

# Shoshin Ryu Yudanshakai Newsletter

July/August 2008

Vol. 16 Issue 4

## Yet another Conversation with Prof. Chubb

By Myron Dickson

- Q. Good morning, Professor. How are things at the high school?
- A. Good morning, Myron. It's nice to see you again. To answer your question: This is the time of year when students are anxious for summer vacation. It is also a time for finals, proms, graduations and job-hunting. In short, a very stressful time for students and faculty alike.
- Q. I'm sorry I missed the clinic you hosted a few weeks ago. I understand you introduced a new concept for the attendees. Would you explain what that concept is for those of us who didn't attend?
- A. Sure. Briefly, "Less is more."
- Q. Would you elaborate, please?
- A. In one sense it means that the more an art can be applied to different attacks the more value it has and the less time I have to spend practicing other less useful arts. In another, the less I do the more I like it.
- Q. That sounds a lot like your article on "The Value of an Art," which appeared in our Newsletter not too long ago.
- A. And it should. In many ways the clinic was a demonstration of that philosophy. We spent about three hours the first day of the clinic exploring the various applications of the wrist pinch used in the technique *Ryoeri Tori* of *Danzan-ryu*.
- Q. In the article you stated that an art had value if it met three criteria: it was simple to use, had universal application, and was effective. Would you say that the clinic proved this out?
- A. I think so. I titled the clinic "Techniques of Arrest and Compliance," but it was always my intention to introduce concepts that are often overlooked or understated when teaching a martial art. Most seasoned *sensei* know and unconsciously practice them already; the rest of us have to stumble onto them by accident.
- Q. Were any other concepts discussed?
- A. Yes. I suggested to the group that an attack isn't over until I'm standing next to my assailant who is lying face down and unconscious. Actually, I mentioned several variations to that theme but you get the picture. I call this a "post-attack protocol" just to make it sound scientific.
- Q. What other suggestions did you offer to the group?
- A. That an attack and defense event will have three significant parts: the actual attack, a neutralizer, and then the skillful application of either an immobilization or a projection.
- Q. Professor, please explain what a "neutralizer" is.
- A. Anything that will interrupt the completion of an attack. For me, this takes the form of an (See **Another Conversation**, on page **four**)

### Table of Contents

Yet Another Conversation - Page One  
Danzan Ryu Hall of Fame – Page Two  
Black Belt Profile – Page Two  
Reunion Advertisement – Page Three

Words of Wisdom – Page Four  
The Literary Ninja – Page Five  
Promotions – Page Five  
Coming Events – Page Five

## Danzan Ryu Hall of Fame

### **Professor Willy Cahill Inducted 1996**

Prof. Willy “Clipper” Cahill is a 10<sup>th</sup> Dan in Jujitsu, a 7<sup>th</sup> Dan in Judo, and a co-founder of Jujitsu America.

Willy Cahill was born in Honolulu, Hawaii, on November 21, 1935. Willy’s father John Cahill, Sr., was an instructor under Professor Henry Seishiro Okazaki. He began his martial arts training under his father while living in Hawaii.

In 1947, the Cahill family moved to California, and the following year opened the Cahill Judo Club in Daly City. They soon opened other schools and Professor Cahill became the head instructor of the Daly City dojo after the passing of his father in 1962.

In 1963 Professor Cahill built a new dojo in San Bruno. In 1970 the school won the first in a string of nine California State Judo Championships and five consecutive United States Judo Association National Championships.

As a Judo coach, Professor Cahill coached teams at the Olympics, Goodwill Games, World Judo Championships, the Pacific Rim Judo Championships, and the Junior Pan American Championships. He coached the U.S. Olympic Judo Teams in 1984 and 1988 and was head coach of the Paralympic Judo Team that traveled to Sydney, Australia, in November 2000 and brought back the first Gold Medal ever won in Paralympic or Olympic judo competition. His team became the top medal winners at the Paralympic Games.

In 1975 Professor Cahill was inducted as Judo Instructor of the Year into the Black Belt Hall of Fame. For his lifetime of dedication to the martial arts, he was elevated to Judan in Jujitsu by Prof. Wally Jay in September 1994 at the Ohana convention in Las Vegas.

In 2003, Professor Cahill was presented the United States Jujitsu President’s Leadership Award, recognizing his lifetime achievements and contributions in developing the ancient art of jujitsu.

## Black Belt Profile

**Name:** Ramon Gallegos

**Rank:** Sandan

**Dojo:** Kaito Gakko, Fullerton

**Years practicing:** Roughly eighteen

**Styles studied:** Karate with David Nuuhiwa, Judo, then Jujitsu

**Favorite book:** *Confederacy of Dunces* by John Kennedy O’Toole

**Favorite ice cream:** Butter Pecan

**Favorite food:** No favorite. I love all food.

**Favorite movie:** *Shawshank Redemption*

**Favorite actor:** Gary Oldman

**Favorite actress:** Amanda Peete

**Favorite musical artist:** Nora Jones

**Hobbies outside of Jujitsu:** I do a lot of cycling. I teach a geographic information systems class.

**Most memorable moment in the martial arts:** It was before I started. If my dad couldn’t find a baby sitter, he’d have to take me to Uncle Dave’s garage while he worked out. I remember this one moment where Uncle Dave was giving instruction – and he was very stern with his students yelling, “Punch! Punch!” - it was a little frightening as a child, and he just looked at me and gave me a smile. If you know Uncle Dave, you know his smile, and it just relaxed me like you wouldn’t believe.

**Favorite thing about practicing Danzan Ryu:** Learning where the moves that I learned as a kid came from. What I mean is that I learned the moves, but I didn’t learn their history, where they came from, or their Japanese names. And now that I have been accepted into the larger Shoshin Ryu family, and now that I pay a little more attention, I am starting to learn those aspects of the techniques.

**Four famous people you would like to invite to dinner:** Thomas Jefferson, Ghingis Khan, Fiona Apple, and President Clinton

**Biggest inspiration:** My father. I see him with people, and I see that he is just a good man. I never hear him say anything negative or things like that. He’s always very pleasant, and I find that very admirable.

# SHOSHIN RYU



# 2008

# REUNION

## AUGUST 29<sup>TH</sup> - SEPTEMBER 1<sup>ST</sup>

Conference schedule will include extra time so that you can visit local theme parks and dinner theater attractions.

**Knott's**  
BERRY FARM®

RESORT HOTEL  
7675 Crescent Avenue  
Buena Park, CA 90620  
[www.knottshotel.com](http://www.knottshotel.com)



### Hotel Rooms Limited

(BOOK AS SOON AS POSSIBLE)

CALL TOLL FREE:

## 866-752-2444

(Please mention Shoshin Ryu Reunion for special room rates)

For more information please visit [www.shoshinryu.com/events](http://www.shoshinryu.com/events) and check out upcoming editions of the Shoshin Ryu newsletter. So mark your calendars for a great time!

# [www.shoshinryu.com](http://www.shoshinryu.com)

Senseis, be sure to send in pictures of your class to [SRYNewsletter@aol.com](mailto:SRYNewsletter@aol.com). They are going to be in the brochure for this year's reunion. Get them in soon!!!

(Another Conversation, Continued from page one)

*atemi*. By using an *atemi* I divide the assailant's attention between what he intended to do and this immediate threat to his own safety. This, of course, renders the attack weaker and therefore easier to defend against. The beauty of this is that I don't actually have to strike the assailant to get the desired results.

Q. Okay, what's an "immobilization?"

A. A pin or hold-down of some sort. There are several that can be applied while standing over your assailant.

Q. And a "projection?"

A. A throw. But there's a big difference between a throw and a projection. A throw usually ends with the recipient lying at your feet. A projection literally "projects" the assailant from you. In this respect, one is a "throw," the other is a "throw away."

Q. Is one more desirable than another?

A. Yes. Although I consider throws the most powerful techniques in our arsenal there are times when a projection can be more practical and useful.

Q. For instance?

A. When attacked by more than one assailant. In this instance the defender cannot afford to stay focused too long on one assailant nor expend precious energy necessary in the completion of a throw. Myron, if you had attended the clinic you would have seen this demonstrated.

Q. You needn't rub it in, sir. Any other little gems that might improve my "game," as it were?

A. We discussed what I consider a very important aspect of any successful self-defense: the "All-or-Nothing" response. As the name suggests, you must overwhelm your assailant,

ideally at the very moment of his attack, and continue your counterattack until he is lying face-down, unconscious and immobilized at your feet.

Q. Is this where the "post-attack protocol" comes in?

A. Exactly!

Q. Can these concepts be applied to the techniques within *Danzan-ryu*?

A. Absolutely! To omit them would, in my opinion, amount to teaching half of the *kata*. Not only that, it fails to prepare the student for a possible counter-attack or the ability to skillfully disengage from one assailant to engage another. I touched on this while discussing the difference between a "throw" and a "projection."

Q. Then, are you advocating using an *atemi* with every technique, even if you are the initiator of the action such as in a come-along?

A. Yes. An *atemi* renders several invaluable services: distraction, weakening of the assailant and his attack, while enhancing my own technique.

Q. Professor, thank you so much for your time. You have certainly given me food for thought. It has been a pleasure speaking with you and I hope I may have the opportunity to do so again, real soon.

A. Thanks for visiting with me, Myron. I look forward to our next conversation.

---

## Words of Wisdom

"I didn't attend the funeral, but I sent a nice letter saying I approved of it." – *Mark Twain*

"He is not only dull himself, he is the cause of dullness in others." – *Samuel Johnson*

"He has all the virtues I dislike and none of the vices I admire." – *Winston Churchill*

"Defeat is not defeat unless accepted as a reality-in your own mind." – *Bruce Lee*

## The Literary Ninja

### *The Essential Guard*

Kid Peligro and Rodrigo Medeiros

Invisible Cities Press

\$29.95

231 pages

This is the first book in a series by Kid Peligro and Rodrigo Medeiros. It covers basic guard techniques, and this is where the salesmanship comes in. In the introduction, the authors explain that the purpose of the book is multifold, but primarily the basics are the most important part of any martial art. As one progresses through the system, one learns more and more advanced techniques. A trip back to the basics often opens new doors of understanding and new variations.

The introduction is twenty-five pages long and offers instruction and basic vocabulary necessary to understand the book. Everything pivots on the three keys of the guard: be able to replace your guard and keep your opponent from passing it, submitting your opponent, and reverse your position from bottom to top. The entire introduction expands on these three ideas.

The next 206 pages are filled with drills and techniques. The techniques range from replacing the guard to closed guard attacks to the spider guard and the butterfly guard. Each technique has vivid color photos and explanations.

The explosion of people learning Brazilian Jujitsu has created a glut of books about the art. This book doesn't claim to teach everything, just the basics about the guard. In a world flash is more important than substance, Kid Peligro and Rodrigo Medeiros have written a solid book that could help any jujitsu student.

On the Literary Ninja's scale of white to black belt, I give *The Essential Guard* a BROWN belt.

-- *The Literary Ninja*

## Promotions

### Shodan:

Matt Shaw	Boulder City Jujitsu Club
Conlan Spiritosanto	Boulder City Jujitsu Club
JC Davis	Boulder City Jujitsu Club
Chad Ball	Boulder City Jujitsu Club
Corbin Magana	Boulder City Jujitsu Club

Congratulations to the five new black belts from Boulder City. They were promoted on May 31, 2008.

---

## Coming Events

### August 29 to September 1, 2008 – Shoshin Ryu Reunion 2008.

This event is going to be held at the Knott's Berry Farm Resort Hotel over Labor Day Weekend.

Saturday clinics should be filled with wonderful instructors presenting great techniques.

Every dojo should be preparing for the kata contest on Sunday. The Juniors will go first and the seniors will follow.

Senseis get your teams together and organized. More teams means more competition and more competition means more fun.

Sunday's banquet is going to be a lavish affair – as most of the Shoshin Ryu banquets are. Hawaiian dress is the usual apparel. It should be a mile a minute laugh riot.

Go to [www.shoshinryu.com](http://www.shoshinryu.com) right now and sign up for the clinics and banquet. Then call the Knott's Berry Farm Resort Hotel at 1-866-752-2444 and make your room reservations straight away.

If you live in So. Cal. make your room reservations and save gas traveling back and forth to the hotel. Besides, all the really cool people are staying at the hotel anyway.