



Sakura Ryu Ju Jitsu® News

A newsletter for the students and families of Sakura Ryu Ju Jitsu

In this Issue

Issue no.25 December 2010

Page 1
The Flying Lady
Page 2 & 3
Kyoshi's Message
Page 4
On & off The Mat
Page 5
On & off the Mat
Page 6
Stories of the Old & of the New
Page 7
Honour Awards
Page 8
Merchandise



'Our Flying Lady'

A new student, unfamiliar with the names of our student group, was reflecting on previous training nights and the dynamic performances of one of our girls. "WOW! You know the one... the Flying Lady!"

To some people, the Flying Lady conjures visions of Britain's classic flagship automobile the *Rolls Royce*, but the Flying Lady referred to here was Sakura Ryu's own Sempai Jennifer Masterton.

Just as the Rolls Royce mascot has been around for many years, Jennifer too has survived the rigours of hard JuJitsu training and the test of time. After fifteen years of training experience under Kyoshi Ellis, this no doubt describes Jennifer as one of the most experienced students in the Sakura Ryu JuJitsu School.

Never looking for an easy way out or any shortcuts, Jennifer has earned a lot of respect from everyone here. She is one of very few students that are the complete JuJitsuan in that she is both proficient in being *Tori* and *Uke*. As the *Uke*, Jennifer can make even the white belt student look good, and invariably this is a common occurrence as she so often puts up her hand to body.

Jennifer continues to inspire everyone on and off the training mat. It is very seldom that Jennifer would miss a *Kyu* grading and never a Black Belt graduation. Furthermore, she is regularly chosen by Kyoshi as a facilitator in skill development; this shows the faith that Kyoshi has in her ability to deliver. Her ability to communicate with both junior and senior students is without question and continues to develop as she is mentored in the 'teaching' of the Art.

Presently Jennifer is unwavering in the demanding training towards Black Belt nomination. Everyone knows only too well that Kyoshi is so passionate about normal training and takes training for Black Belt very seriously, and Jennifer is no stranger when it comes to training hard. Perhaps she too holds the belief alluded to in Kyoshi's often-quoted saying of '*no quarter asked; no quarter given.*'

Jujitsu has been part of my life since I was small; "Jennifer said to us when asked about her beliefs", so much so that it has permeated into every part of my life. Every day I act according to the principles of the cherry blossom as well as our unstated principles of working to the best of one's ability, of staying strong in the face of adversity, and others. I'm still far from perfect, but I am certain that my adherence to these principles has only made me a better person.

It's so hard to keep a balance between training and the rest of my life, but right now I think that attaining my ShoDan is the next step in the right direction for me. It's important to me to be able to give back to everyone in the Martial Art, both past and present, and I can do that much more effectively as a Dan grade in Sakura Ryu. I'll always be supporting the club in one form or another, whether teaching, training or promoting the Art through other means. In ten years' time I'm sure I'll still be around, but hopefully with more knowledge and experience to help me teach and inspire others.

MAJOR SPONSER



ACTION SHOPFITTERS

Message from Our Chief Instructor



It's been a long time, some 18 months since our last newsletter, and well overdue for this issue. Nevertheless, I trust that you have felt informed of our Club activities through direct mention at our classes or through our written

memos.

This year started off at an all-time low for our Club but has started to rebound both in numbers and in the strength of student ability, for which Sakura Ryu has been renowned for so long. We have now reached the position that bookings are being taken for junior students. This success has come about through hard work from quite a few people within our Club.

I owe special thanks to both my family and Sensei Steve Fisher for their encouragement and support: your words and presence kept me going, particularly through those early months. I also had support from two of my original students who I had not seen since 2002, they are the highest graded under Sakura Ryu JuJitsu, both being San-Dan, and I also especially thank both of you.

Never in all my life have I ever been so let down by people, those people that I personally helped and gave so much. My take on this is one of being philosophical and that this is another of life's lessons.

One of life's lessons which I was raised with and I truly believe is "if you don't own it then you don't touch it". This has so much meaning looking at the tangible and intangible aspects of this phrase, yet people will always get involved to sit in judgement..... Of course they are the self-righteous.

Life goes on however, and in this issue I intend to briefly cover what is required from a good Martial Arts school in order to learn, both for the short stay or if one is to ever become the special person that will take the life long and lasting journey of Martial Art.

To learn any Martial Art, one must train under a qualified teacher. A qualified teacher in Martial Art is one who has the practical ability along with the experience and the academic qualifications to teach in that vocation. He or she must have an understanding of syllabus and curriculum design, know what assessment of the subject is about, and understand the physical and the psychological stages of growth in people of all ages. There are many people who can only be described as wannabe, 'Clayton Teachers'.

There are many techniques involved in the Martial Art that can be used to inflict serious injury or even death, and therefore careful consideration should be taken as to identify what and when a technique should be taught particularly to young people and children. Striking, chops, elbows and kicks delivered to certain areas of the body can also be fatal. JuJitsu techniques that utilize nerve, respiratory and arterial pressure points can also be painful and deadly. Therefore it is of the utmost importance to take the study of Martial Art seriously and to only train under a properly qualified teacher who understands and can demonstrate the proper execution of these techniques.

The name **JuJitsu** is spelled in English various ways, although all having the same meaning. There are several translations but broadly speaking it is the adaptable or flexible Art otherwise known as "**Unarmed Combat**." The single principle of JuJitsu was a general way of using the human body as a weapon, applying techniques in unarmed combat.

JuJitsu is the classical Japanese Art of Self Defence originally used by the **Bushi** or **Samurai** and originally known as '**Yawara**'. The old masters of Japan intentionally designed the JuJitsu techniques so that their deadly aspects would not be easily discernable and thus fall into the hands of the enemy. The techniques were also taught this way so that **only** the most dedicated student would learn the real secrets. In proper JuJitsu, **extreme mental discipline is both a requirement and a result.**

Message from Our Chief Instructor

It is said that **Ju** is the heart that may be instructed only by another's heart. For this reason, JuJitsu techniques are not written out furthermore if JuJitsu is to be a living tradition handed down over centuries it must come from the qualified teacher with passion, affection and also caring and understanding for his students.

Today JuJitsu is taught from the many **Ryu** (styles) and no two are ever the same. Added to this is that there are no two teachers ever the same no matter how hard they may try to be. I confess, that you cannot go down the road and find another Kyoshi Reg Ellis who will teach, coach, train anywhere near my standard or use the methodology that makes me the individual I am today. The fact is that in this world today there are very few people at my age and with my experience that still teach and perform the Martial Art.

The **Dojo** is a place where **only** the Martial Art is taught and, strictly translated; it implies the instruction of only the "true Japanese Martial Art". It is more than a gym or a club; it is a cherished place of learning and fellowship, like a family. The Hombu Dojo is a very special place for training and is revered and respected by all students. Most Hombu Dojo's carry memorabilia and the history of the Ryu, photos on the walls, and it is the place where only the Chief Instructor of the Ryu teaches.

When I first started Martial Art, I was asked and agreed to sign a pledge, today I still have a copy of that pledge which simply stated "I promise upon my word of honour that I will never take an unfair advantage of anyone using the techniques that I learn here". For me this was easy and I never had any problem upholding my pledge. Most schools or Ryu had pledges that if broken then the consequences were grave to say the least. Many were signed in the person's blood, hence the saying "blood oath!"

Herewith is number five of a pledge from a Ryu one hundred years ago: "I now pledge to firmly keep each of the above articles. Should I break any of these articles I will submit to the punishment of

the Buddhist deity Marishiten. Herewith, I solemnly swear and affix my blood seal to this oath to the great deity.

Sakura Ryu JuJitsu has a pledge that has to be signed prior to a persons Sho Dan grading, this is signed and witnessed and is also legally binding. In part, this states that they promise upon their word of honour that they will always remain loyal to Sakura Ryu and will never teach outside of this unless provided with written permission from the Shihan. They also state that they understand their decision to so and agree. I guess that's like a lot of things today. For example, a handshake may mean very little too many people, some because of huge egos and I guess unlike our fore fathers or even the baby boomers, whose word is their bond. It is similar to a broken promise, for don't we all believe that "a promise given is a promise delivered?"

The pledge of Sakura Ryu Jujitsu is in this issue, I know that when you read this pledge, you will understand that this relies upon the honesty, integrity and most importantly the character of the person rather than Sakura Ryu relying on this being legal and binding. People that break their word on this, I believe are not worth chasing, for their 'heart' is not in it enough to become the warrior of a truly great Martial Art.

Regards, Reg Ellis Kyoshi

To use an old adage "you are only as good as your last training session" If that has been a while for you then maybe you should look to get back into proper training again, for proper training in true Martial Art is all that we do.

"Great souls are often those who have undergone great sorrow but have refused to ever give up."

On and Off the Mat Events

Beyond Black Belt

By: Sensei Steve Fisher and Sensei Paul Cummins

My oldest memory relating to Sakura Ryu JuJitsu is that of Kyoshi Ellis effortlessly controlling one of the students with a simple joint lock. It was at that moment that I decided to learn this powerful Martial Art. Many years have passed since then and more students than I can recall have traversed our doors.

Being the inquisitive person that I am, this led me to become one of Kyoshi's **Uke** and this honour has continued for many years. With this honour comes the knowledge passed from master to student and I have endeavoured to make good use of this knowledge whenever an opportunity arises in the class.

One training session a Black Belt was introduced to the class as being one of the 'originals' from Shihan's past; this Black belt was Sensei Paul Cummins. Presently we are training together towards Ni Dan. Each and every session is an eye-opener, with new skills to learn and revision of techniques at an even higher level than before. We both throw ourselves into the training and being supported by several others particularly, Sempai Jennifer Masterton and Erez Tvina, both are excellent training partners, giving as good as they get!

We revel in the techniques Kyoshi is passing on to us. As these techniques are quite challenging and difficult to master, frustration sometimes creeps in past our focus, my mind wonders at the fact that Kyoshi has done this seven times over, and without the great mentor that we have in him. I imagine what it must have been like being one's own motivator and coach, and how easy it is to give up or to quit. Then I remember what a very dear friend said to me one day, "If you don't get a Kata partner, I will Uki for you". This thought is usually enough to shake free any hesitation I have and get on with it. This always does it for me, have you got something that does it for you?

To this day I remain Kyoshi's loyal student.

Preserving our Style with Kata

By: Ed

If you have been timely enough to catch the pre-training **Kata** sessions, you have witnessed how the Martial Art preserves its style and imparts its knowledge to future generations. There are numerous **Kata** in our style, many of which have not been repeated since Kyoshi himself displayed them at his own numerous gradings.

If the quality of our Martial Art is to survive in future generations, a steady progress of students is essential at all levels. Currently the students training in **Kata** are Jack and Jeremy, Sempai Jennifer, Sensei Paul and Sensei Steve. These **Kata** sessions are very focused and ritualised. If you are fortunate enough to witness any of these sessions, take the time to sit and try to absorb some of the atmosphere. Cast your imagination back into the time of the Samurai where these **Kata** may have originated and been perfected. One person will be displaying the role of the defender **Tori**, the other in the role of attacker **Uki**. To fully retain the knowledge you may need to take part in the role of **Uke** and **Tori**, for each **Kata** that you complete.

Q: "What is Kata?"

Kata is a sampling of techniques taken from the original style which holds onto the Ryu. Kata should never be changed or altered or this may then lose the connection to the Ryu as it was meant. Such as in the Kata of Strangles, the Kata of Self Defence etc...

My JuJitsu Journey

Short Story By: Erez Tvina

When Alon, my older brother, introduced me to Sakura Ryu Jujitsu three years ago, I knew I was joining a tough martial arts school. What I did not realise, however, was that I was also joining a new family.

At the beginning of this year, Shihan, the father of our Jujitsu family, offered me some private training sessions to improve my fitness and skills before my next grading, which I gladly accepted.

These sessions covered everything from ground fighting to knife attacks, every week building on the skills I had learnt previously in pursuit of perfection. By the time my grading came around I had refined my skills enough to successfully achieve my green **Cherry Blossom** (belt).

I would like to thank Shihan for all the additional time he has invested in me helping me grow as a JuJitsuian and as a young man by showing me what it is to be physically and mentally tough. I would also like to thank the whole of my Jujitsu family for supporting me throughout my time with this club.

On and Off the Mat Events

Alon Tvina - back on the mat

By Jeremy Williams;

At a recent Sakura Ryu Kyu grading, it was really great to see my old friend Alon back on the mat.

Usually, we are allowed only the simple pleasure of having each person smash the other into the ground - or in my case, snap a ligament or two in the knee.

But this time, as a 2nd level brown belt, Sempai Alon had the honour of traversing the Hombu Dojo - calling on others to go "harder, faster, higher".

We first met whilst training at another (anonymous) Ju Jitsu club. I was attending a night there and a night at Sakura Ryu. As the standards between the two clubs were poles apart, I quickly realised that Alon (yes - I can spot raw talent) would enjoy training at the Hombu as much as I did.

He came along for a training session and **voila**: five years later he's a grade away from his Sho-Dan (1st black belt). Now that he's living in Sydney, we certainly miss him. He's a great guy that I believe does represent the five petals of the Sakura Ryu Cherry Blossom: Honour, Integrity, Humility, Respect and Loyalty.

At the close of the grading, Alon gave a short speech; most noteworthy was that in having been introduced to Kyoshi and Sakura Ryu it had changed his life so much. I can only assume he meant that it had changed for the best.

I look forward to seeing him over the Christmas break and smashing him into the mat - for old times' sake!!

The bar is being raised...

By: Jeremy Williams;

I had the pleasure of once again being on the mat for yet another junior grading, just a few weeks ago. But this wasn't just another grading. Standards are still improving and the bar is being continually raised. It is obvious now that the juniors are training at the Hombu under the direct supervision of both Kyoshi and Sensei Steve that the performance standards have dramatically improved.

Over the last five years or so I have watched hundreds of our junior Kyu grades grind their way through each grading: attention spans have been wayward and techniques often questionable.

This one was different.

We have come to expect sensational performances from the higher Kyu grades - the green, blue and brown belts - but it was the junior white, yellow **mons** and yellow belts that really impressed me. Grading at the Hombu is always a special event - it has a tremendous positive effect on the spirit - and with the seniors on the mat, the juniors really rise to the occasion.

They really did go "harder and faster" all day. They were focused and didn't let up. That is particularly impressive when you remember that they were working with hitting, kicking and throwing the seniors. As everybody knows, it's certainly so much tougher and realistic working with heavier bodies. There were shouts of **kiai** and a lot of confidence in their smiles when they could see their routines all coming together.

Whilst standards are **sadly slipping** in other Dojos, I was so happy to see our Sakura Ryu juniors stepping it up. As a parent, I truly take pleasure in seeing my own kids perform well and I can honestly say to all the mums and dads of those fine little warriors that you can be very proud of them.

The Sakura Ryu juniors have raised the bar for all of us in this great Martial Art of only what can be described as **Truly Effective Ju Jitsu**.

Hey!! Don't Forget....

Training will be held throughout the Holiday period on **Monday, Wednesday, and Friday**. For the students that continue their training and have the appropriate competency, the next Grading will be held on Sunday the 30th of January 2011

Did you know...

Students of the Japanese Martial Art are in effect descendants of the Samurai of yesterday.

Warrior of Light

Published, Oct 29 2010 Warrior of Light.

Once upon a time there was a poor but very brave man called Ali. He worked for Amman, a rich old merchant. One winter's night, Amman pointed to the top of the mountain said: "nobody can spend a night like this on top of the mountain without a blanket or food. But if you need money and you can manage to do that you will receive a great reward. If you don't, you will work for thirty days without pay".

"Tomorrow I shall do this test," Ali answered. But when he left the shop, he saw that a really icy wind was blowing and became scared, so he decided to ask his best friend, Aydi, if it was crazy of him to accept that bet.

After reflecting a while, Aydi answered: "I shall help you. Tomorrow, when you are at the top of the mountain, look ahead. I will be on the top of the mountain next to yours, where I will spend the whole night with a bonfire lit for you. You look at the fire and think about our friendship – that will keep you warm. You will manage, and later on I shall ask you something in return."

Ali won the test, got the money, and went to his friend's house "You told me you wanted some payment." Aydi answered: "Yes, but it isn't the money. Promise that if at any time a cold wind passes through my life, you will light the fire of friendship for me."

Lineage

By: Ed

A welcomed visitor and long time friend to Sakura Ryu JuJitsu, Steven Leather, Sensei, participated in our weeknight class and shared with the students a page of JuJitsu history in Australia. He shared with us a fact little known to the students that one of our styles Masters had thought so much of his Japanese Instructor that he named one of his children 'Renae' after his mentor **Ichiro Abe**. It was not unusual that he was named after a great man, except that this Dutchman has a Japanese middle name. (Footnote: Kyoshi has a Martial Art book Signed by Ichiro Abe)

Bernard Lewis, Sensei

A decade since suffering a debilitating stroke Sensei Bernie is still going strong, always

interested in the affairs of the club, shows strong support by attending all the Kyu and Black Belt gradings presented by Sakura Ryu. His Life Membership does not enter this equation. This year he also attended the social events at the Hombu being the social Smokey barbecues and all gradings. Sensei Bernie an inspiration to so many people, he certainly has a **never give up attitude**.

Ask the Question

"I must warn you," said the Master, "that some questions are better never asked, for once you ask and seek the answer, you will be drawn into the trap of life. The answer could lure you away from all that now seems important. You may start on the endless circle that I have travelled, and find only that at the very end there is no end at all. The revenge that you hold in your heart for this other man may only bear bitter fruit that neither you nor I nor anyone else, will ever be able to digest. With these thoughts and things in mind, you now may ask your question."

Sakura Ryu J uJ itsu®

Pledge for Dan Grade

I, _____, of _____ upon my word of honour do hereby acknowledge that I understand and agree to abide by this pledge set out below and that I understand the implications of my decision to so and agree. I also understand that this document is legal and binding.

1. I will be mindful of my humble beginnings in this Martial Art and will always be loyal and respectful to who has given me this opportunity to learn and study.
2. I will give my loyalty to the person who has taught and graded me and the Ryu under which I have trained.
3. I will be loyal and respectful to the Sakura Ryu JuJitsu organisational structure.
4. I will endeavour to support all Sakura Ryu JuJitsu activities to the best of my ability to maintain my current grade.
5. I will never misuse or bring the name of Sakura Ryu JuJitsu into disrepute.
6. I will never officiate on any grading panel outside Sakura Ryu JuJitsu without the written consent of the Chief Instructor.
7. I will never teach JuJitsu without the written consent of the chief Instructor.
8. I understand that if I break any of the articles contained in this pledge then I risk the cancellation of my Black Belt Grading Diploma and face the Chief Instructor or his nominated person to deal appropriately with this issue.

Signed..... Dated.....

Witness..... Dated.....

Honour Awards 2010

Most Improved Junior

Nomination: Nicholas Bryant - Zachery Schulz – Shannen Ogborne
Winner: Shannen Ogborne

Hardest Trier 'Littlies'

Nomination: Sarah Bryant – Jack Langdon – Keeley Ellis
Winner: Sarah Bryant

Junior Encouragement

Nomination: Jacob Gleeson – Matthew Trouchet – Heath Robinson – Sheldon Ogborne
Winner: Sheldon Ogborne

Best Junior

Nomination; Eli Robinson – Jarrod Schulz – Cade Hopley
Winner: Cade Hopley

Hardest Training Senior

Nomination: Erez Tvina – Dan Quilty – Jennifer Masterton
Winner: Jennifer Masterton

Most Technical Senior Player

Nomination: Steven Fisher - *Winner: Steven Fisher*

Best Senior Club Player

Nomination: Paul Cummins – Jeremy Williams – Jeffrey Mitchell
Winners: all Three

Most Promising Senior Kyu Grade

Nomination: Andrea Ozols – Jordan Munro
Winner: Jordan Munro

Most Technical Player

Nomination: Jennifer Masterton
Winner: Jennifer Masterton

Monthly Hardest Training JuJitsuan

"November" 2010 -Jennifer Masterton

*Congratulations to all our students you have worked so hard this year – long may you keep up the intensity in your training and your continuation with us in this, the best Martial Art!

Important Club People

We certainly appreciate all the support contributed by the Parents and Students for you all make this Club the fantastic Club that it is.....Thank you so much. I would like to give special thanks to the following people who are always volunteering.

Paul Cummins, Heather Ellis, Steven Fisher, Jeremy Williams, Jane Ellis, Jeff Mitchell, Amir Tvina, Paul Gleeson, Brian & Maree Hopley, Nicole Robinson, Michael Munro, Jordan Munro, Andrea Ozols, Cade Hopley, Richard Salesses, Sarah Ozols, Amanda Spring, Bryan Schulz.

Club Sponsors

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Managing Director: Paul Cummins

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INSPIRATIONAL QUOTATIONS

**The one you seek is my student and therefore I am responsible for all of his actions.*

**If I am going to be your student, Master you must allow me to do my duties. A student does not sleep while his master makes his tea.*

**There are two people that never have enough time- the very old and the very young"*

**Metal is tested by fire man is tested by what he says"*

Sakura Ryu Ju Jitsu® Shop

Place your orders on Training Nights



- Gi's from size 00 (4 – 5 yrs) to size 7 (xx Large)
- Light Weight (Cotton) or Heavy Weight (Brush Weaved)
- All Gis come screen printed (cotton) or embroidered (heavy)
- Polo Shirts, T-Shirts, Chambray Shirts
- Embroidered Sports Bags. Heavy weaved Cotton with stainless steel zips. in club colours
- Caps, Beanies, Hats embroidered, with Logo
- Protective gear such as boxing gloves, training gloves, shin pads and arm guards are available.
- Kick shields (suitable for junior students)
- Hand Wraps (great for other parts of the body too!)
- Kali Sticks, Tantos, batons, Jo's and other training weapons are available on request
- Sakura Ryu JuJitsu Pens and Lanyards and much more!



When you travel to events support your club by wearing our corporate wear branded merchandise. Also ask to have a logo embroidered to your own clothing