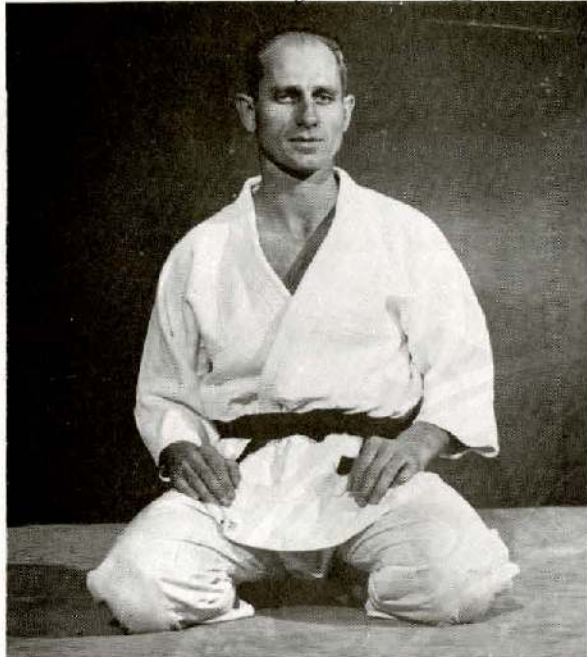


*From Program (torn from)*



Al C. Holtzman has 45,000 ex-students of Judo in the San Diego area and 25,000 ex-students of Judo in all states and various foreign countries. He started the Martial Arts in San Diego after World War II. In his schools and outside classes he has also trained hundreds of Law-enforcement officers, and has had thousands of Aikido and Karate students in his schools - taught by other instructors.

His School and reputation is nationally and internationally known and recognized.

### AS AL SEES IT

By Al Holtzman

As the originator of Judo in the San Diego area after World War II, it is a pleasure to witness the holding of the National Senior Judo Championships here in San Diego.

We here in San Diego are fortunate in having an outstanding team headed by Jesse Jones, Rokudan, and Jerry Hays, Yodan, to program, direct, and supervise this National Tournament. This team has held several Judo tournaments here at the National level (besides the many local tournaments), plus an international Judo tournament. Members of this team come from ALL the San Diego area Judo Clubs. These members are devoting their time and talents (as they have in the past) to making this tournament run smoothly and correctly. We are fortunate then to have all the Judo people in this area cooperating.

The contestants at this tournament will be demonstrating their physical and mental achievements at the highest level in the function of Judo as a sport. Judo, however, is not just a sport, although it is deplorable that many Judo clubs emphasize mainly this aspect of Judo. Judo then is physical training, mental training, a method of physical self defense, and in its higher aspects even a form of spiritual training. It is a rare person who does not benefit physically and mentally from the study and practice of Judo.

To touch on the philosophy of Judo as expounded by the founder, Professor Kano, a comparison is herewith made with other Martial Arts on two aspects.

I am a professional Martial Arts instructor, a Godan in Kodkan Judo, a Yodan in Ju Jitsu, and a Shodan in Aikido,



with some knowledge of various Karate styles. 65,000 Judo students have studied with me. Thousands of Karate and Aikido students, taught by other instructors, have studied in my schools, clubs and outside classes. I personally know many of the "Masters" and Instructors of Karate, Ju Jitsu, Aikido, and, of course, Judo, in the U.S., and several foreign countries. With this background, I venture a commentary.

There are more than 50 different styles of Karate taught in the U.S., with some excellent instructors. The majority of these styles have little to do with each other in the way of collaboration. Then too, much of Karate taught in the U.S. is by limited knowledge, unqualified teachers. For instance, here in San Diego a dozen years ago there were seven Karate Schools on University Avenue. They have all folded up. I have been quoted in BLACK BELT MAGAZINE, May 1980, that while commentating favorable on leading Karate Instructors, the rest are in the category of "immature persons", and "the unamalgamated disunion of hand and foot wavers."

Seven to nine Ju Jitsu organizations exist in the U.S., most of whom have little to do with each other. In Aikido, a number of the Instructors who had been students of the Master are at odds with each other and do not associate. The same situation exists with other Martial Arts organizations.

Three Judo organizations recognized by the Kodokan are

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in the U.S. The U.S. Judo, Inc., The U.S. Judo Federation, and the U.S. Judo Association. Although there is some controversy and personal disagreements between them, they all have contestants, officials, and others at this tournament. Thus they are carrying out the philosophy of Judo - Judo is one and follows the philosophy of the founder-mutual benefit to all. They all cooperate in the promotion of Judo benefits. The other principle of Judo is that of "maximum efficiency." The physical and mental practice of Judo should be done in the most efficient manner. This principle then too should be applied in the Judo student's other life activities, in his work, studies, and other matters. It can be applied in all phases of life, except it is difficult, and probably not possible to apply to woman and man relationships. This relationship does not lend itself to efficiency. ■

# JUDO



KARATE: "The Art of Empty Hand fighting." Striking, kicking and blocking—a deadly method of fighting, when one must win. Strenuous training—mental and spiritual also—even an art form. Attached INSTRUCTORS in Karate, Aikido and Judo are highly qualified to teach, are certified and are members of authentic martial arts organizations. This school is a nationally and internationally recognized Judo school, a member of the United States Judo Federation, U.S. Judo, Inc., and the Pacific Southwest Judo Association.

## SOUTHERN CALIFORNIA SCHOOL OF JUDO AND JU JITSU

San Diego Judo Club & Attached Clubs and Classes  
3986 30th Street  
San Diego, California 92104  
Phone (619) 295-9798

### Al C. Holtmann

Instructor & Director - Godan in Judo: USJF & USJJ  
*Nokuden* Godan (Kodokan Judo), Yodan - Ju Jitsu, Shodan - Aikido  
Professional Instructor - Self Defense & Police Methods  
Originator of Judo & Martial Arts in San Diego Area (Before 1950)  
Sales: Judo / Karate Suits; Books on all Martial Arts & Martial Arts Supplies  
Films & Mats For Rent; Demonstrations & Shows Produced

## SOUTHERN CALIFORNIA SCHOOL OF JUDO & JU JITSU

San Diego Judo Club & attached Clubs  
2927 Lincoln Ave., San Diego, CA 92104  
Phone (619) 295-9798

Judo \* Self Defense \* Aikido  
Police Methods \* Ju Jitsu \* Aikido

Al C. Holtmann: Godan Kodokan Judo,  
Yodan - Ju Jitsu \* Shodan - Aikido  
Originator Martial Arts San Diego- 1946

Sales: Judo/Karate Suits, Martial Arts  
Books & Martial Arts Supplies

65,000 ex-Judo students in San Diego area, all States & foreign countries  
Thousands of students of Aikido and Karate have studied in the School's Clubs.



Classes and Private Lessons  
Men, Boys, Women, Children  
Judo - Karate - Aikido, Self  
Defense, etc.  
Sales: Judo/Karate suits,  
authentic Martial Arts Books,  
Martial Arts supplies, etc.

(Since 1949)

# Southern California School of Judo & Ju Jitsu

3986 Thirtieth Street, San Diego, California 92104

Judo - An Art, A Sport, A Science  
Physical and Mental Training Self  
defense - Police Methods  
Karate - Aikido

Kodokan Judo - Member Nanka Kodokan Judo Yudanshakai;  
U. S. Judo Federation; U. S. Judo, Inc.; California Judo, Inc.;  
Pacific Southwest Judo Association.

San Diego Judo Club, attached  
clubs and classes  
Phone: (619) 295-9798

AL C. HOLTMANN, Director & Instructor: Rokudan, 6th degree in Judo, Yodan,  
4th degree in Ju Jitsu; Shodan, 1st degree in Aikido.

San Diego Judo Club

10 October, 1992

## WEEKLY SCHEDULE OF CLASSES IN JUDO, SELF DEFENSE, PHYSICAL CULTURE

	<u>BOYS &amp; GIRLS</u>	<u>WOMEN</u>	<u>MEN</u>
Tuesday	4:00 PM (5:15 PM) *	6:20 PM	7:30 PM
Thursday	(4:00 PM)(5:15 PM) *	6:20 PM	7:30 PM
Saturday	9:00 AM (10:15 AM) *	* Tentative Classes	

SATURDAY: 1:00 PM - 3:30 PM: (When private lesson not in session) General  
work out (not a class) for men and women advanced students. Open to all Judo  
people in the area. (Mat fee applies to those not members of the School).

PRIVATE LESSONS: (Concentrated & Personalized) by appointment

(The Instructor also teaches Law enforcement officers)

(The Instructor also teaches a Martial Arts Instructor course)

LESSONS TO AN ORGANIZED GROUP - by arrangement

KARATE: "The Art of 'Empty Hand' fighting". Moo Duk Kwan, Tang Soo Do

H. E. GOUDARZI "SKI": Instructor; SA DAN, 4th degree Black Belt

Monday - 6:30 PM - Wednesday 6:30 PM

AIKIDO: An Amazing Art. "Mind Meeting Way" (Unaggressive, unstrenuous,  
self defense, physical and mental training). WALTER MURYASZ, Instructor:

Yodan, 4th degree Black Belt: Private lesson by appointment; CLASSES:

Monday: 8:00-9:30 PM: Wednesday: 8:00-9:30 PM: Saturday: 10:30 AM - Noon

\*\*\*\*\*

NOTES: Other Clubs & outside classes are attached to the School

The School has no employees. Instructors are independent teachers.

All attached Instructors are highly qualified to teach, and are members  
of Authentic Martial Arts organizations.

SALES: Judo Suits; Karate Suits; & other supplies, including colored belts.

Authentic books on: Judo; Aikido; Karate; Yoga; Zen; Massage. etc.

Wooden Swords; Bos; Jos; Bamboo Swords; and other items

Mats for rent. Films for rent; & other items for rent.

Demonstrations & Shows produced for interested groups: TV; etc.

\*\*\*\*\*

This School is a Nationally and internationally known Judo Kodokan School  
that also has classes in the other Martial Arts.

\*\*\*\*\*

CLASS in Judo, Self Defense, Physical Culture (Ju Jitsu & Aikido)

JEWISH COMMUNITY CENTER

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4079 - 54th Street (619) 583-3300

Wednesday - 6:30 PM

San Diego - California 92105 (Excepting Jewish & other holidays)