

After Iftar بعد الإفطار

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everybody is practicing martial arts now boys, girls, women and even old people. You can be into martial arts, regardless of gender or age.

**Q:** As an athlete, why did you shift to Ju-Jitsu?

**A:** In Ju-Jitsu I learned about reality, no fancy things and I learned when and how to do the techniques exactly and why? In Ju-Jitsu, I don't need so much flexibility or fitness, it's focused on the techniques so that means everybody can practice Ju-Jitsu.

**Q:** What's Ju-Jitsu?

**A:** Ju-Jitsu is a Japanese word which means the gentle art.

**Q:** What is the difference of Ju-Jitsu with other types of martial arts?

**A:** Ju-Jitsu is the main martial art and most of the other martial arts came from Ju-Jitsu. Our Ju-Jitsu is very modern and updated for these days of street fighting and self-defence system unlike the other types which are very traditional or fancy and not practical.

**Q:** What's the type of Ju-Jitsu that you're into?

**A:** Our Ju-Jitsu is the Japanese martial arts developed in England and it's for street fighting and self-defence.

**Q:** How did you find out about Ju-Jitsu?

**A:** I found it on social media when I started searching for this martial art then I found a small traditional school that teaches Ju-Jitsu so I contacted them directly and joined them.

**Q:** When did you set up the World Ju-Jitsu Corporation Kuwait (WJJC-K)? What inspired you?

**A:** The World Ju-Jitsu Corporation Kuwait (WJJC-K) was officially established in March 2015. I was looking for a professional Ju-Jitsu organisation for a long time to upgrade myself and my techniques so I kept searching for some of the best Ju-Jitsu masters and I found my master Shodai Soke Adriano Busa, the founder of WJJC. I joined his school and he started teaching me his new Ju-Jitsu style step-by-step after undergoing trainings. Then I decided to open the WJJC School in Kuwait — the first modern Ju-Jitsu school in Kuwait and the Middle East. The WJJC-K which is the first Ju-Jitsu group in the Middle East is a non-profit sports organisation that operates under the World Ju-Jitsu Corporation (WJJC) — an international organisation based in Florence, Italy that is both modern and still deeply-rooted in the English Ju-Jitsu style. The WJJC is based in the United Kingdom, the head-office being in London, England, with its headquarters being in Florence, Italy. Shodai Soke Busa is the founder of the World Ju-Jitsu Corporation. He is a Ju-Jitsu and Ko-Budo expert and a highly skilled professional in self defence techniques for Police and Military.

**Q:** What are the WJJC's goals and objectives?

**A:** Our main goal is to show and let people know and understand what the real Ju-Jitsu looks like, no fancy moves or fake masters so they learn the true Ju-Jitsu from a certified Sensei from WJJC. The WJJC is entirely devoted to studying and developing both Ju-Jitsu and Ko-Budo, both in the sports sector and in the professional sector.

**Q:** How does it feel to be a Sensei, teaching Ju-Jitsu to kids and adults?

**A:** It feels great! You get this different kind of satisfaction. It's a combination of teaching and practicing what I love at the same time. It's hard and challenging sometimes especially with kids but we have a lot of fun.

**Q:** What are the tips or advice that you usually tell your students?

**A:** I always teach my students about respect. It's all about respecting everybody and this is taught in all forms of martial arts. I also tell them to focus on honing their skills and



World Ju-Jitsu Corporation founder and Ko-Budo expert Shodai Soke Adriano Busa.



Kids and adults enjoy Ju-Jitsu

Photos courtesy of WJJC-Kuwait

**Q:** In Ju-Jitsu, there are a lot of grappling and gripping? Any tips on this?

**A:** In grappling or gripping for that matter, first is focus on the strength of your hands. Your fingers and hands will naturally become stronger after a couple of years of training, but if you want to turbo charge the process, you will need to seek out supplemental training. There are countless grip-strengthening gadgets and courses on the market, each of which I'm sure has some value. Do your research. Try it out and you'll see a big improvement. The second, is efficient gripping. No matter how strong your grip is, if you're holding onto the cloth using too much strength, eventually your forearms will fatigue and your grip will weaken. And finally, where to grip is of vital importance. You have the strongest, most efficient gripping technique in the world, but if you're still holding onto the wrong things you'll struggle to generate the requisite amount of leverage required to achieve your objectives.

**Q:** How do you deal with pain or injury in Ju-Jitsu?

**A:** As a martial artist, you never really appreciate what true pain is until you see someone dislocate a shoulder or pop a knee in the middle of a class. Pain and risk of injury go with the territory of contact sport so if you're going to participate in Ju-Jitsu, you should learn to expect and overcome pain if you want to be successful. First things first, when you're in pain, you should always relax your body as soon as possible when you injure yourself until you determine the extent of how badly you are hurt. If you are in the middle of an activity, you should disengage quickly and move away from the contact area. If this is not feasible right away, then try not to use the affected part of your body. But of course, depending on the case, seeking medical attention immediately is a must.

**Q:** Do you see any trend of people in Kuwait getting into Ju-Jitsu?

**A:** Yes, I can see an upward trend but a lot of them are just too careful and I don't blame them because there are a lot of types of martial arts so they tend to confuse them with Ju-Jitsu. However, the moment they get to learn about what Ju-Jitsu is, they immediately join my classes and they even bring with them some friends. WJJC Kuwait is just more than a year but we are picking up. Hopefully, this will continue. Ju-Jitsu is very useful for everyday life especially in times of danger, you can easily defend yourself and be out of harm's way. We are also looking forward to establishing our stronghold in the Middle East.

## Biography

Sensei Abdulwahab M Alburaidi is the National Technical Director of World Ju-Jitsu Corporation Kuwait (WJJC-K) who has 17 years of extensive martial arts experience, a former athlete of the Kuwait National Team and have competed in various martial arts competitions. A former bank employee, Alburaidi finds his passion in teaching Ju-Jitsu to kids and adults every Sunday, Tuesday and Thursday at Hassan Abul Sports Centre in Dasma. To those who are interested to join the Ju-Jitsu classes, they may check the group WJJC\_Kuwait on Instagram or its website on [www.wjic-kw.com](http://www.wjic-kw.com) or [www.wjic.biz](http://www.wjic.biz) or may contact 99583552 for more details. He is also into motorcycles and has a penchant for world history when not in the dojo.

Sensei Abdulwahab or 'Wahbz' works closely with Shodai Soke Adriano Busa who is the founder of the World Ju-Jitsu Corporation based in Florence, Italy. The WJJC is based in the United Kingdom, the head office being in London, England, with its headquarters in Florence, Italy. The WJJC-K, the first Ju-Jitsu group in the Middle East is a non-profit sports organisation that operates under the World Ju-Jitsu Corporation (WJJC) that is both modern and still deeply-rooted in the English Ju-Jitsu style.

maintaining a positive outlook. Always stay positive!

**Q:** How useful is Ju-Jitsu in terms of self-defence as compared to other

forms of martial arts?

**A:** Our style is updated for the current times of street fighting so we use modern weapons like knives, sticks,

belts, etc ... not the old traditional Japanese weapons such as Samurai. We are also focusing on the striking and ground work not only throwing

and locks like the old days because most of the people now know about these stuff so you must be ready for any kind of attack.

share our experience with each other. There are a lot of things which even doctors can't tell so be member of this website and start sharing your experiences which may help others. October is recognized as National Breast Cancer Awareness Month (NBCAM). The primary purpose is to promote self examination and screening mammography as the most effective way to save lives by detecting breast cancer at early stage. For more information visit: <http://fightingwithcancer.webs.com/>

## Latest

**Cuban Embassy closure:** The Consular Section of the Embassy of the Republic of Cuba kindly informs that during the summer vacation period the consular office will remain closed from July 1 until Aug 21.

The Consular Section will receive requests of consular services, especially request of touristic visas until June 27. The Consular Office of the Embassy of the Republic of Cuba in Kuwait. Rawda, Block 3, Shahab Ahmed Al-Bahar St, House 74, phone: 965 2 2549361, Fax: 965 2 2549360. Emails: [embajada@kw.embacuba.cu](mailto:embajada@kw.embacuba.cu), [consularembacubakuwait@gmail.com](mailto:consularembacubakuwait@gmail.com),

[consular@cubaemba.gov.kw](mailto:consular@cubaemba.gov.kw)

**Indian Embassy Ramadan hrs:** For continued rendering of best possible services to the Indian community, Kuwaiti nationals and expatriates residing in Kuwait, during the Holy month of Ramadan, the office timings of Embassy and its Passport and Visa Service Outsourcing Centers operated by Cox & Kings Global Services, Kuwait, are as follows:

Indian Embassy Consular Wing (for attestation and grievances etc)  
Sunday to Thursday: 0730 hrs to 1630 hrs (1300 hrs to 1400 hrs break)  
(Friday and Saturday are closed holidays)  
Cox & Kings Global Services (for passport & visa services)  
From Sunday to Thursday: 0800 hrs to 1200 hrs and 1600 hrs to 2000 hrs  
Friday & Saturday: (1600 hrs to 2000 hrs)

Cox and Kings Global Services have their offices located at:  
(i) Behbahani Tower, 17th Floor, Sharq, Kuwait  
(ii) Complex Kais Alghanim, 4th Floor, Mecca Street in front of Al Anoud Complex, Fahaheel, Kuwait  
(iii) 2nd Floor, Jleeb Al Shuyoukh

Block 1, Street 1, Xcite building, Kuwait

**SA Embassy Ramadan timings:** During the Holy Month of Ramadan, the South African Embassy will be open to the public, Sunday through Thursday from 09:00am to 13:00pm. Please note that the Consular Section operation hours will be from 09:30am to 12:00pm, Sunday through Thursday.

**Bangladesh Embassy office hrs:** The Embassy of the People's Republic of Bangladesh in Kuwait will follow the following office hours during the Holy Month of Ramadan. Sunday to Thursday: 09:00-3:00 pm; Friday and Saturday: weekly holidays.

This is for information of all concerned.  
**Share your story with Amricani:** Do you or any of your family members, acquaintances or friends happen to have a story with the American Missionary hospital in Kuwait (Mustashfa Lemraicani) during the years from 1914-1967, the official period of offering medical services in Kuwait?  
Please share with us your story or your

memory during those old days by writing the event and sending it to the following email address: [Mystory@darmuseum.org.kw](mailto:Mystory@darmuseum.org.kw)

Notes: 1. Please send your story only to the above mentioned email. Story shared in Instagram, Facebook or Twitter will not be considered.

2. Please write your story or memory and sign it with your full name, and your contact number.

3. It will be great if you send us your personal photos or those of the place related to the story (optional).  
Your story will be part of a new book to be published by DAI.

I am confident that your contributions will be an essential part of the history of Amricani. Share with us!  
June 16  
**S. African Embassy closure:** On the occasion of the Youth Day, the Embassy of the Republic of South Africa will be closed on Thursday, June 16, 2016 and will reopen with its official Ramadan office hours from 9h00 to 13h00 & the Consular Section operation hours will be from 9h30 to 12h00 on Sunday, June 19, 2016. For Emergency calls please contact: 94924895.

June 17

**Youth India Youth Iftar:** The organizing committee for the Ramadan Youth Conference and Iftar have been formed, said a Youth India press release. The conference which will be held on June 17, Friday in Al Najath School, opposite Sultan Centre in Mangaf will start at 4:00 pm. Kerala Islamic Group president Faisal Manjery will inaugurate the conference. Well known orator and scholar S.M. Sainudeen, member of Solidarity Youth Movement working committee, Kerala, will deliver the key note address. The organizing committee has been formed with K. Moidu as Chairman, Niyas Islahi as Vice-Chairman, General Convenor Anwar Shaji, Convenor: Faheem, publicity: Rafeeq Babu, Shafeer Aboobacker, Volunteer: Yunus Kanoth, Mariyam Moidu, Usama, IT: Amjad, Safwan, Public Relation: Nisar K. Rasheed, K. Abdurrahman, N.K. Shaif, and Sajid A.C., Ajmal, Shahid, Mahnas, Shaif P.T., Ahmad C.K., K. Raheem, Rafeeq, Niyas have been appointed as convenors of other departments. Youth India President Najeeb C.K. presided over the meeting in which Faheem welcomed the audience and KIG Acting General Secretary Anees Farooqi concluded the meeting.

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**Alcoholics Anonymous:** If you know someone who can't stop drinking and would like to help them please check us out and we promise to try to help at [www.aaarabia.org](http://www.aaarabia.org) There are no fees. This is a genuine public service.

**Drinking problem?:** You are no longer alone! AA can help you stop. Totally confidential helpline 66028605.

**Narcotics Anonymous:** NA can help with addiction problems. Totally confidential: 94087800 English/Arabic.

**Cancer online support group:** If you are Cancer patient or family member fighting with this deadly disease, come join our online support group. Best way of dealing with this disease is providing support and