

Wilmot Jujitsu Newsletter Fall 2011

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Back to School!

May this year bring you Patience and Fortitude.



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Traditional Dojo's use creeds or doctrine to help guide the student's way through life and training. This statement of belief is a credo that is said at the beginning of every class so that the student becomes one with the meaning of the creed.

We hold at our dojo the student creed as a form of guide to our training and development. The dojo Creed has been a guide to me personally. I believe that it carries the ability to simply identify good morals and ethics that the everyday person should attempt to achieve.

Training is not just physical or mental it is spiritual. The creed helps to develop a positive spirit; a spirit of fortitude and inquiry. The creed is essential to the development of our training as martial artists. Every time we say the creed we must face ourselves and the journey ahead of us. Dedicated training requires a moral guide that will teach us how and when to use our developing skills. Without this guide training can become ill-focused and with out purpose.

Training at Wilmot Jujitsu is focussed on

NEW CLASS HOURS

This fall I have extended the Junior Jujitsu, Ninpo and Adult class's hours of operation for Tuesday and Thursday evenings.

The idea behind this move is to allow for more technique and randori (free training) time during the regular class session.

It will be expected that you attend class at the newly scheduled times at which point you or your child will begin the self directed exercises or Junbi.

The list that is posted is not intended to be threatening. It should be used as a goal sheet. Look at the kyu levels identified - either: basic, intermediate,

Self Defence, our creed emanates the idea of self defence.

Student Creed

1. Respect country, parents, teachers and one another.
2. Develop Confidence of the mind, honesty of the heart and strength of the body.
3. Fight not for selfish ends, but develop might for right.
4. Make Courtesy and Patience guide words.
5. Practise "Osu" at all times; it is no trouble, I will do it.

The last two statements have not been in place for quite a while at our dojo, but will be reinstated this year. There was no particular reason other than that student creed number one seemed to cover all the basis.

The Dojo creed is part of the student's training. Training is an important tool that will bring you: health, longevity, self-defence and spiritual enlightenment.

(This article is a reprint from December 2010 News Letter.)

advance or Dan levels and take note of the training expectations. Then do your best. I suggest that you break up the requirements into sets of 10 ie. 10 push ups, 10 squats, 10 sit ups etc. until you have reached your personal limit or the kyu level limit. If you can go further in 15 minutes please do so, but don't wear yourself out, there is still class stretching, basic and so on...

I will delegate senior students to ensure that you have done your best and they will lead by example. Please let me know if you are injured and therefore unable to participate.

Upcoming Events

Gradings

October 2011

December 2011



“Never quickly or forcefully attack an opponent thoughtlessly. Agile fighters can often perceive the intentions of hand and foot movement and counter attack quickly.”
Choki Motobu

Chizikun Bo Seminar

Both the Cambridge Dojo and the Baden Dojo enjoy holding seminars that bring together our students.

This summer we had the honour of Shihan Crozier coming down from Deep River, Ontario (a 6 hour drive) and teaching us the inner workings of the Chizikun

Bo.

This particular lesson was special, in that unless you decide to train in our system’s Kobujutsu (weapons) training you will never see this handy dandy defense tool.

Thank you Shihan for the insight and the great training!!!

Family

Wow, what a summer! I hope that your family had a great summer and hopefully had a chance to take in some of that sun.

Most summer sports have now drawn to a close in preparation for the school year. I am an active supporter of all sports that demonstrate team work and self confidence. Please don’t ever feel that sports get in the way of training, as truly they are complementary.

As for scheduling, do the best that you

can. I know that it is difficult. We all have to make choices that create balance within the family. This is why I am so flexible with your training and do not push. We are the masters of our own path.

Jujitsu Principles: Five Principles

1. Mensuke - to control the opponent in two ways.
 - a. Sen-no-sen (aiki) - start your defence before your opponents attack
 - b. Go-no-sen (jujitsu) - wait for the opponent to attack
2. Kokyu (breathing power) - when one inhales they are weak, but when one exhales they are strong
3. Ma ai (correct distance) - you must be in range to make an attack work, but you try to stay out of range when your opponent attacks until the time is right.
4. Kuzushi (balance breaking) - Braking or your opponents balance, both mental and physical is very important. The physical balance is broken by understanding the eight ways of

breaking an opponents balance. Mental balance can be broken by distracting our opponent; for example, the use of Kiai (spirit yell) or attack your opponent while they are inhaling.

5. Zanshin (watchful after a technique) - many a fight has been lost because of over confidence on the part of the so called winner. Be aware always!!



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Instructional Materials

Soke (Founder) Mr. Terry Stanton has created visual resources for your benefit that are available on line through www.shinkiryu.com.

DVD's and Note books are accessible for purchase through the association as tools to allow you to review content learned in the dojo. These are offered at extraordinarily reasonable pricing. Please go on line and take a look. Also, for those of you that feel so inclined, take a look at what is out there in regards to Martial Arts books

and DVD's. Our system is compiled of several systems ie. Dazan Ryu Jujutsu, Ryukyu Kempo (Oyata), Daito Ryu Aikijutsu, Hakko Ryu Aikijutsu along with Kamishin Ryu Jujutsu. Find Resources and learn about their origins. Learn about Japanese culture. All these things will help you to gain perspective, which in turn will help you to grow as a martial artist.

Black Belt Apprentice Classes and Black Belt Review Classes come together!!

From this point on Black Belt Apprentice Classes will be held at the same time as the Black Belt Review Classes.

Review is extremely important as you grow up and through this system. The idea is to practise to the point of subconscious absorption.

As the Junior Jujitsuka train and review content or learn new materials, 1st kyu and above students will be reviewing kyu level content in the back room. I will be facilitating the process.

The idea is to create a mentor system where the Junior Jujitsu students see the Black Belts practise and demonstrate the principles of Jujitsu.

Please remember that if your child is a Yellow Belt or above they should be attending these classes. The extra 1 ½ hours makes an important difference in how much they learn and how quickly they learn it.