



Shoshin Ryu Yudanshakai Newsletter

The official newsletter of
Shoshin Ryu Yudanshakai

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Ohana 2012

By Professor Bryan Stanley

Honolulu, Hawaii, is a wonderful place. Okay, it's a big place with lots of hotels, lots of restaurants, and lots of things to do. We found out it also has lots of traffic, lots of sirens, and lots of chaos. However, in the insulated world of the Ala Moana Hotel, the 11th Ohana was like an eye of joy in Honolulu's storm of activity. If one did not leave the hotel, perhaps the Hawaii experience would escape their grasp, but the jujitsu experience would not. And for all of its wonder and beauty, we came to Honolulu for the jujitsu, all the other stuff was secondary.

First of all, a big debt of gratitude goes out to the American Jujitsu Institute for putting on Ohana 2012. Professors Sam C. Luke, Daniel Saragosa, Charles

Lee, and Mel Cansibog along with Yvonne Cansibog, deserve all the thanks that we can muster for putting on the event. They did a great job. To all the members of the AJI who played a role with helping for the weekend, thank you.

Standing in line to pick up all the registration materials, everyone had the opportunity to see a few old friends. On a personal level talking with O-sensei Glenn Medici and Professors Bill Randle and Barry Posner was a nice way to start the event. Everyone had to wait in line at some point, but it was not boring because of who one saw and had an opportunity to connect with. Through it all Professor Dan Saragosa sat behind the registration desk with a huge smile on his face. It looked like joy, but it may have been relief, or a combination of both.

Ohana started in earnest on Friday afternoon, Professor Ken Eddy, Professor Janice Okamoto, and Professor Hans Ingebretsen all put on clinics. Janice Okamoto worked the wrists and forearms of the attendees with a tessen clinic. Clinics like that are fun to watch, they have the lightning strike phenomenon. An often seen phenomenon,

it generally goes something like this:

Uki: This doesn't hurt.
Tori: How about now?
Uki: No.
Tori: How about...
Uki: IEIEIEYEEYEEEE!!!
Tori: That's the spot.



O-Sensei Glenn Medici demonstrating a technique on Saturday Morning.

Saturday morning, the clinic attendees were greeted with a full-on Hawaiian opening ceremony with blessings and demonstrations. It was a great way to start the day and get everyone pumped up for a really fun time.

The Ohana organizers created thirty different clinics for juniors, teens, and adults to attend on Saturday. The clinic schedule had a plethora of classes taught by instructors coming from eleven different organizations. (See Ohana 2012 on page 3)

Inside this issue:

<i>Ohana 2012</i>	1
<i>Passing of Professor Bill Beach</i>	2
<i>Yudansha Notes</i>	2
<i>Words of Wisdom</i>	2
<i>Black Belt Profile</i>	5
<i>W.C.J.C. hosts Sumo/ Kata contest</i>	5
<i>Doctor Kaito Judo Contest</i>	6
<i>Competition Results</i>	8 - 9
<i>Freestyle Contest</i>	10

Advertisements:

- Danzan Ryu Ohana Black Belt Weekend: page 4
- Mokumoku Invitational: page 7
- Danzan Ryu Bookstore: page 10
- The History of Shoshin Ryu, Vol. 1: page 10
- Freestyle Contest: page 10



Professor Janice Okamoto teaching her tessen clinic on Friday afternoon.

Passing of Professor Bill Beach

Professor Bill Beach passed away peacefully in his sleep on August 16, 2012, in the home of his niece, Cheryl. She found him when she went in to check on him in the morning.

Professor Beach began his study of Danzan Ryu Jujitsu in 1949 under Professor Ray Law, in Oakland, California. While stationed in Hawaii, he trained under Professor Richard Takamoto, the

son-in-law of Professor Okazaki. Professor Beach was a U.S. Navy veteran and he organized the first judo and jujitsu club at the Navel Air Station in Jacksonville, Florida, in 1954.

The American Judo & Jujitsu Federation awarded the title of Danzan Ryu Jujitsu Professor to Professor Beach in 1966. That same year he established the Kodenkan Karate Association.

In 1971 Professor Beach established the Hawaiian Jiu-Jitsu System. He spent his final years working on special programs for that organization.

For many years he was active with the Amateur Athletic Union (A.A.U.) and numerous police and youth training programs.

He was inducted into the Danzan Ryu Jujitsu Hall of Fame in 1999.



Professor Bill Beach
December 15, 1928 to
August 16, 2012

Yudansha Notes

Ethics Violations

As a reminder to all, members of SRY are expected to adhere to the SRY Code of Ethics. This code can be found on the Shoshin Ryu website under the Danzan Ryu Jujitsu tab or at the address http://www.shoshinryu.com/?page_id=1330. Please

report ethics violations to the following email address: weareshoshinryu@shoshinryu.com.

Host the 2013 SRY Reunion

The SRY B.O.D. is looking for a sensei and dojo who would be willing to host the 2013

Shoshin Ryu Reunion Weekend. If your dojo is interested, please contact Prof. Kevin Dalrymple, Prof. Carlos Gallegos, Prof. Bryan Stanley, or Sensei Steve Davis.

Shoshin Ryu Awards for 2012

During Years when there is an Ohana Cele-

bration, Shoshin Ryu does not hold an annual convention. Even though we did not hold our convention this year, we are still going to be handing out our annual awards. You can check the Shoshin Ryu Website to find out who received which award.

Words of Wisdom



"Two wrongs don't make a right, but they make a good excuse." — *Thomas Szasz*

"The heights by great men reached and kept were not obtained by sudden flight. But they, while their companions slept, were toiling upward in the night." - *Thomas S. Monson*

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." — *Buddha*

"The man who does not read good books has no advantage over the man who cannot read them." - *Mark Twain*



(Ohana 2012, Continued from page 1)

Suffice to say that every organization, including Shoshin Ryu, was well represented on Saturday morning at Ohana 2012.

With so many clinics, most attendees had a hard time deciding what to go to, in some cases, like with Troy Bertand and Professor Jon Tessier, they occasionally had to “sit one out,” to be ready for the clinic they wanted to do in the next session. So the day ebbed and flowed as people moved from mat to mat and place to place looking for the perfect clinic combination.

One instructor worthy of note, of the many instructors worthy of note, was Professor Harold Akira Horiuchi of the Horiuchi Kodenkan. The ninety year old former student of Professor Okazaki spent time on the mat teaching both junior and senior students. For a ninety year old man, he looked much younger than his years and it was apparent that he totally enjoyed his time at Ohana 2012.

As the last kiai echoed from the room after the day’s clinics, things were reset for the pupu reception. Again, what a great time. Talking with and being around so many different yudansha was a real treat. During the evening they had a Hawaiian band and hula dancers that created a real feel of aloha during the party. The room was jam packed with people and the conversations were loud and raucous.

Of the many people who traveled to Honolulu to be part of Ohana, unless my geography is wrong and I forgot someone, Professor Stephen Nicholls, who traveled from London to be part of the celebration, had to have come the furthest. The largest group to come from the mainland had to have been the Kodenkan Yudanshakai who brought more than thirty people from Arizona.

On Sunday morning, the main ballroom was like a bilingual magazine. It had been divided, with Karate on one side and Jujitsu on the other. Kiais reverberated from each side of the room as air-punching karateka put accent marks in their paragraphs of kata movements and Jujitsuka put exclamation marks in the sentences of theirs. Parents and spectators shifted focus from side to side reading the movements of their children and friends as they demonstrated the language of their particular art.

Of the many authors on Sunday, Professor Barry Posner was putting the finishing touches on his competitive book. “This is it,” he said, “I’m not doing another contest.” Posner and his partner Robert Raney did their kata in Hemmingwayesque fashion, writing short sentences with no extra words or punctuation: punch, then technique, then discard. The fitting end to Posner’s final competitive chapter should have been one of victory. Alas, the gold became bronze. Non-fiction does not always finish with the glorious images that fiction creates for us.

To read the Ohana 2012 Jujitsu Results, go to page eight. You’ll see how Amador Judo and Jujitsu had six medal winning teams at the competition. Good Job, ladies and gentlemen of Amador.

One of the great things about the banquet on Sunday was the food. OH MY GOD! There was a ton of it. On Saturday night at the pupu reception, the Ohana attendees descended on the food like a horde of hungry teenagers and ate everything down to the last salt granule. The banquet manager did not make that mistake on Sunday. When the last banqueter pushed their swollen belly away from the table, food was still available on buffet tables outside the hall.

After the food, every organization got an opportunity to thank the members of the AJI for their hard work putting on a wonderful weekend. Shoshin Ryu’s contribution was to give plaques of thanks to each of the members of the AJI Board of Directors for their hard work putting the weekend together. Then the attending members from (See **Ohana**, continued on page 7)



Professor Harold Akira Horiuchi watching his clinic during the clinics on Saturday.



“This is it,” Professor Barry Posner said, “I’m not going to do another contest.” Professor Posner (left) and Sensei Robert Raney (right) with their third place medals.



Danzan Ryu Ohana Black Belt Weekend

June 1 & 2, 2013

Saturday & Sunday - 9 AM – 4 PM

Host Dojo: Amador Judo & Jujitsu, Professor Rory Rebmann
847 Rincon Ave., Livermore, CA. 94551 (925) 455-6054
Amadorstudio@aol.com

*Co-Hosted by the Kilohana Martial Arts Association, Pacific Jujitsu Alliance
and Shoshin Ryu Yudanshakai.*

This special black belt weekend will allow attendees to learn in an open kata format.

You will be exposed to a number of Okuden arts taught by different
DZR Professors from several DZR organizations.

Clinics are open to all DZR Black Belts.

DZR 1st kyu (ikkyu) brown belts are welcome to attend and participate in the Shinin no
Maki clinics only.

The weekend clinics have been arranged so Black Belts attending will be able to
participate in both Shinin no Maki and Shinyo no Maki clinics. Each clinic will be
repeated twice during the weekend and will be team taught by at least 3 different DZR
Professors from different DZR organizations. At this time 8 different clinics have been
scheduled.

There will be a no-host dinner at a local restaurant on Saturday night

Clinic Fee

Registration before the event

\$35 per day - or - \$50 for both days

Registration at the door

\$45 per day - or - \$60 for both days

Information on guest instructors, clinic schedule, registration form, clinic
waiver form, Saturday night dinner, local hotels and other related
information will be sent out in early 2013

For addition information please contact
Professor Bob McKean
Cop2rn@aol.com



Black Belt Profile

Name: Professor Melvin Cansibog

Rank: Hachidan – 8th Degree

Years studying the martial arts: Thirty-eight

Styles studied: Danzan Ryu Jujitsu, many Karate styles, wrestling, judo

Favorite Book: *Self-Defense for Women and Girls* by Professor Okazaki

Favorite Movie: *Enter the Dragon*

Favorite Actor: Bruce Lee

Favorite Actress: Lucy Liu

Favorite Food: Lau Lau – a Hawaiian dish. It's wrapped in ti leaves and put in a fire pit. It's got ground pork, butterfish, and other stuff. It's fantastic.

Favorite activity away from jujitsu: Scuba Diving. I've been diving for many years.

Favorite Ice Cream Flavor: Haupia

Most memorable moment in the martial arts: The Ohana Jujitsu Tournament in Las Vegas in 1994. It was my first black belt tournament. I didn't want to enter, but Professor Limbago, my instructor, said I needed to enter. I did so reluctantly. At the end of my combat scene, I got a standing ovation from the spectators. I ended up winning the division. It turned out really great

Favorite thing about doing Danzan Ryu: The history of the art. I love the history. I'm trying to find all the mokurokus. They are certificates that were written and signed by Professor Okazaki.

Four People from any time or place you would like to invite to dinner: Professor Okazaki, Professor Limbago, Professor Wally Jay, and Professor Bill Ah Moo

Biggest Inspiration: Professor Francisco Limbago. He turned my life around.

Where I live it is a very tough neighborhood. If you don't know how to fight, you are going to get a lot of lickin's. As short as I am, I knew that was going to happen. I couldn't afford much. I came across Professor Limbago's class and from the very first day, I just fell in love with the art and the way he was. He could move like lightening. He was very systematic about how he did things. He is my inspiration.



Professor Mel Cansibog, the newest member of the Danzan Ryu Jujitsu Hall of Fame.

W.C.J.C hosts the Saddleback YMCA Sumo/Kata Invitational

The Saddleback YMCA was the site of the first Saddleback YMCA Sumo/Kata Invitational on Saturday, August 25.

Twenty-nine juniors competed in Sumo and Three teams of adults competed in the Kata contest.

The contest was hosted by Professor Len

Riley's West Coast Jujitsu Club. They have such a nice facility there that hopefully Shoshin Ryu will be able to have contests and clinics there in the future.

First on the mat were the juniors, who competed in Sumo. Among the many stars of the day

was Daniel Romero who won the "Biggest Kids" division, even though he was not the biggest kid in the contest.

During the kata segment of the contest, the main competition was in the brown belt division which Shaun and Atousa Pourreza of W.C.J.C.

The results from the Saddleback YMCA Sumo/Kata Invitational are posted on page NINE.

The 3rd Annual Doctor Kaito Judo Tournament

By Professor Bryan Stanley and Sensei Randy Carrasco

On Saturday, July 28, 2012, forty-five junior and senior students crowded the mat at the Orange, Super Sports Gym for the 3rd annual Doctor Kaito Summer Judo Tournament. Sensei Randy Carrasco created this event in memorium of "Doctor Kaito," Professor David Nuuhiwa. If you did not go to this year's event, you missed out on a great time – as is usually the case.

The list of special guests at the event made it all the more interesting. Professor Bill Fischer attended and served as emcee and also refereed part of the senior division. Other Referees/special guests included Professors Lawrence Boydston and Jim Lambert. Kent Colton, Dr. Alan Cummings, Ramon Gallegos, and Jon Lagda -- Professor Nuuhiwa's students from the 1970's & 80s showed up. Then the usual suspects were around in the shape of Professors Jon Jacques, Kevin Dalrymple, and Carlos Gallegos, who was one of the Professor Nuuhiwa's students from the 1960's. After a long time off the mat, Sensei Greg Probst was there with his daughter. Another noteworthy attendee was Sensei Greg Poretz whose Kenshokan Dojo came down from Woodland Hills and REPRESENTED with plenty of competitors.



The juniors really worked hard.

The first order of business after the introduction of special guests, Professor Kalani Akui -- another of the Professor Nuuhiwa's students from the 1960's -- did the customary ceremonial Hawaiian blessing of the competitors and contest grounds. He chanted as he walked past the competitors tossing drops of Hawaiian saltwater using a ti leaf. After that, Pastor Bryan Jameson – Sensei Carrasco's student from nearly twenty years ago, whom recently returned to the mat -- was handed the microphone and offered a prayer in English. All the blessing must have worked, because other than one junior student getting their wind knocked out and a couple of minor scrapes, the day was injury free.

Just before the contest began, Sensei Carrasco called forward his student Louie Iligan to receive the rank of Nidan, 2nd Degree Black Belt. Sensei Iligan, a Kaito Gakko student of more than a decade, was visibly humbled as he came forward to receive the promotion.

Once the contest started, it was on. There would be throws, there would be pins, and there would be referee decisions. Watching the junior students attempt to apply what they learned in the dojo was both frustrating and fun. Frustrating because Sensei can see the things that the students have worked on and missed during the match, and fun because students sometimes actually applied what they had learned. Those two opposing emotions make the job of sensei truly rewarding.

The senior students and their matches were a completely different phenomenon. Some had real skill and knew how to use it. As is the case with many randori contests, the big guy does not always win. Even though they were having fun, the intensity level on the senior student side of the mat was pretty high. The results are posted on page nine of this newsletter.

After the contest was over and the last medal awarded, Sensei Carrasco and his wife Minnie held the usual prize raffle. Among the items were window tinting for a car, a new gi, a Volcom safety backpack, and a Wave Tools surfboard. (On a personal note, I wanted that surfboard. It would have been put to good use under my feet. It was the final item of the raffle, and as they read off the winning ticket, and I thought for sure I had it. That last number killed me...missed by two.)

Thank you to everyone who showed up. Hopefully everyone had a great time. Next year's event should be just as good.



So close to being an IPPON!



MOKOMOKO INVITATIONAL

Karate, Ju Jitsu and Eskrima Tournament

Saturday, September 22, 2012

Campbell Community Center Main Gym
One West Campbell Ave. • Campbell, CA 95008



PRE-REGISTRATION ONLY

Pre-registration due by Wednesday, September 19

Judges Meeting at 9:00 A.M.

Competition Begins at 9:30 A.M.

Weigh-Ins 8:30 A.M. - 11:00 A.M.

Presented by Zanshin Enterprises

Tournament Director: Hans Ingebretsen

(408) 377-1787 hansingebretsen@yahoo.com

FOR TOURNAMENT RULES, VISIT: www.shinbukandojo.com



(Ohana, Cont. from page 3)
Shoshin Ryu used the opportunity to enshrine Professor Mel Cansibog in the Danzan Ryu Jujitsu Hall of Fame.

Again the opportunity to see and hear Professor Harold Akira Horiuchi was a real treat. He spoke about how “The Professor” would have been proud to see all these people together celebrating Danzan Ryu. He also expressed his thankfulness for being a part of the event.

The next Ohana in 2014 is going to be put on jointly by the Kilohana Martial Arts Association and the Pacific Jujitsu Alliance. It will undoubtedly be as much of a good time as Ohana 2012 had been. Plans for the 2016 Ohana are in the works as Professor Herb Lague has stepped forward and volunteered to put on that event.

See you all in 2014.



Ohana 2012 Clinic Instructors.

Ohana 2012: Jujitsu Kata Results

5-7 Division B

1st Place: Daymian Lapitan - Horiuchi Kodengan
2nd Place: Andre Valle/Alexa Firestone - Amador
3rd Place: Aiden Abellana/Brycen Torres - Waianae Jujitsu

8-9 Division A

1st Place: Kalani Zalopany - Horiuchi Kodengan
2nd Place: Jessie Takata - Horiuchi Kodengan
3rd Place: Sonja Kehoe - Amador

8-9 Division B

1st Place: Kailer Walker - KMAA, Arizona
2nd Place: K. Chun/Brandon Vavul - Horiuchi Kodengan

8-9 Division C

1st Place: M. Horiuchi/J. Higashiguchi - Horiuchi Kodengan

10-11 Division A

1st Place: Amanda Higashiguchi - Horiuchi Kodengan
2nd Place: Raphael Valle/Xavier Pelican - Amador
3rd Place: Katelyn Maley/Alexander Maley - Alameda

12-13 Division A

1st Place: Fabiolla Valle - Amador Judo and Jujitsu
2nd Place: My. Bezentez/M. Bezentez - Waianae Jujitsu
3rd Place: Alexander Kehoe - Amador

12-13 Division B

1st Place: Makanalani Chun - Horiuchi Kodengan
2nd Place: Brian Torres/Brendan Chun - Waianae Jujitsu
3rd Place: Nicholas Kuwamoto - Horiuchi Kodengan

12-13 Division C

1st Place: Luke Horiuchi/Cage Vavul - Horiuchi Kodengan
2nd Place: F. Verdugo/Reina Walker - KMAA, Arizona
3rd Place: Mark Daruwalla/Jordan Daruwalla - Alameda

12-13 Division D

1st Place: McKenna Chun/Angelo Renon - Waianae Jujitsu

14-15 Division A

1st Place: A. Frisvold/T. Johnson - OTT YMCA Budokai

14-15 Division B

1st Place: P. Hawkey/C. Pelican - Amador
2nd Place: Alex Lim/Tyler Primas - Alameda

Adults Divison A

1st Place: Sebastian Santiago/Sylvia Meam Alameda

Adults Divison B

1st Place: D. Higashiguchi/J. McCabe - Horiuchi Kodengan
2nd Place: Karen Doi/R. Horiuchi - Horiuchi Kodengan

Adults Divison C

1st Place: Raphael Valle JR./John Kehoe - Amador
2nd Place: C. Clemens/S. Chapman - KMAA, Arizona

Adults Division D

1st Place: Sam Wilkins - Kaishin Kai, Washington
2nd Place: Brian Maley/Gunther Beatty - Alameda
3rd Place: C. Daruwalla/J. Daruwalla - Alameda

Adults Division E

1st Place: Anthony Primas/Van Ngo - Alameda
2nd Place: G. Frisvold/C. Ratliff - OTT YMCA Budokai
3rd Place: Courtney Rose/Dillon Lee - KMAA, Arizona

Black Belt - Shodan

1st Place: Willie Hauhio - Waianae Jujitsu
2nd Place: J. Yonekura/B. Lagmay - Wahiawa Kodengan
3rd Place: Daniel Primas/Anthony Woo - Alameda

Black Belt - Nidan

1st Place: A. Streadbeck/M. DeCastro - Makakilo Jujitsu
2nd Place: A. Barcarse/W. Domen - Waianae Jujitsu Dojo
3rd Place: Michelle Dias/Jason Woo - Alameda

Black Belt - Sandan

1st Place: J. Parker/M. DiPrima - OTT YMCA Budokai
2nd Place: Eddi Gearheart/Kevin Donohue - Zenetai
3rd Place: N. Yonekura/B. Saragosa - Wahiawa Kodengan

Black Belt -Yondan and Up

1st Place: Dennis Dias - Alameda
2nd Place: Sean Moro/Ben Cansibog - Waianae Jujitsu Club
3rd Place: Barry Posner/Robert Raney - Westside YMCA

Yet another successful technique during the Ohana 2012 Kata contest.



The medal winning members of Amador Judo and Jujitsu

West Coast Jujitsu Club at Saddleback YMCA Sumo/Kata Results

Sumo Results

Division One

- 1st place: Christian Montoya
- 2nd place: Catie Fischer
- 3rd place: Marcos Ramirez

Division Two

- 1st place: Robby Iligan
- 2nd place: Ian Winn
- 3rd place: Luke Degree

Division Three

- 1st place: Marlon Ramos
- 2nd place: Kyla Armour

Division Four

- 1st place: Ryan Cote
- 2nd place: Brianna Masoni
- 3rd place: Nicholas Probst

Division Five

- 1st place: Ashley Cote
- 2nd place: Marley Rindshoj
- 3rd place: Andrew Paulo-Assefa

Division Six

- 1st place: Daniel Romero
- 2nd place: Mark Romero
- 3rd place: Angelica Loya

Kata Results

Yellow Belt

- 1st place: William Vecchio - W.C.J.C.
Evan Winn

Brown Belt

- 1st place: Shaun Pourreza - W.C.J.C.
Atousa Pourreza
- 2nd place: John J. Dickson - Kaito Gakko
Kevin Do



Professor Jon Jacques oversees a match between a couple of the smaller sumo competitors at the West Coast Jujitsu Club Sumo contest.



Sumo Action from the Saddleback YMCA

3rd Annual "Doctor Kaito" Judo Tournament Results

6 year olds

- 1st place: Danny Morones
- 2nd place: Kailey Poretz

7-8 year olds – Bantamweight

- 1st place: Kymberly Zenteno
- 2nd place: Alexander Tran
- 3rd place: Benjamin Gelman

7-8 year olds – Cruiserweight (Division A)

- 1st place: Robby Iligan
- 2nd place: Garret Liao
- 3rd place: Anthony Tran

7-8 year olds – Cruiserweight (Division B)

- 1st place: Costa Bravos
- 2nd place: Jordan Dawson
- 3rd place: Malia Carrasco

9-10 year olds – Bantamweight (Division A)

- 1st place: Garrison Carrasco
- 2nd place: Diego Morones
- 3rd place: Ileana Bravos

9-10 year olds – Bantamweight (Division B)

- 1st place: Kaylin Hoffer
- 2nd place: Katrina Liao/I. Orozco
- 3rd place: Angel Gomez

11-12 year olds

- 1st place: Jason Viera
- 2nd place: Richard Zenteno
- 3rd place: Megha Jain

15-16 year olds – Bantamweight

- 1st place: Thomas Davila
- 2nd place: Brian Jenkins
- 3rd place: Miles Oliart

17-18 year olds – Bantamweight

- 1st place: Marlon Viera
- 2nd place: Juan Viera

17-18 year olds – Cruiserweight

- 1st place: Thomas Anderson
- 2nd place: Edward Chamourian

19 yrs & up – Bantamweight

- 1st place: Matthew Jenkins
- 2nd place: Jonathan Jenkins

19 yrs & up – Cruiserweight

- 1st place: Joel Sollabec
- 2nd place: Robert Pelayo
- 3rd place: Sean Dawson



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

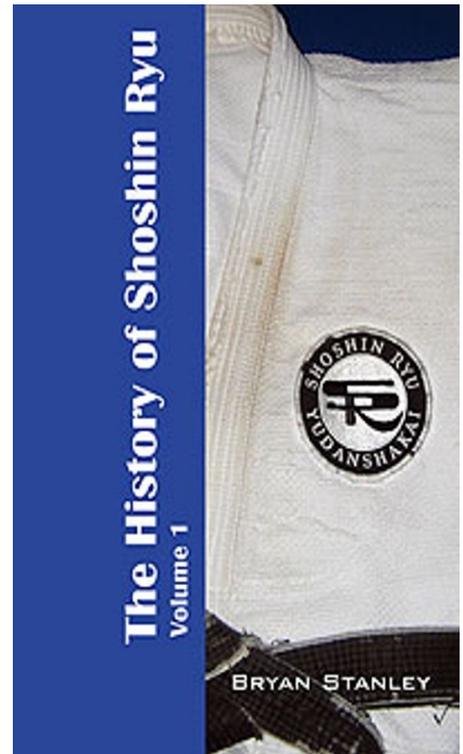
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The History of Shoshin Ryu

If you want to know about where Shoshin Ryu came from and the people and events that shaped the organization, this is the book.

For many students who are new to Shoshin Ryu, this book could help fill in the blanks for that family tree that you need to know.

Who taught your sensei? Who taught your sensei's, sensei? If they have been with Shoshin Ryu in the last forty years, you can find the answer in *The History of Shoshin Ryu, Volume 1*.



Go to either of these sites to get the book: www.outskirtspress.com/bookstore/9781432786458.html www.amazon.com

The Danzan Ryu Bookstore

If you are "Jonesing" for a Danzan Ryu book, the place to look is the Danzan Ryu Bookstore at this address: http://www.danzan.com/HTML/bookstore.html

Freestyle Contest

On Saturday, October 7, the Shoshin Ryu Downey YMCA dojo will be hosting a freestyle contest from 1 to 3 p.m.

If you have not had the chance to participate in a freestyle contest before, take the opportunity now and go for it.

In the competition, the tori is attacked in a controlled manner and must defend

themselves.

It is among the best jujitsu experiences that one can have.

The Downey Family YMCA is located at 11531 Downey Avenue, Downey, California, 90241.

If you have any more questions about the contest, you can contact Professor Jon Jacques at 562-862-4201.

Freestyle Contest



Downey YMCA 11531 Downey Ave Downey, CA 90241 (562) 862-4201

Hosted by Prof. Jon Jacques October 7, 2012 Contest 1:00 pm - 3:00 pm

Contest Fee: \$5 per person

Shoshin Ryu membership required (You may sign up the day of the contest)

Membership \$25