

The CJA Newsletter

Fall 2005

He Who Knows Others Is Wise. He Who Knows Himself Is Enlightened.

Tao Te Ching

Upcoming Events

Fall, 2005: Annual General Meeting - to be announced on the CJA Website.

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

I would like to take this opportunity to update everyone on a few things that have taken place over the past few months.

In April the Canadian Team traveled to Reno Nevada for a Sport Jiu-Jitsu Tournament with Team USA. The team members consisted of, Christina Sears, Karen Kocher, Mark Simon, Mickey Dimic, Mitchell Skovmose and Steve Huff. Team Canada lost their first two fights but won the next two. The last fight went into overtime with the Team US winning by a split decision. Our fighters did very well and in my opinion won more fights



than the US but the 3 US Judges didn't see it the same way. Regardless of the outcome, the Canadian fighters did very well and if you see them, make sure you congratulate them. A special note of appreciation should also go to Sensei Gord Agnew for doing a great job as Centre Referee.

The next International Competition against Team USA will take place next year in Canada so stay tuned for further updates.

In 2007 Team Canada will be traveling to Belfast, Northern Ireland for the World Championships. I know you may think this notice is a little premature but I would like everyone to be conscious of the fact we are going to need sponsors. In the past we have left this very important factor until it was too late and members of the Team had to pay much of if not all of their own expenses. Let's all work together and see what we can do to get sponsorships so the fighters can spend their time training, not knocking on doors asking for money.

During the past few months our Association, had to make an application to the Ministry of Tourism and Recreation to apply to be the Governing Body for Sport Jiu-Jitsu in Ontario. Just recently we were advised that our application had been accepted and approved. To most people this does not mean anything, but to clubs who are members in our Association, it means that the CJA is the only Jiu-Jitsu Organization in Ontario that can sanction Jiu-Jitsu Tournaments. I would like to thank Steve Huff and Gary Pilon for their hard work and the time they took to attend meetings to ensure the CJA's place with the Provincial Government.

On May 14th & 15th at the Metro Convention Centre there was a Mixed Martial Arts Expo that hosted a large number of very talented martial art's instructors. The two day event was well attended and because of the number of mat areas and the venue, the number of participants could have doubled and there still would have been enough room for everyone to train. Make sure you plan to attend next year's event.

The CJA National Tournament was held on May 28th and 29th in Barrie. Those who attended had a great time with lots of medals being handed out.

On June 12th there was a Black Belt grading held at K-W Jiu-Jitsu Club. On behalf of the Board of Directors I would like to congratulate Tom Leis, Luke Bowman and Peter Tiller for their successful grading to 1st Degree Black Belt and Karen Kocher for her successful grading to 2nd Degree Black Belt.

Classical Jujutsu Seminar

By Doug Knispel,
Richmond Hill Budokan

Recently, I had the privilege of attending a seminar on koryu (classical, literally "old school") jujutsu with one of my students. The seminar was held in Richmond Hill at the Seibukan Canada Hombu Dojo and hosted by Ryusuke Juge Sensei, the Canadian director of the Nippon Budoin Seibukan. The seminar was instructed by Kuniyuki Kai Sensei of Nobeoka City, Japan, Chief Instructor/Director of the Nippon Budoin Seibukan. Kai Sensei holds high ranks in several classical martial arts, including several systems of Jujutsu, Yoshinkan Aikido, Iaido, Chinese Martial Arts and Karate-do.

The seminar covered the *Shoden* (beginning-level transmission) techniques from the Yoshin Ryu Bujutsu. All of the techniques were familiar to me although the applications were different. In many ways, it was a glimpse into the historical roots of *gendai* (modern) Jiu-Jitsu. Kai Sensei emphasized many of the same points we all do, the importance of effective *atemi* (striking techniques), the

use of the entire body to affect technique (biomechanics), the importance of good posture, efficient, effective motion, etc, etc. I was impressed by the level of technical detail given. Despite the language barrier (there was translation provided), the motion and the technique spoke for itself.

Kai Sensei also spoke at length about the nature of *budo* (martial arts) as well as his opinions on training. He emphasized the need to train "for real" - to not play at *budo*, but to do it. He spoke about his desire to promote *sogo-budo* ("comprehensive, complete martial arts"). He gave much food for thought, for both beginners on the path as well as those of us who have been at it a little while. He showed, through his actions and words, that *budo* is not only about the physical, but that the mental aspects are just as important. It is important to put not only physical effort into training, but to give careful thought to it also.

All in all, it was more than a worthwhile experience; definitely worth the time, money and effort. For more information on the Nippon Budoin Seibukan, please see <http://www.seibukan.ca>

Summer Camp 2005 a Great Success

By Doug Knispel,
Richmond Hill Budokan

On the August Long Weekend this year, over 50 campers gave up their long weekend to enjoy the annual Kitsune Ryu Jiu-Jitsu Kai Summer Camp. Held in Mount Albert, Ontario, this annual affair features instruction from Hugh Smith, Ed McLachlan, Doug Knispel Sr., Doug Knispel Jr. and Sensei Steve Reynolds, the founder of Kitsune Ryu. Instruction was given in self defense, weapons, sparring and kata.

This year campers came from all over, including, St. Thomas, Richmond Hill, Toronto, Barrie and Huntsville and by all accounts, everyone had a great time. Thanks to all who attended and to the instructors who gave their time and their long weekend to attend.

Look for a possible Kangeiko (Winter Training Camp) early in 2006. Details to follow.

Doug Job Breaks up the Competition in Florida

By Doug Knispel,
Richmond Hill Budokan

On the Canada Day long weekend, long-time Richmond Hill Budokan member Doug Job broke up the competition at the USBA United States Breaking Championships, held on the Disney World Resort in Orlando, Florida. The USBA stands for the United States Breaking Association and is the first organization created for competitive breakers. Divisions and rules have been standardized for creative and power breaking of wood and concrete. Materials to be used for breaking have also been standardized by the USBA to ensure that the playing field is even for all competitive breakers.

Doug represented Canada well at this tournament, taking 1st place in Creative (multi-direction) Board Breaking, 2nd in Creative (Open) Breaking, 3rd in Power (Elbow) concrete breaking and 1st in Power (Elbow) board breaking. Doug has been a competitive breaker for over 15 years and has been a member of the Richmond Hill Budokan for over 7 years.

The students and instructors of the Richmond Hill Budokan wish to pass on their congratulations on this remarkable achievement and look forward to his future accomplishments.

Doug Job, along with Mario Ros, makes up the Dragons Touch Breaking Team and are available for demonstrations and seminars on breaking. For more information, please contact Doug at: dragonstouch@rogers.com

Happenings at E&T Martial Arts

By Ed McLachlan,
E&T Martial Arts School

As always, the students and instructors of E&T Martial Arts have been extremely busy over the spring months.

Some highlights:

- Geordie Taylor and Brad Taylor competed at the CJA Open National Tournament, Geordie took 2nd place in sparring, Brad took 1st in Kata and 2nd in Sparring. E&T students are looking forward to future competition opportunities.
- Ed McLachlan and several students recently traveled to Manchester, New Hampshire for the World Martial Arts Hall of Fame induction ceremony and tournament. Bob Taylor Sr. was recently inducted in the World Martial Arts Hall of Fame for his contributions to the Jiu-Jitsu community.
- E&T Martial Arts recently held its annual summer barbeque where over 50 students enjoyed their chief instructor's culinary skills.
- Iron Horse Festival in St. Thomas: The Five Dragons gave an excellent demonstration of Martial Arts skill as part of the Strongman competition. Additionally, the Dragon's Touch Breaking Team from Richmond Hill gave a demonstration of breaking both wood and concrete. All demonstrations were well received by the crowd in attendance. Yet another fine example of E&T's long standing involvement with their community.
- Chief Instructor, Ed McLachlan will be teaching a series of seminars for special needs individuals in Barrie at the end of September. This is the 4th year running that Ed has been invited to teach in Barrie.
- Preparations are well underway for the 2006 World Martial Arts Hall of Fame Tournament and Induction Ceremony. This prestigious event will run from August 11 - 13, 2006 at the Four Points Sheraton Hotel in London and will feature both an induction banquet as well as a tournament featuring divisions in Kata, Randori (Self-Defence), Point Sparring, Breaking and Grappling. This is the first time this event is being held in Canada. For more information on this fantastic event, please see <http://www.eandtjiujitsu.com/twmahof/>

For further information on any of these events, please contact elwm@rogers.com

The students and instructors of E&T Martial Arts would like to wish everyone a safe and enjoyable fall season.

Being Aware

By Shawn Rodie
Kyoshin Ryu Jiu-Jitsu

I was at a friend's house one evening when the topic of personal protection came up. I told her that I felt it was a good idea to take a martial arts course. She insisted that martial arts training was a waste of time for her because she had a pet pit bull that lived with her and that the dog would be able to handle any intruders. I couldn't help but notice that it was in fact locked in a large steel cage. I asked her how the dog could defend her while locked in a cage. She grew silent for a moment then she stated that although her dog was not attack trained, it would instinctively know what to do if an intruder entered her home and that the dog was totally unstoppable. I replied that a 9mm slug at point blank range exiting the back of the dog's skull would do the job nicely. Quickly, she pointed out that if I shot her dog it would keep on coming. It was at this point I decided that it was a good idea to swing over to the latest Blue Jays game!

I have always believed that one should rely on ones own weapons for personal protection. I also believe that the small time investment required to learn basic self defense skills is the cheapest life insurance policy anyone can buy for themselves. The first rule of martial arts training is being aware of your surroundings and the people within it. It never ceases to amaze me to what lengths people will go to avoid physical fitness and self defense by arming themselves with personal protection gadgets. I recall reading about a woman who was beaten for years and was eventually killed by her husband while living across the street from a martial arts dojo. In contrast, it was only a year ago when a female martial artist was attacked by a male assailant wielding a knife, she managed to down her opponent with a single punch to the throat.

Most personal protection devices depend on the following conditions:

1. You know beforehand that you are going to be attacked.
2. You have a good deal of distance between you and your opponent. (about 10 feet outside critical distance)
3. You have your weapon in your hand, aimed at your opponent and that they are standing still and moving straight towards the front.
4. Most importantly, that you are prepared to use your weapon without hesitation.

A while ago, I was driving a female friend home. She mentioned to me that she carried a knife in her purse for personal protection. I asked her where her purse was, she replied that it was on the floor by her feet on the passenger side of the car. I told her that research would indicate that 75% of all rapes were committed by someone who the victim knew personally and that if some psycho grabbed her in her car that I didn't feel she could get to her purse in time. Indeed, in most cases, when a woman is attacked from behind at night the first thing to hit the ground is the purse! When the purse hits the ground...what do you do then?

Likewise, I knew of this person who used to brag that he kept a specially made "bat" in his car in case he ever "needed" it. One night, he finally found himself in a brawl, except it took place in a bar and not in his car where his special bat was. Not only did he not make it outside to his car, he didn't make it home that night, either. Can you guess the moral behind this story?

High decibel "screamers" are another pet peeve of mine. I have seen first hand on numerous occasions large crowds gather to view two people engaged in close quarters combat and no one from the crowd stepped in to break up the fight. Others just viewed the situation as they passed by. Following this mode of logic, why would anyone feel that if they sounded a alarm that help would come running?

Audible alarms depend on three things:

1. You have a chance to activate the alarm.
2. Your attacker stops in their attack and the attack is halted.
3. Someone steps in to save you.

You risk everything on these three variables.

Personally, I feel that a weapon in the hands of a trained technician helps to even the odds in a multiple attacker situation, while against a lone attacker, you become more formidable because now your opponent has to deal with you and your weapon. Martial artists see a weapon as a tool, not a crutch to be leaned on. A well trained martial artist feels just as comfortable without a weapon in their hands when they face their attackers.

Always remember the first rule of martial arts....BE AWARE.