



Shoshin Ryu Yudanskakai Newsletter

The official newsletter of
Shoshin Ryu Yudanshakai

May/June 2013

SHOSHIN RYU REUNION 2013

August 9th - August 11th

Conference schedule will include extra time so that you
can visit local theme parks and other attractions.



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Inside this issue:

Reunion 2013 1

Yudansha Notes 2

Ohana Black Belt
Weekend 2

Words of Wisdom 2

Self-interest, a spirit of
social service and the
Esoteric Principles 3

The Cognitive Benefits
of Exercise 4

Sumo Results 5

Ohana 2014 Flyer 6

A view of the past
through pictures 7

Advertisements:

- Danzan Bookstore: page 7
- History of Shoshin Ryu: page 7

**For more information please visit
www.shoshinryu.com**

So mark your calendars for a great time!

On Behalf of all of Shoshin Ryu, Happy 70th Birthday, Professor Randle.

Knife Defense Clinic

Professor Jon Jacques provided the instruction for a knife defense clinic on April 14 for twenty willing participants.

The course began with a series of blocking techniques then continued into an Escrima style defense pattern.

Professor Jacques took the activity to a different realm and threw in some ground fighting along with the added danger of a knife.

Yudansha Notes

He then turned the class over to Professor Dave Williams to went through the traditional Danzan Ryu knife defense course.

Happy Birthday

Prof. Randle

Sunday, May 5, 2013, marked Professor William Randle's 70th birthday.

A large part of the southern California Danzan Ryu community

turned out to celebrate the professor's big day.

It was a party filled with good food, a cake shaped like a Judo ghi, and proclamations from Shoshin Ryu, AJI, AJJF, PJA, Kilohana, the Westside YMCA, The Santa Monica City Council, and even President Obama.

Our thanks go out to Professor Barry Posner for opening his home and putting on a wonderful event.

Danzan Ryu Ohana



Black Belt Weekend

Danzan Ryu Ohana Black Belt Weekend

It's getting to the point where the rubber is going to hit the road. The Danzan Ryu Ohana Black Belt Weekend is a mere four weeks away.

This is going to be an opportunity that you will not want to miss.

The unique format will offer an opportunity for black belts to discuss and

refine techniques as they are presented by professors from different organizations, all on the same mat.

This two day event will be the first of it's kind being co-hosted by Shoshin Ryu, Kilohana, and the Pacific Jujitsu Alliance.

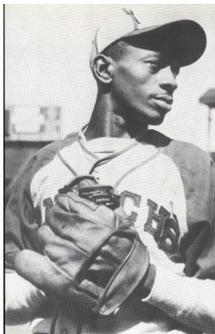
The cost is 35.00\$ for one day or 50.00 for both if you pay before June 1. At

the door the cost rises to 45.00\$ per day or 60.00\$ for both. All money raised for this event is going to help pay for Ohana 2014.

For more information you can contact Professor Rory Rebmann at Amador Judo and Jujitsu, 847 Rincon Ave., Livermore, CA. 94551 (925) 455-6054.

Amadorstudio@aol.com

Words of Wisdom



"Avoid fried meats, which angry up the blood.

If you stomach disputes you, lie down and pacify it with cool thoughts.

Keep the juices flowing by jangling around gently as you move.

Go very light on the vices, such as carrying on in society; the social ramble ain't restful.

Avoid running at all times.

Don't look back, something might be gaining on you."

— "Six Rules of a long Life," by Leroy Satchel Paige



Self-interest, a spirit of social service and the Esoteric Principles

By Wm. M. Fischer, Prof.

Every now and again, I take out the Esoteric Principles of Judo which, origins notwithstanding, provides a manifesto of what a serious student of Danzan Ryu jujitsu should know, understand and follow about his art. Each time I read it, I come away with a slightly different (and hopefully richer) understanding of the precepts.

Some time ago, I was struck by one of the excerpts in the Esoteric Principles: "One must guard against self-interest and foster a spirit of social service." Does the phrase describe two principles, or one? As a martial artist takes a technique apart, lays the parts before him or her and studies how and why it works, the same can be done with these guiding principles. So, we look at each part.

As someone who has spent just short of 50 years in the martial arts, I can state unequivocally that "ego" and "self-interest" are two of the most toxic of concepts in jujitsu. When a person (or organization) is seen as jockeying for position within the Danzan Ryu family by device or design, the result has been, and always will be, disastrous.

In the two years following Ohana '90, for example, an issue arose where an entity claimed to be the "soke," or inheritor, of the Danzan Ryu jujitsu system as a result of a document obtained from Prof. Okazaki's son, Hachiro. The divisiveness of this claim struck at the very concept of 'ohana' which had been growing for several years prior. At a meeting of the Danzan Ryu jujitsu organizational heads in 1992, the then-senior professor of the organization in question very wisely decided and guaranteed that this claim would be a non-issue and that the document would not see the light of day again. This action illustrated how the Esoteric Principles and *kokua* were rightly chosen over self-interest and ego.

The rejection of self-interest and ego provides a positive vacuum into which a spirit of social service can be advanced. My college judo instructor (I will not mention his name so as not to embarrass him, but his initials are "Clyde Zimmerman") used to say that we take the 1% of the time we spend in the dojo and apply it in the remaining 99% of our lives and our community. With the knowledge of the martial arts comes great responsibility and obligation. By "fostering a spirit of social service," we turn outward to our family, our jujitsu 'ohana' and our greater community in order to fulfill one of the obligations imposed upon us by our study of the martial arts: the obligation to serve.

So, in looking at each concept, one is an antithesis of the other: A negative and a positive--a yin and a yang. We all have an ego and so the real trick is to keep it in check, look outward and work for the greater social good. As stated later in the Esoteric Principles, "service to humanity is the fountain of mutual existence and common prosperity," and to the serious martial artist, it is an obligation to be met.

(Editor's Note: I goofed when this article was originally sent to me a few months back. For whatever reason, I forgot I had it. Sorry, Prof. Fischer)

"One must guard against self-interest and foster a spirit of social service."

— From the Esoteric Principles of Judo by Professor Henry Seishiro

Okasaki

My college judo instructor used to say that we take the 1% of the time we spend in the dojo and apply it in the remaining 99% of our lives and our community.



The Cognitive Benefits of Exercise

By Bryan Stanley

French poet and author Jules Renard wrote, "It's not how old you are, its how you are old." One sure thing in life is that the longer you live, the older you get. There is no escaping it.

The question is "what do you want your later years to look like?" One of the key ingredients to happy later years is exercise. Much has been made about how exercise strengthens the heart, lowers blood pressure, improves breathing, and sleep and a whole myriad of other physical issues. However one of the overlooked aspects of exercise is its effect on mental health. Research shows that exercise improves brain function, especially as we age.

Suvi Rovio and a group of researchers published a study in the November 2005 edition of *The Lancet* entitled "Leisure-time physical activity at midlife and the risk of dementia and Alzheimer's disease." In the study they surveyed 1449 people from groups that were created in 1972, 1977, 1982, or 1987. The participants in these groups were tested again in 1998 for the onset of Alzheimer's or dementia. Of the participants, 117 had dementia and 76 had Alzheimer's.

Exercise did not stop those ailments from coming; however, according to Alzheimer's Association, the national rate for Alzheimer's is 11% among the population 65 years of age or older. What the Rovio study showed is that among physically active people, only 8% of the participants developed the disease.

In a similar study by Laura F. DeFina, MD. Et. Al., of The Cooper Institute in Dallas, Texas, entitled *The Association Between Midlife Cardiorespiratory Fitness Levels and Later-Life Dementia: A Cohort Study* in *Annals of Internal Medicine*, they found similar results that people who exercised regularly were less likely to develop Alzheimer's or dementia later in life.

Finally, in a study done at Oxford University, The researchers gathered data on more than 9,000 people about the amount of exercise they did from the ages of 11 to 50. In the longitudinal study, each person was interviewed when they were 11, 16, 33, 42, 46, and 50 years old.

As a way to measure cognitive ability, the researchers asked each participant to remember a list of ten words and name as many animals as they could in one minute.

The results showed that those who exercised regularly as a child and adult - at least once per week - performed better in the tests at the age of 50 than those who didn't.

It's probably pretty easy to see where this is going. Get to the dojo. Work out. It is not just good for your body, but it is also good for your brain.

A common thread in the research is the level of exercise. Intense exercise shows better results than moderate levels of exercise. So go to the dojo and work up a sweat.

Other thing that people can do as they get older is to stay not just physically active but mentally active. The old adage "use it or lose it" is especially applicable when discussing your brain function. Be a lifelong learner. Do a puzzle a day, a crossword, Sudoku, or anagrams. Read a lot. The worst thing you can do is plant yourself in front of a television and do nothing.

As for jujitsu, try new techniques and new throws. Teach Danzan Ryu to others. Do all your throws left-handed. Constantly try to figure out new ways to do old techniques. Learn Japanese. Reorganize and rewrite your notes. Actively try to memorize the names of each technique in English and Japanese.

Unfortunately, no easy route to old age exists. Well they do, but quality of life drops off considerably. You can make your later years what you want, and one way to ensure a better quality of life is to stay active, and what a better place to do it than in the dojo and with Danzan Ryu.

The Eighth Annual Winter Sumo Competition

On Saturday, March 3, forty-six junior competitors gathered for the 8th annual Winter Sumo Competition at the West Anaheim Sports Center. All the competitors were assigned a competition group based on age and weight.

Results:

5-6 A Division

Camden Yi – Anaheim YMCA

Maya Conklin – Anaheim YMCA

6 A Division

Danny Morones – Orange Jujitsu Club

Christian Metoyer – Saddleback YMCA

7 A Division

Micah Cheng – Anaheim YMCA

Mikayla Hollander – Saddleback YMCA

8-9 A Division

Ethan Yi – Anaheim YMCA

Ian Winn – Anaheim YMCA

Conner Pourreza – Saddleback YMCA

8-9 B Division

Leslie Denice Moreno – Downey YMCA

Nicholas Hollander – Saddleback YMCA

Nathan Schrodtt – Saddleback YMCA

8-9 C Division

Hector Hernandez – Downey YMCA

Luke Degree – Saddleback YMCA

Marcos Ramirez – Santa Ana YMCA

8-9 D Division

Edward Mendez – Santa Ana YMCA

Katelynn Guerero – Braille Institute

Logan Rodriguez – Orange Jujitsu

8-9 E Division

Jada Banks – Anaheim YMCA

Angela Banks – Saddleback YMCA

9-10 A Division

Andrea DiMatteo – Orange Jujitsu Club

Julianna Conklin – Anaheim YMCA

Mary Van Auken – Saddleback YMCA

9-10 B Division

Mackenzie Davis – Anaheim YMCA

Andrew Paulo-Asseta – Downey YMCA

Darren Seng – Downey YMCA

9-10 C Division

Diego Morones – Orange Jujitsu Club

Deigo Miranda – Santa Ana YMCA

Evan Guerrero – Braille Institute

11-12 A Division

Alejandro Mirana – Santa Ana YMCA

Kade Franco – Anaheim YMCA

11-12 B Division

Carl Mitchell Moreno – Downey YMCA

Kamil Saad – Saddleback YMCA

Dane Rindshoj – Saddleback YMCA

11-12 C Division

Caille Taylor – Anaheim YMCA

Marley Rindshoj – Saddleback YMCA

Quinton Hession – Saddleback YMCA

11-12 D Division

Kaylene Davis – Anaheim YMCA

Angelica Loya – Santa Ana YMCA

11-12 E Division

Timothy Townsen – Orange Jujitsu Club

Donovan Banks – Anaheim YMCA

14-15 A Division

Miguel Aguilar – Santa Ana YMCA

Daniel Munden – Braille Institute

Jasmine Loza – Braille Institute

16 A Division

Antonio Aguilar – Santa Ana YMCA

Jessica Thao – Braille Institute



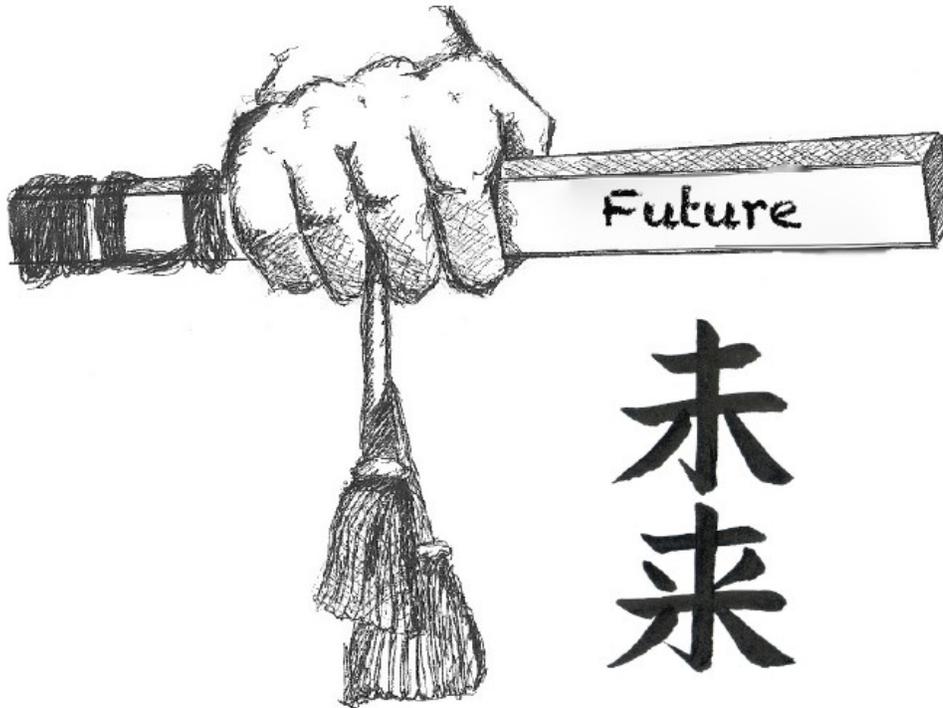
Two young competitors struggling for mat supremacy.



Professor Okazaki loved sumo. For us it is a lot of action in a short time period.

'Ohana 2014

June 20-22, 2014



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



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A View of the Past Through Pictures



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Buy This Book It is worth it.

Professor David Nuuhiwa is in the white ghi and Charlie Kalani, Jr., also known as Professor Toru Tanaka is in the black. This picture was taken at the 1995 Shoshin Ryu Reunion in Long Beach, California. Neither of the men are with us any longer.

Professor Nuuhiwa died in 2005. I had the distinct privilege of interviewing him for the newsletter in 2003. We sat in his living room and he talked to me for about three hours, while I constantly checked the batteries on my tape recorder. Even at that age he was a serious guy with some serious ideas about martial arts and Danzan Ryu.

As for Professor Toru Tanaka, he is listed as a co-star in thirty-eight movies and television shows. He was in *The Last Action Hero* and *The Running Man* both with Arnold Schwarzenegger, a personal favorite of mine *The Perfect Weapon*. He was also in episodes of *Little House on the Prairie*, *Fantasy Island*, and *Air Wolf*. But perhaps his greatest contribution to acting was his part in Professor Mike Lamarche's all-time favorite movie *Pee Wee's Big Adventure*.

Many years ago I remember watching him on Championship Wrestling on channel 13. He went under the name of Toru Tanaka and was a heel, a bad guy. I still remember the match were a masked villain named Akanat was unmasked on television. He was a mystery man, this Akanat, and the world wanted to know who he was. When the mask came off, who was inside? Tanaka. That was when we learned that Akanat was simply Tanaka spelled backwards.

Professor Tanaka died in 2000 from a heart failure.