

Highlights

- Upcoming Events
- True Life Stories
- True Life Experiences

Inside

- 1 Congratulations
- 2 Jitsu vs. Jutsu
- 3 Development of Power
- 4 Words to live by
- 5 Training Tips

JJBC Newsletter

*The newsletter of
Jiu-Jitsu B. C. Society
• Issue 8
Fall/Winter 2003*



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 Randy Martin

Vice President – Sensei Steve Hiscoe

Secretary - Sensei Aird Flavelle

Workshops – Sensei Mike Seamark

Tournaments – Sensei John Heslip & Allen St. John

Directors at large –

Sensei Mike Caffrey

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 2003 Fall Camp October 24th. Visit the JJBC website (www.jiu-jitsu/jjbc), or see your Sensei for more details.

Winter Technical Workshop

Ask your Sensei for details of the JJBC's winter workshop.

Provincial Tournament

Planned for the spring. Date to be announced.

Spring Technical Workshop

Date to be announced.

Congratulations!

The JJBC congratulates Sensei Allen St. John for his promotion to 5th Dan – Godan by Prof. George Sylvain, President Can-Ryu Union, and congratulations to Sensei Randy Martin for his promotion to Yondan, 4th Dan Can-Ryu and Jishin Ryu this year by Sensei Steve Hiscoe.

Jitsu vs. Jutsu

Jitsu is a *kanji* (Japanese written character) that is used to represent "honesty" or "truth" -- such as *jitsu-wa* ("to tell the truth"). Jutsu is the Kanji used for "use of technique" or "means" or "method."

The *hirigana* for *ju kanji* is written *Ji-Yu* and pronounced "Ju" and means "gentle" or "supple."

Thus, *JuJitsu* means the "Gentle Method" while *JuJutsu* means the "True Technique" or "Method of Light".

When one considers what *do* means (way, Tao), a Jitsu is a very appropriate alternative to a *do* when the skills taught and used are part of a way rather than "just" applications. Consider the Dojo Kun: To be faithful in seeking the truth (or To be faithful in seeking a true way). Jitsu describes such an art very well.

Sensei Randy Martin
Ronin Jiu-Jitsu



Spotlight on...

(Mas) Oyama

(Mas) Oyama, founder of kyokushin karate, may be the toughest martial artist of all time.

Oyama was a living legend until he passed away April 26, 1994, at the age of 71. He could fight and defeat a bull or another man with little problem; they were

tangible opponents that appeared before him. But lung cancer was a hidden enemy within him.

Mas Oyama was one of the inspirations that drew me to the world of martial arts back in 1972. His personal life and feats are a trophy to martial arts that not many could equal.

If you want to learn more about this legendary Martial Artist, read the excerpt below.

Masutatsu Oyama was born in Ryong-Ri Yong-chi-Myo'n Chul Na Do Korea in 1923, and completed middle school in Seoul. In 1938, when he was 12 years old, he came to Japan to live, where in 1941, he entered the Tokyo Takushoku University.

Oyama had mastered the *Eighteen Techniques of Chinese Kempo* while he was still in his homeland. When he came to Japan, he became a pupil of Gichin Funakoshi, the man who introduced karate into Japan, and soon achieved the status of a second-grade (Dan) karate master. He interrupted his college education when he was drafted into the military in 1943, but he continued his karate studies with Sodeiju, then karate instructor at the Goju school. By the time the war was over, he had become a fourth-grade karate master. Though, when World War II was over, he temporarily volunteered to assist his native land in its recovery, because of the conflict that soon followed between North and South Korea he gave up these efforts and concentrated on karate.

In 1947, after he had won the All-Japan Karate Tournament, he resolved to live his life in the way of karate and determined to follow the doctrines of its way. After 1948, for a full three years, he secluded himself from human society, devoting himself completely to a life according to the precept of Zen. He lived in temples and in the mountains and subjected himself to the disciplines of the martial arts both night and day. Through such rigorous training as seated meditation under waterfalls, struggles with wild animals, and smashing trees and stones with his bare hands, Oyama refined not only his doctrine of karate, but also his own mind and body. When he had completed this course of rigid discipline, his self-confidence returned to him.

In 1951, he returned to civilization from his mountain retreat to teach the true meaning of karate to the world. His amazing techniques, manifested most dramatically in his ability to rip the horns from bulls, caused a sensation in the karate world. The renown of Oyama karate flashed abroad with such speed that a training hall soon became necessary for the many students clamoring to be trained in the Oyama way. Oyama's



1952 karate tour of thirty-two of the United States met with great success. In 1956, he toured Southeast Asia, and in 1962, starting in Europe, he went around the entire world establishing training halls for the Oyama karate method. Now Oyama karate halls number 17 in the United States and 76 in 16 other countries all over the world. The number of students already exceeds 100,000.

In 1958, for the sake of these students, Oyama published his first karate guidebook, *What is Karate?* In Japan, the first Oyama training hall, the Kyokushin Kaikan, opened in 1955, and in 1964 a new five-story hall, with present Prime Minister Eisaku Sato as honorary chairman, began carrying on the master's training program.

It was with this first book that my brother, Raymond St. John, had purchased that I "dog-eared" He was a dedicated Shotkan Karate man and (mas) Oyama had visited his dojo or I should say it was the dojo of the founder of Can-ryu Jiu-Jitsu, Prof. George Sylvain of Johnson and Sylvain Dojo. Prof. Sylvain is also a master in Shotokan karate. That's back in the late 60's, man does time fly by. Oyama had left a great impression on Raymond and the other Karatekan's of the dojo as the man was very powerful mentally and physically.

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

Development of Power

In this context, power is distinct from strength. Power is generated through the combination of seven factors. Strength is just one factor of power. The martial arts instructor's job is to develop strength along with all factors that allow the student to generate power.

The most basic factor in power is balance. It should be automatic, instantly fluid and present during continuous movement and capable of being sustained as momentum increases. Balance works hand in hand with timing and is improved by working with moving targets.



The next factor of power is endurance, pertaining to the cardiovascular system. Endurance is improved through exercise such as running, swimming, bicycling. A good rule to go by is to run one mile a day to prepare for three minutes of fighting.

The next factor of power is flexibility; if you are rigid, tremendous problems occur during a confrontation. This stems from tension, fear, nervousness and a lack of confidence. Flexibility can be improved upon through stretching and relaxation. This will improve muscles that are in a state of dynamic tension, resisting each other in perfect tone, no cheating can occur as with weight lifting.

The next factor of power is focus. Focus is the result of a unified mind and body coordination and occurs when the mental and physical systems compliment each other to the point that total concentration of energy can be directed to a specific technique for a short period of time. There are two hurdles to overcome, which are hesitation and overcompensation. Hesitation is connected to a lack of flexibility, whereas, overcompensation is simply just trying too hard.

Speed is the next factor of power. It is developed by repetition until the technique is both physiologically and psychologically instinctive and lag time has been eliminated. If a hurricane can imbed a straw in a tree, this shows that speed is important to generating devastating power.



The next component of power is strength. Strength is not as vital in contrast to other factors that make up for the lack of strength. Strength can become impaired if all other factors are not present. The strongest fighter has little power when off balance, exhausted or inflexible.

The final factor of power is simplicity. Continuous practice of the basics along with clear understanding of the concept of techniques will give great power.

**Sensei Randy Martin
Ronin Jiu-Jitsu**



Words to Live by

“The Martial Way begins and ends with courtesy. Therefore, be properly and genuinely courteous at all times.”

“The Martial Way begins with one thousand days and is mastered after ten thousand days of training.”

“The nature and purpose of the Martial Way is universal. All selfish desires should be roasted in the tempering fires of hard training.”

“Always remember: In Martial Arts the rewards of a confident and grateful heart are truly abundant.”
Mas Oyama

True Stories...

Machete Weilding Drunks

It was my friend's 23rd birthday, so we were at his house having a few drinks. Around 2am we decided to go for a walk around the lake near his house (Lafarge Lake). There we ran into a large group of very drunk 15 year old kids.

My one friend is very talkative, so he decided to be their best friend. They start following us around and eventually an argument broke out. The kids tried to attack my friend and punched his girlfriend in the face, bending her glasses. While I was trying to get everyone out of there, my friend continued to be mouthy. The kids rushed us and we started running. One of the kids threw an empty 60oz liquor bottle at me. Then, my sister



stops running for some unknown reason!

I turned around and saw one of the guys holding something long and shiny. (I would later find out that it was a machete). Our eyes met and, without thinking, I laid a very strong roundhouse kick to his leg, knocking him down. I turned around and ran... right into a fire hydrant. Luckily, I stunned him well enough that I had time to get up, grab my sister and run out of there. One kid followed us, but without his friends he quickly turned away. It's just like you said, Sensei, “bullys travel banana style”.

*Ryan
St. John Jiu-Jitsu
Port Moody*



The Lighter Side of Martial Arts...

Top Ten Reasons for Studying the Martial Arts

- 10) Broken masonry makes great drainage for potted plants.
- 9) Get beaten up by people half your size and twice your age.
- 8) Never run out of kindling wood again.
- 7) No need to wonder what belt to wear.
- 6) Get to be on first name basis with the Emergency Room staff.
- 5) These uniforms make nice pajamas.
- 4) Never need to wonder why it's hard to get up in the morning.
- 3) Get to appreciate the finer points of Chuck Norris' acting.
- 2) Learn to count to 10 in three different Asian languages.

And the top reason for studying martial arts:

- 1) Three words: free nose job

Training Tips

Note Taking For What Ails You

Since my first lesson in Hakko Denshin Ryu I noticed how my Sensei was always stressing the importance of note taking. Even when I attended a Seminar led by a Hakko Denshin Shihan note taking was



stressed. Therefore, with all this prompting, I decided to start taking notes and much to my surprise I found it to be a great boost to my understanding and knowledge of the ryu. A good example is when I refer back to my notes and see a good

description of a waza or henka that I had forgotten and would therefore probably be lost to me if I had not recorded it. Note taking has even crossed over into my other activities that I do outside of Ju-jutsu.

Indeed, the idea of note taking is one of the great life lessons and assets that I will always be grateful to my Sensei for continually trying to instill in us. I do want to add an important point (and probably the reason our Sensei continues to preach note taking) it is not an easy habit for most of us to adopt and as a matter of fact I have started and stopped a few times. But, I believe and hope I have the habit down now, especially due to my present circumstances.

I broke my ankle in an activity outside of Ju jutsu and would not be able to practice for several weeks. I did not want to miss any lessons and possibly lose the habit of coming to class so my Sensei graciously allowed me to come watch and take notes. I would like to share some of what this process has taught me and why I would recommend it to anyone even if you were only going to miss one class due to injury. Our Sensei allows us to take notes in class, which we generally jot down as time permits. However it is amazing how much more information you can record when you write down virtually everything that is being taught. You can also add to waza and henka technique as you see your sensei going around the dojo teaching to individual students.

Let me tell you that this is really where the "gold" is because your sensei will say something "off the cuff" to help that particular student with something and it will generally be as good as a mantra. I have written down a few of Sensei Michael Seamark's helpful and

encouraging statements and they are indeed treasures for learning. These statements are something you will probably never hear in class because you may be too far away or too involved in your own technique.

Another great and wonderful insight I have learned from watching a class is that I am amazed with my Sensei's knowledge and what he sees while his students practice. I use to think he would just walk by and not necessarily notice what I was doing but also, indeed not only does he notice but also he can see exactly what you maybe doing incorrectly. Then the correction he offers is what I referred to earlier as "gold" for note taking.



The study of how your sensei leads, demonstrates and corrects the class is obviously a big part of learning the ryu but when you are seeing the process from outside the class you will see the whole is a great deal more than the sum of its parts. You can especially study and breakdown Sensei's mechanics of waza and henka without any pressure because you have the whole class to study his movements, but don't forget to take notes.

Also, a very important aspect is to study the mechanics of all the students from the junior to the senior ranks and compare their movements to what Sensei has been doing. How are they different? When Sensei comes over to correct them make sure that you understand what they were doing before and how the correction helped improve their technique. This can be a great learning process to see a technique improved upon is not only memorable but, when noted down, it can be a great learning tool to help improve your own Ju jutsu.



There are many ways that you can benefit from still attending classes even though you can't work out. But I believe three of the greatest benefits are:

Mental stimulation. There have been studies done between two groups of people where one group has continuously thought about performing an exercise

but not performed it, while the second group neither thought about nor performed the exercise. After a period of time when called upon to perform the exercise the first group demonstrated better motor skills than the second group.

Habit. Especially if your injury may take a while to heal you do not want to get out of the habit of attending class.

Notes. Depending on the length of time you may be injured, just think of the amazing notes you will have to look back upon. And of course you will have finally acquired that wonderful habit of note taking!

**Dale Osolen
Sadhana Dojo
Rokyu**

More Training Tips

Get Motivated To Get Your Black Belt!

Here are ten knock-out techniques to get you motivated to get your black belt, from FightingMaster.com:

1. Overcome Your Distracting Thoughts. Are your thoughts jumping ahead to future demands or lingering over past experiences? Remind yourself of how precious training time is, there will be plenty of time to return to distractions when your class is over. Tell yourself, "Okay, I only have an hour to train, but I'm going to completely concentrate on it."

2. Examine How Your Body Feels. Are you feeling fatigued, stiff, tense, lethargic or restless? Perhaps you are training too hard and need to cut back a little. Or perhaps you need to increase your stretching and decrease your "TV" time. Your body also may be sending signals about other lifestyle concerns that need attention: overwork,



emotional strain, poor nutrition or not enough sleep. Listen carefully and adjust accordingly, but don't give up on your commitment to stay on track to get your black belt!

3. Visualize Your Achievement. Imagine how you will feel after fulfilling your training commitment for the day. Envision yourself stretching and reaching with full extension and perfect body alignment. Picture stress

running off your body along with sweat. Or dream that you are in top condition, playing in the Super Bowl or at Wimbledon, running the last mile of the Boston Marathon or cycling in the Ironman competition. Maybe even envision yourself going to distance with Dan "The Beast" at the UFC!

4. Talk Back To Your Demons Of Laziness. Do you often tell yourself, "I'm too out of shape," "I'm too slow," "I've tried this before, it never worked," or "I'm too old"? Talk back to those "Gremlin" voices. Say to yourself, "I can do this one step at a time. I am stronger. I will stick with this black belt program." Every time you hear the negative self-talk, challenge it. You can become a black belt!



5. Listen To Your Joy. Are you choosing activities you like or those you wish you would like? It's true that sometimes you need to train when you simply do not feel like it, but if you are not getting any enjoyment from your training, you may need to look for a style that is a better match for your personality and interests. If you enjoy forms training and self-defense, but your instructor is only teaching sparring and drags you to tournaments, speak up. Let them know that you want more forms training to make your workouts more enjoyable. Instructors need your feedback to make the classes more enjoyable for everyone. It helps them to help you to stay motivated!

6. Examine Your Plateau. Ask yourself, "What needs to change for me to feel good about my progress?" Clarify the gap between what you are experiencing and what you want to experience, then make the changes. Sometimes something as simple as getting a crisp new uniform boosts your enthusiasm. Or buy a book or piece of training equipment that you have been interested in. It can help motivate you.

7. Shake Up Your Routine. Try a new kind of workout or change the sequence or frequency of your training. You do not have to add a lot of time to your class to see change: instead try a harder level or increase the number of classes you attend each week. Push yourself a little. You can do more than you think!



8. Compromise Your Approach. If you decide to skip your class, plan on taking a 10-minute training break at lunch and another training break during your afternoon break to practice a few stretches and techniques. Plan ways to make up for lost class time, like taking a seminar on the weekend or scheduling an extra training session. A private lesson is often more affordable than you think and can be just the boost that you were looking for.

9. Recommit To Your Goals. Activity levels greatly impact your physical ability, risk of disease, stress response, energy level, appearance and attitude. Remind yourself that positive habits are created one choice, one movement at a time. Even if you choose not to train today, make a commitment to get back on track tomorrow, no matter what. Call a friend from class and see if you can practice with them one-on-one to help motivate each other.

10. Reinforce Your Training Values. Spend 20 minutes writing down the reasons why staying on track for testing and learning is important to you and why you cannot quit now. The secret to success is not willpower, it's "want-power." Choose to stay committed, to stay dedicated, not because you have to, but because you want to! If your goal is to become a black belt, commit to it. Let your instructor know. Sometimes making the commitment to someone else is a strong motivator because you don't want to let the other person think that you are a quitter. Remember to make it to black belt you have to make a decision. A wish changes nothing. But a decision changes everything!

By Richard Hackworth, Ph.D., Lac.



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.



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?

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 (6th Dan)
Sensei John Heslip (3rd Dan)
Sensei Chris Ginter (3rd Dan)
Sensei Blair Hanson (3rd Dan)
Sensei Joe Calla (2nd Dan)
Sensei Peter Harris (1st Dan)
Sensei Tony Kot (1st Dan)
Sensei Andy Ganyo (1st Dan)
Sensei Carol Caffrey (Shodan Ho)
Sensei Richard Prorok (Shodan Ho)
Sensei Freddie Steele (Shodan Ho)
Sensei Aaron Theilade (Shodan Ho)



St. John Jiu-Jitsu

Sensei Allen St. John (5th Dan)
Sensei Stephen Ow (2nd Dan)
Sensei Gordon Patchell (1st Dan)
Sensei Matthew St. John (1st Dan)



Masters Class Jiu-Jitsu

Sensei Aird Flavelle



Sadhana Dojo

Sensei Michael Seamark – (Yondan)
Sensei Barry Wilding – (Shodan)



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
(Kaizen-Ryu Jiu-Jitsu, Rokudan, 6th Dan)
(Ronin Tai-Jitsu, Godan, 5th Dan)
(Jishin-Ryu Jiu-Jitsu, Yondan, 4th Dan)

Sensei Jeff Spagnol, (Nidan, 2nd Dan)
Sensei Shane Martin, (Shodan-Ho)
Sensei Mel Nobles (Shodan-Ho)
Sensei Barb Nobles (Shodan-Ho)



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

Sadhana Dojo

Hakko Denshin Ryu Jujutsu
Michael Seamark Dojo Cho
353 Gilmore Ave Burnaby
604.603.9160
www.sadhanadojo.com

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
22726 Dewdney Trunk Rd. Maple Ridge
(604)-462 1436
e-mail: ccaffrey@direct.ca

Goshin-Ryu Jiu-Jitsu

Kevin Lintott
South Calgary, High River
Office address is 516 Lineham Acres, Drive N, High River ,
Alberta, T1V 1T3
e-mail: GOJIUJITSU@shaw.com
<http://www.gojiujitsu.com>

Aizen-ie Jiu-Jitsu

Lorne Olsen - lolsen@uniserve.com

Nippon JU JUTSU & Kobudo

Mirek Nowak
250-926-0071
Campbell River Dojo - C.R. Judo Club 450B Merecroft Rd.
Courtenay Dojo – CRA Lewis Centre 189 Old Island Hwy.
e-mail: mirek@island.net
<http://www.jiu-jitsu.org/JJBC/members/CampbellRiver/index.html>

Hiscoe Jiu-Jitsu

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

Hakushin Jiu-Jitsu

Eric & Teresa Enger
Abbotsford, B.C.

e-mail: enger@Hakushin.org
www.hakushin.org

Jishin-Ryu Jiu-Jitsu

Randy Martin
Kelowna, Westbank, Vernon, Penticton, B.C.
(250) 470-3726
e-mail: RoninJiu-Jitsu@shaw.ca

Yarrow Jiu-Jitsu

Carlos Silva
41706 Yarrow Central Rd. Yarrow B.C.
(604) 823-0054
e-mail: carlos_silva@telus.com

Masters Jiu-Jitsu

Aird Flavelle
e-mail: Aird@flavelle.com
www.Jiu-jitsu.org/mastersclass

Vancouver Jiu-Jitsu

David Toner
e-mail: Tonersensei@Yahoo.ca

Abbotsford Jiu-Jitsu

Dave Woods
34614 Marshall Road
Abbotsford, BC
604-854-9001
e-mail: abbotsfordjj@hotmail.com

Sister Association

Alberta Jiu-Jitsu Association

Visit the AJJA web site at <http://members.shaw.ca/ajja>

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