



NEWSLETTER

OHANA 2022

The AJJF was well-represented at the 2022 Ohana event hosted by Jujitsu America. Some of our Professors/Sensei were there to teach some great classes, and many others attended to learn some new perspectives on the arts we all know and love. Seeing many from our AJJF family and meeting many new members of our "extended" families truly brought the word Ohana to life. In the words of Sensei Greg Poretz "It was a gift to be able to return to "Ohana," not as a location but as a state of being. Connecting with old friends and making new ones. As a Sensei, seeing my students drink deeply from the well and make those new friendships that rekindle year after year. It was heartwarming to see the majority of the DZR Orgs represented, from the traditional to the eclectic. Clearly, the dream of Okazaki Sensei still lives!" In addition to DZR Jujitsu, there was an interesting variety of classes including Karate, Judo, Sambo, Sport Jujitsu, sword/weapon classes, massage and much more.



FRIENDLY COMPETITION

Just as our AJJF teachers/students represented well at Ohana this year, we had a number of Coach/Athlete teams that represented well in Kata, Sumo and Sport Jujitsu tournaments. The results were as follows:

<u>Kata</u>	<u>Sumo</u>	<u>Sport Jujitsu</u>
1 (team) Gold	1 Silver	1 Gold
2 (teams) Silver	1 Bronze	2 Silver
		1 Bronze

In the Kata division, Santa Clarita Valley Jujitsu had a strong showing with a team composed of Professor Colton and Sensei Kerry Sego and a second team composed of Sensei Mary Angelino/Sensei Tara Hodgetts. Naturally their technique was smooth and sharp, and the competitors showed great composure throughout and earned silver medals in their divisions. Truly a pleasure to watch. In the Kyu divisions, representatives from Kenshokan Dojo, Wesley Mangan and Fallando Johnson, were able to put together a series of techniques that impressed the judges and won them first place!

In the Sumo division, Kenshokan represented once more. Students Danial Yaacov captured second place while Ares Alarcon took third.

For those of you who haven't experienced Sport Jujitsu, it's exciting both on and off the mat. This eclectic blend of striking sparring, grappling and Judo challenges the fighter at all ranges and puts stand up and mat skills to the test. Three AJJF dojos were represented, and the competitors fought hard. In the Kyu divisions, first timers Ares Alarcon and Toshiro Koizumi (Kenshokan) fought in competitive divisions and emerged with a 3rd place (Alarcon) and 2nd place (Koizumi) finish. In the Advanced division (145-175lb) Wasenshi Kan's Ben Rowe showed his fighting spirit throughout and finished in 2nd place much to the pride of Professor Nerissa Freeman and Rowe's coach Sensei Rodrigo Garcia. In the Advanced 170-200lb division Nibukikan's Austin Stahl and his coach Sensei Harry Burleson executed a strong gameplan along with some calm and collected technique to sweep the division for a 1st place finish.

Much respect to all the competitors! Everyone on the mat showed great skill, great sportsmanship, and great dedication to their art. Special thanks to Professor Bunch and his team for putting their hearts into the event and doing a tremendous job!

Restorative Jujitsu in Chicago

A group of senior citizens gathers twice weekly at the La Grange (Illinois) Park District to participate in a Restorative Jujitsu class. Led by Sensei Fil Gutierrez and Black Belt Viviana Tapin of Danzan Ryu Chicago, we are learning basic Jujitsu techniques along with exercises and practices to improve our health. Some members are recovering from illness (stroke, cancer, joint replacement) and injury. Others are training to improve flexibility and fitness and to learn rudimentary self-defense techniques. All of us are benefiting from the examples of Fil and Vivi regarding diet, exercise and lifestyle, and we're having fun doing it. Comments from some of our group:

“We look forward to the insights and movements taught, practice them at home, and enjoy better physical and emotional health for our efforts” – Phyllis

“Special stretching motions are taught which work to activate your body’s own internal energy to improve overall health and quality of life” – Bob

“Class energizes my body, mind and spirit” – Judy

Vivi and Fil are disproving the old adage that “you can’t teach old dogs new tricks” while also learning that it takes longer when the students are in their 60’s, 70’s and 80’s. We may not be able to turn the clock back but we can definitely slow it down.



Jujitsu and Chill

This past Tuesday and Wednesday Kenshokan Dojo was wonderfully fortunate to have Professor Delina Fuchs drop by for a visit.

Tuesday evening we delved into Shinyo No Maki and in a very “in”/”yo” we bounced between the physical and spiritual arts, highlighting the need for repetition and practice as well as the importance of the inner work and the fortifying of the spirit.

Wednesday, we got off to a thrilling start with Professor leading our youth class on a rousing animal workout routine and some focused study of Ukemi and Sutemi. It was a real treat to see the kids “light up” as Professor provided challenge after challenge, prompting each student to give their all in pursuit of excellence. Next was our teen group, with self-defense in mind we thoroughly dissected Kata Mune Tori, we drilled the kata with Professor guiding and providing constant support and input.

For our adult group, we deeply examined Nage concepts and worked on how posture supports the kata and makes for excellent technique. We spent some time answering questions for the brown belt group. Professor Fuchs shared the kata and her own interpretations making for some great “ah-ha” moments for the students and yours truly!

We journeyed out for pizza and stories. A wonderful time was had by all!

Thank you to Professor Fuchs for making the drive and sharing several lifetimes of knowledge.

-Gregory Poretz

Access Photos [Here](#)

Upcoming Events/Clinics

- [Camp Kodenkan North](#) on August 25th-28th in Nevada City CA
- [RAW Power Introductory Self-Defense Workshop](#) (15+) on August 28th in Pasadena CA
- [Wasenshi Kan 10 Year Anniversary](#) Event on October 1st in Roseville CA (Woodbridge Park)

Don't forget to check [here](#) for access to the the full AJJF calendar! Plenty of BB classes and events to attend

General News

Unfortunately we have lost two of our wonderful teachers in recent times. Sensei Jess Green and Coach John Gussman have both passed away, but have left generations of students stronger and more confident as a result of their years of effort and patience. A memorial for [Jess Green](#) can be seen here, and another for [John Gussman](#) can be seen here. May they rest in peace.

Professor Geoff Lane recently hosted a fun event called Jujitsu at the Beach in Oxnard CA, and fun was had by all. You can see an article on the event [here](#). Professor Lane has also opened a new dojo of his own, named KazeNamiKan! Congrats to Professor Lane.

Professor Kaplowitz continues her great work in the form of podcast interviewing the various professors of the AJJF. Her most recent interview on Professor Marty Bryzcky can be heard [here](#). Keep it up!