

Shoshin Ryu Yudanshakai Newsletter

November/December 2009

Vol. 17, Issue 6

Where have all the Kiais Gone?

By
Bryan Stanley

Two different events, from two different groups of people, yield the same results: a glaring absence of kiais. In both cases the silence was deafening. Lots of falls and nary a sound, yes, the slap of a hand and the thump of a carcass, but not much else.

Sigh!

Where have all the kiais gone?

It was not until the fourth or fifth contestant at the junior's kata contest had started doing his kata, that a kiai rang through the room. It was funny in a way. This little boy's high pitched yell cut through the silence and reminded us that jujitsu is not a silent art.

Can we blame all the children that came before him? Little kids, ages six and seven, did their katas without kiais. The problem has to roll down to Sensei. Yep, Sensei didn't teach the kids to kiai. Probably closer to the case is that sensei did not emphasize the importance of a kiai. Probably closer still is the kids forgot.

But the kiai problem is not restricted to juniors. At a recent Shoshin Ryu clinic, Senior students, including upper ranking black belts, did falls in the same silent fashion. Should a senior student be held to the same standard as a junior? In this case, the answer has to be yes.

"People are doing them, I just don't think we notice them," said yodan, Randy Carrasco of Kaito Gakko, Fullerton. We can all attest to that. We hear so many that we have a tendency to block them out. All of us do that kind of thing all the time. People who live at the end of an airport runway, don't hear the planes that fly overhead. If we spend any amount of time in the dojo, a kiai becomes an ordinary thing, and we cease to pay attention to it. It is only when one is special that it snaps us back to awareness.

Remember that a kiai is more than a scream. It serves a purpose. In fact, a kiai has five purposes: courage, startle, heal and revive, power, and tighten diaphragm.

A good kiai can provide courage and startle at the same time. During the Civil War, Confederate soldiers had a "Rebel Yell" they did before charging Union lines. That yell was in essence a kiai. It provided courage for the confederates and scared the daylights out of the union troops.

When one thinks of power and a kiai, there is no need to look further than weightlifters. If anyone has watched the "World's Strongest Man" competition on ESPN, they have heard many kiais used for power. Those big guys learned a long time ago that they could not hold their breath and lift at the same time. Their kiai is the same as ours, just used in a different situation.

In the Kapo and Katsu list, there are a few techniques for using a kiai to arouse an unconscious person. A kiai by itself is not going to "wake the dead." It cannot. The idea is that if the body is stimulated physically, for instance a jab to the nerve cluster on the side of the neck (See **Kiai** on page FOUR)

Table of Contents

Where have all the Kiais Gone? – Page One
Black Belt Profile – Page Two
Yudansha Notes – Page Two
Promotions – Page Two
Judo Beach Olympics 2009 – Page Three

Shoshin Ryu Techniques Clinic – Page Four
Danzan Ryu Hall of Fame – Page Five
Words of Wisdom – Page Five
James LeRoy DeHaven – Page Six
"Teach Me" – Page Six
Membership Form – Page Seven

Black Belt Profile

Name: Dan Kveen

Rank: Yodan

Dojo: Hino De Ryu

Years practicing the martial arts: Thirteen

Styles studied: Danzan Ryu and some Hapkido taught by other black belts in the dojo.

Favorite book: *Rikki Tikki Tavi* by Rudyard Kipling

Favorite food: My wife's curry chicken with rice and baked Ziti

Favorite movie: Fargo

Favorite actor: Jack Nicholson

Favorte actress: Meryl Streep

Favorite musical artist: My son John, he plays bass

Your most memorable moment in the martial arts: Being thrown by Professor Chubb – it was on my bucket list. The second was watching Mike LaMarche do a demo kata.

Favorite thing about practicing Danzan Ryu: The people I meet. It keeps me limber. I love the beauty of the techniques, it's like a dance. You can't do it alone. I'd have to say though, that I like working with the little kids the best.

Four famous people you would like to invite do dinner: Professor Okazaki, Franklin Delano Roosevelt, Jesus, and Leonardo DaVinci

Your biggest inspiration: Kevin Dalrymple. I have learned so much from him and it has helped me as a parent and a physical therapist. He never gets angry and he is always patient. The fact that he is so giving of his time and knowledge impresses me.

Yudansha Notes

Our Condolences

On November 7, 2009, Andrew Ryan McKenzie was killed in an off-roading accident. He was the son of Robin Whitaker and the step-son of Sensei Mike Whitaker. The hearts of all the entire ryu go out to the Whitakers in this time of sorrow.

The Danzan Ryū Jūjitsu Timeline

This new feature of The Danzan-Ryū Jūjitsu Homepage will serve as an ongoing record of notable, significant events in the history of the system. This feature will serve as a vector through time to help interested researchers obtain better insight into people, places and events of Danzan-Ryū.

As with other projects on this website, this will be a collaborative effort (as is the Danzan-Ryū Lineage Tree) between all members of our extended Ohana. To that end, please send in notable events to DanzanRyu@Yahoo.com. Be sure to include the year of each event submitted.

All entries will be subject to editorial approval for content and accuracy. Appropriate events would include:

- Birth/death dates of notable individuals
- Founding dates for organizations
- Dates when individuals received Professorship or other high rank
- Dates of other key events

The current version of the timeline is found at http://www.danzan.com/HTML/dzr_timeline.pdf

I hope you will find this new feature valuable to your overall understanding of Danzan-Ryū Jūjitsu.

Contributed by Professor George Arrington

Promotions

Shodan:

Cecilia Campbell

Judy Davis

Las Vegas Judo & Jujitsu

Hino De Ryu

Yodan:

KC Bui

Dan Kveen

Ed Townsend

Hino De Ryu

Hino De Ryu

Hino De Ryu

SHOSHIN RYU YUDANSHAI

Judo Beach Olympics 2009



Hosted by the Orange YMCA

When: Sunday, 12/13/2009

Begins @ 1pm

Where: Huntington Beach

****Specific Location TBD**

Who: All Ages

Cost: \$5.00 per person

FOR MORE INFO CONTACT: SENSEI KC BUI @
KOOKYCLOUDNINE@GMAIL.COM

***Dress in Comfortable
Clothes***

BRING:

- **Beach Towels**
- **Sunscreen**
- **Swimsuits**
- **Food and Drinks**
- **Firewood**

Shoshin Ryu Techniques Clinic

On October 24, 2009, Professor Michael Chubb taught a Shoshin Ryu techniques Clinic at the Downey YMCA. The twenty or so students, ranging from white belts to professors, learned a new take on the art of jujitsu.



The arts that Professor Chubb taught focused mostly on getting a lot of bang for your buck. The techniques ranged from escapes to unbalancing throws. In every case the idea was simple, to get your opponent down to the ground with as little effort as possible.

When one is aware of footwork and keeping your opponent close, a easy movement can propel an adversary to the ground. The key is finding the right movement to coordinate with the tori's attack. By keeping it uncomplicated, it becomes easy to get rid of an attacker.

It was a good day and plenty of tired yudansha left the mat at four o'clock. If you weren't there, you missed it.

(Kiai, continued from page ONE)

accompanied by a kiai, it can “shock” a person back to consciousness. That may be so, but maybe we should trust a defibulator or a call to 9-1-1 and CPR.

Finally, a kiai tightens the diaphragm. When hitting the ground after a fall, if all the air is expelled from the body, there is little chance that the wind can get knocked out or that there could be a spasm of the diaphragm. The other thing that happens when one expels air is that the muscles around the stomach contract and make the body tight.

The question becomes do senseis teach this information, or thoughts like that, to their students? Every black belt who was interviewed said they taught the importance of the kiai to new students.

So what's the problem? Where has the kiai gone?

“In class you have to emphasize the kiai with juniors, but I notice a lot of adults don't kiai,” observed yodan, Dan Kveen from Hino De Ryu, “It may be because they have been doing jujitsu so long, and their falls are so smooth, that they don't feel the need to. I have to wonder, if you tell your kids not to drink, but they see Dad pounding down beers, what are they going to do? Are they going to listen and not drink, or are they going follow Dad's example?”

The old adage of “do as I say, not as I do” does not work. We have to lead by example. All of us who have been practicing the art for any length of time, have to be conscious of our kiais. What we do, does impact the students who watch us practice.

Professor Dave Williams has a different view of the kiai dilemma, “What you have to remember is that most of the people we teach in Downey are teenagers. They are really aware of their surroundings and who they are going to be embarrassed in front of, so a kiai draws attention, that is partially what I think the problem is.”

That could be part of the issue, but that does not answer the question for little kids or adults. “I think it is probably under stressed and under emphasized,” said Randy Carrasco. He also pointed out that “It takes confidence. It takes a command presence to kiai with authority.” Granted. In the first few months of training, most kiais are pretty poor. They take time to develop. They take even longer to understand. Until someone gains the insight into what a kiai is all about, it is just a terrified scream.

(See **Kiai** on page)

Danzan Ryu Hall of Fame

Professor William Montero
Inducted 2001

Professor William Montero was born in Hawaii in 1916. In the early 1930s he became interested in Judo and studied and competed in the art. In 1935 he asked Professor Okazaki about training in Jujitsu. In addition to learning Jujitsu from Professor Okazaki and John Cahill, Professor Montero learned the arts of Bokendo from Professor Okazaki.

During World War II, Professor Montero assisted Professor Okazaki with the hand-to-hand combat courses he taught to U.S. Soldiers in Hawaii.

After the war, Professor Montero moved to San Jose, California. He opened the Pacific Judo Academy in 1949 and taught there for the next thirty years.

In 1949 Professor Bud Estes asked Professor Montero to join the American Judo and Jujitsu Federation. He was awarded an "instructor" black belt in 1949 and a "Professor" rank in 1953.

In the 1960s he started teaching the arts of bokendo in his Pacific Judo Academy and eventually taught some of the techniques of the art to many of the crowd control units in the police forces around Santa Clara County.

In 1981 he moved to Colorado Springs, Colorado, and continued to hold seminars for his senior black belts in the arts of Danzan Ryu and restorative massage.

Professor Montero was the Dai Shihan (senior professor) of Kodokan Yudanshakai, headed by Professor Joe Holck based in Tucson. He passed away on October 28, 1992, in Colorado Springs.

(Kiai, from page four)

So the kiai problem exists, what's the solution?

The solution could be just as simple as teaching people to breath. Dan Kveen takes time to teach breathing. "I remember when I first started out doing jujitsu, I'd go into a contest, and I'd be tired out about half way through it and breathing really hard. I realized that I held my breath during my techniques. So now before class, I'll have everyone breath in through their nose, hold it for a count of five, then breath out, hold that for a count of five then breath in. I do it so they'll learn to slow down and calm themselves."

In a similar vein, Randy Carrasco explains what they do at Kaito Gakku, Fullerton, "We emphasize breathing. We work with it in everything we do. During warm up, throwing punches, kicks, blocks, and falls, there is breathing associated with that. We make sure that we are breathing correctly."

If people can understand the importance of breathing, it should be fairly easy to get the idea across for a good kiai. If it cannot be done then one can always go back to the old school. Professor Dave Williams explained, "Every once in a while Jon (Professor Jacques) and I will get fed up with it, and we'll go into the 'you don't want to do it? Go ahead, do all the rolls and falls again.' Sometimes we throw them pretty hard. Then say, 'That's why you have to kiai.'"

It can be the easy way or the hard way, but one way or another, yudansha have to know the importance of a kiai and do it with consistency, not just for their personal safety, but for the good of the art.

Words of Wisdom

"Experience is something you don't get until just after you need it." – *Unknown*

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe." – *Anatole France*

"If you don't want it bad enough to risk losing it, you don't want it bad enough." – *Tom Krause*

"The only disability in life is a bad attitude." – *Scott Hamilton*

James Leroy Dehaven

(1937-2009)

By Professor Michael A. Chubb

He loved fishing, hunting, camping; anything that brought him contact with Nature. His home in Custer, South Dakota stands testament to this aspect of his life. And he lived Life to the fullest.

This, of course, took a back seat to his one true love: his family. When his kids were in sports, he coached sports. When the boys joined the boy scouts, there, also, was Jim. As they matured into sportsmen Jim led the way. He raised and trained hunting dogs, taught the boys how to dress out their kills and how to cook them. His elk stew was legendary. As his sons married and eventually moved away he was always in contact with them. He visited them often and became an integral part in raising his grandchildren.

Even their interest in jujitsu eventually drew Jim in. All received their black belts. Jim and his eldest son, Rick, received their professorships.

He was a plumber by trade, retiring after 30-plus years. I cannot recall an undertaking he did not complete. He read constantly, discussed openly, argued vehemently and always stood his ground. He was honest, sincere, loyal, and a true friend.

He was "Boston Blackie" the character of the television series of the 50's: "Friend of those who have no friends; enemy of those who make him an enemy." He was John Wayne, Lee Marvin, and William Boyd. He was Papa Smurf.

When Bill Fischer and I wrestled with the idea of incorporating Shoshin-ryu we both agreed that someone had to handle the money. That's when Jim became the third and final member of the original board of directors, serving as our Treasurer.

He was co-sensei of the Santa Ana dojo, annually hosted the H.S. Okazaki Championships and opened his home to countless SRY functions. He offered his backyard for Tricia and my wedding.

He served his country with distinction as a United States Marine. He was a true warrior in the samurai tradition: fearless, compassionate, loyal, devoted, humble, and honorable.

I am both humbled and honored to have known him.

"Teach Me"

by Joe Carslake,

Kyushoshin Ju-Jutsu, 10 Dan, Hanshi

The student says Onegaishimasu, teach me.
The Sensei says 'will you trust me?
Are you willing to put your life in my hands?
Will you give me your heart?
Will you love and respect my Art?
For without these, I may teach you nothing.

The Sempai says Onegaishimasu, teach me.
The Sensei says 'I can only teach you,
When you are humble, and yet strong in your heart,
When your mind is clear and your intent is pure,
When lies and deceit are discarded,
When gentleness fills your heart,
And when your mind and heart are strong and

clear,
For then, you take the responsibility for who you are.

The Yudansha says Onegaishimasu, teach me.
The Sensei says you are my student,
You are the seeds I sow for the future,
You are the blank page that I write upon,
And I will entrust to you, my poor knowledge,
I will pass to you, as Sensei passed to me,
And if your heart is strong and true,
And your mind still clear and pure of purpose,
Then, in the end my rest will be easy,
And my heart will know that the Art is safe,
While I am once again with my Sensei.
And I can say, Onegaishimasu.



Shoshin Ryu Yudanshakai

Membership form



Please check one: _____ New member _____ Renewal _____ Date _____

Name (Last) _____ (First) _____ (MI) _____

Address _____

City _____ State _____ Zip _____

Birthdate _____ Sex: M / F Phone(s) _____

e-mail address _____ Dojo affiliation _____

Instructor _____ Your current rank _____

Dues/ fees: \$25.00 per year. Membership dues include mandatory liability and supplemental medical insurance. Membership is for the current calendar year from January through December 31.

Signature _____ Date _____

Parental consent if under 18 years _____

Mail to: **Shoshin Ryu Yudanshakai**
C/O Prof. Kevin Dalrymple
5547 E. San Juan Dr.
Orange, CA 92869

Phone: 714 - 538 - 4622

Please enclose your check payable to Shoshin Ryu

For more information, visit us at www.Shoshinryu.com