

Lawrence A. Emmons

Past Member – USJJF Board of Directors

Member – US Ju-Jitsu Masters Caucus



Renshi Lawrence A. Emmons serves as the Certification Chairman and Board Member for the United States Ju-Jitsu Federation (USJJF), the Martial Arts International Federation (MAIF) and the Shihan-Ryu Institute of Martial Arts (SRI).

Renshi Emmons started his training in boxing at age 13 in 1976 and continued in sports as a teen in high school playing football. Renshi Emmons was also an avid competitive shooter and attended the US Olympic Training Center for International Trap Shooting at the age of 17. He has won many shooting events and continues to enjoy shooting sports today.

While attending school at Daniel Webster College in 1983 he earned his first degree Black Belt in Shaolin Kempo Karate under Sensei Thomas Gagne in Derry, New Hampshire. Shortly after attaining this level he opened a Martial Arts School in Hudson, New Hampshire and quickly employed a marketing plan that turned the small town school into a successful business.

A few years later Renshi Emmons sold the school and using his marketing background went to work for a small stock brokerage firm called Sherwood Industries as a stockbroker. After one year of experience, he was promoted to Vice President of Sales in the Hartford Connecticut office.

At the same time Renshi Emmons began training with Sensei Mike Robinson in American Kenpo. His time in Connecticut was well spent as he attained a Black Belt in Kenpo, and assisted in opening and developing new schools in the New England area. His marketing and sales background proved to be essential in creating business plans and marketing plans for each of these schools. Also at this time Renshi Emmons was an important player in arranging seminars and tournaments in the area.

At the age of 27, Renshi Emmons felt he had accomplished many of his life's goals and decided to change careers adding a military background. While stationed in Georgia Renshi Emmons became involved in Goju-Ryu Karate. He currently holds a Godan (5th Degree Black Belt) in Goju-Ryu from Hanshi Lou Angel.

In the early 1990's Renshi Emmons continued his training with different styles and instructors. This includes Tae Kwon Do, Ju-Jitsu, Yudo and training with many instructors in a variety of styles. At the same time he has continued to compete in Karate and Ju-Jitsu tournaments and has won many trophies and medals in tournaments across the country.

In the late 1990's Renshi Emmons began training with Shihan Bruce R. Bethers (who is the current President of the United States Ju-Jitsu Federation). Renshi Emmons also serves as the Certification Chairman for the US Ju-Jitsu Federation, and is on the Board of Directors of the Martial Arts International Federation (MAIF). Renshi Emmons was elected as the new President of the United States Martial Arts Federation (USMAF) in August 2002.

Renshi Emmons' current martial art ranks & certifications:

5th Dan in Goju-Ryu, National College of Martial Arts, USMAF

5th Dan in Kempo Karate, USMAF

5th Dan in Kempo Ju-Jitsu, USJJF

5th Dan in Shihan-Ryu Karate, SRI & USMAF

3rd Dan in US Ju-Jitsu, USJJF

3rd Dan in Shihan-Ryu Ju-Jitsu, SRI & USJJF

Certified Senior Instructor/Examiner, USJJF & USMAF
3rd Dan in Tae Kwon Do, USMAF
2nd Dan in Yudo, USYA

Renshi Emmons is a member of the International Who's Who of Professionals.

Education: Associate of Arts (AA) in Marketing from Daniel Webster College, Bachelor of Arts (BA) in Liberal Arts from the University of Nevada Reno, Masters of Business Administration (MBA) from University of Phoenix (completing in May 2003).

Renshi Emmons is a US Army Officer.

Martial Arts Service & Awards:

President, Action Karate, 1983 to 1987

Awarded "Instructor of the Year", Action Karate, 1984

Certification Chairman & Registration Chairman, United States Ju-Jitsu Federation, 1999 to present

Life Member, USJJF & USMAF, 1999 to present

Life Member, US Yudo, 2000 to present

Board Member, United States Ju-Jitsu Federation, 1999 to 2008

Board Member, United States Martial Arts Federation, 1999 to present

Awarded official title of Renshi, USMAF, 2000

Board Member, Martial Arts International Federation, 2001 to present

President, United States Martial Arts Federation, 2002 to present

Registration Chairman, US JU-JITSU 2002 National Championships

Presidential Leadership Award, USJJF, 2002

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