



**UCMAA KI-AI**

**12-1-2022**

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

## **UCMAA PRESIDENT KI-AI**

Welcome to the Ki-Ai, the newsletter of the UCMAA. I am UCMAA President Joey Harvey. For all of our new members that have just joined UCMAA, our board of directors would like to welcome you to not just an organization, but to a family. We truly look forward to working with all of our members and helping them to grow in the martial arts.

We are right at the end of wrapping up this year and so much has been accomplished on and off the mats. Our organization is growing with the addition of a dojo in Jupiter, Florida and the opening of a new dojo in Spring Hill, Florida. We welcome both of these schools and look forward to seeing them and their students on the mats. Looking at 2022, we had seven seminars throughout the year covering many different styles of the martial arts.

So here we are about to start a new year. I would like to take a moment to encourage each member of our association to think about your goals for this next year. This could be anything from getting a technique down better or working towards your next belt level. I would like to encourage every member to do your best to attend as many of our Regional and National Seminars that are hosted by UCMAA regardless of your ranks.

If you are a kyu grade student, this is a great way for the board members to get to know you and see what you can do as a student. I will share with each of our members what I share with my own personal students. If you are only training in your dojo then you are missing out on what the organization has to offer to you. If you put in the time and dedication to train and truly grow in the arts you will eventually have the opportunity to test for a Black Belt. When this day arrives it is much better for you if the testing board already knows who you are. This allows you to truly step out and show what you have learned and how you have progressed in your time of training. This past June the board of directors voted in a policy that the board will have the final decision in determining if a student is ready to be promoted to a Shodan rank. Having this policy in place is a great way for our organization to continue to produce top notch Black Belts.

If you are a Dan rank this is a great way for you to continue to train and grow in the various arts that are taught in our association and to also help our lower ranks to flourish. Your board members want to see our lower dan grade members training, growing and working to move up in rank. Actually as I write this I am thinking of each seminar that we had this year. The black belts that were out on the floor doing the training are the black belts that will be the future leaders of this association. I have been to seminars where I have seen black belts stand to the side while an instructor is teaching a session and portray that they already know what is being taught or be afraid that as a black belt they will look bad because they don't know what the instructor is teaching. If you strive to be a truly great martial artist or a leader then you have to set this thought aside. Accept that you are always a student and will never stop learning. Everyone of our board members will tell you they don't know everything and that they love it when they get to train and learn something new.

Hope to see you on the mats and wish everyone a wonderful Thanksgiving and Christmas.

## UCMAA BOARD MEMBERS

Joey Harvey; 10 Dan, **President**

Jose Monegro; 7 Dan, **Vice President**

Paul Mathews; 10 Dan, **Secretary**

Stevie Tillson; 10 Dan, **Treasure**

Jimmy Gauthier; 10 Dan, Board

Kirby Roy; 10 Dan, Board

John Allen; 10 Dan, Board

Jeff Marien; 10 Dan, Board

Cheryll Whigham; 5 Dan, Board

Anita Harvey; 5 Dan, Board



### UCMAA Board members

(Left to right) Jose, Stevie, Joey, Paul, John, Jimmy, Kirby, Anita.

Absent: Shihan Whigham and Shihan Marien

## UCMAA ARTS

Aiki Jujutsu  
JuJutsu

Judo  
Kobu-Jutsu



Iaijutsu  
Kempo-Jutsu

Karate  
Toide

## UCMAA ORIGIN

**From Shihan Paul Mathews:** Although the United Combat Martial Arts Alliance was formed in November 2017, its origin lies in a legacy begun 48 years earlier at Louisiana State University - Alexandria.

In 1969 Bill Pearson and Jim Marler were members of the faculty at LSU-A and sponsors/instructors of the university's Judo Club. They were informed by their instructor, Karl W. Marx(founder of Keichu Ryu Karate), that they had an opportunity to train with Rod Sacharnoski and earn their black belt in Jujutsu. Pearson and Marler took advantage of the opportunity and began what was to become a long and storied career in the organization that became Juko Kai International (JKI).

Jim Marler resigned from JKI in the mid 1990's due to personal reasons and Bill Pearson retired in the early 2000's. Their legacy with the LSU-A dojo includes the promotion of over 30 students to their black belt in Jujutsu, many of whom went on to produce black belt students of their own. The quality of their students is apparent in the nickname first given to a group in attendance at a JKI gathering in 1985, "The Louisiana Wrecking Crew." Among those first and second generation black belts were seven of the founding members of the UCMAA.

Those members include Jimmy Gauthier, Kirby Roy, John Wayne Allen, Stevie Tillson, Jeff Marien, Patrick Price, Joey Harvey, and Paul Mathews. Their current experience ranges from 37 years (Harvey) to 52 years (Gauthier) with each having earned black belt gradings in multiple arts other than Jujutsu.

In 2017 those members of the Jujutsu Division of JKI, along with Jose Monegro (Karate, 30 years experience) and Cheryll Whigham (Aikijujutsu, 27 years experience) had grown disillusioned with the leadership of the organization. They envisioned an organization lead by a board of directors whose job it was to support quality training, create equitable standards, and provide merit based rank recognition.

They resigned from JKI in November of 2017. In 2018, after much discussion of an appropriate name, the United Combat Martial Arts Alliance was born.



Stevie, John, Kirby, Jose, Jimmy  
Judan promotions presented to Shihan Harvey and Shihan Mathews (backs turned)

## **DOJO SITES** (if a guest, always call before attending to insure any schedule change)

**West La. Jujutsu Training Academy**

Joey/Anita Harvey

337-375-7371

101 South 3rd Street; Leesville, La., 71446 <a href="mailto:shihanharvey@gmail.com">shihanharvey@gmail.com</a>	M/T/TH - 4:00pm to 8:30pm	
<b>Avoyelles Martial Arts Center</b> 617 North Main Street; Marksville, La., 71351 <a href="mailto:avoyellesmartiakarts@kriicket.net">avoyellesmartiakarts@kriicket.net</a>	Stevie/Chris/John C. T - 5:30 to 7; W/F - 6 to 7	318-253-8974
<b>Mathews' Martial Arts Center</b> 4603 Coliseum Blvd.; Alexandria, La., 71303 <a href="mailto:plmathews1387@gmail.com">plmathews1387@gmail.com</a>	Paul & Jeff W - 6:00pm	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 A./Jamie M/Th - 6pm; Sun - 8am	318-305-1076
<b>Florida Karate</b> <a href="mailto:therisensonmac@hotmail.com">therisensonmac@hotmail.com</a>	Jose TBA	Phone
<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 and Son M-Th - 5pm to 8pm	Phone
<b>Neathamer Training Consultants</b> 5371 Deschutes Rd.; Anderson, Ca., 96007	Dal/Corina Neathamer	Phone
<b>Tao Martial Fitness:</b> 223 Yellow Springs Ct; Yardley Pa., 19067	James Gifford	Phone
<b>Black Dragon Academy-Chicago</b> <a href="mailto:mhale@blackdragonacademy.org">mhale@blackdragonacademy.org</a>	Mark Hale Online	Phone
<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

## DOJO NEWS

**\*HESSMER DOJO:** Shihan Gauthier, Roy, Allen, and Taylor welcome all members to our dojo. We are preparing to welcome back Sensei Steve “Pop” Batiste and family. We have unfortunately been plagued with injuries. My best advice to all members when doing breakfalls is to bend your knees and take control of your breakfalls. Don’t let the breakfalls control you. Stevie Tillson and I gave a demonstration (awareness clinic) at a Rotary Club meeting in October. I am looking at a Ikkyu promotion in the next month and a Shodan in the next three months. The Hessmer Dojo teaches Jujutsu, Kempo, and weapons. We incorporate ground techniques for survival and self defense.



**\*WLJTA DOJO:** Wow, the last three months have been really busy at WLJTA. We had our annual parade in October for the West Louisiana Forestry Festival. We had a great turnout of all of our students. Our Little Samurai and Youth students had a blast participating in this event.



WLJTA hosted a Seminar with Sensei Tim McFatrige. This seminar was very well attended. Some students were introduced to Lameco Astig Combatives. Which consisted of stick and knife fighting. At the end, everyone participated in full contact stick and knife sparring. Even though the hand was the only target you could hit it was still “no joke.”





We had a combatives training class for a couple of the 10th Mountain units stationed here at Fort Polk. Huge shout out to all of our soldiers! Thank you and your families for your service and sacrifice for our country. We also taught Seven introductory classes for the BOSS program "Better Opportunities for Single Soldiers". We had many of these guys sign up and start training in our regular classes. We hosted a couples date night for the Fort Polk Spouses Club. It is always great to see couples who train together.

Shihan Joey Harvey had the opportunity to speak at the Vernon Parish School Board about the benefits of anti bullying training that martial arts can provide to all ages. WLJTA has now received the offer to speak at many of the schools throughout Vernon Parish.

We have also had our annual Holiday Potluck dinner with all of our students and families. We had over 175 people come and join this annual event. The food was absolutely delicious and very well prepared. Many door prizes were given out and a big shout out to Brandon Houser for winning the raffle. Our holiday raffle proceeds totalled \$600. These proceeds were donated to the New Life Crisis Pregnancy Center. Based on the raffle results, Shihan Joey Harvey and Sensei Larry Beall took a "pie to the face."

**\*Black Dragon Academy:** Mark Hale states, he just moved from a bustling Evanston II to small town Charleston II. I've managed to continue to teach my Chicago area students via conferencing and video. I did an in-service class today for a small LEO group that consisted of "old school" Jujitsu locks and some baton work.

I'm also working on the new Webpage which will support video streaming and tie into a new Social Media channel. I met with the local YMCA youth counselor and will hopefully be doing some classes at the Y.

On the personal education side, I've just finished up "on killing" with the Grossman academy and received my ordination in Metaphysical Ministries. I'm looking forward to seeing what 2023 holds.

**\*Avoyelles Martial Arts Center:** It's been a busy fall for AMAC. Belt tests at the end of September resulted in four new Jr. Brown Belts, Liam Bordelon, Christopher Dautzat, Duncan Desoto, and Andrew Gaspard. Besides passing their brown belt tests, these four young men are beginning to take a more active role in mentoring within the dojo. Congratulations to them and our other recent belt promotions!



Chris Bordelon, Steve Tillson, John Coutee

AMAC also participated in a martial arts demonstration at the Cottonport Bank's 3rd Annual Oktoberfete Celebration. The dojo performed a variety of demos, including children's and adult Goshin Waza, Kata, Weapons, Nage Waza and Ki. This is the second year the dojo has performed at the festival and drew the largest crowd of the day!



AMAC also hosted Sensei Dave Cannon for an evening of Arnis training. Many students were introduced to Arnis for the first time and thoroughly enjoyed it!





Sensei Dave Cannon



Sensei Bordelon instructing



Students learning Arnis

Finally, AMAC created its new Lil' Samurai program in March, and the program has grown from three to 13 kids with a regular class every Tuesday evening. Kids ages 4-6 not only learn martial arts basics like striking and blocking, but also learn age-appropriate skills such as balance, memory, stranger rules, manners, and what to do if they get lost. Kids are also required to turn in discipline cards to test for their belts, which require them to do their chores and help around their houses.



**\*Green Dragon Dojo:** Our school opened this September 1st and we're about 3 months in. I implemented a tiny dragon pilot program and it seems to be a great success. And now we're

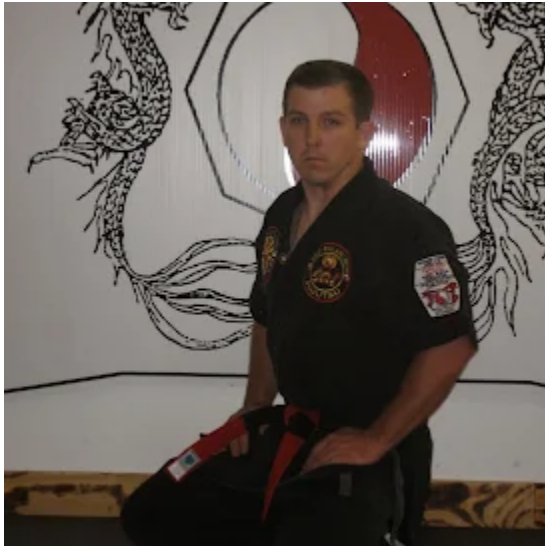
about to start advertising for it. We're getting ready to have our 1st belt test in the middle of December. Sensei Donald Lambert IV got his first state job. was hired by Florida Forestry Service as a wildfire firefighter. While continuing his education. It's still several months but we're



looking forward to our next clinic in October.



## BLACK BELT SPOTLIGHT



**SHIHAN/PRESIDENT JOEY HARVEY** is recognized in the second edition UCMMA Newsletter Spotlight section. All of us older shihans have seen Shihan Harvey grow from a teenager to where he is today. He has educated himself beyond all others. He retired from a good engineering position to teach full time as a martial arts instructor. Most of us dream about this, where he made it a reality. But don't look too far, for in his shadow he has his sidekick and wife, Mrs. Shihan Anita Harvey. WLJTA has over two hundred students with many Saturday Clinics throughout the year.

Shihan has over 35 years in the martial arts. He is currently the UCMAA president and has been an officer since its existence over four years ago. He is currently ranked 10th Dan and holds the title of Shihan. He has skills in Martial Arts Instruction & Evaluation, Combat Fighting (Tactical Offensive and Defensive Training), Naishin Ryu Jujutsu & Naishin Ryu Toide, Savate-Thai-Cross Training, Combat Submission Wrestling, Katana, Bo, Jo, Knife, Stick, Spear, Sai, Tonfa, and Combat Ki-Jutsu.

He is a graduate of Northwestern State University (Natchitoches, LA) in Industrial Engineering. He is the founder and Master Instructor (2002- ) of the West Louisiana Jujutsu Training Academy (WLJTA). He held the position of Division Head (2012-2017) of Juko-Kai International Kobujutsu Division; US Specialized Law Enforcement; Jujutsu and Ki Instructor (1994-Present); National Demonstration Team Television Demonstrations (Fox's Sports, Sports Science / History Channel Stan Lee Super Humans / Japanese Demo's / Tu Si Que Vales Italy). Shihan is also a member of the Martial Arts Hall of Fame and Combat Submission Wrestling.

This is his story: *"First I would like to say thanks to my beautiful wife Anita and my four children Elizabeth, Madison Paige, Madison Rose, and Dawson Harvey. I would not be where I am today without your love and support. I also want to say thanks to my parents John and Patricia Harvey for all of your encouragement.*

*My martial arts journey began as a very young boy. I had watched how hard my Mom had worked at going to school to become a school teacher. Once she did we moved to a new school in Rosepine LA. At this point I had started to be bullied by my classmates. I would not*

*stand up for myself because I did not want to get my Mom in trouble or affect her new job. This actually led me down a road of being afraid of getting into a fight, being hit, getting hurt, and even standing up for myself. So I remember buying a Karate book from the book fair at school one year. I had decided I wanted to learn how to defend myself due to me being bullied at school. To this day I can still remember that little red Karate book and several pictures in it. The best memory was getting in the backyard trying to do what I saw in the book. I do wish that I still had a copy of it. However I did not learn how to defend myself or even conquer my fears from this book.*

*My real training began when I met my first real instructor Shihan John Hebert. When I started I had decided I was going to learn and be the best that I could be. I was not going to do this halfway. I found the training to be absolutely amazing. I was not just learning how to block and strike, but I was learning how to do locks, chokes, and throws. Then one night I had to face my greatest fear and that was being hit. I actually thought that everyone in the martial arts world was supposed to learn how to do this. So I learned how to suck it up and conquer my fears. However one of the greatest lessons that Shihan Hebert always did was share the word of God with me. He was backing up everything that my own father was teaching me about having a personal relationship with Jesus Christ.*

*In 1994 I had earned my black belt and at that moment I did not realize that my training was only beginning. At this point I was able to start training with my instructor's teachers and later the black belts that they had trained. I look back on this and realize what a blessing it was to have been able to learn from all of these Sensei/Shihan's. It was a humbling experience to start all over and work through and learn other arts from the beginning. From each art that we trained in we had to earn our Dan rank and this allowed us to move up in higher Dan ranks. In time I became a member of the Louisiana Wrecking Crew and over the years I was able to watch members of this group be involved in several demonstrations on various television documentaries. I became a member of the National demo team and have had the opportunity to be on "Stan Lee's Superhumans, Fox Sports - Sports Science, a Japanese television demo, and a demo on Tue Si Que Vales in Rome/Italy.*

*As UFC and MMA continued to grow across the country and gain in popularity. I wanted to better myself in the grappling and wrestling world. I had a decent background in Judo, but I knew I had more to learn on the ground. I spent almost two years traveling and training with the Gracie's in BJJ seminars and camps. Then a close friend recommended me to come to a seminar with this guy named Erik Paulson. I decided to go and was blown away with all of the material that we went through and how well it was taught. Later after attending a third training camp I decided to back up and put a white belt on and start from the beginning again. After many years of training I eventually became a Pro Coach in CSW/STX (Combat Submission Wrestling / Savate Thai Kickboxing) and still continue to train and grow in the martial arts.*

*I give much gratitude to Rod Sacharnoski and the JKI organization. However in November, 2017 I resigned from JKI after 31 years. Since that time I have joined nine other co-martial artists and became a charter member of the United Combat Martial Arts Alliance (UCMAA). We are a united group of combat martial artists who have come together to create an alliance to encourage, regulate, and support training in the traditional martial arts."*

**PROUD OF YOU!**



Shihan Joey Harvey and wife Anita (Shihan)

## RECENT EVENTS

[See Dojo News for recap of local events.](#)

## UPCOMING EVENTS

**Situational Knowledge      11-29-2022      Melissa Daniel      AMAC**

Melissa is a lifelong resident of Avoyelles Parish. She is a Licensed Professional Counselor and a former representative of Faith House, where she aided victims of abuse for eight years. AMAC hopes to equip its students with situational knowledge as well as martial prowess for a complete self defense education.

**Hanbo Jutsu Seminar      02-11-2023      Shihan Paul Mathews      WLJTA**

Shihan(s) Joey and Anita Harvey will host a Hanbo Jutsu Seminar taught by Shihan Paul Mathews. The seminar will be held Saturday, February 11, at the West Louisiana Jujutsu Training Academy in Leesville, LA.

The instruction will include a review of all techniques required for Menkyo Shoden. Shihan Mathews will then introduce the techniques required for Menkyo Chuden. Chuden level techniques will include all blocking and striking techniques (Uke and Uchi Waza) from Menkyo Shoden applied against an attacking opponent, rolls and break falls (Ukemi Waza), and basic throws (Nage Waza).

Those members that have attended the Hanbo Session at the National Seminar last June and the Hanbo Seminar in August will be eligible to test for Menkyo Shoden.

## **UCMAA NATIONAL CLINIC NEWS**

### **From Sec. Paul Mathews - UNDERSTANDING THE TITLE SHIHAN:**

Many students, especially newer students, may ponder the distinction between titles such as Sensei and Shihan in addressing instructors within the dojo or within an organization in general. Their use varies within different organizations. Let's compare their use specifically within the United Combat Martial Arts Alliance (UCMAA).

The title, Sensei, is an honorific term which generally means "teacher." Within Japan and Okinawa it is not uncommon to use the term to refer to someone with more advanced knowledge within a particular occupation or avocation. Likewise, certain professionals such as physicians or lawyers may also be referred to as Sensei. In Japanese/Okinawan martial arts any instructor within a dojo may be referred to by that title, while in other dojo it may be reserved for addressing the head instructor. Within the UCMAA it is proper to refer to any black belt member by the title, Sensei.

The title, Shihan, is a title which is awarded by an art or organization. The kanji which make up the word Shihan are: 師 -Teacher, Master and 範) - Example, Model. Thus, the title Shihan reflects that of a model teacher. The board of the UCMAA generally accepts it to refer to "One who points the Way!" In many organizations the title is assumed once someone reaches the rank of Godan, or fifth degree black belt. Certainly, as in UCMAA, that is the minimal rank requirement for being awarded the title.

Different organizations have varying requirements for awarding the title. In at least one organization instructors must re-certify each year based on their activity and service to the organization to continue to use the title. Certainly, if an individual leaves an organization which has proffered the title, it is no longer in effect.

Recently the UCMAA approved a policy for awarding the title of Shihan. It requires a two thirds majority vote of the board based on technical proficiency, commitment to teaching the arts of the UCMAA, being a “teacher of teachers”, humility, and service to the UCMAA. It is not a title which is given lightly, nor is it a title to which one should aspire. Rather, one should aspire to achieve the characteristics that make an individual worthy of the title.

Therefore, within the UCMAA, the use of the honorific, Sensei, is appropriate for all who are of black belt rank. The use of the title, Shihan, is reserved for those individuals to whom the board has awarded the title.



2022 UCMAA 4th National Clinic held in Alexandria, La. 87 participants including 13 black belts. Paul, Anita, Joey, Jose, John, Jimmy, Donny Jr., Donny, Kirby, Stevie, John C., Chris, Mr. Kenny

## DOJO COMMANDS, CONDUCT, & ETIQUETTE

**The bow in traditional martial art:** In the *dojo*, as in the *Orient*, the bow is a sign of respect for *sensei*, respect for partner, respect for the Art, respect for ones' training, and respect for oneself. This attitude of respect is basic to the understanding of the philosophy of the martial arts. As in the West, the bow is also a greeting as is the American handshake. There is no religious significance to the bow as performed in a *dojo*. When bowing in a *dojo* it represents that he or

she respects the *dojo*, the *Sensei*, and their classmates to a point where they have focused their attention to the task at hand and are ready to begin or end a training session.

Traditionally, there are three types of bows. The *rit-su-rei* ("rit-soo-raee"), is the most commonly performed bow and is the type utilized when entering and leaving the *dojo*, beginning and ending class, etc. This is the basic informal standing bow. Not taking your eyes off the opponent, during the bow, means distrust. The *za-rei* ("zah-raee") is generally performed during formal occasions such as a rank promotion or when one is performing a sword *kata*. It's described as a formal kneeling bow. A third type of bow is the *ki-rei* ("ki-rei"), described as a salute bow towards a person or place of honor.

When one hears the command "*ki-otsu-ke*" or "*ki-osu-ke*" ("kee-o-skae"), they should immediately come to attention and get ready to bow. The command "*rei*" is the command to execute the bow. If training is underway and one hears the command "*ki-osu-ke*," they should immediately come to attention and face the entrance, ready for the command of "*rei*." This is an indication that a dignitary/Black Belt has entered the *dojo*. A junior student should never straighten up from a bow before a senior student or instructor. When executing any bow, do not bounce back up.

When lining up to begin class, the *dojo* is divided into an upper and lower side (ranks). Students should never position themselves in the *dojo* in a place above their senior students or instructors.

#### **A bow is appropriate:**

- When entering and leaving the *dojo*.
- When beginning and ending the class.
- When stepping on and off the *tatami*.
- When beginning and ending a *kata*.
- When greeting another martial artist.
- When beginning and ending a *kumite* or match.
- When beginning and ending a rank examination.
- When being promoted to higher rank.

## **EDITOR'S KIME**

### **From Shihan Roy - *KIME*:**

*Kime* ("kee-meh") is a Japanese Martial Arts term which means focus, and/or power during a technique. It's the focus of inner force (energy) to a point, as used during an attack. It's an expression of *Ki* and the focus of penetration. It's looking through your opponent or striking point. It's delivering maximum power to the intended target. *Kime* is generally misunderstood and looked over during training. *Kime* should be utilized in all techniques practiced in the *dojo*. You use it when striking, punching, kicking, in stances, blocks, wrist techniques, throws, performing *kata*, weapons, etc. It should be utilized in training by both *tori* and *uki*. The "*ki-a*" or *ki* breath brings a more decisive end to *kime*. To deliver a good *kime* punch, your fist should be relaxed (not close/tensed) before and while delivering, and should be instantaneous close/tense before impact. The fist will vibrate when tension is high. In Karate, it states *kime* is



the snap of the *gi* at the end of a punch (questionable) or full body power. Other translations are decision and attacking pressure points. Always utilize *kime* when training. *Kime* is of vital importance when utilizing techniques in our system.

## WELCOME: NEW MEMBERS AND RANKS

### Recent Ranks

Beth McGraw	Sempai	WLJTA
Paul Doty	Sempai	WLJTA
Anthony Zittle	Sempai	WLJTA
Robert Lozano	Sempai	WLJTA



**WLJTA DOJO:** Congratulations to our new Sempai:  
Anita Harvey, Beth McGraw, Paul Doty, Anthony Zittle, Robert Lozano, Joey Harvey, Larry Beall  
We are so proud of each of you!

## FIRST AID

### Kicked in the testicles (genitals, groin) and is down on the floor:

Symptoms: Pain, nausea, vomiting, swelling of scrotal, etc.  
Lie down and breathe slowly. Deep breathing.  
Don't curl up in the fetal position. Don't stand and jump.  
Pull knees to chest while on back.  
Ice pack. Watch for swelling or extended extreme pain.  
Prepare for vomiting. Turn to the side if necessary to vomit.

## GLOSSARY

**Matei:** ("mah-tay"), Immediately stop what they are doing and give their attention to the instructor.

**Tatami** ("tah-tah-mee"), Mat used to absorb the shock of falling.

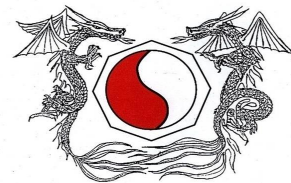
**Tori:** ("to-ree"), Partner who is attacking.

**Uki:** ("oo-key"), Partner who is receiving the attack.

**Jujutsu/Jujitsu/Jiujitsu:** ("joo-joo-tsoo" or "jew-jewtsue"), The gentle art of self defense.  
Jujutsu (Japanese) is the oldest of the classical martial arts and was known as Yawara dates back centuries to 100 B.C. Jujutsu encompasses almost all the techniques of the traditional and modern sports oriented styles of martial arts, as it was the forerunner from which they were derived. Jujitsu/Jiujitsu is associated with MMA/BJJ.

## TRIVIA

**Who were the first and second presidents of UCMAA?**



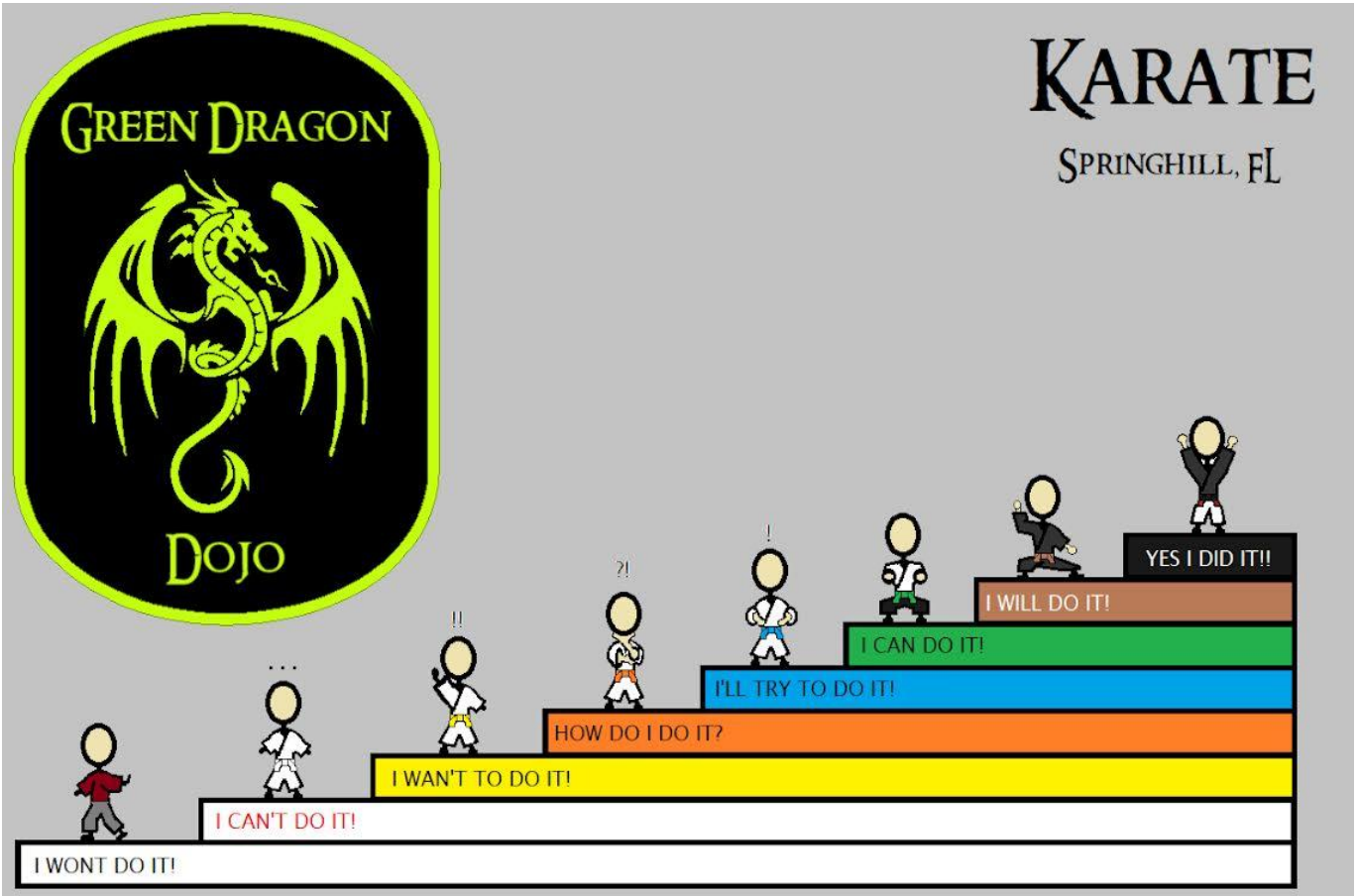
**Last quarter:** Who do the two dragons represent?

Answer: Shihans Bill Pearson and James Marler









THE END





