



Shoshin Ryu Yudanshakai

NEWSLETTER

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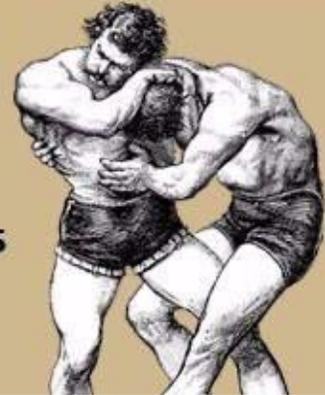
"Success is not final. Failure is not fatal. It is the courage to continue that counts."
–Winston Churchill

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THOUGHT FOR THE DAY:

Jiu-Jitsu
has brought me
to a point in my
life where most
of my best friends
have choked me.



What was true then still holds true today.

Another amazing article by Bryan Stanley from 2002

Ground Fighting and Danzan Ryu

By Bryan Stanley

For most of the martial arts world, the word jujitsu brings images of the “mount,” “guard,” and “side control.” That mental picture features two jujitsuka entangled in a knot of arms and legs struggling for position on the ground. For better or worse, largely due to the influence of Brazilian jujitsu and the Ultimate Fighting Championship, even people uneducated in the martial arts perceive jujitsu as ground fighting.

Anyone who has practiced Danzan Ryu for an extended length of time knows that Danzan is a stand up art. We use a ground attack, but not in the same way. Professor Sam C. Luke explained, “There are techniques in Danzan where a person is taken to the ground and you have to follow up...if you don’t follow up, and do a choke hold or something, you are going to have to do it all over again.” Our form of jujitsu is radically different from the Brazilian style, and the dilemma that we face is how can we, or should we even, address this new trend in jujitsu that focuses on the “ground game.”

“I don’t believe it belongs in Danzan Ryu,” said Professor Jim DeHaven. “It’s its own style. If you



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want to ground fight, join that style and learn it.” Prof. DeHaven’s sentiments are common in Danzan Ryu circles. But his reluctance for ground fighting is based on what most practitioners should see as the fundamental function of Danzan. Professor DeHaven clarified his position, “Our system is about protecting yourself, and that is done as quickly as you can possibly do it and get away. I don’t want to get on the ground with somebody, I want to get rid of him before I ever get to that point.”

“I think that you will probably end up on the ground, and you ought to be able to defend yourself from there,” commented Professor Mike Chubb, “I don’t know that I would take somebody to the ground to do it [defend myself]. If I end up on the ground, fine, but I hope that my skill is such that I could block that.” Professor Len Riley echoed both professors’ earlier thoughts, “We were always taught that you should try to do everything you can from a standing position, and if you wind up on the ground then something went wrong.”

There is an adage in martial arts that says, “Ninety percent of all fights end up on the ground.” If our fight is going to end up on the ground, then certainly we need to be prepared. Should the Danzan Ryu system and the Shoshin Ryu Schools address the issue of ground fighting?

“I think that if they are wise and prudent they will address ground fighting. I don’t know that you can inject it into the syllabus,” said Professor Chubb.

“You can’t predict what is going to happen out on the street, you have to be prepared to fight any style of fighting,” said Professor Riley, “when the current trend is ground fighting, we have to get in there and understand what they do and fight their fight.”

Not any of the Professors advocated changing Danzan Ryu or the Shoshin Ryu system to a ground fighting method. Professor Chubb summed up what the professors all independently thought, “Like the old samurai, I have to know what their bag of tricks is so I can start working on a defense against it, not that I’m going to head to the mat with the person.”

How does one prepare a ground defense? Professor Chubb’s advice, “Once you get off your



feet, there is an exhaustive use of energy to overcome your partner [opponent] or to escape that individual. I'd do more poking and hitting pressure points than I would wrestling." It is Professor Chubb's contention that addressing ground fighting could be learning to apply four or five shime techniques when on the ground. Similarly Professor Riley believes that the Danzan Ryu Shime-no-Kata course has many of the techniques of modern ground fighting and with a little bit of practice those techniques can be easily adapted to a grappling situation.

Perhaps the best way to deal with a person who wants to go to the ground is not to go to the ground in the first place. Practice could be spent on learning to defend takedowns and keep the attacker on his feet, where he is weakest.

Finally, spend some time on the ground. It doesn't need to be hours, ten or so minutes a night. Work with different positions and scenarios; see what can be done. An altercation with someone who is strong on the ground takes a very focused ground defense to hold him or her off, so prepare now for what may come later.

Occasionally there are critics of Danzan's stand up method. Professor Riley has this response to their criticism, "...when someone says we don't address ground fighting, I could say that the ground fighters don't address the standing techniques, or the multiple attacks, or the weapons, or many of the things that we take into consideration." What others perceive as weakness could be Danzan's greatest strength.

Danzan Ryu is a complete art; the techniques are there to create a ground defense; they simply need to be discovered and practiced. The adage says, "Ninety percent of fights end up on the ground," but remember, "100 percent of fights start on the feet."



7 Rules for Ground Defense

1. **Can I see my hands?**

If you can't see them, then your opponent is going to do something to them. Also keep your hands close, extended arms become armbars.

2. **Don't roll onto your stomach.**

If you are face down on the ground, you cannot protect yourself from the person on your back.

3. **Hook your punches.**

If you are on your back you won't be able to punch with power. If you are up, a straight punch can go straight to the floor resulting in a broken hand.

4. **Be active!**

Keep moving your hips and shoulders; create space so you can change your position, put on a technique, or escape.

5. **Be able to put on a submission hold from anywhere.**

The saying goes, "Position before submission." That's fine for practice, but in a fight anything goes. Be able to cause pain or incapacitate your opponent from any position.

6. **Get away.**

If someone knows enough to pull you into their guard, get out quickly. Don't let them start their attack.

7. **Be Patient.**

Don't force your technique, but more importantly don't panic.



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

"We cannot solve problems with the kind of thinking we employed when we came up with them."

— **Albert Einstein**

"Learn as if you will live forever, live like you will die tomorrow."

— **Mahatma Gandhi**

When I became a man, I put away childish things, including the fear of childishness and the desire to be very grown up."

— **C.S. Lewis**



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ANNOUNCEMENT

The purpose of this announcement is to inform all of you that as of June 1, 2022 we successfully restructured the organization under new management in an effort to better serve the community.

Moving forward, we will operate as Shoshin Ryu Yudanshakai, headquartered in Orange County, California as a non-profit 501(c)(3) organization with Professor Kevin Dalrymple serving as President.

We're truly excited about possible growth and new opportunity that the future holds. Thank you for your loyalty and your continued support of the organization.



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

***UNDER THE PINES
OUTDOOR WORKOUT!!***

**Bring towel, folding chair & sunscreen!!!
(2 hours of Oku & 1.5 hours of massage)**

Hosted by:

**Prof. Carlos Gallegos &
Prof. Kevin Dalrymple**

**Held at
Wrightwood, CA**

**5593 Sycamore St.
Wrightwood, CA 92397
(About 45 minute drive from OC)**

June 25, 2022

WORKOUT starts at 1:00 PM

**Clinic is open to all Shoshin Ryu members
And or non members**



For more information go to www.shoshinryu.com





Shoshin Ryu Yudanshakai Membership Form

Please check one: New member Renewal Date _____

Name (Last) _____ (First) _____ (MI) _____

Mailing Address _____

Birthdate _____ Age _____ Cell phone _____

E-mail address _____ Belt Rank _____

Dojo affiliation _____ Instructor _____

Memberships are for the current calendar year from January through December 31.

- \$25.00 - Junior Membership Dues (Under 17 yrs old)
- \$30.00 - Adult Kyu Rank Membership Dues
- \$40.00 - Black Belt Membership Dues

Waiver and Release of Liability

I am fully aware of the risks and potential injuries which is inherent in martial arts activities. The undersigned agrees to release Shoshin Ryu Yudanshakai ("SRY"), its professors, its instructors, principals & associates from such claims or responsibilities for injuries, property damage, or even death that it may occur from any SRY activities WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. I have read (or have had read to me) this release of liability and Assumption of Risk Agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Member Signature: _____ Date: _____

If the member is under 18 (minors), parental consent/signature is required:

Parent/Legal Guardian Name: _____ Relationship to Minor: _____

Parent/Legal Guardian Signature: _____ Date: _____

Make check payable to: Shoshin Ryu Yudanshakai

Mail to: Shoshin Ryu Yudanshakai
c/o Remi Pintang
242 S. McCarron St., Placentia, CA 92870

If you have questions, please contact us via e-mail: SRYMembership@gmail.com