

MIZU-RYU JU-JITSU
Shihan Ginger Ferrick
5th Degree Black Belt – Go



Ginger Ferrick began her martial arts training in Ft. Lauderdale, Florida in 1983, directly under her father, Soke Marty Ferrick, founder of Mizu-Ryu Ju-jitsu. In 2007, she was awarded the rank of go (5th) dan and the title of Shihan in her father's art. She also holds a 1st dan in Taekwondo, a full instructor's certificate in the Inayan art of Kadena De Mano, and a level 4 teaching certificate in Inayan Sinawali and Dequardes styles. In addition, she has also been inducted in the World Head of Family Sokeship Council Hall of Fame as Master Instructor of the Year for Mizu-Ryu Ju-jitsu.

Training experience in Shotokan, American Kenpo/Ed Parker System, a variety of Eskrima arts, Ken Ju Ryu Kenpo, and Danzan Ryu Ju-jitsu, and Judo has introduced her to many martial arts friends. Ginger has participated in and won several state and local tournaments in Florida and California in the events of kata, self-defense, sparring, eskrima knife sparring, eskrima single and double stick sparring, and sport ju-jitsu.

In 2008 Shihan Ferrick co-founded the martial arts women's organization, Daughters of the Arts (www.dotaorg.com). Her goal in this endeavor is to promote the participation and longevity of women in the martial arts. Each year she hosts a seminar in California's Bay Area where prominent female martial arts instructors from all over the country attend to share their wealth of knowledge.

In addition, Shihan also hosts seminars with the instructors of Mizu-ryu Ju-jitsu as often as possible and writes quarterly newsletters to the Mizu instructors, both the seminars and newsletters focus on teaching effective teaching strategies to martial arts instructors of Mizu-Ryu Ju-jitsu.

Most recently, Shihan Ferrick has returned from living, teaching, and competing in California back to her home town in Parkland, Florida. She is opening a new Mizu-Ryu group in Coconut Creek and continues to work closely with her father, Mizu-Ryu teachers, and students.

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