



Jitsu Canada Newsletter

Sep 2013

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Ontario Provincial Course

Nov 2-3, 2013

Cataraqui Community Centre,
Kingston

The Ontario 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. There will be two days of training, and the 'V' and 'Gauntlet' competition. A social event is organized for the Saturday night.

Our special guest instructor for this event is Tony Finding *Sensei* from The Jitsu Foundation UK. Tony began his study of jiu jitsu in 1989 at the University of Plymouth where he was one of Andy Dobie's first students. He is currently chair of the Technical Committee of The Jitsu Foundation, responsible for training standards and syllabus development. This will be his first visit to Jitsu Canada.

Individual Demonstration Competition

The annual individual demonstration (Gauntlet and 'V') competition will take place at this event. All members will have the opportunity to participate in 'V' and 'Gauntlets' judged by the various instructors. The winners in each category will advance to the finals on the Sunday. This will be an excellent chance to showcase your jiu jitsu skills.

Cost: for the two days is \$75 if pre-paid by 19th October - late registration cost is \$90.

One-day cost is \$60

Recent News & Updates

Congratulations to Michael Troop *Sensei* on his recent career promotion and relocation to Guelph. We wish him and his family all the best. Thanks again to Troop *Sensei* for his dedication to the Kingston YMCA club over the last year!

Congratulations to Chris Roy *Sensei* who takes over as club instructor for the Queen's club this fall. Chris Brooks *Sensei* hands the club over after nearly 14 years of teaching at Queen's.

Congratulations to the Toronto instructors on the two new clubs kicking off this year (Ryerson and Toronto East).

Congratulations are also in order for Kenn Gibb *Sensei* taking over the Peterborough YMCA club.

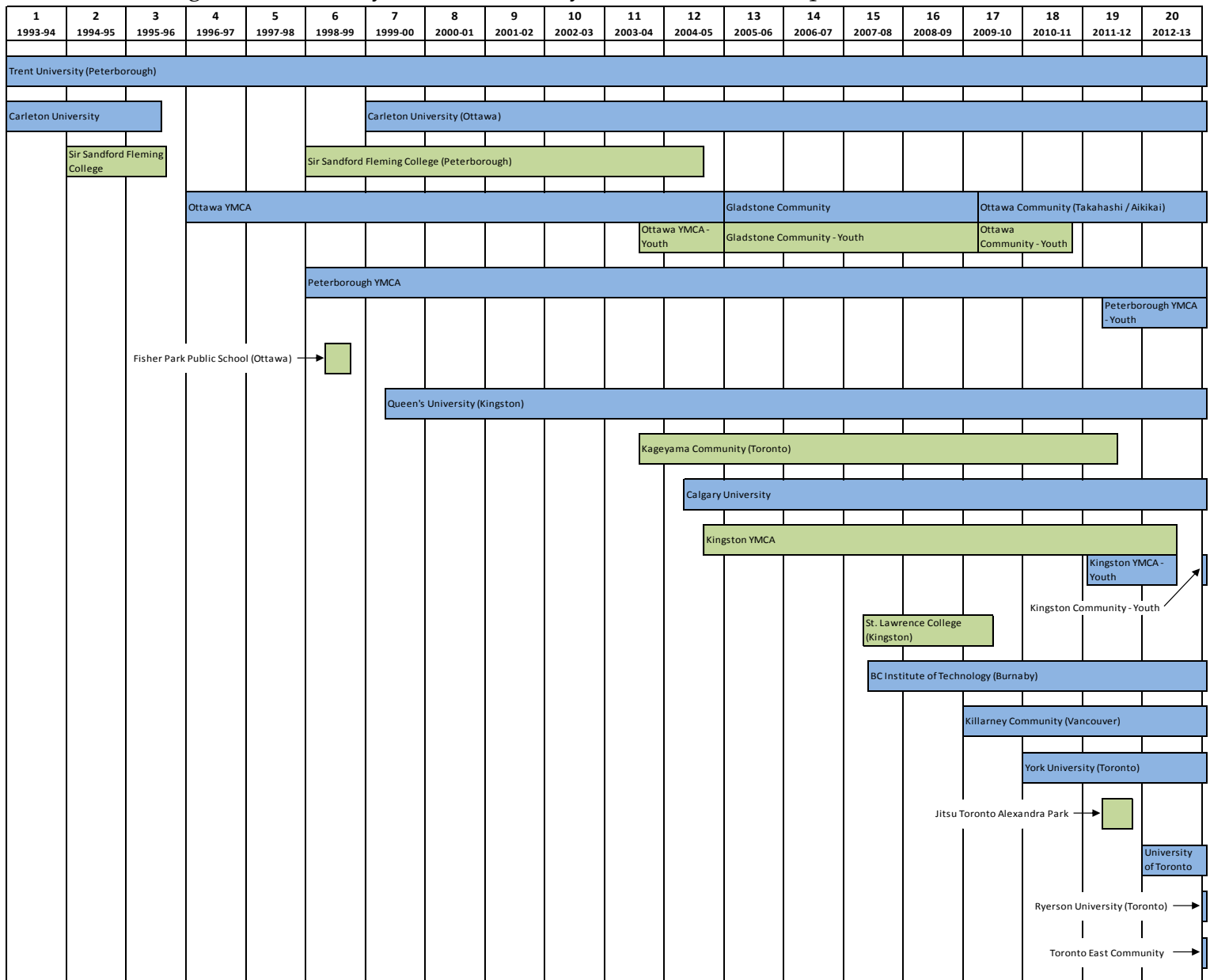
Tracing the Roots of Shorinji Kan Jiu Jitsu in North America - Chapter III

by Chris Brooks *Sensei*

In the January 2007 and May 2008 editions of the newsletter, we published two articles detailing historical information about Jitsu Canada and Jitsu USA. Since we are celebrating Jitsu Canada's 20th anniversary this year, I decided it was time to update our charts and tables. Thanks to all the instructors who helped piece together 20 years of history! In this article you'll find:

- A time chart showing the timelines for each of our clubs (past and present)
- A chronology table detailing the instructors who have had a part to play in each club
- A lineage table listing each of our instructors (past and present) and who their teachers were

We've had a long and rich history... thanks to everyone who has been a part of it!



Jitsu Canada Club Chronologies (1993-2013)

Trent University	Fall 1993	-	Spring 1998	Andy Dobie (founder)
	Fall 1998	-	Spring 1999	Chris Brooks
	Fall 1999	-	Winter 2003	Andy Dobie
	Winter 2003	-	Spring 2011	Kenn Gibb
	Spring 2011	-	Present	Evan Senkiw
Carleton University	Fall 1993	-	Spring 1994	Andy Dobie (founder)
	Fall 1994	-	Spring 1996	John Molyneux
	Fall 1999	-	Spring 2000	John Molyneux
	Fall 2000	-	Winter 2003	Kieran Parsons
	Winter 2003	-	Spring 2004	Amelia Croll
	Fall 2004	-	Spring 2005	Amelia Croll & Chris Luzine
	Fall 2005	-	Spring 2008	Jon Jamnik
	Fall 2008	-	Spring 2012	Brent Stamplicoski
	Fall 2012	-	Winter 2013	Kia Dunn
	Winter 2013	-	Spring 2013	Brent Stamplicoski
	Fall 2013	-	Present	Kia Dunn
Sir Sandford Fleming College	Fall 1994	-	Spring 1996	Andy Dobie (founder)
	Fall 1998	-	Spring 2005	Andy Dobie
Ottawa YMCA	Fall 1996	-	Spring 1999	John Molyneux (founder)
	Spring 1999	-	Winter 2003	Colin Welburn
	Winter 2003	-	Spring 2004	Jon Jamnik
	Spring 2004	-	Fall 2004	Brent Stamplicoski
	Fall 2004	-	Fall 2005	Jon Jamnik & Brent Stamplicoski
Gladstone Community	Fall 2005	-	Fall 2007	Kieran Parsons (founder)
	Fall 2007	-	Spring 2009	Chris Whynot
	Spring 2009	-	Fall 2009	Steve White
Ottawa Community	Fall 2009	-	Present	Steve White (founder)

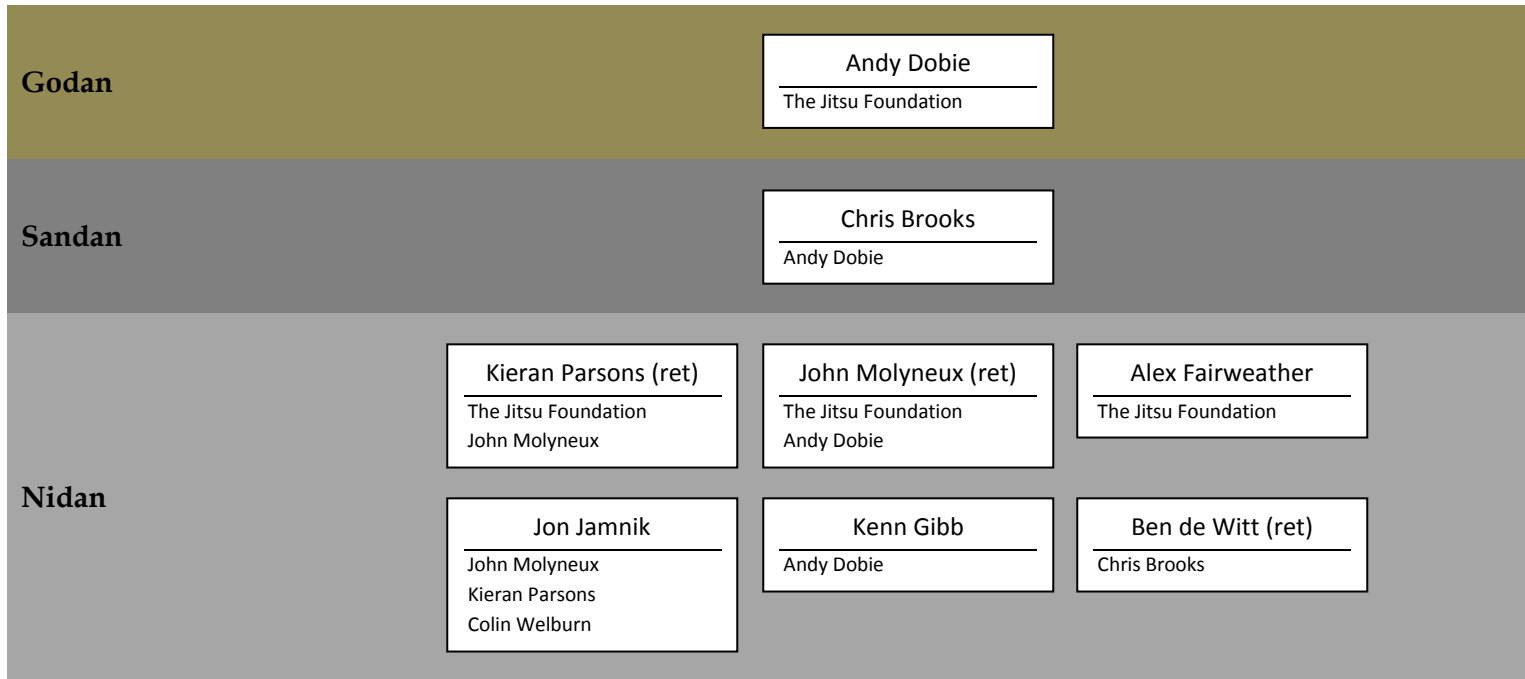
Peterborough YMCA	Fall 1998	-	Spring 2013	Andy Dobie (founder)
	Spring 2013	-	Present	Kenn Gibb
Fisher Park Public School	Winter 1999	-	Spring 1999	Colin Welburn (founder)
Queen's University	Winter 2000	-	Spring 2013	Chris Brooks (founder)
	Fall 2013	-	Present	Chris Roy
Ottawa YMCA - Youth	Spring 2004	-	Fall 2005	Jeremy Waller (founder)
Gladstone Community - Youth	Fall 2005	-	Summer 2009	Yoshie Martinez (founder)
	Summer 2009	-	Fall 2009	Kia Dunn
Ottawa Community - Youth	Fall 2009	-	Summer 2011	Kia Dunn (founder)
Kageyama Community	Spring 2004	-	Fall 2008	Alex Fairweather (founder)
	Fall 2008	-	Spring 2012	Joanna Yu
University of Calgary	Winter 2005	-	Spring 2009	Ben de Witt (founder)
	Spring 2009	-	Spring 2013	Matt Der
	Spring 2013	-	Present	Tim Reid
Kingston YMCA	Spring 2005	-	Spring 2010	Mark Yourkevich (founder)
	Spring 2010	-	Spring 2012	Stu Cooke
	Spring 2012	-	Spring 2013	Mike Troop
St. Lawrence College	Winter 2008	-	Spring 2010	Stu Cooke (founder)
BC Institute of Technology	Winter 2008	-	Present	Kevin Eugene (founder)
Killarney Community	Fall 2009	-	Fall 2011	Jon Jamnik (founder)
	Fall 2011	-	Present	Alex Fairweather
York University	Fall 2010	-	Spring 2011	Mark Yourkevich & Jen Higgs (founders)
	Spring 2011	-	Present	Jen Higgs
Kingston YMCA -	Fall 2011	-	Spring 2012	Stu Cooke (founder)

Youth	Spring 2012	-	Spring 2013	Chris Roy
Kingston Community - Youth	Fall 2013	-	Present	Chris Roy (founder)
Peterborough YMCA - Youth	Winter 2012	-	Present	Gerry Taillon (founder)
Jitsu Toronto Alexandra Park	Winter 2012	-	Summer 2012	Jon Thompson (founder)
University of Toronto	Fall 2012	-	Present	Jon Thompson & Mark Yourkevich (founders)
Ryerson University	Fall 2013	-	Present	Joanna Yu & Denis Coyne (founders)
Toronto East Community	Fall 2013	-	Present	Jon Thompson & Mark Yourkevich (founders)



Jitsu Canada celebrated its 20th Anniversary event in Kingston, ON

Jitsu Canada Instructor Lineage (1993-2013)



Shodan

Chris Luzine (ret)
John Molyneux
Kieran Parsons
Colin Welburn

Colin Welburn
Andy Dobie
John Molyneux

Amelia Croll (ret)
Andy Dobie
John Molyneux
Kieran Parsons
Colin Welburn

Cameron McLean (ret)
Andy Dobie

Brent Stamplicoski
Kieran Parsons
John Molyneux
Colin Welburn
Amelia Croll
Jon Jamnik

Mark Yourkevich
Andy Dobie
Kenn Gibb
Amelia Croll
Chris Luzine
Jon Jamnik
Chris Brooks

Stu Cooke
Chris Brooks
The Jitsu Foundation
Mark Yourkevich

Kevin Eugene
Chris Brooks

Chris Whynot
Kieran Parsons
Amelia Croll
Jon Jamnik
Brent Stamplicoski

Chris Olson
Kieran Parsons
John Molyneux
Colin Welburn
Amelia Croll
Jon Jamnik

Joanna Yu
Chris Brooks
Alex Fairweather

Matt Der
Chris Brooks
Ben de Witt

Kia Dunn
Amelia Croll
Chris Luzine
Jon Jamnik
Kieran Parsons
Brent Stamplicoski

Steve White
Amelia Croll
Jon Jamnik
Brent Stamplicoski
Chris Brooks
Mark Yourkevich
Chris Whynot

Evan Senkiw
Kenn Gibb
Andy Dobie

Jon Thompson
Chris Brooks
Alex Fairweather
Joanna Yu
Mark Yourkevich

Gerry Taillon
Andy Dobie
Kenn Gibb

Shodan-ho

Yoshie Martinez (ret)
Kieran Parsons
Amelia Croll
Chris Luzine
Jon Jamnik

Jeremy Waller (ret)
Kieran Parsons
Amelia Croll
Chris Luzine
Jon Jamnik

Austin Lee (ret)
Andy Dobie
Alex Fairweather

Jen Higgs
Kenn Gibb
Andy Dobie
Mark Yourkevich
Chris Brooks
Joanna Yu
Jon Jamnik

Mike Troop
Mark Yourkevich
Stu Cooke

Chris Roy
Stu Cooke
Mark Yourkevich
Mike Troop
Chris Brooks

Ikkyu

Scott Baker
Kenn Gibb
Andy Dobie
Evan Senkiw

Denis Coyne
Chris Brooks
Joanna Yu
Jon Thompson
Jen Higgs
Jon Jamnik

Tim Reid
Ben de Witt
Matt Der

List of other brown belts:

Keith Russell (ret)	Cosmin Neamtu (ret)	Jaime Yeung (ret)
Terry Sharpe	Erin Barnes	Fiona Darbyshire (ret)
Sean Helferty (ret)	Julie Helferty (ret)	Andrew Stewart (ret)
Bernard Cheng (ret)	Davy Guo	Eric Hopkins
Sabeel Ansari	Kim McFadden	Sophie Ord
Mike McGuire		

* (ret) = retired

Jitsu Internationals Reflections

by **Andy Dobie Sensei**

Many, many years ago, Thumper & I were sitting in a bar talking shop, and we discussed how great it would be to one day take a group of Jitsu Canada students to the UK, show them where it all started, and show the UK what we've done here in Canada.

This summer we had the opportunity to do just that. The Jitsu Foundation UK hosted the fourth Jitsu International. Twenty-four Canadians spent a week in the amazing city of Edinburgh for the actual event, then fourteen of us, accompanied by four Jitsu USA students, spent a further week touring the UK.

My highlight of the trip? Too many to list - really enjoyed all of it; everywhere we went sightseeing, and every club we trained with. I enjoyed the training and hospitality in Manchester, a city I'm not really familiar with. Visiting David Walker's club in rural Wales was a really nice change from the big cities. It was great to go 'home' to Plymouth and visit my friend and old training partner, Greg Regan. I think my favourite time on the mats was teaching in Bristol, with my former senior students Tony Finding & Colin Mortimore. And of course, the UK *dan* grading and summer ball at the end of the trip was a fantastic way to wrap things up.

Overall though, the thing I'm happiest about is that despite only limited interaction over the last 20 years, Canadian and UK students & instructors are really comfortable working together, and what we do and how we do it is so similar. It really brought home how much of a truly international Jiu Jitsu family we have.

I can't wait until 2016 when we play host to the next internationals, and get to repay all the wonderful hospitality shown to us by the UK.

State of Mind

by **Matt Susac**

I had the privilege to go to Scotland for the 2013 Jitsu Internationals and attend a handful of seminars taught by various instructors. One particular seminar on the last block of the first day struck me quite profoundly. As it was, I was getting over being ill and had trained in other seminars leading up to it. To say the least I was exhausted and haggard, and having a handful of injuries on my mind, I was more concerned about keeping myself upright than focusing on a technique being taught. Walking into Andy McDonnell Sensei's seminar, I wasn't ready for much.

McDonnell Sensei started the seminar off with having us sit in close. Asking us how we were doing, if we had any injuries we were concerned about. The majority of the students there had some injury or concern on their mind. We then were told to find a space, lie down, and shut our eyes. He took us through a drill of clearing our minds, putting us in a state so we would not be distracted by our own thoughts, and explaining the effect of one's state of mind when trying to learn. Being distracted by something that happened earlier in the day or week takes away from one's focus.



Once the seminar was coming to a close McDonnell Sensei gathered us in again, sharing with us a concept for keeping a technique in your mind, reflection. Once you leave the session and settle in after your post-training ritual, find yourself some quiet time to contemplate what you had learned. Picture the technique you had worked on. Imagine it being done by a sensei, done perfectly, focusing on all key points that make the technique work. Continue to imagine the technique over and over, and then switch the person doing the technique in your mind. Implement yourself, picturing yourself doing the technique over and over, perfectly. This helps bring confidence to a technique.

When I attended the seminar it felt as though the entire lesson was directed at me, to bring me into a state of mind where I would be able to learn and to focus on the moment. I went from being non-energetic, nursing some aches and pains, to being focused and absorbing the concepts that were taught to me. The seminar was an experience I took to heart and to a new state of mind.

by Janelle Addison

When I signed up for the Jitsu Internationals, I knew I was venturing out of my comfort zone. The idea of travelling all over the UK to train with people I'd never met before was exciting, yet terrifying to me at first. I had no idea what to expect. I shouldn't have been worried. What awaited me in Edinburgh was the same sense of community and friendship that I had come to appreciate from my own club in Canada. It amazed me that I could walk into a group of strangers - all from different countries with unique backgrounds and varying abilities - and feel sincerely welcomed, just by the fact that we all had one thing in common: we all loved Jiu Jitsu. I learned so much during my trip. Each workshop taught me a new perspective on jiu jitsu that I could apply to almost any aspect of my life. Everyone I trained with had something new to offer me, from the Browns and Dans to the enthusiastic Novices. Everyone had unique insights to share and was just as willing to learn from someone else. It proved to me that the spirit of jiu jitsu that I had come to love in Canada was, indeed, universal.

When asked to describe my favourite part of the Internationals trip, I realized that there was not one moment in particular that I enjoyed the best. I couldn't tell you who my favourite instructor was or what day of training I benefitted from the most. I learned so much during my time at Internationals. What I loved the most about Internationals was that feeling of community and spirit that I felt from the moment I arrived in Edinburgh until the moment I boarded the plane back to Canada. I was only there for two weeks but by the end of the trip, it felt like home. I would encourage anyone in jiu jitsu to attend the next International event; to experience the same sense of community spirit that I had the privilege to be

a part of.

by Holly Hutchinson, York University

Going to Edinburgh 2013 as a novice was an experience I could not have fathomed. It felt amazing training with Jitsuka from all across the globe and learn techniques that were well beyond my level. Mary Bishop's work on various locks, Eric Lau's training in V's, and Ady Tredwell's Situational Training were wonderful courses, really all of the sessions were incredible! Overall, I arrived to Internationals because I enjoyed Jiu Jitsu, and left more in love with it than before.

by Emilia Sobolewska,

Edinburgh Napier University Jitsu Club

Impressive that after hour of scintillating, yet exhausting training, Canadian visitors could still generate strength and enthusiasm to come and take part in local sessions. With the commitment and determination, sensei including Jonathan Jamnik, Mark Yourkevich, Joanna Yu, Jennifer Higgs, Christopher Roy, and many others, have shown us their training routines and different ways to learn the techniques. This hugely benefited those young jiu jitsuka, who not necessarily could attend the main event, as they felt included and a part of large international family.

by John Logan Sensei,

Club Instructor at Edinburgh City Jitsu Club

Of all the highlights of the internationals one stands out for me in particular. Even though they were practically just off the plane, and still suffering from jetlag, the majority of our visiting Canadian Jitsuka turned up to the Edinburgh City Jitsu Club ready to train, teach and come out drinking with us afterwards. A great start to a wonderful week of jiu jitsu.

by Aaron Wilkerson,

York University

The other clubs could not have been more welcoming making the training experience less intimidating.

A beautiful city, old in the best way. Our accommodations situated somewhere between a castle and the cliffs of Arthur's Seat, it was a pleasure to walk to the dojo or explore the old part of town.

by Melissa Guarino-Hotz,

Trinity College Jiu Jitsu Club

Favorite place: Scotland

Favorite moment: Each moment on this trip was jam pack with education, hilarity, and good times... and just a tiny bit of pain. Overall an amazing, awesome, phenomenal experience.

by Joanna Yu Sensei

Edinburgh Jitsu International was an epic event. While there are many highlights to share, I will stick to a few brief moments. In no particular order, the demos from the kids clubs were entertaining but also inspiring. All clubs really show cased our style of jiu jitsu as they showed us creative breakfalls, throws, defense against weapons of all kinds, and bokken kata.

Secondly, meeting Jitsuka and building off the jiu jitsu bond is always a fond memory and makes for new friendships. I now have additional places around the world to visit and train. And despite all the training, hiking Arthur's seat many times with various Jitsuka



was amazing either during the day or at night. Both great company and conversation and one amazing view! I attended my second Jitsu International because the first one I attended was amazing. Now I know that I will be attending my third and all future Jitsu Internationals because I know that they will all be amazing in their own unique way.

**by Seumas “The Ambassador”
Finlayson**

One of my most memorable 2013 Jitsu International seminars was Kenn Gibb *Sensei's* ukemi masterclass. This pre-lunch session was no less than the sixth seminar overall. Nevertheless, it was an enthralling, breezy event, very much inclusive to all grades regardless of injuries or ability levels. Or in other words, the perfect interlude between bouts of further high octane throwing and locking work!

Kenn shared the location with Chris “Thumper” Brooks *Sensei* in a long, narrow hall with a mirror along one wall. This provided an ideal space both for progressive rolling along the mat space, and also as an avenue for correcting flaws in our ukemi.

They started off by checking students’ basic breakfalling, before Chris took the other half of the room for sutemi waza. It was now that Kenn could share his inspired approach to ukemi in earnest.

He emphasized that Jitsu, as a martial art, depends on embu between uke and tori, in anything from realistic self defence to highly technical displays of kata. Uke frequently has a more crucial role in the equation, tipping the scales towards them away from a perfect 50:50 ratio. It is their job to apply ukemi so as to enable tori to demonstrate beautiful throwing ability while showing good self-preservation. A further aspect to introduce is a middle ground between resistance and compliance with tori’s throwing as required. The latter was the lesson’s priority, provided tori took balance appropriately.



He explained that forwards rolling need not be necessarily done from a forward facing stance. Rather, it can be performed along any standard kuzushi directions... yet still starting facing forwards! By looking over our shoulders and turning our upper bodies through to dive in that direction, it was possible to accomplish this easily. Then, he modified "off the back" breakfalls into a sideways, simply by twisting to the side off the kneeling person's back. Peglegs were also studied, with the emphasis being on safe, impressive presentation. In doing so he was encouraging us to not merely apply centuries-old ukemi, but to embrace more exotic variations and to innovate.

Democratically, kick up and drops won against over the belts, and so they were practiced with extravagance. Again we turned our landings to the side, making some fierce hangtime through the air. He then finished up proceedings by applying this breakfall to a shiho nage throw. Traditionally, uke falls out of this by either diving over their belt, or else by getting walked down by tori through pain compliance.

But this time we applied our wide, showboating kick ups to quickly reduce pressure and fall gracefully to the ground. This could possibly offer a last second alternative if, for whatever reason, over the belts were not a viable option. Intermediate grades would surely find it easier as a means to get comfortable with shiho nage's uniquely painful triple joint lock. Foremost though, it was exhilarating!

I greatly enjoyed Kenn's teaching style. His slapstick voices and engaging tone held everybody spellbound until the very end. Most assuredly, this seminar and its instructor further resolved me to visit Canada in the near future! I discussed another esoteric version of kick ups with him afterwards. Straightforwardly, tori faces uke, swings a leg out to the side and sends it crashing into the standing leg like a Newtonian cradle.

Getting propelled into the air in this manner makes for yet greater airtime and totally stratospheric levels of awesome! In closing, I would thoroughly recommend making it to any ukemi seminar which aims to push the boundaries of your breakfalling while putting a delighted grin on your face.

Yours in budo.

Jitsu Toronto: A Year in Review

by Jennifer Higgs *Sensei*

Even though I haven't been a university student for a good while now, I still think of September as the start of a year rather than January. Looking back to this past September, it's been quite the year for Toronto, something I'd been taking for granted until I stepped back to look at it.

The beginning of the last school year marked the second birthday of the York University club, and the first class set the bar high— what was supposed to be a simple demo class during the gym's open house turned into an over three hour session, with an all-time record of 35 students on the mats! Meanwhile, the new University of Toronto club began its very first semester thanks to the effort and persistence of Jon Thompson *Sensei*, co-taught with Mark Yourkevich *Sensei*.

In addition to their work with the U of T club, Mark and Jon also trekked all the way down to South Carolina at the beginning of last September with Jonathan Jamnik *Sensei* and Keri Buckland *Sensei* (from the then- new Trinity club!) to help promote Mike Mallen *Sensei's* Spartanburg club.



Photo credit: LaToya Tí-To Janeene, Spartanburg Jitsu Club

Mark and JJ would later return to Jitsu USA the following February with a band of Jiu Jitsuka from Toronto, Kingston and Ottawa to visit Kerí's Trinity club— which participants Frank Kakarelis and Kyle Belgiorgio wrote about in the last edition of the newsletter!

In addition to York and U of T going strong and visiting our cousins south of the border, it was a great year for many Jitsu Toronto members at Provincials. Winners of the March Provincials Randori and Groundwork competition included U of T's Dave Comartin and York's Joseph Gormley, Marcell Monus and Andrew Chadwick in their respective weight and grade categories.

Both clubs continued to train during the summer semester, and in August U of T hosted a course as a fundraiser for the upcoming new clubs. Kenn Gibb Sensei joined the round robin of teaching and various Peterborough students trained in with us, and everyone enjoyed touring the Taste of the Danforth street festival after.

This September has seen the birth of our two newest clubs: the Toronto East Jiu Jitsu club taught by Yourkevich Sensei and Thompson



Photo credit: Wendy Quon



Photo credit: Martin Choo and Michelle Sleeth, Peterborough YMCA / Trent University

Sensei, and the Ryerson University club taught by Joanna Yu Sensei and Denis Coyne.

This is in addition to the York University club (celebrating our third birthday) and the University of Toronto club (celebrating its first birthday), plus our weekly green and above classes taught by Jamnik Sensei. This coming April will be Jitsu Toronto's 10 year anniversary, ever since Alex Fairweather Sensei first opened the Kageyama dojo, and we look forward to growing even more in this coming year and beyond. There is always an open invitation for anyone to come visit one of our clubs, and the kettle's always on!