



Shoshin Ryu Yudanskakai Newsletter

The official newsletter of
Shoshin Ryu Yudanshakai

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Howdy, Ippon!

By

Professor Bryan Stanley

Just over twenty-five miles southwest of Atlanta, Georgia, sits the city of Tyrone. It has a population of 6,976 people, and from that city and the surrounding area, Dave Wojick draws students into his *Ippon Judo and Jujitsu* studio. It seems that for such a small population to draw from, Sensei Wojick has done some tremendous things. He has a full-time dojo with more than forty regular students; he has produced local, state, national, and international judo players; and he has done it with a five kids and a very understanding wife waiting at home.

Dave Wojick began his jujitsu journey in 1995 at Professor Rory Rebmann's Amador Jujitsu and Judo studio. He earned his shodan in 1999 and his nidan in 2001. Shortly after earning his nidan he moved to Peachtree, Georgia, home of the golf cart – well, as much as they have ninety miles of golf cart paths throughout the city, and people are encouraged to drive golf carts, high school students drive them to school. He earned his Sandan in 2007 and his yodan in 2011.

During the time he has run his own dojo, he has taught jujitsu, but has maintained a focus on judo. During a typical week, his students can get roughly two hours of judo instruction. Sensei Wojick's philosophy about Judo is that it is for fun. His dojo hosts two judo tournaments a year and his students will usually go to six or eight more during the year.

For someone who has a rather laid back attitude about judo, Sensei Wojick has produced a fair stable of excellent judoka. Dylan Spelios finished third at a national tournament in 2013, and his brother Mason had two third place finishes at national tournaments in 2013.

Joshua Briggs had a big 2013. He ended last year as the #1 ranked judo player in the U.S. in the 13-14 year old age group. He won both the International Junior Olympics and the U.S. Open. At the U.S. Open he beat his opponent, a top ranked judoka from Ukraine, in less than twenty-five seconds.

But the most decorated judo player from the Ippon dojo is Sensei Wojick's son, Derek. His accomplishments form a pretty spectacular judo resume. He was a seventeen-time national medalist, was on the 2010 and 2011 Junior World Teams, was on the 2011 Pan/Am team, and was ranked at the age of sixteen, as number three in the Senior Elite Open category. Away from judo he was a two-time all-American and academic all-American, a two-time Georgia state champ 2009 and 2010, and four times placed in the Georgia state wrestling tournament.

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Sensei Dave Wojick warming up his Ippon Judo and Jujitsu class

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Professor Dalrymple and the SSR Combination Techniques

"I realized later that God does not appreciate cursing in church."



Professor Dalrymple demonstrating SSR Sakanuki.

Yudansha in Southern California, who were of strong enough stock to get up early on Saturday, January 25, could have traveled to Westminster and Sensei Mike Whitaker's Golden West Dojo for a good, old-fashioned Shoshin Ryu workout.

The first thing to mention is that the space, and there was plenty of it, was in a church on Golden West Street in Westminster. Anyone driving by would have no idea that inside, students were delivering a serious beatdown to each other.

The ten or so yudansha who showed up were treated to Professor Dalrymple's knowledge and expertise of the Shoshin Ryu Combination Techniques list. He went through all the techniques and provided – in most cases – a historical journey of each art, demonstrating the way he first learned it, how it changed, then where the technique stood now. It was fun and informative.

As an example, he demonstrated Sakanuki, and I stared at what he did.

"Where the hell did that come from?" I asked, when Professor Dalrymple came to answer a question. (On a side note, I realized later that God does not appreciate cursing in church.)

"That was the way I was first taught the technique in the 1970s," Kevin said.

"I've been doing this for thirty years, that's the first time I've seen that," I said.

"We got rid of it for a more streamlined version, but I figure that doing it the old way, you are going to find something that is going to do some damage."

And that was the basic idea behind the class, get the information out. It was small enough that students could ask questions and get details about how to best do each art. The techniques were just complicated enough that even those of us who had been around for years could find a challenge here or there.

Thank you, Professor Dalrymple, for creating a great way to spend a few hours on a Saturday morning. More importantly, thank you, Sensei Mike Whitaker, for opening your dojo to us on a Saturday morning so a dedicated few could come and work out.

Look for more clinics and classes to be held at the Golden West Dojo in the future. Sensei Whitaker would like to have black belt workouts once a month, be ready for those.

-- Submitted by Professor Bryan Stanley

Words of Wisdom

"Clear thinking requires courage rather than intelligence." — *Thomas Szasz*

"Never miss a good chance to shut up." - *Anonymous*

"The real person you are is revealed in the moments when you're certain no other person is watching. When no one is watching, you are driven by what you expect of yourself." — *Ralph S. Marston, Jr.*

"Things work out best for those who make the best of how things work out." — *John Wooden*





Sweet Jujitsu Home, Alabama

By
Bryan Stanley

In case you have not noticed, Shoshin Ryu has had a few new dojos join in the last year. The interesting thing is that they are all from Madison, Alabama. "From where?" you ask. Madison, Alabama, and here's a little information about the place:

- *The average high temperature in the winter is in the low 50s and in the summer in the low 90s.
- *The city motto is "Play hard, learn well, and live richly."
- *It is the fastest growing city in Alabama and among the ten fastest in the United States.
- *Since 1990 the population has nearly tripled, going from 14,904 to the 2010 population of 42,938.
- *It is the home of Quiet Storm Jujitsu, Madison Martial Arts, Spirit Made Steel, and Eagle's Wing Karate, all of them new Shoshin Ryu member dojos.

The first dojo on the tour through Madison is Professor Kevin Swanner's Spirit Made Steel dojo. The dojo is located at 1604 Slaughter Road in Madison. It is a stand-alone building and it has plenty of space. Professor Swanner has been teaching karate for more than twenty-five years, and holds black belts in Kyoshi Dai Shin Nagare Karate, Tae Kwon Do, and Midori Yama Goshin Jujitsu. Spirit Made Steel is open Monday through Thursday; however, most of the classes take place on Tuesday and Thursday. It is nice to have them as a part of the Shoshin Ryu family.

The next dojo is the Eagle's Wing Karate located at 8006 Old Madison Pike. Eagle's Wing Karate works with local churches and non-profits to help people find others who share interest in the martial arts. Again, most of their classes take place on Tuesday and Thursday, so if your are in Madison, run from Spirit Made Steel to Eagle's Wing Karate and get your work out on.



Dojo Patch from Spirit Made Steel in Madison, Alabama.



The patch from Eagle's Wing Karate in Madison, Alabama. A symbolic representation of what is most important in the dojo.

When traveling to Madison, another dojo to visit is the Madison Martial Arts Academy located at 11156 County Line Road in Madison. The Madison Martial Arts Academy has only been a dojo since October 2013, so they are in their growing phase. One can see that with the programs they are providing, it won't be long until the dojo is filled with students.

Sensei Russell Newquist has created a dojo that offers pre-school karate, youth karate, adult karate, laido, Tai Chi, and will soon host the Huntsville Kendo Club. He has a goal to create an environment where students of all martial arts can meet and train together to spread knowledge and ideas in a constructive environment. He believes it is a lofty goal, but he likes to aim high. Most of the classes take place on Mondays and Wednesdays, but as things get rolling, it is easy to see that more opportunities are going to come along.

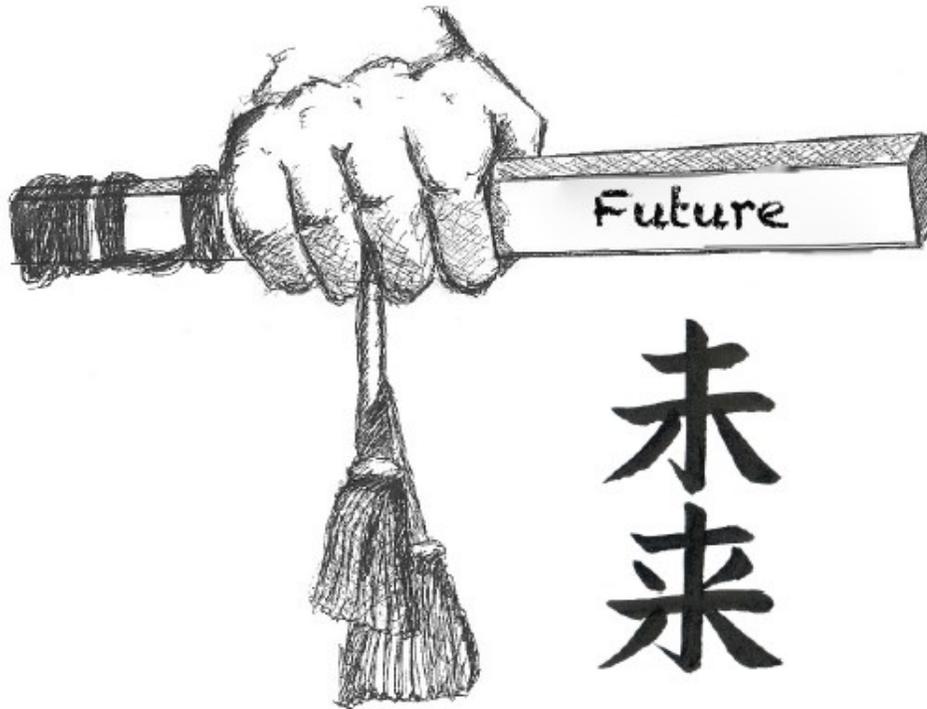
Sensei Newquist started practicing Shin Nagare Karate in January 1995 under Professor Kevin Swanner and is currently a sandan in that art. He is the lead instructor at the dojo and teaches the adult and youth classes. Morgan

Newquist teaches the pre-school karate class and is a nidan in Shin Nagare Karate. Sensei Eric Hannah teaches the laido course, he is a nidan in the art and also holds a nidan in Isshin-ryu Karate. Sifu Steffan de Graffenreid started learning martial arts at the age of eight. He teaches Tai Chi at MMAA. Sifu Graffenreid has martial arts his life interest and has studied Tae Kwon Do and a plethora of Chinese styles. Sensei Lewis Chi teaches the kendo class. He's a southern California transplant who learned kendo in Tustin.

(See, **Sweet Home**, Continued on page FIVE)

'Ohana 2014

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Any questions contact Bob McKean at cop2rn@aol.com or
Hans Ingebretsen at hansingebretsen@yahoo.com



(IPPON, continued from page ONE)

The current schedule at Ippon Judo and Jujitsu is that they are open on Monday, Tuesday, Thursday, and Saturday, and offer classes for juniors and seniors. Besides Sensei Wojick, four other black belts help teach classes: Derek Wojick, Alan Ringle, Mark Dies, and Steve Whitty. The dojo also holds clinics with Olympians and other assorted learning opportunities.

But perhaps what makes Ippon Judo and Jujitsu stand out is the impact the dojo has had on the surrounding community. To begin with, they usually foster two or three families during the Christmas season through an activity they call Angel Tree. One contribution the dojo makes to the community is through education. In a roundabout way, Sensei Wojick is helping his students find a brighter tomorrow. If a student does not maintain at least a 3.0 GPA, he kicks them out of his dojo. Consequently, he has fewer junior students, however the up side is that those who stick with him, maintain high GPAs and until very recently – his son Cody is going to join the Army and become a Ranger rather than go to college now – 100% of the students who had been part of the dojo for more than two years, went on to college.

For Sensei Wojick, like most senseis, teaching jujitsu is more for the heart than it is for the pocketbook. He has no real goals for his dojo other than to do what he has been doing, producing productive citizens, leaders, and national champions and those things are more than he could have ever asked for.



Two of Sensei Wojick's smaller students working on their judo pins.

(Sweet Home, Continued from page THREE)

If you would like to know more about the Madison Martial Arts Academy, they can be reached at the following addresses:

- www.facebook.com/MadisonMartialArtsAcademy
- www.twitter.com/ShinNagare
- www.linkedin.com/company/madison-martial-arts-academy
- www.foursquare.com/shinnagare
- www.yelp.com/biz/madison-martial-arts-academy-madison

The last new dojo to join Shoshin Ryu has a sensei with a familiar name, Medlen. No, it is not Roger or John, but older brother Professor Joe Medlen. He runs Quiet Storm jujitsu at 7017-A Wall Tiana Highway. He has been at this address since 2009, but the dojo started in 1990. Professor Medlen took over teaching the class after his sensei died in 2004. He holds classes on Mondays and Wednesdays from 6:00 to 8:30 – beginners classes at 6:00 and advanced classes at 7:15. Professor Medlen is the main instructor, but Nidan Betsi Petersen also teaches classes.

Teaching jujitsu is what makes Professor Medlen happiest. He has found that getting the concept of a technique across to a student is not terribly difficult, but the real challenge is figuring out how to get a technique to fit the student's body style. It's like putting together a puzzle, it may take time but eventually all the parts fit together.

He wants his dojo to be a place where students can come, learn, and improve their martial skills. Perhaps the best belief Professor Medlen has is that he wants his students to be better than he is, not as good.

You can find information about Quiet Storm Jujitsu at the following sites:

- on Facebook at -- www.facebook.com/QuietStormJujitsu?ref=hl
- on a stand-alone webpage at -- www.quietstormjujitsu.com

Over the years Professor Joe Medlen has come to a few Shoshin Ryu events. If you are ever in the South, do him a favor and drop into his dojo, he'd love the exchange of ideas and would be happy to show you some southern jujitsu hospitality.



Professor Medlin observes another successful jujitsu technique.



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 _____

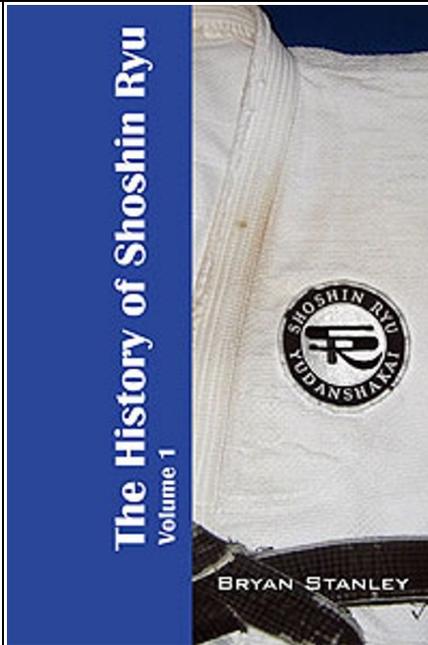
Mail to: **Shoshin Ryu Yudanshakai**
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To join the Shoshin Ryu Newsletter mailing list, send an email to: Srynewsletter@aol.com



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



The History of Shoshin Ryu, Vol. I

Here is your opportunity to read about all the things that made Shoshin Ryu the organization that it is today. Read about the people, who poured their heart and sole into Shoshin Ryu that helped to create a lasting imprint on the landscape of Danzan Ryu. It may not help you do a better hip throw, but the History of Shoshin Ryu, Vol. I will help you understand your organization, where it has been, and where it is going. You may also read about the exploits of your sensei, some that would rather be forgotten.

www.outskirtspress.com/bookstore/9781432786458.html

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:

- Daniel Miller Boulder City
- Noah Miller Boulder City
- Michael Bagley Boulder City

Gokyu:

- Savannah Linn Boulder City

Yonkyu:

- Todd Bertrand Surf City Jujitsu
- Robert Archer Boulder City

Sankyu:

- Aaron Archer Boulder City
- Paul Archer Boulder City
- Rafe Echevierria Boulder City
- Josh Hogan Boulder City

Nikyu:

- Gunner Gatlin Boulder City

Hachidan:

- Roger Medlen Hombu



Mr. Robert Garza a well known teacher in the massage industry will be teaching a special class on the Hawaiian massage techniques of Lomi Lomi.

221 Santa Fe Ave., Placentia, CA

Date: March 8, 2014

Time: 8 am - 3 pm

Please bring your massage table and towel. You can buy your lunch or bring it. See you there!

\$60

If this is your second time in this class it's only \$30.