

# The CJA Newsletter

Fall 2003

Brute force is the last refuge of the incompetent. One who breaks a thing to find out what it is has left the path of reason.

*Check out our new web site at [www.canadianjijitsu.com](http://www.canadianjijitsu.com)!*

The CJA has a new web site. It is still in its infancy, but each week more information is being posted. Take a look and let the newsletter committee know what you would like to see on the web site.

## The President's Notes

By Terry Yanke  
President of the CJA

The end of the summer has arrived and I'm sure you will find your dojo getting busy once again. The CJA has a number of exciting things happening over the next few months that I'm sure will create a lot of interest and hopefully you will want to be part of them.

On October 4<sup>th</sup> at Fairview Park Mall in Kitchener the CJA will be putting on demonstrations throughout the day. This event is being held to raise awareness for the World Championships that are going to take place in Kitchener June 2004. Sensei Doug Knispel and

Sensei Ed McLachlan are organizing the demonstrations for the event and are looking for members to participate in the demonstrations. If you are interested in participating for the whole day or even part of it please contact them as soon as possible. They are looking for youths and adults (male and female). Contact Ed McLachlan at [elwm@rogers.com](mailto:elwm@rogers.com) or Doug Knispel at [Doug.Knispel@rci.rogers.com](mailto:Doug.Knispel@rci.rogers.com).

On Sunday September 14<sup>th</sup> the CJA held it's Annual General Meeting and Sensei Dan Moroney was elected to the Board of Directors. Congratulation Sensei Dan, I know you will be a great asset to the CJA.

## Tournament Committee

By Terry Yanke  
President of the CJA

On October 25<sup>th</sup> at 1:00 PM, at Conestoga College in Kitchener, Team Canada will be competing against Team USA in a National Tournament. This is a warm-up for the World Championships that will be held next June. Make sure you mark this date on your calendar to come and cheer on Canada. The cost will be \$10 for adults and \$5 for kids under 16 years.

## The Grappling Corner

By Dan Moroney  
Bravado Jiu-Jitsu

The do's and don'ts of Grappling! Here are a few things to remind you towards a safe, fun experience on the mats.

1. Leave the ego at the door! Nobody likes these types of people. A more experienced grappler will probably squish you if you pull the Rocky routine on them!
2. If you're not sure, just ask! If you are training with somebody who has more grappling knowledge, pick his or her brain!
3. The more you tap, the more you'll learn. There's no shame in it!
4. Beginners NEVER start standing! Always start kneeling facing each other! As time goes slowly start them on their feet.
5. Beginners should never use leg locks to submit or even used against! A person who does not know the intricacies of leg locks can suffer serious injury.
6. When you start training, use 10% of your energy, then up every match by 10%. Never go 100%, as injuries will certainly occur. 70% is sufficient.
7. Always surrender (tap your partner) two to three times. And always tap your partner in training (to avoid confusion in a busy dojo) and tap the floor in competition (to make sure the referee sees it to stop the match).
8. If you use strength when you fight, that certainly means you are compensating for lack of technique.
9. Always have a smile on your face and make it fun!

## AGM – Annual General Meeting

By Doug Knispel  
Secretary, Canadian Jiu-Jitsu Association

On Sunday, September 14th, the Association Annual General Meeting was held at Linda Bromley's Acton Jiu-Jitsu dojo. As with all Annual General Meetings, the "state of the Association" was delivered by President Terry Yanke and the Board of Directors. Reports were given by various committee heads and discussion and ideas were exchanged with the membership. There was spirited discussion on the future of the Association and the Board of Directors were given very good feedback from the membership, which they will use to chart the future course of the Association.

Elections for positions on the Board were also held and the new Board of Directors for the Association is as follows:

President:	Terry Yanke
VP/Treasurer:	Gary Pilon
Secretary:	Doug Knispel
Director:	Steve Huff
Director:	Ed McLachlan
Director:	Dan Moroney

The new board looks forward to serving the Association. Please remember that attending events, such as the Annual General Meeting, involve YOU in YOUR association. For those seeking promotion to Black Belt and higher Dan levels, attending the AGM is an easy way to earn points towards your grading.

## Upcoming Events

- Fri Sept 26 2003: The next training workout will take place at Sensei Nick Petroff's club located at 220 Wyecroft Rd. Oakville. The workout will go from 8 PM to 10.
- Sun Sept 28, 2003 Introductory Sign Language/Deaf Awareness seminar at Richmond Hill Budokan 11:00am - 4:00pm. Cost is \$40.  
Course is being taught by a licensed Sign Language Interpreter. (ASL). Please contact Doug Knispel at [Doug.Knispel@rci.rogers.com](mailto:Doug.Knispel@rci.rogers.com). as pre-registration is required
- Sat Oct 4, 2003: Day long demonstration of Jiu-Jitsu at Fairview Park Mall in Kitchener, ON from 9:30 to 6pm. All are welcome. This is a free event.
- Sat Oct 11, 2003 Training workout for black belts at K-W Jiu-Jitsu 10am to 1pm
- Sat Oct 25, 2003: Tournament at Conestoga College in Kitchener – Team Canada versus Team USA \$10 for adults and \$5 for kids under 16 years.
- Tues Nov 18, 2003 Submissions for the next newsletter are due. Please send anything you have to Doug Knispel at [Doug.Knispel@rci.rogers.com](mailto:Doug.Knispel@rci.rogers.com).
- Nov 30, 2003: next black belt grading – location to be determined

## What's Happening?

By Doug Knispel  
Secretary, Canadian Jiu-Jitsu Association

On July 21 - 22, longtime CJA member (and Director) Ed McLachlan of E&T Jiu-Jitsu Kai had the privilege of presenting his unique street awareness program at the World Deaf Federation Convention, held in Montreal, Quebec. Accompanying Ed was Catherine Page of Page Interpreting Services, a licensed Sign Language Interpreter.

Ed was invited to the convention as a general presenter in the Human Diversity and Cultural Exhibition. On July 21, Ed presented his program to a small group of representatives from the World Deaf Federation. He also spent the 2 days on the exhibition floor and met and exchanged information with other deaf people from all over the world. Not only was American Sign Language used at this convention, but International Sign Language and

other genres/dialects to the language that both Ed and Catherine have to communicate with. All in all, the convention was a huge success, Ed's program was well received and contacts were made in Ontario, Washington, Sri Lanka, Sweden, U.S.A, Holland, France, England, Scotland, Spain, Quebec, Africa and various other places. All of the representatives were interested in Ed's short demonstrations, much to the pain of interpreter/uke. Many have already contacted Ed, interested in seminars and programs in their areas.

It has been mentioned in this newsletter time and time again, but once again, Ed McLachlan has proved that the martial arts and Jiu-Jitsu in general is for everyone and with a little innovation, anything is possible. For more information on Ed's program or if you are interested in the Special Needs committee of the Association, please feel free to contact Ed at [elwm@rogers.com](mailto:elwm@rogers.com).

## Grading Board

By Terry Yanke  
Chairman, Black Belt Grading Committee

The next black belt grading will take place on Sunday November 30<sup>th</sup>, for shodan and nidan. Anyone who is eligible should have his or her application sent in to the CJA office 30 days prior to the grading. Make sure you have your NCCP and First Aid (or equivalent). The location of the grading will be decided once all applications have been received.

Please enclose a picture, copy of your First Aid Certificate (or equivalent) and your NCCP. For nidan applicants please ensure you send in your passports with the required activities for your points.

## Interesting News!

By Doug Knispel  
Secretary, Canadian Jiu-Jitsu Association

On the August Long Weekend (August 1 - 4), approximately 50 martial artists braved the rain and the elements to participate in the 8th Annual Kitsune Ryu Jiu-Jitsu Summer Camp, held at Kelso Conservation Area in Milton Ontario. Participants traveled from all over Ontario to attend this popular event, representing several styles of Martial Arts. Instruction was provided in Jiu-Jitsu, Karate, Sparring, Weapons and even Sign Language! Several hours of training were provided; despite the elements. Among the most popular of the classes were our water classes. Jiu-Jitsu in the water? What could be better? Of course, the water classes were a welcome relief after breakfalls on the rain soaked ground. All in all, a fun weekend was had by all.

Instructors for the camp included: the founder of Kitsune Ryu Jiu-Jitsu, Steve Reynolds, Doug Knispel Jr., Ed McLachlan and Hugh Smith. The camp is held every year on the August Long Weekend at Kelso in Milton. All are welcome to attend this annual event. For more information, please contact Doug Knispel at [doug.knispel@rci.rogers.com](mailto:doug.knispel@rci.rogers.com).

## Kata – what is it?

(Editor's Note: Although this article speaks to Karate Kata, it can easily apply to kata of any style, including Jiu-Jitsu. It also contains some valuable historical references as well as thoughts on the nature of training. Enjoy.)

By: Shawn F. Rodie  
Kyoshin Ryu Jiu-Jitsu, Shotokan Karate-do

Kata was designed hundreds of years ago, for the solitary practice of self defense techniques. Kata is a pre-arranged pattern of self defense techniques simulating an actual combative situation.

The Kata of today have evolved from the Kata of the past. Hidden within the Kata, are actual self defense techniques that have survived the passage of time. The techniques that Karateka (*person who practices karate*) used, preserved the lives of themselves and their loved ones during actual combat. With the present day changes made to Kata (due to modifications for "sport" use), it is difficult to understand the true function of some particular techniques within the Kata. To master Karate, one must fully understand each Kata movement and bunkai (*application*) of each technique presented within the kata. These techniques to a large degree in our modern times, have little meaning relative to our daily lives and the ideals of modern society. Yet, it is important for us to remember the techniques of old as well as the reason behind them, if we are hoping to one day gain mastery of one of the world's most prominent martial arts systems, Karate-do.

Kata training brings into focus the essence of Karate training from a martial standpoint and also attempts to instill in us a sense of humility and kindness (the "Do" (way) standpoint). We know that the appearance and practice of Karate Kata began before the Japanese calendar year of 1609, in the fourteenth year of Keicho. This was a time of banishment of all weapons (with exception to the Samurai) by the government

within the Ryu Kyu Islands. At this point in time, the creation and practice of Kata was accelerated since people on the islands could only depend on their bare hands for self protection.

At the end of the Second World War, all martial arts practices were halted by the occupying military forces in Japan. People had to practice Karate in secret and to a large degree alone. Thus, we come to the conclusion that Kata is in actuality a series of self defense techniques that can be practiced by a single person at virtually anytime or place. Specifically, Kata could be practiced by a person who does not have the luxury of a training partner or for reasons of secrecy, preparing for eventual combat.

Now that we understand the importance of Kata training, not only as a way of preserving our original art forms and the ideals of the founding masters, we see that to understand Kata is to understand the "way" of Karate. To practice Kata superficially, not understanding the meaning behind each technique is like traveling a path leading nowhere.

## **Kitsune Ryu Jiu-Jitsu**

By Doug Knispel  
Secretary, Canadian Jiu-Jitsu Association

Kitsune Ryu Jiu-Jitsu is a modern Jiu-Jitsu system that is based on several older forms of Jiu-Jitsu. It is a strong reflection of the eclectic background of its founder, Steve Reynolds. Chief among it's influences are Danzan Ryu (Kodenkan) Jiu-Jitsu, Daito Ryu Jiu-Jitsu, Kawaishi Ryu Jiu-Jitsu, Kodokan Judo, Aikido, several Kung Fu Systems, several Karate systems as well as Military Hand to Hand Combat.

Literally translated, Kitsune Ryu is the School or Style of the Fox. This is a play on the founder's last name, Reynolds. Therefore, we take it to mean the Reynolds Style of Jiu-Jitsu.

Kitsune Ryu Jiu-Jitsu was founded in 1973, with the opening of the Richmond Hill Jiu-Jitsu Kai (currently, Richmond Hill Budokan), though the name Kitsune Ryu was not adopted until much later. However, the foundation of what was to be Kitsune Ryu was laid at this time.

### **Curriculum:**

Students of Kitsune Ryu Jiu-Jitsu study from an organized and extremely robust curriculum that addresses all ranges of combat/self defense.

For striking and long range combat, we use karate-style striking and footwork. For trapping-range combat, we use ideas from both traditional jiu-jitsu as well as concepts from several kung fu and Karate systems. For the grappling range, we rely on traditional jiu-jitsu as well as Kodokan Judo. Traditional techniques have been modified and updated to reflect the current realities of self defense. Children are also taught techniques that are appropriate for their needs on both the schoolyard and the street. A style that does not adapt to the changing realities of the modern world will eventually fizzle out and die. This is why Kitsune Ryu attempts to stay on the cutting edge.....evolving as the need dictates.

Unique to Kitsune Ryu Jiu-Jitsu are several original kata (one-man combat sequences), developed by the founder to better illustrate his style. Many of these kata have been adopted by other styles as their principles are universal. The most famous of these kata is probably, the style's signature kata, Kitsune. Proper footwork, timing, breathing and flow are developed through the study of the kata. In addition, the bunkai (applications) of the kata help to build a solid foundation of Kitsune Ryu technique. Weapons are also studied in detail to allow us to defend blades, clubs, etc. We also practice several forms of free-sparring (jiyu-kumite) to further round out our technique. Students are encouraged to cross train as much as possible, while not neglecting their own study of Kitsune Ryu.

### **Competition:**

While competition is not stressed in Kitsune Ryu, we are active on several competition circuits for both Karate (traditional and open-style) and Jiu-Jitsu. (Continuous Rules as well as Grappling) Our style has produced several World Championship calibre athletes. In fact, at the last World Jiu-Jitsu Championships, Kitsune Ryu fighters took 3 bronze medals. Competition training is available to Kitsune

Ryu students, drawing on the extensive competition experience of both Mr. Reynolds and his senior students.

### **Where to find Kitsune Ryu:**

The style of Kitsune Ryu is governed by the Kitsune Ryu Jiu-Jitsu Kai, which is directly administered by the founder who is ably assisted by his senior students. Curriculum, standards and Yudansha gradings are directly controlled by the founder, with the assistance of his senior students.

Kitsune Ryu training is available in Vaughan (at Michiko Martial Arts), Richmond Hill (at the Richmond Hill Budokan), St. Thomas (E&T Jiu-Jitsu Kai), Stouffville (at Stouffville Martial Arts) and Barrie (Classic Martial Arts).

For those not able to travel to any of these locations or for clubs that are interested in Kitsune Ryu Jiu-Jitsu, seminars are available on a multitude of topics pertaining to Kitsune Ryu.

### **The Future of Kitsune Ryu:**

Kitsune Ryu had its beginnings almost 30 years ago with the beginnings of the teaching career of Mr. Reynolds. He has promoted several people to Yudansha levels, who in turn have gone on to teach the style, thus guaranteeing its future.

In 1994, to ensure that his teachings were continued in the manner he wanted, Mr. Reynolds formally appointed Doug Knispel Jr. as the heir apparent to Kitsune Ryu Jiu-Jitsu. Doug has been a long time, loyal student of Kitsune Ryu and Mr. Reynolds and is committed to the future of the system.

In addition to the line of succession, the senior students of the Kitsune Ryu, Mr. Ed McLachlan, Mr. Doug Knispel Sr. and Mr. Hugh Smith are all doing their part in ensuring that Kitsune Ryu survives well into the 21st Century.

For more information on Kitsune Ryu Jiu-Jitsu, including affiliation and seminars, please contact Doug Knispel at [doug.knispel@rci.rogers.com](mailto:doug.knispel@rci.rogers.com)

## The Lesson from a Coffee Bean

By Author unknown  
Sent in by George Cushinan

A young student went to his teacher and complained, saying life was so hard. The student was tired of fighting and struggling with an endless stream of day-to-day issues that sapped his enthusiasm. It seemed as if when one problem was solved, a new one rose to take its place.

Without saying a word, his teacher (who had endured a hard life), took him into a kitchen and filled three pots with water on the stove. In the first, he placed carrots, in the second he placed eggs, and in the last he placed ground coffee beans. He let all three pots boil without saying a word. Ten minutes later he turned off the stove. The teacher fished the carrots out (putting them in a bowl), pulled the eggs out (putting them in a different bowl), and then ladled the coffee into yet another bowl.

Turning to the student, he asked, "Tell me what you see." "Carrots, eggs, and coffee," the student replied, a bit confused. "Come closer and feel the carrots," the teacher asked. The student did so, and noted that they had become mushy-soft. Then, the teacher asked him to take an egg from the hot water and break it. After pulling off the shell, the student noticed that the egg had become hard-boiled. Finally, the teacher asked the student to sip the coffee. The student smiled as he tasted its rich aroma, then asked, "What's the point, teacher?"

The teacher explained that each of these objects had faced the same adversity – boiling water – but each had reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it became mushy and weak. The egg had started fragile; its thin outer shell had protected its liquid interior. But after sitting in the boiling water, it had hardened inside. The ground coffee beans were unique. After they had been in boiling water, they released a rich aromatic flavor and improved the water.

### Life-Giving Questions:

"Which are you?" the teacher asked the student. "When adversity knocks on your door, how do you respond? Are you a carrot, and egg, or a coffee bean?" Think about it. Are you a carrot that seems strong, but after experiencing the pain and adversity that naturally comes with life, wilts, becomes soft and loses its strength? Or, are you like an egg that starts with a soft malleable heart, but hardens as you encounter difficulties in life? (These difficulties may include a break-up of an important friendship, financial hardship or some other trial.) Does your outer personality look the same as it always has, but on the inside you know you've become bitter, tough and hardened? Or are you like the coffee bean? The bean actually changes in hot water – the very circumstance that brings the pain. When life's experiences get difficult and hard to manage, do you accept the challenge, keep smiling and attempt to grow through the experience (i.e. releasing a pleasing fragrance like the coffee bean)?

Life is not always easy. But for most of us, it is considerably better than the vast majority of people in other parts of the world, regardless of what we experience. None of us go hungry for days. Most of us live in comfortable homes with plentiful provisions of food, and have a wide selection of entertainment at our beck and call through television. No one threatens us daily with bombs, or force children to work long hours for a slave labour income. When sick, doctors are standing by with high-tech medical facilities. People, who practice living their lives like coffee beans, try to bend with difficulties, avoid anger and all resentment. They live life as an unfolding adventure that sometimes becomes very hard, but offers opportunities for growth even through the sting of disappointment.

Life is good. Learn to celebrate the good times and grow through the difficult ones. When hours turn dark and trials appear insurmountable, do you elevate to another level or slide into anger and resentment? Learn from each other to avoid becoming like the soggy carrot or the hardened egg. Seek to improve the world, especially when it's difficult.

This is a great story to discuss with your students, especially the younger ones. How do your students handle depression, too much schoolwork, family stresses and other adversities? Some of your students might appreciate a sharing session so they can learn coping techniques from each other.

## Canadian Jiu-Jitsu Association Member Clubs

Updated Sept 19, 2003

<b>Dojo</b>	<b>Address</b>	<b>Dojo-Cho</b>
Acton Jiu-Jitsu	5A Mill St. East, Acton, ON., L7J 1G8	Linda Bromley 519-853-2424 <a href="mailto:jiujitsu1@sympatico.ca">jiujitsu1@sympatico.ca</a>
Bond Head Martial Arts	PO Box 130, Bond Head, ON., L0G 1V0	Christopher Fusco 905-775-2348 <a href="mailto:cifusco@attcanada.ca">cifusco@attcanada.ca</a>
Bravado Jiu-Jitsu	65 Woodstream Blvd #12 Woodbridge, ON., L4L 3R5	Dan Moroney 905-265-0950 <a href="mailto:info@bravadojj.com">info@bravadojj.com</a>
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 <a href="mailto:samandsara@sympatico.ca">samandsara@sympatico.ca</a>
E&T Jiu-Jitsu Kai	12 Park Ave., St. Thomas, ON., N5R 4V3 7239	Ed McLachlan <a href="mailto:elwm@canada.com">elwm@canada.com</a> (519)631-
Elite Champion Promotions	5151 Sunray Drive Mississauga, Ontario L5R 2V3	Muzammal Nawaz 905-829-1485 <a href="mailto:eltec@yahoo.com">eltec@yahoo.com</a>
Kick Jitsu	220 Wycroft Rd. Oakville, Ontario	Nick Petroff 905-616-0326 <a href="mailto:n_petroff@hotmail.com">n_petroff@hotmail.com</a>
Kick Jitsu West	2087 Sunview Dr. Kelowna, BC V1Z 3P5	Dan Johnson 250-979-8499 <a href="mailto:kickjitsuwest@on.shaw.ca">kickjitsuwest@on.shaw.ca</a>
K-W Jiu-Jitsu	694 Glen Forest Blvd Waterloo, Ontario N2K 3L4	Terry Yanke (519)746-5724 <a href="mailto:Terry_Yanke@sobeys.net">Terry_Yanke@sobeys.net</a>
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 <a href="mailto:mjtc_03@hotmail.com">mjtc_03@hotmail.com</a>
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 <a href="mailto:prospar@planeteer.com">prospar@planeteer.com</a>
Richmond Hill Budokan	346 Newkirk Rd #7 Richmond Hill, Ontario L4C 3G7	Doug Knispel 905-770-0457 <a href="mailto:dknispel@rci.rogers.com">dknispel@rci.rogers.com</a>
Sisu Martial Arts Club	89 Surrey St. East Guelph, Ontario N1H 3P7	Wayland Pulkkinen 519-821-8554 <a href="mailto:wayland@pulkkinetics.com">wayland@pulkkinetics.com</a>
Summerfield Martial Arts	148 Brien Ave. East Essex, Ontario N8M 2P4	Ted Summerfield 519-776-6967 <a href="mailto:tsummerf@ford.com">tsummerf@ford.com</a>
University of Guelph	7 Karen Ave. Guelph, Ontario	Kyle Bromley 519-836-3533