



# THE CANADIAN JIUJITSU COUNCIL NEWSLETTER



Volume 12, Issue 1  
Winter 2012

VISIT: [www.jiujuitsucouncil.ca](http://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 4, 2012

### SECOND DEGREE~NIDAN

Zane Walker ~ Oakville (Poirier)

### FIRST DEGREE~SHODAN

Edward Maude ~ St. Catharines (Viele)

John Vail ~ Port Coquitlam (Ow)

Photo is from a seminar at Chimo Ryu Jiu Jitsu Club, Oakville on December 1, 2012.

The seminar delved into the topic of the study of Internal Power (as also seen in many other traditional martial arts systems such as Hsing I King Fu, Tai Chi, etc) in Jiu Jitsu throws, strikes, locks, takedowns, etc.



Photo – Sensei L. Gold

CANADIAN JIUJITSU COUNCIL  
NEWSLETTER

Editor: Joanne Hill

*We are always looking for contributions to the Canadian Jiu Jitsu Council Newsletter. Please forward any articles or pictures etc. to [goldenhilljjclub@aol.com](mailto:goldenhilljjclub@aol.com)*

Canadian Jiu Jitsu Council Contact Information  
P.O. Box 543  
Madoc, Ontario, K0K 2K0  
613 473 4366  
[rwalth@kos.net](mailto:rwalth@kos.net)

The tongue like a sharp knife....Kills  
without drawing blood. ~ Buddha

**A** very reliable technique for self defense is the **knee kick**. It's a favourite technique in Jiu Jitsu against a close quarter attack.

Unless they've had a lot of Jiu Jitsu experience, I advise my students to keep the kick low. It's easier to maintain your balance with a low level kick. Plus a kick to the groin leaves your hands unobstructed out in front so you can combine your groin attack with techniques to the face or the throat.

1. Place one foot ahead of the other, bending the front knee.
2. Reach with both hands out in front. (This simulates grabbing and holding onto an attacker).
3. Drive the knee of the back leg forward and up, pulling your hands in at the same time. (This forces the attack in toward your knee, creating a head-on collision between your knee and the attacker's body).
4. Please ensure that your knee remains bent on impact. You're not striking with the front of your kneecap but with your thigh from just above the knee cap and up.
5. Force extra force, some teachers recommend extending the hip of the striking knee deep into the target. Unless you've had prior training, I'd leave that for now. You may not be able to maintain your balance.

### PREFERRED TARGETS

1. The groin
2. The head...if you're strong enough to pull his head down or if he's already bent forward. Muay Thai practitioners wrap their arms around the back of the attacker's head and neck.
3. The side of the ribs
4. The elbow. Hold the upper part of his arm with your left hand and his forearm with your right hand. The inside of his arm faces up. Force his elbow down across your knee.
5. The hollow of the hip
6. The spine (very dangerous!)
7. The outside of the upper part of the thigh



### THE FOLLOWING ARE SOME DRILLS YOU CAN TRY

1. Kick with the back leg then kick with the front. Perform a set of 10 repetitions. Shift the other leg to the front and perform another 10 repetitions.
2. Kick with one knee up and down like a piston in the engine of a car – very fast. Now switch to the other leg.
3. We do this one in Jiu Jitsu – perform rapid knee kicks to the front then quickly turn around to face the back, performing still more kicks. Shift into any direction, kicking rapidly. As well as preparing you to confront an attacker from any direction, this drill is a great workout!
4. Combine your knee kicks with elbow strikes, back fists, claw attacks...fast and furious!

After a while, you'll develop your own drills. Please remember to keep practising!

*In the martial arts, I've come across two types of confidence.*

The first type has many faces. It's often blustery. Every muscle is swollen to twice its size, either by ego or by a desperate need to be noticed. It feeds on aggression. It forces its way into spaces, into other people's lives. It tries to solve problems either by threats or by violence. And when this type of confidence wins, it's always hungry for more.

I don't trust this first type of confidence, either in the martial arts or in the wider world. I don't trust its origins. This type of confidence often stems from a *lack of confidence*.

Usually, the person has something to prove. He comes from broken things, broken situations. He's been neglected. He has to prove himself to the father who left, to the childhood he never had. He has to shout so loud that any whisper of doubt inside of him is drowned out.

I find that this first type of confidence comes from sadness.

I much prefer a second type of confidence, one which has *nothing to prove*. This type of confidence quietly takes up its space. It doesn't demand to be noticed; in fact this type of confidence is so confident that it doesn't care whether it's noticed. This type of confidence has nothing to prove. It doesn't exist at the expense of other people.

I've seen this type of confidence on the faces of older, wiser martial arts masters. Their confidence always wears a smile. They have nothing to prove. They are in command of their skills. They – and their martial art – have become one. There is no need for them to shout: when they speak, a thousand years of martial arts speaks through them.

I've seen both types of confidence in the workplace as well – the enlarged, aggressive ego that pushes people up against the wall and dominates all discussion versus the quiet, confident manager who genuinely listens to others and makes the workplace environment a joy to be in.

The first type of confidence has a big tank that requires a lot of fuel. If ego is muscle and muscle ego, that type of self-affirmation has to be constantly fed, either by fuel from within or by the energy of other people.

That type of mind/body mix lasts until the body has spent its fuel, until the health gives way. The relaxed type of confidence paces itself. It never has to draw on its reserves. This type of confidence is so natural it allows the organs to breathe. And this type of confidence balances itself with other people and the environment so it doesn't spend fuel needlessly on fear, anxiety, doubt and anger.

My suggestion – relax. In anything you do, develop skills that are *unforced*. Practise and learn. Listen to others. Don't let your ego get in the way. Develop a confidence that is deep, natural and happy!

~ Sensei Robert Walther

**I** have a suspicion that most of us involved in Jiu Jitsu discover the right and the wrong ways of doing exercises gradually - and through experience.

I remember in the mid-60s Shihan Forrester telling our Jiu Jitsu class that the American Medical Association had just declared deep knee bends an unsafe exercise. (We used to do deep knee bends with partners on our backs...as well a "duck walks" where we walked around the mats in a deep knee bend position. We stopped doing these exercises in a big hurry!).

The trouble with martial artists is that a high pain threshold becomes part of the mindset we build...so if our bodies complain about a certain exercise performed incorrectly, we tend to ignore the signals. That is until the problem becomes persistent.

I'd like to touch on a few pernicious variations of some fairly standard warm up exercises mostly everyone uses.

**TOE TOUCH** - Bending down to touch your toes with the knees straight places extra compressive force on the knees and the back. Would you lift a box this way?



**Recommended** - place your foot on a step instead and lean forward to stretch the leg and back.

**SIT UPS** - Sitting up all the way to the knees is terrible for the back. In fact, the last 2/3 of the way does absolutely nothing for your ab muscles. I prefer gradually moving into a position at a distance 1/3 from the floor to the knees. Never "snap" or "jerk" up from the floor; that's your back doing all the work. Pull up gradually, using only the muscles of the abdomen.



I feel that *quality* is always better than *quantity*. I could tell people that I've just performed 100 sit ups in a minute...but what I've really done is placed 100 mini-traumas through compressive force on the discs of my lower back.

As I struggle to create my 6 pack abs, my spine is starting to wear out!

**Recommended** - slowly raise torso to 1/3 of the way off the floor using your ab muscles for the lift.

Before Shihan Forrester warned us about this, we used to tuck our hands behind our neck. I prefer a position that places less strain on the lower back - arms close in front of the chest.

**HURDLER STRETCH** - we do a lot of leg stretching in Jiu Jitsu, and the hurdle stretch is one of the most popular. However, I find that the position of the bent knee should see the foot folded in, not out. Placing the foot out and tucking the



knee in puts an undue amount of pressure on your folded knee!

**Recommended** - leg folded with foot facing in, or just place your foot on a step and lean forward to stretch the leg and back.

**NECK STRETCHES** - should be done gently and slowly. The 7 cervical vertebrae add up to a very delicate area of the human body. Never tilt

the head all the way backward. This places a major strain on the first 2 cervical vertebrae.

**Recommended** - half circles from side to side.

*Please examine your own exercise program and make sure that the techniques are safe!*