

# CANADIAN JIUJITSU COUNCIL NEWSLETTER

SPRING 2004

VISIT. [WWW.jujitsucouncil.ca](http://WWW.jujitsucouncil.ca)

SERVING ALL POINTS NORTH, SOUTH, EAST AND WEST OF THE G.T.A.

TO THE FOLLOWING JIUJITSUKA

# Congratulations

on their success at the  
Canadian JiuJitsu Council Black Belt Grading held Nov 30,  
2003, at Bushido Kai, Mississauga.

**5<sup>th</sup> Degree ~ Godan**

Jan H. Kraayeveld ~ Mississauga

**3<sup>rd</sup> Degree ~ Sandan**

Dennis E. Hall ~ Oakville  
Robert MacGibbon ~ Mississauga

**2<sup>nd</sup> Degree ~ Nidan**

Joanne Hill ~ Mississauga

**1<sup>st</sup> Degree ~ Shodan**

Richard Fast ~ Oakville  
Max Gagne ~ Oakville  
Steven Bruinsma ~ Niagara falls  
Mary Darlington ~ Kingston



# Canadian jiu jitsu council Friends from new zealand



ABOVE IS A PHOTOGRAPH OF  
STEVE HEREMAIA AND HIS SON HOANI HEREMAIA.

STEVE IS THE FOUNDER OF THE BLACK DRAGON JIUJITSU  
ORGANIZATION OF NEW ZEALAND  
AND ONE OF THE FOUNDING DIRECTORS OF  
THE WORLD COUNCIL OF JIUJITSU ORGANIZATIONS  
ESTABLISHED IN NIAGARA FALLS, ONTARIO IN 1984.



Canadian JiuJitsu  
SHIHAN FORRESTER GIVES SEMINAR AT OAKVILLE



Reality Training Seminar

**There is an immediate threat!** your heart is racing; what do you do? More importantly what will your body do? The body's motor skills are required to perform self-defense techniques. They are typically divided into three categories, Gross, Fine and Complex. *Fine Motor Skills* use small muscle mass groups such as hands and fingers and frequently involve hand-eye coordination. *Complex Motor Skills* use more cognitive processing (hearing, vision) for takedowns using multiple components. Therefore when faced with a sudden serious confrontation with no time to think – we should rely on Gross Motor Skills, they are simple whole body skills that are easier to use than fine motor skills.

This was the subject in the seminar “Reality Training” given by **Shihan Forrester** on February 24 at Chimo Ryu JiuJitsu Club, assisted by Sensei Bruce Stanton and Sensei Henry Hughes. It was an enjoyable, informative and downright fun evening for the attendees whom Shihan Forrester took through several drills demonstrating Gross Motor Skill defences involving head butts, knee strikes, low kicks, palm heel strikes, finger strikes and slashes, elbow strikes and finger breaks. He reinforced some of the “**Principles of Self-Defense**” that are an important part of Reality Training i.e. awareness – avoidance, methods of distraction, a mind set that refuses to accept defeat, and ... not adopting a traditional martial arts stance. The seminar was a good reminder for all -- that sometimes simple is best ....and a great lesson for all the belts in attendance. Thank you Shihan Forrester.

*Sensei Joanne Hill, (Instructor with Mississauga JiuJitsu Club.)*

CANADIAN JIUJITSU  
COUNCIL  
BLACK BELT GRADING  
SUNDAY, APRIL 25, 2004  
AT BUSHIDO KAI  
JIUJITSU CLUB  
3185 UNITY DR  
MISSISSAUGA, ONT.  
8.30AM ~SHODAN  
11.30AM~NIDAN&HIGHER

A REMINDER

C.J.C.DUES  
ARE TO BE FORWARDED TO  
MAINTAIN CONTINUITY OF  
COVERAGE  
Club Reg:\$35.00  
Black Belt:\$35.00  
Seniors(16 or +): \$25.00  
Juniors: \$10.00  
Please return completed  
membership with cheque payable  
to Canadian JiuJitsu Council  
5255 Lakeshore RD #40  
Burlington. Ont. L7L5X8

*COUNCIL CRESTS,*

*COUNCIL KYU  
CERTIFICATES,*

*RECORD BOOKS*

**CAN BE ORDERED BY CLUB  
CHIEF INSTRUCTORS  
BY CALLING  
SHIHAN FORRESTER  
@ 905-631-3316**

“The only sound’s the sweep of easy wind and downy flake.  
The woods are lovely dark and deep..... but I have promises to keep....and miles to go before I sleep.”  
*Stopping by Woods On a Snowy Evening..... Robert Frost.*



**Sensei Vincent J. Viele was given a surprise party in his honor in St Catharines, Ont on Nov 22/03 for his 65th birthday. He celebrated with his wife Raymonde and Family from the U.S.A. and Canada. And friends from JiuJitsu and Tae Kwon Do. Vince is father to Wendy, Cindy and William ; stepfather to Jerome, Denise, Ruby and Leo F. and grandfather to Aland, Brigitte, Kenny, Colin, Brianna and Michel.**  
*Happy Birthday, Sensei Vince, from all your friends in the Canadian JiuJitsu Council.*



## NEW MEMBER CLUBS



**WE WOULD LIKE TO WELCOME THE FOLLOWING TO THE CANADIAN JIUJITSU COUNCIL**



**HYDE CREEK JIUJITSU CLUB  
 PORT COQUITLAM, B.C.  
 CHIEF INSTRUCTOR: STEPHEN OW.**

**JEONG'S FAMILY TAEKWONDO &  
 JIUJITSU CLUB, ST.CATHARINES.ONT  
 INSTRUCTOR: VINCE VIELE**

**AIKIJUTSU CANADA  
 OTTAWA. ONT.  
 CHIEF INSTRUCTOR: DAVE DARLING**

**BRIGHTON TAI CHI CLUB  
 BRIGHTON.ONT  
 CHIEF INSTRUCTOR: J.D. GRANGER**



**KICK JIUJITSU  
 OAKVILLE. ONT.  
 CHIEF INSTRUCTOR: NICK PETROFF**

**GUELPH BUDO KAI  
 GUELPH.ONT.  
 CHIEF INSTRUCTOR: BILL KLYM.**

**SISU MARTIAL ARTS (JUDO&JIUJITSU)  
 GUELPH. ONT.  
 CHIEF INSTRUCTOR:WAYLAND PULKINEN**

**ROYAL CANADIAN AIR CADETS  
 JIUJITSU CLUB  
 OSHAWA, ONT.  
 CHIEF INSTRUCTOR: NORM HARRISON.**