



THE CANADIAN JIUJITSU COUNCIL NEWSLETTER



WINTER:2006/2007

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 ~ NOVEMBER 26, 2006

Sixth degree ~rokudan

Daniel Poirier - oakville

FOURTH DEGREE~YODAN

ANDREW DOBIE ~ PETERBOROUGH
JOHN NEDER~LINDSAY

THIRD DEGREE~SANDAN

PHIL ANDERSON ~PETERBOROUGH

FIRST DEGREE - SHODAN

Cherif mouddene - mississauga
Slawek klis - Mississauga
Ross mylet - Oakville
Jessye Nielsen - Trenton
Kim mokros - Kingston
Hannah broekhoven-fiene - Kingston
Alex Bulmer - victoria harbour

CJC BOARD WELCOMES NEW MEMBER

The Canadian JiuJitsu Council Grading Board would like to welcome their new member, **Sensei Bev Leonard**.

Bev Leonard is a Health, Safety and Fitness professional and has been practicing for over 22 years.

Bev and her husband Bob own and operate **Trent Valley Jujitsu and Karate**. Their classes are and have been taught throughout the Belleville Quinte area for over 24 years.

Bev Leonard's career in fitness began many years ago at the YMCA. She became fitness instructor and taught classes every week as well as martial art classes. Trent Valley Jujitsu and Karate was the first martial arts club in Belleville YMCA during the 80's. They also hosted the first tournament in the Quinte area.

Jiu Jitsu, Karate and Tai Chi classes are the weekly classes that Sensei Bev teaches in the Stirling area. *"Martial arts is a mind and body exercise, it is stress management as well as a way to protect yourself. Working on your inner self will help you develop the physical self."* This is the message Bev's students are reminded of when training. In 2001 Sensei Bev Leonard received her 5th Degree Black Belt in JiuJitsu and was her *"proudest achievement"*.



Self-defense for women is her passion. The classes she conducts give her a wide perspective of the possibilities of what women can do, not just physically but also in other aspects of their lives. Some of her classes have been taught at the local college, her home studio, elementary schools, teacher's associations, YMCA's and corporate companies. Sensei Bev also volunteers her time with numerous service clubs.

Sensei Bev Leonard became a certified personal trainer to better understand the physiology in martial arts. *"It is a pleasure working with a client who truly wants to better their health."* *"I enjoy coaching and writing programs for my clients."*

In 1989, along with two other partners, Bev has been working as a consultant, speaker and trainer for a health, safety and wellness company, Industress. Industress is a registered Canadian company owned by Bev and her partners. A certification in Occupational Health and Safety and Injury Management helped their company grow. Their programs provide training to a variety of market sectors, from food, administration to manufacturing. They service the Quinte area and the greater Toronto area to parts in Guelph Ontario.

"I have been very fortunate to do something I enjoy. It has never seemed like work!"

Sensei Bev Leonard obviously has much to offer and the Canadian JiuJitsu Council Grading Board looks forward to her continuing contributions.

We share Bev's favourite quote;

"YOUR WORK IS TO DISCOVER YOUR WORK AND THEN WITH ALL YOUR HEART TO GIVE YOURSELF TO IT"
~ **Buddha**



Shihan Forrester has announced his resignation as President of the Canadian JiuJitsu Council. Although he is in good health, he feels that a younger individual should take over the reins of our organization at this time.

Shihan Forrester has had a brilliant career in the Martial arts. For the past 50 years he has nurtured the founding of his Canadian style of Jiu-Jitsu, not only across the breadth of our nation, but also around the world. He is universally recognized as a major innovative force in the Martial Art world but most specifically in the art of Jiu-Jitsu. His accomplishments are far too numerous to express in a simple one page announcement.

The fact that his fighting teams won 5 World Jiu-Jitsu Championships and is listed in the Guinness World Records is an accomplishment that few men can obtain. Shihan Forrester participated in various martial arts including the art of boxing and added the scientific aspects of human movement and function such as kinesiology and bio-mechanics. This was quickly adapted and included in his curriculum.

Conditioning, speed and power were now instilled. The only other component was fighting skills, not just standard skills but world class fighting skills. Champions were invited from around the world to teach seminars and provide the necessary input to be the best. Not just Jiu-Jitsu specialists but champions from many arts such as boxing, wrestling, judo, karate, kickboxing and the list goes on.

How was this so seamlessly accomplished? There is only one man that has the will, the desire, the drive and the skill to achieve such a status. We have been fortunate to have him as the founder of the CJC and our President all these years. Today there are thousands of students who have learned their art and benefited from the teaching of Shihan Forrester.

Some of the quotes that have been attributed to him by Fellow Masters are as follows:

“One of the finest Martial Arts Masters I have ever known.”

“He has given Jiu-Jitsu a much needed shot in the arm.”

“Few Martial Artists are as dedicated in heart and soul.”

“A true Martial Artist with a creative and innovative mind.”

“A man of integrity and honour.”

It is the hope of this writer that students taught through the professorship of Shihan Forrester will have adopted some or all of these valuable attributes in their own life. If this were the case he would feel truly proud that he accomplished another of his life goals.

Shihan Forrester will still be available for seminars and the next black belt grading examinations. We all wish him continued good health and happiness and look forward to his presence on various occasions.

Sensei Paul Stegweit

SENSEI STEGWEIT ACCEPTS POST



It is my great pleasure to announce that Sensei Paul Stegweit has accepted the position of President of the Canadian JiuJitsu Council.

Sensei Stegweit teaches at the Oakville family Y.M.C.A Chimo Ryu JiuJitsu Club.

Prior to this he taught defense tactics at McMaster University and Mohawk College in Hamilton.

He holds a 7th Degree Black Belt in JiuJitsu and he graduated theory level 3 National Coaching Certification Program.

He was appointed Chief Referee at the World JiuJitsu Championships in London, England ~ Brisbane, Australia ~ Mar Del Plata, Argentina and Jacksonville, Florida.

With a wealth of knowledge and experience we look forward to the leadership and guidance of Sensei Paul Stegweit.

Shihan Forrester

Who am I?

You may know me I'm your constant companion. I'm your greatest helper; I'm your heaviest burden.

I will push you onward or drag you down to failure. I am at your command.

Half the tasks you do might as well be turned over to me. I'm able to do them quickly, and I'm able to do them the same every time if that's what you want.

I'm easily managed; all you've got to do is be firm with me. Show me exactly how you want it done; after a few lessons I'll do it automatically.

I am the servant of all great men and women; and of course, servant of the failures as well. I've made all the great individuals who have ever been great. And I've made all the failures too.

I work with all the precision of a marvelous computer with the intelligence of a human being. You may run me for profit, or you may run me to ruin; it makes no difference to me.

Take me. Be easy with me and I will destroy you. Be firm with me and I'll put the world at your feet.

Who am I? *I am Habit.*

~Author Unknown

" The chains of habit are generally too small to be felt until they are too strong to be broken."

~Samuel Johnson

TAX CREDIT AVAILABLE

The Federal Government as a result of an alarming report regarding childhood obesity is doing their part in an effort to encourage children to get into the habit of daily physical activity and has introduced a **Children's Fitness Tax Credit**.

The tax credit, available on up to \$500.00 per child registration and membership fees, came into effect on January 1, 2007

The credit will apply to an ongoing, supervised program, suitable for children under the age of 16, in which substantially all of the activities undertaken include a significant amount of physical activity that will contribute to cardio-respiratory endurance, plus one or more of:

- Muscular strength,
- Muscular endurance,
- Flexibility, and
- Balance.



A wide variety of supervised children's programs will be eligible for the tax credit including hockey, soccer, **Martial Arts**, football, basketball folk dancing, swimming, hiking, horseback riding and many sailing activities.

Parents can apply for the credit when filling out their 2007 tax return. A receipt is required to claim the credit.

More information is available at www.fin.gc.ca/news07/06-002e.html and www.fin.gc.ca/activty/pubs/ctc_e.html

WATER

A human embryo is comprised of more than 80% water, a newborn is approximately 74% water, and a healthy adult is about 70% water. Next to air, water is most critical to our survival. We can live without food for two or three months, but only several days without water yet most people do not drink enough water to maintain even marginal health. Consequently, many of us are in a chronic state of dehydration.

When the kidneys remove wastes, those wastes must be dissolved in water and transported via water from the body. If there isn't enough water, wastes are not effectively removed and kidney damage may occur. Water is essential to digestion and metabolism, and enables vital enzymatic and chemical reactions to take place. It helps regulate our body temperature through perspiration, which dissipates excess heat and promotes cooling. Water carries oxygen and nutrients to the cells through our blood stream which is largely water, and it lubricates our joints. Water is even required for breathing. Our lungs must be moist to facilitate the inhalation of oxygen and exhalation of carbon dioxide. Each day we lose more than a pint of water by exhaling. Through excretion and perspiration we lose another approximate three quarts.

When the intake of water is insufficient to replenish our body's needs, the body interprets this deprivation as a need to store water. This biophysical compensation causes fluid retention therefore, paradoxical as it seems, the way to eliminate fluid retention is to drink more water, not less. Other problems resulting from not drinking enough water are poor muscle tone, small muscle size, decreased digestive and elimination efficiency, increased toxicity in the body, joint and muscle soreness (particularly after exercise) and EXCESS BODY FAT. Proper water intake is necessary for weight loss.

The metabolic process causes fats and toxins to be released from the cells into the bloodstream. The fats and toxins are filtered from the blood in the kidneys and eliminated through urination. When the process is hampered by too little water, these fats and toxins accumulate, suppressing the immune system, and setting the stage for disease.



LACKING ADEQUATE WATER, THE BODY CANNOT METABOLIZE FAT.

“We never know the worth of water till the well is dry.”
~Thomas Fuller, *Gnomologia*, 1732

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*If you have pictures of events or C.J.C gradings
please forward them to goldenhilljclub@aol.com
As always, contributions, articles and pictures are welcome*