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JJBC Newsletter

*The newsletter of
Jiu-Jitsu B.C. Society
• Issue 2
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Jiu-Jitsu B.C. Society

The Jiu-Jitsu BC Society is the provincial sport organization that promotes Japanese Jiu-Jitsu styles in the province of British Columbia. Its objectives are to foster learning and fellowship among the jiu-jitsu schools of British Columbia. In 1998 Jiu-Jitsu BC became a registered non-profit society and was supported by three jiu-jitsu schools. Now almost two years later the JJBC has grown to include nine different jiu-jitsu schools from across the province and Alberta. This might not sound significant on the surface, but there are only about 15 jiu-jitsu schools in all of BC.

For more information about the Jiu-Jitsu BC Society please contact Steven Hiscoe at #1-31550 South Fraser Way, Abbotsford, BC, V2T 4C6 phone (604)855-0563 or e-mail hiscoe@jiu-jitsu.org . Also visit our website at www.jiu-jitsu.org/jjbc.

Upcoming Events

St. John Jiu-Jitsu will be hosting the next JJBC event on Jan 16, 2000. The tournament, which will be open to adults and children, will be held at Moody Middle School, St. John Street, Port Moody. The cost is \$15 and includes lunch.

See Page 5 for our calendar of events for the coming year.

Events Update

Jiu-Jitsu BC Society camp in Abbotsford, B.C.

Submitted by Steven Hiscoe

On the weekend of October 1-3 1999, jiu-jitsu students and instructors from all over British Columbia and Alberta were in Abbotsford, BC to participate in the Jiu-Jitsu BC Society training camp. Although not the first event held by JJBC, it was the first training camp hosted. In the past, JJBC has held for its members technical seminars, tournaments, first aid courses and NCCP courses.

The weekend began on Friday, October 1st, with the opening ceremonies held at Hiscoe Jiu-Jitsu. The evening commenced with an introduction of instructors: Sensei's Kevin Lintott (Calgary) John Heslip (Maple Ridge) Allen St-John (Port Moody) Shane Palahicky (Terrace) Michael Seamark (North Vancouver) Robert Martel (Comox) Ed Hiscoe (Ottawa) and Steven Hiscoe and Eric Enger (Abbotsford). Following the introductions were Black Belt presentation, Sensei Kevin Lintott and Sensei Teresa Enger were promoted to 2nd degree black belt by Sensei Steven Hiscoe. The evening concluded with demonstration by students of the attending clubs.

The Saturday and Sunday training days were two full days of training. Each day consisted of 6 hours of training with the above instructors. This was an opportunity for the students to get a basic understanding of the different jiu-jitsu styles that make up the JJBC membership. There were basic jiu-jitsu classes, weapons classes and ground defense sessions. A wide range of techniques were presented by some of western Canada's top jiu-jitsu instructors.

Events Update (cont'd)

Attendance for the 3-day event was close to 80 participants. This camp displayed what JJBC is all about: learning and friendships.

June 7th Tournament in Abbotsford, B.C

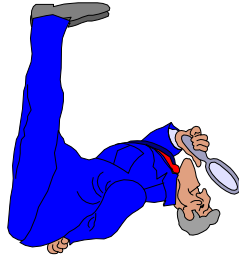
A great time was had by all - participants and spectators alike. Participants had a chance to compete and everyone went home a winner.

Nov 27th Maple Ridge Workshop

Submitte by Sensei Mike Caffrey

Topic: Close quarter fighting techniques.

It's a great feeling to have the support of all the J.J.B.C. behind you, it really makes you feel like you belong . We really enjoyed doing the seminar and it was a great learning experience for me. It's very difficult trying to think of techniques to do when everybody is of such a good standard. To sum up , it was fun, which is the bottom line really and we can't wait for the next one.



Spotlight on...

GoRyu Jiu-Jitsu, Calgary Alberta Sensei Kevin Lintott

I received my Nidan on September 30, 1999 from Sensei Steven Hiscoe. I have been training in Jiu-Jitsu for over six years and have been teaching for about three years.

In February of this year I made contact with Sensei Steven Hiscoe and in March I opened the Go-Ryu Jiu-Jitsu school. My program combines Jishin-Ryu and Can-Ryu techniques, as well as techniques that I have developed through the bar programs I have taught.

I have been involved in bar security for about 8 years now, and have used Jiu-jitsu several times so I know a lot of stuff that really does work. Our dojo has grown from 4 students to 15 active members. We recently moved to a new Dojo that I share with the Calgary Yoga Accademy, and they have been very supportive.

GoRyu Jiu-Jitsu is the newest member of the J.J.B.C. and the only club outside of B.C. The J.J.B.C. welcomes Sensei Lintott and his students and we look forward to a long and prosperous association.

Did you Know...

“CHECK YOUR BAGGAGE AT THE DOOR

The True Sensei is not merely the Instructor teaching the class. This is the leader in charge of assisting his/her students to understand the path of the way, a philosophy or perspective on the manner in which the quality of life itself might be improved.

The Sensei in a dojo sees numerous things and happenings within the dojo that go unnoticed to the average student. He must notice when someone is not performing well, or has a bad attitude toward their training partner and know why. He is someone that listens to all of the little aches and pains (Excess Baggage) that the student encountered. It is his job to motivate each individual in a manner unique to the individual in order to inspire and to set the example.

The Sensei must direct and oversee the entire class as he guides them simultaneously through their training. He is still mortal, he has the same aches and pains as the student - he just leaves them at the door. Once he has passed through the front door of the dojo he transcends back into history.

It is his chosen path to pass his lifetime of training on to the student. So the next time you enter the dojo with excess baggage, like the back aches or the tough day you had at work, think about the Sensei, and as you bow when you pass through the door don't forget to check your excess baggage and leave it at the door.

“Check your baggage at the door” was copied from “The Traditional Karate E-zine, no author, but I liked the article.

Black Belt Corner

Hiscoe Jiu-Jitsu

Sensei Steven Hiscoe (6th Dan)
Sensei James Hiscoe (3rd Dan)
Sensei Eric Enger (2nd Dan)
Sensei Teresa Enger (2nd Dan)
Sensei Carla Spry (1st Dan)
Sensei Chris Bell (1st Dan)
Sensei Tyson Nicholas (1st Dan)
Sensei Carlos Silva (1st Dan)
Sensei Lorne Olsen (1st Dan)

Maple Ridge

Sensei Mike Caffrey (4th Dan)
Sensei John Heslip (2nd Dan)

St. John Jiu-Jitsu

Sensei Allen St. John (4th Dan)

Sadhana Ju-Jutsu

Sensei Mike Seamark (2nd Dan)

Black Arts Society

Sensei Bob Martel (4th Dan)
Sensei Karl Dobson (1st Dan)

GoRyu Jiu-Jitsu

Sensei Kevin Lintott (2nd Dan)

Nippon Ju jutsu

Sensei Mirek Nowak (3rd dan)

Recent black belt promotions

Hiscoe Jiu-Jitsu

1st Dan

➤ Sensei's Tyson Nicholas, Carlos Silva and Lorne Olsen (August 99)

2nd Dan

➤ Sensei's Teresa Enger and Kevin Lintott (October 99)

Training Tip

'The three pillars of Ju'

By Sensei Michael A. Seamark

Our Kanji: Ju, the gentle art. Soft, flexible, pliable and internal help serve to describe the kanji of Ju. Within the center of this ancient character we can see a living volcano penetrated by an upside down naginata which is stabilizing and protecting the mountains hara. This subtle eruption signifies all that is ju. This mountain image represents and reminds us of ju's flexible strength, unpredictable nature and gentle potency. As with the volcano, ju is harmonized by its ability to be patient, malleable, fluid, passive, active, and finally to erupt with breath-taking intensity. By understanding the kanji and we find the art, cultivating self-expression, self-discipline and self-exploration. The kanji depicts the gentle giant exhaling clouds up and out, towards the heavens. The volcano and its deep roots reach to the centre of the earth. This demonstrates the kinship ju has with 'Tenchi' - 'the relationship between heaven and earth', reinforcing that our roots draw from the endless resource of vital energy lying within heaven and earth 'Tenchi'. Our kanji displays all that is aiki budo, defining the pillars of ju. As students we naturally recognize this essence, but few of us truly understand it. 'Oku no Ju' - 'the secrets of the soft' can be obtained when we unify breath and technique (kokyu and waza) which in turn may manifest the fudo shin (immovable mind). This is achieved through the sensitive promotion of go kihon, the 5 limbs of ju jutsu. Mainly: **1.**balance (hara), **2.**non-resistance or yielding (Aiki or Wa), **3.**stance (dachi or kamae), **4.** Softening - techniques for lightly striking vital points (atemi waza), and finally **5.** The grip (gakun).

Our Waza: Waza is universal to all ju jutsu and translates to technique. As each technique travels through those who perform it, a transformation occurs. Our understanding and perception of even basic waza will always be evolving as will our understanding of ourself and of the art. This is the beauty of ju. The master is the student and the student is the master. For example, the way you perceive and perform a simple wrist throw technique or te nage waza will differ extremely as beginner from that of an advanced belt. Although they may look similar they are very different. This is governed by the 5 principles mentioned above. We have inherited the waza from the mighty aizu clans and they from yin and yang, but bare in mind that waza is always transforming and growing, flowing and being refined. Waza seen today has undergone countless battles and transcended through

'The three pillars of Ju' Cont'd

entire warrior classes, so it is important not get caught up in how the waza looks, rather focus on how it feels. Remember the principles and as continual process 'we' the Ju Jutsuka must evaluate, observe and feel 'go kihon' the 5 principles in every waza, every time it is preformed. It is cardinal to our development. This will help and promote the growth and evolution of our Ki (energy) and create a true intent. If we preformed the techniques with a lack of desire and discipline, passion or meaning, then the technique is shallow and untrue. Always try to display keenness when practicing waza. Focus on the task at hand, do not let your mind wonder. When thrown, respond sure and in a fashion that is self-protective. Be calm and relaxed but not slack. It is these simple gestures that need to be present in our daily practice in order to achieve fudo shin tai (the immovable mind and body). *As a goal you may perform every task, whether it be ju jutsu, opening a door, or dealing with a traffic jam, with the same intent and self discipline as seen during waza on the mat.*

Our Kokyu Ho: To the ju jutsu student 'kokyu ho' means 'root breath' or 'breath meditation'. Kokyu is the heart of our volcano, the root of life and without the evolvement of kokyu ho, our waza is often weightless and lacking substance. It is our desire to make continual progress and have this breath mindfulness. To do this we must connect each body movement to complimentary breath movement. This will promote good health, saves injury and will help unify the 'Shin-Tai-Ki' (mind, body and spirit) in general, and most certainly during waza. If your overwhelmed, persist, the Shin-Tai-Ki unification takes a lot of effort and comes only with patience, but I assure you it is the breath that guides us. It is not enough to come, pay your monetary dues, and be present. Consider that the breathing is not just a thoughtless outcome of exercise, but rather a state of mind. Because of this breath mindfulness, Ju jutsu is often received as a graceful and seemingly harmless art that displays deceptively powerful, fluid and often very painful self-defense techniques. 'Remember the image of the volcano'. With constant cultivation a strong kokyu ho can free us of our common mind barrier language i.e. hesitation, distrust, fear, and hate. Breath-technique rhythm creates a loss of ego, which inturn promotes greater harmony with our environment and those who are in it. May we learn from the lowly river and choose the path of least resistance. "Avoid a falling rock".

True Stories

Submitted by Sensei Kevin Lintott

About a year ago I was working as the head of security at a club. I was working at the door when my doorman removed a angry patron. I asked the patron to please step off the property, which he did. With no warning, this patron - who had now been off the property - stepped back on it about 20 feet away from me, and said to me and the owner of the club "you guys are dead". We have heard this a thousand times before and just ignored the guy. He then stated "I have a gun and I'm going to shoot you!" He began stepping forward, closing the distance and reached behind his back, as though he really did have weapon. I was getting pretty worried by then, as this guy was not backing down on his claim. I asked my boss to crack his baton open if this guy got close enough for me to take down. He still had his hand behind his back and had not shown a weapon, but by then I was convinced I was about to die. A crowd had begun to gather. This guy then rushed towards us, and my boss cracked the baton to the guy's left and, just as he looked, I pushed his left shoulder which was the side with the believed weapon. As he spun around I did a parry downwards to the hand that I believed was holding the weapon. There was no gun, but by then I was in motion and I did a front reaping throw to his leg while driving his head to the ground. I landed with my knee right in his shoulder and scrambled for his wrist and I applied a very hard wrist lock. At about that exact time the police drove up and without hesitation handcuffed the guy. I was worried that I might get charged because the guy was bleeding around his head and face. The officer took my statement and a few others and the guy was charged with uttering death threats. I was glad none of us were hurt and I will never forget that night. In that line of work things like that happen to other people a lot more than we realise, and they do not always come out as lucky as we did! I am very thankful for the skills that I learned, it was my training that kept us all safe that night..

JJBC Events Calendar - 2000

- 00.05.21 Technical Seminar on the Island
(to be confirmed and details)
- 00.05.14 Black Belt Class in Abbotsford 10 am
- 00.04.23 Black Belt Class in Abbotsford 10 am
- 00.04.09 Tournament in Chilliwack
(details to follow)
- 00.03.19 Black Belt Class in Abbotsford 10 am
- 00.02.13 Technical Seminar in North Vancouver
(details to follow)
- 00.02.06 Black Belt Class in Abbotsford 10 am
- 00.01.23 Black Belt Class in Abbotsford 10 am
- 00.01.16 Tournament in Port Moody
(See Page 1 for details)

Do you have a training tip or a true story you'd like to share? E-mail your submissions to Sensei Allen St. John at stjohn@direct.ca.



Who We Are:

Sadhana Ju-Jutsu

Michael Seamark
New address to come, Vancouver,
604-904-392 or 837-1049 sadhana_ju_jutsu@yahoo.ca

Black Arts Society

Robert Martel
CFB Comox, Comox BC
250-703-0440 bobmart@mars.ark.com
<http://www.jiu-jitsu.org/jjbc/members/comox/>

St-John Jiu-Jitsu

Allen St-John
2306 St. John's Street, Port Moody, BC
(604) 722-3656 stjohn@direct.ca
<http://mypage.direct.ca/s/stjohn>

Maple Ridge Ju-Jitsu Studio

Mike Caffrey
Maple Ridge, BC ccaffrey@direct.ca

GoRyu Jiu-Jitsu

Kevin Lintott
310-259 Midpark Way S.E.
Calgary, Alberta
(403) 201-4248 GORYUJIUJITSU@netscape.net
<http://www.geocities.com/Pipeline/Valley/4510/shodan.html>

Aizen-ie Jiu-Jitsu

Lorne Olsen - lolsen@uniserve.com

Nippon JU JUTSU & Kobudo

Mirek Nowak
Campbell River, BC mirek@island.net
<http://www.jiu-jitsu.org/JJBC/members/CampbellRiver/index.html>

Hiscoe Jiu-Jitsu

Steven Hiscoe—
31550 South Fraser Way
Abbotsford, B.C. V2T 4C6
604-855-0563 hiscoe@jiu-jitsu.org
<http://www.jiu-jitsu.org/hjj/>

Chilliwack Hiscoe Jiu-Jitsu

Steven Hiscoe
Chilliwack, BC
604-855-0563
<http://www.jiu-jitsu.org/JJBC/members/Chilliwack/index.html>