

Shoshin Ryu Yudanshakai Newsletter

May/June 2007

Vol. 15 Issue 3

HIV/AIDS and the Dojo (Part Two)

by

Professors Bryan Stanley and Rich Charlebois, D.O.

In the last edition of the newsletter, the lead story was about the legal aspects of dealing with HIV and AIDS. This month's article focuses on the medical information and protecting ourselves from the virus.

When it comes to dealing with HIV and AIDS in our dojos, concern probably falls between two polar opposites: "Be afraid. Be very afraid" or "We have nothing to fear but fear itself." Regardless of what extreme you may be on, with the information provided by Dr. Rich Charlebois, hopefully you'll end up somewhere in the middle.

According to the statistic from the Center for Disease Control over 1,000,000 people in the United States are infected with the HIV virus. To break that down to more understandable numbers, 1 in 280 people in the U.S. have the virus. Be aware that the infection rate is higher in certain communities than others, so the statistics are not perfect. However, that ratio is high enough that every time blood hits the mat or gets on a ghi, there is significant reason for concern.

Shoshin Ryu's resident physician Dr. Rich Charlebois took the time to discuss the concerns of dealing with blood borne pathogens in the dojo.

He started with a word of warning, "One of the things I would like to point out is that there are a lot more blood borne diseases than HIV. Hepatitis B, Hepatitis C, and other diseases like perhaps Avian flu. They all cause viremia, viruses in the blood, and they can be transmitted through blood exposure. The people who are getting the Avian flu in China and Vietnam are handling not just the birds, but they are handling bird blood. The birds aren't coughing on them."

Taking that into account, what are the chances of infection if infected blood lands on the skin?

"Soap and water, wash it off, the risk is essentially zero. Generally speaking, intact skin is an excellent barrier to viral infections. It's conceivable that if blood sprays and hits your eyes, that it could be a potential point of infection. People could develop HIV or Hepatitis C from droplets in the eyes."

What if the skin is broken and there's a scab? What about if I have a rash and I've been scratching that place?

"A scab is considered an open sore. It's not as impervious to viruses as intact skin. It's considered a higher risk situation. If the skin is not intact your risk increases markedly. But the greatest risk is with open, gaping, penetrating wounds. Any wound that provides open access to the highly vascular tissue deep below the skin is problematic. Small cuts or scratches are not likely to provide much access to that layer of skin."

(See **HIV/AIDS** on page **Four**)

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Danzan Ryu Hall of Fame

Professor Stephen Byzek

Inducted in 1994

Professor Stephen Byzek received instruction through both Prof. Okazaki and Richard Rickerts.

He is credited for assisting in the release of Prof Okazaki from detention after the Pearl Harbor attack. Prof. Byzek also assisted in formulating the hand to hand combat manuals for both the paratroops and national intelligence agencies.

He received his teaching scroll during the first graduation class of the American Jujitsu Institute on May 11, 1941, from professor Okazaki.

Words of Wisdom

“It’s hard to beat a person who never gives up.” – *Babe Ruth*

“It’s what you learn after you know it all that counts.” – *John Wooden*

“I can resist everything except temptation.” – *Oscar Wilde*

“Courage is resistance to fear, mastery of fear, not absence of fear.” – *Mark Twain*

“Conscience is a mother-in-law whose visit never ends.” – *H.L. Menken*

“The way is not in the sky. The way is in the heart.” – *Buddha*

Sensei Profile

Name: Jon Tessier

Rank: Godan

Years in the Martial Arts: I started in 1958 when I was ten years old, so forty-eight years.

Styles studied: Judo, Tae Kwon Do – black belt, Jeet Kun Do, seven different styles of Kali, three different styles of Silat, shootwrestling, Brazilian Jujitsu, Danzan Ryu Jujitsu, Sanuces Ryu Jujitsu under Dr. Moses Powell – I’m a shodan in that. I haven’t studied any Chinese martial arts other than Jeet Kun Do, which is an off shoot of Wing Chung Kung Fu.

Favorite flavor of ice cream: coffee

Favorite activity away from jujitsu: traveling and reading

Favorite book: *Japanese Culture* by D.T. Suzuki

Favorite movie: *A Man Called Horse*

Favorite actor: Tyrone Powers

Favorite actress: Lauren Bacall

Favorite food: frozen yogurt

Most memorable moment in the martial arts: My first judo tournament. I just remember hearing “Ippon!” I was the only gaijin in the dojo. I got to a point after a couple of years where I could get off a throw.

Favorite thing about practicing Danzan Ryu: The broadness of it and the huge amount of possibilities with it.

Four famous people who you would invite to dinner: Alexander the Great, Bruce Lee, Albert Schweitzer, and Cleopatra

Biggest inspiration: The idea of refining one’s character by improving one’s self cerebrally, spiritually, and physically. It’s the struggle for perfection of character. When I see people trying to perfect themselves, I become inspired.

The Value of Traditional and Classical Martial Arts

By
Hanshi Joe Carslake

What I am writing about is very likely the most touchy subject on the face of this planet as far as the martial arts are concerned, and that is the subject of the value of the classical and traditional martial arts and their philosophies.

I am not in the habit, and never have been, of avoiding a thorny issue. I am also not in the habit of insulting people or their beliefs for my own personal kicks. My opinions are my own and are not given to cause insult, but if you are so soft skinned that you take insult at my expressing my opinion, then, my friend, you really do have a tender ego and some anger issues.

Please keep in mind that I began my training in the traditional art of Machi Karate Do in 1959 and since then I do not remember a time when I was not training or studying.

I first experienced the onset of the "new wave" of martial arts in 1979 when I was asked to participate in a "full-contact" tournament. I was doing NKA - a Karate style - at the time. We were trained for the event by a guy named Pat Gibney who had just come back from Canada, and his face was destroyed by some of the most vicious scars I have ever seen.

I did not like full-contact very much. Most of what I had learned in Karate and AikiJu-Jutsu was totally forbidden. The only reason I seemed to be in the ring was to kill the despicable piece of humanity I was fighting.

In any event, I was captain of a team. We won, and I won the individuals, the first All-Ireland full-contact event, and that was my last full-contact tournament.

Then things began to change. The first change was that Karate - which I loved and still do - was emasculated to make it more appealing to the competitor; as a consequence, today Karate has become like most *gendai* [modern styles] and is more about how it looks than what it does. Thankfully there are still a lot of dyed in the wool traditionalists about who would rather drop dead than participate in competition. Bully for them!

Then kickboxing appeared. I went to the first few tournaments, just to watch not to compete. Kickboxing to me has always been a bit of an orphan. It is neither boxing nor Karate and is held in contempt by most boxers, which is sad. What is even more sad is the fact that an awful lot of kickboxing instructors classify the sport as a martial art, which it most definitely is not!

Then in the '80s a new phenomenon began to appear: shoot fighting, mixed martial arts, and Gracie JiuJitsu. I am very aware how most people involved in these "sports" feel, if they feel at all. The activity has taken on an almost religious fervor, totally insane, in fact. Dare anyone imply that what they do is not the "ultimate martial art."

I have a great deal of respect for Gracie JiuJitsu, but it is misnamed, two words that should never be mentioned in the same breath are Brazilian/Gracie and jujitsu because it is neither Brazilian nor Jujitsu. What it is, is a unique development of Kodokan Judo and Helio Gracie's personal inspiration. A dangerous and demanding sport but not Ju-Jutsu or Ju-Jitsu or any other name in the same vein, simply it is not a martial art.

Here is why, deal with it as you will. If you have any official in the contest area, whether they be called the Referee, or the Controller, or the Judge, or any other nice title, then my friend, it is a combat sport and not a martial art.

It does not take any kind of rocket science to realize, if some kid is doing kickboxing and they are put in front of a JiuJitsu exponent, the kickboxer is going to get his head choked off. Big deal, would a real hero beat up a kid doing kickboxing? It does not take a great stretch of the imagination to realize that if I am training in Karate and doing Karate competition and come up against a street brawler, which most modern MMA exponents are, then I am going to get killed, probably literally.

(See **TRADITION** on page **Five**)

(HIV/AIDS from page One)

Is it possible to become infected through someone's sweat?

"To say it simply, no.

However, saliva causes more problems.

Someone who has a viral disease, doesn't know it, and has high viral titers because they are untreated, is dropping lots of particles in their urine, semen, and saliva. That stuff on intact skin is not a big deal. That stuff in your mouth is not a big deal because of the protective nature of saliva. Open sores in the mouth, just like on the skin, are a potential port of entry for viral infections."

Can I become infected by a gi with blood on it?

"That gi is potentially infectious. If I have someone with blood stains on their gi, I'll have them remove it for the rest of the workout. Although the risk of infection is slight, it is still possible. The biggest risk comes from blood saturated clothing."

How long will the HIV virus live outside of the body in perfect conditions?

"A virus is not truly alive. It hijacks the cells ability to replicate. In perfect conditions some viruses could last forever. A virus just sits. When that cell starts to reproduce its DNA, it reproduces the virus's DNA. The HIV virus can last from hours to days under ideal circumstances.

HIV medications focus on the proteins that the virus uses to replicate its own DNA. That can't happen outside of a cell. The virus doesn't use oxygen; it doesn't burn fuel; it doesn't do anything unless it's inside a cell. Once inside the cell, it hijacks the cell's reproductive ability. You can destroy the virus, but under ideal conditions there is no reason why it would ever not be able to infect a cell.

How long will the virus survive outside of the body on a counter?

"A couple of hours. The blood drying up and the oxygen around are enough to denature the proteins inside that virus and make it incapable of infecting someone next time. An HIV viron can sit on a counter for several hours and still be infectious, but usually oxidation and things of that nature can destroy them over time.

It's kind of a half-life thing. In two hours half the virions might be infectious, two more hours half of those, and et cetera, but a month later there might be that one little particle that is still potentially infectious on that counter."

What should students do if someone starts bleeding during class?

"Every dojo should have a first aid kit that contains latex or vinyl gloves and a solution to clean the blood up – 10 percent bleach 90 percent water solution. Like one cup of bleach in a gallon of water. 409, Windex, alcohol, all of those things are not considered adequate. If blood ends up on the mat, you must treat it as though it is infectious. Those are the universal precautions."

HIV is scary. AIDS is scary. The potential for disaster when dealing with the sources of this virus is multifold. Both legally and medically contact with HIV/AIDS can bring some harrowing consequences. Yet, as long as we know what is going on, and we know what to do, coping with the virus is much easier than it appears.

(The Shoshin Ryu Yudanshakai Newsletter would like to thank Professor Rich Charlebois, D.O. for his invaluable information about HIV/AIDS.)

2007 Friendship Games Randori Contest

This year the Friendship games are open to ALL ages. So the big guys can get involved and do a little randori. The tournament will be held on Saturday, May 12, 2007, at Whittier Christian High School, 501 N. Beach Blvd., La Habra (It's just north of Beach and La Habra Blvd. on the left). The cost is \$25.00 and all proceeds go to the Braille Institute Youth Services Program.

Contact Donn Hearn at akitajuitsu@sbcglobal.net

2007 Orange YMCA Winter Sumo Contest

On Sunday, February 25, 2007, over fifty competitors from ages 4-17 gathered at the Anaheim Police Activities League for the second annual Winter Sumo Classic. Sumo matches took place on two mats, and in the end, everyone had a good time. Special thanks go out to Steve Davis and his family, really they were all there – including his mother-in-law – and the Orange YMCA for putting this activity together.

2007 Winter Sumo Shiai Results

Division 1

- 1 Sean Ibarra
- 2 Blake Morgan
- 3 Max Morgan

Division 4

- 1 Janelle Julio
- 2 Jose Mendoza
- 3 Maria Escalante

Division 7

- 1 Priti Chamdal
- 2 Joaquin Durazo
- 3 Karl Fischer

Division 2

- 1 Alejandra Melchor
- 2 Ramses Escalante
- 3 Morgan Ibarra

Division 5

- 1 Alex Nguyen
- 2 Brian Robles
- 3 Jeremy Bowles

Division 8

- 1 Rebecca Hearn
- 2 Vince Nguyen
- 3 Luis Aguilar

Division 3

- 1 Jordan Vu
- 2 Daniel Romero
- 3 Christian Morano

Division 6

- 1 Kimberly Ocampo
- 2 Clare Keech
- 3 Stacy Rios

Division 9

- 1 Patrick Le
- 2 Phillip Le
- 3 Tuan Vu

(**TRADITION**, cont. from page **Three**)

The truth about mixed martial arts is that it has nothing to do with martial arts. If you take a bit of this and a bit of that and cobble it together and fill in the gaps with bad attitude and raw aggression, combine this with blood doping – that is when you dose up on Paracetamol and aspirin or inject yourself with whole blood about two days before a tournament – what you have is glorified drug assisted mayhem not a martial art.

A martial art teaches for the life and death situation. Competition is not life or death despite what you may think. You can put up as many pieces of tin or glass as you want and get people to fight for them, and you will see some pretty vicious stuff. Now take the same individuals who will knock someone's head off for that piece of tin or glass and put them up against some weedy individual whose martial art is considered pathetic by the MMA master and make them fight for life or death, and I think you will be pretty amazed at how many of the "hardman" will find themselves ploughed under by a weed they would normally spit on.

The real tragedy is that the fanatics who follow these "new wave" styles feel really threatened by the fact that the classical and traditional styles they have stolen their few techniques from are still in existence and will continue to be in existence long after the "new wave" has faded away.

Now let me define the term martial art for you.

A martial art may, through its teachings, give you the tools, the abilities, and the knowledge to cripple, maim, and even kill. If you believe that this is what the martial arts are about, then you are better off doing something like Shooto or Bolo or anything where respect for the person and life means nothing. Responsibly taught martial arts are all about developing the person and teaching respect and tolerance for a person's right to follow his own path, make his own mistakes, and live with the consequences. A martial art allows a practitioner to look at one's self and respect the fact that he is human and to look at others respect the way they are.

You can never beat respect out of someone. You can beat fear into them, and if you are willing to accept fear instead of respect, then you are a fool. As a victim of bullying, I can tell you fear reaches a crisis point. When it does you will do anything to stop feeling afraid and (see **TRADITION**, cont. on page **Eight**)



Ohana 2007

Santa Clara Marriott

Santa Clara, CA

(Just north of San Jose Airport)

August 31 - September 3, 2007

Clinics, Tournaments, Banquet, Lots of Fun!

Call 888-236-2427 for Hotel Reservations

Ohana registration at www.OhanaAlliance.org

Questions: danzanryu@yahoo.com

Coming Events

May 12, 2007: The third Annual Friendship games Randori Competition. Doors open at 11:00 for sign in and the contest is from 12:00 noon to 3:00 P.M. Cost is \$25.00. For more information contact Sensei Donn Hearn at akitajujitsu@sbcglobal.net.

May 26, 2007: "Black Belt Clinic" open to all Shoshin Ryu Members. It costs \$20.00 per person. It will be held from 9:00 to 12:00 at Mirabelli Center, 6200 Elton Avenue, Las Vegas, NV 89107. The clinic will be instructed by Professor Mike Chubb. For more information contact Jon Jacques at Jon_Jacques@ca.rr.com.

June 10, 2007: Summer Kata Contest at Laguna Nigel YMCA. Doors open at 1:30 for sign ups Competition runs from 2:00 to 5:00. For more information contact Sensei Ed Bederov at ebederov@cox.net.

June 17, 2007: Bo No Kata by Professor Jim Lambert place and time TBA

July 7, 2007: Black Belt Workout at Shin Re, Golden West Dojo, Riverside. From 9:00 A.M. to 2:00 P.M. Special guest instructor Professor Mike Chubb. Contact Sensei Mike Whitaker at senseiw@sbcglobal.net.

Yudansha Notes

Pacific Northwest Update

Hey, we're still throwin' and kickin' and tying people in knots up here in the Pacific Northwest. Hopefully out of sight doesn't mean out of mind. We do think often of our fellow martial artists to the far South and that open invitation to 'come on up' still exists.

When the closest dojo in your organization is several hours or a state or two away, you learn to reach out to those who share your passion. For Sue and I, the closest Jujitsu America dojo is in Salem, 3 hours drive. The closest AJI dojo is in Eugene, 5 hours. The closest AJJF dojo is in Medford 9 hours drive. The closest SRY dojo is about a 14+ hour drive. Sensei Paul Bedard teaches in Hillsboro Oregon, near Portland (2 hours) which is about midway for many of us. So to extend our options and to have playmates, we cross organizational boundaries. After several years of working together, we've pretty much settled on a regular schedule for cross organizational PNW events.

In February Sensei Sue Jennings hosts a DanzanRyu clinic at the Evergreen State College in Olympia, WA. Last February there were over 40 clinic participants and we had a fabulous Chinese buffet afterwards. Sensei Bob Parkson and Sensei Al Elfstrom, of the Salem Budokai, host the April "All Dojo Workout". On April 20th over 30 DanzanRyu instructors and students attended and afterwards we met at Al's house to celebrate his 61st birthday. June is Sensei Paul Bedard's turn and we turn the American Legion hall into a gymnasium for the day. Paul is a master of several styles of Jujitsu and always a good host. August is Kamp KaishinKai. This is a full weekend camping and DZR experience hosted by Professor Ron Jennings of KaishinKai Dojo in Centralia WA. Sensei Ross Gibbs' Koshoryu Kenpo of Oregon, an AJI dojo, has October. December we leave open for any other PNW dojo to throw their hat in the ring.

Except for conventions we don't always get to see our DZR relatives further south but that

doesn't mean we're sittin' back and doin' nothin', we are playing with our second cousins.

Best regards,
Professor Ron Jennings.

Shoshin Ryu Brochure

Thanks to Professor Carlos Gallegos, Shoshin Ryu has a new brochure. This brochure provides information about our organization, Professor Okazaki, Professor Chubb, the schools, and even has a pass for a free round of golf at Boomers. The brochure should be out in the most recent round of memberships. If you haven't seen it, it's really slick. If you have, you know that it's really slick. Thank you, Professor Gallegos.

Ohana Update

Ohana is just around the corner. (See the advertisement above.) Be sure to sign up and be a part of all the fun and excitement that is an Ohana weekend. People travel from far and wide to be there, so we should do the same. Let's go out and support this one of a kind Danzan Ryu event.

Promotions

Rokkyu:

Jessica Weber Mountain Side Shoshin Ryu

ashamed, and when you reach this point, you can achieve the impossible.

The modern “new wave” of combat sports is a haven for people who for one reason or another are bullies or wannabe bullies. They have no ability to look into the future and see where they are going.

Have you ever met an old Thai boxing master? No? Not surprising, they die at around thirty-five years of age from Rheumatoid Arthritis and Osteoporosis and any number of bone diseases. Do you honestly think it is possible to take a full power elbow in the back of the head and be normal afterward? As a trained medic, I can tell you the damage may be a while in showing itself, but, sooner or later, it will show. This is the direction the “new wave” is heading.

One of my senseis used to say that life is a game of consequences and every decision you make has a consequence. I made my decision to adopt the martial arts when I was nine years old, and if I had the same decision to make today, I doubt I would.

The amount of disrespect for the traditional arts and utter contempt by the ignorant for the classical arts makes me sick to the heart. Seeing what the martial arts are deteriorating into makes me want to weep. The hardest thing to come to terms with is the fact that there is nothing I can do about it.

I value a student who can take a technique from the traditional or the classical arts and adapt it so it suits a modern application. I value a martial artist who asks the right questions, because sometimes it is the question that is important and not the answer. If a martial artist has the ability and the knowledge to ask that question then they already know the answer, and that is a major step forward.

However, if the question is such that it denigrates or insults the very roots of what the martial artist is doing, then he has lost the way. My sensei used to say they did not lose the way, they were never on it. Unfortunately we see far too much of this in the “modern martial arts.”

The value of the classical arts in the modern day is undiminished and, in my opinion, is even more essential than in the past. The value of the traditional arts is beyond price. Classical and traditional arts give us one word which has become accepted as totally non-politically correct: DISCIPLINE. Discipline is the one thing most of the “new wave” lack. They crave fame and have not the discipline to handle it when they get it.

Beware of a reputation for no one is as big as his, and it can kill. I have no doubt that the keyboard assassins in the martial arts discussion forum, all the high grades in that newest creation of the cyberage, will be busy after reading this.

The Literary Ninja

Best Judo

by Isao Inokuma and Nobuyuki Sato

\$20.00

251 pages

The best, simply the best. Nothing else to say. Accurate pictures that don't leave big gaps in the technique, good chapter organization, and accurate and intelligent descriptions of techniques.

Best Judo has six chapters: 1 – Judo Fundamentals, all the rolls and falls are covered; 2 – Throwing Techniques, broken down into hand throws, hip throws, leg throws, and on; 3 – Grappling Techniques, covers basic postures, pins, strangles, and armbars; 4 – Combination Techniques, throws to throws, throws to pins, pins to pins; 5 – Training, training with and without equipment; 6 – Judo and I, an essay about judo by each author.

Years ago I picked up my copy in a used bookstore, it has been a valuable book ever since. If you don't have it, you should. If you do, you know what I am talking about.

On the Literary Ninja's scale of White to Black belt I'd give *Best Judo* a BLACK belt.

-- *The Literary Ninja*



The Shoshin Ryu
Yudanshakai
Announces:

“Black Belt Clinic”

Presented by:
Professor Mike Chubb
(Kudan)



Where:
Mirabelli Center
6200 Elton Avenue
Las Vegas, NV 89107

May 26, 2007
Time 9:00 am – 12:00 PM

A Lunch gathering will immediately follow the work out.

**This clinic is open to Shoshin Ryu members for \$20. For more information contact
Jon Jacques (Jon_Jacques@ca.rr.com) (310) 468-8670**

The Akita Martial Arts Academy

In cooperation with the Braille Institute of Orange County
Proudly Presents

The Third Annual Friendship Games

Randori Competition

May 12, 2007

12:00 (noon) to 3:30 pm

Doors open at 11:00 for registration and sign in

Open to kids ages 5 to 17 years. Adults are also welcome to compete in an adults only division. Everyone will receive a medal of participation. The top three of each age group will also receive a gold, silver, or bronze medal.

Whittier Christian High School Gymnasium

501 N. Beach Blvd., La Habra

(Located near Beach Blvd. and La Habra Blvd by Costco)

Contest cost is \$25.00 per participant. ***All proceeds go directly to the Braille Institute's youth program.*** Each contestant will be required to have a uniform and mouth guard to participate.

Membership in Shoshin Ryu is not required - but encouraged – to participate in this event.

Let's have fun and help a great cause!!!

AKITA MARTIAL ARTS ACADMEY, LLC

P.O. BOX 252

BUENA PARK, CA. 90621

714 588-2288 OR 714 588-2273

E-MAIL: akitajujitsu@sbcglobal.net

Akita Martial Arts Academy, LLC
P.O. Box 252
Buena Park, CA 90621
714 588-2288/588-2273

Friendship Games, 2007
Registration Information

Name of Participant _____

Address _____ City _____

State _____ Zip _____ Phone _____

School/Dojo _____ Grade/Age _____

I hereby give my consent for my child to participate in the Akita Martial Arts Academy Friendship Games.

Parent signature _____

Parent name (print) _____

Participation fee (\$25.00) Paid: Cash or Check # _____ Please make checks payable to Akita Martial Arts Academy, Thank You.

Equipment checklist:

Uniform _____ Mouth Guard _____