

# Shoshin Ryu Yudanshakai Newsletter

May/June 2006

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## Internet Jujitsu

by  
Bryan Stanley

**Thursday, April 13, 2006 – 2:36 p.m.**

I've got a rainy day, so I'm going to search the internet for the ultimate jujitsu website. I figure I have the time, so what the heck. I'm going to find what's good, bad, and common about jujitsu sites. I figure that it should take me two or three hours, and I'll filter through all the bad stuff and write an article about websites that the wired jujitsuka just has to visit.

So I'm going to start with the AOL web browser – powered by Google – and type in “jujitsu” into the search bar. My first page of results yeilds fifteen websites about jujitsu, and sure enough they are all there, but I'm not looking for these sights. The top of the page says that there are 8334 pages of results. With fifteen results per page that would be 125,010 websites to visit. I've got my work cut out for me.

I don't want to start at the beginning of the internet, no, that would be too easy. I want to start at the end of the internet. I want to find the little site that could. The one that gets three hits a year but has all the information. So I start by pressing the “next” button on the browser. I figure that in roughly 8333 clicks of the mouse, I'll flip through all my results and be at the end of the internet.

Boy, am I wrong.

My first snag is with the web browser. Of course it said there were 8334 pages of information about jujitsu, but it only let me get to page thirty-four. Stupid internet, doesn't it know? Isn't it supposed to provide ALL the information? Here's just another example of technology holding us back.

Making the best out of a bad situation, I decide to click on that last site. It's called “Classes and Fees.” The page is nothing fancy, different colors of brown with a menu bar on top. Written on the menu bar are the words Danzan Ryu. Click on that and...hey it's a history of Danzan Ryu. Next to that are a few links to Yawara, Nage, Oku, and Shime. But, alas, it's just a list, no pictures or movies. This site belongs to a class out of Salem, Oregon, run by Sensei Bob Parksion. I feel invigorated. One site and I've already found Danzan Ryu information. This is going to be easy.

No more loitering, it's time to move on. The next page has something that looks promising, a site called, “Jujitsu for Drunks.” Have you ever been to a Shoshin Ryu Reunion? Nevermind. I click in anticipation. It's a blog. Bummer. Up the browser page – remember this is supposed to start at the end of the internet – is a site for “Jujitsu Norway.” My ancestors came from Norway, so I've got a reason to visit.

(See **Internet Jujitsu**, cont. on page four)

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## Sensei Profile May/June

**Name:** Professor Roy Center

**Nickname:** None

**Rank:** Shichidan

**Dojo:** Unattached – Las Vegas

**Number of years:** Forty-four years

**Styles studied:** Danzan Ryu, Kodokan Judo, Shoryn Ryu Karate, Aikijitsu with Henry Yoda, and Kendo. I've learned that regardless of the style, it will all relate back to jujitsu.

**Favorite Book:** Peter Capsticks novels on African Hunting.

**Favorite food:** Steak

**Favorite Movie:** One of John Wayne's movies, but there are so many I couldn't say.

**Favorite Actor:** John Wayne

**Favorite Actress:** I kind of like all the pretty ones.

**Favorite Musical artist:** Ricky Nelson

**Most memorable moment in the Martial arts:** The first time you see one of your students do just a perfect technique. When you see that, and you see that it they understand what it is, that is one of the greatest things you can get out of life. To see your student get the same thing out of the art that you did.

**Favorite thing about Danzan:** The versatility. Danzan is one of the greatest arts because it leaves you so many options. You can escape, control, maim, or kill. Danzan is one of the true arts that you can use in any situation. It's got everything there, if it's practiced properly.

**Name four famous people you'd like to invite to dinner:** Professor Okazaki for one, but there are so many people I admire and that I'd like to invite, that I really couldn't name just four.

**Biggest Inspiration:** I've had the opportunity to work with a lot of people over my life, and everybody that I've worked with has added something to it. I would say that my students were probably the biggest inspiration that I've had.

## The Danzan Ryu Hall of Fame

### Professor Jack Wheat – Inducted 1992

Professor Jack Wheat was born in Seattle, Washington, on February 23, 1919. He was a former student of Professor William Ah Moo and received his instructors scroll from Professor Okazaki. He trained and instructed at Professor Okazaki's dojo from 1942 until it closed in 1958.

He was promoted to shodan by Professor Okazaki in 1945. After three years of training, he graduated from Professor Okazaki's Nikko Restoration Sanatorium Seifukujitsu in 1945. Professor Wheat became a member of the Hawaii Shobokan Judo Club in 1950 and in 1953 became the first caucasian in Hawaii, along with Sensei Tony Gonzales, to be promoted to Nidan by the Kodokan in Japan.

He opened the Menehune dojo after joining together with Professor Joseph Holck in 1955 and continued to teach at the dojo on Heamoku Street, Honolulu. He earned a sandan from the Kodokan in 1957. In 1959 Professor Wheat was assigned overseas duty and temporarily had to cease teaching classes. He returned to Hawaii and reopened his dojo and taught until 1972 when he was reassigned to overseas duty this time in Vietnam.

While overseas in Bangkok, Thailand, Professor Wheat studied acupuncture and was awarded a certificate to practice acupuncture in Thailand and Hawaii. He was appointed by the Governor of Hawaii in 1975 to serve on the first Hawaii Board of Acupuncture.

He was a charter and lifetime member of the American Jujitsu Institute and was elected its first secretary and served two terms as AJI President. Professor Wheat passed away on October 20, 2004. At the time of his death, he was a Judan and had been inducted into the Jujitsu America, Danzan Ryu, Hawaii Kempo Jujitsu Society, and the AJI Halls of Fame.

## Yudansha Notes

### **Black Belt Workout a Bit Hit**

Black belts from all over Southern California gathered at the South Coast YMCA Dojo for an afternoon of camaraderie and technique.

After an invigorating warm up, the anxious black belts dove into some Shinyo arts. Rather than blistering through everything, the lead instructor, Professor Kevin Dalrymple, chose to go more in depth in each technique and focus on just three for the afternoon.

Every black belt picked up subtle nuances for the techniques.

Come join the fun at the next workout in May.

### **Friendship Games II**

On Saturday, May 20, the second annual Friendship Games will be held at the Whittier Christian High School Gymnasium. The event will run from noon to 3:00.

This contest is open to all junior students age five to seventeen and will have both a randori and sumo competition.

The cost is twenty-five dollars. Each participant will receive a medal for participation, and the top three contestants in each group will win a gold, silver, or bronze medal.

All the proceeds from this activity will go to the Braille Institute of Orange County and the youth programs they provide.

Whittier Christian High School is located at 501 North Beach Blvd. in La Habra. It is behind the Costco near La Habra Blvd.

A Registration form is at the end of this newsletter.

So kids go out and have some fun and help a truly wonderful organization at the same time.

### **Friendship Games Sponsor**

In Related news, The Friendship Games are looking for sponsors. If some business would like to help out and step up, it would be great. For more information contact Donn Hearn at: [donnhearn@sbcglobal.net](mailto:donnhearn@sbcglobal.net)

## Literary Ninja's Book Review

*Brazilian Jujitsu: "The Ultimate Martial Art"*

By Master Paul Fiorini Viele

Pages: 123

Cost: 19.99

If you are interested in the basics of Brazilian Jujitsu, you'd be happy with this book. The problem is that to go beyond what this book has to offer would take a dedicated student about a month.

The book has nine chapters and the first seven are really basic. As an example, Chapter Five is about takedowns. He demonstrates seven takedowns. Morote Gari, a Morote Gari variation, a takedown from a side clinch, a bad O Soto Gari, a sloppy Sumi Gaeshi, a double knee shoulder throw, and a straight-legged Tora Nage. Really, there is nothing spectacular.

Chapter six is dedicated to the mount. He shows three ways to get into it, which is really just one way three times. He explains how to defend, but only deals with his opponents hands and says nothing about an active opponent really determined to get away.

Chapter Seven is about the guard; you could learn more from watching a UFC.

Chapter Eight is all about submission holds. Some of them are very good, and this is where you'd get your money's worth. Except that he throws in leg submissions. Learning ankle locks from a Brazilian Jujitsu Master is like learning about teeth from an English Dentist.

Chapter Nine is about escapes, nothing new.

If you really need a book about Brazilian Jujitsu, this would do, but you'd be kind of disappointed. On the Literary Ninja's scale of White to Black belt I'd give *Brazilian Jujitsu: "The Ultimate Martial Art"* an Orange belt.

-- The Literary Ninja

(**Internet Jujitsu**, from page One)

Big problem: it's written in Norwegian. One of the many things my ancestors never bothered to teach me. They didn't bother to teach my mother either, so I'm not totally to blame. I'm going to go to the longest word on the menu *konkurranser* and click. Look at this good information going to waste: "*Imidlertid har det også utviklet seg flere spennende og morsomme konkurranse-former fra mer opprinnelig ju jitsu, og det er dette du vil finne mer informasjon om på denne siden.*"

It just so happens that the page has a menu button for English at the bottom. I hope that it can clue me in to what *konkurranser* is. I found out that it means "competition," but that's as much as I got. The rest of the mysterious information is left to the Norwegians. As transfixed as I am with the wonder of Norwegian Jujitsu, I must move on.

**4:17 p.m.**

Browser page thirty-one has a link that simply says "American Jujitsu" so I click. What comes up is "Bullshido.com" the first page has a video clip of two guys fighting. You'll have to see it to believe that it is actually a fight, but apparently it's real. The page has a menu bar on the side and finally, a reference to videos and pictures. The page has some interesting videos, but nothing fantastic until I clicked on the link for "Fights." A video titled "Big Mamma Beat Down" is beyond description. Even the guy holding the camera is laughing.

Enough of that, I'm trying to find the ultimate jujitsu site on the net. So back to Europe I go, The Italian Jujitsu Homepage. On the side bar is the word English, clicking it changes the page, but it's no big deal. The best part is on the link for "technic." This page comes up with a lot of Italian, but one link says "Filmati Proiezioni." That link provides short video of each of the techniques listed. Also, at the bottom of the list is the link titled "Action Movie." Some pretty cool stuff. I felt sorry for the Uki.

**5:48 p.m.**

I have filtered through page after page of jujitsu clubs, organizations, classes, interesting people, and great masters for three hours. Three hours and all I have to show for it are three miserable sites. Wasn't the internet supposed to provide valuable information? Where's the valuable stuff? With so many pages littering the internet, it's nearly impossible to find anything good.

This has turned out to be more daunting than I thought it would be. It's all starting to look the same. Some of it is the same. Some of these websites have been placed on browser pages more than once, and just because a site is on a browser page more than once doesn't make it any better.

I need to take a moment to editorialize. There's a lot of garbage on the internet. The garbage is not restricted to all the regular garbage. Some of it is firmly in the pages of Jujitsu practitioners, schools, and organizations. The tediousness of self-promotion, moral superiority, and technical perfection on many of these jujitsu pages is enough to make a websurfer drop his mouse and move on to newspapers and magazines. (See **Internet Jujitsu**, cont. on page five)

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## **Jujitsu Sites Worth Visiting**

### **No Nonsense Self Defense**

<http://www.nonnonsenseselfdefense.de/german/eventschedule.html>

### **The Techniques of Jujitsu**

<http://www.idir.net/~jujit/Jujitsu%20Techniques.htm>

### **Techniques of Judo**

<http://www.judoinfo.com/techjudo.htm>

(**Internet Jujitsu**, from page four)

It's been a long afternoon and early evening. I've grown tired of reading about how great this class is and how wonderful this man is and how this woman saved my life. I'm tired of reading the same history of Jujitsu – all of which claim to be the *true* history of jujitsu – on so many pages that they had to be copied from the same source.

Where's the originality? Where is the hidden gem of jujitsu pages?

**7:30 p.m.**

On page seventeen of my thirty-four pages, a site came up for the Stanford Jujitsu Club Video Page. It has twenty-three videos of jujitsu techniques. But there's more, the Stanford site is pretty good over all. What is missing are the descriptions with pictures. They've got the lists and with a little work it could be so much better. It's not perfect, but better than average.

I have been at this computer for five hours and I'm only half way done.

Apparently jujitsu is not limited to the martial arts. Someone created a card game called "Psychological Jujitsu." All the rules are explained and it probably is pretty fun, but I've been sitting at this computer for most of the day, I'm tired of jujitsu, physical, emotional, mental, or psychological. I'm tired of the mundane. I've read enough about class times to make me a jujitsu class schedule wizard. Most classes start at 7:00 pm on Tuesdays and Thursdays.

It's almost over.

You remember that guy that almost died because he ate McDonalds's for thirty days? Maybe there's a story about what happens to your brain after looking at 485 jujitsu websites in one day. I should have asked one of my lower belted students to do this and send me the results. I did, in fact, but he didn't send me any information. So he's not going to see a promotion for a very long time.

Must move on. Must find the ultimate jujitsu website.

**8:53 p.m.**

I am glad that USA Jujitsu is training for reality, someone has to, the rest of us must have been training for fantasy for a very long time. USA Jujitsu presents a problem. As does the United States Jujitsu Federation and the American Federation of Jujitsu. It's kind of like the squabble that occurs in the movie *Life of Brian*:

Character #1: "Are you the PFJ?"

Character #2: "PFJ? The People's Front of Judea? No! We're the Judean People's Front!"

They all claim to be the official organization of Jujitsu in America. Can't we all just get along? It gets back to the need for self-promotion. Someone feels they must be the top dog, that they, and only they, can pull the American Jujitsu scene together, so they get international backing from the International Jujitsu Federation or the Federation of International Jujitsu Federations or the Jujitsu International Federation and use that group to validate a tenuous position as the official federation of American Jujitsu. A position solely created by the internet.

Oh, the cynicism is running deep.

(See **Internet Jujitsu**, cont. on page eight)

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## Words of Wisdom

"Some men see things as they are and ask, 'why?' Others dream things that never were and ask, 'why not?'" -- George Bernard Shaw

"The toughest part of getting to the top of the ladder is getting through the crowd at the bottom."  
– Unkown

"There are no evil thoughts except one: the refusal to think." – Ayn Rand

## We need photos from your dojo!

As part of our endeavor to host this year's annual convention, Amador Judo and Jujitsu would like to show a video presentation that conveys the full breadth of SRY.

We plan to show a few photos from each of the dojos. To do this we need you to send a couple of photos or a video of your dojo that we can incorporate into a PowerPoint presentation. If you have a logo, we would like that as well.

Most any format is acceptable, and we will try to incorporate what you send into the PowerPoint. If you only have a hardcopy, then we will scan it and return the original to you. Contact Ken Blaedel via e-mail for an address to send any hard copy.

If you send digital pictures, please make sure they are of suitably high resolution since they will be projected onto a large screen. Don't, for example, refer us to an existing thumbnail picture on your web-site because this will not project well.

If you have a short video, we can incorporate that into the PowerPoint as well, but please no video more than thirty seconds in duration.

Our goal is to get input from every SRY school by July 10.

For more information contact:

Ken Blaedel

[blaedel@pacbell.net](mailto:blaedel@pacbell.net)

## The Nameless Clinic

By

Unknown

On April 22, 2006, selected Yudansha gathered in Las Vegas to train for five hours with the founder of Shoshin Ryu. Prof. Mike Chubb once again demonstrated his revolutionary approach to Jujitsu that has gathered followers for decades.

He worked many months with the Boulder City Jijitsu Club updating, improving, and improvising a comprehensive set of techniques to share with the senior black belts from Arizona, Nevada, and California. The pace was fast and furious. Twenty-eight participants started the grueling session, only twenty-three finished.

One black belt, who will remain nameless, remarked "Next time let's take a pillow case and fill it with door knobs. We can beat each other with it for thirty seconds and achieve the same level of pain we endured for five hours."

Prof. Chubb showed us the amount of damage a kudan can do with little effort. Many thanks to "Ken," if that is his real name, for taking the abuse that we have all had to endure at one time in our jijitsu career. I would love to tell you about some of the techniques, but all involved had to take an oath of secrecy.

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## Promotions

### Jukyu:

Maria Escalante – Santa Ana

Diego Torres – Santa Ana

Julio Cervantes – Santa Ana

Joey Hunter – Ippon Judo and Jujitsu

Hannah Gulle – Ippon Judo and Jujitsu

Jessie Gulle – Ippon Judo and Jujitsu

Koran Gibbons – Ippon Judo and Jujitsu

### Shichikyu:

Grant Giesbrect – Ippon Judo and Jujitsu

Josh Braumuller – Ippon Judo and Jujitsu

Grant Montgomery – Ippon Judo and Jujitsu

Nancy McCullough – Ippon Judo and Jujitsu

### Rokkyu:

Jordan Saxe – Ippon Judo and Jujitsu

### Yonkyu:

Jennifer Jacques – Downey YMCA

Daniel Halasz – Downey YMCA

### Ikkyu:

Lyn Taylor – Downey YMCA

Vince Appel – Downey YMCA

Mark Topp – Downey YMCA

Micheal Mares – Downey YMCA

Vernard Taylor – Downey YMCA

## **Greetings from Peachtree, Georgia**

We just had our seventh semi-annual Ippon Open on April 9, and Ippon did what it does best: win, win, win. Derek Wojcik went 10-3 on the day – yes, thirteen matches, but he triple entered and took home one gold medal and two silvers medals. Aaron Ringel was almost as impressive going 7-3 and taking a gold and bronze. Cody Wojcik went 6-3 taking a gold and silver. Breanna Wojcik won a silver. All Ippon competitors only lost matches to older or heavier competitors. With just four Judoka in the competition, Ippon managed to take a third place team trophy out of twenty-five teams.

In other dojo news, Ippon Judo swept the Georgia State outstanding Junior and Senior awards. Derek Wojcik was the most outstanding Junior competitor for the state of Georgia for second time in the last four years. Derek was 44-7 on the year with all loses coming from competitors outside of his division. At only thirteen, Derek fought in the adult division three times winning gold twice. Of his seven losses, four were in the adult division. His first competition in the senior division wasn't that great, but since that time, he has won nine straight times earning two golds. Derek racked up an impressive sixteen gold medals and two silver medals in the last year. In the last four years, Derek has won eleven state titles. He also went 45-5 in wrestling and was seeded fifth in the entire state of Georgia.

Ippon Judo's Alan Ringel was the most outstanding senior competitor in the state of Georgia. Based on the points awarded for tournaments, he was able to out point all competitors to win his first outstanding competitor award.

That is it from Ippon Judo.

Best always, Dave Wojcik

## **Ask the Doctor**

Dear Dr. Rich,

I stared at my computer screen for nearly ten hours one day. I took very few breaks. After a while my eyes really started to hurt. What damage can be done to your body from staring at a computer screen for way, way, way too long?

Sincerely,

Nayrb Yelnats

Dear Nayrb:

I think the best way to answer your question is to divide the consequences of your behavior into short term and long term effects.

The short term effects from working for ten hours at a computer station without sufficient breaks can be significant. As you noted, eye strain can cause eye pain, blurred vision and headaches. In addition, the muscles in the neck and shoulders tend to tighten over time, which can cause pain in those areas, and also contribute to muscle tension headaches. Thankfully, those effects usually resolve with sufficient rest.

The long term effects are less clear cut. Some research does seem to show that chronic eye strain does cause long term changes to vision, but the data is no conclusive. Using the keyboard and mouse usually goes along with using the screen. Tendinitis and carpal tunnel syndrome have both been associated with prolonged use of computers, especially with the keyboard and screen poorly positioned.

My advice is to take at least a ten minute break each hour. Spend some time stretching your neck and arms during those breaks, and make sure your work place is properly set up, with support for your wrists, and a screen that is head-high.

And, get a life.

Dr. Rich

(Internet Jujitsu, cont. from page )

10:42 p.m.

Wait, two things. The first is that I have finished my search, I've gone through all 485 websites, and I did not come across the Shoshin Ryu website. Now that makes me mad. After all, don't we have a history page? Don't we have a list of boards? Don't we have information about schools and class times? How did we get slighted? It's just another example of technology holding us down. We must have been on one of the 8300 pages that I didn't get to view.

The second thing is that there is a page called "Ultimate Jujitsu." They call themselves "The Ultimate Online Resource for Ju-Jitsu and Street Fighting Self Defence." Well I'll see about that. After eight hours and 485 websites, I've got a pretty good idea about what's "The Ultimate" in jujitsu webpages. It's got a history page and a page for techniques. The techniques page has belt lists and pictures for each technique with a short description. Okay, not bad, but the Ultimate? Sorry, it doesn't exist. Besides, they misspelled *Defense*, I can't deal with that.

Put a fork in me, I'm done. Wait, I've got to check Google. Rats! I'm not done, 2,260,000 hits for jujitsu. Sorry, I can't. I've had enough. I'm going to leave those for someone else.

## Internet Sites in this Article

### Classes and fees:

<http://www.willamette.edu/~jcole/budokai/classes.html>

### Jujitsu for drunks

[http://rakesprogress.typepad.com/rakes\\_progress/2006/03/jujitsu\\_for\\_dru.html](http://rakesprogress.typepad.com/rakes_progress/2006/03/jujitsu_for_dru.html)

### Velkommen til Ju Jitsu Norge (JJN)

<http://www.jujitsu.no/>

### Bullshido Martial Arts Images and Video Clips

<http://www.bullshido.net/gallery/index.php/cat/522>

### Jujitsu.it CSR Ju Jitsu Italia

<http://www.jujitsu.it/>

### Stanford Jujitsu Club

<http://www.stanford.edu/group/jujitsu/index.html>

### Psychological JuJitsu

<http://www.icynic.com/~don/psych.html>

### United States Jujitsu Federation

<http://www.usjff.org/>

### The American Federation of Jujitsu

<http://www.amfedjujitsu.com/>

### Ultimate Jujitsu

<http://www.ultimatejujitsu.com/>