

## Highlights

- **Upcoming Events**
- **True Life Stories**
- **True Life Experiences**

## Inside

- 1 Training Tips**
- 2 Events Update**
- 3 Spotlight On...**
- 4 Medical Tips**

# JJBC Newsletter

*The newsletter of  
Jiu-Jitsu B.C. Society  
• Issue 3  
Fall/Winter 2000*



## 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 the JJBC Administrative Office at #1-31550 South Fraser Way, Abbotsford, BC, V2T 4C6 phone (604)855-0563 or e-mail either of the respective directors. Addresses can be found in the section "Who We Are". Also visit our website at [www.jiu-jitsu.org/jjbc](http://www.jiu-jitsu.org/jjbc).*

### New JJBC Directors

The JJBC held its Annual General Meeting on May 28, 2000 in Port Moody. At that time, the board of directors was dissolved according to policy and a new board was elected. Here are the results:

#### **President:**

Sensei Allen St. John

#### **Directors:**

*Membership & External Relationships –*  
Sensei Steve Hiscoe

#### *Tournaments –*

Sensei Eric Enger

#### *Technical Workshops –*

Sensei Mike Caffrey

#### *Administration –*

Sensei Aird Flavelle

### Fall Training Camp

The time has come again for our yearly Jiu-Jitsu BC training camp. Anyone who attended last year will agree – it was awesome! This year's camp promises to be just as great!

Sensei Steve Hiscoe will be hosting the camp again this year. It will be held at the Career Technical Centre in Abbotsford September 16 and 17.

### Fall Tournament

Our fall tournament is set for October 29 in Abbotsford at the Career Technical Centre. The Tournament rules will be as they were in the past.

-children point sparring

-adult self-defence

See your Sensei for more information.



### Upcoming Events

### Events Update

## Winter Tournament

St. John Jiu-Jitsu hosted the JJBC Winter 2000 Tournament on Jan 16, 2000. The tournament, which was open to adults and children, was held at Moody Middle School on St. John Street in Port Moody.

Despite the raging snow storm that swept the lower mainland the night before, it was heart warming to see the number of people who managed to make it to the event. Adults, children and spectators alike enjoyed the atmosphere of coming together for a day of Martial Arts.

The *Tri-City News* sent a photographer to the tournament, and his photos made it onto the front page of the Sports section – a great plug for Jiu-Jitsu and the JJBC.

*Submitted by Allen St. John*



### Spotlight on...

#### Hakushin Jiu-Jitsu

**THIS ISSUE'S SPOTLIGHT IS ON ONE OF OUR NEWEST CLUBS - THE HAKUSHIN JIU-JITSU SCHOOL. WE ASKED SENSEI ERIC ENGER TO TELL US ABOUT HIS DOJO:**

We have three black belts, Eric Enger, Teresa Enger, and Chris Bell.

Our students are currently training at the Abbotsford Judo Club until construction is completed on our new dojo. In the fall we will be moving to the multi sports centre in Abbotsford with - 70x40 square feet of mat space to chuck around

in. Our dojo's style is Can-Ryu based, with the addition of Filipino hand techniques. We teach adult and teens only.

#### **Our Philosophy:**

I would say our biggest goal is to teach a smaller person how to defend themselves against larger, stronger people. I have found that a lot of common "dojo" techniques work in theory - but when used against bigger, stronger people - a lot of them just don't work. This goes against the mantras of many martial arts. Our dojo provides practical applications of martial arts theories an example of this is in Filipino styles. They show you how to **deflect** a strike, not stop it or absorb it. I'm 5'7", if a 250lb giant swings at me with full force, I will not be able to stand there and block the strike. We use an easy rule of thumb, a smaller person can not trade blows with a larger one. . We work on self defence techniques that will work on bigger people, so we know they will most defiantly work on smaller ones too.

Check out our web site at

[www.hakushin.org](http://www.hakushin.org)

JJBC members are always welcome

*Submitted by  
Sensei Eric & Teresa Enger  
Hakushin Jiu-Jitsu School*



### Did you Know...

Investigate the details...



When an individual has the opportunity to do some extensive traveling across the world it's amazing what one finds out about one's self and the world around them. As many countries have different lifestyles and cultures the same holds true for Martial Art styles and those who create them and practice them. In several countries where freedom of independence is not accepted; you will find stricter terms and policies in relation to traditional Martial Arts compared to countries with individuals who exercise their democratic right to create anything they wish with respect to Martial Arts styles.

Over the last 15 to 20 years, copious amounts of So-call Martial Arts practitioners have developed their own Martial Style or concept, which are based directly off of other more prominent and legitimate styles. This term being called "Heinz 57" styles and the creators of these style being labeled as "Heinz 57" Martial Artists. In our Western culture we try to dominate the market by offering every possible system to every possible individual to gain total control of the Martial Arts genre. The unfortunate part of this is that in our culture as compared to Asian Cultures is (in General) a very gullible culture that wants to be stimulated and impressed. When an individual sees anyone with a black belt wrapped around their waist they automatically assume that they are a master or a trained "killer". Which in many cases couldn't be any further from the truth. These "peusdo black belts" who dabble in many arts but never really become excellent at any of them, give the common person a subliminal false impression of the Martial Arts and anyone with a low self esteem will fall right into their hands. After convincing them that their "Style" is "deadly" or "traditional" and the most popular, the common person will now pull out the cheque book and sign their Martial Art life away. What the common person has to realize is that there is a distinctive difference between a good Martial Arts



School and a fast talking businessman.

Anyone who is confident in a business sense can prey on the naive and low self-esteemed, if it means increasing their schools enrollment regardless of the bogus style that they have developed. This is why people have to investigate the details as to what they are enrolling into. A simple word of advise; Find out who the instructor's Instructor is, get a history of their Martial Art style (If any), ask to see their certificate of authenticity, contact the Better Business Bureau, ask to see their License to operate their school. Ask how long they have been in business and then take a really good look at their enrollment. This can tell you a great deal about their popularity and finally, get opinions from other members. If after following these steps carefully, anyone should be able to tell if the Martial Art and its creator that they are about to get involved with is legitimate and worth the financial obligation.

*Submitted by  
Sensei Dana Johnson  
Shodan  
Go-Ryu Jiu-Jitsu*

### Training Tip



*Money is not enough!*

As I meet more and more people in the arts it seems that there is common problem in most of the Dojo's. The problem never existed in the past when these arts were first passed on. The problem is simple in a complex way. Some students lack loyalty and commitment.

The student will say "I pay my dues and come to class when I can". This is good, but to make a "Dojo" work you need more than money. Most of us don't even

see a cent of the money you pay in dues, as we have rent and expenses, in fact I am sure that some Sensei's even have to add some of their own money once and awhile.



As a student you need to make your Jiu-Jitsu training part of every day life. No I don't mean training every day, (which would be great) I mean taking what you learn in the "Dojo" everywhere you go. Being polite and curious and always aware, the things you learn in training. Students should be loyal to their Sensei and their art. Help promote your school, and help your Sensei with anything that will improve things for your school. Talk to people about learning Jiu-Jitsu. Show up for all your classes. Put yourself in your Sensei shoes, how would you feel if half your students skipped every second class?

It is the things that you do to aid Jiu-Jitsu in growing that will remembered most when it is your turn to become "Sensei". Only a small percent of all Jiu-Jitsu students will get to be a Sensei, and it's mostly due to commitment.

Just to put the money thing into perspective, think that you are in a confrontation where if you do not know Jiu-Jitsu you will die. But thanks to your Sensei you have learned a life saving skill, now think of all the money you have put into learning the art. How many multiples of that money would you be willing to spend knowing that, that was the price of your life?

*Submitted by Sensei Kevin Lintott  
Go-Ryu Jiu-Jitsu Schools*

### True Life Stories

*Budo for life*

My childhood was filled with lies, hate and violence and all those things that come with being part of a "dysfunctional family". As a young adult I left home and realized that all of that was part of me. I was angry, moody, depressed, without hope and even suicidal.



For most of my adult life I felt lost as I searched for answers and worked hard trying to change the person that I was. Someone I did not like sometimes. Around the age of twenty-two, struggling and almost ready to give up, I made a conscious decision to fight on and to change my life. To do what ever it took to shake the demons within and find some sort of peace and harmony. I opened myself up and trusted that a higher force would help me find my way.

It has been over ten years since I made that decision and one heck of a coaster ride but I can say without a doubt that today I am very happy to be alive and feel blessed to know and be a part of all that is. Along the way there were many people who shared with me their experience, knowledge and wisdom. Sometimes I listened to them but most of the time I ignored them. As I got older I realized that most of what they said rang true. To those people I am forever in debt and only hope that what they shared with me one day I may share with others.

The most profound experience I have ever had in my life is that of my introduction to martial arts and my training in jiu jitsu. Surprisingly, I began my martial arts training in jiu jitsu at the age of thirty-three. A good friend of mine introduced me to his roommate who was a martial artist. I had heard a lot about Mike and his training but never got a chance to meet him because he was never around. He was a exploration geologist and traveled a lot. Mike decided that he wanted to stop traveling for a

while and settle down and start taking on students. I agreed not knowing what I was getting myself into. I had no idea how much it was going to impact my life.

Our eventual meeting was quite simply a matter of “when the student is ready the master will come”. Had I have trained any earlier in my life I would not have been ready. My mind, my body and my soul were out of balance.



The timing to start training was perfect because I had just started a new job working in security and I had absolutely no clue how to

take care of myself or deal with ‘high stress’ situations. I believe in the ‘art of fighting without fighting’ and in my line of work in security as a bouncer I apply the gentle loving techniques and philosophy of jiu jitsu on a regular basis (and it has saved me many times). Aside from that, as I mentioned, it changed the way of my life.

For the short time that I have trained in jiu jitsu I have been fortunate enough to train with a great number of people. From my Sensei and fellow students to all the people I have met at seminars and training camps. I thank them all for sharing with me. *Domo arigato gozaimasu*

*Submitted by Barry Wilding - Gokyu Sadhana Dojo, Vancouver BC*



## Medical News

### *Effective Pain Relief Now Available!*

If you suffer from a nagging injury such as tendinitis or a heel spur, there is new technology now available in the Sport BC building in Vancouver that can alleviate your



pain. Sonocur therapy is a non-invasive treatment that uses sonic shock waves (not to be confused with ultrasound) to pinpoint the exact area of pain.

“It has an effect on blood supply and nerves around the tissues and it also has an effect at the cellular level – all of which promotes healing and provides relief of pain”, notes Dr. Brian Day, a well-known orthopedic surgeon from Vancouver.

Athletes have been flocking to the Sonorex Therapy Center since it opened in the beginning of November with the Sonocur, made by Siemens of Germany. It is a therapy that is widely used in Germany, treating over 250,000 patients, and has recently been introduced to Canada. As it is still undergoing FDA trials in the United States, many American professional athletes have been coming to the Sport BC building for treatment.

A series of three to five eight minute treatments is usually recommended to achieve the maximum effect. Success rates range from 75-90% and there is no anesthetic required. Conditions that are treated include tennis & golfer’s elbow, heel spur, tendonitis of the achilles, patella, wrist, and shoulder, partial tear of the rotator cuff, and bursitis. Professional tennis player, Don McCormick, who at one time ranked #1 in men’s singles in Canada was sidelined last year with tennis elbow. Don had tried all the “conventional” treatments such as physiotherapy, cortisone, acupuncture, and rest. Nothing worked, until he tried Sonocur.

“This is wonderful. It is like having a miracle happening to it”, said Don. Two weeks after his treatments, he won a provincial tennis match, including a three hour final. Ten months later, he is still pain free.

Sonocur therapy is available for \$750 for a series of treatments and an x-ray is required prior to treatment. For further information, visit Sonorex’s web site at [www.sonorex.com](http://www.sonorex.com), or you can call them in Vancouver at 714-0523 or toll free at 1 877 766-6287 (not necessarily endorsed by JJBC)

## True Life Experiences

Its true, “It can happen to You” This is the dogma that is preached in our training. I carry my keys on a Kubatan whenever I go out driving. Who would have thought I would need its help? Back in March of 99, I was leaving a shopping mall in Coquitlam. As I was walking towards my car, I heard someone approach me from behind. In a flash, he reached out and grabbed the strap of my backpack. Without even thinking, I hit his wrist and hand with my kubatan/key chain. Needless to say, he ran off like the wind. And I found a new best friend. Thanks Sensei!

*Submitted by Dolly “Spunky” Parry, St. John Jiu-Jitsu*

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](mailto:stjohn@direct.ca).

## **Black Belt Corner**



### ***Hiscoe Jiu-Jitsu***

Sensei Steven Hiscoe (6th Dan)  
Sensei James Hiscoe (3<sup>rd</sup> Dan)  
Sensei Carla Spry (1st Dan)  
Sensei Tyson Nicholas (1st Dan)



### ***Aizen-ie Jiu-Jitsu***

Sensei Lorne Olsen (1st Dan)



### ***Hakushin Jiu-Jitsu School***

Sensei Eric Enger (2nd Dan)  
Sensei Teresa Enger (2nd Dan)  
Sensei Chris Bell (1 Dan)



### ***Yarrow Jiu-Jitsu***

Sensei Carlos Silva (1st Dan)



### ***Maple Ridge***

Sensei Mike Caffrey (4<sup>th</sup> Dan)  
Sensei John Heslip (2<sup>nd</sup> Dan)



### ***St. John Jiu-Jitsu***

Sensei Allen St.John (4th Dan)

Steven Ow (1<sup>st</sup> Dan)



### ***Masters Class Jiu-Jitsu***

Sensei Aird Flavelle

## **Black Belt Corner**



### ***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)



### ***Jishin-Ryu Jiu-Jitsu***

Randy Martin



### **Yugen Ryu Bu-Jitsu**

Sensei Alex Mahlar



### **Lion Hearts Martial Arts**

Sensei Don Niesman



### **Nippon JU JUTSU & Kubodo**

Sensei Mirek Nowak

## Who We Are:

### **Sadhana Ju-Jitsu**

Michael Seamark

New address to come, Vancouver,

604-904-392 or 837-1049 sadhana\_ju\_jitsu@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>

### **Lion Heart Martial Arts**

Don Niesman

Calgary, Alberta

### **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—

[hiscoe@jiu-jitsu.org](mailto: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>

### **Hakushin Jiu-Jitsu**

Eric & Teresa Enger

Abbotsford, B.C.

[www.hakushin.org](http://www.hakushin.org)

### **Jishin-Ryu Jiu-Jitsu**

Randy Martin

Kelowna, B.C.

[RoninJiu-Jitsu@home.com](mailto:RoninJiu-Jitsu@home.com)

### **Yarrow Jiu-Jitsu**

Carlos Silva

41706 Yarrow Central Rd. Yarrow B.C.

604-823-0054

carlos\_silva@telus.com

**Masters Jiu-Jitsu**

Aird Flavelle

Aird@flavelle.com

[www.Jiu-jitsu.org/mastersclass](http://www.Jiu-jitsu.org/mastersclass)

**Yugen Ryu Bu-Jitsu**

Alex Mahler

Delta, B.C.

WchallengeInternational@telus.net

[www.jiu-jitsu.org/jjbc](http://www.jiu-jitsu.org/jjbc)

More information about these dojo's can be found in Aird's JJBC site -- [www.jiu-jitsu.org/jjbc/](http://www.jiu-jitsu.org/jjbc/)