



THE CANADIAN JIUJITSU COUNCIL NEWSLETTER



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VISIT: www.jiujuitsucouncil.ca

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 APRIL 29, 2012

THIRD DEGREE~SANDAN

Slawek Klis ~ Mississauga Jiujitsu Club (Hill)
Cherif Mouddene ~ Mississauga Jiujitsu Club (Hill)
Hien Tran ~ Mississauga (Persaud)
Trevor Griffith ~ Mississauga (Persaud)
Murray Mahoney ~ Madoc (Walther)



SECOND DEGREE~NIDAN

Andre Dominique ~ Mississauga Jiujitsu Club (Hill)
Sue Heuving ~ Belleville (Dafoe)



FIRST DEGREE~SHODAN

Jon Mansell ~ Peterborough (Fox)
Brian Bridgwater ~ Peterborough (Fox)
Stan Taylor ~ Oakville (Poirier)
Evan Dando ~ Oakville (Poirier)
Julie-Anna Roy ~ Oakville (Poirier)
Kyle McKinney ~ Mississauga (Persaud)
Allan Bryans ~ Belleville (Dafoe)
Sarah Heuving ~ Belleville (Dafoe)
Robert Preston ~ Belleville (Dafoe)
Alexander Town ~ Trenton (Magwood)
William Reynolds ~ Trenton (Magwood)
Michael Aquin ~ Madoc (Walther)

SPECIAL MENTION

Congratulations to Sensei Dan Poirier who received his 7th Degree Black Belt after successfully grading in front of the CJC Grading Board in November 2011. This was regrettably omitted from the previous CJC newsletter publication.



“All history is only one long story to this effect: Men have struggled for power over their fellow men in order that they might win the joys of earth at the expense of others, and might shift the burdens of life from their own shoulder upon those of others.” ~ William Graham Sumner, American sociologist and economist (1840-1910)

Blockbuster meals at lunch can cancel out the rest of your work or school day. Much of your blood focuses on digestion, not on the brain. The result: a greater chance of making mistakes or walking into an accident.

To stay safe, eat light. Athletes involved in endurance races (*Le Mans* 24 hour car race; the *Tour De France* cycling event) have shown that eating a series of smaller meals can quicken your digestion (which means quicker energy) without slowing you down.

If you're on night shift, and want to catch up on your zzzz's when you get home, don't eat a heavy meal within 3 hours of the end of your shift.

Some foods take longer than others to digest, which means the blood that is supposed to bring oxygen to the brain is still stuck down in the stomach. That's not good when you have to stay focused in a meeting. That pig roast at lunch can literally send your career into a tailspin. I recommend getting a food chart; know what you're eating and what it does to your body - and your mind. The following are some digestion times for basic food categories without going into specific foods themselves -

Green vegetables (non starch) - 5 hrs.

Fat - 12 hrs.

Protein (starch) - 12 hrs.

Starch - 5 hrs.

Fruit, sweet/dried - 3 hrs.

Fruit (sub-acid) - 2 hrs.

Melon - 2 hrs.

Milk - 12 hrs.

Raw juices - 15 min.

Protein (meat) - 12 hrs.

Protein (fat) - 12 hrs.

Mild starch - 5 hrs.

Fruit (Acid) - 2 hrs.

Fruit, sweet/fresh - 3 hrs



Gut toxicity - sorry about the term but it sure is a real item in the world of digestion. Allergens can irritate your system because their protein molecules can sometimes be bigger in size than normally found in foods. Your blood vessels or mucous membranes usually screen out these bigger molecules, but if they do get through, low energy and fatigue can result.

If in time, membranes become leaky through irritation, undigested foods pass more easily into the blood stream. The body treats undigested foods as invaders. The result? - you're always tired because your body is involved in an ongoing war.

Food provides you with fuel. The quality of that food influences the quality of your day. Please don't rely on foods that slow you down and destroy your health!

In the zone...

~ Sensei Robert Walther

that's when everything seems to go right, everything seems to fit. You could be skiing downhill in a race or rounding a curve into a straightaway or running the first few k's of a 10 k marathon – and suddenly you pass through a wall. Or better, an invisible membrane behind which there is stillness in speed, peace in aggression, safety in the most critical of maneuvers.

It's uncanny how safe you feel when sparring or doing *randori* in Jiu Jitsu— once you're inside the zone. It's as if the entire universe, represented on the training floor, is suddenly unified.

The first time I experienced this zone-like feeling was by accident. Everything leading up to that evening fueled the moment – it had been a carefree day in summer, the city was alive and vibrant and it felt as though that joy would continue well into the night (on the sidewalks, in a.m. restaurants, in the parks, on people's verandas). On that evening, to spar was to smile. Every opponent seemed like a friend, even the most pugnacious!

What might also have helped was that I had been training a lot. I was teen, off from school for the summer, without any serious responsibilities. So I had time to train in everything I wanted to: hit the iron hand bag, do tons of Tai Chi out in the sun, throw dozens of partners and have them throw me until

the sweat smelled with joy. And I had plenty of time to meditate.

On that night, I don't think I *forced* myself into the zone. An opponent attacked, and without thinking I side stepped and had my fist in his face. Everything happened so suddenly. My jaw dropped as much as my opponent's. I couldn't fathom what had happened. We continued sparring: I couldn't be hit. It was like a *pas de deux* in ballet.

My opponents would be at point A, I would fit in at point B; they attacked at point C, I circled around and hit at point D. Bodies in motion, the lights, the floor, the reasons for sparring, the reasons for bowing and shaking hands afterward...everything fit. Everything

was in balance. Everything was in harmony.

The strangest feeling was that there was no antagonism, no belligerence involved. My opponents *were my friends*. We merely moved in relation to one another. An opponent would hit – and I moved to fill the space around him. I had no feeling of aggression and I certainly didn't feel like winning. Winning didn't matter; the pure joy of moving around inside the zone was the only thing that mattered.

Of course, I couldn't sleep that night. Sleep really didn't matter. I spent the next week trying to recreate the experience. I found that if I tried really hard, the feeling wouldn't come back.

For me, getting back into the zone meant –

1. Relaxing, meditating a lot...and then using martial movement as a form of meditation
2. Not trying to be the best; accepting those in the zone with you as equals and as friends.
3. Not having my cup full (filled with my own ego). Just letting things be then opening up to the zone and flowing with whatever I found inside of it.

For me martial arts training became such a beautiful – and rewarding - experience once I found a way of pushing the ego aside. The experience doesn't have to be restricted to martial arts; you can play in the zone anywhere and at any time with an activity that gives you joy...music, dance, just walking down the street, thinking, playing with your kid(s), watching a baseball pitcher's perfect curve ball...

I can see why my teacher in Jiu Jitsu, Shihan Ron Forrester, always says Jiu Jitsu is *fun*Jitsu!





The photo above (courtesy of Shihan R.W. Forrester) is of the Jiu Jitsu class at the Hatashita Judo Club in Toronto where Jiu Jitsu in Canada had its beginning.

The two gentlemen seated at the front from left to right are – Sensei Frank Hatashita, the man who put Judo on the map in Canada and our Headmaster, Shihan Ron Forrester, the Father of Canadian Jiu Jitsu.

The tradition of having head instructors seated in chairs while their students knelt or stood in rows beside or behind them can often be viewed in old photos from the Japanese and Chinese martial arts. It is a sign of respect.

I still recall entering the door on Queen St. and walking up the stairs, and at the top of the stairs, the counter to the left, where you could often find Sensei Hatashita or his wife. You had to sign in at the counter. (When I first joined, I paid 75 cents a week for my lessons!)

Then you followed a long and narrow aisle past the rows of *tatami* (mats) to the back where the dressing rooms were situated. I remember my surprise at finding heavy white judo uniforms tied to the ceiling with black belts the first time I walked into the dressing room. The smell of *tatami* mats and cotton uniforms soaked with sweat; the sounds of decades worth of breakfalls on the mats, the sounds of the traffic down on Queen Street when we had the windows open during the hot summer months - these memories also come to mind when I see this photo.

~ Sensei Robert Walther

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We are always looking for contributions to the Canadian Jiu Jitsu Council Newsletter. Please forward any articles or pictures etc. to goldenhilljclub@aol.com

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Henry Hughes, a former C.J.C. Director, former C.J.C. Editor, would like to share that his daughter: Heather Hughes has graduated Law School from the University of Ottawa. Heather will begin her articling in Toronto at the Stieber Berlach firm, late summer.

Stieber Berlach L.L.P is an insurance defense law firm specializing in assisting individuals, associations, municipalities, health care professionals, hospitals, school boards, insurers and corporations.