



# Jitsu Canada

## In this Issue:

- \* Congratulations
- \* Peterborough Demo
- \* Upcoming Events
- \* Featured Technique
- \* Provincials 2009 Results
- \* Accepting Pain
- \* “Hit by a Mac Truck”
- \* A Visit to Hiscoe Sensei

# CONGRATULATIONS!

Huge congratulations are in order for several of Jitsu Canada’s members. In early April, Stuart Cooke Sensei, Kevin Eugene Sensei and Chris Whynot Sensei graded for their Shodan successfully. Kenn Gibb Sensei was also successful in grading to Nidan. In addition, two members of Jitsu Canada were awarded their Hakama. Matt Der Sensei is taking control of the University of Calgary club and Steve White Sensei will be teaching at Gladstone, Ottawa. Good luck to the new instructors and congratulations to all that graded!



Congratulations! April 4th 2009 yudansha grading results:

Chris Whynot, Ottawa (Gladstone) – Shodan  
Kevin Eugene, Burnaby, BC – Shodan  
Stu Cooke, St Lawrence College – Shodan  
Kenn Gibb, Trent University – Nidan



New University of Calgary Club Instructor  
Matt Der Sensei.

# Martial Arts Demonstration at Market Hall

Local groups from Peterborough gather for displays of strength and artistry

*Nick Ferrio Arts Editor*



March 11, six martial arts organizations from Peterborough and the Kawarthas gathered at Market Hall for a large-scale martial arts demonstration. Organized and hosted by Seito Bugei Juku and Jitsu Canada, the not-for profit event attracted a sold out crowd of fellow martial artists and enthusiasts interested in both the spectacle of each discipline's physicality and the grace and beauty of these traditional forms.

The many martial arts groups, including

Jitsu Canada, Seito Bugei Juku, and Magwood Martial Arts, demonstrated a variety of styles and techniques throughout the evening's event.

Dave Burke, under the watchful eye of Mike Chinadi sensei, began the event with a Zen Ken Ren Iaido sword demonstration. His demonstration was precise and intricate, as he went through the traditional kata form. It was as if we were watching an imaginary dance of death between Burke and his invisible enemy. He later

demonstrated cutting and slashing techniques on a tightly rolled rice mat, which was well received by the packed house.

Kenn Gibb and the students of Andy Dobie sensei at Jitsu Canada Peterborough gave a performance focused mostly on throws, one-on-one combat and a very interesting practical weapons demonstration. Gibb noted that one of the most important aspects of jujutsu is its similarity to dance: “[jujutsu] is all about toying with and manipulating physical balance.”

After an extensive demonstration of Kung Fu and Tai Chi from Greg Magwood and the students of Magwood Martial Arts, Mike Chinadi sensei’s Seito-Bugei Juku dojo led by senior student Shawn Fisk demonstrated the day-to-day training within their traditional Okinawa Goju Ryu discipline.

The students used a number of traditional training techniques including pounding rocks, gripping jars, kongoken and the makiwara striking post, demonstrating what typically goes on within their dojo. The stage was then cleared for Fisk’s performance of Sanchin: a physical interpretation of Three Battles - the battle of the spirit, mind and body. After the demonstration, Fisk said, “this is a tension kata based on isotonic exercises and ibuki breathing, which I attempted to demonstrate through heavy, focused breathing, flexing of the entire body as well as the slapping of my shoulders, arms and legs by Mike Chinadi sensei.”

This performance inspired a sense of awe within the crowd, as Fisk’s deep breathing and Chinadi sensei’s slapping and pounding techniques had many of the enthusiastic children in the crowd both intrigued and fearful.

After a presentation of Aiki Jujutsu by Phil Anderson, the Peterborough Hatashita YMCA Judo Club led by Paul Brown sensei and Tom Hino gave the crowd a very intense look into their club’s training and kata. The very traditional two person kata form they presented demonstrated ultimate physical prowess and a genuine confidence in each other’s ability as well as their own. This kata was the most graceful of the evening events, relying heavily on syncopation and split second precision for it to be executed successfully.

When speaking with Shawn Fisk, one of the event’s organizers, he told Arthur he feels that, “martial arts are incomparable; they’re apples and oranges. So, this was a good practice to see what the other dojo in town do and what we can learn from them.”

“The event in general,” he continued, “was about an expression of Peterborough’s rich martial arts community, giving us and the community a chance to get together and see what each art is about.”

## Summer Course & Grading Kawartha Martial Arts, Peterborough.

Grading: Saturday 20th June

Candidates for 4th kyu to 1st kyu: 12 noon to 6pm

Candidates for 7th kyu to 5th kyu: 2.30pm to 6pm

BBQ: Saturday 20th June: 7.30pm, \$10, BYOB.

Course: Sunday 21st June: 12 noon to 4pm; \$25



# Alberta Jiu Jitsu Association Camp of Combat Arts

4th and 5th July, 2009

Each summer the Alberta Jiu Jitsu Association (AJJA) holds a major two-day training event, the Camp of Combat Arts. This event features eight senior instructors from various locations in Canada. This event is heavily subsidized by the AJJA, and is priced at just \$75 for the weekend.

Instructors for the 2009 camp are:

Shihan Chris Bissett - Chief Instructor Jishin-Ryu Jiu-Jitsu  
Sensei Andy Dobie - President Jitsu Canada  
Sensei Rod Henricks - Head Instructor Inukshuk Bushido Kai, Edmonton  
Sensei Malcolm Bale - Head Instructor Calgary Jujitsu GMA, Calgary  
Guro Joel Huncar - Raven Martial Arts and H.A.N.D.S.  
Sensei Kevin D. Lintott - Chief Instructor AJJA / Goshinkan-Ryu Jujitsu  
Sensei Trevor Tessier - Head Instructor Panther Management Group  
Sensei Tom Gillis - Head Instructor Foothills Training Services

This is a great opportunity to experience perspectives from other styles of jiu jitsu, and from other martial arts. All Jitsu Canada members are welcome to attend.



**Jitsu International**

27-30 Aug 2009

Spartanburg, South Carolina

Jitsu Canada is linked to clubs and associations all around the world. We meet every 3 years to train together, share new ideas, renew old friendships, make new ones, and 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. The international committee of the heads of style for the various countries has been working to put together a really fantastic series of on and off the mat events. 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.

The International has been spread over 4 days to give you the opportunity to really benefit from the diverse instructors attending. There will be a series of small jiu jitsu seminars and workshops on days 1 and 2, and the main event large course on days 3 and 4.

Keeping the cost as low as possible has been the organising committee's number one priority and we are able to confirm that 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 for those not wanting to fly. To keep travel costs to a minimum, Jitsu Canada will be subsidizing the road travel costs.

For more information visit the [JITSU INTERNATIONAL WEBSITE](#).





# The Boot Camp

22nd to 24th May,  
Kinmount, Ontario.



Don't let the name fool you, this weekend event 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 although a variety of other martial arts are also often taught. Training outdoors, often on uneven ground, adds a valuable new perspective to training. After the day's training, there is also swimming in the lake for those who are brave enough. The event takes place on a 400 acre hunt camp, which we have to ourselves for the weekend.



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 \$45.



We are pleased to announce that Dave Burke sensei will be returning this year to teach Iaido (sword forms). Burke sensei will also be bringing a cutting sword, and will offer cutting practice to interested students. Cutting mats are available at a cost of \$10 each (or 3 for \$25) for those wishing to take part in cutting. You should be able to get 4 or 5 cuts per mat. Mats must be pre-ordered and pre-paid by Friday 8th May.

You should bring camping gear (tent, sleeping bag, mess kit, etc.); food to barbeque for Friday night if required and money for breakfast on Saturday morning; drinking water; sunscreen; bug-spray; old clothes for training; drinks for the nights; and a towel and swimsuit.

For further information, or to register please contact your instructor or email

[info@jitsucanada.com](mailto:info@jitsucanada.com)

# Featured Technique: Osoto-Gari

~ Kevin Eugene, Sensei ~

Throws in Jiu Jitsu can vary in range in regards to application and execution. They can be executed in various scenarios using different points of balance to achieve their end. Ultimately, what we may find though is that some of the initial techniques we learn are the most versatile and effective. In the following sections of this article, I will deal with one of the first throws that most people learn in their studies in Jiu Jitsu, Osoto-gari.

## *The Throw*

Now, as with most throws, the emphasis of this throw should not be aimed at getting someone on the ground by whatever means possible but, instead trying to ensure your comfort and minimizing the attackers through the entire throw. Initially, the most important aspect of beginning the throw is proper evasion of the attack. If we work under the assumption of an attacker throwing a solid punch towards the head, we would use our common entrance of evading a punch which involves stepping toward uke (the attacker) in a low stance and guiding uke's punch past the head. Tori (the defender) should be thinking about settling their body weight into the ground at this juncture and beginning to offset uke's balance.

Once this has started, a shift in focus should be made to breaking uke's balance completely to the back corner. This is achieved by four main movements to compliment the initial off balancing. The first three movements happen simultaneously and involve a ninety degree rotation of the hips, moving the head back by lifting the chin and controlling the punching arm.



Balance in this middle part of the throw is mainly taken by movement of the chin. It has the effect of moving the head and causing the rest of the body to follow. Placing a hand on the lower back can complement the balance being broken as it prevents uke from stepping backwards and regaining their balance. Turning the hips prepares for the third balance breaking motion which is a step with the non-reaping leg. This movement accentuates all balance breaking movements done to this point and can often be all that is needed to complete the throw.

That being said, we make sure that if someone has made a movement of aggression in our direction, that we respond with proper authority to convince them otherwise and as such we complete this technique with a reap. Once you have uke's balance completely broken, we thrown in a reap to

strengthen the technique and give it the authority needed. The reap is made by swinging the non-stepped leg (same side leg as uke's punching side) through and back hitting uke's leg calf to calf.



### *Frequent Mistakes*

While I've seen many mistakes made with this throw over my years of training, there are three main mistakes made with this throw all pertaining to tori focusing too much on getting someone on the ground and not properly taking uke off balance. One mistake that has been observed in the beginning stages of breaking the balance is that some will try and take the balance by pushing the neck as opposed to lifting the chin. The primary reason we move the chin up is because it has the effect of moving the head and because the head moves the rest of the body follows because of the limited flexibility of the spine. If one pushes on the neck it negates any of this and there will be no net effect on balance.

Another mistake which has been observed occurs when tori does not step after they have begun to take the balance at the head - this prevents two things from happening. The first is that the balance will not fully be broken. As mentioned above, the outside step compliments the movement backwards over the heels and allows tori to fully break the balance. The other is that, given no step, room will not be created for the opposite leg to reap properly.

Stepping moves tori's centre of balance to a point where the reap will occur in line with their balance maximizing the potential of the throw. When the balance isn't broken, the bow will not break and the throw will fail.

This leads this part of the discussion into the third mistake which has also been observed when trying to complete the throw. Too often in training, in an attempt to take someone from an attack to the ground, a reap is thrown in without some or any of the balance being broken. When uke is standing upright, they have as much root and power in the ground as tori and if balance is not compromised, the net effect of prematurely reaping is tori throwing themselves. As an instructor, I'd advise any of you who've read this far to never let me see you do this.



### *Technique Enhancements*

Once a jitsuka understands the more straight forward elements of this technique, there are a few different modifications that can be made to enhance the power this throw can offer.

We can add a bit more strength to the throw through a small change in the reap. If tori changes his reap slightly by curling the foot backwards, during the calf to calf reap, while dragging the toes along the ground like flicking dirt, the reap becomes stronger as the curl along the natural arch of the leg strengthens.





### *Technique Variants*

One of the beautiful elements of Osoto-gari is that, like most throws, it can be made quite graceful or quite brutal with a subtle movements of the hands or feet. A beautiful alternate, that can be used in a gauntlet or when demonstrating the technique, is to do the throw from and outside block. To do this, you would start by blocking a straight punch or backhand with a cross block. From there you would move you other hand, which should be up to protect your face, over the punching arm to the chin. Similar to our standard approach to the throw, we would now take the balance by lifting the chin up and using the other arm on the lower back to prevent uke from moving backwards to counter the throw.

Once the balance is taken in this form, you can add the reap to complete the throw. If need be though, we can add some variation to the throw in the form of pain. Using pain in any form makes for a good alternative when your uke needs some persuasion to comply with your desire to avoid altercation.

A great pain motivator, which is a personal preference, is using two fingers to push in and up under inside of the jaw around the trachea. This adds pressure to the parotid glands and similarly causes uke to move away from the pain. Adding pressure upwards and away will gather the balance in the same manner as lifting the chin and set up nicely for Osoto-gari and a variety of other throws as well.





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# Provincials March 2009 Results

## Male Novice to Green Lightweight

Gold	Ken Patchett	Queen's University
Silver	Mark Dankowych	Queen's University
Bronze	Curtis Templeton	Queen's University

## Male Novice to Green Heavyweight

Gold	James Bruce	Toronto
Silver	Brett Alton	Peterborough YMCA
Bronze	Mike Troop	Kingston YMCA

## Female Novice to Green

Gold	Karen Slaughter	Kingston YMCA
Silver	Kate Sedivy-Haley	Queen's University
Bronze	Jackie Maynard	St. Lawrence College

## Purple & Above Lightweight

Gold	Phil Graham	Gladstone
Silver	Joel Sparke	Carleton University
Bronze	Davy Guo	Trent University

## Purple & Above Heavyweight

Gold	Stu Cooke	St. Lawrence College
Silver	Jared Lucas	Peterborough YMCA
Bronze	Jon Thompson	Toronto

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# Accepting Pain

~ Stu Cooke, Sensei ~

You're sitting in seiza, waiting for the class to begin. After a few moments of meditation, a slight sense of discomfort inhabits your knees and ankles. The feeling burgeons into pain and any semblance of patience you thought you had fades away. You're concentrating on your legs. Etiquette, training partners and techniques are far from your mind. All that you notice is the ache within your wheels. A slight shuffle provides momentary relief before the hurt returns, more intense than before. Your only recourse is to wait for relief...

All students have to deal with it. Whether muscle tiredness, bone-crunching wristlocks, punches to the face or separated shoulders, we all encounter pain on the mats. The occasional student will resist, seemingly impervious, but they too will suffer. We all have a threshold – the question is where exactly it lies and more importantly, what happens to our bodies on the way to that point.

Pain is one of the major contributing factors to emotion on the mats. A student experiences difficulty applying a lock, so powers through,

using strength in skill's stead and just like that, their Uke experiences anything from a dull ache to absolute agony. Alternately, someone throws you to the ground and your break-fall is slightly off; once more, pain. A weakening punch finds its mark in your solar plexus; pain. With that pain come frustration and anger. Now comes the hard part; what do you do? Where do you channel this energy? What can you use it for? Is it controlling you? Does it determine your next action, how you treat your partner and how you respond to the class? These are challenging questions to answer.

Ideally, all our decisions should be made intellectually. Without emotion to affect judgment, we will be able to weight outcomes and decide accordingly. Keep in mind that sometimes, the correct action is to apply just as much pain as has been levied upon you, or attempted to be levied upon you. So does this mean we should avoid pain? Not at all, it would be futile to even attempt it while training in Jiu-Jitsu. But there are a few things you can keep in mind to help deal with pain and stop it from affecting your decisions:

- Few people train with the intention to hurt others. Perhaps defeat them, perhaps show off, perhaps gain strength, but few intentionally wish to cause pain to others.

- It shows that you are training properly. Without pain, we would have no indicator of success. If someone hits you, they are attacking properly and you need to learn to block. If someone causes pain with a lock, they are applying it correctly.

- It is temporary. It may last a few milliseconds or a few days, but most pain related to training will pass.

- It is a warning. Pain is a message from your body that damage is being done. Listening to that message will enable you to manage injury while training.

- Avoiding it is impossible – accept that it will happen. Don't fear it, don't run from it – just accept it as an inevitable part of training in the Martial Art.

Without violence and pain, the Martial Arts would simply be a dance. We don't train to be able to perform movement or affect balance. We train in techniques that are designed to defend one's self and do harm to others. Philosophical and physical improvements are ancillary to the process, not the process itself. As such, pain is an integral part of what we do. When you are training, it is a personal responsibility to manage your pain and respond to it in a way that is intelligent. Do so and you will find many benefits, from reduced injury to increased learning. Every time you step onto the mat, understand and accept that pain steps on with you. Make it your friend.

## “Hit by a Mac Truck”

~ Lori O'Connell ~

*Lori O'Connell is a Sandan in Can-Ryu Jiu-Jitsu. She teaches in Vancouver, B.C and has recently started cross-training with Jitsu Canada. This excerpt is from her web-log. More information on Lori's club can be found at [www.westcoastjj.com](http://www.westcoastjj.com)*

April 20th, 2009

Yesterday I tested for orange belt in Shorinji Kan Jiu-jitsu. Today I feel like I've been hit by a Mac truck. I am happy to report, however, that I was awarded my orange belt with 3 mons (the highest level of pass for orange). :) I think the person who ordered the belt over-estimated the size of my waistline though.



Many people were interested to hear my impressions of my Shorinji Kan Jiu-jitsu grading so I'm happy to oblige now. My grading was intense, more intense than any other orange belt grading I've ever done (I've done three others in different styles). There is a reason for this.

One of the primary goals in Shorinji Kan gradings at all levels is to push the student to their mental and physical limits and see how well they do once they're there. Since the limits of what I can handle are fairly high, given my prior training and physical condition, the intensity was that much higher to push me there. Because of this, I was glad that all the ukes (attackers) for the test were brown belt or higher, mostly Dans (black belts) of varying degrees actually. They could dish out higher intensity attacks and take what comes back their way.

As for my own personal goals for the test, I'm happy to say that I achieved them. My main goals in training in Shorinji Kan were to get more opportunities to focus more on different locks and throws that aren't as commonly used in my style of Jiu-jitsu (Can-ryu) and when I tested I felt there was a noticeable improvement.

Of course, there is always room for improvement in some areas and the testing process gave me insight as to what I'd like to work more on. I want to make my disarms quicker and smoother so that I have more time to react to additional attackers in V's I'd also like to use V's more in practice since I had only got to do them once or twice before going into my grading, so I think I could have benefited from more training in them.

V training is something I've only seen in Shorinji Kan and now that I've had the chance to do a high intensity V, I really want to do more of them. If you don't know what this is, basically one person stands in the centre of the mats and at one end of the mats, a Sensei stands with two lines of attackers (sometimes they're armed with various weapons, sometimes they're unarmed). The Sensei runs the V, sending one attacker at a time from each line. The tori (defender) defends against each attacker as they come. As the V progresses, the Sensei sends attackers in progressively faster so that the tori ends up having to deal with additional attackers while not quite finished dispatching current ones. It's a great training drill that I would like to explore further.

If anyone is looking for advice on how to best handle the rigors of Shorinji Kan Jiu-jitsu gradings, my biggest tip is this: BREATHE! I breathed on every strike, throw, lock and fall (some of my breaths took the form of kiais). Also, when you get to a break and sit down while other students perform, be sure to take the opportunity to do deep breathing to slow your heart rate. Take a deep breath, hold it for 3 seconds, then slowly exhale. Good breathing strategy helped maintain my energy level and focus throughout the test.

Anyway, overall I very much enjoyed the challenges of the Shorinji Kan grading process. We also got to take part in a pretty cool seminar run by the Dans immediately after the grading. It was a lot of fun despite the lack of energy I had post-grading.

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## A Visit to Hiscoe Sensei

~Stu Cooke, Sensei~

While on the annual April trip to the West coast of Canada, we luckily found some time to make a visit to another Jiu-Jitsu style. Steve Hiscoe, *Sensei* teaches in Chilliwack, British Columbia. His club is filled with enthusiastic students who showed great friendship to the group of Shorinji-Kan Black Belts showing up at their door!

Andy Dobie, *Sensei* taught the session and concentrated on a few techniques that he favours. The dojo is a beautiful converted unit, with changing rooms and even a small gym in one corner. The environment was perfect for a great session and it wasn't long until Chris Brooks, *Sensei* had the students warmed up and ready to learn in our way. The temperature rose quite sharply, along with the intensity.

Some of Hiscoe *Sensei's* students had family members and friends watching, which certainly

added to the atmosphere within the dojo.

Although it would have been fantastic to spend more time on the mats with the students, the session was over far too quickly. However, even from the small amount of time we were able to spend with Hiscoe *Sensei*, I can tell that our styles of Jiu-Jitsu are very complementary. Many of our techniques are performed in a similar fashion and it was very refreshing to see a different take on the art.

This visit reminds me that it is incredibly important to network within Martial Arts communities. It can be quite easy to simply train within your comfort zone, neglecting to explore the possibilities available to you. Remember that throughout your training, you will have many opportunities to experience different instructors, different styles and different opinions. Always keep an attitude of respect and the benefits will be immense.

I look forward to the next time we'll be able to make a visit to Chilliwack!

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# Submit to the Newsletter!

Without submissions from Jitsu Canada members, there would be no newsletter! Please consider writing an article and submitting it to your club instructor. Topics can relate to anything on the Martial Arts and be in any form you like.

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