



The CJA Newsletter

WINTER 2003

When you instruct emphasize the strike and thrust, for the secret teachings are to be found in simple basics

Morihei Ueshiba (founder of Aikido)

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 of 2004, 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.

Information on how to get your tickets will be sent out in the beginning of 2004. Make sure you get your tickets! You can't miss it!

The Championships committee is looking for at least one volunteer from each Club associated with the CJA. If you are interested, please contact Karen Kocher at 519-741-0163 or at kkocher@creativeop.com.

The Championships Committee has been raising awareness of the Dearborn Health 2004 World Jiu-Jitsu Championships through demonstrations and trade shows. On October 4th at the Fairview Mall in Kitchener, a full day demonstration was held and on November 11th, the Championships Committee members were present at a Business Trade show in Kitchener in order to help raise awareness.

I would like to say a special thank you to all those who helped with the Fairview Mall demonstration; in particular The Five Dragons, members of E & T Jiu-Jitsu Dojo, Richmond Hill Budokan and K-W Jiu-Jitsu. Your help and support has been greatly appreciated. Thanks again.

Grading Board

By Terry Yanke
Chairman, Black Belt Grading Committee

A grading was held November 30th in Acton for Shodan and Nidan levels.

- Oliver Gessner and Bill Browne were promoted to 1st degree black belt (Shodan).
- Wayne Provost, Steve Huff and Jim Woroch were promoted to 2nd degree black belt (Nidan).

The next grading will be in April 2004 and it will be for all levels of black belts.

Tournament Committee

By Terry Yanke
President of the CJA

October 25th Tournament Results:

I would like to thank everyone who attended or participated in the tournament on October 25th against the US team. The tournament went well and the Canadian fighters showed that they were there for business. There will be a few months of training sessions before the Canadian team is selected. So, for those who want to try out for the team, continue to train hard and stay tuned for notices regarding training schedules.

GRAPPLING		
1 st	Canada	Jason Garrett and David Dominy
2 nd	USA	Robert Bates
3 rd	Canada	Bryce Tompkins
4 TH	Canada	Tony Isaacs

SPARRING					
LADIES DIVISION			MEN'S OTHER DIVISION		
1 st	Canada	Karen Kocher	1 st	Canada	Ed Leis
2 nd	Canada	Amy Csiki and Apryl Wales	2 nd	Canada	Oliver Gessner
3 rd	USA	Sarah Foster	3 rd	Canada	Bob Short
MEN'S LIGHT & MIDDLE WEIGHT			MEN'S SUPER HEAVY WEIGHT		
1 st	Canada	Kyle O'Brien	1 st	USA	Robert Bates
2 nd		Craig Selles	2 nd	Canada	Paul Pucciarelli
3 rd	USA	John Carey	3 rd	Canada	Rob Verkest and Mike Yanke

Upcoming Events

Sun Dec 7, 2003	Team practice for World Championships in Acton at 10:00 AM
Sun Dec 21, 2003	Team practice for World Championships at K-W Jiu-Jitsu at noon.
Sun, Jan 11, 2004	Black Belt Class for members of CJA - followed by Special Meeting of the Membership, followed by Social Gathering. (location and time to be determined)
January 31, 2004	Grappling Refereeing Clinic - to be held at Bravado Jiu-Jitsu Academy at 1pm. For more info, contact Dan Moroney.
April 17, 2004	Tentative Date for CJA National Tournament - (location to be determined)
April 25, 2004	Black Belt Grading (Shodan, Nidan, Sandan and above) -. (location to be determined)
March 20, 2004	Mall event at Fairview Mall for World Championships

The Grappling Corner

By Dan Moroney
Bravado Jiu-Jitsu

Helio Gracie: the man who changed martial arts forever.

At 91 years old, Gracie Jiu-Jitsu Grandmaster Helio Gracie is still training daily with his grandsons and family. The amazing thing is even before he started training with his brothers, he was a sick and frail kid with bad dizzy spells. Doctors at that time said that it would be impossible for him to participate in any sports. Jiu-Jitsu at that time was still in its infancy in Brazil and wasn't refined as it is today. He was the one who changed the techniques so that balance and leverage were the main focus rather than strength and speed. Since training in Jiu-Jitsu, Helio has never had any problems with his health. Today, the Gracies are the largest sports family in the world with approx 400 family members training and 70 black belts. It's no surprise that they have influenced so many people that other styles of martial arts are incorporating grappling to their curriculum.



SAFETY TIPS FOR WOMEN

This was forwarded to the Newsletter Committee by Rob Welch
K-W Jiu-Jitsu Club

- The elbow is the strongest point on your body. If you are close enough to use it, do!
- Learned this from a tourist guide to New Orleans: If a robber asks for your wallet and/or purse, DO NOT HAND IT TO HIM. Toss it away from you...chances are that he is more interested in your wallet and/or purse than you and he will go for the wallet/purse. RUN LIKE MAD IN THE OTHER DIRECTION!
- If you are ever thrown into the trunk of a car, kick out the back tail lights, stick your arm out the hole and start waving like crazy. The driver won't see you but everybody else will. This has saved lives.

An amazing man, Pat Malone, who has been a bodyguard for famous figures like Farrah Fawcett and Sylvester Stallone gave a personal safety workshop. He works for the FBI and teaches police officers and Navy Seals hand-to-hand combat. This man has seen it all, and knows a lot. He focused his teachings for this workshop on HOW TO AVOID BEING THE VICTIM OF A VIOLENT CRIME. He gave us some statistics about how much the occurrences of random violence have escalated over the recent years, and it's terrible. Something like 99% of us will be exposed to, or become a victim of a violent crime.

Here are some of the most important points that I got out of his presentation:
The three reasons women are easy targets for random acts of violence are:

1. Lack of Awareness: swing your arms, stand straight up.
 - DON'T walk alone in an alley, or drive in a bad neighborhood at night.
2. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc). DON'T DO THIS! The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.

3. Getting into your car in a parking lot, or parking garage:
- Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.
 - If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.
 - Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)
 - ALWAYS take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot.
 - If the predator has a gun and you are not under his control, ALWAYS RUN! The predator will only hit you (a running target) 4 in 100 times; And even then, it most likely WILL NOT be a vital organ. RUN!
 - As women, we are always trying to be sympathetic: STOP IT! It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim. Pat Malone told us the story of his daughter, who came out of the mall and was walking to her car when she noticed 2 older ladies in front of her. Then she saw a police car come towards her with cops who said hello. She also noticed that all 8 handicap spots in the area were empty. As she neared her car she saw a man a few rows over calling to her for help. He wanted her to close his passenger side door. He was sitting in the back on the driver's side, and said he was handicapped. He continued calling, until she turned and headed back to the mall, and then he began cursing at her. In the meantime, she wondered why he didn't ask the 2 older ladies, or the policeman for help, and why he was not parked in any of the empty handicap spots. As she got back to the mall, two male friends of hers were exiting, and as she told them the story and turned to point at the car, the man was getting out of the back seat into the front and the car sped away. DON'T GET CAUGHT IN THIS TRAP.

What's Happening in St Thomas?

By - Cathrine Page,
E & T Jiu-Jitsu Kai

As always, Sensei Ed McLachlan and the folks at the E & T Jiu-Jitsu Dojo have been busy. Here are highlights of some of the more recent happenings at the dojo:

Recently, Sensei McLachlan and Bob Short were in Kirkland Lake for 4 days to teach his Street Awareness Program to 70 disabled individuals as well as 2 high schools. This is the second time that Sensei McLachlan has been invited to Kirkland Lake to present his program.

The Five Dragons performed demonstrations at the Elgin Association for Community Living Fall Family Dinner and at the CJA demonstrations at Fairview Mall in Kitchener. (along with 9 other members of E & T Jiu-Jitsu)

Amy Csiki, Rob Walsh, Geordie Taylor and Rob Verkest all competed in the Canada/US Jiu-Jitsu tournament at Conestoga College in Kitchener. All came away with good experience and a medal.

Doug Knispel visited both the St. Thomas dojo and the Shedden dojo where he conducted classes for members.

8 members of the dojo successfully completed their Level 3 American Sign Language Course.

The members of the E & T Jiu-Jitsu Kai would like to wish everyone a Merry Christmas and a Happy New Year.

Richmond Hill Budokan Celebrates 30th Anniversary!

By Doug Knispel
Richmond Hill Budokan
Secretary, Canadian Jiu-Jitsu Association

The Richmond Hill Budokan is celebrating a milestone this fall/winter. On October 19th, we turned 30 years old, which is quite an accomplishment for any endeavour, let alone a martial arts club. Our official party will be held in December (combined with our annual Christmas celebration)

The Richmond Hill Budokan began life in 1973, when our Sensei, Steve Reynolds, founded the Richmond Hill Jiu-Jitsu Academy. What is now known as Kitsune Ryu Jiu-Jitsu had its beginnings at this time. Initially, we rented space from the Richmond Hill Judo Club, but soon moved to our own dojo as our classes became more and more popular. Since that time, the dojo has been known as: Richmond Hill Jiu-Jitsu Kai, Asian Self Defence and finally, the Richmond Hill Budokan, which accurately reflects the fact that more than one budo is taught at our facility. The dojo is currently owned and operated in partnership between Hugh Smith and Doug Knispel, both students of Steve Reynolds who are committed to ensuring our continued presence as the oldest,

continuously operating martial arts facility in Richmond Hill. Hugh and Doug are ably assisted by Doug Knispel Sr., who assists with Jiu-Jitsu classes at the Budokan. Sensei Reynolds, now in semi-retirement, is still a welcome presence in our dojo and visits regularly to impart his knowledge and skill to the current generation of students at the Budokan.

The real strength of the Richmond Hill Budokan has always been its students. Notable alumni of the Richmond Hill dojo include our instructor, Steve Reynolds, who was a member of the 1977 team that competed against Hawaii in the First International Jiu-Jitsu Tournament and Harold Howard, 1984 Heavyweight Jiu-Jitsu Champion (from the First World Championships) and Canada's first Ultimate Fighter. More recently, Doug Knispel and Paul Pucciarelli both earned bronze medal wins at the 2001 World Jiu-Jitsu Championships in Jersey. We hope to continue this trend as we work on our next 30 years in business.

Please join us as we take this time to pat ourselves on the back for 30 years of hard work and look ahead to the next 30 years of quality martial arts instruction in the Richmond Hill area. For more information on the Richmond Hill Budokan, please contact Doug Knispel at doug.knispel@rci.rogers.com

Ryukyu Kobudo Seminar

By Doug Knispel
Secretary, Canadian Jiu-Jitsu Association

On Saturday, November 22, I had the honour of attending a seminar on Ryukyu Kobudo (Okinawa Weapons Arts) hosted by the Kyobukan dojo in Etobicoke. The seminar was instructed by Perry Campbell Sensei, who is ranked 4th Dan and holds a Shihan Menkyo (teacher's license) from the Ryukyu Kobudo Hozon Shinkokai (Society for the Preservation of Classical Okinawan Weapons Arts). Campbell Sensei was the last foreign student accepted by the late Akamine Eisuke Sensei, who was the head of the Ryukyu Kobudo Hozon Shinkokai. Campbell Sensei also holds a 6th Dan in Okinawa Goju Ryu Karate-do. He also has experience in Jiu-Jitsu, having trained for a time at the Richmond Hill Jiu-Jitsu Kai.

This seminar focused on the Rokushaku-bo (the 6 foot staff). We covered basics with the bo, the kata Shushi No Kon Dai (a basic Okinawan Bo Kata) as

well as bo-tai-bo. ("bo vs. bo", prearranged sparring drills using the bo)

As someone who has had much experience with both the classical weapons (my first bo was a converted broom-handle many moons ago) and the modern weapons, this seminar was an excellent experience, not only for the fact it was an old friend who taught it, but also for the fact that the material and the way it was presented was very well done. Campbell Sensei's excellent knowledge of the subject and obvious extensive training was obvious. The prearranged sparring drills were extremely useful for awareness of ma-ai (combative distance) and one learns very quickly to step off the line of the attack (a fundamental idea in any martial art) very quickly when you have a 6' staff zooming at you.

As a Jiu-Jitsu person, I found the seminar most useful and I would recommend a classical weapons seminar to anyone. At first, the material may seem very far removed from "standard" Jiu-Jitsu training. But the more one looks at it, the principles covered are very much in line with our art-form. The lessons learned from it were extremely valuable and I will definitely be sharing them with my students.

Overview of the Tsuki (Punch)

By Shawn Rodie,
Kyoshin Ryu Jiu-Jitsu

In Kyoshin Ryu Jiu-Jitsu, leverage and kuzushi (off-balancing) in relation to throwing techniques is obtained by way of a punch technique. It is important to remember to make any and all blows to your opponent decisive in nature. Having said this, let us take a look at the basic principles behind a punch. In this case, we will examine the oi-zuki (lunge) punch.

The energy equation is:

$E = mgh + \frac{1}{2}mv^2 + \frac{1}{2}m(Rw)^2$, where m =mass, h =distance, g =acceleration due to gravity, v =moving velocity, Rw =rotational energy.

$H+v+Rw$ is combined as we move forward and is expressed by way of a change in height, shifting our body weight and the twisting of the body. Obviously, a destructive punch is a punch that has great velocity, which is gained by combining the actions mentioned above and by also having enough distance from the target area to facilitate the velocity needed to be decisive. We can express this as: $v = \sqrt{2X/Xa}$. This equation shows that the longer the distance your hand is from the target and the higher the acceleration is, the greater velocity may be obtained.

The following chart demonstrates the speed of oi-zuki by way of electromyograms and a 16mm motion picture camera. This information was obtained from Professor Yoshio Kato of Takushoku University in Tokyo. (courtesy Dynamic Karate, by Masatoshi Nakayama)

Speed in milliseconds of oi-zuki:

	Avg.	Max.	End
4th Dan	5.52	12.64	8.21
5th Dan	5.84	11.45	7.78
Yellow Belt	3.35	7.10	4.56

This chart illustrates the fact that the more energy one puts into training, the greater the punching speed that can be obtained. Remember, that a skillful fighter is one that can hit any target at any time. A great fighter is one who can down their opponent with a single decisive blow.

For more information on this article or on Kyoshin Ryu Jiu-Jitsu, please contact Shawn Rodie at therodies@netzero.net

Canadian Jiu-Jitsu Association Member Clubs

Updated Nov 28, 2003

Dojo	Address	Dojo-Cho
Acton Jiu-Jitsu	5A Mill St. East, Acton, ON L7J 1G8	Linda Bromley 519-853-2424 jiujitsu1@sympatico.ca
Albert Jiu-Jitsu	1965 Vista Ave, Box 59 Vars, ON K0A 3H0	Denis Albert 613-835-2087
Bond Head Martial Arts	PO Box 130, Bond Head, ON L0G 1V0	Christopher Fusco 905-775-2348 cifusco@attcanada.ca
Bravado Jiu-Jitsu	65 Woodstream Blvd #12 Woodbridge, ON 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, ON K0J 1P0	Sam Bessy 613-589-2266 samandsara@sympatico.ca
E&T Jiu-Jitsu Kai	12 Park Ave. St. Thomas, ON N5R 4V3	Ed McLachlan 519-631-7239 elwm@rogers.com
Elite Champion Promotions	5151 Sunray Drive Mississauga, ON L5R 2V3	Muzammal Nawaz 905-829-1485 eltec@yahoo.com
Kick Jitsu	220 Wyecroft Rd. Oakville, ON	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	694 Glen Forest Blvd Waterloo, ON N2K 3L4	Terry Yanke 519-746-5724 Terry_Yanke@sobeys.net
Lawson's Jiu-Jitsu	288 Sanatorium Road Hamilton, ON L9C 2A1	Scott Taylor 905-383-4758
Markham Jujitsu Club	90 Markville Rd. Markham, ON L3R 4V6	George Cushinan 905-475-8716 mjic_03@hotmail.com
Perry William Kerry Martial Arts	3725 Sixth Street Ottawa, ON, K1T 1K5	Perry William Kerry perrywkelly@sympatico.ca
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, ON L4M 5J1	Gary Pilon 705-725-9186 prospar@planeeteer.com
Richmond Hill Budokan	346 Newkirk Rd #7 Richmond Hill, ON L4C 3G7	Doug Knispel 905-770-0457 dknispel@rci.rogers.com
Sisu Martial Arts Club	89 Surrey St. East Guelph, ON N1H 3P7	Wayland Pulkkinen 519-821-8554 wayland@pulkkinetics.com

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