

Jitsu Canada

Newsletter
January 2011



- * Upcoming Events.
- * History of Shorinji Kan Jiu Jitsu.
- * Mustard Sensei Course.
- * Jiu Jitsu, Kiwi Style!
- * Meeting the Grandfather of Shorinji Kan.



Congratulations go out to all successful candidates of the Senior Belt Grading, which took place in Peterborough, Ontario on December 11th, 2011. Promotions of note include Evan Senkiw and Gerry Taillon, who successfully received the rank of 1st Kyu and Kia Dunn and Steve White, both of whom were promoted to the rank of Shodan.

Upcoming Events

Assistant Instructor & Instructor Courses

Sunday 23rd January, 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. Course cost is \$60 which includes the course DVD. Registration deadline is January 14th by email to info@jitsucanada.com.

~

Standard First Aid & CPR Course

29th & 30th January, Peterborough

Content tailored to cover typical jiu jitsu injuries in more depth while still meeting Canada Labour Code and WSIB requirements. Certification is valid for three years. The significantly discounted price of \$60 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 email to info@jitsucanada.com no later than January 21st.

Summer Camp DVD

In August, Jitsu Canada took part in the 2010 Canadian Jiu-Jitsu Union Summer Camp. This was a fantastic weekend training event in the BC interior. The DVD of this event is now available for sale. The cost of the 2-disc set is \$35 and has over three hours of instruction with:

- * Michael Seamark Shihan, Kokodo Jujutsu
- * Steven Hiscoe Shihan, Can-Ryu Jiu Jitsu
- * Andy Dobie Sensei, Shorinji Kan Jiu Jitsu

Proceeds from the sale of this DVD go towards funding next year's camp. Order through info@jitsu-canada.com

~

Provincial Course & Competition

Saturday 5th March 1pm – 6pm
Sunday 6th March 12 noon – 5pm
Kingston, Ontario

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.

Instructors will be Michael Seamark Shihan, Kokodo Jujutsu, British Columbia, Andy Dobie Sensei & Chris Brooks Sensei, Shorinji Kan Jiu Jitsu, Ontario...



Seamark Shihan from Vancouver is our guest instructor for the event. He has an amazing knowledge of locking systems and training under him will give everyone new insight into the application of joint locks.

The Saturday will be a full day of training covering a variety of jiu jitsu topics and a social event in the evening. 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. Great fun, and you get to practice with people other than your regular training partners.

Cost for the weekend is only \$70, if registered and pre-paid by February 21st (\$80 for registration after this date). A souvenir T-shirt is available for an additional \$15, only with early registration.

Mustard Sensei

Saturday 12th and Sunday 13th February 2011
Trent University, Peterborough, Ontario



Jitsu Canada is pleased to present a weekend seminar with R. Mustard, 7th Dan Yoshinkan Aikido.

Mustard Sensei is an internationally renowned aikido instructor who conducts regular seminars in many countries. He spent many years training daily at the Yoshinkan headquarters in Japan and is regarded by many as one of the best exponents of Yoshinkan Aikido in the world.

Some people might be familiar with Mustard Sensei from reading the book “Angry White Pyjamas” by Robert Twigger. Mustard Sensei’s knowledge and understanding will enrich everyone’s understanding of the principles behind jiu jitsu and aikido techniques. This seminar is open to all members and everyone is encouraged to take advantage of this opportunity.

Training Schedule

Saturday 12th February 2011:
11.30am to 1.00pm, 2.15pm to 3.45pm and
4pm to 5.30pm
Sunday 13th February 2011:
11.30am to 1.00pm and 2.15pm to 3.45pm
(Please be on the mats at 11am both days to warm-up.)

Cost for the weekend seminar (all 5 clinics) is \$100 if pre-registered by Feb 1st. Spaces are limited and the seminar will be filled on a first come, first served basis.

For further information and to register, email info@jitsucanada.com



Jitsu Canada Ontario Summer School

15th, 16th, 17th July, 2011
Peterborough, Ontario

Mark off these dates in your calendar, as the annual Jitsu Canada Summer School will be taking place on the 15th, 16th and 17th July, 2011. More details will be announced shortly.



Congratulations Komp Shihan



On October 11th 2010 Matthew Komp Shihan, founder of Shorinji Kan Jiu Jitsu, was promoted to 10th Dan Hanshi in recognition of over sixty years of service to jiu jitsu. Komp Shihan was presented with this at a surprise graduation party in Melbourne Australia. He was completely unaware this was going to happen, and was thrilled to receive such an honour.

Congratulations Shihan!



Jiu Jitsu...Served Kiwi style!

~ Chris Brooks Sensei ~

Some of you may remember Jules Robson Sensei from his visit to Jitsu Canada back in June 2010. Jules is the head instructor for Jitsu Australasia and this past November I had the chance to pay him a visit in New Zealand.

I arrived mid-week in Auckland at 6:30am (after an inhumane number of hours in the air) and no sooner had I gotten off the plane than Jules wheeled me off to the nearest dojo for some training! I met a few new faces including a very talented instructor by the name of Tony Schaufelberger Sensei, who I would have the benefit of learning from several times during my stay.



After some training and tea, Jules and I settled into our digs and managed a short nap. That evening we went to a second training session and I met another great instructor, Junichi Nishimura Sensei, who introduced us to some principles of aikido. It was an energetic session which ended in an intense three-on-one drill!

We spent a couple of days in Auckland before catching a plane to Wellington to spend a weekend with the members of the two NZ clubs...the Wellington Town club (taught by Paul Huston Sensei) and the Masterton Jiu Jitsu/Judo club (taught by Simon Ogden Sensei).

We arrived the Friday afternoon and I took advantage of a couple of hours to tour the surrounds. Wellington is nestled in a beautiful ocean harbour, with homes and residences sprawled up and down

rolling volcanic hills on all sides of the water. The city has a strong cosmopolitan feel and a rich creative arts culture.



After my tour, I joined the Wellington club for their Friday night session, taught by Ogden Sensei. With his extensive background in both judo and jiu jitsu, Simon focused on some of the more in depth principles of throwing technique. I really learned a lot from Simon's class and after the session had the chance to get to know some of the Kiwis a little better at a nearby pub.

We stayed at Huston Sensei's place that night and the next morning, Paul's two little girls were assigned the task of ensuring that Jules and I did not sleep in too late. Needless to say they performed their task flawlessly by flinging themselves off the furniture and onto our air mattresses! (Such lovely children ;)

After breakfast I set off by myself to check out the "must see" museum of Te Papa for a dose of NZ natural history and culture. Then that afternoon I was invited to teach a course at the Wellington dojo and we had about 20 people in attendance, including another NZ instructor, Andy Bickerton Sensei, a former instructor of the club.



As always I was excited to see that the style and attitude of practitioners on the other side of the world were consistent with the standards back home. The course went very well and I was impressed with the caliber of the NZ students. That night we enjoyed a sushi dinner and celebrated the positive exchange.



On Sunday, Jules and I continued our journey southwards to Queenstown. This is the part of NZ where many of the scenes for the Lord of the Rings movies were shot and I understood why when we arrived.



I set off alone again to tour the town and was enchanted by the scenery that surrounded me. I found a quiet pace along the shore, laid back on a rock and watched the sun set over the mountains.



For the next four days I had the chance to explore NZ's Southern Alps with Jules and a friend of his, Matt Leggett Sensei, a jiu jitsu instructor from the UK. The three of us hiked the Routeburn track for three of the four days, braving avalanches, waterfalls, steep ridges and a couple of Australians along the way! I also developed a deep appreciation for corned beef and baked beans (Jules's speciality!)



The weather was misty and wet for the majority of our trek, however the scenery was no less stunning and this would certainly be one of the highlights of my stay in NZ. On our final day we rolled back into town, drenched but in good spirits, and treated ourselves to some gourmet pizza and a visit to one of the pubs in town.



The next day we exchanged farewells with Matt and caught a flight back to Auckland. That evening we had dinner with Lorne Roberts Sensei, Jules's partner in crime in jiu jitsu and who is also an accomplished karate practitioner. While I did not get the opportunity to get on the mat with Lorne, it was great to have the chance to meet another instructor

who has been influential in the development of jiu jitsu in NZ.

On the Saturday, Jules and I attended a martial arts friendship seminar featuring several participants from a variety of martial arts backgrounds. Jules and I were among five instructors who were invited to teach that day and the energy and camaraderie was very high amongst the attendees. I learned a lot from each of the instructors, including more insightful aikido principles from Nishimura Sensei; a kata of locking transitions from Dwane Morgan Sensei; and some wonderful smash and bash jiu jitsu from Mr. Robson Sensei. It was really great to be taught by Jules again as I always appreciate his charisma and his depth of knowledge.



Schaufelberger Sensei was the last instructor to take the mat and I was extremely impressed by the skill and ease with which he was able to demonstrate and communicate some of the most subtle aspects of martial arts movement. I had the opportunity to uke for him and gained some valuable insight into areas where I feel I could really improve my own jiu jitsu practice.

The rest of the week was split between helping Jules with some renos around his property and running a two-day boy's self-defence course at the private college where Jules teaches. The boys seemed to get a lot out of the course and the experience was an excellent learning opportunity for me personally and has inspired me to consider running similar courses back home in Canada.

My final weekend in NZ was spent back in Wellington for the semester-end grading and an AI course. The grading went very well and saw the promotion of nearly a dozen and a half students, including one very dedicated member, Simon Carter, who earned his brown belt that day. Simon had also uke'd for Jules and me during the self-defense course earlier in the week. The standard of performance was quite high across the board and showed the hard work invested by Huston and Ogden Sensei.



A successful AI course on the Sunday and a final training session in Auckland the Monday night with Schaufelberger Sensei would signal the end of my stay in NZ.

Without a doubt this was a landmark experience in my jiu jitsu career and none of it would have been possible without the kindness and hospitality extended to me by Jules. For nearly three solid weeks we were joined at the hip and I felt that as martial arts colleagues we were able to exchange some valuable ideas and advice that would contribute to our growth as martial artists and to the growth of the organizations that we represent. As individuals I felt that we were able to develop a lasting friendship. Just like so many interactions that have happened between countries in the last year, I felt that this exchange was another step in the right direction for Jitsu International.

The History of Shorinji Kan Jiu Jitsu

~ Stuart Cooke Sensei ~

Shorinji Kan Jiu Jitsu is practiced the world over and is quite obviously influenced by a number of different arts and training techniques. Despite the relative youth of Shorinji Kan as an art, there are numerous confusions about its origins, development as a style, and as a system of self-defence.



*Matthew Komp, Judan
Hanshi*

It all started with a man named Matthew Komp who had learned Jiu Jitsu as a Police Officer in Germany during the 40s. A prominent teacher of Komp's was a man named Alfred Hasemeier, who has published work on Judo, Jiu Jitsu, Aikido and Karate. In addition to the Jiu Jitsu taught to him by Hasemeier, Komp studied Judo, Karate and Aikido. It's also worth noting that Jigoro Kano, the founder of Judo, was sending experienced and talented Jiu Jitsu and Judo practitioners to many countries around the world to proliferate his teachings and Japanese Martial Arts in general. There is no concrete evidence, but it is likely that some of these instructors would have had an influence on men such as Hasemeier, if not directly then at least through the mass exchange of martial knowledge that took place on a global level during the mid 1900s.

Komp opened his Dojo in Footscray, (near Melbourne) and he started to teach his approach to the Martial Arts.

Komp met many influential Martial Artists, including a man named Kohl and another named Miura who was supposedly connected to the at the Tokyo Police force. This was where Brian Graham, the man who would bring this style to the United Kingdom, started training.



Alfred Hasemeier

Brian Graham was born in Keighley, West Yorkshire in 1935. His first exposure to the Martial Arts was in the British Royal Air Force, where he took up Judo. Only a few years later, in the late 1950s, Brian immigrated to Australia and started training with Komp. He trained three nights a week for six years to obtain his Shodan. At this important, developmental stage in Brian's martial arts career, he met a number of martial artists that shared their knowledge and helped to form what Shorinji Kan would eventually become.



Brian Graham, Shihan

We can begin to trace the various elements of Shorinji Kan Jiu Jitsu to the instructors that Brian met in Australia and his teachings by Matthew Komp. Some connections are obvious, as many of the throws we perform originated in Judo and similarly, we use coloured belts to indicate progression, another connection to Kano's art. Others are less obvious.

For example, the name itself, came about because when Komp demonstrated his style of Jiu Jitsu to the Japanese, they noted that it was very similar to a Japanese Martial Art named Shorinji Kempo. For a period of time, Komp referred to his style as Shorinji Kempo Jiu Jitsu. Brian Graham, upon his return to England, decided to name the style of Jiu Jitsu he would teach, Shorinji Kan Jiu Jitsu. The name was changed slightly but remained similar, as a way of honoring the Japanese tradition of Martial Arts that inspired so many of the techniques within the Shorinji Kan syllabus.



Brian Graham, Shihan (right) & Peter Farrar, Sensei (left)

It was in 1968 that Brian Graham returned to Keighley, Yorkshire. Here, he established the Samurai Jiu Jitsu club and began teaching his approach to Jiu Jitsu. One of his first students was named Peter Farrar, who rose through the ranks and eventually became a Sandan (3rd Degree Black Belt). Peter Farrar expanded the style considerably, inspiring his students to create clubs throughout the country. Farrar Sensei's club in Plymouth was the place that many of the senior practicing Jiu Jitsu instructors began their Martial Arts careers.

Peter Farrar's charisma and influence led to a huge expansion of Shorinji Kan Jiu Jitsu within the United Kingdom. His approach to Jiu Jitsu led to the core competencies of our style and many of



the exercises and training drills that students take part in today were created by this drive to expand and share Shorinji Kan Jiu Jitsu. In 1990, the association that was formed to oversee the practice of Shorinji Kan Jiu Jitsu (the National Samurai Jiu Jitsu Association) was renamed "The Jitsu Foundation."

In 1997, Matthew Komp visited the UK and promoted Brian Graham to 6th Dan and awarded him the title of Shihan. That same year, Peter Farrar unfortunately passed away from Cancer. However, the style has continued to grow and The Jitsu Foundation now has over 100 active Jiu Jitsu clubs in the U.K. Instructors who began their education in England have since moved to many other countries around the world, including Canada, Cyprus, New Zealand, South Africa as well as the U.S.A.

Shorinji Kan Jiu Jitsu continues to evolve under the tutelage of its many talented and inspirational instructors, but the core principles of the art are shared between all organizations that teach it. Because of this, any practitioner of Shorinji Kan can attend a course in any other part of the world and feel right at home.



Meeting the “Grandfather” of Shorinji Kan Jiu Jitsu

~ Chris Brooks Sensei ~

At the end of my visit to New Zealand, I decided to spend a couple of days in Melbourne, Australia to fulfill a long-standing goal of mine... to meet Matthew Komp Shihan, the man who taught Brian Graham Shihan.

Before the trip, I was put in touch with Jordan Duzelovski Shihan, Komp Shihan's senior black belt. He made arrangements for me to be picked up at the airport and brought over to Komp Shihan's home where I would have the chance to meet them both.

I was given a tour of his private den where he keeps all of his certificates, albums and memorabilia from over the years. It was an incredible opportunity to witness first hand nearly sixty five years of martial arts history!



The three of us went out for lunch, joined by another senior pupil, Denis McGuigan Shihan, and enjoyed the chance to listen to some of Komp Shihan's many tales. For a man of 82 years, he was fully alert, charming and had a great sense of humour.

That evening I was invited to train at Duzelovski Shihan's dojo and to get on the matt with Komp Shihan! The plan was that I'd train with the rest of the class to get a glimpse of their style

and then do a little teaching at the end to return the favour. Komp Shihan however had a different plan in mind and decided to run a mini-grading (or assessment) to determine whether I measured up to his standards. ;) As stressful (and surprising) as this was, I felt extremely privileged to have the chance to perform jiu jitsu in his presence and to be partnered with his black belts through the demonstrations.



Komp Shihan's charisma and presence were very akin to Graham Shihan's and by the end of the experience I was amazed to discover that the style and techniques practiced by the Melbourne group were very similar to our own. I was fascinated that after over 40 years since Graham Shihan was taught by Komp Shihan, and in spite of the distance between our countries, the two styles retained many similarities at the core. It reassured me that the roots of our style are still very much alive and of the importance of maintaining a connection with that lineage.

The next day I enjoyed a tour of the city with Duzelovski Shihan and then on the eve of my departure was invited to his place for a home cooked meal with his family and Komp Shihan.

I owe a debt of gratitude to Duzelovski Shihan for his generosity and for making my meeting with Komp Shihan possible. I consider myself extremely fortunate to have had the opportunity to meet the man without whom none of us practicing Shorinji Kan Jiu Jitsu would be where we are today.



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.