

www.tientaejitsu.com 503-544-9975

Upcoming Events

Sat Oct 28 – Halloween
Party and Movie Night.

LITTLE DRAGONS

Free "Little Dragons" classes will be offered this month!

These classes are specially designed for kids 4 & 5 years of age. This is not a TJJ class. Little Dragons will have special uniforms and t-shirts, and the classes will focus on developing basic life skills and simple martial arts skills, as well as safety and awareness.

Students will earn the right to wear a variety of patches (very cool!) for each of the skills learned. When students reach the age of 6 they will become eligible to become white belts in the regular TJJ beginners class.

This is a great opportunity to introduce little brother or sister to TJJ. See "Special Events" for days and times offered.

Student Birthdays this Month

Jared (JB) Brown
Shawn Halliwell
Tom Muldoon
Afina Neunzert
Anah Peacock
Steven Peterson
Ross Reaume

High Gear is Here

We are pleased to announce the arrival of High Gear to TJ. High Gear will allow students to engage in realistic scenarios that mirror real world confrontations and test both your defensive and offensive techniques by practicing force-on-force drills.

For the person wearing the gear (Master Johnson or a trained black belt instructor) the realistic mobility allows the "assailant" to move freely (unlike a wave master). Students must block and defend during a role play since instructors will shift and strike like in a real fight.

High Gear allows students to execute offensive strikes and kicks as would be needed in a real conflict. WARNING: Students are allowed to STRIKE ONLY USING PARTIAL FORCE. High Gear will only partially protect the instructor, and no one will want to suffer the consequences of injuring Master Johnson or any other instructor!!!



To keep everyone safe when working with High Gear, instructors will provide constant feedback about appropriate levels of contact. Once everyone is clear on the level of contact allowed, however, High Gear will allow students to fully engage and test techniques.

Many schools advocate sparring. In TJJ, we do not...for many reasons. High Gear is a great tool that will provide us with real-world training and will be a valuable benefit to all students and instructors.

For advanced students only.

TJJ Combat Training System

Even the best-trained law enforcement agencies can benefit from developing and enhancing existing self-defense and apprehension techniques.

In today's world, officers are faced with increasingly dangerous situations, often involving criminals who are either mentally unstable or under the influence of drugs and alcohol. In these scenarios, an officer must have the ability to employ less-than-deadly force with skill, speed and confidence.

The Tien Tae Jitsu Combat Training System has been

developed specifically for Police, Security and Special Forces teams and incorporates a selective blend of martial arts skills that will give law enforcement officers an advantage on the street.

In a self-defense situation, officers have only a fraction of a second to react. We emphasize unique reflex training methods as well as mental and physical conditioning, resulting in martial arts skills that become automatic (e.g., a pre-programmed response).

The versatility and effectiveness of the system stems from:

- Understanding the proper range for strikes and kicks.
- Effective manipulation of joints and pressure points.
- Use of precise holds, takedowns and throws.
- Application of block/counter techniques.

For more information call 503-544-9975 or email shoumai@tientaejitsu.com



"Avoid what is strong and strike at what is weak."

- Sun Tzu

Thought of the Month

"We did not inherit the earth from our parents...we are borrowing it from our children." - Sioux proverb

As we get ready for Halloween remember that you represent the school in everything that you do. This means that you should "choose between right and wrong" when trick-or-treating this year.

Be respectful of your neighbors. Avoid mischief. Don't let peer-pressure convince you it is okay to smash pumpkins, toilet paper houses or drink

alcohol if you are under age. Adults, this means you too! Use good judgment in the choices you make as well.

Remember also that, as the Sioux proverb says, we only borrow this planet. This means that we should keep our planet clean. Do not litter your candy wrappers. Don't throw your trash out of the car window. Remember that every drain leads to a stream that leads to a river and eventually to the ocean.

Too often I see people - and unfortunately a lot of young people - who feel that it is

okay to litter and pollute. They are not bothered by the mess it makes for others, the ugliness that is left behind, or the impact to our environment.

Adults are also too often forgetful of the legacy left to us by the environmental movement of the 60's. We must do all we can to protect our environment and leave this borrowed planet in as good a shape - or better - than was left to us.

- Master Johnson

Special Events

FREE "Little Dragons" classes this month! Specially designed for kids 4 & 5 years of age. Don't miss this opportunity to get little brother or sister involved in TTJ! Oct 11th and 26th at 3:00pm and Oct 21st at 9:00am.

Halloween Party & Movie Night is Saturday evening October 28: 5:30 - 9:30 PM
If you thought last year's party was good - just wait for this year! The evening will include fun & games, movie & snacks. Everyone is welcome to attend.

And of course, the famous TTJ "Haunted Hallway" will be featured again this year. An expanded version will highlight an assortment of friendly ghouls and goblins!

Students, siblings, and friends are welcome. You must be old enough to enjoy & be entertained by the movie. Only \$5 each for the movie & party (snack's & prizes provided).

For more information please call 503-544-9975 for more details or visit our website.

Johnny is ready for you to celebrate Halloween!



Promotions this month:

Colin Storzbach (black)
Josh Farwell (red)
Shane Sullivan (purple)
Brandon Alik (blue)
Shawn Halliwell (green)
Kim Derting (green)
Bijoux Doherty (green)
Kim Stone (green)
Roberta Rinderknecht (white)
Sarah Rinderknecht (white)

...Congratulations!

TTJ Merchandise

Item of the Month
Block Bats - Normally \$20.
This month only \$17.00.



TTJ Backpacks are still available. The backpacks are black with a red & white TTJ dragon logo on the top portion. Get yours for only \$20.

TTJ Pencils are also available. White and black...with red lettering. Three for \$1.00.



Student in the Spotlight

Sidney and Andy Tan have both been studying TTJ for about six years. Sidney is a brown belt and freshman at Tigard High School. Andy is a red belt and goes to Mary Woodward Elementary School. Both started at the Tigard Grange.

Sidney: The thing that I like the most about TTJ is that it has taught me self discipline and respect for others, and it has given me more self control, self esteem and coordination. I also enjoy learning philosophy, which has given me a new perspective on life.

Andy: I like to use the weapons in different belts levels, especially the boken and the sai.

Sidney: I can't think of anything harder than being promoted to a new belt. You have to learn so many new things and it can be very frustrating. You never get a break in TTJ because after you get everything down to where it's easy, it will only last for about a week...then you get promoted and it starts all over again! But, after you look back at what you have accomplished, it's worth it.

Andy: For me spinning kicks are the hardest. The biggest challenge is to get the technique down perfectly or you can't advance to the next belt.

Sidney: Besides TTJ, I also like to play all kinds of sports, but basketball and golf are the ones I play seriously.

Andy: I like to play outside a lot with my neighbors after I get back from school and do my homework. I play basketball, football and golf.

Sidney and Andy live with their Mom, Koann, and their Dad, Sonny. Mr. Tan is a Colonel in the National Guard and has been serving the Middle East (first in 1990 during the Gulf War) in Masar-e-Sharif, Afghanistan, near Kabul. He is the Combat Advisor for the 209 RCAG-N unit. Sidney, Andy and Koann say they love him and miss him very much, and hope he returns home soon. All of us at TTJ hope he gets back safely to his family. Until then, keep up the good work Tan bros!



Technique

Focus on Aikido

Translated as "*the way of harmonious spirit*," Aikido is a Japanese form of self-defense performed without weapons. Aikido employs holds and locks and principles of nonresistance in order to debilitate the strength of the opponent and to cause an opponent's own momentum to work against him.

Aikido traces its origins to Japanese samurai traditions dating to the 14th century, and was developed as a modern form in the early 20th century by Ueshiba Morihei. The art emphasizes the importance of achieving complete mental calm and control of one's own body to master an opponent's

attack. There are no offensive moves.

In **picture 1**, Master Johnson blocks Mr. Rosenthal. Step back and make the attacker reach (over extending/making himself vulnerable).

In **picture 2**, Master Johnson parries down and re-directs his energy. His attack has been altered, his center of gravity has been compromised and he is off balance.

In **picture 3**, Master Johnson strikes Mr. Rosenthal with a ridge arm. Hit the upper body/neck with the forearm. Here you should visualize your arm as an unbendable iron bar. Put your hip into it and release Ki energy.

The word "aikido" is made up of three Japanese characters: AI; harmony, KI ; universal energy, DO; the Way.

Although Aikido is primarily a self defense art, it has as one of its philosophical pillars the notion of being in harmony with your attackers rather than being in conflict with them.

The ideal of Aikido is not to think of overpowering and defeating an opponent, but to harmonize with them both spiritually and physically.

At the heart of Aikido is a desire for peace. Before we can have peace with others we must seek peace within ourselves.

Try these moves (with a willing partner). Aikido can be a great complement to your TTJ skills. Watch for upcoming workshops that teach some of these techniques that you will not be exposed to in regular class.



Ueshiba Morihei, the father of modern Aikido



The Adventures of Yin & Yang



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*"Building Discipline, Honor
and Respect"*

About Tien Tae Jitsu

Tien Tae Jitsu focuses not just on the physical, but also the mental and emotional aspects of the student. Our goal is a healthy mind, body, and spirit. We place great importance on the principles of **discipline, honor, and respect**. These principles are discussed and enforced as a part of the daily curriculum. The art has produced champions in life as well as in the martial arts.

Master Eric Johnson began studying martial arts in 1975 and he founded Tien Tae Jitsu in 1990. He has a Black Sash (master instructor) in Tien Shan P'ai Kung Fu, and holds a 7th Level Black belt in the art, as well as a 2nd degree Black Belt in Tae Kwon Do and a Black Belt in Kenpo Karate.

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