



Shoshin Ryu Yudanshakai Newsletter

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Spring 2019

"You can choose courage or you can choose comfort, but you cannot choose both." – Brene Brown

In this issue:

SSR Reunion 2019 – Page 1
Words of Wisdom – Page 2
SSR in Pac. Nor. West – Page 2
2019 Reunion Flyer – Page 3
DZR Legacy – page 4
DZR Homepage – Page 5
Winter Sumo Contest – Page 7
History of SSR – Page 8
Shoshin Ryu Membership – Pg 9

Shoshin Ryu Reunion 2019

It is getting to be that time again. It's time to promote the Shoshin Ryu Reunion for 2019. Just a little background, in even numbered years we go to an O'hana and celebrate all things Danzan Ryu with other organizations and the larger Danzan Ryu Community. In odd numbered years, we do our own thing, have a little get together with our membership and a few friends, and have a good day or two hanging out together.

Anyone who has been to a Shoshin Ryu Reunion usually has a few good stories to tell. Whether they are of the things they learned, the people they met, or the adventures they had, most Shoshin Ryu reunions are memorable for something.

This year's reunion is going to take place in Boulder City, Nevada, over the Labor Day weekend. We will have clinics and a "banquet" on Saturday, August 31, and a short morning workout on Sunday, September 1.

If the past is any was to see the future, then we have to take into account that Boulder City is the home of Sensei Mike Chubb. In fact, he's the person in charge of this shindig. What that means is he is bound to be there, which makes for a good experience.

He also tends to get other people to come out of the woodwork for a little while. Who knows who will show up? Maybe I'm putting too much pressure on the people in charge.

The Saturday "banquet" is going to be a catered affair, the price has not been set yet, but don't expect it to break the bank. Word has it that barbecue is in the offering. But again, maybe I'm putting too much pressure on the host.

The overall goal of this reunion is to try and get people to Boulder City, have a day-and-a-half of jujitsu experience and do it as effortlessly as possible. This is not going to be a spectacular jujitsu extravaganza, but it should be fun.

Make your plans now. There is a Best Western in Boulder City that is central to all the activity. Of course, if gambling and night life is your deal, stay downtown or at any of the hotels in the greater Las Vegas area.

More information will follow. Don't let the e-mails get diverted to your spam folder.



Words of Wisdom

"Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes." – *Zen of Sarcasm*

"Failing to plan means planning to fail." -- *Reverend H. K. Williams*

"Honesty is something you can't wear out." - *Waylon Jennings*



Shoshin Ryu is alive and well in the Pacific North West. "We're not waiting at the train station!!!"

by
Professor Len Riley

On December 8th, 2018, Professor Len Riley, Judan with Shoshin Ryu Yudanshakai hosted an event at the Northwest Martial Arts Dojo in Woodinville, Washington, which is just east of Seattle. This event was held on behalf of Shoshin Ryu Yudanshakai.

In attendance were approximately 45 participants and many friends and family members. Among the Shoshin Ryu Dojos in attendance were Northwest Martial Arts, West Coast Danzan Ryu Jujitsu (SRY) Prof. Len Riley, Kaishinkai Honbu (SRY) Professors Ron and Sue Jennings, Seattle Kaishinkai (SRY) Sensei Chris Eller, Etonville Kaishinkai SRY) Sensei Dana Totten, Stanwood YMCA / West Coast Danzan Ryu (SRY) Sensei Crystal Robison and Prof. Len Riley, Oak Tree Dojo (Kodokan Judo) Sensei Fred Ogden, and their students.

We had quite a few other special guest instructors, Dale Kahoun (Kilohana), Siu Liang (Tai Chi), Wayne Howard (Godan in Kodokan Judo) Under Shihan Hayward Nishioka, Fred Ogden (Yodan in Kodokan Judo) Oak Tree Dojo, Brent Yamamoto (Karate) Northwest Martial Arts, and Randy Thompson (Aikido) Northwest Martial Arts.

This was a teaching clinic so each of the Instructor Black Belts came out and taught 3 to 5 of their favorite arts and the group learned and practiced. There were many martial arts styles represented but mostly Danzan Ryu Jujitsu.

We also made several promotions at the end of the day-long event. Greg McCormack from West Coast Danzan Ryu Jujitsu received his Yonkyu/Green Belt, Josh Dean from West Coast Danzan Ryu Jujitsu received his Nikyu/2nd Level Brown Belt, Dan Correll from West Coast Danzan Ryu Jujitsu received his Nikyu/2nd Level Brown Belt, Felicia Cain from West Coast Danzan Ryu Jujitsu received her Shodan/ 1st Level Black Belt, Dana Totten from Etonville Kaishinkai received his Sandan/3rd level Black Belt, John Doyle from Kaishin (see **Pacific Northwest** on page 5)



SHOSHIN RYU YUDANSHAKAI



Keep your eyes on your e-mail for more information.

Saturday, August 31, 2019, learn and eat

Sunday, September 1, 2019, morning workout, done by noon.



Editor's Note: The following article was submitted by Professor Dave Woodland some time ago. I dropped the ball. I am putting it in the newsletter now to try and make amends. Sorry, Prof. Woodland.

What is your DZR legacy?

By
Professor Dave Woodland

Several decades ago Jean-Henry Fabre, a French scientist, did an experiment with Processionary Caterpillars. These caterpillars move through the forest in long processions with one leading and the others following with their heads on the 'rear extremity' of the one in front of it. Each caterpillar plods along assuming the caterpillar in front of it knows where they are going.

One day Fabre enticed the caterpillars onto the rim of a large flowerpot. He got them all connected to each other, forming a circle without beginning or end. Instinct directed them to start moving, so they went round and round the rim of the flowerpot.

Fabre assumed that eventually one of the caterpillars would realize they were on a useless march and break the circle. He was very surprised as this creeping, living circle continued to go around the rim in a mindless journey to nowhere.

They continued their relentless pace for seven days before sheer exhaustion and starvation finally overcame them. They were so focused on following the one in front that they neglected to see that in the center of the pot Fabre had placed plenty of food and water that could have saved their lives.

Fabre wondered why these caterpillars didn't stop and partake of the needed nutrients their bodies craved. His conclusion was that their instinct, habit, and past experience were so ingrained in who they were that they blindly followed the one in front of them. These caterpillars, hooked together around this pot, assumed their activity led them to achievement. In reality it led nowhere.

I believe this story illustrates the importance of helping our jujutsu students change direction and focus when needed. It also illustrates that activity will not always lead our students to accomplishment or fulfillment of their goals. We can also teach them to be aware of whom they are following.

The best sensei/professors are always effective leaders.

I believe with all my heart that the only way to be a great sensei is to teach and mentor others, to help them become great sensei's also. All the sensei's that I have had the fortune to study under, (Prof. Mike Lynch and Prof. Ron Jennings) have said to me several times that their goal isn't to create black belts but to create professors that will one day be better (See **LEGACY** on page 6)



Shoshin Ryu Yudanshakai Newsletter

Spring 2019

Page 5

(Pacific Northwest, continued from page 2)

Kai received his Sandan/ 3rd Level Black Belt, Tom Lang from West Coast Danzan Ryu received his Rokudan/6th Level Black Belt and Title of Professor with Shoshin Ryu Yudanshakai. Professor Ron Jennings founder of Kaishin Kai received his Kudan/9th Level Black Belt.

A little background information on some of the promotions, Felicia Cain holds a Yodan in another Jujitsu System and has been training with Prof. Len Riley at the Woodinville dojo for 3 years. She is picking up our Danzan Ryu system very quickly. Both Dana Totten and John Doyle both received their Sandan in 2017 from SRY but according to their sensei Ron Jennings, this was a chance to make it formally in front of the group. Tom Lang has been studying Danzan Ryu since the 1960's formerly with the AJJF. Prof. Ron Jennings has been studying Danzan Ryu Jujitsu since the 1950's and holds rank with the AJI, AJJF, Jujitsu America and maybe a few others.



The Assembled Professors at the Northwest Martial Arts Dojo in Woodinville, Washington



Participants at Professor Riley's Shoshin Ryu workout in the Pacific Northwest

After all the group pictures were done, we all moved the celebration over to the Tokyo Japanese Steakhouse which was directly across the street from the Woodinville Dojo. After a long day of working out, promotions and dinner, we moved again over to the local Hampton Inn where a hospitality suite was provided for the remaining group. Saki and other assorted refreshments were used to toast the people who received promotions.

Everyone had a great time. No injuries, just big smiles from all in attendance. Many thanks to the Northwest Martial Arts Dojo for opening the school on a Saturday for this event. I hope we started a tradition that will continue for many years to come.



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



(DZR Legacy continued from page 4)

than them and carry on DZR to future generations. The best martial artists are not remembered for what they kept to themselves or kept secret but for what they shared with others, regardless of race, gender or social standing. What a great way to create a legacy.

Tom Peters wrote, “Leaders don’t create followers - they create more leaders.” The idea of expanding one’s own effectiveness and sphere of influence by promoting and recognizing others is certainly not new, but it is an idea that deserves a revival in some Danzan Ryu organizations.

So why don’t more DZR organizations and sensei embrace the role of a mentor?

Hierarchy is a polarizing mechanism. When it’s working fair and properly, individuals can benefit. When it is corrupted or run incompetently, everybody suffers (except perhaps those few at the top). Hierarchy is a powerful tool, thrust into the hands of people who may or may not deserve it.

In the midst of a thousand civilian activities and pastimes lies the martial arts. No basketball coach or yoga teacher holds the same authority and influence over subordinates as the martial arts sensei. (Ironically, no coach or teacher could get away with the same lack of credentials and know-how as a slick, philandering martial arts ‘master’).

With the martial arts hierarchy working correctly students, children especially, can benefit from learning respect for superiors and by learning self-discipline, which is the cornerstone to personal success.

The benefits of DZR hierarchy.

The hierarchy of a dojo can often be a microcosm for what people can expect in the real world. Students who learn the intricacies of handling superiors, subordinates, and ‘equals’ can often translate those skills into the workplace and home environments.

A positive dojo hierarchy can also provide serious motivation for students to achieve. The desire to ‘move up the ladder’ and earn the respect that seniors have can become palpable, and students are sometimes able to push themselves beyond what they thought was attainable. It is a goal-setting ideal that can teach people to move beyond their perceived limits and take charge of their own destiny.

This may just be your most important role as a sensei - mentoring, teaching and developing the skills of your students. What happens when you don’t help people develop? They quit! They move on to other organizations and/or dojos that have better opportunities for growth and advancement.

The pitfalls of DZR hierarchy.

The benefits discussed can be perverted more easily than you might suspect. The desire for respect can often lead to a lust for power. Vanity and self-importance are traits not uncommon in martial arts ‘masters’ who wield their position like a club. The ability to start a dojo and to have students underneath you is astoundingly easy, anyone can do it. Therefore, people that (See **DZR Legacy** on page 8)



Shoshin Ryu Yudanshakai Newsletter

Spring 2019

Page 7

Winter Sumo Contest

The site was the Baptist Church in Westminster. It was Saturday, February 23, 2019. A group of jujitsu students ages 5-14 participated in the Shoshin Ryu Winter Sumo Shiai. It was, for all accounts and purposes, a regular event with pushing, shoving, throwing, and falling. Seeing kids have fun with sumo is a good way to spend part of a Saturday afternoon.

Division 1 (5-6 years)

Ethan Berry
Wyatt Greenwalt
Derek Nguyen

Division 2 (7-8 years)

Avaneesh Nangare
Hailey Rios
Demy Illgan

Division 3

Serena Nguyen
Gideon Greenwalt
Josiah Greenwalt

Division 4 (9-10 years)

Ada Anguiano
Hayden Greenwalt

Division 5 (11-12 years)

Ava Anguiano
Thomas Nguyen

Division 6 (13-14 years)

Ryan Vargas
Jaime Lopez





(DZR Legacy, continued from page 6)

have no outlet for their self-aggrandizement will, often times, use martial arts to satisfy their needs. Command, power, and influence are highly addictive. Some sensei's enjoy seeing a little army consisting of versions of themselves, ready to listen, follow, and take commands.

One problem is that many sensei's feel threatened when they develop the talents of others, especially students who have the potential to become better than they are, they see it as a threat to their position in the hierarchy.

Hey - DZR organizations, there is no threat.

The best sensei measures success by the student that surpasses their own skills, talents and abilities. When sensei plays an active role in mentoring and training someone to exceed their skill level, there is no threat - only earned respect.

I've have tried to honor my sensei's and train my students to become better martial artists than I'll ever be, if they take the initiative to pursue the training and study. **That's not a threat to me** - that's my role as a sensei to guide them on the path.

As I promoted the student, the student elevated me.

Just recently I noticed something very interesting was happening in my relationship with my black belts. Something I didn't ask for, it just spontaneously started happening... before my students became black belts they addressed me as sensei. I'm sure they still felt some sense of dependence and deference toward me, as I promoted my first black belts, and then later as I recognized a few of these students with higher rank and recognized them for their achievements - those students started addressing me as "Master."

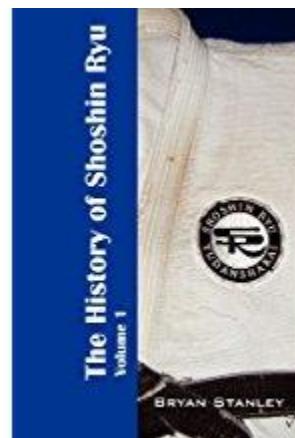
As the student excels, my role as sensei must shift from simply teaching technique to more mentoring and coaching that student to even higher levels of performance.

That's the secret to creating a lasting legacy and a Danzan Ryu organization that can be a source of inspiration and a guiding light to help students achieve their goals and learn the techniques and traditions that have benefited practitioners for generations.

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





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**