



THE CANADIAN JIUJITSU COUNCIL

NEWSLETTER



SUMMER, 2004

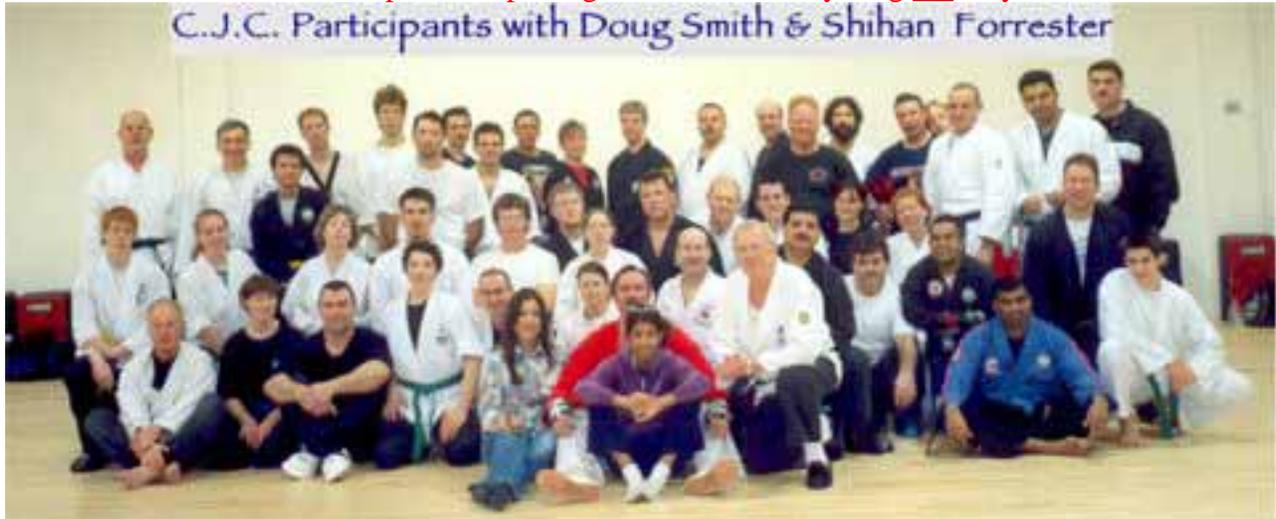
VISIT. www.jiujuitsucouncil.ca

LOYALTY ~ COMPASSION ~ BRAVERY ~ HONOR ~ SINCERITY ~ RESPECT ~ RIGHT ATTITUDE

Some Call it Kickboxing ~ Some Call it Sparring

AN IMPORTANT ASPECT OF CANADIAN JIUJITSU

Mississauga was privileged to host a JiuJitsu Kick-Boxing seminar given by Sensei Doug Smith. Doug Smith is a World JiuJitsu Champion in Sparring; along with a plethora of awards to numerous to mention here. One doesn't need to see his resume to know he is World Class; you just have to watch him. Doug has a fluid motion that makes it look easy to move, jab and evade the way he does. However, after three hours of drills and practice sparring, we know it is anything but easy.



The two points that Doug emphasized were *oxygen* and *combinations*

- **Oxygen:** correct breathing technique and cardio fitness is very important (it is not always the best technical fighter that wins)
you can cheat by panting like a dog; it recharges the body's oxygen deficiency and removes lactic acid build up
- **Combinations:** have a variety of combinations, don't always rely on the same ones; your opponent will quickly be able to read your moves; having the ability to blend techniques in different ways equals a good defense.

As with all JiuJitsu techniques, **if you have knowledge of the basics** and are proficient in those, you have a solid base to build on - in performing advanced skills.

The drills that Sensei Smith put us through were basic techniques that, if practiced, will provide a base with which to develop our own successful sparring style.

Evasion, parrying, and critical distance all incorporating “**Principles of Bio Mechanics**”, stability and mobility, were dealt with in various drills.

The patty-cake exercise, for mobility and blending at mid range, proved easier for the female attendees (those school yard games finally paid off).

Shadow sparring with eyes closed was a good visualization drill and then adding an opponent whose voice you had to turn to was good practice in mobility.

For strength exercise? Well, there was the **Medicine Ball**. (I think so named because it’s not pleasant to take, but its good for you!). The medicine ball was a circle exercise with the person in the middle throwing to the persons forming the circle. Working with the medicine ball strengthens the abs, as well strengthening technique and bio mechanics, it also teaches how to ride or absorb a strike.

All the drills were fun and Sensei Smith, while serious about his technique, has a relaxed and easy going manner that made the entire seminar enjoyable.

Joanne Hill (Assistant Editor)



Congratulations

**To the following Jiujitsuka
at the Canadian Jiujitsu Council Black Belt Grading held on Sunday, April 25, 2004
at Bushido Kai, Mississauga, on their success.**

Seventh degree ~ shichidan
Robert Walther ~ TRENTON

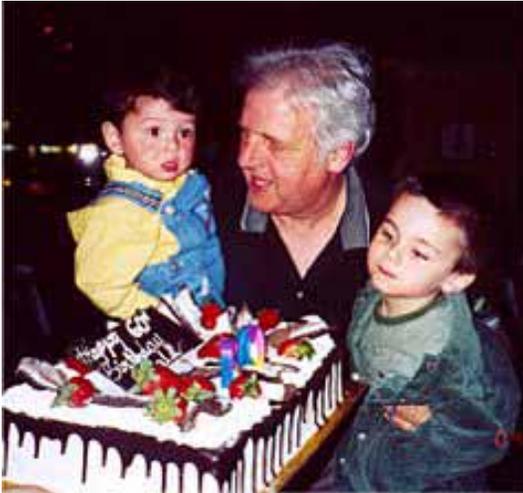
Sixth degree ~ rokyudan
Henry Hughes ~ mississauga

Third degree ~ sandan
Tiffany Dafoe ~ KINGSTON

Second degree ~ nidan
Dave davis ~ KINGSTON

First degree ~ shodan
Stephen mark Edwards ~ OAKVILLE
Josh demar che ~ OAKVILLE
William j Carson ~ ST. CATHARINES
David Al fred white ~ mississauga
Nor man jol in ~ OSHAWA
Kyl e beaubiah ~ KINGSTON
Wayne k. I ainchbur y ~ BELLEVILLE
Igor f. mal tzov ~ Mississauga

Sensei Gerry Watson was given a surprise party on his 60th birthday by his wife Carol and his sons' families -- Mark & Mayra and Gerry's grandson Daniel, Jeremy & Julie and grandson Ben and his stepsons Chris and Daryl. There were lots of family and many friends from over the years. In attendance was Walter Berlin of Kempo & Eva and some of Gerry's old Jiujitsu students; Dave White, Mike White, senseis Albert Teixeira, Roger Ward (1988 Canadian Middleweight Champion – Australia, and his wife Kim), Joe Simoes, Terry Walker & Deb, Henry Hughes & Meg. Bobby Monteiro was unable to attend as he was on duty – one of Toronto's finest. Shihan Guest and Shihan Forrester sent their best wishes. It was a lovely evening.



Happy Birthday, Gerry, from all your friends at the Canadian Jiujitsu Council.



HANA WA SAKURAGI ~ HITO WA BUSHI

“JUST AS THE CHERRY IS QUEEN OF ALL FLOWERS
SO, THE BUSHI, IS LORD OF ALL MEN.”

Is A Black Belt Only Good for Holding Up Your Pants?



HENRY HUGHES ~
EDITOR
JOANNE HILL ~
ASSISTANT EDITOR
C.J.C. NEWSLETTER
C/O HUGHES
3778 FOREST BLUFF
CR.
MISSISSAUGA, ONT
CANADA L5N 7T8

Here are a few other uses -- *practising* : front rolls in a straight line, tai otoshi, morote seoinage(wrapped around a pole), assisted breakfalls for your partner, first aid carries, nunchuk switches when folded twice, blindfold (randori), establishing a straight line for various footwork drills, to tie on weights for creative muscular drills, visual guide for establishing distances, safe manrikigusari drills, jumping drills, dragging drills, walking the circle drills(partner/solo), balance drill, joint flexibility drills, blocking practice, sawing exercise (2 belts), leg stretches (solo & partner), and so on.....

Apparently Not.

OAKVILLE KICK JITSU FAMILY MARTIAL ARTS

Three members of the Oakville Kick-Jitsu Family Martial Arts were selected to represent the Canada/ U.S.A. WKPA Kickboxing Team against South Africa in the 2004 Intercontinental Championships.

Sensei Nick Petroff, Chief Instructor, Jackie Lachapelle, brown belt and Sonny Jandu, blue belt journeyed to Pretoria, South Africa for the tournament which took place March 18-20, 2004. Sensei Nick Petroff was the first Canadian to fight for an Intercontinental Title Bout . He went to Africa intent on displaying the skills which have made him one of the most respected continuous and jiu-jitsu fighters for many years on the international circuit. After a 3yr layoff (*due to a broken arm*) he showed no signs of rust. His opponent Anton Snyman (S.A) is a veteran of the full contact ring with over 30 bouts to his credit. **Nick won the bout and became the**



INTERCONTINENTAL CHAMPION OF THE YEAR.. Jackie Lachapelle showed

why she was named the WKPA Junior Athlete of the Year as she competed in both full contact and continuous matches. She faced

Wilma Rensburg (S.A) in her full contact bout but the bout was awarded to the South African by a split decision. In her second bout for the Intercontinental Title, despite taking a knee and in obvious pain, **Jackie won a unanimous victory and became the NEW INTERCONTINENTAL CHAMPION.** Sonny Jandu lost a close split decision to Shane Braaf (S.A) .Exchanging attacks continuously in an exciting fight; **Sonny gave an excellent showing ~- on his way to being a top fighter.**

A word about Nick Petroff.



Sensei Petroff has been the recipient of many awards in both Jujitsu and Kickboxing.

Among those being:

Jiu-jitsu World Championship Middleweight 1992, C.J.A. Competitor of the Year 1993, TCKC Circuit Champion 1994-95, TCKC Outstanding Achievement 1994-95, Krane Ratings International World Champion Continuous Fighting, Men's Super Middleweight 1999. He was also awarded the WKPA Canada Club of the Year for both 2002 and 2003 and he was awarded the National Award WKPA Canada Instructor of the Year. Nick is also a Certified National Referee in the

World Council of the Jiu Jitsu Organizations.

Dennis Hall, Jiu-jitsu Instructor.



ZEN AND NOW



Blow of an axe,
Pine scent,
The winter woods

Yosa Buson (1716-1783)

Calligraphy of geese
Against the sky –
The moon seals it.

Buson

Asking for a night's lodging
Swords are thrown down –
A heavy snowstorm!

Buson