

Shoshin Ryu Yudanshakai Newsletter

March/April 2008

Vol. 14 Issue 6

What's Good about Shoshin Ryu?

By Bryan Stanley

Not long ago at a lunch, a professor said to me, "About that newsletter, less MMA, and don't be so negative." He seemed like he was joking.

I was sure he was joking.

Pretty sure.

Negative?

That comment started a boulder rumbling around my brain, the one that stirs up, and often flattens, story ideas. This time the avalanche of thought that that boulder caused uncovered a nugget of a story.

What's good about Shoshin Ryu?

I've got limited space, so I'm going to try and put down all the things that I can think of. No negativity, not this time, feel the vibe. It's all good.

First off, let's take a look at the art we study: Danzan Ryu. Simply put the art is comprehensive. Just think about all the methods of attack and defense that Danzan teaches. The basic boards Yawara, Nage, Shime, Oku, and Shinin provide 125 arts to learn and master. Techniques that can be used for nearly every form of attack that can come at someone. 125 arts that can provide a lifetime of challenges. Those arts are like onions. Just as soon as you get through one layer of understanding, the next layer offers up new challenges and learning opportunities.

I'm not finished with Danzan yet. Please note that the above are just the basic boards. Beyond those are Shininjin, Fujin Goshin, Bo, Demonstration arts, Katsu and Kapo, and Shinyo. What this amounts to is not just numbers of techniques, but numbers of years, numbers of challenges, numbers of learning opportunities.

Add to all of this punching, kicking, blocking, and mat work, and wow. What an art we have. It's kind of daunting when one looks at all the areas that need to be addressed, but better to have too much than not enough.

(See **What's Good**, on page **THREE**)

Louise Imiko "Imi" Okazaki-Mullins

On January 5, 2008, Louise Imiko "Imi" Okazaki-Mullins passed away after surgery. She was the youngest daughter of Professor Okazaki and a good friend of Shoshin Ryu and all the Danzan systems.

In recent months, Imi had been fighting lung cancer and was having surgery to have a lung removed. During the surgery, she started bleeding internally and by the time that they repaired the damage, she had been under anesthesia so long that she did not get enough oxygen and passed away.

Our hearts go out to her husband Butch and the members of the Okazaki family. They also go out to the numbers of people Imi touched over the years. Hopefully when Imi's name comes up in the future, everyone will smile and remember the radiant little lady who made reunions, Ohanas, and trifling conversations so special.

Aloha, Imi.

Table of Contents

What's Good About Shoshin Ryu? – Page One
Louise Imiko "Imi" Okazaki-Mullins – Pg. One
Bo Clinic – Page Two
Winter Sumo Contest – Page Two
Words of Wisdom – Page Two
Black Belt Profile – Page Four

Shoshin Ryu – Region One: Calendar of Events – Page Four
Yudansha Notes – Page Four
Ask the Doctor – Page Five
Black Belt Workout – Page Six
Arrest and Compliance Clinic – Page Seven

Bo Clinic

On February 2, 2008, the Orange YMCA dojo opened its doors to a Bo clinic. Professor Jim Lambert took the time to teach the class. He went through twenty Bo techniques just the way his sensei, Professor Carl Beaver, taught him.

The day was grey, but the rain couldn't keep the yudansha away, even though the Chinese water-torture drip on one of the corners of the mat did keep people away from that area. Still, Twenty-seven people crowded the mat and ran through each of the techniques.

Everyone from the seven dojos represented left satisfied. Kevin Clark from Capistrano said, "This was great. It was nice to see how other people do the same techniques we do in class. The little differences make this interesting."

Thanks to Professor Jim Lambert for taking the time to teach the Bo arts. Thanks to Professor Kevin Dalrymple and the Orange YMCA for allowing us to invade for the afternoon.

Words of Wisdom

"Chuck Norris can lead a horse to water AND make it drink." – *Unknown*

"Do you know why there is an outer space? Because it's afraid of Chuck Norris." – *Unknown*

"Chuck Norris is so tough he can watch 60 Minutes in twenty minutes." – *Unknown*

"Chuck Norris counted to infinity... Twice." – *Unknown*

"Chuck Norris is suing MySpace because that's what he calls the area around all of us." – *Unknown*

"If you have five dollars and Chuck Norris has five dollars, Chuck Norris has more money than you." -- *Unknown*

Winter Sumo Contest

Saturday, February 9, 2008, saw the Third Annual Winter Sumo Shiai go down in Anaheim. This year more than fifty competitors from dojos across southern California gathered for the hard crashing action of sumo.

The day went beyond sumo action as a great weapons demonstration by the Shuri Ryu organization from Riverside, led by Master Maria Evans, wowed the participants and spectators.

Here are the results:

Division 5A
Mackenzie Davis
Shreya Krishna

Division 5B
Jason Morales
Nicholas Deubler

Division 6-7 A
Kaylene Davis
Mark Velazquez

Division 6-7 B
Emily Key
Cailee Taylor
Donovan Banks

Division 8-9 A
Sachin Krishna
Mark Romero
Tristan Meis

Division 8-9 B
Stacy Rios
Lidia Rios
Blanca Melchor

Division 10-11 A
Maria Escalante
Janelle Julio
Brandon Iligan

Division 10-11 B
Clare Keech
Evan Abarta
Karl Fischer

Division 12-13 A
Brian Robles
Chris Pearce
Hector Jauregui

Division 12-13 B
Matthew Hearn
Juaquin Durazo
Abby Meis

Division 14-15
Rebecca Hearn
Adrian Vazquez
Serena Miller

Division 16-17
Juan Trujillo
Mario Trujillo
Keith Willis

Thanks to all the members of the Orange YMCA who made this event a success. Special thanks to Steve Davis and his entire family for their participation.

(What's Good, cont. from page ONE)

What's good about Shoshin Ryu? People.

Black belts have said again and again in their profiles, that people, the members of Shoshin Ryu and the practitioners of Danzan, are the best thing about the art. 43% of the responses black belts gave concerning what they like about the art is people.

It's hard to be negative about that.

Every sensei I know admires their students. Here are teachers who have spent twenty, thirty, forty years studying Danzan and they admire people who may have a year of practice under their green belts.

It's people like Steve Davis from the Orange YMCA, who gives his time to the organization to make sure that the next Ohana goes off without a hitch. He's a brown belt who has been doing the art for three or four years.

Then there's the story of Lyn Taylor from the Downey YMCA, who started because her kids were doing jujitsu. It's a pretty common story, but Lyn's is a little different. Professor Jacques relied on her to run the class on occasion. Now years later, she's a shodan. What's not to admire? She is not just an example to her children, she's an example to the rest of the class.

What about Dave Wojick in Peachtree, Georgia? He left the safety of Amador but didn't want to give up Judo and Jujitsu, so he started his own class. Now, years later, he's got twenty students, a couple who are on their way to becoming nationally ranked judo players, a semi-annual judo contest, and a judo network of dojos and friends that he never thought he'd have.

I could go on and on. In every dojo every student has those qualities that make them more infinitely interesting than the most challenging puzzle or problem.

What is it about Danzan Ryu that brings out the best in people? Professor Bill Fischer said once, "You can learn more about someone from five minutes on the mat than you can in five hours of conversation." He was right. What that five minutes usually reveals is a depth of character that rekindles admiration in most senseis.

Which brings me to my next thought about what's good about Shoshin Ryu.

Senseis.

No one is getting rich running a dojo. To be a sensei, a real sensei, takes time, energy, money, emotion, dedication, and about a thousand more qualities that would take up twenty pages to list. Senseis have to deal with "Why?" and "I can't!" Sensei has to be jujitsu practitioner and psychoanalyst.

A sensei sees in his or her students what they often don't see in themselves. Most of the time it just takes a few little successes to get the river of confidence flowing. From that little spot Sensei just keeps putting dams on the river, before the water works its way over the banks to continue on its course.

Shoshin Ryu is filled with senseis that are more than worthy of our respect and admiration. From Sensei Jayson Pickens at Mountainside Jujitsu in Cheyenne, Wyoming, and his handful of students, to Professor Rory Rebmann and the nearly 200 students at Amador Judo and Jujitsu, and all the senseis between. Each is providing jujitsu guidance to their students that often goes beyond the dojo.

Shoshin Ryu is rich in senseis, and they make our organization.

Finally, what's good about Shoshin Ryu?

Enthusiasm. When the earlier mentioned elements get mixed with those intangibles that people bring with them to class, clinics, or competitions, the result is enthusiasm. Everyone gets pretty jazzed about learning new things or even tuning up on old things when the energy level is high.

It's rather symbiotic. People come with energy and eagerness, the instructor responds with energy, the room fills with more energy. Then we beat each other into submission and essentially knock the energy out of each other for the afternoon and all go home exhausted and sore. (See **What's Good**, continued on page **Four**)

Black Belt Profile

Name: Peter Goss

Rank: Shodan

Dojo: Golden West, Riverside

Years practicing the Martial Arts: Six

Styles studied: Jujitsu and a couple of months of Aikido

Favorite ice cream: Mint Chip

Favorite thing to do away from the dojo:

Learning Chinese, playing guitar

Favorite book: *the Bible*

Favorite food: Not one, just about everything is good.

Favorite Movie: *The Princess Bride*

Favorite musical artist: This week –
Thousand Foot Crutch

Most memorable moment in the martial

arts: While demonstrating a technique my elbow popped really loudly. Everyone in the room thought I had broken my arm. I thought I had broken my arm. Sensei Whitaker thought he had broken my arm. We sat and stared at it for a little while. Then Sensei Whitaker asked, “Are you okay?”

Favorite thing about practicing Danzan

Ryu: The people and being active.

Four famous people you would like to invite

to dinner: Jesus, Professor Okazaki, Alexander Graham Bell, and Hudson Taylor, he was one of the early missionaries to China.

Biggest Inspiration: Trying to live a life by the example that Christ set. A lot of who I am is based on what he did. He set a really good example.

(What’s Good, continued from page Three)

The thing is though, it’s fun.

And fun is really what Shoshin Ryu is all about. Sure Danzan goes along with it, but as an organization, fun is the name of the game.

There. See? It was all positive, not a negative word in the previous 1004. By the way, next month’s feature article will be about MMA style groundfighting in a Danzan dojo.

One thing at a time.

Shoshin Ryu -- Region One 2008 Calendar of Events

March 23 – Black Belt Work Out – Downey
YMCA 2:00 pm

April 4 and 5 – Clinic with Prof. Chubb –
Boulder, NV 8:00 am

April 27 – Kata Contest – South Coast YMCA
1:00 pm

May - Work Out – Akita - Donn Hearn
(Date and Time TBD)

June 20 to 23- Camp Kokua – Knott’s Berry
Farm

July – Work Out – Kaito Gakko - Carlos and
Ramon Gallegos

August 29 to September 1 – Reunion 2008 –
Knott’s Berry Farm

September - Akita Friendship Games
(Place, Date, and Time TBD)

October – Work Out – Golden West Dojo -
Mike Whitaker (Date and Time TBD)

November – (Kaito Gakko / Akita / Hino De
Ryu) All day Clinic with Banquet
(Place, Date, and Time TBD)

Yudansha Notes

Website Update

Shoshin Ryu’s website is going to be receiving a much needed boost in the near future.

Rumor has it that it will have message boards, a blog space, and a ton of other bells and whistles.

Stay tuned for more information.

Ask the Doctor

Dr. Rich,

It's cold and flu season again. I came home from the dojo last night feeling kind of queezy. Lots of people were coughing. It seemed like half the people there had the sniffles. I see all this stuff advertised on television about remedies to boost my immune system, and medicines for colds. They get so confusing. Which ones work best?

Sincerely, Ryan O'virus

Dear Ryan,

First, about the flu. Lots of illnesses get incorrectly labeled "flu." True influenza is a severe illness lasting 10-14 days (really *long* days) with high fevers, severe chills, aches, nausea, vomiting, coughing, sneezing, and exhaustion. It is caused by an infection from the Influenza A virus. That disease is the one that receives the big, public vaccination push each year. Accurate numbers about the death rate from influenza are not available. Most people who die from it actually succumb to pneumonia and may get missed in the tally. I have spoken to two different Infectious Disease specialists this week and both estimated that about 30,000 Americans died of influenza, or complications from influenza, last year. The best way to protect yourself from influenza is to move to Mars. That option not being readily available, the vaccine against influenza is a very good second choice. For the record, the vaccine does not contain live influenza virus, and is, therefore, not capable causing the flu. Some people can get flu-like symptoms from the vaccine that last a few days. That is due to the immune response prompted by the vaccine. My healthiest patients often object to receiving the vaccine on the grounds that they could withstand the flu if they got it. In fact, this is true: almost none of the 30,000 people who died in this country of influenza last year were young, healthy adults. But, those people who died of the flu had healthy friends and family members who got influenza and passed it on to them. So, if you're able, get vaccinated against the flu.

The Common Cold comes from infection by any of a group of viruses that attack the upper respiratory tract. The infections are usually much less severe than influenza, and last 7-14 days. The virus hangs out in the air, from coughing and sneezing, and on surfaces like hands. Meticulous hand-washing, elbow-coughing and elbow-sneezing, and avoidance can all help reduce the spread of these irritating illnesses. If you have a cold, don't go to class. Jujitsu is a contact sport that requires close, hand to hand, and sometimes nearly face to face contact. If you have a cold and come to class, you will either have to do your jujitsu poorly to avoid passing it on, or have to put your classmates at risk for it.

The remedies advertised to treat or prevent colds simply do not work. The studies that have been done on remedies like echinacea, zinc, vitamin C, and ginseng reveal an interesting trend: the better the study, the less the remedy works. Good studies are structured in a way that reduces the potential for bias and fraud, and minimizes the role of chance in the result. Nothing you take can keep you from getting a cold. Once you have a cold, nothing you take will make it go away any sooner.

Medications to help with cold symptoms may provide temporary relief for cold sufferers. Decongestants and cough suppressants may help some people feel better for a few hours at a time. Recent studies in children have shown that kids under seven who have a cold do not benefit from decongestants, cough suppressants or antihistamines. Side effects and accidental overdoses with these medications are common in kids. As a result, many of these medications are now being taken off the market. If you catch a cold, stay home, get a lot of rest, drink plenty of water, and work on your jujitsu notebook. Don't forget to wipe off the keyboard and mouse when you're done.

Thanks for the question,

Dr. Rich



SHOSHIN RYU DOWNEY YMCA

**Proudly Announces their March 2008 Clinic
Sunday, March 16, 2008, 2:00 – 4:00 PM**

Black Belt Work Out

Open to all Brown Belts and Above



Location:

Downey Family YMCA

11531 Downey Ave.

Downey, CA 90241

562 862-4201

For more information call Jon Jacques at 310 468-8670

Free to Shoshin Ryu Members

**(If you are not a member, you can
sign up the day of the event – cost \$25)**



The Boulder City
Jujitsu Club presents:

“Techniques of Arrest and Compliance”

Presented by:
Professor Mike Chubb
(Kudan)

Where:
Boulder Jujitsu Club
(The Old Department of Water and Power Bldg)
600 Nevada Hwy
Boulder City, NV

April 5th and 6th
Time 8:00 am – 12:00 PM

This clinic is open to Shoshin Ryu members
Fee \$20
For more information contact
Jon Jacques (Jon_Jacques@ca.rr.com) (310) 468-8670