

Highlights

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JJBC Newsletter

*The newsletter of
Jiu-Jitsu B. C. Society
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Editor - Allen St. John*



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 – Shihan Michael Seamark

Administration - Sensei Aird Flavelle

Technical Workshops – Shihan Randy Martin

Tournaments – Sensei Barry Wilding

Communications – Sensei 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

Camp

Visit the JJBC website (www.jjbc.ca), or see your Sensei for more details.

2006/7 Camp - Jan 21/07

Technical Workshops

These workshops are typically quarterly. Ask your Sensei for details of the JJBC's next workshop, or check the web.

Congratulations To

Sensei Kelly Meade Masters' Class 1st Dan
Sensei Kyle Crowder - Abbotsford Jiu-Jitsu 1 st Dan
Sensei Kurt Fischer - Abbotsford Jiu-Jitsu 1 st Dan
Rick Krego, Sensei, RONIN JIU-JITSU &
KOBUDO, Shodan Ho
Jessica Jackson, Sensei, RONIN JIU-JITSU &
KOBUDO, Shodan Ho





Seeking the Void

In martial arts, as in life, one of the most difficult concepts for students of all ages to grasp is the undeniable fact that all learning begins with a setback, albeit of a temporary nature. Facing adversity is an inevitable part of the learning process. Rather than indicating failure, it is evidence that the martial artist is making progress.

Martial Artists experience adversity in a number of ways, Situational Adversity, Isolated Technical Adversity or Routine Adversity.

Identifying the source of adversity affecting your game can help the martial artist to further understand and move through these blocks.

It is important to note the difference between adversity and free failure. Adversity is a temporary condition. Absolute failure is a finite state. The real difference between the two is choice. Adversity is not a bad thing. It is an opportunity for each of us to prove our true capabilities.

Remember: Victory is reserved for those who show up.

SITUATIONAL ADVERSITY: This is the feeling of discomfort or intimidation that a martial artist may feel, typically in a new situation. Many martial artists experience situational adversity when beginning a lesson program (new sensei, different environment, a new dojo) training in a

group with significantly more advanced practitioners.

Catch yourself before the negative self-talk starts: give yourself a pep talk, square your shoulders, smile and keep your focus.

Remember: When you face fear, the death of fear is inevitable.

ISOLATED, TECHNICAL ADVERSITY: Many martial artists experience isolated, technical adversity on the mat, and it is the simplest type of adversity to overcome, but not by hanging up your belt and taking up hockey! The majority of technical difficulty comes from going too fast and “making it up as you go”. If the same problem gets you every time, and the tips from your spouse, neighbor or training partner clearly aren’t working.... Ask your local JJBC Teaching Professional and get your game back on track. NO excuses.

Remember: Even a broken watch is right twice a day!

ROUTINE ADVERSITY: Routine adversity can be the toughest type to battle. It is seen when the martial artist has set long term goals for his or her game and it can be addressed by looking at whether the student is either under-training or over-training. If the student is not working hard enough, there are two choices: train harder or adjust the goals to be more compatible with what the student is willing to do to make it work.

Over-training is more complex. If the difficulty is physical injury, your sensei can help adjust your short term goals based on the recommendations from your doctor or physiotherapist.

Remember: Adversity is a temporary state and will be overcome as long as the martial artist keeps his or her big picture goal in mind.

Isaac Brule, RONIN JIU-JITSU & KOBUDO, Ni-Kyu @ Vernon Dojo



Jiu-Jitsu Training Saves the Day

My 17 Year old son Matt and his friends have the habit to go for Timbits and Icecaps after Hockey practice in our small town of Parksville, Vancouver Island.

Approx. 2 weeks ago, they were finished with hockey practice at approx. 11.00pm and took off for TimH. Matt arrived alone and first on the scene, parked his car and got out of it.

On his way to the entrance some guy came from behind and accused him of something and that he had "just come from the beach area". Matt responded, that he just arrived from Hockey practice – so he should be mistaken for somebody else. Having just said that – the stranger whipped out a knife and pointed it towards Matt's mid section at the navel point of his body – with a strong force he thrust it forward. From medical point of view, the force and direction could have caused serious health damages, in worst case scenario could have killed him. Having trained only a little bit with his old man over the last 3 Years (as we know the prophet in his own Country has mostly hard times..) he did the right thing and used Jiu Jitsu defense techniques to survive this serious situation.

Responding with the right block and defense technique, placing a counter strike in combination with a classic leg take down and a nice situation balanced finish on the Ground to secure the weapon, it went well - like any color belt certification should be performed.

The person then took off heavy limping and whining.....

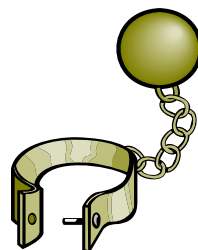
Matt did everything right on the self defense performance site with only one very big mistake, which I had to criticize:

Instead of reporting this incidence immediately to the RCMP, he waited for his friends - who shortly after

that arrived - and went for a deserved Icecap. Then he came home, approx 45 minutes later, and told me the story and all details.

In knowing what he just performed, I reported instantly to RCMP and mentioned to maybe check on the Hospitals, to see if there would be an entry with a broken Color Bone (we all know the noises)....and some possible foot damage and possible a black eye....and sure enough the Nanaimo Hospital had a match, which on top of all - is a well known drug addict.

Because Matt did not report that incident immediately, the bad guy could have attacked and possibly killed somebody else (with no basic martial arts skills) in the same attempt and way.



The Moral of the story and the message, which has to be passed around to that particular Youth age group:

There is no question, British Columbia is a paradise, everybody is awful nice here – but even in paradise are some really bad guys, who sometimes need some attitude adjustments.

When the heat and all action is over or the situation is resolved, any incident still should be reported immediately to RCMP for professional follow up!!

This little story shows again, that Jiu Jitsu is the only adequate and unlimited Martial Arts method, which can cover all aspects of today's possible life threatening situations in our communities or on our streets.

Ju Jutsu is the main self defense discipline for all armed (German and European) forces such as Police, Army, Special Forces (GSG9), SWAT teams. It took some time to establish Ju Jutsu in the late 70's and early 80's, because in those days Karate/ Judo, Boxing and Teak Won Do were the dominant practiced disciplines on Government levels. In many (full contact) competitions on armed forces level, Ju Jutsu proved to be the most flexible answer to challenging situations of any kind.

I was privileged to be with and among the Pioneers, who were able to demonstrate and establish it at that time – against all political interests.

Could it be the right time for all of British Columbia's RCMP, too??

Detlef – Joe – Friede – Hara Dojo Vancouver Island

HAVE YOUR CHILDREN READ THIS!

After tossing her books on the sofa, she decided to grab a snack and get on-line . She logged on under her screen name ByAngel213. She checked her Buddy List and saw GoTo123 was on. She sent him an instant message:

ByAngel213: Hi. I'm glad you are on! I thought someone was following me home today. It was really weird!

GoTo123: LOL You watch too much TV. Why would someone be following you?
Don't you live in a safe neighborhood?

ByAngel213: Of course I do. LOL I guess it was my imagination cuz' I didn't see Anybody when I looked out.

GoTo123: Unless you gave your name out on-line. You haven't done that have you?

ByAngel213: Of course not. I'm not stupid you know.

GoTo123: Did you have a softball game after school today?

ByAngel213: Yes and we won!!

GoTo123: That's great! Who did you play?

ByAngel213: We played the Hornets. LOL. Their uniforms are so gross!

They look like bees. LOL GoTo123: What is your team called?

ByAngel213: We are the Canton Cats. We have tiger paws on our uniforms.
They are really cool.

GoTo123: Did you pitch?

ByAngel213: No I play second base. I got to go. My homework has to be done before my parents get home. I don't want them mad at me. Bye!

GoTo123: Catch you later. Bye Meanwhile.....GoTo123 went to the member menu and began to search for her profile. When it came up, he highlighted it and printed it out. He took out a pen and began to write down what he knew about Angel so far.

Her name: Shannon Birthday: Jan. 3, 1985 Age: 13 State where she lived:

North Carolina Hobbies: softball, chorus, skating and going to the mall. Besides this information, he knew she lived in Canton because she had just told him He knew she stayed by herself until 6:30 p.m. every afternoon until her parents came home from work. He knew she played softball on Thursday afternoons on the school team, and the team was named the Canton Cats.

Her favorite number 7 was printed on her jersey. He knew she was in the eighth grade at the Canton Junior High School. She had told him all this in the conversations they had on-line. He had enough information to find her now.

Shannon didn't tell her parents about the incident on the way home from the ballpark that day. She didn't want them to make a scene and stop her from walking home from the softball games. Parents were always overreacting and hers were the worst. It made her wish she was not an only child. Maybe if she had brothers and sisters, her parents wouldn't be so overprotective.

By Thursday, Shannon had forgotten about the footsteps following her.

Her game was in full swing when suddenly she felt someone staring at her. It was then that the memory came back. She glanced up from her second base position to see a man watching her closely.

He was leaning against the fence behind first base and he smiled when she looked at him. He didn't look scary and she quickly dismissed the sudden fear she had felt.

After the game, he sat on a bleacher while she talked to the coach. She noticed his smile once again as she walked past him.

He nodded and she smiled back. He noticed her name on the back of her shirt. He knew he had found her.

Quietly, he walked a safe distance behind her. It was only a few blocks to Shannon's home, and once he saw where she lived he quickly returned to the park to get his car.

Now he had to wait. He decided to get a bite to eat until the time came to go to Shannon's house. He drove to a fast food restaurant and sat there until time to make his move.

Shannon was in her room later that evening when she heard voices in the living room.

"Shannon, come here," her father called. He sounded upset and she couldn't imagine why. She went into the room to see the man from the ballpark sitting on the sofa.

"Sit down," her father began, "this man has just told us a most interesting story about you."

Shannon sat back. How could he tell her parents anything? She had never seen him before today!

"Do you know who I am, Shannon?" the man asked.

"No," Shannon answered.

"I am a police officer and your online friend, GoTo123."

Shannon was stunned. "That's impossible! GoTo is a kid my age! He's 14. And he lives in Michigan!"

The man smiled. "I know I told you all that, but it wasn't true. You see, Shannon, there are people on-line who pretend to be kids; I was one of them. But while others do it to injure kids and hurt them, I belong to a group of parents who do it to protect kids from predators. I came here to find you to teach you how dangerous it is to talk to people on-line. You told me enough about yourself to make it easy for me to find you. You named the school you went to, the name of your ball team and the position you played. The number and name on your jersey just made finding you a breeze."

Shannon was stunned. "You mean you don't live in Michigan?"

He laughed. "No, I live in Raleigh. It made you feel safe to think I was so far away, didn't it?"

She nodded.

"I had a friend whose daughter was like you. Only she wasn't as lucky.

The guy found her and murdered her while she was home alone. Kids are taught not to tell anyone when they are alone, yet they do it all the time on-line. The wrong people trick you into giving out information a little here and there on-line. Before you know it, you have told them enough for them to find you without even realizing you have done it. I hope you've learned a lesson from this and won't do it again. Tell others about this so they will be safe too?"

"It's a promise!"

That night Shannon and her Dad and Mom all knelt down together and thanked God for protecting Shannon from what could have been a tragic situation.

Submitted by
Randy Martin
RONIN JIU-JITSU & KOBUDO



Joint Injuries and Repair: Hyper Extended Elbows

One of the most common injuries in jujitsu is "joint hyper extension". This occurs when a joint, usually an elbow, is pushed beyond its normal range of motion. Since one of the key principles in jujitsu is to attack the weak points in the body, this joint usually receives a lot of attention in practice.

Injuries in the martial arts do happen, especially in *jiitsu* systems where self defense and survival are of primary concern. Factors such as student (in)experience, movement or improper technique can cause injuries to you or your training partner. Injuries are a fact of martial art life. After all, the more you sweat in practice, the less you bleed in combat.

What should I do to fix an injury like a hyper extended elbow?

My first advice is: **go slow and be kind to your training partner**. Never go full bore on your uke, right from the start. We need to work in a spirit of cooperation in order to keep each other as safe and injury free as possible. Keep your ego in check and never try to show your stuff on someone who is willingly giving themselves to you. It is not only dangerous but it goes against the martial spirit that we foster in the dojo.

Now, having said that, accidents do happen. Often, when an elbow is pushed, tendons begin to stretch. If pushed harder, they begin to tear. When an elbow joint tears, all you'll hear is some "popping sounds", very similar to when you crack your knuckles. Your partner will most likely not feel anything immediately. This is because there are no nerves in the tendon area. However, within a minute or so, when the arm is back to its normal range of motion, you'll notice a lack of movement (range), weakness, and a "dull ache" that will get worse with time.

If you should "tweak your elbow", here are some things you can do to help tend to the problem.

Ice it immediately for 10 minutes. The cold will cause the swelling to go down. You then want to keep in an immobile position. Some Advil (Ibuprofen) will also help. If the elbow is tweaked or torn, you'll need to lay off the jujitsu for a while. Depending on the severity of the injury, this could mean 1-4 weeks off. For us die hards, this can seem like an eternity. But you need to let the body start to heal itself.

Also, a great supplement for joint problems is something called glucosamine. Since glucosamine is a precursor for glycosaminoglycans, and glycosaminoglycans are a major component of [joint cartilage](#), supplemental glucosamine may help to rebuild cartilage, treat arthritis, or help with joint repair. It can be bought at any health food store.

However, one of my instructors told me about another natural remedy called *hydro therapy*. Hydro therapy uses ice as the main tool for repair. Here is how it works:

You'll need: Dixie cups, water, and a topical solution called TRAMIL, a dish towel, and some cling wrap.

Take some Dixie cups and fill them with water. Place them in the freezer and let them freeze. Take a Dixie up out of the freezer and tear about 25% of the cup so the ice is exposed. Rub the

Dixie cup over the affected area until the ice has melted down to the torn edge.

Next, use your thumb to push and message the injured area. You need to really get that "digging deep shiatsu" pushing in order to (what my instructor called) "**chase the pain**". After you have chased the pain for a few minutes, place some Tramil on the effected area. Do this once a day for seven days.

At night, wet a dish towel and place it in the freezer. When you are about to go to bed, wrap the frozen towel around your elbow and then wrap some cling wrap around the towel (so it stays in place and doesn't get your bed wet). Go to sleep. Your arm will go numb after about 5 minutes. You'll most likely wake up a few hours later and feel like your elbow is on fire (hot). This is because the body has been rushing blood to the affected area in order to warm it up.

Now here is the magical part. The body's best defense against injuries is to flush an area (the muscle and joint area) with blood. The cold/hot hydro therapy speeds up and maximizes the body's natural healing system! Do this for seven nights.



This may sound crazy and strange but IT WORKS. And when you have an injury and everything seems not to be working, I suggest you take a good look at this article again. Take it from a guy who knows and has had his fair share of injuries....joint separations.....broken bones....bloody noses.....bruises...bumps....scraps.....

Safe Training!
Sensei Ari Bolden

What were they thinking??

Self-defence clinic ends in stabbing

Vancouver police say there were no hard feelings between two brothers after a self-defence training session turned bloody. Const. Howard Chow said the siblings, aged 18 and 21, were teaching themselves how to disarm attackers with knives Wednesday night when a freak accident sent one of them to the hospital. "The older one got his brother to charge at him with the knife in a stabbing motion," said Chow. "I guess it worked too well because he pulled the knife out of [his brother's] hand and straight back into his own chest." The self-inflicted wound caused serious injury, but the 21-year-old is expected to recover. Chow said even when police officers train in disarming scenarios, they don't use real knives because of the danger involved.

Sensei Allen St.John – Port Moody
(borrowed newsclip)

The Lighter Side of Martial Arts...



Some Martial Arts Definitions...

These are meant in fun, so don't take offense. And they ARE funny...

Kempo: Percussion class with people as the drums

Aikido: Origami with people

Jiu-jitsu:

People who fold your laundry for you----while you are still wearing it.

Aikido:

A martial art which allows you to defeat your enemy without hurting him. Unless of course he does not know how to ukemi in which case he has his wrist broken in about 20 places.

Arnis:

"Harness of the hand." A Filipino martial art, also known as eskrima and kali, centering around stick, blade and empty hand combat. Mispronunciation of the art guarantees a quick taste.

Hakama:

A skirt sometimes worn in the Martial Arts but we don't really like to talk about it.

Iaido:

"Way of the sword." The modern art of drawing the samurai sword from its scabbard. A rather interesting art developed around the principle of "look how big mine is".

Judo:

"Gentle way." A Japanese art where grown men roll around cuddling each other without apparently doing any damage. These men are often closet Hakama wearers.

Ju-jitsu:

A lot like judo except that these boys like to inflict slightly more damage. Tend to get very angry when accused of being Hakama wearers and often are heard saying "You gotta a big mouth"

Karate:

"Empty hand" or "China hand." The primary purpose of this art is the destruction of wood and other natural products. Most Karate styles have a placing on Green Peace's most wanted list. This art will be outlawed by most countries by the turn of the century. Karate people enjoy pain, this is shown by their habit of fighting with their fists on their hips.

Awareness

Let's Take Notice

It never hurts to be careful in this crazy world we live in.

1. Tip from Jiu-Jitsu: The elbow and knee's are the strongest points on your body. If you are close enough to use it, do it!

2. Learned this from a tourist guide in New Orleans. If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM**. Toss it away from you....chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. **RUN LIKE MAD IN THE OTHER DIRECTION!**

3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.

4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc.) **DON'T DO THIS!** The predator will be watching you, and this is the perfect

opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go.

AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.

If someone is in the car with a gun to your head **DO NOT DRIVE OFF**, repeat: **DO NOT DRIVE OFF!**

Instead gun the engine and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car crashes bail out and run. It is better than having them find your body in a remote location.

5. A few notes about getting into your car in a parking lot, or parking garage:

A.) Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.

B.) If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.

C.) Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. **IT IS ALWAYS BETTER TO BE SAFE THAN SORRY.** (And better paranoid than dead.)

6. **ALWAYS** take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at **NIGHT!**)

7. If the predator has a gun and you are not under his control, **ALWAYS RUN!** The predator will only hit you (a running target) 4 in 100 times; And even then, it most likely **WILL NOT**

be a vital organ. RUN, Preferably ! in a zig -zag pattern!

8. As women, we are always trying to be sympathetic: STOP. It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.



***** Here it is *****

9. Another Safety Point: Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was weird. The police told her "Whatever you do, DO NOT open the door." The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, "We already have a unit on the way, whatever you do, DO NOT open the door." He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby. He said they have not verified it, but have had several calls by women saying that they hear baby's cries outside their doors when they're home alone at night.

DO NOT open the door for a crying baby

---This note should probably be taken seriously because the Crying Baby theory was mentioned on America's Most Wanted this past Saturday when they profiled the serial killer in Louisiana.

Sensei Allen St. John
(borrowed clip)



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 (7th 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)

Hakushin Jiu-Jitsu School

Sensei Eric Enger (4th Dan)
Sensei Teresa Enger (3rd Dan)
Sensei Chris Bell (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)
Sensei Jonathan Jong (1st Dan)

Abbotsford Jiu-Jitsu

Sensei Dave Woods (3rd Dan)
Sensei Kyle Crowder (1 st Dan)
Sensei Kurt Fischer (1 st Dan)

Black Belt Corner

Masters' Class Jiu-Jitsu

Sensei Aird Flavelle (2nd Dan)
Sensei Kelly Meade (1st Dan)

Sadhana Dojo – Hakko Denshin Ryu JuJutsu/Goshin-Jitsu

Sensei Seamark, Menkyo Okuden Shihan, Hakko Denshin Ryu JuJutsu
Sensei Seamark, Rokudan, Goshin-jitsu
Sensei Wilding, Shodan, Hakko Denshin Ryu JuJutsu
Sensei Brousseau, Shodan, Hakko Denshin Ryu JuJutsu
Sensei Coleman, Shodan, Hakko Denshin Ryu JuJutsu

Ronin Jiu-Jitsu & Kobudo

Jishin-Ryu Jiu-Jitsu
Musō Jikiden Eishin Ryu Iaido

Sensei Randy Martin, Shihan

(Kaizen-Ryu Jiu-Jitsu, Rokudan, 6th Dan)
(Jikishin-Ryu Jiu-Jitsu, Rokudan, 6th Dan)
(Ronin Tai-Jitsu, Godan, 5th Dan)
(Jishin-Ryu Jiu-Jitsu, Yondan, 4th Dan)
(Musō Jikiden Eishin Ryu Iaido, Yudansha (ZNIR))

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

Massey Jiu-Jitsu

Sensei Rick Massey (1 Dan)

Victoria Jujitsu Academy

Ryu Bu Kan Aiki Jujitsu
Sensei Ari Bolden, Nidan

West Coast Jiu-Jitsu

Sensei Lori O'Connell (3rd Dan)

Hara

Sensei Detlef Joe Friede (2nd Dan)

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www.victoriajujitsu.com
sensei@victoriajujitsu.com

West Coast Jiu-Jitsu

Lori O'Connell
Hosted at Fusion Fitness
310-12211 First Avenue
Richmond, BC
604-724-5278
westcoastjj@gmail.com
www.westcoastjj.com

Hara Jiu-Jitsu

Detlef Joe Friede
Dojo – Bowser Elementary School Qualicum Bay
(Vancouver Island)
(250) 757-2029
email: detlef@healthybynature.ca
<http://www.gobc.ca/Hara/>

Alberta Jiu-Jitsu Association

Visit the AJJA web site at <http://www.albertajja.com/>

More complete information about these dojo's
can be found on the JJBC website --

<http://www.jjbc.ca>