

# Shoshin Ryu Yudanshakai Newsletter

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## A Training Lesson from Joe Montana

by

Professor Steve McMillan

During our annual Reunion event last September, the editor of the *Shoshin Ryu Yudanshakai Newsletter* asked me “*What have you learned, that you wish you could have learned earlier?*” I answered I would have found a way to continue my Danzan Ryu training non-stop, despite the interruptions that happen in a 33-year martial arts career. School, work, and life in general contend for our attention...but a mix can be found that satisfies both our need to train with our need to live, and I believe I could have done a better job to find that mix. Six months after I responded to that question, I stand by my answer.

After I returned home from the event, the question “*What have you learned, that you wish you could have learned earlier?*” started me thinking, “*What else would I change if I had a second chance to train from the beginning? What would I do differently?*” A more elegant answer came to me, based on something I heard during a short lunch meeting a few years ago. This answer, or revelation, came from an unexpected source outside the martial arts community: a question posed to and answered by former NFL player Joseph Clifford Montana, a.k.a. Joe Montana. For those who do not follow football closely, Joe Montana was Quarterback for both the San Francisco 49ers and the Kansas City Chiefs, playing from 1979 to 1994. He has four Super Bowl wins to his credit, and three Super Bowl MVP awards.

Normally you do not hear about NFL players in martial arts newsletters, and normally I would not have reason to be anywhere near a football legend and celebrity; moreover, to be honest, I usually have little use for sports or Hollywood celebrities. I did, however, find a unique opportunity in 2006; I attended a Leadership Symposium, and among the gifted speakers associated with business conferences was Joe Montana, drafted to serve as the “Motivational Keynote Speaker” for the event.

As luck would have it, I received an invitation for a “private” lunch with Joe and thirty other business professionals before he delivered his main speech. When our meal was finished, Joe stayed long enough to answer several questions. After fielding the obligatory queries about his life and career, I asked him simply, “how did you win?” His answer was uncomplicated, “practice, practice, practice!” That could also be translated as “train, train, train!”

Joe went on to describe what he meant by practice, or training, and how that made the critical difference between winning or losing a game. It was not enough to train for the sake of training; you have to practice winning when you train. Train like you are in the game, or for a martial artist, train like your life depends on the results of your training.

He went on to illustrate his meaning by describing his first practice sessions with another football legend, Jerry Rice. He said the first time Jerry stood in line with other wide receivers to practice catching screen passes, Jerry not only caught the ball when it was his turn to receive, but he then turned and ran to the goal line as if to complete a touchdown. To the amazement of other (See **Joe Montana**, Page 4)

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## Promotions

### Jr. Yellow Belt:

Julia Ledesma	Amador
Chad Goldsberry	Amador
Anna Roure	Amador

### Jr. Orange Belt:

Garrison Groves	Amador
Chandler Orluck	Amador

### Jr. Green Belt:

Xavier Pelican	Amador
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### Jr. Advanced Green Belt:

Avneet Singh	Amador
Andrew Chern	Amador

### Yonkyu:

Jonathon Key	Golden West
John Pearce	Golden West

### Sankyu:

David Greenwalt	Golden West
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### Nikyu:

Robin Whitaker	Golden West
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## Words of Wisdom

“What counts is not necessarily the size of the dog in the fight - it's the size of the fight in the dog.” - *Dwight D. Eisenhower*

“Obstacles are those frightful things you see when you take your eyes off your goals.” - *unknown*

“Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.” - *unknown*

“It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.” - *Buddha*

“If you hold a cat by the tail, you learn things you cannot learn any other way” - *Mark Twain*

## Danzan Ryu Hall of Fame

### Inducted in 1999

#### Professor Bill Beach

Professor Beach was born December 15, 1928, in Baxley, Georgia.

He began his martial arts training in 1950 with Professor Ray Law, disciple of Prof. Henry Okazaki and co-founder of the American Judo and Jujitsu Federation.

He continued his martial arts training in Hawaii through the courtesy of Prof. Richard Takamoto, son-in-law and student of Prof. Henry Okazaki. On the mainland, he learned from various instructors, styles, and systems.

In 1960, he was appointed Southeastern Regional Director by the AJJF, and was appointed to the Board of Directors in 1962.

He organized the Kodenkan Karate Association in 1968 in eight states on the mainland, and in 1971 consolidated all of the activities of the Kodenkan Karate Association and the Southeastern Region of the AJJF.

On February 1, 1971, He incorporated the Hawaiian Jiu-Jitsu System and established the national headquarters in Jacksonville, Florida.

Prof. Beach is ranked as a Judan, 10th Degree Black Belt, in the Hawaiian Jiu-Jitsu System, Inc., a Godan (Professor) with the Kodenkan Karate Association, and a Godan (Professor) in Tang Soo Do Karate.

Professor Beach is presently active in development, and special programs for the *Hawaiian Jiu-Jitsu System, Inc.*, including Law Enforcement Defensive Tactics, Submission and Control, Loss Prevention and Risk Management for law enforcement officers and agencies.

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## Reunion 2009

Mark your calendars. If you haven't started making plans to be a part of the Shoshin Ryu reunion for 2009, start today!

We will be at the Marriott in Pleasanton, California, on Friday, September 4, until Sunday, September 6.

This year's reunion will be hosted by Amador Judo and Jujitsu. If it turns out to be anything like the last event they did, you will not want to miss it. (See the flyer on page four)

# What if They Threw a Party and No One Came?

By

Wm. M. Fischer, Prof.

I recently received an e-mail from a Danzan Ryu black belt who had just read the Ohana 2010 website and commented on the fact that Professor Chubb and I were dubbed the “founders” of Ohana. He pointed out that input and contributions were made by several others, including Prof. Joe Holck, Prof. Carl Beaver and himself. As I had not participated in the writing of the Ohana History, I went to the website and read it. It was a month ago but I believe comment is in order.

There needs to be a distinction drawn between the Ohana concept and the hosting of the first Ohana weekend in 1990, albeit this is really a minor point. It was common knowledge that the major Danzan Ryu organizations in the United States had, for the most part, kept to themselves for decades. The occasional guest from another organization might be invited to an annual convention or to a dojo for a ceremony, but this was the exception and not the rule. There were wounds caused by organizations splitting up and going their own way, and those wounds needed healing.

This observation was made by many over the years. Prof. Holck was very vocal about it and his extending the hand of ‘ohana’ and ‘kokua’ in the early and mid-1980’s to Shoshin Ryu, in a very real way, demonstrated that organizations could work together without the world ending or some other catastrophe. Shoshin Ryu, being the new kid on the block in the mid 80’s, began to seek contact with other groups, most notably the American Jujitsu Institute of Hawaii and Jujitsu America. At the same time, we made contact with Prof. Carl Beaver who had retired to Fort Mohave, Arizona and resurrected his fervor for teaching the Danzan Ryu arts. Still, the concept, the potential for a nationwide coming-together, had not yet actualized.

In 1988, Prof. Chubb, (then) sensei Roger Medlen and I were coming back from teaching self-defense to nurses (a very enjoyable gig) at Mission Hospital in Mission Viejo, CA. Someone commented on the fact that 1990 would be the 100<sup>th</sup> anniversary of the birth of Prof. Okazaki. It was actually Roger (who was well known for wild ideas of all kinds), who said, “Wouldn’t it be great if we could get all of the organizations together in one spot for that?” After responding along the lines of “yeah-right-sure,” the car was quiet for a couple minutes (except that one could almost hear the wheels turning in each head). I think I was the one who eventually said, “Why couldn’t we?” And, off to the races we went. Two years later, Shoshin Ryu hosted the first Ohana weekend in Irvine. It was universally heralded as a success, with Ohana celebrations at two or three year intervals since then.

As I mentioned earlier, who came up with the concept or even who made it a reality is really a minor point. What matters is the result—the coming together of all branches of this great family in a spirit of sharing, celebration of our roots and recognition of those senseis who have passed along the Danzan tradition as if it were a jewel in satin. Our students enjoyed the unique opportunity of training with the legends and giants of the system, most of whom are no longer with us. However, it could not have happened without the unselfish commitment of the organizations who lent their support to the concept and participated wholeheartedly. Ohana, without the family, is the epitome of one hand clapping.

Those of us who became part of making the Ohana weekend a reality do not need accolades or to be called ‘founders.’ As I commented before, being at Ohana ’90 was like ‘being on the 50 yard line at Lourdes, watching miracles happen.’ I saw white belts meeting members of the Okazaki family and the ultimate “instructor of instructors,” Prof. Juan Gomez; training with the likes of Profs. Tony Gonzales, Jack Wheat, Wally Jay, Lamar Fisher, Joe Holck, Bill Beach, Charlie Lee, David Nuuhiwa, Willy Cahill, Sig Kufferath and others too numerous to mention. I saw mudansha and yudansha alike hanging on every story of Profs. Beaver, Limbago, Nelson, and many more. Watching each subsequent weekend develop, and each organization hosting it, is more than enough reward for anyone.

# Shoshin Ryu Yudanshakai Reunion 2009

September 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>, 2009  
at the  
Pleasanton Marriott

11950 Dublin Canyon Blvd., Pleasanton,  
California  
(925) 847-6000

Room Rates are \$79.00 per night  
Tell them you are from Shoshin Ryu

It is going to be a great time, be sure you  
are part of the excitement.

Sumo, Freestyle, and Kata contests,  
Clinics, and so much more!

## Black Belt Profile

**Name:** Jaren Lambert

**Rank:** Shodan

**Dojo:** where my dad is.

**Number of years practicing the martial arts:**

Twenty-seven, but with time off and such it's probably closer to fifteen or sixteen years.

**Styles studied:** Only Jujitsu

**Favorite book:** *Along came a spider* by James Patterson

**Favorte ice cream flavor:** Mint chip

**Favorite food:** Italian, Mexican, Japanese, you name it, I'll eat it.

**Favorite Movie:** *Star Wars*, all six.

**Favorite actor:** Don't have one

**Favorite actress:** Don't have one

**Favorite musical artist:** Jack Johnson

**Most memorable moment in martial arts:**

Ohana '97, that was the first time I won a contest.

**Best part about practicing Danzan Ryu:**

Being able to meet new people and the discipline that it teaches you. Really though, for me it's about the camaraderie that you develop with people.

**Four famous people you would like to have dinner with:** Walt Disney, Martin Luther King

Jr., President Obama, and Pat Summit

**Biggest inspiration:** My father and my mother. They were the biggest force on me while I was growing up.

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**(Joe Montana, Continued from page 1)**

seasoned players, Jerry ran each practice pass to the goal line, even if it was eighty yards downfield, despite the fact this was not the expectation of this specific drill. Other players caught the pass, dropped the ball where they stood, and then took their place back in line; Jerry ran the pass for a "touchdown" each time. When asked why he did this, he replied, "Catching the ball doesn't win the game if I don't make it across the goal line." In a matter of weeks, all the 49ers wide receivers ran the ball to the goal during practice. Then other players followed suit by enhancing their

practice routines. Then the team started winning Super Bowls.

Of course, football is a game, and at the professional level, a well paying, entertaining game. However, Joe's description of how he, Jerry, and his team trained as if they were in the game to win instead of participating in a training session struck a cord with me. As martial artists, we train for a number of reasons: fitness, discipline, camaraderie, and to sharpen our minds; but we also train to defend ourselves when needed. If I were to ask myself, "What else would I change if I had a second chance to train from the beginning? What would I do differently?" I would answer I would focus on each technique as if it needed to be perfect, that some day I may depend on my expertise with that technique to save my life or the life of someone dear to me. I would still enjoy the camaraderie I feel on the mat with my fellow Jujitsuka, and bandy about the occasional joke; but I would not let training routine dull my need to achieve the best result from each technique attempted.

Please do not read my suggestion as a need to sacrifice control and safety for a need to train hard; nor read it as a license to ignore Sensei when the command "Matte!" is given while a technique is being attempted. Read it as a need to focus and strive for perfection each time you step on the mat. Jerry Rice practiced winning by treating each training exercise like a live football game; we can practice defense by treating each class like an opportunity to make every effort to reach excellence. We all hear this from our Sensei's; perhaps it refreshes our memories if we hear it from a celebrity.

If I had a chance to do it all over again, I would train each and every time as if my life depended on the result of that training. And it is never too late to start!

**"Hard training, easy combat; easy training, hard combat"**

-Alexander Suvorov, Russian General 1729 - 1800