



# Shoshin Ryu Yudanshakai Newsletter

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Summer 2018

“A champion is defined not by their wins but by how they can recover when they fall.” – *Serena Williams*

## Ohana 2018

By  
Bryan Stanley

After every Ohana celebration, I start my article by thanking the organization that put on the event. Putting on an Ohana is a big deal. It takes a lot of energy, it takes a lot of dedicated people, it takes a lot of money, it takes a lot of planning, and it takes a lot of time. During an Ohana, it is easy to have something, some little problem that gets in the cracks and makes things more difficult for everyone.

With all that in mind, I do not think I would be remiss in saying that Jujitsu America did a fantastic job putting on Ohana 2018. They didn't miss a beat. From a participant's point of view, it went off without a hitch. From picking a registration packet, through all

the events that led to the contest on Sunday, the members of Jujitsu America made Ohana 2018 a real treat.

The events started promptly. As an example, the bow in on Saturday morning was right on time. Professor Richard Bunch introduced all the instructors, and plenty of the movers and shakers of Danzan Ryu were in the house. Professor Willy Cahill was on hand to teach. Former world champion boxer and kickboxer Graciela Casillas taught a clinic. American Jujitsu Institute President Danny Saragosa taught. I could go on and on...so I will. Among the instructors at Ohana 2018 were Professors Kevin Dalrymple, Carlos Gallegos, Ken Eddy, Irene Swenson, Hans Ingebretson, Lawrence Boydston, Sue Jennings, and a host of other well-prepared teachers.

Once the clinics started it was like putting your foot on the gas pedal and letting the fuel tank drain. In all the room housed five mat areas for adults, one for children, and one for healing arts. The clinics were each fifty minutes in length, just long enough to get a taste of some ideas, then move on. I guess you could call it a smorgasbord of jujitsu.



Professor Gallegos teaching his clinic at Ohana 2018.

I went to a few of the clinics, they were top notch. Professor Carlos Gallegos did a great job teaching two step fighting techniques. He is such a good teacher, if you get the chance, go to one of his clinics. I also went to Professor Ken Eddy's Bo No Maki clinic. It was cool. All the techniques he did with the bo flowed. It was not like a martial arts movie where the bo made direct contact. Everything was glancing and moving.

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## Words of Widsom



“One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses blooming outside our windows today.” - *Dale Carnegie*

“You can’t just sit and wait for people to give you that golden dream. You’ve got to get out there and make it happen for yourself.” - *Diana Ross*

“Let us not be content to wait and see what will happen, but give us the determination to make the right things happen.” - *Horace Mann*

## Presidents Day Weekend, BCJC gathering

By  
Sensei Dale Evola

Twice yearly Shoshin Ryu members gather together to learn collaborate and fellowship. We had folks from Washington, Nevada, Arizona and California. As always, it’s a good time to catch up and a great way to stay connected. This year we kicked it off with Kiai no Maki, Gun, Iron Fan and Knife on Saturday and Long-Life massage on Sunday.

Senseis Mike Chubb and Len Riley helped us to go over the fine points of the techniques as we attempted to preserve the arts as well as review for the arts for relevance. As always it was a great workout with plenty of healthy discussion. Rounding out Saturday Sensei Dave Greenwalt talked over with us the importance of keeping using and training in the use of serious trauma first aid kits. He was able to share with us some of the most recent concepts being used out there today by our first responders.

After the workout on Saturday it was down to the Boulder City Brewing company to relax and reflect on the day’s events. There we sat talked and ate together, got to know some new faces and enjoyed catching up on what’s been happening in each other’s lives.

Sunday, rounded out the weekend with long life message as instructed by Sensei Jon Jacques. These gatherings are so important for us to stay connected and preserve the Arts and not only preserve the Arts but deal with some of the finer points of how they can affect us in the modern day. Preserving the arts as we best understand them. As sensei Mike Chubb helped us to understand we need to continue to pass on what we know while we still can.



The assembled horde.



(L to R) Professors Dave Chubb, Len Riley, Bill Fischer, and Bill Randle



# 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 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)



## What Happened at the World Games?

During Ohana 2018, Professor Richard Bunch made many references to the 2017 World Games in Australia. Held on October 27-29, 2017, Jujitsu America Students Kevin Spruill, Arren Moskowitz, Carla Bunch, James Oh, Jaylin Jones, and Keanna Bunch all won medals at the event. Why is this important to Shoshin Ryu? It shows that Danzan is an effective art, not just for self-defense, but for competition. It may be a little late in coming, but congratulations to the members of Jujitsu America for your victories.

(Ohana 2018, continued from page ONE)

During the middle of the day of clinics, the clinic directors cleared out two mats and took a little time to have a sumo contest. It was not just for kids, plenty of adults jumped into the ring. It was nice to see a big group of people on a mat, laughing and competing, while clinics were going on all around them. It was a smorgasbord. This was just more evidence of what a great job Jujitsu America did putting on Ohana 2018.

The banquet was a regular affair. We ate, we laughed, and we talked. The food was really good. Personally, I liked the fish with coconut sauce the best. Once I finished all my vegetables, I made a dash to the desserts table. Yes, I know, a moment on the lips, a lifetime on the hips. Well the desserts were so rich, they were great. Especially the chocolate cake.

Once the food was gone, all the organizations that wanted time at the podium could go up and say a few words

One important promotion came from the American Jujitsu Institute, which promoted Edward Bederov to Rokkudan.

During Shoshin Ryu's time at the podium, we presented a plaque to Jujitsu America in gratitude for all the hard work they did making Ohana 2018 such a success. Then Professor Sue Jennings promoted three of her students: Chris Eller to Sandan, Olivia Latham to Shodan, and Luke Gentry to Shodan. I had the great joy of promoting one of my students, Sensei Jayson Pickens to the rank of Sandan.



The most notable presentation for the evening was inducting Professor Janice Okamoto into the Danzan Ryu Jujitsu Hall of Fame. Professor Okamoto started learning Jujitsu in the late 1970s under Professor Wally Jay. She went on to form the Alameda Judo and Jujitsu Club, which is now run by the alumni who learned from her. She is one of the founding members of the Association of Women Martial Arts Instructors Hall of Fame. She is very deserving of her place as the 2018 inductee.

On Sunday they ran three contests: sport jujitsu, point karate, and karate kata. The sport jujitsu tournament was attended mostly by Jujitsu America students. The sport jujitsu movement is very popular in Northern

California, and Danzan Ryu Schools have made a great mark in international competition. These competitors are the next wave of potential world champions in that activity.

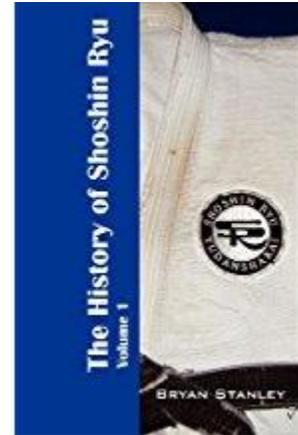
All in all, Ohana 2018 was a great success. All the time preparing for the event really showed. Jujitsu America did a wonderful job. Ohana 2020 is going to be in Honolulu, start saving your money. The American Jujitsu Institute will do a bang up job.



### 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



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### Nage No Kata

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

- Deashi Harai
- Sasae Ashi
- Okuri Harai
- Soto Gama
- Uchi Gama
- Soto Momo Harai
- Uchi Momo Harai
- Ogoshi
- Utsuri Goshi
- Seoi Nage
- Ushiro Goshi
- Seoi Goshi
- Tsurikomi Goshi
- Harai Goshi
- Hane Goshi
- Uki Otoshi
- Makikomi
- Kani Sute
- Tomoe Nage
- Yama Arashi