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JJBC Newsletter

*The newsletter of
Jiu-Jitsu B. C. Society
• Issue 7
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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 four years later the JJBC has grown to include 14 different jiu-jitsu schools from across the province.

President – Sensei Mike Caffrey

Vice President – Sensei John Heslip

Secretary - Sensei Aird Flavelle

Membership/External (and Past-President) – Sensei Allen St. John

Workshops – Sensei Teresa Enger

Tournaments – Sensei Blair Hanson

Directors at large –

Sensei Randy Martin

Sensei Michael Seamark

Sensei Steve Hiscoe

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 Camp

Back by popular demand, we will be holding our 2002 Fall Camp November 30th. Visit the JJBC website (www.jiu-jitsu.org/jjbc), or see your Sensei for more details.

Fall Technical Workshop

The Fall workshop was hosted this year by Eric & Teresa Enger at the Abbotsford Judo Club.

Events Update

Provincial Tournament

Planned for the spring. Date to be announced.

Spring Technical Workshop

Date to be announced.

Congratulations!

The JJBC congratulates Sensei Mike Caffrey of the Maple Ridge Jiu-Jitsu dojo for his promotion to Godan.

The JJBC congratulates Sensei Michael Seamark of Sadhana JuJitsu dojo for his promotion to Yondan.

Spotlight on...



Article not received by printing time.

DAN : Rank Of Advanced Practice

To “carve steps up the cliff” is the literal meaning of the kanji for *dan*. To the more experienced *bugeisha*, it would appear to be an ideal word to describe his/her progress. And so it does. In those modern forms of the *bugei* that recognize advancement of skill by awarding of black belts, such ranks are known numerically as *shodan*, *nidan*, *sandan*, and so forth. But while an examination of the kanji can lead to deeper understanding, it can also mislead and cause the unwary to be led astray from the path.

When he/she starts out along a journey of the *bugei*, the beginner apprehends that he/she has set out across an utterly baffling landscape. Nothing is familiar. He/she proceeds under the direction of the master and, in time, landmarks appear. The *bugeisha* ascertains a direction. In terms of technique, he/she, sees in the teacher a standard, a model that he/she wishes to meet, and works his/her way toward it. He/she, climbs closer and closer to the top of the cliff. As he/she does, certain perches may be reached and be rewarded with ranks or promotions, and he/she may pause to look back at the steps that were carved, now measuring progress.



Upon reaching what is perceived to be an ideal goal, the journeying *bugeisha* is surprised to discover something entirely different. Sometimes it will be a word from the master, more likely the lesson will be imparted by the master's physical example. In either case, the *bugeisha* is suddenly confronted with the fact that what he/she thought was perfection of the techniques was merely the *introduction* to it. An entirely new vista has been opened up for the student. What had been the destination has been revealed as a pass through the mountains, one that gives way to another broad view waiting to be explored. Lying beyond the momentary refining of his/her art, the *bugeisha* discovers places that in turn and in time will lead to other regions.

And so, pausing when he/she is awarded a dan ranking, the *bugeisha* may indulge the opportunity to look back and contemplate his/her progress. He/she may stop to glance back at the cliff that has just been scaled. But he/she must be prepared to turn his/her gaze from the heights that have so recently been gained; he/she must prepare for the ascent of the peak suddenly found before him/her.



Although each belt rank awarded seems to be the completion of a goal, it too in its own right forms the beginning of the next goal. Only by hard training and dedicated perseverance do you reach your goals, and the climb ahead is not an easy one.

To feel you have learned everything is too have learned nothing at all, as the first lesson you should learn is that you will never learn everything. The journey of knowledge and learning is an ever-evolving one. As the Sensei is always learning so is the student, thus the cycle and the circle continues.



Sensei Randy Martin
Ronin Jiu-Jitsu

An Appreciated Experience

JJBC Technical Seminar

On September 21st 2002, I attended the most recent of the technical seminars held by Ju Jitsu British Columbia Society. This event was hosted at Sensei Eric's dojo in Abbotsford. There were many different faces from different dojos. It is nice to see support for these events still exists.

The seminar started with some tai sabaki (body movement) drills. One can never practice enough of these. These drills progressed to incorporate 'osae' style pins. After a short break we continued on with some ne waza (ground work). We performed some techniques from the side mount position. One of these featured a finish with a mochi mawari (to lead around) style pin. This proved to be one of my favorites of the day. The seminar ended with some stick fighting drills. This reinforced the importance of becoming familiar with weapons and understanding how they can change the reality of critical distance. Understanding how these weapons are used can help one from being surprised if you are forced to deal with one in the real world.

The end of the seminar capped off with a fine lunch provided by our hosts. It was a very nice way to spend a Saturday. I am looking forward to more of these events in the future. It was very nice to get together and train with people from different schools of ju-jutsu in a friendly environment without attitude and egos being present. This can prove to be a rarity in martial arts circles and we should always remember our fortune in JJBC.

*Jason Meerse - Yonkyn
Sadhana Dojo - Vancouver*



Words to live by...

In Chinese, the word for crisis is *wei ji*, composed of the character *wei*, which means danger, and *ji*, which means opportunity.

Jan Wong

Fame is something which must be won; honour is something which must not be lost.

Arthur Schopenhauer

Fall seven times, stand up eight.

Japanese proverb.

Medical/Health News

At one time or another we've all experienced the most interruptive moment in our training that is quite uncomfortable to some of us and, for some others quite funny, for some it means nothing.

The experience is the unseen, but most felt, ball of intestinal gas that sits in our colon wanting to find its way out.

Of course, it usually manifests itself during hard training where extreme focus is required. But, the ball of gas commonly known as the "fart" won't allow itself to be unnoticed. It wavers and shakes and wants attention, and that's what you do.

As your concentration slips from the task at hand, the punch lands solidly into your mid-section and, of course, the immediate response is a tightening of the abdominal muscles. With such an action, there is a reaction, and the explosive release of the intestinal treasure is heralded by a musical stanza not described in most music sheets used by the Philharmonic Orchestra.

How can we help to minimize such moments? The food we eat certainly is a good start. Starchy foods like pasta especially 'el dante' can give us gas. Some people have a reaction to dairy products. Stores sell lactose free milk, try that.

On training days I try to eat such foods as rice, chicken, vegetables, thoroughly cooked thin pasta. To avoid indigestion and acid buildup I abstain from spicy foods and acidic items.

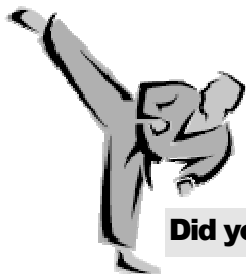
Drink plenty of water before training, during and especially after. This will help to replenish electrolytes and hydrate the body. The body releases or dehydrates in order



to keep the body temperature cool. Its also takes this moment to get rid of toxins in the blood stream. There goes that great garlic meal you just ate.

Train Healthy

*Sensei Allen St. John
St. John Jiu-Jitsu - Port Moody.*



Did you know...

... that the most important influence on the code of the samurai was the introduction of Zen Buddhism during the Kamakura period (1192-1333 AD), which became the philosophical basis of bushido? Bushido demands, above all else, the willingness to face death - and facing death willingly means conquering fear. According to Zen principles, fear can only be truly conquered by eliminating the notion of self.



The Lighter Side of Martial Arts...

Murphy's Laws of Martial Arts

The wimp who made it through the eliminations on luck alone will suddenly turn into Bruce Lee when you're up against him.

The referee will always be looking the other way when you score.

You will have trouble with the ties on your dobok pants when members of the opposite sex are in class.

The day you leave work early to make it to class on time, the instructor will be sick.

The instructor will only use you during demonstrations for joint-locking techniques.

If you have to use your training in self-defense, your attacker's father will be a lawyer.

After a flawless demonstration, you will trip on your way back to your seat.

After years of training without a single injury, you will pull a groin muscle the night before your black belt exam.

In an otherwise vacant locker room, the only other person will have the locker right next to yours.

No matter how many times you take care of it before your promotion exam, you will invariably have to go to the bathroom when it's your turn.



Training Tips

To Get On The Mat If You Are Late And Class Is In Progress

Sit in *Seiza*, at the edge of the mat, and wait for a bow from the *Sensei* or Instructor. Return the bow and step onto the mat.

Working With Weapons

Always Keep the Weapon to your left when sitting.
Keep all sword (*Bokken*) or knives (*tanto*) with blade out.
Replace weapons in the rack with blade up.

PLEASE NOTE: Blade out while sitting and blade up in weapons rack are appropriate for the martial intent of the *dojo*. In home or in company, or in a less martial *dojo* weapons are placed blade-side in (or down). Placing weapons blade out (or up) is considered extremely rude and threatening.

Useful Suggestions In Your "Journey"

- Enter the work with Humility and an open mind.
- Keep a journal for your class notes, observations and memories.
 - Practice with senior students, with emphasis on *ukemi* (falls and rolling).
 - Work with many different sizes and skill levels of partners.
- Practice with eyes closed to pattern them via other sensory pathways; use images feelings or sensations to shape concepts.
 - Practice at home off the mat.
- Watch for circles and patterns, angles, triangles and lines of force.
 - Break down longer techniques into component parts.
- See how softly and smoothly you can do techniques and rolls.
- Apply class concepts and principals to everyday life.
 - Breathe!

Sensei Randy Martin
Ronin Jiu-Jitsu Dens - Kelowna



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.

Alberta Jiu-Jitsu Association

Sensei Kevin Lintott of GoRyu Jiu-Jitsu Alberta
Visit the AJJA web site at <http://members.shaw.ca/ajja>.

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 (3rd Dan)
Sensei Teresa Enger (3rd Dan)
Sensei Chris Bell (1 Dan)



Yarrow Jiu-Jitsu

Sensei Carlos Silva (1st Dan)



Maple Ridge

Sensei Mike Caffrey (5th Dan)
Sensei Carol Caffrey (Shodan Ho)
Sensei John Heslip (3rd Dan)
Sensei Blair Hanson (3rd Dan)
Sensei Andy Ganyo (1st Dan)
Sensei Joe Colla (Shodan Ho)
Sensei Richard Prorok (Shodan Ho)
Sensei Peter Harris (1st Dan)
Sensei Joe Calla (1st Dan)
Sensei Freddie Steele (Shodan Ho)
Sensei Aaron Theilade (Shodan Ho)



St. John Jiu-Jitsu

Sensei Allen St.John (4th Dan)
Sensei Stephen Ow (2nd Dan)
Sensei Gordon Patchell (1st Dan)
Sensei Matthew St. John (1st Dan)



Masters Class Jiu-Jitsu

Sensei Aird Flavelle

Black Belt Corner

Sadhana Dojo

Sensei Michael Seamark – (Yondan)



Black Arts Society

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



Goshin-Ryu Jiu-Jitsu

Sensei Kevin Lintott (3rd Dan)
Sensei Marc Bouchard (1st Dan)
Sensei Kyle Griffin



Nippon Jujutsu& Kobudo

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



Jishin-Ryu Jiu-Jitsu

Sensei Randy Martin (2nd Dan)
Sensei Mel Nobles (Shodan-Ho)



Yugen Ryu Bu-Jitsu

Sensei Alex Mahler

Lion Hearts Martial Arts

Sensei Don Niesman



Pacific Budokan

Sensei David Toner (1st Dan)



Abbotsford Jiu-Jitsu

Sensei Dave Woods (1st Dan)

Sensei Cliff Rempel (1st Dan)

Sensei Harleen Gill (1st Dan)

Who We Are

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Warrior's Challenge International Martial Arts

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