

INSTRUCTOR & STUDENT QUARTERLY

July - September 2011

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A Word About our System and representations made on the Internet

It has come to my attention that there have been various mentions of my name as being an Officer or member of a particular organization, when I am not. Please verify directly with me when in doubt. The internet is still a place where individuals can slant the truth to suit their needs without fear of legal reciprocation until they are caught. Most of the reasons behind individuals and groups doing this seems to be either to gain some kind of perceived prestige for their group by "identification" with a certain individual; or trying to attract members of a person's group to join them by making false assertions that the leader is also a member. Please contact me if there are any questions. This is not in reference to any of you who are receiving this newsletter directly from me, but individuals whom I don't know or who I have only had an acquaintanceship with using my name or image without my permission.

Also, be aware of individuals falsely claiming to be ranked in the art of San-Jitsu. Although we have individual practitioners and dojo practicing the art throughout the U.S. and elsewhere and a separate organization in Germany. All individuals should attempt to register directly with my Headquarters by e-mailing or writing to me and giving me their particulars, though they would be directly under whoever is in charge in their area. In this manner we will have a cross check system in place to validate legitimacy. In relation to this, we had one individual claiming to be a Black Belt of mine trying to register in a dojo in Pennsylvania several years back. The dojo belonged to a friend of mine, Grandmaster Dan McEaddy who told the individual that he would have to check his ranking with me first before taking him in. The individual abruptly left his dojo without giving his name.....It is for reasons like this, that registering yourself becomes necessary. So, do this as soon as you can please. Thank you.

Hornet Knife undergoes some revamping.....

The Hornet Knife as featured in the now defunct magazine, **FILIPINO MARTIAL ARTS**

As any knife expert will tell you, the best way to stop a knife attack, short of obliterating the attacker, is to knock the knife out of the person's grasp. For the knife wielder, the exact opposite is true in that he must "work" to retain the weapon while inflicting damage. From the knife wielder's perspective, there are various ways to aid him in holding onto his weapon. One, is to make sure that he keeps the manipulation of the knife to a minimum. In this way there is less likelihood of it being knocked out of his hand during a transition in technique. The other is to actively block with his free hand which leaves it open to being grabbed or cut if the opponent should also have a knife of his own. In the martial art of San-Jitsu, there is yet another option, a safer, more effective alternative, the use of what is called the "Hornet's Loop".

What Is the "Hornet's Loop"?

The "Hornet's Loop" is a term used by San-Jitsuists to describe the manner in which a knife's lanyard (rope or chain which allows the knife to be worn around the neck) is twisted around the hand so that the knife can be manipulated in various ways without danger of it dropping. The special tie also enables the knife to be twirled into either the sabre (point facing forward) or ice-pick (point facing down) position to be thrown at the opponent without fear of losing the knife. The name "Hornet" also applies to the manner in which the knife is used. The strikes are short and jabbing rather than delivered with a "full thrust".

In order to effectively use the "Hornet's Loop", the lanyard is adjusted so that the length is custom made to fit the twirling actions which bring the handle of the knife into the palm. The lanyard should also be of a neutral

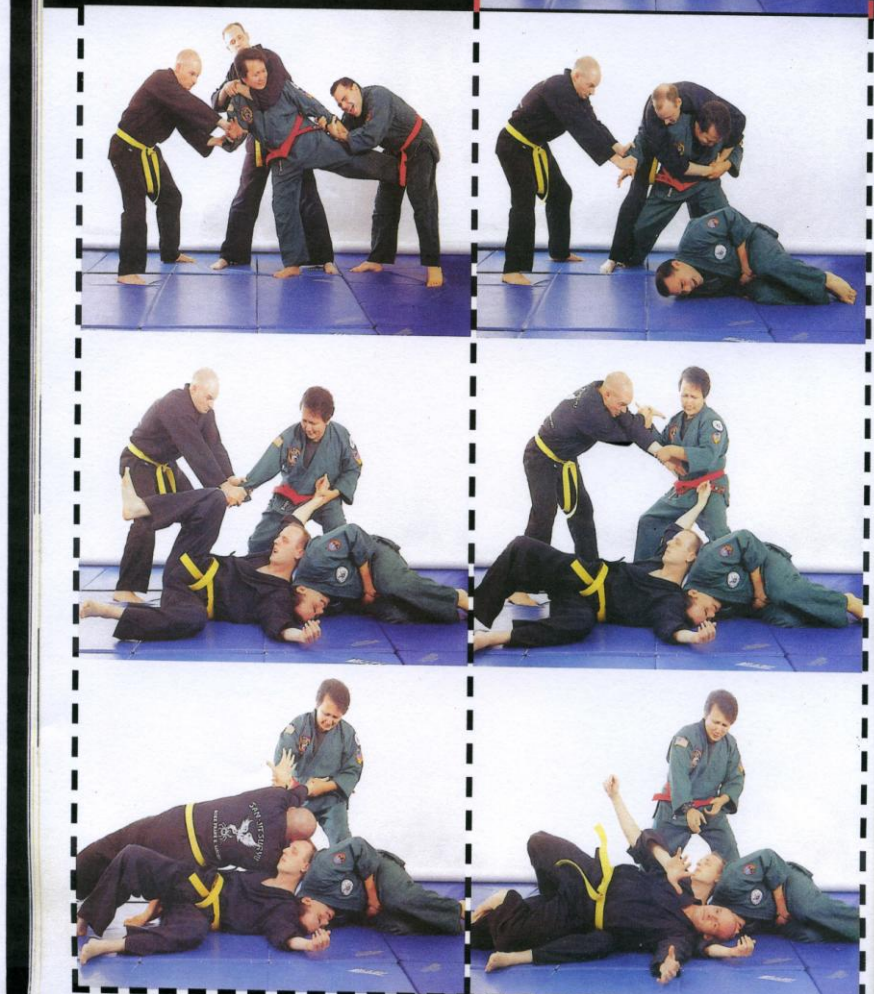


Sensei Matthew Sanchez is hard at work on developing a new "improved" Hornet Knife for us which will have more penetration length and durability, we will keep everyone apprised about Sensei Matt's progress and let everyone know once the project is completed on this important stealth weapon of San-Jitsu



Sensei Matthew Sanchez

San Jitsu Guam



San-Jitsu prides itself on teaching techniques which are workable in a variety of situations. Most are lethal, some are what I call “bumping” arts just to get the opponent off of you so that you can deal with the next individual who may be attacking you. In dealing with gang attacks it is important to first assess who the leader is and to verbally try to diffuse the situation while keeping a reference of escape avenues. You must also assess the intentions of the individuals. Are they there to harm you or just to restrain you? The next phase after determining all of this is to eliminate or neutralize those behind you first (this can be as simple as standing with your back against a wall or positioning yourself in such a way that the attackers are all in front of you). “Take out” those in back of you first, UNLESS you are already protected from the rear or an attack from the front is already in motion. If they are just trying to restrain you then the use of techniques such as the ones shown above can be used (note: this is only an “example” of a defense as there may be better options to use, depending upon the circumstances). I am also wearing an Orange Belt in the photographs

to show that this is a technique taught at Orange Belt level in my dojo). In a more serious altercation, the use of extreme strikes and kicks should be used. In all cases, use the “best” technique you feel possible at the time that will do the most damage and don’t stop until the threat is completely eliminated or you have left the area.....Is it possible to defeat a gang attack?...”**YES**”, I have in my younger days and I have had students with similar success. The “Key” is your physical conditioning, training and mental state of mind. Is there a limit to how many people you can successfully defend yourself against? The record as I understand is supposedly 10 people who were overcome in a bar fight during the Gold Rush days in California. A Chinese fella who knew Kung-Fu took out 10 people who fought him. Granted, none of the other individuals knew Kung-Fu, but now a days you can be fairly certain that the individual or individuals you are fighting have had some exposure to the martial arts, either through media exposure, military training or relatives or friends that have taken it. So, it is important that you are well versed in all the different concepts of fighting and San-Jitsu gives you that advantage.

SAN-JITSU’S HIDDEN EQUALIZER

Asside from the conditioning of hands and feet that we use to harden our “natural weapons” and the extreme grappling techniques we use to break bones. The San-Jitsu ring with extended metal points is your best defense against surprise attacks. It is available for your use at all times and can be deployed within an instant to distract, hurt or stun your attacker, so that a suitable follow up can be made. Here are some instances for its use:



San-Jitsu Ring worn on middle finger



Assailant grabs wrist



Soke punches with ring prongs into forearm to loosen grip and distract opponent



Soke “clothesline” sweeps assailant to ground where he can follow up by striking a vital spot or breaking opponent’s arm



Assailant punches and Soke blocks punch while delivering ring strike to bicep



Soke twists arm upward and breaks the aggressor’s elbow over his shoulder



In headlock – jabs ring into thigh



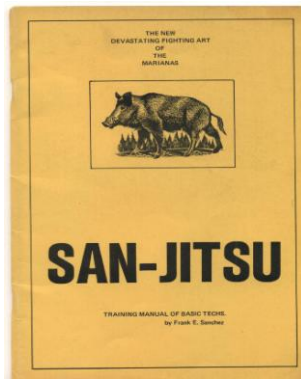
begins Tittor Totter Throw



Prepares to finish with knee break



New video on website



1977 publication of San-Jitsu



WHFSC Council

FIGHTING TIP FROM SOKE - THE ART OF WALKING – remember that everything you do in normal life is transferrable to the art of fighting. Walk on the heels of your feet and not on the balls of your feet to make your body more stable when in motion (*do this naturally*). You will find it is easier to catch your balance when for some reason your footing goes awry. You should never be on the balls of your feet unless you are preparing to move forward to engage your opponent or moving away quickly.

NEW VIDEO – go to our website <http://www.San-Jitsu.com> and you will see a new video of San-Jitsu techniques performed with Master Chris Marquez at the Hombu. The video was made in October 2012 and celebrates over 50 + years of teaching by me at 63 years of age- I am no doubt, the oldest “active” Sensei teaching martial arts in Jacksonville, Florida! - I am also **FINALLY** working on a follow up to my original 1977 book of San-Jitsu which sold out on Guam, but can be found in Guam’s libraries, the Guam Museum and Cambridge University of England’s Micronesia Islands studies section. Send me a picture and short bio if you are a student and we will see if we can include it in the new book of San-Jitsu which I am currently working on!

BECOME A MEMBER OF THE PRESTIGIOUS “WORLD HEAD OF FAMILY SOKESHIP COUNCIL”!
YOU can now become a “general member” of my world renowned grandmasters/ masters organization. If you are below 4th dan in ranking.....Just send in your name and particulars to me along with a one time fee of \$35.00 (you can PayPal your funds to my e-mail if you’d like) and I will get you out a membership card and certificate. The website address for the WHFSC is <http://www.WHFSC.com> .



Concrete Chi breaking demo by GM Sanchez

Well, this concludes our newsletter for this Quarterly period. Remember that technique is everything, but “power” when properly developed can ADD significantly to your technique. Don’t forget to practice your hand and foot conditioning. It is **NECESSARY** to become a complete San-Jitsu Warrior – Hungan!!

Soke Sanchez

SAN-JITSU ORDER FORM

The following articles can be purchased through the dojo or by mailing your check or money order (**U.S. currency only – no cash please**) to:

SAN-JITSU GUMA
6035 Ft. Caroline Rd. Unit 22,
Jacksonville, Florida USA 32277

You can also e-mail your funds directly to San_Jitsu@yahoo.com by first setting up a “free account” with “PayPal” at <https://www.paypal.com/>

SAN-JITSU ITEMS (Prices effective 2008)

Circle or mark the numbers for those articles you are purchasing:

1. Training tapes for those with a Black Belt or equivalent in another art (must submit copy of rank certificate with brief resume and photo) –Four tape series (specify VHS, PAL or DVD Format) - \$35.00@ tape with testing via video-tape for each tape@ \$30.00 for first 3 tapes and \$60.00 for last tape which includes Level One Instructor Certification (add an additional \$30.00 for each individual demonstrating with you on the tape along with a copy/ copies of Black Belt certificate(s) and resume(s), if they are also requesting certification) . Costs can be paid as you go through each tape or you can pay for the complete set of tapes in advance for \$120.00 representing a discount of \$20.00. First tape only Complete set of tapes Specify type of video format: VHS PAL DVD

2. Tapes for students of San-Jitsu – 12 tape series (specify VHS, PAL or DVD Format) - \$35.00@ tape with testing via video-tape for each tape@ \$30.00 for first 11 tapes and \$60.00 for last tape (add an additional \$30.00 for each individual demonstrating with you on the tape along with a copy/copies of rank certificate(s) and resume(s), if they are also requesting rank certification for each belt level). Costs can be paid as you go through each tape or you can pay for the complete set of tapes and tests in advance for \$400.00 representing a discount of \$20.00. First tape only Complete set of tapes Specify type of video format: VHS PAL DVD

- 3. Official San-Jitsu Patch (Ayuyu Crab) \$10.00
- 4. Guam Patch (Island’s flag)..... \$ 5.00
- 5. Combat wrist band (mid-level to upper level ranks only – *price each wrist band*\$20.00
- 6. San-Jitsu logo iron-on transfer sheet (for back of uniform)..... \$ 8.00
- 7. Official San-Jitsu Fighting Ring (silver) – *specify middle finger size*.....\$70.00
- 8. Optional San-Jitsu Fighting Ring (gold plated) – *specify middle finger size*.....\$200.00
- 9. Hornet’s Knife.....\$6.00
- 10. Balas (flexable plastic whipping sticks) - *per pair*.....\$60.00
- 11. San-Jitsu t-shirt – *specify size – available in black and green*.....\$15.00
- 12. Light weight black student uniform *for beginners – specify size*.....\$38.00
- 13. Heavy weight black uniform with embroidered emblems on jacket & pant leg.....\$85.00
- 14. Heavy weight green uniform (embroidery/ back patch extra).....\$85.00

NOTE: For mail orders only - please send my order to:

Name _____
Address _____
E-mail _____ Phone _____ Fax _____

Enclosed is my check/ money order/ PayPal remittance in the amt of _____