

Shoshin Ryu Yudanshakai Newsletter

November/December 2010

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Fightin' Songs

By

Bryan Stanley

"I came here to drink, and I came here to fight. I'm all out of beer so let's take it outside."

Those are some fighting words. They come from a song by Mike Herrera's Tumbledown called "Came here to Fight." When we think about fight songs, it usually brings to mind "Fight on!" by the USC band or the "Notre Dame Victory March." Those are inspirational songs that tell us not to quit and to keep going in the face of adversity. Those are not "fightin'" songs.

A "fightin'" song is about throwing punches and tasting your own blood. They are full of broken bottles, switchblade knives, and kicks to the stomach. It takes a wordsmith to create a "fightin'" song.

Right off the bat "Saturday Night's All right for Fighting" and "Ballroom Blitz" are out. Neither of those two songs have a lyric about fighting. Not really anyway. "Ballroom Blitz" does have the lyric "And the man in the back said everyone attack and it turned into a ballroom blitz." The word "Attack" means fight in that context, but the fight, if there is one, is non-existent.

"Gimmie Three Steps" by Lynryd Skynyrd is close. It has the lyric "Well the crowd cleared away, and I began to pray, as the water fell on the floor. And I'm telling you son, well, it ain't no fun, staring straight down a forty-four." The song is about a man who almost gets in a fight. Well, he almost gets shot. Which is pretty close to a fight, at least for the guy holding the gun.

Of course a song like "Kung Fu Fighting" is about fighting. It is even a martial arts song. Well, it is not, really. It does have references to martial arts techniques, but it does not say much about fighting, at least not in the classic sense. "There were funky China men/ From funky China town/They were chopping them up/They were chopping them down/It's an ancient Chinese art/And everybody knew their part/From a fainting to a snip/And a kick in from the hip"

That's about it. Sure Carl Douglas sings says a lot of "HAA!" and "HO!" but "Kung Fu Fighting" does not have much to do with fighting. Carl Douglas's song along with the television show *Kung Fu* both came out in the early seventies. In a way they created a surge in the study of martial arts. Campy as the song is, it has a certain innocence to it. Sadly it is like most of the music that came out of the 1970s, really bad and utterly forgettable. Does anyone remember "Disco Duck"? I digress. And I rest my case.

Perhaps the best band for near fightin' songs is Limp Bizkit. Songs like "Break Stuff," "Head for the Barricade," and "9 teen 90 nine," all allude to fighting. They have lyrics such as "I'll break your ***** face tonight" and "Fight! Fight!" The song "9 teen 90 nine" mentions Ken Shamrock; what the lyric says about him is not very flattering.

Still it seems that Limp Bizkit is more interested in trying to get other people to fight and be violent than they are in describing an actual fight. Encouraging people to fight is not the same as (See "**Fightin' Songs**" on page **FOUR**)

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Corrections

Nothing annoys me more as editor of the Shoshin Ryu Yudanshakai Newsletter than when as the writer I make stupid mistakes.

I made two of them in the last newsletter.

For the first one, the Ohana story should have said, “**Randy Carrasco** did a kata that had been created by Professor David Nuuhiwa that had rolls into back kicks, slow power moves, and flurries of strikes.”

I sat and watched the karate kata contest. I just figured that when I wrote about it I would write that **Randy Carrasco** did that kata not George Arrington. George Arrington did a different kata.

The second error had to do with sloppy reporting. The writer needs to check spelling. Yes, and so do editors, so I’m partially to blame, but the writer gets the other half.

The writer wrote that **Sensei Ester Izumi Takamoto** was inducted into the Danzan Ryu Hall of Fame. Her name is spelled **Esther Azumi Takamoto**. The first rule of reporting is check your facts. The writer did not do it.

The editor and writer of the Shoshin Ryu Yudanshakai Newsletter would like to extend a heartfelt apology for those two errors.

I would like to say that no more errors will occur in the newsletter, but undisciplined writers and sloppy editors are going to make mistakes from time to time.

Words of Wisdom

“You were not born a winner, and you were not born a loser. You are what you make yourself be.” -- *Lou Holtz*

“Remember, if you ever need a helping hand, you'll find one at the end of your arm. As you grow older, you will discover that you have two hands: one for helping yourself, the other for helping others.” -- *Audrey Hepburn*

“Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.” – *Anonymous*

“Failure is delay, not defeat.” – *William Ward*

Danzan Ryu Hall of Fame

Sensei Bernice Jay Inducted 2003

Sensei Bernice Jay was born on the Big Island of Hawaii on January 11, 1923. Her mother was of English-Hawaiian ancestry and her father was of Chinese descent. She had five siblings, three brothers and two sisters.

As a child, she learned Hawaiian Lomilomi massage from her Great Aunt Maile Moku, she was Sensei Jay's grandmother's sister and a full blooded Hawaiian.

In school, Sensei Jay was very active in sports. She participated in softball, basketball, volleyball, tennis and badminton. In the middle of high school, she moved to Honolulu and entered Farrington High School where she graduated in 1941. She married Wally Jay on June 7, 1941, in Pearl City.

Sensei Jay began her studies in the martial arts in 1944. "I wanted to be involved so I could learn what Wally was doing and talking about. I started learning jujitsu from Wally and Tony Gonzales. I also learned from Moon Watanabe who specialized in Kodokan Judo." She studied Judo and jujutsu from Jerry Tarutani at the Palama Settlement. She also learned "chokes" from Wallace Takabayashi.

She received her Shodan in 1947 and her Nidan in 1949. "Professor Okazaki did all my promotions except my Sandan." She stated, "I was awarded my black belt just in time to go to the special class that Professor Okazaki taught every ten years. There is a picture of me with the scroll Professor Okazaki gave me."

Professor Okazaki trained Sensei Jay in Seifukujutsu. When a young boy named John Noah was stricken with polio, Professor Okazaki showed her how to massage him. This way, Sensei Jay could treat him when Professor Okazaki was not available. She took John to see Professor Okazaki on a regular basis for two years. "That is when I learned Seifukujutsu," she said. (See “**Hall of Fame**” on page **FOUR**)

The Aloha Spirit

By
Professor Glenn Medici
Kodenkan of Phoenix, Mainland

“Honoring the past, shaping the future” was the theme of the recent 2010 Ohana gathering in Anaheim, hosted by Shoshin Ryu. The theme was prevalent throughout the entire Four-day event. My sincerest compliments to Shoshin Ryu’s leadership for their great display of the Aloha Spirit.

Aloha Spirit is often talked about, but do we really understand what it means? It is intangible. Because of this, not everybody fully understands just what it is. It is an energy best used constantly in our daily lives without expecting acknowledgements or accolades. It is a living example of the Esoteric Principles of Professor H. Seishiro Okazaki.

The Aloha Spirit is a well-known reference to the attitude of friendly acceptance for which the Hawaiian Islands are so famous. However, it also refers to a powerful way to resolve any problem, accomplish any goal, and achieve any state of mind or body that you might desire.

In the Hawaiian language, *aloha* stands for much more than just "hello" or "goodbye" or "love." Its deeper meaning is "the joyful (*oha*) sharing (*alo*) of life energy (*ha*) in the present (*alo*)."

The Spirit of Aloha is magical! As you share this energy you become attuned to the divine power that the Hawaiians call *mana* and the Asian cultures and martial artists call *ki* or *chi*. The loving use of this incredible power is the secret for attaining true health, happiness, prosperity, and success.

The way to tune into this power and have it work for you is incredibly simple. It is so simple that you might be tempted to pass it off as being too easy to be true. Please don't let yourself be fooled by such appearances.

This is the most powerful technique in the world. Although it is extremely simple, it may not prove easy to use. To build skill in using this energy, you need to **remember** to use it and do so frequently.

(See “The Aloha Spirit” on page FIVE)

Ask the Doctor

“Concussions”

By Dr. Rich Charlebois

In November of 2008, the International Conference on Concussion in Sport issued a “Consensus Statement on Concussion in Sport” that has important implications to our martial art. The statement and guidelines were published in the Journal of Athletic Training, last year:

http://www.biacolorado.org/files/zurich_paper.pdf

The journal article is very readable, however, portions of it are technical and intended for physicians or athletic trainers. It should still be reviewed by anyone responsible for the safety of students practicing judo or jujitsu. In summary, the guidelines recommend:

Identifying a concussed athlete

A concussion is defined as a complex brain injury caused by traumatic bio-mechanical forces. The trauma can be a direct blow to the head, however, the injuring force can just as easily be a blow to another part of the body that transfers energy or force to the head secondarily, such as an awkward, hard fall on the mat. The symptoms caused by this brain injury can vary from complete loss of consciousness to far more subtle abnormalities that require a high degree of vigilance on the part of the sensei or referee to identify.

To be sure, the evaluation and treatment of an unconscious student should follow recognized Basic Life Support and First Aid guidelines. Less obviously, students with a concussion can display any combination of the following symptoms: headache; neck pain; confusion; delay answering questions; a decline in coordination; weakness; numbness; poor balance; behavioral changes such as anger, sadness, rage; drowsiness; blurred vision; sensitivity to light or noise; feeling "foggy"; feeling slowed down, or simply "not feeling right."

(See “Concussions,” on page SIX)

(“**Fightin’ Songs**” from page ONE)

a song about fighting. Encouraging people to fight is similar to what the USC and Notre Dame marching bands do every Saturday in the fall.

Which leads to another problem, many songs permeate our culture that tell about how someone used violence or violent behavior. A few that come to mind are “Cop Killer,” “Boyz in the Hood,” “Let’s Start a War,” and “Someone’s Gonna Get Their Ass Kicked Tonight.” Those songs appeal to the lowest common denominator. They are about people using violence. They are not fightin’ songs.

Fightin’ songs are good fun.

Violence songs are...well...violent.

An example of a fightin’ song is “Bad, Bad Leroy Brown” by Jim Croce. If you don’t know the song, Leroy is a man’s man. He is about as big and tough a guy as the world has ever known. All the men call him “Sir.” Then one day Leroy meets a woman in a bar. They start to flirt. Turns out the woman is married to a jealous man.

What happens next is a classic fightin’ song. “Well the two men took to fightin’, and when they pulled them from the floor, Leroy looked like a jigsaw puzzle with a couple of pieces gone.” Does Jim Croce have to fill in the blanks? No. Because he already told us that Leroy Brown is the baddest man in the whole damn town. He’s badder than ol’ King Kong. He’s meaner than a junkyard dog.

Leroy Brown lost that fight. It must have been a doozy. Our hats go off to the unnamed man who beat him up.

Two things about good fightin’ songs, One, they always take place in bars. Which then leads to another issue, it seems that drinking and fighting go hand in hand. Both show bad judgment which, in a way, is like two negatives making a positive. It does not take a chemist to understand that alcohol and testosterone are a dangerous combination.

The second thing about a good fightin’ song is that it tells a story. A good fightin’ song has sequence of events. Something led the characters to the fight. They do not do it just for the sake of getting into a fight.

Johnny Cash sang the best fightin’ song ever. “A Boy Named Sue” was written by children’s story author Shel Silverstein and has all the elements of the classic fightin’ song: a bar, alcohol, weapons, blood, biting, kicking, punching, you name it.

Silverstein created two characters, one that we know, Sue, and one that we do not, Sue’s father. Sue is like us, full of insecurity and confusion. The father is just mean, at least from Sue’s perspective. We find Sue wandering around the United States looking for the “Mangy dog that named him Sue.” The climax of the story occurs when the two men meet up. What happens next is the best fight in musical history:

(See “**Fightin’ Songs**” on page **SIX**)

(“**Hall of Fame**”, from page **TWO**)

The Jay family moved to Oakland on December 31, 1950. In the 1950's, Sensei Bernice Jay was busy raising small children but found enough time to volunteer at the Kaiser Hospital in Oakland. She studied electronics and went to work as an assembler and an instructor for the Seven-up Bottling Company. She later worked for E-H International. She also taught jujutsu classes when Professor Wally Jay was out of town.

Sensei Bernice and Professor Wally Jay have four children. They also have five grandchildren and two great grandchildren. These days, Sensei Jay enjoys reading and spending time with her family. She is slowly teaching a granddaughter the ancient Hawaiian Lomilomi and Professor Okazaki's Seifukujutsu.



(“**The Aloha Spirit**” from page **THREE**)

The secret that resides in the Spirit of Aloha has been given to humanity over and over again. In the Aloha Spirit here it is once more, given to us in yet another form. The secret is this:

Bless everyone and everything that represents what you want!

That's all there is to it. Of course, anything that simple can certainly use some explanation.

To bless something means to give recognition or emphasis to a positive quality, characteristic or condition. The intent of this is that what is recognized or emphasized will increase, endure, or come into being.

Blessings are effective in changing your life or getting what you want. They work for three important reasons: First of all, they focus your mind positively. The positive focus of your mind stirs up the positive, creative force/power of the Universe. Secondly, blessings move your own energy outward, allowing more of the power to come through you. Thirdly, when you bless for the benefit of others instead of for yourself, you tend to bypass any subconscious fears about what you want. These subconscious fears are more apt to be there when the blessing is for oneself. In addition, the very focus on the blessing acts to increase the same good that you wished for others, in your own life. What is so beautiful about this process is that the blessing you invoke for others helps them, along with helping you!

Blessings may be done with imagery or with touch. However, the most usual and easy way to do a blessing is with words. The main kinds of verbal blessing are:

Admiration - This is the giving of compliments or praise to something good that you notice. For example, "What a nice sunset." "I like that dress." "You're so much fun."

Affirmation - This is a specific statement of blessing for increase or endurance. For example, "I bless the beauty of this tree." "Blessed be the health of your body."

Appreciation - This is an expression of gratitude that something good exists or has happened. For example, "Thank you, God, for helping me." "I give thanks to the rain for nourishing the land."

Anticipation - This is blessing for the future. For example, "We're going to have a great picnic." "I bless your increased income." "Thank you for my perfect mate." "I wish you a happy journey" "May the wind be always at your back."

In order to gain the most benefit from blessing, it is important to eliminate the one thing that negates blessing. The event that negates blessing is cursing.

The cursing that I refer to doesn't mean swearing or saying "bad" words. It refers to the opposite of blessing; namely, criticizing instead of admiring; doubting instead of affirming; blaming instead of appreciating; and worrying instead of anticipating with trust. Whenever any of these negative actions are done, they tend to cancel out some of the effects of blessing. So, the more you curse, the harder it will be – and the longer it will take – to get the good from a blessing. On the other hand, the more you bless, the less harm any cursing will do!

Here, then, are some ideas for blessing various needs and desires:

Health – You might bless healthy people, animals, and even plants; everything which is well made or well constructed; and everything that expresses abundant energy.

Happiness – You could bless all that is good, or the good that is in all people and all things; all the signs of happiness that you see, hear or feel in people or animals; and all potentials for happiness that you notice around you.

Prosperity – You might choose to bless all the signs of prosperity in your environment, including everything that money helped to make or do; all the money that you have in any form; and all the money that circulates in the world.

Success – You may want to bless all signs of achievement and completion (such as buildings, bridges, and sports events); all arrivals at destinations (of ships, planes, trains, cars and people); all signs of forward movement or persistence; and all signs of enjoyment or fun.

(See “**The Aloha Spirit**” on page)

(“**Concussions**” from page **THREE**)

Initial mat-side management

Any student who has suffered a concussion should be immediately removed from play. There are no exceptions. Absolutely no one with a concussion, not even a mild concussion, should return to play the same day at all. The athlete should be assessed immediately, and should not be left alone. If the athlete continues to have signs or symptoms of concussion, or worsens over time, appropriate referral to the Emergency Room should occur immediately.

Instructions to the Athlete, or parent

Even if the athlete rapidly improves, he should be instructed to follow up with his physician for medical clearance to return to play. The athlete should not be allowed to drive home. The athlete should be encouraged to have complete physical and cognitive rest for at least the first 24 hours after injury. I usually tell my patients during this recovery phase that if they aren't bored, they're doing too much. Instruct them to watch no television, do no puzzles, do no work.

Mounting evidence indicates that cognitive or physical exertion prolong recovery time, and may increase the risk of long term consequences from the concussion.

In addition, concussed athletes should refrain from alcohol, or sleeping pills. Treat pain with acetaminophen, not anti-inflammatories such as ibuprofen, aspirin, or naproxen. The athlete should be awakened every couple of hours overnight to assure responsiveness. If the concussed athlete is worsening--changing behavior, vomiting, increasing dizziness, worsening headache, double vision, less arousal--he should be taken to the ER immediately.

Return to Play

As noted above, absolutely no one returns to play the same day. The guidelines recommend a staged return to activity involving six steps, with a minimum of 24 hours spent at each step resulting in a concussed athlete returning to play about a week after becoming symptom free.

For example:

1. rest until the athlete is symptom free (physical and cognitive rest)
2. light aerobic exercise (walking, bicycling, swimming)
3. sport-specific exercise (conditioning drills)

(See “**Concussions**” on page **TEN**)

(“**Fightin’ Songs**” from page **FOUR**)

“Well, I hit him hard right between the eyes
And he went down, but to my surprise,
He come up with a knife and cut off a piece of my ear.
But I busted a chair right across his teeth
And we crashed through the wall and into the street
Kicking and a' gouging in the mud and the blood and the beer.

I tell ya, I've fought tougher men
But I really can't remember when,
He kicked like a mule and he bit like a crocodile.
I heard him laugh and then I heard him cuss,
He went for his gun and I pulled mine first,
He stood there lookin' at me and I saw him smile.”

Where Jim Croce did not tell us how Leroy Brown lost his fight, Johnny Cash takes us into the brawl. We are there with Sue and Sue’s father. We know what that fight feels like, smells like, and tastes like. We experience it right along with them.

Now that is a fightin’ song.

Hachiro Okazaki

Hachiro Okazaki passed away the week of September 6, 2010, without pain and in the presence of his loving family.

The following from his obituary posted in the Honolulu Star-Advertiser on September 22, 2010:

Hachiro Okazaki, age 88, was born on January 7, 1922, in Hilo, Hawaii.

He married Ruth Hifumi Suzuki in 1943. They had three children, four grandchildren, and two great-grandchildren.

Following in his father's footsteps (the late Professor Henry Seishiro Okazaki), he became a massage therapist and the proprietor of Nikko Restoration Massage. As a massage therapist, Hachiro, helped countless people with their health problems. Included among his patients were President Lyndon B. Johnson and Governor John A. Burns. As a young man, Hachiro learned Judo and Jujitsu from his father and became a very accomplished Judoka.

In the last three years of his life, as he was battling life threatening illnesses, he was truly blessed by the care of his three children and their families. Every desire and even "whim" was granted. In addition to his children, Hachiro was also blessed by having caregivers Ana, Nesi, and Nonga who really looked after him in many ways. They were always patient and handled him gently and lovingly. He was truly fortunate to have had such priceless loving care from all.

In addition to his immediate family, he is survived by sister Irene (Hideki) Nakamura, two sisters-in-law Jeanette Okazaki and Jean Okazaki of Gardena, CA, and nieces, nephews, and numerous cousins.

Hachiro lived life to its fullest. We will miss him.



("The Aloha Spirit" from page FIVE)

Confidence – You might bless all signs of confidence in people and animals; all signs of strength in people, animals and objects (including steel and concrete); all signs of stability (like mountains and tall trees); and all signs of purposeful power (including big machines, power lines).

Love and Friendship – You might decide to bless all signs of caring and nurturing, compassion and support; all harmonious relationships in nature and architecture; everything that is connected to or gently touching something else; all signs of cooperation, as in games or work; and all signs of laughter and fun.

Inner Peace – You could bless all signs of quietness, calmness, tranquility, and serenity (such as quiet water or still air); all distant views (horizons, stars, the moon); all signs of beauty of sight, sound or touch; clear colors and shapes; the details of natural or made objects.

Spiritual Growth – You may choose to bless all signs of growth, development and change in Nature; the transitions of dawn and twilight; the movement of sun, moon, planets and stars; the flight of birds in the sky; and the movement of wind and sea.

The previous ideas are for guidance. They are offered for the purpose of service in case you are not used to the habit of blessing. Do take care to not let these ideas limit your own creativity.

Any quality, characteristic or condition of your choice can be blessed – this is an instance where "The sky's the limit!" For example, you might even bless slender poles and slim animals to encourage weight loss. You can bless anything ... whether it has existed in the past, presently exists, or exists thus far solely in your imagination.

To provide further examples, I offer my own experience. Personally, I have used the power of blessing to heal my body, increase my income, develop many skills, create a deeply loving relationship with my wife, and help establish a worldwide network of peacemakers working with the Aloha Spirit. It's because its (See "The Aloha Spirit" on page EIGHT)

(“**The Aloha Spirit**” from page SEVEN)

with you.

How to Enhance Your Power to Bless

Hawaiian shamans practice a technique that enhances their power to bless by increasing their personal energy. It is a simple way of breathing.

This breathing pattern is also used for grounding, centering, meditation, and healing. It requires no special place or posture. It may be done while moving or still, busy or resting, with eyes open or closed. In Hawaiian, the technique is called *pikopiko* because *piko* means both the crown of the head and the navel.

The Technique

1. Become aware of your natural breathing (it might change on its own just because of your awareness – that’s okay).
2. Locate the crown of your head and your navel by awareness and/or touch.
3. Now, as you inhale, put your attention on the crown of your head; and, as you exhale, put your attention on your navel. Keep breathing this way for as long as you like.
4. When you feel relaxed, centered, and/or energized, begin imagining that you are surrounded with an invisible cloud of light or an electro-magnetic field. Imagine that your breathing increases the energy of this cloud or field.
5. As you bless, imagine that the object of your blessing is surrounded with some of the same energy that surrounds you.

Variations

- a. Instead of crown and navel, as you inhale and exhale, shift attention from shoulder to shoulder, or from sky to earth.
- b. To help focus the energy field, imagine it in color, as a tone or chord, or as a tingle. Portions of this article are re-printed with the approval of Serge Kahili King in his writings on the Aloha Spirit. It is presented here with the hope that it promotes a better understanding of the warmth of this loving concept.

As with the Esoteric Principles, the Spirit of Aloha is intended to be lived on a daily basis in order to fully develop the true warrior and healer. I invite you to share the Aloha Spirit on a daily basis with all within your world. By doing so, rest assured that, throughout your lifetime, you would have contributed much to society.

Aloha!

Editor’s Note: Thank you, Professor Medici, for contributing this article.

Jujitsu America Annual Convention 2011

JA/USJA Sport Jujitsu US National Championship Tournament Including Sport Jujitsu, Kata, & Freestyle Self-Defense

June 17-19, 2011
Crowne Plaza Hotel
Foster City, California

Featuring:

- Two Days of Training Clinics with Top Instructors
- JA Awards Banquet
- JA/USJA Sport Jujitsu US National Championship Tournament
- Sport Jujitsu
- Kata
- Freestyle Self-Defense
- JA/USJA Jujitsu Black Belt Testing

SAVE-THE-DATE
Full Event Details To Be Announced Soon!

Shoshin Ryu Memberships

Renew your membership

January 1, 2011

All you need to do is go to
<http://www.shoshinryu.com/index.php?page=memberships>

and get your membership for the coming year,
or use the form on page twelve of this newsletter.

You will need it for:

*Shoshin Ryu Contests

*Shoshin Ryu Clinics

and

The Shoshin Ryu Reunion

September 2-4

at Knott's Berry Farm

in Buena Park, CA

(“**Concussions**” from page **Six**)

4. non-contact training drills (uchikomi, throw set ups)
5. full contact training after medical clearance
6. return to full competition

The group recommended that personnel specifically trained and certified in the identification and treatment of concussion in athletes be present at all competitions and practice sessions. This suggestion would be difficult to implement. There simply are no current, easily available, classes to train and certify laymen in the assessment of concussions. Perhaps beginning with competitions would be a practical first step.

Often, coaches and parents are the least willing people on the field or in the arena to accept that an athlete cannot return to play immediately. As a physician, I have acted as an informal medical advisor at many jujitsu and judo tournaments, and have also been asked to evaluate many athletes on the sidelines at football games and other competitions. About half the time, parents resist my advice that their child sit out for the rest of the competition. I suggest we demonstrate our commitment to the safety of our students by educating them and their parents.

Lastly, I strongly urge instructors to use their prerogative to "throw in the towel" when they see one of their own athletes showing signs of concussion that a referee may have missed. Better to suffer the anger of a frustrated student, or parent than to needlessly risk a student's life. A lecturer at a recent conference on sports injuries reported the mortality rate for Second Impact Syndrome can reach 50%.

Attempts at Humor

Q: What would happen if you were attacked by a Black Belt and a Blue Belt?

A: You would be beaten Black and Blue.

A Samurai and a Ninja walk into a bar and sit down. The Samurai says, "My friend and I will have a couple of beers." The bartender looks at the Samurai and asks, "What friend?"

Murphy's Laws of Martial Arts

The referee will always be looking the other way when you score.

The day you leave work early to make it to class on time, the instructor will be sick.

The instructor will only use you during demonstrations for joint-locking techniques.

If you have to use your training in self-defense, your attacker's father will be a lawyer.

After a flawless demonstration, you will trip on your way back to your seat.

After years of training without a single injury, you will pull a groin muscle the night before your black belt exam.

No matter how many times you take care of it before your promotion exam, you will invariably have to go to the bathroom when it is your turn.

SHOSHIN RYU



2011

REUNION

SEPTEMBER 2ND - SEPTEMBER 4TH

Conference schedule will include extra time so that you can visit local theme parks and dinner theater attractions.

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(Please mention Shoshin Ryu Reunion for special room rates)

For more information please visit www.shoshinryu.com/events and check out upcoming editions of the Shoshin Ryu newsletter. So mark your calendars for a great time!

www.shoshinryu.com



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**
C/O Prof. Kevin Dalrymple
5547 E. San Juan Dr.
Orange, CA 92869

Phone: 714 - 538 - 4622

Please enclose your check payable to Shoshin Ryu

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