



KILOHANA

CHRONICLES



Volume 12 Issue 1

1st Quarter 2012

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The Kilohana Martial Arts Deep Roots Seminar 2011

By Gabby Verbera



I woke up on Saturday, November 12. It was a very special day because I remembered it was the day of the Deep Roots Seminar for 2011. The seminar was being held at Train for Life in Morgan Hill, Ca. We arrived and when I walked into the building, I could see how intense it was going to be as I saw people getting ready. Even so, it felt like my home away from home because I saw people that I have trained with before. I also liked seeing all the different rankings and ages there. Seeing all the black belts made me realize how truly amazing and dedicated these people are to their art. The seminar started soon after I got there. The first part of the training was demonstrations. The first demonstration was the black belt ju jitsu demonstrations from the Shinbukan Dojo. I had never seen such good work before. It was so amazing! Afterwards, there were the black and brown belt kenpo demonstrations, also from the Shinbukan Dojo. This too was very cool. Then Sensei Joa Schwinn did another awesome demonstration. He did a demonstration that looked as if he was really beating someone up!

After the lunch break the first instructor who taught was a guy all the way from Italy. His name was Maestro Claudio Artusi, from Venice, Italy. He taught us many different take downs and some throws. It was really cool because he spoke

Italian and he had to have a translator. Our second instructor was Master Ron Saturno from Stockton, Ca. He taught us about different nerve points in the body that are good to use while fighting. I liked this because I learned new ways to take my brother down.

Finally, our last teacher who taught was Great Grandmaster Ralph Castro from Daly City, Ca. with two of his professors assisting him. He taught us a form for blocking multiple people that are attacking you. This was a great end to some awesome training.

By this time I was starving, so my family and I went over to the China Palace Restaurant, where the banquet was held. First, they served some really good Chinese food; my favorite was the sweet and sour pork. After everyone finished eating, there was the awards ceremony. All the different dojos represented at the banquet handed out certificates to the new black and brown belts, as well as other ranks. It was nice to see people I know getting higher up in rank. Some of the new black belts were people that were advanced green belts when I started. After that, more awards were given out. Some included awards like the Sensei's of the World award, which my sensei, Associate Professor Hans Ingebretsen received, as well as other sensei. It turned out to be a great day of demonstrations, training, and celebrations. We celebrated amongst some of the world's greatest martial arts experts, something that doesn't occur often. One of

those great masters was Great Grandmaster Al Novak, to whom I am dedicating this article; it was a great pleasure to spend this big day with him in spirit. ■



Some of Shinbukan Dojo's kenpo black and brown belt candidates, led by Sensei Noah Harders, present to the panel before their demonstration

KILOHANA

CHRONICLES

The Kilohana Chronicles is the official newsletter of the Kilohana Martial Arts Association (Kilohana) and is mailed free-of-charge to its chartered dojos. The contents of this newsletter may not reflect the opinion of its editor, the Board of Directors of the Kilohana Martial Arts Association, its Senior Advisers, Standards Board, or its members.

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Campbell, CA 95008

Kilohana's "Hombu" dojo is:

Suigetsukan

103 International Blvd.

Oakland CA 94606-2823

(510) 452-3941

Schwinn, godan, Seika Kage Ryu Kempo Jiu Jitsu. Grandmaster Arthur Gonzalez awarded Ron Saturno with the title of Grandmaster in Eskrima. From Shinbukan Dojo, the following Danzan Ryu ranks were presented: Oliver Hu, sankyu; Al Bito, sankyu; Andrew

Yevsyevyev, ikkyu; Kate DeMoss, nidan; Matt Blankenheim, nidan; Fred Kelley, nidan; Kevin Thomson, sandan; Ben Lujan, sandan; Eddie Gearhart, sandan; and Paul Jacobson, yondan. Also from Shinbukan dojo were the following Ku'I Lima Kenpo Ju Jitsu ranks: Luis Verbera, Sankyu; Deanne Pheneger, sankyu; Nicholas Hal-



Kilohana president Grandmaster Arthur Gonzalez and vice president Professor Rowdy Hall flank Ron Saturno as he receives Grandmaster recognition from Grandmaster Gonzalez

las, nikyu; Nicholas Conrad, ikkyu; Sidarth Ehtraj, shodan; William Cormier, shodan; Matthew Mansfield, shodan; and Noah Harders, nidan. From Suigetsukan, the following Danzan Ryu ranks were presented: Nathaniel Nelson, shodan; Lucas Lineback, shodan; Innosanto Nagara, shodan; Ocean Mottley, sandan; Sam Larson, yondan; Jorin Bukosky, godan; and Jonathan Largent, godan. From Zentai Judo and Jujitsu, the following Danzan Ryu ranks were presented: Robbie Eldridge, yonkyu; Kevin Donahue, nikkyu; Kevin Roberts,

The 2011 Kilohana Awards Banquet

By Sensei Ben Lujan

Photos courtesy of Ernie DeMoss



Morgan Hill's *China Palace* following the annual Deep

The size of our banquet this year spoke to the growth we have seen as an organization in the past few years. As we got settled in at

Roots seminar, it became clear that we were barely going to fit in the venue. All in all, about 180 people showed up to celebrate the achievements of the past year, putting the restaurant at capacity, even with its additional (and chilly) patio seating area opened up.

Heads of the various schools and organizations present stood up and presented accolades, awards, and rank. Kilohana awarded the following upper dan rank certificates: Professor James Muro, judan, Danzan Ryu Ju Jitsu; and Master Joa



President Sensei Jonathan Largent (left) and last year's recipient of the Kimo Hatchie Award, Logan Olson (right) present Jordan Berns with this year's award



Sensei Eddie Gearhart, Pauline Chow Hoon, Kate DeMoss, Sensei Bernice Jay, Pat Castro, Leslee Kufferath, and in front, Great Grandmaster Ralph Castro

nikkyu; and Bryan Brown, shodan. From Seika Ryu Martial Arts, it was my honor to present the following Danzan Ryu ranks: Jovani Alvarez, ikkyu; Devin Romo, ikkyu; and Renee Howard, shodan.

Our guest instructor, Maestro Claudio Artusi, pre-



*Leslee Kufferath and
Maestro Claudio Artusi*

Jonathan Largent, and Leslee Kufferath. Maestro Artusi also presented a certificate of special recognition by the City of Venice to Professor Muro, and also from Venice, a certificate of mayoral recognition to Leslee Kufferath.

As a token of special recognition of her late hus-



*Professor James Muro -with Sensei Bernice Jay,
Pauline Chow Hoon, and Professor Russ Coelho-
upon receiving his judan in Danzan Ryu Ju Jitsu*



*Sensei Jorin Bukoski and Professor
Michael Esmailzadeh*

Sensei Bernice Jay, Legend Award.

Marking his final event as president, Sensei Jonathan Largent closed out the ceremonies by announcing Grandmaster Arthur Gonzalez as Kilohana's next president. ■

sented World Black Belt Federation Honors to Great Grandmaster Al Novak, Grandmaster Ralph Castro, Professor James Muro, Grandmaster Arthur Gonzalez, Grandmaster Ron Saturno, Associate Professor Hans Ingebretsen, Professor Michael Esmailzadeh, Sensei

John Chow Hoon, Mrs. Pauline Chow Hoon was presented with a commemorative Professor Sig Kufferath obi, by his daughter, Leslee Kufferath. Associate Professor Ingebretsen also presented his Shinbukan Dojo's Kokua Award to Mark

Krause.

Kilohana's awards consisted of the following: Professor Dale Kahoun, Kufferath Award; Jordan Berns, Kimo Hatchie Award; Sensei Ben Lujan, Instructor of the Year; Kate Demoss and Chris Nodohara, Bruce Raney Award; Professor Rowdy Hall and Lucas Lineback, Ohana Award; Great Grandmaster Ralph Castro, Legend Award; and

Kilohana Officers

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Olohe Solomon Kaihewalu
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Grand Master Bob Maschmeier

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Rowdy Hall	

Historical Committee:

James Muro	Hans Ingebretsen
Dale Kahoun	Ron Keaton
Jack Carter	Bryn Reade



2012 Kilohana Calendar of Events

April

SAT
April 14

WEKAF USA FMA National Championship
Hyatt Regency Santa Clara
5101 Great America Parkway
Santa Clara, CA 95054
Contact Grandmaster Alfredo Bandalan
Inquiries@bandalan.com

SAT
April 28

Fusuikan Spring Kata Classic Tournament
Redwood Acres
3750 Harris St.
Eureka, CA
Contact Shihan Richard Pietrelli
(707) 443-1725

SAT-SUN
April 28-29

Bob Krull Memorial Workout
Instructors: Professors Bob McKean, Russ Coelho, Michael Esmailzadeh, Tom Jenkins, Rory Rebmann, and Sensei Kevin Colton
3201 B Investment Blvd.
Hayward, CA 94545
Contact Sensei Chris Nicholas at
(510) 329-5351
chrisn@pacificselfdefense.com
This is both a PJA and Kilohana sanctioned event, and is a fundraiser for Ohana 2014

May

SAT
May 5

Kilohana Ku'i Lima Workout
Instructor: Prof. Hans Ingebreetsen
Renkiohen Budokai
In the former "Head Start" building at the end of the SHHS Athletic Field parking lot
Grayson Ave
St. Helena, CA
Contact Sensei Dominic Beltrami at
(707) 738-0621
www.renkiohenbudokai.com

FRI-SUN
May 18-20

Camp Danzan Ryu
Mt. Cross Camp Ben Lomand, CA
Contact Professor Janice Okamoto
http://alamedajujitsu.org/cdzr.html
This is a Alameda HS Jujitsu Alumni, Inc. sanctioned event

SAT
May 19

Kilohana FMA Gathering
VEA Martial Arts
17978 Ideal Parkway
Manteca, CA 95333
Contact Grandmaster Arthur Gonzalez
grandmaster@decuerdas.com

SUN
May 20

Getting Out of the House
Kiai no Maki Seminar
Instructed by Sensei Bob Reish & Sensei Keith Thomson
Kenshin Kai Jujitsu Dojo
6070 Livingston Lane
Placerville, CA 95667
Contact Sensei Kathie Himnah at
(808) 554-4342
kenshinjujitsu@yahoo.com
This is an AJJF sanctioned event

SAT
May 26

Mountain Storm Jujitsu's 13th Annual Spring Fling: Freestyle, Sumo, Knife Sparring and Combat Jujitsu Tournament
598 S. Washington St.
Sonora, CA 95370
Contact Sensei Chantilly Ortiz at
(209) 533-3929
mtstorm@att.net

SAT-SUN
May 26-27

Shoshin Ryu Yudanshakai Black Belt Weekend
Amador Judo and Jujitsu Studio
847 Rincon Ave
Livermore, CA 94551
Contact Professor Rory Rebmann at
(925) 455-6054
profreb@aol.com
This is a Shoshin Ryu Yudanshakai sanctioned event

June

FRI-SAT
June 1-2

World Head of Family Sokeship Council 20th Anniversary Awards Banquet
Doubletree Hotel
5780 Major Boulevard
Orlando, FL
Contact Soke Frank Sanchez
GMFrankSanchez@comcast.net
This is a WHFSC sanctioned event

SAT-SUN
une 15-17

Professor Wally Jay's Remembrance Convention and Banquet
Marriott Hotel
11211 Point East Drive
Rancho Cordova, CA 95742
Contact Master Norm Jonson
clubnorm@pacbell.net
www.SmallCircleJujitsu.com
This is a Small Circle Jujitsu sanctioned event

FRI-TUE
June 22-26

Malama Ohana
Academy by the Sea
2605 Carlsbad Blvd.
Carlsbad, CA 92008
Contact Grandmaster George Lim or Patrice Lim at
(602) 525-8472
limkenpo@cox.net
www.limkenpo.net
This is a Lim's Hawaiian Kenpo sanctioned event



AMERICAN JUJITSU INSTITUTE

Presents

Ohana 2012

Ala Moana Hotel

Honolulu's Landmark Hotel

410 Atkinson Dr

Honolulu, HI 96814-4722

Reservations: (808) 955-4811

Fax: (808) 944-2974

Email reservations@alamoanahotel.com

Mention the "AmericanJujitsu Institute 2012 Seminar"

Rates:

\$ 109.00 Double - Single Bed

\$ 139.00 Triple/Quad - 2 Beds

All rooms come with Mini-Fridge and Microwave

Rates available 3 days prior to and 3 days after event

Located at the outskirts of Waikiki at the World Famous Ala Moana Shopping Center. Walking distance to shops, beach park, Magic Island, Clubs and many other amenities.

Shuttle at hotel available to Waikiki and surrounding areas. Waikiki and shops are also within walking distance.

Dates: July 6-8, 2012

Featuring Clinics and Instructions, Jujitsu Kata Tournament, Karate Kata Tournament, Pupu Party, Awards Banquet, Okazaki Gravesite Visit, - also Shopping, Nightlife, Beaches, Luaus, Authentic Hawaiian Shows and much more.

Website: ohana2012.americanjujitsuinstitute.org



KILOHANA KUI IIMA WORKOUT

WITH

ASSOCIATE PROFESSOR
HANS INGEØRETSEN



Striking to throwing to groundwork; newaza applications; knife drills

RENKIOHEN BUDOKAI

SAT. MAY 5 NOON TO 4:00 P.M. SAINT HELENA, CA

\$10 mat fee for Kilohana members, \$20 mat fee for non-Kilohana members

Open to all ranks and styles – knowledge of ukemi is necessary

Contact Sensei Dominic Beltrami for further information at (707) 738-0621

Directions to the dojo:

From the North – Take Hwy 29 south to St. Helena. Continue through town. Go approximately ½ mile south past Pope St. (the third and final stop light). Turn right onto Grayson Ave. (KFC/A&W on the corner). Drive another ¼ mile or so until you see a 20MPH School speed limit sign and fire hydrant on the right side of the street. Turn left into the parking lot across the street from the sign/hydrant. Go all the way to the end of the lot and we are in the brick building at the end.

From the South – Take Hwy 29 north toward St. Helena. Look for Vintage Avenue (El Bonito motel on the left side of the highway). Continue straight and take your next left onto Grayson Ave. (KFC/A&W on the corner). Drive another ¼ mile or so until you see a 20MPH School speed limit sign and fire hydrant on the right side of the street. Turn left into the parking lot across the street from the sign/hydrant. Go all the way to the end of the lot and we are in the brick building at the end.

SAT-SUN
June 23-24

Pacific Jujitsu Alliance Summer Gathering

Instructors: Professor Larry Nolte, Professor
Troy Shehorn & Professor Bob McKean
Medford Judo Academy
104 W. Fist St. Phoenix, OR 97535
Contact Sensei Robbin Miller at
(707) 464-5632
randsmiller@frontier.com
This is a PJA sanctioned event

August

THU-SUN
Aug. 2-5

Reish Camp

Kenshin Kai Jujitsu Dojo
6070 Livingston Lane Placerville, CA 95667
Contact Sensei Kathie Himnah at
(808) 554-4342
kenshinjujitsu@yahoo.com
This is an AJJF sanctioned event

July
FRI-SUN
July 6-8

Danzan Ryu Ohana

Hosted by the American Jujitsu Institute
Ala Moana Hotel
410 Atkinson Dr.
Honolulu, HI
www.ohana2012.americanjujitsuinstitute.org
This is an AJI sanctioned event

FRI-SUN
Aug. 10-12

19th Annual Knife in the Woods

Fudo No Sei Kaku
1493 Northcrest Dr.
Crescent City, CA 95531
Contact Sensei Robbin Miller at
(707) 954-5534
randsmiller@frontier.com
This is an AJJF sanctioned event

SUN-FRI
July 15-20

Camp Bushido West Judo & Ju Jitsu Camp

Old Oak Ranch
15250 Old Oak Ranch Rd
Sonora, CA 95370
Contact Professor Hans Ingebretsen at
(408) 377-1787
hansingebretsen@yahoo.com
or Master Joa Schwinn at (707) 523-3200
jschwinn@seikaryu.com
www.campbushido.com

SAT
Aug. 11

Lua seminar with

'Olohe Solomon Kaihewalu

337 Metz Road
Seaside, CA 93955
Contact Prof. James Muro at (831) 394-9652
james.muro@chw.edu
This is a Lua Hālau O Kaihewalu sanctioned event



September

SAT
Sept. 15

**Lua seminar with
'Olohe Solomon Kaihewalu**
Las Positas College
3000 Campus Hill Drive
Livermore, CA
Contact Kumu Craig Kutil at (707) 599-2239
ckutil@laspositascollege.edu
This is a Lua Hālau O Kaihewalu sanctioned event

SUN
Sept. 16

**Lua seminar with
'Olohe Solomon Kaihewalu**
Shinbukan Hombu Dojo
1269 El Moro Dr.
Campbell, CA 95008
Contact Kumu Hans Ingebretsen at
(408) 377-1787
hansingebretsen@yahoo.com
www.shinbukandojo.com
This is a Lua Hālau O Kaihewalu sanctioned event

SAT
Sept. 22

Mokomoko Invitational Tournament
Campbell Community Center Main Gym
One West Campbell Ave.
Campbell, CA 95008
Contact Professor Hans Ingebretsen at
(408) 377-1787
hansingebretsen@yahoo.com
www.shinbukandojo.com

SAT
Sept. 29

6th Annual Mike Inay Memorial Workout
Willow Glen, CA
Contact Suro Jason Inay
suroinay@yahoo.com

SAT-SUN
Sept. 29-30

The Gathering
Sacramento Marriott
11211 Point East Drive
Rancho Cordova, California 95742
Contact Hanshi Bruce Jucknik at
(916) 308-2606
collective.society@gmail.com
This is a Martial Arts Collective Society sanctioned event

FRI-SUN
Sept. 28-30

**Jujitsu America Annual Convention and
Jujitsu America/United States Judo
Association Sport Jujitsu US National
Championship Tournament**
Embassy Suites Hotel
1100 SE 17th St.
Ft. Lauderdale, FL 33316
www.jujitsuamerica.org
This is a JA and USJA sanctioned event

October

SAT-SUN
Oct. 6-7

Kilohana Danzan Ryu Black Belt Weekend
Suigetsukan Dojo
103 International Blvd.
Oakland, CA
Contact Professor Michael Esmailzadeh at
(510) 452-3941
suigetsukan@earthlink.com

SAT
Oct. 13

Kahuna's Kids Classic Karate Tournament
Mt. Pleasant High School
1750 S. White Road
San Jose, CA, 95127
Contact Sifu Alan Garcia at (408) 781-6409

SAT
Oct. 20

**International Mixed Martial Arts
Association Gathering**
Shreveport, LA
Contact Grand Master Jay Vera
julianjvera@comcast.net
This is an International Mixed Martial Arts Association sanctioned event

SAT-SUN
Oct. 27-28

European Kilohana Gasshuku
Venice, Italy
Contact Sensei Adrian Valman
secretary_kilohana@kilohana.eu

November

SAT
Nov. 10

**Kilohana Masters Seminar &
Awards Banquet**
Campbell Community Center
One West Campbell Ave.
Campbell, CA 95008
Contact Professor Hans Ingebretsen at
(408) 377-1787
hansingebretsen@yahoo.com

SUN
Nov. 11

Kilohana Deep Roots Seminar
Campbell Community Center
One West Campbell Ave.
Campbell, CA 95008
Contact Professor Hans Ingebretsen at
(408) 377-1787
hansingebretsen@yahoo.com

And coming in 2013...

March, 2013

Fusuikan 30th Anniversary Celebration
Contact Shihan Richard Pietrelli at
(707) 443-1725

July 28, 2013

Lua Hālau O Kaihewalu Annual Convention
Oahu, HI
Contact 'Olohe Solomon Kaihewalu
www.olohe.com
This is a Lua Hālau O Kaihewalu sanctioned event

Visit www.kilohana.org for additional and updated events!



19TH ANNUAL K.I.T.W.

Combat Knife Training Course

August 10, 11 and 12, 2012

Hosted by Sensei Robbin Miller

Fudo No Sei Kaku
1493 Northcrest Dr.
Crescent City, CA 95531
(707) 954-5534
randsmiller@frontier.com



Participation Fee: \$125.00

A \$50.00 non-refundable deposit is due by June 15, 2012.

The balance of \$75.00 is due by the August 10, 2012.

Participation fee goes up to \$175.00 after July 15, 2012.

Space is limited so pre-registration is a must

Fee includes: Friday night lecture, two days of intense hands-on field training, 1 dinner and 2 lunches. A certificate of participation and a course tee shirt will be awarded upon course completion.

Registration Information

Registration forms, equipment list, lodging and course requirements can be obtained from

Sensei Robbin Miller at randsmiller@frontier.com.

This course is open to Danzan Ryu brown belts and above (green belts with the approval of your sensei), active military personnel and sworn law enforcement personnel.

This is a physically and mentally demanding course. You will have the opportunity to learn and to test your warrior skills in a controlled and safe environment.

Instructors

Professor Bob McKean and other KITW staff instructors
New and expanded course material has been added to the 2012 KITW

Part I: "Portals of Danzan Ryu: It's Personal"

By Professor Dale Kahoun

Published with the permission of and in conjunction with the American Jujitsu Institute's newsletter, Ka Leo o Kodenkan. This four part article will be published serially.

I have been wanting to write a follow up article to the "Foundations of Danzan Ryu" article I wrote a few years ago. That study explored, as far as it could, where our techniques came from. Many of those koryu (arts instructed at the time of the samurai) ryuha (schools) still practice in Japan. That article included who the current headmasters were and where they are now. The writing showed that the Japanese styles were interconnected, and how judo also came from a modern (post samurai era) amalgamation of those Japanese styles.

Professor Okazaki also incorporated some other techniques gleaned from other martial arts including: Judo, Hawaiian Lua, Okinawa-te (karate), Kung fu, Eskrima (Philippine stick/knife fighting), and I'm sure he had pointers in there from wrestling and boxing as it was done in the time of Professor Okazaki.

Martial study is a very personal experience. There are different reasons: why you started your study, how it affected you, what your level of commitment to practice was, how successful the experience was, who were your teachers, were your goals met, and what effect it had on you and on others you influence. We're not going to have experienced all the same things. Probably some of our learnings or observations are similar, I can only offer you some of mine. These experiences though have been my own version of "Through the Looking Glass" only as a marital artist. That being said, I need to digress into a personal diatribe of my study and practice. What the gist of this writing is though (in Part III), will be insights I had concerning Danzan Ryu while writing and putting together the 400+ page techniques workbook The Kilohana Workbook for Professor Sig Kufferath (and for myself and others). This, Part I, lays the groundwork, and Part II tells about mindset (or maybe opening the mind to studying) and studying from Professor Kufferath.

I began my study of Danzan Ryu (Kodenkan) Jujitsu and at the same time of judo (Kodokan) in January of 1969. I was eighteen years old then, and while I've now entered my sixties, I'm still learning these martial arts. My goal at that time was to become a police officer (now I'm retired from that profession). I wanted practical/tactical techniques for self-defense and capture. I wasn't disappointed: it's been all I'd hoped for, and much more.

To do a really pretty kata technique, you need a trained uke. Uke does a proper kata attack and a good breakfall and you have demonstrated a technique. With an impromptu antagonist out on the sidewalk or asphalt who comes at you with some oddball attack, you respond with something that you think might fit the piece of the puzzle

he's presented. The defensive response rarely looks like kata (on occasion it actually does), but what usually happens is thumpy and bumpy. The opponent has made two really bad choices: 1. Attacking or resisting a cop, and 2. not knowing how to do a proper breakfall.

I never did an actual hip throw, just mostly sweeps, reaps, and trips. What I found best to use were; Osotogari, Osotogaruma, Harai Goshi, Tai Otoshi, and Okuriashi Barai. Pain compliance worked: wristlocks, armlocks/armbars, and quite a few carotid restraints. I have given out whacks with all three styles of police baton: sidehandle, straight, and expandable. Remember, usually people aren't so much 'An Enemy' as much as they are usually someone out of control, and often under the influence of one thing or another (not too uncommon in California). They may have needed a bit of a lesson, but I never intended to maim anyone. That also doesn't mean it was sport or in good fun; when they're 'out of control' they can hurt, maim or kill you. So, I started my study with fairly serious intent.

As a preparation for combat, judo can offer the mental preparation, internal dialogue, and ability to respond under pressure a little like it was a real confrontation. Advanced judo practitioners have been known to plan their opponent's next move and take advantage of it. Whether awarded by rank or not this demonstrates mastery. You might be aware that in the 'old days' of Danzan Ryu, a brown belt was preferred in judo before you were promoted to shodan in jujitsu. Later, this was reduced to at least some Judo experience.

I heard a well respected martial arts teacher (a Kung Fu practitioner and a brawler in his youth) at a seminar take advantage of students who had never 'tested' their Danzan Ryu techniques on the street say, "What you practice, and those things you practice would

never work on the street!" I never want to take over someone else's class, or publicly embarrass them . . . so, I waited till we had a private moment and told him that I had used our techniques on the street; that as a matter of fact, there are quite a few judo and Danzan Ryu practitioners who are in law enforcement; and that this style fits the bill quite well. I wouldn't always have scored kata points with what I did when responding to an attack but I will say it hits like a thunderbolt against someone who is not a skilled fighter (when I say that, I mean studied more than one fighting method). The truth is, I usually protected the person I was taking into custody and did not do competition style throws on the street, which could prove fatal. By the way, a competition Judo throw also only looks like kata a small percentage of the time. I need to add that the dynamic motion of both competitors sometimes results in a throw that looks better than I think kata ever could (magic).

I believe in Danzan Ryu and will defend it. It is not what style you practice but how you practice the style! For instance, Brazilian jiu jitsu's foundation is from judo and Japanese jujitsu: basically the same techniques as in Danzan Ryu. The practices for competition judo and Brazilian



The author, in one of his "portals"

Summer Gathering 2012

Expanding the Kata Box

Where

Medford Judo Academy 104 W. First Street
Phoenix, Oregon 97535

When

Saturday June 23rd 10 AM – 4 PM

Registration starts at 9:30 AM - Open to adults - blue belt and above.

A comparison of arts from Yawara, Nage and Shime, as they were taught by Professor Bud Estes and Professor Bill Montero, will be taught by Professor Nolte and Professor McKean. Kappo will also be covered during the Saturday class

We are planning a BBQ for Saturday night. If you plan on attending please contact us before June 18 so we can order enough food. A \$10 donation per person would be greatly appreciated.

We are also planning a memorial remembrance of our good friend and fellow black belt,

Sensei Eric Sores

Sunday June 24th 9 AM – 3 PM

Open to adult students and dojo associates. Sensei Robert Korody will be teaching a basic dojo massage class. Please bring two beach type towels and wear shorts and tee shirt. Depending on attendance and interest, a special black belt class will be conducted on the small mat by Professor McKean

Instructors

AJJF Professor Larry Nolte
PJA Professor Troy Shehorn
PJA Professor Bob McKean
Sensei Robert Korody

Cost

Pre registration is not required but please let us know if you are coming.

A mat donation of \$10 would be appreciated

Other

Bring a sack lunch and lots of water. We will have breaks but we will not be stopping for formal lunch break. If you are coming please contact Sensei Robbin Miller prior to June 18 at (707) 464-5632 or randsmiller@frontier.com



jiu jitsu are more extreme. Both styles are playing (or fighting if you think that way) other martial artists who are skilled. The practice is more physical, and repetition is done so techniques are developed to be quick, fluid and strong. You will sweat harder in practice: another definition of 'sweat equity'.

I wrestled some in high school. When I saw what judo looked like, and what the rules were, why, it was just wrestling only more! I studied judo and jujitsu for a whole two weeks before I entered a small local tournament. I promised myself to do these new throw-things (I only knew one, really) and I would not rely on groundwork. I won two matches and lost two matches, but I was hooked! I competed in judo until I was thirty-seven.

I need to mention in-passing that martial art is a continuum of people. My martial arts experience is made up of the mostly excellent teachers in front of me. Many of my teachers have passed on and it was my great good for-

tune to have known them. I now appreciate the valuable time I spend with those who are still here. There are my peers, and as I grow older some of them have passed on. This gives another appreciation of the time we spend together, and an acceptance of our mortality. There are those behind me, many long-time students and new students who are my extended family. My oldest students are Sensei, even of Associate Professor rank, and some international competitors. Now some of their students are Sensei! The sense of immortality I get from this is that some part of me will be left when I go, and I was happily a part of this human transfer of knowledge; a people-chain-continuum.

I had black belt ranks in Danzan Ryu and judo, and a brown belt in aikido. I had taught judo and jujitsu at two California Community Colleges for eight years and was a police impact weapons and defensive tactics instructor when I re-began my study of Danzan Ryu Jujitsu from Professor Siegfried Kufferath when I was thirty-seven.■



Women in the Arts

By Renee Howard

When I was seven, my parents stuck me in every activity just to see what "took". They put me in ballet, tap, soccer, gymnastics and finally, martial arts, which I hated. However, as with each previous class, they told me I had to stay for the term they had paid for and then I could quit. At the end of the term, unlike with everything else, I fell in love and so my martial arts career began.

Throughout the years I have often been the only or one of the few women in the class, and it has given me a distinct view of women in the martial arts. And though I have often wished for more female training partners, I am extremely grateful to all the men I have been able to train with and learn from. Unlike some, I do not feel that techniques should be adapted for or taught differently to women. While it is true that our bodies are different than a man's these differences should not be seen as weaknesses. We are often smaller, but this often makes entering for throws easier. In fact throwing larger opponents becomes even easier when we take into account the fact that we have pound for pound greater lower body strength and a lower center of gravity than men. Having smaller hands could also seem to be a hardship when doing joint manipulations and locks, but in fact it often means more dexterity and ease when entering into these techniques.

It would in fact be a detriment if techniques were adapted to our qualities by our instructors for a few reasons: first of all it would be impossible for large classes to be taught; the integrity of the art would be lost as techniques were changed; and we would lose the ability to learn to adapt the techniques ourselves and in the end to make the art our own. This ability is necessary if we want to be able to train with different instructors at seminars and it is essential for those women who choose to compete as it gives them the opportunity to be able to see, understand and even use their opponents' techniques against them.

There are also those who believe in women's-only classes and I cannot say how much harm I feel this can do. Although it is important to have a large number of women in the dojo -especially for those young female martial artists in their formative years who need strong role models- a women's-only class would do much more harm than good if that is the ONLY class they are attending. Most women originally start training for self-defense reasons and so it is necessary for them to train with body types that most closely resemble those of any potential attackers: men. Some women may be uncomfortable training with men because of the physical aspects, but what

they must remember is that everyone steps onto the floor to train and once they have done so they are brothers and sisters in their art. They need to realize that any uncomfortable positions they may find themselves in are just part of the training and mean nothing beyond that.

In closing I would like to say that we all benefit from co-ed training as we all have something to teach and learn from each other regardless of gender or age, so next time you step on the dojo floor don't bemoan the lack of women training partners -be you man or woman- look around you and be thankful for those who choose to step on that floor with you. ■



Sensei Stacey Powell, known for dishing out beatings regardless of her opponent's gender



Lessons Given

By Professor James Muro

One of the most significant developments in the martial arts during the last ten years has been the increasing enrollment of women. The reason for this flood of enrollment is self-evident and it is not my purpose to discuss that part of the phenomenon. Since women now form a sizable part of the practitioners in the martial arts, they not only encounter difficulty in finding teachers but also encounter the same type of discrimination as practiced outside in the business world. It appears that men in the dojo expect women to "look like a woman, but think like a man; and act like a lady, but fight like a man."

Without question women need a slightly different type of supervision because their needs are different. Their physical differences, their psychological makeup, their lack of a fighting background, all tend to make their instruction a special kind. Over the years, teaching and researching, I have noticed that women are more interested in the quality of the teaching than the art itself. Also, they need more reassurance than men and like to be encouraged, but in a sincere manner. Although men deep inside may be just as emotional as women, women display emotion more than men.

The biggest obstacle that women meet in the dojo is that of discrimination. Discrimination is totally pervasive,



Sensei Esther Azumi Takamoto circa 1942



The author in action at the 2006 Mokomoko Invitational



*Sensei Marta Ambrosio,
head of two clubs in
Oporto, Portugal*

although the organization-the dojo does not discriminate by itself. It is an instrument for accomplishing the act. Most would agree that there is a correlation between discrimination and prejudice. Discrimination is an action; prejudice is a state of mind, and from prejudice springs discrimination. Hence, a woman has two strikes against her when she enters a dojo.

We all have personal preferences of one sort or another and these preferences should be respected; but when any preference becomes a factor in the quality of teaching because of gender, then the question of discrimination arises since learning opportunities for women are affected. Generally, women have a greater urgency to learn good self-defense than men. Although some may be attracted to the sport or the exercise end of the art, their primary interest is definitely on self-defense.

When a woman enters a dojo to learn a martial art, the main hindrance to her learning is not her limitation as a woman, but the attitude of men themselves. Of the utmost significance is the inability most men to give her a decent chance and help her to get adjusted. In a dojo, where traditionally only men have tread, most of them do not feel at ease or know how to respond to a woman. Change of habits is required in a mixed dojo and the use of foul language has to be tempered. Off-colored jokes cannot be told as when only men are present, and the slightly different type of supervision required for her sometimes brings on an invidious discrimination by the men who feel uncomfortable with her



Sensei Gina Rossi of Suigetsukan Dojo

around especially if she happens to surpass them in the subtleties of the art.

To add to the problem, there is some legitimate basis for this discriminatory practice, which gives the men logical rationalizations to support their case. The majority say that she should know what to expect when she enters a dojo, and while there is a certain grain of truth here, men conveniently forget that her needs are different. And until she can find a truly qualified and sympathetic teacher, she will always encounter the phenomenon that men expect women in a dojo to "look like a woman, think like a man, act like a lady, and fight like a man." ■



In the Presence of Greatness

*By Associate Professor Hans
Ingebreetsen*

The end of 2011 was an especially hard time for our community, as we lost three giants of the martial arts: Great Grandmaster Ming Lum, Great Grandmaster Al Novak and Dai Shihan

Joe Holck. Both Ming Lum and Al Novak were Kilohana Senior Advisors, and Joe Holck was a student of Kilohana founder Sig Kufferath. All three were men who were larger than life, and all exerted a force of influence that cannot be matched or substituted. The hole in our collective hearts is too large to fill, so we must learn to forge on, fueled by the guidance we received from them while they were alive.

Great Grandmaster Ming Lum, affectionally known as the Godfather of San Francisco's Chinatown, was a mainstay at many tournaments and seminars over the years, and was one of the most knowledgeable people in the martial community, being familiar with virtually all styles of martial art. He had literally seen it all. Born in Chung San, Canton, China, he grew up in Honolulu, where he learned Fat Gar under the tutelage of Grandmaster Lam Dai Young at the



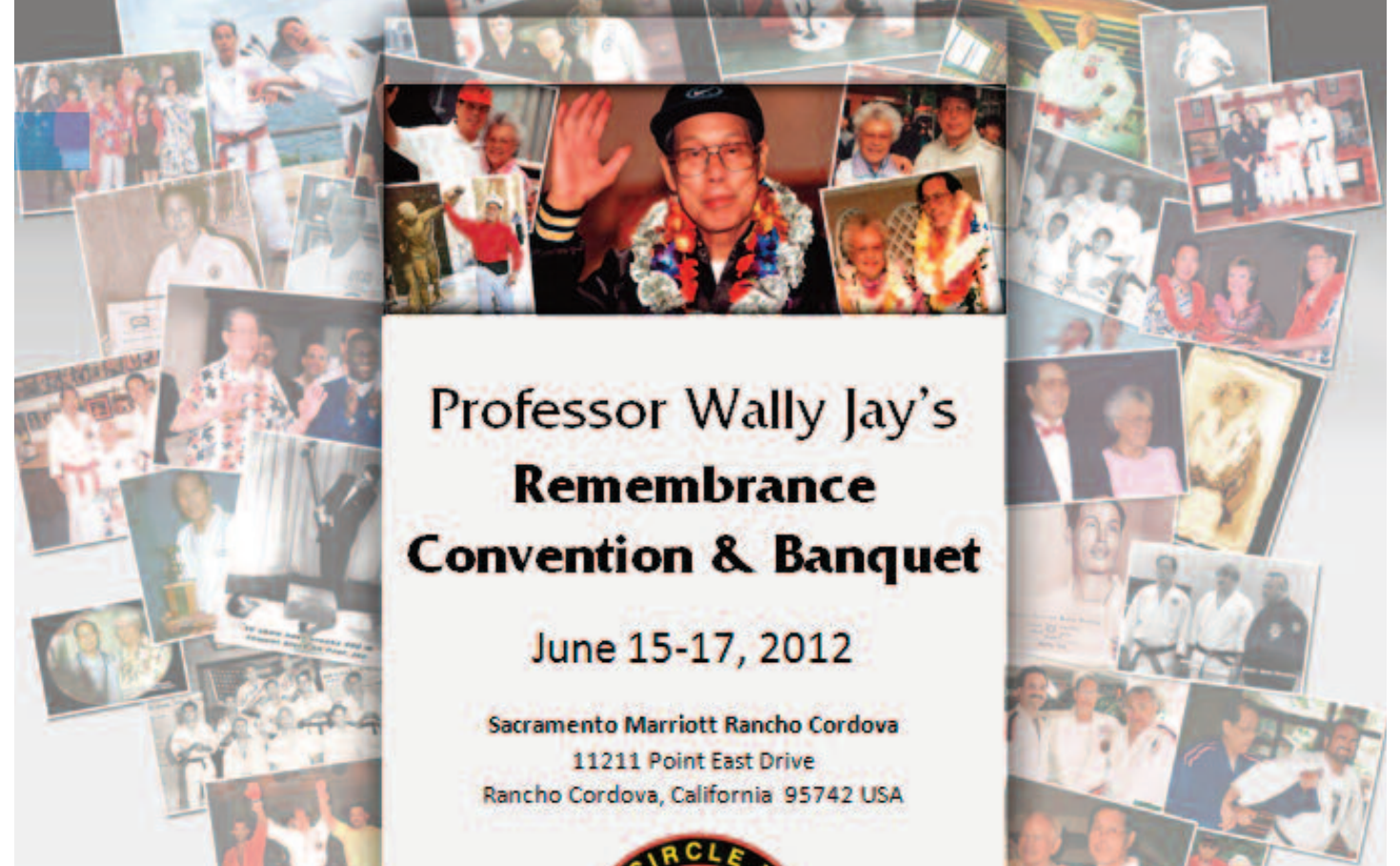
Professor Wally Jay, Sue McDonnell, Great Grandmaster Ming Lum, and Professor Hans Ingebreetsen

Chungsan Language School. While in Hawaii, he also studied Danzan Ryu Ju Jitsu with Professor Henry Okazaki and Judo with Sensei Ken Kawatachi, whom Professor Wally Jay often credited with teaching him the secrets of two-way wrist action. Ming moved to San Francisco in 1955, and there he studied with Choy Li Fat Grandmaster Lau Bun.

He married Wai Cute "Lucy" Lee in 1948, and they started their family in Honolulu before moving to the mainland. They were married for 63 years. Ming worked for the Dept. of the Army as a computer operator at the Presidio in San Francisco, and retired in 1975. He served in both the Army and The U.S. Coast Guard, and was wounded while serving in World War II.

Ming was a trail-blazer, and was responsible for introducing Chinese stylists into karate tournaments, and also for allowing non-Chinese to enter into the Gung Fu world in San Francisco. He also was instrumental in bringing the Shaw Brothers Gung Fu movies to San Francisco in the 60's.

A recipient of the Kilohana Legend Award, he also was a member of the AMAPA Hall of Fame and the Hawaii Martial Arts Society Hall of Fame, as well as being an advisor to numerous groups.



Professor Wally Jay's Remembrance Convention & Banquet

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Many of those who knew Ming helped him celebrate his 85 birthday at a dinner in San Francisco just a couple weeks before he passed away. He was surrounded by those who loved and respected him. To the end, he was a true gentleman.

Great Grandmaster Al Novak was a true pioneer in the martial world, being one of the first non-Chinese to be



Professor Dale Kahoun, Great Grandmaster Al Novak, and Dai Shihan Sig Kufferath

allowed to train in Gung Fu. He helped Bruce Lee open his Jun Fan Gun Fu Institute in Hayward, and also drove Bruce to some of his famous duels. Al began his study of martial art through a mail order correspondence course in 1939, learning Kano Ju Jitsu. He later studied Sil Lum Gung Fu with Sifu T. Y. Wong and Sifu James Lee., and was also proficient in Hung Gar.

Al was featured on martial art magazine covers and books, and was also featured in one of the first martial art advertisements that appeared in Popular Mechanics Magazine in 1958. He was extremely fast with his hands, and almost inhumanly powerful. Ask anyone who has shook hands with him. A body builder and a former barroom brawler, he was as intimidating a figure as there has ever been in the martial world. His renown for board and brick breaking demonstrations was well-deserved, as he was a master of "iron palm." It is said that Bruce Lee would not spar with him publicly. Even in his later years, confined to a wheelchair after a car accident, he was incredibly strong.

After joining the Navy, Al was stationed in Hawaii, where he survived the Japanese attack on Pearl Harbor. While in the Navy, he volunteered for the P.T. Boat program, where he trained along side future President John F. Kennedy. He was part of the American occupation forces in Japan after their surrender, where he studied Shotokan and Wado-Kai karate. He served as a police officer for 39 years, working in Oakland and Walnut Creek, and also worked at San Quentin. He was also a paramedic, and served as the tournament doctor at numerous tournaments over the years. He also was in charge of trophies at countless tournaments, and has judged at more tournaments than perhaps anyone else. Anyone who has been a tournament promoter in Northern California has probably been honored by having Al work their tournament. The sight of Al running the trophy distribution at karate tournaments was a common thing for many years. The power that radiated from Al Novak was not simply physical – he had a charisma and an inner strength that made him an icon of the martial art community, truly a one-of-a-kind man.

Professor Joe Holck was a cornerstone of both the Danzan Ryu community and the Kajukenbo community, having been both a student of Professor Henry Seishiro Okazaki, the founder of Danzan Ryu, and also one of the

founders of the Kajukenbo system. He was the founder of the Kodenkan Yudanshakai, and was also a student of Professor Sig Kufferath, who was the founder of Kilohana. His influence has been far-reaching. He is one of the few people to achieve the status of Judan in Danzan Ryu Ju Jitsu, having attained the rank in 1989.

When he began studying with Professor Okazaki in the 1930's, he sold newspapers on the street corner to support his lessons. Born Joichi Matsuno, he changed his name to Joseph Holck to avoid anti-Japanese prejudice in Hawaii during World War II. He volunteered for the U.S. Army in 1944, and became a hand-to hand combat instructor, both for his training unit in Texas, and also in Germany during the Occupation.

The late 1940's were a very active time for Prof. Holck. This was the period in which he and four other great martial artists, Clarence Chang, Adirano Emperado, Peter Choo and Frank Ordonez, formed the Kajukenbo system, which has become one of the most widely-practiced styles of martial art, and is known for its straight-forward effectiveness. He received his Kaidensho Moku Roku (instructor's scroll) in 1949 from Prof. Okazaki, and around that same time began training in judo with Pro. Inouye: a former All-Japan Collegiate judo champion. He received his shodan in judo in 1951 from the Kodokan.

Besides being a co-founder of Kajukenbo, he also co-founded the Matsuno Ryu Goshin Jitsu system with his son, Shihan Vinson Holck. In fact, the entire Holck family (wife Sensei Amy Holck, sons Shihan Barry Holck, Shihan Vinson Holck, Sensei Emmett Holck, Sensei Aaron Holck, and daughter Shihan Meleana Holck-Tommoka) have all been devoutly devoted to the martial path, and it is due in large part to the devotion that the Holck family has for martial art that has made the Kodenkan Yudanshakai a formidable and successful organization. Having begun in 1967, the Kodenkan Yudanshakai had its roots in the original Kodenkan of Tucson dojo, founded by Prof. Holck's brother, Sensei Roy Holck.

Prof. Holck, also referred to as Dai-Shihan, believed that Danzan Ryu should teach students the "steps to greater heights," and thanks to his tireless dedication, many have progressed up those steps. We can all take heart in the fact that we have been blessed to have had such a great man in our midst, and we should remember that the best way we can honor his memory is to continue to take those steps to greater heights, and to continue to climb the mountain, seeking always to find the deeper meanings to this martial way of life that we follow. ■



Professor Joe Holck, Pauline Chow Hoon, and Amy Holck

8th Annual Bob Krull Memorial Workout



Saturday, April 28, 2012
9am to 4:30pm
Sunday, April 29, 2012
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