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JJBC Newsletter

*The newsletter of
Jiu-Jitsu B. C. Society
• Issue 4
Spring/Summer 2001*



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 14 different jiu-jitsu schools from across the province and Alberta.

The JJBC's directorship is made up of:

Sensei Allen St. John
Sensei Steve Hiscoe
Sensei Eric Enger
Sensei Mike Caffrey
Sensei Aird Flavelle

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 section "Who We Are". You can also visit our website at www.jiu-jitsu.org/jjbc.

Upcoming Events

Provincial Tournament

The JJBC Society's first annual Provincial Tournament will be held at the Career Technical Center in Abbotsford on April 29th, 2001. New categories have been added for both junior and senior JJBC members to apply themselves against.

Technical Workshop.

Our next technical workshop will be hosted by Sensei Randy Martin of Ronin Jiu-Jitsu Dojo in Kelowna on May 26th. As always, it will be open to all members of the JJBC. A block of hotel rooms have been reserved for JJBC members,

MAJ 26

please see your sensei for details.

JJBC Annual General Meeting

This year's annual general meeting will be held on May 26th in Kelowna, directly following the technical workshop. The agenda includes the presentation of this year's financial statement and election of

the JJBC directors. All JJBC black belts are invited to attend.

Events Update

February Technical Workshop

In February JJBC members attended a quarterly workshop, this time held at the Maple Ridge Jiu-Jitsu Studio. The featured topic: **Handgun disarming and edged weapon attack.**

Sensei Brian Woods, the workshop instructor, has provided us with an overview of the workshop:

Over the last few years, law enforcement groups have moved toward a semi-automatic pistol instead of the revolver. This is in-part because of safety issues, and in-part because of the amount of higher end fire power encountered on the streets.

Canada is trying to strongly legislate who can carry guns. To a degree, this will work. On the other hand, drugs are illegal too. It does not stop the flow and sale of illegal drugs in Canada.

If you encounter a firearm (handgun or rifle) in a public setting, and a peace



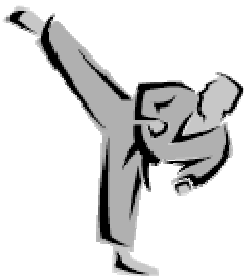
officer is not carrying it, the odds are over whelming that something is wrong. Do not ask questions, just leave. Contact the local police. Guns have the capacity to hurt many in a short period of time. The seminar included practical, hands-on information as well. Such as:

- Should you choose to attempt a disarm, remember you first need to be within arms' reach.
- "V" in with your hands,
- pull to center,
- rip and check, then create some distance,
- get the gun out of the immediate area.

By all accounts the workshop was a great success. We had about 30 people in attendance. The Kelowna group made a valiant effort to attend. Unfortunately they missed most of the seminar due to bad road conditions. A few of us stayed after the seminar to run through the high lights with them. We did not want them to leave empty handed, after driving all that way.

Thanks to all who attended.

*Submitted by
Sensei Brian Woods*



Spotli

ght on...

Ronin Jiu-Jitsu Dojo

THIS ISSUE'S SPOTLIGHT IS ON RONIN JIU-JITSU DOJO IN KELOWNA. WE ASKED SENSEI RANDY MARTIN TO TELL US ABOUT HIS DOJO:

Ronin Jiu-Jitsu Dojo

The main system taught at our dojo, is called Jishin-Ryu. Jishin-Ryu stands for the "Self-Confidence" style of self defence, and is the result of many years of training and continual evaluation towards improvement, giving us the ability to provide the most effective and practical system of self-defence for the North American temperament and environment, thus geared to give its practitioners both the physical and psychological advantage in any confrontation.

We do not train for sport or any kind of competition, but do however train for the intentions of self- defence dealing with the most extreme of cases. We train particularly for defense against unwarranted violent attacks where the attacker has no regard for your safety, health or well being and is intent on causing you grievous bodily harm or even death. We train without any rules what so ever but adhere to the basis that anything goes and that you should be able to do what ever it takes to get out of

any given situation. We also train and teach Kaizen-Ryu Jiu-Jitsu, Techishin-Ryu Jiu-Jitsu and Tai-Jitsu. All of our styles are taught in the modern Jiu-Jitsu format, adhering to fundamental traditional values.

Sensei Randy Martin is currently the Chief Instructor for the Ronin Jiu-Jitsu Dojos and the head of both the Kaizen-Ryu Jiu-Jitsu style and the Techishin-Ryu Jiu-Jitsu style, as well as the current highest ranking Black Belt in traditional modern Tai-Jitsu, in Canada. He is also a Government Approved Security Instructor and Use of Force Instructor. Sensei Randy Martin has also several Dan ranking in other styles of Jiu-Jitsu as well as completed numerous specialty training programs pertaining to self-defence and protective services.

Our philosophy in general is to be able to teach our practitioners a variety of different values. As each person is uniquely different in many ways, so are their reasons for training in Jiu-Jitsu. All students learn in different ways as well as at different speeds. We allow the students to learn at their own pace. Jiu-Jitsu, the "Flexible Art" is arguably the single most effective and practical system of self-defence in existence. It is the basis for many of the modern martial arts, most notably Judo, Aikido and Karatedo.

A student who is proficient in the art of Jiu-Jitsu has studied techniques that are a combination of throws, takedowns and ground grappling, as well as kicking and striking, combined with joint-locking and joint control/manipulation. These techniques are specially designed to allow the Jiu-Jitsu student the maximum range of flexibility when dealing with a hostile attacker. His/her options include, mild pain that might discourage a less serious attacker, through to serious severe pain and damage required for life threatening attack situations. Because of the potential for serious injury, the serious Jiu-Jitsu student also accepts a philosophy of non-violence; that a physical confrontation

should be avoided whenever possible, not only because you know that such a confrontation is unnecessary, but because you also know you have a much greater chance of successfully defending yourself. (Therefore making the fight pointless) You will also avoid a physical confrontation because it is philosophically degrading to become involved in a fight, as it indicates that all other means of avoidance have failed. If it is necessary to use Jiu-Jitsu against an attacker, we use 100% commitment to our defence until it is no longer required, at which point you are expected to use self-restraint and good judgement. You may also use your knowledge only to protect yourself and those in your charge, from harm and to remove yourself from the situation.



This simple attitude, more than anything else, will keep you out of serious

trouble. We teach our students to have a positive attitude, as it is one of the most important things to have for everything that we do in life. It will help you succeed and be more satisfied with your accomplishments. It will also help you succeed in studying the martial art of Jiu-Jitsu, regardless of what your personal goals are within the art. Your attitude is a significant factor in evaluating you for promotion. In helping to build a positive attitude we try to also instill a sound foundation of self-confidence, self-reliance, the laws pertaining to use of force and self-defence, multiple attackers, a good sound tactical and strategic plan as well as a fun, safe and friendly environment to train in. We keep an open mind and do not wear blinders; there is something to learn from every style of martial arts.

Most of our training is geared towards the adult and teenage student, but we do have a children's program. We do instruction for several different organisations as well as private businesses. Any body is capable of proficiently defending them selves after

about 3 months of dedicated committed training in Jiu-Jitsu. It does not require that you have any previous experience, or what your physical size or strength level is. Jiu-Jitsu is flexible and has variations that work for everyone.

JJBC members are always welcome to come out and train with us.

Ronin Jiu-Jitsu Dojo is located in Kelowna and Westbank.

Class Times:
Kelowna:
 Monday & Wednesday
 7 - 9 p.m.
 Please call for the location
Westbank:
 Tuesday & Thursday
 7:30 - 9:30 p.m.
 Johnson Bentley
 Memorial Aquatic Centre



Did you know...

...that the creation of a Katana sword encompasses many folding and refolding of the metal to give it its tensile strength? Such ancient artistry is seldom found in today's commercial sword production.

Submitted by Sensei Allen St. John

True Life Stories

I am 7 years old and I have been learning Jiu-Jitsu for about 1½ years. We have a bully at our school named Alanha. She's always trying to hurt somebody. Just after Christmas break, a group of us kids were playing tag in the school-yard. Alanha pushed me from behind. I fell and did a breakfall number 5. Then, I rolled over and kicked her in the shin – hard - as she came close to kick me. I walked away and told my supervisor. The next day Alanha came up to me and started to punch at me. My hands moved by themselves and I



blocked all of her punches. She got more angry and started to kick at me. But I just blocked all of her kicks too. The supervisor saw us and told her to stop. I told my teacher. She was mad at Alanha, but she was more amazed at me, and so was I!

Submitted by Brittnee St. John Jiu-Jitsu

Training Tip

Vinyasa and Ujjayi Connecting sound breath with body movement

As a student of Jujutsu you have many methods of training and tools within Jujutsu's disposal all of which assist you in achieving your goals.

For many, the main goal of studying jujutsu is to become more capable in self-defense situations that may arise from a variety of reasons. Your choice of profession may also play into it. As a schoolteacher or stay-at-home mom, or perhaps as a police officer, security officer, or work within the armed forces, you may have job-related specific requirements that you wish to address within your training regime.

Jujutsu can even embody life and the way it can be lived – a path.

Regardless of our reasons for training, the *vinyasa*, (meaning "breath-synchronized movement"), has benefits for all jujutsu practitioners. Male or female, young or old, it doesn't matter, everyone who walks into the dojo has different reasons for showing self-discipline and making it through the door.

Keeping this in mind, it can be difficult to gauge what a suitable warm up is for five to ten to maybe twenty students - all of whom are coming in at the same time



for class -but at different times in their day, week and even their lives. It's best to treat the warm up just that, a warm up not a beat up! Jujutsu is best practiced relaxed and when you're at ease... so your warm up should reflect this.



Start by representing the basic movements in the arts that you will practice; they should feel natural and effortless and if you

feel tension as you carry out a movement...then it will be extremely hard to think of anything else other than the tension. Feeling nothing but tension is obviously not the purpose of any warm-up. The warm-up acts as preventative medicine and its main goal is to warm your core temperature, lubricate your joints and ready your mind for jujutsu practice in a way that is self-preserving and non injurious. If you practice *Ujjayi Pranayama* while you warm-up then it will be easier to reflect on how your body is feeling.

Let your breath guide you, and if you are feeling tension then ease off the position and this will make it less intense.

Create breath awareness and listen to it. Your breathing should sound relaxed and flowing, like a pendulum in and out - back and forth, even. When your body feels tension your breath will reflect this. Breathing within body movement acts like an antenna amplifying your internal strain. If your movement or stretching produces breathing sounds that are broken and labored, then your movement or posture is too strenuous. If this is the case, it's best that you back off the exercise or movement slightly until your breathing is even and flowing. This type of yogic breathing, called *ujjayi pranayama*, can create space in the body when qualities of breathing exhibited are:

- Smooth, slow and even flow; never choppy or broken
- A 'heeee' sound as you Inhale, breathing into the 'mindfulness of

the inhalation' (arm pit chest and spine area - expanding) **Through the nose – with mouth closed**

- A 'haaaa' sound out, keeping the 'focus of the exhalation' (sternum lifted and breath into the areas in which wish to create space – and relieve tension) **Through the nose – with mouth closed**

Some benefits to this system of breathing:

- Relaxes the mind and body.
- Increases endurance, soothes the nerves, tones the entire system
- Ujjayi Pranayama aerates the lungs and removes phlegm.
- Calms the mind
- Stimulates focus and concentration
- Reduces stress
- Improves breathing - opens the alveoli in the lungs
- Breaks down mental blocks and reduces fear
- Contraction of the back of the throat decreases the amount of air flowing, thereby increasing internal pressure. This stimulates circulation and metabolism.

Contradictions:

This type of breathing, called *Ujjayi Pranayama*, recycles your breath and preserves energy and enables you to listen to your breath and body in a healing/nurturing way. This type of breathing is not suitable for a person receiving a blow from a punch or kick, as one would rather *channel* the attacker's energy as opposed to recycling it. In the exchange of energy from one body to the next use *Kiai* instead. (Energy harmony breathing – open mouth)

1. Vinyasa: a method of synchronizing progressive series of postures with a specific breathing technique (ujjayi pranayama)—a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved

circulation, a light and strong body, and a calm mind

2. Ujjayi pranayama: To produce ujjayi, the victorious breath, slightly contract the throat while the mouth is closed and while breathing through the nose. The breath will become audible through the sound in the throat. Focus on the sound and the feel of the breath. Avoid too much tension in the face and the throat.

*Submitted by
Sensei Michael Seamarke*



More True Life Stories

Be careful what you say

A little more than two years ago I sat at a kitchen table in a small house in Kelowna, talking to a very interested lady about some of the advantages and methods I use in teaching Jiu-Jitsu. When I speak to people about Jiu-Jitsu, I do so in the same way as I train; I do my very best to be honest and empathetic, but most of all I answer the questions with the best possible factual and straightforward responses.

The lady that I was speaking with had been a student of mine in a previous "Law and Securities Administration" course, taught at one of the private post secondary institutions. During one of the components of the program, I recognized that she possessed an excellent ability to perform the basic Jiu-Jitsu techniques that she had been taught. She spent extra time ensuring that everything was performed near perfection and that takes both commitment and dedication. After asking her what previous martial arts

background she had, I was surprised to hear “none”. Not long after she became my first student in my new dojo and has continued to be one of my core students.

During our conversation, I addressed and explained in detail several of our training guidelines and gave examples on how to apply them. One in particular that always get lots of attention is our “tactical plan” - an eight step procedural guideline on how to deal with confrontation.



Recently, her son, Scott, was at school hanging out with one of his friends (Cody). Cody had just returned to the school from Ontario, where he had been for quite some time. Scott and Cody, like good friends do, were catching up on lost time. The two boys were just minding their own business, when they were approached by one of the school bullies. Neither of these two boys is confrontational, and they do not have any type of martial arts or combative training. They never felt that they would need it, as they never get into “trouble”. When the local bully confronted them he was not alone, several of his friends were there too and as all disrespectful groups, they too were trying to antagonize the situation. They seemed to be targeting Cody most of all.

But Scott was concerned, because this type of thing had just happened at a recent house party, where a young man from Saskatchewan who had just moved to the area, dressed like a “cowboy”, was targeted by a bully and then a mob for looking different. He was beaten and then kicked and slashed with a broken beer bottle. The end result was 135 stitches and several marring and disfiguring scars (one of his ears was just about off). Prior to that there had been a shooting at a birthday party, and a very well-liked and promising young man was shot in the head (left eye to be exact).

Now with all of these things going on in the youth society, Scott and Cody were

facing an uncertain outcome. Cody did not have the resources to deal with such an overwhelming amount of pressure. As the antagonizing continued, the crowd of “supporters” grew and also did what they could to escalate the situation. During the incident, Scott had the mental clarity to keep track of the crowd’s growing number and soon estimated it at well over 30 people. Not really good odds against two non-combative people.

Scott decided to step in and try to do what he could to diffuse the situation. The original bully was not interested in starting a fight with Scott, but his friend was and stepped in from the crowd to tell Scott to mind his own business or he would have to fight too. It might have been the best thing to do at that time, with no training and no real understanding of how to handle confrontations, but Scott blindly continued on with his original intention.

He attempted to guide his friend towards an exit door to the school and at the same time try to talk to the bullies, telling them that they did not want



any trouble and that there would be no fighting here today. Each time they got near one of the doors the crowd, hungry for a fight to start, would move to block it or someone would hold it closed. Scott kept running through his mind the guidelines that I had laid out more than two years before. HE was only about thirteen years old then, but had listened from a distance and most impressively retained the information. He had flawlessly retained the guidelines and procedures for dealing with a potential physical confrontation, specifically on how to get away without having to get physical. With fear keeping him thinking and adrenaline keeping him moving, he kept going over the guidelines in his head, “what to say”, “do not escalate the situation”, “show no fear”, “be confident and assertive, yet not aggressive” etc. Cody had given into the fact that he felt that he would have to fight to get this

thing over with, his only “way out”. But Scott kept telling him “NO” that they would get out of it. Soon they made their way to a door, got into the school and ended the confrontation right there. No blows or physical actions were necessary, the entire situation was handled verbally, and using information that was retained, but not trained for over two years.

There is an important lesson we can all learn from this. Sometimes there are “ears” that we do not know are listening,



especially when we least expect it and if the information being received is not valid, what kind of influence are we having? By picking and choosing our words, our guidelines or our suggestions properly, we can hopefully be passing on practical and useful information.

Scott had no idea that he would ever have to use the information that he had overheard and retained for more than two years. Maybe it had to do with the fact that he had no other information or experience to draw upon in his moment of need, making this information more valuable. His friend Cody did not even have that to draw upon. I think this would make our job as “messengers” that much more important. Cody had much earlier given into the fact that fighting was the only way out, yet Scott had something to keep him going.

My hat goes off to Scott.

SO ...as instructors or even just lecturers we have to be careful what we say!

*Submitted by
Sensei Randy Martin*

Medical/Health News

Over the years of martial arts training and cross training, I have had to participate in my share of physiotherapy exercises in order to remedy some of the problems that have cropped up. I believe strongly in the benefits of

isometric and dynamic tension exercises for therapeutic development and muscle strengthening. If you are unsure of the proper procedure for these types of exercises, or just feel like trying something different, then a tubular band can be a great benefit.

Quads, Knees and Ankles



Do a lot of kicks? Do a lot of sudden twists and deep stances?

The quads, knees and ankles can take a beating over the years of martial arts training.

Joint misalignment can occur when muscles of the leg are strengthened or ignored. Over-tight hamstrings, or overdeveloped quads, can pull the joints around until they start to ache or give off excruciating lightening bolts of pain.

Specific spot exercises with a tubular rubber band done in **slow** repetition can assist muscles to re-develop and ease the pain. The benefits will be similar to those achieved by isometrics training.

Buy a tubular band with Velcro straps at each end, so that you can attach one end of the loop at each limb and follow the following exercises. Do one or two sets of 10 repetitions for each exercise.

Note: You can find these types of bands at most physiotherapy clinics.

Quad and Calf Exercises

Attach a strap around each ankle while standing in a ready stance. Raise one knee and extend the foot (as in a front kick). Repeat the exercise, but as in a round house kick.

Ankle Exercises

Sit down and strap each end of the band around each foot. Spread your legs to take up the slack. Rotate your foot out and slowly back in again.

While sitting, attach one end of the band around your foot at the instep and the other end to a fixed object at the same height (or have someone hold it) and then sit back to take up the slack. Slowly point toes to the fixed object, keeping tension on the band, and then pull back towards you pointing your toes towards the ceiling.

Knee Exercises

While sitting, attach each strap around your ankles and extend your leg straight out.

Slowly raise one leg, stretching the band to a comfortable height of resistance (depending on the length of band).

Do not continue these exercises if you feel any kind of sharp pain. Please see a doctor.

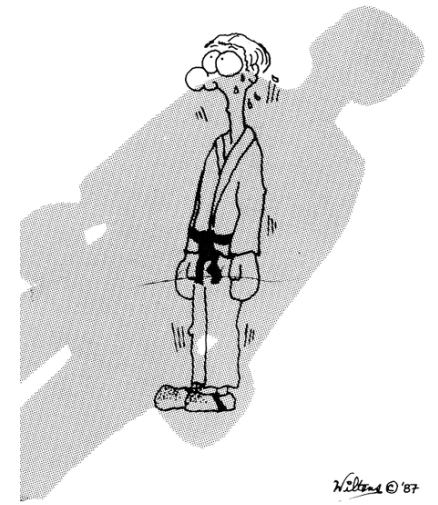
*Submitted by
Sensei Allen St. John*



Sound familiar? David and Goliath?

Maybe you heard it in the latest political sparring match? Maybe you recall it from a very old text. Or, maybe that very large shadow is the behemoth you are about to tangle with in the ring.

Which is greater, the fearsome size of the enemy or the fearsome thought of the



First-match jitters

Wilson © '87

enemy in your mind doing battle with you?

It's easy to say, "calm the mind, remove the fear, remember your technique, don't think about the difficulty".

Whether in the ring or on the street or facing an important exam at school, Fear is a creature that knows no boundaries. What about the adrenaline rushing through your body or the pounding of your heart trying to break out of its cavity? No one spoke of that.

How does one combat the very thing that guides our lives?

Recognize the symptoms – pounding heart – sweaty palms – clenching stomach muscles – racing mind. Fix the symptoms – analyse your fears – work on them individually – resolve them – recognize them when it happens again and tell yourself that you've recognized them for what they're worth and that you've got the fix. Laugh at it and laugh at your mistakes. Did you know that others have the same fears? That you're not alone? It's not the fear that faces you, but how you face your fear.

Trains hard to sharpen your skills – listen hard to sharpen your mind – help others around you to learn so that you might learn also. Eventually wisdom will surface. And Fear will have a leash.

*Submitted by
Sensei Allen St. John*

More True Life Stories

June 22, 1998

Martial Arts Class Snags Purse Snatcher

VANCOUVER (CP) - A martial arts class test turned out to be a lesson in bad luck for a purse snatcher Friday.

Ju-jitsu instructor Michael Seamark was grading five students in the back yard of his home when a stranger wandered through the property.

The stranger was in mid-flight from a robbery, and chose a poor escape route. "This guy showed up and I said, "Hey buddy, why are you going through my back yard?" He just looked at us and took off toward the front, so we went after him," said Seamark.

"Most of my students work security downtown in the bars and clubs, so it was nothing new to them. We had him down pretty quickly and he told us everything, where the wallet was and what he'd done with the purse. He was in a pretty painful wrist lock."

Seamark's partner, Diane Dawson, praised the whole neighborhood for helping collar the poor luck purse snatcher.

"What was nice was that everyone in the neighborhood was really helpful," she said.

"A man came over and helped the lady who had lost her purse and drove her over here. Another man saw this guy rummaging through her purse and saw where he discarded everything, so she was able to get everything back. A policeman who was off-duty showed up right away and a lot of people phoned 911."

The classmates got to be heroes for a few moments, but their day's work at the dojo wasn't over.

"We still had two hours to do," said Seamark. "After that they had to fight me, so that was tougher.

"But they all passed."

*Submitted by
Sensei Michael Seamark*

Note from the Editor:

I'm not receiving any 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.

If I don't hear from anybody between now and next issue, I will contact your sensei to get a name and I will target you.

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



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Hiscoe Jiu-Jitsu

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Hakushin Jiu-Jitsu

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Masters Jiu-Jitsu

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Aird@flavelle.com

www.Jiu-jitsu.org/mastersclass

Yugen Ryu Bu-Jitsu

Alex Mahler

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www.jiu-jitsu.org/jjbc

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