



# Shoshin Ryu Yudanskakai Newsletter

The official newsletter of  
Shoshin Ryu Yudanskakai

Volume 33, Issue 3  
May/June 2015

## Reunion 2015 Revision

By

Bryan Stanley

Hey! Did you hear? Did you read about it in the last newsletter? What? You didn't? Okay. I'll start again.

The 2015 Shoshin Ryu Reunion is going to be on August 21-23 at the La Mirada Holiday Inn. That's the news if you missed it. If you did not read about it in the last newsletter, then let me dial you in on the weekend and all its glory.

Friday night August 21 is going to be the start of the weekend. Everyone will be able to pick up their registration packets from 6:00 to 9:00 in the evening. From there all conventioneers can head up to the hospitality suite for a chance to hang out with the movers and shakers of Shoshin Ryu. The hospitality suite will be available from 8:00 to 10:00 on Friday night.

Early Saturday Morning the clinics will start with the bow-in at 7:30. After the introduction of all the instructors and various dignitaries, the clinics will begin promptly at 8:00. Make sure you hydrate well, because the clinics are going to go all day, or at least until 4:00. The complete clinic line-up will be revealed on Saturday morning, but be prepared to have a veritable smorgasbord of jujitsu and martial arts clinics to attend. One other important note is that on Saturday, the day will pause at noon for lunch.

The hospitality room will be open again for all who care to be a part of it from 7:00 to 11:00 on Saturday night.

We are not forgetting about the kids. For the first time in a long time – maybe the first time ever – Shoshin Ryu will be hosting a “midnight movie” for kids from 8:00 to 10:00 on Saturday night. Kids can bring their pillows and lie down and watch a classic Kung Fu movie. It might be that one about the panda. No decision has been made yet about which movie.



The La Mirada Holiday Inn, site for the 2015 Shoshin Ryu Reunion.

Sunday is going to be a contest EXTRAVAGANZA. Shoshin Ryu will be hosting a Karate Kata contest starting at 8:00 sharp. After that will be a Sumo contest that will kick off as close to 10:00 as we can get it. Finally, after lunch – starting at 1:00 – Registered participants can be a part of a judo randori contest. Heck, if you do all three, you are a superstar and deserving of some kind of medal.

After all the competition on Sunday, we will be having our banquet. The festivities will get started at 6:00 p.m. with a no-host bar. From there, it will all be a blur, filled with fun, inside jokes, laughter, and Professor Bill Fischer. As usual, we will be back in the hospitality suite for a while after the banquet.

As you can see, the weekend should be a hoot and a half. We would love to see you there so you can share in the memories and make some new jujitsu relationships. You won't be disappointed.

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## Oku Clinic April 18, 2015



### Words of Wisdom



"I am grateful for all of my problems. After each one was overcome, I became stronger and more able to meet those that were still to come. I grew in all my difficulties." - James Cash Penney

"Don't let life discourage you; everyone who got where he is had to begin where he was." - Richard L. Evans

"Most people would rather be certain they're miserable, than risk being happy." - Robert Anthony



## Falling Safely

By  
Dr. Rich Charlebois

I recently ran across a couple of scientific studies that relate very much to our collective, chosen pastime. Both of the study teams hail from Japan, and examined head deceleration experienced by judo players when thrown using two common judo/jujitsu throws.

The first study, *Biomechanical analysis of acute subdural hematoma resulting from judo*, by Hitosugi Masahito and colleagues at Shiga University of Medical Science, was published in *Bio-medical Research*, in August of 2014, and looked at the head deceleration experienced by an anthropometric dummy being thrown with either o-soto-gari, or o-uchi-gari by a single judo expert. Picture a crash-test dummy dressed in a gi. Essentially, the authors measured how quickly an uke's head goes from falling fast, to stopped on the mat.



First, a word about acceleration. Acceleration and deceleration from a physics perspective are essentially, the same thing. Both terms refer to change in speed, divided by time. Acceleration is greatest, when speed changes a lot, over the smallest amount of time. Often, acceleration can be usefully expressed in

terms of G-force. A force of one G is equivalent to that produced by gravity. That fascinating bit of physics out of the way, this study looked at how many Gs the human head experiences during these throws.

The authors intentionally had the uke-dummy's head strike a standard tatami (six cm thick). Forces generated with these throws generated an amazing eighty-six G with o-uchi-gari, and forty-one G with o-soto-gari. That level of force is well established to be sufficient to cause potentially life-threatening injuries. By comparison, a fighter pilot can briefly sustain twelve G, and sustained G forces over fifty are likely to cause serious injury or death.

Having established that hard judo throws can injure, let's look at the other study. T. Hashimoto, and his colleagues published a study called, *Impulsive force on the head during performance of typical ukemi techniques following different judo throws*, in *The Journal of Sports Science* in January 2015. This study used sensors to measure acceleration on actual judo players taking falls from the same two throws studied by Masahito, et al, o-soto-gari, and o-uchi-gari.

The Hashimoto study wanted to see if specific personal styles of falling could correlate to less G force on landing. The results are instructive. They found that certain falling characteristics had a strong correlation with lower G forces on landing. The falling characteristics that worked best to reduce the force of landing featured 1) landing with the head and neck flexed to prevent direct contact with the mat, 2) landing with the greatest possible amount of body surface in contact with the mat, and most importantly, 3) landing as much of upper extremity as possible (the slapping arm) into the mat a little ahead of the rest of the body.

These are important take away points for us as senseis and practitioners of this art. It turns out that 60% of head injuries suffered by judo players occur in students with less than 36 months experience with the sport. When you consider how long some of us practice, that is a remarkable fact. We need to take the health of our students seriously and make sure our students become experts at falling early in their training.

"Forces generated with these throws generated an amazing eighty-six G with o-uchi-gari, and forty-one G with o-soto-gari."



Falling safely is a critical part of jujitsu training.





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For more information please visit [www.shoshinryu.com](http://www.shoshinryu.com) and check out upcoming editions of the Shoshin Ryu newsletter. So mark your calendars for a great time!

**[www.shoshinryu.com](http://www.shoshinryu.com)**



# Shoshin Ryu - Reunion 2015

Held at the *Holiday Inn, in La Mirada*

**August 21 – August 23, 2015**

One Form Per Person

Make Check payable to: *Shoshin Ryu Yudanshakai*  
Mail to: 5547 E. San Juan Dr. Orange, CA 92869

First Name: *			Last Name: *	
Date of birth:	Month:	Day:	Year:	
Address: *				
City: *			State: *	
ZIP: *				
Phone: *			Email: *	
Primary Style:			Dojo:	
Rank:				
<i>* Required fields</i>				

## Registration Options

<b>Full Package (Clinics, Banquet, T-Shirt and Booklet)</b>	<b>Cost if postmarked and paid for by</b>			
	<b>5/31/15</b>	<b>7/15/15</b>	<b>8/01/15</b>	<b>At Door</b>
Adult	<input type="radio"/> \$90	<input type="radio"/> \$95	<input type="radio"/> \$100	<input type="radio"/> \$115
Junior (13 and under)	<input type="radio"/> \$70	<input type="radio"/> \$75	<input type="radio"/> \$80	<input type="radio"/> \$90
Indicate T-Shirt Size	<input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL <input type="radio"/> XXL <input type="radio"/> XXXL			
Indicate Meal Preference	Adult	<input type="radio"/> Buffet		
	Junior	<input type="radio"/> Buffet		



Breakfast Buffet		SAT	SUN	MON	TOTAL
Includes tax & service charge					
Number of Guests	<input type="radio"/> \$8.50	<input type="radio"/> \$8.50	<input type="radio"/> \$8.50		

Partial Packages and Other Items				
Clinics				
Registered before	5/31/15	7/15/15	8/01/15	At Door
Adult Clinics	<input type="radio"/> \$40	<input type="radio"/> \$45	<input type="radio"/> \$50	<input type="radio"/> \$55
Junior Clinics	<input type="radio"/> \$30	<input type="radio"/> \$35	<input type="radio"/> \$40	<input type="radio"/> \$45
Additional Banquet Meals				
Adult Banquet \$45	None <input type="button" value="▼"/>	Buffet		
Junior Banquet \$35	None <input type="button" value="▼"/>	Buffet		
Important Note: Adult and Junior meals may not be available after 8/01/15				
Other Items				
Extra T-Shirts (before 7/17/15) \$15	Small <input type="button" value="▼"/>	Medium <input type="button" value="▼"/>	Large <input type="button" value="▼"/>	XL <input type="button" value="▼"/> XXL <input type="button" value="▼"/> XXXL <input type="button" value="▼"/>

## Promotions

**Kukyu:**

Billy Zielinski BCJC

**Shichikyu:**

Gary Robinson BCJC

**Jukyu:**Carolanne Coe BCJC  
Sydney Shiverdecker BCJC**Yonkyu:**Savannah Linn BCJC  
Keoni Rapoza BCJC**Hachikyu:**Matt Findlay BCJC  
Wyatt Leavitt BCJC  
Logan Reeves BCJC**Ikkyu:**

Troy Bertrand Surf City Jujitsu Club



# Shoshin Ryu Yudanshakai

## Membership form

Please check one: \_\_\_\_\_ New member      \_\_\_\_\_ Renewal Date \_\_\_\_\_

Name (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (MI) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birthday \_\_\_\_\_ 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

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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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See what Professor George Arrington has to offer!

### (“Esoteric Principles” from page 8)

Then comes the sentence that reads, “Simplicity, fortitude, and manliness are the keys to joy and gladness...” How are simplicity, fortitude, and manliness related to joy and gladness? Well simplicity is defined as, “The quality or condition of being easy to understand or do.” Just because something is easy to do, doesn’t mean that it should make you glad or give joy. Quite often things that are too simple provide aggravation and boredom. Similarly activities or plans that are too complex can make life unbearable. If Professor Okazaki is referencing how we deal with others, then simplicity will make nearly everyone who comes in contact with us happy because we will be easy to understand and be around.

Fortitude means, “Courage in pain or adversity.” When one thinks of fortitude, the idea comes of the unyielding soldier, someone who will not give in, regardless of the perils that have been put before them. But the definition is about an instant of courage, courage when in pain or when facing a huge problem. Possibly the best explanation of this would be that if one does not give in, if one has fortitude, then ultimately the result will be gladness and joy. Emotions that show one has overcome.

The third word in his description is manliness, but one could probably substitute the word femininity just as easily. We know that Professor Okazaki was not just writing to men, but to women as well. The question arises, how could masculinity or femininity lead to joy and gladness? Presenting oneself in the best possible light? Being a man? Being a woman? Being macho? Being dainty?

Others could have a different idea of that sentence, maybe I just do not see the relevance of the ideas, but I think Professor Okazaki missed the mark here. He wrote what he wrote with and for a purpose. He is not here to explain himself. I do not see any connection between simplicity, fortitude, and manliness to joy and gladness.

Finally, the last section of this part of The Esoteric Principles reads, “...service to humanity is the fountain of mutual existence and common prosperity.” Service to humanity would be akin to public service or helping your fellow man. Helping people does lead to mutual existence. By helping my neighbor, I am helping myself. For example, if my neighbor cannot mow his lawn, and I mow it out of the goodness of my heart, that action makes my neighborhood look nicer, which makes housing values go up. Because of service to my fellow man, everyone in the neighborhood enjoys prosperity.