



Professor, soldier, hero, beloved friend

Ramón “Lono” Ancho Jr.

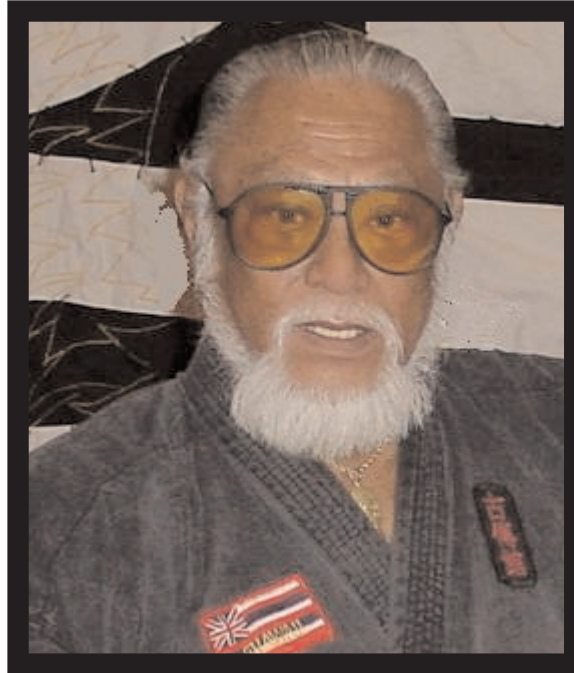
By Tom Ryan

Prof. Ramón “Lono” Ancho Jr. – a master of several martial arts, a decorated war hero and a loving, trusted friend – died of a stroke on Jan. 27 at the age of 74. He was cremated following a Catholic ceremony in King, N.C.

Prof. Ancho’s spirit inspires and steels the spirit against adversity. These are my recollections of a few of them.

“Lono” was a handful as a child. To put it nicely, he was the kid who ran the block. He had been training in Kempo karate with William Chow and his three brothers in the Palama district of Hawaii.

One day, he saw a boy about his age and decided to beat him up, or as he would say it, “Give him a lickin.” “Lono started the tussle and got his bottom handed to him. A couple of days later, he saw the boy again and approached him. The boy immediately got ready for another fight, but Lono said, “No, No! I don’t want to fight. I want to know what you did to me.” The boy invit-



Ramón “Lono” Ancho Jr.
Sept. 28, 1928 - Jan. 27, 2003

ed Lono to the kids class at Master Henry Okazaki’s dojo and started training in Danzan Ryu. He was nine years old.

“Blackie”

Prof. Okazaki called Lono “Blackie,” as Lono was always at the beach and his skin gets very dark. One day Blackie asked to leave the mat to go to the restroom. Prof. Okazaki said yes. Lono went into the restroom and out the window. He climbed Professor’s mango tree and started eating one. After a while, he looked down and Prof. Okazaki was staring up at him with his arms folded across his chest. Lono came down and ran into the dojo. Prof. Okazaki came in and said the class was going to work on Deashi Harai. Prof. called Lono up to help him demonstrate. He swept Lono over and over with the side of his instep – not the bottom of the foot – and did not hold on to him. Prof. Ancho told me he would hardly get up and Prof. Okazaki had him in the air again. Lono did not steal any more of Prof. Okazaki’s mangos.

Another time, Lono was being particularly bad and not paying attention in

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An Approach to Unarmed Weapons Defense: The “RRCD” Strategy

By Tom Lang

Introduction

I’ve long thought that creating a list of “bad” *jujutsu* techniques would be useful (“Ah Ful No Make?” Sorry). Such techniques would illustrate what happens when the principles of good movement are violated. However, finding “bad” techniques is more difficult than first appears. It is sometimes hard to tell the difference between a “good” one done poorly and a “bad” technique done skillfully.

The three truly “bad” techniques I have identified are all disarms. Most of us learn unarmed defenses against weapons at some time in our training. Often, these defenses are taught as specific responses to specific attacks. What is sometimes missing is a general strategy of defense. Such a strategy could pro-

vide a way to think about what has to be done to complete a disarm and might also help us identify “good” and “bad” techniques, as well as guide us in improving techniques.

Reviewing these three “bad” disarms and other, stronger disarms, I identified a strategy for unarmed defense. It is neither new, nor surprising, nor perfect. However, the strongest disarms I know follow the strategy, whereas the weakest do not. The strategy is composed of four parts, and the last three parts are divided into six goals, each of which will probably be met if the disarm is effective.

In this article then, I describe a four-part strategy for thinking about unarmed defenses against armed opponents. I illustrate the usefulness of the strategy by evaluating some strong and some weak disarms against the goals of the strategy.

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