

Jeffrey A. Cook

**Florida Regional Representative
Member – US Ju-Jitsu Masters Caucus**



Jeffrey A. Cook began his martial arts career in Judo and Aikido in 1979 at the age of 17 in Gainesville, Florida. As a member of the United States Judo Association, he successfully competed in local and AAU-sanctioned events, including a Bronze Medal in the AAU United States Junior Olympics.

After moving to Sarasota, Florida in the early '80's, he continued his judo training, and for a short while in aikido (approximately four years). He also began receiving intense private instruction in White Dragon kung fu and Taekwondo.

Always hungry for more techniques and training methods, he moved on to Wado Ryu Karate and Shinto Yoshin Jujitsu, which were taught by the same instructor. This period of his training had a tremendous impact on Jeff. Although elements of all arts he trained in are evident in his style, this training profoundly influences his current approach to martial principles.

While being completely immersed in his study of Wado Ryu and Shinto Yoshin Jujitsu, Jeff also began earnestly training in Shuri Ryu Karate, and picked up many more valuable lessons. He shortly reached black belt level in this style, and became certified in the Christian Karate Association.

Wabujitsu International and the hombu dojo were founded in 1996. Although competition is not emphasized nor encouraged, the club has produced tournament champions in Kumite, Jujitsu, and Traditional Kata. The latest competition in which Wabujitsu was represented was the U.S. Open 2000. All Wabujitsu competitors placed in the top three in all entered events.

Wabujitsu International has students across the US, including a club in Los Angeles, CA. led by J. Nicole McDargh, and a club in Brandon, FL led by Michael Pancer. The Hombu dojo in Sarasota is currently led by the very capable Frank Sciacca Jr. In addition to overseeing the instruction at the clubs, Jeff provides seminars across the country in traditional martial arts as well as a very popular down-and-dirty combatives program. He is also heavily involved with Canemasters International, and has been awarded the level of Canemaster by his friend, mentor and instructor of the cane, Master Mark Shuey, the founder/president of the organization. Jeff and Master Shuey collaborated on a project, which resulted in the production of a popular training video for Canemasters on the use of the mini-cane for law-enforcement and security use. Additionally, Jeff assists at various local judo dojo with instruction and tournaments.

Jeff's "right hand man" is Frank Sciacca Jr., a Yondan in Wabujitsu. He is helping Jeff develop the weapons program to a new and higher level; Frank is the designated Master of the Wabujitsu weapons program. Frank brings a wealth of information to the system, and is considered a personal advisor to Jeff on all martial matters. He is also an extremely skilled weapons craftsman, producing an array of traditional and modern weapons in his workshop at a level of expertise rarely seen in this country. Frank Sensei started his training in Ninjutsu at age 13 under Vasquez Shihan of New York. As time passed, his experience in the art was utilized in the security field relating to protection and kidnapping. During his years of providing this service, Frank Sensei went under the teachings of a master who

furthered his knowledge to include ancient weapons development from the five elements. With the passing of his late master in 1998, Frank Sensei found a home within Wabujitsu.



Early on in his martial arts career Jeff joined the military. His exposure to Army training has tremendously enhanced his skills as a teacher and leader in the martial arts. Among his numerous military accomplishments, he has achieved US Army instructor certification, is a certified Master Fitness Trainer, and is a certified Modern Army Combatives Program instructor. He is also an expert in the use of various military weapons and weapons systems. Jeff is a senior non-commissioned officer.

In addition to his military job, running his organization, and conducting national seminars, Jeff helps run a security consultation service with Frank Sciacca Jr., the owner of Bodyguard Principles LLC. They provide consultation services for very high-risk civilian events and provide personal protection and private investigation services as well. This experience has also tremendously impacted the way he approaches martial arts. Jeff has survived numerous violent encounters involving the use of deadly force in this line of work, and applies that experience to his training programs.

CURRENT STATUS: Vice President United States Martial Arts Federation, Regional Representative (Florida), United States Ju-Jitsu Federation, International Board of Directors CaneMaster's International, Founder of Wabujitsu International, Member of Kokusai Gendai Budo Renmei, Member of Florida League of Martial Artists, United States Army Modern Army Combatives Program Instructor, United States Army Master Fitness Trainer.

These are Jeff's current martial arts ranks: Rokudan (6th degree black belt) Ju-Jitsu/Wabujitsu, United States Ju-Jitsu Federation; Yondan (4th degree black belt) Judo, United States Ju-Jitsu Federation USA-TKJ; Sandan (3rd degree black belt) Judo, United States Judo Association; Shodan (1st degree black belt) Shuri Ryu Karate, Christian Karate Association; Master of the cane, CaneMaster's International. Jeff is also currently training in Brazilian Jiu-Jitsu; he holds the rank of brown belt in BJJ under Charles Dos Anjos, Royce Gracie Network.

Jeff is a Certified Examiner and a Certified Referee for the United States Ju-Jitsu Federation.

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