

Highlights

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JJBC Newsletter

The newsletter of
Jiu-Jitsu B.C. Society
• Issue 5
Fall/Winter 2001-02



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 three years later the JJBC has grown to include 14 different jiu-jitsu schools from across the province and Alberta.

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 any of the respective directors. Addresses can be found in the "Who We Are" section at the end of this newsletter. You can also visit our website at www.jiu-jitsu.org/jjbc.

Upcoming Events

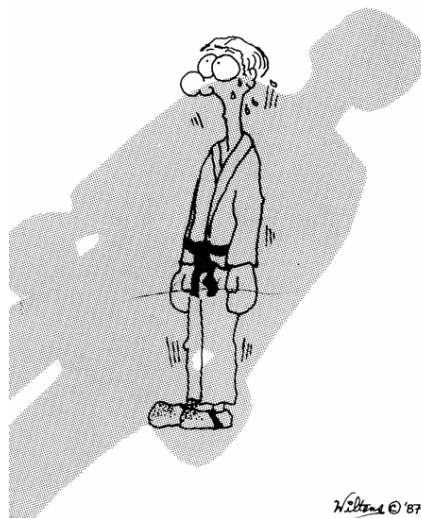
Fall Technical Workshop

The next JJBC workshop is slated for November. See your Sensei for details.

Events Update

Provincial Tournament

The JJBC Society's first annual Provincial Tournament was held at the Career Technical Center in Abbotsford on April 29th, 2001. New categories were added for both junior and senior JJBC members to apply themselves against. Medals were awarded to 1st, 2nd and 3rd place finalists in all categories. Congratulations to all who competed!



First-match jitters

Spring Technical Workshop

In May, JJBC members attended a quarterly workshop, hosted by Sensei Randy Martin of Ronin Jiu-Jitsu Dojo of Kelowna. Sensei Randy demonstrated several challenging limb twisting lockups and takedowns.

JJBC Annual General Meeting

This year's annual general meeting was held on May 26th in Kelowna, directly following the technical workshop. We'd like to welcome a new addition to the JJBC directors, Mark Bryant, who was elected as our Vice President. The remainder of our directors were re-elected for another term. They are:

President – Sensei Allen St. John
Vice President – Sensei Mark Bryant
Secretary - Sensei Aird Flavelle
Membership/External (and Past-President) – Sensei Steve Hiscoe
Workshops – Sensei Randy Martin
Tournaments – Sensei Mike Caffrey
Directors at large –
Sensei Eric Enger
Sensei Teresa Enger

Martel Ju Jitsu

I would like to take this opportunity to let everyone know about the situation with my club (Martel Ju Jitsu Comox Valley) at this time. I am still closed for an indeterminate amount of time. As a result of new National Defense regulations, I am under obligation to affiliate my Club with the Non Public Funds (NPF) associations. By doing so, I will be able to continue operating my club on Department of National Defense property. I have completed my Club Constitution and Club by-laws required for the NPF Committee. I have been assured that my Club will be approved and accepted by NPF (as I have been in operation on DND property for five years). The Club Constitution and by-laws are being perused and funneled through the proper channels for final approval. I intend to keep you informed of my re-open date.

Sensei Bob Martel



Spotlight on...



Nippon Ju Jitsu & Kubudo

Did you know...

USE OF PSYCHOLOGY IN DEFENSE

Unconsciously, as you become better, the confidence you have in yourself shows to your opponent. Without making any visible effort, your self-confidence is apparent.

Deliberately cultivate the outward mannerisms of confidence and you will see that your opponent will react differently than if you were to give him/her signals that tell him you are not sure of yourself or of your ability. Even if you feel outclassed, don't show it. Avoid making facial expressions which indicate fear, apology or fatigue.

No matter how intense the situation is, you must not allow yourself to get angry with your opponent. Anger consumes energy, and interferes with your ability to plan sensibly and make rational decisions. If you encounter an

angry opponent, do not react to him/her, unless it is to smile. An angry opponent is already at a disadvantage and if you appear calm and pleasant, it will further upset his equilibrium.



Here is a short story to help you visualize this point:

Tea Combat

A master of the tea ceremony in old Japan once accidentally slighted a soldier. He quickly apologized, but the rather impetuous soldier demanded that the matter be settled in a sword duel. The tea master, who had no experience with swords, asked the advice of a fellow Zen



master who did possess such skill. As he was served by his friend, the Zen swordsman could

not help but notice how the tea master performed his art with perfect concentration and tranquility. "Tomorrow," the Zen swordsman said, "when you duel the soldier, hold your weapon above your head, as if ready to strike, and face him with the same concentration and tranquility with which you perform the tea ceremony." The next day, at the appointed time and place for the duel, the tea master followed this advice. The soldier, readying himself to strike, stared for a long time into the fully attentive but calm face of the tea master. Finally, the soldier lowered his sword, apologized for his arrogance, and left without a blow being struck.

Sensei Randy Martin
Ronin Jiu-Jitsu Dojos

Training Tip

Police Survival Principles and Jiu-Jitsu Training

Jiu-Jitsu training is often compared to police officer defensive tactics, therefore there are many aspects of police training that can be used or referred to in Jiu-Jitsu training.



I recently attended a police Use of Force Conference in Calgary Alberta. Police trainers from around Western Canada

attended the conference. One of speakers was a gentleman by the name of Phil Messina. Mr. Messina is an extremely knowledgeable person. In the 4 hour lesson I took part in, I was able to put many of my existing thoughts together as well as some new ones. There is one quote in particular I would like to share with you.

“ If you train to defend against multiple attackers, then you will have an easier time defending against one attacker. But if you only train to defend against one attacker, you will never be able to defend against multiple attackers.”

To begin with, when you encounter a violent or potentially violent situation you must have a survival instinct or what is often referred to as a winning mentality. You must have the attitude of a warrior.



There are seven principles that are referred to in police tactics training; when all of them are employed together the user has established a survival mentality.

The first principle is **cover**; cover is defined as something that protects you from a perceived threat. For example; a cement wall or barrier would be cover from firearms, a chain link fence would be cover from a



knife. I know that as civilians you may not encounter these situations very often. But another aspect of cover is escapes routes. When you find yourself in a serious situations you should be aware of your surroundings, this means looking for and recognizing an avenue of escape for yourself. Never let yourself be cornered, always have an out.

Another principle is **threat cues**, or clues. Threat cues are hints that something may be about to happen. The person you are engaged with steps back slightly and assumes a fighting stance, their voice begins to rise, their breathing becomes deeper and their fists clench. In our experience as martial artist we have become familiar with peoples movement and the way they stand when they are about to engage in battle. Threat cues may also be the surrounding area you are in, drug infested, prostitutes, gangs or symbols such as tattoos, gangs patches etc. The most important threat cues are

the words this person may be using, “I am going to kick your butt.” It is important to recognize threat cues and deal with them appropriately.

Time and Distance Ratio is the next principle. Time and distance is sometimes referred to as the “reactionary gap” - the space between you and the attacker. Everyone has a comfort zone; the further away an attacker is the more comfortable you feel with the situation. To be able to properly react to or counter the attack, you must have distance between the two of you. There exists a phenomenon called “action – reaction” this simply means that you can always act faster than you can react. When facing an attacker, he is already planning his action against you; this means that at anytime he can strike. In order to react, you must first see the attack, analyze the attack and then respond in an appropriate manner. But the more space between the two of you the more time you have to react to his attack. This is not always possible, but when it is create distance.

The next principle is a rule called **“One plus One.”** This simply explained is never assume the attacker is alone, and if armed never assume he only has one weapon. Do not let your guard down, even if you believe the confrontation is complete.



Verbalization is also an important tactic, speaking with confidence and assertion, as well as what you say,



may quell the situation or send it to another level. I believe that more importantly though, verbal intervention assists in two things: 1) Controlling the subject. If you have control of the subject and are applying a joint lock, but not advising the subject of your wishes, he may continue to resist you, resulting in a broken joint. Advise the person what you want them to do. 2) Creating witnesses. Without words, a witness can only see your actions, and may interpret them incorrectly. When interviewed, their responses may not reveal the true situation. If they can relay that they heard “leave me alone,” “stop resisting”, or words to that effect, this may assist in your cause.

De-escalation. At times we may find ourselves in a situation that may be over our heads. Ask yourself “How can I make this go away?” If the person wants my wallet will giving it to them make them go away, maybe? This is a decision that only you can make.

The last principle is **survival mentality**, having the mentality to never say quit, never say die. This may also be seen as being able to persevere through injuries and stress to control a situation.

More importantly though is using these seven principles together to establish a survival attitude.



Now you must be wondering what this has to do with jiu-jitsu training, well jiu-jitsu training is also about self-protection, it's about survival. Being able to incorporate these principles into our self-protection techniques makes us a more formidable adversary.

You've heard your instructors tell you that after the throw or takedown you should look around and step back. What they are telling you is; look for an avenue of escape, look out for his friends, create distance in case he gets up. Thinking about these principles is conditioning

your mind into a survival mentality. With survival mentality you are preparing yourself for multiples attackers.

Sensei Steve Hiscoe
Hiscoe Jiu-Jitsu



Words to live by...

“If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should never grow old.”
~ James A. Garfield



Medical/Health News

Everyone's talking about the hottest new fitness fad, Bikram Yoga. What is it? Bikram Yoga is a series of 26 Hatha postures specifically designed to work every muscle, bone, ligament, tendon, gland and organ in the body. The room is intentionally heated to 95-100 degrees



to warm your muscles, allowing for deeper, safer stretching. The heat also promotes sweating, which flushes toxins from your body. Classes are usually 90 minutes long and are designed to improve strength, balance and flexibility, while at the same time relieving stress and tension.

Did you know...

That tea was first drunk as a medicine in ancient China? Sencha green tea has developed uniquely in Japan from the green tea brought from China.

What is Japanese sencha green tea like?

Sencha green tea is an everyday drink and made from the rolled form of tea leaves. The Japanese drink sencha tea when they want to relax or as a beverage to go with a meal or snacks.

It is also a Japanese custom to serve sencha tea to visitors at the workplace or at home.

At formal sencha tea gatherings, different sencha teas are usually served with sweets and a light meal.

There is another green tea, maccha, which is made from the powdered form of tea leaves, and it is served mainly on ceremonial occasions.

Note from the Editor:

I'm not receiving enough input from the Kyu ranks. I want to. Let me hear them. This is your Newsletter.

Why did you join Martial Arts? Do you know of a close call that you want others to know about? What special training technique do you follow that enables you to remember detailed moves?

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.

Black Belt Corner



Hiscoe Jiu-Jitsu

Sensei Steven Hiscoe (6th Dan)
Sensei James Hiscoe (3rd 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 (4th Dan)
Sensei Carol Caffrey (Black Belt)
Sensei John Heslip (2nd Dan)
Sensei Blair Hanson (2nd Dan)
Sensei Andy Ganyo (1st Dan)
Sensei Joe Colla (Shodan Ho)
Sensei Richard Prorok (Shodan Ho)



St. John Jiu-Jitsu

Sensei Allen St.John (4th Dan)
Sensei Stephen Ow (1st Dan)
Sensei Gordon Patchell (1st 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)
Sensei Dana Johnson (1st Dan)



Nippon Ju jutsu& Kubudo

Sensei Mirek Nowak
(3rd Dan Hontai Yoshin Ryu Jiu-Jitsu & Bojutso
(4th Dan Araki Muninsai Iaido)



Jishin-Ryu Jiu-Jitsu

Randy Martin (2nd Dan)



Yugen Ryu Bu-Jitsu

Sensei Alex Mahlar



Lion Hearts Martial Arts

Sensei Don Niesman



Who We Are

Sadhana Ju-Jitsu

Michael A. Seamark
49 East Pender St Vancouver,
604-376-2559
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 stjohndirect@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
Calgary, Alberta &
Cochrane, Alberta 403-701-0655
(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
250-926-0071 Pager 250-830-6290
Campbell River Dojo - C.R. Judo Club 450B Merecraft Rd.
Courtenay Dojo – CRA Lewis Centre 189 Old Island Hwy.
mirek@island.net
<http://www.jiu-jitsu.org/JJBC/members/CampbellRiver/index.html>

Hiscoe Jiu-Jitsu

Steven Hiscoe–
Abbotsford, BC
hiscoe@jiu-jitsu.org
<http://www.jiu-jitsu.org/hjj/>

Hakushin Jiu-Jitsu

Eric & Teresa Enger
Abbotsford, B.C.
www.hakushin.org

Jishin-Ryu Jiu-Jitsu

Randy Martin
Kelowna, B.C.
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

Yugen Ryu Bu-Jitsu

Alex Mahler
Delta, B.C.
WchallengeInternational@telus.net
www.jiu-jitsu.org/jjbc

More complete information
about these dojo's can be found
on the JJBC website --
www.jiu-jitsu/jjbc/