

CONTACT THE AJJF

www.ajjf.org
CENTRAL OFFICE
Randy Schuster
email: co@ajjf.org

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Conventions and clinics, Something to think about

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groundwork class at convention and talked much the same way. Don't hold down your opponent, he said. Just don't let him up! If you don't relax, you won't be able to adapt to uke's efforts to escape.

Godan Frank Ferris, in a knife-defense class, warned us about our desire to get "grabby." As jujitsuka, we have a tendency toward being possessive, he said. Sometimes, it's better to let go and go with the flow.

Prof. Robert Hudson made similar remarks when asked to describe how wing chun has affected his jujitsu. Martial artists play games to get you to react a certain way so they can counter you, he said. Do so, and you provide the opening for them. The only way around this is to "build yourself a coffin, get in the coffin, and nail it shut," he said, recounting the advice that he got from his own instructor.



Students getting rowdy with Sensei Randy Schuster (the Californian in the T-shirt) at the 2004 Duluth (Minnesota) Winter Clinic. Note the student in the blue hat meditating on *mushin*. Air temperature: 5 degrees. Wind speed: 20 mph.

You must detach yourself from life and embrace death, he said. Nothing short of that complete detachment will work.

Similarly, Yagyū Taijōmanji Munemori wrote in the *Hei-Ho-Kadensho* (Hereditary Manual of Martial Arts): "Train yourself thoroughly and then forget about it. Throw away your mind." His eldest son, Yagyū Jubei Mitsuyoshi, taught that your mind must never become so preoccupied with your opponent that you cannot hear wind and water.*

These are my thoughts as I digest the words of Prof. John Congistre during his *Shinyo* class at convention. And while I am not at liberty to discuss that list in this forum, it is safe to say that even our most advanced techniques involve *sutemi*.

* This paragraph was excerpted from *Secret Tactics, Lessons from the Great Masters of Martial Arts*, by Kazumi Tabata (Tuttle Publishing, c. 2003).