

Rideau Osgoode Martial Arts

December 2015 Newsletter



As I reflect back on the past year, I can't help but smile: it's been a great year. Our membership is strong, and we continue to grow. The biggest change, of course, is that 2015 is the year that we left our home of more than two decades to move to a wonderful new location. All things considered, the move to our new Dojo on the main level of the mall in Osgoode went very smoothly. We haven't quite finished the move, opting to "live in the space" for a while before making too many decisions about what goes where. We still have a few pictures to put up, but we're almost done and I couldn't be happier with the results.

I'm excited about 2016. We're working on a bunch of great training and seminar opportunities that should be a lot of fun, including board breaking which is always a lot of fun for everybody (especially the kids).

I look forward to seeing you sweat in the new year!

As always, if you have any questions, comments, or concerns, please let me know

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Jiu Jitsu Grading

August 23/2015 was a big day for Rideau Osgoode Martial Arts and new Sensei Brandon Rowland. Sensei Brandon joins a very select group of cross-over black belts at Rideau Osgoode Martial Arts, holding ranks in more than one art (Karate and Jiu Jitsu).



A group of 12 club members travelled to Belleville Karate & Jiu Jitsu for Sensei Brandon to go before a Black Belt Grading Board. Under the watchful eyes of our very own Sensei Gary Bazil and Sensei Martin Salisbury from Belleville, Brandon underwent a grueling test of his Jiu Jitsu knowledge and skills learned during his many years of training. Well done Sensei Brandon! And thank you Belleville Karate & Jiu Jitsu.

We're excited to have re-established our connection to Belleville Karate & Jiu Jitsu and look forward to future opportunities to train and learn from each other.

Class Schedule

Our last day of classes in 2015 will be December 23rd (join us for the Jiu Jitsu class!). Classes resume on January 4/2016.

Everybody is welcome to join for *Open Training* on most Friday nights. The second and fourth Friday of every month is set aside specifically for Brown and Black Belt training, but everybody is welcome to join us for the other Friday nights of the month. There will be no fixed agenda or formal class, just an opportunity to train either alone or in groups.

Shirts, Club Patches, and other SWAG

We have some black and red golf shirts in various men's and women's sizes, and patches with the club logo on them for sale. **The shirts are \$45 and the patches are \$15 (taxes included).**

Please connect with Sensei Christine if you'd like to buy one.

Please also tell Sensei Christine if you are interested in acquiring other club SWAG, including gym bags, hoodies, or jackets. We'll place an order in the new year.



Dojo Protocol Updates

Our move to the storefront on the main level of the Market Square Mall in beautiful Osgoode is complete and we're starting to settle into the new space. We decided that we'd take an organic approach to how we learn to use the new space, and after two months, the senior teaching staff has made a few decisions regarding the protocols that we'll observe. Much of what is listed below is likely not new and some of it is (hopefully) obvious.

Our primary goal is to introduce a touch of formal protocol to provide regular reminders to our members that the Dojo is a place of serious training and study, but not so much formality that we forget that it's also fun.

All members must bow when entering/leaving the training area. The training area is considered to be the main floor space from the door up to (but not including) the "stage"; this excludes the area in front of the door covered by mats.

At the beginning and end of class, students will assemble in straight lines by rank, highest to lowest, right to left, front to back. Black belt instructors will line up on the left. When they're not leading the class, the chief instructor (Sensei Wayne), senior black belt (Sensei Dan), and visiting senior ranks will line up on the right.

All classes start and end with three bows: the bow to the front, *Shomen-ni*, is a nod of respect to the instructors of the past; the bow to each other, *Otaga-ni*, is a show of respect to each other (the instructors of the future); and the final bow, *Sensei-ni*, shows respect to the current instructor. At the end of class, when necessary, bows to the assistant instructors and senior ranks will be added. All class activity stops and highest rank leads a bow when the chief instructor or senior black belt enters the training area in uniform (one time per class at most).

Grading Fees for Stripes and Belts

There is no fee for stripe gradings, but we do charge a \$25 fee for Yellow and Orange belt gradings, and \$35 for Green through Brown belt gradings. Grading fees are due in advance of the scheduled grading session.

Please keep in mind that our instructors tend to focus on teaching rather than marking progress (i.e. stripes or belts). We consider marking progress to be a shared responsibility between members and our instructors; if you feel that you are ready to grade to your next stripe or rank, please ask an instructor. Stripe gradings occur during class. Belt gradings are scheduled monthly.

Important Dates and Events

Jan 24 **Dojo Clean up** 10am-noon. Sweeping, mopping, and polishing. What could be more fun?

Feb 20 Belleville Karate & Jiu Jitsu 28th **Annual Open Martial Arts Tournament**

April **Gima Sensei** 9th Dan and **Kinjo Sensei** 9th Dan, Head Shihan of the Jundokan So Hombu Dojo in Okinawa coming to Canada. More details as they become available.

May 13 Spring 2016 **EMAC Black Belt** Grading in Kirkland Lake

May 14 Spring 2016 **EMAC Gasshuku** will be held in Kirkland Lake. More information coming soon!

EMAC is a coalition of martial arts clubs that work together for mutual benefit. The Gasshuku is a semi-annual training day which grants us a great opportunity to train with martial artists from other EMAC member clubs with similar values but different experiences. Exchanging ideas and training with people that we don't normally get an opportunity to train with is an excellent way to expand your horizons and grow as martial artists. This spring's Gasshuku is being held in Kirkland Lake, which is a bit of drive; as we get closer to the event, we'll work out carpooling opportunities. A Black Belt grading is held the night before the Gasshuku.

The Belleville Karate & Jiu Jitsu tournament is the only tournament that we attend regularly. Like the Gasshuku, this provides us with an excellent opportunity to interact with others, expand our horizons, and grow as martial artists. If you enjoy a little healthy competition, this is a great event.

Please let Sensei Wayne know if you are interested in attending either the Gasshuku or the tournament.

We have some other things in the early planning stages for 2016, including a board-breaking seminar and some other special training opportunities. We'll provide details as soon as we have them to share.

Social Media

Notifications of last minute class cancellations (typically due to weather) will be done through Facebook and our Google Groups-based mailing list. Cancellations will be announced by 4:30 pm on weekdays and 8 am on Saturdays.

We also post events, pictures, and other information on Facebook. Please participate in the discussion by *liking* our page. We use Google Groups for our mailing list. This list is used for one way communication to the membership. We try to use this list sparingly, and only for club business. We automatically add new members to this list; if you'd like to change your subscription or add members, you can do that directly (or just ask for help).

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