

The CJA Newsletter

Early Spring 2005

"To win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill."

Sun-Tsu, The Art of War

Upcoming Events

- March 20: 10am workout at Hamilton School of Martial Arts for the Reno, Nevada tournament
- April 9: Bravado Jiu-Jitsu Grappling Tournament - see www.bravadojj.com for more details
- April 23-24: Tournament in Reno, Nevada. Canadians vs Americans
- May 14-15: Mixed Martial Arts Expo in Toronto
- End of May Canadian National tournament – to be held somewhere in Barrie, details to follow

For Club Listings, please see the Canadian Jiu-Jitsu web site at www.canadianjiujitsu.com

PRESIDENT'S REPORT

By Terry Yanke
President, Canadian Jiu-Jitsu Association

Full Nelson, judo chop, leg lock, choke....
What are these techniques for? These are some of the things I would like to do to that varmint in Wiarton who said we are going to be having an early spring. I guess we have to expect it being we live in Canada, but the next time that ground hog looks for his shadow, he better confirm with a meteorologist first. Anyways, I hope everyone has had a great winter and of course, injury free.

I would like to congratulate Phillip Laundry from Pro Spar Jiu-Jitsu for his successful grading to nidan in February. The date for the next grading has not been set as yet but a notice will be sent out as soon as it is.

There are a number of events taking place over the next few months and I hope you will

consider taking part in as many of them as you can.

The US has invited our Canadian Team to a sparring and grappling tournament at the Peppermill Hotel and Casino in Reno Nevada on April 23rd. We have had one workout with the next one scheduled for 10 AM, March 20th at Mickey Dimic's dojo, Hamilton School of Martial Arts. If you are interested in sparring and/or grappling on the team please plan to attend this workout. Unfortunately we do not have a sponsor so everyone will have to pay their own way. Airfare is approximately \$650.00 but we will be getting a great rate on the hotel. If anyone has a connection and can get a better deal on airfare, or has their own plane that they will rent out, please let me know ASAP. Do you rent a plane by the hour or the kilometers? Does the pilot cost extra? We could probably save some money there. I think one of my cousins can fly. Or maybe he just said he could to impress the stewardess. Second thought.... never mind about the plane renting.

Happenings at E&T Martial Arts

By Ed McLachlan,
E&T Martial Arts School

This winter and spring are going to be a busy time for the students and instructors of E&T Martial Arts School. Upcoming events for our school include:

- March 2nd - the Five Dragons performed live on the New PL London's Breakfast Television.
- March 4 - 6, the Five Dragons and members of the E&T Martial Arts School performed at the Arnold Classic Martial Arts Expo in Columbus, Ohio. Chief Instructor Ed McLachlan had meetings scheduled with Tokey Hill and possibly Arnold Schwarzenegger himself with regards to teaching people with special needs.
- Chief Instructor Ed McLachlan is scheduled to teach at the Mixed Martial Arts Expo in Toronto on May 14 -15. Ed is promoting the instruction of people with Special Needs and hopes to recruit more instructors to dedicate their time to this worthwhile pursuit.

For more information on any of these items or E&T Martial Arts in general, please contact Ed McLachlan at elwm@rogers.com

USE OF FORCE

By Gary Pilon
CJA Vice President
PPCT Defensive Tactics Instructor

As instructors we take great pride in preparing our students for the ultimate physical confrontation. We teach elbows, knees, foot and hand strikes, along with an array of joint locks, arm, neck, leg and other bone breaking techniques to add to their arsenal. We set up scenarios on how to defend from punches, shoves, chokes, stick attacks and so on, all of which seem to have the same ending, the attacker in a severe world of hurt.

How many times have we watched or taught similar lessons where the attacker, after executing a wild bar-house swing, ends up on the ground face down due to a devastating side kick to the knee followed by a shattering palm heel strike to the back of their elbow and then a stomp to the ankle, just in case all of the above wasn't enough? Who is the victim now?

Although this line of defense may be justifiable given the right set of circumstances, it would most likely be excessive under most conditions. Choosing the appropriate line of defense can be difficult considering that we may have only a split second to react. We live in a world where civil and criminal litigation is becoming more and more common. We need not only know how to defend ourselves physically, but also legally. And legally, it begins the moment we decide to use physical force to defend.

While our criminal code does give us the right to protect one self, each situation will be judged on it's own merit. Would you use the same response option against an 80-year-old man wavering a stick at you, compared to a 25-year-old known street fighter doing the same? Common sense should prevail.

As students you need to realize, that just because you've learned a specific technique or self-defense sequence in the dojo, it does not give you the right to use it in any situation. As

instructors we need to make our students aware that they are responsible for their actions. Remember we have the right to defend, not to punish. If too much force is used, roles can reverse and the defender may become the attacker, both morally as well as in the eyes of the law.

Section 37 of the Criminal Code of Canada provides that use of force is justified to defend a person or any one under his protection, provided that the force is reasonable. In other words “it is lawful for any person to use a reasonable degree of force for the protection of himself or any other person against any unlawful use of force. Force is not reasonable if it is either (i) unnecessary – i.e., greater than is requisite for the purpose – (ii) disproportionate to the evil to be prevented”.

Whenever possible, it is far better to walk away and swallow your pride, rather than accept a challenge and risk being charged, sued or even injured yourself. Remember if you are edged on to fight and you accept, you are no longer a defender but rather a willing participant in an illegal activity.

Keep in mind, self-defense is not only a right, it is a responsibility. So train hard, train smart, educate yourself and let us hope that we never have to use our skills other than in the confines of the dojo.

Richmond Hill Budokan Moves

By Doug Knispel,
Richmond Hill Budokan

Doug Knispel in the new dojo...we think!



On the weekend of January 8-9, the students and instructors of the Richmond Hill Budokan undertook a huge project in moving their dojo down the street. Many people dedicated time to tear down one dojo and build another. This involved the voluntary efforts of many of the students of the Richmond Hill Budokan as there is much work to be done in moving. The instructors of the Richmond Hill Budokan, Doug Knispel and Hugh Smith, would like to thank the many students and instructors who gave up their free time and their time with their families to support us in our move. We couldn't have done it without your support.

As in the past, visitors are always welcome. The Richmond Hill Budokan offers quality instruction in Kitsune Ryu Jiu-Jitsu, Okinawa Goju Ryu Karate-do (Jundokan) and Taiji/Qigong.

The new address for our dojo is:
Richmond Hill Budokan
120 Newkirk Rd. Unit 31
Richmond Hill, Ontario
L4C 2C5
905-770-0457

Grapppler's Corner

By Dan Moroney



In the many years I have trained in the martial arts, I've met many famous martial artists. I've had the chance to train or meet with Gene Lebell, Gokor Chivichyan, The Gracie family (Royce, Rorion, Renzo, Rickson & Ralph) and the Machado Brothers.

But this one was different. Now that my Academy is now members of his team, nervousness set in! I had no reason to! I met so many martial arts celebrities that you'd think I wouldn't get bored of it. Yeah Right!

When I finally met him (David Adiv, Royler's right hand man introduced me) a

big smile lit up his face and greeted me like I was an old friend! What a relief! He thanked me for supporting the seminar and welcoming me to the RGDA team which eased my fragile nerves.

With 140 or so seminar participants, the room was abuzz with energy. He taught like he was a man driven, passionate about the art in which he started at 3 years old! The techniques taught were simple and well put together. He is an instructor who really seeks the best and perfection out of his students. And he does that with inspiration, not brash commands to "do it or else". He always gave people the chance to ask a question on any type of technique to learn! He did leave a great impression on all of the seminar participants!

He will certainly be back in the future for more great seminars! Special thanks go out to Chris Robinson for hosting the seminar at his club!

KW Jiu-Jitsu Club

On March 2nd several students were graded for their next belt level. We would like to congratulate Austin, Mackenzie, Alex, Nathan, Cameron, Erin, Michelle, Mark, Keith, Ashley and Richard for their efforts and their success.



Spirituality and the Martial Arts

By Linda Bromley
4th Dan, Canadian Jiu-Jitsu Association
Chief Instructor Acton Jiu-Jitsu

A prerequisite for grading to 4th degree black belt is presentation of an essay on a topic of the individual's choice. Mine is severely overdue, for which I offer profuse apologies to the grading board. Delay on presentation has been, I now realize, not just an exercise in procrastination, but rather a need to "live" the topic at hand, not just write about it.

I have found that I had to do much research and reading on my topic but more importantly I needed to look deeply within myself and see the truths of what I was writing and to make them my own personal truths, not just a reiteration of quotations I had read and by which I had been impressed.

As a consequence of this inner work I realize how deeply my life within and without have been affected by my years in Jiu-Jitsu and how the very philosophies and values have become so much a part of who I am and of how I live my life. I have therefore chosen to relate my journey through the arts and the great lessons I have learned and continue to learn, specifically how I have been changed personally from the "inside out".

My journey began in 1985 at Milton Jiu-Jitsu with Sensei Bob Kranstz, to whom I will always be grateful for it was there that my life began to transform. I began training for fun, as a hobby and as an outlet for the frustrations caused by my career. I had no intention of doing anything but having fun.

At the time I was more in awe of the prospects of Jiu-Jitsu training for my son David, who had begun training several months before me. I very quickly noticed the subtle changes in him and in myself. Never in my wildest dreams did I ever think in terms of black belt for myself – it was a certainty for David. Then in what seemed a "blink of an eye" I was a brown belt, which was very scary because "it" was looming up before me!

In 1990 "it" became reality. I was awarded the rank of Shodan by the CJA, which made me very proud, of course, but this was still a hobby for me. My son had already acquired Shodan and was instrumental in preparing me for the grading – we had fun! In the meantime I had begun assisting with teaching the juniors at the Milton club and those times became among the most special of my life.

Then the corporate world decided it didn't really need my genius and I was without a career. No problem, I am now a Nidan and am going to teach Jiu-Jitsu full time. I left my Sensei's club and struck out on my own, taking with me the invaluable knowledge and experience that was going to assure my future.

That was 10 years ago and the biggest lesson I have learned is how little I had learned. I knew techniques, I knew how to teach techniques, I knew how to "mechanically" perform various techniques and Kata, the way my instructor had taught me. What I didn't know was how to make them mine, to live them, to feel them, to become them!

As all of us do, we focus SO much on the technical initially, because we must. Later, hopefully, we realize that the martial arts are essentially avenues through which we can achieve spiritual serenity, mental tranquility and the deepest self confidence. I believe now that the deepest purpose of the martial arts is to serve as a vehicle for personal spiritual development, the acquisition of self awareness.

In the beginning of our training, concepts such as consciousness raising, taking control of one's life, and heightened self awareness are foreign because there is too much else to learn. Later we learn that adding these spiritual principles to our lives can open a potential source of inner strength we may never have dreamt we possessed. We then find that the total concentration and discipline learned carries over to every aspect of our lives.

It is difficult to explain to one who has not yet experienced this – it must be learned, it must be felt. One must see the changing patterns of one's life, often in retrospect, because we are too busy experiencing to articulate sometimes. The philosophy of the martial arts is not meant to be intellectualized and mused over, it is to be experienced.

Did I learn this over night? Of course not. In fact as a Sandan in Jiu-Jitsu, owner of a fairly successful business teaching Jiu-Jitsu at my own dojo, as well as other locations, notably many high schools at which I taught self defense, 2 agencies for whom I taught Jiu-Jitsu to adults and children with disabilities, I still felt lacking. Maybe I had a “spiritual awakening” or something, but I realized that I was lacking in one of the most important components I tried to teach; confidence and feelings of self worth that I was trying to impress upon others. For many reasons they just were not there, because I didn't believe in myself.

I needed to journey deeply within and learn those vital truths – that I am worthy, I am good enough. I felt a little fraudulent at times and knew I needed to “fix” me. I have since learned that as I attained the spiritual goals of the martial arts, the quality of my life was altered dramatically, enriching my relationships with others as well as keeping me in close touch with myself.

I have learned to “live in the present”, not in the future or the past. By living in the present moment, you are in full contact with yourself and your environment. Your energy is not depleted or dissipated, but always available. As long as your attention is in the present moment, totally focused on the task at hand, you are at one with what you are doing and not distracted by outside influences. In summary keep your mind in the present, not projecting into the past or future.

I have learned so very much from the writings of Bruce Lee. He advised “you will never learn anything new unless you accept yourself with your limitations. Instead of trying to do everything well, do those things perfectly of which you are capable.” This gave me a great light bulb moment, I do not have to be perfect at everything. There are those things at which I will never do well but its ok because there are things I do very well. I spent many years in awe of the many masters with whom I've had the privilege of training but I realized that they too are still learning. They too have masters or teachers, creating that endless circle of learning! Nobody knows it all.

“KIME” is a Japanese word which means “tighten your mind”. Bruce Lee advocated that the secret of Kime is to exclude all extraneous thoughts, those that are not concerned with achieving your immediate goal. In other words, concentrate all of the energy in the body and mind on one specific target or one goal at a time. When your mind is “tight”, your mental and physical energies are joined and focused. In life as well as on the mat, an unfocused or “loose” mind wastes energy.

One of the most useful lessons I've learned was associated with reading about the Japanese word “MUSHIN” which means “no mind” or when you act with unconscious awareness, you just act. Mushin is working when one is operating separately from the act, or the consequences of the act, no thoughts interfere with action because the unconscious act is the most free and uninhibited. “When Mushin functions, the mind moves freely from one activity to another, flowing like a stream of water and filling every space”. I love this,

particularly when my students complain about the repetition of techniques. This, as many of you who teach are aware, is very common with juniors who always want to learn something new.

I love to talk to them about “Mushin”, explaining that only through practice and more practice, and by taking the technique into one’s muscle memory, cell memory, until it becomes your very own, does the reaction become automatic and your responses become instinctive and immediate. There must be an absence of thought. This only comes as a result of long hours of training and having confidence in the teacher, the teachings and oneself. If you are fearful, your mind will freeze. If you become conscious of trying for harmony and make an effort to achieve it, that very thought interrupts the flow and the mind blocks. “When you seek it, you cannot find it.”

Again Bruce Lee advocated that “technical knowledge is not enough. One must transcend techniques so that the art become ‘the artless’”. With a good martial artist thought and action become simultaneous. When the mind and body are relaxed, you stop caring about what the outcome will be, you work with “effortless effort”. You must stop caring about it and just do it, effortlessly and naturally. After time it becomes second nature, let it happen. The required knowledge comes from within. Relaxation and concentration go hand in hand – go with the flow. Sometimes a conscious attempt to do well stands in the way – we need to stop straining and just let it happen.

A lack of confidence mostly stems from how we generate our own fears, especially when we confront an unfamiliar situation that shatters our confidence and steals our power. I have personally experienced this. I had to make a conscious effort to develop confidence and realize that I was creating my fears. I have learned that it is better to face a fearful situation than to ignore it and to accept that it is OK to feel fearful, be it before a tournament or a grading.

VISUALIZATION is one of the best tools I have learned to use when combating these fears. Like Olympic athletes we need to never for a moment think about failure. Bruce Lee said “the mind is like a fertile garden, it will grow what we feed it, positive or negative”. You must visualize success and always believe you can!

One of the greatest gifts, aside from a newly found sense of self, for me has been finding a deep sense of peace inside, tranquility or serenity, whatever you choose to call it. Once found, it permeates through all areas of your life.

The martial artist who has given many years of his or her life to many years of training and meditation is a tranquil person. This serenity can only be achieved by fully extending oneself in what you do, knowing that you have done everything of which you are capable. One who has pushed to the outer limits of mental and physical abilities, nothing can unnerve or worry them. He or she is never nervous about performance because he or she is always functioning within an area he or she has already explored. Because of “detached calm”, he or she is able to make a rational decision from many possible options, even in the face of danger. With this calmness we learn that there are certain things we can do something about and others for which we can do nothing. Ed Parker once said “tranquility is like having a mind like still water – how?-go with the flow of life.”

There is so much to be gained by having an awareness of one’s inner reactions. The key is a constant exercise of awareness, vigilance of the mind and relaxation of the body. Applying spiritual principles frees an individual from concern, tension, and anxiety about winning or losing, succeeding or failing.

How do I know this? I now try to do my best Jiu-Jitsu without conscious effort. It flows because my art and I are one and not in conflict with each other. I relax and accept the joy that comes with my involvement on the mat with pure pleasure, not worries about who is thinking what. I am me and I am having fun – the time of my life!!

As a consequence of pursuing these philosophies, my personal life is calmer, richer and fuller. I now have more confidence, more patience and more tolerance of myself and of others. The Chinese word for confidence is “SAI” – it is also defined as “PRESENCE”!

I once read somewhere that self confidence is music for the soul. It is always good to have an “end” to journey towards, but in the end, it is the journey that counts! Have I had a trip! Did I do it alone? Of course not .

I, like all of you have been affected and impressed by others too countless to mention from whom I have learned great lessons. Notably my Sensei, Bob Kranstz, Sensei Victor Danielli – my first Sensei, the one who made me want to keep coming back, Sensei Ed MacLachlan and Sensei Frank Duncan who inspired me to work with the disabled community, Kyoshi John Therien who taught me to look at “the bigger picture” and through whom I was able to train with some of the great masters of martial arts in the world, Sensei Terry Yanke and Gord Agnew along with all of the members of the CJA Board of Directors with whom I worked over the 10 years that I was a member of that board, including having held the office of President. Most recently I have been working with other black belts in Karate and Judo and have learned that we indeed “ARE ALL ONE”.

My deepest respects and thanks to you all!The greatest joys for me have been the countless hours I have spent teaching, for I been given much more than I could ever have given. Stephen Simon, a Hollywood producer, summed it up very nicely: “when you uplift how people feel about themselves, you have taken your art form to the highest level”.