

Around the Mat!



All the News from Portage Jiu-Jitsu

www.portagejiu-jitsu.net

October 2009

Winter Warrior is Back!

Be sure to set aside **Saturday, February 06, 2010** 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 **Jiu-Jitsu Techniques with Sensei Chris Bissett**, **Aikido / Bokken with Sensei Doug Reichert**, **Ninjutsu with Sensei Angelo Mendoza** and **Brazilian Jiu-Jitsu with Sensei Curtis Brigham**. 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! Brochures will be available soon, so be sure to help get the word out. Visit www.portagejiu-jitsu.net to see photos from past *Winter Warrior* events.



Welcome Back

I would like to take this opportunity to welcome everyone to the 2009-10 season for *Portage Jiu-Jitsu*. To those returning from last year, I want to encourage you to keep up the commitment and dedication you have shown in the past as you work to improve your Jiu-Jitsu skills. The learning process never stops and by returning for another season, you have provided all of us more opportunities to train and learn together. You will be instrumental in providing role models for the new people and in giving assistance to others who train with you.

Those of you who are coming out for the first time will soon learn that you are now part of something that most people never get to experience. You will find that regular and intense practice in all parts of Jiu-Jitsu will bring you to a level of understanding of yourself that you may not have been aware of before. The gestures of respect that you will be showing to the senseis, your fellow students and to the spirit of Jiu-Jitsu will lead automatically to self-respect and self-confidence.

Good luck in your training and I look forward to working with each and every one of you.

~ Sensei Rick Williamson ~



Dojo Etiquette

~ Bowing ~

In many Asian cultures a bow is performed as a sign of respect. When we bow in our dojo (school) we do so to show respect to each other, to our teachers and to those teachers who have gone before us. There is no religious significance to any of the bows performed in our dojo.

Entering and Exiting the Dojo: You are entering a place of respect. In this place you are to show respect for your teachers and your fellow students. You are also to show respect for yourself. Bow at the entrance of the dojo every time you enter and every time you leave.

Walking on or off the mat: Again, the bow is a sign of respect. You are stepping on to your formal training area. When you are on the mat you are there to train, not to socialize or fool around. While you should always show respect, extra care is taken once on the mat to behave with respect to your teachers and fellow students and to watch out for their safety and well-being. Bow when you leave the mat as well.

When working with a partner: Once you have paired up with someone you should bow to each other prior to beginning your practice. Bow again to each other at the end of the session. By bowing you are telling each other, “I respect you and will take care when working with you.” At the end of the session your bow is saying, “Thank you for working with me.”

After receiving instruction: A standing bow should be made to a Sensei after you have received instruction. If the whole group has been kneeling during a demonstration they should all rise and bow to the Sensei when the demonstration is completed. By doing so you are saying, “Thank you for your instruction.”

What is Jiu-Jitsu?

~ Sensei Leith Saunders ~

Besides being a “practical, effective system of self-defense”, it is also an ancient Japanese Martial Art, and the “parent” art of three other Japanese Martial Art forms; Karate (kicking, blocking, punching), Aikido (joint holding and locking) and Judo (throwing and grappling). Jiu-Jitsu literally means “flexible art”. At *Portage Jiu-Jitsu* we study the *Jishin-Ryu* style of Jiu-Jitsu. *Jishin-Ryu* stands for “self confidence”.

There are many symbols that you will see at *Portage Jiu-Jitsu*. The Japanese symbols (kanji) shown below stand for ‘Jiu-Jitsu’. The upper portion is the kanji for **Jiu** or “flexible” and the lower portion means **Jitsu** or “physical art”. The current version that is in use for our club was commissioned for the *Bissett Jiu-Jitsu* schools in the mid-1980’s.



Photo Night

A professional photographer will be in class on Tuesday, October 27th to take group and individual photos. Kids will be done first and then a **club photo (kids and adults) will be done at 7:30 p.m.** Both kids and adults will have an opportunity to have portraits taken that evening. Please make an effort to be there with your gi looking good! Also, if you wear a T-shirt it must be **black**.



The New Portage Jiu-Jitsu Crest

Recently *Portage Jiu-Jitsu* adopted a new crest for use on our gis and other *Portage Jiu-Jitsu* items. The kanji on the crest stands for “Bu” (warrior). A description of the kanji “bu” is given below.

Bu

Lower left part of kanji (SHI, tomeru) originally meant *foot*, while upper right part of kanji represent *halberd* or *lance*. Thus... *advance on foot with a halberd*, a reference to a *warrior* and by extension things *military*.

In modern times the lower left character, SHI, means *to stop*. Therefore the character BU is interpreted to mean... *To stop the spear*, a military interpretation implying a defensive nature rather than an aggressive nature.