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JJBC Newsletter

*The newsletter of
Jiu-Jitsu B. C. Society
• Issue 6
Spring / Summer 2002*



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.

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

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 in late October. Visit the JJBC website (www.jiu-jitsu/jjbc), or see your Sensei for more details.

Fall Technical Workshop

The next JJBC workshop is slated for November. Visit the JJBC website (www.jiu-jitsu/jjbc), or see your Sensei for more details.

Events Update

Provincial Tournament

The JJBC Society's Annual Provincial Tournament was held at the Port Moody Middle School April 6th, 2002. Last year's category additions met with such success that they were included again. A new Kata category was added this year. Medals were awarded to 1st, 2nd and 3rd place finalists in all categories. Congratulations to all.

Fall Technical Workshop

In November JJBC members were invited to the Island to attend a quarterly workshop hosted by Sensei Mirek

Nowak of Nippon Jujutsu & Kobudo Dojo of Campbell River. Sensei Merak kept our attention quite nicely with his techniques and his terrific Iaido demonstration.

Alberta Jiu-Jitsu Association

Sensei Kevin Lintott of GoRyu Jiu-Jitsu Alberta would like to formerly announce the birth of the Alberta Jiu-Jitsu Association. Their first technical seminar will be held in May. Sensei Kevin reports that he has now been approached by two more schools in Alberta interested in joining. They are also planning their first camp in September with at least four guest instructors. Visit the AJJA web site at <http://members.shaw.ca/ajja>.

The JJBC congratulates Sensei Kevin for getting the AJJA up and running. We know it's not an easy task and requires a lot of good people who are willing to share their time and spirit.

Congratulations!

Spotlight on...



St. John Jiu-Jitsu 2306 St. John Street Port Moody

At our Dojo we train hard and explore new ways of exercising our philosophy of the "Flexible Art". Training to combat the unknown, an intangible element, leads us to prepare ourselves in many ways, both mentally and physically. We strive to not only teach self defense, but to increase each student's self confidence, leadership skills, physical fitness, inner discipline and to instill a respect for others. Each person contains qualities that are unique and are to be cultivated. Attitudes and egos do not make a martial artist and they are counter-productive to respect. Class sizes are kept small, a maximum of 20 students per class, ensuring that all students receive individual attention. All classes begin with 20 minutes of cardio, strength building and stretching exercises, followed by breakfalls and various self defence techniques. Belts are awarded when an individual has fully mastered the techniques determined for that level.



Choosing the Right School

One of the questions that I have been asked often is " which school or system of martial arts or Jujutsu do I feel is the Best?" Yes I know - it's the age-old question which has always been on the mind of many martial arts students and practitioners.

Events such as the Mixed Martial Arts competitions and the UFC have made a point to try and solve this debate. I think it's a very natural question for someone to ask, as everyone wants to be part of what they perceive to be the best. For me I feel it has less to do with who's winning the tournaments, and more to do with what system feels natural to you. Don't be afraid to try out different schools and systems, and remember to evaluate your perceptions and concerns. It's no different then choosing a profession or a house to live in, as you may be associated with your choice for many years to come.



Be sure to ask yourself some important questions such as:

1. Does the school's philosophy promote and inspire my personal philosophy?
2. Is the Head instructor someone I could mentor under and do they practice what they preach?
3. Is the Head instructor a role model on and off the mat?
4. How do I feel when I enter the dojo - welcomed or belittled?
5. Do I see myself training in this art 10 years from now - even 40 years from now?
6. Do the students show respect to those of higher rank and compassion to those of lower rank?

These are just a few questions that I found useful in my search for the right style.

Choosing the school that is right for you can be one of the most important factors in the development of one's *Martial Spirit*.

I think it's just as important as any major investment that pertains to one's future. And, like any large investment, one should know what they're willing to invest and what they want in return. Make an educated investment. Do as much research as you possibly can while you are pursuing your martial arts or self-defense training. For some of us, the process of finding the right school or system can often take some time, even years, and this should be expected. For those that found it the first time around, they should consider themselves fortunate.

So as you journey toward self-mastery remember there is no single best school or single best system - **ONLY** the best system for you.

*Sensei Michael Seamark
Sandan Sadhana Dojo - Vancouver*



Martel Ju Jitsu

Sensei Bob Martel has reopened the Martel Ju Jitsu in Comox Valley. He has fulfilled his obligations to DND's requirements such as Club Constitution and Club by-laws and he can now continue to operate on National Defence property.

What is Self Defense?

A modern definition of self-defense is in order. One way of defining self-defense is to explain what it is not. Personal self-defense is not warfare; it is not vengeance; it is not an art; it is not a sporting event; it is not a movie or television fight scene.

Self-defense is preparation to minimize the possibility of assault. It is training to learn and use certain appropriate and effective physical actions, if there is no other practical alternative available.

“Self-defense instruction is the beginning of a process of learning how to avoid becoming a victim.”

Sensei Randy Martin

Many victims of assault are victims not because they lack the ability to win fights, but because they have been given absolutely no preparation to cope with this special kind of emergency.

The old fashioned view that self-defense instruction is training to reach a high level of fighting skill has the effect of eliminating those individuals who have the greatest need. It is precisely those people who are unable or unwilling to become fierce fighting machines who benefit from practical self-defense instruction to the greatest degree.

Our capacities ought to bear some relationship to real life objectives. People learning to defend themselves against assault ought not to be training as though



they were preparing for warfare. The concepts, techniques and methods appropriate for training Samurai warriors are not those appropriate for

teaching self defense as a practical skill for today.



The legal and moral definition of self-defense expressly limits the degree of force, to the *least* that can be used to avert, stop or escape from the intended assault.

In old style self-defense, every assault is viewed as a very vicious assault. Real life is different. There are degrees of danger. Assault intentions range from mildly threatening to those intending to do great bodily harm. More important, there are mildly threatening situations which, if handled properly with assertive self-control, can be prevented from escalating into physical violence.

There must be a full range of options to correspond with the range of possible situations. Otherwise there is only the all-or-nothing response, which is not a choice – it is a dilemma. The person who cannot cope with a mildly threatening hostile act does nothing, or responds to the mild threat as if it were a vicious assault. If the intended victim is passive, it tends to encourage the assailant and an assault is more likely to occur.



Reacting to a mild threat like it was a vicious assault is inappropriate.

The objective of ethical self-defense instruction is to teach appropriate and effective responses. The objective of the Instructor or style should be to give information and guidance toward making those appropriate responses.

One of the options that should always be made available is that of disengagement

and the students should be taught to recognize when to use it. Teaching and training that every attack, no matter what it is, could be potentially life threatening, is completely acceptable as long as the student has the ability to recognize when the threat has been eliminated.

With this in mind we can now proceed with the technical application of self-defense techniques, capable of dealing with the most extreme assault situations. The better informed the student is, the more simplified our instruction can become as they will recognize what is or is not an appropriate level of response.

Sensei Randy Martin
Ronin Jiu-Jitsu Kelowna

Words to live by...

It's choice - not chance - that determines your destiny.

Jean Nidetch

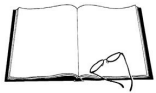
Medical/Health News

Use It or Lose It

In recent years, many of us have come to believe that doing crossword puzzles or playing cards might ward off a decline in memory or help us maintain “brainpower” as we age. Now, a new study suggests there might be some truth to the use-it-or-lose-it hypothesis.

The study, by scientists at the Rush Alzheimer’s Disease Center and Rush-Presbyterian-St. Luke’s Medical Center in Chicago, IL, appearing in the February 13, 2002, Journal of the American Medical Association, found that more frequent participation in cognitively stimulating activities is associated with a

reduced risk of Alzheimer's disease (AD). The research looked at everyday activities like reading books, newspapers or magazines, engaging in crosswords or card games, and going to museums. On a scale measuring cognitive activity -- with higher scores indicating more frequent activity -- a one-point increase in cognitive activity corresponded with a 33 percent reduction in the risk of AD.



So, by reading this newsletter, not only are you learning more about the world of martial arts - you're helping to ward off Alzheimer's disease!

Personal Life Story

Jiu-Jitsu self-defense martial arts teaches kids how to end conflict safely

I used to be the peanut, the underdog, the so-called "runt" who was always being picked on while growing up in a rough neighborhood in Toronto.



I was beat up all the time. My ride home on the bus was horrific because of these two boys. It was a traumatic thing. It got to the point when I didn't want to ride the bus. I got my mom to start taking me to school.

I enrolled in a martial arts class at an early age and began surviving the neighborhood bullies by fighting with clenched fists and militant karate kicks, eventually causing more violence. When an older man attacked me on my paper route, I severely bruised him with my thrashings and something clicked.

I realized at that point I was able to hurt someone, and that really scared me. I

wondered how I could defend myself and not hurt someone. I fell into Jiu-Jitsu.

At age 13, I remember being awed by my Jiu-Jitsu teacher, Sensei Randy. I tried every way I could to kick him and I couldn't. It woke me up. I thought, "This is what I want."

Jiu-Jitsu is not about brute force or physical strength. Jiu-Jitsu teaches people how to use the attacker's own energy to throw them away or pin them on the floor to talk to them. There is minimal punching and closed fists striking in Jiu-Jitsu.



We love our opponent. I still don't want to hurt him. I still care about that person as a human being.

I hope to eventually teach people the physical, mental and emotional skills to avoid violence with bullies. I think bullying is one of the major threats to safe schools and I hope to teach youth how to avoid conflicts and even become friends with the bullies.

A typical class would begin with 15 minutes where students would role-play both bully and victim roles. Then on the mat, I hope to build confidence and physical strength with a series of evasive movements and throws.

I can't attack you with Jiu-Jitsu. I can't chop you. It's not like karate. There has to be an attack and we will take your momentum, your force and balance.

Classes will not set up in a military atmosphere with shouts and commands. It would be very casual and fun. We'd laugh and have a good time.



The ultimate goal would be to defend yourself, where no one is harmed - either the attacker or the victim.

I have studied other martial arts such as Shorei Ryu Karate, Tae Kwon Do, Arnis, Judo, Kyokushinkai Karate and Tomiki Ryu Aikido. Currently I am training in Jishin-Ryu Jiu-Jitsu, in Kelowna with Sensei Randy Martin.

And feel that for the first time I have completed the full circle of my martial arts training and knowledge.

I have reached a level of understanding and enlightenment that I have never felt before, but I feel that this has also led me to me a far more complete martial artist, as well as let me remove all the "bad" situational memories of the past. The well-rounded and very diverse, wide variety of self defense applications that I am being introduced to, are to be given all the credit. Sensei Randy has allowed me to learn at my own pace but not ever hesitated to allow me to ask questions and to explore my options.



I hope YOU are able to feel the way I do and benefit from the martial arts in a fulfilling manner, as I have. I have been able to have dreams and see that they could come true. One day I WILL be a great positive influence on some one just like me and then I will have come full circle, only to be able to start over and perfect myself.

***Unknown Student
Ronin Jiu-Jitsu Kelowna***



Overseas Training

One of the most interesting and eye-opening experiences for a martial artist is to travel around the world training. Not only do you get to visit places of interest (or possibly the home country of your art) but also the cultural experience gives you great insight and life skills.

My big adventure was living in Port of Spain, Trinidad, and training in the Don-Jitsu-Ryu



system under Professor Don Jacob. Culture shock does not begin to describe it. Temperatures of 40 degrees Celsius, blaring reggae music during class warm ups, and being the only Caucasian guy on the floor, just to start with.

Trinidad is a third world nation, and often the training methods reflect this. No such thing as law suits there. Not that I didn't have a great time, and make some amazing advances in my martial arts skills, but some things you just don't count on... I remember our class leaving the dojo one evening to go for a run down the street. A senior instructor stood at the door, issuing a wooden baton to every other person as we filed out. Naturally I asked; "What's the baton for, Sir?" "Wild dogs", was his answer. Another night, just as class was finishing a phone call came in from a student whose sister had just been assaulted by a neighbour. Immediately several black belts jumped into a car and went down the road to "deal with it". The police, I was told, would only arrive tomorrow if called.

The time I spent there was probably the most intense training of my life, and worth every minute.

One thing to keep in mind when travelling abroad - don't be a tourist. If you stay at a tourist-oriented location,



such as a hotel, you only see the tourist attractions. Try instead to stay with a local family. In this way you get to experience the country and culture from a more realistic point of view. Eat local foods, not at McDonalds. Ever wondered what goat tastes like? Go see the ghettos or slum areas. See how ALL the people live. Try to blend into the culture instead of being "a foreigner".

I would recommend an extended overseas trip to anyone who wants to experience the world from a different point of view, and add a new dimension to his or her martial arts experience.

Sensei David Toner
Vancouver Jiu-Jitsu

Young Martial Artist...

Darkness on the Edge of Town

A martial arts student traveled to a famous Kyudo (Zen archery) dojo in Hawaii. He asked the sensei if he would consider teaching him what he could do about making the arrow hit the target.



The sensei rose from where he had been kneeling, raised his bow high in front of him, and slowly lowered it, expanding his chest as he drew the string. He let the arrow fly. A moment later, it quivered in the center of the target.

"Awesome!" said the student. "You must be the best archer on the island!"

"I don't think so" said the sensei. "My teacher is a fine martial artist and taught me all I know." "Perhaps I should visit him!" announced the student.

He crossed to a nearby island seeking out this amazing Kyudo



master. He was interested to find the sensei was an old woman who also drew the bow with grace and strength and let the arrow zing to the center of its target.

The student, without thinking, applauded loudly and said, "That was great! What more can you teach me that your other student did not learn?"

The sensei raised her bow again with a new arrow and led her mind to the place where the previous arrow was. The arrow flew and split the first arrow.



"Wow!" exclaimed the student. "I must learn from you! You are the best!"

"Unlikely," replied the sensei. "I suggest you see my teacher on the other side of this island, beyond the mountain."

The student hiked for days to find an old man living in a small cabin in the hills. He arrived at night to find the sensei tending a small fire outside, the only light for miles.

The student inquired about the secrets of this teacher's art.

The sensei rose from the fire and let an arrow fly into the darkness. "A leaf falls in the night," was all he said.



The student lit a lantern and walked through a field to find a maple tree at the edge of the woods with a leaf pinned to its trunk with the arrow.

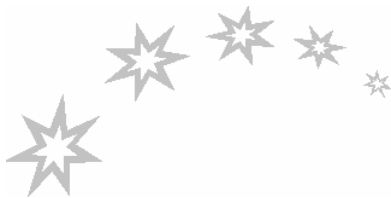
The student was astounded. "How could you have shot this leaf in the dark? How could you see?" he demanded on his return.

"I closed my eyes," said the sensei. He bowed and sat back down at his fire.

From her book "The Peaceful Way - A Children's Guide to the Traditions of the Martial Arts" by Claudio Iedwab & Roxanne Standefer, published by Inner Traditions 2001

Did you know...

- * A crocodile cannot stick its tongue out
- * "Go," is the shortest complete sentence in the English language
- * TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard
- * In ancient Egypt, priests plucked EVERY hair from their bodies, including their eyebrows and eyelashes
- * The electric chair was invented by a dentist
- * Average life span of a major league baseball: 7 pitches
- * A snail can sleep for three years
- * On average people fear spiders more than they do death
- * A duck's quack doesn't echo, and no one knows why



Training Tip



You've all heard about breathing exercises. It's practiced in the dojo, it's mentioned in various media, but did you ever try it for yourself? Notice, I said, "for yourself". I mean, did you ever use it for a lifestyle technique? Some of you may have, most have probably not.

After a heavy workout at the dojo late at night, it can be difficult to go home and wind down enough to go to sleep. You lay there tossing and turning, perhaps thinking about the evening's events, re-playing your techniques. Next thing you know it's a couple of hours past your normal shut-down time and you finally fall asleep, then the alarm clock goes off and it's time to get up. If repeated, this problem can affect your physical output and mental alertness greatly -- and not just in the dojo.



Next time, as you lay there staring at the ceiling, count backwards from 10 very slowly. Try to "see" the numbers in your mind's eye and HOLD THE VISUAL while you count that number, slowly. (That is not an easy task.) Next, do it again, only as you count each number, slowly inhale and exhale out saying the number at the same time, very slowly. Don't think about anything else, just the number. By now you've calmed your mind down enough to start the real breathing exercises.



Inhale slowly through your nose by pushing your diaphragm muscles out in order to expand the lower portion of your lungs. As this area fills, slowly expand your upper abdominal and fill the middle and upper parts. When comfortably filled, hold this for a few

seconds until you feel the need to refresh, then slowly deflate from the top down to the lower in a soft exhalation of air. Squeeze the abdominal muscles in. When depleted, hold for a few seconds until you need to bring in more air, then repeat the process several times slowly.

Now that you're comfortable, do it again



as you mentally tell the parts of your body to relax, starting at your toes, then, shins and calves, etc. slowly

working your way up your body. You might even have to tense and relax each of the areas of your body first in order to help your mind visualize the connection to each part.

This process should be repeated over the course of several days in order to appreciate the full affect and for it to become natural -- but the results are worth it.

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

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 (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 Mike Seamark – (San Dan)



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)



Yugen Ryu Bu-Jitsu

Sensei Alex Mahler



Lion Hearts Martial Arts

Sensei Don Niesman



Vancouver Jiu-Jitsu

Sensei David Toner (1st Dan)



Abbotsford Jiu-Jitsu

Sensei Dave Woods (1st Dan)

Sensei Cliff Rempel (1st Dan)

Sensei Harleen Gill (1st Dan)

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