



# Shoshin Ryu Yudanshakai Newsletter

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*“The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly.” --  
Buddha*

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## COVID-19: Bad and Good

By Bryan Stanley

COVID-19. If I can editorialize for just a moment, “I’m so tired of this.” We all are, undoubtedly. It has been a disruption to our work, school, free time, group time, and jujitsu time. Like most of us I have not had a real workout since late February. Prior to the beginning of the year, sometimes it felt good to not go to class, but that was my choice. This COVID thing wasn’t anyone’s choice.

COVID made Ohana 2020 go away. That made everyone sad. We didn’t get to have our jujitsu family get together and spread goodwill. I don’t know about you, but one of the residual effects of Ohana is a three or four month boost in Danzan Ryu enthusiasm.

COVID stopped our classes from happening, it closed dojos, and could be the cause of a vast jujitsu desert in the future. How are those commercial dojos going to start back up? That is going to be tough. For most of us no classes means, again, sorrow, with some laziness and weight gain.

The list of all the bad things we have encountered because of COVID-19 could fill this entire newsletter, and all that would do is bum everyone out.

No. That route has been beaten to death.

What are some of the good things that have come from this?

To start with, some instructors, I won’t mention any by name so they don’t get into trouble, have continued teaching classes, underground, so to speak. Small spaces with few people, masks required. I know, some of you are screaming into your computer screens right now, “HOW IRRESPONSIBLE!!!” Maybe, but no one is being forced. Instructors and students are taking precautions. They just want to practice and get their jujitsu mojo working.

On a less controversial level, Professor Kevin Dalrymple and Sensei Remi Pintang have been holding ZOOM classes. Students log on and Professor Dalrymple leads them through techniques and watches the students practice in their living rooms. He can see what they are doing and offer advice on how to clean up a technique.

Then some students are doing jujitsu kata. Running through techniques by themselves, doing Katate Tori or Seoi Nage to imaginary attackers. Losing themselves in the exercise until it feels like the attackers are grabbing them. The movements flow like some kind of Danzan Ryu Tai Chi.

I’m sure there are more activities that people are doing to keep their jujitsu minds occupied. What it shows, what they all show, is how in the face of daunting obstacles, people can, and do, find creative solutions and keep going. Try to stop them and, like trying to herd cats, people squirm away and find some other way to get back to the thing they enjoy.

No, COVID-19 is a setback, not a dead-end. We’ll be back, maybe a little rusty, but we’ll be more creative and probably more dedicated. It’s funny how you love something more when it gets taken away.



## Time to Try Something a Little Different

Readers of the Shoshin Ryu Yudanshakai Newsletter, here is your opportunity to voice an opinion. Below is a link to a short questionnaire, short meaning one question. What I want to know is what you have been doing to keep your jujitsu fire burning during this lockdown. Copy and paste the address below in your browser and answer the question.

<https://docs.google.com/forms/d/e/1FAIpQLSdF3t4qJhQ9sqiYs4UdVdxpafxra3DFmtYSIYY8zrme2LNxDw/viewform>

## Concussions and Jujitsu

By Dr. Rich Charlebois, Kudan

Concussions remain a definite hazard associated with the martial arts, including judo and jujitsu. The sequelae of concussion, especially in young athletes, can be devastating, causing lifelong effects, including deficits in memory, executive processing, and physical disability. This is something that all of our students are at risk of experiencing, and that can be very difficult to detect. Erring on the side of caution is certainly appropriate.

A recent study published in the Journal of the American Medical Association - Neurology on 6 January 2020 has shed more light on an important aspect of this problem—specifically, the importance of early referral of concussed athletes to appropriate healthcare. The study looked at a group of 162 adolescent and young athletes who had experienced a sports-related concussion. The group was divided into those who sought medical attention within seven days, and those who sought care after seven days. The results showed that concussed athletes who were not seen within the first seven days after their injury were five times as likely to have prolonged symptoms involving cognition, balance, and vision. The authors surmise that early treatment by a healthcare provider familiar with concussion treatment resulted in earlier implementation of interventions such as strict physical and cognitive rest, and appropriate return-to-activity instructions.

In the dojo, this translates to a need to identify students at risk for concussion. Accidental head strikes, and falls that are harder than expected are common causes of concussion. A fall does not have to impact the head to cause a concussion. As discussed in a previous article in this newsletter, students in their first year of training are at far greater risk of high risk falls leading to concussion than students who have trained longer than a year. Symptoms of concussion can be extremely subtle. Instructors should be on the look out for symptoms such as labile emotions, fuzzy thinking, headache, and even just slow response. Students displaying symptoms suggestive of concussion should be removed from activity immediately, and for the duration of that class session. The student should be strongly urged to seek urgent medical attention. Obviously, a student who is knocked unconscious, or has more glaring symptoms, should be treated emergently, and probably merits attention in an emergency room.

In summary, concussions are common in our art, and can lead to serious, lifelong consequences. Having one's "bell rung" is not benign. Instructors have an important role in recognizing symptoms of concussion and urging our students to seek appropriate care as quickly as possible to avoid long term disability.



## Promotions

(Some very old, some very new.)

### GOKYU:

Connor Osmtherly – Yoder Wyoming SSR  
Rich Osmotherly -- Yoder Wyoming SSR

### YONKYU:

Mikala Reimer -- Yoder Wyoming SSR  
Fletcher Stromberg -- Yoder Wyoming SSR  
Isaac Falen -- Yoder Wyoming SSR

### NIKYU:

Kris Barsell – Yoder Wyoming SSR

### SANDAN:

Sensei Remi Pintang – He No De Ryu

### SHICHIDAN:

Professor Dan Kveen – He No De Ryu

### HACHIDAN:

Professor Bryan Stanley – Hombu

### KUDAN:

Professor Carlos Gallegos – Kaito Gakko

## Thank You

Professor Ron Jennings, you have my eternal thanks. Many months ago you sent me an e-mail which said, more or less, even if the newsletter is just a page, get it out. It has taken me about 10 months, but I get it. Thank you.

Professor Bill Fischer, I don't have enough space in this newsletter to thank you. You were the man who did this before me. You sent me an e-mail the other day that made me feel better. From your experience you found that after a while there was just nothing more to say. You know what it's like. Believe it or not, that one little comment lit a fire under my ass. Thank you.

Now to everyone else, read the next column.

## I Need Help

I have been editor of the Shoshin Ryu Newsletter since 2002. Wow. I never thought about it. I've written stories about ten reunions and just as many Ohanas. I've gotten to interview so many wonderful people, Professor Sam Luke, Professor David Nuuhiwa, and Professor Imi Mullins just to name a few, and each interview was special.

After 18 years, my brain feels like a dried walnut. I think that my stories all sound the same.

This newsletter will only be as good as I can make it, but I am only as good as me. All of you are better than I am. Send me articles. You can have your own column. "Jujitsu the Rocky Mountain Way," or "Musings of an Old Jujitsu Codger," or "The technique I wish I hadn't done" (wait a minute, that could be a great article).

If you are worried about your grammar, don't be, I am a well-oiled grammar machine. If I can edit a 9<sup>th</sup> grader's writing, I can make any of you sound like Shakespeare. Think about what you can contribute.

Please, I can't squeeze juice from a dried walnut.  
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