



The CJA Newsletter

Early Spring 2003

San Francisco 49ers head coach Steve Mariucci once said...
"I never wear a watch, because I always know it's now -- and now is when you should do it."

The President's Notes

By Terry Yanke
President of the CJA

I hope everyone had a safe and pleasant holiday. There is a number of clubs in the CJA where the members and/or the instructors have never met each other. In the months to come, Board of Director members will be trying to get around to various clubs to meet and greet. If all instructors could send into the newsletter committee the days and times your clubs are open, it will make it easier for the board to decide which club to attend on which days. In addition, if you have a function coming up that is open to other clubs please send the information into the newsletter. It's a great way to advertise your club's event. All black belts need to send in their votes for the various awards to Sensei Ed McLachlan. Once he receives them, Sensei Ed McLachlan will be setting up a social function to honour those chosen. This will also be a good time to meet other club members.

Workouts/World Championships:

You have probably received a number of my messages about the monthly workouts but I feel it's worth repeating. Regardless of your belt level, these workouts are for everyone. However, those who feel they want to compete in the 2004 World Championships should be attending all workouts. These workouts alternate from sparring to grappling. Once September rolls around we will focus on looking at serious fighters and begin a training program to prepare them for the Championships. As the World Championships are being held in Canada in 2004, and the cost will be at a minimum, take advantage of this great opportunity.

All competitors must have the following in order to qualify:

- You MUST be a member of the CJA in good standing.
- You MUST be a registered black belt with the CJA.

If you have questions regarding these issues ask your instructor or someone from the Board of Directors.

If you ask anyone who has competed at this level before, they will tell you it takes a lot of hard work to reach the same level as fighters from other countries. Hopefully with me twisting Sensei Peter Ramsden's arm (Sankyō) he'll be able to assist in getting the team ready physically like he did for those who fought in Jersey, England. Peter did a terrific job and everyone benefited from his expertise.

The location for the 2004 World Championships is in Kitchener, Ontario at the Memorial Auditorium. The 2004 World Championships committee has its hands full with preparing for and organizing the games. If you have an area of expertise that will help in the setting up, running, or organizing of the World Championships, please contact Karen Kocher or Wayne Provost ASAP, they will be glad for your assistance.

This brings us to the reason why we have the World Championships. It's for the competition! The CJA will be looking at fighters for both grappling and sparring. There are a number of divisions that have to be filled. They are as listed below:

1. Sparring:

- Team competition (men) - has 5 divisions that range from lightweight (under 149.9 LB) to super heavyweight (over 195 LB).
- Women's competition - has 3 divisions that are lightweight (129.9 LB and under), middleweight (130 to 164.9 LB) and an openweight (165 LB and over).
- Men's master's competition (over 40 years old) – has 2 divisions that are lightweight (under 179 LB) and heavyweight (over 180 LB).

2. Demonstration competition

3. Grappling:

At the 2004 World Championships, Canada will be hosting the first International Grappling Championships with the hope that it will become part of the competition for the WCJJO World Championships.

- Men's competition – has 7 weight divisions, ranging from Super lightweight (139.9 LB and under) to the Unlimited (225 LB and over).
- Women's competition – has 5 weight divisions, ranging from Super lightweight (109.9 LB and under) to Heavyweight (155 LB and over).

Tournament Committee

By Wayne Provost
Tournament Director

I spent some time last weekend touring the Malton Arena in Mississauga for the possibility of holding the 2003 National Championships. The facility is old and out dated. The seats are wooden benches and the access is difficult. The storage area for mats is equally old and dirty. As luck would have it, the Acton Arena is available on Saturday May 10th and the facility rental has been firmed up. It took a little scrambling but in the end we are getting a better facility. We will be able to drop off our mats and set them up on the Friday prior to the tournament.

This is a plea for help. We need mats! Please contact me with any information that could lead to having mats at the National Championships.

Want to help with
tournaments?

Contact
Wayne Provost
at K-W Jiu-Jitsu

519-746-5724

Technical Committee

By Doug Knispel
Secretary, Canadian Jiu-Jitsu Association
Technical Committee Member

One of the Technical Committee's initiatives for the New Year is to start offering black belt classes on a regular basis. The classes would be in addition to the sparring and grappling workouts that are happening now and would be for black belt students only. Instruction would be provided by different black belt C.J.A members who are willing to volunteer their time. Location would vary from class to class, depending on who will volunteer their dojo.

What we need to know:

- 1) Is there an interest in this type of endeavour?
- 2) What sort of frequency would you like to see? (monthly, bi-monthly?)
- 3) Any particular topics you'd like to see covered?
- 4) Any other ideas or suggestions?

Please respond via e-mail to Doug Knispel at dknispel@rci.rogers.com. Your responses will be used to develop a fantastic training schedule for 2003.

The Grappling Corner

By Dan Moroney
Bravado Jiu-Jitsu

The Guard Position: one of the most important positions in Grappling! Some Instructors focus on this more than others.

It is important to understand how to use the Guard and how to pass the Guard. A great drill we use is starting off with one person lying on their back with their feet touching the hips of their standing opponent. Both persons cannot use their arms as it trains the person on their back to use their feet as if they were using hands to fend off the standing partner. As the drill goes on, you can have the standing partner use their hands and then the bottom partner as well. Incorporate submissions and sweeps to the mix and you will have an exercise that will greatly improve your game! If you want to learn more and are interested in booking a seminar contact us at Info@bravadojj.com.



A typical match in Brazil

Upcoming Events

- | | |
|-----------|---|
| March 23 | Next sparring seminar at 1pm
Richmond Hill Budokan, 346 Newkirk Rd Unit 7, Richmond Hill, Ontario
905-770-0457 |
| March 30 | Shiai Tournament 2003 at 10:30am— see newsletter for information
Richmond Hill Budokan, 346 Newkirk Rd Unit 7, Richmond Hill, Ontario
905-770-0457 |
| April 13 | Black Belt Grading |
| April ? | ***next grappling seminar |
| April ? | ***next black belt seminar |
| May ? | ***next sparring seminar |
| May 10 | CJA National Tournament in Acton |
| May 24-25 | Annual Ju-Jitsu Collingwood Weekend (seminars)
90 High Street Collingwood, Ontario |
| June 1st | Next newsletter coming out.
Submissions due no later than May 18, 2003 to Doug Knispel at dknispel@rci.rogers.com |

***dates and reminders for the mentioned seminars/grading will be sent to the club's head instructors. If interested please ask your head instructor for more information.

Grading Board

By Terry Yanke
Chairman, Black Belt Grading Committee

On November 24th there was a black belt grading and I would like to congratulate the following candidates.

Mathew Provost and Clayton Nagy from K-W Jiu-Jitsu promoted to Shodan

Robert Welch and Ed Leis from K-W Jiu-Jitsu promoted to Nidan



Robert Welch and Ed Leis

The next grading will be held on Sunday April 13th and will be for all black belt levels. If you are planning on grading, you must have your application submitted by March 31st. If you need an application form please send an email to Terry_Yanke@Sobeys.net.

Send your application to;
Terry Yanke
209 Old Abbey Rd.
Waterloo, On
N2K 3L4

More information regarding location and time will be announced when applications are received.

What's happening?

1. Goshindo:

On January 28th, a seminar was offered at the K.W Jiu-Jitsu Club. It was a privilege to have Alain Saily teach a three hour seminar on Goshindo. Alain Saily is a 7th Dan in Goshindo; a martial art that uses combat-ready positions with permanently good stability. The combat position in the Goshindo is a special one; it is an advancement of the position of the Yoshinkan Aikido, which is somewhat more upright however than the "very positive" position in the Goshindo.

Those of you who couldn't make it missed a great seminar!



Alain Saily is watching Alexandra Kocher doing techniques lightening fast.

2. Black Belt Seminar:

Sensei Doug Knispel put on the first seminar February 9th for black belts and did a fantastic job! All those who attended had a great time and I know we all look forward to the next one that will be held sometime in April.

3. Annual Ju-Jitsu Weekend (seminars)

Barton's Martial Arts
90 High Street Collingwood, Ontario
705-445-3533
www.bartonfitness.com

On May 24 and 25th there is a seminar in Collingwood. Don't miss it! Due to a change of venue and accommodations –this year will cost less than any other year!!!

The instructor list so far looks like this.....

- George R. Parulski – Tenshin Shin-yo Ryu (Okazaki Lineage)
- Murphy Del Cueto - Daito Ryu Aiki JuJitsu
- Stephen Chapman – YKKF/ YJJC –7th Dan
- Ron Racicot –8th Dan – YKKF, YJJC
- Terry Yanke – 7th Dan CJA
- Syl and Danny Maroney – Brazilian Ju-Jitsu
- Chuck Hasson –5th Dan YKKF, YJJC

4. K-W Jiu-Jitsu Club tournament

The K-W Jiu-Jitsu Club held a youth sparring and grappling tournament on February 15th for kids 6 – 13 years old. The fighting was fierce with a number of future world champions showing off their skills. Following are the results of the tournament:

SPARRING		
Little weight	Middle weight	Bigger weight
1 st Rebecca Cairney	1 st Brad Ernst	1 st Josh Kocher
2 nd Ben Zefferino	2 nd Megan Ferries	2 nd Linsey Provost
3 rd Gavin Gentle	3 rd Logan Ferries	3 rd Anthony Depasquale
4 th C.J. Retzler	4 th Greg Ernst	4 th Nicole de Greef
4 th Jon Corbett		4 th Alexandra Kocher
4 th Connor Gentle		4 th Shonna de Greef

GRAPPLING		
Little weight	Middle weight	Bigger weight
1 st Gavin Gentle	1 st Brad Ernst	1 st Nicole de Greef
2 nd Jon Corbett	2 nd Alexandra Kocher	2 nd Josh Kocher
3 rd Connor Gentle	3 rd Logan Ferries	3 rd Anthony Depasquale
	4 th Greg Ernst	4 th Shonna de Greef
	4 th Megan Ferries	

5. SHIAI 2003

Sunday, March 30th, 2003
10:30AM

Cost: \$20.00 for all events
(Kata, Kumite, Weapons, Self Defence)

Richmond Hill Budokan/Kitsune Ryu Jiu-Jitsu Kai
346 Newkirk Rd Unit 7, Richmond Hill, Ontario, L4C 3C5
905-770-0457

The shiai is being held as a benefit for our instructor Steve Reynolds, who has been unable to work since December, due to major surgery.

For More Info, Contact: Doug Knispel or Hugh Smith

Directions:

from East:

404 to Major Mackenzie Dr.

Major Mackenzie West to Newkirk Rd. (2nd set of lights past Bayview on Major Mackenzie)
Newkirk North thru 2 sets of lights, look for Jenny's Café sign. We are in that plaza, Unit 7.

From West:

400 to Major Mackenzie Dr.

Major Mackenzie East to Newkirk Rd. (2nd set of lights past Yonge St on Major Mackenzie)
Newkirk North thru 2 sets of lights, look for Jenny's Café sign. We are in that plaza, Unit 7.

Who's Who?

Do you know who this guy is smiling in behind the Christmas presents? Why it's Terry Yanke, the president of the Canadian Jiu-Jitsu Association, taking a rest after the Club's Christmas party.



Food for Thought

By Shawn F. Rodie
Kyoshin Ryu Jiu-Jitsu

TRAINING FOR THE MAXIMUM

Because of the accent today on the sporting aspects of the martial arts, the majority of students training may focus on dealing with a single opponent. With this perspective it makes total sense. However if we are dealing with real combat which requires self-defense, this perspective could lead to disaster.

It is the rare occasion today of a one-on-one situation in a 'real' fight. It is more often multiple

opponents. If you're training to defeat a single opponent, you run the risk of being defeated by many. You should always treat one opponent, or many opponents as a single attack.

It is important in your daily training to practice in the Dojo against multiple attackers. In Jiu-Jitsu, we call this "training for the maximum". The theory behind this is that if you train to handle three opponents that are armed, then handling a lone unarmed attacker should be no problem. Conversely, the opposite of this is rarely met with much success. Every martial art has much to offer, but it is important that we not lose sight of the reasons for the creation of the martial arts in the first place.

Mike Sommers, is a black belt from Yanagi Dojo. Here you can see him in the freezing waters raising money for the World Vision Canada water projects. Way to go Mike!!!



Mike Sommers, left, Bruce Powell, Terry Sargeant and Mike Percy pose in the frigid waters of Lake Ontario, dressed in duct tape kilts, while taking part in the 18th annual Oakville Polar Bear Dip at Coronation Park yesterday. Hundreds of brave souls, many in costume, took part in the event to raise money for World Vision Canada water projects.

Canadian Jiu-Jitsu Association Member Clubs

Updated Dec 16, 2002

Dojo	Address	Dojo-Cho
Acton Jiu-Jitsu	5A Mill St. East, Acton, ON., L7J 1G8	Linda Bromley 519-853-2424 jiujitsu1@sympatico.ca
Bond Head Martial Arts	PO Box 130, Bond Head, ON., L0G 1V0	Christopher Fusco 905-775-2348 cifusco@attcanada.ca
Bravado Jiu-Jitsu	1 Ashbridge Circle #5, Woodbridge, ON., L4L 3R5	Dan Moroney 905-265-0950 info@bravadojj.com
Burlington Academy of Martial Arts		Frank Rabley 905-336-1471
Chalk River Jiu-Jitsu	7 Kellet St., Chalk River, ON., K0J 1P0	Sam Bessy 613-589-2266 samandsara@sympatico.ca
E&T Jiu-Jitsu Kai	12 Park Ave., St. Thomas, ON., N5R 4V3	Ed McLachlan elwm@canada.com (519)631-7239
Elite Champion Promotions	5151 Sunray Drive Mississauga, Ontario L5R 2V3	Muzammal Nawaz 905-829-1485 eltec@yahoo.com
Kick Jitsu	220 Wyecroft Rd. Oakville, Ontario	Nick Petroff 905-616-0326 n_petroff@hotmail.com
Kick Jitsu West	2087 Sunview Dr. Kelowna, BC V1Z 3P5	Dan Johnson 250-979-8499 kickjitsuwest@on.shaw.ca
K-W Jiu-Jitsu	209 Old Abbey Rd. Waterloo, Ontario N2K 3L4	Terry Yanke (519)746-5724 Terry_Yanke@sobeys.net
Lawson's Jiu-Jitsu	288 Sanatorium Road Hamilton, Ontario L9C 2A1	Scott Taylor 905-383-4758
Markham Jujitsu Club	90 Markville Rd. Markham, Ontario L3R 4V6	George Cushinan 905-475-8716 cushinan@ca.ibm.com
Pontiac Jiu-Jitsu	1594 Hwy 301 Campbell's Bay, Quebec J0X 1K0	Benoit Masse 819-453-7464
Pro Spar Martial Arts Ctr.	4 Alliance Blvd #10 Barrie, Ontario L4M 5J1	Gary Pilon 705-725-9186 prospar@planeteeer.com
Richmond Hill Budokan	346 Newkirk Rd #7 Richmond Hill, Ontario L4C 3G7	Doug Knispel 905-770-0457 dknispel@rci.rogers.com
Sisu Martial Arts Club	89 Surrey St. East Guelph, Ontario N1H 3P7	Wayland Pulkkinen 519-821-8554 wayland@pulkkinetics.com
Summerfield Martial Arts	148 Brien Ave. East Essex, Ontario N8M 2P4	Ted Summerfield 519-776-6967 tsummerf@ford.com
University of Guelph	7 Karen Ave. Guelph, Ontario N1G 2N8	Kyle Bromley 519-836-3533