

SMAA JOURNAL



Shudokan Martial Arts Association • PO Box 6022, Ann Arbor, MI 48106-6022
<http://smaa-hq.com/> • shudokan@smaa-hq.com • 1-734-645-6441

ANNOUNCEMENTS

2023 SMAA DUES

Membership fees are due on (or before) January 1, 2023. You can easily and safely take care of this by dropping by www.smaa-hq.com.

Paying your annual dues on time is part of the respect and self-discipline associated with the study of traditional Japanese budo. Thanks for your ongoing support of our international nonprofit organization!

HAVE WE HELPED YOU?

Were we a part of making your martial arts practice better? Did we help you achieve black belt certification? If we've helped you, please let us know! You're helping us gain more online exposure by leaving us a positive Google review. Follow this link to leave your review: <https://g.page/r/Ce0-XKBy1V1mEAI/review>.

We want prospective members to see how we've helped grow and educate our community about the history and practice of traditional Japanese martial arts—practicing our code of ethics, training in the different divisions, open door membership policy, certified teachers, and our high standards in the dojo. We would love to hear from our community, but we would like to remind our members of the importance of martial arts etiquette and how it is essential to advertise your association with us the right way.

OBJECTIVES OF THE SMAA

1. To promote and aid in the growth of Japan's traditional arts and ways.
2. To assist the public in achieving spiritual growth and physical development through budo/bujutsu.
3. To further friendship and understanding between Asian and Western martial artists.
4. To establish goodwill and harmony among martial artists of various systems.
5. To offer Western martial artists access to legitimate budo/bujutsu organizations and teachers in Japan.
6. To give practitioners of authentic budo/bujutsu recognition for their years of devotion to these arts.

BOARD OF DIRECTORS

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修道館武道会

Remember, if you wish to mention that you are affiliated with our group, please consider the following:

- Do not simply state that you are a member of the SMAA. Indicate that you are either an Associate Member or a Regular Member.
- If you are a Regular Member, indicate your SMAA rank and level of teaching certification (if any). Please also indicate which SMAA division issued you this rank.

It is important to state your affiliation in the manner listed above so that the public will have an accurate picture of your relationship with our group. Please reach out to shudokan@smaa-hq.com if you have any questions about leaving SMAA a review.

DONATIONS & TAX DEDUCTIONS

The SMAA is a federally tax-exempt, nonprofit corporation. As such, your donations to our association are tax deductible. Send your donations, in the form of a check or money order (made out to SMAA), to our headquarters in Michigan. We'll send you a letter back acknowledging your contribution, which you can then use for tax purposes. We hope you'll support the SMAA in our goal to preserve and promote traditional budo and koryu bujutsu.

E-MAIL

Please make sure we have your correct e-mail address. Without this address, we can't e-mail you the *SMAA Journal*.

Do you have a new e-mail address? Have you sent it to hedavey@aol.com? If not, we also won't be able to send you SMAA publications, so please be sure to let us know if your e-mail address changes.

SMAA PATCHES

The SMAA HQ is selling official SMAA patches for your gi. They're great looking patches that embody the spirit and honor instilled in members of our group. They won't fade or bleed when you bleach them, and yet we've been able to keep the cost down. Each patch is basically a 3 ½ inch circle featuring our logo below:



Our patches were produced using state of the art digitizing and ultra-modern technology to create an accurate and attractive embroidered emblem. They feature tight stitches, sharp detail, clean lettering, and top quality craftsmanship. There's no jagged stitching, but we've still got plenty of stitches so that the background doesn't show through.

The patch should be worn on the left side of your gi jacket near your heart. SMAA policy mandates only one patch per uniform to maintain the sense of dignity associated with traditional budo.

These new patches are a great way to show your respect and enthusiasm for our group; we hope all of our members will order at least one. *And the best part is the patches are only \$5.00 (US) each!* (E-mail shudokan@smaa-hq.com about special shipping for international orders.)

To order, go to the "Payments" section of www.smaa-hq.com or send a check or money order made out to "SMAA" to:

SMAA HQ
PO Box 6022
Ann Arbor, MI 48106-6022
USA

FACEBOOK PAGE



Have you been to the SMAA Facebook page? If not, you're missing out on the latest SMAA news, features, videos, photos, and information. It's easy and safe to join Facebook, and all you need to do is click the "Like" button to become a follower of our Facebook page. This is the fastest way to get SMAA news and updates, and we hope you'll drop by <http://www.facebook.com/ShudokanMartialArtsAssociation> and check it out. Once you're on Facebook, we hope you'll share our page with your friends and help us promote the SMAA.

SMAA ONLINE PAYMENTS

Did you know you can pay for your annual dues at our website using PayPal or a major credit card? You can, and you can also pay for gi patches and promotions in the same way. This is a much faster, and in some ways more secure, means of sending money to our headquarters. We hope more of our members will make use of this feature. Just drop by <http://smaa-hq.com/payments.php> for more information.

SMAA YOUTUBE CHANNEL

修道館武道会

Shudokan Martial Arts Association

Want to see some great videos of SMAA teachers, officials, and members? Now you can by visiting our YouTube channel. We're Shudokan1994, because 1994 is the year the SMAA was founded.

To see video of SMAA teachers and members, go to:

https://www.youtube.com/watch?v=gg5Nlka6Ge0&list=PLS11_XCH8Rki868tRKZ0fdJFSeFGyNZ0o

To see video of the amazing experts that trained leading SMAA officials and teachers, go to:

https://www.youtube.com/watch?v=zCE7zBhv9Hs&list=PLS11_XCH8RkiV8IiNZoXI93WI79BLE1NZ

NEW SMAA ONLINE LIBRARY

We're always trying to offer more benefits to go along with your SMAA membership. So, be sure to drop by www.smaa-hq.com and check out the new SMAA Online Library. We're in the process of gradually adding back issues of the *SMAA Journal* to our website.

WANT TO CONTRIBUTE TO THE SMAA JOURNAL?

We're always looking for articles and news items for our publication. The *SMAA Journal* is written exclusively by and for SMAA members.

Since we're a nonprofit organization, operating on a volunteer basis, we don't offer payment for your submissions, but you will have our thanks. All submissions are edited, and we can't guarantee what you send us will be published. But we do use most of what we receive.

This is an opportunity to let members know more about you, your dojo, and/or your martial art. No writing experience is necessary, and you can send your articles and photos to hedavey@aol.com.

UKE: THE RECEIVER OF TECHNIQUE

By Tom Kosslow

You are training in class when your sensei wants to demonstrate a leg sweep defense against jodan mawashi geri (“high roundhouse kick”), and he chooses you to be his uke. You have to attack with jodan mawashi geri, and you know when you make this kick, he’s going to sweep your supporting leg out from under you, and you are going to hit the floor hard. Even worse you’re not on mats, so you know the landing is going to hurt even if you land properly. But you kick anyway.

BANG! You’re on the floor, and it hurts just as you knew it would, maybe worse. You get up the best you can, and your sensei says, “Again!” So, you kick again and hope the landing will be softer this time. It isn’t. This goes on until he finally says, “OK. Enough.”

Most of the other students in the dojo are glad it’s you who was chosen as uke and not them. They see you taking the fall, and they think about the pain. They can’t see what is going on inside.

They don’t understand that when you are uke, your sensei will take you to the edge. You have to be totally there when you’re uke. If you are too slow, or have bad aim, or do something else wrong, it’s your fault, and your sensei won’t allow you to get away with it. You can’t be sloppy, and you can’t be afraid. You cannot train properly, or be a good uke, if you’re scared.

If you are a bad uke, your teacher is going to leave you alone and get someone else to help him or her in front of the class. That isn’t something a good student wants to have happen. In a traditional dojo, you’re only rough on the people you like. The rest of the students you treat with kid gloves.

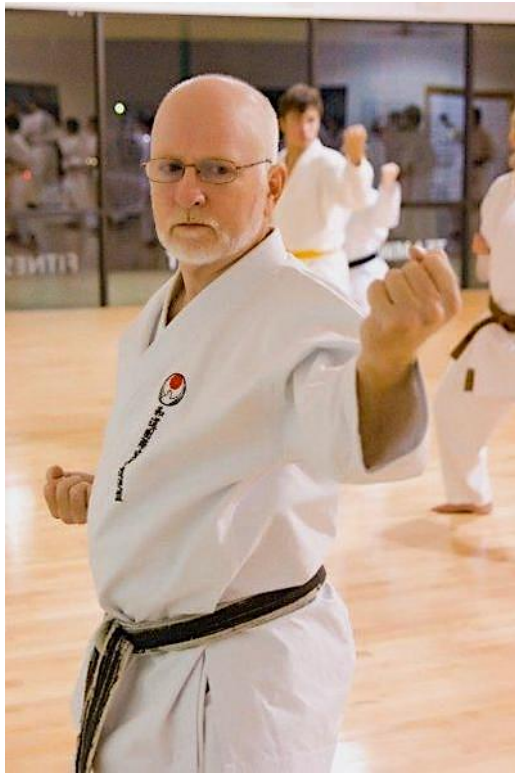
Over the years, I’ve lost students because they had a hard time with getting hit. They were doing fine until they got popped, and then they decided karate-do wasn’t for them. If you practice karate-do for any time at all, you are going to get hit. It goes with the territory. You have to learn to deal with a certain amount of pain in karate-do, because there really isn’t any way to avoid it. And there’s another reason for learning how to take a hit.

If you ever have to fight an opponent who will not give in, who just keeps coming at you, then you’re going to have to take some hard licks. You’ll need a resilient spirit to fight back when it gets tough.

Clint Eastwood in the movie *The Outlaw Josey Wales* tells his companions that when everything looks bad, and it seems you can’t win, then you must get “mean, mad dog mean,” in order to survive. It’s when your stamina starts to wane, and you wind up battered and bleeding—but alive—that you’ll realize the value of having learned how to take a hit.



The author (standing) and his teacher, the late Suzuki Tatsuo Sensei



Kosslow Sensei teaching Wado Ryu

If you can face up to your sensei when he looks you straight in the eye, and you know pain is forthcoming, then you aren't going to be scared of other people. They can't possibly do anything to you like your sensei has already done.

So, while others are thinking they're glad it isn't them, a good uke is thinking something different. He or she is glad to have such a great opportunity.

About the Author: Tom Kosslow Sensei is a Senior Advisor for the SMAA. He has been training in Wado Ryu karate-do since the 1960s. In 2005, at the Wado World Cup in Plano, Texas, Suzuki Tatsuo Sensei promoted Mr. Kosslow to the rank of seventh-degree black belt.

MARTIAL ARTISTS AS SHAPESHIFTERS

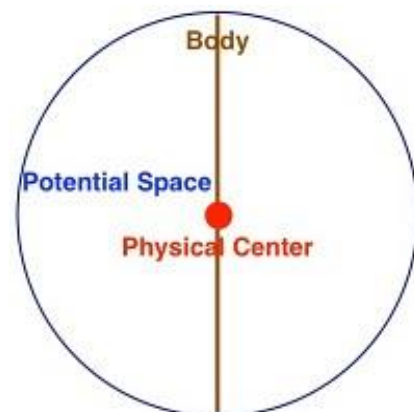
By Daniel Holland

In terms of the body, the martial arts are a collection of postural forms designed to express physical energy in an intelligent way. This expression of energy can be utilized for many practical purposes, such as striking a target, throwing an opponent, or evading an attack.

The martial forms themselves are nothing more than shapes, and these shapes can be regarded as tools. The ability to shape one's body into the appropriate tool at the appropriate time is the physical objective of the martial arts.

In order to accomplish this, it is important to possess both a geometrical understanding of the body, and a spatial understanding of the area the

body can potentially occupy. To understand the body geometrically, one should first be aware of the physical center point where the body's mass and balance naturally settles.





Holland Sensei practicing Muso Jikiden Eishin Ryu

This point in the lower abdomen is known as tantien in the Chinese arts, and hara (or seika tanden) in the Japanese arts. Awareness of this point is necessary because it is the origin of the shape the body assumes. The body itself can be envisioned as a vertical line that originates at the body's physical center. When standing at rest, this line runs up the

spine through the top of the head and down the tailbone to the ground.

To understand the potential space the body can occupy, one should first envision a sphere whose radius originates at the body's origin, its physical center. If circumstances demand occupation outside this sphere, then the origin of the sphere must be repositioned to accommodate.

Now, the line that represents the body can bow or hinge to shape new tools within the sphere. However, to maintain structural integrity and unification, there are two requirements that must be maintained: The first is that one's shape must either move from its origin or around its origin; the second is that every point on the line that represents the body must be contiguously connected to the origin. If either of these requirements falters, then the form suffers disorganization, and effectiveness of the body as a tool diminishes.

About the Author: Daniel Holland Sensei is a senior member of the SMAA Jujutsu, Judo, and Iaido Divisions. An SMAA member for many years, he lives in Michigan.

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We're on the Web!

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