

The CJA Newsletter

Fall 2002

Welcome to the latest edition of the CJA newsletter. As this is the first newsletter in sometime, the focus of this issue is a reintroduction of the CJA, it's board members and reports on its activities. Future quarterly issues will include articles on events, historical matters, technical matters as well as anything Jiu-Jitsu related you'd like to see.

It is our intention to use this newsletter as a forum for all things related to the CJA and Jiu-Jitsu in general. Please feel free to submit articles about your dojo at any time for inclusion in upcoming editions of the newsletter. **THIS IS YOUR NEWSLETTER...**we don't have a newsletter without your submissions! Submissions should be sent with your club name and contact name (preferably in MS-Word Format) to dknispel@rci.rogers.com.

We need you! At the present time, the newsletter consists of 2 members; Doug Knispel and Karen Kocher and we need more members. We would like one volunteer from each club to be the contact who would be responsible for interaction between your club and the newsletter members. If you are interested in assisting with the newsletter in any way, please let us know.

Message from the President

By Terry Yanke
President, Canadian Jiu-Jitsu Association

Just in case you haven't heard, as of the last AGM, I (Terry Yanke) was voted in to take on the roll of President of the CJA. I want to thank Linda Bromley for the leadership she has shown on our behalf. Linda will still be on a few committees of the CJA and I look forward to continually working with her.

It has been quite a while since there has been a Newsletter. Doug Knispel and Karen Kocher have agreed to take on this huge responsibility and I'm sure they will do a terrific job. They are requesting that every club in the CJA send in some information about their club; is something going on, has gone on or an event that is about to happen in your club? Has there been a grading and who was promoted? Are you holding a tournament or seminar for kids or adults? Do you have some technical information you would like to share with others? Do you have any questions about the CJA? Do you have any good (clean) jokes? Are you alive? Please send submissions to Doug at dknispel@rci.rogers.com.

I'm sure everyone has heard about the 2001 World Championships that were held in England. But have you heard that they are going to be held

in Canada in 2004? The exact location has not been determined, but it will probably be held somewhere in the Golden Horseshoe (Toronto to Niagara Falls area). Training for this event will be starting in January of 2003 so if you are a black belt or think you may have your black belt by May 2004, then plan on trying out for the team. This is a tremendous opportunity to be part of a championship team. Because the tournament will be held in Canada, the expenses will be at a minimum so take this opportunity and go for it. There will also be a grappling division that Dan Moroney (Bravado Jiu-Jitsu) will be in charge of and he has agreed to train and coach all those who are interested. More information on that will be coming soon.

For those who would like to advance to a higher black belt level, the point system has been revamped and is enclosed with this newsletter. The points are not difficult to obtain BUT must be recorded in your passport book. The next grading for Shodan and Nidan will be Sunday November 24th, 2002.

I hope everyone had a great safe summer and don't forget, TRAIN HARD!

Introduction to the Board of Directors

By Doug Knispel
Secretary, Canadian Jiu-Jitsu Association

As with all non-profit organizations, the CJA is governed by the Board of Directors. Directors are volunteers, elected at an Annual General Meeting for 3-year terms. The Board Members are Black Belt Jiu-Jitsu instructors (students) who have volunteered their time to the Association. Directors meet every second month and are usually present at all CJA events. It is an unpaid position, but the Directors are individuals who are committed to their Art and are actively working for the betterment of the Association. The board consists of 6 members, one President, one Vice-President/Treasurer, one Secretary and 3 Directors "at-large", who assist with various committee functions.

The current members of the Board of Directors are:

Terry Yanke is our current President. He is currently ranked 7th Dan and is the owner/Chief Instructor of K-W Jiu-Jitsu. He has been involved with the CJA for over 20 years and has served in many capacities, including President. An avid competitor, this former World Champion was the Coach of the 2001 Team and is the Coach for the 2004 Team. To contact Terry, e-mail: Terry_Yanke@sobeys.net

Gary Pilon is the current Vice-President/Treasurer. Currently ranked 3rd Dan, Gary is the owner/Chief Instructor of Prospar Martial Arts Centre (a martial arts supply shop/dojo) in Barrie, Ontario. Gary has served the Board for many years and is also responsible for our highly successful Safety/Insurance program. Gary is a respected referee for Sport Jiu-Jitsu competitions and along with Linda Bromley, is responsible for Referee training. To contact Gary, e-mail: prospar@planeteer.com

Doug Knispel has served as the Secretary of the Association for 3 years. Doug is currently ranked 5th Dan and is one of the principals of the Richmond Hill Budokan. An avid Jiu-Jitsu person, Doug was a bronze medallist in the 2001 World Championships. Doug is also one of the members of the Newsletter Committee. To contact Doug, email: dknispel@rci.rogers.com

Ed McLachlan, a Director-at-Large, is currently a CJA 6th Dan and has over 40 years experience in the Martial Arts. Ed is also in charge of the Awards Committee. Ed is the owner/Chief Instructor of E&T Jiu-Jitsu Kai in St. Thomas. Ed's mission in the Martial Arts has been to make the training accessible to all people. As a result, Ed has spent many years offering training to people of all abilities. For an example of Ed's work, please see the article on "The Five Dragons" in this newsletter. To contact Ed, e-mail elwm@canada.com

Wayne Provost, Director-at-Large, currently heads up our Tournament Committee. Wayne is currently ranked 1st Dan and is a member of the K-W Jiu-Jitsu Club. An avid competitor, Wayne was a Silver Medallist at the 2001 World Championships in Jersey, overcoming an ankle injury in the process.

Steve Huff, Director-at-Large, is a long-time member of the CJA who has served the Board for the past 3 years. Steve is a member of the K-W Jiu-Jitsu Club and is ranked 1st Dan. Steve was also a member of the 2001 Team and was a Silver Medallist. He is also a respected Sport Jiu-Jitsu referee and served as a referee at the last World Championships.

The Board of Directors Members:

President: Terry Yanke
V.P./Treasurer: Gary Pilon
Secretary: Doug Knispel
Director: Wayne Provost
Director: Steve Huff
Director: Ed McLachlan

Committee and Chairman Members:

Membership: Gary Pilon
Tournament: Wayne Provost
Technical: Gord Agnew
Awards: Ed McLachlan
Fundraising: Karen Kocher
Public Relations: Doug Knispel
Social: Ed McLachlan
Grading: Terry Yanke
2004 Games: Linda Bromley

If you would like to be part of any committee, please contact the chairman of that committee to discuss.

Upcoming Events

Oct 20 - Grappling Workout/Seminar - 1pm - Bravado Jiu-Jitsu
1 Ashbridge Circle #5, Woodbridge, ON

Nov 17 - Sparring Workout/Seminar - 10am - Richmond Hill Budokan
346 Newkirk Rd. #7, Richmond Hill, ON
905-770-0457

Nov 24 - Black Belt Grading 10am Shodans, 1pm Nidans – K-W Jiu-Jitsu
694 Glen Forest Blvd, Waterloo, ON
519-746-5724

Dec 2002 – Next newsletter coming out.

Submissions due no later than November 18, 2002 to Doug Knispel at dknispel@rci.rogers.com

Grading Board

By Terry Yanke
Chairman, Black Belt Grading Committee

The next grading for Shodan and Nidan candidates will be held on November 24th at K-W Jiu-Jitsu. If there is a change in location, the Grading Board will notify all participants. Just as a reminder, please make sure ALL of the information that is required is presented with your application or students application.

This includes:

- First Aid
 - First level NCCP (National Coaching Certification Program) for Shodan
 - Second level NCCP for Nidan
 - 9 accumulated points for Nidan
- | | |
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| <ul style="list-style-type: none">• Referee at CJA Sanctioned Tournament - 1point• Judge at CJA Sanctioned Tournament – 1point• Participate in International Tournament – 3 points• Participate in a National Tournament(This includes fighters, score keepers etc) – 1 point• CJA Board Member – 3 points• Committee Aide – 2 points• Operate CJA club – 2 points• Teach at CJA club on a regular basis - 1 ½ points• Participate in CJA Seminar – 1 point• Obtain Referee Certification - 1 ½ points | <ul style="list-style-type: none">• Attend AGM - ½ point• Teach CJA Sponsored Technical Seminar – 2 points• Host CJA Sponsored Technical Seminar - 1 point• Write published technical article for Newsletter – 1 point• Beneficial Media exposure for CJA - ½ point• Bring special achievement or honor to CJA – 1 point• Other volunteer services as decided by Grading Board – 1 point• Prepare Technical Paper for CJA - 2 points |
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The Sandan grading and higher levels of Black Belt grading will be held in the spring of 2003. With these changes we hope to have more black belts grading to a higher level.

The Grappling Corner

By Dan Moroney
Bravado Jiu-Jitsu

Position, Control, Submission.... a very common rule of thumb we use for grappling. There are many times where I've seen grapplers attempt a submission in an awkward position only to lose their own balance and lose by submission. Hopefully for those interested we can shed light

for this simple rule of thumb on Oct 20th! When broken down this is a simple and effective approach to anyone's grappling development.

For new grapplers, tapping or being submitted is normal and one should not get frustrated! Patience is the key; especially if you're sparring with someone more advanced and experienced. Use technique instead of strength. And have fun!

Tournament Committee Report

By Wayne Provost
Tournament Director

The 2002 National Open Jiu-Jitsu Tournament was held at the Acton Arena on May 5th, 2002. It was a resounding success with over 130 competitors in both the grappling and continuous sparring divisions. Sensei Gord Agnew was our chief referee and main organizer. As usual he performed an exemplary job. The CJA would like to issue a special thank you to all helpers, officials and referees. An extra special recognition goes out to Dan and Sylvain Moroney who took charge of the adult grappling division. A special thank you to Wayland Pulkinen for taking charge of the children's grappling mat. Last but certainly not least, the CJA would like to thank all the competitors and congratulate all the winners again.

Several photos were taken during the competition and posted on a mixed martial arts web site for a short time for all interested martial artists to view.

We anticipate our 2003 National Open Tournament will be held once again in the spring. As information becomes available, we will be updating you on the event.

A number of people approached us after the tournament with great ideas for improvement. We have taken all suggestions seriously and will implement changes for the better whenever we can. But we need your help. We will be asking you to volunteer for the next tournaments. So step up to the plate, and volunteer! Parents are welcome also.

The 2004 World Jiu-Jitsu Championships will be held in Canada. We will be starting to train for this event very soon so contact us if you are interested in the Team Canada tryouts or if you wish to help in the organization of the event.

Want to help with tournaments?
Contact Wayne Provost
at K-W Jiu-Jitsu

519-746-5724

The Five Dragons

April 2002

By Matt Morrow

A few stories back, I wrote a story called "Enter the Five Dragons", which was about the five of us involved in Jiu-Jitsu. Well, now I'm about going to tell you more about us.

To begin with, the names of the Five Dragons are Steven Craig, Rahim Jamani, Cindy Fristch, Tina Morrow and myself, Matt Morrow. We've all known each other for many years in the Special Olympics.

We are Special Olympic athletes and there were a lot of people out there who thought we weren't capable of anything. But one day, we had an opportunity to change that way of thinking. It all started when Ed McLachlan (our sensei) and my dad, who has taken Ed's classes

for many years, decided to form a Jiu-Jitsu team with five athletes...that would be the five of us.

When we first started in September 2000, we decided to call our new organization "The Five Dragons". In case you were wondering, the dragons is not part of the Special Olympics, it's part of community living. Speaking of community living, we did our very first demonstration a month later at the fall family dinner. We were a hit and are looking forward to doing more in the future.

We had our white belts when we did our very first demonstration, but since then, we've demonstrated our moves at Jiu-Jitsu competitions, banquets, festivals and other places with our yellow belts. We hope to get our orange belts soon, but no matter what belts we have, we will do more demonstrations and we hope you like what you see.



Travelling?
Why not drop in on one of your fellow CJA Clubs for a class!

Canadian Jiu-Jitsu Association Member Clubs

Dojo	Address	Dojo-Cho
Acton Jiu-Jitsu	5A Mill St. East Acton, Ontario L7J 1G8	Linda Bromley 519-853-2424 jiujitsu1@sympatico.ca
Bond Head Martial Arts	PO Box 130 Bond Head, Ontario L0G 1V0	Christopher Fusco 905-775-2348 cjfusco@attcanada.ca
Bravado Jiu-Jitsu	1 Ashbridge Circle #5 Woodbridge, Ontario L4L 3R5	Dan Moroney 905-265-0950 info@bravadoji.com
Burlington Academy of Martial Arts		Frank Rabley 905-336-1471
Chalk River Jiu-Jitsu	7 Kellet St. Chalk River, Ontario K0J 1P0	Sam Bessy 613-589-2266 samandsara@sympatico.com
E&T Jiu-Jitsu Kai	12 Park Ave. St. Thomas, Ontario N5R 4V3	Ed McLachlan 519-631-7239 elwm@canada.com
Elite Champion Promotions	5151 Sunray Drive Mississauga, Ontario L5R 2V3	Muzammal Nawaz 905-829-1485 eltec@yahoo.com
Kick Jitsu	220 Wycroft 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	694 Glen Forest Blvd Waterloo, Ontario	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 Combat Arts	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@planeteer.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	8282 Indian Trail Rockwood, Ontario N0B 2K0	Kyle Bromley
Yanagi Dojo	193 Elton Park Rd. Oakville, Ontario L6J 4C2	M. Matsubuchi Shaw Peter Ramsden 905-849-6035 Ramsden1@cogeco.ca