



UCMAA KI-AI

9-1-2024

(Vol.3; Issue 1/4)

Website: ucmaa.net

UCMAA PRESIDENT KI-AI

Hello to all of our members and families. As you all know we have had a really busy year this year in the association. There has been a lot accomplished by all our students and dojo's throughout the year. We have two seminars left for this year and we will soon have the 2025 seminar schedule out so our members can make plans to attend.

Our National seminar will be the second weekend of October in Pineville Louisiana. We will have it at the same location which will give us plenty of room to train and cross train in the different arts taught by UCMAA. All of the board would like to encourage each of our members to do your best to attend this year's National Seminar. Last year we had an amazing turnout of our members with just over 130 participants. The board members are working to put together a great seminar this year. Attached to this newsletter will be a link that you can use to register for the national seminar. You will also find the national seminar schedule, below. So make your plans now to support this once a year event.

This newsletter is beginning its third year in publication. Thanks to all who contribute to our UCMAA Newsletter. Without you, it would be nothing.

October 12th and 13th, 2024 National UCMAA Seminar.

Next UCMAA Newsletter on December 1, 2024. Hope to see you on the mats!

Shihan Joey Harvey, President: UCMAA

UCMAA BOARD MEMBERS

Joey Harvey; 10 Dan, **President**
Jose Monegro; 7 Dan, **Vice President**
Paul Mathews; 10 Dan, **Secretary**
Stevie Tillson; 10 Dan, **Treasurer**
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 Board Members/Shihans

**Shihans (left to right): Jose', Anita, Jeff, Stevie, Paul, Jimmy, Kirby, John, Joey
(not picture: Cheryll)**

UCMAA ARTS

**Aiki Jujutsu
Kobu-Jutsu**

**Judo
JuJutsu**



**Iaijutsu
Kempo-Jutsu**

**Karate
Toide**

UCMAA History



UCMAA PATCH

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 (8-31-2023)

*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>Ki</i>
*Stevie Tillson (10 th Dan)	UCMAA Charter Board Member	<i>Goshin</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>
*Anita Harvey (5 th Dan)	UCMAA Board Member	
*Jose Monegro (Fl., 7 th Dan)	UCMAA Charter Board Member	<i>Shurin-ryu</i>
*Cheryll Whigham (Fl., 5 th Dan)	UCMAA Charter Board Member	<i>Aikijujutsu</i>

- *Dal Neathammer (9th Dan, CA)
- *Corina Neathammer (9th Dan, CA)
- Vernon Schlieff (NO)
- Gary Barth (4th Dan)
- Glenn Cooley (4th Dan)
- Sean Mayeux (5th Dan)
- James Gifford (Pa.)
- Artie Lyons (3rd Dan)
- Joey Stokes (3rd Dan)
- *Jamie Taylor (5th Dan)
- Scott Dixon (2nd Dan)
- Roberto Guzman (2nd Dan)
- Kevin Fruge (Fl., 5th Dan)
- Howard Freedland (Fl., 3rd Dan)
- Eddie Pitre (2nd Dan)
- Steve "Pop" Batiste (3rd Dan)
- Paul Slater (1st Dan)
- Reese Martin (1st Dan)
- John Coutee (5th Dan)
- Adrian Richard (1st Dan)
- Hope Dixon (1st Dan)

- Charles Charrier (1st Dan)
- Stephen Kimble (1st Dan)
- Hannah-Rose Monegro (Fl., 1st Dan)
- Jeremiah Batiste (1st Dan)
- Isaiah Monegro (Fl.)
- Cameron Deam (Fl.)
- Donald Lambert 111 (Fl., 4th Dan)
- Donald Lambert 1V (Fl., 3rd Dan)
- Christian Bursk (Fl., 2nd Dan)
- Larry Beall (Il., 3rd Dan)
- Robert Murry (1st Dan)
- Chris Bordelon (1st Dan)
- Kenny Brassette (1st Dan)
- Mark Hale (Il.)
- Scotty Marcotte (1st Dan)
- Blaine Laborde (1st Dan)
- Dorrian Murray (1st Dan)
- Dylan Gallion (1st Dan)
- Dorrian Loftin (1st Dan)

*** UCMAA SHIHANS**



Dojo Locations



(If a guest, always call before attending to insure any schedule change)

West La. Jujutsu Training Academy

101 South 3rd Street; Leesville, La., 71446
shihanharvey@gmail.com

Joey/Anita Harvey 337-375-7371
M/T/TH - 4:00pm to 8:30pm

Avoyelles Martial Arts Center

617 North Main St.; Marksville, La., 71351
avoyellesmartiakarts@cricket.net

Stevie/Chris/John C. 318-253-8974
T - 5 to 7:30; W - 5:30 to 7:30

Mathews' Niryushin Dojo

4603 Coliseum Blvd.; Alexandria, La., 71303
plmathews1387@gmail.com

Paul & Jeff 318-794-9187
W - 6:30pm

Hessmer Martial Arts

581 Little Corner Rd.; Hessmer, La., 71341
kirbyroy54@gmail.com

Kirby/Jimmy/John/Jamie/Pop 318-305-1076
Every Thurs. - 6pm; Rotate Friday and Sat.

Florida Karate

therisensonmac@hotmail.com

Jose' 352-428-3727
TBA

Florida Aiki-JuJutsu

senseicheryll@hotmail.com

Cheryll Phone
TBA

Green Dragon Dojo

13627 Linden Dr.; Spring Hill, Florida, 34609
greendragondojo@outlook.com

Donny Lambert & Son Phone
M-Th - 5pm to 8pm

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 Phone

New Orleans Judo
vschlieff@outlook.com

Vernon Schlieff Phone

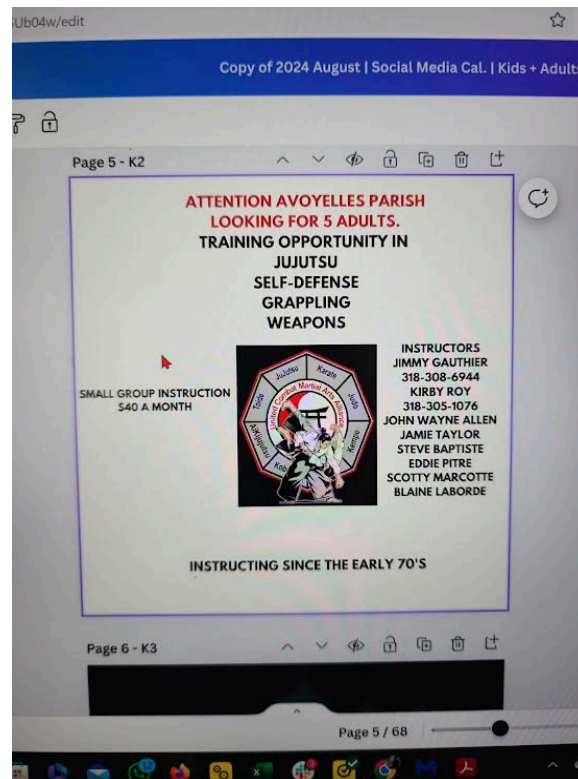


***GREEN DRAGON DOJO:** Green Dragon Dojo is now offering a new Family Class. This class offers flexibility for parents and children to grow together and navigate their Martial Art journey as a family. We have had several families join and meet twice a week. In other Dojo news, we have gained 3 new white belts this month. Since opening in September of 2022, we have officially promoted our 1st Brown Belt. We look forward to the upcoming months as we work to expand family classes and offer special karate nights to the community.



***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 every Thursday evening and vary on Fridays and Saturdays. We encourage our students and UCMAA members to support all clinics.

Shihan Harvey and Sensei Scotty Marcotte placed the below ad on Facebook:

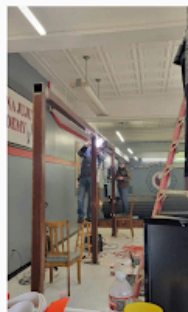
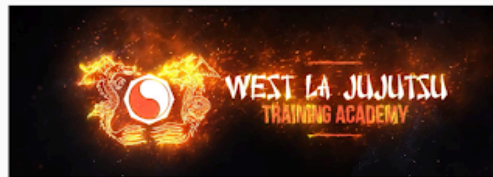


***WLJTA DOJO:** This has been an exciting quarter for our dojo. We remodeled our workout area to include inserts for our ground dummies. Then we vinyled up the entire front of the business with sharp new shaded windows.

5 little samurai graduated and advanced to the youth program. Congratulations to Esther, Lane, Abraham, Landon and Gianna!

As we went into the new school year we hosted a new-college-student self defense class and attended multiple back to school events in the local community.

Two of our Sempai retired from the United States Army and sadly we said our farewells for now to Sempai Paul Doty and Sempai Russ Spike. Thank you guys for your service.

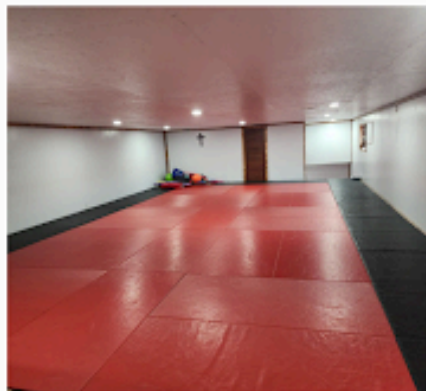




Permanent Home of WLJTA

Luke 16:12 And if ye have not been faithful in that which is another man's, who shall give you that which is your own?

In 2001 WLJTA came into existence. We have had some great times and some hard times. There has been a lot of blood, sweat, & tears over the years that has went into the building of WLJTA. We have had the opportunity to train several thousands of students. Anita and I would like to say thanks to each and every Student, and Parent that has helped us over all of these years. We also want to say thanks to all of the volunteers who have helped us over the years with the different remodel projects we have completed. We would like to announce that 101 South 3rd is now the dojo's permanent home.



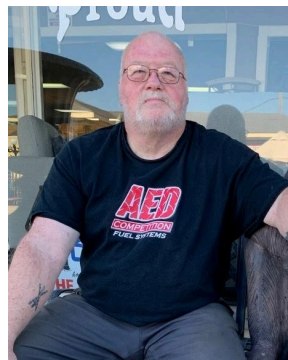
*Avoyelles Martial Arts Center:

Avoyelles Martial Arts took a step back over the summer months to focus on rank competency. The result has been improvement in our middle kyu ranks, both in Nage Waza and Tsuki Waza! All three programs have seen new faces in addition to those returning from summer hiatus, and the dojo ki is electric!

This year marks the 40th anniversary of Avoyelles Martial Arts, and we are celebrating with old students and new in a demo on Sept. 15, @ 2pm at Christian Family Worship Center in Mansura, LA. UCMAA members are welcome to attend! Students will be showcasing current and next rank techniques. Contact the dojo for more information. We'd like to congratulate **Shihan Stevie Tillson on 40 years of martial arts** training in Avoyelles Parish!



We'd also like to welcome Willard "Mills" Onellion to our dojo. Sensei Onellion brings with him a Yudansha which includes Wing Chun, Tang Soo Do, and Arnis. We're happy to have him on board!



Willard "Mills" Onellion

***Niryushin Dojo:** The Niryushin Dojo has moved their classes back to Wednesday evenings at 6:30. Classes are still held in the Activity Building of Holy Savior Menard High School in Alexandria.

Most recently, some of our students tested for and earned their Shoden rank in Naishin Ryu Hanbo Jutsu. Those students include Grant Bounds, Xander Bounds, Rachel Mathews, and Lisa Mount.

We are looking forward to several students testing for rank advancement in Naishin Ryu Jujutsu.

***Jupiter Traditional Martial Arts:** Jupiter Traditional Martial Arts has had an active summer. In June, we helped Kyoshi Frank LoPresti prepare for the US Open, which took place in Orlando over the 4th of July weekend. He brought home multiple medals, and placed first in Weapons! We are proud of his accomplishments.

We hosted a special training seminar that was taught by martial arts legend GM Carl Stone. Sensei Stone focussed on self defense principles and manipulations, striking combinations and understanding how the body moves in an altercation through the principles of balance. It was an honor to work with such an accomplished martial artist.

Moving into the fall, we are looking forward to a Women's Self Defense Seminar in September and the UCMAA National Seminar. See you in Louisiana!



Jupiter Seminar



Black Belt SPOT Light



SHIHAN KIRBY ROY: It is hard to write an autobiography on self so I will place highlights of my resume' and a written autobiography of my martial arts experience.



Married to Samantha Smith. Five children (two deceased); Thirteen grand-children; Two great!

LSU BS Degree

NSU M.Ed Degree w/student –teacher supervision certificate.

Over 41 years as a teacher/coach/specialist (retired as of July 31, 2018)

Job's for America's Graduates Specialist (many national/state recognition awards -17 years)

JAG State Advisory Board: State Chairman

Avoyelles Parish School Athletic Director (2004-2018). Wrote PE curriculum for all high schools.

Past President (4 Years) of the Avoyelles Parish Police Jury (2000-2009)

Re-elected (Nov., 2013) Police Juror and served 6 yrs. as Vice President and 4.3 years as Pres.

Past GOP State Central Committee Chairman-Avoyelles (2 elected terms)

Avoyelles Rotary Club/Past President/Paul Harris

Governor's Commission on Used Motor Vehicle Commission (2008-2016)

President (07-20)- Avoyelles Progressive Action Committee (APAC-Workforce and Head Start)

Instructor: Central Louisiana Area Health Education Center (2 yrs.: A-HEC: Marksville Hospital)

Numerous civic/community//state/church organizations and clubs

I started martial arts at LSU-A in August 1972, and became a member of the LSU-A Judo class, for credit. I then joined the ju-jutsu classes during noon lunch and became part of the “demo team.” Later in the year (1972), Shihan’s Bill Pearson (deceased) and James Marler (deceased) started night classes in my hometown, Mansura. Other instructors included Jimmy Gauthier (w/o him I would have never received my black belt), Bill Ryder, Donald Gagnard, Butch Gauthier, Gary Tisdale, Ted Gambardella, etc.

I received my black belt in 1977 in Oikuru Jujutsu (open system) due to complications at the national level. In 1985, I achieved the level of Shihan (5th dan) and in 1994, 10th Dan (both in Kempo/Ju-Jutsu). In 1996, I was awarded the title of Kaiden and in 1997 the title of Meijin (martial arts genius). Unbelievable, because when I was a candidate for third dan, Jimmy Gauthier stated, “This is the end of the line. We will never achieve any higher rank because higher ranks were national and administrative positions.”

In 1988, John Allen and I achieved our Shihan (5th dan) in Ki-Jutsu (first of its kind/1st in line). This was done at the second (2nd of 2) Dallas Cowboys’ spring training clinic. I took John and my son, Brandon, to a three day demo and one month later returned for a five day training session and the famous demo which made the front page of all area newspapers, Today Show, half time of a New Orleans Saints game, The Johnny Carson Show, Black Belt Magazine, etc.

Today, I have earned rankings in Aiki (3rd dan, 1984), Seidokan (5th dan, 1985), Toide (6th dan, 1986), UOP [Dr. Degree (non-certified), 1987], Kobudo/weapons (3rd dan, 1998), Iai-Jutsu (5th dan, 2005), Okuden (3rd dan, 2006), Judo (2nd dan, 2010), and many other ranks. In 1998, after the death of my daughter, I stopped teaching at my dojo and became involved in politics. I was placed as an “Instructor at large.” I returned as a dojo sensei in 2004.

The following are some of the many appointments which I have obtained through the years. In the early 80’s, I became a member of the “Society of Black Belts.” In 1987, I became a co-director of Juko-Ryu Ju-Jutsu. In 1988, I became a Division Head of Ki-Jutsu. I also served on the US Board of Advisors/Governors, Vice-President, and Executive Committed through the years. In 1994, I received my Samurai and in 1997, I received my Kyoju (professor). I was a lifetime member of JKI for over 33 years. I served as a Division Head in JKI until the summer of 2017, at which time I was removed and appointed as Division Head Coordinator. This was short lived, because in November, 2017, I left JKI.

I have been very fortunate to have been part of many demos at a national and international level. My first was Puerto Rico in 1987 (returned the week of my comp’s/test-M.Ed) followed by the Dallas Cowboys’ training camp. Others included NBC “You Asked For It” (“Seeing Is Believing”), Ripley’s Believe It or Not, Discovery Channel (twice), The Learning Channel (“TOP 10”), Univision (The Spanish Channel), Sport Science (2008, Fox Network), JAPAN twice in 2010-2011, and the latest,

Stan Lee's "Superhuman" on the History Channel. What an adventure and experience it has been these 46 years.

I have been inducted into the US Martial Arts Association HOF, Who's Who of Martial Arts, USA Martial Arts Association HOF, JKI Hall of Fame, and Legends and Pioneers in Martial Arts.

I give much gratitude and will always be thankful to Soke Rod Sacharnoski and the JKI organization. In November, 2017, I resigned from JKI after 46 years. Since that time, I have joined nine other co-martial artists and became a charter member of the new United Combat Martial Arts Alliance (UCMAA) martial arts group. In 2021, four of the UCMAA Board members went to Rome, Italy and performed on "TU SI QUE VALES" TV. There are still many ventures and challenges ahead, after 52 years.



August 10: NAISHIN RYU TOIDE WLJTA Leesville Dojo

On Saturday, August 10, the West Louisiana Jujutsu Training Academy in Leesville, LA hosted a seminar on Naishin Ryu Toide led by Shihan Joey Harvey. Toide is the Okinawan art of joint locking and throwing techniques. Technically, Toide is similar to Japanese Jujutsu, however, the methods of entry into techniques differ greatly due to the influence of its sister art, Karate.

During the morning session, Shihan Harvey covered basic Tai Dachi (body postures), Ashi Sabaki and Tai Sabaki (foot and body movements), Uke Waza (blocking techniques), Tsuki Waza (Punching techniques), and Tatami Waza (mat techniques including breakfalls and rolls).

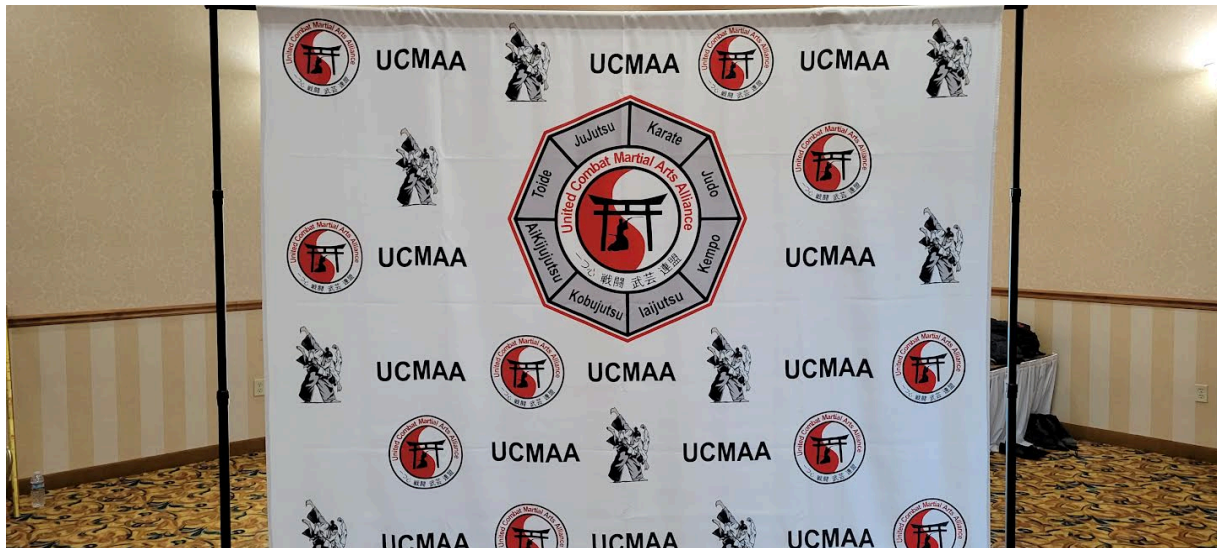
After a provided light lunch (and well-deserved break), participants were taught how to apply those basic techniques for entry into several throws and joint locks. Shihan Harvey did a great job of breaking down the basics of each technique. He allowed plenty of time for everyone to practice each one, providing individual feedback and critique. Shihan Harvey also alternated between Nage Waza (throwing techniques) and Kansetsu Waza (joint locking techniques) which provided variety. It also allowed participants to distinguish between the entries for various techniques, which can often seem quite similar, as well as to pace themselves between the higher energy throwing techniques.

In all, it was a well-organized, instructive, and enjoyable seminar for the 30-35 attendees.



May 11, 2024, the Niryūshin Dojo hosted an Iaijutsu/Kenjutsu Seminar

***See Dojo News for additional recaps of local events.**



UCMAA BANNER

Upcoming Events



2024 UPCOMING EVENTS

Aug. 17:	<u>UCMAA Board Meeting</u>	10:00	Alexandria, La.
Sept. 15:	<u>Shihan Tillson's Dojo Anniversary</u>		Marksville, La.
Sept. 21:	<u>Black Belt Testing (3 testing)</u>	TBA	Leesville, La.
Sept. 29:	<u>Rotary Club Demo</u>	TBA	Marksville, La.
Oct. 11:	<u>Black Belt Test (Karate)</u>	PM	Pineville, La.
Oct. 12-13:	<u>UCMAA National Seminar</u>	TBA	Pineville, La.
Oct. 12:	<u>UCMAA Board Meeting</u>	TBA	Pineville, La.
Nov. 09:	<u>Integrated Submission Grappling; Savate Thai Cross Training</u>	9:00-4:00	WLJTA Leesville, LA

2023 National Seminar



Front row: UCMAA Board
Back row: 2023 Clinic Participants

2024 National Seminar



UCMAA NATIONAL SEMINAR 2024

SCHEDULE: SATURDAY, OCTOBER 12

8:00 – 9:00	Registration/Check In
9:00 – 9:30	Introductions and Bow In
9:30 – 11:00	Session 1
11:00 – 11:15	Restroom/Water Break
11:15 – 12:45	Session 2
12:45 – 1:45	Lunch Break (<i>provided</i>)
1:45 – 3:15	Session 3
3:15 – 3:30	Announcements, Presentations, Bow Out
3:30 – 5:00	UCMAA Board Meeting

Session 1 9:30 – 11:00	Session 2 11:15 – 12:45	Session 3 1:45 – 3:15
Joint Locks (Advanced) <i>Gauthier/Roy/Allen</i>	Integrated Submission Wrestling <i>Harvey</i>	Jujutsu (Advanced) <i>Mathews/Harvey</i>
Judo(Beg/Int) <i>Tillson</i>	Striking/Kicking(Beg/Int) <i>Monegro</i>	Self Defense (Beg/Int) <i>Gauthier/Roy/Allen</i>
Karate (Kids) <i>Monegro</i>	Judo (Kids) <i>Tillson</i>	TBA(Kids) <i>TBA</i>

Kids: Under 12 years of age unless granted permission by their sensei.

Beginner/Intermediate: New Student through Gokyu (Blue Belt)

Advanced: (Yonkyu and above, including Dan Ranks)

SCHEDULE: SUNDAY, October 13

9:00 – 9:30	Bow In, Announcements, and Warm-up
9:30 – 12:30	Kijutsu: Beginner/Intermediate Advanced Self Defense: Kids
12:30 – 1:00	Closing, Bow, and Testing(Okuden/Kyoshi: 18 or older)

COSTS

Seminar Attendance: UCMAA Members - \$60.00, \$30.00 per third plus additional family member.

Non-UCMAA - \$80

Advance registration for 2024 National clinic



https://sparkpages.io/?i=_EPnb

For **HOTEL RESERVATION**: Country Inn and Suites; Pineville, La.; 318-641-8332
Standard Rate: \$90; Suite: \$110
Contact: Danny Mitchell (if any issues)
Mention: UCMAA Training Seminar



LOCATION: Country Inn and Suites; 2727 Monroe Hwy. 165; Pineville, La.

If you would like to stay at the event location we have worked out the following rates with Country Inn & Suites. These rates will only be available up to a few weeks prior to the event.

Call (318)-641-8332 to make reservations and let them know it's for the UCMAA event on October 12 and 13. If you have any issues ask to speak to Danny Mitchel.

Standard room is \$90 a night; Suite is \$110 a night.

Advance Order On National Clinic T-Shirts Below

Last Day To Order: Sept., 26

QR code and link for shirts



<https://WLJTA.sparkpages.io/shop/Product.aspx?l=&id=379054&cat=Apparel&catID=3162>



Dojo Commands, Conduct, Etiquette

SEMINAR ETIQUETTE (by Shihan Mathews)

The UCMAA is dedicated to providing multiple seminars each year, offering our members the opportunity to train in the various arts which the UCMAA represents. These seminars are generally held every two months and include our upcoming National Seminar scheduled for October 12-13 in Alexandria, LA.

I have had the opportunity to observe a myriad of behaviors exhibited at seminars over the years. I would like to take the opportunity to discuss proper seminar etiquette, whether one is attending a seminar within their own organization or attending as a guest of an organization to which they do not belong. I will do so from the perspective of both the Mudansha (student ranks) and the Yudansha (black belt ranks).

Regardless of whether you are a beginning student or a highly ranked black belt, as an attendee the first consideration is to be on time. Whatever time the seminar is scheduled to begin you should plan to be at the event site 15 to 30 minutes prior to allow time to check in, dress, and be in the designated area before bow in. And if the seminar breaks for lunch on your own, be back at least 10 to 15 minutes prior to when it is scheduled to resume.

As a student, whether attending as a member or guest, remember that you are there to learn. Be open minded to concepts, methodologies, and techniques that may be foreign to you. If you feel what is being taught conflicts with what your instructor has taught you, that is a conversation to have with your instructor after the seminar. Do not proceed to tell fellow attendees nor the seminar instructors that it is wrong. And never, under any circumstances, unless invited by the instructor, attempt to resist to show that a technique does not work. Doing so is not only disrespectful, it is an invitation to the instructor to demonstrate why the technique does work in a non-instructional environment.

As a UCMAA black belt attending one of our seminars (regardless of your rank), be mindful of what art is being taught, and who the designated instructor is. If it is not your art, or if you have not been delegated by the instructor to assist, then you should be there to train and learn, not to stand around and watch. Nor should you be critiquing the participants that are training. If you are training, then it is acceptable to assist those around you who might be struggling with a technique. But refrain from the temptation to demonstrate your preferred variation of the technique. You are not there to show off.

When attending a non-UCMAA seminar as a guest, you are either there to train and participate or you are there merely to observe. If the former, remember that you are there to train and learn not to teach. If you are only going to observe, do not wear your dogi (uniform). And under absolutely no circumstances should you, as an observer, step onto the training floor and proceed to give instruction to any of the participants.

Remember, when attending any seminar, your actions reflect not only on you but on your instructor(s), your dojo, and most importantly your organization. And lastly, if you invite a guest to attend a UCMAA seminar, it is your responsibility to ensure they are aware of proper seminar etiquette.

MEMBERSHIP DUES ARE DUE MARCH 1, OF EACH YEAR.

Editor's Kime



EDITOR'S KIME (Shihan Roy)

Tips in becoming a respectful and disciplined martial art practitioner:

- 1) Reason for taking martial arts. Set Goals.
Self defense, fitness, to compete, enjoyment, hobby, an interest, build confidence, etc. Set goals and don't get discouraged if not met. We have all been where you are at. If you start to feel like quitting, ask yourself why you started in the first place.
- 2) Find the right school for you and what you are capable of.
Tae Kwon Do will incorporate many kicks; Judo will require ground work; BJJ will require fitness; Karate will have kata; etc. Do your research. Can you fit in? Every art has something to offer. Always try to observe a regular class or demo before you sign up. Be opened-minded.
- 3) 100% focus on the task during training.
Train hard. Don't bring your problems, family issues, or work to the mats. Understand why you are doing this? Train hard and stay fully focused on tasks. No excuses! Make it a passion. Listen to your dojo instructor and improve on your techniques and your mind set.
- 4) Set your priorities.
There will always be many excuses to miss a workout; Just find one excuse to not miss a workout. Someone might need you, like a partner. Don't make "missing" a habit. Training once a week is the minimum. Twice a week is acceptable. Three or more is better. Be consistent and disciplined.
- 5) Don't over train.
Know your limits. Pace yourself. Drink plenty of fluids. Don't get stuck on a technique. Have rest periods and days off. Overtraining can lead to injuries and burnout.
- 6) Ask questions.
No one knows it all. Be respectful. Know proper etiquette. There are usually many different ways of doing a technique. Listen to your instructor.
- 7) Take notes and recheck when you get home.
This includes videos. This will help in learning and remembering techniques and terminology. Don't abuse this (overkill) during instructions.

- 8) Know your fitness level and improve on it.
Strength training (weights, calisthenics, etc.), stretching, and cardio will aid in performance. Warming up before each workout is extremely important. This will help in performance and preventing injury. Do not smoke!!
- 9) Eat properly.
Proper nutrition is important. Be careful what you eat and make sure you eat properly in order to fuel the body to perform and for proper recovery. Don't drink a large chocolate malt or consume two pounds of bacon, as I have done, before training. Be cautious of too much caffeine and energy drinks.
- 10) Read, research, internet, and attend clinics.
This will improve your interest and knowledge. What is out there? What will work for you? Educate yourself, you can never get enough.
- 11) Train, both your left and right side.
This will improve your knowledge and help you to become more balanced. At first it will be awkward but will improve. Be a "switch hitter."
- 12) Find and know your strengths and weaknesses.
Continue improving on your strong points and work harder on your weak points. Practice visualization and shadow movements. Be prepared for failure and to overcome it. Stay optimistic and practice patience.
- 13) Every class, work on sparring, knife defenses, multiple attackers, and gun defenses.
Every workout should include all four. You can never get enough training in these areas. Learn and find what works for you. It's better to bleed in the dojo than on the street. There is no room for mistakes on the street. Always try to walk away.
- 14) Crosstrain.
Go to clinics. Attend different classes. Take other arts. Train with different people and body types. Be open-minded. Opportunities will open.
- 15) Use equipment and weapons properly.
Don't play, even on the street or home with weapons. As with the katana, in the dojo, NEVER pull it from the scabbard, unless the instructor tells you too. Mismanagement can lead to personal injury or equipment damage. In some cases, disrespect. Use equipment the proper way and always get permission in the dojo.
- 16) Respect and trust.
Respect yourself, your teacher, your opponent, your dojo, and your art. Know proper etiquette. Never criticize other arts. Never criticize your instructor. If you do not like what you are doing, go somewhere else. No one and no art is perfect. Try to be humble and leave your ego outside the dojo. When at clinics, follow the instructors technique and not sway into side instructions from others..
- 17) Always be on time.
Once in a "Blue Moon," something will come up to cause you to be late. Don't make it a habit and never lie. Be at class 10-15 minutes early to warm up. Being right on time is actually being late! Being late is not "fashionable" and is distracting.
- 18) Take off any jewelry; NO CELL PHONES; Clean Gi.
Remove: watch, rings, earrings, necklaces, etc. TURN OFF CELL PHONES and never answer a ring without permission. Gi should always be proper and clean.

19) Be prepared for life and teaching.

Never think you have learned it all. Be prepared to train for the rest of your life. Always be prepared to share and to give back by teaching what you have to offer. Be serious but have fun.

20) Avoid real street fights, if possible.

Always think about your family, lawsuits, cameras, injuring someone or yourself. There is always someone better than you. Even with hard training, mistakes do happen. Anything can happen on a given night. A fight in a dojo or ring is a lot different than a fight on the street. If a fight does occur, fight as if they know as much as you or more.



FIRST AID

JAMMED JOINT:

Usually fingers or toes. Usually, the collateral ligaments supporting the joint are stretched or torn. This is actually called a sprain. Worst, it could be broken or a partial tear which could lead to a joint dislocation, which would require medical attention.

A: Signs and Symptoms

- 1) Extremely painful
- 2) Swelling, stiffness, and numbness
- 3) Immobility (limited range of motion)

B: First Aid (RICE)

- 1) **R**est the area
- 2) **I**ce or cold compress for 15 to 20 minutes per hour
- 3) **C**ompression: Immediately apply pressure to the joint
- 4) **E**levate above heart

C: Medical Attention

- 1) Severe pain and swelling persist
- 2) Discoloration
- 3) Joint deformity
- 4) Can't bend the joint
- 5) Exposed bone
- 6) May require surgery

**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.*



BREAK-FALLS; ROTARY ROLLS; SOMERSAULTS
(ukemi) (zempo kaiten) (chugeri)

Students will demonstrate tatami-waza (mat technique).
 Student will show correct ukemi-waza (break-fall techniques), breathing, recovery, defensive posture, and counter attacks.
 Student will demonstrate proper method of recovery and/or getting back on their feet:

- 1) *Mae zempo kaiten*..... front rotary roll
- 2) *Ushiro zempo kaiten*..... rear rotary roll
- 3) *Yoko zempo kaiten ukemi*..... rotary roll with side slap out
- 4) *Mae ukemi*..... front break-fall
- 5) *Yoko ukemi*..... side break-fall
- 6) *Ushiro ukemi*..... rear break-fall
- 7) *Mae and yoko chugeri*..... somersault break-falls

Basic Fundamentals: Tuck chin in, exhale (*ki-ai*), keep your eyes open, recover, strong /balance defensive posture, etc. Be cautious of the head, elbow, ankle/heel bone, face, and tailbone hitting the mat or ground. Learning to break-fall helps protect these areas. Don't fall like a brick. When returning to feet, first protect head/tuck legs, kick, step back, and be ready for a possible attack.

Shichikyu- Yellow Belt: Fundamentals of falling which includes slapping the mat, *ki-ai*, tucking chin, leg and foot positions, eyes open, and getting off back (turn on side).

Rokyu- Orange Belt: Break-falls from a kneeling or squat(low) posture, recovery.

Gokyu- Blue Belt: Break-falls from a standing and walking posture with recovery and counter attack. Students will demonstrate proper methods of getting back on their feet.

Yonkyu- Green Belt: Break-falls will be performed after *mae zempo kaiten*. *Chugeri* will be performed after a punch or kick.

Sankyu- Brown belt: Student will demonstrate *ukemi-waza* (break-fall technique). Break-falls will be performed from *shinki-waza* (knee walk) and from a push at standing position, followed by an attack. At this level, must be proficient in taking breakfalls from a throw/takedown/etc.

These testing formats can vary from different arts and testing formats. Toide practitioners do not slap out.



50 YEAR HISTORY TIMELINE

2004

- 04-25-2004 (24-25) Virginia Beach Clinic: *Iai-Jutsu*. Host: Scott Gilbert.
Promotions: Roy-*Shihan*; Tillson-*Kyoshi*; Harvey-*Okuden*: *Iai-Jutsu*.
- 06-13-2004 (12-13) National Dan Clinic.
Promotions: Bartell to 5th *Dan*: *Ju-Jutsu*.
- 09-19-2004 (18-19) Indiana Clinic in South Bend: *Ki* and *Okuden*.
Included the *shuriken*. Host: Rick Hamilton



Trivia

Last Quarter: How many black belts do we have under UCMAA? (50) Shihans? (13) What year did UCMAA become activated? (2018)

December 1, 2024 Trivia: What are the three brown ranks (in Japanese) in UCMAA and how are they distinguished?



Additional Photo's

Below are a couple of pictures of yester-years, submitted by Shihan Tillson:



Standing(left to right): *James Hollinday; John Primeaux; *David Guillory (“Cookie Monster”); Nissan Zahavi (Judo); Shihan Gauthier; Shihan Marion; Vernon Schlef(Judo); ShihanTillson; Kevin Gauthier; Chad Matt; *Shihan Bill Pearson; Shihan Allen; Kevin Bordelon. {(*: deceased). Taken at LSUA in the early 90’s. Kyu ranks kneeling. Not shown: Shihan Roy}



(Left to Right) Shihan Stevie Tillson, Sensei Lathan Dawden, Student Charles Carrier,

Shihan Joey Harvey, Shihan Kirby Roy

2011 JAG Demonstration in Lafayette, La. Three demos over three days(800 students/day)

Throughout the newsletter, you will notice different patches from years back, with an organization we are no longer affiliated with.

Next UCMAA Newsletter on December 1, 2024. Hope to see you on the mats!

THE END