



THE CANADIAN JIUJITSU COUNCIL NEWSLETTER



Volume 13, Issue 1
Spring 2013

VISIT: www.jiujuitsucouncil.ca

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



The Canadian Jiu Jitsu Council is planning a commemorative newsletter devoted to the memory of Shihan Forrester and the work he accomplished during his time as one of the leaders in the world of martial arts. We hope that you can assist us in this project. Remembrances about Shihan; stories from the earliest days of Canadian Jiu Jitsu right up to the present; photos from the Dojo, tournaments, seminars, etc. are all welcome. Articles and photos will also be posted on our website. The deadline for submissions is August 1, 2013. Please query at rwalth@kos.net. Thank you.

Gradings...

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 28, 2013

FIFTH DEGREE~GODAN

Gary Hollman (Walther)

FOURTH DEGREE~YODAN

Kyle Beaubiah (Chisholm)

Dave Dalley (Walther)

THIRD DEGREE~SANDAN

Wayne Lord (Dalley)

Won Chul Jung (Viele)

Hannah Broekhoven (Chisholm)

Lorie Gold (Poirier)

SECOND DEGREE~NIDAN

Carey True (Persaud)

Justin Hagerman (Hollman/Walther)

Scott Williams (Hollman/Walther)

FIRST DEGREE~SHODAN

Sabrina French (Chisholm)

Macgregor Van De Ven (Chisholm)

Brian Bell (Poirier)

Matthew Thiopoulos (Poirier)

Diana Smith (Dalley)

Kyle Clapp (Leonard)

Garnet Clapp (Leonard)

Ron Forget (Leonard/Hadwen)



Candidates from Higher Degrees Grading



Candidates from First Degree Grading

CANADIAN JIUJITSU COUNCIL NEWSLETTER

Editor: Joanne Hill

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

goldenhilljclub@aol.com

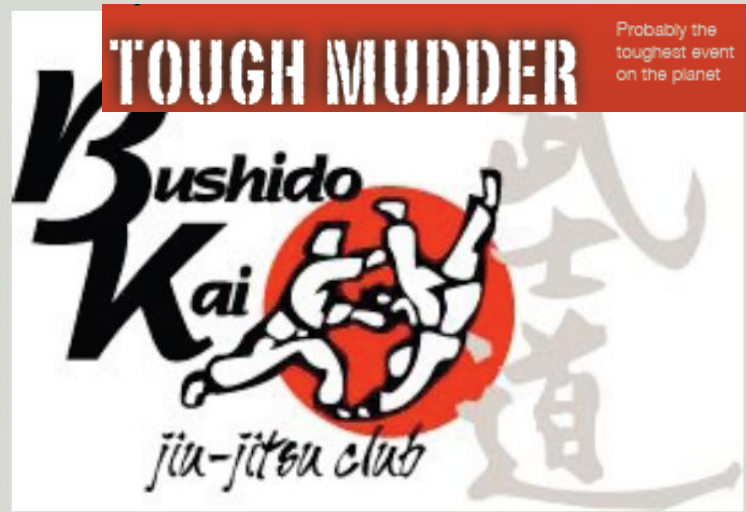
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“It’s our challenges and obstacles that give us layers of depth and make us interesting. Are they fun when they happen? No. But they are what make us unique. And that’s what I know for sure... I think.”

~Ellen DeGeneres



BUSHIDO KAI JIU JITSU TAKES THE CHALLENGE

BKJJ instructors after completing the 10 mile 2013 Tough Mudder obstacle course at Mt. St Louis Moonstone Ski Resort. (L-R) David White, Nabeel Dar, Mike White, Bob Monteiro and David Monteiro

Tough Mudder events are hardcore 10-12 mile obstacle courses designed by British Special Forces to test your all around strength, stamina, mental grit, and camaraderie. With the most innovative courses, 1,000,000 inspiring participants worldwide to date, and more than \$5 million raised for the Wounded Warrior Project, Tough Mudder is the premier adventure challenge series in the world.

For the second consecutive year instructors from Bushido Kai Jiu Jitsu braved the frigid temperatures and completed the Tough Mudder. Along with members of the Toronto Police, Emergency Task Force Team, members raised in excess of \$3,700 in support of the Wounded Warriors Project honoring our military. Any inquiries please contact Sensei Bob Monteiro - email bobmonteiro@me.com

Location Information: Average Temperature: High 69° F, Low 48° F	Course Information: Total Distance: 10 - 12 Miles 5+ Water & First Aid Stations 3+ Photo Zones	Obstacles: There will be 20-25 badass obstacles along this course - the sequence and exact selection will remain a mystery until event day. Click here to learn more about Tough Mudder Obstacles.
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More event information is available online at toughmudder.com

The Importance of Strong Girls

Why is it important to have strong girls? Well I'll tell you why.

Reason 1. It's important to have strong girls for the same reason it's important to have strong guys – to change the world. It's just as likely for a girl to change the world as a guy.

Reason 2. Half of the world's population are girls, and if those girls are weak and insecure then the next generation will be even more so.

Reason 3. It's important to have strong role models. I look up my Auntie Jo who owns her own business and volunteers a lot of her time to the community. I can't even imagine her being weak. I look up to my friend Kim who is a scientist and if she was weak then she wouldn't have helped in the

development of artificial corneas. I also look up to Amelia Earhart who was the first woman pilot to fly across the Atlantic Ocean and if she was weak then she wouldn't have even learned how to be a pilot. I look up to Mme Curie who discovered radioactivity and if she was weak then we might not have known as much about radioactivity as we do now. There are many more but I don't want to bore you.

I hope that I can also be strong so that I too can make the world a better place.

Alex Age 9

PUNCHING VS. OPEN HAND STUN STRIKES

By Sensei Allen St. John
St. John Jiu-Jitsu – Port Moody.

We learn that all blows are to be performed with an emphasis that will create the desired affect; either to stun, distract, or disable the opponent. By utilizing proper technique and training, the strong and not-so-strong can deliver an effective blow to an attacker.



In the heat of the moment an untrained individual usually resorts to wild aggressive gross motor type strikes. This type of pugilistic dueling usually results in Friday-night-fight-night broken knuckles as invariably the individual punched the other beer-sotted weekend warrior on the boney head. Boney head wins, broken knuckles lose, though he won't know it at first until the fun-juice dissipates.

Also to be considered in today's new order, is that hazardous germs can transfer from carrier to you via your cut knuckle and his cut lip as blood and saliva are mixed together creating a deadly concoction for you. There are people on the street that know they are carrying deadly viruses (i.e., AIDS) and go about their lives deliberately provoking contact with others. More developed methods of striking teach us open hand stun strikes to the head. Open hand slaps to the boney head are safer to the defender and

cause severe repercussions to the attacker. The human brain can be equated to a computer, if you rock the computer it shuts down, if you deliver open hand stun strikes to the boney head casing, the brain suffers shock which results in shutdown and motor dysfunction of the attacker.

Now, one shouldn't think that the punch should be discarded. This would be an over-reaction to avoidance. With proper training it is a useful tool as well, you just have to know when and where to use it. There is nothing wrong with a good upward solar-plexus punch to collapse the lungs and remove the air. No air, no attacker. This technique is quite preferable in the event a stoned-out zombie attacks you as he usually won't feel typical strikes. I once watched as a knife-wielding attacker twice the size of his prey get dropped as the smaller guy delivered an adrenaline powered upward punch to the solar-plexus.

The magician, Houdini, boasted to have the strongest abs around and with good reason too, as his legendary feats required him to be in the best condition possible. He would allow anybody to punch him in the stomach to prove it. However one evening back stage just before a performance a fellow sucker-punched him in the abs area when he wasn't looking and he suffered damage to one of his organs which they say is what really killed him. If you've never had a punch to the floating ribs or the kidney area then you really haven't tasted the sweet agony of immense paralyzing pain. I grew up defending myself in the streets and my rule was, "there are no rules when defending yourself". Whatever was effective I used. The prime rule is, "To Protect Yourself". However, in today's time, one should be educated about hazards that exist as they can be with you a life-time if you don't.

MY LOVE HATE RELATIONSHIP WITH THE TRIANGLE CHOKE

by Sensei Lori O'Connell

I've been grappling for a number of years now, and have developed a variety of different submissions into my repertoire. Like many people, I've come to have a few submissions that have emerged as my "go-to" moves that I come back to time and time again. One such move is the triangle choke. A great number of my successful submissions have been from the triangle, especially against larger/stronger opponents.

The triangle is a dynamic submission in sport ground grappling, and as much as I love it as a move in a rules-based, competition-oriented martial arts context, it has its limitations, hence my love-hate relationship with it. Every martial arts move has its own purpose, as well as its own benefits when applied in some contexts, as well as some distinct disadvantages when used in other contexts.



I train in and teach the martial arts for the purpose of self-defense. While we do incorporate submission grappling techniques into our curriculum, as you'll notice in my [recently published ground defense book](#), we do so with the goal of being better able to defend against them so we can get back to our feet and escape in a real self-defense scenario, not to score points. There are a number of factors that make the triangle, as well as other popular submissions like the arm bar, dangerous choices for self-defense, so even though it comes to me so naturally when doing ground grappling training, it is not something I would want to rely on primarily if I were attacked on the street. I want to give the triangle a fair shake though, so I'll present some of the pros and cons I've come across as a move.

.....cont'd.

The Pros of the Triangle

There are many benefits of the triangle in a competition context:

- *Works on larger/stronger opponents.* Because the triangle relies on the strongest muscles of the body, the leg muscles, it is one of the easier submissions to use against larger/stronger opponents.
- *Can be hard for opponents to see coming.* Because the triangle can be applied from a wide variety of positions, you can transition into it quickly and unexpectedly, when you get good at it, catching people off-guard.
- *Makes good use of flexibility.* The triangle makes my flexibility a big advantage. Being flexible allows me to slip my legs into position and even hold on to it against a resisting opponent more easily as they try to bend me over and stack me (something that will cause many other people to let go).
- *Allows for smooth transitions into other moves.* Even when I don't get the triangle choke successfully, I often use the position to transition into others submissions like the arm bar or the omoplata, or a simple sweep. It is a powerful controlling position whether you get the vascular restraint on or not.

Info about 'When the Fight Goes to the Ground':

<http://www.GroundDefenseBook.com>

Event Page for Ground Defense Book Release Seminar in Peterborough:

<https://www.facebook.com/events/135598876600652/>

Lori O'Connell's Martial Arts Blog : <http://Jiu-jitsuSensei.com>

The Cons of the Triangle

In a self-defense context, the triangle has many potential disadvantages.

- *It keeps you on the ground.* The triangle is nearly always applied on the ground, not from a standing position. The ground has many potential dangers in a self-defense context, like environmental hazards (i.e. concrete, broken glass, etc), kicks from multiple attackers, close contact with your attacker which can make you more susceptible to weapon attacks, and more. Applying a triangle can therefore put you in a dangerous position.
- *It ties you up.* When you apply a triangle on someone, you tie yourself to them with your legs. And while it can be an effective move for taking out one person, you have to essentially untie yourself first before you can deal with other threats that may present themselves.
- *Requires fine motor skill development.* The triangle can be quite powerful but only once you've learned how to apply it, which can take a long time. And it's not even enough to know how to do it. You also have to be able to recognize good opportunities and be able to get into the position quickly before the person has a chance to defend against it. These factors make it a fine motor skill, which takes more time to develop in training, to make it more potentially useful in the high stress context of an attack. If you're in a good position to go into a triangle, you could easily kick your attacker in the head, which is as easier move to pull off with less training

Even with all the above potential disadvantages to consider in a self-defense context, I try to always remember the following maxim often quoted in *Can-ryu Jiu-jitsu*: "Never say always. Never say never." You could find yourself in a self-defense situation in which a triangle could make complete sense. You could be alone with your attacker, on a cushioned surface like grass or a rug, and on the underside position for whatever reason, and your attacker gives you the perfect opening to get into a triangle, allowing you to cut off their blood supply and make them pass out so you can escape. You might also be able to sweep them and get on top to more easily make an exit. If a person doesn't know how to defend against it, it can be really hard to get out of it. That's why I try to always keep an open mind in self-defense and martial arts training. Every move can have its place when used sensibly.

THE DOJO IS YOURS TO LEARN FROM AND MAKE A DIFFERENCE IN

Recently I was explaining the ways of the Dojo to an associate of mine that was not familiar with the martial arts. As I was explaining many of the unwritten customs, it occurred to me that although many of us involved in the martial arts learn these customs, we don't always understand why or what it means in the bigger picture. With that said, let us put some thought into some of our customary ways.

The title of this article can be intermixed with a few other things in our lives. The word "Dojo" can be substituted for the "The World" or just "Life". Simply put, most of us desire to learn life skills that will make our lives better, easier and hopefully contribute something back into society. Some of us learn advanced business skills and then turn around and put those skills to use by

volunteering to an organization that can use those skills to help those less fortunate. Others, such as movie stars and celebrities, may use their fame to help raise awareness or finances for a good cause. Regardless of how, this is done by many people. We learn from life and try to better ourselves and then put those skills back into society. Hence, society grows and we all evolve.

The Dojo is very similar, should we choose to look at it from that perspective; I say that because there are a small few that think that the dojo is there to provide them with a service. Yes, we do provide a service, but it is much more than learning how to defend, fight, or be tougher. We teach many other things such as respect, compassion, honor, loyalty, and

discipline, and that is just the beginning. In the advanced ranks there are such skills as managing people, negotiation, building business relationships, communication skills, and mentoring.

We speak of the martial arts as becoming a way of life and this is so true for many of us who have been studying for quite some time. What we learn in the dojo helps us in our personal and professional lives. We learn and apply such things as when to speak, when to listen, when to act (and when not to react), and generally how to behave around others. Once we learn this in the Dojo, it is our responsibility to pass this on to others, typically to the newer students, so that they can in turn learn the "ways". Hence, our concept of learning and

By Shihan Ken Hoggart
contributing those lessons back into the source of the said learning.

After reading this article, take a few moments to reflect on what you have learned in the Dojo, regardless of your rank, and think about how you have applied that into our personal or professional life. Now think about how you may have made your contribution by putting those skills back into the Dojo. We can all make a difference if we look at things from the right perspective.

Also, here is a link to a few articles that some of our Yudansha and Shihan have written that we have posted on our website. Feel free to browse through them

http://www.smdcanada.com/media_article.php#articles

Ken Menkyo Kaiden Shihan San Dai Kichu Ken Hoggart