

Jitsu Canada

Newsletter
December, 2011



In This Issue:

- * Upcoming Events
- * Taking Responsibility for Higher Level Learning

- * A Canadian Invasion of the Jitsu Foundation
- * "Sensei Tipping" and the Relevance to Jiu Jitsu
- * New Promotions & Awards



Right: Toronto, Ontario



Left: Peterborough, Ontario



Congratulations go out to all participants in this semester's gradings.

Left: Burnaby, British Columbia.

Upcoming Events

Jitsu International 2013



July 2nd to 7th, 2013

Edinburgh, UK

Historic Capital City of Scotland

Training Venue: Edinburgh University Centre for Sport and Exercise

Accommodation: 'Edinburgh First' (Edinburgh student halls & catering company)

Outline Plan of Event

- Tuesday 2nd July: Attendees arrive. Informal meet and greet social.
- Wednesday 3rd July: Seminars and workshops. Evening social activity.
- Thursday 4th July: Seminars and workshops. Evening social activity (possible Ghost walk in Edinburgh City).
- Friday 5th July: Rest and recuperation day. Options of pre-arranged Tourist activities.
- Saturday 6th July: Main mat training - various sessions led by representatives of each attending country.
Formal Dinner / Awards / Speeches and Dance
- Sunday 7th July: Farewell "Sunday Brunch"

The Jitsu Canada contingent will then spend the following week touring the UK visiting some of the UK clubs.

*** Start organizing club fundraising ***

*** Start saving now***

**Standard First Aid with Level 'A' CPR
28th & 29th 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 \$70 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 deadline is January 13th by email to info@jitsucanada.com

**Assistant Instructor & Instructor Courses
Sunday 12th February, Peterborough.**

Learning to teach is an integral part of the study of jiu jitsu. Although both being taught and practicing jiu jitsu are essential, you will find when you begin teaching or helping to teach, your depth of understanding of the principles behind the techniques improves vastly. This is fundamental to progression in the art, so much so that completion of these courses is a requirement before progressing to advanced student grades. Course cost is \$60 and the registration deadline is January 22nd by email to info@jitsucanada.com

**Ontario Provincial Course
3rd & 4th March, Carleton University Ottawa.
Saturday 1pm to 6pm; Sunday 11am to 4pm**

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 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 grappling competition.

The guest instructor for the weekend will be Michael Seamark Shihan, 8th Dan Kokodo Jujutsu, from Vancouver. Many of you will remember Seamark Shihan from March 2010. His knowledge of locking techniques is phenomenal, and everyone will benefit from his instruction.

Cost for the weekend is only \$70, if registered and pre-paid by February 11th (\$85 registration after this date). Contact your instructor to register.

**Spring Boot Camp
25th to 27th May, Kinmount.**

Multi-style, outdoor training & camping event.
Details to follow.

**Ontario Summer School
20th to 22nd July, Peterborough.**

Our annual summer training event. More details
soon...

**Last Sat of Month Training at
Kageyama Dojo 2-5pm**

- Sign-up 1 week prior \$10 student/\$15 after that add \$5, open to all
- Different focus each month:
 - o Jan: Welcome Back Smash
 - o Feb: Ground work and defence
 - o March: Grading
- Contact:
Joanna_Y_Yu@hotmail.com



Left:

Themed August 2011 summer session at Kageyama dojo in which markers became knives.

Taking Responsibility for Higher Level Learning

~ Lori O'Connell ~

I recently graded for my light blue belt in Shorinji Kan Jiu-jitsu and I'm happy to report that I passed and am feeling altogether smurfy in my new belt. As I go up the ranks in Shorinji Kan, I'm reminded of how the nature of training and grading preparation changes the higher you get. All too often students get into the higher belt ranks in their style without being fully aware of the shifts in responsibility so it's important to understand what this entails.

The Shift in Responsibility

When you're in the citrus coloured belt levels, your instructor more or less takes care of you. You put complete trust in them to make sure you know what you're supposed to know for your level so that when you're put up for your next grading, you're aware of what is expected of you. But when you get up to the upper intermediate and senior level Kyu ranks, the responsibility shifts. Sensei is often more focused on the lower ranks' development and you start to play a role in their development too, running warm-ups, teaching breakfalls, sometimes even teaching techniques. As a result, you don't always necessarily get to train some of the higher level techniques that you're expected to learn at your belt level.

Taking an Active Approach in Your Learning

If you find this happening to you, as a more senior Kyu rank, realize that you should start to take more active measures to ensure your learning. You shouldn't feel shy to ask your instructor about techniques on your curriculum you haven't seen yet, so long as you do so appropriately and respectfully. If it's not practical to work on them during class due to a lack of qualified ukes, lack of space, etc, try to arrange time before or after class to work on them.

Your instructor will likely appreciate your enthusiasm to learn and that you're taking responsibility. Keeping a training journal is also very helpful as writing notes in your own words can help solidify your learning and give you a point of reference if you don't come back to a technique until a much later date. Beyond this, there are many fine videos online that can help you understand the mechanics of various techniques. You may not be able to learn their intricacies from a video, but at least you can gain some understanding of them so that when you do get to train them in class you're more familiar and will be able to ask educated questions.

The Importance of Visualization Training

When getting ready for a belt test, you may not have time to work on everything you want to work on in class. This is where visualization training comes in. You can do an unlimited amount of training in your mind's eye as long as you have the time to think and focus on it. You can do this when taking transit, waiting in lines, during lunch breaks, etc. You don't even need an uke. You just need to be able to imagine the technique in question. If you can't conjure it up in your mind's eye, make it a priority to train the technique physically at the dojo. Visualization training is widely used in sports psychology and research has found that both physical and psychological reactions in certain situations can be improved with visualization. I spent many hours doing visualization training leading up to my light blue belt test and it paid off.

Honing in on Your Weaknesses

Everyone has areas of weakness in their training. It can be easy to push them to the back of your

mind because it's more fun to train things that you're good at. As you go up the ranks, these weaknesses start to become more pronounced and they'll likely get targeted on gradings if you don't do enough to improve on them. Take a good hard look at what your weaknesses are and embrace training those skills. You might start by thinking about what parts of your last grading were the weakest. Once you've identified your problem areas, ask yourself why you dislike a technique so much and/or what makes it so tough for you. Ask your Sensei for advice that will help you overcome your difficulties. Sometimes instructors don't realize what specifically is giving you such a hard time and specific questions can help them identify strategies that will help you improve.

Get More of Lori's Writing: <http://jiu-jitusensei.blogspot.com/>



A Canadian Invasion of the Jitsu Foundation

~ Jennifer Higgs, Sensei ~

Last year Ollie Strother Sensei organized a throng of Jitsu Foundation members to attend our Provincials and tour the Ontario clubs, and this year Mark Yourkevich Sensei spearheaded us returning the favour: six Canadians touring the Foundation and attending the Atemi Nationals, the Foundation's version of our fall Provincials V and Gauntlet competition... only at least ten times the size.

The day after the November 5th-6th Provincials, Mark Yourkevich, Chris Roy, Ben Kylo, Tano De Luca and I flew from Toronto to London. Giddy from sleep deprivation, we managed to eventually navigate our way to Davis Cook Sensei (Jitsu South Africa) for a much needed power nap at his flat, and with only a couple mishaps of almost losing each other. Just recharged enough, we threw ourselves into the University College London club session. It was a touch

surreal to suddenly meet someone whose name you'd only heard tossed around in stories, but James (O Soto) Garvy Sensei gave us a warm welcome and I got to round robin teach the massive club with him, Yourkevich Sensei and Cook Sensei. Everyone showed us a ridiculously good time at not one but two pubs after, and Davis rounded off the London hospitality by putting us up for the night.

We left London on Day 2 and met up with John and Rob Hanrahan Sensei in Ferndown. I first met them at the 2009 Internationals, and again during my return to Spartanburg this August to promote Mike Mallen Sensei's new University of South Carolina Upstate club. I bonded with Rob in S.C. and it was a blast to see him again. I can't describe John with justice, but he's an incredible driving force in organizing and promoting jiu jitsu clubs, and he was simply

invaluable for helping our trip come together. He brought us to Ferndown, united us with Chris Brooks who flew in after us, and fed us before the session.

It was refreshing to get to train with juniors

with the Ferndown crew on day 4 and reunited with the rest of our crew in the hotel bar, where we had the pleasure of seeing Colin Mortimore Sensei again after his visit to our Summer School this past July, as well as meeting Tony Finding Sensei.



again for the first time since Internationals, and Yourkevich Sensei and I enjoyed wreaking havoc via pressure points (and even a wedgie from Mark) on our junior dan uke. As Mark, Chris and Tano continued on to Bristol on Day 3, the rest of us enjoyed Stonehenge sightseeing before visiting Jim Bass Sensei's Southampton Club. We travelled to Sheffield

*Above:
The Ferndown club... nevermind that half the juniors are my size*



*Left:
The Sandan Triplets!*

Words fail me for describing the Nationals. Where our Provincials range from 50-70 people, there were about 700 people here, which was apparently small compared to some Nationals of a thousand. There were faces I recognized the past few years, but I met so many people that names melted out of my brain. I mostly trained with browns and dans, and their caliber was out of this world. It took serious effort not to be intimidated by the V and Gauntlet competition, but despite the pressure and not continuing on to the finals, I'm so glad I went through the experi-

of my top goals of the trip was to visit Jess, my jiu jitsu "sister from another mister," and it was exciting to teach her own club the next night. I spent my last two days touring London with my sister, finally getting some culture, before reuniting with my comrades full of stories from Scotland. We flew home right into grading preparation— half of us preparing to grade, half of us preparing our clubs to grade.

The trip was insane, exhausting, and I loved every minute of it. We were exceptionally fortunate

Right:

*These were mostly
JUST THE NOVICES.
Try to imagine the
scale of this.*



ence of throwing myself into such a massive event in a country I'd never been to with hundreds of very keen jiu jitsuka I'd never met. You can imagine how proud I was on Tano making the finals, and Chris Brooks Sensei won the open competition! It was out of this world after "growing up" in jiu jitsu hearing stories about famous sensei, to suddenly see "Scary Mary" Bishop Sensei in her V, or be taught footwork by Nicola Price Sensei.

We divided after Nationals: Thumper back to London to fly home for the BC and Calgary gradings, the other guys to Scotland, and I went back to Cardiff with Franklin Lewis Sensei and crew to teach the University of Wales Institute Cardiff club Monday night. Next day saw me in Northampton visit Ady Tredwell Sensei, teach at his kids session with him and Charlie Tredwell Sensei, and be spoiled rotten for my birthday by their lovely family and Jessica Leads Sensei. One

to experience such amazing hospitality from so many people in the UK, and I look forward to the next time we can return it. Each year since Internationals has seen more and more overseas bonds between Jitsu Canada and other countries like the UK, the U.S. and South Africa. Brooks Sensei has been globe trotting more than anyone, it was exciting to witness the birth of Mallen Sensei's new club in Spartanburg this August, and Joanna Yu Sensei paved the way for us with her UK visit in April. Every time I said goodbye to someone in the UK, it was with a "See you in Edinburgh in 2013." I hope the international connections only continue to grow between now and the next Internationals, and I'll be counting the days until we get to invade the Jitsu Foundation again.

“Sensei Tipping” and the Relevance to Learning Jiu Jitsu

~ Karen Slaughter ~

On October 17, 2011, the YMCA in Kingston opened its doors to the Shorinji Kan Jiu Jitsu Kids Club. With fifteen children on the mats and ages ranging from eight years old to fourteen years old, they entered the Dojo with energy and excitement to begin their Jiu Jitsu adventure.

Stu Cooke Sensei and Karen Slaughter are the instructors for this program. The lesson planning includes many games to enhance skill development and practice syllabus content. Each session is highly structured to promote an active learning environment. The children in the club have a variety of different fitness levels and sizes and come from different backgrounds. The sessions are designed to meet the needs of each child.

The sessions are based on learning and demonstrating rules of respect, focus and discipline. Along with the instructors, the children identified three rules of the Dojo. These rules are; Listen to Sensei, Respect and no hurting people. An additional rule identified by the children was no Pop Tarts in the Dojo. From the first session to the last session of the fall term, the children improved in leaps and bounds. From break falling to O-soto-gari, Kesa-gatame to De-ashi-harai, the children have demonstrated their knowledge of the most fundamental principal in Jiu Jitsu – balance. Every child has demonstrated improvement in their skills as well as their attitude. Each child has begun to develop a sense of awareness and respect for the Martial Arts and when they successfully demonstrate a new achieved skill for the class, their faces show their excitement.

Through different games that enhance skill development, knowledge of body movement and balance, the children have been able to transfer this knowledge into their techniques. Games such as Toilet Tag; to facilitate the bending of knees; Belt Jumping to enhance awareness; and Sensei Tipping to develop the understanding of the importance of balance, are favorites of the group. Sensei Tipping is by far the favorite game that is requested at the end of each session.

The game Sensei Tipping was created by one of the students in the children’s club as a funny joke. It has evolved over the fall term from having the children merely pile on their Sensei, to a game of balance breaking and then taking their Sensei to the ground. The kids club has been a wonderful learning experience and instructing children to become more self aware, confident and proud is fulfilling to watch and be a part of.



Above: Kingston Youth Grading, November, 2011.

New Youth Program & Promotion in Peterborough

The Peterborough YMCA will see its own Youth Jiu Jitsu program kick off this January. Gerry Taillon was recently promoted to the rank of Sensei and now possess the rank of Shodan-Ho. He will be instructing the Youth Jiu Jitsu club in Peterborough, which will be opening its doors to the eager and energetic kids of Peterborough (that aren't old enough for Trent just yet) in early January.

Congratulations and good luck Sensei!



Jitsu Toronto Growth & Success



Jitsu Toronto is setting the pace for 2012 in terms of quality & growth.

Jon Thompson Sempai is starting his teaching journey, by opening a Jiu Jitsu club in Alexandra Park, Toronto. Classes will take place on Mondays and Wednesday evenings, from 7.30pm to 9.30pm.

And special congratulations go out to Jennifer Higgs Sensei & the York University Jiu Jitsu club. They were awarded the first ever "Club of The Year" award at the recent Peterborough Christmas Dinner & Dance.

Congratulations Guys!

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.