



Shoshin Ryu Yudanshakai Newsletter

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Winter 2019

"An idea that is developed and put into action is more important than an idea that exists only as an idea." -- Buddha

Membership has its Privileges

By
Bryan Stanley

Happy New Year.

The new year brings with it a host of opportunities. Why else do people make resolutions and promises to be more "this" or to change "that" about themselves?

Shoshin Ryu underwent a new year's resolution in November, when Sensei Remi Pintang was made our next membership director. Remi is a nidan, a student of Professor Kevin Dalrymple's, and has been a member of Shoshin Ryu for many years. Her goal is to make sure that you get a prompt response when you are registering as a Shoshin Ryu member.

Being a member of Shoshin Ryu has its rewards.

First and foremost, Shoshin Ryu membership provides secondary insurance. The insurance provides a security blanket for the sensei. In many recreation centers, health clubs, and business situations, you must show that your students are insured. Shoshin Ryu membership provides a low-cost solution to insurance issues.

Next Shoshin Ryu membership gets you free clinics or reduced fees for Shoshin Ryu events. Last year we had two judo contests, two sumo contests, and six clinics in southern California. The clinics were free to Shoshin Ryu members. The contests had a thirty-five dollar registration fee for non-members (which included a Shoshin Ryu membership) and a ten dollar fee for members. We do this to try and keep the jujitsu experience affordable and fun, so that an entire family can participate.

And don't think that the clinics are free because the instructors are poor. We have clinics taught by Professor Jim Lambert who has over 50 years of experience with Danzan Ryu Jujitsu, Professor Carlos Gallegos who has over 50 years of experience in the martial arts, and Professor Kevin Dalrymple who has more than 40 years of experience with Danzan Ryu were all instructors. The amount of experience that is open to anyone who comes to a Shoshin Ryu clinic is astounding.

Finally, a Shoshin Ryu membership gives your rank some meaning. Shoshin Ryu was established in 1975. When you get promoted as a member of Shoshin Ryu, the size of the organization and its history is behind you. Your rank is certified by Shoshin Ryu and would be recognized by all instructors and dojos within the system. On a larger scale, being a Shoshin Ryu member solidifies your place in the Danzan Ryu Jujitsu community.

We all hope that you will become Shoshin Ryu members in 2019. You will find the membership form on page three of this edition of the newsletter. You can sign up at Shoshinryu.com as well.

Sensei Pintang is ready and waiting to be of service.

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Words of Wisdom

"The road to success and the road to failure are almost exactly the same." -
- Colin R. Davis

"Success is walking from failure to failure with no loss of enthusiasm." --
Winston Churchill

"The successful warrior is the average man, with laser-like focus." -- Bruce
Lee



Seven Ways to Find Happiness in the Dojo

By
Bryan Stanley

Even at this point in my jujitsu life – close to thirty-five years in – I find myself getting frustrated in the dojo. I want my techniques to be flawless. Alas, they are not. When I started all those years ago, doing jujitsu was so hard that I wondered why I kept going back. It seemed that I would never get it. Like most people who have longevity in the art, I found that over time the small successes started to add up.

In the face of all the adversity, it is important to keep focus on what is important. If you do a better hip throw, you are not going to be any happier than if you did a poor hip throw. The temporary success of doing any technique well, fades pretty quickly once you start on the next technique or it gets pointed out what you need to work on to make that hip throw even better. It never stops. If you do not believe me, ask your sensei how many times he/she has done a technique, any technique perfectly.

What are some ways we can maintain our perseverance in the dojo? How can we make every workout another step in our journey toward jujitsu happiness?

1. First things first – focus on what needs to be done first. No one can do a defense until there is an attack. You cannot become a black belt until after you are a brown belt. Do not rush the experience. Do what needs to be done first then second then third and on and on. Enjoy the journey and take the time to get a solid grasp of what you are learning.

2. Focus on growth – it does not matter how long you have been in the art. Keep the idea on how you will become better today than you were yesterday. Sometimes that can be hard, but going to the dojo and putting in an honest effort every class will lead to not only personal growth and better technique, but to a happier life away from the dojo.

3. Do not compare yourself to others – Your martial arts journey is yours and yours alone. Some (see **Happiness** on page 4)



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 are per year. Membership dues include mandatory liability and supplemental medical insurance. Memberships are for the current calendar year from January through December 31.

_____ \$25.00 General Membership Dues (for Adults & Juniors)

_____ \$30.00 Adult Kyu Rank Membership Dues

_____ \$40.00 Black Belt Membership Dues

Signature _____ Date _____

Parental consent if under 18 years _____

Mail to: **Shoshin Ryu Yudanshakai**
C/O Remi Pintang
242 S. McCarron St.
Placentia, CA 92870

Phone: 714-654-0800

Please enclose your check payable to: **Shoshin Ryu Yudanshakai**
For more information, visit us at **www.Shoshinryu.com**



(Happiness, continued from page 2)

are blessed with the size and coordination that allows them to appear to be jujitsu prodigies. If you are not like that – which by the way is most of us – you have no business comparing your progress to theirs, unless you want to be really unhappy and eventually quit the art. Keep practicing at your own pace, do not worry about promotions, and keep the focus on your own learning.

4. Occasionally take a break – after working hard for a couple of months, take a week or two off. After time away, you will return refreshed. The break can help you see areas for improvement and change your mind set about what is important.

5. Pay attention to what you do well – At six-feet four-inches tall and 185 pounds, doing hip throws on five-foot eight-inch ukis was terribly difficult for me. I made up for it by doing leg throws and sacrifice throws. When we start our martial arts journey, we do not do anything well, eventually you will find a niche. It takes time and encouragement but you will find an area where techniques come easily.

6. Daydream about jujitsu – Spend time away from the mat daydreaming about doing your arts. Think about different combinations. Daydream about ways to use your techniques that you have not done in the dojo. It will refresh those old techniques and bring new energy to your workouts.

7. Figure out what jujitsu means to you – We all look at jujitsu in different ways. Some of us do it for fun and exercise. Some people do it for the climb up the rank ladder. Others do it for the camaraderie of others. Ask yourself what this art means to you. What is your purpose for practicing, for studying, and for putting in the time and effort to improve? Once you figure that out, the rest falls into place pretty easily.

Success is fleeting and usually done in private. Happiness is long term and can be shared with everyone. Finding the ways that you can be happy in the dojo will not only make your jujitsu experience better, but can improve the jujitsu experience of others.

This is not an essay on being Pollyanna, we all have our ups and downs and sometimes we bring them with us to the dojo. The goal is to keep a focus on what is important, and by doing that, we find happiness in the dojo.



A black hole. The choice is yours.

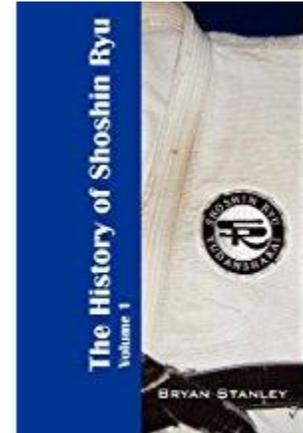
Oh, and one other thing, #8 focus on what you can control – the only person you have any control over is yourself. Only you can make your body move, decide what you eat, or how much you exercise. You can control what you think and how you think it. You can be a beacon light of positivity or a dark hole of negativity. The choice is yours. You control that, no one or nothing else does.



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.

www.outskirtspress.com/bookstore/9781432786458.html
Click the book cover to go to Amazon.com



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Body Management

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

BACKFALL
 BACKKNUCKLE
 BACKWARDPIVOT
 CATSTANCE
 DOWNWARDBLOCK
 FIST
 FOREARMBLOCK
 FORWARDPIVOT
 FORWARDROLL
 FORWARDSTANCE
 FRONTFALL
 HAMMERFIST
 HORSESTANCE
 JUDOKNUCKLE
 JUDOROLL
 KNIFEHAND
 NATURALSTANCE
 PALMHEEL
 PARRYBLOCK
 SIDEFALL
 UPWARDBLOCK
 XBLOCK