

The CJA Newsletter

Winter 2002

"The past is an illusion. You must learn to live in the present and accept yourself for what you are now. What you lack in flexibility and agility you must make up with knowledge and constant practice."

Bruce Lee

We need you!!!

This is the second newsletter, and we still have not heard from the clubs as to who the club contact will be. Please forward the names of your club contact for the newsletter to Doug Knispel at dknispel@rci.rogers.com. If we do not hear from you, expect a phone call to find out who the contact will be. So step up to the plate and volunteer!

The Grappling Corner

By Dan Moroney
Bravado Jiu-Jitsu

Judging from our first grappling workout, C.J.A. members are very happy to get involved in the grappling. One thing I noticed is that the black belts were just as excited as the coloured belts!

Many people ask me how to become better at grappling and I put it in this perspective: No ego, no cares and no worries! Losing or tapping is just as important as learning the technique! Now I don't mean every time you spar (or rolling as we call it) you purposefully tap out, but try to use the technique you've been taught and try.

If you make a mistake and lose, figure out why it happened and how to fix it! I use this method and so do all of my students. It certainly helps ease frustration and makes it more fun as well. So train hard!



Upcoming Events

- Jan 2003: A sparring seminar will be held sometime in January. Once the time and location is determined, all CJA clubs will be notified. Information on future workouts will be sent by email to Club instructors.
- Feb 2, 2003: tentative: kids sparring tournament at Sheridan College in Oakville.
9am to 3pm
\$20.00 entrance fee which includes pop or juice and some kind of snack.
The tournament will be held if there are enough competitors. Please contact Mike Sommers at kimeru@cogeco.ca if interested.
- Feb 2003 A grappling seminar will be held sometime in February. Once the time and location is determined, all CJA clubs will be notified. Information on future workouts will be sent by email to Club instructors.
- March 2003: Next newsletter coming out.
Submissions due no later than February 18, 2003 to Doug Knispel at dknispel@rci.rogers.com

Tournament Committee

By Wayne Provost
Tournament Director

The CJA is proud to announce that the National Open Tournament will be held May 10 2003 at a Mississauga area arena. The exact location is not yet known but we have a number to top-notch facilities to choose from. We are working closely with the City of Mississauga to ensure the tournament will be a success.

If you are interested in trying out for team Canada then you should be attending the monthly workouts. The 1st and 3rd workouts focused on grappling and were held at Sensei

Dan Moroney's club and Sealy Karate in Guelph. The 2nd workout focused on sparring and was held at Sensei Doug Knispel's club in Richmond Hill. We will notify you of future workouts. Thanks to all of the clubs who have donated their time and their club to the seminars.

The 2004 World Championship Committee has met a number of times and is in the process of short listing possible sites to host the Championships. Once the site is chosen we will be in a position to announce the exact date and location.

Want to help with tournaments?
Contact Wayne Provost
at K-W Jiu-Jitsu

519-746-5724

Want to help with the 2004
World Championships?
Contact Linda Bromley
at Acton Jiu-Jitsu

519-853-2424

Technical Committee

By Doug Knispel
Secretary, Canadian Jiu-Jitsu Association
Technical Committee Member

One of the Technical Committee's initiatives for the New Year is to start offering black belt classes on a regular basis. The classes would be in addition to the sparring and grappling workouts that are happening now and would be for black belt students only. Instruction would be provided by different black belt C.J.A members who are willing to volunteer their time. Location would vary from class to class, depending on who will volunteer their dojo.

What we need to know:

- 1) Is there an interest in this type of endeavour?
- 2) What sort of frequency would you like to see? (monthly, bi-monthly?)
- 3) Any particular topics you'd like to see covered?
- 4) Any other ideas or suggestions?

Please respond via e-mail to Doug Knispel at dknispel@rci.rogers.com. Your responses will be used to develop a fantastic training schedule for 2003.

All the best for the holiday season and here's to a successful 2003!

Black Belt Voting

Attention all C.J.A. Black Belts! Its that time again!

It is that time of year when we ask all C.J.A. black belts to take a minute to recognize those in our association that have given something extra and deserves the spotlight.

Ballots have been sent to all Chief Instructors. Ask your chief instructor for a form to so that you can nominate someone who deserves recognition. Hand in you ballots to your Chief Instructor no later than Saturday January 4th, 2003.

The Black Belt Hall of Fame Award: This award is given to recognize a member's long-term contribution to the C.J.A. and the Art of Jiu-Jitsu. While the number of years are not specified, this award is meant to be the Highest award the C.J.A. can bestow on it's members to acknowledge many years of giving back to the association, its members and the study of Jiu-Jitsu. This award is only given out with the final approval of the C.J.A. Board of Directors.

We need you to vote for nominees for the following awards:

1. Black Belt Hall of Fame Award
2. Special Achievement Award
3. Competitors Award
4. Instructors Award
5. Volunteer Award
6. Youth Award

Food for Thought

By Perry Campbell

6th Dan, Renshi, Shihan Menkyo, Okinawa Goju Ryu Ryusyokai

4th Dan, Shihan Menkyo, Ryukyu Kobudo Hozon Shinkokai

I have been following the postings on conditioning and makiwara training and have seen some very interesting points for both sides, re: training hard or soft (conditioning or not conditioning). In my years in the martial arts I like to think I have matured. At one time I had no use for schools who did not incorporate conditioning and makiwara into their training. I have now come to see the good in both methods of training. Both help the student to gain physically and mentally through the training and philosophy. What is dangerous, however, are schools and sensei who do not teach conditioning, while at the same time, lead the students to believe they will be able to defend themselves using their martial art. There is a difference between learning to defend oneself and preparing to defend oneself. One can learn the techniques without much impact on one's body. But that does not make them prepared to take multiple, or even one, blow from a strong person who is fully intent on taking off your head. It is important to remember that the majority of people who pick fights, have a background in fighting, be it streetfighting or otherwise. They are used to giving blows and taking blows. I have heard many martial artists say that conditioning is not necessary, or even harmful, as in a real fight situation, adrenaline will kick in and you won't feel pain. Woe to anyone who believes this. I can say this from my first experience in Okinawa when my arms and legs were pulverized in the first class. The event inspired me to not only change my training methods (back to hard I should add), but to move to Okinawa two years later. No amount of adrenaline will keep a person fighting when a conditioned martial artist attacks the leg or even arm.

This theory is best explained in the analogy of Tiger and Sheep in an interview with Tomoyose Ryuko, 9th dan Uechi Ryu. The interview with Mr. Tomoyose was conducted on July 20, 1991 on Okinawa by Sensei Earnest Estrada, 8th dan Shorin Ryu from Grand Rapids Michigan. Tomoyose sensei said and I quote:

"Sometimes karate training can be called training as a tiger or training as a sheep. If you train as a tiger -- hard training and body conditioning—you can always train with tigers. Other tigers will also recognize you and you can train in peace with them. They know that when two tigers really fight, one will die of injuries today and the other will die of injuries tomorrow. Both will die, so they have nothing to prove. If you train like a sheep—no contact and no two man conditioning—then you can only train with sheep. A tiger can train with tigers and he can also train with sheep. He just has to be careful not to hurt them. A sheep cannot train with tigers. Sheep see tigers as being very frightening and their conditioning, he says, will cause cancer. A sheep training with tigers will get eaten up.

Sometimes you see a sheep who sees the truth of tiger training and changes. In reality this sheep was actually a tiger in sheep's clothing waiting to come out.

Watch people training. Look at how they act and how they behave. A tiger can be like a little kitty, but be dangerous even though he is friendly. They are quiet and watch everything. They listen and watch. They know who they are and they have nothing to prove. They are at peace.

Sheep, on the other hand, make all kinds of noises and demand to be heard. They run around and seem to crave attention and say, 'We're baaad'. They are easily hurt and easily scared. They always group together for their own protection. When danger approaches they look towards the group for protection because they cannot defend themselves. They are easy prey for the tigers. Whether it is one sheep or several, sheep are still sheep."

Whether you train hard (go - with conditioning and Makiwara) or soft (ju - with no conditioning and makiwara) is a personal choice. Both will benefit. Just don't be deluded in your beliefs.

Canadian Jiu-Jitsu Association
Member Clubs

Updated Dec 16, 2002

*Please contact Karen Kocher at kkocher@creativeop.com if there are any changes that need to be made to this list.

Dojo	Address	Dojo-Cho
Acton Jiu-Jitsu	5A Mill St. East Acton, Ontario L7J 1G8	Linda Bromley 519-853-2424 jiujitsu1@sympatico.ca
Bond Head Martial Arts	PO Box 130 Bond Head, Ontario L0G 1V0	Christopher Fusco 905-775-2348 cjfusco@attcanada.ca
Bravado Jiu-Jitsu	1 Ashbridge Circle #5 Woodbridge, Ontario L4L 3R5	Dan Moroney 905-265-0950 info@bravadojj.com
Burlington Academy of Martial Arts		Frank Rabley 905-336-1471
Chalk River Jiu-Jitsu	7 Kellet St. Chalk River, Ontario K0J 1P0	Sam Bessy 613-589-2266 samandsara@sympatico.ca
E&T Jiu-Jitsu Kai	12 Park Ave. St. Thomas, Ontario N5R 4V3	Ed McLachlan (519)631-7239 elwm@canada.com
Elite Champion Promotions	5151 Sunray Drive Mississauga, Ontario L5R 2V3	Muzammal Nawaz 905-829-1485 eltecpc@yahoo.com
Kick Jitsu	220 Wyecroft Rd. Oakville, Ontario	Nick Petroff 905-616-0326 n_petroff@hotmail.com
Kick Jitsu West	2087 Sunview Dr. Kelowna, BC V1Z 3P5	Dan Johnson 250-979-8499 kickjitsuwest@on.shaw.ca
K-W Jiu-Jitsu	209 Old Abbey Rd. Waterloo, Ontario N2K 3L4	Terry Yanke (519)746-5724 Terry_Yanke@sobeys.net

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 cushinan@ca.ibm.com
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 prospar@planeteer.com
Richmond Hill Budokan	346 Newkirk Rd #7 Richmond Hill, Ontario L4C 3G7	Doug Knispel 905-770-0457 dknispel@rci.rogers.com
Sisu Martial Arts Club	89 Surrey St. East Guelph, Ontario N1H 3P7	Wayland Pulkkinen 519-821-8554 wayland@pulkkinetics.com
Summerfield Martial Arts	148 Brien Ave. East Essex, Ontario N8M 2P4	Ted Summerfield 519-776-6967 tsummerf@ford.com
University of Guelph	7 Karen Ave. Guelph, Ontario N1G 2N8	Kyle Bromley 519-836-3533
Yanagi Dojo	Sheridan College Oakville, Ontario http://www.yanagi.ca	M. Matsubuchi Shaw Peter Ramsden 905-616-0622 Mshaw@sympatico.ca Ramsden1@cogeco.ca