

# SHINJIDO JUDO

**Develop New Skills with Danny da Costa**  
**Akitas Judo Club 10<sup>th</sup> July 11am – 4pm**

*A must for anyone interested in Bushido especially Judo*  
**George Kerr 10<sup>th</sup> Dan President BJA**

*Pay serious attention. This could be the way for you to develop. It's the way forward*  
**Alan Petherbridge 9<sup>th</sup> Dan**

*A new fighting style with principles for anyone involved with Judo*  
**Colin Draycott 7<sup>th</sup> Dan IJF Director**

*An innovator of technique who physically backs up what he teaches*  
**Billy Doakes 8<sup>th</sup> Dan JuiJitsu**

*Looking for a way to broaden your skill base? Try Da Costa's Shinjido*  
**Neil Adams MBE 8<sup>th</sup> Dan**

*Very informative, a great innovator, an event not to be missed*  
**Ray Stevens 6<sup>th</sup> Dan Olympic Silver Medalist**

*Danny da Costa has developed his own formidable style*  
**Shihan Gwynne Jones 8<sup>th</sup> Dan Aikido**

*In Judo since 1951, yours is the most fantastic stuff I have ever seen*  
**Derek Scrivington**

*You can learn more in 4 hours with Danny than you will in years*  
**Dominic Reeks Judo and Shinjido Coach**

**£20 Seniors £10 Juniors minimum age 14**

**Details: [sensei@akitasjudo.com](mailto:sensei@akitasjudo.com)**

**Rayleigh Leisure Centre, Priory Chase, Off Rawreth Lane,  
Rayleigh, Essex SS6 9NF**

## **What is Shinjido?**

Shinjido literally means Danny's Way, a label given by one of my students to the variety of techniques that I have developed for martial art. I attempt to find the easiest solution to a problem either in attack or defence. My work is based on sound principles and the techniques serve to demonstrate the principles. I have applied this approach to judo starting from the premise that our sport is fighting within specific rules and limitations.

Imagine that we lived in a closed society and our Glorious Leader suddenly decrees that we would enter international sport competitions including Judo. Suppose that we had never seen Judo and were just provided with a book of rules and given the objective of the sport. No doubt we would come up with some techniques that resembled Judo but doubtless we would discover just as many techniques that did not. Our sport has changed over the years. Some lament the change and feel that we have gone too far down the wrestling route. I am a pragmatist. Let the best man and the best skill win; provided they are within the rules.

In April 2005, I was given a life expectancy of 6 months. Later that year while on chemo, I gave a seminar at High Wycombe that was attended by many renowned judoka spanning a 40 year period. The day was organised by Gary Gillot and sponsored by Colin Draycott. I was touched that they should take such trouble. Dave Starbrook for instance came from France just for the day. Neil Adams and Ray Stevens made a significant coaching contribution. However many came as spectators and without having the mat experience it is difficult to appreciate what I am about. This is largely because Shinjido seems so easy but that is precisely the point. Did Kano himself, not describe Judo as maximum result for minimum effort, or the efficient use of a coordinated mind and body? It is now 5 years on. After 3 mayor operations, I am back on chemo which is the bad news. The good news is that I may have a 3<sup>rd</sup> liver resection followed by 2 separate operations for each lung. If I am not remembered for my Judo, at least I shall be for my contribution to medical science!

This seminar will contain a lot of new material even for those that have been with me before. I hope that with our Olympics approaching, there will be sufficient open minds prepared to consider something new – not as a replacement for traditional skills but as an addendum that could give them an edge. The range of skills in competition Judo has expanded. Development is largely from the top of the pyramid down. A champion from Jabberwocky Land wins with a skill common in his country and what do we do? We copy it; mindless of the fact that the Jabberwockies have an immense talent pool all doing the same thing. Logically we cannot compete with them on equal terms. I feel that we should examine their techniques with a view to destroying them and then focus on our own style. This seminar should provide food for thought for coaches, competitors and recreational players.

Danny da Costa