



Kilohana Chronicles



Volume 6 Issue 1

1st Quarter 2006

Aloha.

I look forward to serving our Kilohana community as its president. As one of the founding members of Kilohana, I feel ready to take my turn and to give back to the organization and community that has given me and my dojo so much. In short, I am excited about the next couple of years.

My goals for the organization during my presidency are:

1. Creating a strong sense of Ohana (Family). This feeling is what originally drew me to Kilohana and I hope to keep this tradition going.
2. Serving our Membership. I want to continue to provide affordable instruction by excellent instructors to our membership. Kilohana needs to provide tangible benefits to all the students in our dojos.
3. Honoring our Elders. We need to all remember where we come from and that most of us share a common heritage that binds us together. An important part of this is honoring those who came before us.



Mike Esmailzadeh Sensei

A couple of things that have already been done are:

The calendar of events for 2006 is in this issue of the newsletter. Please take a look at it. We are offering very affordable Kui Lima workouts, Black Belt workouts, The Kufferath Masters Seminar and Camp Kilohana so that our students get direct benefits from their membership. Also we have changed our membership structure so that most folks will join as members of their schools, instead of as individuals. We think that this is a way to get all the teachers more involved in the organization and make it easier for new teachers to join. The chartership program developed by Jason Props will now be changed to measure level and length of participation in Kilohana.



Mark Buraczynski tests for Shodan

we always stand on the shoulders of those who came before us.” Thank you also to all of you who will work with me in the next two years. Let’s make them great ones.



Jorin Bukoski throwing Jonathan Largent during their Yondan test at Suigetsukan

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Kilohana Chronicles

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Layout: Gina Rossi & Fred Brookes

The Kilohana Chronicles newsletter is published
three times a year. Submission deadlines for articles
and advertisements are:

May 1, 2006

September 1, 2006

January 1, 2006

We welcome submissions from everyone.

Send article submissions to:

Kilohana Articles

C/O Suigetsukan

103 International Blvd.

Oakland, CA 94606

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2005 Promotions & Award Banquet

The promotions and the awards banquet for Kilohana took place on November 5, 2005. The promotions were at the Pacific Coast Academy in Campbell and the awards banquet was at the Toll House Hotel in Los Gatos. The promotions from Suigetsukan dojo given at the awards banquet included Troy Hammermann and Gina Rossi, who reached Sandan, and Joseph Bowen, Tim Sheehan, Mike Kirsch, David Leighton, Sharon Bass, and Ocean Mottley, who all reached Nidan. Jorin Bukosky and Jonathan Largent were both awarded Yondan on December 5, 2005, while Jody Muldoon and Patrick Muldoon reached Nidan on January 22, 2006. The chief instructor at Suigetsukan is Professor Mike Esmailzadeh.



Noah Harders throwing Ocean Mottley

From Shinbukan dojo, Noah Harders received his Nidan. His instructor is Sensei Hans Ingebretsen.



Andrew Dunn throwing Daniel Huber

reached Nidan, and Mark Buraczynski got his Shodan. Shihan Russ Rhodes is the chief instructor at Pacific Coast Academy.

Mark Buraczynski also received Student of the Year at Pacific Coast Academy for achieving Shodan in two different arts in the same year, for taking assistant instructor responsibilities in one of the children's classes, and for his willingness and versatility in being an uke for other people's tests. Sensei Daniel Huber received Teacher of the Year for his well-rounded teaching abilities.

From Pacific Coast Academy, in Ken Ju Ryu, Mark Buraczynski, Alycia Fratzke, Butler Hine, and John Schroeder all reached Shodan, while Laura Pllice and Chris Sutton got their Student Black Belts. The test was on June 4, 2005. In Danzan Ryu, Frank Harrington received Sandan, both Andrew Dunn and Daniel Huber



Mike Kirsch throwing Tim Sheehan

Some Things To Consider

Welcome to the Kilohana newsletter. Suigetsukan will be printing three issues per year for the next two years. The newsletter is an important venue for announcing upcoming events and sharing news, but I think that with more outside participation, it can be more than that as well. Please consider submitting letters and articles to the paper.

By way of introduction, I want to start by sharing some of my reflections over the 14 years that I have been training in the martial arts. I started training at 18 and I have been living at Suigetsukan, my martial arts school, since I was 19. I think it is fair to say that martial arts have had a huge influence on my life.

Studying martial arts is my life path—my passion and my daily practice. The lessons I have learned on the mat have helped me face struggles in my everyday life. The daily practice of martial arts has grounded me. I am grateful to my elders, my teachers, and my teachers' teachers for passing on these arts.

Practicing martial arts has been the most empowering activity of my life. It has made me more independent and more of a feminist. But I still struggle with the lack of women in martial arts and some of the sexist attitudes that prevail.

"You're pretty good for a girl." It's a common occurrence for me to hear something along those lines after I train with men of the same or similar rank at seminars. This kind of comment implies two things. First, that if they held me to the same standards they held other men to, they wouldn't consider me all that good. Second, that men are better than women at martial arts. And when I hear this from men, they actually think they are complimenting me, instead of backhandedly insulting all women.

Men who train martial arts often tell me that they are disappointed that there aren't more high-ranking women, and that they don't know why this is. The reasons—things like the example I gave above—seem so obvious to me that I never quite know how to respond.

I believe that it is our challenge as a family, as a martial arts community, to create spaces that are inclusive. The legacy of Okazaki Sensei teaches us to challenge all forms of prejudice. When he began teaching in the 1920's, Jujitsu was predominately taught only to Japanese, and he was criticized for opening up his dojo to all students, regardless of their ethnicity or gender.



Gina Rossi throwing Butch Bowen



From Prof. H.S. Okasaki's "The Science of Self-Defense for Girls & Women" ©1929

It is because of his open-minded approach that I am able to practice Danzan Ryu Jujitsu today.

In the prologue to his book *The Science of Self-Defense for Girls & Women*, Okazaki Sensei says, "I cannot keep this art to myself, for I wish to teach girls and women how best to protect themselves should they ever be so unfortunate as to be attacked." In response to his concern for women's safety, he created a comprehensive women's self-defense course—one of the first.

I believe that to free oneself of culturally ingrained stereotypes takes awareness and open-mindedness. These attributes can be found through training in the martial arts. As a martial artist, I strive to incorporate this practice into my life, my way of thinking, and my behavior in our communities.

"Only by cultivating a receptive state of mind, without preconceived ideas or thoughts, one can master the secret art of reacting spontaneously and naturally, without hesitation and without purposeless resistance."

—Professor Henry Seishiro Okazaki, from *The Esoteric Principles of Judo*

Now Available through special order:

Kilohana (Danzan Ryu) Workbook

by Dale Kahoun

Sensei Kahoun created this manual for rank testing over a period of many years. The techniques included are the preferred techniques for rank requirements of Dai Shihan Siegfried Kufferath, founder of the Kilohana Martial Art Organization.

Segment I includes the following lists: Yawara, Nage No Kata, Shime No Kata, Oku No Kata, Kiai No Maki, Kappo, and the Sixty-Five Throws of Judo, and is available to anyone for \$35.

Segment II includes Shinin No Maki and is available to brown belts and up for an additional \$10.

Segment III includes Shinyo No Maki and an introduction to Shinjin No Maki and is available to Shodan and up for an additional \$5.

To order, please contact Sensei Kahoun at dekahoun@sbcglobal.net



2006 KILOHANA CALENDAR OF EVENTS

March

March 12th- Kui Lima - 12:30-2:30pm; Sport Jujutsu with Sensei Hans Ingebretsen and Sensei Dale Kahoun; Kilohana Meeting 10am-noon. Both events at Suigetsukan Dojo.

March 18th - Fusuikan Invitational Tournament. Contact Sensei Richard Pietrelli.

March 25th - Mokumoku Invitational Karate, Jujitsu and Eskrima Tournament at the Campbell Community Center. Contact Sensei Hans Ingebretsen.

April

April 29th - Kilohana Master's Seminar 8am-5pm at the Campbell Community Center

April 28th Kilohana Meeting

May

May 7th - Black Belt training - Shinin 11-2pm + lunch; 10-11am Standards board. Both events at Suigetsukan Dojo.

June

June 4th- Kui Lima- 12:30-2:20pm, with Suro Jason Inay; Kilohana Meeting 10am-noon. Both events at Suigetsukan Dojo.

June 23-25 Camp Kilohana. Contact Sensei Richard Pietrelli.

July

July 16th - Black Belt training - Shinyo 11-2pm + lunch; 10-11am Standards board. Both events at Suigetsukan Dojo.

August

August 13th - Kui Lima - 12:30-2:30pm with Prof. James Muro; Kilohana Meeting 10am-noon. Both events at Suigetsukan Dojo.

October

October 1st - Kui Lima - 12:30-2:30pm with Grand Master Arthur Gonzalez; Kilohana Meeting 10am-noon. Both events at Suigetsukan Dojo.

November

November 4th - Fusuikan Invitational Tournament. Contact Sensei Richard Pietrelli.

November 11th - Kilohana Testing, Promotion and Banquet

December

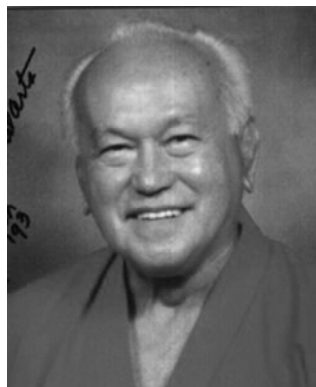
Happy Holidays!

Please use the Kilohana website to contact instructors and school for details about events.

www.kilohana.org



KILOHANA
MARTIAL ARTS ASSOCIATION
Presents on Saturday April 29 the
2006 Kufferath Masters Seminar



The 2006 Masters Seminar will be held on April 29 at the
Campbell Community Center in Campbell, California

Registration begins at 8am Bow in at 8:30

\$60 Kilohana Members Pre-Registration

\$80 Non-members and at the door

Pre-Registration Due by April 14, 2006

For more information about the Masters Seminar contact Suigetsukan.

(510) 452-3941

suigetsukan@earthlink.net

www.kilohana.org



Kilohana Officers

Senior Advisors:

Libert O'Sullivan

Olohe Solomon Kaihewalu

Executive Board:

President: Michael Esmailzadeh

Vice President: Hans Ingebretsen

Vice President: Gina Rossi

Secretary & Sgt. at Arms: Mike Kirsch

Treasurer: Jerry Donnard

Director of Weapons Training:

Suro Jason Inay

Standards Board:

James Muro and alternate, Jason Inay

Russ Rhodes and alternate, Dale Kahoun

Al Ikemoto and alternate, Jack Carter

Michael Esmailzadeh and alternate, Russ Coelho

Richard Pietrelli and alternate, Hans Ingebretson

Regional Directors:

Stephen Nicolls (European Director)

Bruce Raney (Hawaiian Director)

MOKOMOKO INVITATIONAL

Karate, Ju Jitsu and Eskrima Tournament
Saturday, March 25, 2006

Campbell Community Center Main Gym
One West Campbell Ave. Campbell, California 95008



Registration begins at 8:00 a.m. Your competition begins at 9:00 a.m.
Adult competition begins at 11:00 a.m.

Presented by
The Shinbukan Dojo and The Academy of Martial Arts Tournament Directors:
Hans Ingebretsen (408) 377-1787 & Carlos DeLeon (925) 827-5993
For tournament rules, go to www.shinbukandojo.com

