

Shoshin Ryu Yudanshakai Newsletter

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Magazines

By

Bryan Stanley

Way back when, or back in the day for you younger folks, it seemed like the world was filled with martial arts magazines: *Black Belt*, *Inside Kung Fu*, *The Asian Journal of Martial Arts*, *Dragon Times*, and on and on and on.

Today even martial arts supply stores don't carry those magazines. "We haven't carried those magazines in years," the woman who worked at Musashi Martial Arts Supply said, "I don't know where you can buy them, maybe at Barnes and Noble. The only magazines that sell are grappling and MMA magazines." She pointed at a stack of *Grappling* magazines on her counter. "I don't know if it's good or bad that those other magazines are gone, I guess it's just a sign of the times."

She was right. The general martial arts magazine is being dominated by MMA and grappling magazines. The Barnes and Noble had five different magazines dealing with those subjects, and only *Black Belt* and *Inside Kung Fu* were around to defend the rest of the martial arts.

Just how similar and different are those magazines really? Is an MMA magazine going to give different advice about how to punch someone in the face? Don't they all cover the same basic groups of martial arts? Are the advertisements, content, and editorial approaches that different?

Any good comparison needs a cross section of materials so to represent the MMA magazines is the December 2008 issue of *Fight!* For general martial arts is the February 2009 issue of *Black Belt*, and then just for good measure the final comparison piece is the February 2009 issue of *Inside Kung Fu*.

The easiest comparison to make is the advertisements. All three sold videos, but the interesting thing is that both *Fight!* and *Black Belt* had ads for Paladin Press. The funny thing about it is that a "hardcore" MMA magazine would be a place to sell videos for "Street Chin Na" and "Women's Street Defense." Certainly that ad fits for *Black Belt*, but can anyone see a George St. Pierre wannabe buying a video on Chin Na?

The video ads for *Inside Kung Fu* are from a company called Unique Publications, which happens to be the company that prints the magazine. The ads sell Wing Chung, Jeet Kune Do, and Tai Chi videos, just to name a few, which makes sense considering that is the demographic they are trying to reach. At the end of each article, *Inside Kung Fu* has a little sidebar about how a reader could buy a video about the article they had just read. Now that is either genius or it is a little disingenuous, because, lo and behold, Unique Publications just happens to sell the video of the person in the interview.

All three sold fight gear for Tapout or Venum or Kill it, which should not surprise anyone. They all sold muscle building supplements - there must be a huge market for that stuff. On a different note, *Fight!* had more ads with scantily clad women than the other two magazines - which is just another example of knowing your market.

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Yudansha Notes

R.I.P. Phil Hall Martial Arts

In Orange County Phil Hall Martial Arts Supply has been a pillar of the martial arts community for thirty years. The store had fallen on hard times recently – a few MMA stores have opened in Huntington Beach – and as of December 2008, the store has shut down.

In a way Phil Hall Martial Arts has been intertwined with Shoshin Ryu from back in the days of the Black Belt Karate School that occupied the space right next door. Years later, the martial arts store would take over the old BBK space.

Phil Hall sold the store a years ago, and he died not soon after that. He was an interesting man to say the least. He would hang around the store and discuss the latest conspiracy theory about aliens, or surveillance cameras, or who really killed Bruce Lee. If you could stand the conversation, it was a good place to buy gear.

Recently the size of that space had been cut down to a sliver of what it once was and the ownership had changed hands a few times. Now the store is gone, which is probably due more to the internet than anything else.

Get Well Soon Prof. Jennings

This is why men hate to go to the doctor. Professor Ron Jennings went to the doctor to have a kidney stone surgically removed and ended up with a triple bypass. His story is an odyssey of the American health care system. Thank God, Professor Jennings is still alive.

The fantastic story started with a pre-surgery EKG on November 19. The doctors discovered that Prof. Jennings had a 100% blockage of the anterior artery, 80% blockage on the posterior artery (it had blown a hole and was leaking), and 30% blockage in the smaller artery on the side of the heart. They were going to perform the surgery that day, but due to a prior surgery taking too long, he had to wait until November 24. He went home and took a lot of drugs – all of which were prescribed by doctors, so don't get the wrong idea.

During the six-hour surgery, the doctors discovered that a small capillary was trying to carry the load for one side of the heart. He also had a condition named "cardiac tamponade" where blood breaks out of the arteries. That may normally have taken him out but in this rare case it flushed the other side of the heart with enough blood to keep it alive. Both conditions boarder on a miracle.

Now Prof. Jennings is at home and looking at time to heal. He will need several months for his sternum to start to knit back together, then up to a year to heal it completely. He does not know if his heart suffered any damage, but he seems to think it should be treatable. His most daunting task would be the completely new diet and modified lifestyle he is going to learn.

Get well soon, Prof., and we are all glad to hear the story of the kidney stone that saved your life.

Danzan Ryu Hall of Fame

Sensei Emil "Curly" Wagner

Inducted in 1997

Sensei Wagner signed up at the Kodokan in 1932. He graduated with an instructor's diploma on May 29, 1936. His instructor's diploma listed 375 Arts. He also recieved the history of Jujitsu, the history of my instructor, and my own history, also the Ethics and philosophy of Jujitsu.

On June 4, 1936, at a dinner at Professor Okazaki's home, Wagner and others received instruction from Prof. Kosokabe, Prof. Okazaki's Instructor, on the history and ethics expected from judo instructors.

His first class in Honolulu consisted of six students: his son Hachiro, Kiyoshi Kawashima, Benjamin Marks, George Harbottle, William Simao, and Y.S. Kim.

Sensei Marion "Andy" Anderson

Inducted in 1997

He was a member of the Board of Directors of the AJI upon its founding in 1939.

Attended a special Okugi class in February 1948. Graduated on February 22, 1948, and received a Kaidensho and the title of Shihan.

Coming Events

January 25, 2009, 3 to 5 p.m.: Clinic at the Orange YMCA. Professor Jim Lambert will teach Danzan Ryu Yawara. Cost \$20.00 but you get a whole lot of fun for your money. Contact Professor Kevin Dalrymple

March 28-29, 2009: **Sport Jujitsu** a part of the *Disneyland® Martial Arts Festival*, Anaheim Convention Center, Anaheim, California

Pre-registration is now open: *Disneyland® Martial Arts Festival* pre-registration is now open. Take advantage of the specially-priced registration fee which ends January 15, 2009. You may register by going to www.disneylandmartialartsfestival.com and clicking on the Register link or click on your specific discipline link below. The registration fee will increase after January 15, 2009.

Join us for:

- **Competition**
- *Athlete Celebration Experience:* Represent Sport Jujitsu on Sunday, March 29th and be part of the *Athlete Celebration Experience*. Events include athlete demonstrations. All Athletes and Coaches from *Disneyland® Martial Arts Festival* may participate in the Pre-parade festivities. *Disneyland®* Resort Park Theme Park ticket required to participate.
- *Disneyland® Martial Arts Festival* Expo and Trade Show.

This competition is open to both children and adults, from beginner to expert. Sport Jujitsu is coordinated by a knowledgeable authority in Sport Jujitsu. This provides a fair and accurate competition.

Coordinator: Eric Renner & Willy Cahill **Phone:** 1-650-589-0724
Website: <http://www.tournament.info/da-Jujitsu.htm> **e-mail:** ekr5@mindspring.com

Words of Wisdom

“Wisdom is supreme; therefore make a full effort to get wisdom. Esteem her and she will exalt you; embrace her and she will honor you.” - *Proverbs 4:7-8*

“Education is the power to think clearly, the power to act well in the world's work, and the power to appreciate life.” - *Brigham Young*

“I do not think much of a man who does not know more today than he did yesterday.” - *Abraham Lincoln*

“We are formed and molded by our thoughts. Those whose minds are shaped by selfless thoughts give joy when they speak or act. Joy follows them like a shadow that never leaves them.” - *Buddha*

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

(**Magazines**, cont' from page one)

Keeping with that mode of thought, when it came to content, *Fight!* used women as eye candy; the other two magazines did not. Just to give an example, purely out of a sociological perspective of course, *Fight!* had ten pages with bikinied fight girls and December 2008 issue had the finalists for the 2008 *Fight!* Girl Search. This is neither good nor bad, it is just an observation. Maybe that is the reason young men do not buy *Black Belt* or *Inside Kung Fu*.

But the articles, remember young men buy *Fight!* for the articles, only one article in *Fight!* had anything to do with technique. That was an article claimed it was on guard control but on inspection it was really about transitioning from one position to another.

In contrast, *Black Belt* had demonstrations for seventeen different techniques in a variety of articles, including the feature story. *Inside Kung Fu* had nine different explanations of techniques in its articles.

Most of the articles *Fight!* were biographical pieces. This issue had a feature story on Frank Mir; New Blood profiles of Brian Cobb, Tito Jones, and Justin Buchholz; question and answer pieces with ring girl Andrea Tiede and WEC matchmaker Scott Adams; biographies of Kenny Florian, Gergard Mousasi, and Mauricio "Shogun" Rua; and a tribute to the late Evan Tanner.

Black Belt had one biography piece on Lyoto Machida, and *Inside Kung Fu* had a feature article on Jason Statham and a short question and answer piece with Brazilian jujitsu black belt Wander Braga.

How many years has it been since Bruce Lee died? Still his presence is felt in both of the martial arts magazines, each has an article about Jeet Kune Do and make reference to Lee in other articles. *Fight!* does not make any real references to any martial style. Sure, the people in the articles have studied Tae Kwon Do or Brazilian jujitsu, but other than that, it is not a magazine with a position about martial arts.

All three had articles about MMA. *Inside Kung Fu* gives information about Yasuda's MMA workout, *Black Belt* explains how Lyoto Machida's traditional Karate gives him an edge in MMA, and *Fight!*, well, it is only about MMA. So obviously the editors of the other two magazines understand that MMA is the biggest thing to come to martial arts since the one-inch-punch, and they want to talk about that devil without losing their soul.

So what conclusions can be drawn about these magazines? One criticism of *Black Belt* and *Inside Kung Fu* is the esoteric nature of the articles. How to use a Wing Chung wooden dummy? Shaolin's secret style Lau Gar Kuen? Come on. Even people who are into this stuff have to be bored to tears to read about it, especially since we have seen what a good MMA fighter can do to a traditional martial artist.

And *Fight!*? That is nothing more than an MMA *People* magazine, it even has an MMA gossip page. It is more about personalities in the fight game than it is about how to fight.

Yet more people clamor for *Fight!* and the other four MMA and grappling magazines than they do for the more instructional *Black Belt* and *Inside Kung Fu*. Which gets to the real problem between martial arts and mixed martial arts, to be a martial artist, one learns a style and all the intricacies of an art. A martial art is more than a series of moves. One becomes a martial artist through years of practice. MMA? Get in a ring and beat someone up.

Which is where *Black Belt* and *Inside Kung Fu* will outlast those other MMA magazines. They have been doing what they have been doing for years. They have built up their technique and technique will beat strength, smarts will beat brawn, and substance will beat fluff.

Contact Information

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Hey Dr. Rich!

Dude! I was surfing and caught this totally tubular wavage. It was awesome until I took a really gnarly tumble. I landed on my head in some shallower water, and came up with a bad headache and a sore neck. I was also really impressed I was still alive, though! So, its been two months now, and I'm a lot better. I just can't remember my phone number, or how to tie my shoes. I still have some pain at the bottom of my neck on the left, just where my neck connects to my really ripped back muscles. What, exactly, is a sprain, and how long does it take to heal?

Still stoked,
Surf's Up!

Hey there Surf's:

Sounds like you're lucky you made it back from this expedition. No more surfing in the frog ponds for you, my friend. You ought to try surfing in Maine! That way, you pre-ice all your potential injuries.

Medically, the word "sprain" is reserved for injuries to ligaments. **Strains** happen to muscles or tendons. **Sprains** happen to ligaments. Ligaments are interesting. They are ropey structures that connect bones directly to other bones. You find them at joints, where they keep the bones of the joint from moving the wrong way. For example, let's look at a simple joint like the one at the end of your index finger. Your index finger, assuming it isn't completely arthritic from applying wax to your board sixteen times per day, has a normal range of motion that goes from straight, to bent about 90 degrees. Note that the joint has *very little* motion from side to side directly at that knuckle. That's because there is a tiny ligament along each side of that finger joint, and each has virtually no play to it. It is like rope, and distinctly *not* like a spring or rubber band. Now, if you were to take a break from the surfing to play a game of basketball, you'd be at risk for a very common injury in ball players: a jammed finger. That is a common term for a finger sprain. This usually occurs when the basketball collides with the finger at it's tip, at an unusual angle forcing one of those ropey ligaments to stretch or tear. "Mild" sprains are usually just stretched ligaments (though microscopically, they may still have tiny tears). When a strain results in a partial or complete tear of the ligament, it is usually termed "severe," or sometimes even graded, "second" or "third degree." A sprained ligament causes the joint to get swollen and painful.

Obviously, the healing time for a sprain depends, in part, on it's severity. Partial or complete sprains may take months or even years to heal. They sometimes require surgical reconstruction, or casting like a fracture might. Most mild sprains heal within about six weeks, when rested appropriately. During that recovery period, the sprained ligament is particularly vulnerable to re-injury, or extension of the injury. If you subject a rope to so much strain that it gets microscopic tears in it's structure, obviously that rope will not take much additional tugging before it fails completely.

Six weeks seems like a long time, and it is. Ligaments are notorious poorly vascularized. They have very poor blood flow to them, and therefore do not heal quickly. I usually advise using RICE for sprains. That's an acronym for **Rest, Ice, Compression, and Elevation**. These help with the pain and swelling, and provide the best environment for the ligament to heal.

Dr. Rich

A Thanksgiving Haunting By Professor Roger Medlen

Monday, November 24th, 2008 was finishing as most Mondays do – with Danzan at the YMCA in Mesa, Arizona. However, this Monday would not be like the rest. The usual cast of characters was greatly enhanced with the appearance of jujitsuka whose names are synonymous with style and the vile green elixir, Pucker.

While not unusual to have Ben and Dan Wilson on the mat, it is not common practice to have them there at the same time. But that is not what made this evening special ... oh no. In addition to Ben and Dan, we also had visits from Ed Purkiss, and none other than Prof. Steve McMillan. But was all this just a matter of happenstance? The margaritas afterward tell us “no” when our brains were screaming “yes” ... and “say, do you have any more of that spicy salsa we like so much?”

“So how did this all come about” you may ask? It is simple, really. The glue that held us all together that blustery evening was Sensei Tom Borr. It turns out he had exceeded the standards by which we judge a Nidan and we gathered to both elevate and celebrate his rise to Sandan. He had no idea it was coming, and it was a promotion that was long in the making.

So before his class of students, Tom was brought forward, promoted to his new rank, and only winced once when “taking it like a man”-time came a' callin'. Afterward, we adjourned to Rose's House of Margaritas and Lies where we took up residence with food and spirits, as well as camaraderie. It was a great evening and always nice to catch up with each other.

Translation by an anonymous Danzan Ryu Jujitsu of Arizona student: Sensei Tom Borr was promoted to the rank on Sandan on Monday, 11/24/08. Congratulations Sensei Borr!



1 to r: (standing) Sensei Ben Wilson, Sensei Dan Wilson, Sensei Tom Borr, Prof. Steve McMillan, Prof. Roger Medlen, Sensei Ed Purkiss

Prof. McMillan, action-hero, welcoming Sensei Borr to an honorary position beside him.





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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Please enclose your check payable to Shoshin Ryu

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