Roy/Harvey
- 07-27-2013 Local LSU-A Clinic. Go through Ju-Jutsu testing requirements.
- 08-00-2013 Final up-date and completed copy of "Southern Regional" Training Manual.
- 08-03-2013 Dallas Clinic: Jo (right side). Roy/Bartell
- 10-19-2013 Local Leesville Clinic.



Trivia

March 1, 2024 Trivia: What is the difference between Iai-Jutsu and Ken-Jutsu?

Last Quarter: Name the below weapons? Is the origin, Japanese or Okinawa?



Nunchaku



Bo



Kamas



Tonfa



Sai

All are of Okinawa origin