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JJBC Newsletter

*The newsletter of
Jiu-Jitsu B. C. Society
• Issue 10
Fall/Winter 2005*



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 – Shihan Steve Hiscoe
Vice President – Sensei Michael Seamark
Administration - Sensei Aird Flavelle
Technical Workshops – Sensei Randy Martin
Tournaments – Sensei Barry Wilding
Communications – 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.jjbc.ca

Upcoming Events

Fall Camp

Back by popular demand, The 2005 Fall Camp October 30th. Visit the JJBC website (www.jjbc.ca), 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!

To Sensei Steve Hiscoe for attaining 7th Dan ranking presented by Prof. George Sylvain founder of Can-Ryu Jiu-Jitsu. Also Sensei Michael Seamark to 6th Dan, and all those recent upgrades in Dan ranks and all those kyu ranks who have moved up.



Spotlight on...

Massey Jiu-Jitsu Dojo

I took over classes in Abbotsford from my Sensei Lorne Olson in September 04. Due to long work hours he found it hard to keep teaching but still remains active on a smaller level. I run two classes Monday and Wednesday from 7:00 to 8:00 and 8:00 to 9:00. The classes are as much a physical workout as they are on technique. "Be Fit To Fight" is our philosophy, keeping in mind the arts side of jiu jitsu, ie throws, from the self-protection side, simple hold escapes.



What got me involved in martial arts?. A son of a golden gloves boxer who at one time was to fight Cassius Clay as an amateur. I became involved in martial arts due to growing up around boxers since childhood. This evolved into an interest in other forms of fighting. I did some kickboxing as a teen , then trained in Tae kwondo do for 3 years. I trained with Sensei Olson until I earned my black belt. I'm a disciple of lee a 6th generation Pak Mei practitioner and am still learning from him. Lee has been involved in Chinese arts for nearly fifty years. On my off nights I also train and assist Shihan Hiscoe in Chilliwack as well. I put in this extra training and work so myself and my students can grow as martial artists. There's always lots to learn and improvements to make.

Sensei Rick Massey
Abbotsford



Did you know

Did you know that the JJBC website has been given a make-over. Thanks to the efforts and long hours, Sensei Matthew St. John has taken the task of giving the JJBC website a new face-lift. Check it out at www.jjbc.ca and see the new look.

Counter-measures to Pepper Spray

Many people carry pepper spray, some people carry it to defend against possible dog attacks, such as mail carriers or meter readers. Others carry pepper spray when hunting for protection against wild animals such as bears. But some people carry it for criminal use against other human beings, it is common for a person to use pepper spray against his / her victim before assaulting them or robbing them.

If you carry pepper spray, you must be able to protect yourself against it, should it ever be used against you. This can be accomplished by knowing a little about its advantages and disadvantages.

The following are some advantages:

1. Used as a mid range weapon keeping some distance between you and the attacker.
2. Very easy to use.
3. No injuries result on the part of the user or attacker from the pepper spray.

Here are some disadvantages:

1. Sometimes take up to 5 seconds for the pepper spray to take effect.
2. Effective range is 1-3 meters.
3. Adversely effected by wind and rain.
4. May contaminate surrounding area if indoors.
5. Offers no physical control of the subject.
6. Has little effect on persons who are goal oriented, emotionally disturbed or are under the influence of drugs.
7. Some will rely entirely on the use of the pepper spray and forget about their other options.

By knowing these disadvantages, they can be used as a defense against someone who is trying to spray you.

1. Attempt to create as much distance between you and the attacker.
2. Move away in a zigzag pattern, it is harder to hit a moving target.
3. Place both open hands up in front of your face, similar to a defensive stance.
4. With the hand closest to your face, press the back of your hand against your nostril to avoid inhaling the spray.
5. Close your lead eye and turn your head away to prevent eye exposure to the spray.

If you are contaminated remember to:

1. Keep your focus.
2. Keep breathing.
3. There will be pain, force your eyes open to see.
4. If you have your attacker in your hands fight with all you have.

5. Try not to move around too much, if you can't see you may fall or walk into harms way. (oncoming car, down a set of stairs)

To de-contaminate:

1. Try and get help, this will assist in the calming process. (someone to hold your hand)
2. Remain calm
3. If you wear contact lenses try and remove them.
4. Place your face in the wind, air is your best friend.
5. If you are using water, lukewarm is best to open your pores and wash out the pepper.
6. Do not rub your face; you will only move the spray around.
7. Do not apply lotion or salves, this will only lock the pepper into your pores.

This process may last about 15 minutes or longer, depending on the person. If the effects do not seem to be going away after 60 minutes seek medical attention.

Having been pepper sprayed I can tell you that it is not a pleasant experience. You feel extreme pain and have to fight through it to survive.

When Oleoresin Capsicum (official word for Pepper Spray) was first introduced to police officers, they were told that if that it would hurt so much they would not be able to do anything. Therefore in training, when the officers were sprayed, they were given water to de-contaminate right away. The only thing this did was create a defeated mind on the officer's part.

Since that time training as changed, once sprayed the officer is given certain tasks to perform such as, find the attacker and deliver 5 baton strikes to a shield, find the second attacker and deliver 5 knee strikes, first with the right leg then the left. (They count each strike out loud) Locate the suspect with the knife and deal with him appropriately. Once this is done, they shield

themselves and call for back up, providing dispatch with all pertinent details of the event. By counting loud and giving details of the event shows the mind is still thinking.

I have exposed over 200 officers and all have been able to successfully complete the tasks. Recall the categories of persons pepper spray has little effect on, goal oriented was one. If you are exposed to Pepper Spray you must be focused and goal oriented. Survival mentality at it's best.

By - Shihan Steve Hiscoe
Hiscoe Jiu-Jitsu
Chilliwack

The Lighter Side of Martial Arts...

Bruce Lee: One Inch Punch

Eager to hone his martial arts skills, James Coburn once enlisted the aid of legendary kung fu master Bruce Lee. "He was explaining to me that all the tings I was doing were very 'flicky' and didn't have any real punch to it," Coburn later recalled, "and he said, 'I've got a one inch punch that's better than anything you ever did.' And I held three pillows in front of me and he held out his arm like that and - POW! - like that. Knocked me back over the chair. I rolled over three times, over in the corner - and the room was large. I made about three heads over heels... One inch. I said. 'Wow! That's where we start, man.'"



Training Tips



Yep, that's it. Keep at it. Practice, Practice.

"CITIZEN'S ARREST": Does it exist?

The rules for a police officer to arrest a person are defined in the Criminal Code. They grant peace officers the special powers to arrest persons in the course of their duties according to specific guidelines. The "average citizen" does not have the power to arrest anyone under this same provision. However there is a widely held view that any citizen can arrest someone if they are committing a criminal offence by using their powers of "Citizen's Arrest".

The law, detailing the "powers of arrest" for anyone in Canada are laid out in Section 27 of the Criminal Code of Canada and state the following:

Every one is justified in using as much force as is reasonably necessary:

(a) to prevent the commission of an offence:(i) for which, if it were committed, the person who committed it might be arrested without warrant, and (ii) that would be likely to cause immediate and serious injury to the person or property of anyone; or

(b) to prevent anything being done that, on reasonable grounds, he believes would, if it were done, be an offence mentioned in paragraph (a).

In plain language this gives any person the right to intervene in a situation when they believe that another person is committing a

criminal offence and that during the course of their actions they will ultimately cause grievous/serious bodily harm or death to someone or cause serious damage to property.

This is a little more complex than just yelling "Citizens Arrest!" and trying to wrestle someone to the ground for swearing at you during a verbal argument (it has happened when I was working). It means that you can use a reasonable amount of force to prevent serious harm or loss of life to someone or serious damage to property. Reasonable is a loose term that is dictated by situation and common sense. It may mean tacking someone who is beating up another person with a piece of pipe. You will always be held accountable for whatever actions you took at the time and the consequences or result of those actions you took when you intervened.



Here are two scenarios to help clarify the situation:

Scenario 1

You are walking home from the corner stop late at night. You turn the corner and see a male jumping up and down on the hood of a car. The male is obviously drunk and you don't believe it is his car. He has smashed the windshield and is putting huge dents in the hood of the car. The male jumps off the hood of the car and begins to walk away. Do you have the right to physically intervene and stop the male?

Opinion

No. The male is finished damaging the vehicle

and is walking away. The car has sustained damage but it can be fixed. It is serious damage to that car but it does not put any ones life in jeopardy. You should not attempt to intervene with force in this situation. The use of force would also be inadvisable if the male was still jumping up and down on the vehicle refusing to stop.

You can call the police and provide them with the details of the situation. You can get a good description of the male and note his direction of travel. Keep your self at a distance or go to a safe place and inform others of the incident while you wait for the police. This can help create witnesses.

Scenario 2

You are walking home from the corner stop late at night. You turn the corner and see a male jumping up and down on another male head on the ground The male on the ground has been beaten up badly and is obviously unconscious. The male attacking the unconscious male shows no signs of stopping. Do you have the right to physically intervene and stop the male.

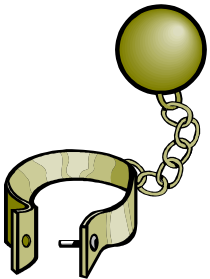
Yes. It is likely that the unconscious male on the ground will sustain serious brain injuries or die unless the attacking male is stopped. Common sense should prevail in this situation. Call the police first if you are able to do so. Call attention to the situation if here are other people close by. Do not intervene if you put yourself in harms way as there will be two victims not just one for the ambulance and police when they arrive. If you are not able to intervene physically, try to get the best description of the suspect you can at the time. Police may have you look at a photo line p to see if you can pick out the offender. Recording license plates of any vehicle the offender may get into is also important.

So you can arrest someone if you are an "average joe citizen?"

NO but you can intervene in situations when someone's life is in jeopardy and you have the means to prevent grievous bodily harm or death, yet while keeping yourself safe. The right course of action is the one that lets you take control of the situation to prevent further harm or damage.

Cst. Mike Wicentowich

Ronin Jiu-Jitsu & Kobudo Dojo



Punching vrs Open Hand Stun Strikes

We learn that all blows are to be performed with an emphasis that will create the desired affect. Either to stun, distract, or disable the opponent. By utilizing proper technique and training, the strong and not-so-strong can deliver an effective blow to an attacker.

In the heat of the moment an untrained individual usually resorts to wild aggressive gross motor type strikes. This type of pseudulistic dueling usually results in Friday-night-fight-night broken knuckles as invariably the individual punched the other beer-soted weekend warrior on the boney head. Boney head wins, broken knuckles lose, course though he won't know it at first until the fun-juice dissipates.

Also to be considered in today's new order, is that hazardous germs can transfer from carrier to you via your cut knuckle and his cut lip as blood and saliva are mixed together creating a deadly concoction for you. There are people on the street that know they are carrying deadly viruses (i.e., AIDS) and go about their lives deliberately provoking contact with others.

More developed methods of striking teach us open hand stun strikes to the head. Open hand slaps to the boney head are safer to the defender and cause severe repercussions to the attacker. The human brain can be equated to a computer, if you rock the computer it shuts down, if you open hand stun strike the boney head casing, the brain suffers shock which results in shutdown and motor dysfunction of the attacker.



Now, one shouldn't think that the punch should be discarded. This would be an over-reaction to avoidance. With proper training it is a useful tool as well, you just have to know when and where to use it. There is nothing wrong with a good upwards solar-plexus punch to collapse the lungs and remove the air. No air, no attacker. This technique is quite preferable in the event a stoned-out zombie attacks you as he usually won't feel typical strikes. I once watched as a knife-wielding attacker twice the size of his prey get dropped as the smaller guy delivered an adrenaline powered upwards punch to the solar-plexus. The magician, Houdini, boasted to have the strongest abs. around and good reason too, as his legendary feats required him to be in the best condition possible. He would allow anybody to punch him in the stomach to prove it. However one evening back stage just before a performance a fellow sucker-punched him in the abs. area when he wasn't looking and he suffered damage to one of his organs which they say is what really killed him. If you've never had a punch to the floating ribs or the kidney area then you really haven't tasted the sweet agony of immense paralyzing pain.

I grew up defending myself in the streets and my rule was, "there are no rules when defending yourself". Whatever was effective I used. The prime rule is, "To Protect Yourself". However, in today's time, one should be educated about hazards that exist as they can be with you a life-time if you don't.

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

Noted Similarity

Flash Bang Theory: *Law Enforcement Tactics and Atemi Theory with Shihan Hiscoe*

By Steven Petersson, Sadhana Dojo, Vancouver

On May 7, 2005, Shihan Hiscoe offered a JJBC technical seminar in “Flash-Bang theory”. I learned at the seminar that Flash-Bang theory has many similarities with Hakko Denshin Ryu’s fundamental principle of atemi.

The seminar was held at the Abbotsford Exhibition Park. It was well attended, with over thirty eager jujutsuka from Greater Vancouver, the Fraser Valley and the Interior of BC present. In order to help students from different clubs get re-acquainted, Shihan Hiscoe transformed familiar warm-up exercises into fun social ice-breakers.

Shihan Hiscoe taught the students that Flash Bang theory is derived from emergency response teams in law enforcement: sometimes when entering a dangerous room, a flash-bang grenade is thrown into the area. Rather than injuring the room’s occupants, the flash-bang grenade uses Light and sound – that is, a FLASH and a BANG – to temporarily stun or distract the occupants. This makes it safer and easier for law enforcement officers to enter the room and arrest the occupants, because stunned people are less able to resist arrest. He then went on to show how we could use this theory in the Law enforcement defence tactics.

Shihan Hiscoe taught that the “flash” and “bang” needs to be very quick. He taught some flow exercises, in which light, stunning strikes are delivered in rapid succession to uke. Some of these strikes were delivered in response to a

frontal attack, and others were delivered from the rear. He emphasized speed and flow over power, because the intent is not to knock uke out or injure, but to stun and set up a submission technique.

Shihan Hiscoe taught us that light, quick strikes are very difficult to block or counter. He taught a drill, in which a shirt was placed on the shoulder of tori. Uke would stand facing tori and try to grab the shirt before tori could respond. This drill also reminded the students how important it was to keep our hands up in defence: it was very difficult to prevent uke from taking the shirt if tori’s guard was dropped. I found that it was very hard to neutralize light, fast attacks, even if my guard was up! Although this was a sobering realization, it did teach me that using light, quick atemi is very effective.



In Hakko Denshin Ryu, atemi – or lightly striking the body in sensitive areas – is used to soften an opponent before attempting to submit him. Atemi is so important to Hakko Denshin Ryu practitioners that, not only is atemi featured in the basic waza practice, it is considered a fundamental principle that should be a component of every technique. Similar to Flash Bang theory, atemi is not intended to injure an opponent. Atemi is intended to stun and distract the opponent: a stunned opponent is too busy feeling stunned to adequately defend himself or attack the jujutsuka effectively. From a Hakko Denshin Ryu perspective, Flash Bang theory is an example of the fundamental principal of atemi.

In conclusion, Shihan Hiscoe taught a very stimulating seminar that drew upon the accumulated wisdom of his years in law

enforcement and training police officers. It was great to see how the modern Canadian law enforcement community shares tactics and theory with jujutsu traditions like Hakko Denshin Ryu. In addition to getting re-acquainted with jujutsu friends through JJBC, this seminar reminded me not to be complacent when practicing atemi, and to “flash-bang”, or stun uke before moving into a takedown or submission technique. I look forward to the next JJBC technical seminar!

Handling Conflict the Jiu-Jitsu Way

We live in an increasingly violent and competitive society. Our children learn that to win we must fight, strike back, even destroy our attacker. Much of this reaction is based on fear, a fear that we will appear weak and a fear based on how others perceive us. As children grow into adults they continue to be violent and pass it down to their children. Young children and adults continue to deal with conflict and continue to use violent acts to resolve their conflicts. These children and young adults are in need of someone to teach them another option. Jiu-Jitsu is the option and the answer to conflict management. The definition of Conflict is “an opposition between forces, to differ, to collide or strike together, to clash, a state of disharmony”. Jiu-Jitsu means “the Flexible Way, or the Way of Flexibility”¹. Jiu-Jitsu can be a very effective form of self-defense.

The techniques do not depend on size, strength, agility, or youth. Men and women, young and old, large and small can all develop the techniques of Jiu-Jitsu. The techniques can be used against a variety of attacks and body types. Also Jiu-Jitsu is a great exercise. Jiu-Jitsu is a well-rounded path of self-development, through which we can learn more about ourselves, improve ourselves as human beings, and become more effective at everything we do. It is applying our training to every one of our activities,

to the way we live our daily life, to every breath we take.

Jiu-Jitsu teaches the students five basic tools in conflict management:

- remain calm
- listen actively
- get to the core problem
- generate creative solutions
- implement solutions appropriately

Each of these five basic tools that are learned can be re-used in society. These tools help individuals deal with stress and especially conflict within the workplace and even at home within the family.

Everything in Jiu-Jitsu training is meant to develop not only a strong individual, but one with the wisdom and energy to positively benefit society. A true martial artist “views conflict not as merely a contest with others, but as an opportunity to forge oneself and overcome one’s true enemies

By Sensei Randy Martin
Ronin Jiu-Jitsu & Kobudo Dojo



Photo Gallery – (if it prints legibly)

Only had a couple of pics – if this prints ok, I'm open to receive photos from you.

Kelowna Workshop – with Sensei Randy Martin



JJBC Workshop – Sensei Michael Seamark - Port Moody



Woman's Self Defense Class – St. John Jiu-Jitsu



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 Tyson Nicholas (1st Dan)
Sensei Lorne Olsen (3rd Dan)
Sensei Carlos Silva (3rd Dan)
Sensei Aird Flavelle (2nd Dan)
Sensei Harleen Gill (1st Dan)
Sensei Cliff Rempel (2nd Dan)
Sensei Dave Woods (2nd Dan)
Sensei Irene Heinrichs (2nd Dan)
Sensei Allison Brickwood (1st Dan)
Sensei Jesse Gill (1st Dan)
Sensei Roland Olson (1st Dan)
Sensei Rick Massey (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)

Black Belt Corner

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 (2nd Dan)

Sadhana Dojo – Hakko Denshin Ryu JuJutsu

Sensei Seamark, Yondan, Hakko Denshin Ryu JuJutsu
Sensei Wilding, Shodan, Hakko Denshin Ryu JuJutsu
Sensei Brousseau, Shodan, Hakko Denshin Ryu JuJutsu

Nippon Jujutsu & Kobudo

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

Ronin Jiu-Jitsu

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)

Abbotsford Jiu-Jitsu

Sensei Dave Woods (2nd Dan)

Massey Jiu-Jitsu

Sensei Rick Massey (1 Dan)

Pacific Budokan

Sensei David Toner (1st Dan)

Sadhana Dojo

Hakko Denshin Ryu JuJutsu

Sensei M.A. Seamark
365 Boundary Rd.
Vancouver BC
604.603.9160
www.sadhanadojo.com
sadhana@shaw.ca

St-John Jiu-Jitsu

Allen St-John
2306 St. John's Street, Port Moody, BC
(604) 722-3656
email: 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

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: hiscoeju-jitsu@shaw.ca
<http://www.members.shaw.ca/sehiscoe>
<http://www.jjbc.ca>

Vancouver Jiu-Jitsu

David Toner
e-mail: Tonersensei@Yahoo.ca

Hakushin Jiu-Jitsu

Eric & Teresa Enger
Abbotsford, B.C.
e-mail: enger@Hakushin.org
www.hakushin.org

Ronin Jiu-Jitsu

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

Abbotsford Jiu-Jitsu

Dave Woods
34614 Marshall Road
Abbotsford, BC
(604) 302-7678
e-mail: abbotsfordjj@hotmail.com

Massey Jiu-Jitsu

Rick Massey
Dojo: 34164 Marshall Road, Abbotsford
604-615-8485
e-mail: Wristlockrick@yahoo.ca

Sister Association

Alberta Jiu-Jitsu Association

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

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>

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