



Shoshin Ryu Yudanshakai Newsletter

Vol. 36, Issue 2 *"Do just once what others say you can't do, and you will never pay attention to their limitations again."* - James R. Cook
Spring 2018

Ohana 2018

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Ohana Holiday

By
Bryan Stanley

Ohana 2018 is nearly upon us. It is like Christmas for the Danzan Ryu community. We get to see family, we receive presents, we get to reflect upon the past years, and we get the opportunity to make new memories that will help us come to love being part of the Danzan Ryu Ohana.

Like a little kid and Christmas, Ohana is one of those things that we look forward to. Just think of all the goodies that come from Danzan Ryu's Bi-annual get together. We can go to clinics with some of the top Danzan Ryu teachers in the system, participate in contests, and watch demonstr-

ations of the art that are beautiful and inspiring. Talk about gifts, the Danzan Ryu Ohana is three days of gifts.

Maybe the Christmas metaphor is wrong. Maybe going to an Ohana is more like a Muslim's trip to Mecca. It is one of those things that every Muslim is supposed to do in their lifetime. Going to an Ohana should have the same kind of importance for all Danzan Ryu Jujitsuka. Of course going to an Ohana is not as sacred as going to Mecca, but it can be just as inspiring.

Or maybe Ohana is more like the Chinese New Year. It is the time for renewal, to clean the cobwebs from the house, and start fresh. We get the chance to open our minds and let new information come in. We get to see things from a new perspective and learn new ideas. Like in the Chinese New Year, we get the chance to start new again.

Or maybe Ohana is more like the Israeli holiday of Sukkot. It is the days when we give thanks for what we have and focus on those who came before us. It is important to know where Danzan Ryu came from, who helped spread the art around the globe, and how we can contribute to its success. Sukkot is seven days of thanks, Ohana is three, but we still care just as much.

Or, maybe Ohana is like going to Ohana. For those of us who have been to them, they are a joy. It could be that Ohana brings with it its own source of excitement that is not akin to any of the holidays above. Or, maybe, just maybe, Ohana is a mixture of all of these holidays. In the world of Danzan Ryu we have no better experience than an Ohana.

If you have not been to one, you owe it to yourself to experience Danzan Ryu's bi-annual spectacle and be part of what will be another memorable event. For those of us who have been to Ohana's before, here is another chance to get in catch up with friends from past Ohanas and see what has been going on in other areas of the Danzan Ryu world. Let's face it. It is going to be a good time. You may as well be a part of it.

Table of Contents

Ohana Holidays – page 2
Words of Wisdom – page 3
Come Along Clinic – page 3
A Few Pictures – page 4
Danzan.com – page 4
History of SRY – page 4
Sumo Contest – page 5
“Dirty Lickin’” – page 6
Final Words – page 6



Words of Wisdom

“Better than a thousand hollow words, is one word that brings peace.” – *Buddha*

“A short saying often contains much wisdom.” – *Sophocles*

“Never miss a good chance to shut up.” -- *Unknown*



Come Along Clinic, January 27, 2018

By
Bryan Stanley

I watched Professor Carlos Gallegos run through the technique that he wanted everyone to do. It wasn't Danzan Ryu. I was out of my element. I moved mechanically through the steps that he demonstrated. I figured that I could step off the mat and play the role of aging martial artist, but the curiosity of the situation led me to stay right where I was.

It wasn't until I stood across from Sensei Randy Carrasco that the full weight of my decision entered my frontal cortex. “Please don't hurt me,” I said.

The clinic was called “Come Along Techniques,” which, at least in my mind gives one the impression of hustling someone out of a room. This clinic was more like, “Now that I have beaten you to a pulp, come along to the hospital.”

That is not to say there was nothing of value in what Professor Gallegos taught. I learned a few things that day. First of all, Professor Gallegos is an inspiring and impressive instructor. The guy is in his seventies and still gets out on the mat and takes his falls like everyone else. He could step off to the side, like I eventually did, and no one would bat an eye. I guess it boils down to how you lead, from the front with a flag or at the back with a stick. Professor Gallegos takes the flag.

Second, we only went over four of the techniques. The great lesson from those was do not stop punching, kicking, and bending the joints of your opponent until they can no longer stand, sit, lay down, breathe, or keep their eyes open. God help anyone who messes with one of Professor Gallegos's students.

Third, I managed to get Sensei Randy Carrasco to take it easy on me, for which I am eternally grateful. From the information I could gather, they have a “this one goes to eleven” attitude when they work out.

Finally, I was not able to gain any kind of fluency of the techniques that were demonstrated. Other people did them with style and a certain panache. The thirteen people who participated in the clinic had a great time.

Look forward to more great clinics from Shoshin Ryu instructors in the coming months. These clinics are always a great way to improve your technique and knowledge of jujitsu and the martial arts.



A few Pictures from the “Come Along” clinic

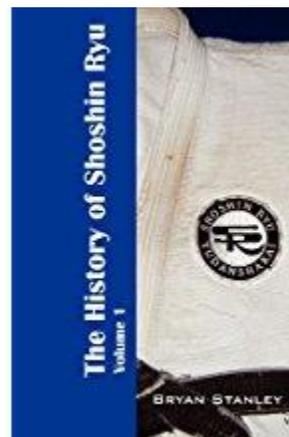


For the finest Danzan Ryu Jujitsu books and videos, visit the Danzan Ryu Jujitsu Homepage at www.danzan.com/HTML/bookstore.html

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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Click the book cover to go to Amazon.com





Sumo Contest

On February 24, fifteen junior jujitsu students from three different dojos, go together and participated in a sumo contest. It was like most every other sumo contest, a lot of pushing, shoving, and fun.

After a good stretch, the students were reminded of the rules by Professor Kevin Dalrymple. Then the matches began. The boys and girls ranged in age from six to sixteen. Probably the biggest grudge match of the day was between the twin brothers from the Golden West Dojo in Westminster.

After the last match was completed, the awards were handed out and the kids went home happy. It was a good day.



Let the stretching begin



Professor Dalrymple goes over the rules



Push! Shove! Pull!



Size or sex does not matter. When you step on the mat, all you are is an opponent.



What happens when you have two evenly matched opponents? The matches last a long time. This was evidence. They were both white belts when the match started.



“One Man’s Opinion: DIRTY LICKIN’”

by
Professor Carlos Gallegos

As the years go by, I often reflect on conversations I had with my Sensei, Professor David Nuuhiwa, about students who had quit or stopped working on the mat. Recently I was talking to my good friend Sensei Hector Zaragoza about that topic. He said it's our ego that gets in the way of accepting that we no longer have the ability to perform as black belts.

I think that that is true, but there are many black belts who have stopped working out or teaching and I don't think ego is the only issue. I think it's also simply people's attitude.

If you stop teaching or stop working out for three or more years, you're no longer a black belt, you're a spectator. Don't expect to get promoted. For example, if you haven't run a marathon for three years you're not a marathon runner today.

Professor David Nuuhiwa was a wise man who understood people's attitudes. When he gave a black belt promotion, it was with a two-year probation period. If you didn't come back on the mat, you lost your belt. You would have to start all over from white belt. I have been there and done that. My wise Sensei would say, if you don't work out and stay in good shape, you get a DIRTY LICKIN' in the street. Sensei would also say, you take care of your body and it will take care of you.

You can't live on what you use to be or the things you've done, it's what you do today. It can be painful getting back on the mat but it's rewarding and gratifying. Spreading the gift of your knowledge is an unselfish act of love for martial arts. Professor Carl Beaver once said, “it is my art, but it's not my art to keep.” Professor Sam Luke said, “if you're practicing massaging do it lovingly.”

These words of wisdom from the professors are words to live by, which should remind us to be vigilant in practice and spreading what we know.

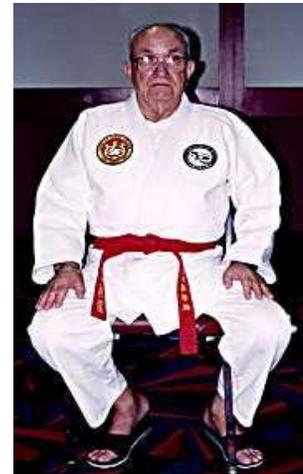
Final Words about Ohana 2018

It is not too late to register for Ohana 2018. Be sure to be a part of the fun. Go to the link below and get yourself all booked up for what will be a great weekend. JUNE 1, 2, & 3. Go. Be a part.

<http://www.danzanryuohana.org/2018/register.asp>



Professor Sam Luke



Professor Carl Beaver



Prof. David Nuuhiwa