



Shoshin Ryu Yudanshakai Newsletter

The official newsletter of
Shoshin Ryu Yudanshakai

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The Christmas Spirit, Danzan Ryu Style

By

Professor Bryan Stanley

If you asked ten people "what is the Christmas Spirit?", chances are you would get ten different answers. Try to pin point it now, if you can. What does Christmas really mean? Is it being kind to your fellow man? Having charity? Spending time with family and friends? All these thoughts are kind of related, basically they are about being nice, but none of them really pinpoints the spirit of Christmas.

If one were to ask ten different jujitsuka the question, "What is the spirit of jujitsu," it would probably provoke ten different answers. Again, try and pin point what jujitsu really means. Is it about being kind? Being giving? Being gentle? It's not an easy exercise.

Since there are not ten people hangin around to question about the Christmas Spirit, that route is out of the question. Similarly, time is of the essence and waiting for ten e-mail responses from jujitsuka about the spirit of jujitsu would take months, if they even bothered to answer. Somehow, somewhere, those questions needed to be answered.

So where does one find information about the spirit of Christmas? Where else? Google. I have to remind myself to send them an e-card this Christmas - the omniscient web-browser listed a series of articles and quotes about the spirit of Christmas.

The only document that matters for finding the spirit of jujitsu, at least Danzan Ryu Jujitsu, is "The Esoteric Principles" by Professor Okazaki. Although not exactly a Christmas document, it does have a certain spirit to it that reminds one of the spirit of Christmas.

For example, "The Esoteric Principles" mentions the word gratitude three times, which also happens to be a hot topic among authors who have tried to explain the Christmas spirit.

Dr. Ryan Messmore, Research Fellow at the Heritage Foundation, wrote, "Christmastime is a season of gratitude. Whether it's because we reflect upon the birth of the Christ child or the blessings of the past year, the holiday often prompts a sense of appreciation and thankfulness as well as the tradition of gift-giving."

The word "grateful" shows up in the very first paragraph of "The Esoteric Principles," "...be grateful for the abundant blessings of Heaven, Earth, and Nature, as well as for the great love of parents;..."

Dr. Messmore and Professor Okazaki are discussing the same thing, being thankful for what you have. Whether it is looking back on the past year or a lifetime or the month leading up to Christmas, gratitude is a the core of the holiday season and Danzan Ryu.

In an essay "The Best Christmas Present? Try Gratitude" written by Robert Leahy, Phd., he writes, "I have a suggestion for a gift -- a gift that you can receive and give at the same time. It's called 'gratitude.' What you can do is think about the people that you love, the special people, and contemplate why they matter to you. What would life be like without your best friend, your partner, your mother or father, your kids?" (See "Spirit of Danzan Ryu" on page **EIGHT**)

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Yudansha Notes

“Here are the names of the promotions I did not get into the September/October Newsletter:

- Lee Firestone Yodan
- Leo Lopez Yodan
- Donn Hearn Yodan
- Dale Evola Nidan.”

I Goofed Again
As editor of the Shoshin Ryu Yudanshakai Newsletter, I pride myself on being accurate. I make little mistakes here and there, occasionally large mistakes, but most are the forgive and forget type.

Well I goofed again. This time it had to do

with promotions at the Shoshin Ryu Awards Banquet during the Shoshin Ryu Reunion. For whatever reason I didn’t bring anything to write on or with when I went to the Banquet, figuring I would just remember it all.

I didn’t.

Here are the names of the promotions I did

not get into the September/October Newsletter:

- Lee Firestone Yodan
- Leo Lopez Yodan
- Donn Hearn Yodan
- Dale Evola Nidan

Sorry for the mistake guys. It wasn’t personal, it was forgetful.

Shoshin Ryu Professors Receive the 2013 Kilohana Legend Award

By

Professor Bob McKean



Professor Chubb (above) and Professor Rebmann (insert) with their legends awards.

The 2013 Kilohana Martial Arts Association Gathering was held in Livermore, CA on November 9th. During the Saturday evening awards banquet, a special presentation was made by the Kilohana Executive and Standards Board to three Shoshin Ryu Professors. Professor Mike Chubb, Professor Rory Rebmann and Professor Larry Nolte were presented with the Kilohana Martial

Arts Association’s highest award, the Kilohana Legend Award.

Since 1999, the Kilohana Legend Award has been presented to select martial artists of senior status who stand out amongst their peers and time and have dedicated much of their lives to teaching and perpetuating the martial arts.

Other notable Danzan Ryu recipients of this prestigious award include Professors Wally Jay, Sig Kufferath, Jack Wheat, Bill Montero, Joe Holck and John Chow-Hoon.

Professors Mike Chubb and Rory Rebmann were pre-

sent to receive the award. Professor Larry Nolte was not able to attend the event. The award was presented to Professor Nolte during a special presentation at the Medford Judo Academy.



Words of Wisdom



“The starting point of all achievement is desire. Keep this constantly in mind. Weak desires bring weak results, just as a small fire makes a small amount of heat.” - *Napoleon Hill*

“When the world says, ‘Give up’, Hope whispers, ‘Try it one more time.’” - *Anonymous*

“Nothing great has ever been achieved except by those who dared to believe that something inside them was superior to circumstances.” - *Bruce Barton*



Sumo Results from the Amador Judo and Jujitsu Studio November 16, 2013

1ST PLACE

Lexy Good
Sean Rante
Jack Wherry
Sebastien Roure
Madison Titsworth
Grant Atchinson

2ND PLACE

Logan Wherry
Sean Harrington
Ricky Titsworth
Leonel Ordaz
Kiana Rante
Devani Scott

3RD PLACE

Logan Wherry
Sally Mills
Sujay Kanakamedala
Michelle Wong
Ritwik Aluri

4TH PLACE

Chase Donaldson
Kaleb Hanby
Zander Dennis
Saul Ordaz



Shoshin Ryu Jujitsu Kata Championships Results August 11, 2013

5-6 Novice

1. Max Masaranov/Noah Alarcon

7-8 Novice A

1. Micah Cheng
2. Michelle Wong

7-8 Novice B

1. Angelina Pintang/ Kimberly Jeves
2. Devorah Myron/Caty Zenteno

7-8 Intermediate A

1. Ares Aercon/Kailey Portez
2. Alexa Firestone/Andre Valle
3. Luke Degree/Christian Metoyer

7-8 Intermediate B

1. Danny Morones
2. Leslie Moreno/Carl Moreno

9-10 Novice A

1. Skylar Odama/Michelle Marasanor
2. Jackson Kirkwood

9-10 Novice B

1. Kate Barrera/Richard Sanchez
2. Jesus Galindo

9-10 Intermediate

1. Jake Medlen/Luke Medlen
2. Diego Morones/Garret Liad

9-10 Advanced

1. Shua Myron/Ileana Bravos
2. Ian Winn/Kamil Saad

11-12 Novice

1. Sebastian Gutierrez

11-12 Intermediate A

1. Richard Zenteno/Nathan Odama
2. Mackenzie Davis/Cailee Taylor

11-12 Intermediate B

1. Kristen Wong/Rafael Valle
2. Katrina Liad
3. Carl Moreno

11-12 Advanced

1. Ryan Cote/Tommy Schimke

13-15 Novice

1. Angelica Loya/Antonio Aguilar

13-15 Intermediate

1. Cole Carey/Adam Hasim

13-15 Advanced

1. Kaylene Davis/Donovan Banks

Hachikyu-Rokkyu

1. Victor Vasquez/Orlando Nolleddo

Yonkyu

1. Vivian Belmonte/Alexys Odama

Ikkyu

1. Annette Stawsky

Shodan

1. Chris Bederov/Steven Kim

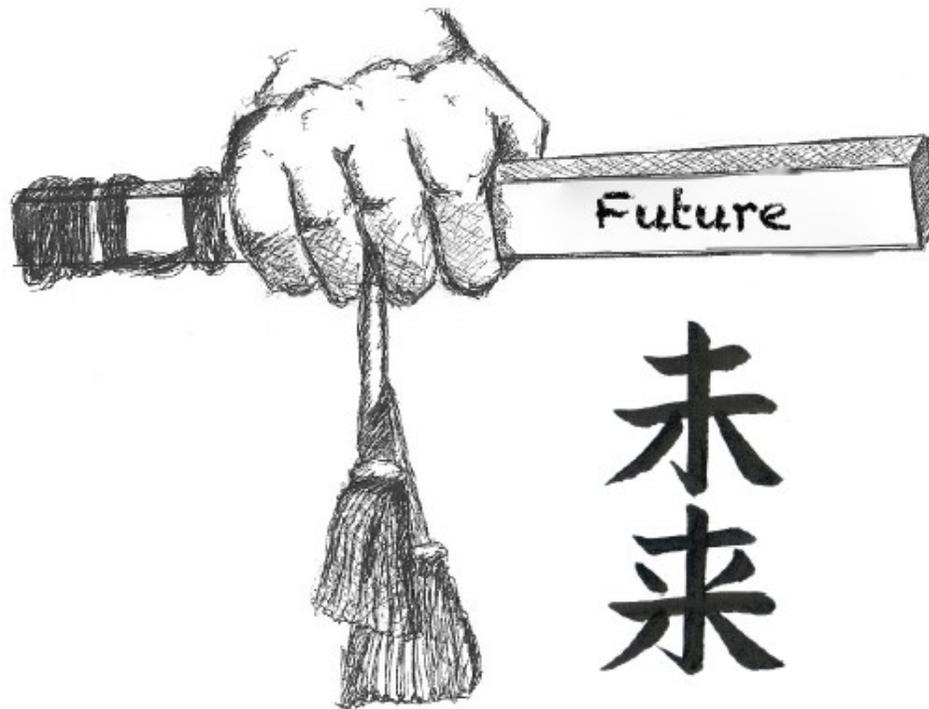
Nidan/Sandan

1. Zachary Kauffman/Evan Quaco



'Ohana 2014

June 20-22, 2014



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www.ohana2014.com

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



Kilohana Group Celebrates in Livermore

By Prof. Michael Chubb

The Kilohana Martial Arts Association held its annual workout and Awards Banquet in beautiful Livermore, California November 9, 2013. The workout was held at the Amador Judo & Jujitsu Studio of Shoshin-ryu. The Amador Studio is situated in the picturesque and serene Livermore Valley, home of many highly rated wineries, and some thirty miles east of Oakland. The dojo has three comfortable workout areas, the main room decorated to look and feel like Professor Law's original dojo on Grand Ave., in Oakland.

The workout began Saturday morning promptly at 9:00am. On hand for the bow-in were Kilohana luminaries Profs. James Muro, Dale Kahoun, Hans Ingebretsen, Scott Merrill, Bob McKean, Chris Nichols, Russ Coehlo, Michael Esmailzadeh, and newly-elected president Professor Rowdy Hall. Also present were Southern California Professors Lawrence Boynston, Kevin Colton, and Jon Tessier. Professor Rory and Patricia Rebmann graciously acted as hosts throughout the event, making it most enjoyable and smoothly run.

Once the preliminaries were completed, the group of some eighty eager and talented students broke into three groups and headed for their assigned mat areas where they were exposed to the finer nuances of Chow-Hoon Goshin-jitsu, Kempo-jitsu, and good old Danzan-ryu jujitsu. So much was taking place simultaneously that this reporter could not keep up with it all. The instructors rotated as class after class was offered to the avid attendees. One could feel the excitement!

As I moved from room to room watching the myriad techniques being demonstrated and practiced I was impressed by the tremendous amount of talent that was present. The instructors were spot-on with their deliveries and the students were not far behind. The folks at Kilohana are to be congratulated for the level of intensity and skill shown throughout the day.

The tempo never let up. By 4:00pm, however, the group was beginning to show signs of wear and exhaustion. That was comforting to me as I was beginning to feel very, very old. Finally, Prof. McKean called a halt to the proceedings and advised the participants that the Awards Banquet would start promptly at 5:00pm at the Sports Bar.

The advantage of holding a banquet at a sports bar is that you can saunter up to the short-order counter, order what you want to eat, and only pay for what you order. The food is delivered to your table. You may also dress casually. The disadvantage is that you sometimes have to share the common area with other folks unrelated to your activity and not vocally constrained by protocol or the solemnity of the moment. This became painfully apparent as teachers invited students up to the dais to receive their well-earned promotions and I, only one of many, could not hear a word. This was exacerbated as I attempt to crane my neck to at least see who was receiving recognition only to have an enthusiastic chronicler move in front of me to capture the moment digitally.

The night was still magical. I had the honor of presenting to Professor Russ Coelho a plaque inducting him into the Shoshin-ryu Yudanshakai Danzan-ryu Hall of Fame for the year 2013. He was greatly moved by the gesture. Among the others receiving special recognition from Kilohana in the form of The Lifetime Achievement Award were Professors Larry Nolte, Rory Rebmann and yours truly.

At the end of the night Professor Rowdy Hall called the event closed. Some remained to congratulate others on their recognitions while still others engaged in the usual pleasantries exchanged among friends. And that, after all, was what it was all about: getting together, working out, and breaking bread with friends. Something to be cherished.

"The folks at Kilohana are to be congratulated for the level of intensity and skill shown throughout the day."



Prof. Mike Chubb awarding the Danzan Jujitsu Ryu Hall of Fame Award to Prof. Coelho



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**
C/O Prof. Kevin Dalrymple
5547 E. San Juan Dr.
Orange, CA 92869



KODENKAN POLICE COURSE CLINIC

PART 2 - 40 arts

Night Stick & Yawara Stick Use, Club, Gun & Knife Defenses

Saturday, February 22nd, 2014

12:00 - 5:00 pm: Please arrive early to register

Fee: \$25.00: Pay at the door. No Pre-Registration

OPEN TO ALL STUDENTS 14 YEARS & UP WITH THE RANK OF YELLOW BELT AND ABOVE, AS WELL AS ACTIVE LAW ENFORCEMENT PERSONNEL.

Please bring your own
safe training knife and
handgun. NO real
handguns or edged
knives will be allowed.

Night sticks and yawara
sticks will be provided.



This is an opportunity to learn seldom taught techniques from the Kodenkan Police Course. This course was developed in Hawaii by Professor Henry S. Okazaki and was designed as a specialized course for civilian and military police officers. In the 1940s Professor Okazaki taught these arts to several of his senior black belts, one being Professor William Montero. During the 1970s Professor Montero taught the 120 arts of the Kodenkan Police Course to his senior black belt, Prof. Bob McKean. Prof. McKean is a retired police lieutenant with 30 years of law enforcement service and holds the black belt rank of Shichidan (7th degree) in Danzan Ryu Jujitsu. .

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Shoshin Ryu Yudanshakai

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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.

[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!

("Spirit of Danzan Ryu," Continued from page **One**)

In the Seventh paragraph of "The Esoteric Principles," Professor Okzaki starts with the following, "Remember always parental love and one's enormous indebtedness to teachers. Be grateful for the protection of Heaven and Earth."

Sounds pretty much like the same thing as in the first paragraph, be grateful for the people around you. Be grateful for the parents who have invested so much love and time in your life. So the question then comes to mind, why would Professor Okazaki essentially write the same thing twice? Because he wanted to emphasize the importance of gratitude. He wanted his students to be able to thank those people and things that have allowed them to learn the art of Danzan Ryu. That gratitude is at the heart of Danzan Ryu and it is at the heart of Christmas.

Gratitude is not the only characteristic of the Christmas Spirit. In an editorial by Deanna Mascle titled "Do you possess the true spirit of Christmas?", she writes, "In order to embrace the true Christmas spirit you must be willing to give. Give of yourself, your time and your love..." In general it is hard to argue against that sentiment, that the spirit of Christmas is not about giving gifts as much as it is giving your time and energy to others.

Professor Okazaki wrote much the same thing, "service to humanity is the fountain of mutual existence and common prosperity." What is "service to humanity" other than giving of yourself to others?

The Esoteric Principles may not be the most "Christmasy" document on the planet, it is certainly not "The Night Before Christmas" or "A Christmas Carol," but there are elements of the Christmas spirit in the document. However, unlike the Christmas spirit which seems to disappear at 11:59 p.m. on December 25, the spirit of Danzan Ryu lasts all year long and for many jujitsuka it lasts a lifetime.