



THE CANADIAN JIUJITSU COUNCIL

NEWLETTER



FALL2004

VISIT: www.jiujuitsucouncil.ca

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

The Combermere Martial Arts Club and the Bancroft



Martial Arts Club welcomed Shihan Forrester to another training session at their Clubs. He explained to the Clubs they should first use verbal defenses with the objective of winning the confrontation without fighting. He taught various drills as to how this could be achieved. However he also stressed that whenever faced with an unexpected attack , they should respond with simple and direct techniques known as gross motor skills which are interchangeable against many different attacks. They should also look at fear as a gift from nature which creates the adrenaline surge. Shihan Forrester holds a 9th Degree Black Belt in Jiujuitsu and a 5th Degree Black Belt in Karate.

**He founded the Canadian Jiujuitsu Council and the Canadian Jiujuitsu Association
And was the Founder and First Chairman of the World Council Jiujuitsu Organizations.**

(photograph was reproduced from a newspaper article in Barry's Bay This Week, October 27,2004.)

"FIGHT FOR LIFE"

A very unique fundraiser for cancer research was held on Saturday July 10th at the Quinte Mall in Belleville.

The Event called : "FIGHT FOR LIFE" which normally involves 11 Black Belts, took place with only ten this time due to a snapped Achilles tendon. The original plan for the event is to have ten different fighters fight against the same Black Belt in 10, ten round matches--- to make a total of 100 rounds!

This all day demonstration of light contact kickboxing has wowed the crowd three previous times(since 1998) raising an average of \$8,000.00 each time. This year we beat our previous years by bringing in a whopping **\$9,550.50.**

This total would never have been accomplished without the generosity of many people but special thanks goes to the Canadian Jiujuitsu Council and Shihan Forrester for a huge \$1,250.00 donation.

Goodyear's Napanee Plant also deserves a big thanks for their \$1,000.00 donation.

Sensei Doug Smith who agreed to going from having a fight, just once, to fighting 50 continuous rounds wow! And raised over \$1,000.00.

Anyone who has ever organized any event knows that there are many people involved with any success.

I would like to thank Sensei / Sifu Robert Walther for being our M.C. for the event (which lasted over 8 hours). His presence and charisma kept the crowd and the fighters enthused.

Thank you to Sensei Tiffany, Sensei Lynn and Sensei Sue Dafoe of Elite Martial Arts Centre for all their work and support.

Thank you to Sensei Paul Mokros and his Family -- an indispensable asset to this year's event.

Thank you to Sensei Darryl Richards, who not only fought, but being a registered massage therapist, provided massages on site to anyone who wanted to make a donation to our cancer research project.

And of course, last but not least, to all the martial artists who not only fought on the day of the event – but canvassed for months prior to the Fundraiser for dollars – spent hours on extra training – and put their bodies on the line for a good cause..... **I thank you, respect you and admire you , for what you have done.**

Until next time, Terry Langevin.

(Editor's note: Terry has done an outstanding job, yet again.)

10 Black Belt Participants.

Shawn Trudeau ~ Tweed

Tiffany Defoe ~~ Belleville (Elite Martial Arts Centre)

Darryl Richards ~~ Trenton (8 Wing Trenton)

Stan Chisolm ~~ Kingston (Martial Concepts)

Lynn Dafoe ~~ Belleville (Elite Martial Arts Centre)

Wayne Lainchbury ~~ Loyalist College & Martial Concepts)

Rob Chamberlain ~~ Ottawa

Ivy Sellers ~~ Kingston (Martial Concepts)

Terry Sharpe ~~ Peterborough

Doug Smith ~~ Grimsby

ZEN AND NOW



Experience clearly shows that the woman who has been trained in ASSAULT PREVENTION AND PRE ASSAULT STRATEGIES yet knows how to FIGHT BACK when she must -- has the best chance of surviving an assault.

Women who have avoided being raped aggressively- fought-clawed-bit-kicked-gouged-ripped-screamed-yelled-prepared to fight for their lives.

Hesitation only increased the likelihood of rape – the earlier a women resisted the better chance she has of avoiding rape. Pleading and crying never, never works. The will to live – the survival instinct is the most powerful of all instincts.

What is needed is for women to develop permanent self defense habits and practical self defense skills which are the easiest to learn and the easiest to retain and to use.



NEW MEMBER CLUBS



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

**INUKSHUK BUSHIDO
EDMONTON, ALBERTA
CHIEF INSTRUCTOR:: ROD HEINRICKS**

**ELITE KARATE AND JIUJITSU CLUB
ST. THOMAS, ONTARIO
CHIEF INSTRUCTOR: TREVOR KIRK**

**AIKI YUREI JIUJITSU CLUB
WASAGA BEACH, ONTARIO
CHIEF INSTRUCTOR: JOE SIMOES**