



Shoshin Ryu Yudanskakai Newsletter

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Shoshin Ryu Yudanskakai

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The Art of Gentleness

By
BryanStanley

"Gentleness is the antidote for cruelty," Phaedrus (c. 444 BC – 393 BC)

Jujitsu is the Gentle art. We who practice it know that at times it can be anything but gentle. Wristlocks, chokes, armbars, and throws sometimes hurt. Sometimes they hurt a lot. Have Professor Roy Center put a Hadaka Shime Ichi on you, you will see that jujitsu is anything but gentle.

With all our collective experience with jujitsu, its techniques, and the pain it causes, the question begs to be asked, "What does gentleness have to do with the gentle art?"

The dictionary says that gentleness is a mindset of being kind and caring. Other definitions include the desire to do no harm or to be kindly and tender in manner. Not exactly the words we like to use when we discuss martial arts or self-defense.

One thought that naturally arises from the definitions of gentle is the idea of weakness. When one talks of being kindly and tender, for example, the image is created of the weakling, one who is giving way and being pushed around, not wanting to make waves or stand up for him or herself.

Remember that the definition of gentleness is about being kindly, tender, and caring, not about being a doormat. Sometimes the only way to not hurt someone is through strength. The strength of character required to walk away from a situation where one could really hurt someone, may not be measurable, like lifting a weight, but that kind of strength is important when discussing martial arts.

Using physical strength can stop an altercation, but more times than not, it will just escalate the altercation to another level. Using a block to stop a punch or kick can be just as effective as throwing a punch or kick, but a block is a more gentle way to send a strong message.

As an example, Chris Toll told me this story many years ago. He said when he was a green belt, he was in Chicago on business. He and some colleagues were in a bar after a long day, and a problem started between his group and another group. Glances, words, and challenges were exchanged, and finally both groups went outside. Chris maintained that he did not want to fight with these people. The main instigator from the other group threw a kick at him. Chris let his instincts take over and simply blocked the kick, and then kept on explaining why he did not want to fight. Everyone in the other group stopped. Chris kept talking. The other group put their hands out. Chris shook each one, then they all went in together and had a great time.

Using that story, imagine the amount of strength it took to just block the kick and not follow up with some devastating technique. The technique that Chris did not do, was the one that stopped the fight.

(See Gentleness on page FIVE)

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Professor James Lambert.
Get well soon.

Get Well Soon Professor Lambert

It seems as though that in every newsletter we get news of another professor getting ill.

Well, this newsletter it is Professor Jim Lambert.

Professor Lambert was scheduled to teach a

Yudansha Notes

yawara stick clinic on Saturday, February 27. After being ill the previous weekend, he went to see his doctor, who promptly sent him to the hospital.

Professor Lambert got to have heart surgery.

He was not fit in time to teach his clinic, we'll

have to put that on hold until later.

Glad we helped

There was a Professor Raymundo Suarez sighting in late January. He showed up at the Santa Ana dojo. Now we just need to see him on the mat again.

Ohana 2016

June 16, 17, 18, 19, and 20 are rapidly approaching. So what significance are those dates?

Come on. You know. Look at the headline for this announcement.

The folks at the Bushidokan International Federation are working hard to make sure that this is the best Ohana ever.

They have coman-

deered the Nugget Casino Resort in Sparks, Nevada, for the event. It has over 100,000 square feet of conference space. With twelve different activity specific rooms.

During the five days — which will be the longest Ohana ever — they are planning on having over 100 events and activities, including clinics, demonstrations, and day trips.

If you register for the event before March 31,

2016, the prices for the events are family friendly. A full pass for all four days of clinics AND the Ohana banquet will cost only \$95 per person — a child's banquet costs less.

If you want more information beyond what you have just read, be sure to visit www.danzanryuohana.org/2016/index.asp for more information.

Get in now and enjoy a great experience.

Words of Wisdom

“If you talk to God, you are praying; if God talks to you, you have schizophrenia.” - Thomas Szasz

“One's first step in wisdom is to question everything - and one's last is to come to terms with everything.” - Georg Christoph Lichtenberg

“The mind is everything. What you think, you become.” - Buddha





A Few Pictures from the History of Shoshin Ryu

These pictures come from the 2011 Shoshin Ryu Reunion held at Knott's Berry Farm in Buena Park, California. Just a few images to remind us of what it was like just a few short years ago.



Sensei Randy Carrasco presents Professor Sam Luke with a certificate of thanks for presenting a clinic.



Professor Ken Eddy demonstrating a technique during his clinic.



Professor Rory Rebmann demonstrating the finer points of the technique.



Never bring your marital problems to the dojo.
Professors Ron and Sue Jennings.



Professor Jon Jacques addresses the jujitsuka at his clinic.



古傳館

檀山流

家族



Danzan Ryu Ohana 2016

June 17, 18, 19 & 20th - Sparks, Nevada USA

Early Bird Pre-Registration Prices

- Main Banquet \$36
- 4 Day Clinic Pass \$59
- Main Banquet + 4 Day Clinic Pass \$95

Register Online @ <http://www.DanzanRyuOhana.org>



(Gentleness from page ONE)

Is that being gentle? From the start, Chris had a mindset that said he did not want to do any harm. He was not a doormat; he did not run away. He held his ground and used gentleness to end the confrontation.

How gentleness fits in with jujitsu is that gentleness shows no opposition. To be truly gentle, one does not oppose, but rather accepts that opposition exists and in that understanding, finds the path to gentleness. The very nature of jujitsu is based on the idea of giving way, or showing no opposition. If an attacker pushes, do not push back, but give way, let the energy provided fuel the attacker's demise.

The energy that an attacker puts into his attack has to go somewhere. When it is pointed at someone bent on doing no harm, that energy gets put right back on the attacker. Their demise could take the form of them ending up on the ground, or it could make them realize the futility of their action. In either case, the gentle path offers the attacker no opposition other than what they have done to themselves.

Using the attacker's energy against him is not gentle in the sense of wanting to do no harm. It is gentler than punching and kicking the attacker into submission. Punching and kicking gives the attacker opposition. This could fuel more attack and more opposition. In this case, the solution for the attack and the defense of that attack is based on who can deliver the most, the strongest, or the most lethal blow. That situation provides no gentleness at all. In fact it creates more of a "Mad Max" world than a civilized one.

Giving way tells the attacker, "I will not fight with you." It takes away opposition, and it leads to a more gentle solution. Does that mean that one should never use the techniques that they know? Never use them without provocation or sufficient reason; however, be prepared for the fallout from such a response.

Professor Rich Charlebois once said, "The best technique is the one that makes the attacker know that attacking me was the stupidest thing they have ever done." Blocking, giving way, and not being at the end of an attack can be the best techniques that one can learn. They do not start an endless cycle of violence and make people feel pretty stupid.

As martial artists we must maintain a mindset that says, "I will not allow you to harm me." To practice gentleness we must live by the credo, "I will not harm you." Somewhere in between those two thoughts is where the gentle art lies.



...who can deliver the most, strongest, or most lethal blow.

10 Ways to Practice Gentleness

1. Actively seek to make others feel at ease.
2. Show respect for the personal dignity of the other person.
3. Do not be threatened by opposition.
4. Do not belittle, degrade, or gossip about another.
5. Recognize and accept gentleness and kindness from those we say we love.
6. Care for ourselves and set expectations for ourselves and others.
7. Use gentleness as a way we restore those who stumble.
8. Provide correction with encouragement.
9. When faced with opposition, use persuasion and kindness rather than domination and intimidation.
10. Be sensitive to other opinions and ideas.



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



Shoshin Ryu Yudanshakai

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

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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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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

10th Kyu:

Helen Archer

Scarlett Patton

BCJC

BCJC

8th Kyu:

Violet Armstrong

BCJC

7th Kyu:

Luke Dickinson

Samantha Medrano

BCJC

BCJC

6th Kyu:

A.J. Armstrong

BCJC

4th Kyu:

Avalon McNary

BCJC

3rd Kyu:

Robert Archer

BCJC

1st Kyu:

Joshua Hogan

BCJC

Rokkudan

Raymundo Suarez

Santa Ana

Hachidan

Maureen Browne

M.A.T.S.



Professor Raymundo Suarez recently received his promotion to Rokkudan. He had a tough 2015, but he is on a comeback.