



## Pacific Jujitsu Alliance

PO Box 1881, Phoenix, Oregon 97535

[www.pacificjujitsualliance.com](http://www.pacificjujitsualliance.com)

# ***Newsletter – December 2015***

## **A Message from Professor Bob McKean**

*We are nearing the end of 2015. This has been a very good year for the Pacific Jujitsu Alliance. We have added a couple new schools and some very good quality black belts. In 2015 we added a new insurance program for our members. \$15 per member per year is a price that can't be easily beat. I urge all PJA school heads to take advantage of this program in 2016. For additional information please contact me.*

*The PJA will be offering a series of dojo massage courses in 2016. Be sure to read the article, written by Sensei Robert Korody in this newsletter which explains this program in detail.*

*For those of us who worked on Ohana 2014, 2015 was a year to relax and recover. It was a great experience but it was a very demanding event. The Pacific Jujitsu Alliance wishes Professor Herb LaGue and his crew the best of luck with Ohana 2016. We will be there to support Ohana 2016.*

*I hope everyone has a safe and Merry Christmas and a wonderful New Year. I am looking forward to seeing everyone on the mat next year.*

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# **Pacific Jujitsu Alliance Dojo Massage Program**

By: Sensei Robert Korody

The PJA dojo massage is based on the original teachings of Master Okazaki and the healing arts curriculum of Danzan Ryu. The objective of the dojo massage is the preservation of the Danzan Ryu healing arts curriculum and to provide students and Sensei within the Danzan Ryu community a medium with which to learn and apply these arts.

The PJA dojo massage curriculum is taught as per all other Danzan Ryu boards with the objective that PJA school heads are qualified and responsible for passing on this aspect of our heritage to their students.

All didactic aspects of the dojo massage, i.e. anatomy, Chinese medicine and ethics are taught online, with the responsibility on the student to study independently and be knowledgeable with regards to the materials sent out. All topics within the didactic material are discussed in detail each meeting but the emphasis of training is on application of the hands on, practical aspect of the massage so that students are able to immediately apply the massage and associated modalities. This manner of instruction is a tremendous time saver and allows the massage to be taught in days rather than months as per the course requirements of some other Danzan Ryu organizations.

Practical application of the massage is taught in thirds, i.e. 1/3 of the complete massage kata is taught per each meeting so as to concentrate application and retention. Students are then expected to practice each segment taught prior to the next meeting so as to be prepared to integrate the previous class into the next. The first weekend concentrates on learning the neck and back, the second weekend the extremities, and the third weekend the remainder of the kata and with time permitting, instruction in various Chinese modalities such as Guasha and cupping that are simple to implement, legal to perform, and immediately useful to the Sensei and students as adjuncts to the massage.

Per completion of training the student will have learned the complete kata and be knowledgeable in both the application and the underlying energetics of the massage. PJA dojo massage places a special emphasis on the understanding of the internal energetics of the massage and how the learning of these energetics prepares students of Danzan Ryu for instruction in the upper boards.

Additional benefits of learning the healing arts includes the learning of foundational anatomy that is immediately applicable to all DZR arts, and the unique "connectivity" that is cultivated through regular and diligent practice and affords the Jujitsuka a manner of training not found in other martial arts. And as we train and practice a discipline that is inherently violent and often injurious, it is our responsibility to care for one another and our students. The healing arts of Danzan Ryu therefore provide a multifaceted and subtle medium to accomplish all of these objectives and as the caretakers of the Ryu it is also our responsibility to preserve all aspects of our Master's teachings.

If you have any questions please feel free to contact me.

Robert Korody M.S. P.T. L.Ac.  
Cedar Mountain Healing Arts  
RobertKorody@gmail.com  
347 610 1688

*The Pacific Jujitsu Alliance Dojo Message Program is designed provide the members of the PJA, and the Danzan Ryu community, with an opportunity to learn an important aspect of Danzan Ryu in a manner which does not require an extensive time or financial commitment. One of our end goals is to have the sensei teach this program like the other Danzan Ryu boards that are taught in the dojo. Dates, locations and fees will be announced sometime after the first of the year.*

*Professor Bob McKean*

## **New PJA Black Belt Members**

The PJA welcomes our newest black belt member to our Ohana

Edy Rolando deLeon – shodan  
*Student of Professor Barb Gessner*

## **Recent PJA Black Belt Promotions**

Congratulations to those PJA Black Belts whose promotions were recently recognized by the Pacific Jujitsu Alliance.

David Woodland – Godan  
*Student of Professor Ron Jennings*

Eddie Gearhart – Yodan  
*Student of Professor Hans Ingebretsen*

Kerry Segó – Yodan  
*Student of Professor Kevin Colton*

## **PJA Members Recognized by Kilohana**

During the November 7, 2015 Kilohana Masters Seminar & Banquet in Morgan Hill, CA, the following PJA members were recognized by the Kilohana Martial Arts Association for their work, assistance and contributions to Kilohana.

### **Kilohana Instructor of the Year**

Professor Troy Shehorn

### **Kilohana Presidents Award**

Professor Mike Tucker  
Professor Chris Nicholas

# KITW – Hayward, CA

By: Professor Chris Nicholas



We jokingly called it **K**nives **I**n **T**he **W**arehouse. Advanced Instructor Jim N. was kind enough to provide the secluded space in Hayward's Industrial Area. Several of the participants were unsure if they arrived until they saw the Red Shirts sipping coffee by the front door.

14 Warriors gathered to learn new skills with the blade under the guidance of Master Instructors Chris N. and Mike T. A split of 7 prior participants and 7 newbies made for a great workout. Ron Esteller, not pictured, had a family event that precluded his staying all day, but he has earned that right.

Starting the day with the blade lecture then moving into a warm up for the cold weather...and some of us old broken toys. Feeding drills before lunch with knife on knife after. Everyone did their best and wore their bruises with honor. A gauntlet through large shelves, clothing racks, boxes, and trucks....did I mention the reduced lighting of the dark warehouse?

Finally paint knives...where, as always, reality set in for those who didn't expect to get colored up. The final match was between returning Warrior Andrew Y. and new Warrior and fellow Police Officer Matt M. They fought hard and after a two minute match, Andrew came out on top.

Another great training!

# State of Jefferson KITW - Southern Oregon

November 22, 2015

By: Professor Bob McKean

Between winter like storms, 9 seasoned KITW alumni gathered for a day of advanced combat knife training. Of the 9 attendees, 4 were KITW instructors.

The curriculum for the day was beyond the basic KITW course. Topics included, working the combat mind set, basic and advanced sentry take outs, offensive and aggressive attack drills. The training was very intense and demanding. Everyone worked hard. We were more than ready for hot pizza and a cold beer at the end of the day.

Several of the attendees asked me to include their comments on the above article written by Professor Chris Nicholas about Knives In The Warehouse.

*“You city boys had it easy in a nice warm and dry warehouse. We invite you to come on up and roll with us in the great outdoors.”*



# Martial Arts Training Service 23<sup>rd</sup> Anniversary Naperville, Illinois

By Professor Maureen Browne

Martial Arts Training Service 23<sup>rd</sup> Anniversary Seminar MATS celebrated its 23<sup>rd</sup> Anniversary on Dec. 4, 5, & 6<sup>th</sup> with a Danzan Ryu jujitsu seminar taught by Leonard Pesheck, 4<sup>th</sup> dan. Leonard was a student at MATS and a member of the Fox Valley Judo and Jujitsu club from 1998 to 2011. Since then he has been training at his original dojo in Minneapolis, MN where he began his training. The seminar began Friday evening with Dan testing. Chris Curran passed Shodan and Dennis Box passed his Nidan exam. Clinics were held Saturday afternoon, followed by a dinner. Classes continued Sunday morning. The focus of Saturday's classes was "applied jujitsu" and Sunday's focus was the Danzan Ryu advanced lists. A good time was had by all.



# Tsunami Martial Arts Center Annual Winter Clinic

December 12, 2015

By: Professor Bob McKean

Heavy rain, flooding, blown over trees and mudslides did not stop members of Fudo No Sei Katu (Crescent City, CA), Jubu Shin Kan (Eureka, CA.) and Pacific Jujitsu Alliance Hombu (Phoenix, OR) from attending the Tsunami Martial Arts Center Annual Winter Clinic in Crescent City, CA. This annual event was once again hosted by Sensei Robbin Miller.

Sensei Jess Ellis and I were honored to be invited as the guest instructors for this year's clinic. After a short lecture on the principles and concepts of Danzan Ryu, a block of time was spent on comparing and practicing various Nage No Kata throws based on these principles and concepts. We definitely worked outside of the typical "kata box". Later in the day, selected arts were chosen from Fujin Goshin No Maki and from the Kodenkan Commando Striking Course. Everyone one went away a little smarter and a little sore, including me.

Small events like this are one of the foundation blocks of the PJA. I have found that small classes, with dedicated students, are more enjoyable and more productive than teaching large classes. With a smaller class, the instructor is able to spend more quality time with each student and to develop a special bond with those students.



## PJA Website

The Pacific Jujitsu Alliance website, [www.pacificjujitsualliance.com](http://www.pacificjujitsualliance.com), has been reformatted and updated by Professor Mike Tucker. Please take time to look to the updates.

# *Ohana 2016*

**When:** *June 17 – 20, 2016*      **Where:** *Sparks, Nevada*

**Registration Information:** *www.DanzanRyuOhana.org*

## **New DVDs on Stick and Cane Fighting** **Essential Stick & Cane** **Combative Techniques for Martial Artists**

**More than 200 techniques** with the 3-foot stick or standard hook-handled walking cane presented in **3 DVDs** with **4.5 hours of video**. A **270-page Instructor's Manual** has detailed descriptions of the techniques and how to teach them, as well as notes on movement, leverage, self-defense, medical implications, and stick fighting traditions around the world.

From **Tom Lang**, 5<sup>th</sup>-degree black belt, *Danzan Ryu Jujutsu*, Pacific Jujitsu Alliance, and 2<sup>nd</sup>-degree black belt, *Muso Shinden Ryu Iaido* (sword drawing), All Japan Kendo Federation.

Author of *The Stick and Cane in Close Combat* and *The Jo: The Japanese Short Staff*.

**DVD 1: 96 Techniques; run time 105 minutes; \$39.95**

### **BASIC COUNTERS TO UNARMED ATTACKS**

- List 1 Two-Handed Counterattacks
- List 2 One-Handed Counterattacks
- List 3 Countering a Wrist Grip

- List 4 Countering a Same-Side Grip on a Stick
- List 5 Countering a Cross-Side Grip on a Stick
- List 6 Countering a Two-Handed Grip on a Stick

**ADVANCED COUNTERS TO UNARMED ATTACKS**

- List 7 Countering a Reach
- List 8 Countering a Punch
- List 9 Countering a Kick
- List 10 Chokes and Necklocks
- List 11 Throws

**DVD 2: 90 Techniques run time 105 minutes; \$39.95**

**COUNTERING ARMED ATTACKS**

- List 16 Disarms from a One-Handed Stick Attack
- List 17 Disarms from a Two-Handed Stick Attack
- List 18 Countering a Club or Stick Attack
- List 19 Countering a Knife or Sword Attack

**CANE TECHNIQUES**

- List 12 Hook-Handled Cane Techniques
- List 13 Hooking Cane Techniques
- List 14 Straight Cane Techniques
- List 15 Countering a Grip on Your Cane Hand
- List 16 Cane-Taking Techniques **MASTER'S TECHNIQUES**
- List 21 Master's Techniques

**DVD 3: 48 Techniques; run time 50 minutes; \$29.95**

**STICK-HANDLING TECHNIQUES**

- List 22 Striking Patterns with a Stick or Cane
- List 23 Rolls with a Stick
- List 24 Exercises with a Stick

**All 3 DVDs, \$100. Free shipping!**

**Instructor's Manual \$29.95 at LuLu.com**

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# Japanese Martial Arts Character Dictionary

## Japanese Martial Arts Character Dictionary

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*The Hidden Symbols of the Japanese Martial Arts*

Japanese - English    English - Japanese

**Thomas R. Jenkins**

Some of the many subjects found in this dictionary: Aikido (way of harmony) Aikijujutsu (techniques of gentle accord) Amma (Japanese massage) Battojutsu (sword cutting) Bungel (literary arts) Bushido (way of the samurai) Butsido (Buddhism) Chado (way of tea) Haiku (Japanese poetry) Heiho (military strategy) Iaido (way of sword drawing) Jodo (way of the staff) Jojutsu (staff techniques) Judo (way of suppleness) Jujutsu (techniques of suppleness) Kalbogaku (anatomical terms) Kappo (resuscitation methods) Karate (empty hand combat) Kendo (way of the sword) Kempo/Kenpo (Chinese fist method) Kyudo (way of archery) Kyusho (vital points of the body) Naginata (halberd techniques) Ninjutsu (arts of subterfuge) Reigisaho (Japanese etiquette) Ryuha (Japanese martial systems) Seifukujutsu (healing arts) Shinto (Japanese ancestral religion) Sumo (Japanese wrestling) Zen (meditation).

The Japanese Martial Arts Character Dictionary is now directly available to you as an INTERNET DOWNLOAD for \$40.00. This unique, meticulously researched 960 page Kanji Dictionary is a must have for the serious student of the Japanese martial arts. Great gift for all levels of Japanese martial artists. The Dictionary is in PDF format which is compatible with most media devices. Not sold in stores. To order your Dictionary please contact the author at: [tjenkins@saber.net](mailto:tjenkins@saber.net)