

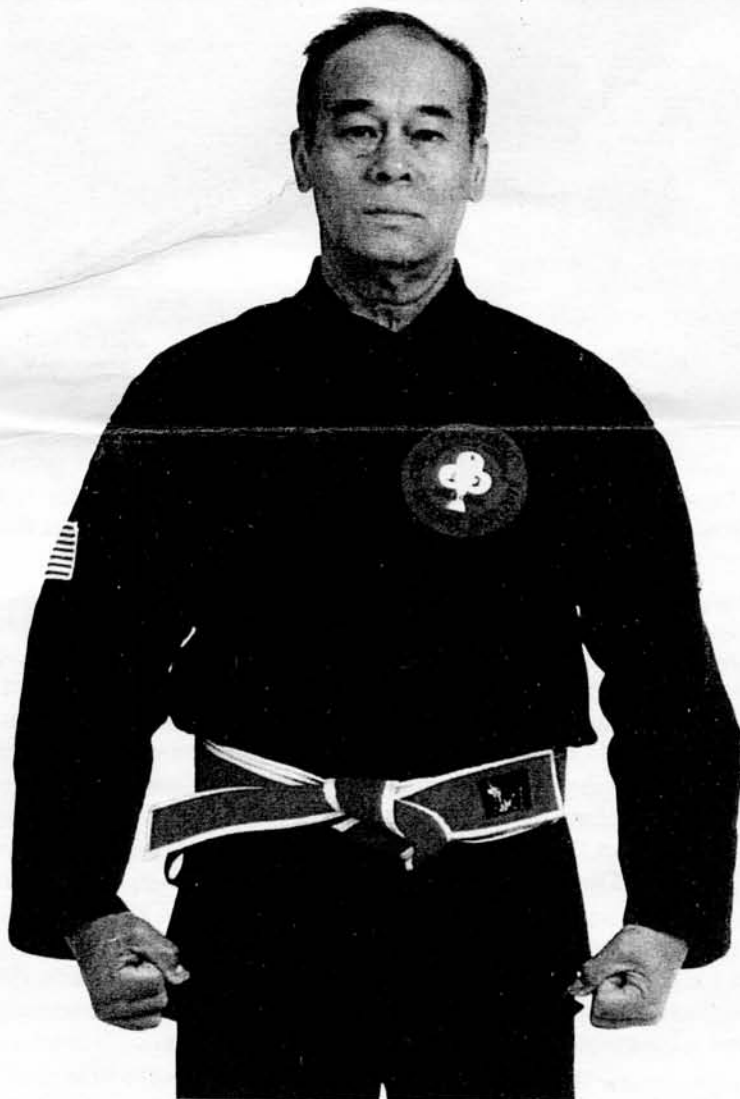


Kilohana Chronicles



Volume 3 Issue 1

1st Quarter 2003



In loving memory of Professor Joseph Halbuna, 1926 - 2002

Kajukenbo pioneer, Kilohana senior, founder of Unified World Martial Arts Federation
Truly of man of vision, truly a warrior , truly a leader
We whose lives you touched will never forget the lessons you taught us.

KILOHANA OFFICERS



Kilohana board members at a recent Kui Lima workout. Pictured left to right are Sensei Jerry Donnard, Sensei Hans Ingebretsen, Professor Michael Esmailzadeh, Shihan Russ Rhodes, Professor James Muro, Kyoshi Russ Coelho, Sensei Dale Kahoun and Doctor Charles Goodman

Executive Board:

President: Professor James Muro

Vice President: Sensei Hans Ingebretsen

Secretary / Sgt. at Arms: Sensei Dale Kahoun

Treasurer: Sensei Jerry Donnard

Director of Communications: Ron Guditus

Past Presidents: Shihan Russ Rhodes & Kyoshi Russ Coelho

Senior Advisors: Olohe Solomon Kaihewalu & Professor Libert O'Sullivan

Hawaiian Director: Sensei Bruce Raney

European Director: Sensei Stephen Nicholls

Standards Board:

Professor James Muro and alternate, Sensei Hans Ingebretsen

Shihan Russ Rhodes and alternate, Sensei Dale Kahoun

Professor Michael Esmailzadeh and alternate, Kyoshi Russ Coelho

Sensei Al Ikemoto and alternate, Sensei Jack Carter

Suro Jason Inay

Director of Clinics: Dr. Charles Goodman

Director of Weapons Training: Suro Jason Inay

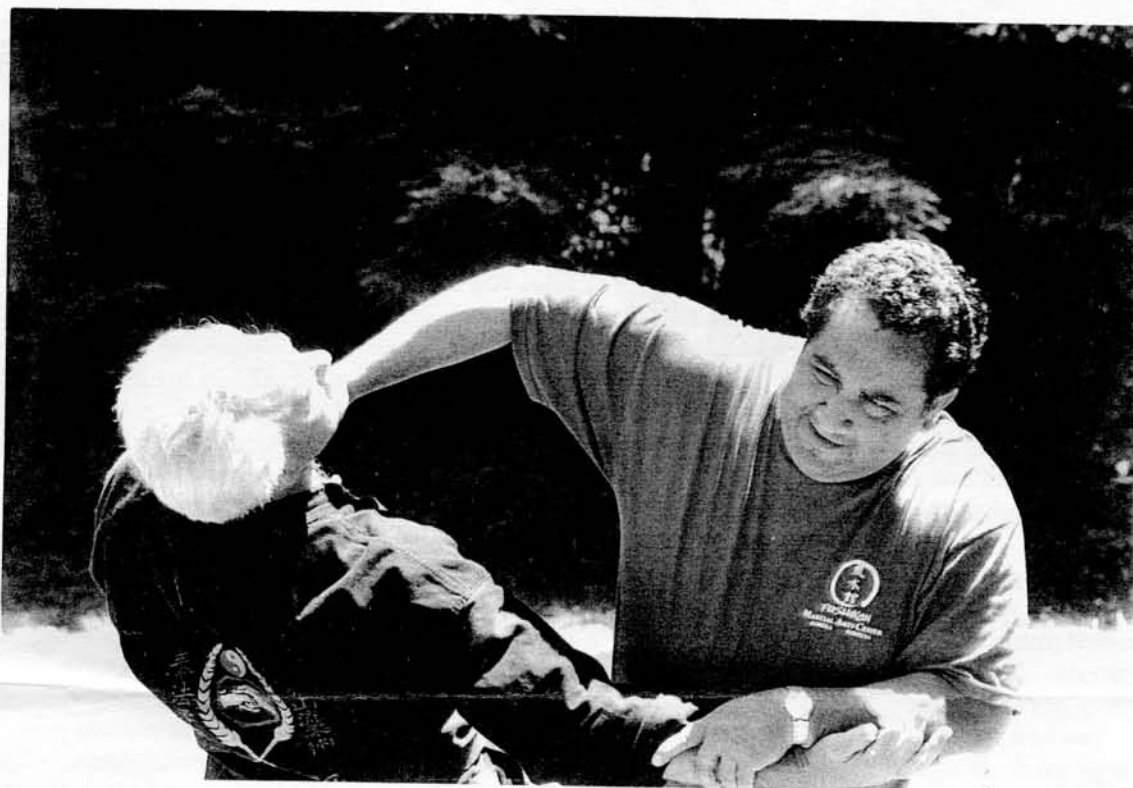
Newsletter: Sensei Hans Ingebretsen

Historical Committee:

Professor James Muro, Sensei Hans Ingebretsen, Sensei Dale Kahoun, Sensei Jack Carter, Ron Keaton, Bryne Reade

SELF WORTH AND THE ART OF COMMUNICATING

by Professor James Muro, President of Kilohana Martial Arts Association



When you and I talk, we hear words, but we also hear something more - how these words are spoken, the inflection of the voice. How I look when I talk to you, what you think of my appearance, my clothes, my voice and accent, these communicate something about me, and thoughts that I do not utter also say something to you about me. They are often more revealing than a point I might try to make by punctuating my words with a pointed finger or by brushing a question aside with a smile or a smirk.

Our very being communicates so many things about us. Often we form an opinion of a person who may not even be speaking to us by the way that's person acts. How we project and how we respond say more to others about ourselves than mere words could ever communicate.

Listening is also part of communication. Do we really hear what others are saying to us, or do we form opinions only by their words? When we are listening, do we listen with respect or ridicule? We must remember that others, like ourselves, are each unique.

In nearly everything we do, we are communicating. A positive approach to self worth will greatly enhance our success in various relationship roles that make up life and that can determine our success.

In the dojo as in other relationships your feelings of self worth effect your success. Whether you are the teacher or the student, you and those who work with you are bound together by a common goal - you both want to be time you spend in the dojo to be successful. You can obtain this when you approach it with self confidence and an attitude of enthusiasm and cooperation. A successful relationship is based on mutual respect, the basic foundation of each dojo, the very first thing taught in the dojo - respect.



As a student your teacher gives you certain goals and objectives to be learned and some day mastered. In return you receive a certain ranking and hopefully a great deal of satisfaction. As a teacher, you respect your students' abilities. Both in and out of the dojo, you share responsibilities, you make your expectations clear. You set obtainable goals for each student, usually a little farther beyond what the student actually thinks they can accomplish. Part of your job as a teacher is to push them beyond what they think they can accomplish. You try to remain open-minded, flexible, and work at creating an atmosphere of trust and good will toward all in the dojo. Your students know they can come and talk not only to you but others in the dojo. they know that their time and work they put in is valued and respected. You must show genuine interest in their goals and aspirations.

Now all of this starts with ourselves. It's self worth. Self worth is how you think and feel about your own self. Do you truly value and respect yourself? Loving one's self is not always egotism. It is a recognition that you are a unique and rare individual. Of all the people who have walked the earth since the beginning of time, there has never been another person like you. Think about that and realize how truly special you are. Your abilities and talents, the potentials you possess are not meant to lie dormant within you. they are meant to be expanded, to be shared with others and to be used for good.

Again, self worth is not always about ego - it does tell us that we have an obligation to society and the world at large. We are all part of humankind, and it is impossible to isolate ourselves. Whether at the dojo, at work or play, we constantly interact with others. Incidents thousands of miles away can change our lives so suddenly, while incidents close at hand can effect those who live thousands of miles from our shores. Individually and collectively, we are part of society.

The opportunities that await us are limitless and exciting, be they opportunities at home, or of the world. What we think of ourselves and how we go about spreading our own self-esteem determine how well these opportunities will be seized. You should not miss these opportunities. You won't if you take care to communicate your own self-worth and recognize the self-worth of others.

The one constant thing in life is change. Change is everywhere. In the natural world, in the way we do things, in the way we act and react, in our thinking, in our beliefs, and in our codes of conduct. How we generate change, what we do with change, and how we react to it determine whether we grow or fail.

In spite of this fact that change is constant, there is nevertheless a strong tendency to resist it. It presents an unknown factor in our lives and activities. Even though we may have problems, we are often tempted to maintain the status quo rather than venture into the unknown. That way we feel more secure and things of the past seem more predictable, more manageable.

What happens next? We end up isolating ourselves as much as possible from the impact of change, trying to live with the problems so that we feel "safer" with them even though they may make us unhappy. In other words, we become specialists in our negative thinking, living selfishly to minimize the possible impacts that could bring on imagined new problems with which we are not sure we could cope with. Where does this kind of thinking get us? Nowhere, nowhere at all!

To participate in change is to grow. The very act of living is change and growth. Those who accept and adjust to change and keep growing are the winners, the successful, the fittest. Those who cannot accommodate change do not grow, they die by the wayside - a mental, physical and spiritual death. Without change we would still be driving model "T" Fords. We would still be fighting with flintlocks.

The desire to grow must come from within. Genuine growth means having the courage and confidence to try new things, and in the process, to let go of worn-out and out-dated ones.

Certainly growth involves risks, and sometimes the prospects appear frightening. No, growth is not always easy, and at times it can be quite painful. You can choose merely to exist, leaning on others for survival, or you can struggle and grow, and live.



SEMINAR UPDATE by Hans Ingebretsen



Our Kilohana instructors were busy last year. Almost every weekend brought a new clinic, camp or seminar that our people were attending or teaching at.

The Kufferath Masters Seminar drew a large crowd, as Jerry Donnard and Ron Guditus' hard work paid off with a quality event. All the main Kilohana instructors were featured in 20 minute classes, featuring a fast-paced approach to teaching and training.

On July 20 in Newport Beach, California, many of our top people were inducted into the International Kenpo Karate Institute Hall of Fame. Kyoshi Kimo Hatchie, Professor James Muro, Kyoshi Russ Coelho, Sensei Lawrence Boydston, and Sensei Dale Kahoun were all inducted at the \$100 a plate black tie dinner. It was particularly wonderful to see how many of Kimo's family were there to congratulate him and share in his honor. Kimo continues to be the soul of our Aloha here in Kilohana, and he is greatly loved and respected. Sensei Hans Ingebretsen taught a class in Kenpo Ju Jitsu at the seminar held there earlier in the day.

Professor Muro, Kyoshi Coelho and Sensei Boydston had to make a mad dash to get to the IKKI Hall of Fame dinner, as they were busy earlier in the day teaching at Sensei Mark Wald's Camp Yamabushi, in Pacific Palisades, earlier in the day. No rest for the weary. Sensei Wald had also been nominated for the IKKI Hall of Fame, but was unable to attend due to his responsibilities as camp director. Talk about kokua. Mark Wald is kokua.

Sensei Kahoun was one of a group of instructors at the American Jujitsu Institute's Camp Kokua in Lake Tahoe on June 22-23, and was successful in spreading the gospel of choking, armbars and severe throwing techniques. Those who know Sensei Kahoun know what I am talking about. Camp Kokua is a wonderful event, and is one that I personally recommend. Next time it is held, don't miss a chance to train with these people - you will be impressed.

Camp Kilohana, held on June 28-30, was once again a great success, with 48 people in attendance, and featured two instructors who had not taught at this camp before, Olohe Solomon Kaihewalu, who taught his family art of Lua O Kaihewalu, and Sensei Dave Bendigkeit, who taught his art of Shintaikido, and also instructed massage along with Sensei Ingebretsen. The tameshi giri class was run by Professor Esmailzadeh, while Sensei Kahoun ran the shooting range, as well as the archery range and the knife throwing range. You could say that Sensei Kahoun ranges near and far. Kyoshi Coelho and Shihan Rhodes taught Oku and Shinin, while Senseis Ingebretsen and Kahoun taught Nage and Shime. Professor Muro taught his art of Island Blend, exhibiting the fast hands that have made him famous. Suro Inay brought his inimitable brand of eskrima to camp once again, and, as usual, the Dequerdas staff that he installed was the hit of the camp (very literally). This year's training at the



river became training in the river, as the Van Duzen River became clogged with wild judoka beating on one another. Many of the participants got energized with an Okazaki water therapy massage before hitting the road on Sunday. Hats off to Jill Pietrelli and her crew for feeding the gang sumptuously. The Saturday night dinner, in particular, was a wondrous feast, with Sake Angels visiting the tables quite frequently. The Pietrelli Ranch in Hydesville, California continues to be the perfect setting for Camp Kilohana, and we thank the Pietrellis and the Fusuikan Dojo for all their hard work in putting on this event.

Olohe Solomon Kaihewalu's camp in Tempe, Arizona was well-attended, and featured many of the exotic Hawaiian weapons that he is known for. Attendees came to Arizona on June 21-23 from as far away as Mexico, Los Angeles, Chicago, San Jose, and, of course, Hawaii. This was a quality affair, with many grueling hours of training and a big luau on Saturday night. The Arizona sun kept everybody warm (110 degrees). Thank God for air conditioning. Solomon's group of highly skilled kumu presented his art in a clear and precise manner, and, though hampered by a knee injury, when Olohe Kaihewalu took the floor, the air virtually crackled with energy. The man has mana, folks. Believe it.

Charlie Robinson's Camp Bushido West, held in the Sierra foothills of California, was a great place for judo competitors to hone their skills with a solid week of training with elite instructors that included Rey Tinaza, Gary Goltz, Dave Barlow, and Hans Ingebretsen, as well as Charlie himself.

The Hawaii Martial Arts Society had their Martial Arts Legend of Hawaii Seminar at the Honolulu Convention Center on May 25. Kilohana instructors who taught at this event included Solomon Kaihewalu, James Muro, Janet Gee, Dale Kahoun, Bruce Raney and Hans Ingebretsen. Other instructors included Jody Perry, Randy Choy, Tony Troche, Greg Lontayao, Gary Lee, Frank Sanchez, Al Delacruz and Arthur Valdez. Society CEO Jaime Abregana put on one of the best luaus ever that evening at Ewa Beach, with a sold-out dinner crowd for the awards banquet.



Mushinkai members display their trophies won at a Unified World Martial Arts Federation tournament in Half Moon Bay, California. Pictured left to right are Annette Kahoun, Lance Walkup, Dave Holt, Drew Wlkup and June Beggs



2003 KILOHANA CALENDAR OF EVENTS

January (date to be announced)

Fusuikan 20-year anniversary dojo photograph
Eureka, CA

Contact Sensei Richard Pietrelli at (707) 443-1725

Sunday, January 12

Kui Lima Workout

10:00 a.m. - 1:00 p.m.

Kilohana Board Meeting to follow from 1:00 - 3:00 p.m.

Pacific Coast Academy of Martial Arts

2507 Winchester Blvd. Campbell, CA

Contact Dr. Chuck Goodman at (408) 996-7597

Saturday, January 25

Dojo Grand Opening - Shintaikido of Pacifica

2:00 p.m. - 6:00 p.m.

150 Eureka Square Pacifica, CA

Contact Sensei Dave Bendigkeit at (650) 355-7661

or sensei@shintaikido.com

February (date to be announced)

Fusuikan 20-year anniversary seminar
Eureka, CA

Saturday, February 8

Seifukujitsu Restoration Therapy Class

Instructed by Sensei Hans Ingebretsen

10:00 a.m. - 5:00 p.m.

Sensei Ingebretsen's house, Campbell, CA

Contact Sensei Hans Ingebretsen at (408) 377-1787

Saturday, February 8

Open Introduction to Groundwork Seminar

Instructed by Sensei Stephen Nicholls & Sensei Jean-Mark

British/European Kilohana Dojo Maidavale, England

Contact Sensei Stephen Nicholls at 011 44 7989 187 643

Saturday, February 15

Danzan Ryu Ju Jitsu Seminar with Sensei Stephen Nicholls
Shinbukan Dojo

Campbell Community Center, Room 50

One Campbell Ave. Campbell, CA

Contact Suro Jason Inay at (408) 866-0325

Saturday & Sunday, February 22 & 23

Massage Class with Professor James Muro

Kugtar Academy Salinas, CA

One weekend a month for six months

Contact Professor Muro at (831) 394-965

Sunday, February 23

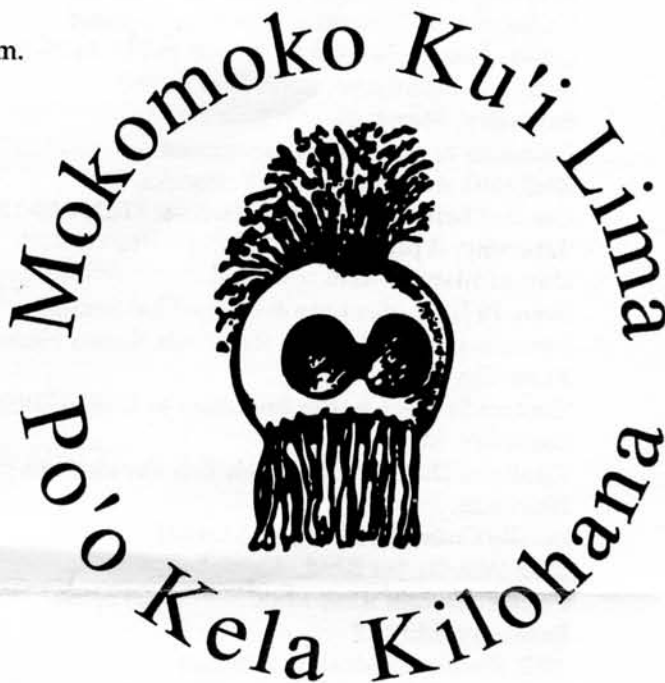
11:00 a.m. Videotaping session

Videotaping for Kilohana school heads to record techniques for inclusion in forthcoming instructional tape. This is a make-up session for those who could not attend the January 5 session. If you want to be filmed on this day, you must contact Director of Communications Ron Guditus at (408) 374-2424 prior to the filming date to be included.

Pacific Coast Academy of Martial Arts

2507 Winchester Blvd., Campbell, Ca

Dojo phone # (408) 378-4790



Sunday, March 9

Kui Lima Workout

10:00 a.m. to 1:00 p.m.

Kilohana Board Meeting to follow from 1:00 - 3:00 p.m.

Pacific Coast Academy of Martial Arts

2507 Winchester Blvd. Campbell, CA

Contact Dr. Chuck Goodman at (408) 996-7597

Friday, March 21

Massage Seminar with Sensei Jack Carter

College of Homeopathy, London, England

Contact Sensei Stephen Nicholls at 011 44 7989 187 643

or Sensei Jack Carter at (916) 427-2887

Saturday, March 29

Fusuikan Ju Jitsu Kata Tournament

Redwood Acres Fairgrounds Eureka, CA

Contact Sensei Richard Pietrelli at (707) 443-1725

Saturday, April 12

Day of Martial Arts

Judo, Ju Jitsu, Hapkido & Muay Thai Seminar

Featuring Sensei Charlie Robinson, Sensei Hans Ingebretsen & other instructors

Yuba City, CA

Contact Sensei Charlie Robinson at (530) 673-8244

Saturday, May 10

Kilohana Danzan Ryu Black Belt Promotions

10:00 a.m.

Pacific Coast Academy of Martial Arts

2507 Winchester Blvd. Campbell, CA

Contact Shihan Russ Rhodes at (408) 378-4790

Saturday, May 17

2003 Kufferath Masters Seminar

8:00 a.m. - 5:00 p.m.

Campbell Community Center

One Campbell Ave. Campbell, CA

Contact Seminar Director Jerry Donnard at (408) 253-8557

Friday - Sunday, June 27-29

Camp Kilohana

Pietrelli Ranch, Hydesville, CA

Contact Sensei Richard Pietrelli at (707) 443-1725

Sunday, July 6

Kui Lima Workout

10:00 a.m. - 1:00 p.m.

Kilohana Board Meeting to follow from 1:00 - 3:00 p.m.

Pacific Coast Academy of Martial Arts

2507 Winchester Blvd. Campbell, CA

Contact Dr. Charles Goodman at (408) 996-7597

Friday-Sunday, July 18-20

Gathering of the Masters

Suro Jason Inay, Shihan Russ Rhodes, Sifu David Leung, Professor Michael Esmailzadeh

Oneida Reservation, Green Bay, Wisconsin

Contact Sensei Kevin Shoenebeck at (920) 490-3730 or Kshone@oneidanation.org

Friday-Saturday, September 5-6

Inayan Eskrima Summer Camp

Los Gatos, CA

Contact Suro Jason Inay at (408) 455-7876



Sunday, September 14

Kui Lima Workout

10:00 a.m. - 1:00 p.m.

Kilohana Board Meeting to follow from 1:00 - 3:00 p.m.

Pacific Coast Academy of Martial Arts

2507 Winchester Blvd. Campbell, CA

Contact Dr. Charles Goodman at (408) 996-7597

September (dates to be announced)

Two weekends in a row

Kilohana Danzan Ryu Okugi Class

Advanced black belt training

Suigetsukan Oakland, CA

Contact Professor James Muro at (831) 394-9652

or Professor Michael Esmailzadeh at (510) 452-3941

October (dates to be announced)

European Gasshuku

Madrid, Spain

Contact Sensei Stephen Nicholls at 011 44 7989 187 643

Saturday, October 11

Kilohana Classic Karate & Ju Jitsu Tournament

Campbell Community Center Gym

One Campbell Ave., Campbell, CA

Contact Tournament Director Hans Ingebretsen at (408) 377-1787

November (dates to be announced)

Danzan Ryu Black Belt Training

Kaneohe, HI

Contact Sensei Bruce Raney at (808) 239-1591

Sunday, November 9

Kui Lima Workout

10:00 a.m. - 1:00 p.m.

Kilohana Board Meeting to follow from 1:00 - 3:00 p.m.

Pacific Coast Academy of Martial Arts

2507 Winchester Blvd. Campbell, CA

Contact Dr. Charles Goodman at (408) 996-7597

Saturday, November 15

Fusuikan Ju Jitsu Kata Tournament

Redwood Acres Fairgrounds Eureka, CA

Contact Sensei Richard Pietrelli at (707) 443-1725



OTHER EVENTS OF INTEREST

Saturday, February 1

Lua, Judo & Ju Jitsu Seminar

Professor James Muro, Professor Willy Cahill & Sensei Chris Peterson

Monterey Sports Center Monterey, CA

Contact Sensei Scott Merrill at (831) 655-5568

Saturday, February 1

5th Annual North Bay Karate Championships

Rhonert Park, CA

Contact Sensei Joa Schwinn at (707) 545-5737



Sun., Feb. 9

AMAPA Black Belt Officials Certification
Pallen's Martial Arts, Castro Valley, CA
Contact Master Max Pallen, Jr. at (510) 537-0901
AMAPAAAllStars.com

Sat.-Sun., Feb. 22-23

JKF International Goodwill Championships
Costa Mesa, CA

Contact F. Demura at (714) 543-5550

Sun, Feb. 23

Northern California Open
Cal State Hayward, Hayward, Ca
Contact Master Max Pallen, Jr. at (510) 537-0901
AMAPAAAllStars.com

Saturday, March 22

16th Annual California Wado Cup Invitational Karate Tournament
San Bernadino, CA
Contact Shihan Otto Johnson at (310) 621-3822 or (909) 931-3900

Saturday, March 22

West Coast Karate Classic
Oakmont High School
1710 Cirby Way, Roseville, CA
Registration starts at 8:00
Contact Sensei Dave or Ron Joslin at (530) 888-7227
www.aub.com/karate

Sat., March 22

Delta Smackdown
Liberty High School, Brentwood, CA
Contact Sifu Tim Calvin at (925) 753-1167
AMAPAAAllStars.com

Sat., March 22

34th Annual UC Open TaeKwon Do Tournament
Haas Pavilion, UC Berkeley, Berkeley, Ca
Contact Dr. Ken Min at (510) 642-3268
www.ucmap.org

Friday - Sunday, March 28-30

American Judo & Ju Jitsu Federation Annual Convention
Hosted by Laurel Ju Jitsu & Tri-Valley Ju Jitsu
San Ramon, CA
Contact Sensei Joann Strang at (510) 530-5043
www.ajjf.org

Sat.-Sun., April 25-26

Golden Gate Nationals
S. F. Marriott, San Francisco, CA
Contact Tuhan Jordan Pallen at (510) 483-6560
AMAPAAAllStars.com

Saturday, April 26

Silver State Open Karate Championship
Circus Circus Casino
500 N. Sierra St. Reno, NV
Contact Stacey or Jean Green at 775-884-2774
or Ross or Bobbi Briggs at 775-425-4286
Call 866-447-7728 for room reservations (refer to one karate for room rate of \$65)
Hosted by Grandmaster Alexander Archie



May 1-4, 2003

Self Defense Convention

Arruda do Vinhos, Portugal

Sponsored by the World Martial Arts Society

Host: Sensei Pedro Porem

Contact Professor James Muro at (831) 394-9652 or

Kyoshi Neil Hourston at 44 0 1862 832675 or fax 44 0 1862 892752

web site: www.wmas.ws

Friday & Saturday, May 2 - 3

USA Ju Jitsu Congress

Las Vegas, NV

Sat., May 10

AMAPA Finals

Liberty High School, Brentwood, CA

Contact Sifu Tim Calvin at (925) 753-1167

AMAPAAALLStars.com

May 17-18

Camp Danzan Ryu

Felton, CA

Sat., June 21

Third Annual Lua Seminar

Holiday Inn Select

6520 South Cierco

Chicago/Midway Airport, Chicago, Illinois

Contact Olohe Solomon Kaihewalu at (714) 538-8277

Email: thelua13@hotmail.com

or Isidro Trujillo at (708) 652-5661 Email: isidrotrujillo@mmsn.com

www.olohe.com

July 12, 2003

4th Annual International Kenpo Karate Institute Masters Hall of Fame

Newport Beach, CA

Contact Makua Steve Spry or Shodai Soke David Dye at 714-901-2457

www.KiInternational.com

Saturday & Sunday, July 18 -19

Hawaii Martial Arts Society Convention

Las Vegas, NV

Contact Professor Jaime Abregana at 808-674-0485

Sunday, July. 27-Fri., Aug. 1

Camp Bushido West High Sierra Martial Arts Camp

Sanctioned by the United States Judo Association

Contact Sensei Charlie Robinson at (530) 673-8244

August 29-September 1

Danzan Ryu Ohana Convention

Crowne Plaza Hotel

Foster City, CA

Hotel Reservations 800-2Crowne

Friday, August 29: Registration, Kodenkan Danzan Ryu Alliance and Organizational Meetings

Saturday, August 30: Clinics and demonstrations

Sunday, August 31: H. S. Okazaki Competition 8:00- 4:00 and banquet from 7:00 p.m to 10:30 p.m.

Contact Professor Willy Cahill at (650) 589-0724 or www.dawave.com

Sat., Sept. 20

AMAPA Fall Invitational

Alameda High School, Alameda, Ca

Contact Tuhabn Jordan Pallen at (510) 483-6560



Judo & Ju Jitsu Tournament Schedule

Spring, 2003

5th Submission Wrestling World Championships
Brazil

new.adcombat.com or fightworld.com

Contact Guy Neivens at thecohiba@yahoo.com

Sponsored by the Abu Dhabi Combat Club

January 11-12, 2003

Kano Cup

Tokyo, Japan

January 17-19

Mega Martial Arts Weekend

Trade Show, Expo and Tournament

Tropicana Resort & Casino

Atlantic City, New Jersey

www.theactionarena.com or www.wctionnetworks.net

Contact Alan Goldberg @ (714) 856-8070 or email: actionmarartmag@mindspring.com

Sponsored by Action Martial Arts Magazine

Sun., Feb. 2

San Fernando Judo Tournament

San Fernando, CA

Contact T. Whitesell at (818) 768-6950

Saturday-Sunday, February 1-2

Gracie Jiu-Jitsu Championships

Cal State, Domingues Hill, CA

Sunday, February 9

Sensei Memorial Judo Tournament

San Jose State University Event Center

San Jose, CA

www.sbjudo.org

Dan Kikuchi (408) 286-4323 or dan@swainsportsintl.com

Vaughn Imada (408) 379-7066 or vpimada@aol.com

February 13-15

2003 Titan Games: The Road to Athens

San Jose State University Event Center, San Jose, CA

International event featuring boxing, fencing, wrestling, judo, taekwondo, karate, weightlifting & shot put

www.USOlympicteam.com/TITANGAMES

Sponsored by United States Olympic Committee

Contact USOC Media and Public Relations Division at (719) 866-4529

February 23

California Judo, Inc. semiannual meeting

Sun, Feb. 23

CJI Sr. State Championships

Los Angeles, CA

Contact J. Wada at (310) 704-9261



February 28- March 3
 Martial Arts World Games III
 Greater Columbus Convention Center
 Columbus, Ohio
 www.arnoldclassic.com or www.wuma.com
 (614)864-4000 or jchoi@moogong.com
 Sponsored by Schwarzenegger/Lorimer Productions
 Sunday, March 9
 Cupertino Invitational Judo Tournament
 Cupertino, CA
 Sun., March 2
 West Covina Invitational Judo Tournament
 West Covina, CA
 Contact A. Yokoyama at (626) 331-9714
 Saturday-Sunday, March 8-9
 Copa Pacifica de Jiu-Jitsu
 Huntington Beach, CA
 www.Cleberjiujitsu.com
 Saturday-Sunday, March 21-22
 High School & Collegiate National Judo Championships
 Las Vegas, NV
 Contact Jim Branson at jnbranson@connmcast.com
 Thursday-Sunday, March 27-30
 United States Ju Jitsu Federation National Camp
 Contact (216) 825-6585
 Sun., March 30
 Nanka "Speed Harada" Memorial Judo Tournament
 Norwalk, CA
 Contact J. Wada at (310) 704-9261
 Sunday, March 30
 Santa Clara PAL Judo Tournament
 Santa Clara, CA
 Sunday, April 6
 Watsonville Invitational Judo Tournament
 Watsonville, CA
 Sunday, April 27
 Bay Isle Judo Tournament
 Alameda, CA
 Contact Dave Quinones
 May 4
 City College Judo Tournament
 San Francisco, CA
 Saturday, May 10, 2003
 2003 Morris Cup Judo Tournament
 Burnt Hills High School
 88 Lakehill Rd.
 Burnt Hills, New York
 Contact Jason Morris Judo Club at (518) 399-3936
 Sunday, May 18
 Okubo Judo Tournament
 May 24-25
 California State Games
 San Diego, CA
 Contact Jesse Jones at jesajoa@aol.com or Mark Hays at manddhays@cox.net



Gary Miner turns his
 opponent inside out
 and upside down on
 the way to an ippon.



Sunday, June 1

Salinas Invitational Judo Tournament

Salinas, CA

June 6-8

Pan-American Judo Union Senior Nationals

Salvador, Brazil

June 23-28, 2003

World Masters Judo Championships

Tokyo, Japan

Contact info@masterathlete.com

July 5-6, 2003

USJA Junior Nationals

Louisville, KY

Contact usja@usja-judo.org

Fri.-Sat., July 18-20

USA Judo Junior Nationals

Boca Raton, FL

Contact Gerry Navarro at Gerryn@earthlink.net

Fri.-Sat., July 18-20

USJJF U.S. Jr. & Sr. National Ju Jitsu Championships

Las Vegas, NV

Contact (216) 825-6585

Friday-Saturday, July 18-20

USJA Judo Jr. Olympics

Albuquerque, N.M.

Saturday-Sunday, July 26-27

USJF Judo Jr. Nationals

Boca Raton, FL

Saturday-Sunday, August 3-4

US Jr. Open Judo Tournament

Boca Raton, FL

August 1-17

The PanAmerican Games

Judo portion to be held August 9-12

August 3-4, 2003

Junior U.S. Open Judo Championships

Boca Raton, FL

Contact Gerry Navarro at Gerryn@earthlink.net

September 28

East Bay Invitational Judo Tournament

El Cerrito, CA

Sponsored by Daiheigen Yudanshakai & East Bay Judo Institute

Contact Sensei Dan Israel at (510)237-0607

September (date to be announced)

USA Judo Fall Classic National Judo Championships

St. Louis, MO

Contact Jim Bransom at jcbranson@comcast.net

September 11-14

International Judo Federation World Championships

Osaka, Japan

Sunday, October 5

Capital Open Judo Tournament

Cosumnes River College, Sacramento, CA

Contact Sensei Mac Takeda at (916) 685-6751



Sunday, October 19

Albany Judo Invitational

Albany High School

603 Key Route Blvd., Albany, CA

Sponsored by Central Coast Yudanshakai

Contact Sensei Mel Augustine at (510) 524-4952

October

Fukuda Judo Kata Championships

San Jose, CA

Sponsored by Cenco

Contact Vicki Trent at vctrent@asol.com

Sunday, November 2

Bojuka Invitational Judo Tournament

Monterey, CA

Sponsored by Ganbaru Yudanshakai

Sunday, November 9

Palo Alto Invitational Judo Tournament

Palo Alto, CA

Sponsored by Cenco

December

Fresno Judo Invitational

Fresno, CA

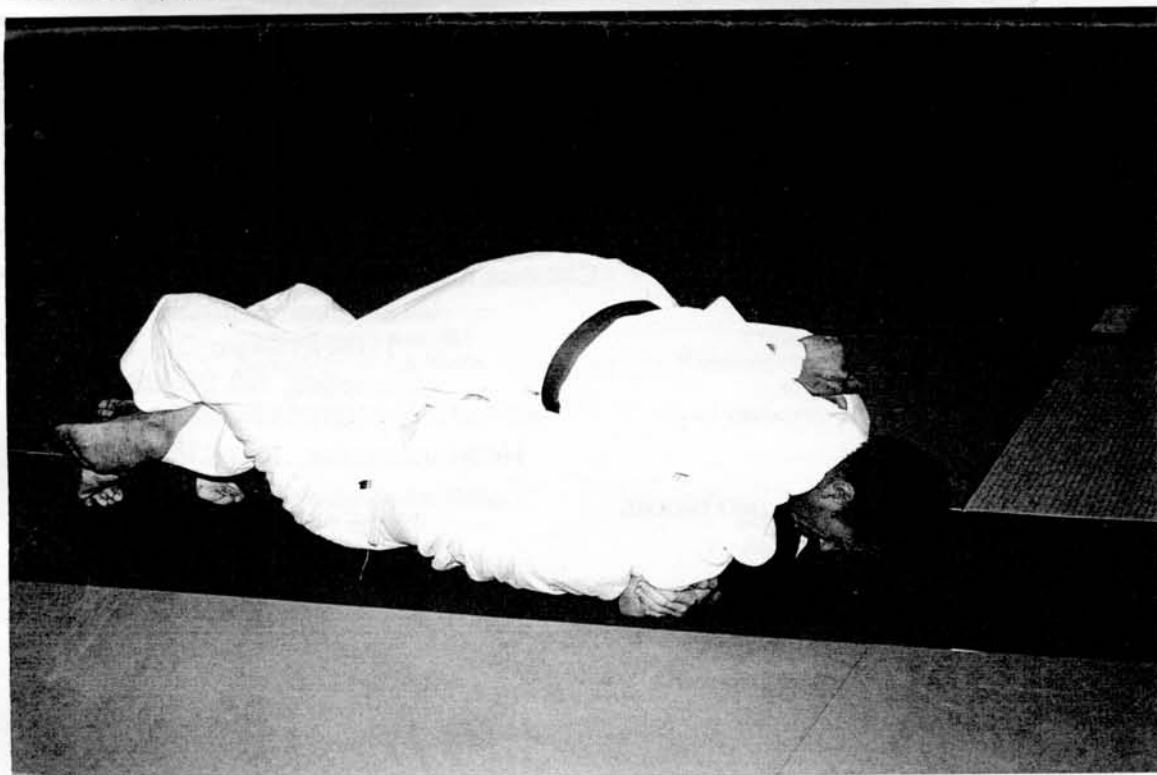
www.fresnojudo.org

Sunday, December 8

CCSF Invitational Judo Tournament

San Francisco City College

San Francisco, CA



Noah Harders pins his opponent with a well-executed ashi karami shime.



Dojos

With Kilohana School Charters

Pacific Coast Academy of Martial Arts

Kilohana Hombu Dojo

2507 S. Winchester Blvd.

Campbell, CA 95008

(408) 378-4790

Head Instructor: Russ Rhodes

FUSUIKAN

Fusuikan Martial Arts Center

800 W. Harris St.

Eureka, Calif. 95503

(707) 443-1725

Head Instructor: Richard Pietrelli

Goshin-Jitsu Chow-Hoon

Mailing address:

1857 Lincoln St.

Seaside, CA 93955

(831) 394-9652

Head Instructor: James Muro

Hollister Martial Arts Academy

401 McCray St. B-10

Hollister, CA 95023

(831) 636-6662

Head Instructor: Jason Props



Inayan System of Eskrima

208 Calle Marguerita

Los Gatos, CA 95030

(408) 866-0325

Head Instructor: Jason Inay

Mushinkai

Judo and Jujitsu Dojo

Mushinkai Dojo

300 7th Ave.

Santa Cruz, CA

(at the intersection of 7th at Carmel two blocks inland from Harbor Beach)

(831) 479-0300

Head Instructor: Dale Kahoun

Shinbukan

Classes held at Campbell Community Center

Mailing address:

1269 El Moro Dr.

Campbell, CA 95008

(408) 377-1787

Head Instructor: Hans Ingebretsen

Suigetsukan

Moon reflected in water school



1051 5th Ave. Studio C

Oakland, CA 94606

(510) 452-3941

Head Instructor: Michael Esmaelzadeh

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 Affiliated Kilohana Schools

Aloha Tai Chi of Gardena

Mailing address:
1319 W. 161 St.
Gardena, CA 90247
(310) 327-3686
Head instructor: Kimo Hatchie

Abregana Self Defense Institute

P.O. Box 2106
Ewa Beach, HI 96706
(808) 271-0225
Head Instructor: Jaime Abregana, Jr.
www.hmaisociety.com

British & European Kilohana

16 Balderton St.
London W1Y 1TF
England, U.K.
011-0207-629-6183
Head Instructor: Stephen Nicholls

Chinese Kung Fu/Tai Chi Academy

1331 West 7th Ave.
Eugene, OR 97402
(541) 686-6286
Head Instructor: David Leung

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

Coast Karate Studios

1037 Terra Nova Blvd.
Pacifica, CA 94044
(650) 738-2010
Head Instructor: Bob Maschmeier

Daryl J's Institute of Self Defense

P. O. Box 63104
Colorado Springs, CO 80962-3104
(719) 598-7832
Head Instructor: Daryl Johnson

Hawaii Chinese Goju-Ryu Kenpo

Karate/Jujitsu Club
P.O. Box 23263
Honolulu, HI 96823-3263
(808) 533-1064
Head Instructor: Lyle Ho

Janet Gee's Martial Arts

P.O. Box 591450
San Francisco, CA 94159
(415) 252-7070
Head Instructor: Janet Gee

Kenpo Go Shin Jitsu School of Karate

17144 E. 14th St.
Hayward, CA 94541
(510) 276-2636
Head Instructor: John Masculine

L.A.P.D. Jeopardy Program

Mailing address:
2634 Kansas Ave. #L
Santa Monica, Calif. 90404
Head Instructor: Mark Wald

Muso Jikiden Eishin Ryu, Komei Juku

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

Quest Academy

Mailing address:
2634 Kansas Ave. #M
Santa Monica, CA 90404
(310) 828-9343
Head Instructor: Lawrence Boydston

Goshin-Jitsu Chow-Hoon

Mailing address:
1 Duane St Apt 28
Redwood City, CA 94062-1503
(650) 361-8329
Head Instructor: Stephen Tuazon

Ricardo's Karate Academy

RR 2 Box 157
Limerick, ME 04048
(207) 793-8925
Head Instructor: Frank R. Ricardo

Shintaikan

840 K Street Apt#1
Arcata, CA 95521
707-443-1646
Head Instructor: Craig Kutil

Shintaikido of Pacifica

150 Eureka Square
Pacifica, Calif. 94044
(650) 355-7661
Head Instructor: Dave Bendigkeit
Sensei@Shintaikido.com

Tenio's De Querdas Escrima

P.O. Box 432
Acampo, CA 95220
(209) 369-2747
Head Instructor: Arthur Gonzalez



Inayan Training Organization Presents

Sensei Stephen Nicholls Danzan Ryu Jujitsu Yodan

Sensei Stephen Nicholls started training with Professor Sig Kufferath in 1980, and has been a practitioner of Danzan Ryu Jujitsu ever since. Currently holding a Ycodan in Danzan Ryu Jujitsu and a Shodan in Ken Ju Ryu Kenpo Jujitsu (under Shihan Russ Rhodes) and ranking in Aikido, and Shotokan Karate Do. Today Sensei Nicholls continues the tradition of Professors Okazaki and Kufferath in London, England at the British Kodokan, where he is also the British/European Director for Kilohana Martial Arts Association.

Come see this innovative and insightful instructor show you his perspective on the art of

Danzan Ryu Jujitsu

When: February 15th 2003 1:00pm – 5:00pm

Where: Campbell Community Center

(Shinbukan Dojo) Rm 51

1 West Campbell Ave, Campbell Ca 95008

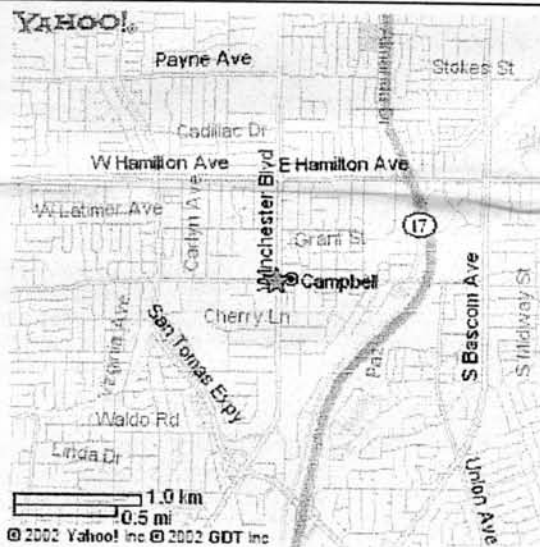
How Much: \$40.00 @ Door

\$35.00 @ Pre-registration (till Feb. 10th)

\$30.00 for I.T.O. and Kilohana Members

Contact Suro Jason Inay 408-455-SURO

(7 8 7 6)



Make Check Payable to Jason Inay
Mail To: Inayan Training Organization
1484 Pollard Rd.
PMB 333
Los Gatos, Ca 95032

Name: _____
Address: _____
Phone: _____
Rank: _____
Instructor: _____
School: _____

Please bring a Uniform, Groin Cup, and be prepared to have fun!

This course will concentrate on Danzan Ryu Jujitsu and related material. All ranks are welcome, there will be content that will both be fun, and informative for all levels of experience.

Participants should be from the ages of 12 years and up.

All styles and ranks welcome!

Register Today Call Suro Jason Inay for more Information

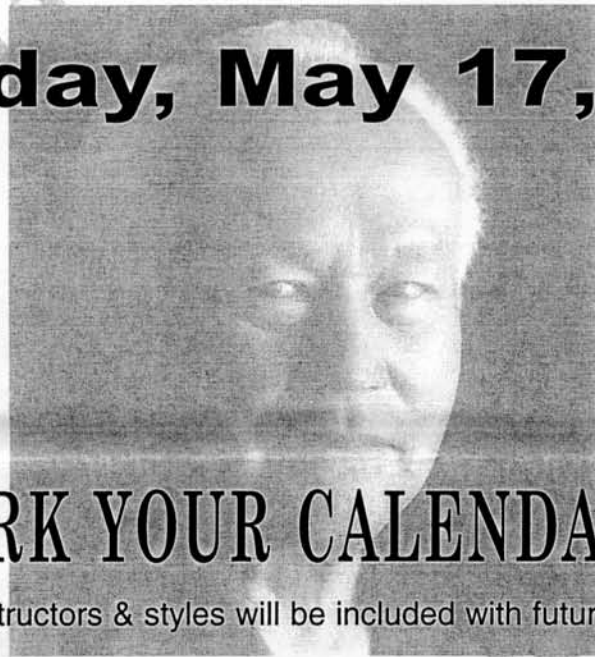
(408)-455-SURO

COMING THIS MAY...

**2003 KUFFERATH
MASTERS SEMINAR**

A Martial Arts Training Camp Intensive

Saturday, May 17, 2003



MARK YOUR CALENDARS!

A list of instructors & styles will be included with future mailings.

Training will be held at the Campbell Community Center, Campbell, California

Event time: 9:00 a.m. to 5:00 p.m. • **Registration:** 8:00 a.m. to 9:00 a.m. • **Bow-in:** 9:15 a.m.

Adults: \$135 Children: \$75

Register by April 20, 2003 - Get a \$20.00 discount and free event program, t-shirt and patch.

Register between April 21 & May 16, 2003 - Get a \$10.00 discount.

Full price if you register the day of the event.

**Adult Kilohana Members get an additional \$20.00 discount.
Children Kilohana Members get an additional \$10.00 discount.**

Contact Seminar Director Jerry Donnard (408) 253-8557 for registration information.

Martial art uniform required. Open to all styles, ages & ranks.

Visit the Kilohana web site: www.kilohana.org

Kilohana Martial Arts Association
1875 S. Bascom Ave. #116-PMB 230
Campbell, CA 95008
408 558-9438

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Hans Ingebretsen
1269 El Moro Dr
Campbell, CA 95008-3305



3rd. Annual Lua Seminar

Mid-Way Chicago Il.

JUNE 21, 2003

**OPEN TO ALL
MARTIAL ARTIST, ALL STYLES ARE
WELCOME.**

The PUBLIC is Welcome

Styles that will be Shown & Taught
• *Lua Ancient Hawaiian Bone Dislocation*
+ *Hawaiian Ancient Weapon....*
And *Kajikenbo* + *Hawaiian Kempo*
+ *Lima Lama* + *Shorinji Kempo*
+ *Okinawa Karate* + *Tae Kwon Do.*

For Information

Phone (714) 538-8277 (Olohe: Kaihewalu)

Web-Site: <http://www.olohe.com>

Email: thelua13@hotmail.com

(708) 652-5661 (Isidro Trujillo)

Email: isidrotrujillo@msn.com