



THE CANADIAN JIUJITSU COUNCIL NEWSLETTER



SUMMER:2006

VISIT: www.jujitsucouncil.ca

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

CONGRATULATIONS

TO THE FOLLOWING AT C.J.C. GRADING ~ NOVEMBER 27, 2005, AT BUSHIDO KAI

FOURTH DEGREE~YODAN

STAN CHISOLM ~ KINGSTON

GLEN PITCHER~OSHAWA

THIRD DEGREE~SANDAN

KAREN PARTINGTON~OSHAWA

SECOND DEGREE~NIDAN

STEVEN BRUINSMA~ST.CATHARINES

FIRST DEGREE

WILL ROBIN YOUNG~GUELPH

PAIGE DE MARCHI~OAKVILLE

TO THE FOLLOWING AT C.J.C. GRADING ~ APRIL 30, 2006, AT BUSHIDO KAI

FIFTH DEGREE~GODAN

JOSE SIMOES~MISSISSAUGA

FOURTH DEGREE~YODAN

STEPHEN OW~BRITISH COLUMBIA

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JOANNE HILL~MISSISSAUGA

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KYLE BEAUBIAH~KINGSTON

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LORIE GOLD~OAKVILLE

DAVID SHEMILT~OAKVILLE

DAVID MONTEIRO~MISSISSAUGA

NABEEL DAR~MISSISSAUGA

What is Self Defense ?

That is simple enough ~ defending yourself. But that imposes another question ~ Defend yourself against what? We usually think about physical attacks: but the world has changed. We use defensive tactics at A.T.M.'s, We teach our children defensive tactics at school and bus stops. We use policies (tactics) as salesmen bother us at the doorstep..... and so on.
But I would like to pose another aspect of Self Defense.

While we are in the Dojo practicing strikes and throws and mat work and so on ~ Government websites are being updated to enlighten people at large to have at least supplies for three days (72 hours) If you read carefully you will be aware that survival kits (for those 72 hours) will shortly be available at Zellers ~ Walmart and other major outlets.

Why?

A number of reasons.Weather abnormalities..... Brownouts.. Blackouts....S.A.R.S....Avian flu..Fuel shortages (most supermarkets can be emptied in 24 hours...and let's not forget the discontented.

Water is the prime resource (Do you know how much the average person needs for one day?)
If you don't know ~ then perhaps knowledge may be the prime resource.

Alarmist? Pessimist? Ostriches are great birds but they tend to do -- you know what.
Why should we be careful in so many aspects of our lives and not be prepared for even the most basic likelihood.

After all: if we are incapable of sustaining our present comfort level ~
~ Jiujitsu will be the last thing on our minds.





**Dramatic changes
in new CPR guidelines will
simplify lifesaving measures,
says Heart and Stroke
Foundation of Canada**

Toronto November 28 2005 – New emergency care guidelines include dramatic changes to CPR and emphasis on chest compressions, according to the Heart and Stroke Foundation of Canada, co-author of the *2005 Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC)*.

The most significant change to CPR is to the ratio of chest compressions to rescue breaths – from 15 compressions for every two rescue breaths in the 2000 guidelines to 30 compressions for every two rescue breaths in the 2005 guidelines. The change resulted from studies that showed that blood circulation decreased when compressions were interrupted, and time was being wasted after every interruption because it takes several compressions to build up enough pressure to begin circulating blood again. This is the most significant change since CPR's inception in the early 1960s.

The 2005 guidelines emphasize that high-quality CPR, particularly effective chest compressions, contributes significantly to the successful resuscitation of cardiac arrest victims. Studies show that effective chest compressions create more blood flow through the heart to the rest of the body, buying a few critical minutes until defibrillation can be attempted. The guidelines recommend that rescuers minimize interruptions to chest compressions and suggest that rescuers

“push hard and push fast” when giving chest compressions.

SPORTS INSURANCE UPDATE

INSURERS NOW HAVE EVIDENCE THAT THE LEGAL ENVIRONMENT IN CANADA IS BECOMING INCREASINGLY UNCERTAIN AND THAT ORGANIZATIONS AND INDIVIDUALS ARE MORE VULNERABLE TO LAWSUITS THAN EVER BEFORE. INSURERS HAVE BEEN CONCERNED THAT RECENT LEGAL DEVELOPMENTS ARE MAKING IT MORE DIFFICULT FOR THEM TO PREDICT THE COST OF THE INSURANCE THEY ARE PROVIDING. PREVIOUSLY, IN SPORTS, IF SOMEONE WAS HURT PLAYING SOCCER, FOOTBALL, BASEBALL.ETC -- THEY WOULD ACCEPT IT AS PART OF THE GAME. TODAY, THEY SUE THE PLAYER THAT HIT THEM, THE REFEREE AND THE OWNER OF THE FACILITY. THIS TREND HAS BEEN DEVELOPING FOR THE PAST 15 YEARS BUT HAS BECOME MORE PRONOUNCED RECENTLY. **FOOTBALL ONTARIO** HAS JUST CEASED IT'S OPERATIONS ENTIRELY DUE TO THE UNAVAILABILITY OF LIABILITY AND/OR PREMIUMS THAT ARE TOO HIGH TO ACCEPT.

THERE ARE ONLY A HANDFUL OF INSURERS WHO STILL SPECIALIZE IN THIS TYPE OF BUSINESS IN CANADA. ALL OF WHOM ARE FOREIGN CONTROLLED. **IF THEY DECIDE TO PULL OUT OF THE MARKET NON-PROFIT SPORTS ORGANIZATIONS WOULD BE AT RISK.**

**WRITTEN BY INSURANCE CO-ORDINATOR,
BRUCE STANTON.**

“Deal with the faults of others as gently as with your own” ~ Chinese proverb

Optimism: The Power of Optimistic Thinking

Optimism n 1. the tendency to expect the best and see the best in all things 2. hopefulness, confidence

“Both optimists and pessimists contribute to our society. The optimist invents the airplane and the pessimist the parachute.”~ Gil Stern

Susan M. Heathfield, *management and organization development consultant*

The power of optimism cannot be over-rated as a factor in success and personal growth and development. Optimism allows you to see the positive aspects of any situation and enables you to capitalize on each possibility. Optimism may be partly responsible for success in most aspects of life. Some research exists that demonstrates that optimism results in higher achievement.

Part of the power of optimism is the result of changing the outlook of the little voice in your head. Constantly looking at the negative and seeing no options when situations go awry, negative self-talk limits your success. Positive self-talk expands your ability to achieve, to learn, and to accomplish. An optimistic belief in

“Nothing astonishes men so much as common sense and plain dealing”
~Ralph Waldo Emerson

yourself and your capabilities to positively impact situations, even ones that appear negative, fuels success. Try gently moving your mind into positive, optimistic thoughts whenever you find yourself feeling negative, depressed, or wallowing in despair. The rainbow is there; you just need to see it.

Are you an optimistic person?

- Instead of thinking that you’ll never pass the grading, tell yourself that you will if you practice
- Instead of feeling down because of an injury, tell yourself that you will do everything within your power to heal faster
- Instead of being shy because you don’t know anybody in the room, introduce yourself to someone who looks friendly.

How optimistic are you? Rate yourself on a scale of 0-5. If you rate yourself low. Try to look on the positive side this entire week and then go back and rate yourself again. Keep going doing this until optimism becomes a normal habit. The benefits are worth it.

(Additional excerpts taken from “The Power of Optimism” by Joseph Galea)

*“Being an optimist after you’ve got everything you want doesn’t count.”
~Ken Hubbard*

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