



The CJA Newsletter

FALL 2004

"He who hesitates, meditates in the horizontal position"
Ed Parker Sr. (American Kenpo founder)

President's Report

By Terry Yanke
President of the CJA

It has been a long time coming, but the World Championships have come and gone for another 3 years. I can only speak for myself but I'm sure others will agree that we should be very proud of how well the whole tournament ran. This includes the committee headed by Karen Kocher that organized everything from the venue, sponsorships, t-shirts, uniforms, hotels, banquet, etc, etc. Karen and her committee deserve a huge pat on the back for their commitment and dedication in helping make this event as successful as it was.

The fighters especially need to be congratulated for a terrific showing of their competitive skill. Most trained for over a year in preparation to compete at this level and everyone should be very happy with their accomplishments, especially the women who finished with a gold medal in the team division.

The referees and judges were also mentioned as being the best so far. Al Maclean received an honorable mention at the Director's meeting for his professionalism, fairness and consistency in his calls. Gord Agnew organized the structure of which Country and which fighters would be fighting against each other and also did a great job.

We cannot forget the volunteers that were involved in the set-up, take-down, time and score keeping, ticket sales, etc, because without them the event would not have taken place.

The next World Championships will be held in 2007 in Belfast, Northern Ireland. It would nice to keep as many fighters from these past games as possible and build on their experience. This will require constant competition and training and I hope they are up for it.

This brings to mind the message I received from Professor Larry Carey, the Director and Coach from the USA. He has requested a Canadian team travel to Reno Nevada during the weekend of October 23rd and 24th for a tournament against the US team. I have already sent out a message to the clubs regarding this tournament and I will contact everyone again in September to see if we can get a team to go.

I hope you had a great summer and thanks again for a terrific tournament and year.

2004 World Jiu-Jitsu Championships Official Results

TEAM COMPETITION

CHAMPIONSHIP TEAM	1. ENGLAND 2. USA 3. CHANNEL ISLANDS
WOMEN'S TEAM	1. CANADA 2. USA 3. UNITED KINGDOM

INDIVIDUAL COMPETITION

Event	Winners	Country
Women's Lightweight	1. Jackie Lachapelle 2. Lisa Tierney 3. Stephanie Haig	CANADA USA CANADA
Women's Middleweight	1. Michelle Holt 2. Robyn Haig 3. Karen Kocher	ENGLAND CANADA CANADA
Women's Open Weight	1. Apryl Wales 2. Kirsten Beckett 3. Cynthia Godwin	CANADA CANADA USA
Men's Masters Lightweight	1. Mickey Dimic 2. Mike Ormond 3. John McLaughlin	CANADA ENGLAND CANADA
Men's Masters Heavyweight	1. Andrew Toporis 2. Ed Leis 3. Paul Grant	CHANNEL ISLANDS CANADA ENGLAND
Men's Lightweight	1. Mark Simon 2. Kyle O'Brien 3. Trevor Birmingham Dave Hyett	CANADA CANADA ENGLAND CHANNEL ISLANDS
Men's Middleweight	1. Jeff Lawson 2. Adam Konieczny 3. Andre Nunes Geordie Taylor	ENGLAND ENGLAND CANADA CANADA
Men's Light Heavyweight	1. Dave Marinoble 2. Leon Finnerty 3. Chris Goldsbrough	USA ENGLAND CHANNEL ISLANDS
Men's Heavyweight	1. Luke Daniels 2. Paul Grant 3. Paddy Ritchie	CHANNEL ISLANDS ENGLAND IRELAND
Men's Super Heavyweight	1. Gary Turner 2. Alan McKee 3. Robert Bates	ENGLAND NORTHERN IRELAND USA

TEAM DEMONSTRATION

1. **SCOTLAND**
2. **ENGLAND**
3. **CANADA**

BEST COMPETITOR AWARD

Jackie Lachapelle (CANADA)
and Lisa Tierney (USA)

PERSONALITY AWARD

Robert Bates (USA)

Upcoming Events

- Oct 23 – 24, 2004: International Jiu-Jitsu Tournament - Reno, Nevada - contact Terry Yanke for more details.
- Sunday, November 21, 2004: Annual General Meeting - location to be determined.
- Sunday, November 28, 2004: Grading (Shodan and Nidan) - location to be determined.

Grading Board

By Terry Yanke
Chairman, Black Belt Grading Committee

At the last grading, May 9th the following were graded and promoted.

Dan McNeil - 1st degree Black Belt
Chris Rogers - 1st degree Black Belt
Linda Bromley - 4th degree Black Belt
Gary Pilon - 4th degree Black Belt
Doug Knispel - 6th degree Black belt

Congratulations to all candidates.

The next grading will take place in November 28th. Location yet to be determined.

Continuing Your Training

By Douglas Knispel
Kitsune Ryu Jiu-Jitsu, Richmond Hill Budokan

I have had the good fortune to study Jiu-Jitsu for most of my life; in fact, this year (2004) marks my 24th year in the Art. I have also had the seemingly unique experience of remaining with the same instructor and essentially the same dojo from the onset. (although, I now co-own the dojo with one of my sempai) Let it be said from the outset that this paper represents my opinions based on my experiences at this moment in time. As time goes on, opinions change based on experience and further training.

As with all relationships (particularly one that has gone on for a long time), my relationship with Jiu-Jitsu in general, has gone through many ups and downs, it has meant a lot of sacrifice, but it has also brought many rewards. One of the most difficult aspects of training and teaching has been to avoid burnout. Like any endeavour, it is easy to fall into ruts and stagnate (sometimes, this means forcing yourself to get to the dojo, no matter how you feel), the trick with Jiu-Jitsu is to train on a regular schedule and keep your training as fresh as possible. It is my belief that in order to keep one's

training fresh, one must have a strong support system of teachers and mentors in place. After all, if you are not moving forward, you are sliding backwards in your training. I am most fortunate to have such a support system in place. Lineage is important....one must never forget where one has come from.

Since receiving my first black belt in 1988, my own personal training has been influenced by several sources.

My instructor, Steve Reynolds has remained a constant through my training. Indeed it is his guidance that has shaped my abilities to date. Sensei has always maintained that the advanced techniques are the basics done better. As he has taught, “anyone can do the techniques hard and fast, like a bull in a china shop, the true jiu-jitsu person can do them with finesse”. Serving my apprenticeship to him has been an education like no other. I still regularly return to him for guidance. He has supported me in all of my endeavours, including several of my cross-training initiatives.

Of primary importance in my training has been my father, Doug Knispel (Sr.). It is his persistence and dedication that has allowed me to continue to this day. There have been times in my career where I did not want to train anymore...it is his encouragement that allowed me to continue. From a technical standpoint, his ability to analyze a technique is like nobody I’ve trained with. His thinking and ability to break technique down to its constituent parts have definitely influenced my thinking and training. In his words, “If Sensei never teaches you another technique, you still have too much to work on”. These words have remained with me for a long, long time. Without him, I would not be where I am today.

My good friend Edward McLachlan has also been a strong influence in my training, in addition to the obvious technical training, it is Ed who has taught me the importance of giving back to the community what the Art has given you. It is through his encouragement that I agreed to serve the Board of Directors of the Canadian Jiu-Jitsu Association, which has been a rewarding learning experience to say the least.

Hugh Smith, my sempai with whom I own the Richmond Hill Budokan is responsible for much of my basic training in the Art of Jiu-Jitsu. Through his example of studying other styles of Martial Arts as well as their history, my library of books, video tapes and other media has grown year after year. He is also responsible for my education in Okinawan Karate, which has been an excellent complement to my Jiu-Jitsu, particularly in close quarter combat.

These sources, in addition to my research of other systems and styles and a healthy dose of *shoshin* (the beginner’s mind/spirit) have all contributed to my growth and continuation in my martial studies. Indeed, as you learn more, the more you realize there is to learn.

Another large contributor to my longevity in Jiu-Jitsu has been my decision to become an instructor and run my own dojo. Throughout my 17 years of teaching, my students have been a great source of inspiration to me and indeed they drive me to continue to explore, research and train. Though a teacher’s life can be painful at times, the experience continues to be very rewarding and all of the students at the dojo are a great source of pride for me.

In the Japanese martial traditions (Budo/Bujutsu), learning is defined through a 3-staged process, which is known as *shu, ha, ri*. (learn the form, master the form, break from form)

The first stage, *shu* (to learn the form), is the primary introduction to the Art and its fundamentals. Specific technical knowledge is imparted at this point in the training. This is where good mechanics

must be learned and emphasized. If we the kyu/dan grading system, this should roughly translate time-wise to the period from Day 1 in the Art to around Shodan/Nidan level. Students must have a strong, sturdy syllabus to learn from and they should spend all of their energy learning that syllabus and the proper technique that define it. It is up to the instructor to define this syllabus and ensure that it is taught properly. In my personal experience, the Kitsune Ryu has always had such a curriculum and it was our bible when I was coming through the ranks. I impart this same philosophy to my students and structure their training with the curriculum in mind. A solid foundation is crucial for longevity as a strong base is required for future development. If the foundation of the house is weak, it will topple. This stage must be undertaken with the utmost seriousness as one cannot hope to achieve any sort of longevity in training, if there is no foundation on which to build.

The second stage, ha (master the form) is where lower to mid-level black belts spend their time. Oftentimes, technique are broken down brick by brick and then reassembled to gain better understanding. More advanced principles should be explored, the various principles of timing (*go no sen* (reaction after action), *sen no sen* (reaction simultaneous to action), *sen sen no sen* (reaction prior to action)) should be explored in depth. The fundamental similarities between all Jiu-Jitsu techniques should be discovered at this point also. Additionally, the relationship of Jiu-Jitsu to other martial art forms should be emphasized at this point. A rudimentary understanding of how Jiu-Jitsu relates to sword work is also beneficial at this point, since much of Jiu-Jitsu is based on the principles of swordsmanship. If we use the kyu/dan system as a guide here, this level of training can start from approximately Nidan level and up. In my own experience, this has meant a great deal of “book” learning, seminar training, exploration of other martial art forms (both for rank and no rank) further study and discussion with instructors, etc, etc. I have also learned much about attempting to master/integrate the forms by teaching them. Watching others succeed and struggle with technique is often a good way to analyze your own technique.

The final stage, ri (break from form) is where one makes the Jiu-Jitsu their own. The technique has been added, integrated and has become natural. This is why most advanced Jiu-Jitsu people look so different from one another. They have taken the basic technique and made them fit their own constitution. Some people prefer small circular motions in technique, some prefer larger sweeping motions. At this level, there is no “wrong” technique. All are effective, but they have transcended the basics and made the technique their own. The techniques are performed without thought and totally from instinct (*mushin*). In my own experience, one of the things I have always admired about my instructor, is the fact that he has been responsible for the direct instruction of 2 generations of black belts (the Kitsune Ryu itself is at approximately 4 generations of students), all of whom are very good and capable at what they do. None of them look the same when doing Jiu-Jitsu and none of them look like him. He has taught people to think and develop according to their strengths. In short, he has followed the pattern of shu, ha, ri, although he has never explicitly defined it as such. This is the pattern and philosophy I impart to my students through my actions, students are encouraged to develop themselves according to their various strengths. At the core of my thoughts on training and teaching is this idea of shu, ha, ri.

No matter how you choose to analyze it, the true secret to longevity in training is to keep at it. In my own case, Jiu-Jitsu is my passion that I have pursued with vigour for the last 24 years. It has become so engrained in my life, that I can't imagine a life without it in some regard. I have learned much over my time, what I have learned; I share freely with my students, peers and friends. My only advice on longevity in training is to love what you do. If you truly love what you do, you'll never work a day in your life, nor will you ever become bored with it and you will endure the test of time. I still very much consider myself a rookie. (Of course, the people I respect and admire have been training for well over 40 years.) The mats are, truly, where it's at.

The Complete Jiu-Jitsu technique

By Shawn Rodie
Kyoshin Ryu Jiu-Jitsu

Many Jiu-Jitsu practitioners have asked what constitutes a complete Jiu-Jitsu technique. This is a very important question as it factors into all of our training in the dojo. In its most basic form, Jiu-Jitsu techniques generally follow the “blow, throw, blow principle”. Assuming this, there is no mention of perhaps one of the most critical aspects of the technique, which is the “exit” portion of the technique. A complete Jiu-Jitsu technique has four components:

1. the entry
2. the technique
3. the finish off
4. the exit

Using O-Goshi as an example of a technique we wish to apply to an opponent in a self-defense situation, the entry technique to this throw is an uppercut to the opponent’s solar plexus. It is very important that this strike be decisive in nature, along with a very strong Kuzushi. Both your punching technique and your off-balancing technique must be very strong in order to execute a clean, strong throw.

Proper stance, hip placement and congruency of direction with one’s opponent accompanied with a strong outward pulling motion are vital components to the throw. You should always practice your throwing technique with partners of various heights and weights so there will be no surprises come the day you need to utilize this technique in the real world.

Your finish-off technique should be very strong and mirror the decisive qualities of your entry technique. You need to make sure that your opponent cannot get up and continue the fight because of lost advantage while the opponent was dealing with the impact of the throw. If you choose to kick, punch, joint lock or choke, give it everything you have.

One of the most neglected but paramount component to the complete Jiu-Jitsu technique is the exit from one’s opponent after the finish-off technique has been completed. In fact, this is the area where many law enforcement and security personal end up in the most trouble. Always assume the conflict is still on until you have quickly moved to a safe distance from one’s opponent. The best route of exit from a person on the ground for the “T” position is at a 45% angle towards their head. Your eyes should remain focused on your opponent while your ears pick up any sounds coming quickly towards you from the rear. It is truly a rare situation where a fight ends up a one on one situation. More often than not, your opponent will have a few buddies with him and you may end up having to deal with them.

Although I used a throwing technique as an example for ease of explanation, these four components relate to every area of Jiu-Jitsu practice. During your next training session, try to see the four components in what you do. When you can do this, the question of what constitutes a complete Jiu-Jitsu technique will be answered.