



UCMAA KI-AI

6-1-2024

(Vol.2; Issue 4/4)

Website: ucmaa.net

UCMAA PRESIDENT KI-AI

Welcome UCMAA members to this issue of the UCMAA National News Letter. We have had a very productive beginning of the year. Overall UCMAA is growing as an organization. We have had 3 amazing seminars through the beginning of the year with one of them being in Florida. All seminars have been really well attended and we thank all of our members for their dedication and desire to want to learn and grow. I mentioned it to all of the members who attended the Iai-Jutsu seminar in May. (which had over 50 members training) Seminars are a great way to train and cross train in other styles that are offered by UCMAA and an amazing way for all of us to meet others in our organization. When we look out at all of our members who are actively training, and attending the seminars, we see the generations who are coming up as not just martial artists but also instructors and leaders of UCMAA. We strongly encourage you to not just train in your dojo but attend as many events as possible. This is a great way to reignite the passion and fire in you to want to train and cross train. This also allows the leadership and instructors in the association to get to know who you are and see your growth in your training. You will find that your board members and instructors have a desire to teach and train you and to see you grow, while also holding a firm foundation. Basically, we will not give ranks out. We expect to see excellence in you. Belt rank is nothing but a colored belt that will show where you should be at in your training. If you have earned it we will see the results in what you can actually do on the mats and in testing. Board Member Shihan Stevie Tillson recently made a remark, "If you don't pass a test it doesn't mean that you failed. If you quit after not passing a test then you have failed." Very wise words from a very well respected Shihan with many years of experience.

We have several seminars coming up. I encourage all of our members to do their best in trying to attend. The national seminar last year had over 120 members in attendance. We are working on putting an awesome national seminar together for this year. If every one of our members were to attend this seminar we would have several hundred in attendance. So start making plans now to attend the **October 12th and 13th, 2024 National UCMAA Seminar**.

Self-Control

Sometimes you may feel a strong urge to do something, like play games or watch TV instead of doing homework or eat junk food instead of a healthy meal. Everyone has these feelings, it's a normal part of being human. Sometimes we want to do fun stuff instead of the things we should be doing. But you should know that it is best to do fun stuff on special occasions or as special treats.

If you always do the things that seem like more fun, you will never get anything done. It can even make you feel upset instead of happy, like having to do your homework late at night when you're tired and you have been procrastinating all evening. This is why we have self-control. When you have good self-control, you can do the things that are better for you and those around you.

How Your Self-Control Affects Others

How is having self-control good for those around you? It may not seem like all your decisions affect others, but you will often face choices that have an impact on those that depend on you. For example, if you avoid doing your chores and responsibilities because you lack self-control, your chores and responsibilities will build up and may irk those who live with you. Having good self-control allows you to be more dependable and reliable.

Another part of self-control is mastering your emotions and impulses. Feeling irritated, angry, or frustrated is completely normal, but if you lack self-control, you may vent your feelings on others. For example, if you are frustrated with a martial arts partner who is having trouble with a technique, you should always have patience and try to be helpful. However, if you have poor self-control, you may say something out of anger that hurts their feelings. Good self-control allows you to have patience and better communication skills.

Developing Your Self-Control

As you get older, you will have to develop better self-control. This means you will be expected to think before you speak or act, and ensure you are always productive and appropriate. You can achieve this self-control by simply taking a moment to think about how your decisions will impact you and those around you in the future. Will a particular choice cause you to be stressed out or late in the future? Then it is best to avoid that choice. Will a particular action hurt those around you because your feelings got the better of you? Then is it best to avoid that action. Good self-control is all about taking a moment to think and choosing the best decisions.

The Merits of Self-Control

Good self-control has many merits. It allows you to be more productive and use your energy more constructively, so you can create a better future for yourself. This impact can be long-term or short-term, but it will always be better than a decision that is made with poor self-control. It can also allow you to be more personable and easier to work with, so your peers feel more comfortable around you. This means others will enjoy being around you and they will feel like they can depend on you. In the end, good self-control is easy to develop and benefits everyone, so try your best to have more self-control!

Next UCMAA Newsletter on September 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, **Treasure**
Jimmy Gauthier; 10 Dan, Board

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



UCMAA ARTS

**Aiki Jujutsu
Kobu-Jutsu**

**Judo
JuJutsu**



**Iaijutsu
Kempo-Jutsu**

**Karate
Toide**



UCMAA PATCH

EXPLANATION OF THE UCMAA PATCH

Working from the outer edge of the patch inward:

Red Octagon – Represents the concept of Happo 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 th Dan)	UCMAA Charter Board Member	<i>Jujutsu</i>
*Kirby Roy (10 th Dan)	UCMAA Charter Board Member	<i>Kempo Jutsu</i>
*John Wayne Allen (10 th Dan)	UCMAA Charter Board Member	<i>Ki</i>
*Stevie Tillson (10 th Dan)	UCMAA Charter Board Member	<i>Goshin</i>
*Paul Mathews (10 th Dan)	UCMAA Charter Board Member	<i>Iai-Jutsu</i>
*Jeff Marien (9 th Dan)	UCMAA Charter Board Member	Open Division
*Joey Harvey (10 th Dan)	UCMAA Charter Board Member	<i>Toide</i>
*Anita Harvey (5 th Dan)	UCMAA Board Member	
*Jose Monegro (Fl., 7 th Dan)	UCMAA Charter Board Member	<i>Shurin-ryu</i>
*Cheryll Whigham (Fl., 5 th Dan)	UCMAA Charter Board Member	<i>Aikijujutsu</i>
*Dal Neathammer (9 th Dan, CA)	Charles Charrier (1 st Dan)	
*Corina Neathammer (9 th Dan, CA)	Stephen Kimble (1 st Dan)	
Vernon Schlieff (NO)	Hannah-Rose Monegro (Fl., 1 st Dan)	
Gary Barth (4 th Dan)	Jeremiah Batiste (1 st Dan)	
Glenn Cooley (4 th Dan)	Isaiah Monegro (Fl.)	
Sean Mayeux (5 th Dan)	Cameron Deam (Fl.)	
James Gifford (Pa.)	Donald Lambert 111 (Fl., 4 th Dan)	
Artie Lyons (3 rd Dan)	Donald Lambert 1V (Fl., 3 rd Dan)	
Joey Stokes (3 rd Dan)	Christian Bursk (Fl., 2 nd Dan)	
*Jamie Taylor (5 th Dan)	Larry Beall (Il., 3 rd Dan)	
Scott Dixon (2 nd Dan)	Robert Murry (1 st Dan)	
Roberto Guzman (2 nd Dan)	Chris Bordelon (1 st Dan)	
Kevin Fruge (Fl., 5 th Dan)	Kenny Brassette (1 st Dan)	
Howard Freedland (Fl., 3 rd Dan)	Mark Hale (Il.)	
Eddie Pitre (2 nd Dan)	Scotty Marcotte (1 st Dan)	
Steve "Pop" Batiste (3 rd Dan)	Blaine Laborde (1 st Dan)	
Paul Slater (1 st Dan)	Dorrian Murray (1 st Dan)	
Reese Martin (1 st Dan)	Dylan Gallion (1 st Dan)	
John Coutee (5 th Dan)	Dorrian Loftin (1 st Dan)	
Adrian Richard (1 st Dan)	* UCMAA SHIHANS	
Hope Dixon (1 st Dan)		



Dojo Locations



(If a guest, always call before attending to insure any schedule change)

West La. Jujitsu Training Academy

101 South 3rd Street; Leesville, La., 71446
shihanharvey@gmail.com

Joey/Anita Harvey 337-375-7371
 M/T/TH - 4:00pm to 8:30pm

Avoyelles Martial Arts Center

617 North Main St.; Marksville, La., 71351
avoyellesmartiakarts@cricket.net

Stevie/Chris/John C. 318-253-8974
 T - 5 to 7:30; W - 5:30 to 7:30

Mathews' Niryushin Dojo

4603 Coliseum Blvd.; Alexandria, La., 71303
plmathews1387@gmail.com

Paul & Jeff 318-794-9187
 W - 6:30pm

Hessmer Martial Arts

581 Little Corner Rd.; Hessmer, La., 71341
kirbyroy54@gmail.com

Kirby/Jimmy/John/Jamie/Pop 318-305-1076
 Every Thurs. - 6pm; Rotate Friday and Sat.

Florida Karate

therisensonmac@hotmail.com

Jose 352-428-3727
 TBA

Florida Aiki-JuJutsu

senseicheryll@hotmail.com

Cheryll Phone
 TBA

Green Dragon Dojo

13627 Linden Dr.; Spring Hill, Florida, 34609
greendragondojo@outlook.com

Donny Lambert & Son Phone
 M-Th - 5pm to 8pm

Neathamer Training Consultants

5371 Deschutes Rd.; Anderson, Ca., 96007
dalandcorina@yahoo.com

Dal/Corina Neathamer Phone

Tao Martial Fitness:

223 Yellow Springs Ct.; Yardley Pa., 19067
james_gifford@hotmail.com

James Gifford Phone

Black Dragon Academy-Chicago
5062 N Kimball Ave, Chicago IL 60625
mhale@blackdragonacademy.org

Mark Hale
Online

708-846-3075

JTMA Dojo: Florida
kwfruge@bellsouth.net
caskman1@gmail.com

Kevin Fruge'/Howard Freedland Phone

New Orleans Judo
vschlieff@outlook.com

Vernon Schlieff Phone



***GREEN DRAGON DOJO:** Green Dragon Dojo is now offering a new Family Class. This class offers flexibility for parents and children to grow together and navigate their Martial Art journey as a family. We have had several families join and meet twice a week. In other Dojo news, we have gained 3 new white belts this month. Since opening in September of 2022, we have officially promoted our 1st Brown Belt. We look forward to the upcoming months as we work to expand family classes and offer special karate nights to the community.



***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 every Thursday evening and varies, Fridays and Saturdays. We encourage our students and UCMAA members to support all clinics.

Saturday, April 20, Shihan Taylor hosted a luncheon at his home. We were treated to a unique bacon/duck wrap. We appreciate Shihan and his wife for hosting such a great gathering.



Jamie Taylor Shihan's presentation with board

***WLJTA DOJO:** WLJTA has been busy testing and evaluating students over the last several months. Russel Spike has tested in Jujutsu and Kempo for his Sankyu rank and has met the requirements to be a Sempai in our classes. This is a role that we don't take lightly. We look for someone who not only has the characteristics of a good leader but also has consistency in the techniques in their core art. We would also like to recognize Robert Gautreaux in his Sankyu promotion in Kempo.



Shihan Harvey teaching Iaijutsu

We also have a large group of yellow belts who will start their journey in testing for Rokyu through this next quarter. We are really looking forward to seeing what these students will be capable of. Most of them have been training over the techniques required for the past five to eight months.

We have also had several students who have been training every week in lai-jutsu. Actually these students train every week in the dojo for an hour to two hours a week for over two years. We have had several of these students who have been preparing hard to test at the last UCMAA lai Jutsu seminar in May. We would like to recognize the following students who have successfully tested for Menko Renshi. Beth McGraw, Robert Lozano, Caleb Goughnor. We also had Ken and Piper Truesdale who drove over from Georgia to attend the seminar with us. Congratulations to Eddie Davies, Ken Truesdale, and Piper Truesdale for successfully testing to Menkyo Oku-Iri.

This past October Shihan Mathews and Harvey tested about thirteen of the youth students in lai Jutsu. During this test only two students were actually promoted to the rank of Oku-iri in lai-jutsu. We would like to recognize the following youth for the work and dedication that they have worked to achieve over the last several years training in the katana. They definitely understand the meaning of perseverance. Personally, I am very proud of these students and we now welcome them into our adult lai-jutsu class at the rank of Menkyo Oku-iri. Alex Apodaca, Gideon Lapp, Owen Crouse, Tyler Franks, and Noah Pollard.

We would also like to recognize our Little Samurai graduates. This is no small feat for these young students. We have six of these students who have graduated from this program. This program normally takes about two years for them to complete and graduate from. Once completed, they are now eligible to start training with the advanced youth class to continue their journey in the martial arts. This allows them to continue to grow in the combat arts of UCMAA and to cross train in Integrated Submission Grappling, Savate Thai Kickboxing and the various weapons of the arts.



***Avoyelles Martial Arts Center:** The 2nd Quarter picked up a bit at Avoyelles Martial Arts.

We've been focused on rank reviews for all students and testing of lower kyus. A few different approaches have yielded better techniques and awareness!

AMAC also welcomed Avoyelles Parish Assistant District Attorneys Jenny Beckham and Jonathan Gaspard, who visited and spoke with the children's and adult classes on self-defense and law. Students asked questions relevant to both school and public scenarios. Self-defense is every bit mental as it is physical, and having the knowledge to make smart decisions is another tool in the toolbox.

This year, for 4H Achievement Day, our yellow belt, Saeren Beckham cast his nerves aside and performed a bo and empty hand kata (see below). He came away with first place! Congratulations Saeren!



We'd also like to congratulate Jamie Gaspard on his Yonkyu Promotion and Jimmy Griffin on his Nikyu promotion!

Avoyelles Martial Arts got "Pied" May 15th(above)! We made a donation to Silver Lining Pie Company, and received recognition. Speaking of recognition, we'd like to thank one of our own parents, Mr. Warren Patterson, for once again helping us with lunch for the laijutsu clinic!



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Niryushin Dojo: The Niryushin Dojo has moved their classes back to Wednesday 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.

***Jupiter Traditional Martial Arts:**

Jupiter Traditional Martial Arts welcomed UCMAA partners from around the country to the Jupiter Regional Seminar in April. We had comprehensive training in Toide (taught by Shihan Harvey), Sword (Shihans Harvey and Mathews) and Jujutsu (Shihan Roy) during the weekend. This was Shihan Mathews' fifth visit for training in Jupiter, Shihan Harvey's second and we were happy to welcome Shihan Roy for the first time. Green Dragon, West Louisiana JJ, Florida Aiki-Jujutsu, Niryushin Dojo and Hessmer Martial Arts were represented for the weekend. Good Pain!

JTMA hosted a few guest instructors beyond the seminar, hosting a Filipino Knife Skills class taught by Kyoshi Felipe' Jose' and a Matsubayashi to Jujutsu Seminar taught by Kyoshi Nestor Ramos.

Lastly, JTMA taught two Women's Self Defense Seminars during the past few months. We are proud to continue to partner with Julie Weil of the Not Just Me! Foundation as we train women to be vigilant and skilled in taking care of themselves.



Black Belt SPOT Light



SHIHAN ANITA HARVEY:



Shihan Anita having a fun time teaching martial arts

I love Jesus!

Proud mother to a 17 year old daughter. Proud Stepparent to Lizzie 23, Madison 21 and Dawson 16 years old. Step Grandmother to 1 granddaughter and 1 on the way!
Homeschooled 2 children for 10 years.

Married to Joey for 9 years and very proud of it!

5th Dan Naishin Ryu Iai-Jutsu.

5th Dan Naishin Ryu Jujutsu.

3rd Dan Naishin Ryu Kempo.

Ikkyu in Fowlers Karate (7 years. A mixed martial arts of Hapkido, sports Taekwondo, Small-Circle Jujitsu, Wing Chun Kung Fu)

Ikkyu in International Taekwondo (ITF and USTF 4 years)

Instructor for East Ouachita Karate Academy for 5 years.

Head Little Samurai Instructor.

Instructor for WLJTA for 12 years.

Developed a homeschooling physical education program through our dojo over the last 5 years.

United Combat Martial Arts Alliance Board Member

20 years experience in martial arts 17 years teaching children martial arts. 8 years ago she developed a little Samurai program to introduce the foundations of martial arts to 4-8 year olds.

The program has over 100 children and is growing. 10 years ago, I developed a professional internship program for exceptional young adults. It teaches them leadership, business skills and gives them work experience. This program has selected and prepared 20 young adult martial art students for roles in leadership, during their high school years.

USKA 2004 and 2005 National kumite Champion 2004 World Kumite Champion.

13 years Military Experience. Retired Captain.

Professional: BSN science of Nursing.

Licensed RN, MSRN, and TNCC licenses.

Associates degree in Military Arts and Science.

2 years progression towards Masters in Nursing Science with a concentration in Family Nurse Practitioner.

Personal:

Born and raised in Winnsboro, Louisiana. 6 brothers and sisters. She loves learning new things, teaching, reading, studying medical science, writing, hiking, gardening, spending time with family and pets.

From Shihan Roy: Shihan Anita Harvey has always impressed me. UCMAA was proud to accept her on the UCMAA board, two years ago. Even with her husband (Shihan Harvey on the Board and serving as president), she doesn't always take his side or follow his beliefs. She is always vocal in our group and puts forth her abilities to back up what she is demonstrating. After reading her autobiography, I now understand why.

She has done a great job with both the adults and children in their dojo as well as at seminars. I have had the opportunity to watch her test, instruct, utilizing ability, exhibit knowledge, socialize, and maintain confidence in what she teaches. She does a great deal behind the scenes. She is one of the first females to reach the rank of Shodan, in JuJutsu under The Pearson's and Marler's Lineage Structure. UCMAA is blessed to have her. Shihan /President Harvey is too.



Shihan Harvey testing for Shodan



Shihan setting up a dojo display



Recent Events

RECENT EVENTS

May 11: Iaijutsu/Kenjutsu Mathews' Niryushin Dojo



On Saturday, May 11, the Niryūshin Dojo hosted an Iaijutsu/Kenjutsu Seminar at Holy Savior Menard High School in Alexandria, LA. Shihan Joey Harvey and Shihan Paul Mathews were instructors for the seminar, assisted by Shihan Anita Harvey along with the following Oku-Iri (assistant instructors), Chris Bordelon, Robert Lozano, Caleb Goughnour, and Beth McGraw.

Shihan(s) Harvey and Mathews reviewed the participants over basic Kamae (postures) and Suburi (cutting techniques) as well as the Kamae Kata and Suburi Kata for both Shoden and Chuden levels. They then demonstrated proper methods of Nukiuchi/Nukitsuke (drawing of the blade to a cut), Batto-Ho Chiburi (de-blooding as found in the Batto-Ho Kata), and Noto (resheathing of the blade). Participants were then provided instruction on the first two kata of the Batto-Ho series.



After a provided lunch, participants were separated into groups according to their current rank in Iaijutsu/Kenjutsu. Shihan Harvey took the upper ranks and introduced the first of the Renshi Kata series and Shihan Mathews taught the lower ranks the next two kata in the Batto-Ho series, Hidari no Teki (enemy to the left) and Ushiro no Teki (enemy to the rear).

At the end of the day several groups were tested for rank. Congratulations to the following individuals for their dedication and achievement upon successfully testing for the indicated rank.

Ken Truesdale (Oku Iri), Piper Truesdale (Oku Iri)
Beth McGraw (Renshi), Robert Lozano (Renshi), Caleb Goughnour (Renshi)

Eddie Davies (Oku Iri)
Alex Apodaca (Oku Iri)
Gideon Lapp (Oku Iri)
Noah Pollard (Oku Iri)
Tyler Franks (Oku Iri)
Owen Crouse (Oku Iri)



April 5 & 6: **CLINIC** **Jupiter Traditional Martial Arts**

Jupiter Traditional Martial Arts welcomed UCMAA partners from around the country to the Jupiter Regional Seminar in April. We had comprehensive training in Toide (taught by Shihans Harvey and Jose' Monegro), Sword (Shihans Harvey and Mathews) and Jujutsu (Shihan Roy) during the weekend. This was Shihan Mathews fifth visit for training in Jupiter, Shihan Harvey's second and we were happy to welcome Shihan Roy for the first time. Green Dragon, West Louisiana JJ, Florida Aiki-Jujutsu, Niryushin Dojo and Hessmer Martial Arts were represented for the weekend. Good Pain!

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



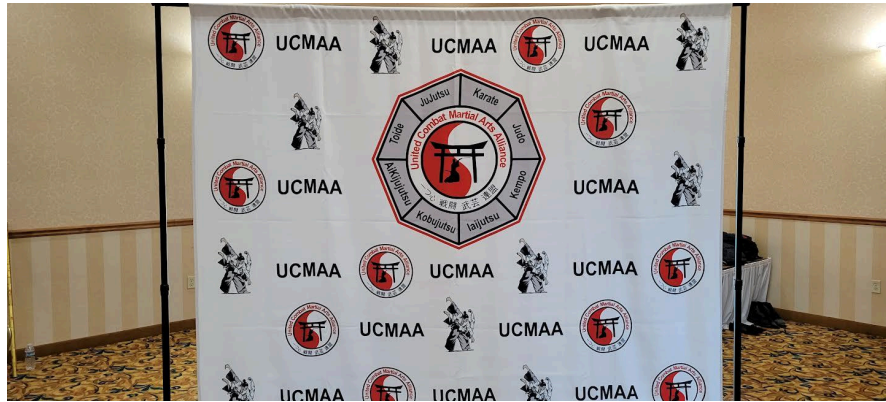
UPCOMING EVENTS

2024

Aug 10:	<u>Naishin Ryu Toide</u>	9:00-4:00	WLJTA Leesville, LA
Oct. 12-13:	<u>UCMAA National Seminar</u>	TBA	Pineville, Louisiana
Nov 09:	<u>Integrated Submission Grappling; Savate Thai Cross Training</u>	9:00-4:00	WLJTA Leesville, LA



Oct. 12-13:	<u>UCMAA National Seminar</u>	TBA	Pineville, Louisiana
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Front row: UCMAA Board
Back row: 2023 Clinic Participants







DOJO COMMANDS, CONDUCT, & ETIQUETTE

*** All members must be current in yearly dues/training fees to claim membership in the UCMAA** (copied: March 1, 2023). UCMAA is a professional organization and has a membership requirement. UCMAA is managed by a board and is under LLC. Membership is so vital to UCMAA, not only to exhibit support but to help support programs, clinics (guest instructors, etc.), and services. Member benefits are the perks (clinics, clinic discounts, cheaper uniforms, guest instructors, etc.), services (website, on-line resources, newsletter etc.), and access that members receive as part of their membership. In other words, they're what members get in exchange for joining the organization and paying member dues. The reality is that joining a professional organization, such as UCMAA, will provide an invaluable wealth of knowledge, resources, and opportunities that you are otherwise missing out on. Many instructors/board members have been instructing since the seventies and early eighties. Shihan Gauthier started in 1969.

Membership is required to train in UCMAA dojos and clinics. It is required in order to test for ranks, to receive the Ki-ai Newsletter, to become a Shihan, and to receive UCMAA diplomas. The two most positive cynical reasons of all are professionalism and a family environment.



**MEMBERSHIP DUES ARE DUE MARCH 1, OF EACH YEAR.
NOW!**

Editor's Kime



EDITOR'S KIME

Letter From Retired Shihan Bill Ryder: *Below is a letter from Retired Shihan/Sensei Bill Rydyer, requested by Shihan Kirby Roy, to discuss the early history of the Southern Region Martial Arts. Shihan Ryder was one of the most respected, impressive, first generation Senseis/Shihans (under Pearson/Marler). Shihan was an instructor for Shihans Jimmy Gauthier, Roy, and John Allen when they started in the early 70's.*

I was enrolled in archery in the spring of 1970. The class was ending and the last row of shooters was at the line when the instructor, Bill Pearson, came up to me. He basically asked me if I thought I was a pretty tough guy. He said it loud enough where many of the students could hear. Of course my response was something to the effect that I thought so. What he said next surprised me. He asked me to hit him in his solar plexus. I told him I would not since I would be kicked out of school. He said it would be ok. I didn't want to hurt him so I didn't hit him as hard as I could. Of course, he laughed at me which pissed me off. I asked if I could hit him again and his immediate response was of course. The next strike I made was with everything I had. My wrist buckled and cracked as I hit square in the solar plexus. The strike moved him back several feet but again all he did was laugh. It has been over 54 years since that happened but what I said next is as clear in my mind today as if it were yesterday. I DON'T KNOW WHAT YOU KNOW BUT I WANT TO LEARN. To say he had my attention was an understatement. I was raised with 5 older brothers and been in a number of fights while growing up and in the military but I had never met anyone that could take my full power punch and just stand there. He began to tell me about the martial art form Juko Ryu Jiu Jitsu which he and some others had just received their black belts. He went on to say that this art form was a defensive combat art developed by Dr. Ron Sacharnoski. Those that learn this art are taught how to take full powered kicks and blows while delivering even more powerful kicks and blows to their opponents. He invited me to join the dojo that he and Dr. James Marler would be starting after the spring semester ended.

Shortly after the spring semester ended Sensei Pearson and Marler began with a class of over 30 students in the gymnasium. They were assisted from time to time by Ray and Debbie Bigler, Lanny Maddox, Gary Morrow and Elaine Haynes just to mention a few. There were students with no martial arts experience all the way up to black belts from other arts. At first there was a lot of enthusiasm but like with all classes it soon diminished and attendance decreased. This

made it good in one way because we received closer attention from the instructors. Learning to walk, punch, block, and kick was boring at first but once we understood the concepts of balance, body and mind control it started making sense. These concepts really began making sense when we were paired up with partners. It was at these early classes that I met Butch Gauthier who became my workout partner. By the end of that summer session we made it clear to Sensei Pearson and Marler that we wanted our Black Belts, as soon as possible, since I would eventually be going to LSU Baton Rouge to complete my education and Butch would be returning to New Orleans after his graduation from Louisiana College.

As far as I know, Butch was not ranked in any art form in the beginning. I had taken some classes in Shotokan Karate but never held any rank. We shared many of the same views about life in general even though we came from totally different backgrounds. We had personally witnessed what Juko Ryu Jiu Jitsu offered and what it could do for us. The physical part was expected but what both of us could not comprehend early in our training was the mental changes we would go through. While we were very aggressive there were self-imposed limitations. However, the more we worked on these limitations, they were replaced with confidence which we would soon learn is not always good.

The following fall semester the dojo moved to the archery room upstairs in the gym which later became the permanent LSU-A dojo. We worked out 2 nights a week and occasionally on the weekends. While we worked with several different instructors from time to time most of our training came from Sensei's Pearson, Marler and Elaine Haynes. That confidence we had found earlier in our training soon disappeared when we began working with Sensei Haynes. She was about the toughest woman/Black Belt I have ever met. She was soft spoken, small in stature but powerful and had that take no prisoner attitude. We thought we had Ki but her small fist and Kime could penetrate our Ki and her throws were devastating. Everything she did was hard and fast. When she threw one of us we did not have time to prepare for the fall since she was so close to the floor. We had been practicing what we thought was Ki and Kime but she gave those concepts a whole new meaning. Instead of focusing our Ki to one spot on our body when working with her we had to Ki our entire body. We expected Sensei Pearson and Marler to hit and throw hard but she enlightened us by applying both concepts (Ki and Kime) to the maximum and always with a SMILE. We quickly learned that Sensei Pearson and Marler were actually bringing us along slowly and easily but not this lady. I recall the first time she had me throw her. She calmly got up, looked me in the eye and told me something to the effect that the next time she tells me to do a technique I better go hard and fast or she was going to. I will let you figure out how she finished that sentence. Needless to say in the future I went at her hard and fast. I have worked with many Black Belts, men and women, from our system and many other arts but few impressed me more than she.

A little over a year after we began our training Butch and I tested and were awarded the rank of Shodan in Juko Ryu Jiu Jitsu. While continuing to train we took on the new role of teaching. In order to teach you need students so we accompanied Sensei Pearson and Marler around the state/country for even more demonstrations and clinics. Those in the audience had seen the usual martial art techniques but what set us apart was our Ki demonstrations. Strikes to the

body were one thing but kicks and strikes to the groin and throat blew their minds. The unbendable arm and wrists also impressed the audience especially those from arts that specialized in arm and wrist locks. There was always someone in the audience that thought we were holding back so it was standard practice to have anyone that wanted to come and strike or kick us. These demonstrations brought in many students that I had the privilege of teaching that are now part of the UCMAA. People like Jimmy Gauthier, Kirby Roy, and John Wayne Allen just to name a few.

In September of 1972, I was awarded the rank of Nidan in Juko Ryu Jiu Jitsu and continued teaching at LSU-A and the dojo I opened in Alexandria. In the fall of 1973, I moved to Baton Rouge and opened a dojo on campus but between carrying a full class schedule and working full time it became impossible to keep the dojo open. I have many fond memories of my years in Juko Ryu Jiu Jitsu and people like Bill Pearson, James Marler, Butch Gauthier, Elaine Haynes, Jimmy Gauthier, Kirby Roy, John Wayne Allen, and so many others.



FIRST AID

Bruises: (contusion), very common in martial arts, is the breakage of small blood vessels (capillaries) which leaks blood in the surrounding tissue, with no place to go. Blood collects (pools) under the skin after an injury. Usually, there is no external bleeding unless the skin breaks open. A black eye is a type of bruise.

Occurs: injury, bumping, blow/impact, twisting, pressure, falling, sports, medical procedures, accidents, trauma (car accidents), etc. There are medical conditions and medication that could make you more prone. Aging skin could be a factor.

Symptoms: Discoloration of skin; usually brown, reddish, purple, yellow, black, and/or blue.
Tender/Pain
Swelling

First Aid: Most do not need treatment and will fade away. Blood cells (platelets) repair damaged blood vessels.
Apply Ice (first 24 to 48 hours; 20 minutes at a time during the day)

Heat after two days
Consult your Doctor for prolonged, unexplained, or frequent bruising.

**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.*



UKE-WAZA: Blocking technique

Students should always display proper form, focus, and follow up counters. Blocks should be performed from right and left side, inside and outside, and against a double fist attack.

Utilization in kumite and knife attacks are vital, along with footwork. Below are just some of the major blocks utilized in Naishin-Ryu:

- 1) *Age uke*..... raising forearm block (high)
- 2) *Ude uke*..... chest level forearm block
(center)
- 3) *Gedan uke*..... downward block (low;
circular-groin)
- 4) *Haishu uke*..... back-hand block
- 5) *Te uke*..... open hand block
- 6) *Morote uke*..... two hand/arm block
- 7) *Teisho uke*..... palm heel block
- 8) *Osae uke*..... pressing block
- 9) *Shuto uke*..... knife hand block
- 10) *Koko uke*..... tiger mouth block
- 11) *Tettsui uke*..... bottom fist block
- 12) *Tsukami uke*..... grasping block
- 13) *Hittsui uke*..... knee block (w/ hip/thigh)
- 14) *Nagashi uke*..... sweeping block



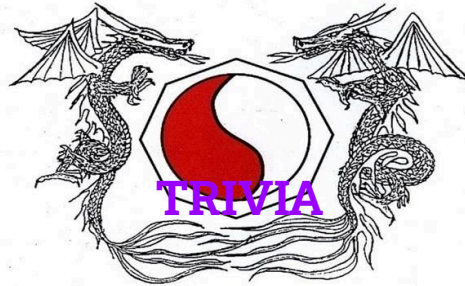
Time Line

50 YEAR HISTORY TIMELINE

- 1994** "Combat Ki" VCR production tape on sale.
- 1994 Roy/Tillson travels to Arkansas for a clinic by Renzo Gracie (BJJ).
- 01-00-1994 Lifetime Memberships: Marien/Land/Schlieff.
- 03-00-1994 LSU-BR Clinic. VCR tape. Schlieff/Zahavi/Phillip Terrell attended.
- 03-11-1994 New Orleans' Dennis Palumbo Clinic sponsored by Roos. Gauthier/Roy attended. Book.
- 06-12-1994 (11-12) National Combat Ki and Sword Clinic at Murphy, NC.
- Promotions: Gauthier/Roy/Kleckley to 10th Dan (3 of 6); First Samurai-Gauthier/Roy/Allen/Marien; Allen/Marien-7th Dan; Tillson-Master KI. Parulski teaches the sword.
- 07-16-1994 Local Houston Clinic. "Combat Ki": Wrecking Crew. Ground clinic by Roy/Tillson. VCR
- 08-07-1994 (4-7) National Weapons Clinic in Dallas (SMU): Tillson/Aaron Lemoine attended.
- 10-01-1994 Local "Wrecking Crew" Black Belt Meeting.
- 11-00-1994 Local LSU-A Clinic.



Trivia



Last Quarter: Name the 8 major arts under UCMAA.

- 1) Aiki JuJutsu
- 2) Kobu-Jutsu
- 3) Judo
- 4) JuJutsu
- 5) Iai/Ken Jutsu
- 6) Kempo Jutsu
- 7) Karate
- 8) Toide

In addition, under Naishin-Ryu: Hanbo, Goshin, and Gound.

September 1, 2024 Trivia: How many black belts do we have under UCMAA? Shihans? What year did UCMAA become activated?



Additional Photo's

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

THE END