

Shoshin Ryu Yudanshakai Newsletter

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Not Enough Silence

by

Bryan Stanley

We get bombarded by noise. It starts when the alarm goes off in the morning and ends when we turn off the television before we go to sleep. In between those two events, car stereos blare. Cell phones shriek. Children cry. Keyboards click. Sirens scream. People shout. Crows caw. Barking, crashing, yapping, yelling, tapping, telling, slapping, grinding, hammering, pounding. It's enough to make a person crazy.

Yet jujitsuka consistently bring noise and chaos with them to the dojo. How often do cell phones go off during class? How often do students laugh at jokes during techniques? How often do children scream or cry from the bleachers or from the mat?

The dojo is, for the lack of a better term, like a church. When entering or participating at the dojo, one should have the same kind of respect for the class and people that one has for the church and the congregation. How awful is it to hear a cell phone go off in church? So what makes it acceptable in the dojo? People take screaming children outside during church. So why do they let them scream in the dojo?

Before I go too far, I need to clarify that I am not against laughter and fun in the dojo. I am not against parents and younger siblings watching the class. Quite the contrary, I am all for those things. What I am against is allowing all the unnecessary cacophony of daily life in the dojo.

We need to have some place to squelch the static.

The dojo is a refuge from real life. So why do we bring all those outside distractions with us?

Over the years I have seen a few ways to deal with this problem. The first occurred many years ago at Black Belt Karate in Westminster. It was a Monday night, and someone had put Monday Night Football on the dojo radio. After about fifteen minutes of the workout, Mark Reed walked over and turned off the radio. He shook his head and said, "I just can't take that."

It has been more than twenty years, and I can still remember that single, simple act. If anyone in the dojo had wanted to watch the game, they would have stayed home. Which is the point of the story: do not drag the outside world into the dojo with you.

The dojo should be free from those distractions.

At Cal State Long Beach, they had a Shotokan Karate club. The instructor made everyone meditate for two or three minutes at the beginning of class for the sole purpose of putting all the everyday distractions of life aside during the workout. After the workout, the entire class took two minutes to meditate and pick up all the distractions they had put aside just an hour ago. The thing was that after an hour of working out, those little things, the problems that had to be left at the door, just did not seem so important any longer; often they got left behind for good.

(See **Silence** on page **Four**)

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Yudansha Notes

Downey YMCA Website

Come one come all; visit the Downey YMCA website at:

<http://home.ca.rr.com/shoshinryu/>
You'll enjoy the pictures and captions. Professor Jacques says he will put different pictures in later, keep the pressure on him and make sure he updates his site.

Bolsa Grande High School Jujitsu Club

The end of the school year saw the end of the first year of the Bolsa Grande Jujitsu Club. Over the course of the year the students competed in a sumo contest, had parties, worked out in various martial arts, and did a demonstration at school in front of a crowd of 300 students.

The end of the school year also saw an end to Lucky To's year as president. He did a good job, and the club wishes him well as he goes off to college.

At the end of the year banquet, New officers were installed for the coming school year. They are Jasper Aquino, president; Tuan Vu, vice-president; David Doan, secretary; and Tino Do, treasurer.

The following awards were handed out at the banquet: Most Improved – Hugo Banh and Charlie Phan; Most Dedicated – Tina Do; Special Thank You – Bao Truong for teaching Tae Kwon Do and James Duong for teaching Kung Fu.

All the members are looking forward to next year.

Rebmann Visits Peachtree

In May Sensei Ryan Rebmann visited Peachtree, Georgia, to work out with Sensei Dave Wojcik and his class. The early reports from the visit said that over the three days, they worked out and studied judo and jujitsu for nineteen hours a day, 8 a.m. to 3 a.m. Talk about getting the most out of someone. The time was well spent as all the members of Sensei Wojcik's class learned a great deal from Sensei Rebmann.

Danzan Ryu Hall of Fame

Professor Sigfried "Sig" Kufferath

Elected 1995

Professor Sigfried Kufferath, 10th degree, was co-sensei of the Santa Clara Kodenkan. He was a former student of Professor Okazaki, former chief sensei of the Kaheka Lane dojo in Hawaii, and was the first professor to be named by the American Jujitsu Institute of Hawaii.

He was born Sigfried Kufferath on February 16, 1911, in Honolulu. His father was a former consulate to Japan from Germany. His mother was Japanese. As many as eleven different languages were spoken in the Kufferath home.

Professor Kufferath began his study of Jujitsu under Prof Okazaki in 1937. He earned his black belt in 1941 and was part of the first graduation class of the American Jujitsu Institute. He became an official instructor in 1942. Under Professor Okazaki, he studied Chinese stick arts, Kiai, Karate-Jitsu, Nerve arts, Shigen no Maki, Shinyo no Maki, and further studied Naihansho and Kumite. This was in addition to all the kata arts of Danzan Ryu. He graduated from Professor Okazaki's Nikko Restoration Sanatorium Seifuku Jitsu course in 1943. Professor Okazaki made Kufferath chief instructor of his Kodenkan in the late 1940's. He later went on to teach jujitsu at many dojos in Hawaii and on the mainland. On December 13, 1993, the American Jujitsu Institute promoted Professor Kufferath to Judan. Professor Kufferath also held black belt ranks in Aikido and Judo.

Following the death of Professor Okazaki, the board of directors of the AJI formally elected Professor Kufferath to succeed Professor Okazaki as head and Professor of Danzan Ryu Jujitsu. He served in this position from 1952 until 1960, relinquishing the role when he moved to the mainland.

Professor Kufferath passed away at his home in Santa Clara, California, on May 7, 1999, with his family and friends at his side.



Ohana 2007

Santa Clara Marriott
Santa Clara, CA

(Just north of San Jose Airport)

August 31 - September 3, 2007

Clinics, Tournaments, Banquet, Lots of Fun!

Call 888-236-2427 for Hotel Reservations

Ohana registration at www.OhanaAlliance.org

Questions: danzanryu@yahoo.com

Up Coming Events

July 7, 2007: Black Belt Workout at Shin Re, Golden West Dojo, Riverside. From 9:00 A.M. to 2:00 P.M. Special guest instructor Professor Mike Chubb. Contact Sensei Mike Whitaker at senseiw@sbcglobal.net.

August 31 – September 3, 2007: Ohana in Santa Clara. See the above advertisement.

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 beginning of wisdom is found in doubting; by doubting we come to the question, and by seeking we may come upon the truth.” – *Pierre Abelard*

“I never see what has been done; I only see what remains to be done.” – *Buddha*

“Some cause happiness wherever they go; others whenever they go.” – *Oscar Wilde*

“When angry, count to four; when very angry, swear.” – *Mark Twain*

The Black Belt Weekend

By

Professor Jon Jacques

On May 26th at the Mirabelli Center in Las Vegas, Professor Mike Chubb showed us one again how to lay the smack down. He taught a three hour clinic on quick attacks and counter-attacks. The focus was to disable the opponent as fast as possible. Other notable contributors to the instruction were Professor Roy Center, Professor Len Riley, Professor Kevin Dalrymple, Professor Carlos Gallegos, and Professor Jon Tessier. Everyone came away with something new. At the end of the clinic, Todd Kaswell was promoted to Shodan by Professor Rawlin Blake. Just as things seemed to be at a close, Professor Center and Professor Chubb had a surprise for Rawlin. Professor Blake was awarded his Rokudan (6th degree black belt). Professor Blake has been studying the martial arts for more than thirty years.

I would like to give many thanks to all the students who attended the clinic as well. That would include Charles Rambo, Andrew Olsen, Kahlil Ayvar, Eric Center, Michael Giles, Cecilia Campbell, Frank Lourenco, and Greg Wilson. I would also like to thank the Las Vegas School of Judo and Jujitsu for hosting the event.

(Quiet, continued from page One)

Anyone who has practiced Danzan Ryu long enough certainly understands these two stories. Is there any jujitsuka who has not used a workout to forget for a little while and gain some perspective? Outside noise and the confusion it brings has no place in the dojo.

Everytime a cell phone rings, music blares, or some tidbit from the outside disrupts a class, every person who has come to work out gets cheated. The interruptions have to stop. We need silence, not much, just a couple of hours a week. So please, turn off your cell phone before you come to class. Leave your iPod in your bag. Forget about that problem at work or school, and just work out. Keep it simple. Keep it silent.

Think about the power of silence. Consider the amount of noise you heard the last time you did a nearly flawless technique. The nature of concentration allows us to cut out noise.

But why should we have to defend silence? It should be part of every workout.

It would be enlightening to come to class and experience a full workout in beautiful silence. Imagine fifty or sixty moments of pure thought, of total concentration, without worry of disruption. None of us will get that if the outside continually invades the solace of the dojo.

Silence offers the opportunity to unify the mind, body, and spirit and find the true benefits of practicing Danzan Ryu.

Black Belt Profile

Name: Vince Appel

Rank: Shodan

Number of years practicing the martial arts: fifteen

Styles studied: Tae Kwon Do and Danzan Ryu Jujitsu

Favorite ice cream flavor: All

Favorite book: The Hobbit by J.R.R Tolkien

Favorite Movie: A Christmas Story

Favorite Actor: William Shatner

Favorite Actress:

Favorite Food: Pizza

Favorite activity away from jujitsu: Woodworking

Most memorable moment in the martial arts: Someone told me, "Kick me, Fool." I did the wrong thing, and she said again, "Kick me, Fool." I won't forget that.

Four famous people I'd like to invite to dinner: Don Rickles, Eric Idle, John Cleese, and Micheal Palin

Favorite thing about practicing Danzan

Ryu: It's very challenging, it makes you think, it's physical, and I like the way it flows. It can work for everyone, and it works for me.

Biggest inspiration: My father and mother. They never give up and they never give up on me.

The Not So Literary Ninja

Grappling Master #3

Starring "Judo" Gene Le Bell

DVD 39.99

I don't read much. I hardly read the Shoshin Ryu Newsletter. So I watch videos. *Grappling Master #3* starring "Judo" Gene Le Bell is a video that I have. I don't watch it much. I am only writing about it because I liked it when I first got it, but now it just doesn't seem that good.

First of all its pretty funny. Gene is funny when he takes down Mondo Guerrero every time and puts the smackdown on him. He yells at Mondo for the entire video, things like "How about this Mondo?" or "What now Mondo?"

The thing I don't like about the video now is that it seems like some of the techniques would only work on someone who was dead. Either that or they would have to be nearly unconscious. I'd rather just use Danzan Ryu.

On the Not So Literary Ninja's Scale I'd give *Grappling Master #3* a YELLOW belt.

-- *The Not So Literary Ninja*