

# The CJA Newsletter

Summer 2003

The path of budo is not something you follow. You can never reproduce the path of someone who has gone before you. It is a path that each of us has to get down on our hands and knees and build, painstakingly, day by day, brick by brick.

- Takafumi Takeno - 8th Dan in the Yoshinkan

*Check out our new web site at [www.canadianjiujitsu.com](http://www.canadianjiujitsu.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 Newsletter Committee

For the past year, the Newsletter Committee has been actively involved in creating a CJA newsletter. Now that we have four newsletters under our belt, we have come to notice a few things that we believe can be improved upon.

The newsletter is meant to be a "one-stop shopping center" where all CJA members can get all information that they need to further their knowledge and studies of Jiu-Jitsu. It should be entertaining and precise. It's not there yet, but we are trying. But we need your help! You give us your information and we'll put it in the newsletter! Some of the things we are looking for are:

- tournaments dates and times and locations
- sparring and grappling dates times and locations
- interesting happenings in your dojo
- who was awarded a higher belt level in your club
- photos of people in your club
- anything interesting!

Now remember that the newsletter covers three months, so if you have anything, send it in right away! Just think, we could be your advertising! When something new happens in your club or is about to happen, let us know and send off to Doug Knispel at [dknispel@rci.rogers.com](mailto:dknispel@rci.rogers.com) right away.

As the newsletter comes out quarterly, each newsletter covers three months of vital Jiu-Jitsu information.

- March 1st to May 31<sup>st</sup>
- June 1st to August 30<sup>th</sup>
- September 1st to November 30<sup>th</sup>
- December 1st to Feb 28/29<sup>th</sup>

All information needs to be in by the 18<sup>th</sup> of May, August, November or February in order to make it into the newsletter.

Any and all input would be greatly appreciated. If you have any suggestions, please forward the information to Doug Knispel. The newsletter can only be as good as the information you give us.

## The Grappling Corner

By Dan Moroney  
Bravado Jiu-Jitsu

To Gi or No-Gi? Many times I've been asked at a tournament "Why don't these guys have a Gi on?" Well that's because they are competing No-Gi. These have been very popular in the last few years and help the grappling movement become more popular with wrestlers and other grapplers who don't wish to train with a uniform. It may look barbaric, but No-Gi plays an important role in self-defense training. Most people just remove the top of a gi and just wear a t-shirt.

Bear in mind that from a self-defense standpoint, if an attacker on the street was to wear just shorts; I should know techniques that would not rely on clothing, and if the situation were reversed, then I should know how to use techniques with clothing.

Here in Canada we have mostly 6-8 months of the year in which we wear heavier clothing (sweaters, jackets, pants etc.). But then what about the other 3 to 6 months? It is important to train in both conditions as the seasons dictate. For example, if you know only to choke an opponent with the cloth, then what would happen if the attacker were bare-chested? Or, what would you do if you only knew how to throw an opponent with a uniform? We at our Academy, train the summer months with no-gi to better understand how to manage ourselves better in a real world situation. If you're an instructor, try a few classes without a uniform; it is a real eye opener!!



## Upcoming Events

- July 21-22, 2003: Longtime CJA member and current board member Ed McLachlan of St. Thomas, will be promoting his Street Awareness Program at the World Deaf Federation Convention, to be held in Montreal, Quebec.
- August 9 2003: Open house at Bravado Jiu-Jitsu Academy  
65 Woodstream Blvd #12 (on hwy 7, 1 light east of Martingrove)
- August 10, 2003: A grappling seminar will be held at Bravado Jiu-Jitsu Academy at noon.
- September 2003: Next newsletter coming out. Submissions due no later than August 18, 2003 to Doug Knispel at [dknispel@rci.rogers.com](mailto:dknispel@rci.rogers.com)

## Tournament Committee

By Terry Yanke

## 2004 WORLD CHAMPIONSHIPS

As mentioned in previous newsletters, those competing in the 2004 World Championships must be a registered black belt with the CJA. The last black belt grading that will be held before the team is chosen will be in November, so if you want to compete on the team and you will be eligible for your black belt grading at that time, make sure you talk to your chief instructor about applying.

We are in the planning stages of a National Tournament with the US team in October. This will be for sparring and grappling.... sort of a warming-up for the Worlds. We'll be looking at those who did well at our National Tournament as well as work outs throughout the summer. Because that tournament will be held before the black belt grading in November, we will also be considering brown belt fighters to compete. Make sure you attend as many sparring and grappling workout sessions as possible. This will increase your chances of making the team.

## Grading Board

By Terry Yanke  
Chairman, Black Belt Grading Committee

At the last black belt grading, Sean Draper was the only candidate to be graded and was promoted the rank of shodan. Congratulations Sean on your promotion!

The next black belt grading will held in November.

## Murphy's Laws of Martial Arts

The wimp who made it through the eliminations on luck alone will suddenly turn into Bruce Lee when you're up against him.

The referee will always be looking the other way when you score.

You will have trouble with the ties on your dobok pants when members of the opposite sex are in class.

The day you leave work early to make it to class on time, the instructor will be sick.

The instructor will only use you during demonstrations for joint-locking techniques.

If you have to use your training in self-defense, your attacker's father will be a lawyer.

After a flawless demonstration, you will trip on your way back to your seat.

After years of training without a single injury, you will pull a groin muscle the night before your black belt exam.

In an otherwise vacant locker room, the only other person will have the locker right next to yours.

No matter how many times you take care of it before your promotion exam, you will invariably have to go to the bathroom when it's your turn.

## Interesting News!

By Doug Knispel  
Secretary, Canadian Jiu-Jitsu Association

On July 21 - 22, 2003, longtime CJA member and current board member Ed McLachlan of St. Thomas, will be promoting his Street Awareness Program at the World Deaf Federation Convention, to be held in Montreal, Quebec.

Ed will be accompanied by one interpreter from Ontario and one from Quebec, both provided by Page Interpreting Services, Inc.

The program has been adapted to include more visuals as well as providing interpretation and "signs" for self-defense techniques. As Ed is hearing impaired himself, he is aware of the realities required to present the program to the deaf community. Ed will be on the distributor's floor for two days promoting his program as well as providing a one hour presentation to an audience of deaf participants. This is a large opportunity as the World Deaf Federation does not accept more than 50 new program developers per year. There will be representatives from all over the world attending the conference too.

Ed McLachlan has been teaching martial arts for over 40 years and specifically working with children and adults with special needs long before it became en vogue to do so. His Street Awareness Program has been presented to many different organizations including the Association for Community Living, the CNIB, several School boards as well as various CJA member dojos. Once again, Ed has proven that with innovation, martial arts/awareness training is for every one of all abilities.

For more information on this program, please feel free to contact Ed McLachlan at [elwm@rogers.com](mailto:elwm@rogers.com)

## We've Moved

Just to let everyone know that the Bravado Jiu-Jitsu Academy has moved just down the street from their old location. Their new address is:  
65 Woodstream Blvd #12 (on hwy 7, 1 light east of Martingrove)

Bravado Jiu-Jitsu Academy will have an open house on Saturday August 9th and will have a CJA grappling session Sunday August 10<sup>th</sup>. All are welcome and encouraged to attend! We hope to see you there!

## Referees Needed!

For those interested in referee training please contact Gary Pilon at [prospar@planeteeer.com](mailto:prospar@planeteeer.com) or by calling 1-800-352-1338.

## What's happening?

By Doug Knispel  
Secretary, Canadian Jiu-Jitsu Association

On the weekend of May 24-25th, our friends at the YJJC put on their annual Ultimate Jiu-Jitsu weekend. Hosted by Patrick Barton, a director of the YJJC, the event was held at the Barton's Fitness Center in Collingwood. This spacious facility was more than adequate for this type of event. Squash courts were converted into dojo space.

Instructors for this event included: George Parulski (Okazaki-ha Tenshin Shin'yo Ryu), Steve Chapman (YJJC), Randy Thiessen (Daito Ryu Aiki Jiu-Jitsu), Ben DeLeon (USJJF), Terry Yanke (CJA), Dan Moroney (Brazilian Jiu-Jitsu/CJA), Chuck Hasson (YJJC) Patrick Barton (YJJC) and Doug Knispel (CJA).

The weekend was time well spent as all instructors shared freely of their knowledge and provided the participants with some excellent learning opportunities.

Many thanks go to Patrick Barton and the YJJC for hosting an excellent event!

# Canadian Jiu-Jitsu Association Member Clubs

Updated July 9, 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	209 Old Abbey Rd. 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:cushinan@ca.ibm.com">cushinan@ca.ibm.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