



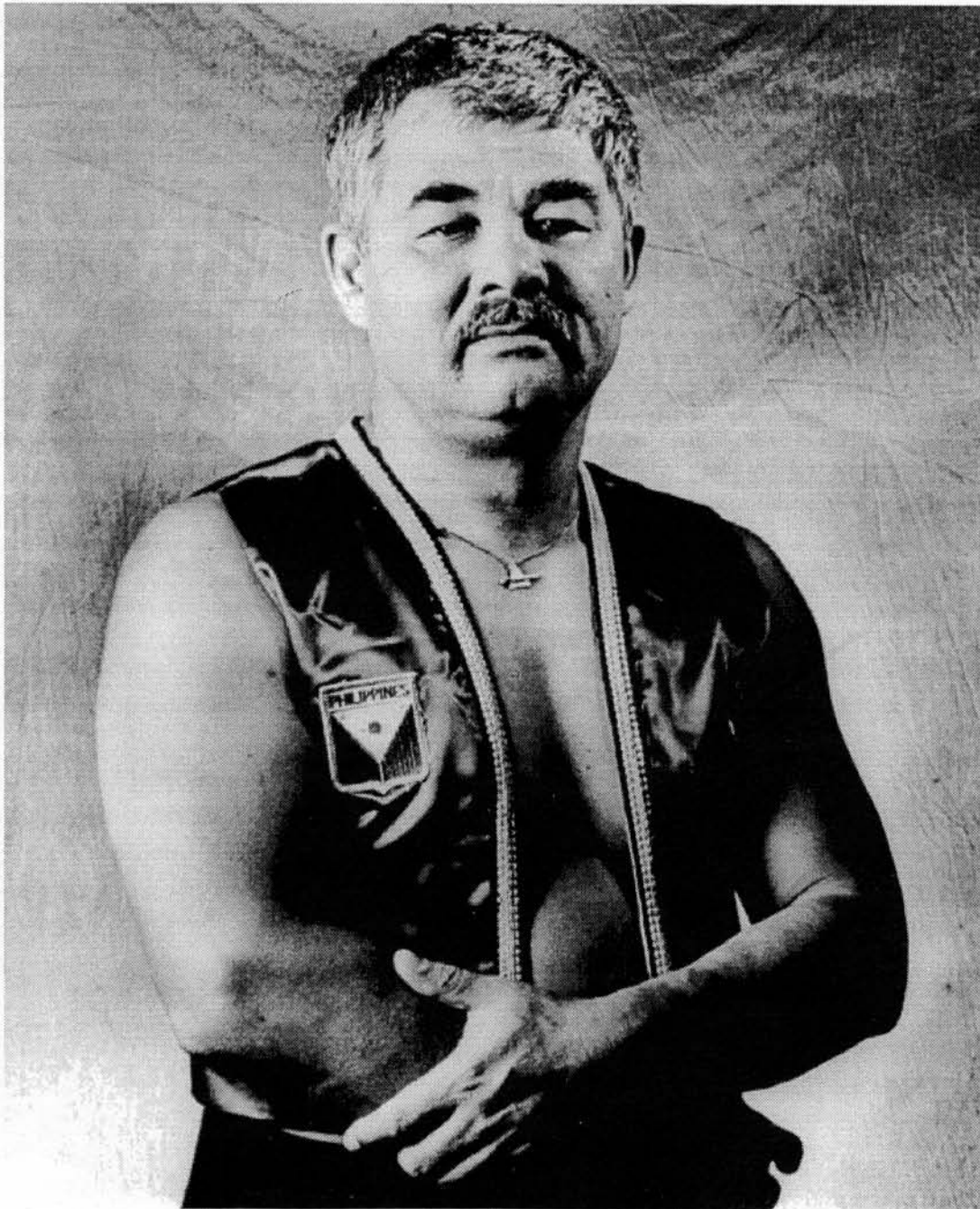
Kilohana *Chronicles*



Volume 2 Issue 1

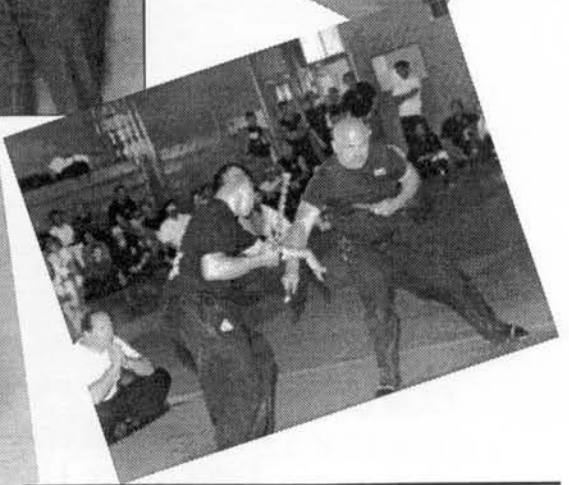
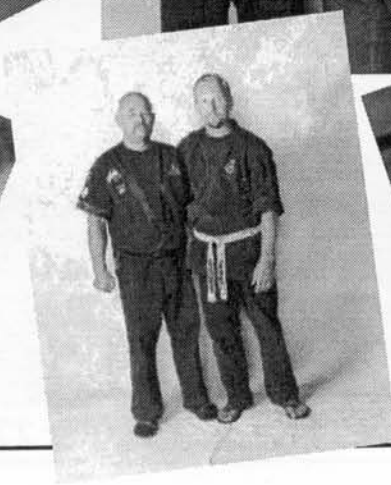
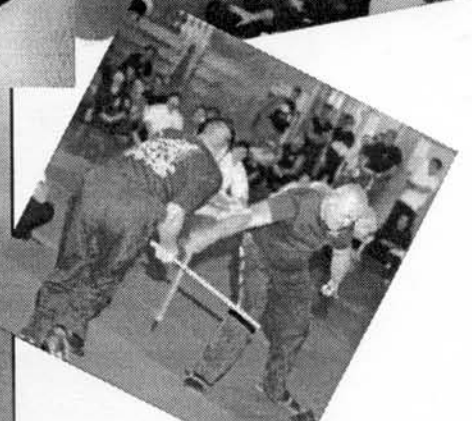
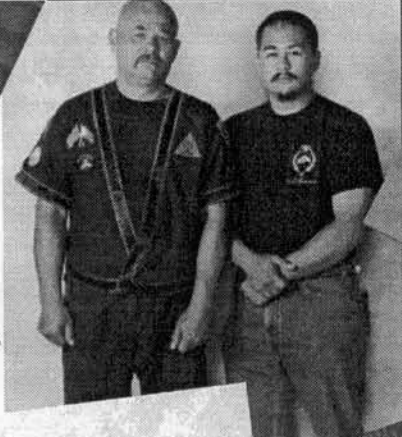
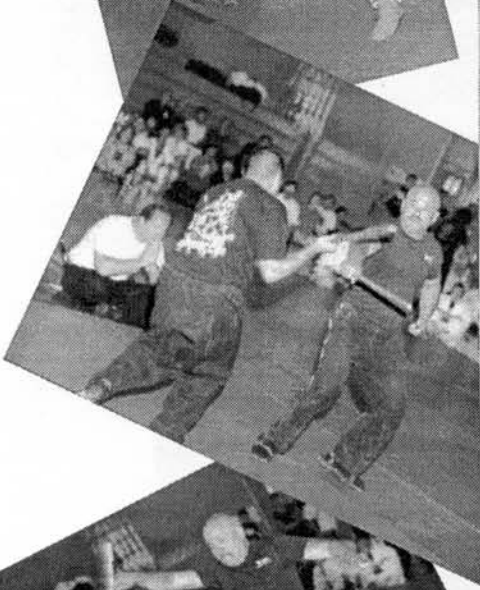
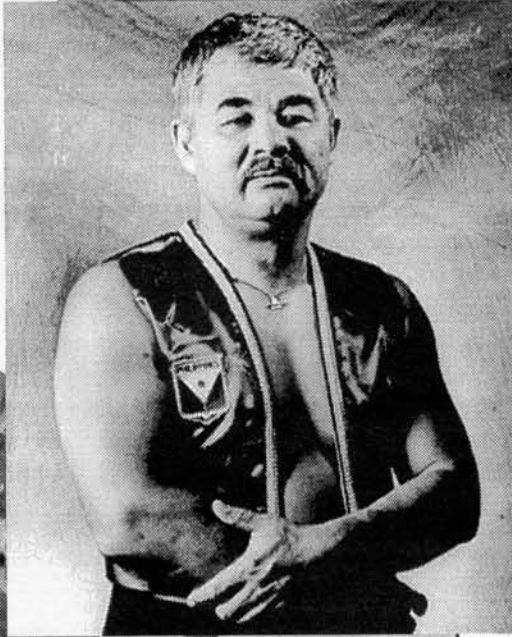
1st Quarter 2001

In Memory of Mangisursuro Mike Inay



December 11, 1944 - September 27 2000

Gas



Mangisursuro Mike Inay

A Warrior's Path

Mike Inay grew up in the Stockton California area in the late forties to the sixties. In his early twenties he found out that his national heritage contained something beautiful and worth the effort of preserving. So began Mangisursuro's path of preserving Filipino Martial Arts.

Many who knew him know of his efforts to preserve FMA with integrity and practicality. Still others know of his ability to perform his art with amazing skill, and teach it with even more skill. What is little known about him is his passion and way of life. "Suro" Mike Inay was a warrior at heart. He valued Integrity, Honor, and Loyalty. His life was an example of discipline and dedication. No matter his physical condition he always met his commitment as a teacher and mentor.

He would often read from books about the warrior's path and philosophy in class. It was not the glorification of battle or the lust for combat that he would speak of. It was the approach to life itself. Any who had the chance to know him would remark on his exuberance for life. He was passionate about the things he loved, and wanted you to be passionate as well. He embodied the warrior's ethic of "Seize the Day". His approach to life was the recognition of our brief moment here, and to live so that no regret would be left. To be able to say "I did everything I could today, and if I were to die today it was a good life".

Because life was met with such passion, each day was an adventure. He would often be getting excited about the next adventure, the next idea. There was never a dull moment when you were with him. We cherish the lessons and we value his wisdom. But most of all, at least for me, It was his passion and happiness that was his best trait.

For me, his son, I have only a few wishes. May I always remember his smile, and hear his laughter. Remember him for his integrity and passion for life. You taught us to be martial artists, and some of us you showed the path of a warrior. But most of all I learned how to be human, and how to be happy regardless of our troubles.

Honor, Respect, Veracity, Justice, Ethic, Loyalty, Discipline, Rule, Conduct; he was all of that. That was his code, but he was more. He was a teacher, a mentor, and friend. But most of all he was an ordinary guy leading an extraordinary life. He saw the world and all from meager beginnings.

By Suro Jason Inay
January 9th, 2001

Kilohana Chronicles

Hans Ingebretsen, Editor
Ron Guditus, Layout

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March	1
June	1
September	1

for publication in the next quarterly issue.

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Articles

C/O Kilohana

1875 S. Bascom Ave. #116-PBM 230
Campbell, CA 95008

Articles@Kilohana.org
Advertisement@Kilohana.org

408 558-9438

A BEGINNER'S MIND

By: Dan Getsla

I walked into the dojo the first time with the eyes of a child. I looked at and smelled and felt every possible thing. Unlike the child, I had left my expectations of what was to be experienced behind me, somewhere between the car and the door to the dojo. In the schools that I had attended earlier for other arts, there was often a feeling of potential, of energy barely contained, of pending combat. Yet this school was very different.

My coming into this school was like being on a glassy-calm sea under the full moon. The sense of deliberate action taken in very deliberate steps emanated from the other people and permeated the dojo. There was the difference between night and day in this hall. A gentleman walked up to my children and I; there was a presence about him that contained both promise and deliverance of the promise at the same moment. Bob introduced himself and we were welcomed to the first class.

It seemed just a few moments later that the day came to meet Shihan and be introduced to the bow. The day had arrived with hopes and fears present in equal measure. Prior to this meeting my life had altered significantly, causing me to invest great amounts of energy in tension, stress, anger, and other ill-conceived actions that held me in check. Removing my shoes at the door I took conscious effort to take these weights from my mind and body, to leave them outside the door where they could await my attention later. I recalled all that I could about centering and self and no-

mind, I struggled to release the influence of this ego that sought to exert control in a time where no control was needed. It was in the realization of this paradox that I was able to find a brief glimpse of why I was here in this building to meet this teacher. I found that I was here not to study Kyodo but to be with myself, to explore, experience, live without the ego that sought to contain chaos and call the superimposed order "my life."

My shoes slipped off into the same orderly ar-

range as those already at the door. As I stepped to the threshold I took the time to drop another item at the door, my ego. Bob had taken great pleasure in our earlier meetings at how easy it had been to adjust, correct, and move my body into a semblance of form for the function to follow. I took a breath and entered the dojo as I had that first day with the same eyes of a child and the open mind of what I felt "zanshin" might be. The seminar moved forward with exquisite slowness, the ego that waited outside paced eagerly just beyond the door, marking the moments for my return. Inside I sat patiently awaiting my meeting with the man who had come thousands of

miles to meet me, to help me be in the world again.

Shihan moved from student to student, all treated equally despite apparent signs of rank or standing within the dojo. All received a soft correction, comments delivered in a gentle voice that instructed without the influence of criticism. His gloved hands moved to areas in each person where energy was holding back the "chi." Each took the adjustments and comments with the same grace and spirit in which they were given.



How different from other hard arts that strove to build competitiveness and strength of body. This spoke to the soul, to the divine essence of spirit within each of us. Within me.

Others moved through their slow, gentle approaches to the target. Their motions often flowing like the waters of a deep river, slow and unstoppable, deep, natural. I felt a tendril of ego slip under the door and wrap around my spirit, a fear crept into my mind muttering that it would be the worst of all karma to be the only one standing before the targets. To be exposed before all these incredible beings, be found wanting and unworthy of instruction; ego was chattering incessantly and gaining a hold on the spirit again. I rose from a kneeling position, approached the target, bowed, chose a line that was just left of center while turning into my stance...and froze. The space between the far wall and myself was void of all but Shihan and his translator/student. Tension. Even more than waited beyond the door in front of me.

My attention shifted to my breathing, I heard the hiss of incoming air as my lungs filled with air that was rich in something that was nameless and new to me. It calmed, soothed, and let me bring something closer to balance into my center. The motions I had been taught, but was so new as to be foreign, moved my limbs and began to settle my being. Shihan removed his gloves and my life began.

The bow and the string sang softly in a duet of perfect harmony as I drew down on the target, the arrow floated above my hands, and flashed from beside my face to magically imbed itself in the target. The spirit that was within was suddenly without, and placing his hands upon my chest and waist he told of what he had seen. The voice I heard spoke to something deep inside where meaning lives. I did not understand a word of the language I had heard but the meaning was clear and the gentle pressure of the ungloved hands conveyed such presence that I felt the lesson being taught.

Shihan had stepped away pulling his gloves back on those remarkable hands and the spirit within, the translator had told me what the words had been, and it was over all too soon.

The next shot brought further correction and

suggestions from Shihan, the ungloved touch pressed upon my chest where my breath was stopping. A soft push to my tantien where the energy was still being held in check. The last comment telling me that I stood upon the ground without being a part of the earth. There were more lessons about being alive and living in this one night than I had ability to understand or even appreciate. Those I had labeled as masters had been guided and adjusted just as I had been. Each being within these walls was a student, even Shihan, and we all had lessons to learn and perfect just a little more today than yesterday.

The day had drawn to a close and night had crept softly into the hall. There was time for reflection and introspection, to turn my vision inward and relive the essence of the day. My meeting with Shihan had come and left the gift of it's being with me, the bow had whispered it's song in my ear, the arrow had flown home and been welcomed into the target.

My ego had leapt upon me the moment I had exited the dojo bringing with it the baggage of my divorce, my job, and the longing for my children. Only it was different now. The volume was down, the restraints were less binding, and my attitude was less limited.

The world did not change, but I had. My journey had only just begun and I already sensed my goal, to hold to the spirit of my beginning no matter where I am on the path of life.

For anyone who wants to test their fighting capabilities within a format that allows kicks, punches, throws, chokes, pins and armbars, we highly recommend competing in the sport ju jitsu division at the upcoming Earthquake Open. This is a fighting only tournament, with no kata divisions, and it always draws a good crowd of serious competitors. The sport ju jitsu division will be run by Professor James Muro and Sensei Hans Ingebretsen. This is a well-established tournament, running for 13 consecutive years, and it will be held at the Veteran's Hall in Hollister, CA on March 10. Sensei Rick Jackson is the tournament director, and he can be reached at (800) 917-4578. For a copy of the sport ju jitsu rules or any other info about the sport ju jitsu division, contact Sensei Hans Ingebretsen at (408) 377-1787.

Rank Promotions

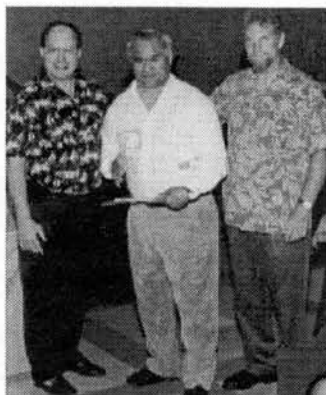
The following individuals were awarded Rank Promotions at the 2000 Gasshuku Banquet.

Danzan Ryu: Stephen Nicholls, yondan; Alex Sydnor, sandan; Roger Schaffer, sandan; Chuck Goodman, nidan; Troy Hammerman, nidan; Gena Rossi, shodan; Jason Props, shodan

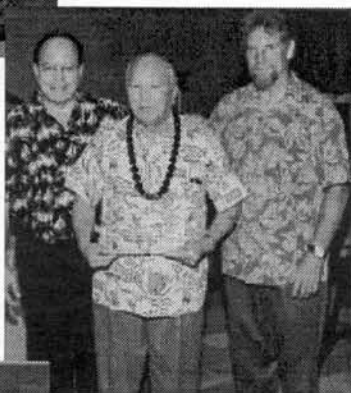
Ken Ju Ryu: Hans Ingebretsen, godan; Craig Rhoades, nidan; Jerry Donnard, nidan; Issac Sesody, shodan, Andy Dunn, student black

Master recognition certificates were issued to Sensei Larry Smith in the art of Kempo Karate and to Kwan Jang Nim Art True in the art of Tae Kwon Do.

Both men have worked for many years to perfect their arts, and have produced fine students.



Professor
Willy Cahill



Professor
Joe Halbuna



Grandmaster
Ming Lum

2000 Legend Awards and Ohana Awards

Presented at the Gasshuku banquet, the following people were honored for their service to the martial arts community:

Legend Awards:

Professor Willy Cahill
Professor Joe Halbuna
Sifu Kimo Hatchie
Professor Joe Holck
Grand Master Ming Lum

Ohana Awards:

Phil Howard
Evelyn Howard
Jack Carter
Imi Okazaki-Mullins
Bernice Jay

Sig Kufferath Award

Annette Kahoun

Presidential Awards

Suro Mike Inay
Bobby Santana
Jerry Donnard
Ron Guditus

The 1999 recipients were:

Legend Awards:

Sensei Helen Carollo
Suro Mike Inay
Professor Wally Jay
Professor Sig Kufferath
Professor Bing Fai Lau
Sensei Walter Todd
Professor Jack Wheat

Ohana Awards:

Jerry Donnard
Ron Guditus



Some of the Instructors and honored guests at the Kilohana Awards Banquet 2000



Please add \$5/Tape or \$10/Set for shipping and handling. Enclose check or money order payable to Kilohana

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Package #2: The Sig Kufferath Package
Contains the arts that Prof. Sig Kufferath was famous for and used to produce many outstanding students.
#TC-WC112: 3 tapes, Vol 4 to Vol 6
Sales Price: \$74.95

Package #3: Professor Henry S. Okazaki Package
#TC-WC113: 6 tapes, Vol 1 to Vol 6
Sales Price: \$139.95

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Kilohana Founding Members



Back row left to right

Mike Esmailzadeh, Kimo Hatchie, Russ Coelho, Hans Ingebretsen, Dale Kahoun, Debbie Mazzulla

Front row left to right

Gerald McKenzie, Robert Krull, Al Ikemoto, James Muro, Dai Shihan Sig Kufferath, Russ Rhodes, Jack Carter, Pauline Chow-Hoon, Robert McKean

Kilohana Officers

Executive Board

President: Russ Coelho
Vice President: Hans Ingebretsen
Secretary & Sgt. at Arms: Dale Kahoun
Treasurer: Jerry Donnard
Director of Communications: Ron Guditus

Standards Board

James Muro and alternate, Gerald McKenzie
Russ Rhodes and alternate, Dale Kahoun
Al Ikemoto and alternate, Jack Carter
Michael Esmailzadeh and alternate, Russ Coelho

Regional Directors

Hawaiian Director

Bruce Raney

European Director

Stephen Nicholls

Director of Weapons Training

Jason Inay

Historical Committee

James Muro
Dale Kahoun
Hans Ingebretsen

Jack Carter
Ron Keating

Upcoming Kilohana events

Massage Course

Second weekend of the month for six months

Sat. 9:00 a.m. to 6:00 p.m., Sun. 9:00 a.m. to 4:00 p.m.

Feb. 10-11, March 10-11, April 14-15, May 12-13, June 9-10, July 14-15

Taught by Sensei Jack Carter at the Pacific Coast Academy of Martial Arts, Campbell, CA Sefukujitsu & Shiatsu Cost: \$500 for Kilohana Members, \$600 for non-members. Contact Sensei Jack Carter at (916) 427-2887 or Shihan Russ Rhodes at (408) 378-4790.

Inayan Eskrima Seminar

Jan. 13-14 Sat. & Sun. at European Kilohana Headquarters in London, England. Taught by Suro Jason Inay. Contact Sensei Stephen Nicholls at 011-44-242-5586

Kui Lima Workout

Jan. 20, 9:30-11:30 at the Pacific Coast Academy of Martial Arts. Open to all Kilohana members. Taught by various Kilohana instructors. Contact Sensei Hans Ingebreetsen at (408) 377-1787. Cost \$10

Kilohana General Meeting

Jan. 20, 11:30 to be held after Kui Lima workout. Location will be at a local restaurant. Open to all Kilohana members. Contact Sensei Hans Ingebreetsen.

Inayan Eskrima Seminar

Feb. 17 at Fusuikan Martial Arts Center in Eureka, CA. Taught by Suro Jason Inay. Contact Sensei Richard Pietrelli at (707) 768-3208.

Shinin Workout

March 4, 12:30 p.m. at Suigetsukan in Oakland, CA Open to Danzan Ryu ikkyu candidates & above. Cost: \$50 (free to anyone who has attended before). Contact Professor Michael Esmailzadeh at (510) 452-3941.

Danzan Ryu Ju Jitsu Kata Tournament

March 31 (date tentative) 10:00 a.m. to 4:00 p.m. at Redwood Acres Fairgrounds in Eureka, CA. Pre-registration mandatory. Cost \$25. Contact Sensei Richard Pietrelli.

Shinyo Workout

April 1, 12:30 at Suigetsukan in Oakland, CA. Open to Danzan Ryu shodans & above. Cost: \$50 (free to anyone who has attended before). Contact Professor Michael Esmailzadeh.

Kashima Shin Ryu Batto Jitsu Seminar

April (exact date not yet set) at Fusuikan in Eureka, CA. Contact Sensei Richard Pietrelli.

Inayan Kadena de Mano Level 6 Certification

April 28-29 with Suro Jason Inay at the Pacific Coast Academy of Martial Arts. Level 5 Certification a prerequisite. Cost \$250.

Camp Kilohana

June 22-24 at the Pietrelli Ranch in Hydesville, CA. Open to any adult martial artist. Contact Sensei Richard Pietrelli.

San Jose Gasshuku

July 28 & 29 (date tentative)

Fusuikan Fall Ju Jitsu Kata Tournament

Nov. 3 10:00 a.m. to 4:00 p.m. at Redwood Acres Fairgrounds in Eureka, CA Pre-registration mandatory. Cost \$25 Contact Sensei Richard Pietrelli.

Advanced Ju Jitsu Workouts

Ongoing on Monday nights 6:00-7:00 p.m. at Suigetsukan in Oakland, CA Contact Professor Michael Esmailzadeh

Other upcoming events:

Dequerdas Eskrima Seminar

Jan. 13 Sat. 11:00am to 3:00pm: Taught by Master Aruther Gonzales Held Monterey Sports Center Cost \$25.00 Pre. reg. \$35.00 at the door Contact Scott Merrill at: 831 655-5568

Full Contact Padded Sword Fighting Tournament

Jan. 13 Sat. 10:00 a.m. to 1:00 p.m.: Tournament sponsored by the California Chanbara Association. Cost \$25 to register, \$5 for spectators. Call (650) 631-9509 or visit www.chanbara.com for info.

Ohana Convention

Feb.16-20: Ohana Convention in Honolulu, Hawaii Hosted by the American Jujitsu Institute Contact Professor Danny Saragosa at (808) 621-6274

www.dnvwarketing.com/ohana/index.html

Kashima Shin Ryu Gasshuku

March 6-8: at Tsukuba University in Japan. Contact Sensei Richard Pietrelli.

13th Annual Earthquake Open Karate Championships

March 10 Sat. 8:30 a.m.: at Veteran's Memorial Building (649 San Benito St.) in Hollister, CA. Sponsored by Fierce Tiger. Contact Sensei Rick Jackson at (800) 917-4578.

Unified World Martial Arts Federation & Battle of the Bay Championships

March 24 Sat. 8:30 a.m. at Oceana High School (401 Paloma Ave.), Pacifica, CA. Contact Professor Joseph Halbuna at (408) 355-1082.

Wing Chun David Leung Seminar

April 6-7-8 at Sun River Resort OR. For more Info call (541) 683-8511

Wing Chun Do International Convention

June 22-24 Fri.-Sun. at the Pacific Beach Hotel in Honolulu, HI. Contact Sifu Ron Ogi at (808) 456-2621 or visit www.wingchundo.com

Kashima Shin Ryu North American Gasshuku

Aug. 11-12 Sat. & Sun. at UCLA in Los Angeles, CA. Contact Sensei Richard Pietrelli.

Jujitsu America Convention

Sept. 21-23 in Las Vegas, Nev. Contact Professor Willy Cahill at (650) 589-0724.

The Gathering 2001

Oct. 13-14 Sat. & Sun. 9:00 a.m. to 5:00 p.m. at Folsom Community Center in Folsom, CA. Sponsored by the Martial Arts Collective Society. Contact Shihan Robert Ito at (415) 897-0676.

Camp Kilohana 2000

by Jeremiah Stanley

The year 2000 annual Kilohana Adult Summer Camp held in Northern California's Humboldt County among the redwoods was in fact a "real" camp for those of you not in the know. Meaning among all of the usual martial art gear you bring to seminars, it was advisable to actually bring a tent! The event was held on Sensei Richard Pietrelli's ranch and was hosted by his family and the Fusuikan group.

The earlier you showed up to the event, the earlier it started. That is, for myself it started by helping out the Fusuikan group put up the tent. That task was headed by Jonathan Largent, Sensei Pietrelli remarked it was the best job he'd seen at erecting the military style tent and in the quickest time. Bravo Jonathan, hope you have fun doing it next year!

The Friday night workout followed, and was instructed by Professor Michael Esmailzadeh. It consisted of going over techniques from the DZR boards that needed work, in which Prof. Mike provided the insight into the subtleties of many of the techniques (thank you). There was also an impromptu addition to the instruction when Sensei Hans Ingebreetsen showed up in hippie shades and blue jeans, talked about the new "Mission Impossible 2" choreography of DZR techniques, then quickly went into demonstration mode showing the techniques in the movie. Don't worry though; he didn't ruin the ending, so go watch it for yourself.

The rest of the night was free, and a few of us went to a pub for a few brews and 'all you can eat ribs'; unfortunately they ran out.

Saturday morning was the official start to the camp, which began with a salutation to the

memories of Professor Okazaki and Professor Kufferath, blown on Conch Shells, followed by an introduction of all the instructors in which they were able give a preview of their techniques in a short time before the gong was rung, signaling the beginning of formal classes. I definitely enjoyed this approach to introducing the instructors, and suggest it be used again!

Sensei Hans Ingebreetsen started the A.M. workout doing the Yawara board; followed by Sensei Dale Kahoun teaching the Nage Board, and inserting more effective ways to make your throws work. The next session was shared by Prof. Mike Esmailzadeh instructing the Oku Boards; and Guro Jason Inay, teaching blocks with sticks

and then having to use them against the DeCuerdas Staff, hung from high above would go twisting and turning so you better know how to block! Professor James Muro was next with the "Island Blend"; folks, this is what your martial art might look like if you are proficient in Kenpo, Jujitsu, Escrima, and Kung-Fu to name a few.



Thank God for lunch, we were served traditional Japanese noodle with some side dishes, yummy!

For the next session we were shuttled down to the Van Duzen river, and were treated to Shihan Russ Rhodes and what I like to think of as "environment training with Kenpo-Jujitsu", one thing is for sure, your uke would not last very long after a few falls on those rocks. A special guest instructor from Germany was next; Simone Schlotels taught techniques blended from eskrima and jujitsu, a sweet mix to be sure. Suro Mike Inay then demonstrated the difference in single stick techniques between the styles within the Inayan Eskrima System, and then blended the styles beautifully against a 1-2-3-strike combo and then a 3-2-1 sequence. Suro Mike Inay then put his son, Guro Jason Inay to the test in a freestyle counter strike then technique then counter the next strike assault, awesome.

Back at the Pietrelli's Property, Sensei Hans Ingebretsen taught Seifukujitsu, the massage used in our Danzan Ryu Healing Art. Although some of us stayed at the river due to a dead battery on a Suburban and that damn automatic lock switch that operates while your car is running trying to give the Suburban a jump start (did you get that fixed Craig?).

Then, ah yes dinner. A most elegant Japanese feast, thank you Mrs. Pietrelli and your lovely "sake angels". I heard so much about it from last year, but had no idea it was that good. The rest of the night various activities were going on including, a campfire with music, the game "Go", a samurai movie classic, and gen-

Shihan Russ Rhodes must of had extra strong coffee, he was on fire! Motivational in the warm-ups, then teaching Advanced Yawara, I was amazed as I saw the whole package of Danzan Ryu unleashed in what started with the basic art and ended with a "wow"! The next class was split were half went with Guro Jason Inay to have fun with that DeCuerdas staff, and the other half with Prof. Muro teaching advanced black belt training. The Tameshi Giri Class near the pond was next with Prof. Esmailzadeh coaching us for that perfect stroke on the bamboo mats.

Lasagna, is all I'm going to say about the delicious lunch. Thank you, Mrs. Pietrelli and your Sake Angels.

After a presentation on various handguns,



eral partying.

For those with not so much sake in their systems, there was an early morning Tai Chi/ Chi Gung session headed by Bill McClure. I should have gone because every one that did looked vitalized, were as every one else looked hung over.

Sensei Kahoun taught Tanju, the handgun disarms board of DZR. With reality based techniques, Sensei Kahoun also teaches police handgun disarms. This class was taught in a serious matter the way it should be.

That concluded the 2000 Camp Kilohana, thank you again all of you that hosted and we'll see you next year for more fun and camaraderie. If you didn't go, plan on next year!



Kilohana Dojos

Schools with Kilohana Charters

Pacific Coast Academy of Martial Arts

Kilohana Hombu Dojo

2507 S. Winchester Blvd.

Campbell, CA 95008

(408) 378-4790

Head Instructor: Russ Rhodes

Shinbukan

Classes held at Campbell Community Center

Mailing address:

1269 El Moro Dr.

Campbell, CA 95008

(408) 377-1787

Head Instructor: Hans Ingebreetsen

Hollister Martial Arts Academy

401 McCray St. B-10

Hollister, CA 95023

(831) 636-6662

Head Instructor: Jason Props

Fusuikan Martial Arts Center

800 W. Harris St.

Eureka, Calif. 95503

(707) 443-1725

Head Instructor: Richard Pietrelli

Suigetsukan

1051 5th Ave. Studio C

Oakland, CA 94606

(510) 452-3941

Head Instructor: Michael Esmaelzadeh

The Konjokan/Team Sacramento

Classes at Kennedy High School

Mailing address:

716 Roundtree Ct.

Sacramento, CA 95831

(916) 454-3951

Head Instructors: Al Ikemoto & Dave Butler

Other Afilliated Kilohana Schools

Goshin-Jitsu Chow-Hoon

Mailing address:

1857 Lincoln St.

Seaside, CA 93955

(831) 394-9652

Head Instructor: James Muro

Inayan System of Eskrima

208 Calle Marguerita

Los Gatos, CA 95032

(408) 866-0325

Head Instructor: Jason Inay

British & European Kilohana

16 Balderton St.

London W1Y 1TF

England, U.K.

011-0207-629-6183

Head Instructor: Stephen Nicholls

Chow-Hoon Goshin Jitsu Monterey Self Defense Club

Classes at Monterey Sports Center

Mailing address: 1162 Josselyn Canyon Rd.

Monterey, CA 93940

(831) 655-5568

Head Instructor: Scott Merrill

Aloha Tai Chi of Gardena

Mailing address:

1319 W. 161 St.

Gardena, CA 90247

(310) 327-3686

Head instructor: Kimo Hatchie

Hawaii Chinese Goju-Ryu Kenpo Karate/Jujitsu Club

P.O. Box 23263

Honolulu, HI 96823-3263

(808) 533-1064

Head Instructor: Lyle Ho

**Muso Jikiden Eishin Ryu, Komei Juku
Beikoku Hombu**

P.O. Box 1084
Makawao, HI 96768
(808) 573-1965
Head Instructor: Robert W. Montgomery

Abregana Self Defense Institute

P.O. Box 2106
Ewa Beach, HI 96706
(808) 674-8964
Head Instructor: Jaime Abregana, Jr.

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(408) 258-4419
Head Instructor: George Carmingami

Unified Karate-Do Association

P.O. Box 54032
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Head Instructor: Steve McCann

Quest Academy

Mailing address:
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Head Instructor: Lawrence Boydston

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Coast Karate Studios

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Head Instructor: Bob Maschmeier

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170 Eureka Square
Pacifica, Calif. 94044
(650) 355-7661
Head Instructor: Dave Bendigkeit

L.A.P.D. Jeopardy Program

Mailing address:
2634 Kansas Ave. #L
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Head Instructor: Mark Wald

Daryl J's Institute of Self Defense

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(415) 252-7070
Head Instructor: Janet Gee

To be listed as a Kilohana dojo
please contact us at
1875 S. Bascom Ave. #116-PBM 230
Campbell, CA 95008
408 558-9438



CARTER'S CORNER

Sports Medicine & Massage

By: Sensei Jack Carter

KNEE PAIN CARTILAGE

Most knee pain is due to arthritis and is common in older people, but younger people can also have arthritis. In younger people it can be due to damage to the cartilages present in the knee joint. Occasionally the cartilages are torn or damaged by a violent movement of the knee while the foot is stationary, this happens in Judo, JuJitsu and in other sports as well. This type of injury may cause giving away, locking, pain and swelling. If the knee should lock as a result of a torn cartilage getting stuck in the center of the joint then removal of the cartilage may be required. If this should happen qualified medical help should be seen.

The use of acupressure is very effective in treating this type of knee injury and pain. The next thing is to ice the knee as soon as possible to keep knee from swelling or to bring the swelling down.

Pressure points: Xiyan (the eyes of the knees) SP#9, B#40 and the ear pressure point AH#3.

Location of Pressure Points:

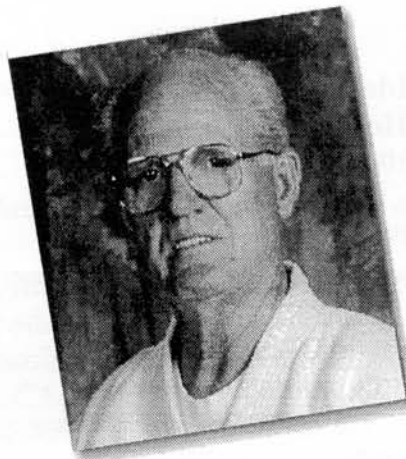
Xiyan (Eyes of the knee). It is located on either side of the knee cap (patella) at the joint of the femur and tibia.

Technique: Press inward and upward with your thumb for 6-10 seconds, three times.

For: Pain in the knee

SP#9 (Spleen #9) It is located at the top of the shinbone, on the inside of the leg about one inch below the kneecap.

Technique: Press inward and upward with your thumb for 6-10 seconds, three times.



For: Pain in the knee

B#40 (Bladder #40) (B54) It is located on the back of the knee, on the fold where the knee bends, between the two tendons.

Technique: Press lightly inward and downward with your thumb for 7-10 seconds, three times.

For: Sciatica, lower back pain, calf spasms and knee pain.

Ear Point AH#3 (Pressure points on the Anti-helix AH#3) It is located in the inside upper part of the ear in line with the eyes.

Technique: Squeeze the ear with your thumb and index finger for 7-10 seconds, three times.

For: Knee joint pain.

Have a Massage

Note: Sensei Carter is available for Shiatsu Acupressure Massage Therapy, GiGong Massage Therapy and Seifukujitsu Restoration Therapy workshops and seminars throughout the United States and overseas.

Address: 7010 Wavecrest Way
Sacramento, Ca. 95831
e-mail: jacarter4@juno.com

Gasshuku Video

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