



# UCMAA KI-AI

**3-1-2024**

**(Vol.2; Issue 3)**

**Website: [ucmaa.net](http://ucmaa.net)**

## **UCMAA PRESIDENT KI-AI**

Hello to all our UCMAA members. It's hard to believe that we are already in February of this year. As you all know we have put together and been publishing in each newsletter our seminar schedule of events. I would like to encourage each member to do your best to attend as many seminars as you possibly can. I would like to communicate to all of our members, so you understand the dedication that our board and instructors have towards our students and the association. In October we had a fantastic National Seminar. We had over 125 participants, a great venue with plenty of space to train in. We have had nothing but positive feedback from all of the participants. After all seminar expenses including facility, lunch, and the Banquet Dinner (Instructors were not paid), we came out negative \$90.11. In our opinion this is a success. You might ask Why? This is simple: we strive to have seminars like this to help our members to train and cross train in the arts. We want to share with each member the benefits that martial arts has to offer.

## **BECOMING A BLACK BELT**

As dedicated students of martial arts, you will know that being a black belt is about more than having a black belt. Of course, it's not just a belt! It is a symbol of the hard work and the discipline it took to become a black belt in the martial arts. When you meet someone with a black belt, you can be sure that you know a few things about them before you even speak to them.

This does not mean they are all the same type of person, or even that they have the same personalities, compassions, or convictions. It simply means that people with black belts often have special qualities. This is what helped them earn their black belt, which gives you an idea about their character and work ethic.

### **Being a Black Belt:**

So, what do people who have black belts have in common? Well, aside from martial arts, they are usually very determined and have a strong work ethic. These are qualities that they can use outside of martial arts, like in other sports, their careers, and in their community work. Think of it as a certificate or diploma, it shows others that they were able to study hard and earn a special qualification.

As you already know, it takes a lot of effort to earn a black belt and not many people achieve that rank. Does this mean that only a few special people can become black belts? No, everyone is able to earn it, but few people have the discipline needed to become a true black belt.

### **Qualities of a Black Belt:**

There are two main qualities that set black belts apart from their peers. The first is a strong work ethic. Although many people might attend a martial arts school, few have the discipline of a strong work ethic to help them become black belts. This means that they practice very hard and often. They stick to a task until they can do it perfectly.

The second quality is patience and perseverance. Studying martial arts is difficult. It could take years, if not decades, to become a real black belt. Sometimes, you may study for a very long time and not move up in rank. This is where perseverance comes in, without it, no one would ever become a black belt.

There are of course other qualities needed to become a black belt, like strength, respect, and good communication, to name a few. But work ethic and perseverance play the most important roles in starting your journey towards becoming a black belt.

### **Developing Black Belt Habits:**

Few people have black belt habits naturally. Instead, these are habits black belts instill in themselves through repetition. This means they make the decision to have these habits, and then use them over and over again until they become part of their routine. If you want to have these black belt habits, simply make the choice every day to use black belt habits, even outside of martial arts!

### **Our Promise to You:**

As instructors we want to really push and encourage you to achieve your black belt. I share this a lot with my students. It is something that an instructor shared with me a long time ago. "Don't expect kind sweet loving words from me. Expect harsh criticism." When you reach your black belt you will be able to look back on it and realize the hard work, and dedication that you put into it.

**Next UCMAA Newsletter on June 1, 2024. Hope to see you on the mats!**

**Shihan Joey Harvey, President: UCMAA**

## **UCMAA BOARD MEMBERS**

Joey Harvey; 10 Dan, **President**  
Jose Monegro; 7 Dan, **Vice President**  
Paul Mathews; 10 Dan, **Secretary**  
Stevie Tillson; 10 Dan, **Treasurer**  
Jimmy Gauthier; 10 Dan, Board

Kirby Roy; 10 Dan, Board  
John Allen; 10 Dan, Board  
Jeff Marien; 9 Dan, Board  
Cheryll Whigham; 5 Dan, Board  
Anita Harvey; 5 Dan, Board



*UCMAA Board (Cheryll Whigham not pictured)*



### EXPLANATION OF THE UCMAA PATCH

**Red Octagon** – Represents the concept of Happa no Kuzushi; the 8 points of balance, the understanding of which is essential in the martial arts.

**Gray Area** – Represents the 8 primary arts taught and supported by the UCMAA.

**White Circle** (Contains our organization name in both English and Japanese) – Represents the nature of training in the traditional martial arts. There is no ending, only cycles through which we find ourselves at new beginnings. In several of our arts, Jujutsu for one, it can also represent the circular movements inherent in the art.



**The Red/White In/Yo (Yin/Yang in Chinese)** – Represents the complementary duality of traditional martial arts: Soft/Hard, Internal/External, Mind/Body, etc.

**The Swordsman under the Torii (Symbolic Gateway)** – Our training is a passageway from the mundane to something greater or more fulfilling.

# UCMAA: Active Black Belts (8-31-2023)

* Jimmy Gauthier (10 <sup>th</sup> Dan)	UCMAA Charter Board Member	<i>Jujutsu</i>
* Kirby Roy (10 <sup>th</sup> Dan)	UCMAA Charter Board Member	<i>Kempo Jutsu</i>
* John Wayne Allen (10 <sup>th</sup> Dan)	UCMAA Charter Board Member	<i>Ki</i>
* Stevie Tillson (10 <sup>th</sup> Dan)	UCMAA Charter Board Member	<i>Goshin</i>
* Paul Mathews (10 <sup>th</sup> Dan)	UCMAA Charter Board Member	<i>Iai-Jutsu</i>
* Jeff Marien (9 <sup>th</sup> Dan)	UCMAA Charter Board Member	Open Division
* Joey Harvey (10 <sup>th</sup> Dan)	UCMAA Charter Board Member	<i>Toide</i>
* Jose Monegro (Fl., 7 <sup>th</sup> Dan)	UCMAA Charter Board Member	<i>Karate</i>
* Cheryl Whigham (Fl., 5 <sup>th</sup> Dan)	UCMAA Charter Board Member	<i>Aikijujutsu</i>
* Anita Harvey (5 <sup>th</sup> Dan)	UCMAA Board Member	

* Dal Neathammer (9 <sup>th</sup> Dan, CA)	Charles Charrier (1 <sup>st</sup> Dan)
* Corina Neathammer (9 <sup>th</sup> Dan, CA)	Stephen Kimble (1 <sup>st</sup> Dan)
Vernon Schlieff (NO)	Hannah-Rose Monegro (Fl., 1 <sup>st</sup> Dan)
Gary Barth (4 <sup>th</sup> Dan)	Jeremiah Batiste (1 <sup>st</sup> Dan)
Glenn Cooley (4 <sup>th</sup> Dan)	Isaiah Monegro (Fl.)
Sean Mayeux (5 <sup>th</sup> Dan)	Cameron Deam (Fl.)
James Gifford (Pa.)	Donald Lambert 111 (Fl., 4 <sup>th</sup>
Dan) Artie Lyons (3 <sup>rd</sup> Dan)	Donald Lambert 1V (Fl., 3 <sup>rd</sup> Dan)
Joey Stokes (3 <sup>rd</sup> Dan)	Christian Bursk (Fl., 2 <sup>nd</sup> Dan)
* Jamie Taylor (5 <sup>th</sup> Dan)	Larry Beall (Il., 3 <sup>rd</sup> Dan)      Scott
Dixon (2 <sup>nd</sup> Dan)	Robert Murry (1 <sup>st</sup> Dan)
Roberto Guzman (2 <sup>nd</sup> Dan)	Chris Bordelon (1 <sup>st</sup> Dan)
Kevin Fruge (Fl., 5 <sup>th</sup> Dan)	Kenny Brassette (1 <sup>st</sup> Dan)
Howard Freedland (Fl., 3 <sup>rd</sup> Dan)	Mark Hale (Il.)
Eddie Pitre (2 <sup>nd</sup> Dan)	Scotty Marcotte (1 <sup>st</sup> Dan)
Steve "Pop" Batiste (3 <sup>rd</sup> Dan)	Blaine Laborde (1 <sup>st</sup> Dan)
Paul Slater (1 <sup>st</sup> Dan)	Dorrian Murray (1 <sup>st</sup> Dan)
Reese Martin (1 <sup>st</sup> Dan)	Dylan Gallion (1 <sup>st</sup> Dan)
John Coutee (5 <sup>th</sup> Dan)	Dorrian Loftin (1 <sup>st</sup> Dan)
Adrian Richard (1 <sup>st</sup> Dan)	Hope Dixon (1 <sup>st</sup> Dan)

\* UCMAA SHIHANS



*Jujutsu Black Belt Test at WLJTA*

# Dojo Locations



(As a guest, always call before attending to confirm any schedule change)

<b>West La. Jujitsu Training Academy</b> 101 South 3rd Street; Leesville, La., 71446 <a href="mailto:shihanharvey@gmail.com">shihanharvey@gmail.com</a>	Joey/Anita Harvey M/T/TH - 4:00pm to 8:30pm	337-375-7371
<b>Avoyelles Martial Arts Center</b> 617 North Main St.; Marksville, La., 71351 <a href="mailto:avoyellesmartiakarts@kriicket.net">avoyellesmartiakarts@kriicket.net</a>	Stevie/Chris/John C. T - 5 to 7:30; W - 5:30 to 7:30	318-253-8974
<b>Mathews' Niryushin Dojo</b> 4603 Coliseum Blvd.; Alexandria, La., 71303 <a href="mailto:plmathews1387@gmail.com">plmathews1387@gmail.com</a>	Paul & Jeff Th - 6:30pm	318-794-9187
<b>Hessmer Martial Arts</b> 581 Little Corner Rd.; Hessmer, La., 71341 <a href="mailto:kirbyroy54@gmail.com">kirbyroy54@gmail.com</a>	Kirby/Jimmy/John/Jamie/Pop Sun/Th/Fri - 6pm	318-305-1076
<b>Florida Karate</b> <a href="mailto:therisenonmac@hotmail.com">therisenonmac@hotmail.com</a>	Jose TBA	352-428-3727
<b>Florida Aiki-JuJutsu</b> <a href="mailto:senseicheryll@hotmail.com">senseicheryll@hotmail.com</a>	Cheryll TBA	Phone
<b>Green Dragon Dojo</b> 13627 Linden Dr.; Spring Hill, Florida, 34609 <a href="mailto:greendragondojo@outlook.com">greendragondojo@outlook.com</a>	Donny Lambert & Son M-Th - 5pm to 8pm	Phone
<b>Neathamer Training Consultants</b> 5371 Deschutes Rd.; Anderson, Ca., 96007 <a href="mailto:dalandcorina@yahoo.com">dalandcorina@yahoo.com</a>	Dal/Corina Neathamer	Phone
<b>Black Dragon Academy-Chicago</b> 5062 N Kimball Ave, Chicago IL 60625 <a href="mailto:mhale@blackdragonacademy.org">mhale@blackdragonacademy.org</a>	Mark Hale Online	708-846-3075
<b>JTMA Dojo: Florida</b> <a href="mailto:kwfruge@bellsouth.net">kwfruge@bellsouth.net</a> <a href="mailto:caskman1@gmail.com">caskman1@gmail.com</a>	Kevin Fruge'/Howard Freedland	Phone
<b>New Orleans Judo</b> <a href="mailto:vschlieff@outlook.com">vschlieff@outlook.com</a>	Vernon Schlieff	Phone



**\*GREEN DRAGON DOJO:** The Green Dragon Dojo will be participating in our first community event showcasing all levels of talent we offer. We hope to continue our growth this year and look forward to seeing you all soon.



**\*HESSMER DOJO:** Shihans Gauthier, Roy, Allen, Taylor, and Sensei “POP” Batiste welcome all members to UCMAA and to our dojo. Our dojo is based on private instruction, not mass. The Hessmer Dojo teaches JuJutsu, Kempo, and weapons. We incorporate ground techniques for survival and self defense. Classes are held on Sunday evening (varies), Thursday and Friday evenings. We encourage our students and UCMAA members to support all clinics.

In January, Shihan Roy invited Shihans Harvey and Mathews over for a duck hunt. Not sure who took home the three ducks. Many ducks were flying by but not coming down.



Blaine and Scotty receiving their Shodan in JuJutsu  
Blaine also received “Perfect Clinic Attendance”



Jamie Taylor Shihan's presentation with board



Sensei Batiste 3rd Degree Black Belt Rank

**\*WLJTA DOJO:** This year is already off to a good start. We hosted the 1st annual UCMAA seminar at the beginning of February. This was a very well attended event. We have announced that we will have three of our Senior students testing for Shodan in September. Anthony Zittle, Beth McGraw, and Robert Lozano. These guys are really putting the extra time in the dojo to get ready for this test.

Shihan Anita has had two students who have earned their Little Samurai Black Belts and are moving into our advanced youth class. Congratulations to Arrebella Dubose and Patrick Ogden.

Our youth classes have started a new series to work towards rank advancement. These guys are really starting to go further in their martial arts journey. Part of this semester they are continuing to work on all of their Jujutsu requirements from blocking, striking, throwing. Continuing their training in Iai-jutsu. We have two of our youth students who have earned their Oku-iri ranks. All of the youth are also starting to go deeper into Integrated Submission Grappling and are also being introduced to the foundations of STX. This is their Savate Thai Cross Training and sparring program that we teach to them. Personally I am excited to see how far these young students will go. What a blessing it is to see these guys continue their training but also have the discipline it takes to work through each of the arts that they are training in. They will make some really great Black Belts and hopefully Instructors also.



**\*Avoyelles Martial Arts Center:** Avoyelles Martial Arts has had a quiet first quarter. AMAC has kicked off the new year with rank reviews. We would like to give a shout out to Caden Marcotte for earning his Menkyo Shoden certification in Hanbo-jutsu on February 10. The UCMAA also got a bit of publicity in the CENLA area, as our own Masters and Rocky Patterson are being featured in an ad campaign by the Treat Yourself Cenla and Rapides Foundation!



**\*Mathews Niryushin Dojo:** The Niryushin Dojo has moved their classes to Thursday evenings at 6:30. Classes are still held in the Activity Building of Holy Savior Menard High School in Alexandria.

Most recently, some of our students tested for and earned their Shoden rank in Naishin Ryu Hanbo Jutsu. Those students include Grant Bounds, Xander Bounds, Rachel Mathews, and Lisa Mount.

We are looking forward to several students testing for rank advancement in Naishin Ryu Jujutsu.

**\*Black Dragon Academy-Chicago:** Sensei Mark Hale

**\*Jupiter Traditional Martial Arts:**



We have been busy in Jupiter! Picking up where we left off, we were proud to see Sensei Elena Jacobson earn her Nidan rank after a two-week, six-hour test. She more than proved her quality as we welcomed our brothers and sisters from the Green Dragon Dojo in Spring Hill to be a part of her exam.

In January, we produced two women's self-defense seminars: one for the public and one for our local Illustrated Properties Real Estate firm. Our next one is scheduled for April 13<sup>th</sup>.

February is shaping up to be busy, as we will be supporting Sensei Morgan Frechette by participating in our first tournament as a dojo, sponsored by her organization, Martial Methods. The tournament will raise funds and awareness for Nana's House in Brevard County. We have also been invited to teach a WSDS in Fort Lauderdale at the end of the month, so lots of pictures for the next newsletter!

In March, we welcome Kyoshi Felipe' Jose' back to JTMA to do a comprehensive four-hour Kali and Knife seminar. Kyoshi Jose is responsible for training hundreds of ATF and Homeland Agents in knife defense, so this will be a very important class for us to host.

Finally, in April, JTMA is proud to host the Regional UCMAA Seminar Weekend! We have two hours on Friday night, April 5<sup>th</sup>, and 6+ hours on Saturday April 6<sup>th</sup> to learn together. We cannot wait to see everyone in Jupiter-for details, please be on the lookout for emails regarding registration. If you have any questions about lodging in the Northern Palm Beach area, please reach out to me at [caskman1@gmail.com](mailto:caskman1@gmail.com)

# Black Belt SPOT Light



## SHIHAN JOSE MONEGRO:



*Shihan Monegro and wife Tara*

**Shihan/President Joey Harvey:** I was asked to do a write up in regards to my experience with Shihan Monegro. I first met Jose many years ago and we immediately connected and became very close friends. Through the years being in martial arts I have had the opportunity to meet a lot of fellow martial artists. Shihan Monegro is different in several ways compared to others. He is a straightforward instructor who is very knowledgeable of the arts and like many of us believes in training hard. When it comes to UCMAA and the students he teaches. His attitude is what he can do to better serve our organization or how he can better serve and teach his students. This is what makes him a great Shihan. His attitude is never what the organization or what the students can give to him.

Meeting and getting to know fellow martial artists is an amazing benefit that we all have by training in the arts. As these relationships grow, we normally have the opportunity to also connect outside of the arts and grow with their families. I have had this opportunity to do this with Shihan Monegro and his family. He has an amazing wife Tara who is absolutely an amazing woman. When you are around the two of them it really brightens up your whole day. Jose and Tara have an unmatched sense of humor. Their ability to take life's circumstances and turn them into joy and faith is remarkable. The last thing that I want to share about Jose and his family. He is not just a dedicated martial artist. First, he is a truly dedicated Christian and a man of God. Take the opportunity to really get to know him and his wife. Congratulations to both of them on their first Grandchild, Noah Monegro.



*Shihan(s) Monegro and Mathews in a lighter moment.*



**February 10:**

**Hanbo Jutsu**

**WLJTA Leesville, La.**

The fourth in a series of seminars on Hanbo Jutsu was held at the West Louisiana Jujutsu Training Academy Saturday, February 10th. The seminar was conducted by Shihan Paul Mathews, assisted by Shihan Joey Harvey. These seminars, like the Iaijutsu seminars conducted by Shihan(s) Harvey and Mathews, are progressive in nature, with each seminar reviewing previous levels and providing instruction on the next level.

After a brief review of the fundamental postures, blocks, and strikes of Shoden, attendees were given a more extensive review of the Chuden level techniques. After lunch they were introduced to the Joden level techniques.

Several attendees tested for Shoden. Those students who had previously earned their Shoden certification were allowed to test for their Chuden certificate. At each level students must demonstrate an improved performance and understanding of all techniques from the previous level(s). Students must attend at least three seminars per level to be qualified for testing on that rank.



*Practicing Ushiro Otoshi Nidan*



*Demonstrating Hiji Kime*

**February 17: DOJO Demo WLJTA Leesville, La.**  
Shihans Roy, Mathews, Tillson, and Harvey with approximately 10 black belts met at Harvey's Dojo to film a demo video. They met again on Wednesday, February 21. More about this at a later date.

**\*See Dojo News for additional recaps of local events.**

# Upcoming Events



## 2024

<b>Ap 5-6:</b> <u>Jupiter Traditional Martial Arts</u>	TBA	Jupiter Florida
<b>May 11:</b> <u>Iai jutsu/Ken jutsu</u>	9:00-3:30	Menard High School (La.)
<b>June 15:</b> <u>Bo jutsu/Karate jutsu</u>	TBA	Menard High School (La.)
<b>Aug 10:</b> <u>Naishin Ryu Toide</u>	9:00-4:00	WLJTA Leesville, LA
<b>Oct. 12-13</b> <u>UCMAA National Seminar</u>	TBA	Pineville, Louisiana
<b>Nov 09:</b> <u>Integrated Submission Grappling; Savate Thai Cross Training</u>	9:00-4:00	WLJTA Leesville, LA

# 2023 National Seminar



*See the January 2024 issue for a recap and more photos from the National Seminar*



# Dojo Commands, Conduct, Etiquette

## DOJO COMMANDS, CONDUCT, & ETIQUETTE

**\* Always remove your shoes when entering a *dojo* or training area and never walk on the *tatami* with your shoes:**

- 1) For safety reasons and preparedness to enter class
- 2) Respect: Shifting mindset from outside world to inside. A clean/clear mind for training and discipline. Wearing shoes in the dojo is impolite and dirty.
- 3) Cleanliness (keep from tracking dirt or debris onto the mats)
- 4) Ancient tradition and custom of the Asian Culture
- 5) Medical reasons and outside workouts for keeping shoes on are acceptable.
- 6) As a point of interest: Toes of the shoe should be pointing to the outside to point evil towards the outside. This is with the belief evil things stick to the bottom of the shoe.

## Editor's Kime



**From Shihan Jimmy Gauthier:**

Since I am the ancient one in our system of martial arts I have been asked to write an article about where we came from and maybe where we are going.

Our group has quite a root system that goes all the way back to the late 1960s at LSUA. Bill Pearson and Jim Marler were the original teachers of jujitsu at LSUA and many of us were lucky enough to have been taught by them. They were both excellent martial artists and excellent and patient teachers. Also instructing was Bill Ryder. He was promoted to black belt at the same time that I was promoted to blue belt. His partner was Butch Gauthier and both of them were excellent. Ted Gambordella was also an instructor at this time.

Our problems then as students were much the same as students incur now, that of keeping a partner to work with and test with. I went through a few and ended up being with Garry Tisdale of the LSUA history department. We tested for black belt together and I was fortunate to have him as a partner and friend.

Paul Mathews, Kirby Roy, Richard Smith, John Wayne Allen, Jeff Marien, Jerry Humble, Mike Land, David Guillory (Cookie Monster) and many more would form the foundation for what was named as the "Louisiana Wrecking Crew." We got that name because when we attended the nationals, our green and brown belts were playing havoc with black belts from other dojos and they had fear of working with us.

So here we are today with our own martial arts system and our own national clinic. We have come a long way and the attendance and participation at our recent national clinic was great to say the least. This represented the hard work of so many of our teachers and dojo masters and we thank them for bringing us this far. We have a great board leading us and this is an unselfish group who work for no pay and work tirelessly to make our organization a better one.

I do have a personal note about our teaching that I would like to bring up. It is about how we teach the techniques for each belt level. I have noticed in going to various workouts and tests that some of our techniques are hardly recognizable. Variations are being taught that are usually good and maybe even better than the original but if we are to be so picky about the details of kata I believe we should be just as picky about the belt rank techniques less the original intent become lost in the shuffle of variations. Variations can be taught after one has mastered the kata form. If we are going to be so picky about where one places their foot in a sword kata, then I believe it should apply to all kata.

About teaching, all students from the brown belt level up MUST teach. To teach is to learn the techniques better. Lights will go on when you teach someone else in that you will realize that there are reasons for insisting that the techniques be performed in a particular fashion and in a particular sequence. Your students will appreciate your efforts and you will gain respect from them and the sensei who are watching over you. Instead of waiting for class to begin, grab up a student and begin instruction. TEACH!

I am sure that you have realized the many health benefits of being in the martial arts. Look at the aging population around you and take note of the fact that they are still mostly physically fit. The cardiovascular benefits are obvious in that many older instructors outlast their students in a workout. Ever wonder why? But for all the benefits of martial arts, do it because it is absolutely fun. Haven't you seen my smile when I put a wrist lock on someone or demo an escape to a technique that seemed to be without escape. Yes, it is lots of fun-join us!

## **From Sensei Howard Freedland:**

I was asked by Shihan Paul Mathews to introduce one of our partners to UCMAA. Since 2008, Jupiter Traditional Martial Arts has serviced our community by offering Women's Self Defense seminars at least quarterly at our home, the Jupiter Community Center. It started when there was a serial rapist loose in the northern Palm Beach area, and the Center Management requested our help. During the first seminar we hosted, we trained 80 women.

Over time, we refined the class, and in 2012, met Julie Weil, neighbor, rape survivor and victim advocate. She created the *Not Just Me! Foundation* ([www.notjustmefoundation.org](http://www.notjustmefoundation.org)) where her efforts have led to the following (and more):

- Clearing of the national rape kit backlog; helping lobby for the SAFER Act in 2013
- Creation of the Butterfly House, Palm Beach County's first centralized rape exam center in 2011.
- testified in front of Congress multiple times in Washington DC on behalf of victims rights
- Trained Sexual Assault Response Teams in Florida, New York, Illinois, Colorado, Ohio, Washington DC, and California. Internationally, she has trained the RCMP in Toronto, Egypt and in 2024, the Congo.

Bottom line – she is a force in helping people around the world survive the trauma of sexual assault.

Our programs center around awareness and self defense tactics that are simpler to execute. The awareness section of our training is derived from Julie's website in "safety tips" section. When her rapist was caught, during the subsequent interviews, he explained how he chose his victims. All of the information provided led to the creation of the list in this section.

If someone is attacked, we train in three separate units:

1. Striking, which includes palm heel, knees, elbows.
2. What's in your purse; breaking down everyday items that can be used in Self-defense.
3. Situational self-defense, where we teach how participants can escape grabs utilizing leverage and attacking vital points. We also introduce fight/flight theory.

We incorporate use of voice and personal space in all sections.

In the past, we have had both Federal and Local Law Enforcement take part in our training as well as entertained counselors from Palm Beach Victims Services. In total, we estimate that we have trained thousands of women since we started in 2008.

If you would like to be introduced to Julie to incorporate her knowledge, history and influence into your programs, I would be happy to facilitate. I can be reached at 561-889-2735 or [caskman1@gmail.com](mailto:caskman1@gmail.com).

Respectfully Submitted,

Howard Freedland: San-Dan, Jupiter Traditional Martial Arts (Administrator)



# Welcome New Members

## FIRST AID

### Head injury:

Symptoms: Dilated/unequal pupils, disoriented/confusion, unconscious, fainting, possible bloody nose/ears, severe headaches, vomiting, slurred speech

### First Aid:

- 1) Stop any bleeding with direct pressure unless you suspect a skull fracture
- 2) Do not let person stand up. Have them sit first, & then stand slowly. Prepare for fainting
- 3) Beware of concussion. Ask questions about personal surroundings and objects (How many fingers am I holding up? Where are you? Name? Etc.)
- 4) Ice
- 5) Hold the head, neck, and body in line. Do not remove helmet
- 6) Watch carefully and consider taking to the emergency room. If unsure, take to ER.
- 7) Monitor breathing and circulation. Be prepare for CPR
- 8) Keep calm and keep simple

*\*First aid is to address the immediate needs & safety of someone. Before administering any first aid to anyone outside your family, be aware of your rights and responsibilities: "Good Samaritan Law." A licensed physician should be consulted. Call 911 for all medical emergencies. If there are any doubts, do not assume, call 911.*

## Glossary



## ~UCMAA MUDANSHA RANKS ~

### -Student Levels-

Kyu/Dan	Level	Licenses	Color Belt
<b>Hachikyu</b>	<b>8<sup>th</sup> Kyu</b>	<b>*Shoden</b>	Solid White <i>Obi</i>
<b>Shichikyu</b>	<b>7<sup>th</sup> Kyu</b>	<b>*Shoden</b>	Solid Yellow <i>Obi</i>
<b>Rokyu</b>	<b>6<sup>th</sup> Kyu</b>	<b>*Shoden</b>	Solid Orange <i>Obi</i>
<b>Gokyu</b>	<b>5<sup>th</sup> Kyu</b>	<b>*Chuden</b>	Solid Blue <i>Obi</i>
<b>Yonkyu</b>	<b>4<sup>th</sup> Kyu</b>	<b>*Chuden</b>	Solid Green <i>Obi</i>
<b>Sankyu</b>	<b>3<sup>rd</sup> Kyu</b>	<b>*Joden</b>	Brown <i>Obi</i> 1 Red Tab
<b>Nikyu</b>	<b>2<sup>nd</sup> Kyu</b>	<b>*Joden</b>	Brown <i>Obi</i> 2 Red Tabs
<b>Ikkyu</b>	<b>1<sup>st</sup> Kyu</b>	<b>*Joden</b>	Brown <i>Obi</i> 3 Red Tabs
<b>Shodan-Ho</b>	<b>Youth Black Belt</b>		<b>Black/white center line</b>

\*Licenses has no rank nor belt; Used in certification only (*Hanbo, Iai, Ki, Bo, Kobu*)

## ~ UCMAA YUDANSHA RANKS ~ ~ Instructor Levels ~

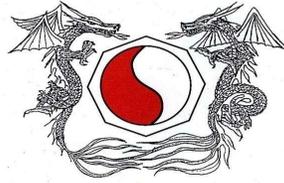
<b>Shodan</b>	<b>1<sup>st</sup> Dan</b>	<b><u>Renshi / Okuden / Oku Iri</u></b>	<b>Solid Black Obi 1 Red Tab</b>
<b>Nidan</b>	<b>2<sup>nd</sup> Dan</b>	<b><u>Renshi / Sensei Dai</u></b>	<b>Black Obi 2 Red Tabs</b>
<b>Sandan</b>	<b>3<sup>rd</sup> Dan</b>	<b><u>Kyoshi / Sensei</u></b>	<b>Black Obi 3 Red Tabs</b>
<b>Yodan</b>	<b>4<sup>th</sup> Dan</b>	<b><u>Kyoshi / Shihan Dai</u></b>	<b>Red with White Panels Obi</b>
<b>Godan</b>	<b>5<sup>th</sup> Dan</b>	<b><u>Shihan</u></b>	<b>Red with White Panels Obi</b>
<b>Rokudan</b>	<b>6<sup>th</sup> Dan</b>	<b><u>O' Shihan</u></b>	<b>Red with White Panels Obi</b>
<b>Shichidan</b>	<b>7<sup>th</sup> Dan</b>	<b><u>Dai Shihan</u></b>	<b>Red with Black Panels Obi</b>
<b>Hachidan</b>	<b>8<sup>th</sup> Dan</b>	<b><u>Hanshi Shihan</u></b>	<b>Red with Black Panels Obi</b>
<b>Kudan</b>	<b>9<sup>th</sup> Dan</b>	<b><u>O' Hanshi Shihan</u></b>	<b>Red Obi</b>
<b>Judan</b>	<b>10<sup>th</sup> Dan</b>	<b><u>Kaiden Shihan</u></b>	<b>Red Obi</b>



- 09-03-1974**     Demo: LSU by Gambordella. Ryder/Roy attended as audience members. New classes.
- 11-22-1974**     La. Clinic: Pearson/Marler and staff were trained and graded in Kenpo Jutsu Arts.
- 1984**             Two new schools in the Southern Region: LSU-BR and Hessmer (50 memberships)  
(no longer under LSU-A).
- 1984**             Promotions: Gauthier/Roy to Sandan. Gauthier states, "This is the highest we will ever get. We will never achieve any higher rank because higher ranks were national and administrative positions."
- 01-13-1984**     (12-13) Local LSU-A Clinic. Ki/Kumite/Bo/Sword/Judo.
- 04-00-1984**     Article: Official Karate Magazine: "*Shian Toma*" by Roy Hobbs.
- 08-11-1984**     (10-11) Clinic: Rockford, Ill. Left LSU-A on the 6<sup>th</sup>, for 7 days.  
Attending: Pearson/Marler/Roy, Richard Smith, Jeff Marien, Paul Mathews, & Mike Land  
Promotions: Smith/Marien to Renshi: Aiki Ju-Jutsu. Sweden Inn cost \$18 each (2/room)  
Shihan Roy Hobbs, Zambia Sensei Stephen Chan, and John Williams were present.  
Dewitt, Arkansas boys get on board: Lyles Cunningham and Kevin McSwain.
- 08-11-1984**     "The La. Wrecking Crew" was coined.

11-00-1984

Pearson/Marler/Bigler: Highest ranking in Shorei Goju Kempo Jutsu (Shihan). All from La Promotions: Pearson/Marler (Dai-Shihan) and Bigler (Mokoroku Shihan): Ranked in Aiki Ju-Jutsu. All three graduated from the first Shihan class in 1970.



**Last Quarter: Iai-Jutsu:** *Combative quick-draw sword techniques (unsheathing). The Art of Drawing the Japanese Sword (Katana). It's considered a traditional martial art and focuses on the practical application of the sword.*

***Iaido** was developed in the 20th Century and considered a modern martial art (Way of Drawing). Based on kata but can be used in combat. (Wikipedia)*

**Ken-Jutsu:** *The sword is drawn. It is the techniques, methods, and the Art of the Sword. Its aim is to hurt or kill the opponent.*

***Kendo** ("Way of the Sword") uses a bamboo sword and protective equipment. Its aim is about scoring points. Developed in the 20th Century. Based on kata but can be used in combat (Wikipedia).*

**June 1, 2024 Trivia:** Name the 8 major arts under UCMAA.

**THE END**