CANADIAN JIUJITSU COUNCIL NEWSLETTER

SPRING 2004

VISIT. WWW. jiujitsucouncil.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.

5th Degree ~ Godan

Jan H. Kraayevel d ~ Mississauga

3rd Degree ~ Sandan

Dennis E. Hall ~ Oakville Robert MacGibbon ~ Mississauga

2nd Degree ~ Nidan

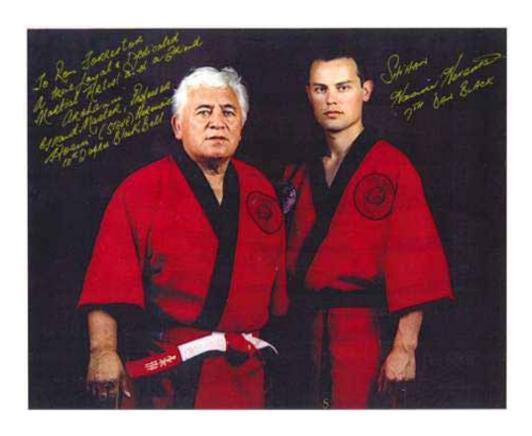
Joanne Hill ~ Mississauga

1st Degree ~ Shodan

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



Canadian jiujitsu council Friends from new zeal and



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 <u>Gross Motor Skills</u>, they are simple whole body skills that are easier to use than fine motor skills.

This was the subject in the seminar <u>"Reality Training"</u> 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 <u>Reality Training</u> 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 <u>simple is best</u>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

COUNCIL CRESTS,

COUNCIL KYU CERTIFICATES,

RECORD BOOKS

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

Burlington. Ont. L7L5X8



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, Brigette, 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

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.