

Shoshin Ryu Yudanshakai Newsletter

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Cancelling the Reunion for 2009

The economic downturn is hurting everyone it seems. In an effort to focus our funds on Ohana 2010, the 2009 Shoshin Ryu Reunion has been cancelled.

Weapons, Weapons, Weapons

By

Bryan Stanley

Many years ago Professor Roy Center told this story during a knife defense clinic, “I’d been studying knife defense for three hours a night, three nights a week, for nine months, I knew everything to do. At about the end of my training, I went to an ATM, and this kid came up behind me and said he wanted my money. He had a knife in his hand. I looked at that kid and snarled, ‘Son, I’m going to take that knife away from you and stick it up your *&&!’ I think that when the kid noticed I wasn’t afraid, he was a little shocked. I stepped toward him, and he threw the knife and stuck me in my big toe. I hadn’t prepared for that. The kid ran away, and I went to the hospital.”

As I remember it, everyone laughed and that led Professor Center to the point of his story, “Understand, that it doesn’t matter how much you practice, if someone has a knife in their hand, you are going to get cut.”

That maxim for knives can be applied to any weapon. If someone has a stick, you are going to get hit; if someone has a sword, you are going to get chopped; if someone has a pair of nail clippers, you are going to get clipped.

Which should lead to a question, if martial artists spend so much time learning to defend against weapons, why not spend more time learning how to use weapons? Why not have a knife course where jujitsuka can learn to fillet a human being like a trout, or a club course that has more strikes than a baseball game? What about a learning to use a sword in a way that could disembowel and decapitate in one swift movement?

After all, if Harry Hoodlum is going to use a knife or a club, wouldn’t it do us a world of good to know how to use one right back? We could discard Professor Center’s maxim and dish it out instead.

Of course now there’s the legal issue to face, if we use a weapon in self-defense, is it self-defense? Use this scenario: Harry Hoodlum wants our money and is going to use his fists to get it. We pull out a knife to deter Harry from causing us harm. Who has the better case in a court of law, us or Harry?

(See **Weapons**, cont. on page **Eight**)

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Yudansha Notes

Get Well Soon

Professor Bud Collyer had a heart attack! He's feeling better but has had to undergo a process to put a shunt in a vein. If you get a chance send him an e-mail at MHBUDLY@aol.com.

Get Well Soon #2

Professor Bill Fischer is on the road to recovery after dealing with prostate cancer. He's up and around and back to being Bill. Give him your best wishes for a speedy recovery at DZRSensei@aol.com.

Just Get Well

Professor Jim DeHaven is still battling cancer. He is up in South Dakota doing whatever it is people in South Dakota do. We are all looking forward to seeing "Big Jim" again. Here is his e-mail: jdehaven@gwtc.net.

SRJ B.O.D.

Professor Carlos Gallegos and Sensei Steve Davis have been added to the Shoshin Ryu Board of Directors. This now brings the number of board members to five, which is what the bylaws say the board should be.

After Ohana 2010, Shoshin Ryu should have its first vote for new board members.

Up Coming Clinics

School heads and black belts should mark their calendars for August 2, 2009. Shoshin Ryu is going to have an organizational meeting to get everyone going the same direction.

Also in August, the He No De Ryu at the Orange YMCA is going to put on another Ohana fund raising clinic. The topic is to be determined.

Finally, Shoshin Ryu is going to put on a comprehensive judging clinic. This clinic will cover Kata, Sumo, and Randori. More information will be coming about the day, time, and location.

Danzan Ryu Hall of Fame

2000 Hall of Fame

Professor Bud Estes

Born on October 1, 1909, in Jackson Hole, Wyoming, Francis Merlin "Bud" Estes was the oldest sibling among his brothers Ivan, Burl and his sister Pat. Their parents, James and Olive were migrant workers and most of the children dropped out of school at around age 15 to help support the family.

While out hunting with his brother Ivan, the shotgun accidentally discharged and hit Bud in the right forearm. The injury was severe and took out much of the muscle and bone in his wrist and forearm.

His family moved to Los Angeles, where he studied Judo and earned a Black Belt. Bud entered the Salvation Army College in San Francisco, studied to be an officer, and was assigned as a Captain to a group in Honolulu in 1930.

While walking down the streets of Honolulu one evening, Bud observed several young toughs attacking an old Japanese man. Believing in his skills and thinking he should equalize the situation, he took on one of the toughs, but watched as the "Old Man" took the rest of the thugs down rather easily. It turned out that the "Old Man" was Professor Okazaki, and young Bud Estes gave up his judo shodan and joined Professor Okazaki's class at the Kodenkan as a white belt.

After approximately two years of deep, concentrated study and training, Bud moved to Chico, California, in 1939, and started the Chico Judo and Jujitsu Academy. He and his wife Lucille taught Jujitsu in Chico and seminars across the country.

Professor Estes co-founded the American Judo and Jujitsu Federation with fellow Okazaki students John Cahill, Richard Rickerts, and Ray Law.

Professor Estes was eventually rose to Judan. After teaching a seminar in Ithaca, New York, Prof. Bud Estes passed away on June 7, 1981. Lucille died from cancer shortly thereafter.

Rank or Knowledge?

By

Professor Ron Jennings

After some recent serious health issues, I began reflecting on my many years as a martial artist and my early years in DanzanRyu. I thought some of those memories were worth sharing. Here is one:

It was in the spring of 1962 when I went to a DanzanRyu dojo to sign up for lessons. I had just bought my own car and could now drive to an adjoining city where the dojo was located. The first class I watched included a promotional ceremony which included two really old guys who were getting their first promotion. One was mid fifties and one was mid sixties. To a teenager, they were beyond old, they were ancient. I was so impressed by old guys getting their first rank I resolved to join and catch up with them. It was a challenge I never met.

Classes at the dojo were very structured and focused on learning a few techniques very well before being introduced to others. You weren't shown much above your rank level until Sensei felt you were ready. As a green belt I remember going with my Sensei and others on a visit to a town about 30 miles away where someone had a workout room in his house. When asked what he would like to cover, he said Oku. Sensei said "No" because they had a green belt with them (me). At our dojo you didn't get to work Oku until you were brown belt. I was so disappointed. As it turned out, Sensei finally relented and we actually got to work the first three techniques. It was six months after I got to third brown before I saw Oku again. As it turned out there were not enough people at my rank and a Police Class the dojo was presenting to city police interfered with continuing the colored belt only classes. There were a couple of new green belts and Sensei said I needed to help them get to brown so we could practice together. What I thought as a real delay in my training turned out for the best as my Shime became pretty good as well as my Nage really improved. It seemed however that I was not learning as much as I wanted and I had yet to catch up with those old guys. I was getting anxious about moving up. But, there was a lesson I still needed to learn about rank consciousness.

One night there was a visitor to the dojo who was very interested and as a new brown belt I felt I had a lot to say. He attended a couple of classes then disappeared. Shortly after receiving my second brown this young man showed up again, this time wearing a Black Belt. I was stunned. How could he possibly have made it to Black Belt in that short of a time period? I had gone from Sankyū to Nikyū in the same time period it took him to go from white belt to Shodan. He then told me about another dojo in a nearby city. That was enough for me. I am not sure what I told Sensei but I quit my lessons at his dojo and went to that other dojo. It wasn't long however before I realized the depth of knowledge, or should I say lack of it at this dojo. They had some outstanding instructors but I didn't get to work with them and instead got to work closely with one of their Nidans. In a few weeks time it was obvious I knew more about training, technique, and execution than one of their second degree Black Belts. Sure he knew a few more moves but that was it. I felt he only mimicked the arts without understanding the real intent. I knew I had made a big mistake.

I returned to my original dojo with a sincere apology. Sensei accepted me back and told me that my desire for rank had been one of the things that had been keeping me back. I finally realized what I had been told many times. Your belt holds your gi together. It is the knowledge gained from hard work and dedication to learning that is important, not the color of the belt. It was a lesson I never forgot. By the time I got to Shodan those two old men made Sandan, but rank was no longer an issue.

In 1968 I left the dojo and moved to another city and opened my own dojo. I have been a school head and continually active in DanzanRyu ever since. As a school head and still seeking (See **Rank**, on page **Four**)

(Rank, cont. from page Three)

that knowledge, I expanded my cross training efforts. By keeping an open mind as well as open eyes, I found there was more to DanzanRyu than one single organization. I now belong to several national DanzanRyu organizations. I've trained with a great number of exceptional instructors and based on my lesson from Sensei, never asked for rank or recognition. However, over the years I have received both rank and recognition from hard work and dedication to the art.

When I first received recognition as a Professor of DanzanRyu, Professor Imi Okazaki Mullins, youngest daughter of Professor Henry Okazaki, bowed to me as she handed me a red and white belt and said "My father would be proud." I would have not been so honored without the foundation training and early lessons I received from Sensei.

HAKUDA: To Strike Without Impurity

By
Hanshi Joe Carslake

My introduction to Hakuda was through my Sensei at that time, in Kobu Jutsu, Sensei Bjarni Hjaralffson. Sensei Hjaralffson was about 4' 8" tall, and 68 years old, a very severe looking, bent over little man. I was his student for 12 years, and despite the training being hard, punishing at times, I loved every moment in his company. He never lied to me, and was merciless in his criticism, but also very quick to praise, where praise was due. He taught with a thin bamboo cane, and I was on the receiving end of that cane more than once. I was disarmed by that cane, while sparring him, when I was armed with a live Katana, his own Katana.

I was in Kenjutsu class one evening and he was "on patrol" bent over, eyes on the ground, cane behind his back, walking up and down the class, when he stopped beside me, he did not look up as usual, and I broke out in a cold sweat, knowing I had done something wrong, and waiting for the soft, gentle tones telling me what, followed by the swish of that flaming (See **Hakuda** on page **Seven**)

Promotions

Adv. White Belt:

Triston Wood Amador
Nicholas Butcher Amador

Jr. Yellow Belt:

Cassandra Dorrance Amador
Remington Wood Amador
Samantha Pettitt Amador

Jr. Orange Belt:

Hardit Singh Amador
Aidan Epperly Amador
AaronToothman Amador

Jr. Adv. Orange Belt:

Matthew Myers Amador

Jr. Green Belt:

Grant Atchinson Amador
Chaya Bakshi Amador

Intermediate. Blue Belt:

Raina Bakshi Amador
Ethan Epperly Amador

Intermediate Purple Belt:

Michael Myers Amador
Grant Olson Amador
Tim Evitt Amador
Meha Bakshi Amador
Austin Horning Amador

Sr. Yellow Belt/Gokyu:

Ricky Gonzales Amador
Fred Dorrance Amador

Nikyu:

Jamie Atchinson Amador
Jori Atchinson Amador
Gabriel Pasillas Amador
Matthew Clark Amador
Ryan Gray Amador

Ikkyu:

Emily Bachleda Amador
Sarah Bachleda Amador
Mack Mooney Amador
Roxanna Utpadel Amador
Zachary Chapman Amador
Dayne Sasaki Amador

2009 Randori Shiai

By

Sensei Randy Carrasco and Prof. Carlos Gallegos

On Saturday, June 13, 2009, the Shoshin Ryu Yudanshakai held a Judo Randori Contest at the South Coast YMCA in Laguna Niguel. Southern California dojos such as Orange YMCA, Downey YMCA, South Coast YMCA, Kaito Gakko LABC, and Kaito Gakko/ Braille Inst./Akita participated. There were a total of 43 competitors and a multitude of loved ones, parents, aunties, uncles, nephews, and cousins in attendance.

Professors Kevin Dalrymple, Carlos Gallegos, and Jon Jacques and Senseis Lee Firestone, Dan Kveen, Kim Chee Bui, Priti Chamdal, Scott Hargis, Ed Bederov, Steve and Judy Davis, Ramon and Becky Gallegos, Randy and Min Carrasco, Josh and Laurel Yoshimoto, and Louie Iligan served as officials, helpers, judges, referees and scorekeepers/timers. There was a hint of romance in the air... several husband and wife “teams” worked the event together. Senseis Hector Zaragoza and Fish provided “plain-clothes security” and watched the keiki. Special kudos go to Prof Kevin Dalrymple who arrived at the contest fresh off a jet from Erie, Pennsylvania. For three days prior to the contest, he piloted a small airplane leapfrogging across the United States (from California to the East Coast). Even though Prof. Kevin was visibly tired out, Prof. Carlos Gallegos noted that “Kevin displayed a lot of intensity on the mat as a judge”.



Front Row: Celeste Duran. Back Row: Sensei Lee Firestone, Prof. Carlos Gallegos, Sensei Randy Carrasco

Speaking of intensity, the energy and spectator decibel levels were running high. The younger divisions had a several long-lasting matches. These little ones just did not want to lose. The tiniest competitors showed everyone that they paid attention in class. The bigger kids fought hard also. The vision impaired competitors put on an inspiring display. One sighted teenage participant scored an ippon via tomoe nage. Although defeated in that match, his blind opponent was calm and unfazed. The two separate mats were joined together to form a larger area for the adult division. Like the younger ones, the adults worked hard to strive for ippon, vie for position and break and counter osaekomi. For the duration of the event, there were no injuries but observant judo fans might have noticed Prof. Carlos administer a nosebleed kappo to an adult contestant. You should have seen the look on the competitor’s face when the nosebleed suddenly stopped and the young man was able to continue competing.

The competition was inspiring. First time judo randori competitor Celeste Duran surprised everyone by winning a bronze medal. Several vision impaired kids from Kaito Gakko/Braille Inst./Akita Dojo found themselves standing on the winner’s platform as well. During the award ceremony, Prof. Jon Jacques half-jokingly stated that “the adults were going to be presented with ‘Survivor’s Medals’ in place of winner’s medals.”

Rondori Contest

On Saturday June 13th at the South Coast YMCA, competitors came from all over Southern California to compete in our annual Rondori contest. There were students from Downey YMCA, Kaito Gakko, Akita Martial Arts, Orange YMCA, and South Coast YMCA. We had a good competition and the action was furious. Here are the results from the contest:

Division	1st Place	2nd Place	3rd Place
4-5 year old	Jada Banks	Andrew Eldridge	Noah Segura
7 year old – Div. A	Moises Segura	Diego Morones	Zackery Eldridge
7 year old – Div. B	Elijah Paschal	Mackenze Davis	Donovan Banks
8–9 year old-Div. A	Kaylene Davis	Alex Morgenstern	
8-9 year old-Div. B	Emma Segura	Christian Salas	Celeste Duran
10-11 year old-Div. A	Lidia Rios	Harpreet Chamdal	Sharon Hastings
10-11 year old-Div. B	Zane Hastings	Landon Langley	Allie Fisher
12-13 year old	Alex Nguyen	Stacy Rios	Kimberly Ocampo
14-15 year old	Chris Bederov	Adrian Vasquez	Carlos Moran
16-17 year old	Vincent Nguyen	Ivan Pedraza	Louis Do
Adult Division	Tony Ricet	Isaiah Olsen	Gllen Tibay

Words of Wisdom

“Those who dare to fail miserably can achieve greatly.” - *Robert F. Kennedy*

“All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.” - *Buddha*

“To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.” – *Buddha*

“Let us live so that when we come to die even the undertaker will be sorry.” - *Mark Twain*

“Do you really think it is weakness that yields to temptation? I tell you that there are terrible temptations which it requires strength, strength and courage to yield to.” - *Oscar Wilde*

“Why did I want to win? Because I didn't want to lose!” - *Max Schmelling*

(Hakuda, from page Four)

He tapped my knuckles, which really do look like the work of a bad sculptor, cracked, split, rough and broken, and asked me in those gentle tones, why are you mutilating your body like this?

I explained I was doing Karate, and I needed to condition my hands for penetration. And he smiled, and now I was really scared, he rapped my knuckles with the cane, more to keep in shape than for any real lesson, I think, and he said stay after class, we need to talk.

When we talked, I discovered he was totally disgusted at the condition of my hands after fifteen years training in Karate. This was in 1973.

He asked me why I was doing Karate and what idiot was filling my head with the nonsense that I had to cripple myself, to learn how to defend myself. He asked why I had not gone to him, if I needed to learn how to defend myself, and my answer was simple, he was my Kobu Jutsu Sensei, and it was my problem. And he gave me the worst dressing down I have ever had in my life. He said I insulted him, to think that one of his students in trouble, was none of his business, did I not understand anything of the relationship between Sensei and student? Then he said "I want you to stop training, in everything, for just two weeks. I want you to think about how you feel now, and the way your body is now, and try and put your Ego to one side, and think how you will feel and look, in 20 years time". Then he turned his back and walked away.

I took his advice, and staying away from training was like torture. But I did a lot of thinking, and despite my overblown Ego, I made some decisions. I went back to him after class two weeks later, and he smiled, and asked what I had decided. I told him I had sort of gone off the idea of Karate, for two reasons, I did not think my Sensei was teaching us well, and the politics, which I hated then, and still do. Being "official" does not make you a better Karate ka, nor a better fighter. So I had decided for better or worse, to concentrate for the next year, on my Kobu Jutsu.

The following Tuesday, after class, he said he was going to teach me 'the old way of defence, and to make a point, he walked over and picked up a 3" by 2" spar, held it in one hand, and I did not see his hand move. The middle piece of the timber flew down and hit the Dojo wall the end piece dropped at his feet. And I thought "wow, now that is what I want to do". And he burst out laughing. He said it had nothing to do with Martial Arts, just a trick. Then he began teaching me self defence, his way. Later I learned he called it Hakuda, and he would stress again and again, the sacred trust it was. And I grew to love the simplicity of the techniques.

I was amazed at the ferocity of the techniques, and even more surprised at the history of the Art, which seemed totally at odds with the techniques, tactics and strategy he was teaching me. One point he made again and again, never strike anyone, unless you mean it, and never give ultimatums, an ultimatum means there is no room for discussion, and then the only thing left, is violence. A very wise man, my Sensei, I often wonder, how I could be his student for so many years, and still be as thick as this?

Here is the accepted early history of Hakuda;

Hakuda was handed down esoterically through Buddhism. It is a pure protection and escaping art, so using it for combat or to gain a victory is totally against Hakuda's historic philosophy, and Buddhist ethics. Combative arts like: Kempo, Ju-Jutsu, Karate and others became the better known methods of unarmed martial arts. Despite the heavy influence of the Art on these Systems. The term Hakuda was lost to common use, but this helped in keeping the technique pure and unaffected by teachings from outside the System.

One of the unique elements of Hakuda is the very dangerous technique Kinsho-Jitsu, the method of hitting and kicking "forbidden" places of the human anatomy. The basics of Kinsho-Jitsu cover many techniques to cripple, maim, break and kill. The Art was adopted, almost in its entirety, by many of the older Houses, and taught as House System Ju-Jutsu, the term Hakuda being lost, as is usual, along the way.

Another unique quality of Hakuda is that the seizing and striking (including kicking)
(See **Hakuda**, cont. on page **Eight**)

(Hakuda, cont. from page Seven)

techniques are both simultaneous and interchangeable, that is to say that the hands and feet work together in unison, and separately, and the arm movements that are necessary for self-defense, are used for both seizing and striking. Many of these arm and hand movements are used in most Korean Hyung, and in Japanese and Okinawan Karate Kata. This is more than a coincidence, because these arts are rooted in China as well.

Because of the sophisticated technique and tedious training method, Hakuda was (and still is) very difficult to learn. However, the teaching method and the limited number of techniques were considered so effective, that after a period, more techniques were developed and passed on to chosen individuals or within families.

Hakushu, also the Japanese pronunciation of a Chinese technique is part of Hakuda. It incorporates gripping or grabbing techniques. Hakushu expresses seizing or grasping with the hand, where as Hakuda means a pure striking and kicking method.

Together, Hakuda and Hakushu, make a powerful system of protection, and seem to have blended into a single entity down through its many years of existence. And appears to fall both philosophically and physically between the confrontational (hard) techniques of Ju-Jutsu and Karate, and the means of gaining victory through pliancy (soft) techniques of Ju-Jutsu or Aikido/AikiJu-Jutsu.

The appearance of the Art in Japan, first occurred in the early 17th century, but it was in existence, and practised diligently in the Buddhist Monasteries and among the Yama Bushi, for at least two hundred years prior to this.

(Weapons, from page One)

According to Answers.com

(<http://www.answers.com/topic/self-defense>)

“A person using force in self-defense should use only so much force as is required to repel the attack.” So right there using a knife against poor old Harry would turn the tables. Using a knife is more than enough force required to repel the attack. Sticking Harry Hoodlum puts us in a lot of trouble.

But wait, there is more, here is where the law gets interesting, “If the original aggressor attacked with non-deadly force and was met with deadly force in return, the aggressor may respond with deadly force.”

Uh-ho.

We have given Harry the right to pull out his knife, gun, or whatever he has and use it. Among other differences, Harry Hoodlum has one big advantage over us, he is a career criminal who lacks a little emotion called remorse. Where we may have pulled a knife for our “porcupine defense” – don’t touch me, you’ll get stuck – Harry pulls his because he means business. On top of it, now if he kills us, he has the law on *HIS* side.

But we did not mean any harm, we just wanted to protect ourselves from Harry Hoodlum. So if we do the same things as Harry, does that make us better? If we use a knife are we better because we are using it for defense and not attack? Ethically we need to look at whether or not it is right to fight fire with fire, or in this case, fight a weapon with a weapon.

One of the best aspects of self-defense is the ability to de-escalate a situation. If something is sketchy, we need to be able to use our words first to get out of it. After that, we have our hands and feet to get us away. In a perfect situation, that should be all we need. However, the world is not perfect.

We will not be able to talk our way out of every situation, no matter how relaxed our body posture is, we may not be able to relax our attacker out of leaving us alone. Sometimes we will not be able to de-escalate the situation.

Suppose we have that knife in our pocket or (See **Weapons**, on page **Nine**)

(Weapons, cont. from page Eight)

that club in our backpack, how is pulling a knife or a club, going to calm a tense situation? Once those weapons come into play, there is no going back. If you pull out a knife, you had better be ready to use it. If your attacker has one, he has probably used his before, he is going to know just what to do, because he has been successful.

Do we really want to use a knife or gun in self-defense? In the words the Gandhi, “An eye for an eye makes the world blind.” We need to take the high road and learn to take away weapons rather than use them.

Whether we like it or not, we are better off using our hands and living by Professor Center’s maxim that “You are going to get cut.”

Is it as bleak as that? Are we destined to being human pin cushions? When it comes to knives, according to Sensei Jeff Doyle of Tsuba Jujitsu in Merced, the prognosis is bleak. As an employee at the federal prison in Atwater, he has seen his fair share of stabbings. “If they want to get you, they are going to get you,” he said. Among the strategies the inmates use is taping the knife to their hand. “Blood is slippery, so by taping it, they don’t have to worry about losing the weapon. They can just keep on stabbing until someone pulls them off.”

As a weapons and tactics trainer for the prison, Sensei Doyle has learned a few things about guns as well, “If someone has their gun holstered, or some place where they have to draw it out, if we are within seventeen feet, we can get the gun before they can get off a shot.” The old adage is “Attack a gun, and run from a knife.” It makes sense, we can out run a knife wielding assailant, but not a bullet, then again, maybe we can stop the shot from happening all together.

What conclusions can we come to about weapons? Ultimately our best weapon defense is our brain. We can use it for psychological jujitsu, for overcoming fear, and for practicing weapons techniques over and over. That brain of ours does more for self-defense than all the knives in the world. We need to make sure we use it before we use anything else.