

# Around the Mat!



All the News from Portage Jiu-Jitsu

[www.portagejiu-jitsu.net](http://www.portagejiu-jitsu.net)

December 2009

## Winter Warrior is Back!

Be sure to set aside **Saturday, February 06<sup>th</sup>** for the *Seventh Annual Winter Warrior Martial Arts Symposium*. *Winter Warrior* provides Martial Arts enthusiasts with a unique opportunity to take a look at a wide variety of Arts and to train with some of the best instructors in the world. And it all takes place right here in Southport!

This year *Winter Warrior* will feature **Aikido Bokken Techniques, Traditional Jiu-Jitsu, Ninjutsu and Brazilian Jiu-Jitsu**. During the day you will be able to take part in each of the workshops, meet new people and have a great time! *Winter Warrior* is one of the main events that Portage Jiu-Jitsu organizes each year. Do your part by coming out and participating. Better yet, come out and bring some friends.

This is a unique opportunity and should not be missed! Pick up some of the brochures in the office and help get the word out. The brochure is also available at [www.portagejiu-jitsu.net](http://www.portagejiu-jitsu.net).



## Important Dates to Remember

December 17: Christmas Party, End of Classes for 2009

January 05, 2010: Classes Resume

January 28: Belt Testing

February 06: Winter Warrior!

February 07: Black Belt Clinic

(Blue Belts and up)



## *Christmas Party News*

All club members are invited to attend the Portage Jiu-Jitsu Christmas Party on Thursday, December 17th. Please be at the Koko Platz Rec Centre, 6 Garrioch Park Drive (that's the corner of Meighen and Garrioch) at 6:00 p.m. for pizza. Following the pizza we will be going on a wagon ride to see the Christmas lights. Then back to the Koko Platz Rec Centre for hot chocolate. Kids should be done and ready for pick up around 7:30 p.m. Adults are then invited to retire to Boston Pizza for further festivities. **PLEASE** let us know a.s.a.p. if you plan to attend so we can order the correct amount of food.

## *Traditional Weapon: The Bo Staff*

The "Rokushakubo" is both the name of the weapon and the method of fighting with it. Roku = "6", Shaku = "feet" and Bo = "staff".

The Bo is properly a hardwood staff of between 5' and 6' long and of 1-1/4" diameter tapering to 1" at both ends. While the Bo used for modern competitions and forms tournaments is quite light, typically the traditional Bo has both strength and weight.

The Bo evolved from poles, balanced across the shoulders to carry water and other loads. Historically, it was used by Samurai, priests and commoners alike and was primarily a defensive weapon. As a fighting instrument, it allowed locking and striking against a variety of weapons. It's length made it an apt weapon against swordsmen, disarming the opponent while allowing the user to remain at a safe distance.

An interesting point of fact is that Japan's most famous swordsman, Miyamoto Musashi, was defeated by a skilled bo-man.

~ Sensei Rick Williamson ~

## *Belt Evaluation Night: November 26, 2009*



### *Little Samurai*

(All received a Yellow Stripe unless otherwise noted)

**Front Row:** Daphne Hamm (Blue), Michael Klaassen, Zachary Skyhar, Troy Doherty, Keely Chiponski, Amy Lambert (Blue)

**Middle Row:** Cara Galarneau (Blue), Brayden White, Brendon North, Ilia Mazor, Timur Syrota, Matthew Galarneau (Blue)

**Back Row:** Veronica Ducharme, Keitlyn Delmage, Dawson Skyhar, Liam Shaw, Reighan Chiponski, Kailee-Rae Delmage



### *Adult Class*

**Front Row:** James Friesen (Yellow 1), Curtis Rasmussen (Yellow 1), Dave Friesen (Orange)

**Middle Row:** Erin Hill (Orange), Gerrad Peddle (Yellow 1), Marie-Helene Marseille (Yellow 1), Kevin Delorme (Yellow 1), Zachary Ducharme (Yellow 1), Kenzie Green (Yellow 1), Jacob Sareault (Yellow 1)

**Back Row:** Brendan Unrau (Yellow 1), Axel Zariwney (Yellow 1), Mark Sokolowski (Green), Terry Henry (Brown 2), JR Sareault (Brown 2), Kris Bowman (Green)