

Shoshin Ryu Yudanshakai Newsletter

May/June 2011

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The History of Shoshin Ryu: The First Night

By

Bryan Stanley

“Stay close to me, and do what I do,” Ron Michelson said.

Michelson had on a judo ghi with a brown belt wrapped around his waist. The ends of the belt, which dangled from a knot that stayed secure as if by habit from being tied and untied so many times, hung limply and relaxed, the exact opposite of what Mike Chubb was feeling at that very moment.

People lined both sides of the judo mat.

It was July 1960, and at fifteen years of age, Mike was in one of those awkward growing moments, too old to be considered a kid and too young to be considered a man. He was nearly six feet tall and just about 140 pounds, too tall to be considered wiry and too short to be called lanky.

The line moved and he stayed with Ron.

Like Ron, the others around the mat were wearing judo ghis. Mike wore a t-shirt and sweat pants, just another reminder of the uneasiness he felt that he did not quite fit in.

As the line moved, Mike’s anxiety did not recede. He thought back to how he got himself here. It was an afternoon, and his fraternal twin Dave had returned from his scouts meeting with Ron and the two were practicing hand techniques. Mike stood off to the side and watched.

“Hey, I need someone to work with so I can explain this to Dave,” Ron said. “Mike, come here.”

Mike had seen the technique. Ron pulled his hand out of Dave’s grasp, nothing fancy. Mike nodded, “Sure.”

Ron went through his explanation and twisted his wrist free from Mike’s grasp. He was about to say, “Do that again,” when Ron held out his arm and said, “Here, I’ll show you again.” Mike held on a little tighter. Ron gave him a slight glance as if to say, “I know what you are trying to do,” then twisted his hand out again.

Mike was impressed. It also piqued his interest enough that he stuck around for the workout, and the next time Ron came over, he did not wait around to be invited, he joined in.

Two other experiences drove Mike to learn a martial art. In junior high school he had witnessed several Latino students pick on another student. He felt ashamed because he had been too scared to do anything. He made up his mind then and there that he would never let that happen again.

The second thing was the day when he saw a good friend, Terry Loy, get in a fight with another classmate, Frank Knowlton. Terry threw him seoi nage. The fight ended when Frank hit the asphalt. Sometime after that Mike read an ad in a magazine about defeating any adversary, any size, with "Super Karate, the secret fighting art of the orient." He sent for the book.

(See **First Night** on page **Four**)

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Danzan Ryu in the United Kingdom

By Professor Steve McMillan

As a long time student of Danzan Ryu Jujitsu, I am often reminded that I belong to a unique community of martial artists, a group committed to propagating Professor Okazaki's teachings. While many original students of the Professor spread his system to key locations in the United States, our chosen style is not as easy to find as, say, Kodokan Judo or Tae Kwon Do. What catches me by surprise are the many places where you can find Danzan Ryu.

Last year I visited London twice for work-related duties. On a whim, prior to my first visit, I conducted an internet search for "Kokenkan in the UK" and "Danzan Ryu in the UK" to see if any schools popped up. I was flabbergasted to find several listings. One school indeed stood out: Kodenkan International, a multi-country group of dojos under the leadership of Associate Professor Stephen Nicholls. Sensei Nicholls, a humble man who seems to eschew the Professor title, studied directly under the late Professor Sig Kufferath in the early 1980s, and currently has dojos located in London, England; Paris, France; and Alberic, Spain. Sensei Nicholls and his various dojos are members of the Kilohana Martial Arts Association, a group we are always delighted to see at any Danzan Ryu event.

Two of Sensei Nicholls' fine yudansha run the Spanish and French dojos, and Stephen is a frequent visitor to both. He also conducts seminars in Northern England; Scotland; Germany; Spain; France, and numerous other locations. He is the founder of *Enabling Safety*, a group dedicated to develop and teach self defense techniques to the visually impaired. He conducts self-defense classes for middle-school children, teaches Seifukujitsu seminars in at least four countries, and has been engaged by the BBC to orchestrate combat sequences in various television shows and movies. In short, Sensei Nicholls is a dedicated, busy Danzan Ryu proponent.

(See **United Kingdom** on page)

Danzan Ryu Hall of Fame

Professor Mike Chubb Inducted 2004

Professor Michael A. Chubb, the founder of Shoshin Ryu Yudanskai, started practicing jujitsu in 1960 at the Santa Monica YMCA under the direction of Sensei William Randle.

Professor Chubb received his shodan in January 1965 and was drafted and served until 1967. Upon returning to the Santa Monica YMCA, he received his Nidan in 1967. He would not earn his next promotion until 1978.

In 1973 he started the Downey YMCA dojo, which is running today. In 1975 he opened a commercial dojo on Mount Langley Drive in Fountain Valley, California, that closed a year later.

In 1975, at the urging of his neighbor and friend Professor William Fischer, he started a class at a little red schoolhouse at his condo complex. The dojo would stay open until 1981 and would help produce some of Shoshin Ryu's most dedicated instructors. He also taught classes at Golden West College in Huntington Beach from 1976 until 1983.

He was one of the founding members of the Southern California Jujitsu Association along with Professor William Fischer, Professor Jim Marcinkus, and Professor William Randle in 1979.

In 1980 he was promoted to Yodan and in 1984 to Godan.

In 1987 he formed Shoshin Ryu Yudanshakai along with the help Professor William Fischer.

While driving home from a jujitsu seminar, Professor Chubb along with Professor Fischer and Professor Roger Medlin, came up with Ohana '90, a celebration of Professor Okazaki's 100th birthday.

In the early 1990s he moved to Nevada and started the Boulder City Jujitsu Club then retired from teaching. In recent years he has re-emerged from his retirement to teach again.

He lives in Las Vegas with his wife Patricia and their three children. He was promoted to Judan, 10th degree, at Ohana 2010.

A Word of Advice: Do Not Anticipate What Others Will Do

By Prof. Ron Jennings

I gave up competition Judo in the mid 70's. My knees could not take it anymore.

However, I learned and re-learned a valued lesson I would like to share about "Knowing Your Enemy."

I am short and stocky and never really felt that I was very good at Judo throws. But if I could keep from being thrown a full point throw, I could most often recover and win based on mat work. To the best of my memory, I have only been thrown a full point throw a few times during my competitive Judo career.

Sure I lost a lot of times, but I won a lot too. Having been a high school and college wrestler, and a wrestling coach in the late 60s, no doubt really helped my mat work. I had to be quick with Osaekomi in those days as the referee would often stop the match with the warning that we are here to do judo, not wrestling. This was obviously prior to the Brazilian Jujitsu craze.

In one particular Judo contest, there was a lot of discussion about who our competition was. It was more of a regional event with participants from many dojos. The Air Force had a team entered as well. One dojo had a visitor from the Kodokan in Japan. He was a Judo Sandan and from what we heard he was unbeatable.

I knew that if things worked out and I had to get on the mat against him, I needed to know more about his technique. When the competition started I got a chance to watch this guy in the early rounds and then again as he moved up. I watched him every time I could in an attempt to know my enemy.



Professor Ron Jennings

He was fast, much faster than anyone I had seen, he could squat (bend knees and tuck buns) and still have power, and he had outstanding technique.

I decided that there was no way I could get ahead of him once he committed to a throw. I had to anticipate what he would do and counter when I felt him go for it. I had to get him on the ground where I might have a chance.

As it turned out we did get to compete in the finals and it was no contest at all. He got his full point Ippon almost immediately. When he began his move, I knew exactly what he would do, so I countered with all I had. The problem is that he did something completely different than I had expected. I almost threw myself.

I am not sure which was worse, the embarrassment or the hurt pride. I should have lasted much longer. I had failed to 'know my enemy'. My opponent was still ahead when I found out later why he had done something different. He too was interested in whom his competition might be, and I was told that he had been watching me. That was totally unexpected. It was a lesson relearned from a reverse perspective.

Words of Wisdom

"The journey of a thousand miles begins with a broken fan belt and leaky tire." – *Unknown*

"I have never killed a man, but I have read many obituaries with great pleasure." - *Clarence Darrow*

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is." -- *Unknown*

Pacific Northwest Happenings

By Professor Sue Jennings

Regional Clinic Held in Olympia

On February 5 in Olympia, Washington, KaishinKai Dojo sponsored a jujitsu clinic. Nearly thirty martial artists met to share, practice, and learn. Jujitsuka travelled from as far south as Salem, Oregon, and as far north as Seattle, Washington, to attend the four-hour clinic.

The day started when Sensei Tim Ames warmed up the group with a vigorous uchi komi drills. Next Professor Sue Jennings showed the progression of seoi nage through the five ways an art is practiced at KaishinKai: kata of the art, for competition or from resistance, civil combat, counter or reversal, and healing damaged areas from the technique. Sensei Chris Eller showed the progression of an art through nage, transitioning to other aspects of the art to make it work in all situations. Sensei Al Elfstrom and Sensei Bob Parksion captured the attention of students with various arm bars and upper body finesse. Sensei Paul Bedard focused on upper body techniques. The clinic's final instructor was KaishinKai Schoolhead, Professor Ron Jennings who shared a myriad of finger holds and demonstrated how painful and effective yawara can be.

Following the clinic we enjoyed a Chinese buffet and the camaraderie of our Northwest martial artists. Thanks to all the students for the necessary mat duties before and after the clinic. Special thanks to Steve Michels, a student of Sensei Paul Bedard, who videotaped all the clinics and gave up his workout time to do it.

The next Pacific Northwest Regional workout will be held in Portland, Oregon, on April 30th.

Seattle University Dojo Visited

Saturday, March 12, was a special day for Sensei Chris Eller and his students at the KaishinKai satellite dojo at Seattle University. (See **Pacific Northwest** on page **Seven**)

(First Night, Continued from page One)

Now he was standing in a line watching adults do what looked like somersaults down the length of mat. Ron went ahead and started his rolls. Mike watched, and then, remembering Ron's advice, did a tentative forward roll, got to his feet did another roll, and stood up, did another roll and stood up. His movements were not as smooth as the others, who seemed to roll like human bowling balls down the lane of mat.

When he finished his rolls, Mike fought off the dizziness and stood back in line next to Ron. He thought a little more while the line moved and people rolled backward. "Dave should be here," he thought. They had been practicing jujitsu in their backyard with Ron for a few weeks when Ron said, "Well, you have to learn how to fall, they have mats down at the 'Y,' let's go to that class."

Mike nodded, set his jaw for a moment then said, "Okay, when?"

Dave shook his head, "I don't think so. I don't want to do this."

Mike sighed while he thought about his brother. "Typical. He gets me started then quits."

After a few minutes of rolls, Mike was off on a corner of the mat with Ron. Ron showed him how to land on his side and back, and how to slap his arms. He explained how to "Kiai" and get the air out of his lungs. After about twenty minutes, Ron nodded at Mike and said, "That's how you fall. You got it?"

Even though he was not sure what it was all about, but afraid to ask for more information, Mike said yes.

"Okay, let's work on throws."

Ron grabbed hold of Mike's t-shirt at the sleeve with his left hand and in the middle of his chest with his right. Mike watched as Ron pulled and spun. He felt his feet leave the floor, for an odd moment he had an uneasy rollercoaster feeling, like he was going to float out of his seat but the lap bar kept him in place. The ride ended abruptly when Mike hit the floor. The twenty minutes of practice on (See **First Night**, continued on page **Eleven**)

(United Kingdom, continued from page Two)

In short, here is my experience with Danzan Ryu in the United Kingdom: after "discovering" Sensei Nicholls' via the internet, I sent a quick email of introduction and asked if he minded if I stopped by his class to meet him and shake his hand. His response was an overwhelming barrage of friendly questions: "Can you visit us for several days? Do you need transportation? Can we pick you up at the airport? Do you need a place to stay? Can you visit Spain or France with me while you are here? What can we do to make your visit more pleasant? When can we meet? Can you teach a class while you are here?" I was overwhelmed by his friendly manners and was once more reminded that true Danzan Ryu practitioners, even those being introduced for the first time, treat each other more like family than strangers.

I would have gladly spent days visiting dojos with Sensei Nicholls, but alas, work limited most of my free time. That did not stop me from dedicating a full day to Kodenkan International on my first trip in April. After eating breakfast with Sensei Nicholls and my wife Debbie, I was invited to join him in instructing a group of middle school children at their weekly self-defense class. I attended a meeting with Sensei Nicholls and several volunteers working to fund-raise for *Enabling Safety*. Finally, I was asked to teach Sensei Nicholls' class that evening in his absence, he was traveling North for a long-planned seminar. Twenty eager, enthusiastic, well-trained, adult students greeted me that night, and after two hours of Yawara variations, several of these fine students insisted on whisking me to a "locals only" pub, where I learned what it is like to drink room-temperature beer and English hard cider, for hours! I was even escorted back to my hotel by a friendly and mindful student, which after warm beer and hard cider was a good idea.

While teaching this class, I was pleased and impressed with all students: respectful, attentive, and hungry for Danzan. One student in particular truly amazed me: Umit Yurkusev, a Turkish national and former professional boxer who is now legally blind. Umit demonstrated his proficiency by transitioning from one Yawara technique to the next in response to an opponent's moves, a practice he and Sensei Nicholls developed together. After practicing several techniques with Umit, I began to feel like a clumsy oaf in comparison to this fluid, powerful, confident man who does not let sightlessness interfere with a full life. Umit



Professor Steve McMillan and Umit Yurkusev

humbled me; I have a picture of him and me standing side-by-side after class that now hangs in my home office. It is a daily reminder for me of the things possible through adversity.

I visited Sensei Nicholls' dojo again last October on yet another business trip, and had the opportunity to teach once again. Stephen came to greet me at his class, defying a doctor's order to stay home, he was recovering from pneumonia, and once again I was spirited away to a pub by Sensei Nicholls and several of his black belts and students. Another testament to the bond built between Danzan Ryu practitioners, no matter where they train.

This year I have business travel planned to both the United Arab Emirates and India, I may take my gi with me just in case, you never know where a Danzan class may reside. Meanwhile, I hope another opportunity arises to visit London soon, so I can once again visit my newfound Danzan friends halfway around the world.



The View from Boulder City – Part 2

By Myron Dickson, Yodan

Boulder City sits some twenty-five hundred feet above the floor of the Las Vegas Valley. Hence, the name for this article. Actually, one has no view of Las Vegas from here because we are surrounded by mountains: Black Mountain, Red Mountain, and the McCullough Range. To see Las Vegas you must first drive through Railroad Pass, a pass formed by the Black Mountain range and Red Mountain range meeting at a right angle, and then ascend a small rise just north of the Railroad Pass Hotel and Casino. At night, the view of the city is most impressive.

As impressive as Las Vegas can be at night when viewed at this altitude it couldn't hold a candle to Boulder City especially when it comes to viewing the night sky. The light emitted from the

myriad casinos within Las Vegas hampers viewing the great canopy of stars waiting above. Boulder City, however, offers the viewer a panorama of unparalleled beauty.

Speaking of beauty, there is nothing quite as beautiful as watching Sensei attempt to perform the Japanese sitting position known as *seiza*. To his credit, he almost achieves it. I once saw him sit fully in that position for a whole nano-second. I asked him about his struggle with it. "When I first started in Sensei's (Randle) class, we opened and closed each class from *seiza*. At one time I actually could sit there for a few minutes at a time," he acknowledged.

"*Seiza* was used at promotion time, too. We even have a few advanced techniques that are executed from that position. I could not avoid it."

"Didn't Sensei Randle eventually move away from using it?" I asked.

"Yes. Several of the older students could not do it and Sensei accommodated them. Thank God. Westerners are not accustomed to that form of torture. It has to be introduced from birth, I think."

"You mentioned promotions a moment ago and I recall an amusing anecdote about that. Would you mind sharing that with our readers?"

"It was Sensei's habit to speaking to the class on occasion, especially after a workout, to clarify a certain point or to offer encouragement to those of us who were struggling to learn the arts. He would also talk about a student prior to promoting him or her in rank. On these occasions Sensei would have us sit *seiza*. Since I was the senior student at the time, and Sensei was quite aware of my limitations regarding the mild torture, he would glance at me from time to time to ascertain how long he had been speaking and just how long he could continue before I keeled over. I was fine for awhile but then I began to twitch, shifting from side to side, trying desperately to reduce the mounting pain. I think he enjoyed my discomfort. Anyway, he often had a smile on his face when he looked down at me."

There you have it. The reason Sensei opens each class with a standing bow (*ritsu-rei*) and why he introduced *shikko* (knee walking) to his junior class curriculum.

(Pacific Northwest, from page Four)

Professor Ron Jennings and Professor Sue Jennings visited to test several students. Congratulations to the promoted: John Goertz to Gokyu 3rd, Luke Gentry to Gokyu 2nd; and Claire Baladou to Gokyu 1st.

Following the exams, Professor Ron Jennings shared some insight on yawara and kiai, while Professor Sue Jennings showed students a self-defense sidekick called knee-shin-toe. Afterwards we ventured to a local pizza parlor to celebrate.

KaishinKai Dojo Classes Return to Home Dojo

This school year has been a time of transition and frustration, as KaishinKai Dojo must move classes again. I guess the lesson we are learning is to “go with the flow.” Due to policy and hour changes, we were unable to hold jujitsu classes at Evergreen State College in Olympia, our dojo for the past thirteen years. At the last minute we were forced to start classes at another local college, South Puget Sound Community College in Lacey.

While the new college was welcoming to our group, we held our classes in a large conference room, complete with tables and chairs. Students had to move furniture at every class, and we had to haul our mats in and out because they had no storage area. It was less than a perfect situation for our dojo, but at least they allowed us the opportunity to try our classes at their college. Beginning in March, We will hold KaishinKai classes at the main dojo twenty miles south of Olympia.



Several KaishinKai students were recently promoted: Artem Rayskyy and Corey Schaeffer to Gokyu 1st; and Eric Lewis to Yonkyu. Eric will be our Ohana award recipient through Jujitsu America for his positive contribution to the dojo this past year. Meanwhile the dojo students will now enjoy the benefits of practicing full-time in the home dojo.

Dojo Kata Review Held at KaishinKai

From March 3 to March 6, KaishinKai instructors and students attended more than twenty-five hours of classes to learn dojo kata for each art. Our instructors teach at various locations, consequently, this is an important exercise in order to retain consistency of Danzan Ryu Jujitsu throughout all our schools.



We have our home dojo near Centralia, Washington, run by Professor Ron Jennings. Other KaishinKai dojos include Sensei Chris Eller’s Seattle University dojo; Sensei Joe Lentz’s Bonney Lake Dojo; and Sensei Ryan McDaniel’s North Portland,

Oregon dojo. Until recently Professor Sue Jennings ran the main satellite school in Olympia. Sensei David Woodland, who runs a school in Lyman, Wyoming, traveled the furthest to attend the event.

Not all students were allowed to practice all the arts presented, nor attend all the sessions, due to rank restrictions; however, the black belts attended class after class. Classes started early and ended late. We covered over 230 arts, from yawara through shinyo, as well as fusegi jitsu and healing and massage arts.

When we drove Dave Woodland back to the Portland Airport on Sunday afternoon, our bodies and minds were ready for a break. Thanks to all the students and black belt instructors who participated.

(See **Pacific Northwest**, continued on page **Eight**)

SHOSHIN RYU



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www.shoshinryu.com

(Pacific Northwest, Continued from page Seven)

Four Generations at North Portland KaishinKai

On Thursday, April 7, 2011, Professor Ron Jennings and Professor Sue Jennings traveled to Portland, Oregon, to visit the KaishinKai satellite school run by Sensei Ryan McDaniel. Three students were ready for their first Danzan Ryu test.

This was a family reunion of sorts. Professor Ron Jennings founded KaishinKai Dojo; Professor Sue Jennings was one of his students; Sensei Ryan McDaniel was one of Professor Sue Jennings' students, then Sensei Ryan McDaniel's students were the fourth generation of KaishinKai students at the event.

Class began with a warm up. Then we got down to the business at hand, testing three white belts for their first rank, Gokyu. All three handed in completed notebooks and passed written exams, the final piece was the performance exam. Congratulations to the three new Gokyu 3rd from North Portland KaishinKai: Dan Kaufman, Bob Janzen and Rebecca Shower.

After testing Professor Ron Jennings shared a few yawara techniques with the students. After the promotion ceremonies, we went next door for celebratory pizza.

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Primary Style:	<input type="text"/>	Dojo:	<input type="text"/>
Rank:	<input type="text"/>		
<i>* Required fields</i>			

Registration Options

Full Package (Clinics, Banquet, T-Shirt and Booklet)	Cost if postmarked and paid for by			
	5/31/11	7/15/11	8/15/11	At Door
Adult	<input type="checkbox"/> \$90	<input type="checkbox"/> \$95	<input type="checkbox"/> \$100	<input type="checkbox"/> \$115
Junior (13 and under)	<input type="checkbox"/> \$70	<input type="checkbox"/> \$75	<input type="checkbox"/> \$80	<input type="checkbox"/> \$90
Indicate T-Shirt Size	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> XXXL			
Indicate Meal Preference	Adult	<input type="checkbox"/> Chicken <input type="checkbox"/> Vegetarian		
	Junior	<input type="checkbox"/> Chicken <input type="checkbox"/> Vegetarian		

Jujitsu Tournament	Adult		Junior	
	Before 8/15	At Door	Before 8/15	At Door
Per Competitor	<input type="checkbox"/> \$20	<input type="checkbox"/> \$30	<input type="checkbox"/> \$15	<input type="checkbox"/> \$20

Partial Packages and Other Items				
Clinics				
Registered before	5/31/11	7/15/11	8/15/11	At Door
Adult Clinics	<input type="checkbox"/> \$35	<input type="checkbox"/> \$40	<input type="checkbox"/> \$45	<input type="checkbox"/> \$50
Junior Clinics	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30	<input type="checkbox"/> \$35	<input type="checkbox"/> \$40
Additional Banquet Meals				
Adult Banquet \$35	<input type="button" value="None"/> ▾	<input type="button" value="Chicken"/> ▾	<input type="button" value="None"/> ▾	<input type="button" value="Vegetarian"/> ▾
Junior Banquet \$25	<input type="button" value="None"/> ▾	<input type="button" value="Chicken"/> ▾	<input type="button" value="None"/> ▾	<input type="button" value="Vegetarian"/> ▾
Important Note: Adult and Junior meals may not be available after 8/15/11				
Other Items				
Extra T-Shirts (before 7/17/11) \$15	<input type="button" value="Small"/> ▾	<input type="button" value="Medium"/> ▾	<input type="button" value="Large"/> ▾	<input type="button" value="XL"/> ▾
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Nevada Report

By Myron Dickson, Yondan

Our prayers and best wishes for a speedy recovery go out to Lavina Zimmerman, wife of Professor Clyde Zimmerman, who recently underwent triple bypass surgery following her heart attack earlier this the year. Mrs. Zimmerman, black belt holder and matriarch of the Zimmerman household and dojo, is recovering nicely at home under the administrations of her husband.

March has been a busy month at the hombu. Professor Chubb is putting the final touches on kyu rank testing criteria and “first night” orientation for newcomers. Chris Chubb handles the duties of introducing prospective students to dojo life while daughter Kenna drills the 10th, 9th, and 8th kyu students on Strength/Coordination. Kari Chubb assists “DOD” (Dear Old Dad) manage the rest of the class.

Speaking of Kenna, she currently has a learner’s permit and has engaged “DOD” most evenings to help her master the intricacies of driving. Kenna is the fifth member of the clan that Sensei has had the responsibility of teaching.

Promotions for the month of March include Hannah and Rachel Brooks and Peyton Pearson to 10th Kyu; Jayl Fernandez, Breanna Graydon, and Gage Pearson to 9th Kyu; Fritz Vanderford advances to 8th Kyu; Paul Archer, Emanuel Fernandez, Caitlynn Martin, Rebecca Mulheron, and Lane Williams to 7th Kyu; Skylee Dykstra to 6th Kyu; Austin and Tyson Morris to 5th Kyu; and Dane Desmond to 4th Kyu.

(First Night, from page Four)

falling did not do a bit of good, especially the reminder about getting the air out of his lungs. Mike lay on the mat and writhed for just a moment while he tried desperately to get his breath back.

The little boy in him wanted to start crying, the emerging man held it back. He realized at that moment that if tears did spring from his eyes, he would never hear the end of it from his brother. Ron would say, "Your brother cried on the mat after I threw him."

Mike could just hear it, "You cried?" then the sound of Dave's laughter.

He sucked in a breath after his diaphragm released. He lay still on the mat for what seemed like an hour. He took stock of where he hurt. The physical pain was subsiding, but the emotions stayed. He had a moment to look around the mat. Everything had stopped temporarily, all the eyes were on him. Mike forced himself to sit up then stand up.

He tried to hide his embarrassment that the fall, which everyone else in the room seemed to do so effortlessly, had hurt him.

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Website: ohana2012.americanjujitsuinstitute.org

The teacher of the class walked over to where Mike and Ron were working out. He was not much older than the two of them. His name was Bill Randle, Ron called him Sensei, and at the age of seventeen, he was teaching the jujitsu class at the Santa Monica YMCA.

The brown belt he wore was even more tired than Ron's. His gi had a frayed collar and wear from the places it had been grabbed for hours. He did not rush over to where Mike and Ron were practicing, he walked over casually, as if he were just making the rounds.

He smiled at Mike. "Are you okay?"

Mike was about to answer honestly but stopped, "Yea."

"It gets easier," Sensei Randle said. "You'll see."

Then he walked to the next practicing group.

It was really in what he did not say that impressed Mike. He could feel the understanding and the encouragement in the sensei's short statement. By not rushing over, he let the situation work itself out, he had allowed Mike to save face. Twenty seconds earlier he was ready to walk out, now he was determined to stay.

In the back of Mike's mind another thing stopped him from walking out, his brother's laughter. He could not bear to hear, "You walked out half-way through the class!" Then he focused on how he wanted to show all of these people, including Sensei Randle, that that fall had not hurt him.

Come Along Techniques Clinic

By
Bryan Stanley



On April 10, 2011, Professor Carlos Gallegos led a class of willing jujitsuka on an exploration of come along techniques. The techniques were part of the Kaito Gakko curriculum that was created by Professor David Nuhiwa. They contained joint locks, punches, kicks, and any myriad of painful attacks.

The thirty students on the mat were from the Orange YMCA, Surf City Jujitsu Club, Kaito Gakko, and the Jerome Center Dojo. It was especially nice to see Sensei Raymundo Suarez on the mat after his bout with pneumonia in December. He brought four students who added to the afternoon's festivities.

Other special guests included Professor Kevin Dalrymple - even though it was his dojo, he's still special - and Professor Jim Lambert, who is far more special than Kevin. Professor Randy Carrasco was there as well serving as Professor Gallegos' uki, punching bag, and second set of eyes.

Tod Bertrand from the Surf City Jujitsu Club had a great time, but left with a sore thigh from all the leg kicks he took during practice.

The entire afternoon was worth the ten-dollar price of admission, and everyone walked away with new ideas to incorporate into their art.

Special thanks goes out to Professor Carlos Gallegos for his time and knowledge, as well as Senseis Lee Firestone and Ed Townsend for hosting the event.



Jujitsu America Tournament Action

Nikko Ju Jitsu School of San Jose, California, would like to invite you to their inter-dojos kata-self-defense shiai and seminar on May 21, 2011. If you would like more information about the location and cost, go to www.jujitsuamerica.org

Hi No De Ryu Jujitsu Club

of the Orange YMCA

Presents

Jujitsu Kata Contest



Sunday, May 22, 2011

Grijalva Park at Santiago Creek
368 N Prospect Ave.
Orange, CA 92869

Hosted in conjunction with SRY SOCAL REGION

Registration 9:00am to 9:30am

Contest 10:00am - 1:00pm



Contest Fee: \$10 per person

Shoshin Ryu membership required
(You may sign up the day of the contest)

Division Requirements For Jujitsu Kata Competition

Youth Novice 5-7 years:

- * 4 Strength/Coordination Techniques
- * 4 Rolling/Falling Techniques
- * 2 Open Techniques (excluding Constriction, Combination, Weapon, Advanced and/or Multiple Attack Techniques)

Youth Novice 8-11 years:

- * 2 Strength/Coordination Techniques
- * 2 Rolling/Falling Techniques
- * 2 Hand Techniques
- * 1 Throwing Technique
- * 1 Constriction Technique
- * 2 Open Techniques (excluding Strength/Coordination, Combination, Weapon, Advanced and/or Multiple Attack Techniques)

Youth Novice 12-14 years:

- * 2 Rolling/Falling Techniques
- * 2 Hand Techniques
- * 2 Throwing Techniques
- * 2 Constriction Techniques
- * 2 Open Techniques (excluding Strength/Coordination, Combination, Weapon, Advanced and/or Multiple Attack Techniques)

Youth Novice 15-17 years:

- * 2 Rolling/Falling Techniques
- * 2 Hand Techniques
- * 2 Throwing Techniques
- * 2 Constriction Techniques
- * 2 Open Techniques (excluding Strength/Coordination, Combination, Weapon, Advanced and/or Multiple Attack Techniques)

Adult Hachikyu-Rokkyu (8th -6th Kyu) :

- * 2 Hand Techniques
- * 2 Throwing Techniques
- * 2 Constriction Techniques
- * 2 Open Techniques (excluding Strength/Coordination, Weapon, and/or Multiple Attack Techniques)
- * Combat Scene

Adult Sankyu-Ikkyu (3rd -1st Kyu)

- * 1 Hand Technique
- * 1 Throwing Technique
- * 1 Constriction Technique
- * 1 Combination Technique
- * 1 Reverse Technique
- * 1 Weapon Technique
- * 2 Open Techniques (excluding Strength/Coordination, Rolling/Falling Techniques)
- * Combat Scene

Youth Intermediate 5-7 years:

- * 2 Strength/Coordination Techniques
- * 2 Rolling/Falling Techniques
- * 2 Hand Techniques
- * 1 Throwing Technique
- * 1 Constriction Technique
- * 2 Open Techniques (excluding Constriction, Combination, Weapon, Advanced and/or Multiple Attack Techniques)

Youth Intermediate 8-11 years:

- * 2 Rolling/Falling Techniques
- * 2 Hand Techniques
- * 2 Throwing Techniques
- * 2 Constriction Technique
- * 2 Open Techniques (excluding Strength/Coordination, Combination, Weapon, Advanced and/or Multiple Attack Techniques)

Youth Intermediate 12-14 years:

- * 2 Hand Techniques
- * 2 Throwing Techniques
- * 2 Constriction Techniques
- * 2 Open Techniques (excluding Strength/Coordination, Combination, Weapon, Advanced and/or Multiple Attack Techniques)
- * Combat Scene

Youth Intermediate 15-17 years:

- * 2 Hand Techniques
- * 2 Throwing Techniques
- * 2 Constriction Techniques
- * 2 Open Techniques (excluding Strength/Coordination, Combination, Weapon, Advanced and/or Multiple Attack Techniques)
- * Combat Scene

Adult Gokyu-Yonkyu (5th -4th Kyu)

- * 1 Hand Technique
- * 2 Throwing Techniques
- * 2 Constriction Techniques
- * 1 Combination Technique
- * 2 Open Techniques (excluding Strength/Coordination, Weapon, Advanced and/or Multiple Attack Techniques)
- * Combat Scene

All Black Belt Division

- * 1 Hand Technique
- * 1 Throwing Technique
- * 1 Constriction Technique
- * 1 Combination Technique
- * 1 Reverse Technique
- * 1 Weapon Technique
- * 1 Advanced Technique
- * 1 Multiple Attack Technique
- * 2 Open Techniques (excluding Strength/Coordination, Rolling/Falling Techniques)
- * Combat Scene