



# Jitsu Canada Newsletter

May 2013

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## Nage-no-kata Seminar

Sunday May 5<sup>th</sup>, 12-5pm

Kawartha Martial Arts, Peterborough

For those who don't know, *nage-no-kata* is a set form of throwing techniques. The kata comprises three throws from each of the five types of throwing techniques. Although performance of this kata is not required until higher *kyu* levels, attendance at this seminar would

benefit everyone, regardless of rank. There is much that can be learned from practicing *nage-no-kata*.

Open to all grades 7<sup>th</sup> kyu & above

Cost: \$45

## Ontario Spring Boot Camp

May 25<sup>th</sup> & 26<sup>th</sup>

This weekend course provides an opportunity for students of all styles to train and socialize together in a co-operative and non-competitive manner. The majority of participants and instructors come from the *Chokushin Aikijujutsu Kai* and Jitsu Canada. Training is mostly in two styles of jiu jitsu although a variety of other martial arts may also be taught. There are also a number of other activities and, of course, swimming in the lake. Camping and jiu jitsu!

Open to all.

Cost: Participants \$65 (one-day, \$45).

Non-participants \$45 (one-day, \$35).

Cost includes food for Saturday [lunch & dinner] and Sunday [breakfast & lunch], use of cabin/property, all training, and Saturday bonfire social.

## **“When the Fight Goes to the Ground” Seminar**

Saturday Jun 15<sup>th</sup>

Kawartha Martial Arts, Peterborough

Lori O'Connell *Sensei* (5th Dan in *Can-ryu* Jiu-jitsu) presents a multi-dimensional approach to ground defence in her book, "When the Fight Goes to the Ground: Jiu-jitsu Strategies & Tactics for Self-Defense", presenting efficient and effective strategies for neutralizing and minimizing the risks and hazards of a wide variety of ground defence scenarios.

At this seminar, she will cover two clinics based on the teachings in her book:

1) Street Defence against Submission Grapplers  
In this clinic, O'Connell *Sensei* will teach a combination of attacks to vital targets and body shifting to help overcome an attacker with submission grappling skills.

2) "The Mud and the Blood and the Beer"  
In this clinic, O'Connell *Sensei* will teach ways of dealing with a standing attacker from the ground, as well as defending against a knife attack on the ground.

Open to all.

Cost: Early-bird \$50 before May 10.

Add \$15 (tax included) for those who want the book included with the course (saves about \$10 off the cover price).

After May 10, the cost goes up by \$15.

Book availability is guaranteed if you sign up by May 10.

## **Jitsu International 2013**



July 2<sup>nd</sup> to 7<sup>th</sup>  
Edinburgh, UK



The 'Jitsu International' is a unique event which occurs once every three or four years. It is a great opportunity to meet and really get to know other practitioners of Shorinji Kan Jiu Jitsu from all over the world. Don't miss out!

### **Workshops and Seminars**

For two days senior instructors will take small groups of Jiu Jitsuka through their choice of a variety of workshops on offer.

### **Organized Sightseeing**

A day to take a break and recover from training whilst enjoying a choice of the many tourist attractions Scotland has to offer with fellow Jiu Jitsuka from other countries.

### **Main Mat**

For the final day, all attendees come to train together under top Shorinji Kan Jiu Jitsu instructors from around the globe.

### **Youth Demonstration Competition**

As with previous Internationals, the UK youth clubs will put on an *embu* at the end of the final day.

### **Dinner & Dance**

Formal awards dinner followed by a traditional Scottish *ceilidh*.

## A note from Ferndown Jitsu Club

Visitors from Canada traveling to the Jitsu Internationals are welcome to visit the Ferndown Jitsu Club near Bournemouth, Dorset on the south coast to train with the juniors. Visitors will be fed, accommodated and entertained before or after the Internationals. The club will be represented in the Internationals.

Please contact John Hanrahan *Sensei*, if you plan on visiting.

## Jitsu Canada 20<sup>th</sup> Anniversary

Sep 20<sup>th</sup> & 21<sup>st</sup>

Cloverdale Hall, Kingston, ON



In September 2003, Jitsu Canada commemorated its 10<sup>th</sup> year anniversary by hosting the first ever "Jitsu International". This was an especially important event as it also marked The Jitsu Foundation's 25<sup>th</sup> year anniversary.

Members attended from several countries, including Canada, the USA, the UK and Holland. The training was first-rate and featured all of the top ranking instructors in our style.

In September 2008, 15 years to the day of Jitsu Canada's first session we, again, celebrated commemorating two anniversaries: 15 years of Jitsu Canada and 30 years of The Jitsu Foundation. This was a spectacular event.

The first Shorinji Kan Jiu Jitsu session held in Canada was on Monday September 20<sup>th</sup> 1993. Exactly 20 years and a day later we will be holding a celebratory course, followed by a formal ball in the evening. This will be a very significant occasion, one that no Jitsu Canada member will want to miss!

Mark your calendars ladies and gentlemen, September 21<sup>st</sup> will be the Jitsu Canada 20<sup>th</sup> year anniversary event. This event will be held in Kingston, ON; with the course taking place at Cloverdale Hall and the ball taking place at The Harbour (see their website) - <http://www.theharbour.on.ca/>

More details to follow.



## Peterborough Youth Club

by Gerry Taillon *Sensei*

Our first year of operating the Peterborough YMCA Youth Jiu Jitsu Club is now in the books. It's been a fun year (and a bit) and the club has grown to more than double its initial enrolment. We currently have 16 active grades, including 5 orange belts...very soon to be green.

Looking back, there have been a number of high points and the visit to the club by the Soren family from the UK certainly stands out. Raj Soren *Sensei* ran a brilliant and fun class and provided me with some very valuable insight on operating a youth club. For the students, I'm sure that the instruction and demonstration provided by junior dans Suraj and Chandni and junior blue Lukhi were an inspiration and a look ahead to what they may be able to accomplish if they put in the effort. Thanks to the Soren family for taking the time to visit the club. It was incredible.

Ady Tredwell *Sensei* also visited the club on one of his trips to this side of the Atlantic. It was exactly the fun type of session you would expect from Tredwell *Sensei*. Unfortunately it was on a Wednesday, so we only had an hour to work with and we definitely could have used more. It was another great and memorable session.

We ran three gradings through 2012, and each was more successful than the last. In March, eight students graded to junior 7<sup>th</sup> kyu. In June, six students graded to junior 6<sup>th</sup> kyu and six more to junior 7<sup>th</sup> kyu. Our November grading saw five students grade to junior 5<sup>th</sup> kyu, two to junior 6<sup>th</sup> kyu, and nine more to junior 7<sup>th</sup> kyu. In March 2013, one more student graded to junior 5<sup>th</sup> kyu, seven to junior 6<sup>th</sup> kyu, and four to junior 7<sup>th</sup> kyu. I'm hoping we can continue at a similar pace in 2013 and hope to have several purples by the end of the year. The kids weren't the only ones who progressed through the ranks as Assistant Instructor Maxwell Jacobs also graded from yellow through to purple by the end of the year. Mike McGuire started with the club at light blue and is now dark blue, well on his way to brown. I also got in on the grading, getting promoted to shodan in December. It was a very good year for all involved in the club.

For our final class in December we ran an informal groundwork tournament. It was a fun day and a great way to end the year. Congratulations to all who participated, and especially to James, Nick, and Jacob who emerged victorious in their respective weight classes.

We've had some fun with Provincial events as well. Two of my students were invited to participate in the March 2013 Ontario Provincial Course and Competition held in Peterborough. They thoroughly enjoyed the training, including a rather intense introduction to wrist locking and sword and bo training. Both students performed very well in both the training segments and in the groundwork competition. I have to admit, it was cool as their instructor to see two 13 year olds do so well against adult competitors. We also just had our first ever Jitsu Canada Youth Provincial Event. A full report on that event is included in this edition of the newsletter.

There are some people I need to thank for their help with the club. First, to Andy Dobie *Sensei*, for all the guidance and for helping with everything that gets done behind the scenes. A huge thank you to Mike McGuire, Andrew McNabb, and Maxwell Jacobs, who put in so much time and effort to help make the club a success.

And finally, to our most enthusiastic supporters from Jitsu Canada; Joanna Yu *Sensei* and Jennifer Higgs *Sensei*, thanks for coming in to teach at the club every time you get the chance. The kids really enjoy having both of you there to teach.

In closing, my first sixteen months as a youth club instructor has been an awesome experience. I'm really enjoying seeing the club and its members develop. Later this year, three of my students should be 'graduating' to the adult class taught by Gibb *Sensei*. It will be quite fun to see them in that environment. Thanks again to all involved with the youth program.

## First Jitsu Canada Youth Provincials

by Gerry Taillon

As soon as Jitsu Canada had two successful youth programs established, the wheels started turning to bring the clubs together for a training event. On April 20<sup>th</sup> we held our first ever youth provincial event in Kingston, bringing together students from the Kingston and Peterborough youth clubs to train and have some fun. Both clubs were well represented and the level of jiu jitsu from our youth was very impressive.

Our day started with Jennifer Higgs *Sensei* leading the group in an extended ukemi session. The kids love creative breakfalling, so there was quite a bit of obstacle oriented breakfalling,

including going over multiple people, through hula hoops, and using stability balls. All the students seemed to thoroughly enjoy this segment and it was certainly lots of fun for us to watch. There may well be some future Gibb *Senseis* among our youth contingent.

From there Kia Dunn *Sensei* took over for a bit. His session involved yielding to uke's attack and using their energy to take balance and move into throwing techniques. He stuck mostly to the familiar throws of O Soto Gari and Ko Soto Gari as the emphasis was on movement and kuzushi.

Chris Roy *Sensei* then led the group through some more ukemi and exploring Sode Tsurikomi Goshi. It really is impressive to see just how well some of the students take to a throw like that, especially since they would have never seen it prior to that day.



After a quick lunch we were back to the mats with Roy *Sensei* and Higgs *Sensei* splitting the mats. The former took the oranges through purples continued to work on Sode Tsurikomi Goshi and explored some options on where to go with it if the throw failed. The latter took the yellows and worked on some henka waza from O Goshi.

Finally it was my turn to teach, and as a quick primer to the groundwork competition I worked with the students on groundwork escapes. We did a few escapes from mount, side control, and kesa gatame, just to give them some options in their pending bouts. It was cool to see some of the escapes I taught get used in the competition.

The final hour and 45 minutes was spent on the groundwork competition and the kids were amazing with both their intensity and with some of the skill demonstrated. We divided the group roughly into three weight classes (all grades), and ran a round robin in which each of the kids got three bouts.



After that we were into elimination matches with semi-finals and finals in each of the classes. There were great sweeps and reversals, scrambles, guard work and hold downs. All the matches were fun to watch. In the end, Jacob won the lightweights, Joseph won the middleweights and James was victorious in the heavyweight division. Congratulations to the three of you and to all who competed.

The feedback I have received on this event has been very positive and is a credit to all the instructors and assistant instructors who took the time to be involved with putting it together and being on the mats.

I am very much looking forward to the next event we do together and in seeing how Jitsu Canada's Youth Programs continue to develop. The current plan is to do the next youth event in Peterborough, and hopefully it will involve junior students from Peterborough, Kingston, and beyond.



## Jiu Jitsu Road Trip to Trinity College

by Kyle Belgiorgio

Our trip to Hartford CT over February reading week was truly an awesome experience. We departed from Toronto late Sunday night and headed towards Kingston. It was a solid drive through the night but were more than willing to entertain Christopher Roy upon arriving. It may have been 1am but the festivities surely endured.



Up at the crack of dawn and slightly shaken, we departed on our journey to the good old US of A. It was a long and tedious 9 hour drive with various music and car games played between myself, Mark, Chris, Sophie and Jon. With little traffic and good weather, we arrived at Oliver and Keri's place with just enough time to put down our stuff and get ready for an exciting Monday night Jiu Jitsu session with a whole new crowd of friends we hadn't met yet.

The details of the Monday class escape me as this is being written months late, but I do recall Chris Roy being put in large amounts of pain. It's assumed that he deserves it.



The following day, Tuesday, was some good downtime. We slept in relatively late and had a pretty lazy day which included a yoga session led by Mark. Frank, Andrew, Hassan and Isaiah got up early and went to the Gym for a workout with Oliver at 630 or whatever crazy time it was. Pretty sure I slept through all of that. During the afternoon we took a drive in to town and gathered supplies of food and drinks. Tuesday night consisted of a really fun social/party with the Jitsu USA folk. Karate Kid was the feature presentation and supplemented with segments of "enter the dojo" with Master Ken. If you haven't seen it, watch it. The rest of the night consisted of socializing, awesome tongue twisters and memory games. Let's also not forget the Black Bamboo Chinese food we got for dinner. It gets my rating of approval. We got a great guided tour of West Hartford from Keri on Wednesday in anticipation of our Wednesday night of training.

On the Wednesday session we had a good mix of break falling, hip throws, wrist locks and groundwork. I was personally very impressed by the spirit and enthusiasm of the students from Trinity College. Our visit was a fantastic opportunity to get to know and train with new friends and Oliver and Keri clearly did a great job in sharing their knowledge. We went out for drinks after a great Jiu Jitsu session in order to celebrate a great trip and new friends. We gathered our stuff and took off pretty early Thursday morning.



The drive back was uneventful other than a few pranks played and several stops along the way. To me the trip was a great experience. In my opinion the club at Trinity College has enormous potential and I can't wait to come back and visit everyone soon.



## Trinity Roadtrip

by Frank Kakarelis

Most people would associate vacations with rest, relaxation, and recovery. This is not the case however, for a group of anxious Canadian Jiu Jitsuka. After a soul-bludgeoning and droning drive from Toronto, Ontario to West Hartford, Connecticut - we were ready to find out what our American brothers and sisters were all about!

The Jiu Jitsu Beast-Machine, Oliver Strother and the lovely Keri Buckland kindly provided us with a place to stay for the duration of our trip. This trip was an incredible experience; we were able to connect with a bunch of really awesome people, striving to achieve the same goals as us. We trained really hard, many of us waking up at 4:45 am, accepting Oliver's offer to accompany him to his secret training facility. This gym was incredible - it was equipped with two octagons, a boxing arena, and enough punching bags to facilitate an entire dojo of martial artists. We would also have a formal Jiu Jitsu class later in the evening, taught by Oliver himself.

When we weren't training, we were partying it up back at Oli's dwelling. We played Magic the Gathering, Risk (starcraft edition, of course), and enjoyed the cheap price of American beer (although many of us still speculate whether or not there truly is alcohol in American beer).

It also MUST be mentioned that we had an awesome yoga session in the middle of Oliver and Keri's living room, led by the great Mark Yourkevich. I do believe this was the first ever yoga session where "Satan stance" was successfully used as a pose.

All in all, it was an incredible adventure. Those few days were packed with intense training and new friendship, the themes of any Jiu Jitsu roadtrip.

## Rediscovering Jiu Jitsu

by Colin Welburn

Last December, I decided to restart my Jiu Jitsu training after 11 or so years away. It was easily one of the best decisions that I have ever made.

I'd like to think that my first run at a Jiu Jitsu career was pretty storied (being at Andy's first Trent class, starting the Ottawa Y club with John Molyneux, surviving 5 gradings with Austin Lee as a grading partner). However, work and new family responsibilities took more and more of my attention. So I sadly hung up my gi to Take Care of Business.

During my time away, I kept tabs through Andy and Thumper and watched from afar as the Jitsu Canada franchise continued to grow. I still got in some memorable visits to the first Internationals in 2003 and the 15-year anniversary, mostly to prove that "I'm not dead yet!".

As our kids became more self-sufficient, I was able to sneak in some fitness time. I started with running, since I could just jump out the door and start training. I loved pushing myself to exhaustion and staggering / limping home. To keep it interesting, I've been playing a game with myself to try to run around the world (currently "in" Libya - I'll explain more of that in another post). However, it still wasn't the same kind of exertion that I had grown to love from Jiu Jitsu sessions. After five half-marathons, I craved more excitement and took up obstacle course racing, logging a Spartan Beast and a Zombie Run. As much fun as these races were, they still lacked the "punch", as it were, of Jiu Jitsu.

Then I had the luckiest turn of events that I could imagine. This summer, my oldest child is going to Europe for two weeks of soccer training. It so happens out that the schedules for the Jitsu Internationals and her soccer trip lined up perfectly for me to attend both with no gap in-between. After negotiating with The Boss and confirming with Andy and Thumper that I wouldn't have to start from white belt again, I got the green light to start training again!

So it was back to the tatami to hammer the rust off. I had been filled with doubts about returning. "Would the syllabus be completely changed?" "Would I remember any techniques?" "Would my body hold out?" It turns out that most of my fears were groundless. At the CI course, I was incredibly nervous as it got closer and closer to my turn to teach. Then I took a deep breath and dove into a technique. In retrospect I couldn't even tell you what the technique was (and thankfully nobody asked!).

It's hard to put into words how great it felt to be back teaching and training again. It was a strange combination of the nostalgia you get when meeting an old friend and the liberation you feel when you spontaneously notice that a lingering injury doesn't hurt any more.

Looking forward, I see a gamut of new and old faces on the mat. I am inspired by the dedication of my old training partners that keep training and the depth of expertise that they continue to hone. I am also excited by the enthusiasm and fresh experiences of people that have joined since I left (there sure are a lot of you!).

From meeting Andy in September 1993, through many nights at the pub, long drives back and forth from Ottawa to Peterborough, one car crash, a couple too many handstand-no-hands on the dance floor, and some of the best friends I've ever had, I can easily say that my Jiu Jitsu life has brought me with some of my most rewarding memories. I am so glad to be back training!

Oss.

## How to Grapple with Someone Bigger & Stronger than You

by Lori O'Connell

When I have taught ground defense to the Jitsu Canada students as a guest instructor out here in Vancouver, I got to deal with a wide variety of sizes of people. Everyone ends up working together sooner or later, using all different sizes of partners. There are tiny women who are not much bigger than a child in their tweens, and larger, barrel-chested men, who always have the size advantage. Being a smaller woman myself, nearly every ground class I've taught in Jitsu Canada students ask how I am able to make up for it when grappling with

bigger, stronger people. Here's how...

### **Develop Superior Technique**

When your technique is spot-on, you use less strength and energy to shift your body or apply locks and submissions. If you're going to grapple with people who are bigger and stronger than you, you should strive to make your technique superior to theirs. This is what helps me get the better of my bigger opponents.

### **Be Faster**

Being smaller usually means you can develop your speed more easily since you don't have as much body weight to drag around. When you can shift your body more quickly, it's easier to prevent larger opponents from using their weight against you by staying in or shifting between optimal positions. You can also use your speed to slip into submissions and get them locked down before they can use their strength to get out of them.

### **Use Strength Wisely**

When you do get a submission locked down, don't fool around. Use your strength at these key times to ensure submission. If you were fast enough to get your submission locked down, your opponent is less able to rely on technique to get out. In which case, you can bet your opponent will try to use his or her strength to stop your submission, and, because they're bigger and stronger than you, you can justify using a bit of

strength to solidify your submission attempt with less risk of injuring your opponent. That being said, you should always be careful when using strength to apply joint locks. If you use it too explosively, your opponent may not have the chance to tap out before you cause them injury.

### **End It Quickly**

If your opponent is bigger and stronger than you, time is not on your side. The longer it takes you to end the match, the more likely you'll eventually tire out trying to manipulate your opponent's bigger, stronger body, especially if he has decent technique. And once you're tired out, it's very easy for them to get a submission in. Your goal in dealing with a larger, stronger opponent should be to try and end the match as quickly as possible, before your body gets tired and you're less able to defend yourself.



The above advice is specific to rules-based grappling, however, it can also apply in a self-defense context. You simply add in more attacks to vital targets, and make the goal to get off your feet as quickly as possible, rather than to submit them or hold them down. If you're planning to come to my ground defense book release seminar, either on June 15 in Peterborough, or on June 1-2 in Calgary, you'll get to learn a little more about these tactics as I elaborate on some of the concepts in my book, *When the Fight Goes to the Ground: Jiu-jitsu Strategies & Tactics for Self-Defense*.