



Jitsu Canada

Contents

* Upcoming Events	Page 1
* T-Shirts	Page 2
* Jitsu International	Page 3
* Concussions	Page 4



* Ippon-Seoi-Nage	Page 5
* Jitsu West	Page 7
* JC Logo Design Contest	Page 8
* Congratulations	Page 8/9

Upcoming Events

First Aid Course

January 17th /18th - Peterborough, Ontario

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).

This significantly discounted price includes first aid manual and all materials, and is only available to members of Jitsu Canada.

Course size is limited to 18 participants and will be filled on a first-come first-served basis. Register by emailing info@jitsucanada.com



Grades Only Courses ~ Open to Yellow & Above ~

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Peterborough - 31st January
Kingston - 7th February
Ottawa - 8th February

\$25

www.JitsuCanada.com

Assistant Instructor & Instructor Courses

February 1st - Peterborough, Ontario

Learning to teach is an integral part of the study of *Jiu Jitsu*. Although both being taught and practicing 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. By email to info@jitsucanada.com

Ontario Provincial Course & Competition

March 7th/8th - Carleton University, Ottawa

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. A number of senior Jitsu Canada instructors will be teaching, and our guest instructor will be Michael Mallen Sensei, head of The Jitsu Foundation USA.

Accommodation on the Saturday night is provided by members of the host club, and a social event is organized for 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 annual groundwork competition. The competition gives members the opportunity to participate in friendly competition against each other in groundwork bouts. There are no medals, however there will be prizes for the winners in each category. Great fun, and you get to practice with people other than your regular training partners.

Cost for the weekend is \$45, with an early-bird rate of just \$35 if paid by February 6th. Contact your Club Instructor to register.



Jitsu Canada 15-Year Anniversary Shirt

A limited edition T-shirt is being produced to mark the 15th year anniversary of Jitsu Canada. The shirt features the official 15-year logo on the front breast, with the date of the anniversary below. On the back is 'shorinji-kan' (the style name) in kanji. The shirt is white with black rings, and the logo is full colour. Order deadline has been held-over until January 16th. Shirts can be ordered and paid for through your club instructor.



Jitsu International USA 2009



Jitsu Canada is linked to clubs and associations all around the world and we meet every 3 years to train together, share new ideas, renew old friendships, make new ones, and basically have a good time on and off the mat. In August 2009, Jitsu USA will be hosting the 3rd International in the beautiful state of South Carolina and we want you to be there. Many of the most senior international instructors will be there giving you the opportunity to experience how our style of jiu jitsu has developed in other parts of the world.

Training

We know that many of our leading sensei will be attending so make sure you keep checking the Jitsu International website for the most up to date information about USA 2009.

USA 2009 spreads over four days with the first two days dedicated to a series of small seminars aiming to give each participant the opportunity to train and be taught on an individual basis by some of the world's leading sensei. Everyone will train together on one large mat during the final two days, with each head instructor from the various countries having a teaching slot.

Other things to do

Those of you who have been to South Carolina before will already know that it is a beautiful place to visit. The Appalachian Mountains and Myrtle Beach are both day trips whilst Spartanburg itself is in the middle of waterfall and white water rafting country. Jitsu USA has been working with the local tourist office to set up a range of tours and adventure activities

so that you can do more than just train and we'll make sure we get the final details out to you just as soon as we get them.

Latest costs

The training fee for the four days will be just \$180 (Canadian) inclusive of the Friday and Saturday night dinners. Discounted accommodation has been arranged at the Marriott Hotel (the event venue) at a price of just \$25.00 US per person per night (based upon four to a room). We will be organizing van rentals from Ontario to keep travel costs to a minimum.

Subsidy for Jitsu Canada Members

The first twenty Jitsu Canada members to register for this event by paying the \$180 non-refundable training fee will receive three nights free accommodation courtesy of Jitsu Canada fund-raising. Closing date for this offer is 30th January 2009, but it is first come, first served.

This will make USA 2009 a remarkably affordable event as your payment of \$180 will include:

- Four days training
- Two dinners
- Three nights accommodation.

Visit www.jitsuinternational.com for more details.



Concussions

Facts:

- A concussion is a brain injury.
- All concussions are serious.
- Concussions can occur without loss of consciousness.
- Concussions can occur in any sport.
- Recognition and proper management of concussions when they first occur can help prevent further injury or even death.

Sometimes people do not recognize that a bump, blow, or jolt to the head can cause a concussion. As a result, athletes may receive no medical care at the time of the injury, but they may later report symptoms such as headache and dizziness. These symptoms can be a sign of a concussion.

• An estimated 300,000 sports and recreation related head injuries of mild to moderate severity occur in the United States each year. Most can be classified as concussions.

• A repeat concussion that occurs before the brain recovers from the first - usually within a short period of time (hours, days, or weeks) - reportedly can result in brain swelling, permanent brain damage, and even death. This condition is called second impact syndrome.

Signs and Symptoms:

One or more of these signs and symptoms may indicate that a concussion has occurred. Remember that concussions can also occur with no obvious signs or symptoms. Any of the symptoms listed in this table should be taken seriously. Athletes who experience these signs or symptoms after a bump, blow, or jolt to the head should be kept from play until cleared by a health care professional.

SIGNS OBSERVED BY INSTRUCTOR
Appears dazed or stunned
Is confused about techniques
Forgets what he or she is doing
Moves clumsily
Answers questions slowly
Loses consciousness
Shows behaviour or personality change
Can't recall events before being hit
Can't recall events after being hit

SYPMTOMS REPORTED BY PARTICIPANT
Headache
Nausea
Balance problems or dizziness
Double or fuzzy vision
Sensitivity to light or noise
Feeling sluggish
Feeling foggy or groggy
Concentration or memory problems
Confusion

When a Concussion Occurs:

1. Remove person from training. Recognize the signs and symptoms of concussion. Those who experience signs or symptoms should not be allowed to return. When in doubt, stop the person from training.
2. Ensure that the person is evaluated by an appropriate health care professional. Do not try to judge the severity of the injury. Professionals have a number of different methods that use to assess the severity of a concussion.
3. Allow the person to train only with permission from an appropriate professional. Prevent second impact syndrome by delaying the return to training until the person receives appropriate medical evaluation and approval to train.

~ Source: Centers for Disease Control and Prevention

Help Prevent the Spread of Colds and Flu

Regular hand washing is the most effective method of infection control. Before stepping on the mat, please use the hand sanitizer provided by your club instructor or wash your hands. Shower or wash hands immediately after training.

Do not train if you have a cold or flu. A cold is generally transmissible for 3 days after the onset of symptoms; influenza for 5 days after the onset of symptoms.

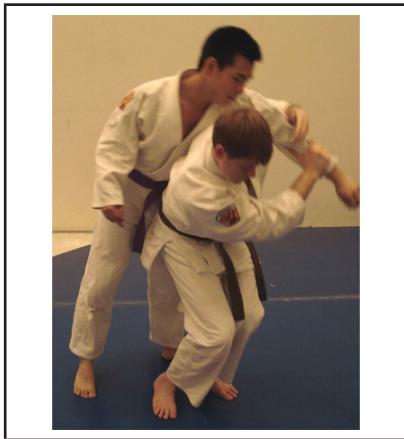


over you while you control the direction of their descent via the arm and shoulder. In a very direct way, you are translating someone's balance or momentum into the ground. It can be a devastating throw, and when performed correctly, completely surprising for Uke. Ippon-Seoi-Nage could also be described as a gateway throw. It is one of those techniques that will greatly improve every other throwing technique you know. By performing this throw correctly, your body will begin to understand the way it has to move for other techniques. The principles of this throw are visited again and again within Jiu Jitsu.

For this article, we will be concentrating on four main areas that you should be worrying about while using Ippon-Seoi-Nage. Those areas are feet position, hip height, grip and your projection angle. With these four points in mind, you should be able to improve your throw if you already feel confident, or come to grips with how it really works if you've been having trouble.

Featured Technique: Ippon-Seoi-Nage

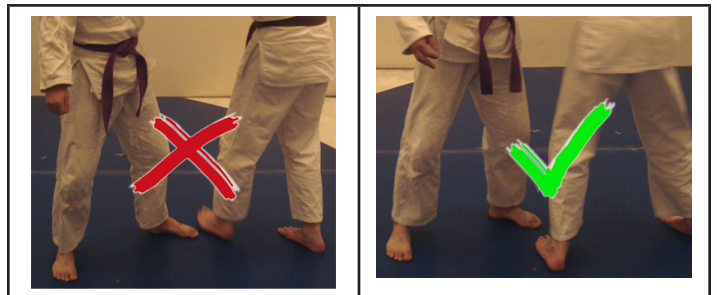
~ Stu Cooke, Sensei ~



Ippon-Seoi-Nage means "one-point shoulder throw" and might be described as getting underneath your attacker. This allows the attacker to simply fall

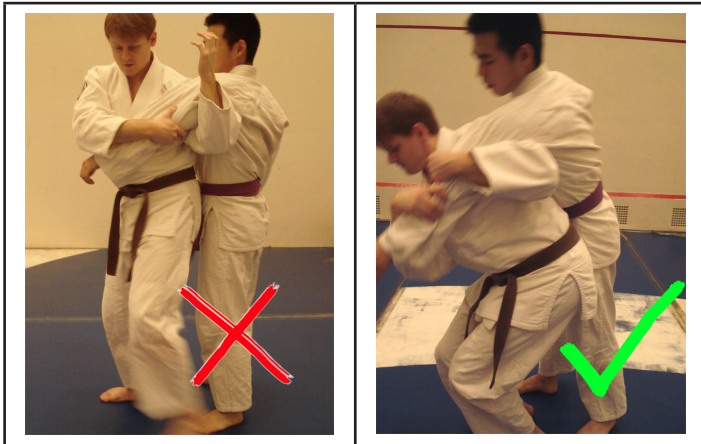
Foot Position

As Uke attacks, likely in a downward or forward strike, you will be parrying his or her attack and stepping in to the inside, as pictured below. You must step to the inside of their attacking foot. If you step to the outside, you may miss your point of contact and if you step too far to the inside, your Uke will likely be able to avoid the throw entirely. Always remember that this is your pivoting foot and its initial placement is paramount to the successful application of the throw. You want to be quite close to that lead leg, bending your knee as you step in.



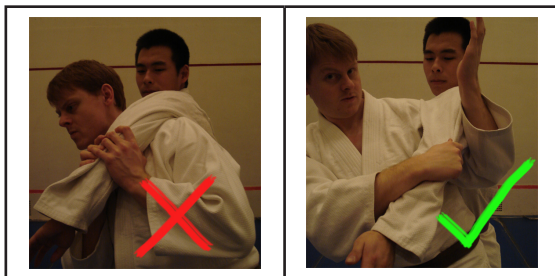
Hip Height

Without question, for Ippon-Seoi-Nage, your hips need to be below that of your Uke. If you are not sinking down and bending your knees, you will be unable to stay close enough to affect their balance while still allowing them to fall over you. Your back should be straight as you sink, remembering always to get low and keep your balance.



Grip

The next segment of concern is your grip. You will want to make sure that your Uke's arm settles into the crook between your bicep and forearm, rather than over your shoulder. This has a direct affect on the projection angle. The other thing you want to ensure with your grip is that you don't lose it. Keep their arm (and thus, their body) very close to you. As you sink, be sure to keep your own arm as well as theirs, close. Get right next to them and the throw will seem to happen all by itself!



Projection Angle

Finally, you should concentrate on which angle your Uke is falling at when you are throwing. With a tight grip and your feet in the right position, you will sink and bring the gripped arm across you, almost like you are tugging on a seat-belt. As you do this, your knees will turn to the same side that you are pulling to. This rotates your lower body, providing a smaller point of balance for Uke to fall over. As they hit the ground, keep your grip to maintain control.



Congratulations! You just performed Ippon-Seoi-Nage! The most important things to remember in this throw are as follows; place that first foot correctly, bend your knees to get low, hold on tight, stay close and remember to turn slightly as you throw. Don't forget to finish!

Jitsu West

~Andy Dobie, Sensei~

Kenn Gibb Sensei and I travelled to Calgary and Vancouver last month for the December grading exams. The University of Calgary Club continues to thrive, led by Ben de Witt Sensei. Gibb Sensei taught a course on the Saturday, followed by a grading which I ran later in the day. After the customary social that night, we got up early the next morning to fly to Vancouver for an afternoon grading. Snow delayed our flight so the grading ended up starting two and a half hours late, but despite this all candidates did very well. This was the BCIT club's second grading, with the club being now nearly a year old. The club is run by Kevin Eugene Sensei, originally from Kingston, and assisted by Chris Olson Sempai, originally from Ottawa. Our presence on the west coast looks set to grow, as Alex Fairweather Sensei has recently moved to Vancouver, and Jon Jammik Sensei will be moving there this month.

Vancouver. Tuesday night we paid a visit, and had a great time training with her club. O'Connell Sensei is an excellent teacher, and has an infectious enthusiasm for what she does. Well worth a visit to her dojo if anyone from Ontario happens to be visiting the BCIT club. Check out the club website at www.westcoastjj.com.



The following night we decided to renew our acquaintance with Robert Mustard Sensei (of Angry White Pyjamas fame) at the Burnaby Yoshinkai. Myself, Kenn, Kevin and Alex all showed up and trained for two classes. During our last visit I was unable to train as I was nursing an injury, however, this time I was pleased to be able to train and experience first-hand the power of Mustard Sensei's technique. It was a great sensation being a complete beginner again (and constantly messing everything up) as Mustard Sensei took us through some basic aikido training. There are many similarities between jiu jitsu and aikido techniques, but also many differences in approach and execution. A really interesting training experience and of course Mustard Sensei and his students were as friendly and welcoming as during our last visit. Also well worth a visit to his dojo for anyone visiting the area: <http://burnaby.aikido.ca>



During the social following the grading, I had the pleasure of meeting Lori O'Connell Sensei, the head instructor of West Coast Jiu Jitsu. O'Connell Sensei was kind enough to invite us to visit her dojo, which she runs with the assistance of Chris Olson Sempai. West Coast Jiu Jitsu is a Can-Ryu style jiu jitsu club in Richmond BC, just on the outskirts of

Jitsu Canada Website Logo Design Contest

Jitsu Canada is looking for a new logo for its website! Do you have artistic enthusiasm? Do you feel you could make a difference in how people are introduced to the art of Jiu Jitsu? Then you're encouraged to submit a design to info@jitsucanada.com. All designs must contain or be similar to our current Jitsu Canada logo, shown below:



Contest deadline is April 20th, 2009. The winner will have their logo used on the Jitsu Canada website and featured in the next issue of the Jitsu Canada Newsletter. Runners up will be featured in the next issue of the Newsletter as well. Good luck!

Congratulations!

Special congratulations should be extended to Jon Jamnik Sensei, who successfully achieved the rank of *Nidan* (2nd Degree) in the last Dan grading.



Further congratulations go to Eric Hopkins and Kia Dunn, who successfully achieved the rank of *1st Kyu* in December's senior grading. Eric and Kia are now to be referred to as *Sempai* while training and teaching.



Seeking Submissions!

Any martial arts content is suitable for the Jitsu Canada Newsletter so please consider putting a contribution together for the next edition. Any grade level is encouraged to participate and high level grades are strongly encouraged to submit material, especially if they are approaching significant grading opportunities. Writing or producing Jiu Jitsu related content deepens your understanding of the art and your skills while training.

Contributions do not have to be written articles but can be cartoons, sketches, diagrams, or anything else you can think of!

The next Jitsu Canada Newsletter will be published in May 2009. Please submit articles no later than April 20th, 2009. Please submit articles and any associated pictures to your club instructor.