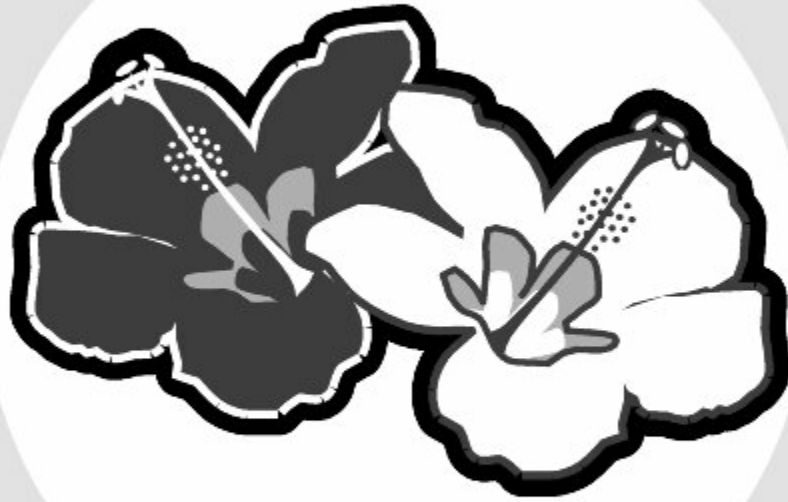


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DANZAN RYU JUJITSU



CAMP KODENKAN SOUTH

2003

W W W . P R O F H U D S O N . C O M

Danzan Ryu keeps doctorate on track

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Dr. Linda McLaughlin

sensei who understands the pressures associated with academic pursuits. He knew when to push and when not to. For this, I am most grateful, as the thought of putting aside my jujitsu training had

entered my mind on numerous occasions during my doctoral studies. My sensei encouraged me to keep training, but to reduce my mat time to as little as once a week when the academics got tough. This was great advice. My jujitsu training enabled me to embark on my academic journey in the first place!

The term transfusion encapsulates the way jujitsu affected me. In my childhood, I was quite shy. As an adolescent, I was detached from the world around me. In my early adulthood, I avoided speaking up in front of people.

So how did I come to a place in my life where I was running psycho-educational groups and teaching master's level university students - let alone publicly defend a dissertation?

Transfusion means that something is passed from one to another. What happened in my life was that "the force" of Danzan Ryu passed along traits that I needed to become successful in my other endeavors. I was taught - often by example rather than through words - that each of us has untapped potential to succeed in

whatever aspects of our lives we desire. I learned that one person, backed by thousands of Danzan Ryu practitioners, can positively influence the lives of others.

The path that got me through the door of my first dojo - the Bushidokan - was a strange and often turbulent one. Yet it prepared me to pursue a profession of serving oppressed and vulnerable persons. I am now most comfortable when I teach, do research, or provide service to them.

Although I am often defined as a social worker, professor, or cancer researcher, what I am at heart is a member of an ancient tradition: jujitsuka and yudansha who motivate and inspire others. And somehow I managed to get my shodan in the process.

Editor's note: Dr. Linda McLaughlin, M.S.W., L.S.W., Ph.D. (Social Welfare), is a Women's Assault Prevention Course Instructor, shodan in Danzan Ryu, shodan in Taekwondo, a post-doctorate fellow at the Cancer Research Center of Hawaii, and is certified in the Mandt Anger Management Course.