

The CJA Newsletter

SPRING 2004

"To win with honour, one must first lose with dignity"
Steve Reynolds (Founder, Kitsune Ryu Jiu-Jitsu)

The Dearborn Health 2004 World Jiu-Jitsu Championships are coming to Kitchener Waterloo!

By Karen Kocher
Member of the Newsletter Committee
K-W Jiu-Jitsu Club

June 11, 12 and 13, the Dearborn Health 2004 World Jiu-Jitsu Championships are going to be held at the Kitchener Memorial Auditorium, the home of the Rangers Hockey Team. There will be approximately 20 countries with 400 black belts competing for the coveted titles.

Don't forget to buy your tickets! You can't miss it! You can get tickets from Ticketmaster, or by calling the Kitchener Memorial Auditorium Box Office at 1-800-265-6368. The Auditorium is located at 400 East Avenue, Kitchener, ON, N2H 1Z6.

The Championships Committee and the Canadian Team held a full day demonstration March 20th at the Fairview Park Mall in Kitchener. We were raising awareness for the world championships. I would like to thank all those who helped with the Fairview Mall demonstration. Your help and support has been greatly appreciated. Thanks again.



Doug Knispel and Apryl Wales
demonstrating at Fairview Park Mall

Upcoming Events

Date and location of next CJA Black Belt grading to be determined. Please see your Chief Instructor or contact Terry Yanke for details.

May 16, 2004

CJA National Tournament - Acton

Grading Board

By Terry Yanke
Chairman, Black Belt Grading Committee

The next Black Belt Grading will take place in April with the date and location to be announced. This grading will be for all levels of black belts so please ensure all documentation is in order. If you have any questions regarding the grading please ask your instructor. The Black Belt Grading Manual has all the information including an updated Point System for high black belts. All applications must be sent into the CJA office or to Terry Yanke by March 31st.

The Grappling Corner

By Dan Moroney
Bravado Jiu-Jitsu
As the 2004 World Jiu-Jitsu Championships approaches, excitement is in the air for all to see that we will have the 1st grappling tournament on the world stage! Tryouts were done in February to choose the Canadian Team.

Here are the names that will represent our association and our national team!

Nicolas Fera, Chad King, Wil Terado, Syl Moroney, David Dominy, Tony Isaccs, Andre Phillip Legault, Alex Heroux, Rob Veltman, Jason Figliano, Jason Garrett, Paul Abel and Tennison W. Head coach is Dan Moroney.

Cheer them on as they go for gold!! This is part of the team that will help keep the gold in Canada!



Canadian Jiu-Jitsu Sparring Team

By Terry Yanke
President of the CJA

The team for the World Championships has been selected with a few openings to still be filled. The fighters have a few months of very hard training to do in preparation for the championships, which I'm sure will go by quickly. The team selection took place on February 8th. The fighters listed below are not in any particular order. There is room for 3 fighters in each division and there are still some vacancies. The vacancies may or may not be filled by the time of the tournament. By the end of May the 1st, 2nd and spare fighters will be decided, again by a tournament setting.

I will explain how World Championship Tournaments are run for those who may not be familiar with the set up. On the Saturday of the tournament, the Teams fight off in a country vs country round robin event. The Team Competition consists of the Men's Light to Super Heavy Weight Divisions with 1 fighter per weight category. The 1st fighter will compete and represent Canada unless they are injured. If there is an injury to the 1st fighter and they cannot continue, the 2nd fighter will step in to finish the Team Competition.

On Sunday the Individuals, Masters and Ladies Divisions take place. Both the 1st and 2nd fighters compete but in different divisions. They may however end up competing against each other in the finals if they make it that far.

SPARRING

Men's Divisions

LIGHT WEIGHT

Kyle O'Brien
Mark Simon
Geordie Taylor

MIDDLE WEIGHT

Nick Petroff
Andre Nunes
Matt Haig

LIGHT HEAVY WEIGHT

Robert Walsh
Oliver Gessner
Paul Pucciarelli

HEAVY WEIGHT

Derek Donnelly
Mike Yanke
Steve Huff

SUPER HEAVY WEIGHT

Rob Verkest
Doug Knispel
Kevin Blair

Men's Master Divisions

LIGHT WEIGHT

Mickey Dimic
John McLaughlin

HEAVY WEIGHT

Robert Short
Ed Leis
Steve Huff

Women's Divisions

LIGHT WEIGHT

Jackie Lachapelle
Stephanie Haig

MIDDLE WEIGHT

Karen Kocher
Amy Csiki

OPEN DIVISION

Apryl Wales
Kristin Beckey
Robyn Haig

Demonstration Division

6 Positions Open. Nick Petroff Will Be Organizing

The workouts are mandatory and are listed below,

April 18 th	10:00 AM	Kick-Jitsu, Oakville	220 Wycroft Rd,
May 2 nd	10:00 AM	Hamilton School of Martial Arts	
May 16 th	CJA National Tournament – All team members MUST attend.		
May 30 th	10:00 AM	Kick-Jitsu, Oakville	
June 6 th	10:00 AM	Hamilton School of Martial Arts	

Congratulations!

Congratulations to Ed McLachlan of E&T Martial Arts

Congratulations to CJA Board member Sensei Ed McLachlan, of E&T Martial arts, who, after over 50 years of training and teaching Martial Arts, has been recognized as the founder of Dora-Ryu Jiu-Jitsu and awarded his 10th Degree Black Belt along with his Professorship and a Doctors Degree in the Martial Arts by the World Martial Arts Hall of Fame. Ed has also been appointed the President of a new branch of the World Martial Arts Hall of Fame, dealing specifically with People with Special Needs, a longtime passion of Professor McLachlan. Professor McLachlan has been teaching Special People for many years in the Martial Arts and feels they should be promoted throughout the world. Ed has initiated this branch to include anyone who wishes to participate in the Martial Arts regardless of their challenges. He has contacted Martial Artists from around the world to form a Council to encourage participation of Special Needs people to practice the Arts and be proud of their accomplishments. "I want to provide encouragement to people with Special Needs to participate and show the world that they are very special." Professor McLachlan says.

Working with people with Special Needs has been a passion with Ed for many years. Being hearing impaired, Ed is learning sign language not only for himself but to facilitate working more closely with the students who are hearing impaired or deaf. He has traveled all over Ontario and Quebec giving seminars on Street Awareness to groups of physically and mentally challenged people and also to high school students, elementary students and business organization staff members. His school has had several challenged students over the years including the blind, hearing impaired and a special group from St. Thomas called "The Five Dragons". This "Special" group of students has performed

demos in Kitchener, Acton, Milton and of course, in St. Thomas.

Ed will be traveling to Florida attending the World Martial Art Hall of Fame in May 2004, to receive the "Golden Life Achievement Award of Excellence", "Life Humanitarian Award" and "The Grandmaster Award of the Year". He will also be inducted into the Sokeship Council as the Soke (founder) of Dora Ryu Jiu-Jitsu, in recognition of his 50 years in Martial Arts.



Ed McLachlan is a longtime CJA member and currently serves on the Board of Directors of the CJA. He also holds a CJA 6th Dan.

New Club

There is now a new club opening up in Kitchener Waterloo.
Katame Ju Jitsu Institute
625 Munich Circle, Waterloo, Ontario
N2V 2L6
Phone: 416 816 2709
Fax: 519 884 0856
e-mail: galian@sympatico.ca

Kata

From Doug Knispel,
Richmond Hill Budokan

Usually, when one pictures kata, one may picture a crisp karateka (karate practitioner) performing a solo sequence of movements or perhaps a kung fu practitioner executing a fluid series of movements. In fact, in some martial arts manuals, the word kata is translated as "pre-arranged fighting sequences against imaginary opponents". While this is certainly true for certain types of kata, it can be so much more. In fact, based on this limited understanding of what kata is, many styles and systems of martial arts use the fact that their systems contain no kata at all as a selling point. Of course, this is not the case at all.

First of all, let it be known that it is my assertion that all styles/systems of martial arts practice kata. In fact, in many cases, particularly in traditional Japanese Jiu-Jitsu, kata was the cornerstone of training practice. It wasn't until the advent of the Kito Ryu and Kodokan Judo that randori (freestyle practice) began to take a foothold as a training method in Jiu-Jitsu. Of course, in the modern era, jiyu kumite (free sparring) has taken its place as a Jiu-Jitsu training method also. However, kata has always and continues to play a significant role in daily practice.

Kata, generally translated can mean "formal exercise". Indeed, the kata are pre-arranged, however they are not necessarily performed against imaginary opponents. In fact, any time the instructor pre-sets the movement for drilling, this is practicing kata, since the movement is prearranged. For example, *kosa-dori kotegaeshi* (hand in cross wrist grab, wrist throw) would be an example of a kata.

In Kodokan Judo, the katas are series of throws and defences which are highly stylized, formal and designed to illuminate the principles of Judo. Examples of Judo kata include *Nage No Kata* (forms of throws), *Ju No Kata* (forms of gentleness), *Kodokan Goshin Jutsu* (form of self defence), etc. These are all performed with partners and are designed to illustrate the underlying principles of Judo. In fact, according to one text on Judo, many of the top champions (All Japan Champions, Olympic Champions, etc) credited practicing kata with a lot of their success in competition.

In Karate, there are many kata practiced according to the style practiced. Indeed, much time is spent practicing these kata without an opponent. However, if the karate style is being taught to its fullest potential, the bunkai (*application*) are taught alongside the solo movements, thus providing a clearer picture of what is actually happening.

My Jiu-Jitsu system, the Kitsune Ryu, has adopted this approach as the foundation of its curriculum. Using original kata developed by our ryuso (*founder*), we practice both kata and bunkai side by side. In both Karate and our Jiu-Jitsu system, these bunkai applications include all aspects of defence, including striking, locking, throwing, choking, etc. In short, if studied properly, the kata will illustrate not only principal techniques of the system, but will demonstrate the underlying principles of the style. The added bonus is that these kata can be practiced alone or with a partner.

To those who think their system has no kata, anytime the instructor demonstrates a technique to be practiced from a certain position a certain way (the aforementioned *kosa-dori kotegaeshi* would be an example), this is performing kata. You are practicing the technique in a formalized, prescribed manner and therefore, this is a type of kata. Of course, to achieve ranking in Jiu-Jitsu, you are required to know many kata and waza. This is traditionally the way Jiu-Jitsu has been imparted since its beginnings. The method has traditionally been this: You practice the kata forms of techniques as well as their *henka* (variations). Once you become well versed at the technique in its kata form, you start to incorporate into your randori or jiyu-kumite, to use it "under pressure". From there you apply the techniques in competition or combat. This is the traditional methodology. Kata is the rulebase for the system, the foundation.

So, while you may not be doing kata in "name"....you are still practicing kata, very likely in every class you participate in. Enjoy!

By Shawn Rodie
Kyoshin Ryu Jiu-Jitsu

One of the precepts of the Samurai was "Shoshin O Wasurubekarazaru Koto" which means "Never lose your beginner's spirit". Jiu-Jitsu was an auxiliary art of the Samurai. As a member of the "Bushi" or Noble Class, they spent a great deal of time perfecting this art, along with various other arts, such as swordsmanship, calligraphy, art or flower arranging.

In the pursuit of perfection, everything else is secondary. The only goal of importance is to achieve perfection in whatever endeavour one pursues. In order to achieve this, three things are necessary: a desire to pursue and achieve the goal one has set for oneself; to lose one's ego as ego is the great wall against progress and never lose the beginner's spirit.

Keeping the beginner's spirit is a challenge but very possible by staying focused in many ways:

- When people join your school from different martial arts backgrounds, learn what knowledge they bring with them that may be of value to you.
- If you have the privilege of training with people who have black belts in other styles, you will always learn something of value from them.
- Work in with your students on a regular basis.
- Challenge yourself regularly
- Keep yourself fit. In order to get the most out of your practice, you need to be fit.
- Most importantly, keep yourself open to fresh ideas.

Lastly, it is important to have at least a working knowledge of Japanese swordsmanship in order to understand and appreciate the open handed techniques learned today as they are based on the art of the sword. If you are an instructor, when you teach a technique, you should be able to execute it against a real attack.

During feudal times, the Samurai did everything possible to learn about the enemy clan's techniques in order to properly defend against them. The more you expose yourself to methods of attack from other styles, the more prepared you will be to defend yourself in self-defense or combative situation.

Sensei

by Bob Dalgleish Sensei

The relationship of a Sensei to the dojo is very difficult to define, as it encompasses many varying aspects of life. The Sensei must flow through the student in many levels of communication and reach to the far corners of the student's life. A Sensei is sometimes a father and also at times, even a mother, an advisor, chastiser. A Sensei, though different, is the same as everyone else. He is human in a controlled way and deserves respect for he has traveled long upon the Do (way).

A Sensei should be a good teacher by conveying at the correct time the appropriate knowledge in the best possible way and manner to the student and must be able to see the student and their problems as they never can - impartially. A Sensei shows no favour, indeed as progression is attained, he becomes harder on those that progress. He is kind but firm to the beginner on the path.

A Sensei advises, in an appropriate manner, in the inner spiritual aspects of the art and always a friendly ear, who listens properly as they tend to categorize him into either a teacher or a friend. He

is neither, but both and more. He sees a student in a free way, unmoved by external face or appearance and helps in the best way befitting a student. If this is to be hard, he is so, to be soft, then he is so. But always in the best manner for the student, for the Sensei's heart is forever with them.

Often a Sensei may test his students by taking views diametrically opposed to theirs and then study their reactions. Silence is often the best form of praise that a Sensei will give to his students. He will note what affects the students in and out of the dojo, how he acts to his friends, his family, his work and will act upon the students accordingly.

The Sensei will put forth untruths to see if they are accepted, and say nothing when he should speak volumes. He is kind when there is no apparent reason. He may be tyrannous or compassionate, but through all these externals, his heart is still for them. He listens when they speak but can see the inner reasons for their speech, he is unmoved but can move. The Sensei is forever active, even in a subdued way. He gives while others take and asks no rewards save proficiency of mind and body. He is sad, sometimes happy, let down and often abused, but forever holds the way, for that is his life.

Though outsiders may change, the Sensei does not, though he can adapt at will completely, the inward ideals and principles are always there. He persists when there are no apparent reasons. That is why

he is a Sensei. On the average, it takes 2000 students to produce one worthwhile Sensei.

If you have one, take care of him!

Bob Dalgleish Sensei was the man responsible for introducing Goju Ryu Karate-do to Canada. This article appeared many years ago and the words are timeless. This article is used with the permission of his senior student (dai-sempai) Yogi Israel Segarra, Hanshi.

Recent News Article

Coroner probes teenager's martial arts death Markham youth dies after friends practice karate on him `How can my son get killed and no one is responsible?'

MELISSA LEONG
STAFF REPORTER

The coroner's office says it will investigate the death of an 18-year-old Markham student who died after roughhousing with his friends. Wallace Lee was at a friend's house on Feb. 20 when he put on a padded vest, his mother Connie Lee said. Three of his friends took turns punching him and practicing tae kwon do and karate moves on him; one of the youths was a black belt in karate. Soon after, Lee, a Grade 12 Milliken Mills High School student, fainted and died at the hospital. William Lucas, regional supervising coroner for Peel, York and Durham regions, said yesterday Lee died after a blood vessel near his heart leaked; blood accumulated inside the pericardial sac around the heart and stopped it from beating.

"Any kind of blunt-force trauma could cause that," he said.

York Region police investigated and consulted with a senior crown attorney, and determined no charges would be laid, Inspector Mark Tats said. Lucas said it could take several weeks, even months before the coroner's office decides whether or not to call an inquest into Lee's death.

"We need to look into the organizations that control or set standards for those martial arts to see if they have any thoughts on how the death of this young boy could have been prevented....

"Is there something to do with the way martial arts is taught or the way the equipment was used or was this horseplay one of a kind?

"We've got to look at stuff like the padding.

"Was it adequate to provide the level of protection that was (needed)?"

Lee's family is angry and looking for answers.

"How can my son get killed and no one is responsible?" asked Connie Lee, a 53-year-old machine operator.

The police told her that Lee's friends are good students in school and didn't mean to harm him, she said.

But she's dissatisfied with the police investigation, and said the family is seeking legal advice.

Lee's friend picked him up Feb. 20 in the evening and they went to another friend's house to play video games.

Lee didn't know martial arts, his mother said.

While he and some others practiced martial arts, other boys played video games, she said.

She said after a while, as the other youths were practicing their moves on him, Lee told his friends he didn't feel good and that he wanted to sit down. He passed out.

"On the way to the ambulance, he woke up, but then he passed away."

Two of the young men involved declined to comment to the Star.

Tony La Selva, director of the Northern Karate School in Richmond Hill, called Lee's death a warning to parents and young children.

"If people are doing this, you need to have a sensei (teacher) watching," he said.

"If they're going to be fighting with each other ... they need to go to the dojo (martial arts school)." About 300 people attended Lee's funeral last weekend, many of them fellow students.

"He was popular because he was a helpful, kind, giving young man," said Laurel Dodham, a guidance counselor at Milliken Mills High School.

"He was an extraordinarily hard worker and he tutored other kids."

Students collected money for flowers around the school and wrote messages on cards and two bulletin boards. Teachers put together a slideshow about Lee for his funeral, said vice-principal David McAdam.

"He was really athletic, gentle. He wouldn't complain or argue with you," Lee's 19-year-old brother Eric remembered.

Connie Lee said her son wanted to go into civil engineering.

Lee said she shared a room with Wallace, who had three brothers. "Now I can't sleep. Me and my husband sleep for an hour and wake up crying," she said.

"It's not fair.... Our son was so good."