



# Jitsu Canada Newsletter

May 2007



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## Special Event



### Jitsu Canada 15<sup>th</sup> Year Anniversary Course and Ball

Saturday 20<sup>th</sup> September 2008, Kingston ON.

The first *Shorinji Kan Jiu Jitsu* session held in Canada was on Monday September 20<sup>th</sup> 1993. Exactly 15 years later to the day we will be holding a celebratory course, followed by a formal ball in the evening.

The event will be held in Kingston, ON with the course taking place at Cloverdale Hall and the ball taking place at The Harbour (see their website) – <http://www.theharbour.on.ca/>.

In September 2003, Jitsu Canada commemorated its 10<sup>th</sup> year anniversary by hosting the first ever Jitsu Foundation International Course. This was an especially important event as it also marked The Jitsu Foundation's 25<sup>th</sup> year anniversary. Members attended from several countries, including Canada, the USA, the UK and Holland. The training was first-rate and featured all of the top ranking instructors in our style.

In 2008 we will again be commemorating two anniversaries: 15 years of Jitsu Canada and 30 years of The Jitsu Foundation. This will be a very significant occasion, one that no Jitsu Canada member will want to miss!



The course will be open to all members (from novice to black belt) and should feature some exciting training as we anticipate most (hopefully all!) of our instructors will be present. The ball will be a formal dinner and dance overlooking the Kingston Harbour. This event will be an excellent opportunity for members of Jitsu Canada to get together and celebrate 15 years of growth and success. In addition to the dinner and dance, there will be a number of activities planned to commemorate the years, including speeches, awards, slideshows and more!

More details will be communicated to you by your club instructor in the months to come. Stay tuned and be sure to leave the weekend of September 20-21 2008 open!!!

\* If you have any questions or suggestions relating to this event, please contact me directly (see <http://www.jitsucanada.com/location/kingstn.html>) or add a post to the Jitsu Canada forum - <http://www.jitsupeterborough.com/forum>.

- Chris Brooks, *Sensei*



**The Jitsu Foundation  
International *Shorinji Kan* Summer School  
28th to 30th August 2009, Spartanburg, SC.**

Every three years, The Jitsu Foundation holds a weekend training event for members from all countries with *Shorinji Kan Jiu Jitsu* associations or clubs. Previous venues were: 2003 - Canada; 2006 - Holland.

It is hoped that students & instructors from all member countries will be present. Due to the proximity to Canada, we are hoping to have high numbers from Jitsu Canada for this event. We anticipate arranging group minivans from the various Ontario clubs, with hopefully some cost subsidy from our various clubs.

Further details will be published as they become available

## Upcoming Events

### Spring Boot Camp 2007

25<sup>th</sup> to 27<sup>th</sup> May, Kinmount ON.



This weekend course provides an opportunity for students of all styles to train and socialize together in a co-operative and non-competitive manner. Training is mostly in two styles of *jiu jitsu* (*Chokushin* and *Shorinji-kan*) although a variety of other martial arts are also often taught. Training outdoors, often on uneven ground, adds a valuable new perspective to training. There are also a number of other activities - rock & tree climbing, knife throwing, and of course, swimming in the lake for those who are brave enough.

Participants are welcome to show up on the Friday evening to set up camp. After breakfast at a local restaurant, training starts at 10am on Saturday. Lunch, evening meal, and breakfast and lunch on Sunday are provided. BYOB for the Saturday evening camp-fire. Cost for the weekend including meals is only \$40.

### Assistant Instructor and Instructor Courses

Saturday 23<sup>rd</sup> June, Peterborough ON.

These courses provide an introduction to the teaching of *jiu jitsu*. Courses are held infrequently – the next one will be February 2008.

### Summer Course and Grading

Sunday 24<sup>th</sup> June, Peterborough ON.

Open to all members. Training will be followed by an evening BBQ.

### Alberta Jiu Jitsu Association Camp of Combat Arts

13<sup>th</sup> to 15<sup>th</sup> July, Calgary, AB

The campsite is located just outside Calgary and the event begins with a campfire & social on the Friday night. On Saturday, training takes place at a nearby sports centre with instruction from a number of *jiu jitsu* instructors from various styles. There is a Saturday night campfire and social, and the event wraps up with some outdoor training at the campsite on the Sunday. This is always an excellent event and *Jitsu Canada* members are encouraged to attend.

### Budoseek Weekend Seminar

11<sup>th</sup> and 12<sup>th</sup> August, Bowmanville, ON.

Hosted by *Sensei* Glen Pitcher's *Musubi Dojo* this is a North American wide invitational event with instructors expected from south of the border as well. Last year we had an excellent turn out - we had people from all over Ontario and one instructor from the USA. This year we are hoping for an even broader spectrum of instructors and participants. <http://www.youtube.com/watch?v=WInkZbtqRko>

The event is open to all, however, numbers are limited to a maximum of eight *Jitsu Canada* members.

## John Hamer Sensei Course – Kingston ON – Apr 21-22/07

### Chris Brooks, Sensei

Two weekends ago, John Hamer Sensei, the Head Instructor of The Jitsu Foundation, paid a visit to Jitsu Canada to teach a weekend course. The event was held at Cloverdale Hall in Kingston and featured just over 30 participants ranging from novice to black belt. This was Hamer Sensei's second visit to Jitsu Canada, the first one being the Jitsu Foundation International Course held in Peterborough in September 2003.



Hamer Sensei kicked off the weekend with a unique perspective on breakfalling. Resembling more an acting class than a *jiu jitsu* session, Hamer Sensei had participants performing their rolls in a collapsing manner, literally as though they'd been knocked over from behind. While this exercise emphasized the importance of relaxing during breakfalling, its main premise was to teach how to move without giving away one's readiness to confront an opponent (in other words to deceive the would-be-attacker.) Through a series of kicking and leg take-down drills, students got the chance to apply this principle of manipulation and to put their acting skills to the test. (Sensei Gibb, needless to say, excelled during this segment!)

In fact, much of Hamer Sensei's approach focused on subtleties of strategy, attitude and deception as tools for maximizing one's ability to "self-defend". Saturday's material ranged from various throws, to bottle defences, to ground work and ended with a beautifully hard *yoko-wakare*! Hamer Sensei's talent as both a practitioner and a teacher were quite visible through each lesson.



One particular theme that stood out over the weekend was Hamer Sensei's playful distaste for purple belts! This was most entertaining to everyone (except for the purples of course) because everyone got to watch the purple belts do loads of push-ups (much of the time on everyone else's behalf)

or be used as obstacles in a variety of drills and exercises.

Hamer *Sensei* had tons of interesting training drills up his sleeve. Some of the more interesting drills included:

- The **jitsuka "drag" race**: this more or less involved each team lifting (or dragging!) a teammate from one end of the *dojo* to the other, over & under various obstacles (purple belts essentially) and in as many uncomfortable positions as possible. Great fun!
- The **bottle defence war**: two groups, on opposite sides of the mats, separated by a kneeling line of purple belts. First Round - Group 1 dives over the purples and then fends off the bottle wielding Group 2. Second Round - Group 1 dives over the purples grabbing bottles mid-dive and attacks Group 2 with them. Third Round - everyone in the room attacks the purple belts with bottles...at the same time!
- The **Yoi chain**: two groups, single file. First person in each group does a forward roll into *Yoi*. Next person rolls and comes up into *Yoi* inside the first person's *Yoi*. Repeat until all members are through. Yes, it was a race!



After an energetic and enjoyable Saturday, participants enjoyed a delicious meal and social at Megalo's restaurant. The food was fantastic and the ambience provided a great opportunity to kick back, chat, have a few drinks, and take loads of photographs



(destined for Facebook, I'm sure!) While the majority of the group called it an early night (to rest up for the Sunday) a few less sensible people, along with Hamer *Sensei*, continued on to the Grizzly Grill for some pool and dancing. In fact, our counterparts in the UK will be very pleased to see this rare photo of Hamer *Sensei* caught on the dance floor. (Photo courtesy of a purple belt.)

The Sunday saw much of the same level of energy and enthusiasm. Hamer *Sensei* explored a wide range of techniques from both the locking and throwing systems, identifying linking principles behind each. One particular training drill that stood out (which by the way has become a personal favourite of mine) was the **5 push-ups then throw** drill. Basically two participants do 5 push-ups as fast as they can; the first one up punches the other; repeat (until one of them passes out ;) It was impressive to watch (and experience) the level of *jiu jitsu* that was being performed throughout the two days.

Overall the weekend of training was exceptional. Hamer *Sensei* commented on how happy he was with the hard work and dedication exhibited by our group. He admitted to feeling quite at home on our mats and extended an invitation to all members of Jitsu Canada to come and train at his club if they're ever in the UK (purple belts excluded, of course. ;)

After most of the out-of-town members departed, Mark Yourkevich *Sensei* invited the few remaining participants from the weekend to his place for a BBQ. The weather was perfect and the food succulent (thanks to our chef Chris Jones!) It was definitely a perfect way to close the weekend's events. Many thanks to Mark and Kiley for hosting the barbecue and to all of the Kingston members who provided accommodation to our guests on Saturday night!



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Canada was the second stop in Hamer *Sensei's* tour of Jitsu Foundation organizations practicing outside of Britain. He began his world tour the weekend before at Mike Mallen *Sensei's* club in Spartanburg SC and was scheduled to visit clubs in Australia, New Zealand and South Africa during the latter part of his tour.

Once again we'd like to thank everyone who helped to make this weekend a success and **special thanks to John Hamer *Sensei* for coming to teach us!**

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### John Hamer *Sensei* at the Spartanburg, South Carolina Club



## **Alex's Top Ten Tips for Jiu Jitsu!**

(see Disclaimer at end)

Jiu Jitsu! You've seen people do it! You've tried to do it! You've done it! You want to know how to do it better!? For some top tips you can follow/ignore for your own personal development/shock/disgust, read on...

### 1. SQUAT

No, I don't mean give up your condo and break in to an uninhabited derelict building and claim squatters rights, I mean SQUATS have to be the number one exercise to improve your core and lower body strength. What is more they are FREE – just do them in the comfort of your own home! And you do not need weights – just a plain bar, or bo, or just your hands by your ears. Physiotherapists will recommend you do not bend your leg more acutely than a right-angle. Keep your back straight, even though you'll feel it in different areas of your back as you get lower. Do not bounce – gradually slow down as you get to each end of range of motion. However, nothing beats being able to squat as low as possible with your feet still flat on the floor for ultimate throws! The more stable you are the lower you get, the better all your throws. FAR OUT revelation! Build up reps slowly, keeping the feet flat and eventually getting lower. You squat at least twice a day already if you are regular, now do it more for your jiu jitsu strength!

### 2. Always aim for the NUTS

The poker term 'nuts' means the best hand possible. You should always aim to do a technique as best as the best person on the mats at the time. Hopefully that will be the instructor. Hopefully. But you never know.

### 3. Get a GRIP

Gripping exercises do not have to include a tennis ball. Or any balls for that matter. Just flex the hands fully-open to fully-closed repeatedly. Or go rock-climbing with Stuart. Better still, from (a) arms out in front, palms open and facing down, to (b) pull your hands back to your shoulders as you grip, finishing with your thumbs up. You'll feel the pump! Also good for getting blood and plasma flowing in your forearms – great for decreasing contusions (what St John's people get when they bruise) and pumping your wrists up with more fluid to take more wrist-lock punishment. Stronger grip = better weapons defenses and better groundwork! Remember, no balls required.

### 4. VISUALISE

See yourself doing the technique and It Will Be. Heck, even dream about jiu jitsu. Some of my best V's circles and gauntlets have been done in my head. In Dolby surround-sound too.

### 5. CORE.

Sit-ups plus lower-back hyperextensions (try and do exercises with their opposite 'partner' – i.e. work opposing muscle groups to keep your body balanced), squats, whateverrrrr you can do to build up your core strength and flexibility. Core strength will make your body more focused for solid striking, more able to take break-falling punishment, more dynamic throwing and make you feel more connected to the

ground. Note with better core strength, "core" is what people will say when they check out your mid-riff.

6. 'LIVE LOVE LAUGH'

Yes you've seen that really annoying picture-frame on the wall of unmotivated motivational-speakers' houses, but you can apply it to jiu jitsu. Roughly translated it means: (a) Get on the mats and train; (b) respect fellow jiu jitsuka and display excellent control; (c) always remember it's a right giggle. You choose to do this so have fun!!

7. REFUSE to get injured.

Like anything you do in life, if you don't put your heart into it, and look for an escape, you'll get an excuse to stop in the form of an injury. Obviously you can't get away from the true accidental random injury, or something that suddenly and unexpectedly goes ping. But it is rather enlightening to find that a positive frame of mind will minimize the risk of injuries. Know your limits, but also trust your instructor that you will not be asked to do something genuinely dangerous. Of course that does NOT apply to après-jitsu.

8. Move those HIPS!

It's a shame Elvis didn't do jiu jitsu. He'd have had a wicked *tai-otoshi*. Ability to turn your hips will improve all aspects of your jiu jitsu: striking, delivering throws, weapons work, etc. Relax and flex those hips. Jamaica me crazy!! Note, the position of your feet determines your hip position. Or is it the other way round? Whatever, they are connected after all, but get those hips changing direction throughout your techniques. Okaaaay, where appropriate. Actually Elvis DID do jiu jitsu, but he stopped at YELLOW (ROSE OF TEXAS) or was it WHITE (CHRISTMAS)? Actually I think it was around SOMETHING BLUE.

9. You have 2 SECRET WEAPONS...

And they are exposed for all to see on the mats!! Your BIG toes... Bizarre but true. Wherever you direct your (leading) big toe is where your *uke* flies. Or average direction of both. Think about it! It's true. Remember that next time you are training. Focus on where your big toe should go. Get it wrong and you wobble or don't quite get that sweet spot for the technique. Just don't look too much at it else your sensei will shout at you for looking down. I'd like to say it's ALL about your big toe. But that would just be silly. Use these weapons available at your fingertips! Well, feet.

10. Keep your Feet on the GROUND, but Reach for the STARS!

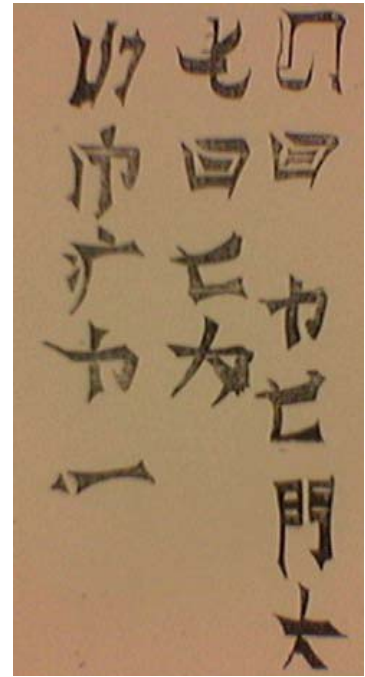
Maxim for Life, that one. Although you must reverse the above combos for *maki-komi's*.

(Keep) Happy Training!



About the author.

Alex Fairweather first started jiu jitsu in England when he saw loads of students at Bath University shout, fall over and get up a lot whilst grinning from-ear-to-ear. He's now glad to see that happen all over Canada. The highlight of his jiu jitsu career was when he once trained in a jiu jitsu session in the 90's taught by *Sensei* Dobie at a live roller disco venue (yes, with it actually happening!). His most disappointing moment in his jiu jitsu career was not getting offered-out by a gang in sub-titled martial-art-classics fashion when he found the most dodgiest shop in London's China Town to buy his black belt in.



*Disclaimer:  
Don't believe everything that's  
written down.*

*If you disagree with any of the  
above, please fill out the  
Japanese Complaint Form:*

### **Contributions needed!**

Grateful thanks to the contributors to this and previous issues. The next issue will be September 2007; deadline for submission is 31<sup>st</sup> August 2007. Contributions are welcome and encouraged from all members. These can be about anything relevant to the martial arts. Contributions can be sent electronically to [newsletter@jitsucanada.com](mailto:newsletter@jitsucanada.com)

### **Automatic Receipt**

Receive the newsletter direct to your inbox. Simply e-mail [newsletter@jitsucanada.com](mailto:newsletter@jitsucanada.com) with "subscribe" in the subject line to have the newsletter automatically e-mailed to you, rather than via your club instructor.

# How to add forum posts or photos/movies to the regional Jitsu Canada Websites

## Kieran Parsons

There are now five regional Jitsu Canada websites, [www.jitsuualberta.com](http://www.jitsuualberta.com), [www.jitsukingston.com](http://www.jitsukingston.com), [www.jitsuottawa.com](http://www.jitsuottawa.com), [www.jitsupeterborough.com](http://www.jitsupeterborough.com) and the brand new [www.jitsutoronto.com](http://www.jitsutoronto.com). Any Jitsu Canada member can register for these sites and can add content in the way of articles, forum posts, events, photos and movies. It's easy to do and I encourage you to do so – contact me if you have any problems or questions.

### How to register for the site

If you have not already registered for any of the websites click “Create new account” in the left sidebar under “User login”. You can also “Request new password” if you have forgotten it. You only need to register for one of the sites – they are all linked. In fact, all the content (articles/photos etc) is also the same, except for the front page which may have info that is more applicable to one site than others.

### How to add forum topics

Log into the site and click “Forums” at the top of the page. Pick the forum you want to look at or add a post to. Here's the current Jitsu Toronto forum:

## Jitsu Toronto

- [Post new forum topic.](#)

Topic	Replies	Created	Last reply
 Ride to Kingston (Tim C. - below post is from Axel)	1 1 new	2 weeks 1 day ago by Tim	2 weeks 1 day ago by kieran
 Ride to Kingston for Hamer Course	0	2 weeks 5 days ago by apkusma	n/a











To add a new topic click the “Post new forum topic”. If you want to add a reply to an existing topic click “Add new comment” or “Add reply”.

## Submit Forum topic

**Subject: \***

– Categories

**Body: \***

**B** *I*  $x^2$   $x_2$           

Add a “Subject” and write your post into the “Body”. You can use the button bar to format your post. Then click “Preview” and/or “Submit”.

For more advanced use – you will see a more complex “Categories” section (click it to hide it like above) which you can use if you want to tag your post to make it easier for people to find later. You can also use the “Publish on Jitsu Canada Site” section to limit your post to certain websites (to avoid it cluttering the front page of those other sites).

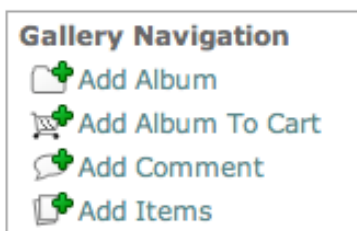
## How to add photos/movies to the gallery

Each user has a “User Album” where he/she can add photos or movies (not just Yoshie!) for the enjoyment of all of Jitsu Canada. These are not visible to anonymous visitors (*ie* visitors who are not logged in) since many of the user photos are from socials and we’d all look like a bunch of drunks (like [http://jitsuottawa.com/gallery/Users/atascator/June2004/Jon\\_Wade.jpg.html](http://jitsuottawa.com/gallery/Users/atascator/June2004/Jon_Wade.jpg.html)) instead of the hardworking *jitsuka* that we (sometimes) are. Every so often I’ll copy some of the best photos across to other parts of the site so that everyone can see them.

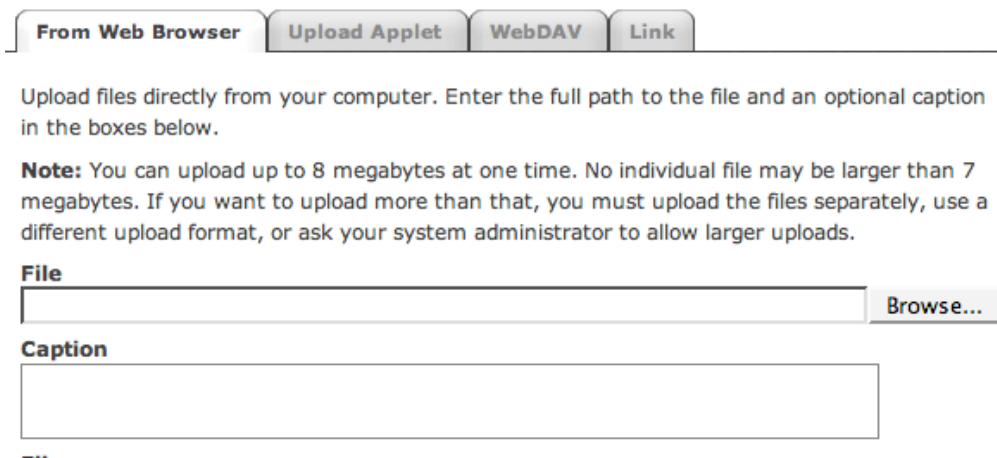
To add photos/movies log in and click “Photos/Movies” at the top of the page ([www.jitsuottawa.com/gallery](http://www.jitsuottawa.com/gallery), or one of the other sites). You will see a link to “Your Album” at the top right, like this:



Click the link and you’ll see a link asking you to “Add a photo!” (if you haven’t added anything before). Click this or use the Gallery Navigation in the left sidebar to “Add Items” (*eg* photo, movie) or “Add Album” (for a new album):

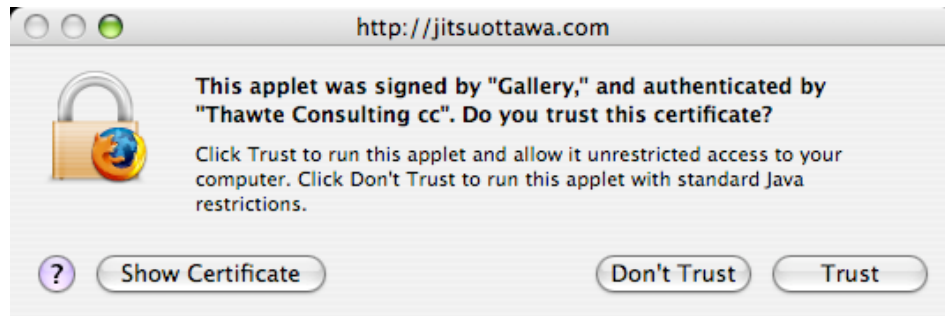


When you “Add Items” or “Add a photo!” there are a couple of different ways to do it depending on how many items you want to add. If you only have a few then choose the default “From Web Browser” which looks like this:

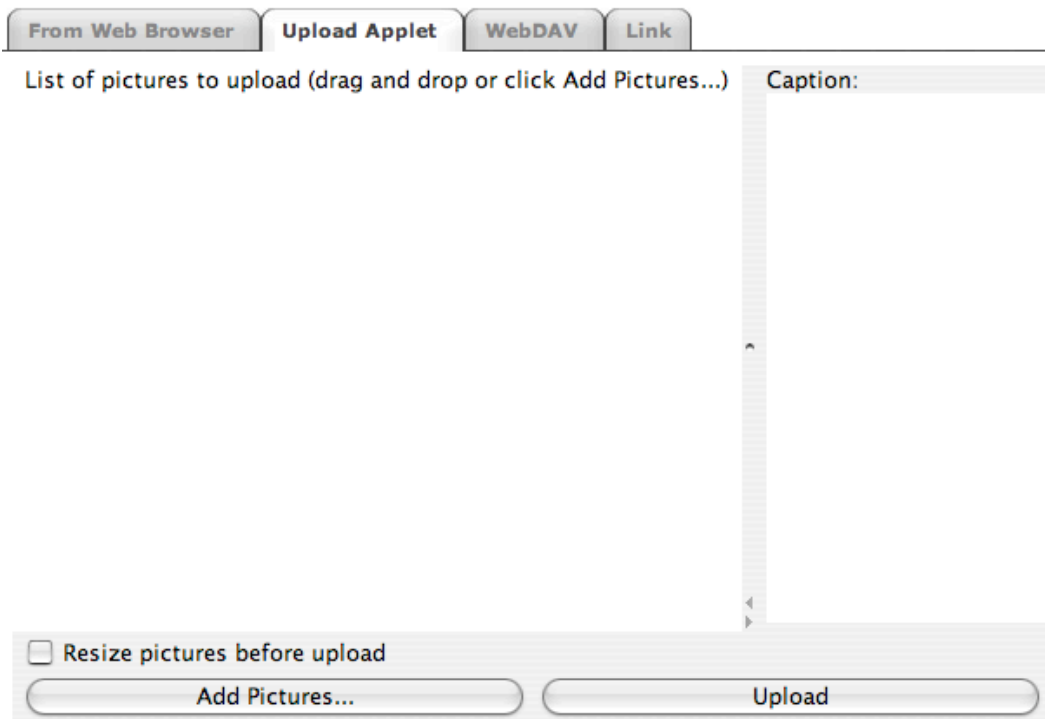
A screenshot of a web form for uploading files from a browser. At the top, there are four tabs: "From Web Browser" (selected), "Upload Applet", "WebDAV", and "Link". Below the tabs, there is a text box for the file path and a "Browse..." button. Below that, there is a text box for the caption. The form is titled "Upload files directly from your computer. Enter the full path to the file and an optional caption in the boxes below." and includes a note about file size limits.

Just click “Browse...”, find the photo/movie on your computer, add a caption if you want and then click the “Add Items” button. You can add a few photos this way, and if you need more you can just click the “More Upload Boxes...” button.

If you have more than 10 photos/movies the “Upload Applet” is a better choice as you can just drag and drop the photos from you computer straight into the gallery. You’ll see the following – just click “Trust”.



Then after the applet has downloaded, you’ll see



Just drag and drop the photos or click “Add Pictures...”, add some captions if you want, and then click “Upload”.

“WebDav” is another method that makes the gallery look like a folder on your computer. It’s pretty easy to set up – let me know if you want to try it and I’ll explain it.

“Link” allows you to link to other sites photos/movies using “Link to External URL:”.