

Elite Self-Defense Academy

Martial Arts Handbook

Junior Program



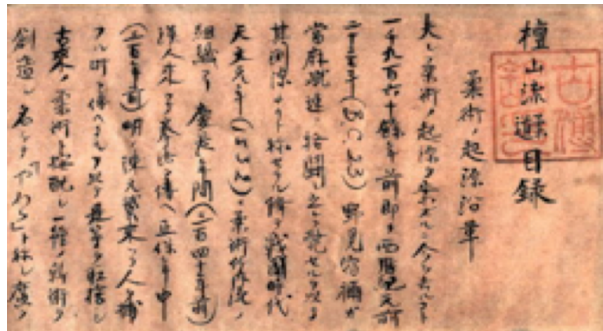
Updated June 2016

This handbook belongs to _____

JUJITSU: THE BEGINNING

The Origin and History of Jujitsu as told by Professor Okazaki in his handwritten teaching scroll given to Professor Ray Law. The teaching scroll signified that Professor Law was a "Master" and "Soke" (inheritor) of the system.

When I think of the origin of Jujitsu, I think of an event during the reign of the eleventh emperor, Suijin. In the month of July in the seventh year (23 BC) of his reign, Nomi-no-Sukune fought with Toma Shusoku and killed him. This is believed to be the origin of Japanese sumo wrestling. This passage mentions 'the two men standing and facing each other, lifting up their legs, and kicking each other. Whereupon the ribs of Shusoku were kicked, his waist stomped on and broke, which killed him.' Seeing this, I believe it is more appropriate to regard this to be the origin of Jujitsu.



Later at the end of the Sengoku Jidai—the warring states period—in the Gonara era, during the first year of the reign of Emperor Tenmō (1532 A.D), Take-no-uchi Ryu was organized and set up as the first formal system of Jujitsu. During the reign of Keicho (1596 A.D), Chinese men came and taught kempo (fist techniques.) During the reign of Emperor Shōhō (1638 A.D), a Chinese man, Chen Gen-bu, of the Ming Dynasty, came and taught techniques on how to capture a person. From these ancient Jujitsu techniques, a selection was made, and these were arranged into one new technique named Yawara. This name Yawara is circulated and widely taught and is the origin of present day Judo.

At the beginning of the Edo period (cir. 1600 A.D), many systems of Jujitsu suddenly rose up. These are the most important systems, and to name some of them of distinguished names: Take-no-uchi Ryu, Tsutsumi Hozan Ryu, Araki Ryu, Muso Ryu, Miura Ryu, Fukuno Ryu, Isogai Ryu, Seigo Ryu, Sekiguchi Ryu, Shibukawa Ryu, Kito Ryu, Yoshin Ryu, Kyushin Ryu, Kanshin Ryu, Yoshino Ryu, Iwaga Ryu, Shiware Ryu, Sосуishitsu Ryu, Iwaga Ryu, Nambashoshin Ryu and so forth. It is very difficult to name them all.

HISTORY OF PROFESSOR OKAZAKI (1890-1951)

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At dawn on September 10, 1906, the steamship SS China docked at Honolulu. The ten-day trip from Yokohama had been uneventful. The Pacific Commercial Advertiser Daily, commenting on the SS China's arrival, noted that the ship carried eleven cabin passengers, the lowest in history, as well as three hundred and nine Japanese and nine European immigrants in steerage.

One of the passengers in steerage was a young man named Seishiro Okazaki. Seishiro was sixteen when he arrived in Honolulu. He was the fourth son of Hanuemon Okazaki, whose family traced its roots back sixteen generations to a Samurai family. The families probably moved from Nagoya to Kakedacho sometime after 1868, after the Meiji government had abolished Japan's feudal system and, in

effect, the Samurai class.

When the family moved to Fukushima, they were wealthy; but, Hanuemon Okazaki, Seishiro's father, was not fortunate. Several of his business ventures failed and by the time Seishiro was born, on January 28, 1890, the fortune that the family had once possessed was all but gone.

As soon as age permitted, Seishiro was apprenticed to a local businessman, and by the time he was fifteen, plans were being made for him to leave Japan for Hawaii. Hawaii was seen as the land of opportunity, and the lure of new land and a new start may have been irresistible. If Okazaki's later life is any indication, it's obvious that he liked to travel as he found new people and new places stimulating. For whatever reasons, in late August of 1906 he made his way south to the port city of Yokohama, bought a ticket on the SS China, and on the morning of September 1, 1906, watched the Japanese coast disappear as the SS China steamed towards Hawaii. He would not see Japan again for eighteen years.

Okazaki arrived in Honolulu. Many of the Japanese immigrants found work in the cane fields, and Okazaki was no exception—he went to work for the Ewa plantation. He was not a particularly robust man—tall, slim, and with what was probably asthma, Okazaki did not find the hard and dusty work of the plantation appealing or healthy. He left the Ewa plantation and took a job first with a local store called Yoshimura's and then with Hoffschlaeger's, a local wholesale company, before he left and made his way to Maui. On Maui, Okazaki went to work for the Paia plantation and was married.

By 1909, Okazaki had made his way to Hilo, he had spent no more than two years on Oahu and Maui. He stayed on the big island for seventeen years, and it was here that he began his martial arts training.

When Okazaki arrived in Hilo, he was not well—he had a cough and was run down. He was diagnosed as having a pre-tubercular condition and told to take it easy and conserve his strength. Ignoring these cautions, Okazaki went in search of a cure. He found it in an odd place—the Hilo Shinyu-Kai, a Jujitsu dojo run by a martial arts master named Kichimatsu Tanaka. Jujitsu was probably the last thing Okazaki's doctor would have ordered because it required strenuous workouts, falls, and constant battering; however, within a year the pre-tubercular condition had disappeared and the tall, skinny kid, according to Okazaki's own words, had developed a body of iron. Okazaki's interest in the martial arts became an all-consuming passion.

These years in Hilo were busy ones. Jujitsu workouts with Tanaka-Sensei were daily and when he wasn't at Shinyu-Kai, he was working. Although he tried a number of different jobs, Jui-Jitsu was his life. As he learned Yoshin-Ryu from Tanaka-Sensei, he began to study other forms as well including Hawaiian Lua, Okinawan Karate, Philippine knife play, and even Kung Fu from Master Wo Chong. However, his main proficiency was in Yoshin-ryu—the style taught by Tanaka-Sensei.

The recovery of his health, and his expertise in Yoshin-ryu, made Okazaki bold. In the early 1920's, he began going around the island fighting exhibition bouts whenever he could find takers. His greatest moments came in May of 1922. In April of that year, a friend of Okazaki's, a martial artist named "Speed" Takahashi, challenged a boxer named Carl "Kayo" Morris to a bout. It was to be a confrontation between a boxer and a Jujitsu expert. Takahashi was fast and extremely proficient, but he wore glasses and couldn't see well without them. Morris took advantage of this handicap and knocked Takahashi out in the first round.

Okazaki immediately challenged Morris to a bout and trained for the next month and a half. He watched other boxers to try to find weaknesses, and a friend suggested that he should try to stay very low and out of the reach of Morris' punches. He used this advice on May 19, 1922 when the two men met. The fight was scheduled for six 3-minute rounds, but only lasted two. In the first round, Okazaki stalked his man, staying down in a low crouch. However, theory is always less hazardous than practice; Okazaki misjudged both Morris' reach and power and had his nose broken halfway through the first round.

In the next round, Okazaki watched for an opening. Morris, who had been jabbing, left his arm out too long. Okazaki moved quickly, driving under the boxer's arm and throwing him. The throw and the subsequent fall injured Morris' arm, and he was unable to continue. Okazaki's fame was immediate, and the newspapers carried the story all the way back to Japan.

After the bout, Okazaki supposedly visited Morris in the hospital to massage the boxer's arm, and the two are even said to have become friends. Regardless of what happened after the bout, the win certainly boosted Okazaki's already healthy ego.

In 1924, Okazaki returned to Japan and made a six-month tour of as many dojos as he could visit. He evidently stopped at the Kodokan, tested there for rank, and was awarded his Sandan.

In 1926, Okazaki was described as a "Jujitsu Instructor" in the Hilo directory. It was the first time he had listed his passion as his profession. In this same year, Okazaki moved from Hilo to Maui. In 1927, in the Maui directory, he was listed as "Professor Henry S. Okazaki, Restoration Massage." It is the first time that the name "Henry" appears and the first time Restoration Massage appears as his business. In actual fact, he had been studying massage along with his training in Yoshin-ryu. The move to Maui was the beginning of his life's work in both these areas.

Okazaki spent four years in Maui. During that time, he and his brother Genkitchi, who had come to Hawaii in 1917, built a massage and Jujitsu complex at Paukukalo, just north of Kahului and right on the ocean. It was an impressive complex with a large massage area, hot tubs, and a dojo. For the next four years, Okazaki began training students in what he called Danzan Ryu.

Danzan Ryu was the name Okazaki gave to the Jujitsu system that he had developed himself. It was a hybrid system, composed of what he thought was the best techniques from Yoshin-ryu, Hawaiian Lua, Okinawan Karate, and other forms of Japanese and Chinese martial arts. There were few forms of fighting with which he was not familiar, and he used this extensive knowledge to use in the development of Danzan Ryu. Originally, the system consisted of five and possibly six lists: Yawara, Nage No Kata, Shime No Kata, Oku No Kata, Shinin No Maki, and possibly Shinyo. Other lists and techniques would be added later.

While he was developing Danzan Ryu, Okazaki also began to develop his own method of massage. He had studied massage with Tanaka-Sensei, and he had picked up European techniques that he must have seen being used on local boxers and wrestlers. The Okazaki method of Restorative Massage, like Danzan Ryu, was a hybrid. It was a system that made use of the forearm, the point of the elbow, the feet, and the hands. Okazaki is best remembered as a martial artist, but during his lifetime he was best known as a highly skilled physical therapist.

Okazaki's Maui complex was a busy place. During the day, the brothers would massage patients and at night they would either teach at the dojo or go around to the local dojos in the area and teach. The four

years that Okazaki spent there were the beginnings of both Danzan Ryu and the Okazaki method of Restorative Massage.

Okazaki left Maui between 1929-1930 for Oahu. Once in Oahu, Okazaki rented a house called *Nikko*, which was of Japanese design. *Nikko* became the center for Danzan Ryu for the next twenty-one years. However, Okazaki's first order of business was not Jujitsu—it was massage, which earned him most of his income. On Oahu, he would establish a physical therapy business first—Jujitsu would come later.

By the summer of 1931, Okazaki's massage business was established but he lacked a dojo where he could work out and train students. Behind his office was a concrete slab about twenty by forty feet, which later became the mat where Okazaki's students practiced. Hachiro, Okazaki's oldest son, recalls just how Danzan Ryu got started in Oahu:

"I was watering the Japanese garden one day in my shorts. I was a skinny, puny kid. He was watching me and said, "take a fall. "I looked at the grass I was standing on and said, "Gee, there's not enough room." And he said, "No, on the concrete." I looked at him and said, "There's no tatami!" He got angry and said, "out on the street are you going to tell a guy, wait until I get a tatami?" So I took a sutemi because I was an obedient son and I wanted to impress him. I could feel all my bones go crunch on the concrete."

Needless to say, the classes on the concrete slab weren't very large. The initial group consisted of Hachiro, a Japanese boy named Oscar Kowashima, and a Caucasian boy named Benjamin Marks. The first year never saw more than eight or nine boys on the mat at once. Interestingly, no one was hurt on the concrete and, as Hachiro remembers it, falling on the concrete wasn't half bad after you got used to it.

Hachiro recalls:

" Finally, about a couple of years later he was able to buy a tatami and that was when the class sizes increased. But on the concrete it was a lot of fun, nobody got hurt. If it rained it didn't matter, and if you threw a guy he'd just skid on the concrete. It was a lot of fun. After he bought the mats, we got dislocated necks and pulls. As long as we were on concrete, we were fine. "

Thousands of students studied under Seishiro Okazaki. He was willing to teach anyone, including those who were not Japanese, who wanted to learn. Jujitsu had always been the domain of the Japanese, and Okazaki's generosity in sharing Jujitsu with others was not well received by the more conservative Japanese community. But he continued even during the Second World War when there was a lot of tensions with the Japanese community in Hawaii.

Okazaki completed enough work each day for two men. He would start his work day around 7am and massage clients until 10pm with breaks reserved only for Jujitsu practice. After he finished, he would go out and massage people who could not come to him. He would return home by two in the morning and get his son out of bed. Half-awake, Hachiro would massage his father's hands and feet so he could sleep.

The Nikko Restoration Sanitarium, and the Dan-Zan-Ryu dojo, became landmarks in Hawaiian history. When Franklin D. Roosevelt came to the Islands in the 1930's, Okazaki was called in to massage him. When John Burn's wife developed polio in 1935, it was Okazaki who took her on as a patient. Okazaki worked with Mrs. Burns for several years and in 1936, when she decided to have a third child against all the best advice of the local obstetricians, it was Okazaki who helped her through her pregnancy by constantly massaging her and providing encouragement.

Although Okazaki was a highly skilled physical therapist and a Jujitsu master, his greatest gift was his willingness to help others. People who knew him all praise his generosity and the time and effort he gave to those who needed it.

Okazaki died in 1951, but his work has continued. His method of massage is carried on by his son Hachiro, as well as hundreds of other men and women who learn physical therapy through him. Danzan Ryu Jujitsu, which under Okazaki's guidance grew to be a major system in the Hawaiian Islands, has an even larger following today than it did when Okazaki was alive.

HISTORY OF PROFESSOR RAY LAW

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Professor Raymond L. Law

(1899-1969)

One of the greatest moving forces of Danzan Ryu Jujitsu in the United States was Professor Raymond Lewis Law. He will be remembered as one of the channels through which the Jujitsu system of Professor Okazaki reached Southern California.

Professor Law was born in 1899 in Roundup, Montana. After a varied youth and adolescence, he conceived of a promotional idea in health education, the "Health Clown", a way to promote health education, and toured under the sponsorship of various health organizations, including the Utah Public Health Association and National Tuberculosis Association.

On July 2, 1923, he married Marie Bounita Law and moved to Northern California. Becoming a staff lecturer for the National Dairy Council, Professor Law incorporated the "Health Clown" routine, along with magic, animal acts, and acrobatics into his lectures.

Later, with the dawn of radio, Professor Law created "Darius, King of Health Land" and devised unusual sounds in creating characters to depict. The radio years were exciting, and Professor Law played an important part in pioneering several promotional ideas for campaigning and fund-raising.

In 1938, Professor Law traveled to Hawaii and met his neighbor Professor Henry Okazaki. He studied under Professor Okazaki and returned to the mainland with his black belt and a burning desire to share what he had learned. He settled in Oakland and established the first full-time Danzan Ryu Jujitsu school in the United States.

In 24 years, Professor Law taught over 14,000 students and 116 Black Belts. Among those recipients were Professor Norm C. Nelson; Professor Johnny Congistre; Professor Rory Rebmann; Professor Bill Randle; Professor Bill Morris; Professor Bert Aspinall; Professor Jim Birmingham; Professor Betty Maillette; Professor Don Cross; and so many more who went forward to teach and spread the message of Master Okazaki.

Always an organizer, Professor Law became a founding member and past president of the Northern California Judo Federation and its successor, the American Judo and Jujitsu Federation. He created programs for schools, colleges, and police agencies.

To many, as Professor Don Cross remembers, Law's dojo was a home away from home, and Ray and Marie Law were like mother and father to he and his fellow junior students. The evening never ended with the closing bell, as students stayed to talk Judo. No one wanted to leave, and generally it was towards midnight before the doors of the dojo were locked up. Mrs. Law coordinated the bookkeeping, qualification cards, and transportation ride-sharing.

Professor Law so touched his students with his zeal that many went forward to start successful and longstanding schools of their own. His student, Bill Randle, as well as Professor Carl P. Beaver, were the instrumental forces in the creation of the Danzan Ryu Jujitsu program in Southern California, making it the largest center for Danzan Ryu Jujitsu in the country today.

Professor Law's decades of service did not go unrecognized. As a founder of the American Judo and Jujitsu Federation, he was accorded the rank of tenth degree black belt, a rank which had been recognized by the International Judo and Jujitsu League. He served as the Continental President of the International World Judo Federation, and was a distinguished member of the International Technical Committee, Danish Sports Judo Federation, and the Austrian J.U.V.O. He was inspirational in the creation of both the Southern California Jujitsu Association and Shoshin Ryu Yudanshakai.

OTHER IMAGES OF PROF. RAY LAW



Ray Law (standing 3rd from left) watches as Prof. Okazaki demonstrates a Kotemaki pin on Instructor Charles Wagner. (c. 1938)



Ray Law receives his moku from Prof. Okazaki in 1939. Those present include Curly Friedman, Richard Rickerts, Charlie Wagner and A.M. Glover.



Tony Muran, Don Carver and Ray Law listen as Richard Rickerts addresses a class at Ray Law's Oakland dojo in 1941.



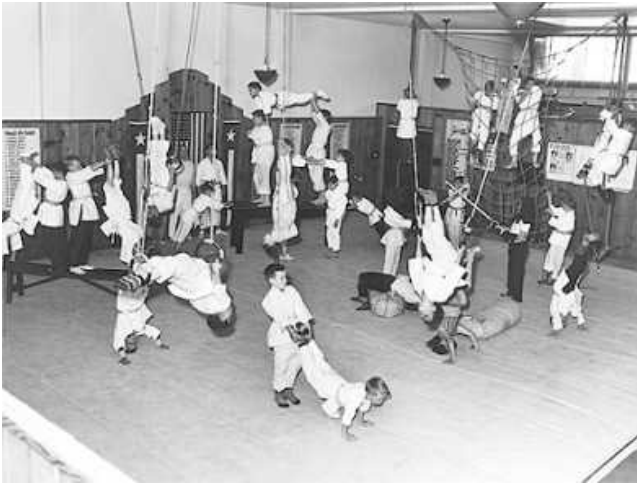
Prof. Ray Law (standing 2nd from right) at an early American Judo and Jujitsu Federation (AJFF) function. (c. 1958)



This picture shows all four founders of the AJJF: John Cahill, Bud Estes, Ray Law and Richard Rickerts. Front (L to R): Abigail Cahill, John Cahill, Bud Estes, Richard Rickerts, Ray Law, Glenn Smith. Back (L to R): Lucille Estes, Lamar Fisher, Marie Law. (c. 1959).



The four founders of the AJJF address the first convention in 1959. Shown here (L to R) are Bud Estes, John Cahill, Ray Law, Richard Rickerts and Lucille Estes.



Circus Day (1960's) at Law's.



Prof. Ray Law demonstrates a Kappo technique.

HISTORY OF PROFESSOR RORY REBMANN



Professor Rory Rebmann began his Jujitsu training in 1959 under Professor Ray Law in Oakland, California. In 1964 Professor Rebmann was promoted to the nationally certified rank of black belt. He currently holds the nationally certified rank of Judan, or tenth degree black belt, in Jujitsu and the nationally certified rank of Godan, or fifth degree black belt, in Judo. In addition to his Jujitsu training, Professor Rebmann has trained in Shotokan Karate, Kodokan Judo, and Bushido Jujitsu.

Professor Rebmann is a lifetime member of the American Judo and Jujitsu Federation. He serves on the American Judo & Jujitsu Federation's national Board of Directors, National Board of Professors, and National Board of Examiners. He is a nationally Certified Instructor, Coach, and Examiner. Professor Rebmann is a member of the United States Judo Association, the United States Judo Institute, and Shoshin Ryu Yudanshakai. He is the recipient of the 2000 Danzan Ryu Heritage Award and the Shoshin Ryu Yudanshakai Instructor of the Year Award.

HISTORY OF PROFESSOR JANE CARR



Judan (tenth degree Black Belt)

American Judo and Jujitsu Federation Professor, RJA Shihan

Professor Carr began studying Jujitsu with Sensei Mike Byrne in 1960. Following Sensei Byrne's retirement, Professor Tom Ball became Professor Carr's Shihan. Professor Carr is an original (1960) core member of the RJA and has been school head since. Professor Carr has received a Dayan Isa (first degree black belt) from Joe Bueno in Modern Arnis-Filipino Stick Play and has been the school head of the Redding Modern Arnis Club since 1985. She helped to establish the American Judo and Jujitsu Federation Okazaki Restorative Massage Program and was later named The Danzan Ryu Seifukjitsu Institute (DZRSI) of which she is still a standards committee member. She received her professorship in 1982. She received her tenth degree black belt in 2015.

YOUR INSTRUCTORS

SENSEI JOHN PFUND



After being assaulted by a group of older children on a school playground at the age of 10, Sensei John Pfund entered the junior program of Amador Judo and Jujitsu School in January of 1978. Initially looking for revenge, he quickly realized that Jujitsu instead taught how to lead a happy and successful life. He received his Shodan (first degree black belt) April 24, 1984, and currently holds the rank of Godan (fifth degree black belt), which he received in 2012. He now studies under Professor Carr at Redding Jujitsu Academy and is the school head of Elite Self-Defense in Livermore, California. Sensei Pfund has held numerous tournament titles including the prestigious Amateur Athletic Union (AAU) National Championship. He also studied and competed in Mixed Martial Arts, Brazilian Jiu-Jitsu, Tae Kwon Do, Shotokan Karate, Wrestling, and Kodokan Judo, and he is certified in teaching impact weapons, defensive tactics, and Split Second Survival.

SENSEI TIM NIBERT

Sensei Tim Nibert began studying Danzan Ryu Jujitsu with Sensei John Pfund in 1998 at the age of 8. He received his Shodan on February 2, 2008 at age 17, and his Sandan (third degree black belt) in March 2015. In his time practicing Jujitsu, Sensei Tim has won national championships in both freestyle and sport Jujitsu. In addition to Jujitsu, he has studied Tae Kwon Do extensively at Las Positas College.

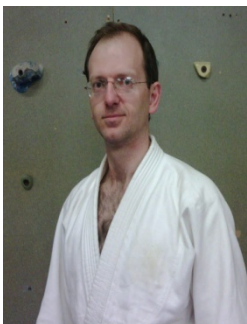


SENSEI IAN HLADUN



Ian Hladun began his Jujitsu career with Sensei John at the age of 14 in 1997. He reached black belt at age 18 in 2002, and second degree black belt at age 23 in 2007. In 2007, while studying abroad in Japan, Hladun took up an intense yearlong study of Judo, which resulted in him earning his Ikkyu (brown belt) before his return. He has also studied Tae Kwon Do, where he has earned his yellow belt. Currently, he is a proud member and instructor of Elite Self Defense where he continues to share and grow his knowledge.

SENSEI LEO VATEV



Leo started Jujitsu with Sensei Pfund in 2003, after researching lots of martial arts systems and schools in the Bay Area, and achieved Shodan level in the AJJF in 2006. He then received his Nidan in 2011. Long before, he studied Karate for two years in his home country, Bulgaria. Besides martial arts, Leo likes to spend a lot of time hunting and fishing.

SENSEI COLTON WHITE



Sensei Colton White started his study of Danzan Ryu Jujitsu when he was 13 years old. He received his Shodan (first degree black belt), June 28, 2002. Sensei Colton White hopes to expand his knowledge of martial arts and study at various other schools. Present day, Colton White resides in Florida where is is pursuing his goal of becoming a fire fighter.

LINEAGE OF SENSEI JOHN PFUND



Professor Henry S. Okazaki
Founder of Danzan Ryu Jujitsu
1890-1951



Professor Ray Law
Laws Judo and Jujitsu Oakland, CA
1899-1969



Professor Merlin "Bud" Estes
Nibukikan Chico, Ca
1909-1981



Professor Rory Rebmann
Amador Judo and Jujitsu



Professor Jane Carr
Redding Judo and Jujitsu



Sensei John Pfund
Elite Self-Defense Academy

THE AMERICAN JUDO AND JUJITSU FEDERATION (AJJF)

The American Judo and Jujitsu Federation (AJJF) is a non-profit, tax-exempt corporation represented by Jujitsu, Judo, and other martial arts schools across the nation and the world. Most individual registrants of the AJJF are associated with AJJF schools, although this is not a requirement. Registration in the AJJF is non-discriminatory.

The AJJF promotes the Danzan Ryu system of Jujitsu, an effective system of self-defense that incorporates physical and mental training within a philosophy of ethical and moral development. As a registrant of the American Judo and Jujitsu Federation, you become part of a national organization that provides the many benefits described below.

NATIONAL BLACK BELT RANKS

The AJJF tests and certifies Danzan Ryu Jujitsu black belt ranks. High standards of skill, knowledge, proficiency and ethical conduct are required for a nationally recognized AJJF Danzan Ryu Jujitsu black belt rank. Hundreds of men and women currently hold AJJF black belt ranks.

KIAI ECHO

All AJJF registrants receive the AJJF's *Kiai Echo* free of charge. This quarterly magazine features articles about the instructors and students of the AJJF; the history of martial arts, Danzan Ryu, and the AJJF; and general subjects of interest. The *Kiai Echo* announces upcoming events and contains minutes of organizational meetings.

CLINICS

The AJJF sponsors many clinics during the year, usually on a regional basis. In-depth classes encourage the exchange of information between AJJF schools and individual registrants, and teach the basic techniques and philosophy of the Danzan Ryu system. Black belt conventions and brown belt weekend and summer camps in northern California and the Midwest are some of the many exciting offerings. There are structured clinics in areas as diverse as athletic taping, restorative massage, self-defense applications, and police training.

NATIONAL CONVENTION

Hundreds of Jujitsu students from all over the world attend the AJJF's annual National Convention. AJJF registrants, visitors from other martial arts systems, and guest instructors gather for a long weekend of intensive study and fellowship. The National Convention is a great opportunity to meet and study with the high-ranking professors of the AJJF.

TOURNAMENTS

The AJJF sponsors tournaments and competitions under the rules of Jujitsu in the spirit of bringing martial artists together in cooperation and competition. These may include freestyle contests—unrehearsed self-defense demonstrations performed during three one-minute rounds—kata contests—formal demonstrations of the fundamental techniques of the Danzan Ryu Jujitsu system—and Judo competitions featuring the international sport of Judo, which originated from Jujitsu.

MASSAGE CERTIFICATION PROGRAM

Danzan Ryu Jujitsu founder Master Henry Okazaki was well known as a massage therapist and healer. His Long-Life Restorative Massage is the core of the AJJF's National Massage Certification Program in Danzan Ryu Restorative Therapy. It is open to AJJF members who have a desire to learn and gain proficiency in the ancient Japanese art of massage. The basic program requires 150 hours to complete for practitioner level. This program prepares students to practice massage as a profession. Graduate programs are available.

DOJO ETIQUETTE, RULES AND MORALS

The great master Funakoshi said:

“Those who follow martial arts must consider courtesy of prime importance. Without courtesy, the essence of martial arts is lost.”

Conceit has no place in martial arts. Any student who wishes to excel must show proper respect to their Sensei and to their seniors. They should be aware of and be receptive to criticism, and should not pretend to have knowledge of that which they do not have. The way of martial arts is not easy; it is not meant to be. The beginner may find the attitude and methods of his teachers hard to understand, obstacles will be put in their path, and he will be tested. The beginner's Sensei will not tell him everything. Much will be left for them to find; but, if they persevere, truly they will in time find the way. For the student ignorant to the customs of the dojo, here is a guide to conduct yourself:

DOJO RULES

These rules are for the safety and benefit of all our instructors and students and will make for a safe, fun practice.

1. The student must display respect for his instructor and high ranking officials.
2. Senior students will give their time and efforts to assist junior students.
3. If a student outranks you, you will follow his teaching even if you feel him to be wrong. You may have him corrected by conferring with the head instructor at a later time.
4. The student must always be careful while practicing—there is no excuse for recklessness.
5. The student must always be earnest and serious, especially in contest. The spirit of fair play—to fight fair and square, to be obedient to the referee's judgment, and to attach more importance to the attitude of the match than to the results—is of greatest importance.
6. Students must practice diligently.
7. All students should bow when entering and leaving the mat area. All students should bow to the instructor before he teaches and after he is finished teaching.
8. As a student, promotions should not be anticipated. Promotions are earned, not bought with favors. Do not ask your instructor when you will get promoted. You can generally tell how you are coming along and you will usually know when you are due for a promotion. When you are ready, you will be promoted.
9. Students must not practice any technique that has not been formally presented to them by a qualified instructor.
10. Students will maintain the highest standard of personal hygiene at all times, paying particular attention to short, smooth fingernails and toenails.
11. Gi's will be clean and in a good state of repair at all times.
12. Students must not wear rings, bracelets, neck chains, or any sharp articles while practicing.
13. Do not be a braggart. Any student, especially an experienced one, dislikes nothing more than to hear another student brag about his abilities or accomplishments. Both on and off the mat, a student who

brags is a danger to himself and brings about dishonor to the martial arts.

14. Do not use martial arts on the street unless absolutely necessary. Retreat and avoid confrontation if possible.
15. Profanity will not be tolerated in the dojo.
16. Smoking is prohibited in the dojo.
17. Students must approach and correct others who are not following these rules or inform the head instructor.
18. Accept suggestions and criticisms. Provide constructive criticism of your own.
19. Mutual respect will be shown by all students at all times.
20. Students must obey all dojo rules at all times.

MORALS OF THE DOJO (DOJO KUN)

TO STRIVE FOR THE PERFECTION OF CHARACTER: This simply means that you should try to mold yourself to be as honest and as strong as possible. Strive to train in your Jujitsu every day and do not slack off because of other influences. Learn right from wrong and do the right thing.

TO DEFEND THE PATHS OF TRUTH: It is not all right to tell a little white lie. Keep your truth as pure as possible. Do not let yourself be tempted to lie either to yourself or to someone else.

TO FOSTER THE SPIRIT OF EFFORT: Strive for both mental and physical perfection. You will never reach them, but the effort to do so is important. Never let your Jujitsu become slow and tired. Keep yourself in a state of achievement. Always give your best effort at everything you do.

TO HONOR THE PRINCIPLES OF COURTESY: Never be discouraged. Always try to be polite and honest even in the face of adversity. If others around you are impolite, then you will stand out as having grace and courage. It takes courage, effort, and character to be courteous. Be nice to others and they will be nice to you.

TO GUARD AGAINST IMPETUOUS COURAGE: Be strong in what you believe, but do not close your mind to another point of view. One is not always right, but one is not also always wrong. If you are right, have the courage and the honesty to stand up for what you believe. Always offer to say what you honestly feel, but do so with courtesy. Don't start fights, but rather diffuse them with carefully chosen words; finish fights effectively and honorably.

RANK REQUIREMENTS

Students must ensure that besides the rank requirements they must have shown leadership and courtesy in class, at home and at school.

ORDER OF BELTS

Levels Below Black Belt	Belt Color	Levels Below Black Belt	Belt Color
19 below black belt	White Belt	11 below black belt	Green Belt
18 below black belt	White Belt Black Stripe	10 below black belt	Green Belt Black Stripe
17 below black belt	Yellow Belt	9 below black belt	Brown Belt
16 below black belt	Yellow Belt Black Stripe	8 below black belt	Brown Belt Black Stripe
15 below black belt	Orange Belt	7 below black belt	Purple Belt 3 Stripe
14 below black belt	Orange Belt Black Stripe	6 below black belt	Purple Belt Stripe
13 below black belt	Blue Belt	5 below black belt	Purple Belt 1 Stripe
12 below black belt	Blue Belt Black Stripe	4 below black belt	Purple Belt

NOTE: IN OUR SYSTEM, BLACK BELTS ARE NOT GIVEN OUT UNTIL THE STUDENT REACHES THE MINIMUM AGE OF 16.

GRADUATION TO WHITE BELT BLACK STRIPE (WHITE BELT ADVANCED)

GENERAL REQUIREMENTS

- Must have attended classes at least 2 times per week for 8 consecutive weeks
- Must be a member in good standing with the school
- Complete the written or online exam

PHYSICAL SKILLS

TUMBLING AND GYMNASTICS

- Junior fundamental course 1-15
- Sutemi 1,2,4,6,7,8

SELF-DEFENSE

- Pivoting
- Parrying
- Be able to fall from a throw correctly
- Beginning circular wrist escapes
- Split Second Survival–neck choke escape
- Split Second Survival–lapel escape

AIKIDO

- Pull down throw from two step go behind

JUDO-STANDING ARTS

- Heel-to-heel Trip

GRAPPLING

- Use legs to keep person off of you drill
- Open guard
- Spin to open guard
- Top/bottom side mount
 - Top position
 - Bottom position
 - Jail break to open guard
 - Superman to open guard

KARATE

- Front stance
- Front kick
- Demonstrate some combinations the instructor asks you to do

GRADUATION TO YELLOW BELT BEGINNING

GENERAL REQUIREMENTS

- Must have attended classes at least 2 times per week for 12 consecutive weeks
- Must be a member in good standing with the school
- Be able to put on your uniform correctly and tie your belt
- Complete the written or online exam

PHYSICAL SKILLS

TUMBLING AND GYMNASTICS

- Junior fundamental course 1-30
- Sutemi 1-9

SELF-DEFENSE

- Split Second Survival–dead arm drill
- Split Second Survival–outside and cross wrist escapes
- Split Second Survival–push escape: push one hand, seatbelt other hand
- Split Second Survival–double hand grab escape front and rear–crash into
- Russian spin throw

AIKIDO

- Ulnar press takedown from punch

JUDO-STANDING ARTS

- Heel-to-heel trip with scarf hold
- Heel-to-heel trip from standing arm under hook
- Standing under hook with elbow entry to single leg pick up
- Osoto Gari
- Headlock throw to Kesa Gatame
- Escape headlock throw

GRAPPLING

- Judo–Kesa Gatame
- Escape Kesa Gatame with helicopter spin
- Escape kesa gatame, circle, turn, and roll escape from kesa gatame
- Knee push sweep with spin from open guard
- Top/bottom Mount
 - Top position
 - Enter mount with opposite leg holding knee down from side mount
 - Bottom position
 - Arm crush and roll escape
 - Elbow knee escape to guard
 - Escape mount with straight arm framing
 - Escape mount with framing, knee brace, and leg log position

GRADUATION TO YELLOW BELT BEGINNING, CONTINUED

KARATE

- Horse stance
- Side kick
- Reverse punch from front stance and horse stance
- Upper block from front stance and horse stance

GRADUATION TO YELLOW BELT BLACK STRIPE-YELLOW BELT ADVANCED

GENERAL REQUIREMENTS

- Must have attended classes at least 2 times per week for 12 consecutive weeks
- Must be a member in good standing with the school
- Student must have participated in one contest
- Complete the written or online exam

PHYSICAL SKILLS

TUMBLING AND GYMNASTICS

- Junior fundamental course 1-45
- Sutemi 1-13

SELF-DEFENSE

- Split Second Survival—two hands on one
- Split Second Survival—two hands on one handshake like escape
- Split Second Survival—double hand escape
- Split Second Survival—reverse wrist escape

AIKIDO

- Ikkyo

DANZAN RYU

- Yawara 1-4, 6

JUDO-STANDING ARTS

- Tai Otoshi
- Ostoto gari countered tai Otoshi—Tai Otoshi countered Osoto Gari
- Tani Otoshi

GRAPPLING

- Sit up sweep from closed guard
- Top/bottom guard
 - Top position
 - Bottom position
 - Guard pass—open, shin over leg, go around, side mount
 - Traditional guard pass—open, hands through, grab gi, lift and go around leg

GRADUATION TO ORANGE BELT BEGINNING

GENERAL REQUIREMENTS

- Must have attended classes at least 2 times per week for 12 consecutive weeks
- Must be a member in good standing with the school
- Complete the written or online exam

PHYSICAL SKILLS

TUMBLING AND GYMNASTICS

- Junior fundamental course 1-60
- Sutemi 1-15

SELF-DEFENSE

- Split Second Survival–rear Neck choke, two hand, teapot tilt
- Split Second Survival–rear neck choke, pull top hand off

AIKIDO

- Nikkyo

DANZAN RYU

- Yawara 1-4, 6, 7
- Nage 1, 4, 8

JUDO-STANDING ARTS

- Kubi Nage–headlock hip throw
- Ouchi Gari

GRAPPLING

- Top/bottom half guard
 - Top position
 - Bottom position
 - Old school from lock down
 - Old school plan B
 - Half guard pass–knee on stomach and cross
 - Half guard pass–leg squeeze pass
- Judo-Kata Gatame
- Judo-Kata Gatame escape–hammer arm out, circle, turn, and roll escape
- Judo-Kata Gatame escape–hammer arm out, shoulder push

GRADUATION TO ORANGE BELT BEGINNING, CONTINUED

KARATE

- Rear kick from front stance with front leg
- Rear kick from front stance with back leg
- Block punch side step front kick and round kick
- Spear hand strike
- Ridge hand strike
- Palm strike

GRADUATION TO ORANGE BELT BLACK STRIPE-ORANGE BELT ADVANCED

GENERAL REQUIREMENTS

- Must have attended classes at least 2 times per week for 12 consecutive weeks
- Must be a member in good standing with the school
- Student must have participated in two contests since orange belt beginning
- Must have attended 1 national convention
- Complete the written or online exam

PHYSICAL SKILLS

TUMBLING AND GYMNASTICS

- Junior fundamental course 1-75
- Sutemi 1-19 except 17

SELF-DEFENSE

- Escape from headlock
 - Split Second Survival escape from headlock
 - Escape headlock by ducking
 - Escape headlock by ducking and collar drag

AIKIDO

- Sankyo

DANZAN RYU

- Yawara 1-7
- Nage 1, 4, 8, 10

JUDO-STANDING ARTS

- Ushiro Maki Komi
- Drop knee seoi goshi

GRAPPLING

- Top/Bottom Taking the back
 - Top position
 - Bottom position
 - Back escape turtle
 - Seat belt hold from back
 - Rodeo ride from back
 - Escape sitting back attack
 - Truck to back take
- Arm Bar Position

GRADUATION TO ORANGE BELT BLACK STRIPE-ORANGE BELT
ADVANCED, CONTINUED

KARATE

- Spinning wheel kick
- Spinning hook kick
- Inside/outside crescent kick
- Back fist strike
- Lower cross block

GRADUATION TO BLUE BELT-BLUE BELT BEGINNING

GENERAL REQUIREMENTS

- Must have attended classes at least 2 times per week for 12 consecutive weeks
- Must be a member in good standing with the school
- Student must have participated in 3 contests since orange belt advanced
- Must have attended 1 national convention
- Complete the written or online exam

PHYSICAL SKILLS

TUMBLING AND GYMNASTICS

- Junior fundamental course 1-90
- Sutemi 1-22 except 17
- Tumbling 1-4

SELF-DEFENSE

- Split Second Survival–bag Work
- Split Second Survival–shield
- Escape from bear hugs pinned and free
- Two step go behind
 - Two step go behind with armpit duck
 - Two step go behind with armpit duck-collar drag

AIKIDO

- Irimi

DANZAN RYU

- Yawara 1-10
- Nage 1, 4, 8, 10, 11, 12

JUDO-DRILLS USING ALL PREVIOUS THROWS

- Uchi Komi
- Moving Nage
- Renraku Waza
- Other drills

GRADUATION TO BLUE BELT-BLUE BELT BEGINNING, CONTINUED

GRAPPLING

- Crush diaphragm theory
 - Use from kesa gatame
 - Use from side mount
 - Unicorn squeeze from kata gatame
- Escape mount with framing and optional leg hook
- Top/bottom North-South
 - Top position
 - Bottom position
 - Turning escape to open guard
- Rear Choke Position
- Kimura position

KARATE

- Tornado kick
- Double side kick low and high
- Front kick round kick combo
- Two side kicks in the air skipping in
- Same leg front and side kick
- Block kicks with feet
- Block kicks with knees

ESCRIMA

- Basic stance
- Striking 1-5
- Blocks 1-5

GRADUATION TO BLUE BELT BLACK STRIPE-BLUE BELT ADVANCED

GENERAL REQUIREMENTS

- Must have attended classes at least 2 times per week for 12 consecutive weeks
- Must be a member in good standing with the school
- Student must have participated in 2 contests since last rank
- Student must have attended national convention
- Complete the written or online exam

PHYSICAL SKILLS

TUMBLING AND GYMNASTICS

- Sutemi 1-25 except 17
- Tumbling 1-10

SELF-DEFENSE

- Split Second Survival–neck crush
- Split Second Survival–escape from rear hammerlocks with neck push
- Split Second Survival–escape from rear grips with turn grab arm and escape behind
- Escapes from full nelson
 - Hands on head
 - Body slam
 - Single and double leg pickup

DANZAN RYU

- Yawara 1-10
- Nage 1, 4, 8, 10, 11, 12, 13
- Shime 1-4

JUDO-DRILLS USING ALL PREVIOUS THROWS

- Uchi Komi
- Moving Nage
- Renraku Waza
- Other drills

GRAPPLING

- Triangle Choke position / Escape triangle choke by pushing arm through Moving Nage
- Review all techniques from all previous belts
- More grappling theory

KARATE

- Jumping 360-degree spin kick
- Jumping 360-degree back kick
- Judo roll kick

GRADUATION TO BLUE BELT BLACK STRIPE-BLUE BELT ADVANCED,
CONTINUED

ESCRIMA

- Basic stance
- Striking 1-12
- Blocks 1-12

JODAN

- Basic position defensive
- Basic position thrusting
- Basic position jodan
- Jodan strike
- Forward thrust, overhead hook block-dragon stance, spin and overhead strike

GRADUATION TO GREEN BELT BEGINNING

GENERAL REQUIREMENTS

- Must have attended classes at least 2 times per week for 12 consecutive weeks
- Must be a member in good standing with the school
- Student must have participated in 2 contests since last rank
- Complete the written or online exam

PHYSICAL SKILLS

TUMBLING AND GYMNASTICS

- Sutemi 1-30
- Tumbling 1-20

DANZAN RYU

- Yawara 1-10
- Nage 6,14,15

JUDO-DRILLS USING ALL PREVIOUS THROWS

- Uchi Komi
- Moving Nage
- Renraku Waza
- Other drills

GRAPPLING

- Arm bar escape – make triangle with arms
- Arm bar escape – Turning over escape
- More grappling theory

Sport Jujitsu—Technique, strategy, sparing and drills

Boxing—Technique, strategy, sparing and drills

ESCRIMA

- Disarms for 1-5

JO

- Yokomen strikes
- Hasso No Kamae
- Upper block
- Parry blocks

GRADUATION TO GREEN BELT ADVANCED-GREEN BELT BLACK STRIPE

GENERAL REQUIREMENTS

- Must have attended classes at least 2 times per week for 12 consecutive weeks
- Must be a member in good standing with the school
- Student must have participated in 2 contests since last rank
- Student must have participated in 2 national conventions
- Complete the written or online exam

PHYSICAL SKILLS

TUMBLING AND GYMNASTICS

- Tumbling 1-30

DANZAN RYU

- Sr. Fundamentals 1-5
- Yawara 1-13
- Nage 16, 17

GRAPPLING

- Knee on stomach position
- Escape knee on stomach
- Oma plata
- Flow from armbar, triangle, oma plata

Judo—Technique, strategy, sparing and drills

Sport Jujitsu—Technique, strategy, sparing and drills

Boxing—Technique, Strategy, Sparing and drills

ESCRIMA

- Disarms for 1-10

NUNCHAKU

- Basic stance nunchaku in front
- Basic armpit stance
- Strikes 1-5

GRADUATION TO BROWN BELT BEGINNING

GENERAL REQUIREMENTS

- Must be a member in good standing with the school
- Student must have participated in 3 outside activities in the last year
- Complete the written or online exam

PHYSICAL SKILLS

TUMBLING AND GYMNASTICS

- Professor Law's Two Man Acrobatic Course

DANZAN RYU

- Yawara 1-13
- Nage 2,5,20

JUDO NAGE NO KATA

- Te Waza Uki Otoshi
- Seoi Nage
- Kata Guruma

JUDO

- Drills using all previous throws
- Uchi Komi
- Moving Nage
- Renraku Waza
- Other drills

GRAPPLING

- More grappling theory

SPORT JUJITSU

- Technique, strategy, sparing and drills

BOXING

- Technique, strategy, sparing and drills

ESCRIMA

- Technique, strategy, sparing and drills

NUNCHAKU

- Strikes 1-10
- Twirling and Combinations

GRADUATION TO BROWN BELT BLACK STRIPE BROWN BELT ADVANCED

GENERAL REQUIREMENTS

- Must be a member in good standing with the school
- Student must have participated in 3 outside activities in the last year
- Must have started and have an up to date notebook on all senior techniques
- Complete the written or online exam

PHYSICAL SKILLS

TUMBLING AND GYMNASTICS

- Professor Law's 2 Man Acrobatic Course

DANZAN RYU

- Yawara 1-13
- Nage 18,19

JUDO NAGE NO KATA

- Koshi Waza Uki Goshi
- Harai Goshi
- Tsuru Komi Goshi

JUDO

- Drills using all previous throws
- Uchi Komi
- Moving Nage
- Renraku Waza
- Other drills

GRAPPLING

- More grappling theory

SPORT JUJITSU

- Technique, strategy, sparing and drills

BOXING

- Technique, strategy, sparing and drills

ESCRIMA

- Technique, strategy, sparing and drills

GRADUATION TO PURPLE BELT 3 STRIPES

GENERAL REQUIREMENTS

- Must be a member in good standing with the school
- Student must have participated in 3 outside activities in the last year
- Must have started and have an up to date notebook on all senior techniques
- Complete the written exam

PHYSICAL SKILLS

TUMBLING AND GYMNASTICS

- Professor Law's 2 Man Acrobatic Course

DANZAN RYU

- Senior Fundamental Course 1-12 with notes
- Yawara 1-14 with notes
- Nage 3

JUDO NAGE NO KATA

- Ashi Waza Okuri Ashi Harai
- Sasae Tsurikomi Ashi
- Uchi Mata

JUDO

- Drills using all previous throws
- Uchi Komi
- Moving Nage
- Renraku Waza
- Other drills

GRAPPLING

- More grappling theory

SPORT JUJITSU

- Technique, strategy, sparing and drills

BOXING

- Technique, strategy, sparing and drills

ESCRIMA

- Technique, strategy, sparing and drills

GRADUATION TO PURPLE BELT 2 STRIPES

GENERAL REQUIREMENTS

- Must be a member in good standing with the school
- Student must have participated in 3 outside activities in the last year
- Must have started and have an up to date notebook on all senior techniques
- Complete the written or online exam

PHYSICAL SKILLS

DANZAN RYU

- Senior Fundamental Course 13-22 with notes
- Yawara 1-16 with notes
- Nage 7 – with notes

JUDO NAGE NO KATA

- Ma Sutemi Waza
- Tomoe Nage
- Ura Nage
- Sumi Gaeshi

JUDO

- Drills using all previous throws
- Uchi Komi
- Moving Nage Renraku Waza
- Other drills

GRAPPLING

- More grappling theory

SPORT JUJITSU

- Technique, strategy, sparing and drills

BOXING

- Technique, strategy, sparing and drills

ESCRIMA

- Technique, strategy, sparing and drills

GRADUATION TO PURPLE BELT 1 STRIPES

GENERAL REQUIREMENTS

- Must be a member in good standing with the school
- Student must have participated in 3 outside activities in the last year
- Must have started and have an up to date notebook on all senior techniques
- Complete the written or online exam

PHYSICAL SKILLS

DANZAN RYU

- Senior Fundamental Course 23-32 with notes
- Yawara 1-20 with notes
- Nage 9 with notes

JUDO NAGE NO KATA

- Yoko Sutemi Waza Yoko Gake
- Yoko Guruma
- Uki Waza

JUDO

- Drills using all previous throws
- Uchi Komi Moving Nage Renraku Waza
- Other drills

GRAPPLING

- More grappling theory

SPORT JUJITSU

- Technique, Strategy, Sparring and drills

BOXING

- Technique, Strategy, Sparring and drills

ESCRIMA

- Technique, Strategy, Sparring and drills

GRADUATION TO PURPLE BELT

GENERAL REQUIREMENTS

- Must be a member in good standing with the school
- Student must have participated in 3 outside activities in the last year
- Must have started and have an up to date notebook on all senior techniques
- Complete the written on online exam

PHYSICAL SKILLS

DANZAN RYU

- Green Belt Fundamentals 1-11 with notes
- Yawara 1-20 with notes
- Nage 17 with notes

JUDO NAGE NO KATA

- Yoko Sutemi Waza Yoko Gake
- Yoko Guruma
- Uki Waza

JUDO

- Drills using all previous throws
- Uchi Komi Moving Nage Renraku Waza
- Other drills

GRAPPLING

- More grappling theory

SPORT JUJITSU

- Technique, Strategy, Sparring and drills

BOXING

- Technique, Strategy, Sparring and drills

ESCRIMA

- Technique, Strategy, Sparring and drills

JAPANESE COUNTING

1	Ichi		
2	Ni	20	Niju
3	San	30	Sanju
4	Shi	40	Yonju
5	Go	50	Goju
6	Roku	60	Rokuju
7	Shichi	70	Nannaju
8	Hachi	80	Hachiju
9	Ku	90	Kuju
10	Ju	100	Hyaku