



CABOOLTURE | REDCLIFFE | BRIBIE

GO RIN POU JU JITSU

# News Letter

2014 VOL 1

WWW.GORINPOU.COM.AU

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## Welcome

For new Students, Get the full welcome kit here. Download it or read it online.

Please print and complete our Entry Survey, fill it out and give it to Peter.

[www.gorinpou.com.au/welcome.pdf](http://www.gorinpou.com.au/welcome.pdf)

First lesson back dates ( corrected ) 2014

- Redcliffe Monday 13<sup>th</sup> January 2014

- Caboolture Tuesday 14<sup>th</sup> January 2014

- Bribie Thursday 16<sup>th</sup> January 2014

As usual, all students are welcome at any dojo especially over the break when your routine is out of whack. If you have friends or relatives over, bring them along so you can show off, I mean demonstrate the benefits of Ju Jitsu.

## SUPER IMPORTANT

Your Annual Fees are NOW DUE. You have until the end of February to get paid up but please pay as soon as you can so we can get our admin tidied up quickly for 2014. After 1<sup>st</sup> of March you don't go on the mat unless you are financial.

Rank	Age	Bribie	Cab/ture	Redcliffe
Dragon cubs	8 & under & not graded	\$55	\$65	\$45
Sub Juniors	8-11	\$55	\$75	\$55
Juniors	12- 15	\$65	\$75	\$55
Seniors	16+	\$70	\$85	\$55
Instructors	18+	\$80	\$95	\$65

\*Redcliffe Students fees do not include PCYC Fees. These need to be paid separately to the PCYC when they are due.

\*Students with AJJA books and WJFF Books, please bring them with you when you pay so we can update them as we go.

## The Art Of War



"People should not be unfamiliar with strategy,

Those who understand it will survive,

Those who do not understand it will perish"

Sun Tzu's the Art of War

Did you know that you

can download a pdf version of this amazing book from our website? [www.gorinpou.com.au](http://www.gorinpou.com.au)

## Who is Go Rin Pou exactly? And what is it that we do?

Go Rin Pou passes on in a faithful manner, Ju Jitsu, the ancient close quarter combat art of the Samurai and a modern day effective system of self-defence.

We pass on these valuable skills & knowledge to women & children, those that are less able to protect themselves and those that are inclined to protect others, so that they are able to walk away from conflicts, deescalate those that cannot be walked away from or resolve conflicts without injury or harm to those involved wherever possible and practical.

Go Rin Pou members will have the physical, mental and technical ability than comes from preparation and commitment to training to ensure that their own safety and the safety of others can be preserved in this manner. Members will treat Ju-Jitsu as an invisible weapon of great power and treat it with the proper respect and responsibility. Go Rin Pou members lead by example and remain faithful to their art at all times.

Go Rin Pou Ju-Jitsu the invisible weapon you carry with you always.



We have 306 likes on our Go Rin Pou Bribie Facebook page. Yippeeee. But we need some reviews. Can you please find our page and do a review. While you are there you can also invite your friends to 'like' the page.



*From the 1960s, Not new but can anyone see how this technique can be improved?*

The chances of being killed by a handgun in Australia are very very remote. 85% of hand gun killings are directly related to drugs and of the other 15%, 90% of them are directly related to outlaw gangs.

To break that down for you, 1 death every 3 years in a population of 23 million. So if you stay away from drugs and gangs, your chances of ever having to use this defence are about 69 million to one. However this is not the case outside of Australia.

In many countries, handguns are also used regularly in robberies and muggings and in other countries guns are carried as a matter of course. You are (up to) hundreds of times worse off in the USA and many more times worse off in some South American countries and the Middle East.

So if you travel, anywhere (even to New Zealand) this is worth learning! The important thing to remember is that these techniques are not separate to our other Ju-jitsu techniques.

It is the same principles and the same basic technique adapted ever so slightly for guns. Learn it once and it applies to all weapons.

## New for 2014

We have a lot of members now. We get the feeling sometimes that some of our students feel they are missing out on getting graded. Yes you are!

The number 1 thing you can do to improve your martial art is to turn up. We do most of the rest for you. Consistency in training is not the easiest thing but if you miss a lesson, it might be the one that has the techniques you need for you next grading.

You might see students zooming past you and feel your missing out. Don't forget, some students train 2 or 3 times a week. Demo team students can train up to 4 times a week. Don't get upset about results you didn't get from work you didn't do.

When we had a lot less students it was quite easy to keep track of who was ready and who had missed parts. Make no mistake, we know exactly where you are and we quite often know you are ready even if you don't and we definitely know when you are not ready. We have been doing this for more than 20 years now.

However, with so many students we do lose track of who we have talked to about where they are in relation to grading, so we have a new form to help us with our communication and planning.

From now on, when you are ready to grade, whether you think you are or we think you are, you need to fill out a Grading form so that every student in every dojo feels they are being treated fairly and equally.

You will be able to download the form from our website or your instructor will give you one and help you start filling it out.

## What else is in this issue?

- Make it a Habit #3 Home Safety Basics
- Qualified in 'self-defence' – how to tell
- Coaching Qualifications for Sempais
- Weapons Price Lists
- Go Rin Pou on the web
- Fun Photos
- Demo Team is back

**Make it a habit #3:** Get your belongings engraved & put security company stickers on your windows. So simple and WORKS!

Thieves hate stuff they can't sell. Make it as difficult as possible for a burglar to want to steal your stuff. If you engrave all items of value it makes them very undesirable to steal as the burglars know they are too easy to trace and therefore sell to their fence. Mark your valuable property using the "Property Identification System" (See below). Marked property also helps police to identify and return it to the rightful owner just in case you are robbed.

You can mark your items by engraving or microdotting them. Where possible, mark your property with a code on the top right hand rear corner of the item or near to the manufacturer's serial number. Take a video or photograph of property that can't be marked, such as jewelry. You can engrave and photograph yourself, it is not hard. For small items that might be too delicate, like phones and iPads see your local Mr Minit.

For the big stuff, engravers are available for loan from your local police station, police beat shopfront, neighbourhood police beat or Neighbourhood Watch Area Coordinator (at no cost). You should seek operating advice before using an engraver as not all items are suitable for engraving.

Go to the QPS checklist for a list of items you should consider marking. Google this: "Property Identification fact sheet and checklist"

"Property Identification System" - What code to use: Property identification involves marking your property with a personal code. The Queensland Police Service recommends you create a personal code. A personal code is created by using details such as the first initial of your first name, the first initial of your surname, date of birth and State of residence. For example, the personal code for Cameron Peters, Born on 1 August 1974, would be: C P 0 1 0 8 7 4 Q. Last part of the equation is to advertise to prospective burglars that your stuff is worthless to them. Ask your security company for some stickers for your windows. You only need a couple, enough to let them know that it's not worth the bother.

Please share this with anyone who is ever likely to own cool stuff.

If you want more top rated personal & home safety tips on a weekly basis, 'like' our facebook page. <https://www.facebook.com/gorinpoujujitsubribie>

### The difference between qualified 'self-defence' instructors and most of the rest

Your instructors are very experienced and qualified to teach specifically 'self defense' with Australian Government recognized qualifications. Teaching a martial art is one thing but it takes more than a black belt certificate to teach self defense! What works for a strong, fit martial arts instructor/practitioner in the dojo may not work against a larger stronger attacker in the street. Go Rin Pou Ju Jitsu is a collection of devastating techniques that are specifically designed to work on larger, stronger attackers in the street.

Go Rin Pou instructors have been teaching locally in PCYCs and community organisations for over 20 years. They are all Blue Card registered, MAIA accredited, long time members of the AJJA and World Federation. They also have Australian Government recognized 'Training' qualifications and Security certification, things that most 'sporting' martial arts instructors don't carry.

## COACHING QUALIFICATIONS

Yellow Belt and up must have a senior first aid certificate and all blue belt and up are required to have their level 1 coaching qualification. You will not be allowed to grade past blue belt until you have it.

Anyone else who wants to do it can do it also. The coaching qualification is free. It is online. If you need help, just ask.

It will take a few hours, quite a few of us have done it already. If you already have a higher qualification, you are exempt.

For the coaching qualification Go to :

[www.auspoth.gov.au/participating/coaches/education/onlinecoach](http://www.auspoth.gov.au/participating/coaches/education/onlinecoach) Print out your own certificate & email it to me in a pdf. [peter@gorinpou.com.au](mailto:peter@gorinpou.com.au).

## www.gorinpou.com.au on the web

We have a private group so we can share our photos, videos and jujitsu thoughts. You need to request to join to see the content.

Juniors you will need your parent's permission and if juniors don't have an account your parents can join instead:

[www.facebook.com/groups/gorinpou](https://www.facebook.com/groups/gorinpou)

The Bribie Island dojo is using facebook to promote the club. Please help out where you can by encouraging your friends to 'like' our page. We get more facebook privileges and tools the more 'like' we have:

[www.facebook.com/gorinpoujujitsubribie](https://www.facebook.com/gorinpoujujitsubribie)

We also have our website going with plenty of member notices and information for new members. Our site get about 100 hits a month, mostly from enthusiasts reading our research and content. The page is public so we don't post pics or vids there but it is a great place to keep up to date. You can help by finding us on google, type in "self defense bribie" or "jujitsu bribie" and click our website. The more people that use google this way, the more important google thinks we are and the higher we rank. Try the same for redcliffe and caboolture. Be careful not to click our opposition's sites otherwise they will start ranking too. [www.gorinpou.com.au](http://www.gorinpou.com.au)



We are back for 5 events in the beginning of 2014. Don't miss out on the training. As you know, this is the most important part and even if you can't make all of the demos, you should get to all of the trainings.

Day	Date	Event
Fri	6p - 7p 31/1/14	Training
Sun	8a - 2p 2/2/14	Cancer Council Markets
Fri	6p - 7p 8/2/14	Training
Sun	8a -2p 9/2/14	Rotary Markets
Fri	6p - 7p 14/2/14	Training
Sat	8a - 5p 15/2/14	Bribie Island Shopping Centre
Fri	6p - 7p 28/2/14	Training
Sun	8a -2p 2/3/2014	Cancer Council Markets
Sun	8a -2p 9/3/2014	Rotary Markets

New members must come to at least 2 trainings before you can come to an event. There is a lot to learn. As usual, Demo Team training is free and ask anyone on the Demo Team, if you want to get graded quickly, this will be a big boost.

Last Year's Demo at Woollies Shopping Centre at Bribie



Still available - See Peter

Item	Style	Club	Non Member
Kali Sticks ( 2)	Pakamat Phillipino style	\$25	\$35
Kali Sticks (2)	Natural Bamboo	\$25	\$35
Kali Sticks (per 2)	Rattan	\$30	\$39
Bokken	Red Oak	\$27	\$39*
Bokken	Ash or White Oak	\$35	\$45*
Wooden Iaito	Red or White Oak	\$55	\$66*
Wooden Iaito	Red or White with tsukaito	\$65	\$79*
Wakizashi Bokken	Red Oak	\$39	\$55*
Tanto	Red, Black, White Oak	\$18	\$25
Nunchaku	Foam with Rope	\$29	\$39*
Nunchaku	Entry Level - Wood with Rope	\$29	\$39*
Nunchaku	Wood with Chain	\$42	\$49*
Nunchaku	Rattan with Chain	\$47	\$59*
Nunchaku	Black Wood with Chain Fancy Inlays Or ribbed Or 8" Speed	\$47	\$69*
3 Section Staff	Foam	\$50	\$70*
3 Section Staff	Hardwood	\$60	\$90*
3 Section Staff	Rattan	\$66	\$99*
Katana	Hardened Aluminium Iaito 440g (Entry level Iaito) Red - 50cm Blue - 60cm Black - 70cm	\$130	\$175*
Katana	Basic Carbon Steel Shinken Replica No Bohi Approx. <1kg Sharp	\$70	\$99*
Katana	Fancy Carbon Steel Shinken Replica Approx. <1kg Sharp	\$90	\$129
Katana	Higo Koshirai Iaito Iaito <1kg Bohi Intermediate to Advanced Level Iaito	\$1950	\$2679
Katana Kake	Basic	\$8	\$12
Katana Kake	Wooden 2 Swords	\$39	\$49
Cleaning Kit	Small Large	\$49 \$59	\$62 \$75
Kubaton	Aluminium Massage Acupressure Key Fob	\$25	n/a (illegal)
Jo	Red Oak White Oak Rattan	\$32 \$39 \$39	\$38 \$45 \$45
Bo	Red Oak White Oak Rattan	\$38 \$45 \$45	\$55 \$55 \$49
Tonfa	Red Oak, Natural	\$33	n/a (illegal)
Sai	Chrome, Steel, Black	\$69	n/a (illegal)
Kama	Wooden Metal	\$29 \$59	n/a (illegal)
Sword Bag	Silk / Silk facsimile Lined	\$23	\$30
Stick Bag	Silk / Silk facsimile Lined	\$15	\$20
Stick Bag	Plain	\$8	\$12

More merchandise available including badges and gis Ask your instructor for a catalogue.