



Shoshin Ryu Yudanskakai Newsletter

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Shoshin Ryu Yudanshakai

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Ohana 2016: A Recap

By
BryanStanley

If you were there, probably the first thing that all of us need to do is thank the Bushidokan Federation for their hard work putting together Ohana 2016. Obviously many people worked quite hard to get the entire Ohana experience off the ground. The two most visible faces were Professor Eric Pietrelli and Professor Herb LaGue. Kudos to them, they deserve it.

First and foremost, the Bushidokan Federation did a tremendous job in getting a formidable list of instructors to come to Ohana 2016. Besides Professors LaGue and Pietrelli, who also instructed clinics, Danzan Ryu Professors Hans Ingebretsen, Richard Bunch, James Muro, Milind Dhond, Robert McKean, Richard Radcliffe, Clive Guth, Joe Souza, Joe DeBatista, Rudy Aguilar, Kevin Colton, Ty Hatfield, George Arrington, Gary Jones, and Donna Cary taught clinics as well. Other instructors included Sifu Graciela Casillas, O'Lohe Kaiukukui, Hanshi George Kirby, Shihan Russ Rhodes, Guru John Ward, Sensei Michael Larsen, Dr. Ty Crimi, Sensei Carla Bunch, sensei Kenna Bunch, Sensei Selena Boggs, Swami Radhikananda Saraswati, Lama Jigme Rinpoche, Julie Straw, MaryAnn Jones, Sensei Mike Esmailzadeh, Kaicho Rowdy Hall, and many others.



On Friday the first set of clinics started. One of them was a semi-mandatory discussion of *The Esoteric Principles* by Professor Sam Luke. Sensei Mike Whitaker and Dale Evola attended the clinic and said that it was insightful and interesting. It is Professor Luke's belief that many sensei's make no reference to *The Esoteric Principles*, which is the basic philosophy that Professor Okazaki espoused. Professor Luke felt that by making the clinic more or less mandatory, he could reach a greater number of senseis and get the point across that *The Esoteric Principles* is the overarching philosophy of the Danzan Ryu system and we need to practice it, just like we would practice a hip throw or a wrist escape.

Other clinics consisted of the usual things, nage and advanced yawara for example, to downright once in a lifetime activities, underwater Danzan Ryu and Hawaiian spear throwing. Sensei Mike Whitaker went to both of those and said that they were really interesting.

For that first clinic he showed up to the pool in his swim trunks and, as advertised, they did Danzan Ryu underwater. It was mostly wrist escapes and short strikes – it would be really hard to pull off a hip throw in a weightless environment. As for the spear throwing clinic, Sensei



Whitaker said that throwing the spears was fun, but catching them was even more fun. Yes, that's right, catching them. He said it was a blast.

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Yudansha Notes



Professor Len Riley
circa 2014.

I sent a message into the cosmos...

...and to my surprise I got an e-mail update from Professor Len Riley.

And here is what he had to say, "I moved to Seattle WA with my wife, daughter, son-in-law and granddaughter for a job opportunity that I could not pass up.

I arrived here mid-July 2015. We are living in Newcastle which is a suburb east of Seattle. We have a place right on Lake Washington.

I will be starting a new Jujitsu Program in the fall at the Sammamish Family YMCA for the kids and the Coal Creek YMCA for adults. They are both

brand new YMCAs.

I met some great DZR people up here and have been attending several classes. I have been teaching an advanced class on Saturdays for the local black belts and brown belts at an Aikido school in Woodinville."

Good luck, Prof. Riley.

Judo Contest

A Judo contest has been scheduled for Saturday, July 16, 2016, at the First Baptist Church in Westminster, 14200 Golden West Street.

Check in will be at 12:00 and the contest will start soon after. A flyer will be forthcoming.

In the event that you have never been to a randori contest. Look at the pictures, to see what lies in store.



Words of Wisdom

"Once you learn to quit, it becomes a habit." - Vince Lombardi

"The inward journey is about finding your own fullness, something that no one else can take away." - Deepak Chopra

"To lead people, walk beside them. As for the best leaders, the people do not notice their existence. The next best, the people honor and praise. The next, the people fear; and the next, the people hate. When the best leader's work is done the people say, 'We did it ourselves!' " - Lao-tsu



Vince Lombardi



The Esoteric Principles: One Man's Opinion (Part 10)

By

Professor Bryan Stanley

Only by cultivating a receptive state of mind, without preconceived ideas or thoughts, can one master the secret art of reacting spontaneously and naturally without hesitation and without purposeless resistance. These are the secrets of Kodenkan into which I have had the honor to initiate you."

The penultimate sentence is an explanation of how one can learn judo. Whether we are discussing the martial art or the philosophy of judo, Professor Okazaki is saying, "This is how you can master it."

He starts by pointing out that in order to learn judo, one must "cultivate a receptive state of mind." Cultivation is an activity that leads to growth. We cultivate plants on a farm or in our flower beds. We cultivate an idea when we put our mind to it. When we cultivate, we nurture.

Cultivate also means attempting to acquire or develop a skill. The thing we need to grow or acquire is a receptive state of mind. We need a mind that will be willing to accept new ideas. He uses the prepositional phrase "without preconceived ideas or thoughts," as a modifier to define a receptive state of mind.

Preconceived thoughts are those thoughts that we have before beginning any effort. If we believe that the effort will be tough, it will. If we believe that we already know what to do, we will not be open to new ideas or perspectives about doing it. Yes, to learn a martial art or a philosophy, we must maintain, and practice with, an open mind.

If we practice judo with an open mind, free from preconceived ideas, then we have an opportunity to master the secret of judo. The secret art he describes is "reacting spontaneously and naturally without hesitation and without purposeless resistance." Therefore, the secret art of judo is moving without thought, moving without restriction, and moving without struggle. What Professor Okazaki is explaining is how to develop a life that flows effortlessly and smoothly from situation to situation. Having that ability holds true for both the martial art and the philosophy of judo.

The final sentence of the Esoteric Principles reads as follows, "These are the secrets of Kodenkan into which I have had the honor to initiate you."

The secrets he is referring to would be all the information that has come previously in the document. Since everything in the Esoteric Principles is from Professor Okazaki's thoughts, they would be secrets.

Another confusing word to come up in this sentence is Kodenkan. It is a reference to the name of the style of jujitsu that Professor Okazaki first taught. His school was called Danzan Ryu. Over time the two words became synonymous. Now when one hears the word Danzan, it is the style of jujitsu, and Kodenkan is about the location where it was created. So when he writes, "These are the secrets of Kodenkan..." it is the same as him saying, "These are the secrets of DanzanRyu..."

When we think of an initiation, it is usually a ceremony that serves as admittance to a group or society. In general Danzan Ryu schools do not have induction ceremonies. However among the definitions of the word *initiate* is "teaching someone the basic facts about something." We can conclude that Professor Okazaki's use of *initiate* must mean teaching someone the basic facts.

This last sentence is also the only point in which Professor Okazaki uses the pronoun *I*. The Esoteric Principles came from Theodore E. Muran's Mokuroku. So when Professor Okazaki wrote these things, it was written to Sensei Muran. Since he knew Sensei Muran, the last sentence has a familiar or casual tone. Professor Okazaki is telling him that it has been his honor to teach him Danzan Ryu.

When we read this now, the use of the word *I*, comes across as his reaching out to us. He has told us about what it takes to be successful in learning judo. Now it is up to us to apply these things.

Great Minds
discuss ideas
Average Minds
discuss events
Small Minds
discuss people

Top Secret

(Ohana 2016, continued from page ONE)

Swami Saraswati and Lama Rinpoche both offered clinics in meditation. The Tai Chi clinic was presented in the same area. They were in a part of the complex well separated from the grunts, groans, and kiais of the regular clinics. It was like a little corner of peace and quiet in an otherwise pretty noisy environment.

To be clear, the Nugget Hotel Casino in Sparks, Nevada, is a great place to have a big convention. The conference rooms were spacious enough that students could work out without fear of hitting one another. The walls between the rooms kept noise from other clinics from coming in. The grand ballroom was big enough to split in half and have a huge mat for clinics and still have space for the banquet without having to pick up anything. The staff at the Nugget was wonderful and the gambling was good enough that more than a few jujitsuka left their money behind to help the people of Nevada pay their property taxes.

Getting back to the clinics, the number and the variability was astonishing. This author attended clinics on Tai chi, kazushi, mat counters, and using the tessen. All the clinics were completely worthwhile and the instruction was first class. For example, Professor Ty Hatfield taught the class in mat counters and was not only knowledgeable, but stated his belief that he wanted to make sure that people learned things that they did not get a chance to practice in



Professor Kevin Dalrymple Receiving his Kudan certificate from Prof. Luke.

their dojos. Professor Joe DeBatisita led his class through a series of kazushi techniques that built from simple to more and more complex, but never so much as for one to think that what he was offering was not possible to do. All in all, the clinics were great fun.

The banquet on Saturday night was a well-organized affair with roughly 450 attendees. The Professors of the weekend, LaGue and Pietrelli, managed to get all the Danzan Ryu cats rounded up into one area and keep them there for about three hours. It would take too long to discuss everything that everyone said and presented during the banquet, so here are the high points. Professor Milind Dhond did the invocation. During his time, he discussed a three line prayer titled, "Thank you, God" which was not only informative but inspiring. Later on the Bushidokan Federation thanked all the clinic instructors, which just about cleared the tables. It was truly amazing how many people stepped up to teach. The most important event of the night – from a personal position – was when the American Jujitsu Institute promoted Professor Kevin Dalrymple to the rank of Kudan. Finally, During Shoshin Ryu's time at the podium, we thanked the Bushidokan Federation for their hard work over the Ohana weekend and promoted Todd Tetrault to the rank of Shodan.

Sunday morning was a day of contests. The Bushidokan Federation planned a sport jujitsu tournament, a karate kata contest, and a jujitsu kata contest. They had more than enough space to host all three contests, but the problem was when students were competing in two different contests. Somewhere someone was left waiting.

In conclusion, for those of us that took the time to attend Ohana 2016, we had a great time. For those of you who did not go, you missed out. The next Ohana will be in two years in Santa Clara, start making plans to attend, you will not regret it.



Professors Ron and Sue Jennings at the Ohana banquet.



Breakfast with Senseis Mike Whitaker and Dale Evola.



Buying a used belt? Are you serious?

By

Mr. Stanley and Sensei X

Mr. Stanley: At the dojo the other night, the person I was talking with said that some jujitsu students go on-line and buy used belts so that they look as though they have had the belt for a long time.

Sensei X: So?

Mr. Stanley: That's ridiculous.

Sensei X: So?

Mr. Stanley: How many ways can I say how wrong that is?

Sensei X: Wait. This is not Mr. Stanley's Newsletter, it is the Shoshin Ryu Yudanshakai Newsletter. If you want to pontificate Mr. Stanley, start your own blog.

Mr. Stanley: But doing that is wrong.

Sensei X: Mr. Stanley, people are free to do what they will. Is it hurting you in any way?

Mr. Stanley: Well, no.

Sensei X: So what business is it of yours?

Mr. Stanley: Here is where I stand...

Sensei X: That is not what I asked you. What I asked was, "What business is it of yours?"

Mr. Stanley: ...I guess none.

Sensei X: You guess?

Mr. Stanley: Okay. It is no business of mine.

Sensei X: Right.

Mr. Stanley: Now that you have put me in my place can I say something?

Sensei X: You are going to say "BUT" aren't you.

Mr. Stanley: No.

Sensei X: Then go ahead.

Mr. Stanley: A belt earns its character by being tied and retied and by being sweat on. A belt gets worn in by the hard work and determination of the person using it. By buying a used belt on-line, you are not allowing your character to become part of the belt. You are essentially living someone else's martial arts life. It's lying.

Sensei X: If a person buys a used belt, they are going to tie and retie it. They are going to sweat in and on it. It is going to get used. Maybe they want to keep the belt their sensei gave them in perfect shape as a remembrance of their promotion. So they buy a used belt. The belt doesn't have the knowledge, the person has the knowledge.

Mr. Stanley: I'm with you on that...

Sensei X: You are going to say, "But..."

Mr. Stanley: No I'm not.

Sensei X: Belts are a reward for perseverance. Belts are there so we know how long people have been in class. It's a way to distinguish between lower level students and upper level students. Belts keep our ghis closed. They do not have any magical significance. Being promoted from blue to brown belt does not suddenly give you power. You are still the same person, it's just a different colored belt. Who cares whether it is used or new.

Mr. Stanley: ...Maybe you are right.

Sensei X: Maybe?

Mr. Stanley: (sigh)

Sensei X: You are falling into a trap Mr. Stanley. Too much credence is put on the color of a belt, or in this case the wear and tear of a belt. Belt color or wear does not have anything to do with the character of the person. You have met honorable black belts and honorable (See **BELT** on page SEVEN)



Used belt for sale on ebay. \$7.00 takes it.



This '70s era vintage belt will cost you 10.99 on ebay.



Shoshin Ryu Yudanshakai



Membership form

Please check one: _____ New member _____ Renewal Date _____

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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.

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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!

Parting Shot



From September 4, 2005. Sensei Mike Chubb, Professor Steve McMillan, and Professor "Big Jim" DeHaven. It's from the Ohana in Tucson. Professor McMillan received his Rökkudan Promotion that night. The thing I like best about this picture is "Big Jim" in the background. He was not in good health, but went to Tucson anyway. He was a straight shooter and a good man.

(BELT continued from page FIVE)

white belts, and obviously the opposite is true. What the person is made of is going to come out on the mat. When the person is working out, that is when you will see their character, not by the color of the belt they wear, or how beat up it is.

Mr. Stanley: Okay, I was wrong. You know, as a way to gather information for this argument, I went on ebay to see how much a used belt cost.

Sensei X: What did you find out?

Mr. Stanley: They cost about as much as a new belt.

Sensei X: Now that's ridiculous. Add the shipping and tax and a used belt would cost more than a new belt.

Mr. Stanley: Yep. You want to know what else I saw on ebay?

Sensei X: What?

Mr. Stanley: I typed in Shoshin Ryu to see what would come up. No patches or anything like that, but my book, *the History of Shoshin Ryu Vol. I* came up. People were asking thirty dollars for it! I was both flattered and offended.

Sensei X: How?

Mr. Stanley: Flattered, my book was on ebay. Offended, they wanted Thirty dollars for it. You could buy it from my publisher for eighteen.

Sensei X: That sounds like a shameless plug.

Mr. Stanley: Sorry. It is.