

May 2010 Newsletter

Jizaikan Aiki Ninjutsu

自在館合氣忍術



# ***Jizaikan Newsletter***

**Monthly Newsletter #37 (May 2010)**

What you will find in this issue:

1. Feedback
2. Dealing with Injuries
3. New Members and Promotions
4. Aiki Ninjutsu Book and New Dvds!

# May 2010 Newsletter

## Checkmate - Lee Scott



I'm a mediocre chess player at best. I know how the pieces are supposed to move, and I know that the goal is to capture the king, and I even manage to win a few games sometimes. Still, there are better chess players than me, and against a skilled opponent I don't stand a ghost of a chance. Better players are always able to find better positions and set up their opponents to ensure their victory. Deciding how to move to proper positions and evoking a desired response from the opponent is not only how one wins at chess but also in a real life fight.

In our art of *Aiki Ninjutsu*, we are taught to move powerfully and purposefully to superior positions and set up our attackers to take control of the fight. This makes a lot of sense intellectually, but how does one go about it? Just like we can win a game by using different pieces in our chess set, we can win a fight by using different pieces of our skill set.

Think of each of the different principles and secrets you have learned as a piece on a chessboard. Each has a particular role to play and when used properly in conjunction with other pieces, victory is assured. In chess, we can make our opponent fall into a trap by drawing them in and making them feel as though one section of our board is vulnerable. This can be compared to using the skills of *Ma-Ai* (distancing and timing), *Nimitsu*, and *Yonmitsu* among others. By leading from the very beginning, the opponent is forced to react to what you are doing instead of being able to take charge of the situation.

. In chess, one always attempts to "check" the king. For those who may not be familiar with chess, this situation occurs when you approach the king in such a way that the other player is forced to move him or else his king will be captured on the next turn, and he will lose. Forcing the player's king into a position where he cannot escape from is known as "checkmate". This is what we are looking for in a fight.

The proper use of tactics allows for one to gain a superior position, to "check" his opponent. If I can create a situation where I know how and when my opponent is going to act, then I know where he will be left open when he commits to his movement and I can move in to a position and perform my technique.

Let's use *Hachikyo* to illustrate this point. Once the fight begins, we can use our understanding of distance, timing, and lateral positioning to provoke the desired attack from the aggressor. This set up give us the opportunity to move to our number one position, *Shoho Bashi*. "Check", it's his move now. The attacker does his best to scramble out of his position and turn back towards us and continue fighting. This is where we spring the trap. Since we realize this was the only real choice he could make, we have already planned for it. We pivot as he turns and pull his head to our shoulder and his elbow to our hip; he realizes he is

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## Checkmate (Cont.) - Matt Carr

being direct toward the ground. "Check" again, he attempts to rise, to move out of our technique only to get his head caught in the crevice of our elbow as we bring our arm up and break his balance. "Checkmate". He is slammed into the ground with the technique, *Irimi Nage*.

This example shows how using the skills properly in combat is like using the pieces properly in chess to set up the opponent. From there we force the opponent to react to us so we can move to a better position and "check" him. Once we have a superior position, our opponent is limited in his directions he can move to, thus we recognize where he can go and use our better positioning to guide him into a trap. Bam! He never sees it coming.



**May Special**  
**10% off**  
**one item in the Pro-shop**  
\*One coupon per student

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## Dealing with Injuries - Michael Jutoshi Eichenberg



One of the risks of taking martial arts is that students may find themselves suffering an injury sometime along their career. This doesn't mean that everyone will encounter a severe injury but there is always a possibility that something may happen when training in realistic and practical self defense techniques. Some common injuries in Aiki Ninjutsu might include elbow and knee hyperextensions, wrist and shoulder strains and muscle contusions. As much as the instructors stress that safety is always number one, there may still be situations where bodies are flying into each other or someone's lack of control or balance could produce such an injury.

Compared to other physical activities, Aiki Ninjutsu is actually a much safer activity than most. The number one cause of injuries in children involved in physical activities or sports in the U.S. is soccer (my personal nemesis!).

If a student finds themselves with an injury, how do they make sure they don't fall behind in their training? I highly suggest that students do not stop attending classes. They should bring a notebook and observe the class. As an instructor, you realize that observing other practitioners and trying to figure out what they are doing right or wrong is just as valuable as physically doing the techniques yourself. The Jizaikan student should attend just as many classes as they were before their injury and spend that time working on enhancing their personal notebooks. There is no way possible for anybody to remember all of the important information that is being taught in classes, which is why every serious student should have a notebook with them each day they come in.

Once a student's doctor has cleared them for light physical activities, the Jizaikan student should start trying to reintegrate themselves back into the classes. This is the time that they should not be concerned with being an Uke but concentrate on doing the defenses in a way that will utilize the least amount of exertion and effort. This sounds easy on paper but the martial artist ego will often times make students try to get back to 100% training before their bodies are actually ready. In the long run, this will actually keep the student from getting back to their normal training condition because of the likelihood of re-injury.

The best way to avoid injury is utilizing a good prevention program. Make sure that you are stretching on a regular basis. Our art does not employ high spinning attacks but it does require you to be thrown in weird directions as well as performing punches and kicks in "unorthodox" ways. I have actually heard higher level belts brag about not being flexible. That is absurd! By not being flexible, you are sure to end up injured sooner than later. If you think of a Ninja what comes to mind, a stiff lumbering robot or a smooth moving stealth fighter able to roll and leap out of any attack?

A true martial artist also knows that they must condition their body to last during an assault. We often say that the Jizaikan student does not need to be

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## Dealing with Injuries (cont.) - Michael Jutoshi Eichenberg

bigger and stronger than their attacker, but they do need to have the strength to deliver powerful punches and the cardio conditioning to fight multiple attackers and run to safety, should that situation arise. By working out their muscles, the student becomes a "lean, mean fighting" machine. Again, thinking of a Ninja or Samuari, do you picture Chris Farley from "Beverly Hills Ninja" or a conditioned and powerful warrior capable of doing almost super human feats?

Start yourself on a plan to becoming a healthy and fit warrior student who will be able to live a long life of well being and not sickness and injury. By doing this, you will keep your risk of injury down to a minimum and be able to achieve your goals of reaching high level black belts!

# Thanks!



**To all of you who helped make  
Mr. Maienza's 40th Birthday  
celebration a success!.  
We were able to raise enough to send  
him and his son Emmett on a  
weekend vacation AND get Mr.  
Maienza some contacts, so that he  
can see us when he is teaching!**

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## Welcome To The Jizaikan Family!

Welcome to all of you who have joined the Jizaikan organization and a **HUGE** congratulations to everyone who earned their next rank belt!

### New Students

#### Warrior's Edge

Zobie Amgaabaatar - Ranger  
Zolo Amgaabaatar - Youth  
Youssef Bouzovai - Ranger  
Paige O'Connell - Youth  
Edgaras Jarasunas - Adult  
Kevin Kwak - Adult  
Joey Kwak - Adult  
Jacquelyn Mattera - Ranger

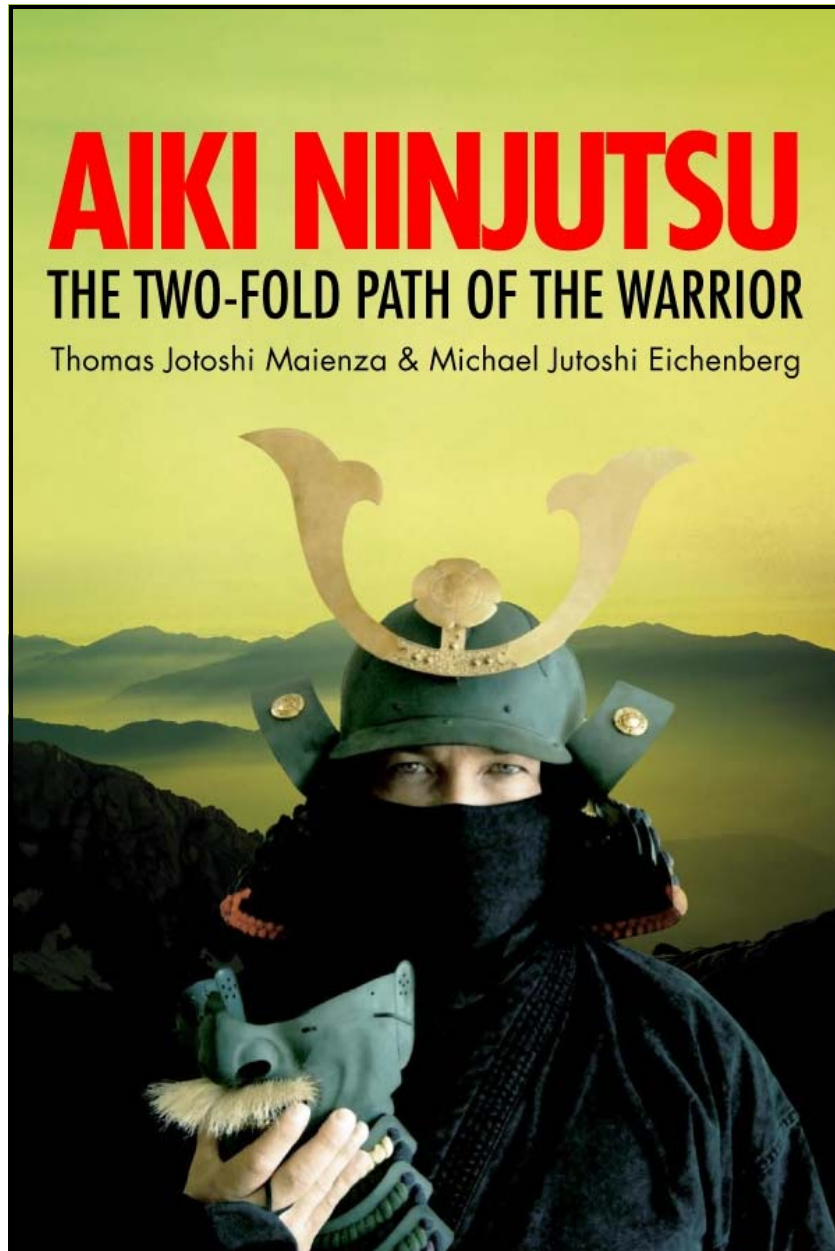
### Promotions

#### Warrior's Edge

Braedon Foundos - Camo/Yellow  
Griffin Foundos - Camo/Yellow  
Jack Houston - Camo/Yellow  
Gabe Reike - Camo/Yellow  
Billy Somers - Camo/Yellow  
Elissa Wing - Camo/Yellow  
Rachel Wing - Camo/Yellow  
Max Carey - Camo/Orange  
Dylan Reher - Camo/Orange  
Peyton Arens - Camo/Purple  
Sam McBroom - Camo/Purple  
Avery Pierce - Camo/Purple  
JJ Antonio - Camo/Blue  
Dylan Swanson - Camo/Blue  
Neev Dash - Camo/Red  
Rosy Viton - Camo/Brown  
Lazarus Alvarez - Yellow  
Mark Cornstubble - Yellow  
Daniel Jones - Yellow  
Jesse Papach - Yellow  
Aneta Cop - Orange  
Wesley DeCicco - Green

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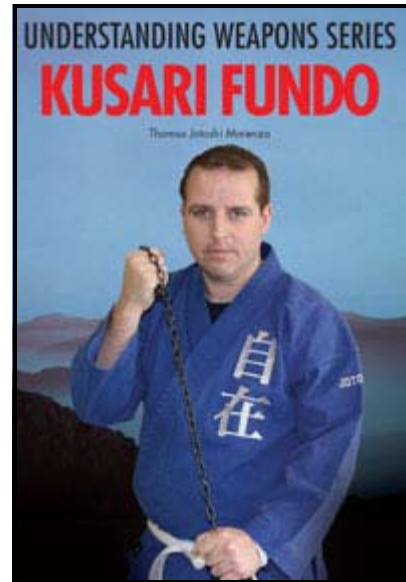
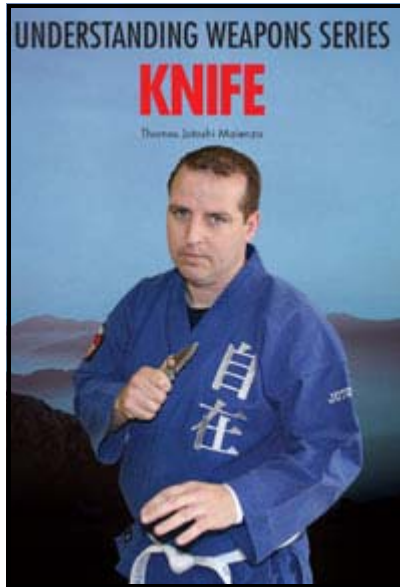
Have you read the Aiki Ninjutsu book yet?



**Only \$24.99  
In the pro-shop today!**

# May 2010 Newsletter

## NEW Understanding Weapons DVD Series



### Take Your Training to the Next Level!

Learn How to Master These Incredible Weapons  
From the Founder of Aiki Ninjutsu, Do-Shu Maiezza

Only \$35.00 each  
Available in the pro-shop

**Pick Up This Incredible Series Today!**

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## Warrior News

### Congratulations to David Eichenberg!



“No, this isn't a photo. It's a superb painting by David Eichenberg of his friend: **Tim II** (2009). He's one of the three artists short listed for the BP Portrait Award 2010, worth £25,000 to the winner. The other two are Michael Gaskell for **Harry** (2010) and Daphne Todd for **Last Portrait of Mother** (2009). I suspect the judges may plump for Daphne Todd's portrait of her mother on her deathbed, due to it's courage and brutal honesty, but it tells us nothing about the life and personality of the dying lady. I've posted my favourite.”

- London Art News

#### UPDATE:

He is the only American to make it this far! Good Luck David!!!



June 27, 2010 - 10am

Join the Warrior's Edge staff as we walk for this important cause.  
Please call Mr. Eichenberg to see how you can help!  
(630) 416-1946  
for more information.