



KILOHANA

CHRONICLES



Volume 9 Issue 3

4th Quarter 2009

Table of Contents

<u>2010 Kilohana Calendar of Events</u>	2
<u>President's Letter</u>	6
<u>Aloha!</u>	7
<u>Burning Desire</u>	7
<u>The Mega Self Defense Program</u>	8
<u>Kenpo 'Ohana</u>	9
<u>Camp Bushido West 2009</u>	10
<u>2009 Deep Roots Seminar and Annual Awards Banquet</u>	10

Mo'o Dragons Join Kilohana

MO'O DRAGON is the incorporation of four of the most efficient fighting systems of our time. Hawaiian Lua, Japanese Kempo, Chinese Wing Chun, and Filipino stick & knife fighting (Arnis and Kali). MO'O DRAGON's main focus is to teach each art separately but simultaneously so the student can benefit from all 4 philosophies of training; teaching each art separately allows for each art to be passed on to the future generations.



Wing Chun is a southern Chinese form of boxing. A Wing Chun practitioner will develop a heightened sense of touch, the ability to trap his opponent's limbs, and close range martial skills.

Arnis & Kali consists of both weapons training as well as empty handed attack and defense. A common saying among practitioners of Filipino arts is, "The stick trains the hand and the hand trains the stick".

The art of Hawaiian Lua goes back to the 1600's, but currently the Kaihewalu family Lua system is the most effective and respected Lua system in the world. This Lua system utilizes every part of the body to neutralize and control the opponent. Hawaiian Lua is known as the art of bone breaking and dislocation.

Each of the above Martial Art systems, regardless of the philosophy of training, offer a complete system, from empty hand techniques, to kata or forms, and weapons training. By combining the 4 philosophies of Hawaiian, Japanese, Chinese, and Filipino training, the student will develop well rounded and effective martial art skill.



Japanese Kempo was brought to the mainland in 1922 and it is one of the most well know systems in the world. Kempo is known for its empty hand techniques, joint locking, throwing, and weapons training. Kempo means: "The Law of the Fist"

The 4 Dragon System, is based on balance, internal and external energy, physics and the natural elements. Depending on the culture, some say there are four elements (i.e. Greek culture) or 5 elements for (i.e. Japanese, Chinese and other Buddhist cultures).

If you have any questions please let me know.

Mahalo Nui,
Professor Carlos de Leon
Founder of Mo'o Dragon System
Hachidan 8th degree Kempo
Wing Chun, Arnis and Kali
Kapena Hiku 7th degree Hawaiian Lua
www.kumulua.com ■

2010 Kilohana Calendar of Events

January

- JAN 9
SAT
ISLAND BLEND SEMINAR
Redwood City, CA
Instructor: Professor James Muro
Contact Sensei Stephen Tuazon
(650) 361-8329
- JAN 16
SAT
GRAPPLING SEMINAR
Twin Cities Judo Club
113 C Street
Marysville, CA 95901
Noon – 4:00 p.m.
Instructor: Professor Charlie Robinson
Contact Professor Charlie Robinson at
(530) 701-3797
judo@syix.com
- JAN 16
SAT
ISLAND BLEND SEMINAR
Concord, CA
Instructor: Professor James Muro
Contact Professor Carlos De Leon
(925) 200-2075
www.kumulua.com
- JAN 17
SUN
KILOHANA BOARD MEETING
Suigetsukan
103 International Blvd.
Oakland, CA 94606
Contact Sensei Jonathan Largent
largent.jonathan@gmail.com
(510) 414-8235
- JAN 23
SAT
KILOHANA SEIFUKUJITSU
MASSAGE CLASS
First class of a six-month session.
Head instructor: Professor James Muro
Train For Life
17680 Butterfield Blvd., Suite 200
Morgan Hill, CA 95037
Contact Sensei Rowdy Hall
(408) 422-3774
- JAN 24
SUN
DANZAN RYU JU JITSU
FUJIN GOSHIN NO MAKI CLINIC
Pacific Self Defense Academy at
Esteller Martial Arts
977 Manor Ave.
San Leandro, CA 94579
10:00 am
Instructor: Professor Bob McKean
Contact Sensei Chris Nicholas
(510) 329-5351
chrism@pacificselfdefense.com

JAN 30
SAT

JUDO COACH CERTIFICATION CLINIC
Shinbukan Dojo
1 West Campbell Ave
Campbell, CA 95008 Room 50
Instructor: Professor Charlie Robinson
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com
www.shinbukandojo.com

February

FEB 5-7
FRI-SUN

KOKUA CONFERENCE
Exploring the depths of Danzan Ryu
High Sierra Ju Jitsu
120 Woodland Ave. Suite B
Reno, NV 89509
Instructors: Professor Geoff Lane,
Professor Mike Belzer, Sensei
Hans Ingebretsen, Sensei Kevin Colton,
Sensei Frank Ferris, others TBA
Contact Sensei Frank Ferris
(775) 747-1758

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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or

(408) 558-9438

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Kilohana Martial Arts Association

1821 S. Bascom Ave., #230

Campbell, CA 95008

Kilohana's "Hombu" dojo is:

Suigetsukan

103 International Blvd.

Oakland CA 94606-2823

(510) 452-3941

Note: As of January 1, 2010, Jason Inay will assume the role of Editor for the Kilohana Chronicles



Kilohana Officers

2008-2009

Senior Advisors:

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Olohe Solomon Kaihewalu
Professor Charlie Robinson
Great Grand Master Ming Lum
Great Grand Master Al Novak
Grand Master Max Togisala
Grand Master Bob Maschmeier

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Al Ikemoto	Arthur Gonzalez
Jack Carter	
Hans Ingebretsen	

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Hawaiian Director: Bruce Raney
British and European Director:
Stephen Nicholls

FEB 27
SAT



SUIGETSUKAN YOUTH AND ADULT
KATA TOURNAMENT
Suigetsukan
103 International Blvd.
Oakland, CA 94606
Contact Sensei Gina Rossi
(510) 452-3941

March

MAR 7
SUN

KILOHANA BOARD MEETING
Train For Life
17680 Butterfield Blvd., Suite 200
Morgan Hill, CA 95037
10:00 am – 12:00pm
Contact Sensei Jonathan Largent
largent.jonathan@gmail.com
(510)414-8235

MAR 7
SUN

KU'I LIMA WORKOUT
Train For Life
17680 Butterfield Blvd., Suite 200
Morgan Hill, CA 95037
12:30 pm – 2:30 pm
Instructor: TBA
Contact Professor Mike Esmailzadeh
(510) 452-3941
suigetsukan@earthlink.net

MAR 20
SAT



SHINBUKAN SHIAI
Shinbukan, Campbell Community Center,
1 West Campbell Ave.
Campbell, CA 95008, Room M50
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com
www.shinbukandojo.com

MAR 20
SAT

KILOHANA SEIFUKUJITSU
MASSAGE CLASS
Part 3/6 of a six-month massage course
Head instructor: Professor James Muro
Train For Life
17680 Butterfield Blvd., Suite 200
Morgan Hill, CA 95037
Contact Sensei Rowdy Hall
(408) 422-3774

MAR 20
SAT



FUSUIKAN SPRING KATA CLASSIC
JU JITSU TOURNAMENT
Redwood Acres Fair Grounds
Eureka, CA
Contact Shihan Richard Pietrelli
(707) 443-1725

FEB 20

KILOHANA SEIFUKUJITSU
MASSAGE CLASS
Part 2/6 of a six-month massage course
Head instructor: Professor James Muro
Train For Life
17680 Butterfield Blvd., Suite 200
Morgan Hill, CA 95037
Contact Sensei Rowdy Hall
(408) 422-3774

FEB 20-21
SAT-SUN

LOCK FLOWS, ELBOW CHAINS &
GRAPPLING SETS SEMINAR
Spokane, WA
Instructor: Sensei Hans Ingebretsen
Contact Sigung Michael Whittle
(509) 838-3713



MAR 28
SUN

WING CHUN KUNG FU SEMINAR
Instructor: Sifu Gary Lam
Suigetsukan
103 International Blvd.
Oakland, CA 94606
9:30 am - 3:30 pm
Contact: Sifu Greg LeBlanc
gleblanc@turningpointonline.info

APR 10-11
SAT-SUN

BOB KRULL MEMORIAL
WORKOUT
Self Defense Institute
41899 Albrae St.
Fremont, CA 94538
Contact Sensei Mike Tucker
(408) 946-2494
Now a Kilohana event!

APR 17
SAT

KILOHANA SEIFUKUJITSU
MASSAGE CLASS
Part 4/6 of a six-month massage course
Head instructor: Professor James Muro
Train For Life
17680 Butterfield Blvd., Suite 200
Morgan Hill, CA 95037
Contact Sensei Rowdy Hall
(408) 422-3774

APR 15-18
THU-SUN

AJJF NATIONAL CONVENTION
Gold Country Casino
4020 Olive Hwy Oroville, CA
www.chicokodenkan.com
*This is an American Judo and Jujitsu
Federation event*

APR 24*
SAT

GRAPPLING SUMMIT
Judo, Ju Jitsu & Wrestling groundwork
Train For Life
17680 Butterfield Blvd., Suite 200
Morgan Hill, CA 95037
10:00 a.m. – 4:30 p.m.
Proposed instructors: Chuck Jefferson,
Hans Ingebretsen, Daniel Thomas

May

MAY 1
SAT



MOKOMOKO INVITATIONAL
KARATE, JU JITSU & ESKRIMA
TOURNAMENT
Main Gym, Campbell Community
Center
1 West Campbell Ave.
Campbell, CA 95008
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com
www.Shinbukandojo.com

MAY 14-16
FRI-SUN

CAMP DANZAN RYU
Mt. Cross Camp
7795 Hwy 9
Ben Lomond, CA 95005
<http://www.alamedajujitsu.org/cdzc.html>
*An Alameda Jujitsu Alumni, Inc.
sponsored event*

MAY 22
SAT

KILOHANA SEIFUKUJITSU
MASSAGE CLASS
Part 5/6 of a six-month massage course
Head instructor: Professor James Muro
Train For Life
17680 Butterfield Blvd., Suite 200
Morgan Hill, CA 95037
Contact Sensei Rowdy Hall
(408) 422-3774

MAY 22
SAT



MOUNTAIN STORM SPRING FLING
Combat Jujitsu, Freestyle Jujitsu, Knife
Sparring, and Sumo tournament
Mountain Storm Dojo
598 S. Washington St.
Sonora, CA 95370
Contact Sensei Chantilly Ortiz
(209) 533-3929

MAY 30*
SUN

KILOHANA BOARD MEETING AND
KU'I LIMA WORKOUT
Location TBA
Instructor: Professor James Muro
Contact Professor Mike Esmailzadeh
(510) 452-3941
suigetsukan@earthlink.net

June

JUN 19
SAT

KILOHANA SEIFUKUJITSU
MASSAGE CLASS
Part 6/6 of a six-month massage course
Head instructor: Professor James Muro
Train For Life
17680 Butterfield Blvd., Suite 200
Morgan Hill, CA 95037
Contact Sensei Rowdy Hall
(408) 422-3774

JUN 19

GATHERING OF THE DARK
BROTHERHOOD
SHINBUKAN SKIRMISH
Pirate Rendezvous and dojo fundraiser
Sword, knife, boarding ax and sash
fighting seminar and Buccaneer's Party
Campbell, CA
Contact The Dread Captain Hans
(408) 377-1787
hansingebretsen@yahoo.com
www.shinbukandojo.com



JUN 25-27*
FRI-SUN

CAMP KILOHANA
Pietrelli Family Ranch
Hydesville, CA
Contact Shihan Richard Pietrelli
(707) 443-1725
www.kilohana.org

AUG 28-29
SAT-SUN

KNIVES IN THE WOODS
Crescent City, CA
Contact Professor Bob McKean
cop2rn@aol.com
*Please contact Professor McKean for
course prerequisites. This is a Pacific
Jujitsu Alliance Event*

July

JUL 5-9
MON-FRI

CAMP BUSHIDO WEST JUDO AND
JU JITSU TRAINING CAMP
Old Oak Ranch
15244 Old Oak Ranch Road
Sonora, CA 95370
Contact Sensei Charlie Robinson
(530) 701-3797
judo@syix.com or
Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com or
Sensei Joa Schwinn
(707) 523-3200
jschwinn@seikaryu.com
www.campbushido.com

September

SEP 11*
SUN

KILOHANA BEACH WORKOUT
AND BOARD MEETING
Crissy Field, San Francisco, CA
Contact Sensei Joa Schwinn
(707) 523-3200
jschwinn@seikaryu.com

SEP 19
SUN

LUA SEMINAR
Shinbukan Home Dojo
1269 El Moro Dr.
Campbell, CA 95008
Instructor: 'Olohe Solomon Kaihewalu
Contact Kumu Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com
www.Shinbukandojo.com

As a show of support for and to encourage
attendance at the Ohana 2010 event,
Kilohana's Executive Board has chosen not to
host its annual Kufferath Masters Seminar in
2010

October

OCT 2-3
SAT-SUN

ANNUAL KILOHANA
BLACK BELT WEEKEND
Guest Instructors TBA
Open to Danzan Ryu shodan and up on
Saturday, sankyu and up on Sunday
Suigetsukan
103 International Blvd.
Oakland, CA 94606
Contact Sensei Jonathan Largent
largent.jonathan@gmail.com
(510) 414-8235
www.kilohana.org

August

AUG 20-22
FRI-SUN

OHANA 2010
Sheraton Park Hotel at the
Anaheim Resort
1855 South Harbor Boulevard
Anaheim CA, 92802
Hosted by Shoshin Ryu Yudanshakai
www.ohana2010.webs.com

AUG 28-29
SAT-SUN



NORTH BAY DEVELOPMENTAL
SHIAI AND REFEREE CERTIFICATION
Petaluma Community Center
320 N McDowell Blvd
Petaluma, CA 94954
Saturday 10:00am-3:00pm referee
classroom instruction, on-mat
qualification during Sunday shiai
Sunday 8:00am tournament/shiai
registration
10:00am tournament/shiai begins
Participants must belong to either United
States Judo Association or United States
Judo Federation

OCT 16
SAT

LUA SEMINAR
Concord, CA
Instructor: 'Olohe Solomon Kaihewalu
Contact Kumu Carlos de Leon
(925) 200-2075
Mo_odragon@live.com
www.kumulua.com

November

NOV 6
SAT



FUSUIKAN FALL KATA CLASSIC
JU JITSU TOURNAMENT
Redwood Acres Fair Grounds
Eureka, CA
Contact Shihan Richard Pietrelli
(707) 443-1725



NOV 13*
SAT

DEEP ROOTS SEMINAR AND
ANNUAL AWARDS BANQUET
Location and instructors TBA
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com
www.shinbukandojo.com

NOV 20
SAT



MOUNTAIN STORM FALL INVITATIONAL
Combat Jujitsu, Freestyle Jujitsu, Knife
Sparring, and Sumo tournament
Mountain Storm Dojo
598 S. Washington St.
Sonora, CA 95370
Contact Sensei Chantilly Ortiz
(209) 533-3929

December

Events Yet To Be Scheduled

ESKRIMA GATHERING
Contact Suro Jason Inay
suroinay@yahoo.com

EUROPEAN GASSHUKU
Contact Sensei Stephen Nicholls
eu_kilohana@hotmail.com

*Date and/or location subject to change



-Marked events are part of the Kilohana
Tournament Circuit ■

20 YEARS OF OHANA EXCELLENCE
FRIDAY, AUGUST 20TH - SUNDAY, AUGUST 22

OHANA

120 Years of Okazaki Tradition

2010

Located at the Sheraton Park Hotel at the Anaheim Resort
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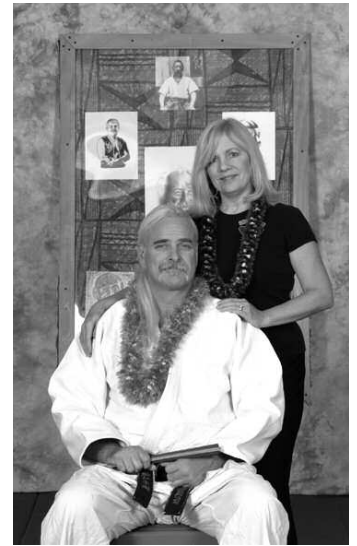


PRESIDENT'S LETTER

I would like to welcome Sensei Jonathan Largent as the new Kilohana president, and I wish him many long hours of hard work (I am a realist, folks!), which will keep Kilohana fresh, vigorous and innovative. Jonathan has been active in Kilohana for many years, and I feel very confident in his abilities. He will be counting, I'm sure, on people stepping up to the plate to help him run the organization. If you believe in what we do, it is your giri (obligation) to lend a hand. None of the events and functions we put on happen by themselves – somebody has to roll up their sleeves and do the work. Make a commitment to yourself and the organization right now, and let's make 2010 a wonderful year!

Mahalo to my staff that assisted me during the last two years – Joa Schwinn and Clayton Conrad as vice presidents, Helen Sassone as treasurer, Brian Sassone as webmaster, Al Bito as registration chairman, and especially Ben Lujan, who served as secretary and newsletter editor, and worked his Lujan buns off.

We have built something here that needs to last, and it is based on community. We are social animals, and Kilohana is our family. We need to remember, too, to support the larger martial art community that Kilohana is part of. A perfect way that you can support the larger Danzan Ryu community, for instance, is by attending the 2010 'Ohana in Anaheim, CA on August 20-22. At this event, people from all the various Danzan Ryu organizations get together to honor the memory of Professor Henry Okazaki and spend the weekend training. We have chosen this year not to hold our annual Kufferath Masters Seminar, encouraging our people instead to attend 'Ohana.



Sensei Ingebretsen and
Dojo Mama Sue McDonnell

As we keep our eyes on the horizon, it is important also to remember the people who paved the way for us to be here. For us in Kilohana, that means Professor Sig Kufferath. The year 2011 will be his 100th birthday, and his daughter Leslee has plans for a full weekend of training and celebrating to honor her father. We are looking at President's day weekend in February of 2011 to hold this event, and I would like to see all of our people at that seminar, as we pay tribute to the founder of our organization.

I feel a fresh wind blowing, and it feels good to think about the future of our organization. We have made it over many hurdles, and we have many adventures ahead of us. Let's get busy and make 2010 our best year yet.

See you on the mat!

-Hans Ingebretsen



2010-2011 Kilohana Executive Board

President: Jonathan Largent **Vice President:** Matt Olson

Secretary/Sgt. at Arms: Lucas Lineback **Membership Director:** Hans Ingebretsen

Treasurer: Helen Sassone **Director of Communications:** Brian Sassone

Aloha!

With the coming of the new year, so begins a new chapter in Kilohana. I am deeply honored to be the next Kilohana president. I was 17 when Kilohana was formed, and it has been a continuous and influential part of my life. From the first Gasshuku on the banks of the Eel River to the most recent Deep Roots Seminar in Campbell, I've had the honor and extreme fortune of learning from and training with phenomenal martial artists. It is through these interactions that I have made many friends and established relationships that permeate every aspect of my life.

We all owe our sincerest gratitude to Sensei Hans Ingebretsen for his many years of dedication and service to the organization. Hans' generosity, integrity, and enthusiasm are infectious and have helped to establish a trajectory for our organization that is truly astronomical. His selfless

dedication and tireless efforts in promoting Kilohana have created opportunities that will contribute to both our individual and organizational growth for many years to come. I will maintain this sense of dedication to and love for the organization that he has imprinted upon me and all of us. We are all indebted to you Hans. Thank you.

I would also like to acknowledge the efforts of Hans' administration: Vice Presidents Joa Schwinn and Clayton Conrad, Secretary/Sergeant at Arms Ben Lujan, Membership Director Al Bito, Treasurer Helen Sassone, and Webmaster/Director of Communications Brian Sassone. Without them, all of the wonderful events over the past two years would not have been possible. When you next see these people, please offer them your thanks.

The future for Kilohana is very bright indeed. In addition to the Kui Lima workouts,

Continued on Page 8...

Burning Desire

By Professor James Muro

Photos from the collection of Prof. Muro

In the martial arts, learning is an art in and of itself, in fact, in the art of learning you must "experience part of it". Experience is still one of the best teachers you can have. My teacher once told me "to know is good but to understand is better". And understanding comes from experience. This is why school teachers set up learning experiences as part of their lesson plans. Learning will take place despite the ability of the teacher to teach and despite the methods used by the teacher or school. Learning takes place best where there is a "burning desire" to learn, to experience, to problem solve and strive for perfection to quench that thirst for the unknown. Multi-faceted learning takes place simultaneously on the physical level, the mental level and the spiritual level. And often many moral lessons are learned along the way.

A young prospective student once came to learn from a well-known martial arts master. The master told this young student to come back in a week's time if he really wanted to learn, because he only accepted students who were serious about their training. The student left and came back a week later. Again the master told him to leave and return in another week if he really wanted to learn. This went on for 10 more weeks. Finally the student asked what he



Professor Henry Seishiro Okazaki
Founder and Master of Danzan Ryu Jujitsu

was lacking. The master replied "I am trying to build a burning desire for knowledge in you". This is necessary in order to learn what I have to teach you. The student replied "I do not quite understand". The master said "follow me if you really want to know and understand".

The young prospect followed the master to the back of his home where there was a small river. The master grabbed the young student's head and shoved it under the water. He held the student's head under for a long period. The student struggled but could not free himself. Just when he thought he could no longer hold his breath, the old master brought him back out of the water. The master asked the student what he had experienced. The student only knew that the master had nearly drowned him and felt that his lungs would nearly burst, he stated "he felt a burning desire to breathe".

The old master replied "exactly, you had a burning desire to breathe". When your desire to learn and train is as strong as your desire to breathe, then you will be ready to learn what I have to teach you.

Of course, this story constitutes an extreme case. However, it does illustrate an important point. Our level of awareness and consciousness are heightened when we are temporarily deprived of an instructor and his knowledge. This experience helps to increase productive learning because a better appreciation level has been reached. ■



Professor Muro

...Continued from Page 7

seminars, camps, tournaments, and banquet, we will be establishing a massage board and implementing a massage certification program under the direction of Professor James Muro. These massage classes will be conducted on a monthly basis for 6 months. In 2010, the Kilohana executive board has decided to cancel the Master's Seminar in order to encourage a strong Kilohana presence at the Ohana in Anaheim, California. Additionally, Kilohana will be assisting to put on the Bob Krull Memorial weekend in April. I hope to see you all there in order to make these events successful. We continue to work to foster relationships with other organizations in order to open the doors of opportunity for organizational diversification and growth.

As you can see from the calendar of events, there is a lot going on. Participation in these events helps to forge the familial bonds that form this organization. Kilohana, like any group or family, is only as strong as the members that comprise it. We all must give to the organization, and it is



From left to right, Professor Michael Esmailzadeh, Sensei Jonathan Largent, and Shi Han Richard Pietrelli

through this collective effort that it evolves, strengthens, and gives back to us. Many people have come forward to offer their help to smooth the transition and to keep Kilohana strong and vibrant. I am ever-grateful and in awe of this support. As president, I will do my best to continue the precedent set by those who masterfully created and walked this path before me, while bringing my own unique perspective. I would like to thank all of you—past, present, and future—for forming this solid, yet flexible foundation that is Kilohana. I look forward to training with all of you in the future.....see you on the mat!

Sensei Jonathan Largent ■

The Mega Self Defense Program

by Kumu Lua Kate DeMoss, Ph.D.

A unique self defense program entirely designed for the visually impaired has emerged from London, England and has already spread to the West Coast. The two men behind it, Sensei Stephen Nicholls and Alan Gutsell, of the British Kodengan Ju Jitsu, have spent three years of close cooperation with the visually impaired community to devise the Mega Self Defense Program (Mega means eye in Japanese). It teaches specifically designed self defense techniques. Rooted in traditional martial arts, those techniques have been adapted to the specific requirements and abilities of the visually impaired community in order to address its specific issues: How does one target one's attacker and defend oneself if one cannot see? What does one do when one cannot make a quick escape? What are the laws and regulations that allow one to protect oneself and how do these differ for the visually impaired?

This program has already met tremendous suc-

cess in Europe. Classes are being taught and enthusiastically embraced on a weekly basis. Requests for the curriculum are now coming in from numerous European countries. Two interviews of Sensei Nicholls discussing the program have already been aired by the BBC. And markedly, the Royal National Institute of Blind People (RNIB) is now promoting and distributing the program.

In the USA, it was introduced last October with instructors attending a training certification workshop at the Lighthouse for the Blind and Visually Impaired in San Francisco. The Lighthouse now endorses the program as a permanent facility with monthly classes being offered initially to the 3000 members of their mailing list. The Guide Dogs for the Blind, in San Rafael, has given recognition to the program through their 6,000 alumni Newsletter, and contacts have been established with the California Veterans Administration.

The Mega Program is comprised of a two pronged teaching approach. The first part is a "coach the coaches" certification program, recognized and distributed through Kodengan International and Enabling Safety. This involves teaching tools, sensitivity training, a full understanding of the curriculum ranging from theory to hands on techniques, and a comprehensive study of the different causes and types of visual impairment. The second part of the program is the student curriculum. The students need to address the different causes and motivations for assault, threat recognition, threat response, the legalities of self-defense, the rights to protect a guide dog under threat, and many other often un-addressed issues. The Mega Program also provides greater understanding of spatial awareness, personal rights, and the physical aspects of self defense.

The course addresses the particular vulnerability of the visually impaired community, considered a target by both criminals and bullies. While teaching over twenty seminars to the visually impaired, both Stephen and Alan have consistently encountered multiple victims of assault.

An additional unique feature of the Mega Self Defense Program is the possibility of employment it offers to those in the visually impaired community. Umit Turkesev, a Turkish National, was tortured into blindness. Three months after losing his right eye to torture, he lost three ribs, one and a half kidneys, and the use of his left eye to cancer. He suffered a terrible lack of self confidence and was afraid to leave his house. After a five month internship in the Mega Self Defense Program, he has now established the first self defense school for the blind by the blind in the world.

The program has been developed for distribution of quality self defense instruction to the whole visually impaired community of the world. Instructors are currently being certified in England, France, Scotland, Spain, Germany, and the USA. If you are interested in becoming a certified instructor in the United States, please contact Kate DeMoss at kate@enablingsafety.info. If you would like more information about the program, the web-site is:

<http://enablingsafety.info> ■



CAMP BUSHIDO WEST



OLD OAK RANCH, SONORA, CALIFORNIA

CAMP BUSHIDO WEST



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www.campbushido.com

Kenpo ‘Ohana

By Sensei Hans Ingebretsen

Almost 100 participants attended the first Kilohana Kekoa Kenpo/Kempo ‘Ohana Gathering, which featured many of the top names in the kenpo world. Held on September 18 – 20 and hosted by Sensei David Crouch and Sensei Joa Schwinn at Seika Ryu Martial Arts in Santa Rosa, California, this charity event featured three days of fast hands and furious feet. From the initial Friday night classes to the final classes on Sunday morning, the dojo was packed and on fire with energy as session after session, the mat was filled kenpoists working each other over.

The teaching roster featured a who’s who from the kenpo world, and included Sigung Steve LaBounty, Professor James Muro, Dr. Ron Chapel, Professor Bob White, Master Bill Chun, Jr., Olohe Solomon Kaihewalu, Professor John Sepulveda, Professor Ted Sumner, Professor Vinton Koklich, Sensei Hans Ingebretsen, Grandmaster Bob Maschmeier, Professor Pat Tyrrell, Sifu Tim Gaskell and Professor Bob Austin. Also in attendance were Great Grandmaster Ming Lum, Great Grandmaster Al Novak and Grandmaster Michael DeAlba. Many styles were represented, including American Kenpo, Kosho Ryu Kenpo, Sublevel Four Kenpo, Goshin Jitsu Kenpo/Chinese Kempo, Hawaiian Lua, Ka-jukenbo, Tracy Kenpo, Ku’i Lima Kenpo, and International Kenpo Karate Jujitsu.

All of the teachers donated their time to the event, as it was a fund raiser for two charity groups. We were able to raise enough to donate \$1,250 apiece to the Sonoma

County YMCA Women’s Shelter and to the Royal Family Kid’s Camp, both of which provide safe harbor and services for abused women and children. The generosity of the teachers who shared their time and knowledge at this event is to be applauded – it was obvious that each of them brought their “A” game and each taught from their heart.

A big mahalo is owed to Elisa Semmons, who took care of registration, kept the continuity going, and generally was the glue that kept the event together all weekend. Thanks go out also to Kristina Baker and her son Michael, who ran the Saturday night luau. One word here, folks – “yum!” Yes, the food was outstanding, and it was great to see everyone rubbing elbows and relaxing and talking story with the masters. Big mahalo also to Ron Keaton, who shot the video of the event. Ron is the Eveready bunny of videography, having shot video at Kilohana events for many years now.

Many of the instructors and participants took the opportunity after the event to do some sightseeing. Michael DeAlba, Bob Austin, Chris Spann, Ron Keaton and I accompanied Sensei Pedro Porem and his group (who came all the way from Portugal for the event) to San Francisco to see the Samurai exhibit at the Asian Art Museum and to soak up the atmosphere and great food at Tommy’s Joynt. For me, at least, it was a perfect end to a fantastic weekend. Plans have been made to hold another Kenpo/Kempo ‘Ohana in three years – plenty long enough for the bruises to heal, I think.



Camp Bushido West 2009 CAMP BUSHIDO WEST

by Kumu Lua Kate DeMoss, Ph.D.

Old Oak Ranch, nestled in the Sierra foothills near Sonora, California was the scenic location for the annual Camp Bushido West judo and jujitsu training camp this year. This camp, which is sanctioned by the United States Judo Association, has been an annual event for over 25 years. Starting with check-in Sunday evening, July 19, and check-out on Sunday, July 26, it was an intense week of training for the 112 students participating. Attendees came from as far as Alaska to Connecticut.



Top-level coach and former international competitor
Dr. AnnMaria De Mars

Judo instructors included Camp Director Professor Charlie Robinson, Professor Hal Sharpe, Professor Sid Kelly, Sensei Henry Kaku, Professor Ray Tinaza, Sensei Mark Guerrero, Sensei Lisa Guerrero, Professor Gary Goltz, Dr. AnnMaria DeMars, and 2008 Olympic Judo Bronze Medalist Ronda Rousey. Between them, all aspects of judo instruction were taught. This ranged from beginning Kelly's Capers to Kata instruction to conditioning drills and coaching.



Jujitsu instructors included Sensei Hans Ingebreetsen, Sensei Dale Kahoun, Sensei Jose Ortiz, Sensei Chantilly Ortiz, and Professor David Fairfield. Sensei Dale discussed historic aspects of Danzan Ryu Jujitsu in one class, while on other days Senseis Jose and Chantilly Ortiz taught interesting contact classes using foam rollers as weapons. The rest of the week was basic grappling, throws, and locks.

Classes started with Sensei Charlie at 6:30 am followed by breakfast. Junior and Senior judo classes followed, with jujitsu classes before lunch. In the afternoon there were judo classes, judo coaching certification classes, and kata training and testing. Training for the day ended after dinner with randori.

We had one afternoon of supervised paint ball and hiking activities for the junior students. Many of the adult students and instructors took the time to visit the nearby historic Gold Rush towns of Columbia, Angels Camp, Jamestown and Sonora. Others took advantage of the onsite services of Chantilly Ortiz and Kate DeMoss, who provided deep tissue and sports massage for those who needed them.

Of course, a camp of this size and complexity took many months of planning and effort to make it run smoothly.

Many thanks to Camp Director Charlie Robinson and Assistant Camp Directors Joa Schwinn and Dave Barlow for their many hours of hard work in making this camp happen. We also want to acknowledge Holly West, the camp "mom" and life-guard, for all of her efforts. Forest West deserves notice for an excellent job of running the snack bar. ■



With over 50 years of experience, judo 8th-dan Sensei Sid Kelly was an invaluable addition to this year's coaching staff



2009 Deep Roots Seminar and Annual Awards Banquet

by Ben Lujan

On Saturday, November 14, we once again took over the Shinbukan Dojo's space at the Campbell Community Center for the Deep Roots seminar. This year's event began with a series of demonstrations by black belt candi-



Grand Master
Bob Maschmeier

dates who had recently tested for rank in Danzan Ryu Ju Jitsu. Candidates for nidan included Gwynn Brookes, Paul Marini, Eddie Gearhart, Kevin Thomson, and Ben Lujan. Amanda Green, Larry Bigie, Fred Kelley, and Kate DeMoss were candidates for the rank of shodan. Clayton Conrad had also tested for sandan, but was unable perform at the demo due to injuries sustained during Shinbukan's marathon test. The Suigetsukan candidates selected individual techniques from each

of "the boards", showcasing their precision, control, and considerable polish. Shinbukan's candidates put together sequences of techniques, focusing on transition, creativity, and personal interpretations of the arts.

The seminar then got underway with Professor Bob McKean, who delved into the self-defense oriented Fujin Goshin No Maki. Grand



Maestro
Dexter Labonog

Master Bob Maschmeier walked participants through a variety of Kajukenbo techniques, leaving no thumb untweaked. Maestro Dexter Labonog put together an insightful and impactful session on stick techniques taken from Bahala Na Eskrima. Professor Ron Esteller carved out a class on knife techniques from Kajukenbo. Professor Libert O'Sullivan led the seminar back to basics, expounding on the philosophy of self defense and the importance of fundamentals while focusing on Yawara.



From left to right, Kilohana Senior Advisors Grand Master Al Novak, Professor Charlie Robinson, Grand Master Ming Lum, and Professor Libert O'Sullivan, with Professor Muro and Sensei Ingebretsen

Following the bone breaking, it was time to break bread. Kilohana hosted its annual Awards Banquet at the Sonoma Chicken Coop in downtown Campbell, taking over most of the top floor of the restaurant. President Hans Ingebretsen acted as MC for the night, taking note of not only a successful year for our organization, but a successful term for the administration. Marking his last event as president, Sensei Ingebretsen introduced Sensei Jonathan Largent as Kilohana's upcoming top executive. Sensei Largent introduced his administration, includ-



ing new board members Vice President Sensei Matt Olson and Secretary and Sergeant at Arms Lucas Lineback.

In addition to the black belt candidates from Suigetsukan and Shinbukan, several of Kilohana's senior yudansha were promoted. Accepting the rank of 7th degree/shichidan were Dale Kahoun, Richard Pietrelli, Michael Esmailzadeh, and Robert McKean. Additionally, Stephen Nicholls was awarded the rank of 6th degree/rokyudan, but was unable to attend.

This year's awards recipients included Shinbukan's Kathy Verbera, receiving the Ohana Award for her selfless contributions to Kilohana and the martial arts community; former editor of Black Belt Magazine Sensei Bob Wells, receiving the Kufferath Award for a life full of dedication to the benefit of the arts; Sensei Bruce Raney and his wife Ella received the Ohana Award for

their continual and generous contributions to visiting martial artists to their Hawaiian home; Sensei Jeremiah Stanley received the President's Award for his incessant training all over the world and pervasive commitment to the arts; Sensei Al Ikemoto also received the President's Award, for his selfless dedication to and perpetuation of both martial and healing arts; and Sensei Matt Olson was named as Kilohana's Instructor of the Year, having been one of the founding members and current head instructor of Northern California's Kriishi Kai dojo. A particularly poignant moment came when Sensei Ingebretsen announced the recipient of Kilohana's 2009 Legend Award. Accepting the award on behalf of the recently deceased Great Grand Master Charles Gaylord was Professor Ron Esteller, who challenged each of us present to take full advantage of the presence of our elders and to absorb every teaching from them possible. ■



Professor Muro and Kathy Verbera



Professor Esmailzadeh and Suigetsukan Black Belt candidates Paul Marini, Gwynn Brookes, Amanda Green, and Larry Biggie.



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Camp includes Ju Jitsu, sword arts, massage, river workouts, archery and knife throwing areas, a Japanese banquet, and more!

Bring your camping gear and join us for a weekend of training.

For updates and registration information, log onto:
www.kilohana.org

*Date subject to change

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Saturday May 1st, 2010

Campbell Community Center Main Gym

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Presented by:

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Tournament Director:

Sensei Hans Ingebretsen

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For tournament rules or to pre-register, visit

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