



THE CANADIAN JIUJITSU COUNCIL NEWSLETTER



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LOYALTY~COMPASSION~BRAVERY~HONOR~SINCERITY~RESPECT~RIGHT ATTITUDE

CONGRATULATIONS

**THE FOLLOWING BLACK BELT RANKS WERE AWARDED AT THE CANADIAN JIUJITSU COUNCIL
BLACK BELT GRADING EXAMINATIONS HELD AT THE BUSHIDO-KAI JIUJITSU CLUB, MISSISSAUGA
ON NOVEMBER 2, 2014**

SEVENTH DEGREE~SHICHIDAN

Jan Kraayeveld

THIRD DEGREE~SANDAN

Mark Edwards (Poirier)

SECOND DEGREE~NIDAN

Bernie Williams (Poirier)

Edward Maude (Viele)

FIRST DEGREE~SHODAN

Amanda Loum (Viele)

**AND A BELATED CONGRATULATIONS TO THE FOLLOWING BLACK BELT RANKS AWARDED AT THE
CANADIAN JIUJITSU COUNCIL BLACK BELT GRADING EXAMINATIONS HELD AT THE BUSHIDO-KAI
JIUJITSU CLUB, MISSISSAUGA ON NOVEMBER 3RD 2013**

FIFTH DEGREE~GODAN

Robert Monteiro (Canning)

THIRD DEGREE~SANDAN

Mike Sheppard (Hollman/Walther)

Wayne Wiggins (Poirer)

SECOND DEGREE~NIDAN

Simon Miller (Poirier)

Min Ji Jung (Viele)

FIRST DEGREE~SHODAN

Adam Scribeer (Magwood)

Glen Slauenwhite (Hollman/Walther)

AND ON APRIL 7, 2014

SIXTH DEGREE~ROKUDAN

Mark Canning (Kraayeveld)

FIFTH DEGREE~GODAN

Lynn Dafoe (Walther)

FOURTH DEGREE~YODAN

Douglas Hannah (Poirier)

Dave Dalley (Walther)

SECOND DEGREE~NIDAN

Dexter Easton (Poirier)

Shontell Wahlen

(Hollman/Walther)

Jim Werden (Dafoe)

FIRST DEGREE~SHODAN

Kirk Barrett (Hollman/Walther)

Bryan Emmerson (Hollman/Walther)

Jarrett Goodwin (Hollman/Walther)

Garry Gibson (Hollman/Walther)

John Reidy (Poirier)

Cheyne Remus (Magwood)

Kaiwan Suntok (Poirier)

Henry Yiu (Poirier)

Dear Sensei,

In a continuing effort to improve the quality of the Canadian Jiu Jitsu Council Black Belt exams we are actually stepping back to a time when Shihan Forrester created a very strong, very martial and very thorough testing experience for both Brown Belts and *Yudansha* alike.

Those were the tests in which we saw some of the strongest performances in the history of the CJC. Candidates strove to apply the best possible Jiu Jitsu in their careers without time limit while Shihan and the Grading Board probed for a depth of skill and knowledge which our association was renowned for.

Because we respect you and your students, we would like to approach future gradings in the same manner. A vital grading, one that each candidate can be proud of, will be our goal.

With this in mind, we will insist that candidates meet the following requirements -

1. The 1st degree exam will be extended to a minimum of two hours in length. Candidates must show a superior level of fitness commensurate with their age, physical abilities and overall health.
2. Higher grades will also be asked to perform for a minimum of two hours. (In comparison, the Kai Shin Karate Association for all levels lasts five hours; the Snow Tiger Martial Arts Association's Shodan Exam lasts six hours and is military in its intensity).
3. Each traditional Jiu Jitsu *waza* must be firmly grounded. Candidates must be able to apply a given technique in dozens of situations. In other words, a candidate's technique must by this time have become an instantaneous mind-body reaction.
4. The exams will as always be safely conducted yet be more combative. All strikes and kicks must have a deep focus. We will test *atemi waza* in a variety of situations to ensure both quality and power. As in the old days, candidates will be asked to partner not just with their own *uke* but with other candidates as well. Candidates will encounter multiple assailant attacks, weapons as well as some surprise scenarios during which they may be asked to improvise and adapt their techniques.
5. Results will be a PASS/FAIL only. No PASS WITH RESERVATION. It is always to candidate's benefit when he or she is asked to return to the next grading in six months. More time = a stronger Black Belt.

I have had students fail in the past. My first response always was to ask Shihan: "Where can I improve as an instructor?" The one time I forgot, Shihan was very quick to phone me the next morning to tell me what I needed to work on in order to prepare my student for the next grading.

We practise a *martial* (war) *art*. Our history is deep and strong. It is built upon a foundation of skill, dedication, tenacity and realism. Together, let's encourage our candidates to strive for the highest level they can achieve.

Sincerely,

Robert Walther
President
Canadian Jiu Jitsu Council

HOW LONG IS THIS GOING TO TAKE ANYWAY?

We live a fast paced “gotta have it now” society. Few people are willing to exercise patience, or allow an event or situation to run its course. We want it, and we want it now. Unfortunately this spills over into our martial arts training. A lot of newer, younger people want to “know” Jiu Jitsu, or Karate or whichever martial art they are studying, but don’t want to “learn” it. Many new students walk into a dojo with the attitude of “I’m going to give it a try” and after a few training sessions decide it’s too hard, or they’d rather do something else. Fair enough. Martial Arts training isn’t for everybody. The unfortunate part is, if many of these younger people would take the time to actually learn a little bit before they made their decision, they might change their minds.

The human body needs time to adjust to new ways of movement; new ways of placing your feet, moving your arms, displacing your centre of gravity over various areas. It doesn’t come naturally. To many of us, this is known as “muscle memory”. The human brain doesn’t come from the factory with the pre-recorded knowledge of how to form and maintain a horse stance, or throw a reverse punch, or perform O-Soto-Gari. It has to be taught. This type of teaching takes time, sometimes a lot of time. Even something as apparently simple as punching a heavy bag needs to be taught and trained. A simple punch includes many details: proper fighting stance, proper way to hold your hands, proper execution of the technique, proper part of the hand to strike the bag, balance – all of these things make up every single technique that is taught in all martial arts. Each style also has its own set of basic techniques, principles, biomechanics and so forth. In Canadian Jiu-Jitsu, we have the 6 basic principles of biomechanics that are universal – structure and stability, grip and control, summation of joint forces, continuity of joint forces, direction, and thrust – and it takes a lot of time to incorporate all of these details into a lock, or throw. Even holding a horse stance and punching into the air requires proper technique. Placement of the feet, direction of the feet, position of the heels and toes, placement of the hands/arms against the body, and finally extension of the arm, coming from the side, through the proper “arc of fire” adding in hip rotation for power and focus of the end product. Seems like a lot to ask for a simple punch doesn’t it?

The point is, nothing in martial arts is “simple”. The most basic of basics takes a lot of time to teach your body to perform. Stance, punch, kick, throw, kata, or whatever do not come naturally to any human being I have ever met. An instructor can teach these principles, but it is incumbent upon the student to learn them. One of the worst things a student can do is walk into a dojo on lesson #1 and go full out on a heavy bag without knowing diddley. As instructors, we need to take the time to show our students how to form a fist, chamber a punch, adopt a fighting stance, or formal stance, how to chamber a knee before a kick. The basic of basics. Students – you need to understand that high degrees of skill in any activity, be it martial arts, hockey, soccer or whatever, are not inbred, and do not operate on “auto-pilot”. You need to take the time (sometimes a LOT of time) to learn a techniques, stance, kick, punch, throw etc. You can’t “know” something without first “learning” it, and sometimes that learning takes a great deal of time and commitment.

Are YOU up for it?

Sensei Gary Hollman
Instructor, 8 Wing Trenton MAC



Training Tip – Martial Arts training and quiet time breathing exercises



You've all heard about breathing exercises. It's practiced in the dojo, it's mentioned in various media, but did you ever try it for yourself? Notice, I said, "for yourself". I mean, did you ever use it for a lifestyle technique? Some of you may have, most have probably not.



After a heavy workout at the dojo late at night, it can be difficult to go home and wind down enough to go to sleep. You lay there tossing and turning, perhaps

thinking about the evening's events, re-playing your techniques. Next thing you know it's a couple of hours past your normal shut-down time and you finally fall asleep, then the alarm clock goes off and it's time to get up. If repeated, this problem can affect your physical output and mental alertness greatly -- and not just in the dojo or training hall.

Next time, as you lay there staring at the ceiling, count backwards from 10 very slowly. Try to "see" the numbers in your mind's eye and HOLD THE VISUAL while you count that number, slowly. (That is not an easy task.). Next, do it again, only as you count each number, slowly inhale and exhale out saying the number at the same time, very slowly. Don't think about anything else, just the number. By now you've calmed your mind down enough to start the real breathing exercises.



The Nose

Inhale slowly through your nose by pushing your diaphragm muscles out in order to expand the lower portion of your lungs. As this area fills, slowly expand your upper abdominal and fill the middle and upper parts. When comfortably filled, hold this for a few seconds until you feel the need to refresh, then slowly deflate from the top down to the lower in a soft exhalation of air.

Squeeze the abdominal muscles in when depleted, hold for a few seconds until you need to bring in more air, then repeat the process several times slowly.

Now that you're comfortable, do it again as you mentally tell the parts of your body to relax, starting at your toes, then, shins and calves, etc. slowly working your way up your body. You might even have to tense and relax each of the areas of your body first in order to help your mind visualize the connection to each part.

This process should be repeated over the course of several days in order to appreciate the full affect and for it to become natural -- but the results are worth it.

***Sensei Allen St. John
St. John Jiu-Jitsu – Port Mood***

CANADIAN JIUJITSU COUNCIL
NEWSLETTER
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We are always looking for contributions to the Canadian Jiujitsu Council Newsletter. Please forward any articles or pictures etc. to

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"I see martial arts as moving forms of meditation. When you're sparring or drilling techniques, you can't think of anything else."

~Joe Rogan