



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



Dr. Jigoro Kano

Jigoro Kano was born to a family that operated a small sake brewery. Never physically strong, he suffered from various illnesses as a child and was constantly bullied. He tried to learn jujutsu to get even, but was opposed by his parents who feared he could be seriously injured. His parents instead had him study rigorously and in 1877, Kano enrolled in Imperial University. Away from his parents, he finally started learning jujutsu. He studied two different jujutsu styles each focusing on different aspects of fighting techniques. In 1882, Kano founded Kodokan Judo. His system of martial arts (judo) all but replaced its parent art

of jujutsu in Japan. Kano also successfully introduced judo into the Japanese school system. Also a member of the International Olympic Committee for Japan, Kano believed in the Games as a way to bring countries together. When World War II was imminent, he lobbied for having the 1940 Olympic Games organized in Japan. This finally happened in 1964, after his death, when the Games were held in Tokyo. For this occasion, Judo became an Olympic discipline, which raised a controversy in the Judo world. Indeed, Kano had always been opposed to

organized competition in Judo, for he believed it would taint the non-opposition spirit of his art. Kano allegedly died of pneumonia in 1938, aboard the SS Hikawa Maru after attending an IOC conference, promoting Judo as an Olympic sport. There is, however, growing evidence that he died actually of food poisoning



Special Interest Articles

- Dr. Jigoro Kano
- Membership Changes
- New Students
- Upcoming Events
- Technique of the Month

A.C.E Martial Arts Contacts

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Membership Changes

Last month A.C.E. began implementing changes to our contract arrangement for both existing and our new students. We are very pleased at the number of members who took advantage of this offer and made the 1 year commitment. This contract restructuring has given us the funds required to continue our improvement campaign.

We hope everyone has had a wonderful holiday season and happy new year.

A.C.E. would also like to apologize for some unforeseen class schedule conflicts that affected us during the first week of the new year. Our deepest apologies to those that arrived on time only to miss an opportunity to train. Our entire staff is back in town and the class schedule is returned to normal.





Judo (Japanese: 柔道, *jūdō*; "gentle way") is a martial art, sport, and philosophy originated in Japan. Judo was developed from Jujutsu, and was founded by Dr. Jigoro Kano (嘉納治五郎) in 1882. The sport became the model of the modern Japanese martial arts, *gendai budo*, developed from old *koryu* schools. Practitioners of Judo are called **judokas**.

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 few months.

- o Russell Montalvo

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勝負一瞬



Upcoming Events

We are looking forward to the following upcoming Judo and Jujitsu events.

Jan 15 - Women's Workout at Southside Dojo -Portage, MI 7840 Portage Rd. Portage, MI (269) 385-0111

Feb 4 -Joint Workout in Findley Ohio Contact Mark Hunter markjudo@aol.com and Neil Simon njsimon@aol.com

Feb 11 - Ohio Judo Open Championships OPEN event to all states Ohio State Qualifier for USA Judo Sr. Nationals... Kettering, OH Contact Russ Scherer (937)427-5836

Feb 12 - Snow Throw - Southside Dojo Kid's Tournament Portage, MI contact Ron Blake (269) 345-7391 or Ronblake@chetermi.net

Feb 19 - Michigan State Judo Lansing, MI contact NJSimon@aol.com

Mar 3 - Team Gracie vs. Team Hammerhouse Friday, March 3, 2006. It's so big we had to move it to Nationwide Arena. Get your tickets while you can at ticketmaster. Columbus, OH, 43215, United States 1-800-765-6999

Mar 3-5- Arnold Classic Judo -Mike Swain - sponsor, Russ Scherer - Tournament Director, Noboro Saito - Head Referee. Updated to include competitive divisions for Masters (men and women) 30-40, 41-50, 51+ [light, middle, heavy in each weight group] Columbus, OH details at the following link <http://www.arnoldmartialarts.com>

Mar 11 - Midwestern Championship USA Judo Senior Class E and Junior Class D Elite point event. Reg Saturday-Competition Sunday! Chicago, IL contact sev88@aol.com

Mar 12 -Owed Kata Championships and The Ameri-Kan Judo Open Championships Bluffton, OH (419)722-3476

Mar 18 - Ohio State Open Judo Championships Bowling Green, OH no further information available yet.

Technique of the Month-

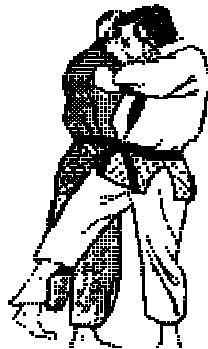
Osoto Gari

Osotogari, or major outer reaping, is a leg throw. A relatively simple, yet powerful, throw it has been popular in tournaments and effective for self-defense.

Osoto-gari has always been one of the most popular of judo throws in spite of its general classification as a technique used most frequently by middleweights and above. Despite its apparently simple mechanical principles, it is a throw as complex in its nuances and as rich in its variations as any of the other major throws.

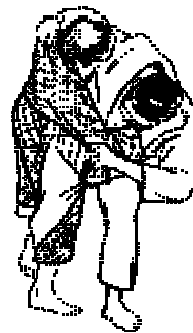


Breaking it Down



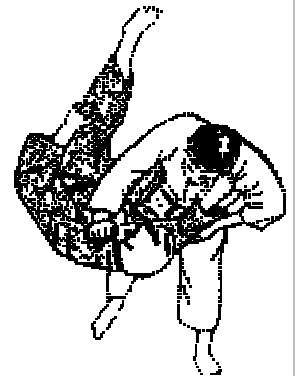
Kuzushi

As you step close to the outside of your opponent's. Foot...



Tsukuri

You push your opponent off balance to the rear corner while holding him/her close.



Kake

Your other leg then sweeps the opponent's leg out from under him/her using your body as a single lever motivated by pelvic action