



Jitsu Canada Newsletter

January 2008



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Congratulations...

We have a new club! In October last year Stu Cooke *Sensei* received agreement to open the St. Lawrence College Jiu Jitsu Club, opening this month. The club will cater to the St. Lawrence College Kingston community. Stu was presented with hakama at the grades course in October 2007 and awarded the title of Sensei.



Chris Whynot *Sensei* took over the running of the Ottawa Gladstone Jiu Jitsu Club last October. Chris was presented with hakama at the national course in November 2007 and awarded the title of Sensei. Congratulations to both Chris and Stu.

Online Uniform & Equipment Purchase

We are pleased to announce that uniform and equipment can now be purchased online through the [Jitsu Canada](http://www.jitsu-canada.com) website. In addition to gi and zori, training equipment, weapons, and other merchandise is available. Visit the website & browse the online catalogue.

Fundraising Events

Fundraising events in the form of 'Sponsored Throws' will shortly be taking place in all clubs. These events are great fun, good throwing practice, and an excellent way to promote the club to potential students. Additionally, they raise funds for the club. Funds raised will be used by the clubs to help subsidize the cost of their members attending the 15 year anniversary event. Please participate fully by collecting as much sponsorship as possible – you will benefit directly.

Upcoming Events

First Aid Course

26th & 27th January, Havelock.

Standard First Aid with Level 'A' (Heartsaver) CPR. Content tailored to cover typical jiu jitsu injuries in more depth while still meeting Canada Labour Code and WSIB requirements. Certification valid for three years (annual CPR retraining recommended).

Regional Grades Only Courses

Senior Jitsu Canada instructors will be traveling around conducting one day training seminars open to all members graded yellow belt and above. Courses will be 5 hours duration with half the time being spent on general curriculum based jiu jitsu training and the remaining half focusing on a specific subject or theme. The theme for this round of courses will be ground-fighting. Course dates are:

Peterborough	Saturday 2 nd February
Kingston	Saturday 9 th February
Ottawa	Sunday 10 th February

Assistant Instructor & Instructor Courses

Sunday 3rd February, Peterborough.

Learning to teach is an integral part of the study of *jiu jitsu*. Although both being taught and practicing *jiu jitsu* are essential, you will find when you begin teaching or helping to teach, your depth of understanding of the principles behind the techniques improves vastly. This is fundamental to progression in the art, so much so that completion of these courses is a requirement before progressing to advanced student grades. **Registration deadline is January 18th.**

Ontario Provincial Course

8th & 9th March, Kingston.

The provincial course is an opportunity for all members of Jitsu Canada clubs to meet for a weekend of training. This course provides students with the chance to train with many different people from the various clubs. The event is open to everyone, from beginner to black belt. Various senior Jitsu Canada instructors will be teaching. Accommodation on the Saturday night is provided by members of the host club, and there is always a memorable social event on the Saturday night.

The Saturday will be a full day of training covering a variety of jiu jitsu topics. Sunday will include both a training seminar, and the now annual 'groundwork challenge' where members get to participate in friendly competition against each other in groundwork bouts. Sorry, there are no medals – this is purely a forum for groundwork training against resistive partners from other clubs. Great fun, and you get to practice with people other than your regular training partners.

Special Events

Spring Boot Camp – 10th Anniversary of the Boot Camp

30th May to 1st June, Kinmount ON.



This weekend course provides an opportunity for students of different arts and 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. This spring marks the 10th anniversary of the boot camp.

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.

Jitsu Canada 15th Year Anniversary Course and Ball

20th September 2008, Kingston

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

Tickets are on sale now from your club instructor.



The Jitsu Foundation

International *Shorinji Kan* Summer School

27th to 30th August 2009, Spartanburg, SC.

Every three years our UK based parent organization, 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.

Legal Implications of Self-Defence

Kim MacDonald, 3rd Kyu, University of Calgary Jiu Jitsu Club

Each of us has a different reason for starting to train in Jiu Jitsu. For more than a few, I suspect, the reason is to learn to protect and defend ourselves should the need arise. Over time we learn techniques, become proficient, make it through multiple gradings, and assume that we are prepared to protect and defend ourselves. What we don't stop to consider is our duties and responsibilities to ourselves and to the laws of our country should we choose to act.

The Criminal Code of Canada outlines when we are allowed to use force, what the limits of that force are, and the consequences should we exceed those limits. Section 34 of the CC addresses self defence against unprovoked assault. Repelling force using force is allowed provided it is not intended to cause death or grievous bodily harm, and is no more than is necessary to enable you to defend yourself. Should your defence cause death or grievous bodily harm, it may be justified if you believe you cannot otherwise preserve yourself from death or grievous bodily harm.

Prior to engaging an attacker or aggressor, it's very important to ask yourself several questions. The time to ask these questions is not in the few seconds prior to the altercation. Just as law enforcement officers, citizens have multiple levels of force available to them. We need to remember that disengaging from the situation is nearly always an option, and should be considered first in every situation. Our

awareness, our presence and verbal commands and responses can also encourage an attacker to realize he has chosen the wrong person as a victim. If you decide that your only option is to engage your attacker physically, then prepare yourself in advance for what will follow. Your options include empty hand techniques, and in extreme cases, weapons. **KNOW YOUR RIGHTS AND RESPONSIBILITIES BEFORE EVEN THINKING ABOUT USING A WEAPON, AS WEAPONS CHANGE EVERYTHING DRASTICALLY.**

While gradings are hard, exhausting and feel like they will never end, you must remember that outside of the dojo, there are no rules of etiquette. The bad guys don't stop when you tap, and they certainly don't sit in seiza when they realize you've been injured. Defending your own life is nothing like a jiu jitsu class, I assure you. You need to ask yourself now if you are physically able and mentally prepared to engage in the fight for your life. Imagine performing a grading without any rest breaks. Think about pushing yourself to your physical limits for 5 minutes, and then beyond that because your life depends on it. No water breaks in the fight for your life.

Prepare yourself mentally. Have an action plan in place. Know what "reasonable" and "minimum" amount of force is. If someone throws a round house punch, what are you justified in responding with? I would suggest that a hard blow to the throat or another dangerous part would be deemed

excessive in the circumstances. However, if someone has demonstrated they intend to kill you, I would suggest an eye gouge may be an action you could articulate. Don't just assume that when the moment of truth comes you will be prepared to perform a technique such as an eye gouge, because never having thought about it means that you have not truly prepared yourself. "You will not rise to the occasion, but will lower yourself to the level of your training"- LtCol Ret US Ranger David Grossman. What will it physically feel like to stick your finger up to the second knuckle in someone's eye socket? How will you react to causing someone serious injury? Visualize yourself in many different situations and seriously think about your response. Remember that some techniques work better in a sterile environment like a Dojo than they will on the street. Think about what you will do if what you think will work doesn't. Think about what to do if your actions work. How will you control the attacker while you wait for the police? How far are you prepared to go to defend yourself?

There are consequences to your actions even if you are justified in engaging the bad guy. There is a duty imposed upon you to ensure that your attacker is attended to afterwards if he needs medical help. Should your initial actions be justified, but they leave your attacker with serious injury and you neglect to provide assistance, you will be held responsible. Call the police. If you don't take care of the attacker's well being, you can be certain to be charged. If, however, you have made efforts to ensure his/her safety, the consequences will be more likely in your favour.

Be prepared for what will happen after the melee is done. You will likely be arrested. You may even be charged. Be prepared for this and don't believe that because you tell the police you are the good guy they will believe you. If the police arrive while you are defending yourself, listen to their commands. Do what they tell you. They will sort things out later. Make it clear you were attacked and you want the offender arrested. Tell the police you want to cooperate, however, utilize your rights under the Charter of Rights and Freedoms to contact a lawyer for some advice before speaking freely with the police. At the time, you may feel you have nothing to lose by telling the truth, the whole truth and nothing but the truth. Not knowing the justice system can put you at a disadvantage. Know your rights.

Protect yourself...before, during and after the confrontation. Know you have the legal right to defend yourself and your property. Be aware of the responsibilities that come with exercising your rights. Finally be prepared to deal with the consequences of your actions. Remember that a judge, a jury, defence lawyers, and the media have months to think about all of your options during the confrontation in which you only have seconds to decide. Do yourself a favor and be prepared to answer the tough questions. Be prepared to articulate yourself. Just because the confrontation is over, don't put it at the back of your mind to worry about later. Be prepared for the inevitable day when you have to answer for your actions.

Here are a few more sections of the Criminal Code that outline your rights and obligations in defending yourself. I have included brief explanations, but I

recommend you do the research yourself. The Criminal Code is a document that is very easy to get hold of. Nearly every bookstore and library has copies. You can also access the Criminal Code online, complete with case law to give you a better understanding of what the courts have decided with respect to self defence cases.

Section 35 addresses provoking an assault and then using force causing death or bodily harm to finish it. I would recommend NOT provoking a fight and you will save yourself an awful lot of grief. However, if you do, and the other party acts such that danger to your life is imminent, this section outlines your duties and rights. Remember that alcohol and drugs are NOT an excuse to explain your actions. Contrarily they are mitigating factors that will not endear you to a judge or jury. Keep your actions in check when engaging in a beverage or two. Provocation includes blows, words or gestures.

Section 37 allows you to defend yourself and others under your protection from assault, and explains that excessive force may not be used.

Section 38, 39, 40 and 41 explain your rights in defending personal property, dwelling and real property. We all have some idea in our heads as to what we would do to someone entering our property with the intent to cause harm to us and our loved ones. Remember

that prevention of these situations is preferable to having to defend it. If you are in a situation in which you feel you must defend your property, keep in mind everything I've mentioned, not the least of which is reasonable or necessary force. Use your head; don't let fear, adrenaline or anger guide your actions.

Please keep yourself safe, make yourself aware of your rights and the limitations of those rights. Don't act in ignorance of these laws. And always remember that being mentally prepared is at least as important as being physically prepared. Also keep in mind that the real stress will come after the altercation when you have to justify your actions.

This article is written to start you thinking about these issues. It is in no way intended to be legal advice. It is simply an opinion. I would suggest you go to the effort of doing some research yourself, and getting some legal advice from a qualified lawyer should you have any questions.

"Sic Vis Pacem Parobellum" – unknown
This Latin phrase translated means "If you want peace, prepare for war"

Keep up your training! Jiu Jitsu not only makes you a more balanced person, but prepares you for the situations the world will send your way! See you on the mats!

Kim MacDonald is a member of the University of Calgary Jiu Jitsu Club and works as a police officer with the Calgary Police Service.

Tai-Otoshi Tips

Andy Dobie, Sensei

Readers may be interested to look at two earlier technical articles from previous newsletters, detailing other throws:

[Kouchi-gare - April 2006 Newsletter](#)

[Ogoshi - September 2006 Newsletter](#)

Tai-otoshi (body drop) is placed early in our syllabus and at first glance appears relatively simple. However, once you start studying *tai-otoshi*, you will quickly come to realize why it is known as a 'ten-year throw' (i.e. it takes at least ten years to become comfortable with). It is now one of my favourite throws, and one I have been teaching quite a lot this past year. The way you perform *tai-otoshi* will depend upon your body type. What follows are some basic tips to improve your *tai-otoshi* during the early stages of learning. These tips are purely my personal opinion, and represent my way of performing *tai-otoshi*, they are by no means intended to be a definitive guide to how to perform the throw.

Entering for the throw – blocking & moving

Tai-otoshi can be performed from a multitude of attacks, however, the principles are the same irrespective of the attack. *Tori* should initially place his lead foot close to, and just inside, *uke's* lead foot (lead refers to the side upon which the throw is being performed). Stepping outside *uke's* foot compromises *tori's* balance; stepping too far away slows down the throw and allows it to be easily blocked.



Incorrect – lead foot is outside *uke's* lead foot



Incorrect – lead foot is too far away from *uke*



Correct – lead foot is inside and close to *uke's* lead foot



An alternative entrance (especially useful where *tori's* lead foot is some distance from *uke*) is for *tori* to pivot his rear leg into position first, then slide the lead leg across the front of *uke*.

Positioning to throw



From this position, *tori* should pivot around 180° on his lead foot to bring his rear foot outside *uke*'s rear foot. Both *uke* and *tori* will now be facing the same direction. Note that *tori* has rotated completely to bring his feet parallel to *uke*'s.



A common mistake is not pivoting around enough, so that *tori* ends up at an angle to *uke*, rather than parallel. This results in too much space between *tori* and *uke*, allowing *uke* to block the throw or to step out of the throw. It is also important that the pivot occurs in a very tight circle, or in the linear fashion known as *tai-sabaki*. A large circular pivot will compromise *tori*'s balance.

An important safety consideration is that as *tori* throws, he should rotate his lead foot onto the ball of the foot with his heel pointing up. This is purely to protect *tori*'s knee should *uke* collapse onto *tori*'s leg.



Safe – heel is up



Unsafe – foot is flat

It is important to understand that *tai-otoshi* is classified as *te-waza* (hand technique), most of the throwing action comes through *tori*'s hands, and *tori*'s leg plays only a small role in the throw. The foot flat position is therefore technically correct, although less safe.

Tori's lead leg should remain bent throughout the throw. Avoid the temptation to 'pop-up' the knee by straightening the lead leg to assist with the throw. If *tori* is having to do this to execute the throw, then he is doing something other than *tai-otoshi*.

Kuzushi (unbalancing)



As with all throws, unbalancing *uke* is crucial to the throw. Unbalancing should begin as soon as *tori* contacts with *uke*, and must be done before *tori* pivots around. It is important to unbalance *uke* such that the majority of *uke*'s weight is on his lead foot. This is fundamental to the throw. *Kuzushi* should therefore be to the front corner. To unbalance *uke*, *tori* should lift up by *uke*'s lapel while pushing back with his elbow in *uke*'s chest. Simultaneously, *tori* should pull forward on *uke*'s lead arm. *Uke* is therefore pulled upwards and forwards.

One strategy to unbalance *uke* is to first take *uke's* balance to the rear. As *uke* resists, sharply break *uke's* balance to the front corner. Another strategy is to first unbalance *uke* to the side, then pull to the front.

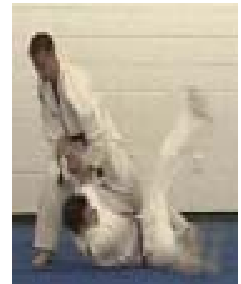


As previously stated, *tori* should begin unbalancing *uke* before pivoting around. Once *tori* has pivoted, *uke* should be completely unbalanced. Note in this photo how *tori* has *uke* completely unbalanced, yet *tori* has not twisted his body around to complete the throw.

Also note *tori's* posture – upright and on balance – not leaning forward or looking down to the ground.

Executing the throw

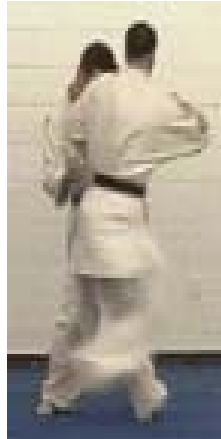
From the above position, complete the throw by turning the upper body away from the unbalanced *uke*. This action will whip *uke* up and over *tori's* lead leg. Again, note that this is a hand throw – there should be minimal contact with the leg when executed correctly. Also note that *tori's* posture remains upright, and both knees are bent.



This action sequence below shows the entire throw:



Note use of elbow to unbalance *uke*



Note tight circle of pivot



Note *uke* completely unbalanced



Note upright posture throughout throw

Variations

There are a number of variations in hand positioning which should be experimented with. Some will make only a limited difference to the throw. Others will change the throw dramatically. As we are rarely executing throws from the *judo* grip, try experimenting with these variations:

1. Instead of gripping the lapel, grab *uke's* lead shoulder, as if *uke* were not wearing a *gi*. Do not become reliant upon using a *gi* jacket to throw.
2. Instead of having your elbow on *uke's* chest, allow your elbow to slide up under *uke's* jaw so you direct *uke's* balance by his head.
3. Instead of the lapel, grab *uke* around the neck as for *koshi-guruma*.

4. Instead of grabbing the lapel, place your arm around *uke's* back as for *o-goshi*. Utilize your knowledge of other aspects of the syllabus. Experiment with performing *tai-otoshi* in combination with locking techniques.

Also vary the attacks and entrances, e.g.

1. From a body grab – front & rear
2. From a kick
3. Apply *tai-otoshi* following a failed attempt at another throw (combination)
4. Use *tai-otoshi* as a counter to a throw or locking technique
5. Reverse the direction (left throw from right-handed attack)
6. Enter the throw from outside the punch.

More senior students may wish to explore transitioning the throw into throws such as *yama-arashi*, *soto-makikomi* or *kani-basami* in response to a blocked *tai-otoshi* attempt.

Countering the throw

While learning and practicing the throw, it is very important to also learn and practice how to counter the throw, i.e. how to stop someone throwing you with this technique. Obviously there are times when you don't want to be thrown (*randori*, a real scuffle, etc.) so learning to block a throw is of benefit in its own right. However, and equally as important, by learning how the throw is blocked and countered, you will learn how to perform the throw more effectively to reduce the chance of it being countered.

Training methods

Practicing the throw with a compliant *uke* will allow you to understand the mechanics of the throw. However, it is vitally important to also practice the throw against a resisting *uke* at times. Through *randori* you will gain an understanding of the application of the throw.

Conclusion

I hope this has been of some use, especially to those new to *tai-otoshi*. Obviously, written tips such as these are of limited use. The only way to improve your *tai-otoshi* is through practice, practice, and more practice.

See you on the mats.

Recommended Readings

Chris Brooks, Sensei

A lot of students have asked me the questions: "Is there a textbook for our style of jiu jitsu?" and "Where can I find books that deal with the techniques that we practice?"

While Jitsu Canada has not produced such a textbook, there are a few books out there that I would strongly recommend to practitioners of Shorinji Kan Jiu Jitsu. Obviously books can never take the place of hands-on instruction from a qualified instructor; however I do believe that the right books can serve as valuable training tools for students seeking to further their knowledge of the techniques, training methods, strategies and history of jiu jitsu.

Below is a list of recommended readings with brief descriptions of each title. I have selected some of the more important books available on the market, though please bear in mind that a couple of these titles are quite hard to find (but worth the effort!)

I would also recommend that you familiarize yourself with the Jitsu Canada syllabus ([click here to link](#)). It will serve as a guide while you explore these books and will offer some context for what sorts of techniques are appropriate at which levels.

Kodokan Judo by Jigoro Kano

- Written by the founder of judo, this book is often referred to as the "Bible of Judo". Contains a wealth of photos and descriptions of throws, ground holds and kata.

The Canon of Judo by Kyuzo Mifune

- Written by one of the most gifted judo practitioners who ever lived, this book is another "Judo Bible". Valuable descriptions (with photos) of most of the throws, holds and chokes. Strategy is also covered in great detail.

Judo Unleashed by Neil Ohlenkamp

- A visually stunning book written by a leading modern practitioner of judo. Loaded with step-by-step colour photos of all of the major throws, holds and chokes of the judo curriculum. Also simplifies some of the more subtle principles of judo practice.

The Demonstration of Throws (Nage-No-Kata) by T.P. Leggett

- A rare book that provides detailed instruction on the practice and demonstration of the nage-no-kata. Perhaps one of the few volumes ever written that captures the technical essence of this kata as communicated by the original founder.

Japan's Ultimate Martial Art: Jujitsu Before 1882 The Classical Japanese Art of Self-Defense by Darrell Max Craig

- This book is as much a historical text on jiu jitsu as it is a technical manual. Though the illustrations are simple, the book does offer some insight into many of the classical locking and throwing techniques that are still relevant to our practice today.

Brazilian Jiu-Jitsu: The Master Text by Gene Simco

– The definitive text on Brazilian jiu jitsu and ground grappling. For individuals interested in improving their takedown and ground game, this is the book for you. With nearly 800 pages full of high quality photos and descriptions, this manual comes highly recommended.

Shorinji Kempo: Philosophy and Techniques by Doshin So

– This book is quite rare but worth reading if you can find it. Many of the techniques do have a striking similarity to those of our style and there is some unique locking and striking content that is worth exploring.

Judo Formal Techniques by Tadao Otaki & Donn F. Draeger

– Expertly written and richly illustrated text covering nage-no-kata and katame-no-kata in great depth. Referred to as the classic “kata bible” for judo and jiu jitsu students and instructors. A must read for anyone wishing to understand these kata.

Three other books by Donn F. Draeger...

The Martial Arts and Ways of Japan, Volume I: Classical Bujutsu

The Martial Arts and Ways of Japan: Volume II: Classical Budo

The Martial Arts and Ways of Japan: Volume III: Modern Bujutsu and Budo

– For anyone interested in the history of the classical Japanese martial arts, these books were written by one of the most accomplished and respected western practitioners of the eastern fighting arts. Highly recommended!

Zen in the Martial Arts by Joe Hyams

– A delightful book and in my opinion one of the best books on martial arts philosophy you’ll ever read!

Angry White Pajamas by Robert Twigger

– A wonderful account of an author’s experiences living in Japan and undergoing one of the most gruelling martial arts training programs in the world. Witty and insightful...a must read for any martial artist!

I’m also pleased to announce that in 2008, The Jitsu Foundation will be publishing three books on jiu jitsu:

Jiu Jitsu for all: Yellow Belt to Green Belt

Jiu Jitsu for all: Purple Belt to Dark Blue Belt

Jiu Jitsu for all: Brown Belt to Black Belt

All three books are being written by David Walker Sensei, a senior instructor of The Jitsu Foundation. Even though The Jitsu Foundation syllabus and the Jitsu Canada syllabus differ from one another, I am quite confident that these books will be extremely useful reference texts for members of Jitsu Canada. As you can see, the books are broken down by grade level so it is likely that many, if not most, of the techniques we practice will be covered in detail. [Click here to visit the publisher's website](#). (Suggested release date is April 2008.)

Happy reading!

How to Fart on the Mats

Stu Cooke, Sensei

When the human body experiences a voluntary or involuntary tensing of the sphincter muscle, gas, also known as flatus, is rapidly evacuated from the lower intestine. Depending on the position of the body and the relative state of the muscles involved, this can create some noise. While diet has a huge affect on the nature of the gas, it is worthwhile to mention that it is usually quite, quite smelly. This is also, of course, absolutely hilarious.

How do I go about releasing said gas while training on the mats, you may ask. Perhaps you are unaware of the appropriate etiquette attached to the act of flatulence while engaging in randori, ground fighting, locking or throwing. Well fear no more. Never again will you be unprepared for the most humorous of natural occurrences, which, I assure you, assails all jiu jitsuka from time to time. I present to you a number of techniques, not covered in the Jitsu Canada syllabus (a dramatic oversight) for handling such an occurrence.

The Not Fart

It is possible to release gas when standing by yourself, in one corner of the dojo. All you need do is walk to a quiet corner and look menacing, ensuring that no one will come bother you, and allow time for the offending smell to dissipate. Note that you should probably be a Sensei if you wish to attempt this technique.

The Oops Fart

Often when throwing, or exerting one-self in ground fighting, you will feel the urge to fart. It is possible to, when at the apex of your effort, release said gas in an "accident." While you may not be able to retain secrecy, people will most likely not bring too much attention to you, fearing causing you embarrassment.

The Warm-Up Fart

When warming up, sometimes you will notice quite suddenly, that your bowels are working their natural wonders. This is perhaps your best bet to release gas without owning up to it. You should probably wait until running in a circle, then fart as quietly as possible. This way, no one will know who has farted, but of course, everyone will know that someone farted.

The Throw Fart

Jiu jitsu, of course, involves a large amount of throwing. As instructed, you should be break falling using your palm on the mats, creating quite a noise. This noise can be used quite effectively to mask your fart. All you need do is prepare yourself while ukeing, and relax when being thrown. Nature will likely take care of the rest.

The I don't Care Fart

This most dangerous of techniques is likely to result in a large amount of push-ups. All you need do is wait for a silent moment in training and fart. Not caring if it is loud or smelly, you had better be a Sensei and the most senior of which are on the mats, to pull this one off.

I hope that any fears about the occurrence of flatulence while on the mats will be alleviated by the knowledge of these techniques. Remember that it's natural and you should do your best not to interrupt the flow of the class. I wish all the best to you in your attempt to mask, or not mask, your noises.

Jitsu Canada Club Directory

Peterborough, ON:

Trent University: Tuesday 8.30pm to 10.30pm & Friday 5.00pm to 7.00pm.

Ptbo YMCA: Monday 8.00pm to 10.00pm & Thursday 8.30pm to 10.00pm.

Ottawa, ON

Carleton Uni: Monday & Wednesday 7.30pm – 9.30pm

Gladstone: Tuesday & Thursday 8.30pm to 10.30pm

Kingston, ON:

Queen's Uni: Wednesday & Friday 7.00pm to 9.00pm

Kingston YMCA: Tuesday & Thursday 8.30pm to 10.00pm

St. Lawrence: Wednesday 3.30pm to 5pm & Sunday 2.00pm to 4.00pm

Toronto:

West Central: Monday 7.30pm to 9.30pm & Friday 8.00pm to 10.00pm

Calgary:

Calgary Uni: Tuesday & Thursday 9.00pm to 10.30pm &
Sunday 4.00pm to 6.00pm

Contributions needed!

Grateful thanks to the contributors to this and previous issues. The next issue will be May 2008; deadline for submission is 30th April 2008. Contributions are welcome and encouraged from all members. These can be about anything relevant to the martial arts. Contributions can be sent electronically to [Jitsu Canada administration](#).