

Shoshin Ryu Yudanshakai Newsletter

March/April 2009

Vol. 17 Issue 2

Fear

By
Bryan Stanley

When I was a child, my family would go visit one of my father's friends occasionally. The friend, who I remember being named Claude, had a son who was a few years younger than I was. I thought the kid was a little odd, his parents always had their eyes on him, he didn't say much, and he was constantly getting into dangerous situations. He would play with knives, put his fingers in the light socket, pick up spiders with his bare hands, stuff like that. It would not have been so bad, but he was probably six years old at the time.

By the description, it is pretty easy to see that the boy had some problems, looking back he was probably autistic or something like that. Now when I think about that kid, I remember what my dad told me about him. His parents had to hold on to him when they went into public; they had to keep their eye on him at home, because he lacked fear. It was not false bravado or putting on a face, the kid was unafraid, somehow, the instinct to be afraid completely missed him.

Take another case, Ashlyn Blocker was born with a rare genetic disorder. She has the inability to feel pain. She can't feel hot or cold; she can't tell if she gets cut; she couldn't tell when she had fire ants all over her body. Her parents and teachers describe her as being completely fearless.

Being without fear is not natural.

We have been programmed for fear.

The program starts in the brain, which is the hub of the peripheral nervous system. When startled or frightened, the sympathetic division of the autonomic nervous system arouses the heart, lungs, and other internal organs. This arousal creates the "fight or flight" response in human behavior. The sympathetic division carries the messages that get people ready to attack or flee.

A martial artist would like to think that he or she is above fear. That all the years of training and focusing on technique and mind set will see them through that horrible stressfilled moment, the moment when fear is at its peak. To react with composure when facing "hell in the upraised sword," as Professor Okazaki put it.

A martial artist fights two opponents when being attacked. The first is the assailant and whatever manner of attack he has planned. The second is the martial artist's own fear response, and that may be a more difficult battle than the assailant has presented.

How do we develop the mental capacity to override fear?

"Mental strength comes from doing the most simple technique to the most arduous," Professor Roy Center said. "Once you have completed something, you reach a goal. With each goal, comes more confidence in your ability."

(See **Fear**, Continued on page Eight)

Table of Contents

Fear – Page One

Yudansha Notes – Page Two

Danzan Ryu Hall of Fame – Page Two

Coming Events – Page Two

Letter to the Editor – Page Three

Words of Wisdom – Page Three

Lomi Lomi Massage Flyer – Page Four

Entering the Ring – Page Five

Only in a Kid's Shiai – Page Six

Sumo Contest Results – Page Seven

Black Belt Profile – Page Eight

Yawara Clinic – Page Nine

Promotions – Page Nine

Yudansha Notes

News From Maine

Class is growing. We are flourishing at the Boys and Girls Club, thanks in large part to Renshi Craig Sargent, the karate instructor who has welcomed us so warmly. He is also a student in my class now. We are pushing for 100% Ryu membership. It has been another exceptionally snowy winter. We seem to dig out from one storm just in time to hunker down for the next one. Don't have enough time to dip our lobster in butter.

Sensei Tracey recently received a promotion to high blue belt in Tae Kwon Do under the instruction of Master Julienne Begin.

Reunion 2009 UPDATE

This is the latest from Patricia Rebmann, "We have found a facility for the event. We are in the process now of getting them to type up the contracts. It is a Marriott Hotel located in Pleasanton, California. They will basically give us their whole hotel, only conflict we have is in the morning from 9-12 am., when we can not have the banquet rooms due to a breakfast. We will still have fun."

Lomi Lomi Massage Clinic

Professor Carlos Gallegos is hosting a Massage Clinic on March 21 from 9am to 5 pm. This will be a great clinic to attend. Don't miss it! The Flyer is on page Four of this newsletter.

I Hate It When This Happens

George Arrington caught me. He pointed out that, "...In the hall of fame section, you mention, Sensei Emil 'Curly' Wagner. I believe you actually mean Emil 'Curly' Friedman. There was also a Charles Wagner who was a contemporary of Friedman."

I have to admit the error. I got those two guys mixed up. For the life of me I don't know how, but I did. I'll do forty push-ups and say IRISH WRISTWATCH five times fast as penance.

Danzan Ryu Hall of Fame

Inducted in 1999

Professor Bing Fai Lau

Bing Fai Lau was born in Chung Shan, China, on September 23, 1906. He left China for Hawaii in 1919 at the age of 13. As a student at Iolani High School, he learned English and rose to become Valedictorian. Later he taught Chinese in the schools on Oahu. One of his students was Wah-Lung (Wally) Jay.

In the late 1930's, he began studying Jujutsu at the Kodenkan. His personal trainers were Sonny Chang and Charlie Wagner. He received his Shodan in 1941 and his Nidan and Mokuroku (instructor's scroll) on November 3, 1942. During the 1940's he was an instructor at the Kodenkan and Kaheka Lane dojos. His students included John Chow-Hoon, Kimo Hatchie, and Sam S. Luke. Lau also studied Tai Chi, Kenpo, and Kung-Fu under Bing Nam Yap and Yang Kong Bing.

Sensei Lau taught at the Kodenkan until the late 1940's. Outside of martial arts, he served Iolani High School in almost every capacity including accountant, business manager, coach, and athletic director.

Grandmaster Lau was still very active in the 1990's. He taught seminars and had a school in Waikiki. The last persons to study with Grandmaster Lau were Professor George Iversen, Professor Jaime Abregana Jr., and Professor Ronald Abregano. He had been one of the Senior Advisors for the Hawaii Martial Arts Society.

Grandmaster Lau passed away on August 3, 1999.

Coming Events

March 21, 2009 – Lomi Lomi Massage. See flyer on page four.

March -- Ohana Clinic, To Be Announced.

Labor Day Weekend, 2009 – Shoshin Ryu Reunion, Pleasanton, California, clinics, contests, and fun.

Letter to the Editor

The problem with nearly all the magazines is that they cater to one or other activity too exclusively.

There is a mag here Irish Fighter, which used to be the Irish Warrior. In the beginning, it was fantastic, lots of articles on virtually every shade of martial art under the sun, a little heavy on the coverage for Kempo, but the editor was from Kempo, and a good guy at the time, so he was given a little space to do his own thing.

Then he began making the print smaller and more difficult to read. The articles on the traditional arts became very small indeed, the articles on the individual Dojo/Kwoon/gym began to sound more and more like a quest for recognition as some sort of "Prophet of Martial Arts." The articles on the likes of MMA and Brazilian Jujitsu etc, began to get bigger and the profiles of the 'heroes' of these sports began to get bigger. Then an article appeared on a "hero" from MMA here in Ireland, Mr. Kavanagh. It seems he was 25 years old, no formal martial arts training at all, he was spending a lot of time on the forums here, talking up a storm about how redundant the traditional and classical arts had become, then he began to make noises like he wanted kick ass and actually prove the point he was making.

All of this was bolstered by his incredible "martial arts" training record, he said he had been training for 23 years(?), and that he was a "world champion" in Vale Tudo. He was at a championship, there was one competitor in his weight division, he won. He was "world Champion". Like wow! As they say today.

He started bragging about how his "boys" took two of my black belts apart in his gym. This went on for quite some time, eventually I got angry enough to send him an email, asking him to do me the same courtesy in my dojo he had shown my lads in his, in that he fight by our rules.

He asked what the rules were for traditional jujitsu sparring, I told him there weren't any, the man who limped away, won. He replied I was a barbarian, and that was the last I heard from him directly.

He does still make smoke, but none of my lads train with him any more, not because I told them not to, but because they have seen him for what he is.

I don't know if you have heard of Bolo, it is from the Eastern Bloc, and death, it seems, is classified as a minor injury in this adventure. Strange, isn't it, the way they keep looking for more and more extreme martial arts. The hardest lesson I had in my life, was when I went into a dojo in Africa, which was teaching Nippon Kempo. A 12 year old girl almost kicked me to death, not because I was that bad but because I was stupid enough to fight her under her rules. I had the same lesson from Muay Thai, and that was a real lesson in humility. Unless you know the snake has no fangs, you leave the little beggar alone, there is nothing as dangerous as ignorance; therefore, we need to learn as much as we can first about our own art, and then the similarities to the others.

Sincerely,

Hanshi Joe Carslake

Words of Wisdom

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." -- *Helen Keller*

"The wisest mind has something yet to learn." -- *George Santayana*

"Luck is what happens when preparation meets opportunity." -- *Darrell Royal*

HAWAIIAN LOMI LOMI MASSAGE CLINIC

March 21, 2009 9 am - 5 pm

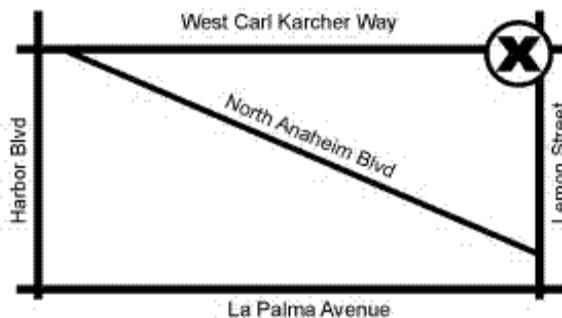
Licensed massage therapist Robert A. Garza will be instructing a special class on the art of Hawaiian Lomi Lomi massage techniques. And don't miss out on the potluck afterwards!

Special Value

\$50 (regular \$120)

for clinic and potluck

For Sign-Up and More Information Please Contact Professor Carlos Gallegos at carlosllegos@att.net



1147 N. Anaheim Blvd (Lemon Street), Anaheim, CA
(ON THE CORNER OF LEMON & W. CARL KARCHER WAY)



Entering the Ring

By Judy Davis (Orange YMCA Jujitsu Club)

On February 28th, 2009, over 65 Shoshin Ryu members from Southern California descended into Anaheim, ready to give it “their all” at this year’s 4th Annual Winter Sumo Classic. Just as in the previous years, Professor Kevin Dalrymple and several other senseis’ from the Orange YMCA Jujitsu Club hosted the annual event. Competitors between the ages of 4 and 17 came from Dojos around the area to compete for a chance to win “The gold”. In the midst of their quest for the “gold,” competitors demonstrated their commitment to the art of jujitsu and the sportsmanship, which go hand and hand. Each brave competitor represented their Dojo proudly, with a display of mental toughness and the physical strength required to compete in sumo. This year’s competition once again proved to be a successful event for both the competitors and the organization.

First into the rings were the youngsters, who wasted no time at showing off their “stuff”. Despite their age, this was probably one of the most competitive age brackets of the day. This was a great way to set the tone for the rest of the competitors. The groups which followed stepped up to the rings with tremendous enthusiasm and demonstrated their abilities.

The competition became so fierce at times that spectators held their breath as they waited for a competitor to overpower or overtake their opponent. Eventually the 16-17 year olds competed. As if they were the final building block in a progression of demonstrations, the competitors for this age bracket put everything together for a fabulous show and some definite crowd-pleasing moves. Overall, there was never a dull moment, regardless of what age bracket the spectators came to watch.

Once the competition was over, the competitors and spectators were treated to a sumo demonstration by members from USA Sumo, based in Santa Monica. The wrestlers from USA Sumo quickly set up their own Dohyo and gathered the competitors around it for an “up close and personal” look at of a true ring. Once it was set up, the wrestlers proceeded to explain everything about the art of sumo. They discussed the garments worn by each wrestler, the hairstyle, and the gestures that take place before each competition. The wrestlers made all the competitors stand up and mimic the process of entering the ring: clapping their hands together to attract the attention of the gods, extending their arms to the sides and turning their palms upward to show they are not concealing any weapons, and stomping each leg on the ground to drive evil out of the Dohyo. Learning the rituals was truly entertaining and educational for all. If you would like more information about USA Sumo, you can visit their web site www.usasumo.com.

The awards ceremony was exciting as always. Each competitor received a competition patch, a competition duffle bag for their gi, a bottle of Gatorade, and a participation certificate with their picture on it. In addition to the victor’s medals, two additional medals were presented to the two competitors who showed “Outstanding Sportsmanship.” The medals were awarded to Adele Townsend and Kaylene Davis because they both “exemplified perfection of character” during the day’s event. Congratulations to both of them. Awards such as these will continue to be distributed appropriately as it is the greatest example of Shoshin Ryu’s dedication to a clear Moral Focus and Standard in Ethics.

**A limited number of “Sumo Fight Wear” T-shirts and duffle bags are still available for purchase if you did not have a chance to attend the event. Please contact Professor Kevin Dalrymple or Sensei Steve Davis, Orange YMCA Jujitsu Club, for purchase information.

Only in a Kid's Shiai

By Sensei Randy Carrasco

On February 29, 2009 the 4th annual Shoshin Ryu Yudanshakai Winter Classic Sumo shiai was held at the beautiful new East Anaheim Community & Police Gymnasium. Contestants ranged in age from 5 to 17. For Kaito Gakko, the day started off with a huddle then a prayer by Prof. Carlos Gallegos which was followed by a group photo.

At least six Southern California dojo were represented at the event. The following served as officials & judges: Professors Kevin Dalrymple, Carlos Gallegos, Ramon Gallegos, John Jacques and Jim Lambert and Senseis Ed Bederov, K.C. Bui, Randy Carrasco, Steve & Judy Davis, Lee Firestone, Peter Goss, Donn Hearne, Dan Kveen, Patrick Lee, Phillip Lee and Ed Townsend.

Plenty of girls showed up to take on the boys. For a few kids, this was their first contest. A good number of competitors were blind. Officials, judges and parents observed courage, fighting spirit, clean throws & technique in even the youngest divisions. The bigger kids & teens displayed even more power - some throws had the audience "ooh-ing" and "ahh-ing". In all divisions, technical ability accompanied with austerity, self-control and respect was a fine commentary on the status of our next generation of martial artists in the Kodenkan/Danzan Ryu Jujitsu Ohana.

After the matches were finished, two Special Guest Rikishi of the California Sumo Association took the floor. The men set up a sumo ring and demonstrated training methods & techniques, customs, rituals and matches. They fielded questions from the kids and accepted "challenges" from several of the smaller contestants. One of the men grabbed the back of a "challenger" and with one hand, hoisted him overhead by his belt- the little one giggled and appeared to love every minute of it. Afterward, both rikishi handed out and autographed Sakura Co. sumo notebooks.

One of the funniest moments involved a Kaito Gakko student- something that could happen only in a kid's shiai. Immediately after Garrison Carrasco's division was finished, his mom got him changed into his "other" uniform, then rushed him off to his little league baseball team photo event. After the photos were taken, she rushed him back to the gym to watch the awards ceremony. At the moment he made his way back in, his name was announced over the loudspeaker. He quickly took off his cleats and went up to the winner's podium to accept his gold medal. There was mumbling and giggling in the audience. The boy stood on the podium with a deer-in-the-headlights look. Why? He was dressed in a baseball uniform while flanked by two boys in judogi. The presenters, officials and judges clapped and suppressed their laughter.

First-time competitors Malia Carrasco and Nathan Bissonette faced mostly larger opponents and fought hard. Although both children won bouts, neither of the two stood on the winner's podium. In the class following the shiai, Malia and Nathan received the "Sensei's Award". In accepting the award, they made a promise to "Never Give Up".



A Kaito Gakko group shot

(The sumo contest results are on page seven of this month's newsletter.)

Sumo Competition Results and Divisions

The Fourth Annual Winter Sumo Shiai

4-5 yrs

- 1st Jada Banks
- 2nd Riley Fraens
- 3rd Noah Segura

6-7 A

- 1st Jesus Ayala
- 2nd Donovan Banks
- 3rd Erica Iligan

6-7 B

- 1st Garrison Carrasco
- 2nd Braeden Rittenhouse
- 3rd Andrew Logan

6-7C

- 1st Mackenzie Davis
- 2nd Ryan Wong
- 3rd Shreva Krishna

8-9 A

- 1st Paul Martin
- 2nd Cailee Taylor
- 3rd Christran Salas

8-9 B

- 1st Kaylene Davis
- 2nd Alexander Morgenstern
- 3rd Mark Velazquez

8-9 C

- 1st Emma Segura
- 2nd Emily Key
- 3rd Sachin Krishna

10-11 A

- 1st Charlie Fraens
- 2nd Zane Hastings
- 3rd Shawn Martin

10-11 B

- 1st Lidia Rios
- 2nd Julissa Julio
- 3rd Harpreet Chamdal

10-11 C

- 1st Sharon Hastings
- 2nd Adel Townsend

12-13 A

- 1st Clare Keech
- 2nd Chris Pearce
- 3rd Kimberly Ocampo

12-13 B

- 1st Stacy Rios
- 2nd Brian Robles
- 3rd Brandon Iligan

14-15 A

- 1st Winter Nichols
- 2nd Louis Do
- 3rd Jordan Key

14-15 B

- 1st Adrian Vazquez
- 2nd Tyles Crockett

16-17 A

- 1st Raymond Carrasco
- 2nd Vincent Nguyen

16-17 B

- 1st John Pearce
- 2nd Jonathan Key

Black Belt Profile

Name: K.C. Bui

Rank: Sandan

Dojo: Orange YMCA

Number of years practicing martial arts:

Nineteen years

Styles studied: Danzan Ryu, Judo, and Hapkido

Favorite book: The Harry Potter series

Favorite food: Everything

Favorite ice cream flavor: Mint chip

Favorite movie: Forrest Gump

Favorite actor: Rob Patterson

Favorite actress: don't have one

Favorite musical artist: Stevie Wonder

Most memorable moment in martial arts:

My first contest, it was my first time competing ever, in my life, it made it memorable.

Favorite thing about practicing Danzan

Ryu: Working out with different people and learning from everyone. Everyone has their own different style and techniques.

Four famous people you would like to invite

to dinner: My parents and grandparents from my mom's side. I don't see them anymore.

Biggest inspiration: The hardships that people face and how they get through them. They show things I wish I could be more of and I try to practice.

(Fear, continued from page One)

"That is something that we develop in ourselves as we go along. It grows through years and years of doing the art. You become more believing in yourself than anything else. Before you can know your enemy you must know yourself first. Through the art we learn our own strengths and weaknesses."

Professor Center finished his thought with the following, "Once you have enough faith in yourself, you don't have to fear what you do or the reactions that come from it. You accept that whatever happens, happens."

The late Professor Imi Mullins had the following perspective about martial artists dealing with fear, "In order to be in control, you have to control your mind." She continued,

"We are human beings first. We'd like to believe that if we are going to lose anyway, we may as well go out in a blaze of glory, but we have the same fears and apprehensions as every other human."

Ultimately, she took the same position as Professor Center, "We develop confidence and that becomes our mentality."

The key quality in controlling fear is having confidence in your technique. Practicing the techniques again and again takes away the thought process. Hopefully practicing takes away the fear.

People who have been assaulted deal with fear. Sometimes it comes before the event. The assailant is coming, something in his actions says he's up to no good. Fear starts in the pit of the stomach and spreads. In such a situation, the martial artist has to be able to have control when his instincts tell him to run.

Sometimes the fear comes after trauma is all over. The event happened and was over before one was aware. The problem can come hours, days, or weeks after the event. The brain replays the situation again and again, fear takes the form of post-traumatic stress disorder. One way or another, victory or defeat, fear is going to get in.

However, never forget that the sympathetic nervous system also makes people run away. There are times when running away is the more prudent thing to do. When the numbers are wrong or when knives are present, running away is the best thing to do. Forget about bravery, forget about machismo, and forget about heroism, save your life and run.

Fear is good. The absence of fear is an abnormality. By practicing Danzan Ryu and developing the confidence that goes with it, one can develop the skills to override fear.

(Editor's note: I talked with Professor Imi Mullins and Professor Roy Center about this topic at the 2007 Shoshin Ryu Reunion in Pleasanton. Imi always had me edit and re-edit everything she said. I didn't do it this time, obviously.)

Yawara Clinic



Jim Lambert taught a wonderful yawara clinic on January 25, 2009. Professor Lambert went through the board, revealing things that his sensei, Professor Carl Beaver, had taught him. Everyone who attended picked up some new idea or thought about the most often worked board in all of Danzan Ryu.

One interesting twist Professor Lambert gave to the seminar was an old school warm up. He did the same warm-up that Professor Beaver taught to him, and Professor Beaver said it was the one Professor Okazaki used. It consisted primarily of falling and slapping. You had to see it to believe it, thirty bodies



flopping in unison on the mat was a sight to behold.

When the seminar was over, the entire class got to eat fresh tamales, and they were good. Just think. Two hours of Danzan, of which everyone had to pick up some new ideas, and a meal, all for twenty bucks. Be sure to go to the next Ohana series seminar for more of the same.



Promotions

Jukyu:

Nicholas Daugherty	Amador
Elijah Joseph	Amador

Shichikyu:

Chad Goldsberry	Amador
Julia Ledesma	Amador
Frank Niles	SRY Maine
Sue Niles	SRY Maine
Anna Roure	Amador

Rokkyu:

Garrison Groves	Amador
Zachary Helm	SRY Maine
Chandler Orluck	Amador
Craig Sargent	SRY Maine
Aaron Saucier	SRY Maine

Yonkyu:

Xavier Pelican	Amador
----------------	--------

Gokyu:

Christopher Charlebois	SRY Maine
Amy Forbes	SRY Maine
Kirsten Gray	Amador
Peter York	SRY Maine