

# Shoshin Ryu Yudanshakai Newsletter

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## On The Road Again

by

Myron Dickson

It started with a phone conversation between Prof. Jon Jacques and his mentor, Prof. Mike Chubb. The good professor casually mentioned to Chubb that he was taking some time off from work and was planning to visit Prof. Steve McMillan in Phoenix, Arizona. Prof. Chubb, always alert to the possibility of visiting former students, asked if he could tag along. It was agreed upon that Sensei Jacques would come to Boulder City on Thursday, June 4, and attend the evening class at the Boulder City Jujitsu Club Dojo, spend the night at the Chubb Estate and leave for Phoenix the next morning, after a leisurely breakfast, in Jon's new Chevy pick-up truck.

Two weeks out from the appointed date, Chubb called Jacques and asked if his son, Chris, could be included in the excursion. Prof. Jacques said, "Yes" with the caveat that his truck was an "extended cab" model and that it might be a little uncomfortable to the rider assigned to the back seat.

Chubb, ever the sociable animal, mentioned the trip to his twin brother, Dave, of the upcoming adventure and asked if it held any interest for him. Dave, already familiar with the participants at both ends of the trip, readily accepted.

In the meantime, a clinic was scheduled for the weekend so that the visit from both Profs. Chubb and Jacques could be utilized to its fullest. Tom Borr, current sensei of the Shoshin-ryu of Arizona dojo, sought and received permission to use the Mesa YMCA for the clinic and invitations went out to anyone interested. As the date neared it was learned that Shihans Dave Parker and Steve Herzog, along with Sensei Irene Swanson, all from Tucson, might also be attending.

On the morning of departure from Boulder City, Prof. Dave offered the use of his vehicle, a 2009 Toyota Camry, for the trip. The four musketeers stowed their gear, climbed in, buckled-up and aimed the car for the home of the ASU Sun Devils. It should be mentioned here that Prof. Jacques brought enough snacks with him from California to outfit half a dozen 7-11's. This is important because, throughout the four and one-half hour trip, Prof. Jacques would insinuate that his sensei was trying to starve him. In a gesture of goodwill the group stopped at Carl's Jr. in Kingman, Arizona for lunch.

After arriving at the hotel the foursome awaited contact with Prof. McMillan. Our weekend host finally made his appearance and chauffeured us in his Hyundai sedan to the Ming Camp Restaurant, in the shadow of the Superstition Mountains, where everyone over-indulged on beef ribs, beans and coleslaw. Needless to say, the ride back to the hotel was somewhat uncomfortable in several respects.

The following day Saturday, June 5, they gathered at the YMCA for a lively workout. In attendance was Sensei Tom Borr, Profs. McMillan and Roger Medlen, black-belters Brian Skow, (See **On the Road**, continued on page **Three**)

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## Danzan Ryu Hall of Fame

**Professor John Congistre**  
**Inducted 2003**

**Professor John Congistre, Judan**, began his martial arts training in 1952 with Professor Ray Law in Oakland, California, and practiced there until the dojo closed in 1969.

His martial arts training includes Judo, Karate, Kendo, and massage. His education includes a Bachelor's Degree from the University of California Berkeley, and a Master's Degree from the University of Santa Clara. Professor Congistre is employed as a senior design engineer and is a retired Air Force Reserve Lt. Colonel. He is married to Cathy Congistre and has two children and three grandchildren. He spends his spare time teaching martial arts, traveling, judging kata tournaments, skiing, hiking, biking, and enjoying his family.

In 2009 the AJJF promoted Professor Congistre to the rank of Kudan and made him part of the Senior Professor's Council along with Professor Jane Carr. Along with that duty he is also the Treasurer and CFO of the AJJF. Shoshin Ryu Yudanshakai recognizes Professor Congistre's Kudan degree and has made him a life member.

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### Words of Wisdom

“Better to light one small candle than to curse the darkness.” - *Chinese Proverb*

"The important thing is not to stop questioning. Curiosity has its own reason for existing."  
- *Albert Einstein*

“Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue.” - *Buddha*

“If at first you don't succeed, skydiving is probably not for you.” - *Unknown*

## Retiring from the Shoshin Ryu Yudanshakai Board of Directors

by  
Prof. Jon Jacques

It was back in 2003 that I was approached along with seven other candidates to assume the responsibilities of Director for Shoshin Ryu Yudanshakai. I, along with the others was not sure about accepting this huge responsibility. In the meeting were Bryan Stanley, Steve McMillan, Roger Medlan, Owen Gallagher, Barry Posner, Kevin Dalrymple, and myself.

The original members of the Board of Directors present were Prof. Mike Chubb, Prof. Bill Fischer, Prof. Clyde Zimmerman, and Prof. James DeHaven. They said that it was time to pass the torch. They had been serving the Ryu since 1990 and unofficially long before that time. They believed that bringing in fresh members would help extend the life of the organization and set the direction for the future of Shoshin Ryu Yudanshakai.

Of the original seven, six accepted the challenge and began a journey of learning and exploration of trying to support the member schools and individual members of Shoshin Ryu Yudanshakai. It took many calls and the patience and support of the previous members to get started on this path. We made some mistakes, but learned from them and moved forward.

One of our first decisions was whether to continue to support the Ohana celebration and how much time and resources we would devote to this endeavor. We opted to support and eventually host the Ohana celebration in 2010. This meant many hours of reaching out to functional and titular heads of the various Danzan organizations. Sometimes we would travel many miles to attend clinics and functions of these Danzan organizations.

We believed that the road to Ohana was not paved with good intentions; but with interaction and mutual respect for the people studying and promulgating the arts handed down by Professor Henry S. Okazaki. Many of us sacrificed our time, money, and resources to support our idea that the Ohana celebration (See **Retiring**, on page **THREE**)

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Ben and Dan Wilson, and brown-belter Laura Hicks. Shihans Steve Herzog, Dave Parker, and his lovely wife, Ruth, along with son, Josh, Sensei Irene Swanson, Angelica Uribe, Shihan Dave Heacock and brown-belter Jay Hillman, all from the Tucson area, participated in the 2-1/2 hour workout. This was followed immediately by invitations to all to take advantage of massage therapists Dan Wilson and Brian Skow for any physical discomforts. The extended group then packed up and headed for the local Chicago Pizza for lunch and stimulating conversation. Prof. Chubb later commented that he was greatly humbled by the participation of the Tucson group and looked forward to seeing them again in August at Ohana. He told this reporter that he personally believed Kodokan Yudanshakai produced the finest martial artists that he has had the privilege of meeting.

Our travelers were then invited to Casa McMillan for dinner (homemade burritos created by Debbie, Steve's dear wife.), and light conversation. As midnight approached the foursome bade their 'farewells' and headed back to the hotel and much-needed rest and the conclusion of a event-filled weekend.

On a sad note, Prof. Glenn Medici, of Phoenix, was unable to attend the workout as he has been recovering from an illness. We wish him a speedy recovery and look forward to his participation at Ohana.

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was a worthwhile endeavor.

Eventually through time and conflicting demands of life on the various directors, the Board shrank in size until there were only three directors left; Bryan Stanley, Kevin Dalrymple, and myself. Early in 2009 we decided that more directors needed to be added to the Board to function effectively and share some of the responsibilities. Prof. Carlos Gallegos and Sensei Steven Davis were pressed into service.

Both Carlos and Steve have learned quickly how the board operates. Steve has taken on the responsibility of spearheading Ohana 2010. This year promises to be an exceptional event. All of the various Danzan organizations (American Jujitsu Institute, Jujitsu America, Kodokan Yudanshakai, Hawaiian Jujitsu System, American Judo and Jujitsu Federation, Kodokan Danzan Ryu Jujitsu Association, and Shoshin Ryu Yudanshakai) have committed people, time, money, and resources to make it a memorable experience for the students of Danzan Ryu Jujitsu.

I would like to thank all the board members, past and present who have helped me contribute to Shoshin Ryu Yudanshakai. It has been a great journey and I have learned and grown along the way. I believe it is time to let someone younger and with a different perspective to take over my position. I will not stop continuing to support Shoshin Ryu. I just believe it is time to take a break and focus my attention on other aspects of my life. Many thanks to all members of Shoshin Ryu Yudanshakai for letting me serve our community.

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## **The Influences of Musashi's *Book of Five Rings* on Martial Arts (Part 2)**

by Michael and Christopher Chubb

Takeda learned his art in the traditional manner—handed down *kuden* (orally) by a member of his clan. As was customary for most clans, the arts had been kept secret and shown only to those in service to their *daimyo* (warlord). With the fall of the Tokugawa Shogunate in 1868, the Meiji Restoration effectively disarmed the samurai and the practice of *kuden* was no longer relevant. Many samurai, now among the unemployed, took up fighting bouts in circuses and fairs throughout the country to make a living. Some of the more skilled opened dojos and began teaching their art to the general public.

(See **MUSASHI**, continued on page **FOUR**)

## Region One Summer Kata Contest Results

These are the results from the April 24, 2010, kata contest held at the Downey YMCA.

### 5 year olds:

1 <sup>st</sup> Vada Banks	Orange YMCA
2 <sup>nd</sup> Brandon Maldonado	Orange YMCA

### 6-8 year olds – Division A:

1 <sup>st</sup> Mackenzie Davis	Orange YMCA
2 <sup>nd</sup> Katrina Lind	Orange YMCA
Ryan Wong	Orange YMCA
3 <sup>rd</sup> Sally Tan	Downey YMCA

### 6-8 year olds – Division B:

1 <sup>st</sup> Diego Marones	Orange YMCA
1 <sup>st</sup> Sam Varman	Downey YMCA
2 <sup>nd</sup> Donovan Banks	Orange YMCA

### 6-8 year olds – Division C:

1 <sup>st</sup> Garret Liad	Orange YMCA
Mike Griffith	Orange YMCA
2 <sup>nd</sup> John Scott	Orange YMCA
2 <sup>nd</sup> Sebastian Rosas	Downey YMCA

### 9-10 year olds – Division A:

1 <sup>st</sup> Cailee Taylor	Orange YMCA
2 <sup>nd</sup> Ryan Guerra	Downey YMCA
3 <sup>rd</sup> Adam Hasin	Orange YMCA

### 9-10 year olds – Division B:

1 <sup>st</sup> Timothy Townsend	Orange YMCA
Mark Velasquez	Orange YMCA
2 <sup>nd</sup> Armisael Ramirez	Downey YMCA
3 <sup>rd</sup> Anthony Urrea	South Coast YMCA

### 9-10 year olds – Division C:

1 <sup>st</sup> Kaylene Davis	Orange YMCA
2 <sup>nd</sup> Gabrielle Logan	South Coast YMCA
Lily Fischer	South Coast YMCA
3 <sup>rd</sup> Lu Moran	Downey YMCA
William Tan	Downey YMCA

### 11-12 year olds:

1 <sup>st</sup> Lidia Rios	Downey YMCA
Ericka Martinez	Downey YMCA
2 <sup>nd</sup> Alex Morgenstern	South Coast YMCA
Michael Logan	South Coast YMCA
3 <sup>rd</sup> Mark Romero	Downey YMCA

### 13-15 year olds:

1 <sup>st</sup> Stacy Rios	Downey YMCA
Daniel Romero	Downey YMCA
2 <sup>nd</sup> Joel Moran	Downey YMCA
Steve Duran	Downey YMCA
3 <sup>rd</sup> Enrique Urrea	Downey YMCA

### Adult Division:

1 <sup>st</sup> Ivan Pedraza	Downey YMCA
Carlos Moran	Downey YMCA

### Black Belt:

1 <sup>st</sup> Michael Mares	Downey YMCA
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(MUSASHI, Continued from page **THREE**)

Strictly speaking, Takeda's primary art was Itto-ryu *kenjutsu* (sword art), a particularly strong style of swordsmanship. Weaponless defense was always considered a secondary skill but it was encouraged as an adjunct to the daily training among the samurai. Takeda's Aikijujutsu, however, was an extremely effective form of unarmed combat and closely guarded as a clan treasure.

Although Takeda lived after the era of the samurai he trained rigorously in both Itto-ryu and Daito-ryu Aikijujutsu, eventually mastering both arts. Many of the stances, pivots, and movements of Itto-ryu are clearly present in the *jujutsu* (gentle art) of Daito-ryu and form the basis of many of its foundational techniques. It was said that Takeda's skill with his art against all opponents bordered on phenomenal, even though he was only four-foot seven-inches tall. Just as with Miyamoto Musashi he, too, never lost an encounter.

Musashi's influence on the arts of Daito-ryu may not be visibly apparent as it had more to do with the **application** of his techniques than the **appearance** of the techniques within the syllabus. This is vividly demonstrated in the Daito-ryu technique called *Ikkajo* (First Principle). (See **MUSASHI**, continued on page **FIVE**)

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The principle, both a method of defending against a downward strike to the head (with or without a weapon) and a strategy of application best described as an “all or nothing” response. The “all or nothing” response is identical to the human body’s reaction to various external stimuli. This is also mirrored in Nature as the phenomenon known as “fight or flight.” Within the martial arts, it is “act” rather than “react.” Simply, it is the simultaneous application of Musashi’s two mantras: “Fight to win” and “Hit first; hit hard.” Even today, the universal application of this most basic tenet of defensive tactics is revealed in the myriad of Women’s Self-Defense clinics offered each year. The lesson to be learned: Are you worth protecting? Are you willing to fight?

Musashi’s influence in martial ways was also demonstrated during the latter days of World War II. The *Kamikazis* (Devine Wind) of the Royal Japanese Air Force repeatedly demonstrated his strategy of *sutemi* (self-abandonment) to gain the ultimate victory. This, of course, was taking things to the extreme, a not too unfamiliar occurrence throughout history when others embrace a celebrity’s dogma.

Fortunately, Musashi’s legacy has influenced the martial arts in a positive way from one corner of the world to the other. At their most basic level, the martial arts are nothing more than ways to prevent someone from harming or killing you. At their most lofty, the martial arts simultaneously provide a path to self-perfection and the expression of beauty, albeit physical. Therefore, a martial artist must be both philosopher and artist. He must learn the traditions, theories, principles, laws and techniques upon which martial artistry is governed. He must then practice them with passion and discipline, as the Musashi of old, if he is to master his art and his life.

Book of Five Rings is the definitive treatise on swordsmanship and battle strategy. Yet, the lessons taught in that book transcend mere *budo* (warrior way) and are as applicable today in boardrooms across the world as they were in the *dojo* (training hall) in the 1600s. It has been studied endlessly by businessmen for its insight into the Japanese approach to business strategy similar to how the Art of War is studied for its own insight. "The book analyzes the process of struggle and mastery over conflict that underlies every level of human interactions" (Book of Five Rings, back cover). For proof of its efficacy one only has to consider its birthplace: Japan. Once a small island country, protected from the influences of modernization, owing in no small part to self-imposed isolation and with little or no technological power, has become a powerful force in world trade, second only to the United States of America.

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## Ohana 2010 UPDATE

Since this is the last newsletter before Ohana 2010, this is my last chance to yell at you to get your rooms and get your registration sent in. “GET YOUR ROOMS AND GET YOUR REGISTRATION SENT IN!”

Ohana 2010 is going to be a blast. Don’t miss the clinics, the contest, the banquet, and the special guests. This is going to be a memorable event and you will want to be there.

Make sure you get your room as soon as possible, the hotel is filling up, and that is not just me trying to feed your paranoia.

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## Yudansha Notes

### Our Hearts and Thoughts...

Our hearts and thoughts go out to the Collyer family. Bud Collyer’s son Kelly drown in April in a diving accident in Palos Verdes. Apparently he was freediving and became stuck in kelp and drown.

### Congratulations

Tom Ball and John Congistre both received their Judan from the AJJF during the AJJF Convention. Congratulations to them both.