



Shoshin Ryu Yudanskakai Newsletter

The official newsletter of
Shoshin Ryu Yudanshakai

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The Aftermath

By
Bryan Stanley

Self-defense is a funny thing. Practice for hours and hours and hours, do techniques over and over and over, drill attacks and defenses, respond, respond, respond. Do all of this for that nebulous moment when out of the blue comes the attack, or when one finds themselves in a situation where running is not an option and the only way out is to use the techniques that have been drilled and drilled and drilled.

For a trained jujitsuka, one would hope that the defense comes naturally, that it happens just as practiced in the dojo. That the assailant gets their just deserts, after all, "I was minding my own business, that attacker chose to get involved with me; he got what he deserved." How many of us have that sentiment? We are, after all, people who want nothing more than to live our lives, practice our art, and be happy.

Then the attack comes. We do what we have to do. We go home. It could be minutes after or days after, but the time will come after the altercation, when alone in a dark room, thoughts enter our heads, and we relive the attack. We relive the stress, the fear, the movements we used. We start to think, "That guy wanted to hurt me. Why? What did I do to him?" We can tell ourselves such things as, "I was just in the wrong place at the wrong time," or "I went home, he did not. That's his problem." Whatever the thoughts, one thing we do not train ourselves for is what to do AFTER the attack. How do we deal with the stress, emotion, and thoughts that occur after a self-defense situation?

To understand what happens to emotions during and after an attack, it would be helpful to understand one of the Theories of emotional response.

Psychologist Richard Solomon theorized that emotions run in pairs. His opponent-process theory of emotion says that when we have one emotion, the opposite emotion is suppressed. As an example, you are walking to your car after work. In the parking lot a man steps out with a knife and demands your money. Emotionally, your first response would probably be fear. After the incident – whether your assailant got your money or a broken arm is not important – the opponent emotion would come out. The opponent emotion for fear is not happiness, the opponent emotion for fear is anger. A short time after your altercation with the robber, you would be filled with anger. You will feel this until your emotions return to a state of homeostasis and you feel normal again.

Part of Solomon's theory is that the greater the emotion, the greater the opposing emotion will be. Let's suppose that you are not just going to be robbed, but now the robber has a gun, you cannot out run a bullet. This situation has now become life or death. The emotions from such an event would range from fear to anger to helplessness to disgust to surprise to sadness and more. Whatever your emotions are, in such a situation, they are going to be extreme, and the rebound from that will be just as extreme.

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Maurice H. "Bud" Collyer



Professor Maurice H. "Bud" Collyer in 2008 at the Shoshin Ryu Reunion at Knott's Berry Farm.

It is with great sadness that Shoshin Ryu Yudanshakai announces the passing of Professor Maurice H. "Bud" Collyer. Professor Collyer had been a staple at each reunion and Ohana for many years.

Maurice Collyer was born in Iowa in 1940 and began his practice of martial arts at the age of five when he took up boxing. His family moved to southern California in 1950. He continued box-

ing but also found out about the martial arts. He watched a karate demonstration and became intrigued by the techniques.

That demonstration started a lifetime of study of karate and brought him into contact with Shihan Fumio Demura, Professor Dave Chubb, and Shoshin Ryu founder Sensei Mike Chubb.

It was Professor Collyer who turned over the Golden West Police academy

course to Sensei Chubb in 1976.

During his lifetime, Professor Collyer had been a police officer, a sheriff, and a firefighter.

Shoshin Ryu has honored Professor Collyer with both the Lamplighter and James L. DeHaven Larger than Life awards.

Professor Collyer died on December 21, 2014 after a long bout with colon cancer.

Mahalo Bud.

Yudansha Notes

Bud Collyer Music CD

During the last part of his illness, Bud Collyer wrote a series of poems and songs. A musician friend of theirs put them to music and created a CD.

If you are interested in making a donation to

help with Professor Collyer's medical expenses and in return receive a CD of his music, send the donation to:

Mary Collyer
10165 Shale Lane
Mentone, CA 92359-1358

The Surgery List

Two prominent Jujituka are spending some time off their feet at the end of 2014. Professor Roger Medlin had foot surgery, the result of having bad feet. Not to be outdone, Professor Bill Fischer had hip surgery, the result of having a bad hip. Get well soon gentlemen.

Words of Wisdom



"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path." - *Buddha*

"Too many people are thinking the grass is greener on the other side of the fence, when they ought to just water the grass they are standing on." - *Amar Dave*

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'" - *Mary Anne Radmacher*



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 for children, \$30.00 per year for adult kyu ranks, and \$40.00 for dan ranks. Membership dues include mandatory liability and supplemental medical insurance. Membership is for the current calendar year from January 1 through December 31.

Signature _____ Date _____

Parental consent if under 18 years _____

Mail to: **SRY Membership**
26621 Brandon
Mission Viejo, CA 92692

Please enclose your check payable to Shoshin Ryu



(AFTERMATH, continued from page ONE)

If you turn off those emotions during the robbery, you have now created the situation where, when everything is over, those emotions will come out, then later, the opposing emotions will come out.

In either case, what that robber has done is not just taken your money, but they have turned your life into a hurricane of opposing emotions that may take days or weeks to blow out. Yes, you must work through all of those emotions and their opponent emotions in order to return to psychological balance or homeostasis.

What would it be like working through all those emotions? One can expect to feel confusion, memory difficulties, distracted and disorganized thoughts, insomnia, and depression. People feel a sense of alienation from others, guilt about surviving, and an exaggerated startle response.

The more one tries to suppress these emotions, the more they squirt out. It is a little like trying to hold sand in your fist, the tighter you squeeze, the more it runs out, and the looser you hold it, the faster it runs out. Either way, the emotions that need to be expressed are going to come out, it is the only way you can return to a balanced state.

Suppose the unthinkable happens. Suppose that during your altercation with a gun wielding assailant, you do what you have practiced and during the melee, the gun goes off and the robber gets shot? Are you going to feel a sense of adulation? Are you going to feel relief? Are you going to say coldly, "Better him than me"? Research with combat soldiers who killed another man in battle found that they suffer higher rates of post-traumatic stress disorder than other troops who did not have the same experience. The higher rate of stress is coming from people who have spent time psychologically preparing themselves to kill the enemy. Imagine the psychological trauma that would happen to a jujitsuka who ended up killing someone because of techniques they knew.

Life is not a Sylvester Stallone movie, people do not bounce back the next day and tell jokes about the people they killed the day before. Violence is a devastating event that changes people, whether that violence was justified or not.

So what can we do after the attack is over and the only person left to deal with is ourselves? According to Helpguide.org, one should seek help from a trained trauma therapist if experiencing any of the following:

- *Trouble functioning at home or work
- *Suffering from severe fear, anxiety, or depression
- *Unable to form close, satisfying relationships
- *Experiencing terrifying memories, nightmares, or flashbacks
- *Avoiding more and more things that remind you of the trauma
- *Emotionally numb and disconnected from others
- *Using alcohol or drugs to feel better

Some things may stop a person who is suffering after an attack from seeking help. According to Helpguide.org, victims of attacks may think that seeing someone is a sign of weakness. They may be afraid of losing control or have fear of reliving the experience. They may feel that others will not understand or have the fear that others will judge or pity them. We see therapists because we have problems that we cannot solve on our own. Some are simply too big for us, it is okay to ask for help.

When someone is dealing with a traumatic experience, some activities are better than others. The first of which is to not isolate from others. It is a tough situation, but being around other people stops the obsessive thoughts that occur after an attack. Being around others helps turn the focus outward and keeps our thoughts off ourselves.

Another thing to do is to help other people. Being helpful drives away the sense of helplessness that often occurs after a traumatic experience. Being helpful creates a sense of purpose and feelings of goodwill toward others.

(See **AFTERMATH**, continued on page **SIX**)

"The more one tries to suppress these emotions, the more they squirt out. It is a little like trying to hold sand in your fist, the tighter you squeeze, the more it runs out, and the looser you hold it, the faster it runs out."





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(AFTERMATH from page FIVE)

Finally, allow yourself to feel. As explained earlier, a person dealing with a traumatic experience is going to have a myriad of emotions. Having those emotions is a natural part of dealing with the experience. Allow yourself to feel. That sentiment is especially hard to men to deal with. As a group men are not good at expressing their emotions – we are really good at expressing anger, but all the rest of the emotions of the human experience are kind of confusing and frustrating.

The after effects of an attack do not just damage the victim. The victim's family and friends also have to deal with the trauma of the event. Some helpful tips for family members and friends are: encourage the traumatized person to get help, they may feel reluctant for the reasons mentioned earlier, but be supportive; be patient, getting better takes time; do not force the person to talk about it, they will talk about it when they are ready, and any pressure you place on them could make them feel worse; take care of yourself, sounds funny, but family members need to focus on their own well-being, put on your oxygen mask FIRST.

Violence is a horrible thing. Even if we prepare ourselves for the possibility that we will have to do some violent act to protect ourselves, we need to be prepared for the consequences of our actions. Those consequences are not just physical, but emotional, and emotional self-defense is one area where jujitsuka are least prepared.



Camp Kokua 2015 ... "Once In A Blue Moon"

Friday, July 31st-Sunday, August 2nd, 2015
on beautiful Grizzly Creek Portola, California

REGISTRATION FORM:

Please Check
Your Package Choice

Full Package \$275.00 per person []

Includes:

- Friday, July 31st evening pupu party
- Saturday, August 1st Breakfast, Lunch and Dinner
- Sunday, August 2nd Breakfast and Luncheon/Awards Banquet
- All clinics and a Camp Kokua 2015 tee shirt

There will be camping spaces which include a four (4) man tent available.

These sites are very limited and on a first come first serve basis.

Half Package \$225.00 per person []

Includes:

- Friday, July 31st evening pupu party
- Saturday, August 1st Breakfast, Lunch and Dinner
- Sunday, August 2nd Breakfast and Luncheon/Awards Banquet
- All clinics and a Camp Kokua 2015 tee shirt

Clinics Only \$150.00 per person []

Meals Only \$75.00 per person []

Horseshoe Tournament (Saturday evening) \$10.00 entrance fee []

Proceeds go to Camp Kokua Funding 2017

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

AFFILIATION: _____

If you would like to camp on your own, or stay longer, there are numerous campgrounds nearby with Lake Davis access for fishing, kayaking, and hiking. For the golfing enthusiasts this is paradise! There are partial scholarships available for people who wish to be of service at the event. Please ask Prof. Eddy for details.



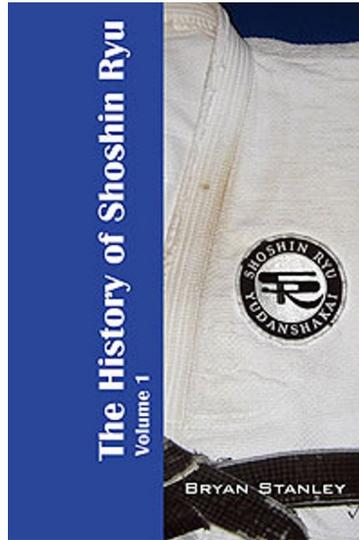
Shoshin Ryu Yudanshakai

TPhone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com



Shoshin Ryu Yudanshakai:
Dedicated to the art and principles of
Danzan Ryu Jujitsu

Join us at
www.shoshinryu.com
Friend us on Facebook



The History of Shoshin Ryu, Vol. I

The History of Shoshin Ryu is now available on Amazon.com and on the OutskirtsPress websites. It took nine months to write and was produced through countless interviews with Professors Mike Chubb, Bill Fischer, Len Riley, Jon Jacques, Kevin Dalrymple, Steve McMillan, Roger Medlen, and a host of others. For some it will be a trip down memory lane, for others it will be an essential part of understanding the roots of Shoshin Ryu.

[www.outskirtspress.com/
bookstore/9781432786458.html](http://www.outskirtspress.com/bookstore/9781432786458.html)

Click the book cover to go to Amazon.com

Be Sure to visit the Danzan Ryu Bookstore at
<http://www.danzan.com/HTML/bookstore.html>
See what Professor George Arrington has to offer!

Promotions

Jukyu:

Gary Robinson Boulder City Jujitsu Club

Kukyu:

Hunter Cole Boulder City Jujitsu Club
Juliette Demattos Boulder City Jujitsu Club

Shichikyu:

Brent Solberg Boulder City Jujitsu Club
Myles McNary Boulder City Jujitsu Club
Connor Solberg Boulder City Jujitsu Club

Rokyu:

David Rivera Boulder City Jujitsu Club
Jordan Quintana Boulder City Jujitsu Club

Gokyu:

Cyrus Peterson Boulder City Jujitsu Club

Sankyu:

Orville Fassett Boulder City Jujitsu Club

Ikkyu:

Gunner Gatlin Boulder City Jujitsu Club

Shodan:

Kenna Chubb Boulder City Jujitsu Club
Denzil Mooney Boulder City Jujitsu Club

Nidan:

Michael Archer Boulder City Jujitsu Club

Editor's Note: The promotion portion of this newsletter is open to every official dojo in Shoshin Ryu. If you want your promotion posted here, take it up with your sensei. This is not the sole domain of the Boulder City Jujitsu Club, it just seems like it because Sensei Chubb sends his promotions in every month.