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A Kiss on the Cheek from Yoshinkan Aikido - A Visit from Robert Mustard, Sensei

~ Evan Senkiw Sempai ~

"I think he's got you by a hair Sensei."

If you don't happen to know why this is funny, than you probably weren't at the course Rob Mustard Sensei taught in Peterborough this past semester. On that, if you weren't there ... well ... that was a very bad call.

Robert Mustard Sensei is a 7th Dan. He is a world famous Aikido practitioner, meaning we are extremely lucky to have him visit our style.

The extent of what I know about Aikido as a Martial Art basically stops at knowing that there are huge differences as well as undeniable similarities between Yoshinkan Aikido and Shorinji Kan Jiu Jitsu. However, Mustard Sensei didn't seem to care about any of that – and was nothing if not adamant that he'd personally consider the entire seminar a success if it could only help shed something onto the art that we do and how it is that we do it. He was content simply

if we checked our preconceptions of what to do – our Jiu Jitsu baggage – at the door, and opened up to what he had to say.

With that stage set. Mustard Sensei spoke to the idea of Yoshinkan constituting a form of listening akin to the sort of listening that we deploy with our Henka-waza and Kaeshi-waza but different in that rather than being outwardly-focused it instead directed back inward, at and for oneself. The idea being that Aikido starts from within and works its way outward.

This is something that is often easy to forget, or at least to neglect, when it comes to training. The course was a blast, I learned a lot from being there, and I look forward to the next one. That said, I hope that even if you weren't at the course in person that you can take this idea away to your own training – and I also hope that when you focus that ear inward toward yourself you finally come to hear a little voice somewhere inside ridiculing and deriding you for not turning up the first time... See you at the next one.

Upcoming Events



Boot Camp

May 28 & 29, 2011

Chokushin Aikijujutsu

Shorinji Kan Jiu Jitsu



Only \$65

Includes:

Camping

BBQ Sat & Sun

www.jitsucanada.com for details

Ontario Summer School
Trent University, Peterborough
15th, 16th & 17th July 2011

Instructors

Colin Mortimore Sensei, 3rd Dan, The Jitsu Foundation UK
Andy Dobie Sensei, 5th Dan, Jitsu Canada
Chris Brooks Sensei, 3rd Dan, Jitsu Canada

Training on Friday evening, Saturday and Sunday afternoon. Ontario kyu grading examinations are also happening on the Saturday. We are very pleased to welcome our guest instructor, Mortimore Sensei, from the UK. Colin has made several visits to Canada, although none since 2003, so we look forward to seeing him again.

Summer school training fee is \$120, however there is a 15% discount with registration by 15th May.

Jitsu International 2013
Edinburgh University Centre for Sport & Exercise
Edinburgh, Scotland
2nd to 7th July 2013

Every three to four years, the various international associations for Shorinji Kan Jiu Jitsu hold an international training event. This tradition started in Canada in 2003, with the last one being in the USA in 2009. Those who attended the 2009 event will know what a huge success it was, and will recognize the increase in international activity since. Attending this event will be an amazing experience as you will get to meet your peers and instructors from other countries. While we all practice the same style, each country has evolved slightly differently and each instructor has their own approach to jiu jitsu. The many new friends you make will also open doors for any future travel plans you may have. This event is also kept purposely small to allow for maximum interaction between the students and instructors from the various countries. The 2013 event is being held in the historic city of Edinburgh, capital of Scotland, which is also an excellent tourist venue.

Schedule

Tuesday 2nd July	Arrival / Informal Meet & Greet Social
Wednesday 3rd July	Seminars & Workshops
Thursday 4th July	Seminars & Workshops
Friday 5th July	“Off-the-mat” day – group sightseeing activities
Saturday 6th July	Main mat training followed by Formal Dinner
Sunday 7th July	Farewell Brunch



Jitsu International 2009 – Spartanburg, SC.

For those who are able to, Jitsu Canada is planning a two-week trip to the UK. The first week will be based in Scotland for the actual event. The second week will be a tour of Great Britain visiting various jiu jitsu clubs in a number of different cities. This will also provide a good opportunity for sightseeing.

Most regions have begun a fundraising campaign, which will continue for the next two years. There will be some subsidy from your region towards the cost of the event, the extent of the subsidy will depend upon the success of the fundraising. Nevertheless, mark your calendars and start saving now!

Current rough estimate of the cost of the event would be around \$2,200. This would include flight, accommodation, the event and the week touring. Additionally, you would need money for food, social and sightseeing (and the UK can be expensive). Estimate for a 1-week trip for the event only would be around \$1800 (plus spending money). These are only estimates and may change as we get nearer to the event.

Jitsu Toronto End of Year Extravaganza! **May 7th, 2011**

Jitsu Toronto would like to invite you to its biggest party ever! On Saturday, May 7th, we're throwing a fundraiser at The Port (1179 Dundas Street West, at Ossington Avenue) from 7pm to 11pm to celebrate the end of York University Jiu Jitsu's wildly successful inaugural year, and to raise money for future club expansion in Toronto.

Featuring live performances by The Whale Summer (<http://www.myspace.com/thewhalesummer>) and Festival Express, it's going to be a night of music, fun and prizes. Everyone is welcome: Jitsu Canada members, family, and friends. Cover is \$10 at the door, and you can reserve your space on the guest list in advance by emailing Jon Thompson at thompson.jon@gmail.com. Please also let us know if you'll need a place to crash for the night, and we'll try our best to find a host Jitsuka. Don't miss out! It's worth the trip to Toronto!

Toronto Summer Course and Annual Throw-a-thon Saturday, June 25th, 2011 (\$25)

Course will include weapons instruction by Greg Tremblay Ninjutsu sensei. If you are interested in attending please contact a club instructor or Joanna Yu Sensei directly. Joanna_y_yu@hotmail.com or FB.



“So, you’d like to be my Uke?”

~ Kia Dunn Sensei ~

“So Jon tells me that you’d like to be my uke?”, Seamark Sensei approaches me to say. “Sure” I reply, not really sure what he’s talking about, but naturally happy, and a little flattered, for an opportunity to learn first hand from a senior instructor in a different style. It was at this point that I looked over to see my sensei Jon Jamnik, I won’t say giggling, but snickering and I began to wonder what I had gotten myself into. I remember at this point Seamark Sensei telling me that he hoped I would learn from feeling the locks as he felt there was much about the techniques that could only be understood first hand. “They won’t understand, it looks fake to them” he said, “but you’ll understand”.

For those of you who weren’t there or didn’t know, Seamark Sensei is a practitioner of Kokodo Jiu-Jitsu which traces its origins to the Emperor’s Royal Guard in Japan. He is ranked as a Shihan in that style, having undergone all necessary Shinto/Buddhist rites in Japan associated with that position, and wears a purple belt in symbolic relation to the royal color of the Emperor, whose guards were exclusively allowed to wear purple. He also wore a pair of transitionally tinted glasses throughout the entire session, likely because they were boss.

As he began teaching his first technique to the lower grades, showing the initial position of the wrist and some finer details of the technique, I complied with what I can only now describe as a naïve relaxation and calm. The first application came as such a surprise that I finally understood the term ‘blinding pain’. My vision literally ‘whited out’ from the moment he applied the lock until I was on the ground. I have never felt more intense pain in my life, and just for context, I snapped my collarbone in two driving it headfirst into the ground, which was mild discomfort by comparison. I instinctively began tapping furiously, which I can only assume Seamark sensei under

stood as “yes it’s working, please continue”. The first rational thought that came to me was that he was being uncontrolled and unnecessarily brutal for the sake of demonstration and that I would have to watch out for my wrists or else he was going to casually snap them in half.



Yet as time went on and technique after technique was demonstrated, I had the startling realization that it was not uncontrolled at all, but rather as my wrists became sore he would, incredibly, apply the lock with just a little less force to cause it to hurt exactly the same amount. And more, just when one wrist felt like I was never going to be able to move it again, he would switch sides and by the time that side felt weakened, the other side would feel only mildly sore and he would switch back.

It was at this point, somewhere in the middle of the day, when I had the epiphany, or perhaps some kind of dopamine induced euphoria, that what he was doing wasn’t damaging, just painful and I was able to relax and trust him completely. . And in that moment my brain seemed to switch gears, polarizing the

two ideas into negative and positive so when Seamark sensei said “I hope you’re ok with the pain” I had to admit “...actually, I’m starting to like it”. Once my brain had stopped associating the sensation with injury or a negative event, it became only sensation, yet very instructive sensation at that and I actually found myself eager to feel it applied again and again.

I was fortunate to be his uke for the entire day, moving with him from group to group, and each session he taught was on wrist locks. Having just returned from the course taught by Mustard Sensei, a lot of the topics Seamark Sensei began talking about were familiar, even using some of the same terms to describe the ideas like structure and frame, yet having the physical component made them concepts which I now have very visceral experiences associated with. I could intuitively feel what he meant by structure, I could feel when it was absent or partial and I could feel it coalesce into completion as he assumed the correct posture and position.

In between demonstrative sessions, rather than train, Seamark Sensei had me walk around and advise others on their technique, something which I immediately thought I wasn’t suited to do as I hadn’t even done the technique once, yet surprisingly I found myself able to see mistakes in their technique, intuitively feeling the flaws in the structure of what others

were doing by observing the dynamic tension in their bodies, I could feel the absence of that which I felt so keenly while uke. It is a sense which has thankfully only diminished slightly and is an aid to my training well worth the price paid. It has given me a much greater respect for, and even led me to see as essential, the instructive role of pain in training when applied appropriately with control.

The only advice I can offer here in writing on such a physical and intuitive topic, especially to those aspiring to be instructors, is to listen and be attentive to yourself and your partner when training, as much as you would be to a Sensei. If you are having difficulty, move slowly when learning any new technique and don’t rush past a very small moment within the technique which may have something important to tell you. With a little practice, the proper attitude and a clear mind you will be able to hear and feel when a technique is correct, and more importantly when, and how, it is incorrect.

Oh and one final note, after the days training, Seamark Sensei informed me that the level of pain that was being applied was considered Nidan level pain, and that there was indeed degrees ascending up to Judan level, such that the magnitude of the day’s training would probably be considered mild discomfort. That’s something to think about.



We Are Our Own Best Teachers

~ Christopher Roy ~

It's true. In any situation, the person who has the greatest effect on your learning is you. This may sound like an obvious point to make, but listen.

Remember the worst teachers you had in school. Your biggest complaint; that they couldn't teach. Not that they didn't know their stuff, or that they were particularly unorganized, but that their method of conveying knowledge never really reached you. Remember a topic you really struggled with - you would ask for help, and they would explain to you how to do something, with great confidence, yet still, you just didn't understand it. The problem with their method was that it was all them, didactic, presenting knowledge and expecting that you'll have absorbed and understood the material, all on your own.

Now remember the best teachers you've had; the ones that lead you to enjoy a class, whether you normally liked that subject or not. The common denominator between all the good teachers was that your mind was actively involved in the teaching process. A student's questions, exploration, creativity, and play were key ingredients in the teacher's method. That teacher, when explaining a topic, would describe the same thought process, you would go through, if you were the person discovering the topic. As if you were Pythagorus, inventing his famous theorem. That teacher would describe a creative thought processes with you, exploring the different possibilities like "What would it mean if I multiply these 2 numbers together?" or "I wonder what it would take to launch a basketball into space." They would give a sense of creative thought experiments, or more simply, of play. The teacher would guide you through the thought process rather than just telling you the steps, or spout out facts with the expectation that can just memorize them. Rather than understand them. In the end, it was you teaching you.

Instructors are key for your ability to understand something, but there is also a time for personal study and exploration. This can take a bit of creativity, but you can learn so very much about a topic by exploring blindly on your own. I do this all the time. My most recent experience with this lead me to write this article. I purchased a bokken and being a person who enjoys the sword, I got to playing with it immediately. What I didn't do was go to YouTube to look up bokken kata, which could have been helpful. Exploring something blindly first enables you to think outside the box. I started with drawing the sword from standing and from kneeling. Figuring out what felt effective, what felt wrong, and why that might be. The next step was to swing the sword around like, well, a Chris Roy on 2 pots of coffee would. (Aside - turns out my living room has a chandelier, well, it did.). I explored the weight of the sword, what felt good. what felt wrong, and again, why. The next step; connections. I drew in every connection I could think of to Jiu Jitsu. Stance work, posture, movement, balance, timing, all of it.

And that's when it happened. I had an "A HA!!(Eureka)" moment. Everything we do in Jiu Jitsu, can be done as if a sword were in hand. Throws, Locks, Movement, Everything. (Except ground work. I guess there are some exceptions.). The point of this, is not what I learned about the sword. But what I learned about my Jiu Jitsu, from the sword. What I taught my self in a mere 2 hours of creative exploration, greatly out weighed any few classes I ever took.

So in any subject. Jiu Jitsu included. We ARE our greatest teachers. I recommend keeping these thoughts in mind, if you are ever in a position to teach anything, or the next time you're learning something you love, I recommend going on your own personal study experiences. Be creative with it, Explore. Play.

Last Stop, Jitsu U.S.A!

~ Chris Brooks Sensei ~

After some incredible experiences this past year, practicing jiu jitsu in several countries, I decided to add one more destination to my list. In March, I hopped a plane down to sunny South Carolina to visit Mike Mallen Sensei, the head of The Jitsu Foundation USA. Some of you will have met Mallen Sensei during one of his many visits to Canada over the years, the most recent one being the July 2010 Summer School.

Mike has been teaching jiu jitsu in Spartanburg SC since 1994 and was responsible for hosting the 3rd Jitsu Internationals in 2009 (which was the launch pad for many of the international exchanges that have been happening all over the world since).



I had about four days to spend with Mike, his family and a few of his students. The first day Mike and I made a visit to a local University on invitation to discuss the prospect of opening a jiu jitsu club for its students. This meeting was one of the reasons for my trip down and after some very positive negotiations, a club start date of August was suggested pending final approval from the Athletics Department.

Feeling good about the morning's accomplishment, we spent the remainder of the day moving mats for the weekend course and catching up with



Mike's family (in particular his two youngest girls who took turns sharing with me the jiu jitsu knowledge that their father had passed on to them!)

The next two days we co-taught a jiu jitsu course, accompanied by some members of a local Tang Soo Do school. The highlight for me was getting to train once again with Steve Brooks Sensei, one of Mike's black belt students, who I had neither seen nor spoken to in over 6 years! As always it was a great sharing of knowledge and a strong boost for the town club.



On the last day I made a tour of Greenville and the Spartanburg surrounds. The weather was perfect (about 15 degrees warmer than the weather back home!) and all of the flowers and trees were in bloom. That night we held a final jiu jitsu class and then retired to Mike's place for refreshments and some reminiscing.



By the end of my trip I felt that my international experience had come full circle. It was exciting to see TJF USA on the brink of some new expansion and very gratifying to be able to be there to support it. Jitsu Canada and TJF USA have always

had a very close relationship and as our two organizations continue to grow I hope that the interactions between our members will become more frequent.

This August, Mike will be hosting a couple of jiu jitsu demonstrations to promote his new club to the University community. He is hoping that a few members of Jitsu Canada will be interested in coming down to help out with the demos and to participate in a weekend course that he will be putting on at the existing town club. If you are interested in joining the August S.C. visit, please contact Thumper ASAP (or notify your club instructor).

Your Sensei's Dirty Little Secret: What Exactly Do We Really Know About Jiu Jitsu Anyway?

~ Evan Senkiw Sempai ~

It was said to me at some point during my Assistant Instructor course that one of the things that makes our style of Jiu Jitsu enduring, interesting, and important, is not that one individual person or teacher knows O-Goshi really, really well, and from that sort of standing then bestows their knowledge, in some portion, to the rest of us. Rather, it is that collectively we all know something about O-Goshi – even despite the inevitable fact that some people will know more than others – and that from this sphere, as a group, the aggregate sum of knowledge we have is always much more, and much deeper, than any one individual could ever know alone.

Though it is almost cliché, it's been said that it is with your black belt that you finally become a student – that, this moment is the beginning of your journey, so to speak. This is because, at some point along the way, the way in which you learn

Jiu Jitsu changes. Jiu Jitsu, at that point, is no longer just about the knowledge and tradition that is given to you by your Sensei, to be somehow rigidly followed and regurgitated or demonstrated as such; instead, Jiu Jitsu becomes a sort of knowledge that is absorbed from everything and everyone around you, all the time – it is a metaphor that we live by.

You begin to think and learn everywhere, in every context – as far as learning Jiu Jitsu is concerned, the places that you come to find knowledge go well beyond people with belts and rank – after all it really doesn't make sense to only be open to learning from one's Sensei, or one's superior. The interesting part of all this, is that though it may read like some sort of hackneyed attack on rank and hierarchy, it is not that at all. Rank does signify a very real and certain wealth of knowledge, time, and learning for its particular holder, and on that is very much.

legitimate. Instead, this point simply looks to show that learning can happen anywhere and everywhere at anytime – that is, of course, if you’ll let it. Your Sensei’s dirty little secret is that despite wearing the angry pants of power, being the highest rank on the mat, and *always* being right of course, they are in fact – get this! – learning as much, if not more, about Jiu Jitsu than you are with every passing second. Every training session, every teaching venture, every time they step onto the mats, they engage with an ongoing dialogue with, and about, Jiu Jitsu regardless of with who they happen to be, or what rank that person is.

There is another classic martial arts cliché – memorable from countless terribly awesome movies – that there is supposed to be a day where the student is to overtake the teacher. It is here that is true, and it happens sooner than you would ever think. When was it that you knew something that Sensei didn’t?

When was it that you articulated something in training – our Jiu Jitsu conversation – that your Sensei heard and learned because of you? When has this happened, even if you didn’t quite realize that it did at the time? Here the student overtakes the teacher – here we are all both student and teacher – and here we all, regardless of rank, learn.

Now perhaps Sensei’s dirty little secret is not so much dirty, or even really a secret, as it is part of learning in the Dojo – but, nonetheless, it is undeniably valuable. This sort of learning mechanism is what makes what we know about Jiu Jitsu living, fluid, and vibrant. It is what keeps us listening, both to learn from uke and then to be able to yield to them. It is what turns the study of Jiu Jitsu into something more than a ‘means’ or an ‘end’ – but rather more akin to an endless end. And it is one of the things about Jiu Jitsu that puts a smile onto my face.

Toshi Goshi Geiko

~ Gerry Taillon Sempai ~

On February 5th of this year, I had the opportunity to join my instructor, Andy Dobie, in attending the Toshi Goshi Geiko event put on by Mike Chinadi of Seito Bugei Juku from the YMCA of Peterborough. It is a celebration of the Chinese New Year, in this case welcoming in the Year of the Rabbit. To do this, Chinadi Sensei enlisted the help of Genaro Liriano of Naha Dojo, Toronto and Sylvain Rock of Ko Ishi Dojo Chambly, QC; Doug Johnson of Trent Taekwondo; and of course, Andy Dobie Sensei.

The day started with Chinadi Sensei welcoming us and explaining the significance and tradition of Toshi Goshi Geiko. The rest of the first hour was spent on Junbi Undo, which was a warm up and physical fitness session, using body weight and partnered exercises to get the body into fighting

shape. This included some that I was familiar with, like inverted rows, and some that were new to me, like upright rows, assisted leg raises, and plyometric leg presses. We ended the segment with three, three-minute rounds of light sparring.

From there, Liriano Sensei took over and gave us a demonstration of traditional Japanese supplementary exercises (Hojo Undo) using ishi sashi, a stone padlock. Then we began to work on Tanren training, which is conditioning the body to withstand the rigors and impacts associated with Okinawa Goju Ryu Karate. The method used for much of this conditioning is to get a partner and begin clashing various parts of the body together. After pounding each other with kicks to various parts of the legs we moved on to punches to the abdomen; and then to blocking punches to both condition the arms and to

develop blocking skills. This lasted for an hour and by the end, I was thoroughly tenderized.

The third hour was led by Master Johnson. We moved from the rather percussive blocking we had been doing with Liriano Sensei to a more gripping and off balancing style of blocking. This was followed by using footwork and movement to further off balance your opponent, which was then used to create space and opportunity to follow up with strikes. We then used the same footwork to lead into an arm lock.

Following lunch, it was Dobie Sensei's turn to lead the class. Unfortunately, we only had a single layer of puzzle mats on the concrete floor so throwing those with limited exposure to ukemi was not a great option. Dobie Sensei instead used his time to conduct a weapons defence seminar. Using two variations of Kote Gaeshi (Wrist Lock #1), he taught defence against bottles, kosh, broken bottles, and knives. Those in attendance seemed to enjoy particularly the variations where uke (me) ended up being smacked or stabbed with my own weapon.

Rock Sensei was the next to lead the group, and he took us through an hour largely focused on striking pads and targets. (Note: for anyone attending something like this in the future, hand wraps or bag gloves are a good idea.) A fair amount of time was spent on drills where you would respond to the movement of your partner, either pursuing or retreating from them, then striking as soon as they set their feet. Rock Sensei finished his session with some rather intense stretching.

The training portion of the day was now finished and it was time for the instructors to perform some demonstrations. Chinadi Sensei led off with Tensho, a 'closed fist' kata, followed by Liriano Sensei performing Sanseiru, an 'open fist' kata. Next up was Rock Sensei performing Kurunfa, described to us as an 'advanced' kata. Sa Bum Nim Doug Johnson then followed up with a solo demonstration or poomse (Korean art, so kata would be incorrect). The final demonstration was Dobie Sensei defending against various attacks using primarily standing locks and restraint techniques, followed with a few light throws and then a number of sacrifice techniques.

The grand finale was what is apparently somewhat of a tradition for this Okinawa Goju Ryu group for Toshi Goshi Geiko. Since it is 2011 we were celebrating, we gathered around in a circle and everyone did 2011 punches. To keep count, we kept going around the circle with everyone taking turns counting to 10 in Japanese. A scorekeeper was used to track our progress. After the training we had already been through this was a good test of stamina, but all of us completed the task.

It was a good day and a great opportunity to train in a very different style than I am accustomed to. I would encourage anyone who has similar opportunities to take them, as it is always interesting to learn more about other arts and styles of training. For those training in Peterborough, it's a pretty good bet we'll be invited back next year so it would be great if we could increase our participation and help to make this event an ongoing success.



Joanna's Jiu Jitsu-cation

~ Joanna Yu Sensei ~

“Epic” is easily the best single word I can think of to sum up my recent trip to the UK. Ever since the August 2009 internationals in Spartanburg, South Carolina our interactions with our Jiu Jitsu family across the pond have soared. Since then we have had many visitors from the UK with some even visiting us multiple times. With that in mind, I thought it was about time that I went to visit them. My 9 day whirl wind tour in the UK is definitely a milestone accomplishment in my Jiu Jitsu career to date.

I arrived in London early Monday morning and was welcomed by warm summer weather which was a huge contrast to the light snow fall that I left behind back home. I spent the day walking around seeing many of the landmarks of London. I particularly enjoyed the path along the Thames taking me past Big Ben, the London Eye, the Tower Bridge, and the Borough market. Just as jet lag was starting to set in, I was off to Jiu Jitsu at University College London with Davis Cook Sensei (South Africa Jitsu) and Kim MacFadden (Jitsu Canada). I was warmly welcomed by James Garvey Sensei whom I have only ever known as O-soto-Garvey thanks to my previous British instructor Alex Fairweather Sensei. I had the pleasure of tag team teaching a great session with Garvey Sensei. By the end of the session I realized that a good Jiu Jitsu smash was the perfect cure for jet leg. Next, it was off to the bar for a social with both new and old friends. It was certainly a perfect start to my trip. The following day I wandered around town, headed to the British Museum, and then turned up at Queen Mary University of London Jiu Jitsu session where I had the opportunity to both teach and train. This time the only familiar faces on the mat were ones that I had just met at yesterday's session. After we headed to the local pub where I discovered that the instructor Alex Mooney Sensei had attended the session that Alex Fairweather Sensei had taught at University of

London Union a couple years ago where he somehow got away with lining up ahead of a third dan as the story goes. My last day in London was spent visiting the Natural History Museum and Buckingham Palace. I then attended my first UK Brown and Dan (BaD) which was run by David Yates Sensei. I essentially fell into a grading prep session which filled with loads of high intensity pressure drills. Exhausted but content and filled with desire to do better at the next BaD, I once again headed to a bar to socialize.

Next I was off to Bristol. I was nervous and excited about the publicized Bristol Town Club session as I was invited to teach a segment of the session that would be attended by multiple senior Dans. It was an honour to be given such an opportunity by Colin Mortimore Sensei. It was definitely comforting to have the session attended by familiar faces including Ian Purnell Sensei, Ollie Strother Sensei, Andy Breeze Sensei, Gabs Rossetti Sensei, and James Smith. Yet another excellent social followed by a much needed sleep in day and rest day. Good Friday was my only non Jiu Jitsu day.

The next day I was off to Cardiff, Wales to visit Frankie Lewis' Sensei's club which was well attended for a Saturday afternoon of Easter long weekend with abnormally gorgeous weather for this time of year. We put our dancing shoes on that evening and headed out to a club. The next morning entailed a dash to catch the train to head to Bath for my second BaD of the tour. It was a fantastic 3 hour session run by Paul Burden Sensei and Phil Mortimore Sensei. I had the opportunity to watch some truly amazing Jiu Jitsu at the Easter Sunday course was very well attended by those training for 1st kyu to third dan.

Easter Monday was another gorgeous summer day. We headed to Ogmere, Wales to get in a day of bouldering along the coast. I figured this



Bath Easter Sunday BaD

would lend to some good stretching before that evening's session in Bristol. This night marked a unique Easter Monday of international exchange as I taught at Ollie Strothers Sensei's British Military Jiu Jitsu (BMJ) club while he taught at my club back in Toronto at Kageyama Dojo. I heard that both sessions were filled with fun.

My last day was spent with Max Bauer Sensei aka Irfan seeing the sights of Birmingham all in 3 hours. After that we high tailed it to Northampton where I had been invited by Ady Tredwell Sensei to teach the kids session followed by an extended adult

session. I was flattered to have the session so well advertised and attended by jiu jitsuka from all over the region. The session was made extra special as Jessica Leads Sensei was presented her hakama. The evening ended with a most delicious home cooked meal by Charlie Tredwell Sensei. This was a splendid end to my first visit to the UK.



Northampton Club

This trip is an experience I will not forget. A goal of this trip was to make lots of noise and spread Jitsu Canada all over the UK and to tell them to look out for a Jitsu Canada team at the UK atemi nationals this November. I hope I have stirred the pot and accomplished this mission. I am truly grateful for all the fabulous hospitality and welcoming spirit of all the jiu jitsuka I met along the way. I look forward to seeing and training with everyone again soon.



*Ogmore,
Wales*

For those still reading, my tour ended off with a dash from the airport to a pleasant welcome home session at Kageyama Dojo, my club here in Toronto. Like I said at the beginning, this trip was utterly EPIC!

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.