

Elite Self-Defense Academy

LEADERSHIP AND LIFE SKILLS DEVELOPMENT CENTER

Getting Started Handbook



Updated July 2016

HISTORY OF THE ELITE SELF-DEFENSE ACADEMY

Elite Self Defense Academy opened its doors on April 1, 1991. Its mission is to instill in our students leadership and life skills using the techniques and philosophy of Danzan Ryu as taught by Professor Henry S. Okazaki while conforming to the rules, regulations, and practices of the American Judo and Jujitsu Federation (AJJF). Furthermore, the teaching environment in class will promote a family-friendly atmosphere. The Instructors will strive to be extraordinary stone pillars of the community.

HISTORY OF THE ADVANCED AFTER SCHOOL PROGRAM

The Advanced After School Success Program was started in April, 1999. It is the flagship of our school. Its purpose is to give parents a constructive alternative to childcare. By teaching them self-confidence, leadership, discipline, and respect during their stay, and mixing that with academic tutoring, homework time, Spanish, and martial arts, our program is a program that no other after school program can even come close to. Overall our goal here is to turn our students of this program into leaders of the community.

YOUR INSTRUCTORS

SENSEI JOHN PFUND



After being assaulted by a group of older children on a school playground at the age of 10, Sensei John Pfund entered the junior program of Amador Judo and Jujitsu School in January of 1978. Initially looking for revenge, he quickly realized that Jujitsu instead taught how to lead a happy and successful life. He received his Shodan (first degree black belt) April 24, 1984, and currently holds the rank of Godan (fifth degree black belt), which he received in 2012. He now studies under Professor Carr at Redding Jujitsu Academy and is the school head of Elite Self-Defense in Livermore, California. Sensei Pfund has held numerous tournament titles including the prestigious Amateur Athletic Union (AAU) National Championship. He also studied and competed in Mixed Martial arts, Brazilian Jiu-Jitsu, Tae Kwon Do, Shotokan Karate, Wrestling, and Kodokan Judo, and he is certified in teaching impact weapons, defensive tactics, and Split Second Survival.

SENSEI TIM NIBERT

Sensei Tim Nibert began studying Danzan Ryu Jujitsu with Sensei John Pfund in 1998 at the age of 8. He received his Shodan on February 2, 2008 at age 17, and his Sandan (third degree black belt) in March 2015. In his time practicing Jujitsu, Sensei Tim has won national championships in both freestyle and sport Jujitsu. In addition to Jujitsu, he has studied Tae Kwon Do extensively at Las Positas College.



SENSEI IAN HLADUN

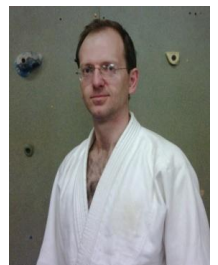


grow his knowledge.

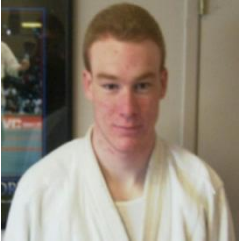
Ian Hladun began his Jujitsu career with Sensei John at the age of 14 in 1997. He reached black belt at age 18 in 2002, and second degree black belt at age 23 in 2007. In 2007, while studying abroad in Japan, Hladun took up an intense yearlong study of Judo, which resulted in him earning his Ikkyu (brown belt) before his return. He has also studied Tae Kwon Do, where he has earned his yellow belt. Currently, he is a proud member and instructor of Elite Self-defense where he continues to share and

SENSEI LEO VATEV

Leo started Jujitsu with Sensei Pfund in 2003, after researching lots of Martial arts systems and schools in the Bay Area, and achieved Shodan level in the AJJF in 2006. He then received his Nidan in 2011. Long before, he studied Karate for two years in his home country, Bulgaria. Besides Martial arts, Leo likes to spend a lot of time hunting and fishing.



SENSEI COLTON WHITE



Sensei Colton White started his study of Danzan Ryu Jujitsu when he was 13 years old. He received his Shodan (first degree black belt), June 28, 2002. Sensei Colton White hopes to expand his knowledge of Martial arts and study at various other schools. Present day, Colton White resides in Florida where is is pursuing his goal of becoming a fire fighter.

FREQUENTLY ASKED QUESTIONS

What if my child doesn't want to come to class? Martial arts is a way of life not a hobby or a sport. If your child didn't want to go to school would you let them stay home? For the most part students tend to enjoy their classes but sometimes class is tough. This is where we need you to be the parent and get your child to class. Remember whatever traits they learn now will carry over for their whole lives. I know you don't want them to learn to quit things just because it's hard. Remember we can only be as good as what we are willing to put into it.

How Often Can We Train? In our Basic Junior Program students can come up to 6 Classes a week. This is unheard of in most schools. Most schools you are only allowed to come 2 times a week with a makeup class if you miss one of your classes. We would love to have them at all 6 classes but usually students come 2-3 times a week. In the adult program students can train up to 4 times per week.

How Long Have We Been in Business? Since 1991.

What Styles of Martial Arts do we teach: Danzan Ryu Jujitsu, Judo, Karate, Aikido, Kickboxing, Boxing, Mixed Martial arts, Escrima and Split Second Survival.

Dress Code: You may wear clean white socks, special mat shoes or go barefoot. Males may go shirtless under their top or may wear plain white t-shirts under their uniform if they are below black belt. Male Black belts may go shirtless under their top or wear plain black t-shirts. Females should wear a t-shirt according to the previous rules or a sports bra along the same color scheme. If you are attending an event you may wear the shirt from the event. No pants or shorts should be worn under the uniform pants. And finally no excessive patches or emblems should be worn on the uniform. You should purchase and Elite Self-Defense patch and wear it on your left side. You may also purchase an AJJF patch which is worn under the dojo patch or on the outside of the arm.

Where Can I purchase our club shirt and other clothing items: We have a club store available at <http://bestfreekarate.spreadshirt.com>.

A BASIC OUTLINE OF A CLASS

BEGINNING OF THE CLASS: All the students will line up with the higher ranks in the front of the class and the lower ranks in the back or if there is a limited number of people, in one line with the ranks from left to right. Then the command "Ki-o-tsuke" will be given which means for the students to come to attention. This means straightening your posture and giving your attention to the instructors. Then the command "Shomen Ni" will be given. This literally means look at the head of the class, which in most academies contain either the American Flag or some type of shrine dedicated to the founder of the system. Next the command "Rei" will be given which means to bow. You will then hear "Sensei Ni" and should direct attention to the instructor. Then "Rei" again. At the end of class this procedure is done just the opposite, first to the instructor then to the flag.

THE BOW has nothing to do with religion. It is more historical in nature and is a traditional sign of respect.: The bow is performed by putting your left hand on the mat about 10 inches in front of your left knee with your fingers turned in and together. Then the right hand is then placed 10 inches in front of your right knee fingers turned in and together. Because your fingers are pointing in, your fingers and thumb will make a triangle. Then while keeping your buttocks on your feet bend at the waist and flex your elbows to bow. ****Always look up, never look at the mat.

EXERCISES: The next part of the class consists of aerobic, strength building and flexibility exercises. **Important Note:** I only ask that you do the best that you can. Never overdo it. Feel free to sit out any exercise that you don't wish to do or feel that injury will result because of your participation.

FALLS AND ROLLS: Part 2 of warm-ups consists of falling and rolling techniques. You should not participate in this part of the class unless you have been introduced to the falls and rolls by an instructor during the class (about 2-3 class sessions). When you do participate in the falls and rolls only do the ones that you think you can do. It is your responsibility to not go beyond your limits.

After warm-ups the class begins. Class varies here. Usually you will be taught by an instructor in a group setting. When you are learning in a group please follow these guidelines.

- The instructor is there for you! Please tell him any needs.
- Go your own pace. If the instructor is going too fast please tell him. Every student is different and the instructor will adapt to your level.
- Ask Questions. Don't save your questions. Ask! The instructors are very knowledgeable and will be glad to help you.
- Realize that these techniques will be new to you. You will repeat them many times over many class sessions. So if you don't get a technique today, don't worry. You will have ample opportunity to learn all the techniques.

PROPER WAY TO WEAR AND FOLD A GI (PRONOUNCED “GEE”).)

The whole uniform is called a gi. The Jacket is called the uwagi, the pants the shitabaki and the belt is called the obi.

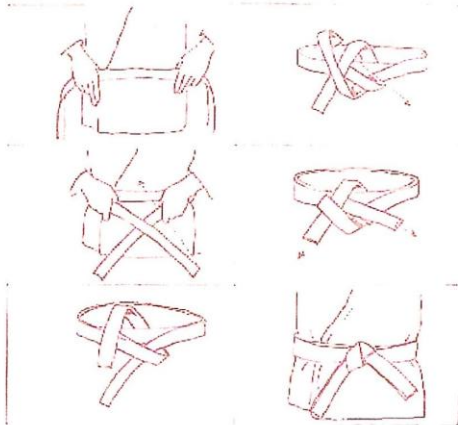
LENGTH OF THE GI: Historically pants only came to the knees and the top only the elbows reflecting the original purpose which was the underclothing of the Samurai Armor. Modern gi's come to the ankles and wrists.

BELT—OBI (PRONOUNCED “OBEE”: The belt has a long an interesting history. Since there is no need to repeat what is already available on the internet I will simply give you a link to follow: <http://judoinfo.com/obi.htm>. Also please reference <http://www.e-budokai.com/articles/belts.htm> which dispels a common myth about belts. We call people that have attained the rank of black belt and above dan (pronounced “don”) ranks and people below black belt kyu (pronounced “Q”) ranks. You should know that when your belt gets old and frayed it is a good sign to others that you have been working hard for a long time. But you should know commercially that for some reason belts made in Korea are lined inside with green cloth and the under cloth of Japanese belts is white lining. So it is important for me for you to get a Japanese black belt for a professional appearance. In the American Judo and Jujitsu Federation we use a slight variation in colors. 1st-3rd black belts are black. 4th and 5th degree black belts are black and red. 6-8 black belts wear red and white belts and 9 and 10th degree black belts wear red belts.

PUTTING ON THE GI: You will put on the pants with the loop in front. Then put the strings through the hole and tie a traditional bow knot. It is very important to watch the strings are even...If the strings get lost in the hole it is hard, but not impossible to get back out. **The jacket is crossed left over right. This is very important as historically crossing the gi right over left means the person is dead.**

UNIFORM

How to tie a belt



Gi Top Left lapel always lays on top of right lapel

Wearing Gi



Pants White pants are worn by all ranks below Dan. Black pants may be worn once student achieves Dan rank and above.

How to fold a gi

1. Fold pants in half
2. Place pants inside gi top
3. Fold arms of gi on top of lapels
4. Fold lapels into center of gi
5. Fold bottom of gi toward center
6. Fold "new" bottom to end of gi
7. Wrap and tie off obi around gi

*** Obi shouldn't be tied into a knot separate from gi until promoted by Sensei

Putting on The Obi (belt): You can also find a video help file at:

<http://www.youtube.com/watch?v=cmEvdo64ixg&feature=related>



Fold the obi in half with both ends of the same length to locate its center. Center your obi on your stomach.

Place the centre of the obi flat across your stomach with both ends hanging down toward the floor.



Wrap your obi around your waist.

Keep the center of your obi flat against your stomach with both ends of equal length.

Cross your obi behind your back.

Switch your hands and bring the belt back in front of you.



Cross your obi on your stomach.



Take the end of

Wrap the outer layer under the others.

Wrap the end that originates on your right side under the other two layers, against your stomach, and pull it straight up and out the top of your obi.



your obi that is coming out of the top left, and bend it down over to the right side. Take the end of your obi that is coming out of the bottom right and pull it down to the center.

Adjust if necessary to make both ends the same length, then pull the ends to tighten the

knot.

Take the top end and wrap it over the bottom end and then up through the hole.



Then pull tight.

You will pick this up really easily and soon



you will be a pro.

HOW TO FOLD YOUR UNIFORM (GI)

Folding your gi is very important and a sign of respect. Again please follow the link below to learn how to fold it.

http://www.youtube.com/watch?v=8mEHhsW_eYA&feature=fvw

NOTE: After you fold the gi you can put your arm through the hole as as protection. This was what Professor Law had all his students do to give them some protection on their walk to and from class.

SETTING UP YOUR MARTIAL ARTS NOTEBOOK—REQUIRED FOR THE ADULT CLASS

The Jujitsu notebook is a vital part of your class, so vital in fact that our organization, the American Judo and Jujitsu Federation (AJJF) requires you to submit an up-to-date notebook as part of your black belt exam. We require an up-to-date notebook for each rank achievement.

Many people have different notebook creations. Some have elaborate notes, pictures, and diagrams. Some have physics explanations for the techniques, and some keep simple descriptions of arts with stick figures. The best way to structure your notebook is whatever works best for you. Your notebook will change over time and you will probably rewrite it several times.

Just remember what your notebook's purpose is—to preserve the techniques as you have learned them so you can teach them and recall them over the course of your life. Since most people spend decades in Martial arts, it is expected that you will forget things from time to time. Your notebook allows you to go back and gain some understanding for techniques or who taught it to you.

Here is how to make the basic notebook:

1. Get a 2-inch binder and put a nice cover on it. Make sure the cover includes your name.
2. Put your notebook in the binder and make sections in your notebook corresponding to the course lists. For yellow belt, these sections should be yellow belt fundamentals, submission grappling, Sutemi, Yawara, Nage and Kime.
3. Optional: copy the corresponding lists of techniques and put them in the front of the corresponding section.
4. As you learn a technique, spend 15-20 minutes after class writing down the technique as follows:
 - a) Number of the technique corresponding to the number in the list.
 - b) Name of the technique.
 - c) Who taught it to you.
 - d) Date you learned it.
 - e) A brief description of how to do it.
5. Place this in the correct section of your notebook.

THE ELITE SELF-DEFENSE RANK ACHIEVEMENT CARD: JUNIOR AND ADULT

You will receive a card to keep track of your progress through our system. You will see that each course is listed on the card followed by squares representing the techniques in the course.

You should mark your card after each class. In each square, mark $\frac{1}{4}$ of an X each time you practice a technique under an instructor. The first time you practice, mark a quarter of an X, the next time you will have $\frac{1}{2}$ of an X, and the third time you will have $\frac{3}{4}$ of an X. Before you mark the final part of the X, giving you a full X, you should have a thorough enough understanding of the technique that you could teach the technique to a new student/

Once you have a full X, you will then shade in a quarter of the X each time you teach the technique to someone else.

HOW TO GET TO YOUR FIRST RANK AWARD IN THE ADULT CLASS-YELLOW BELT

At Elite Self-Defense Academy, we strongly believe in setting goals both in our lives and in our academy. Goal setting is very important because life itself is measured in achievement. Here is a brief roadmap of how to get to your first belt—yellow belt, or gokyu, in Japanese.

Each rank achievement consists of general requirements, techniques for the rank, general knowledge of our academy, system, and organization and specific vocabulary. The requirements for each rank achievement can be found under the rank section of this handbook.

HOW TO GET TO YOUR FIRST 2 RANK AWARDS IN THE JUNIOR PROGRAM

The first rank in both of these programs is earning your advanced white belt. In the junior class this is a white belt with a black stripe. This belt is given when the student has attended class at least two classes per week for at least eight weeks and have completed:

1. The Junior Fundamental Course 1-15 these are our tumbling and gymnastic techniques.
2. Have full X's on 6 Sutemi Techniques
3. Pivoting, Parrying and Blocking
4. Be able to fall from a throw.
5. Get Away from Someone Grabbing your wrists or body.
6. Heel to heel trip-Judo throw and Pull down throw—from Aikido
7. Basic open guard, and side mount from Brazilian jujitsu and escape from the side mount.
8. Front stance and front kick from Karate.
9. The written exam for this rank.

The second rank is Yellow Belt. In order to reach this goal the student needs to:

1. Be attending class on a regular basis.
2. Must be seasoned in the class by attending at least 3 months.
3. You must complete the following techniques
 - a. Junior Fundamental Course 1-30 these are our tumbling and gymnastic techniques.
 - b. Sutemi Course 1-9 these are our rolls and falls.
 - c. Escape from someone grabbing your wrists or body.
 - d. Heel to heel trip from scarf hold, heel to heel trip from arm underhook and leg pickup from arm underhook.
 - e. The mount and the escape from the mount and Judo-Kesa Gatame
 - f. Horse Stance, Front Stance
 - g. Front Kick, Side Kick
 - h. How to Punch with a Reverse Punch
 - i. Upper Block from Front Stance
 - j. The written exam for this rank.

HOW TO GET TO YOUR FIRST RANK AWARD IN THE ADULT CLASS-YELLOW BELT

For the rank of Yellow Belt (Gokyu) you need:

1. You need to be at least 13 years of age.
2. You need to attend class on a regular basis. Which means attending at least 2 classes per week.
3. You must be a seasoned white belt which means attending regularly for at least 3 months.
4. You must complete the following techniques
 - a. Complete the Beginning Fundamental Course 1
 - b. Sutemi List 1-13
 - c. Yawara List- 1-10
 - d. Nage techniques 1,4 and 8
 - e. Kime List 1-13
5. Have a notebook describing all the techniques for the Yellow belt requirements.
6. Be able to pass the written exam from the Yellow belt requirements.

TESTING FOR YOUR NEXT RANK

When you have reached a certain competency you will be invited by the instructor to test. There is no fee for this test. We believe since you have worked hard you have earned the right to your next belt. Just because you have completed all the techniques does not automatically mean you will test. Often the Sensei has other items he wants you to improve in. Such as gaining confidence or persistence. Because after all martial arts is about transforming yourself spiritually, emotionally and physically. Martial Arts is not a destination it is a journey. However, generally when you have completed the requirements it will be time to test.

THE CODE OF BUSHIDO

BY SENSEI DAVID FAIRFIELD

"The Samurai of olden days were held to a very rigid code of behavior. The reason for this code had to do with the perfection of. As a martial artist grew in age, he or she was expected to grow in wisdom—as their value as a soldier diminished with advancing age, they were expected to become wise rulers. Not only did martial artists train with weapons, they balanced their training with discussions on the correct way to behave and how to lead.

As I become a martial artist, I realize I am on a different path than others, and it is a difficult path. My goal is to perfect my character. I realize that this will be a lifelong quest. My life's journey has not yet been revealed to me, but I am learning as I walk my path. My final destination will mold how I live my daily life. My daily life will be guided by a few daily rules. These rules will help me make decisions and stay on my path.

1. Love has the power to change.
2. My life will make a difference.
3. When faced with a choice, I will choose to be kind.
4. I will work for peace and peaceful solutions.
5. I will avoid mind altering drugs, & people who use them. They are on a different path than I.
6. I will learn to listen to my "inner voice". It will guide me.
7. My education is more important to me than I can imagine at this stage of my development.
8. There are evil people in the world. Learn to recognize them and avoid them.
9. There are wonderful people in the world. Learn to recognize and associate with them.
10. Some events in the world have no explanation. I will not spend too much time looking for one.
11. Good & bad events will happen to me in my lifetime. I will learn to find a lesson in each event.
12. Great growth will occur during difficult times.
13. I will make mistakes.
14. I will grow and learn by my mistakes, and not repeat them.
15. My reputation is important to me, and once damaged, is difficult to regain.
16. I will learn to say "Sorry".
17. I will forgive others, and ask for forgiveness.
18. I will end each day in mokoso, and during this period of inner reflection, I will ask myself the following questions.
 - a) Have I been grateful for the daily blessings I have received?
 - b) Have I been good?
 - c) Have I been kind?
 - d) Have I been gentle and humble?

e) Have I tried my very best?

19. I bow before going to my sleeping tatami, and I will remember to thank my parents and teachers for all they do to mold my character.

20. The word *Samurai* means to serve.

QUICK START FOR PARENTS OF CHILDREN IN CLASS

- ⊙ Complete all enrollment paperwork.
- ⊙ Bring your child to class consistently and talk with them about their class experience.
- ⊙ Become Social With Us
 - ⊙ Visit our website at www.martialartslivermore.com and visit regularly for updates and to see all the fun we are having.
 - ⊙ Download our school handbook from our website.
 - ⊙ Join our Facebook page. Go to Facebook and type Elite Self-Defense in the search box.
- ⊙ Purchase a club shirt at <http://bestfreekarate.spreadshirt.com/>
- ⊙ Check your email regularly as we send announcements and special newsletters out on a regular basis.
- ⊙ Your child will have homework dealing with our lessons. Please make sure to make sure this gets turned in.
- ⊙ Realize that we are fairly strict on discipline and respect but we are consistent and the goal is to improve your child's leadership and life skills—in the present but more importantly for the long term.
- ⊙ Realize that sometimes the class gets tough, just like life. Your child may at times not want to go because the class is tough or they felt embarrassed or even afraid. Hopefully you are here because you realize that this education we are providing will help shape your child's destiny. I'm sure if your child didn't want to go to school for the same reasons you would make them go. We want you to do the same with us. Talk to us and we will help your child overcome their difficulties.
- ⊙ Participate in contests and events that we periodically put on and go to. This will be very rewarding to your child.
- ⊙ Above all know that maybe by fate, you have entered into a place that will make your child a success.

QUICK START FOR ADULTS

- ⊙ Complete all enrollment paperwork.
- ⊙ Come to class consistently.
- ⊙ Earn the right to wear a uniform in the adult class by attending class for 1 month.
 - ⊙ Purchase Uniform from our academy.
 - ⊙ Purchase Club Shirt from <http://bestfreekarate.spreadshirt.com/>
- ⊙ Become Social With Us
 - ⊙ Visit our website at www.martialartslivermore.com and visit regularly for updates and to see all the fun we are having.
 - ⊙ Download our school handbook from our website.
 - ⊙ Join our Facebook page. Go to Facebook and type Elite Self-Defense in the search box.
- ⊙ Check your email regularly as we send announcements and special newsletters out on a regular basis.
- ⊙ Start your notebook. See the page on starting your notebook.
- ⊙ Participate in our contests and events that we periodically put on and go to. This will be very rewarding.
- ⊙ Above all know that maybe by fate, you have entered into a place that cares about you and can change your life for the better.

