

NEWLETTER

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

The Combermere Martial Arts Club and the Bancroft

FALL2004

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 Jiujitsu and a 5th Degree Black Belt in Karate.

He founded the Canadian Jiujitsu Council and the Canadian Jiujitsu Association And was the Founder and First Chairman of the World Council Jiujitsu 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 10^{th} at the Quinte Mall in Bellville.

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 Jiujitsu 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.

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

I would like the 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 ~ TweedTiffany 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 ~~ OttawaIvy Sellers ~~ Kingston (Martial Concepts)Terry Sharpe ~~ PeterboroughDoug Smith ~~ Grimsby

ZEN AND NOW



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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-kickedgouged-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.

Women are urged to fight if attacked

VIVIAN SONG

"Fight back like hell." "Fight back like hell." That was the message from "June Doe" to women partici-pating in the 10th arranal Take Back the Night march last night. Doe, who has used the pseud-orym since being sexually as-aniltad in 1006 by the so-called Balenny Rapist, has become a crusader for women's rights. In

crusader for women's rights. In a landmark case, site won a law-suit signing. Toreonto police for fuling to warn residents in her down town neighbour houd about the serial rapist. "Everyone has a strong will to marvive. Fight back like hell, but use your smarts," she said. "If you can, do it as hard as you can and scream all the way, but be mindful." Police and the media perpetu-

Police and the media perpetu-te the idea that it's better not to fight back during in assault, Doe said, but it's a dangerous notion and does a huge disservice to the public

The Sexual Assault/Bape Cri-sis Centre of Feel hosted the event outside the Mississauge YMCA on Burnhamthorpe Rd. W. starting with a barbecue and a roster of speakers, and ending with a solidarity march involv-ing shout 150 people, mostly women and children.

During a brief self-defence hes During a brief soff-defence les-son, women raised clenched "hammer fists" in the air, under the instruction of Dehorah Chard. "Squeese so tight you can feel the atrain across your inucides," she said. In a swift up-and-down move, the wegen were taught how to break away from an assuilant's

grasp and to assort their strength by yelling a loud and forceful, "No."

forceful, "No." During the march, women like Sunny shook their noise-mak-ers and stopped traffic around the Square One Shopping Cen-tre, off of Highway 16, "You have to moke a call, do whatever it takes to stay alive. Fight for all you're worth," she sold.

MALES

said. The 47-year-old said she was violated nonnerous times by her-ex-husband, his friend and a stranger, and has been march-ing with the group for years. As the group marched into the shopping mult's underground parking garage, the chants grew stronger and louder, as the women, were spurred by the scho of the volces. Yea means we, no means no."

women were spurred by the scho of the volces: 'Yes means yes, no means no.' Take Back the Night marches started as an anti-rape move-ment in 1974 by women in En-gland and Germany. The first event in Canada took place in Toronto on May 6, 1980, shortly after Barbra Schlifter, a young lawyer, was hilled on April 11, 1980, the same day she was called to the bar in Ontario. "What saddens me is that 30 years down the road, we're still speaking (about this issue). We never imagined we'd still be en-gaging in them." Doe said. In a 20002 Statistics Canada re-port, 6,877 secual assails were recorded. Of those, 98 per cent of the officiders were men and 85 per cent of the victims were women. According to the On-

women. According to the On-tario Women's Directorate, only 6 per cent of sizingl assaults are reported to police.







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**