



Shoshin Ryu Yudanshakai Newsletter

Vol. 39, Issue 2
Summer &
Winter 2021

"Be the person that makes others feel special. Be known for your kindness and grace." -Unknown

In this issue:

Thought for the day

The Boulder City Jujitsu Club

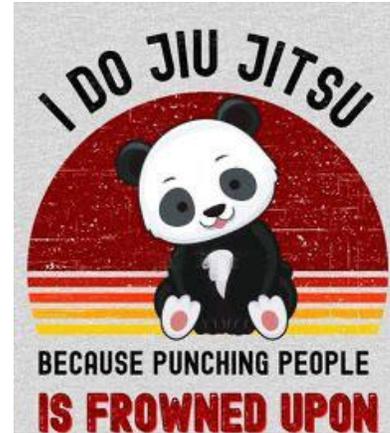
Reminder

Preventing Burnout

Editors comments

Shoshin Ryu Membership
Application

Thought for the Day



The Boulder City Jujitsu Club

By Mike Chubb, Sensei

(The following is an explanation of the mission and goals of the Boulder City Jujitsu Club, from 2008. This was sent to the newsletter by Professor Bill Fischer. What was important then is just as important now.)

Let me begin by saying that our program is more than about self-defense. It is about what a student is and what he/she may become. It is about discipline, self-denial, restraint, and self-esteem. It is about honor and dignity. It's about duty...

Professor Henry S. Okazaki, founder of the Danzan Ryu system of jujitsu, stated in his essay, *The Esoteric Principles of Judo*, "Since the fundamental principles acquired through the practice of jujitsu have been elevated to a finer moral concept called Judo, The Way of Gentleness, it may well be said that the primary objective of practicing judo is perfection of character. And to perfect one's character, one must be grateful for the abundant blessings of Heaven, Earth, and Nature, as well as for the great love of parents: one must realize his enormous debt to teachers and be ever mindful of his obligations to the general public."

Continued on page 2



Shoshin Ryu Yudanshakai Newsletter Winter 2021



The goal of the Boulder City Jujitsu Club program is to perpetuate this philosophy. We believe it is far more important to build strong and resourceful leaders than merely to teach kids and adults how to protect themselves. To that end, we stress leadership, teamwork, sportsmanship, service, patriotism, loyalty, humility, and courage.

Leadership: Allowing the student to "teach" other students of lesser rank while under the watchful eye of senior assistants develops leadership. Prior to beginning the teaching assignment, the leader is instructed in whom and what to teach. Having experienced the same method of teaching, the leader is aware of what is expected of the group. This means that he/she must give instruction through demonstration and supervise safe practice while maintaining discipline and order. This method helps the leader to further develop his or her vocal skills while simultaneously enhancing his/her own understanding of the arts. Further, teaching at the peer level appears to help reduce and often eliminate the anxiety of public speaking later on.

Teamwork: Mutual cooperation is an integral part of a program such as this. Without a partner with which to practice, the student cannot successfully learn what is required for his/her advancement. Helping one another, then, leads to the fulfillment of goals and the realization that what we achieve in the program is often through the selflessness of others.

Sportsmanship: At the end of each class, the students usually take part in an impromptu contest, which offers them the opportunity to test their skills against an opponent of like size or ability. It is not important to win but to always try one's best. Victory, at the expense of fairness or the dignity or safety of an opponent is, indeed, a bitter one. A true champion is magnanimous in defeat and humble in victory.

Service: Everyone who enjoys the benefits of a dry shelter, clean clothes, wholesome food, a thorough education, and freedom of choice has a debt to repay to those who have provided it. Whether it takes the form of performing daily chores for our parents, offering assistance to others less fortunate than we, or volunteering to help in a thousand other ways, each day provides the opportunity to repay that debt. Students in our program repay their debt by helping lay down and pick up mats at each class, volunteering to lead exercises, or by offering to teach students of lower rank.

Continued on page 3



Patriotism: At the beginning and end of each class the students and instructors bow toward our country's flag as a sign of respect and commitment. The Okazaki system reached its zenith during World War II as the Professor and his students taught the men and women of our armed services prior to their reassignment in the Pacific. We hold those who serve, or have served, in our nation's armed services in the highest regard. For, it is through their continued sacrifices that our freedom has been secured and maintained.

Loyalty: As the saying aptly goes, "If you don't stand for something, you'll fall for anything." We are known (and remembered) by what we believe and are prepared to defend. We believe that there is nothing more important than the family; that friendships must be cultivated daily; and that "service to humanity is the fountain of mutual existence and common prosperity."

Humility: Professor Okazaki admonished his students to "...refrain from arrogance and do not despise a small enemy or a weak opponent." And again, "The boughs that bear most hang lowest." Respect for elders, seniors, and those in authority is the foundation of the virtues of modesty and humility. Proficiency in the arts is the way by which they are achieved.

Courage: This is the ability to take a stand against what is wrong or unjust or, more likely, unpopular and not waiver. The Professor called these situations "Hell under the upraised sword" and withstanding them represents the embodiment of martial discipline. Of all the virtues one acquires on the journey to perfection of character this is the only one that cannot be taught: it must come from the heart of the student.

At the beginning and end of each class we salute the flag of this great country. At the end of each class, we recite the Six Pearls of Wisdom: Obey your parents; do your chores with a smile on your face; learn as much as you can in school; be a good citizen; help one another; be thankful for what you have.

Reminder: Membership Extension

All kyu ranks who paid for a Shoshin Ryu membership in 2020, your 2020 membership is good until December 31, 2021.



This is an article by the Shoshin Ryu newsletter's legendary editor, Bryan Stanley. His unique perspective is important for senseis and students. This article about burnout and some steps we can take to keep students, senseis and even Professors coming back on the mat is appreciated and needed. Bryan recently stepped back from the editing position. His satire, wisdom, wit and intelligence will be sorely missed. Take a break Bryan, but know, I will continue to refuse to use the Oxford comma. This one, hopefully not the last, is from my friend.

Preventing Burnout

By

Bryan Stanley

Stick around any martial arts class long enough and you will see a student who comes to class completely pumped up to learn. They focus, they mimic, they do all the things that are necessary to become a true martial artist. Slowly that enthusiasm starts to slip away, eventually they stop coming all together. Usually, we get no opportunity to ask the energetic student how come they stopped coming to class. When the opportunity does arise, the student will usually answer with the following: "My schedule at work changed" or "I had family problems that had to be addressed."

When looked at a little more closely, the two above excuses could be reason to stop practicing. The thing that is difficult to understand is after the work schedule got organized, why didn't the student come back? After the family problems got solved, why didn't the student come back? Whatever the reason for discontinuing practicing jujitsu, life circumstances change, new opportunities arise, the chance to continue to learn is waiting.

Maybe the real reason is burnout. That person who comes in hot, ready to learn, trying to drain every last ounce of knowledge from the gas pump they call Sensei, eventually runs out of fuel themselves.

Burnout is a tricky thing. Sometimes it happens, sometimes it doesn't. It can occur after a few days or many years. It can happen with family life, hobbies, sports, or work. The questions that need to be answered are what is burnout? and how can we avoid it?

The following explanation of burnout comes from the website verywellmind.com, "The term 'burnout' is a relatively new term, first coined in 1974 by Herbert Freudenberger, in his book, *Burnout: The High Cost of High Achievement*. He originally defined burnout as, 'the extinction of motivation or incentive, especially where one's devotion to a cause or relationship fails to produce the desired results.'" Continued on page 5



The relationship may produce the desired results for a while, but ultimately the results the student gets may not be enough to keep them coming back. Can the sensei change the situation? Can the student change it? What do we need to do to avoid burnout?

Research shows that there is a relationship between burnout and motivation. What researchers have found is that there is a negative correlation between people who are intrinsically motivated and burnout. What that means is that people who enjoy doing an activity for the sake of doing it, are less likely to suffer burnout. Keeping in that realm, there is a positive correlation between extrinsic motivation and burnout. In other words, people who do a task for external rewards are more likely to suffer burnout.

Jujitsu has both intrinsic and extrinsic rewards. The intrinsic rewards are the feelings of satisfaction for doing a technique correctly, the growth that comes from learning new techniques, or the peace of mind that comes from knowing how to defend yourself. The extrinsic rewards are the belt promotions, the medals that come from competition, or the status that comes from attaining a higher and higher rank.

By looking at this short, less than thorough list, it is easy to understand why someone who is extrinsically motivated would burn out on jujitsu pretty quickly. The rewards don't come very often which is a determining factor for someone who is doing the art for an external reward – belt promotions for example take months and years, and the chances to earn medals in competitions only happen infrequently.

Some of the jujitsu related external causes of burnout listed at Helpguide.org are: feeling like you have little or no control over your work, lack of recognition or reward for good work, and doing work that is monotonous. Jujitsu has all those things. Until you become the sensei of your own dojo, you will be doing mostly what Sensei says. (I remember a night many years ago when I was a sankyu, and Kevin Dalrymple, who was probably a nidan at the time, spent forty-five minutes drilling into my head how to do Sakanuki. Talk about having no control and doing work that was monotonous.)

Burnout also comes from internal causes or personality traits. Research indicates that people with a "Type A" personality who are perfectionistic, have a need to be in control, or are high-achieving also tend to burnout more often than people with more relaxed "Type B" personality types. Personality does not just shut off after work or school. It is easy to understand how a "Type A" personality type would start a martial arts program and then get burned out with it. Just think about how many perfect techniques happen in a jujitsu life. When assessing it honestly, there probably aren't that many. It seems that every technique needs a little tweak here or a little less pressure there. To a perfectionist, that would be a living hell

Continued on page 6



Burnout can be caused by motivational factors, external causes, and personality type. It would seem that finding a sure-fire method to avoid burnout is not possible.

But what if there is a chance to reduce its occurrence?

In the article “The Relationship between Motivation and Burnout in Athletes and the Mediating Role of Engagement” by Grana, De Francisco, and Arce, they cite research that refers to engagement as the primary method of avoiding burnout. According to the authors, engagement has four-dimensions that keep athletes involved in sports: Confidence, the belief in the capacity to reach a high level of performance and the desired goals; Vigor, the sensation of physical and mental vitality; dedication, the desire to channel time and efforts into achieving the goals that the individual considers to be of importance; and enthusiasm, the emotions and enjoyment that comes from doing the sport.

In this definition is the answer to the burnout question. The key word is “goals.” The first night for most jujitsu students starts with set pattern of activity: a person joins the class, they receive a syllabus with a list of yawara, nage, shime, and oku techniques. Then they learn how to roll and fall. They learn the basics of Kazushi Nage or some hand technique. Then class ends and they go away until the next class.

Perhaps the class should start with the following question, “What are your goals for learning jujitsu?” They probably don’t know anything about the art, but they came in for a reason. What is it? To defend themselves? To earn belt ranks? To become a black belt?

To avoid burnout, it is important to find out what the person’s goals are. A jujitsu student without goals is going to have a jujitsu experience a lot like this conversation from Alice in Wonderland:

“Would you tell me, please, which way I ought to go from here?”

“That depends a good deal on where you want to get to,” said the Cat.

“I don’t much care where—” said Alice.

“Then it doesn’t matter which way you go,” said the Cat.

“—so long as I get SOMEWHERE,” Alice added as an explanation.

“Oh, you’re sure to do that,” said the Cat, “if you only walk long enough.”

No goals for learning? It is like the above conversation or like being in a ship without a rudder, the ship is going to go somewhere, and it probably won’t be the destination everyone had in mind. Ultimately the person is going to find a ship that will get them to where they want.

Continued on page 7



Shoshin Ryu Yudanshakai Newsletter Winter 2021



The solution to avoiding burnout seems quite simple, “Tailor jujitsu to what the new student wants to learn.” If they just want some self-defense techniques, then teach them some. Teach them a few hand techniques, a few throwing techniques, and a couple of constriction techniques. Once they learn those and become proficient, burnout is less likely to occur. They may stop coming to class, but it won’t be because they did not get what they wanted. The question is are they more likely to stay? Avoiding burnout comes from pursuing and attaining goals. Every time a person meets a goal, confidence increases, which leads to more dedication, vitality, and enthusiasm. As people become engaged in the art, they are more likely to stick with it and have an enduring jujitsu life.

Editor’s Comments

Thus ends the co-editors first Shoshin Ryu newsletter. We refuse to use our names since the excessive white space, lack of sections you have come to know and love will surely bring the townsfolk out with their scythes and pitchforks...or deliver harsh comments which our delicate egos will crumble under the weight of. We’ll surely improve, but when average men follow a giant, things often get lost in the oversized shoes that must be filled.

We would like to thank the former editor and chairman, Bryan Stanley, for his long years of service not just to the newsletter but to Shoshin Ryu Yudanshakai and its members past, present and future. Enjoy your much deserved time off Bryan.

We would also like to thank Bryan’s wife, Allison Stanley, for her perseverance and for allowing Bryan to take on so many duties to keep Shoshin Ryu operating all these years.

And finally, a word to our interim Chairman, Kevin Dalrymple. We here at the newsletter expect your confirmation vote to be smooth and effortless. There are few times when an organization can be said to have the right person in the right place at the right time. We have just had years of the right person and after decades of friendship and time on the mat, believe the right person for the job has arrived again. Your dedication to the art and to the organization has not gone unnoticed. We know you will do great things because it’s not in your nature to do any less. Thank you for taking on this mostly thankless position, for becoming the face of Shoshin Ryu and taking the reins to lead us into a bright future for the organization.



Shoshin Ryu Yudanshakai Newsletter
Winter 2021



HELP WANTED

We are looking for someone with strong video editing skills who would be willing to help put together a Shoshin Ryu Video Newsletter a few times a year. The video newsletter would probably be five to fifteen minutes in length and would be about events and stories from Shoshin Ryu in particular and Danzan Ryu as a whole.

The person we are looking for would need to be able to edit clips that get sent to them, organize the material into a cohesive report, and create a video that would be posted on Youtube.

We cannot offer much, but we are willing to give a Shoshin Ryu membership to the person who is willing to take on this endeavor.

The launch date for this would be in 2022.

Please send any inquiries to SRYNNewsletter@aol.com

Ohana 2022

We are getting closer to the best event in Danzan Ryu. Yes, with every passing day, we get one day closer to Ohana 2022. Ohana events are always fun. It is an opportunity to make contact with old friends, make new friends, and learn Danzan Ryu.

The event is being put on by Jujitsu America and is being held at the Crowne Plaza Hotel in Foster City, California. It will run from July 29 until July 31, 2022. They are going to have clinics taught by great instructors. They are going to have sport jujitsu, freestyle, and kata competitions. Finally, what would an Ohana be without a banquet? They are going to do one of those too.

Go to Jujitsuamerica.org/ohana-2022 to register. Don't miss it.



Words of Wisdom

“Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten.” — Neil Gaiman

“Success is not final, failure is not fatal: it is the courage to continue that counts.”
— Winston S. Churchill

“What lies behind us and what lies before us are tiny matters compared to what lies within us.” — Ralph Waldo Emerson



The poster features a central illustration of a pizza with a red Santa hat on top, set against a background of red and green circles with white starburst patterns. The Shoshin Ryu Yudanshakai logo is in the top left corner.

**SRU Christmas
Pizza Party**

December 10th (Fri)
6:30pm~8:00pm
@ Zito's Pizza
5572 E Santa Ana Canyon Rd,
Anaheim Hills, CA 92807

RSVP: (714) 654-0800



Condolences

Prof. Jim Lambert passed away on October 12th of this year. Our thoughts and prayers go out to Professor Lambert's family. We will miss one of the great teachers of Danzan Ryu Jujitsu and a member of the Shoshin Ryu family.



There are some who bring a light so great to the world that even after they have gone the light remains.



WORLD CLASS CLINICS AND TOURNAMENTS

CLINICS TAUGHT BY
LEADING EXPONENTS IN

- DANZAN RYU
- JUDO
- JUJITSU
- GRAPPLING
- MMA
- SELF DEFENSE
- KARATE
- WEAPONS
- AND THE HEALING ARTS.

TOURNAMENTS INCLUDE

SPORT JUJITSU

KATA

FREESTYLE SELF DEFENSE

OTHER TOURNAMENTS TBA



HOSTED BY **JUJITSU AMERICA**
JULY 29TH - JULY 31ST, 2022
CROWNE PLAZA, FOSTER CITY
CONTACT JUDIE KASPER AT 707.290.0936.
www.jujitsuamerica.org



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