



South Eastern Michigan's Most Innovative Dojo, (734) 645-7069



Words of Dr. Jigoro Kano

"The world is changing and Ju Jutsu has to change too. I don't think it's practical to limit ourselves to one particular style. I no longer see any point in keeping the techniques of each Ju Jutsu school a secret. It would be better to experiment with a whole range of techniques and select the ones you want to use, changing them if necessary. I'd like to take the best techniques from the Yoshin style and the best techniques from a lot

of other styles and combine them all to create the ultimate form of Ju Jutsu. Last year after we performed for President Grant, Master Fukuda spoke of bringing Ju Jutsu to the rest of the world. To do that, we can't rely on just one particular style – we need a combination of the best techniques from all the major schools of Ju Jutsu. That's what I'd like to teach to the rest of the world."

Jigoro Kano, 1880



An early gathering of Judo and Jujutsu leaders -- Jigoro Kano is seated third from the right

Special Interest Articles

- Words of Jigoro Kano
- A.C.E. Contract Changes
- New Students
- Technique of the Month

A.C.E Martial Arts Contacts

O Sensei Powers

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A.C.E. Contract Changes

As we approach the year end we would like to thank those of you who have diligently honored our membership agreement by paying there dues on time.

A.C.E. is a Michigan Non-Profit organization and as such we attempt to operate in the most efficient manner. We continue to take suggestions and implement ones that will benefit the Dojo's best interests. Over the last quarter we have had many students who continue to pay monthly dues late. This practice

negatively affects us all by tying up precious resources to act as collections officers instead of working towards furthering develop our Dojo.

In response to this, the Dojo will be modifying our membership contract terms for future students to the following two options.

6 Month Basic Contract payable in **3** installments

12 Month Premium Contract payable in **4** installments

These changes will be implemented in the following months. Existing student's contracts will be individually revised and some financial concessions will be made since you already have valid USJA membership and Judogi.

Concerns and questions can be addressed by Sensei Powers.





“Before and after practicing Judo or engaging in a match, opponents bow to each other. Bowing is an expression of gratitude and respect. In effect, you are thanking your opponent for giving you the opportunity to improve your technique.
.....Dr. Jigoro Kano.”

Welcome New A.C.E. Members

We're delighted that you'll be joining our community, and we hope that you are excited at this prospect as well! While you and your classmates hail from all over the world and you each have your own story to tell, you all have this in common: you are each about to start a new chapter in your life,

Please help us give a warm welcome to the following students who have joined us over the last 3 months.

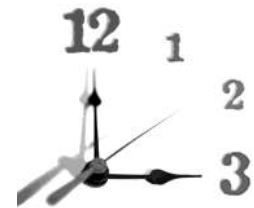
- Eric Boehm
- Christina Dubrik-Guarascio
- Ken Goetz
- Lindsay Larson
- Dimitry Malinkin
- Gordan Sheppard



Year End Schedule

Since Christmas and New years both fall on Sundays this year, A.C.E. Academy of Martial Arts will not need to modify our class schedule.

We would like to wish every one a safe and happy holidays and prosperous new year.



	Monday	Tuesday	Wednesday	Thursday	Saturday
10am-12pm					Advanced Senior Judo
4-5pm	Beginner Youth Judo	Beginner Youth Judo		Beginner Youth Judo	
5-6pm	Advanced Youth Judo	Advanced Youth Judo	Advanced Youth Judo	Advanced Youth Judo	
6-7pm	Beginner Senior Judo	Beginner Senior Judo	Advanced Senior Judo	Beginner Senior Judo	
7-8pm	Advanced Senior Judo	Advanced Senior Judo		Advanced Senior Judo	

Technique of the Month-

Deashi-harai

Deashi-harai is the very first throw in Dai Ikkyo, the first group of eight throws in Kodokan Judo. It is considered a foot technique.

Deashi Harai is the Advancing foot sweep. As your opponent is stepping forward with his right foot, instead of stepping straight back with your left foot, you step slightly back and to the right. This puts you in close and to the side, but you have moved back so your opponent is encouraged to continue forward. Then, as your opponent's right foot comes forward, you use your left foot to sweep it to your left. Timing is the key. You want to sweep the leg just before your opponent puts weight on it. Too soon and he just picks it back up. Too late and his weight is on it and it doesn't budge.



Breaking it Down



Kuzushi

Begin in the right natural stance. Step back a bit farther than usual with your right foot and pull your opponent forward with your whole body. They will take a large step with their left foot.



Tsukuri

Loosen your right grip a bit and pull them toward you with your left hand so that they bring their right foot up close to their left.



Kake

Just as they are putting their right foot down, sweep it in the direction it is traveling with your left foot.

As you sweep pull down hard with your left hand.

