

# Summer 2008

## Judo & Nihon Jujutsu Workshop



### Japan Karate-Do Federation Hombu Dojo, Mission Viejo, CA

JKF instructors, Jr. and senior members, and friends, gathered Saturday, Aug 16<sup>th</sup> to attend Judo and Nihon Jujutsu workshops directed by long-time associate John B. Gage.

The Jr. session began at 9 am and featured Judo throwing and immobilizing techniques – *nage* and *katame-waza*. Senior JKF instructors assisted throughout, helping everyone to understand and enjoy the new techniques. Photo: Judo session members (top)

The 10:30 – 1:30 pm Judo & Nihon Jujutsu program began with a review of fundamental techniques including *ukemi* (falling), *tai-sabaki* (evasive stepping), and other basic methods. The following 60 minutes saw all participants exchanging various throwing, choking, and immobilization techniques.

Photo: Godshaw Shihan preparing Sr. members and instructors for the workshop (below)



Japan Karate-do Federation  
23725 Via Fabricante Unit E  
Mission Viejo, CA 92691  
Tel: (949) 859-1038  
Email: [paul@jkdf.occoxmail.com](mailto:paul@jkdf.occoxmail.com)  
Web: [www.jpankaratedofed.com](http://www.jpankaratedofed.com)

# 2008 Summer Judo and Nihon Jujutsu Workshop



"All forms of traditional Japanese martial arts are in fact lifelong pursuits, the full benefits of which can only be realized after many years of dedicated practice..."



"To gain proficiency in any one area requires endless study and commitment, and it is through this very process that the numerous unanticipated benefits occur.

As such, traditional Japanese martial arts constitute much more than methods of combat, rather, they comprise a means of developing discipline, knowledge, soundness of mind and body, all which in turn, serve to enrich other aspects of one's life."

- Shizuya Sato, Nihon Jujutsu Founder





# 精力善用自他共榮

Commit oneself to maximum efficiency,  
and mutual benefit in all endeavors



## 2008 Summer Judo and Nihon Jujutsu Workshop



## 2008 Summer Judo and Nihon Jujutsu Workshop



Workshop director John B. Gage is a resident of Japan, where he has lived and studied traditional budo for more than twenty-years.

Gage-sensei is a widely recognized instructor with extensive international teaching experience and the following credentials:

- Nihon Jujutsu Kyoshi 7th Dan
- Judo Renshi 5th Dan
- Instructor Embassy Judo Club, Tokyo, Japan
- Councilor Kokusai Budoin, IMAF HQ Japan