



# Shoshin Ryu Yudanshakai Newsletter

Vol. 36, Issue 4  
Fall 2018

*"We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."* -- Buddha



Professor William Randle demonstrating a favorite technique on everyone's favorite uki Professor Roger Medlen.

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## **Another Labor Day Shindig**

By  
Bryan Stanley

**(Boulder City, Nevada)** – Thirty-six black belts from four different organizations descended upon the greater Las Vegas area over the Labor Day weekend for the express purpose of learning a little jujitsu, having a little camaraderie, and eating some food. With the exception of one occurrence, it was a really fun time, with a few surprises.

The first surprise occurred on Saturday morning. Most of the time at these events, the black belts work on a specific list of techniques in the morning, a second one in the afternoon, then they drag themselves to some restaurant, all sweaty and tired, for a food coma.

A few years ago, Professor Chubb solved the food problem by renting a community center and feeding everyone lasagna. It saved many restaurants the problem of dealing with thirty tired, sweaty, martial artists with enough hunger to clean out whatever food may remain in the freezers.

The big change for the Saturday workout was the format. It was decided not to work on a specific list of techniques, but have instructors go by rank. Judans showed their favorite techniques, then the Kudans, and down the rank ladder they went. So rather than walking out with more notes about techniques that each black belt has done a thousand times, they walked out with a fresh perspective on those same techniques. Maybe it was a new application or a new entry, but each professor showed just a little of what they loved to do.

The professors who shared their knowledge really need to be commended for their work. Imagine standing in a room of thirty people who really know their stuff, and telling them, "Hey, here's something I like to do, try this." It had to be more than a little nerve racking. To their credit, each one walked out with the confidence of a lion tamer and presented their techniques.

In a day of high points and incredible fun, saying that one person was better than another would be like saying which of your children you loved more. They were all fantastic. Going out (See "**Shindig**" on page 4)



### Words of Wisdom

“Always remember that you're unique. Just like everyone else.” –  
*Zen of Sarcasm*

“Respect for self, Respect for others, Responsibility for all your actions. Studying this dictum, we realize that not one of the three can stand alone or independent of the other. If all three are not working inside a person, an organization, a country simultaneously then someone is being disrespected, hurt, trampled, spat upon perhaps figuratively, perhaps literally.” – *Unknown*



### Yudansha Notes

#### Sensei Quach Pham Sighting

It may be hard to believe, but Sensei Quach Pham Showed up at the Santa Ana dojo a couple of weeks ago. It has been many years since he was

on the mat. Let us hope that his current streak of one day in a row goes on.

#### Sumo Contest Feb. 23

The Golden West Dojo will be hosting a sumo contest on February 23, 2019.

More info to follow.

#### OHANA 2020

It is never too early to promote an Ohana. It will be in Honolulu, Hawaii. Be prepared. You must go.



The Ala Moana, site of Ohana 2020.

### Professor Jack Wheat

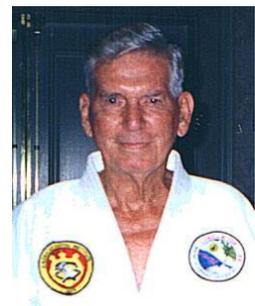
By  
Bryan Stanley

Professor Jack Wheat died in 2004. A good number of Yudansha never had the chance to meet the man. Many new students have probably never heard his name mentioned. But for a lot of us, he was a central figure at Ohana celebrations and other jujitsu related events.

So why write about him now?

Because I was intrigued about him. I'll get to my point later. I decided to ask a few of the people who met him and knew him a bit, to explain what sort of man he was.

**Professor Roy Center:** He was a good person. He was honest and open. He was a good instructor. He was a person anyone could like. He was the type of person (See **Professor Wheat** on page 5)



Professor Wheat



# 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. 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 Membership**  
13033 Glasgow Place  
Hawthorne, CA 90250

Please enclose your check payable to **Shoshin Ryu Yudanshakai**  
For more information, visit us at [www.Shoshinryu.com](http://www.Shoshinryu.com)



(“Shindig”, continued from page 1)

on a limb, Professor Scott Horiuchi from the American Jujitsu institute got the most time of the morning – after all, he probably traveled the farthest. What he did was awesome. He didn’t really do anything new, but he had little twists and movements on techniques that made them quickly get to a point of pain. His technique was sharp and concise. Like all the instructors, he was able to explain the hows and whys with absolute clarity.

The one bad event of the day was that Professor Chubb was ill. Unfortunately, he was so under the weather that he was unable to attend the event. He did show up at the end of the day to show his support, but he was clearly not feeling well.

The reason Professor Chubb showed up was for a couple of awards and some promotions. The main award of the day was inducting Professor Steve Herzog of the Kodenkan of Arizona into the Danzan Ryu Jujitsu Hall of Fame.

The next surprise was a number of black belts were promoted. Because it is so rare, the promotions of Professors Barry Holck, James Lambert, and H. Bruce Stokes to the rank of Judan, really stood out. The most significant promotion of the day came to Professor Bill Fischer who was promoted to Judan by Shoshin Ryu, The Pacific Jujitsu Alliance, and The American Jujitsu Institute. The entire list of promotions is posted on page \_\_\_\_ of this newsletter. A hardy congratulations to all those who were promoted.

On Sunday the crew got together again for a morning of different martial arts activities. Sensei Brian Skow led a group through a series of...wait for it...shovel techniques. Yep. Shovel techniques. Most martial artists have never seen a shovel attack before. It is not illegal to carry a shovel in your car, and it can cause some serious damage.

Professor Carlos Gallegos and Sensei Mike Whitaker showed off their massage skills and had a line of people waiting for cures to various ailments. The smell of liniment or “bug Juice” permeated the air of the water and power building. As Saturday was a rather loose affair, Sunday was completely untied. Most of the attendees spent their time talking and enjoying each other’s company.

At roughly noon, most everyone bolted for various places around the greater North American continent. Some close, others far, but upon returning to various dojos and workout spaces, they could recount a fun weekend spent in Boulder City, Nevada.



Professor Scott Horiuchi in action



Professor Steve Herzog receives HOF plaque



Professor H. Bruce Stokes, new judan



Professor Jim Lambert, receives Judan certificate



Professor Bill Fischer, poses with judan cert.



The Assembled Throng



Professor Dave Williams, Shichidan promotion



(“**Professor Wheat**”, continued from page 2)

who you enjoyed the time you spent with him. He was like most of the Hawaiians, really nice to be around, really relaxed, just a nice man.

**Professor Carlos Gallegos:** The first time I met him it was at a massage clinic. He was pretty stern and made sure that everybody did the techniques the way he asked. He wanted the clinic to be pretty quiet. I didn’t know who he was at the time, I was just taking one of the classes.

When I really got to meet him was at Ohana ’90. I was with Uncle Dave (Professor David Nuuhiwa) in the meeting with all the organizations, they were talking about how the weekend went, and Professor Wheat was pretty adamant about the Oku, not to change it. He did not want anyone to deviate from what it was. He knew what he wanted and he was pretty stern about what he wanted.

At the next Ohana, I took his massage clinics, and he began to recognize me and he started to talk to me a bit. We talked mostly about massage. He told me how he took massage courses in Japan that dealt with acupressure and how he helped write the test to certify massage therapists in Hawaii.

After I had taken a few of his courses, He gave me a certificate of completion. He was happy to hand it to me, and after that we became better friends. At Ohana ’94 in Las Vegas, I got to talk with him even more. He was a delightful person. It was just that he knew what he wanted and made sure you did it that way. That was what I liked about him. He didn’t deviate.

**Professor Kevin Dalrymple:** I was judging a kata contest. I told my students that I was going to judge them hard because I knew what they could do. Well, one of the moms of the students heard me say that, and she went over and complained to Professor Wheat. He walked over to where I was judging, lifted my hand off my score card, looked at my scores, then walked away. That was the only contact I ever had with the man.

**Professor Steve McMillan:** We put on a reunion in ’98 in Phoenix. Professor Wheat flew out, as did Professor Imi Okazaki Mullins. When we opened the event, we asked Professor Wheat if he would like to say some words as an introduction to the event. He said he would. He pulled Imi out of the line of black belts then welcomed everyone and gave a short speech about the Danzan Ryu family. Then he opened the event by doing floating drop on Imi. It was like watching a twenty year-old man do a throw, he was probably in his mid to late 70s at the time. That was the only throw he did that weekend, and it was the only fall that Imi took, but he had the spirit to perform that in front of a large group of people.

I talked with him in hospitality suite situations at reunions and Ohanas. After a little sake, he would open up some about the old days. I got the feeling from him that he was holding back a bit from saying, “You guys today, you got it easy.” It was his way of saying, “We used to walk to school in the snow, up hill, both ways.” He said that there was a spirit of competition back then and that the training was very hard. You were not really told why you were doing what you were doing. You were just told, do this.

I went to one of his clinics in 1989, and I had a notebook to take notes. I wanted to be able to pass this information along. I wanted to remember what he told me. It was in a separate room and it was black belts only. Very formal like the old days. This was the first time I had met him. He saw my notebook and said, “Close that. This is Kuden. That means ‘secret’. It cannot be written down.” I said, “Okay.” I was disappointed but I followed instructions. Then he started the class by saying, “This is how I was taught, I (See Professor Wheat, continued on page )

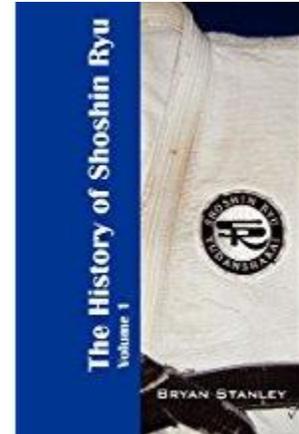


## The History of Shoshin Ryu, Vol. 1

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.

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(“Professor Wheat,” continued from page 5)

think this is how it’s done, but because it is not written down, who knows.”

He would not know me, he would have only known that I was the big guy who had Mike Chubb as a sensei. From my contact with him I could say he was definitely old school. He was part of that World War II generation. It was like, “I’m telling you this is how it is done; therefore, I don’t want to see anything else.”

**Professor Roger Medlen:** He was the greatest guy ever. He was an open book. Most of my interactions with him were in a group setting. It was not just “Me and Jack.”

He had an opinion about everything, and he’d tell you. He had his own thoughts and was willing to share them. A really affable guy. He had opinions about things, but I never heard him say a bad word about anybody.

Super nice guy. I’m fortunate enough that I can still hear his voice in my head. I got the impression from him that working out in the old days was hard, probably really hard. Those guys were taking falls on mats that were not really mats. The techniques were not as refined as they are now. The hard knocks that they took, we benefited from.

**Sensei Mike Whitaker:** I took his massage courses. He was a really nice guy. He was super competent and good at what he did. I learned a lot from the man.

(See “Professor Wheat,” continued on page 7)



(“**Professor Wheat**,” from page 6)

He struck me as someone who would go out and do what need to be done to help someone. He was soft spoken, but no one would ever mess with the guy.

**Professor Len Riley:** I met him for the first time at the 1990 Ohana. I remember being introduced, shaking his hand, and then we got class started. We were working on hadakas. He was standing pretty close to where we were, and there were two or three of us working out. So I asked him if he would like to work out with us. I asked if he would give us a few pointers. So he asked, “What are you working on?” I said, “Hadakas. We are doing Hadaka San.” He nodded and said, “Okay. Throw a punch.” I threw the punch and the next thing I know, I’m waking up. It was five minutes later. He choked me out. (laughs) To this day, when I yawn, I get muscle cramps in my neck that Jack Wheat put there. (laughs)

When people asked him to teach or do things, he came out with a vengeance. He wanted to prove to everyone that he could still do this stuff. He may have been up there in the years, but he was still very proficient with his technique.

Really nice guy. I got to talk with him about what he did for a living. He ran a surplus store. When he got out of the service, he wanted to continue to work out with Professor Okazaki. He loved that area, he loved that culture, so he found a way to stay.

He was pretty reserved when you first met him. He would not offer up a whole lot of information right off the bat. But as you got to know him, he would tell you just about anything you wanted to know. You had to be specific though. He would not just talk about “the old days,” you had to ask him about certain things, he would gladly share, but you had to be specific.

We would see him every couple of years. He would just blend in with the Hawaiian group. Just a wonderful guy.

My contact with Professor Wheat came after the banquet at the 1990 Ohana. I received my black belt that night and in the hospitality suite, I got my only chance to talk with Professor Wheat. I asked him questions about how he got started in Jujitsu. He told me that he got into fights and kept getting beaten up. He finally asked where all these guys learned all this stuff. Someone told him to go to Professor Okazaki’s dojo. He went and found all the guys who had beaten him up learning jujitsu. He joined the class and learned that he really didn’t need to fight.

My conversation with him lasted for about twenty minutes. I asked him a multitude of questions, most of which I do not remember. But I did ask him about Professor Okazaki. He said that he was a nice man, and that he probably would have enjoyed the weekend. Then he asked me some things about my life and what I did. I left our conversation thinking that I would probably get to talk with him again. I never did.

So what *was* the point that I was going to make?

This is a cautionary tale. Someday, you too will have a short small conversation with someone. It may mean nothing to you. It may mean the world to the person on the other end. We often forget the impact we have on others, I would guess that Professor Wheat never gave our little conversation a second thought. But it meant the world to me. I got to have a personal conversation with one of the icons of Danzan Ryu Jujitsu, and I will never forget it.



## Promotions

### Shodan

Sensei Lynda Burkholder

### Nidan

Sensei David Kale

### Sandan

Sensei Michael Archer

Sensei Brian R. Show

### Yondan

Sensei Christopher Chubb

Sensei Thomas Noble

Sensei Dan Sisson

### Godan

Prof. Danny Brewer

Prof. James Franz

Prof. Jeff Kale

Prof. Lavina Zimmerman

### Shichidan

Prof. Joseph Ristrom

Prof. David Williams

Prof. Bryan Stanley

### Kudan

Prof. Richer Charlebois

Prof. Steve Herzog

Prof. Jon Jacques

Prof. Ron Jennings

Prof. Roger Medlen

### Judan

Prof. William Fischer

Prof. Barry Holck

Prof. James Lambert

Prof. H. Bruce Stokes

## Yawara words

M R I V Y P D K I M R Y O T E  
 H R U D E Q A V O W O N C K H  
 T Y V Q U O O D V T E M O N A  
 M O M I J I S Y K Y E X D I Z  
 A E M S V U W X U S G M A Z U  
 K R O S H I M E B Y C T A Y S  
 U I R U M D U B I U D H L K H  
 S Q O K O K T Y N R K A N X I  
 H P T A R O N E U X H G I L O  
 U M E T O T Z X K I Y A L W S  
 T H Q A Y E I H I U A I M Z G  
 F O I T U Y V L B I B M U K E  
 L P R E B E U G E C Q I F T T  
 F B W I I G U B Y H A W X Y M  
 Y S B K G K D A I I N T D X X

Kotemaki  
 Tekubi  
 Momiji  
 Tori  
 Ude  
 Moroyubi  
 Akushu  
 Morote  
 Hagai  
 Yubi  
 Kubinuki  
 Katate  
 Ryote  
 Emon  
 Kote  
 Ni  
 Ichi  
 Shime  
 Ryoeri  
 hazushi