

Shoshin Ryu Yudanshakai Newsletter

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The Dojo Class Log

by

Professor Ron Jennings

When I was a secondary school teacher in the 60's, one of the things I considered necessary for long term curriculum planning was lesson plans. High school policy required a lesson plan or class outline to be prepared in advance in case there was a need for a substitute. Taking this a little further, I used it for each class to record in advance what we should cover and specific expectations for the students. After class I would review and record the results. A documented plan, presentation, and results gave me what I needed to identify problems and allowed me to make measurable improvements. It met my administrator's need, and although it was a lot of work, it was a good tool for me. However, maintenance became oppressive as class loads grew and time for the individual student dropped. It was a good tool but not a real option.

As a sensei, instead of a lesson plan book, I created a dojo class log. Since my classload at the dojo was so much smaller than that of a high school teacher, I found it much easier to use and soon found it to be more of a journal or diary.

The dojo class log has been exceptionally useful and as an overall record for the dojo history they have become invaluable. I now have dojo logs going back to the early 70's. One day many years ago, I was in a discussion with a student and referred to an old class log to point out things he had worked on and problems solved. He was very impressed and interested. He asked if I could share the log. I shared some of them but not all because there were some private comments about other students.

The request however made me realize that students could benefit from a class log. It could have lesson plan information about prior as well as next or future classes. The log could also contain class times, who attended, promotions, special events, the topics or techniques covered, and observations by the instructor and/or students. Personal comments by instructors about any students need to be kept at a minimum so others could read the log.

Once started, students could read the log to see what was covered in any missed classes. The instructors could double check to see what techniques were taught when and to whom.

It is amazing how much value this gives. I can show a student who doesn't remember being taught a technique that it was indeed covered and, yes, the student was actually in that class. Even years later I can go back and show a Black belt when she was first introduced to a specific technique. It keeps me honest in curriculum presentations and helps ensure I have covered the materials I wanted.

This sounds good, but the logistics of doing a log book that includes attendance can be a real burden if only the sensei does it. The solution turns out to be pretty simple. The sensei or class instructor may put in any lesson plans, objectives, or expectations before class.

(See **Dojo Log** on page **Three**)

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Yudansha Notes

Westside Dojo YMCA Community Support Campaign

The Westside Dojo has raised over \$23,000 in the first two weeks of the YMCA's 2006 Annual Donation Drive. Professor Mike Salter, Professor Randy Katz, and Bill Fordes are the leading goal busters. Special thanks goes to two Yudansha, Elizabeth Reed (Shodan), who is this year's Campaign Chair, and special thanks to Alyssa Clark (Nidan), who is this year's Campaign Division Leader for the Jujitsu Division. The Y's goal is \$475,000 this year and the dojo hopes to raise at least 10% of that goal. They are well on their way and we wish them luck in attaining their goal.

Shoshin Ryu Reunion Update

The Hilton in Pleasanton, California, has been reserved for Labor Day Weekend, September 2, 3, and 4, 2006, for the Shoshin Ryu Reunion.

This is going to be a great weekend. Participants will be able to attend new clinics, juniors clinics, and high-intensity clinics for the 16-25 year old group.

The topics for the juniors clinics will be such things as coping with bullies, beginning judo, and self-awareness.

Also in the idea phase is a clinic on rape prevention for wives, daughters, and siblings of current Shoshin Ryu members.

Professor Ray L. Law is an often overlooked figure in the history of Danzan Ryu; therefore, Patricia Rebmann is looking into having some tribute to him at this reunion.

Right now the expected attendance is 250+ people. If that holds, this may be one of the largest Shoshin Ryu reunions ever.

The entire Rebmann family is involved in ensuring that this weekend will be the best. So set those dates on your calendar now, because you won't want to miss this weekend.

More information about the reunion will be coming out future newsletters. Ask your sensei about how your dojo is going to be part of the fun at the Shoshin Ryu Reunion '06.

Anaheim P.A.L. Contest

Steve Davis and Kevin Darylmples hosted a Kata, Sumo, and alligator wrestling contest at the Anaheim Police Athletic League. There were over sixty-five junior yudansha who competed from the Downey YMCA, Orange YMCA, Kato Gaiko, Akita, Golden West, Santa Ana, and South Coast dojos.

Each competitor was given a gym bag and a T-shirt. They were also given participation certificates with their picture on them and a certificate for a free meal at Home Town Buffet. At the end of the competition, door prizes were handed out. The grand prize was two tickets to Disneyland.

Sign in was at 9:00 and took an hour to complete. The last medal was handed out at about 3:00. The students were exhausted by the end of the event, but everyone left with a smile on their face.

Professor Carlos Gallegos brought a kata demo team and a rondori demo team. Professor Gallegos was going to do a board breaking demo, but broke his thumb practicing before he had a chance to show the crowd. Get well soon, Carlos.

Professor Kevin Dalrymple and Steve Davis really put on a quality event and should be thanked for their efforts. This was a great start to the 2006 Shoshin Ryu contest season. If we can keep up this kind of excitement, we could exceed past levels of participation. Together we can make things bigger and better for Shoshin Ryu.

See the results starting on page three.

Up Coming Randori Contest

The Santa Ana Dojo will be hosting the annual summer Randori Shiai on June 10, 2006, at the Jerome Center in Santa Ana, California.

Registration will start at 9:00 with the contest to start at 10:00 sharp. More information will be coming in future newsletters.

(Dojo Log, continued from page one)

At the end of each kyu level class the senior ranking (non-Black Belt) student in class is responsible for filling out the log book. The privilege can be also passed to a lower ranking person (not too low however). For Black belt classes usually the lowest ranking Black Belt gets the opportunity to scribe the book. Depending on class size, the person scribing may have to query the other students to find out what may have been covered in any small groups. This documents actual attendance and the techniques or materials covered and knowing what happened in all aspects of the class is good training for potential instructors. In addition to instructor comments after class, the scribe is also encouraged to add their own observations and comments. This continues the diary or journal flavor of the log. And of course, any student could always add something to the log they felt was critical.

Over time I've had some very brief notes as well as multiple tear stained pages where the scribe had to detail the trials and tribulations of a struggling student or some pretty good observations of human behavior. I've only had to 'edit' the dojo log twice to remove something that was better recorded elsewhere.

Students who read the log today can feel like they know many of the other students who have gone before them and have more than a name to refer to. It helps make the dojo and students an extended family that lasts longer than any one student's tenure. This provides an outstanding way to retain dojo history and much of it is from the student perspective.

I highly recommend that all school heads and future sensei consider the value that a well-maintained class log can bring to themselves and their students. It is well worth the effort.

A Little Help

If anyone is aware of a Shoshin Ryu member who is living in Spain, preferably near Madrid, could you please contact Nick Harris at Yolanico@aol.com. He would like to restart his study of Danzan Ryu.

2006 Kata, Sumo & Alligator Wrestling Competition

Kata

5 year old division:

- 1st Place: Ethan Paho (Akita)
- 2nd Place: Kaylene Davis (Orange YMCA)
- 3rd Place: Christian Ybarra (Orange YMCA)

6-8 year old division:

- 1st Place: Brian Jenkins (Downey YMCA)
- 1st Place: Troy Embrey (Orange YMCA)
- 3rd Place: Peter Chung (Akita)

9-10 year old division:

- 1st Place: Abby Meis (Akita)
- 2nd Place: Sarah Wilson (Akita)
- 3rd Place: Jennifer Detlefsen (Aktia)

11-12 year old division:

- 1st Place: Matthew Hearn (Akita)
- 2nd Place: Kayle Delos Santos (Martial Art International)
- 3rd Place: Lucero Ayala (Akita)

13-14 year old division:

- 1st Place: Phillip Le (Orange YMCA)
- 2nd Place: Venard Taylor (Downey YMCA)
- 3rd Place: Miko Forrest (Orange YMCA)

15-17 year old division:

- 1st Place: Patrick Le (Orange YMCA)
- 2nd Place: Hannah Pearce (Golden West)
- 3rd Place: Dillon Bruno (Akita)

Sumo

5 year old division:

- 1st Place: Kaylene Davis (Orange YMCA)
- 2nd Place: Christian Ybarra (Orange YMCA)
- 3rd Place: Ethan Paho (Akita)

6-8 year old division:

- 1st Place: Jeremy Bowles (Akita)
- 2nd Place: Christian Murano (Akita)
- 3rd Place: Brian Jenkins (Downey YMCA)

(More results on page Seven)

Jujitsu after 30 Years

by

Professor Jon Jacques

Last newsletter there was an article called brown belt burnout. This article inspired me to share some of my own thoughts. If anyone can be burned out, I think I should qualify. I started practicing Jujitsu at the Downey YMCA in November, 1975. Mike Chubb was the instructor. This was a beginning class, so there were only two participants. A girl named Dana and me.

After learning the basics of rolling and falling, I soon became the uke of this young woman. She did not understand the concept of supporting your partner after the throw. We used gray horse hair mats on concrete. Surviving that first month was an effort. I enjoyed learning the art, so I was determined to join the intermediate class.

In the intermediate class, there were many young adults who were fired-up about practicing the art. I met a lot of new friends. We spent years together traveling to contests and conventions. These were the days when you could pile 6 to 8 people in a Chevrolet without seatbelts and not get a ticket. We traveled to San Jose and Monterey for national conventions. Years afterward we would talk about the adventures that we shared.

During a kata contest, my partner Garth Boggs pulled off a nearly flawless Hondo Shime. The only flaw was the slight injury to my shoulder. We finished our routine and placed in the black belt division. We were brown belts at the time. Later that night at the hotel, we decided to race down the stairwell. We were on the sixth floor. As we neared the bottom, I twisted my ankle. We went outside and raced across a cross walk as the light changed to yellow. I was limping from the ankle and my shoulder was sore. As my friends looked back, they said I looked like the hunchback of Notre Dame.

We also attended Jujitsu camps in the mountains. We rented a large cabin near Lake Gregory in the San Bernardino Mountains. We would practice the arts on a small plateau near the lake during the day. Mike Chubb and Bill Randle taught us Yawara and other techniques that could be performed while standing. We were practicing on a tarp laid over the rough and rocky ground. At night we played capture the flag. One time, Jeff Caffaro was running back with the flag near the lake. Ron Haley tackled him from the side and they both fell into the lake.

We continued our path in jujitsu and some of us went on to achieve our black belts. At this point, you can say that you have reached your goal and quit. A few of us decided to continue the journey. This opened up a whole new set of opportunities and adventures. I continued to meet new people studying jujitsu. I had the good fortune to meet some of the original students of Okazaki. These were people that we talked about in class, but never thought that we would some day get to know.

I may have had burn out in Jujitsu, but I don't really remember it that well. I just think that if I had stopped before reaching Shodan, I would have missed out on a life time of fun and adventures with friends.

Up Coming Events

<u>Date</u>	<u>Event</u>	<u>Location</u>
March 11 @ 2:00	Black Belt Workout	South Coast YMCA
May 20 @ 12:00	Friendship Games	Braille Institute, Anaheim*
June 10 @ 9:00	Randori Contest	Santa Ana, Jerome Center
September 2,3,4	Shoshin Ryu Weekend	Pleasanton, CA
		* tentative location

Ask the Doctor

Dear Dr. Rich,

My uncle was recently put on Coumadin. He has said that he would like to learn some jujitsu, what are some of the concerns we should have?"

Sincerely,
Petechiae Thrombus

Dear Petechiae,

Most of us no longer die by being eaten by marauding wolves, large felines (unless one works with white tigers for a living), or various other forms of the "blaze of glory" approach to personal demise. Nature has, therefore, been required to find more mundane ways to peel off the outer layers of the population onion as the newer layers form within. Many of these mundane ways involve slowing down, or stopping the flow of blood to various parts of the human body.

Medical science, in response, has devised several ways to stop or hinder that process. Simple aspirin was probably the first, and remains one of the most commonly used anti-coagulants. A single aspirin can retard normal blood clotting for two weeks. Coumadin is a brand named for a drug called warfarin. Warfarin works by antagonizing the activity of vitamin K, which is required to form blood clots. This is well and good when interfering with normal clotting provides an advantage, like when an artery is narrowed, or a person has a condition prone dangerous or excessive clots.

There is a down-side, however. Warfarin, in excessive doses can cause massive internal bleeding. In fact, warfarin is the active ingredient in many rat poisons. Even someone on the correct dose of warfarin has a significantly increased risk of bleeding after trauma. Trauma...that sounds familiar...let's see...oh, yeah? Jujitsu! We do throws. We do some striking. We compress necks and twist joints into painful positions. All of those techniques involve direct trauma, which can cause small amounts of bruising or swelling even in unmedicated people. In a person on warfarin, the bleeding may be more significant, resulting in large bruises or a pocket of blood called a hematoma.

Even more concerning would be bleeding that is not immediately apparent, like bleeding within the brain, abdomen or chest.

So, my recommendation is that people on warfarin, like your uncle, should NOT participate in contact sports or activities.

Dr. Rich

Words of Wisdom

“To acquire knowledge one must study, but to acquire wisdom one must observe.” – Marilyn Vos Savant

“The future belongs to those who prepare for it.” – Ralph Waldo Emerson

“Success lies not in what others consider to be great, but what you consider to be right.” – John Gray

“If the going is real easy, beware! You may be headed down hill.” – Unknown.

Promotions

Sankyu:

Chris Cotton – Mountainside Shoshin Ryu

Ikkyu:

Michael Palumbo – Shoshin Ryu of Maine
Jon Michael Boudreau – S.S.R. of Maine

Nidan:

Danny Brewer – Shoshin Ryu of Nevada

Danzan Ryu Hall of Fame

Professor John Cahill, Sr. – Inducted 1992

John Kalei Cahill was born in 1912 in Honolulu, Hawaii. As a youth he did well in a variety of sports, including volleyball, baseball, swimming, rowing, Sumo, and bowling.

In 1937, John Cahill began attending Professor Okazaki's jujitsu school. Through his dedication to training -- four hours a day, six days a week -- he became one of Professor Okazaki's most respected students and in 1938 received his shodan. A year later received his nidan and the mokuroku indicating that he was an instructor. On July 20, 1941, John Cahill received his diploma certifying him in Seifukujutsu. Also in 1941 he received a Judo Shodan from the Budokukai in Japan.

After he received his mokuroku, Sensei John Cahill set up his own class at the Kodenkan which he called the Hui Miki Miki -- Hawaiian for "lots of pep". He taught at the Kodenkan throughout the war years, and also trained many students at Honolulu's Central YMCA. His Jujitsu students in the islands included William Ah Moo, William Montero, David Nuuhiwa, and Charlie Kalani, who went on to compete in professional wrestling and act in motion pictures under the name Professor Toru Tanaka.

In 1947, Professor Cahill moved his family from Honolulu to Pacifica, California, a city near San Francisco, and opened a dojo in Daly City. He later moved this dojo, called Cahill's Judo Academy, to South San Francisco and taught there for fifteen years. During this time, he and three other former Professor Okazaki students, Richard Rickerts, Bud Estes, and Ray Law formed the American Judo and Jujitsu Federation.

Professor John Cahill died of kidney failure in 1962 at the age of 50. His son Willy built a new school in San Bruno in 1963 and named it Cahill's Judo Academy in honor of his father.

Greetings from Peachtree, GA

We will be hosting our 7th semi annual Judo tournament on April 29, 2006, and are expecting our biggest turn out yet.

Ippon entered the 15th annual Waka mu shu Tournament. Cody Wojcik took gold in his division going 3-0 Aaron Ringel took a silver and a bronze, Breanna Wojcik took a silver, and Grant Montgomery took bronze.

Derek Wojcik took 1st place in the state wrestling qualifier for southern Georgia, going 4-0. Wojcik is 40-3 on the year and is seeded 5th in the entire state of Georgia in wrestling.

Ippon also had every student maintain at least a *B* average in school with several getting on the honor roll or getting special awards.

Sensei of the Month

Name: Peter Zukowski

Rank: Sandan

Dojo: Boulder City Jujitsu

Years practicing the martial arts: Fourteen

Styles studied: Danzan Ryu Jujitsu, Judo, Tae Kwon Do.

Favorite book: *Lord of the Rings Trilogy* by J.R.R. Tolkien

Favorite food: Steak

Favorite movie: The Shawshank Redemption

Favorite actor: Paul Newman

Favorite actress: I don't have one

Four famous people you would like to invite to dinner: Thomas Jefferson, Winston Churchill, Ueyeshiba,

Most memorable moment in the martial arts: My son finished third in this Kata competition (Ohana Nationals)

Favorite thing about practicing Danzan Ryu: The people. I've done a lot of other things, and the people are a better group as a rule.

Biggest inspiration: My Grandfather. He died at age eighty-five. In World War I he had been gassed in the Argon Forrest. My grandmother's parents didn't want him to marry their daughter because they figured he'd be dead in a year. When he died at eighty-five, he had out lived her by a year and a half. He was always going and working and you would have never known that he lived with that.

(Results Continued from page Three)

9-10 year old division:

1st Place: Jennifer Detletson (Akita)
2nd Place: Sommer Pyburn (Akita)
3rd Place: Robin Bolandos (Santa Ana)

11-12 year old division:

1st Place: Sebastan Acevodo (Downey YMCA)
2nd Place: Jonathon Jenkins (Downey YMCA)
3rd Place: Matthew Hearn (Akita)

13-14 year old division:

1st Place: Joe Vallejo (Akita)
2nd Place: Rebecca Hearn (Akita)
3rd Place: Adam Bolanos (Santa Ana)

15-17 year old division:

1st Place: Patrick Le (Orange YMCA)
2nd Place: Phillip Le (Orange YMCA)
3rd Place: Dillon Bruno (Akita)

Alligator Wrestling

5 year old division:

1st Place: Kaylene Davis (Orange YMCA)
2nd Place: Christian Ybarra (Orange YMCA)
3rd Place: Ethan Pahoa (Akita)

6-8 year old division:

1st Place: Christian Murano (Akita)
2nd Place: Troy Embrey (Orange YMCA)
3rd Place: Julissa Julio (Orange YMCA)

9-10 year old division:

1st Place: Shannon Grossman (Akita)
2nd Place: Chris Pearce (Golden West)
3rd Place: Juaquun Pearce / Janelle Julio (Orange YMCA)

11-12 year old division:

1st Place: Sebastan Acevodo (Downey YMCA)
2nd Place: Jonathon Jenkins (Downey YMCA)
3rd Place: Kyle Delos Santos (Martial Art International)

13-14 year old division:

1st Place: Johnathon Keys (Golden West)
2nd Place: Joe Vallejo (Akita)
3rd Place: Laura Daiz (Santa Ana)

15-17 year old division:

1st Place: Patrick Le (Orange YMCA)
2nd Place: Dillon Bruno (Akita)
3rd Place: Hannah Pearce (Golden West)

Overall Winners

5 year old division: Kaylene Davis (Orange YMCA)

6-8 year old division: Christian Murano (Akita)

9-10 year old division: Jennifer Detlefson (Akita)

11-12 year old division: Sebastan Acevodo (Downey YMCA)

13-14 year old division: Joe Vallejo (Akita)

15-17 year old division: Patrick Le (Orange YMCA)

Black Belt Workout

It's been a while, but there will be a black belt workout on March 11, 2006, at 2:00 at the South Coast YMCA in Laguna Niguel.

All black belts are invited, HOWEVER, be prepared to WORKOUT! This is not a social event.

If you have any questions, contact Sensei Ed Bederov at ebederov@aol.com

Randori Contest

June 10, 2006, will be the annual Region 1 randori contest. It will be held at Jerome Center in Santa Ana. Sign in will start at 9:00 and the contest will begin at 10:00. All members are welcome.

The cost will be determined.



Shoshin Ryu Yudanshakai



Membership form

Please check one: _____ New member _____ Renewal _____ Date _____

Name (Last) _____ (First) _____ (MI) _____

Address _____

City _____ State _____ Zip _____

Birthdate _____ Sex: M / F Phone(s) _____

e-mail address _____ Dojo affiliation _____

Instructor _____ Your current rank _____

Dues/ fees: \$25.00 per year. Membership dues include mandatory liability and supplemental medical insurance. Membership is for the current calendar year from January through December 31.

Signature _____ Date _____

Parental consent if under 18 years _____

Mail to: **Shoshin Ryu Yudanshakai**
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Phone: 714 - 538 - 4622

Please enclose your check payable to Shoshin Ryu

For more information, visit us at www.Shoshinryu.com