

Shoshin Ryu Yudanshakai Newsletter

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What We Give That No One Wants

by
Bryan Stanley

Advice is kind of a dirty word in our society. It brings with it a hidden message that we did something wrong and that we need verbal guidance to make sure we do not do it again. It also brings up the old quote by Lord Chesterfield, “Advice is seldom welcome, and those who need it the most, like it the least.”

But what if a man with 520 years of experience practicing jujitsu handed out advice? How many of us would open our ears and listen? How many of us would tune him out because we know better? Hopefully, most of us would pay attention and not let ego limit what we could possibly learn.

In essence, that is what this article is about. The question was put to professors and senseis of Shoshin Ryu, “What have you learned that you wish you could have learned earlier?” To clarify that question put it this way, “What advice would you give someone who is just starting jujitsu?”

This is not an article about regret; it is an article about advice. It’s for each of us to take from it what we need. The professors and senseis interviewed have a little more than 520 years of experience split between them. Hopefully, something is here for everyone.

Professor Ryan Rebmann – Twenty-four years of experience. “I would spend more time practicing techniques on both sides, especially in judo. We have a tendency to work our strong side over and over, but especially in judo, people do throws from both sides. I was about fifteen and I was teaching a group of kids and I couldn’t do an Ippon Seoi Nage well enough on my left side to demonstrate it. That was when it hit me that I really needed to practice all my techniques on both sides.”

Randy Carrasco – twenty-six years of experience. “I can’t help but think about my relationship with God. Look at the relationships in the bible that were very personal and god revealed himself a little bit at a time. Most of the time people progressed very slowly and step by step. I think that’s the way that the martial arts are learned. There is no way to shorten how someone can learn a martial art. There is no way to prepare someone for that next step if they are not ready for it.

Professor Roger Medlen – thirty-two years of experience. “I’d do karate. No. But seriously, I had a three year hiatus after high school. Other than missing those years, I don’t think I would do anything differently.”

Professor Steve McMillan – thirty-three years of experience. “I would never have allowed myself to take breaks in between because it is always so hard to come back. As your body ages (see **ADVICE**, continued on page **three**)

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Yudansha Notes

Good Luck Jon Boudreau

Jon Boudreau, shodan from Shoshin Ryu Maine, joined the navy last June. He is currently attending Submarine School and will be receiving special training as a Torpedoman. Jon will receive additional training in anti-terrorism techniques which will allow him to assume duties for ship security on board the submarine, when he gets assigned. Jon also recently announced his engagement to Jamie Smith, his high school sweetheart. Which may be a completely different reason to know anti-terrorism techniques. Good luck, Jon, but I'm not sure if it's about the navy or getting married.

More News From Maine

If anyone is planning on going to Waterville, Maine, in the near future, the class has moved to a new location. It has been adopted by the Boys and Girls Club, YMCA in Waterville. This is something that Professor Rich Charlebois has been looking forward to the past few years. It will allow the class to be promoted more effectively to kids in the community. In the last few months they have gained more than a few new students.

What? Is this all about Maine?

Professor Charlebois was recently asked to teach two separate clinics in Danzan Ryu. The first was at a children's camp in Belgrade Lakes. Where roughly twenty students attended the clinic. The second was a one hour clinic at Master Julienne Begin's Blue Wave Martial Arts school in Skowhegan, Maine. Master Begin asked Professor Charlebois to put together a clinic of techniques that would help broaden the experience of her Tae Kwon Do students. They worked on a couple of basic throws that would translate well to her less cozily padded floor, some basic ground fighting strategies, and simple chokes and armbars.

Promotions

Hachikyu:

Sue Niles Shoshin Ryu Maine

Shichikyu:

Craig Sargent Shoshin Ryu Maine
Zachary Helm Shoshin Ryu Maine

Gokyu:

Chris Charlebois Shoshin Ryu Maine

Rokudan:

Jon Tessier Capistrano Jujitsu Club
Owen Gallagher Capistrano Jujitsu Club

Words of Wisdom

“Let yourself be open and life will be easier. A spoon of salt in a glass of water makes the water undrinkable. A spoon of salt in a lake is almost unnoticed.” -- *Buddha*

“To reach a port we must sail, sometimes with the wind and sometimes against it. But we must not drift or lie at anchor.” -- *Oliver Wendell Holmes*

“The society which scorns excellence in plumbing because plumbing is a humble activity and tolerates shoddiness in philosophy because it is an exalted activity will have neither good plumbing nor good philosophy. Neither its pipes nor its theories will hold water.”-- *John W. Gardner, Excellence: Can We Be Equal and Excellent Too?*, 1971.

“It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt.” -- *Mark Twain*

“Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.” – *Steve Jobs*

(**ADVICE**, Continued from page one)

it gets tougher and tougher and tougher. I would have pulled a Mike Chubb and been on the mat continuously my entire life.”

Professor David Williams – thirty-five years of experience. “Don’t take yourself too seriously. You are not going to be able to do everything perfectly. Move on. Jujitsu changes with the person. As I have changed, jujitsu has changed for me.”

Professor Doug Schied – forty-one years of experience. “It doesn’t matter the style or system that you practice, the human body only works one way. Musculature, body dynamics, power generation, things like that, there is only one way for the human body to do it. When you have the basics that emphasize body balance and body dynamics and you work that over and over and over again, you can pick up all the other stuff with no problems. The basics are there to get you from nothing to something, and that’s a big step. So those things must be important.”

Professor Carlos Gallegos – forty-one years of experience. “I wish I had written down most of the moves that Uncle Dave (Professor David Nuuhiwa) had taught us. What he did was he taught us, then we had to use them, so everything had to come out of our minds and not write them down. If you had to write it down, then it wasn’t worth keeping. Now I wish I would have written all of my moves down.”

Professor William Fischer – Forty-three years of experience. “In the late ‘80s and early ‘90s we had some great opportunities to meet legends in Danzan Ryu, original students of Professor Okazaki, who are no longer with us. I would have spent much more time ringing the history out of these men and recording it in a much more comprehensive manner. There has been so much lost to the students of today, that the students who were around twenty years ago were so fortunate enough to be a part of and shared with those guys. So much has been lost. I would have liked to do more to record that information and memorialize it.”

Professor Len Riley – forty-eight years of experience. “When you think about martial arts, you have to think of all the choices that are out there. Jujitsu just fit for me. It fit with my ideals of what I thought martial arts were all about. It’s about finding the right teacher and the right people at the right time.”

Professor Micheal Chubb – Forty-eight years of experience. “I figured this out while I was learning massage. It was that you must have proper posture. If you do not use proper posture your back will ache while leaning over your subject and it will wear you out in a hurry. Then when I went back to my training, I was watching other people and I realized they were doing the same thing I was doing, leaning too much.

So now I press the issue that your back must be upright to do the arts. But if your posture is good, your power will be good and your strength will be good. That’s why posture is the single most important thing that I have learned. I even went back to doing yawara, nage, and shime and I said, ‘No. I’ve been doing this wrong. I’m bent over and my back’s not straight.’ So then I had to go back and alter the way I was doing my techniques. But it really builds because once you get the proper posture then you have to figure out how to move with the proper posture, then how to do your techniques. You will really reduce the profile of your pivots, conserve energy, and be much more efficient.”

(See **ADVICE**, continued on page four)

(ADVICE, continued from page three)

Professor Rory Rebmann – Forty-nine years of experience. “I wish I would have been around to talk with Professor Okazaki. For me it is about the history. I wish I would have been able to talk with Professor Okazaki about where Danzan came from and how it evolved. I have done my research now, but I would have liked to talk to the Professor about the kanji and hidden secrets in the art. I would have liked to talk to my sensei about the secret styles in the system and drag more information out of him at the time. I would have liked Professor Law to tell me about what kind of a man Professor Okazaki was.”

Professor Bill Randle – fifty plus years year of experience. “If I were in mid-range, like twenty-five years ago, I would have put a lot more emphasis on cardiovascular work and that type of endurance training. I think there would be a lot of opportunities for a lot cardiovascular endurance that would go hand in hand with training.”

Professor Jon Tessier – Fifty years of experience. “Learn to not take things too seriously. Relax in martial arts and in life. You can get all wrapped up in the minutia, the boards or the next test, but that’s not really where the lessons are. The lessons are beyond it, or they are so in it that they seem beyond it. The key is to show up at the dojo, do the best you can, and the learning comes with time. It’s nothing to worry about, it’s nothing to stress about, it’s just a path to continue on. This is a lifetime commitment. You have to travel a path of patience, not just with the art, but with yourself.”

What could you learn from 520 years of Jujitsu experience? An awful lot. Most of it doesn’t have much to do with the art, but how one approaches the art.

Keep an open mind and an open heart and allow your cup to be filled, then pour it out and start over again.

Danzan Ryu Hall of Fame

Professor Francisco Limbago

Inducted 1996

Professor Francisco Limbago studied many martial arts, in addition to Danzan Ryu Jujitsu, for more than fifty years. It was his commitment to the spirit of ohana that opened the lines of communication and friendship with several Danzan Ryu organizations.

Professor Francisco Limbago, born of April 3, 1928, in Wahiawa, Hawaii. He attended McKinley High School but was too small to play football. He did become the sole male cheerleader. Using His gymnastic skills he was a great hit with the crowds.

He began his jujitsu training while in high school. He received his Shodan in 1948. Upon graduation, he enlisted in the Army. He was a combat instructor for the Army during the Korean war. He studied and competed in judo in Japan. He learned Kodenkan/Danzan Ryu Jujitsu in Hawaii. He boxed in the army and was the Pacific Rim Lightweight Champion.

He became a member of the AJI during the early 1950s and served as its secretary. He started the Waianae Jujitsu Club in the 1950s, which is still in operation today and is the oldest school in the AJI.

He received his Professorship in 1979 when he was promoted to Shichidan by Prof. Samuel S. Luke. Upon the death of Prof. Luke in August of 1988, the Board of Directors appointed Professor Limbago as its president, a position he was re-elected to every year until 2001. While president, he established the annual AJI Tournaments, AJI Summer Camps, encouraged participation in community events, and urged broader cooperation between the AJI and sister organizations.

On June 25, 1994, Professor Francisco Limbago was promoted to the rank of Judan by the AJI.

His black belts include Professors Mel Cansibog and Daniel Saragosa, Sensei Christopher Limbago, Eric Matanane, and numerous others.

On March 29, 2005, Professor Francisco Limbago passed away after a long illness.



BACK TO BASICS

KARATE CLINIC

with Professor Carlos Gallegos

- **Basic Forms**
- **Come Alongs**
- **Two-Step Fighting**
- **And A Lot of Sweat...**

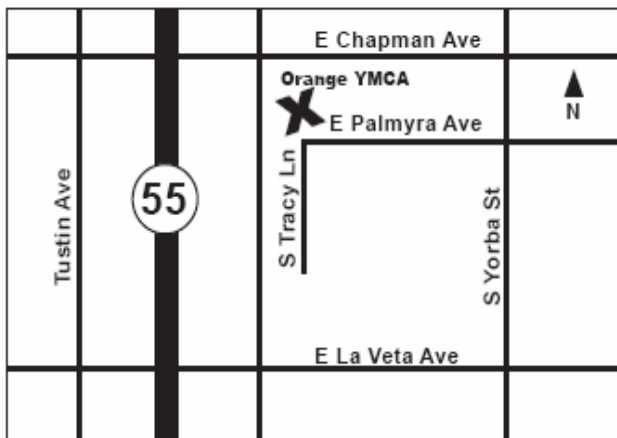
Free Pizza and Drinks after the clinic

Date: November 9, 2008

Time: 3pm - 5pm

Location: Orange YMCA

Cost: \$20 per person



H.S. Okazaki National Kata Contest Results

3-4 year olds	1st	Nathan Chua	Amador
	2nd	Natalie Darling	Amador
	3rd	Alexia Firestone	Amador
5-6 Novice	1st	Abby Maciel-Laheen	Amador
	2nd	Garrison Carrasco / Erica Iligan	Amador
	3rd	Dennis Browning	Amador
5-6 Intermediate	1st	James Stonecipher	OrangeYMCA
	2nd	Mackenzie Davis	OrangeYMCA
7-8 Novice	1st	Aaron Toothman / Vincent Dixon	Amador
	2nd	William Tan	DowneyYMCA
	3rd	Moses Segura / Savian Joseph	Orange YMCA
7-8 Advanced	1st	Hunter Werder	DZR Arizona
	2nd	Kaylene Davis	Orange YMCA
9-10 Novice	1st	Timothy Townsend / Ema Segura	Orange YMCA
	2nd	Riya Vaidya	Amador
	3rd	Chandler OrLucir	Amador
9-10 Intermediate	1st	Nicholas Chuc	
	2nd	Lidia Rios / Erica Martinez	Downey YMCA
9-10 Advanced	1st	Josh Rodriguez-Lahaan / Michael Durling	
	2nd	Harpreet Chamdal	Orange YMCA
11-12 Novice	1st	Amber Toothman / Rhett Adams	Amador
11-12 Intermediate - A	1st	Jordan Vu / Alex Nguyen	Orange YMCA
	2nd	Steven Duran / Guillermo Martinez	Downey YMCA
	3rd	Clare Keech / Brandon Iligan	Kaito Gakko
11-12 Intermediate - B	1st	Hannah Chen / Paige Hawkey	Amador
	2nd	Stacy Rios	Downey YMCA
	3rd	Jonella Julio / Julissa Julio	Orange YMCA
11-12 Advanced	1st	Kendyl Post / Victoria Burke	Amador
13-15 Novice	1st	Nathan Ross / Kenny Post	Amador
	2nd	Kyle Delos Santos	MAI
13-15 Intermediate	1st	Emily Bachleda / Sarah Bachleda	Amador
13-15 Advanced	1st	Avgela Ross / Nathan Maratea	Amador
16-17 Intermediate	1st	Priti Chamdal / Vince Nguyen	Orange YMCA
	2nd	Niki Moraghar / Dev Patel	Amador
16-17 Advanced	1st	Tommy Olsen / Grayson Lindstrom	Amador

Adult Divisions

5th Kyu	1st	Joseph Larson	SRY Maine
4th Kyu	1st	Maddyson Post / Bradley Maratea	Amador
2nd Kyu	1st	Jeffrey Hageaty / Matthew McClare	Amador
1st Kyu	1st	Tara Clark / Jamie Behymer	Amador
	2nd	Marysia Gunderson / Anthony Perazzo	Amador
Shodan	1st	Patrick Le / Phillip Le	Orange YMCA
	2nd	Nick Gohn	Amador
	3rd	Rodney Gonzales / Chris Harriss	Amador
Nidan / Sandan	1st	Jarra Maratea / Natalie Laursen	Amador
	2nd	Ed Townsend / KC Bui	Orange YMCA
	3rd	Craig Kutil / Bill Hawkey	Amador
Yodan / Godan	1st	Ryan Rebmann	Amador
	2nd	Ken Blaedel / Ashly Rebmann	Amador



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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Orange, CA 92869

Phone: 714 - 538 - 4622

Please enclose your check payable to Shoshin Ryu

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