



Shoshin Ryu Yudanskakai Newsletter

The official newsletter of
Shoshin Ryu Yudanshakai

Volume 34, Issue 2

March/April 2016

Lessons Learned: The Importance of Competition

By

BryanStanley

Competing is fun. Being part of any endeavor where one has the opportunity to test their skills against another is a valuable learning opportunity. It is how we learn about strategy, hard work, preparation, sportsmanship, compassion, victory, and defeat. We learn, perhaps the most important lesson of all, to pick ourselves up, dust ourselves off, and start all over again.

Winning is not an end, losing is not an end. Both are parts of the same continuum. Both ends put us into the next part of our learning, the "What do I do next?" part. What we do next is about how we get better. What did we learn about our techniques? What did we learn about our movement? And perhaps the most important lesson, what did we learn about ourselves?

Do enough jujitsu and you will learn an awful lot through competition. You will see what you are good at, what you are bad at, and things you never thought about. You will see good behavior and bad behavior. You'll see that neither winning nor losing makes you any more or less of a person than you were before you stepped on the mat.

The more that people compete, the more philosophical they become about what competition means. As a wise man once said, "Wisdom is not what happens to a man, wisdom is what he does with what happens to him." Through competition we become wise. Some jujitsu youngsters and Jujitsu old-timers offered up thoughts about what they learned through competition.

For some of the jujitsuka, the most valuable things they learned were physical in nature. For Sensei Leo Lopez, he learned a competition strategy that he always uses. "The greatest lesson I can take from competition is learning how to breathe. Breathing, because if you don't know how to breathe and you get too excited or you over do things, you burn out quick. If you are in a tournament going against a bigger stronger person, you have to know how to relax and breathe. That's the number one thing that I have learned because it's difficult. You start breathing fast, you use a lot of your energy and you gas out. The next thing you know, your match is over."

In a similar vein to Sensei Lopez, Sensei Lee Firestone found that controlling your emotions is invaluable, "Number one, especially when you are new to it, the adrenaline, the way it drains your body, when you first go in. It saps your energy. You settle down, get more comfortable, and know you are not going to die. That was a huge lesson for me, how to control my emotions and adrenaline."

The only way to overcome fear, is to put yourself in the situation and find out that what you were most afraid of is not going to happen. Sensei Lopez and Sensei Firestone both learned to go through the fear of competition and use the experience to make themselves better martial artists.

Candia Franceshi has been practicing jujitsu for just under two years; Professor Dan Kveen has been doing jujitsu for more than twenty years. Yet they both have come to very similar conclusions about what competition is all about. "It doesn't matter what your age is," Candia said, "you're capable of competing and having fun while (See **Lessons Learned** on Page 8)

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Finally...

A few years ago the Shoshin Ryu Board of directors was informed by the IRS that our federal non-profit status had been withdrawn.

It seems that for a time we failed to submit the proper paperwork to keep our status up to date.

We reapplied and through a series of snafus — one of which was the classic “Don’t call us, we’ll call you” routine — we were denied our status.

In the past year we reapplied and ran into what could only be called incompetence.

We found ourselves making jokes about the IRS that involved GPS, body parts, and both hands.

We were informed in early May, that we have 501(C)3 status again, which returns us to federal non-profit status. Hooray!

The Shoshin Ryu Reunion 2017

Are we going to have a reunion this year? After all it is a non-Ohana year. We should have a reunion this year. You know, get everyone one together and have fun.

We are.

The idea for this year’s reunion is to do the entire thing in one day. We are trying to help families that are strapped for cash and time, be able to afford a

quick, enjoyable, inexpensive, jujitsu experience.

It has taken some work and some adjusting, but we are having a reunion. It is going to take place on August 19, 2017.

The plan this year is to have a reunion that is efficient.

We are going to have a randori contest on that Saturday morning at the Thomas Lasorda, Jr., Field House in Yorba Linda. The contest will start at

8:00 and go until around noon.

Then we’ll get the clinics started. They will run from 12-4. We will have four mats, three for adults and one for kids, and possibly a massage area, so we can all take part in learning more about Danzan Ryu Jujitsu. The list of clinic instructors is going to be completed soon.

After the contest, we will be having the semi-annual Shoshin Ryu

Awards banquet at the Orange County Mining Company, at 10000 South Crawford Canyon Road, Santa Ana, California.

The banquet hall will open at 6:30 and we should start the festivities around 7:00. Expect all the thrills and fun that has become associated with a Shoshin Ryu banquet.

Many hotels litter the area, Marriotts, Holiday Inns, and Chase Suites. Take your pick, they are all close.

Words of Wisdom

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” - *Maya Angelou*

“Someone is sitting in the shade today because someone planted a tree long ago.” - *Warren Buffett*

“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.” - *Buddha*





Let Parents be Parents

By

Professors Carlos Gallegos and Bryan Stanley

A long time ago, one of my colleagues told a story about a soccer clinic he went to. It was for parents who were new to the sport. The instructor who ran the clinic was from the United States Soccer Federation, and really knew his stuff. He ran the parents through drills, taught them some basic tactics, and, as my colleague said, made it fun.

Toward the end of the clinic, the instructor casually asked the group of parents if it was okay to yell directions at the kids while they were playing the game. Most of the parents said, "Yes."

The instructor asked, "So what kinds of things are okay to yell?"

A parent, let's call him Gary, said, "They need to know where to go, who to pass the ball to, and be reminded to pay attention."

The instructor nodded and said, "Those are valuable things to know when you are playing soccer."

The parents were divided into teams and they started to play a game. The instructor took special care to yell positive and encouraging directions at Gary. "Gary, run over to that spot." "Gary, pass the ball there! No! There!" "Gary, get back on defense!" "Gary, you missed that chance, we just worked on that 30 minutes ago." "Gary, come on you have to go forward." "Gary, play that ball back so you get out of pressure." The yelling started the moment the game started. After about five minutes, Gary stopped, face full of frustration, turned to the instructor, and yelled, "Would you shut up! I just want to play!"

The instructor didn't move.

It took Gary a moment to realized what had just happened. He rolled his eyes, then exhaled, then dropped his head. When he raised it again, he smiled, sighed, then said, "Okay, I get it. I won't yell instructions at my kid anymore."

From that point forward, the instructor kept his mouth shut and let the parents play soccer and have fun. After it was over, he reminded the parents, "Let the players play, let the coaches coach, let the referees referee, and let parents be parents."

This story is easy to apply to jujitsu competition. Senseis and parents both want to see their kids succeed, but remember jujitsu is a hobby for most of us. We do it because it is fun. Fun should never take second place to victory.

Professor Carlos Gallegos has his opinion about overzealous parents. He has been part of martial arts competitions for more than fifty years. He has seen a lot of things. Here is his point of view.

One Man's Opinion

PAASAC is an acronym for Parents Acting As Self Appointed Coaches. This type of parental coaching often happens at a judo competitions. Unfortunately, PAASAC keeps children from thinking for themselves. At best, it's like shouting answers while your child is taking a test; at worst, it could lead to injury and burnout. I believe PAASAC is also a micro-aggression and is the stuff of children's nightmares, their parents screaming at them, especially when the parents are not Judo practitioners themselves. It's particularly troublesome for referees and corner judges who must make bout-decisions and need to assess if the competitors are thinking for themselves.

Throughout my 50 years of going to and being in martial arts competitions, I have seen episodes of PAASAC increase in this great gentle art. If this problem continues to escalate, competition officials won't be necessary as the parents will make all the decisions themselves. Keep in mind, a competitor must rely on his or her knowledge of what they learned from their instructor and from their experience at practice or competition. They do not need answers shouted to them while they are taking the test.

Professor Carlos Gallegos, January 2017



REUNION

AUGUST 19

2017

JUDO CONTEST AND CLINICS

THOMAS LASORDA JR. FIELD HOUSE • 4701 CASA LOMA AVENUE, YORBA LINDA, CA 92886

For more information and registration, please visit www.shoshinryu.com and check out upcoming editions fo the Shoshin Ryu newsletter. So mark your calendars for a great time!

www.shoshinryu.com



Shoshin Ryu - Reunion 2017

August 19, 2017

One Form Per Person

Make Check payable to: **Shoshin Ryu Yudanshakai**
 Mail to: 5722-5 E. Stillwater Ave, Orange, CA 92869

| | | | |
|--------------------------|-----------------------------|---------------------------|----------------------------|
| First Name: * | <input type="text"/> | Last Name: * | <input type="text"/> |
| Date of birth: | Month: <input type="text"/> | Day: <input type="text"/> | Year: <input type="text"/> |
| Address: * | <input type="text"/> | | |
| City: * | <input type="text"/> | State: * | <input type="text"/> |
| ZIP: * | <input type="text"/> | | |
| Phone: * | <input type="text"/> | Email: * | <input type="text"/> |
| Primary Style: | <input type="text"/> | Dojo: | <input type="text"/> |
| Rank: | <input type="text"/> | | |
| * Required fields | | | |

Registration Options

| Full Package (Clinics, Banquet, T-Shirt and Booklet) | Cost if postmarked and paid for by | | | |
|--|---|--|----------------------------|----------------------------|
| | 5/31/17 | 7/15/17 | 8/01/17 | At Door |
| Adult | <input type="radio"/> \$80 | <input type="radio"/> \$85 | <input type="radio"/> \$95 | <input type="radio"/> \$95 |
| Junior (13 and under) | <input type="radio"/> \$60 | <input type="radio"/> \$65 | <input type="radio"/> \$70 | <input type="radio"/> \$70 |
| 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 For Banquet | Adult | <input type="radio"/> Prime Rib or Chicken | | |
| | Junior | <input type="radio"/> Prime Rib or Chicken | | |



| Partial Packages and Other Items | | | | | | |
|--|--------------------------------------|----------------------------|----------------------------|----------------------------|-----|------|
| Clinics | | | | | | |
| Registered before | 5/31/17 | 7/15/17 | 8/01/17 | At Door | | |
| Adult Clinics | <input type="radio"/> \$25 | <input type="radio"/> \$30 | <input type="radio"/> \$40 | <input type="radio"/> \$40 | | |
| Junior Clinics | <input type="radio"/> \$15 | <input type="radio"/> \$20 | <input type="radio"/> \$25 | <input type="radio"/> \$25 | | |
| Additional Banquet Meals | | | | | | |
| Adult Banquet \$45 | QTY _____ Prime Rib or _____ Chicken | | | | | |
| Junior Banquet \$35 | QTY _____ Prime Rib or _____ Chicken | | | | | |
| Important Note: Adult and Junior meals may not be available after 8/01/17 | | | | | | |
| Other Items | | | | | | |
| Extra T-Shirts (before 7/17/17) \$15 | Small | Medium | Large | XL | XXL | XXXL |
| | QTY _____ | | SIZE _____ | | | |

50 Years of Kodenkan Yudanshakai

In mid June, Kodenkan Yudanshakai will be celebrating their 50 year anniversary. The members of KDK have been to many Shoshin Ryu events over the years, and there is a certain kinship that has developed between our organizations. If you are interested in going to their celebration, here is the official information from their website:

The Kodenkan Yudanshakai will celebrate its 50th anniversary. Join us June 9-11, 2017 for a 3-day celebration that will include workshops, demonstrations, talks, parties and a traditional promotions banquet. Anyone who has been a part of the KDK family is encouraged to attend.

They have a weekend planned that includes, a junior pizza/pool party, a dessert reception (both taking place on Saturday night. They have scheduled clinics for both Friday and Saturday, and on Sunday they have a formal promotion ceremony planned with a banquet to be held afterward.

It looks like a really fun and full weekend of jujitsu activity. If you have the chance, be a part of the celebration. They have booked the Double Tree by Hilton at Reid Park for the event. It is really simple to book a room, just go to the Kodenkan Yudanshakai website at www.kodenkancenter.com for all the event information.





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



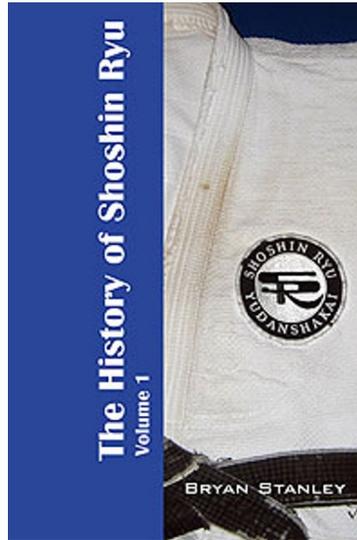
Shoshin Ryu Yudanshakai

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

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Friend us on Facebook



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.

[www.outskirtspress.com/
bookstore/9781432786458.html](http://www.outskirtspress.com/bookstore/9781432786458.html)

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!

(Lessons Learned, continued from page 1)
fun while you compete.”

Professor Kveen had much the same thought, “The most important lesson is that you compete. You overcome your fears and restrictions and go out on the mat, then you’ll reap all the benefits that you get from competition.” It seems that the most important part of competition is being part of it. It is not possible to understand the nature of competition without being a part of it. In order to be a well-rounded martial artist, going out and competing is an integral part of learning. Winning or losing is secondary, being out there is what matters most.

Other practitioners have a little more philosophical perspective of what competition means. Christina Anh has been practicing and competing in jujitsu for just over a year and a half. Yet she sees the value of competition like a seasoned black belt, “You learn to reflect on the mistakes you have made, you learn to look at others and reflect that on yourself so that you can use it the next time, to build yourself, not physically but mentally.”

Another twenty-plus year veteran of Jujitsu competition is Sensei Dale Evola. He has competed in sumo, randori, kata, and any other event you throw his way. Like most of the people in this article, he learned his lesson about competition though experience, “Humility, you never know. If you go into a competition and think you are going to ‘wreck shop,’ you get ‘wreck shopped.’ I mean they wreck you. So humility is one. The other is respect. Always respect the people you are competing against because you just never know.”

Finally, Professor James Lambert has been a part of jujitsu for more than 50 years. He has literally done it all. He has won, he has lost, he has been injured, he has injured others. If you mention a topic in the practice of jujitsu, he has done it. So what does a 50 year veteran of martial arts say is the most important lesson he learned from competition? “How to be humble and honorable all at the same time,” Professor Lambert said. “If I was not successful, I would lose with a degree of honor, if I won, I never rubbed it in I was always humble about it. I learned to partake and pursue that moral concept, and I have passed that on to my students.”

Competition is an important part of the practice of, not just jujitsu, but the martial arts. The jujitsuka in this article have taken their most important lesson and passed it on. Some of what they had to say may resonate, other things may not. Or maybe they will not right now. The more we compete, the more the lessons are revealed. So go out and get involved, find out what jujitsu competition has to teach you.