

**American Judo & Jujitsu Federation**  
49<sup>th</sup> Annual Convention



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# Shibumi

“Effortless Perfection”

April 17-20, 1997 ❖ Costa Mesa, California

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## **CONVENTION COMMITTES**

|                                             |                                                    |
|---------------------------------------------|----------------------------------------------------|
| Convention Director .....                   | Robert Hudson                                      |
| Assistant Director .....                    | Ed Shatzen                                         |
| Banquet .....                               | Aunda Hoover                                       |
| Class Schedule .....                        | Robert Hudson, Ed Shatzen                          |
| Correspondance.....                         | Ed Shatzen                                         |
| Publicity .....                             | Matt Moller                                        |
| Entertainment.....                          | Aunda Hoover, Frank Parr, Julie Holler, Doug DeWet |
| Finance .....                               | Nicole Weber                                       |
| Mats.....                                   | Tom Sosnowski                                      |
| Registration .....                          | Gordon & Louise Dilger                             |
| Table Decorations and Flowers .....         | Ester Vela, Paul Francis                           |
| T-Shirts .....                              | Kevin Colton                                       |
| Convention Booklet .....                    | Eric Glasnapp                                      |
| Welcoming.....                              | Fudochi, Santa Clarita Jujitsu, Westside YMCA      |
| AAU Coordinator .....                       | Kevin Colton                                       |
| First Aid .....                             | Matt Moller                                        |
| Kata Contest.....                           | Geoff Lane                                         |
| Vendors .....                               | Tim Clepper                                        |
| Raffle.....                                 | Tim Clepper, Matt Moller                           |
| Travel Arrangements/Disneyland Shuttle..... | Julie Holler                                       |

# SHIBUMI 澁味

“EFFORTLESS PERFECTION”

Robert Hudson

In our striving to learn Jujitsu there is a spoken and unspoken truth that we all desire to perform a technique with grace and fluidity, perfect motion. To also have a state of mind in harmony and awareness. Past Masters say that Martial Arts can be felt both internally and externally perfect movement. For instance, Ueshiba always referred to his Aikido as a path to perfect Harmony in motion!

The desire to be able to perform a movement with “Shibumi” I see as a natural drive inherent in all people. It seems innate to express whatever we are doing in a way that is as the Japanese say full of “Shibumi” or “Effortless Perfection.”

Okazaki says that FIRST Jujitsu is a way to perfection of character, secondly self-defense. This is true, because hurting others as a reason to do the arts is never satisfactory. Mind you, we are a fighting art, of that there is no doubt! But the day to day practice of Jujitsu isn't supposed to be an experience in joy of seeing others get hurt. Rather, Jujitsu is our vehicle to put to rest the inner turmoil of fear, anger, tension, and many other dark aspects of our character. And to replace it with qualities such as calmness, satisfaction, compassion, centeredness, in other words heading towards “Effortless Perfection.”

For me, the practice or training in Jujitsu produces a feeling of flow, a grace within movement. Or as the Chinese say, an increase flow of Chi! This allows me to see the tension in my partner as never before, and this causes me to want to guide them through my movement versus destroying them. This has come as a natural development from years of training. Danzan Ryu therefore, is not about hurting others, rather, it is a way to find harmony in action. To find a way to resolve conflict by peaceful means, we always feel better for it! Again, Shibumi is a natural urge that needs to find expression. So Shibumi is a way to conduct ourselves in all our activities to whatever extent we understand it, or can express it in our lives. Striving to develop Shibumi in our training is a noble cause and through Jujitsu is found to be a place of strength versus weakness as many may misinterpret it. We are lucky indeed to have an art such as ours to enable us to practice and find such wonderful qualities within ourselves!

May this convention be for you a deeper grasping of the fine principle of Shibumi!

# CONVENTION SCHEDULE

## **THURSDAY APRIL 17**

**7:00PM BOARD OF MANAGERS MEETING**

**Costa Mesa BR**

## **FRIDAY, APRIL 18**

**9:00AM- 12:00PM BOARD OF PROFESSORS MEETING**

**Costa Mesa BR**

**12:00PM BLACK BELT REGISTRATION BEGINS**

**Red Lion 2**

**1:00PM BLACK BELT EXAMS BEGIN**

**Red Lion 1&2**

**4:00PM - 8:00PM CONVENTION REGISTRATION**

**Foyer**

**7:00PM - 9:00PM OPEN MAT/CLASS**

**See Classes**

## **SATURDAY, APRIL 19**

**7:30AM REGISTRATION OPENS**

**Foyer**

**7:30AM-8:30AM BOP MEETING**

**Costa Mesa BR**

**8:00AM-8:30AM WARM-UP CLASS**

**Red Lion 2**

**8:45AM OPENING CEREMONY/ANNOUNCEMENTS**

**Red Lion 2**

**9:00AM -5:00PM\* CLASSES**

**See Classes**

**9:00AM - 5:00PM MESSAGE/QUIET ROOM**

**Costa Mesa BR**

**6:00PM - 7:00PM NO-HOST COCKTAILS**

**Foyer**

**6:45PM BANQUET SEATING BEGINS**

**Red Lion 1&2**

**7:00PM BANQUET BEGINS**

**Red Lion 1&2**

**\* To allow for banquet set-up rooms Red Lion 1-4 must be cleared PROMPTLY at 5:00PM**

## **SUNDAY, APRIL 20**

**7:00AM-8:30AM SCHOOL HEADS BREAKFAST**

**Emerald Bay 3**

**8:00AM-8:30AM WARM-UP CLASS**

**Red Lion 2**

**8:30AM-8:45AM PROMOTIONAL THROWS**

**Red Lion 2**

**8:45AM-9:00AM ANNOUNCEMENTS/OPENING**

**Red Lion 2**

**9:00AM-1:50PM CLASSES**

**See Classes**

**9:00AM-12:00PM MESSAGE/QUIET ROOM**

**Costa Mesa BR**

**9:00AM-12:00PM FREESTYLE CONTEST**

**Red Lion 4**

**12:15PM CONTEST AWARDS**

**Red Lion 4**

**2:15PM CLOSING CEREMONY**

**Red Lion 2**

## HISTORY OF INSTRUCTORS

**PROFESSOR TOM BALL, HACHIDAN**, began jujitsu in 1957 with Bud Odom and received his Shodan in 1958. In 1964, as a Yodan, he taught at U.C. Davis where hundreds of students from around the world studied with him during the years 1964 to 1972. He was awarded the title of Professor in February of 1967. Prof. Ball is currently Sensei of Shingi Kan and teaches high school in Fort Jones, CA. Other martial arts experience include: Kempo Karate, Shotokan Karate, Taiji Chuan, Sansu Kung Fu, and Kali. He and his wife, Jan, have operated Camp Kodenkan at their ranch since 1973. Prof. Ball helped establish the AJJF Okazaki Restorative Massage Program, and sits on its Standards Committee.

**FRANK BORGES, SANDAN**, began his martial arts training in judo and jujitsu in 1978. As sensei of Renkiohen Budokai in St. Helena, CA., he has trained ten students to their black belts. He has also trained in aikido, karate, taiji quan, wing chun kung fu, and arnis.

**MAUREEN BROWNE, GODAN**, began studying Danzan Ryu in 1970 with her brother Prof. Pat Browne. Maureen also holds the rank of Nidan, Fukushido in Aikido which she has been studying since 1971. In 1986 Maureen and her husband John Gussman started the Fox Valley Judo and Jujitsu Club. In 1992 they opened the Martial Arts Training Service in Aurora, IL., which is now home to the Fox Valley Judo and Jujitsu Club and the Fox Valley Aikikai.

**PROFESSOR JANE CARR, SHICHIDAN**, began studying jujitsu with sensei Mike Byrne in 1960. She has received a Dayang Is (a first degree black belt) from Joe Bueno in modern Arnis-Filipino Stick Play. Prof. Carr has served as school-head of the Redding Jujitsu Academy since 1981 and of the Redding Modern Arnis Club since 1985. She helped to establish the AJJF Okazaki Restorative Massage Program. She received her professorship in 1982.

**PROFESSOR JOHN CONGISTRE, HACHIDAN**, started his martial arts training in 1952 in Oakland, CA. at Professor Ray Law's school. Prof. Congestre has studied and competed in sport judo, earning a Sandan rank. His martial arts training includes karate, kendo, and message. He currently teaches classes at Amador Judo and Jujitsu Studio in Livermore, CA, and serves as the AJJF treasurer.

**PROFESSOR DON CROSS, ROKUDAN**, began his jujitsu training in 1957 at age ten with Professors Ray and Marie Law in Oakland, CA. In the 1960's Prof. Cross studied extensively in taiji quan, judo, kenpo, Goju Ryu, Shotokan, and kendo, and has since trained in Sil Lum kung fu and Chi Gong. Prof. Cross has served on the AJJF Board of Managers from 1975 to 1995. As a massage instructor, he was instrumental in the development of the AJJF Okazaki Restorative Massage Program in 1980 and served on its steering committee until 1993. Prof Cross is currently Shihan of Jujitsu-Do Martial Arts Center in Roseville, CA.

**SENIOR PROFESSOR LAMAR FISHER, JUDAN**, has practiced jujitsu since 1948 when he first became a student of Professor Estes. He taught at the Chico Judo and Jujitsu Academy from 1950 to 1972, achieving the rank of professor in 1956. Prof. Fisher has taught women's self-defense courses at Butte College and numerous police clinics throughout northern California. In 1972, Prof Fisher took over the Nibukikan in Chico, CA. Prof. Fisher is currently Senior Professor of the AJJF.

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**DENNIS ESTES, YODAN**, began Danzan Ryu training in 1959 under Sensei Jay Moynahan, who was a student of Prof. Law. Dennis is currently training under Prof. Hudson. Dennis has trained in Judo, Daito Ryu, Danzan Ryu, Wing Chun, and Gojo Kyo Kai Karate. Dennis holds National certification as a police defensive tactics instructor. He holds Dan ranks with Kodenkan Yudanshakai, Daito ryu Aikijitsu, as well as the AJJF. He is Sensei of JoBu Shin Kan, in Eureka, CA.

**BARBARA GESSNER, YODAN** in both Jusitsu and Judo, began studying martial arts in 1972 at East Stroudsburg University, Pennsylvania, where she received both B.S. and M.Ed. degrees in Health and Physical Education with an emphasis on teacher preparation. She is currently Sensei of Rutgers Kodenkan where she teaches and is completing a Doctorate in Education. The first recipient of the Bert Aspinal Award, Barbara has served as A.J.J.F. Manager of Clinics for the past ten years, and prior to that, as Director of Clinics for Region IV.

**WILLIAM GESSNER, YODAN**, began his martial arts training at the YMCA in Stroudsburg, PA in 1964. In 1966, he was fortunate enough to be asked to follow Commadore Mann as instructor of the club. That year he founded the East Stroudsburg Kodenkan Judo Club at East Stroudsburg University. In 1968, through the East Stroudsburg Charter, classes were established as part of the curriculum for prospective teachers of physical education. The classes continued until 1989, when Bill retired as Professor Emeritus of physics. In 1973, he presented "Physics in the Martial Arts" to the Pennsylvania Academy of Science - this later published in the Proceedings of the Academy. Bill served as director/manager of region 4 from 1970-1992 and continues as Sensei of East Stroudsburg, holding the rank of Yodan in both jujitsu and judo.

**PROFESSOR ROBERT HUDSON, ROKUDAN**, began his jujitsu training in 1971 in Oakland, CA. with Sensei Mike McGurk. In addition to studying jujitsu, Bob is an instructor of Wing Chun gung-fu, and studies Chinese internal arts such as *i quan* and *qi gong*. Bob graduated from Professor Sig Kufferath's and Tony Janovich's Okugi class, where he received a KaiDensho and the teaching title of Shihan. Bob is a founding member of the AJJF Okazaki Restorative Massage Program and its Director of Technical Standards.

**PROFESSOR TONY JANOVICH, GUEST INSTRUCTOR**, began his Jujitsu study under Prof Kufferath at the age of 12. Currently a 7<sup>th</sup> Dan, he received his professorship in 1989. In addition to the martial arts training he has received, Prof Janovich has also become a master of the Okazaki system of Restorative Therapy known as Seifukujitsu under Prof Kufferath which he currently practices as his vocation. A former police officer, he has taught for the Department of Defense, various police agencies and colleges. He has owned and operated the Kodenkan Jujitsu & Restoration Therapy for the past 20 years. Prof Janovich is the senior student and chief instructor of Prof Kufferath.

**PROFESSOR TOM JENKINS, ROKUDAN**, began his studies of the Kodenkan Danzan Ryu jujitsu system with Prof. Estes over 30 years ago at the Chico Judo and Jujitsu Academy. Prof. Jenkins teaches a variety of classes that include aikijujitsu and Kodenkan's "Teaching Scroll", the *Mokuroku*. He was promoted to professor in 1989 and is a member of the AJJF Examination Board.

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**SENSEI HAYAWO KIYAMA, SHICHIDAN**, was born in 1936 in Kumamoto, Japan. He came to the United States in 1960 and trained from childhood in Takenouchi-Jujitsu and Kodengan Judo. He is chief instructor of Coastal Judo Club and a certified United States Judo Federation Referee. Sensei Kiyama is also chief instructor of North America Daito Ryu Aiki Jujitsu Kodo Kai, authorized by the Menkyo Kaiden of Kitami, World Headquarters, Japan. He still trains frequently in Japan and his students come from all over North America and include Green Berets, Rangers, police officers, and secret service agents. Sensei Kiyama has been donating his time and been teaching in the United States since the late 1960's

**PROFESSOR SIG KUFFERATH, GUEST INSTRUCTOR**, began his study of Jujitsu under Prof Okazaki in 1937. He earned his black belt in 1941 and became an official instructor in 1942. Under Okazaki, he studied Chinese sticks arts, Kiai, Karate Jitsu, Nerve arts, Shigen no Maki, and Shinyo no Maki and further studied Naihan No Shodan and Kumite. This was in addition to all the kata arts of Danzan Ryu. He graduated Okazaki's Nikko Restoration Sanatorium Seifuku Jitsu course in 1943. Prof Okazaki made Kufferath chief instructor of his main dojo the Kodengan in the late 1940's. After Okazaki's death in 1951, Kufferath was formally elected by the board of directors of the AJI to succeed Okazaki as head and Professor of Danzan Ryu Jujitsu. Kufferath also holds black belt ranks in Aikido and Judo

**PROFESSOR HERB LAGUE, ROKUDAN**, started Jujitsu in 1951 under the training of his father James B. LeGue. From 1956 to date, to one degree or another, he has studied most hard and soft styles of martial arts. In 1986 he joined the AJJF under Larry Cary's dojo, his primary DZR teachers have been, Professors Bud Estes, Lamar Fisher, Tom Ball, Jane Carr, and James Musselman. In the early seventies he began sport Judo under Peir LaCarr, and through competition, earned his first Dan rank in Kodengan Judo in 1971. In 1970 he also received his first Dan rank in DZR Jujitsu and shortly after became the Sensei of his present dojo, the Bushidokan. In 1994 he was elevated to Rokudan and also accepted a position on the AJJF Board of Professors. Herb represents the National Jujitsu community as its' National AAU Jujitsu chairman, adult/youth sports committee member, and it's law and legislation representative. For the last few years his focus of teaching has been on AJJF and AAU growth through visiting dojos and teaching DZR seminars within the USA, Canada, and Europe.

**ROY LONNBERG, YODAN**, began Jujitsu under Prof Ball in 1960. Sensei Lonnberg was one of the founding members of the Redding JuJitsu Academy. Upon moving to San Francisco, he operated a club there from 1970-75. He relocated to Corning, NY where he taught a JuJitsu club at the community college from 1976-1982, which was followed by his present club at Cornell University in Ithica, NY. He has studied taiji, aikido, judo, yoga, Shotokan, Gojo Ryu Karate-Do, and iaido. Roy has held the post of area director for both regoins 1 and 4, and has been Region 4 manager for the last 5 years.

**PROFESSOR JAMES R. MUSSELMAN, SHICHIDAN**, began his studies of jujitsu in 1948 at the Chico Judo and Jujitsu Academy under Prof. Estes. He started many jujitsu schools in Nevada and California while pursuing a career in broadcasting and television. In 1960, Prof. Musselman was promoted from Master degree to Professor. He is currently senior instructor of the KoDenKan Institute located in Belmont, CA where he actively teaches.

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**PROFESSOR IMI MULLINS, GODAN**, began training at home with her sisters Betty (Wolf) and Myrtle (Oberman). Their father taught them Jujitsu techniques and under his directions, established a foundation of massage through many hours of practice (head, hands, and feet) with him as the “patient”. He also entered the three of them in a women’s jujitsu class instructed by Iwalani Tanaka and Jackie Wong. In the early sixties, Betty, Myrtle, and Prof Mullins were trained by Miss Keiko Fukuda, the highest ranked female judoka in the Kodokan. They continued teaching both Kodenkan and Kodokan techniques until 1970 when health reasons made “retirement” the reasonable thing for Prof Mullins to do. Betty and Myrtle continued teaching for several years after Prof Mullins’ retirement. In 1993, because of Prof Clyde Zimmerman’s encouragement and support, Prof Mullins came out of retirement and returned to teaching. In 1994, Prof Mullins was promoted to Godan and Professor by Shoshin Ryu.

**FRED NEUMANN, GODAN, GUEST INSTRUCTOR**, has been studying martial arts for 35 years and has Dan ranks in numerous systems. During this time he has formally studied Judo, Karate, Aiki Jitsu, Aikido, Aiki sword, Iaido, Ken Jitsu and Kyudo. His most in-depth studies have been devoted to refining his knowledge and skill in Ryukyū Kempo karate, founded by Master Taika Oyata.

**PROFESSOR WILLIAM G. RANDLE, HACHIDAN**, began his training in Oakland, CA. under Prof Ray Law. Bill began teaching at the Santa Monica YMCA in 1959 where he taught through 1965. Bill then moved to Austin, TX where he taught at St. Edwards from 1965-1972. Bill then returned to CA in 1972 where he started the Westside YMCA dojo in West L.A. where he has been teaching for the last 25 years.

**PROFESSOR RORY REBMANN, SHICHIDAN**, started judo and jujitsu in 1959 at age 11 under Prof. Ray Law. He has competed in both jujitsu and judo competitions. As a part of his training, Prof. Rebmann studies Shotokan karate (Shodan), Kodenkan judo (Shodan), and Bushido jujitsu (Godan). Prof Rebmann also holds the rank of USLA Goshin Jitsu Shichidan and is a Master Rank examiner. He is currently Head Instructor of the Amador Judo and Jujitsu Studio, along with his family, Patricia (Shodan), Ashley (Shodan), and Ryan (Shodan). The Dojo was founded in 1973, and has hosted five National Conventions and five National AAU tournaments. Amador Studio is the largest dojo in the Tri-Valley area and is located in Livermore

**RANDY SCHUSTER, SANDAN**, began studying jujitsu in 1969 with the City of Davis Recreation program taught by Professor Ball's students from the Davis Judo-Kai. He received his Shodan in 1981 and became Sensei of the Davis Judo-Kai in 1993.

**STEVE SECK, GODAN**, began training at 9 in Minneapolis. He travelled to Japan in 1975 where he trained with the Nagasaki riot police for six months, returning as a Sandan. He won the 1977 National Collegiate Championships, and in 1978, 1979, 1980 won the U.S. Nationals. He was undefeated at the 1980 U.S. Olympic trials and the only American winner at the U.S. Open Internationals. Named to the Black Belt Hall of Fame in 1980. Steve currently teaches sport judo at Los Angeles Community College and at L.A. Trade Tech.

**LORETTA CABACUNGAN SILVAGNI, SANDAN**, started jujitsu with Glen Castillo, who had studied under Prof Ray Law. She continued training with Oran Kangas and co-instructed self-defense classes in the San Jose area. She studied aikido and karate at Santa Clara University, as well as kung-fu. With the help of Profs Congistre and Rebmann at the Saino dojo in Mountain View, she passed her Shodan exam. Later, she studied under Prof Gene Edwards, then Prof Hudson, who kazushied her into her Nidan. Loretta has taught numerous self-defense classes, and is Sensei of

Napa  
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Jujitsu  
and is  
the AJJF  
Manager  
of  
Examina  
tions.  
She  
received  
her  
Sandan  
in 1996.

## COURSE DESCRIPTIONS

### YAWARA, PROFESSOR RORY REBMANN

WHITE

Professor Law, one of Okazaki's instructors, had an excellent grasp of Yawara and we will bring out some of his principles and "secrets" in this class.

### EFFECTIVE APPLICATIONS, PROFESSOR HERB LAGUE

WHITE

Beyond kata, both classes will focus on the contiguous footwork needed to unify body motion as it correlates to all DZR arts from beginning levels to advanced levels and the path to effective combinations. Classes will include disclosure and skill development elementary for the deeper understanding needed to both learn and teach DZR as an effective tool within any martial art related scenario.

### TRIANGLES AND LEVERAGES, PROFESSOR JAMES MUSSELMAN

WHITE

Studying the theory of some ways of developing "kuzushi," and taking advantage of uki's balance system.

### STREET JUJITSU, PROFESSORS SIG KUFFERATH AND TONY JANOVICH

WHITE

Practical applications of JuJitsu to the street.

### "PROFESSOR LAW" CLASS, PROFESSOR WILLIAM RANDLE

WHITE

"A typical Professor Law class." This class will bring out some of the genius that was Professor Law. Professor Randle will teach aspects from the lists to show many insights and concepts he learned from Professor Law.

### AIKI JUJITSU KODO KAI - KIHON, SENSEI HIYAWA KIYAMA

WHITE

This class will look at both throwing and non throwing techniques of the Daiti-Ryu Aiki Jujitsu system.

### BODY MOVEMENT, PROFESSOR IMI MULLINS

WHITE

The importance of balance and pivoting and how it comes into play from the beginning to the upper level techniques.

### JUJITSU VARIATIONS OF PROF. BROWNE, MAUREEN BROWNE

WHITE

Professor Browne had many favorite self-defense variations that he taught in his classes. This class will cover these techniques in chronological order, from the '70's through the '90's.

### CHI GONG/EIGHT INTERNAL IRON PALMS, PROFESSOR DON CROSS

WHITE

An introduction to Chi Gong techniques of inner strength.

### NAGE, PROFESSOR JOHN CONGISTRE

WHITE

Emphasis of this class will be on not only the basic kata techniques but to fine tune points to make your nage a more effective list.

### HANBO, DENNIS ESTES

WHITE

The six basix hanbo techniques with variations.

### RYUKYU KEMPO, FRED NEUMANN

WHITE

This class wil cover the Ryukyu Kempo methods of striking, kicking, and grappling, in unison. This grappling style is called "Tuite Jitsu" and the type of striking is called "Kyusho Jitsu".

**TRAINING PATTERNS**, BOB REISH **WHITE**  
Bob will show training training drills and patterns to make your JuJitsu blocks, strikes, Yawara, and Nage more cohesive and powerful.

**AIKI JUJITSU KODO KAI-OPPONENT CONTROL**, SENSEI HIYAWA KIYAMA **WHITE**  
This class will look at advanced opponent control without Tori grabbing Uki.

**APPLICATIONS AND COMBINATIONS**, DENNIS ESTES **WHITE**  
Applying JuJitsu skills in reality based training.

**TRANSITION COURSE**, PROFESSOR BOB HUDSON **WHITE**  
Can you go from Yawara to Nage? Nage to Yawara? You can? Come anyway!

**HANBO**, PROFESSOR LAMAR FISHER **WHITE**  
This is a “half” of a Bo, which is a fix-it weapon. This makes the Hanbo a very “in-fighting” stick. Come and see how it is done!

**GOSHIN JITSU**, PROFESSOR JANE CARR **WHITE**  
This is a particular list that has its origins in the course named “Fujin Goshin No Maki” or women’s self defense list. This list is a compilation of these types of courses.

**TEWAZA/THE LEADING HEEL**, WILLIAM GESSNER **WHITE**  
Throwing by hand, including ways to transfer other techniques so they can be done by hand. The leading heel is an important factor.

**YAWARA TRANSITIONS**, ROY LONNBERG **WHITE**  
This class will study the ability to make correct, smooth transitions in both techniques (hand to hand) and body weight (foot to foot), to allow for ease of movement and power. Escapes and holds will be examined.

**NAGE/NEWAZA**, STEVE SECK **WHITE**  
NAGE-The importance of gripping, secondary moves in throws and combination throws in sport judo. NEWAZA-Transitions to mat work, training drills, and submission pins for sport judo.

**FUJIN GOSHIN NO MAKI**, PROFESSOR IMI MULLINS **WHITE**  
This class will focus on the throwing arts of this course. Participants must be able to sutemi well.

**GOSHIN JITSU**, PROFESSOR DON CROSS **WHITE/BLUE**  
These classes will cover the entire Goshin Jitsu course.

**NAGE**, PROFESSOR TOM JENKINS **BLUE**  
In this class we will learn a few more “throwing techniques”. In some cases a mere thrust here, a little more hip there changes the dynamics of the basics, thereby producing an inherently different throw.

**PROGRESSIONS**, ROY LONNBERG **BLUE**  
Progressions with basic techniques. Taking a basic technique and progressing to another hold or throw by being sensitive to uke’s reaction.

**SHIME**, PROFESSOR JOHN CONGISTRE **GREEN**  
The list of Shime has an interesting concept where the idea is to think ahead to your next move. In this way, the subtle intricacies are learned.

**SHIME FOR THE STREET**, PROFESSOR TONY JANOVICH **GREEN**  
Aggressive Shime for street defense.

**MOVING NAGE**, MAUREEN BROWNE

**GREEN**

This class will focus on entering to throw when you and your partner are walking. Several different entries will be covered. The throws will be both Danzan Ryu Nage and Kodokan Judo throws.

**KIAI NO MAKI - TANTO**, PROFESSOR TOM BALL

**SANKYU**

This is the knife arts of the “Kiai” course. We will explore and expand on this course.

**KIAI NO MAKI - TESSEN**, PROFESOR TOM JENKINS

**SANKYU**

This is the course of Kiai No Maki that teaches the iron fan. This was and is a very effective weapon and has many fine principles to be learned in this course.

**KIAI NO MAKI - KNOCK-OUT BLOWS**, PROFESSOR BOB HUDSON

**SANKYU**

This course will focus on how to 1) Block effectively, 2) Strike correctly, 3) Real estate principles (location, location, location).

**OKU**, PROFESSOR RORY REBMANN

**SANKYU**

This list has tremendous principles to develop your overall JuJitsu practice. We will work on drawing out what makes each of these arts work.

**KIAI NO MAKI - TANJU**, PROFESSOR JANE CARR

**SANKYU**

This is the “gun course” taught in the Kiai No Maki course. We will put a strong emphasis on being as effective as we can faced with such an awesome weapon.

**TEACHING STYLES**, BARBARA GESSNER

**SANKYU**

By nature of one of its definitions, Kodenkan emphasizes teaching as being fundamental to the system. This class will explore various styles of teaching from Command to Discovery with a focus on selecting the style best suited to achieving our desired goals, technical and/or otherwise.

**BUILDING AND OPERATING A DOJO**, PROFESSOR JAMES MUSSELMAN

**IKKYU**

General introduction of starting and operating a dojo. For beginners and those already operating schools.

**SHININ NO MAKI**, PROFESSOR TOM BALL

**SHODAN**

The “first” of the black belt courses.



やわら  
YAWARA TE

- 1.Katate Hazushi Ichi
- 2.Katate Hazushi Ni
- 3.Ryote Hazushi
- 4.Morote Hazushi
- 5.Yubi Tori Hazushi
- 6.Momiji Hazushi
- 7.Ryoeri Hazushi
- 8.Yubi Tori
- 9.Moro Yubi Tori
- 10.Katate Tori

- 11.Ryote Tori
- 12.Tekubi Tori Ichi
- 13.Tekubi Tori Ni
- 14.Imon Tori
- 15.Ryoeri Tori
- 16.Akushu Kote Tori
- 17.Akushu Ude Tori
- 18.Akushu Kotemaki Tori
- 19.Kubi Nuki Shime
- 20.Hagai Shime

投手  
NAGE NO KATA

- 1.Deashi Harai
- 2.Sasae Ashi
- 3.Okuri Harai
- 4.Soto Gama
- 5.Uchi Gama
- 6.Soto Momo Harai
- 7.Uchi Momo Harai
- 8.Ogoshi
- 9.Utsuri Goshi
- 10.Seoi Nage

- 11.Ushiro Goshi
- 12.Seoi Goshi
- 13.Tsurikomi Goshi
- 14.Harai Goshi
- 15.Hane Goshi
- 16.Uki Otoshi
- 17.Makikomi
- 18.Kani Sute
- 19.Tomoe Nage
- 20.Yama Arashi

絞手  
SHIME NO KATA

- 1.Eri Gatame
- 2.Kata Gatame
- 3.Juji Gatame
- 4.Shiho Gatame
- 5.Sankaku
- 6.Ushiro Gatame
- 7.Namijuji Shime
- 8.Gyakujuji Shime
- 9.Ichimonji Shime
- 10.Tsukkomi Shime
- 11.Hadaka Shime Ichi
- 12.Hadaka Shime Ni
- 13.Hadaka Shime San

- 14.Dakikubi Shime
- 15.Osaegami Shime
- 16.Kote Shime
- 17.Tenada Shime
- 18.Do Shime
- 19.Ashi Karami Shime
- 20.Ashi Nada Shime
- 21.Ashi Yubi
- 22.Momo Shime
- 23.Shika No Issoku Shime
- 24.Shidare Fuji Shime
- 25.Tatsumaki Shime

# 奥手

OKU NO KATA

- 1.Deashi Hayanada
- 2.Ogoshi Hayanada
- 3.Seoi Hayanada
- 4.Norimi
- 5.Sumigaeshi
- 6.Mizukuguri
- 7.Maeyamakage
- 8.Komi Iri
- 9.Kotegaeshi
- 10.Sakanuki
- 11.Gyakute Nage
- 12.Hontomoe
- 13.Katate Tomoe
- 14.Te Garami
- 15.Gyakute Garami
- 16.Kote Garami
- 17.Koguruma
- 18.Tora Nage
- 19.Tora Katsugi
- 20.Arashi Otoshi
- 21.Hiki Otoshi
- 22.Kine Katsugi
- 23.Kin Katsugi
- 24.Kaza Guruma
- 25.Jigoku Otoshi

# 気合ノ巻

KIAI NO MAKI

- 1.Waribashi Ori
- 2.Karatake Wari
- 3.Harage Ishi Wari
- 4.Shiraha Watari

## **Tessen - Iron Fan**

- 5.Katate Hazushi
- 6.Mune Dori
- 7.Miken Wari
- 8.Uchikomi Dome
- 9.Katate Ori
- 10.Katsura Wari

## **Tanto - Knife**

- 11.Hibara Hazushi
- 12.Katate Hazushi
- 13.Tsukkomi Hazushi
- 14.Ryote Dome

## **Daito - Long Sword**

- 15.Nukimi Dome
- 16.Shiraha Dori
- 17.Suso Harai

## **Bo - Staff**

- 18.Hanbo Uchikomi Dori
- 19.Rokushaku Bo Furi
- 20.Mune Gatame
- 21.Shiho Gatame
- 22.Futari Shime
- 23.Furo Shime
- 24.Shichinin Shime

## **Tanju - Pistol**

- 25.Gan Hazushi
- 26.Mune Hazushi
- 27.Hibara Hazushi

## CLASS SCHEDULE - FRIDAY APRIL 18, 1997

|           |                                   |                                         |
|-----------|-----------------------------------|-----------------------------------------|
|           | <b>MAT 3</b><br><b>Red Lion 3</b> | <b>MAT 4</b><br><b>Red Lion 4/Front</b> |
| 7:00-9:00 | <b>Open Mat</b>                   | <b>Movement</b><br>Reish                |

## CLASS SCHEDULE - SATURDAY APRIL 19, 1997

|                |                                                                   |                                                           |                                                                        |                                                               |                                                                   |                                                                                       |                                     |
|----------------|-------------------------------------------------------------------|-----------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------|
| 8:00-8:30      | <b>Warm-Up Class - Red Lion 2</b>                                 |                                                           |                                                                        |                                                               |                                                                   |                                                                                       |                                     |
| 8:45           | <b>Opening Ceremony - Red Lion 2</b>                              |                                                           |                                                                        |                                                               |                                                                   |                                                                                       |                                     |
|                | <b>MAT 1</b><br><b>Red Lion 1</b>                                 | <b>MAT 2</b><br><b>Red Lion 2</b>                         | <b>MAT 3</b><br><b>Red Lion 3</b>                                      | <b>MAT 4</b><br><b>Red Lion 4/Front</b>                       | <b>MAT 5</b><br><b>Red Lion 4/Back</b>                            | <b>MAT 6</b><br><b>Balboa Bay 1</b>                                                   | <b>MAT 7</b><br><b>Balboa Bay 2</b> |
| 9:00-10:30     | <b>Shinin no Maki</b><br>(Black)<br><br>Ball                      | <b>Nage</b><br>(White & Above)<br><br>Congistre           | <b>Kihon</b><br>(White & Above)<br><br>Kiyama                          | <b>Goshin Jitsu 1</b><br>(White & Above)<br><br>Cross         | <b>Teaching Styles</b><br>(Sankyu & Above)<br><br>Barbara Gessner | <b>Yawara Transitions</b><br>(White & Above)<br><br>Lonnberg                          | <b>Juniors</b><br><br>A. Rebmann    |
| 10:40-12:10    | <b>Hanbo</b><br>(White & Above)<br><br>Fisher                     | <b>Oku</b><br>(Sankyu & Above)<br><br>Rebmann             | <b>Ryukyu Kempo</b><br>(White & Above)<br><br>Neumann                  | <b>Effective Applications</b><br>(White & Above)<br><br>LaGue | <b>Fujin Goshin no Maki</b><br>(Green & Above)<br><br>Mullins     | <b>Triangles &amp; Leverages</b><br>(Blue & Above, straight-over sutemi)<br>Musselman | <b>Juniors</b><br><br>Schuster      |
| 12:20-1:50     | <b>Kiai no Maki - Tanju</b><br>(Sankyu & Above)<br><br>Carr       | <b>Transition Course</b><br>(White & Above)<br><br>Hudson | <b>Applications &amp; Combinations</b><br>(Green & Above)<br><br>Estes | <b>Shime for Street</b><br>(Green & Above)<br><br>Janovich    | <b>Jujitsu Variations</b><br>(White & Above)<br><br>Browne        | <b>Nage</b><br>(Blue & Above)<br><br>Jenkins                                          | <b>Juniors</b><br><br>Silvagni      |
| 2:00-3:30      | <b>Advanced Opponent Control</b><br>(White & Above)<br><br>Kiyama | <b>Shinryaku</b><br>(Black)<br><br>Reish                  | <b>Prog w/ Basic Techniques</b><br>(Blue & Above)<br><br>Lonnberg      | <b>Prof Law Class</b><br>(Blue & Above)<br><br>Randle         | <b>Body Movement</b><br>(White & Above)<br><br>Mullins            | <b>Tewaza/The Leading Heel</b><br>(Blue & Above)<br><br>Bill Gessner                  | <b>Juniors</b><br><br>Colton        |
| 3:40-5:00<br>* | <b>Ryukyu Kempo</b><br>(White & Above)<br><br>Neumann             | <b>Goshin Jitsu 2</b><br>(Blue & Above)<br><br>Cross      | <b>Kiai no Maki Knock-out Blows</b><br>(Sankyu & Above)<br><br>Hudson  | <b>Hanbo</b><br>(White & Above)<br><br>Estes                  | <b>Moving Nage</b><br>(Green & Above)<br><br>Browne               | <b>Street JuJitsu</b><br>(White & Above)<br><br>Kufferath                             | <b>Juniors</b><br><br>Westside      |

\* Please Note: The mat areas 1-5 must be cleared immediately at 5:00 to prepare for the banquet



## CLASS SCHEDULE - SUNDAY APRIL 20, 1997

|             |                                                                  |                                                  |                                                               |                                          |                                          |                                                                           |                                  |
|-------------|------------------------------------------------------------------|--------------------------------------------------|---------------------------------------------------------------|------------------------------------------|------------------------------------------|---------------------------------------------------------------------------|----------------------------------|
| 8:00-8:30   | <b>Warm-Up Class - Red Lion 2</b>                                |                                                  |                                                               |                                          |                                          |                                                                           |                                  |
| 8:30-8:45   | <b>Promotional Throws - Red Lion 2</b>                           |                                                  |                                                               |                                          |                                          |                                                                           |                                  |
| 8:45-9:00   | <b>Announcements and Opening - Red Lion 2</b>                    |                                                  |                                                               |                                          |                                          |                                                                           |                                  |
|             | <b>MAT 1<br/>Red Lion 1</b>                                      | <b>MAT 2<br/>Red Lion 2</b>                      | <b>MAT 3<br/>Red Lion 3</b>                                   | <b>MAT 4<br/>Red Lion 4/Front</b>        | <b>MAT 5<br/>Red Lion 4/Back</b>         | <b>MAT 6<br/>Balboa Bay 1</b>                                             | <b>MAT 7<br/>Balboa Bay 2</b>    |
| 9:00-10:30  | <b>Goshin Jitsu</b><br>(White & Above)<br><br>Carr               | <b>Shime</b><br>(Green & Above)<br><br>Congistre | <b>Kiai no Maki - Tanto</b><br>(Sankyu & Above)<br><br>Ball   | <b>Freestyle Competition</b><br><br>Lane | <b>Freestyle Competition</b><br><br>Lane | <b>Chi Gong/Eight Internal Iron Palms</b><br>(White & Above)<br><br>Cross | <b>Juniors</b><br><br>A. Rebmann |
| 10:40-12:10 | <b>Street Jujitsu</b><br>(White & Above)<br><br>Janovich         | <b>Nage</b><br>(White & Above)<br><br>Seck       | <b>Effective Applications</b><br>(White & Above)<br><br>LaGue | <b>Freestyle Competition</b><br><br>Lane | <b>Freestyle Competition</b><br><br>Lane | <b>Instructor's Choice</b><br>(White & Above)<br><br>Fisher               | <b>Juniors</b><br><br>Ryan       |
| 12:20-1:50  | <b>Yawara</b><br>(White & Above)<br><br>Rebmann                  | <b>Newaza</b><br>(White & Above)<br><br>Seck     | <b>Ryukyu Kempo</b><br>(Black)<br><br>Neumann                 | <b>Tournament Awards</b>                 | <b>Tournament Awards</b>                 | <b>Kiai no Maki - Tessen</b><br>(Sankyu & Above)<br><br>Jenkins           | <b>Juniors</b><br><br>Borges     |
| 12:20-1:50  | <b>Building and Operating a Dojo</b> (Ikkyu & Above) - Musselman |                                                  |                                                               |                                          | Costa Mesa Boardroom                     |                                                                           |                                  |
| 2:15        | <b>Closing Ceremony - Red Lion 2</b>                             |                                                  |                                                               |                                          |                                          |                                                                           |                                  |



# BLACK BELT ROLL CALL

## JUDAN

Senior Professor Lamar Fisher

## HACHIDAN

Professor Tom Ball  
Professor John Congistre

## SCHICHIDAN

Professor Jane Carr  
Professor James Musselman  
Professor Rory Rebmann

## ROKUDAN

Professor Don Cross  
Professor Tom Jenkins  
Professor Robert Hudson  
Professor Herb LaGue

## Godan

Vern Brekke  
Maureen Browne  
Mike Dickinson  
Larry Nolte  
David Seifried

## Yodan

Timothy Lynch

## Sandan

David Aubin  
Bruce Auld  
Spencer Berry  
Bennett  
James Bodnar  
Mary Lou Boland  
Frank Borges  
Tanja Brekke  
Armand Brett  
John Manus Byrne  
Kathi Congistre  
James Dean  
Bret Dear  
Jeffrey Dearing  
Gary DeGarmo  
Arthur Estes  
Brian Fennen  
Francis Ferris  
Robert Fischer  
Cynthia Frueh  
Lisa Goldoftas  
Brian Gorra  
Jess Green  
Robert Karnes

Robert Krull  
Perisa (Suki) LaGue  
Leonard M. Lambert  
Mary Lowe  
Donald McElroy  
Steven James McLaughlin  
Ward Melenich  
Tim Merrill  
Douglas Musser  
John Pfund  
Terry Pierce  
Dr. Paul Rutter  
Thomas Ryan  
Randy Schuster  
Shirley Shannon  
Troy Shehorn  
Loretta Cabacungan Silvagni  
Charles A. Smith  
Jon Sylvia  
Thomas Tessier  
Thomas Trakas  
Michael Werth

## Nidan

Anthony Albright  
Judith E. Anderson  
Jan Ball  
Nancy Bigham



Matthew Bigham  
William Bleakly  
Burkhard Bohm  
Timothy Boland  
Sheri Borges  
Dan Butler  
Jay H. Callender  
Jaya Carl  
W. Michael Ceccarelli  
Pat Ceccarelli  
Kevin Colton  
John David  
Prescott Leeds Davis  
Nyla Davis  
Gordon Dilger  
Allen Ergo  
Gene Esala

Ted Fehlhaber  
Hollis Fennen  
Cynthia Ferris  
Michael Folkendt  
Michael Foster  
Paul Francis  
Dennis Gacutan  
Michael Gley  
Dave Gordon  
Brian Griffin  
Richard Hager Sr.  
Gerald Halligan  
David Hallowell  
James Heidinger  
Robert Hodgkin  
Richard H. Howell  
Richard Hueston  
Randall Kabrich  
Robert Karsten  
Karen Kerfoot  
Robert Kolbet  
Racelle Lamar  
Alex Limbaugh  
David Martin  
Paul Maslin  
Linyi Maslin  
Geoffrey McCool  
Stanley Miller  
James Nieto  
Buzz Norton  
Betty O'Keefe  
Vernon (Smoke) Oakley Jr.  
Jim Oba  
Oscar Ontiveros  
Jeff Penner  
Nelson Powell M.D.  
Albert Cushing Read  
Robert Reish  
David Scheid  
Edward Shatzen  
John M. Shipley  
Gary L. Smith  
Janice Snyder  
JoAnn Strang  
Bruce C. Taylor  
JoAnn Watson  
Garth Weber  
Sohn Wehseler  
Duane Wieden  
Greg Wyatt  
Richard Young  
Nancy Young  
Jeff Young

## Shodan

Jeff Abrams  
Thomas Andersen

Chris Andrews  
Steven H. Anglin  
Janet Heron Asay  
LaReil Baker  
Stephen R. Balzac  
Daniel Barrett  
Javier Bautista  
Pierre Beavoir  
Thomas Bedingfield  
Jon Beltrami  
Dominic Beltrami  
Carl J. Boivie  
Richard Borba  
Bobby Braxton  
Robert Brouillard  
William Brown  
Jose Bueno  
Phillip Bulebar  
Troy Burdick  
Harry Burleson  
Cedrick Burrows  
C. Dale Casale  
Joseph Cates  
Roland Clark  
Kevin Clement  
Tim Clepper  
Greg Cornelius  
Geoffrey Cornelius  
John Crechriou  
Raymond Creitz  
Aric Cunningham  
John Darling  
Stephanie Daveler  
Mark Davis  
Nanette DeMasters  
Louis DeMeo  
Christopher Denz  
Daniel DePetro  
Lee C. Dudley  
Lora Edwards  
Chollanna Estes  
Jon Falconer  
Carmen Farruggia  
Richard Francis  
Nerissa Freeman  
Joan Fritsche  
Kenneth Gadbury  
Peter Griggs  
Richard Grimm  
Nancy Gronert  
Jason Gussman  
Michael Halbert  
Jesse Hamaker  
Wesley Hardaker  
William E. Hayden  
Lisa Hirsch  
Shirley Hudson

Blaine Hunt  
Dale Kahoun  
Jay Kalisek

Margaret Keene  
Brian Kehnemuyi  
Robert Key  
Nicolai Labarthe  
Nancy Lalk  
Richard Lannom  
John M. Le Doux  
David Lewis  
Dan Linder  
Donna Lingle  
James J. Linn  
Susan Liroff  
Johnny Matijevich  
Jack Mauck  
Joe McCormick  
Robert McKean  
Steve Mertens  
Jeff Meyers  
Robbin Miller  
Wayne Morimoto  
John O'Connor  
Jim (Frank) Ogletree  
Yan Orellana  
Jose Ortiz  
Vuth Ouk  
Ron Pacheco  
John Pagendarm  
Todd Palmer  
Davey Pearce  
Mark Peters  
Edward Peterson  
Eugene Pierce  
Keith W. Pollak  
Greg Porritt  
Christine Pritchard  
Ryan Rebmann  
Patricia Rebmann  
Ashley Rebmann  
Scott Redden  
Lanny Reed  
Susan Register-Bodnar  
Robert Reilly  
Richard Robbins  
Steve Rooney  
Vanessa H. Routh  
Stefan Sanders  
Art Schmitt  
Stanley E. Shaft  
Debra Shoemaker  
Marcus Shumpert  
Roland Sieracki  
Daniel Simard  
Warren Staley  
Elaine Stanley  
Katie Stevens  
Philip Stoecklin  
Robert Thomas

David Thompson  
Laura Tow  
Andrew Tuttle

Monica Villanueva  
Thomas Vlahovich  
Garth Weber  
Shane Weldon  
Heather Wilson  
Lance Wilson  
Amarlis F. Wilwerding  
George Young, Jr.  
Michael Zubricky



## AJFF Dojo Listing

Al-Wadi Budokai  
Louis J.DeMeo  
Al-Wadi Compound #21 P.O. Box 61837  
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11571 Saudi Arabia  
482-4417 ext. 121

Amador Judo & JuJitsu Studio  
Prof. Rory & Patricia Rebmann  
2280 Bluebell Drive Livermore CA  
94550 510/455-6054

Bushido Jutsu Kan  
Bob Hodgkin  
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Calistoga JuJitsu Institute  
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916-343-6551

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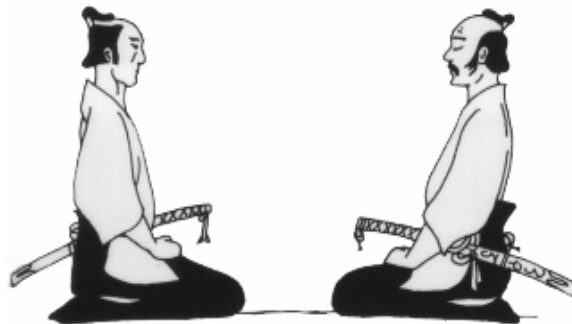
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Professor Pat Browne  
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Tri-Valley Martial Arts Center  
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Yoshin Jitsu Kai  
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94550 510/371-6062 rhowell@tdl.com

Tekio Seishin-Kai  
Lee Charles Dudley



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Oak & Willow Academy  
Philip Stoecklin  
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Monterey Bay Jujitsu Kai  
Kevin Clement  
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408-655-8724 kc@redshift.com

Ithaca College Sei Shin Kan  
Christine Pritchard  
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607-277-4742 PRITCHAR@ithaca.edu

The Kuroinukan  
Ward Melenich & Sohn Wehseler  
5208 Otsego St. Deluth, MN 55804  
218-525-9472 ward@computerpro.com

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## **Board of Professors**

Senior Professor Lamar Fisher  
Professor Tom Ball  
Professor Jane Carr  
Professor John Congistre  
Professor Donald Cross  
Professor Robert C. Hudson  
Professor Tom Jenkins  
Professor Herb LaGue  
Professor James Musselman  
Professor Rory Rebmann

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## **Board of Managers**

|                          |                      |
|--------------------------|----------------------|
| Professor Lamar Fisher   | AJFF President       |
| Professor Rory Rebmann   | AJFF Vice-President  |
| Professor John Congistre | AJFF Treasurer       |
| Professor Jane Carr      | Secretary to the BOP |

|                            |                              |
|----------------------------|------------------------------|
| Lisa Goldaftas             | Chair of the BOM             |
| Barbara Gessner            | Manager of Clinics           |
| John O'Connor              | Manager of Communications    |
| Geoffrey Lane              | Manager of Contests          |
| Randy Schuster             | Manager of Conventions       |
| Robert Karnes              | Manager of Development       |
| Loretta Cabacungan Silvagn | Manager of Examinations      |
| Matthew Bigham             | Manager of Finance           |
| Thomas Hill                | Manager of Public Relations  |
| Maria Enriquez             | Manager of Regions           |
| Cynthia Frueh              | Secretary of the Board       |
| Peter Griggs               | Central Office Administrator |

---

## **Regional Managers**

|                         |                  |
|-------------------------|------------------|
| Dennis Estes            | Region 1 Manager |
| Professor Robert Hudson | Region 2 Manager |
| Jason Gussman           | Region 3 Manager |
| Roy Lonnberg            | Region 4 Manager |
| Tom Ryan                | Region 5 Manager |
| Paolo Tioli             | Region 6 Manager |
| Mary Boland             | Region 7 Manager |



### About the AJJF

The American Judo and Jujitsu Federation is a non-profit, tax-exempt, educational organization incorporated on May 21, 1958 under the laws of the State of California by founders John Cahill, Bud Estes, Ray Law, and Dick Rickerts. The AJJF continues to promote Danzan Ryu Jujitsu, a classical martial arts system developed by Master Henry S. Okazaki.

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