



Kilohana Chronicles



Volume 1 Issue 1

2nd Quarter 2000

Welcome

To the first issue of the Kilohana newsletter. Our plan at Kilohana is to offer a rich and diverse selection of training opportunities, a variety of social functions, a framework for rank advancement, and an environment rich in opportunities for continual growth. This newsletter is but one facet of our growing network. Also in the works right now is the forthcoming Kilohana Workbook, which Sensei Kahoun has been working on, having spent countless hours going over Danzan Ryu waza with Professor Kufferath.



Mark your calendars now for this year's **Camp Kilohana** at Sensei Pietrelli's ranch in Hydesville, California. Last year's instructors included Senseis Pietrelli, Ikemoto, Kahoun, Ingebretsen, Carter, Rhodes, Esmailzadeh and Muro, and Guros Jena and Jason Inay. Classes included kenpo, massage, tameshi giri, firearms, archery and eskrima, as well as advanced Danzan Ryu training. Jill Pietrelli's traditional Japanese banquet is not to be missed on Saturday night, and to witness Shihan Rhodes tackle the Dequerdas staff at full turbo speed is a sight not to be missed! June 23 - 25, 2000

Other new offerings this year are a new Kilohana patch and a passbook that our members can keep a record of their training in. Our black belt classes are continuing, and Camp Kilohana has found a home at Sensei Pietrelli's ranch in Hydesville, California. We are expanding in Hawaii, and in Europe, as our family continues to grow stronger. We guarantee that we will continue to plan as many training sessions as possible, knowing that that is what Professor Kufferath held as the cornerstone of martial endeavor. Above all, we will strive to continue to be the kind of students that our founder Professor Kufferath would

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be proud of.

Our organization has its roots in the meeting of Professor Kufferath and Shihan Russ Rhodes, who began studying ju jitsu from Dai Shihan 16 years ago. Professor Kufferath was particularly impressed with Russ' capability in the percussive arts and his voracious appetite for training. At the old Pacific Coast Self Defense Academy in downtown Campbell, the relationship grew, and they formed a new style together, combining aspects of Kodokan Ju Jitsu with those of Hawaiian Kenpo. This new style they named Ken Ju Ryu Kenpo Ju Jitsu. At first, we were met with some amount of suspicion by some established members of the martial community, but people were soon won over when they saw the dedicated way that our members trained and the amount of respect that all our members always showed to Professor Kufferath.

Thus was born the Pacific Coast Association of Kenpo Ju Jitsu, formed in 1987, and which originally contained as its members only people from the Campbell dojo. As we continued to enter tournaments, present demonstrations, attend seminars and promote training camps like the San Jose Gasshuku and our original horrendously brutal training camp-outs, more people expressed an interest in affiliating with us. We had, however, no mechanism to facilitate other people affiliating with us. That changed in 1996, when the name of the organization was changed to Pacific Coast Kilohana, and our Kilohana charter was signed. That same year, we began a relationship with Suro Mike Inay and the Inayan Training Organization, which led us to a dramatic awareness of the importance of weapons training and Filipino arts. Professor Muro has pushed all of us to continually re-evaluate the effectiveness of our training methods in order to keep our martial art fresh. Sensei Hatchie and Sensei Coelho make sure that we keep the Aloha Spirit strong in our clubs. The Kilohana massage program continues under the guidance of Sensei Carter, while Sensei Ikemoto and Sensei Kahoun lead us to deeper commitment to the art of judo. Our understanding of traditional Japanese weaponry has grown, thanks to Senseis Esmailzadeh and Pietrelli, and we continue to delve deeper into the Polynesian fighting arts as we strive to look closer at our roots. We have continued to grow, keeping at the heart of our growth a desire to remain family.

Our instructors now offer programs in Ju Jitsu, Judo, Aikido, Kenpo, Eskrima, Karate, Tai Chi, Kenjitsu, Shinkendo, Restoration Therapy and Tae Kwon Do, as well as other arts. Kilohana always has been and will continue to be an organization that encourages cross training and a fair exchange of ideas between practitioners of different styles.

The Editor



Remember to fill out your Membership Renewal and mail back to us so you can get your Kilohana Passport and logo patch.

Kilohana Chronicles

Hans Ingebretsen, Editor
Ron Guditus, Layout

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BE THE ONE THAT SHINES

1999 was a hard year for the Kilohana family, as we lost our founder and our Dai Shihan, Professor Kufferath. He was a man who transcended any boundaries of martial practice, sharing his vision of ju jitsu with countless people in a selfless manner. He set an example of humbleness and greatness that made him admired and respected by martial artists from all disciplines. With superb dignity and impeccable precision, he continued the teachings of Professor Okazaki, the founder of Danzan Ryu Ju Jitsu, preserving and enhancing the tradition for the next generation. One of our black belts wrote the following tribute to Professor Kufferath not long after he passed away. I wanted to share her words with the rest of the Kilohana family, as she has expressed well the great gift we had in this man.

The Editor

BE THE ONE THAT SHINES

A few weeks ago we lost our teacher and our friend Sigfried Kufferath. His students called him Dai Shihan (Great Master). He was known as Pippet (short and fast) in the islands of Hawaii where he grew up. Everyone knew and loved him as Sig.

Years ago when I first joined martial arts, Professor Kufferath was teaching at a convention that my friend and I were attending. I was inspired by some of the special people I had encountered. Then I saw him: I grabbed my friend and pointed in his direction whispering "That person Shines, I want to be like that!" I had no idea who or what he was at the time. Later I discovered he was Professor Kufferath, Head Master of the Kodengan system. I have been blessed with the honor of being his student these last four years.

The most important thing Sig shared with me was the Aloha Spirit, to be helpful, courteous and have pride in everything you do, not just on the mat, for it truly is a way of life.

If a new person needed help learning to tie their gi, Professor Kufferath was always first to notice and would send someone to show how

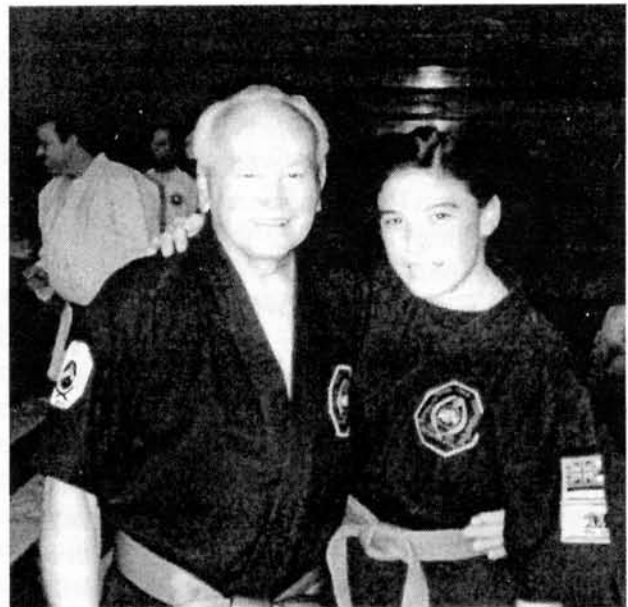
it is done. If a student needed help with an art (whether they knew it or not) he was there with a watchful eye and a word of advice. When I execute some of my techniques I see his hands and I hear his voice.

When I drove Sig to class the entire dojo would be waiting to bow to him, yet he would always open the door and make me go in first. He always had time to listen and a smile that welcomed anyone who wanted to come inside. The Professor always made an effort to meet any new people and their families. When I took him home from class Sig would always watch and wave from the doorway till I drove off.

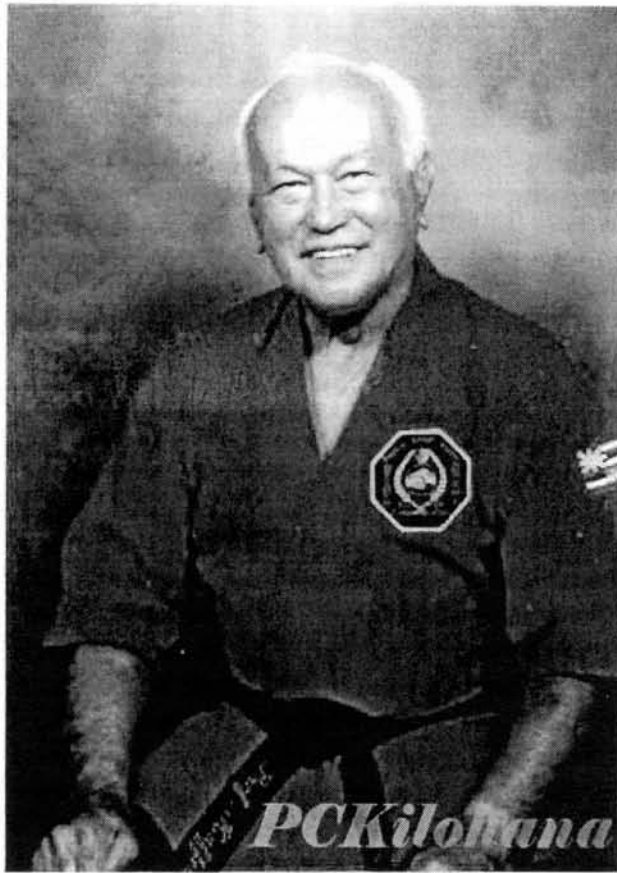
Professor Kufferath made me proud of the things I can do. He gave me respect and taught me self worth. I am small, yet in my mind I am a big guy: He called me a Tiger. The best compliment I ever received from him is that "I am the happiest person he knows."

In our hearts we all want to be like Professor Kufferath. He touched our lives and enriched our souls. We shared a joy for life, and as his students we became his family. I believe it is most important to keep the Aloha Spirit alive. Shine on!

written by Annette Kahoun, nidan, 7/24/99



Dai Shihan & Annette Kahoun



Biography - Professor Sig Kufferath 1911-1999

Dai Shihan Siegfried (Pippet) Kufferath, Headmaster of Danzan Ryu Ju Jitsu, was born in Honolulu, Hawaii on February 16, 1911 and died on May 7th, 1999 of complications from prostate cancer. He died at his home in Santa Clara, California, surrounded by his family. He was 88 years old, and had been practicing ju jitsu for over 60 years. He held a kudan (10th dan) in the art he had taught for so many years.

A student of Professor Henry Okazaki, founder of Danzan Ryu, Professor Kufferath was one of the original signers of the American Ju Jitsu Institute Charter, and after the death of Professor Okazaki in 1951, he was elected by the board of directors of the AJI as the head of the system and given the title of Professor. Professor Okazaki had earlier made Sig the chief instructor of his school, The Kodenkan, and had awarded him the title of Shihan.

Besides teaching at the original Kodenkan in Honolulu, Sig also gave ju jitsu instruction at the Kaheka Lane Dojo, also in Honolulu, with his partner, Bing Fai Lau. Their club was opened

in 1942, a year after Sig received his black belt. In 1943, he graduated from Professor Okazaki's Nikko Sanatorium course in restoration therapy, and continued to practice and teach massage and body therapy for the rest of his life. He taught hand to hand combat in the U.S. Army, and was instrumental in bringing ju jitsu into the army curriculum when he and Bing Fai Lau put on a demonstration on February 8, 1942, just two months after the bombing of Pearl Harbor. Many generals and important dignitaries were in attendance at that demonstration.

Sig moved to California in 1957, and gave instruction first at the Pacific Judo Academy in San Jose, which was run by Shihan Bill Montero, another of Professor Okazaki's students, then later in Los Altos where he opened the Los Altos Akijitsu Dojo. He served as Chief Instructor at three different schools opened by his students; Nikko Ju Jitsu School in Mountain View, The Kodenkan in Santa Clara, and The Pacific Coast Academy of Martial Arts in Campbell.

He was a co-founder, along with Shihan Russ Rhodes, of the art of Ken Ju Ryu Kenpo Ju Jitsu, and was the director of the Ju Jitsu division of the Unified World Martial Arts Federation. In 1996 he founded his own organization, the Pacific Coast Kilohana martial art association. He belonged to the World Head of Family Sokeship Council, and was installed in both the Danzan Ryu Hall of Fame and the Jujitsu America Hall of Fame. He was recognized as Grand Master by the Kodenkan Yudanshakai, and also held black belt rank in Judo and Aikido and a 10th dan in Chinese Kenpo.

Professor Kufferath was active in teaching and practicing Ju Jitsu until just a couple months before his death. Besides teaching at regular classes, he presided over advanced black belt training for Kilohana yudansha at the Kilohana Hombu Dojo in Campbell, making sure that his black belts were constantly adhering to his strict standards.

As the coach of the Hawaiian team at the first AAU Judo Nationals, he led his team to victory, thus leading them to be the first AAU Judo championship team. He returned to competition approximately 40 years later, when he began competing in the self defense division at many local tournaments. Many competitors were surprised to be competing against a man in his 80's. Sig, for his part, loved the competition, and over the course of a few years, won more than 10 first place trophies.

He kept himself in such excellent shape that in his earlier years, he had to cut the lower part of the sleeves off his gi so that his arms would fit. Even at 87 years old, he could often be found in his backyard lifting weights, on the floor of his living room doing sets of 500 repetitions on his ab roller, or at Gold's Gym, where he and his daughter Leslee would go to work out. Lunchtime for Professor Kufferath often found him at his favorite Japanese restaurant, Truya Sushi in Santa Clara, while he was also a regular at the Touch of Aloha restaurant in Milpitas. Both restaurants have photos of Sig on their walls.

Services were held for Professor Kufferath in Mountain View on May 15, and he was interred at Punchbowl Cemetery in his beloved Hawaii on June 25 with full military honors. He was honored at the ceremony by Hawaiian Kenpo practitioners, who performed a rare Kenpo Death Dance at his services, the same dance performed in Grand Master James Mitose's honor when he died.

Professor Kufferath was a man who truly deserved to be called a master, a man who leaves behind a legacy of enduring perfection and a history of a lifetime of dedication to his art. He strove constantly to improve himself, and it showed in everything he did. We all will miss him.

written by Hans Ingebreetsen, 1999



**Professor Henry Seishiro Okazaki,
Founder of Danzan Ryu Ju Jitsu,
and his Successor Professor Sig Kufferath**



WINNING AT KATA IS WINNING AT LIFE

Time and time again, I look around the dojo and watch students going about practicing kata, and I start to shake my head in frustration. Most students seem to think or feel that kata is just a way to warm up, some kind of brief work-out, an exercise, and that is all. Then, there are a few who practice hard at it. They wish to compete at the tournament level. They will eventually come up to me and ask, "What does it take to win at kata?"

The first thing I say is, "One must practice kata for one's self. You are not practicing for your Sensei or for society, but for yourself. . . self improvement and self awareness." After confusing them with this statement, I go on with what I feel are important factors at winning tournaments, and that tournaments are just a game of psychological acknowledgments.

First of all, you can't even begin to think of winning if you aren't doing the physical, or mechanical part of your form correctly. **KNOW YOUR FORM!**

You must understand each movement, maintain proper tempo, and execute each technique correctly. Practice before your group is called. This will help your mental preparation, and can help to get rid of the butterflies. You'll usually be facing 3-5 judges who will determine the outcome. In some tournaments, there may be only a few black belts

present, and while these individuals may or may not be the most competent, they are still judges, and should be respected.

Subconsciously, you are being judged the moment your name is called. Answer sharply when you are called, and in a loud, clear voice. Make the judges aware of your presence. You must remember that they are human, and can be distracted by other activities. Step smartly to the line and announce **YOURSELF, WHO YOU REPRESENT**, and the **NAME OF YOUR FORM** clearly. You need to kind of Jar them out of their relaxed state, get them excited, and sitting on the edge of their seats. A passive appearance will hurt your kata. Because you are in a fight, even if with imaginary opponents, you must perform as if you are fighting for your life. Eye contact is vital look directly at your foe. The judges must feel that you are "living" your kata. Do not rush the form, but go fast or slow when it is proper. When you are finished, remain standing until dismissed.

If you have been judged by officials of another discipline (style) who didn't understand some of the movements in your form, they will have judged you by your **attitude, spirit** (Kiai), and technique of your form. When performing kata, you need to teach or condition yourself to feel that this particular kata "belongs to me and no one else can do it like me." We are each individuals, so the perceptions and interpretations of kata should deviate somewhat.

The student comes to me after having gone through all of these steps and says, "Something is still missing. What am I leaving out?" I try to make them understand that a thorough understanding of a kata is more than just being familiar with the pattern and performing the movements in sequence. Kata is a way of self expression. As in other forms of "art", it is an outward attempt to express the inner feelings and emotions within each of us. It's what makes the difference between a good story teller, and somebody just reading aloud. The good story is told with emotion and feeling, and the other is generic. Kata is the same, only you are trying to take control of these emotions and applying them to your focus throughout the kata. This is the part that is missing. If you can attain this, you should come out a winner, for you have reached a goal. If you can control your emotions in a kata, then you can control your emotions outside of

Karate (If you show your temper, don't show your weapon, and if you show your weapon, don't show your temper). So you see, kata teaches fighting skills and living skills at the same time.

THE GOAL OF KATA

The goal of kata is the overcoming of the self. In kata, there are only imagined opponents, and thus the performer is playing against the self in search of perfection. If, after many years of hard work, the performer finds that he or she is able to perform the kata without thinking about it at all, a goal has been reached, and the kata performs itself without any interference from the performer's self. Bodily control is achieved without feeling or thought. This must immediately affect the performer's control of any situation, pertaining to Martial Arts or otherwise. Going through the motions of kata is like the wave of the ocean. When executed, the display will be one of gracefulness and of harmony. Sufficient effort must be put forth to obtain perfection. Forceful energy must be abundant and formidable at any given time. Strength must flow unimpeded and directly. Thus by performing kata, you preserve the knowledge, technique, and precise moment at which to apply it.

All of the katas we do are based on techniques derived from Professor Chow-Hoon. While developing these kata, or forms, I want to emphasize certain aspects of what I have learned that I felt important.

MOVEMENT

Advancing, retreating, and lateral movement are your first line of defense - to create distance between the oncoming blow and yourself.

BALANCE

Making precise movement at an accelerated pace, and being able to maintain proper balance is essential in order to set yourself for either an offensive or defensive action.

SPEED

To be able to deliver multiple blows to a specific target or targets to enrich and enhance your power.

STRENGTH & STAMINA

By practicing these data vigorously, you will be able to increase the overall strength of your body, increase your lung volume capacity, and thereby improve your general health.

CONDITIONING

Mind and body together. Subconsciously, involuntary execution of the technique will incorpo-

rate itself into the kata. This is your final goal. . the kata will perform itself without feeling or thought.

UNDERSTANDING THE KATA

Katas are an attempt to preserve in their purest forms, the knowledge of techniques. One man acts as the performer; he is called "Tori". The other has the techniques applied to him; he is called "Uke". Uke gives Tori the perfect opportunity to apply the techniques. Tori's application, therefore, must be absolutely accurate in regards to timing, form and complete control of his partner. They work together in harmony, striving between them to give a perfect demonstration of movements done under the most fa-

vorable circumstances. Thus, by this ritual performance, they preserve the knowledge of the purest form, the proper techniques, and the precise moment at which to apply it. When performing kata, there is only one goal to achieve. It must look real especially in that important part of the Kata in which you wish to show intensity. The goal is to flow through the kata from beginning to end with poise and control over the self.



WINNING AT KATA IS WINNING AT LIFE

Professor James Muro

Professor Jay's Birthday



Don't miss Professor Jay's birthday party at the Oakland Marriott, part of the Small Circle Jujitsu Convention on the weekend of June 16-18, 2000! Contact Norm Johnson at (925)240-6676 for information. Shown at last year's celebration is Rick Wong with Bernice & Wally Jay.

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:

Mike Inay

Kilohana Calender for 2000

Massage Course

Sat. & Sun. February 12 & 13, March 11 & 12, April 8 & 9, May 27 & 28, June 10 & 11, July 8 & 9
Time: 9:00 a.m. to 6:00 p.m. sat. & 9:00 a.m. to 4:00 p.m. sun.

@ Pacific Coast Academy, Campbell CA Taught by Sensei Jack Carter Seifukujitsu and Shiatsu

Cost: \$400 for Kilohana member, \$475 for non-members

Contact Shihan Russ Rhodes @ (408) 378-4790 or Sensei Jack Carter @ (916) 427-2887

Ju Jitsu Kata Contest

Sat. March 25 @ Redwood Acres in Eureka, CA

Contact Sensei Richard Pietrelli @ (707) 443-1725

Karate/ Competitive Ju Jitsu Tournament Earthquake Invitational

Sat. March 25 @ Hollister High School in Hollister, CA

Contact Sensei Hans Ingebreetsen @ (408) 377-1787 or Rick Jackson @ (800) 917-4578

Shinyo Workout

Sat. April 8 - 1:00 p.m. @ Suigetsukan in Oakland CA

Cost: \$50 (Free for anyone who has attended past Shinyo workouts)

Contact Professor Michael Esmailzadeh @ (510) 452-3941

Kilohana General Meeting

Sat. April 8 10:00am @ Suigetsukan in Oakland CA

Okazaki Water Therapy Class

Sun. April 9 @ Kugtar Martial Arts Center in Salinas, CA Contact Professor James Muro

Chow-Hoon Promotions

Sat. May 6 - 12:00 p.m. @ Professor Muro's Marina dojo

@ Los Abales Middle School in Marina CA Contact Professor James Muro @ (831) 394-9652

Ken Ju Ryu Black Belt Promotions

Sat. June 3 - 10:00 a.m. @ Pacific Coast Academy in Campbell CA

Contact Shihan Russ Rhodes

Camp Kilohana

Fri., Sat. & Sun. June 23-25 @ the Pietrelli Ranch in Hydesville CA

Contact Sensei Richard Pietrelli

Kilohana General Meeting at Camp Kilohana

Danzan Ryu Black Belt Promotions

Sat. July 22 - 10:00 a.m. @ Pacific Coast Academy Contact Shihan Russ Rhodes

San Jose Gasshuku

Sat. & Sun. July 29 & 30 @ Campbell Community Center

Contact Sensei Hans Ingebreetsen

Kilohana Awards Banquet

Sat. July 29 - 6:30 p.m. - 11:00 p.m. @ Campbell Community Center

Contact Sensei Hans Ingebreetsen

Kashima Shin Ryu Annual North American Gasshuku

Fri., Sat. & Sun. August 12-13 in Bozeman, Montana @ Montana State University.

Contact Sensei Richard Pietrelli

Inayan Kadena De Mano Level 4 Instructor Certification

August (Specific date to be announced)

Shinbukan Beach Workout

Sat. September 9 - 12:00 p.m. @ a beach in Santa Cruz, CA

Contact Sensei Hans Ingebreetsen

Kufferath Invitational Ju Jitsu Tournament

Date still tentative - Probably in October

Contact Sensei Hans Ingebreetsen

Advanced Ju Jitsu Workouts

Ongoing on Monday nights 6:00-7:00 p.m. @ Suigetsukan

Contact Professor Michael Esmailzadeh

The History of Karate

Written by Carissa, a 13 year old yellow belt in Shorin-Ryu karate in McKinleyville, California

Karate-do means "the way of karate." It is many things to many people. It may be seen as an art, a sport, self-defense, exercise, or a way to gain self-confidence. It is all these things and more. Primarily it is a system of self-defense, but it also includes a philosophy of non-aggression, calmness, self-control, and kime. Kime means to develop karate techniques to their best efficiency, with power, speed, and accuracy. It requires concentration, but the most important weapon is self-control. "Karate ni sente hashii" means "there is no first strike in karate." It is to be used defensively, not offensively.

The history of karate is vague. Most of the information has been handed down from master to student, in different schools that were often isolated from each other.

Okinawa is considered the birthplace of karate. Okinawa is an island in the Ryuku chain, which spreads from Japan to Taiwan. Okinawa is the largest island in the chain and it has been the trading crossroads for much of Southeast Asia. At least 50 typhoons every year added to the many cultures that affected Okinawa by sending shipwrecked sailors to the island. It has also been ruled by China and Japan at different times. Okinawans were able to take ideas from other cultures and blend them with their own, so they drew from many different countries in the development of karate.

Te was a fighting system developed by the Okinawans. Te means hand/closed fist. Legend says that weapons were not allowed by their conquerors, so they developed Te to protect themselves from the ruling warrior class. Te was taught in secret. Secrecy was especially important from 1690 to 1872, when the Satsuma clan of Japan was in power. The different schools helped each other to get ideas to fight their common enemy, which at that time were the Satsuma. Later, secrecy was not so important, but the schools were in the habit then, so they began keeping secrets from each other. There is a lot of evidence that Okinawa was heavily influenced by Chinese culture. There are similarities in architecture, ceramics, pottery, farm implements, and in martial arts. In

1370, King Satto of Okinawa made an agreement with the Ming Dynasty in China, which included the exchange of people knowledgeable in many areas. Okinawa's fighting methods were refined by this exchange.

Chinese martial arts probably began with Bodhidharma, a man from India. As a little boy he belonged to India's kshatriya, a warrior caste, and he was taught vajramushti, and many believe it likely he used that fighting system as the basis for his technique. Early in the fifth century BC, he traveled to Shaolin-si (which means small forest temple) in the Henan province in China, where he found that the monks were not physically tough enough to withstand the demands of his teaching. He began to teach them exercises based on the vajramushti system. He gave them a system of 18 exercises to strengthen their bodies, and Buddhist ideas to strengthen their minds. This led to the Chinese style of temple boxing. The monks gained a reputation for being the most formidable fighters in all of China. They traveled from place to place, teaching. As they traveled they were influenced by many other fighting systems, but Bodhidharma's ideas were the base. Some people think that this story of Bodhidharma walking from India to China to teach his methods is a myth, but most sources feel it is true.

The Chinese system of martial arts mingled with the system indigenous to Okinawa. Shuri, Naha, and Tomari, three Okinawan cities, each developed a different style of self-defense which were known as Shuri-te, Naha-te and Tomari-te. Eventually Shuri-te and Naha-te merged and developed into Shorin-ryu, while Shuri-te and Naha-te led to Shorei-ryu.

Gichin Funakoshi was responsible for the next step in the spread of karate. He was born in Shuri, the capital Okinawa in 1868, the son of a minor government official. He was a small and sickly child, and when he was 11 years old he began to study karate under Yasutsune Azato, one of Okinawa's greatest martial artists. Funakoshi grew up to become a school teacher, but continued in martial arts as well. In 1906, he gave the first public demonstration of karate in Okinawa. In 1921, Prince Hirohito of Japan saw Funakoshi

give a karate demonstration, and invited him to Tokyo to demonstrate his style, which was slightly different from other Okinawans styles and was known as karate-do. He moved to Japan and never returned to Okinawa. He developed the Shotokan system of karate, one of the two Japanese mainland systems of karate today.

At first he taught 15 basic katas, each of which was studied for about three years before moving on. These were the five heian katas,

meaning Chinese. He also felt that empty hand was a better description of a weaponless art. Most importantly, "empty hand" better reflects the Zen concept of calm detachment.

Masatoshi Nakayama, born Kanazawa, Japan in 1913, became a student of karate in 1932, somewhat by accident. He had been a student of kendo, but due to a misreading of the schedule at the dojo, he showed up when the karate team was practicing. He was so intrigued, he said, "I completely forgot about kendo." Nakayama's



Gichin Funakoshi

the three tekki katas, kanku dai, bassai dai, jion, jutte, hangestsu, gankaku, and empi. As he continued, Funakoshi made changes and additions to his system. He added prearranged sparring and makiwara (striking post) from Japanese martial arts. Free sparring was added too, at the suggestion of younger students familiar with judo and kendo, though Funakoshi didn't like much at first.

One of the biggest changes Funakoshi made in karate was in the name. He felt that the Japanese would be more accepting if the word was given the Japanese meaning of empty, rather than the way it had been written previously,

generation had become used to sparring with a real opponent, rather than just practicing katas, so they were responsible for introducing Funakoshi to the idea of sparring.

In 1936, Nakayama was part of the first public demonstration of karate with these new ideas, at the Tokyo Civic Center. In 1937 he became an exchange student at Peking University, and did not return to Japan until 1946, after World War II. He missed the founding of Shoto-kan in 1938, the first karate dojo built in Japan. When he returned, he found that the dojo and many of his karate peers had all perished in the war. He organized

Continued on page 14

Kilohana Dojos

Dojos with Kilohana Charters

Pacific Coast Academy of Martial Arts Kilohana Hombu

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 Ingebretsen

Hollister Martial Arts Academy

512 San Benito St.
Hollister, CA 95023
(831) 636-6662
Head Instructor: Jason Props

Inayan Training Organization

1711 Tustin Dr.
San Jose, CA 95122
(408) 223-2336 (Mailbox#3)
Head Instructor: Mike Inay

Affiliated Kilohana Dojos:

Goshin-Jitsu Chow-Hoon

1857 Lincoln St.
Seaside, CA 93955
(831) 394-9652
Head Instructor: James Muro

Fusuikan Martial Arts Center

800 W. Harris St.
Eureka, CA 95503
(707) 443-1725
Head Instructor: Richard Pietrelli

Suigetsukan

1051 5th Ave., Studio C
Oakland, CA 94606
(510) 452-3941
Head Instructor: Michael Esmailzadeh

Affiliated Kilohana Dojos: cont.

The Konjokan/Team Sacramento

Classes at Kennedy High School
Sacramento, CA 95831
(916) 454-3951
Head Instructors: Al Ikemoto & Dave Butler

European/British Kilohana

28 C. Devonshire St.
London, W1RF, England, UK
011-44-171-224-0922
Head Instructor: Stephen Nicholls

Tai Chi Chuan Kwoon

1319 W. 161 St.
Gardena, CA 90247
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

Daryl J's Institute of Self Defense

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

Kodenkan Yudanshakai

1633 S. Augusta Place
Tucson, AZ 85710
(520) 886-4257
Head Instructor: Vinson Holck

Affiliated Kilohana Dojos: cont.

Ward's Tae Kwon Do, Inayan Eskrima Academy

1975 S. White Rd.
San Jose, CA 95148
(408) 258-4419

Head Instructors: George Carmingami &
Mike Inay

Unified Karate-Do Association

P.O. Box 54032
San Jose, CA 95154
(408) 248-2464

Head Instructor: Steve McCann

Quest Academy

2634 Kansas Ave. #M
Santa Monica, CA 90404
(310) 828-9343

Head Instructor: Lawrence Boydston

Ricardo's Karate Academy

RR 2 Box 157
Limerick, ME 04048
(207) 793-8925

Head Instructor: Frank R. Ricardo

Coast Karate Studios

1037 Terra Nova Blvd.
Pacifica, CA 94044
(415) 738-2010

Head Instructor: Bob Maschmeier

Abregana Self Defense Institute

P.O. Box 2106
Ewa Beach, HI 96706

Head Instructor: Jaime Abregana Jr.

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



**Sponsor A Gasshuku
Instructor**

**Sponsor A Gasshuku
Instructor**

**Sponsor A Gasshuku
Instructor**

Many of the Gasshuku instructors come from out of town, out of state, or even from out of the country. They are coming at their own expense and are not being compensated for teaching at the seminar. We want to make their stay as pleasant as possible and would like to help them with their travel expenses. However, the Gasshuku is a very expensive venture and Kilohana does not have enough funds to pay for all of the instructor expenses.

**This is where you can help show your
appreciation to the instructors.**

Choose an instructor (see Gasshuku flyer for list) and send in a contribution to be used for travel expenses or a Kilohana banquet dinner ticket. Each sponsored instructor will be provided with a list of people who contributed toward their expenses.

Please complete the form below

**Yes I would like to sponsor a Gasshuku Instructor Inclosed is
my check for:** (Circle or write a dollar amount)

\$25.00 \$50.00 \$75.00 \$100.00 Other _____

Name of Instructor you wish to sponsor

Name of Sponsor

Address

Telephone Number

Your Dojo Affiliation

Make check payable to: Kilohana Martial Arts Association
1875 S. Bascom Ave, #116-PIVIB230
Campbell, CA 95008

For a listing of Instructors that need sponsors, please call Gasshuku
Director Hans Ingebreetsen at the Kilohana main office (408) 558-9438

In the event that all of the travel and banquet expenses are covered for
the chosen instructor your contribution will be applied against the ex-
penses of an alternate instructor. Your name will be provided to both
instructors as a contributor.

classes again. He created sport karate, and created the Japan Karate Association, which hosted the first world karate tournament in 1957. Nakayama was chosen by Funakoshi to provide karate instruction for the U.S. Strategic Air Command in 1951 in Tokyo. The spread of karate to the United States and to the world began there.

Every system of karate involves learning the katas - the prearranged series of movements designed to improve performance. They all begin with a bow for respect, the a block for defense. This philosophy of defense rather than offense, and the importance of self control is reflected in a poem written by the Okinawan scholar Teijunsoku in 1663: "No matter how you may excel in the art of te, and in your scholastic endeavors, nothing is more important than your behavior and your humanity as observed in daily life."

Karate today includes many different styles, influenced by people in every time and place that used it. Each changed it in some way. It is still a growing art form. Millions of people today practice karate to learn self-defense, to learn discipline, and to have fun.

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CONFIRMED GASSHUKU 2000 INSTRUCTORS

Coach Jeff Elliott	Boxing
Dr. Daniel Weng	Shuai Chiao
Guro Jaime Abregana Jr.	Eskrima
Guro Jena Inay	Inayan Eskrima
Guro Willem deThouars	Kun Tao Silat
Jeff King	Martial Arts Marketing
Olohe Solomon Kaihewalu	Lua
Professor Imi Okazaki-Mullins	Kodenkan
	Ju Jitsu
Professor James Muro	Kosho Ryu Kenpo
Professor Michael Esmailzadeh	Shinkendo
Professor Ralph Castro	Shaolin Kenpo
Professor Rick Alemen	Kenpo Karate
Professor Wally Jay	Small Circle Ju Jitsu
Sah Bum Nim Jason Props	Tae Kwon Do
Sensei Al Ikemoto	Judo
Sensei Bob Montgomery	Iaido
Sensei Dale Kahoun	Judo
Sensei Ernie Boggs	Sport Ju Jitsu
Sensei Hans Ingebreetsen	Kodenkan
	Ju Jitsu
Sensei Jim Silvan	Shorin Ryu Karate
Sensei Jody Perry	Pankration
Sensei Richard Pietrelli	Batto Jitsu
Sensei Ron Abregana	Kenpo
Sensei Russ Coelho	Kodenkan Ju Jitsu
Sensei Jack Carter	Seifukujitsu
Sensei Steve Nicholls	Kodenkan Ju Jitsu
Shihan Daryl Johnson	Sanuces
	Ryu Ju Jitsu
Shihan Russ Rhodes	Ken Ju Ryu Kenpo
	Ju Jitsu
Shihan Vinson Holck	Kajukenbo
Sifu Andy Ching	Sil Lum Fut Ga
Sifu Cung Le	Sanshao
Sifu David Leung	Wing Chun
Sifu Janet Gee	Choy Li Fut
Sifu Kimo Hatchie	Tai Chi
Suro Mike Inay	Inayan Eskrima

Inayan Promotions

Greetings to all,

As of today the last date of the old Millennium, Jena Inay has been officially promoted to the rank of full Guro, inner circle. She has worked hard and diligently to honor the Inayan clan and has done so with the true spirit of the warrior, patiently and quietly. She is the first Female Guro in Inayan Eskrima. It is my hope that more will follow, however I do not award Guro ranks out lightly and so there are very, very few candidates.

Additionally I have announced the promotions of Cory Hanosh to the rank of Lahong Guro, Jason Inay to the rank of Lahong Guro and Jeff

Elliott to the rank of Masirib Guro. These ranks represent dedication, loyalty (Something most people don't get) and growth within the arts. They are again earned and are difficult to attain because time, duration and active participation in the arts are a critical factor achieving these ranks.

May you all have a rewarding new Millennium. And as we have said 35 years ago and we shall say it again for it is my hope that it shall endure:

Mabuhay Ang Eskrima!

Regards to all

Mangisursuro Mike Inay
Inayan.com



From Left to Right Jena, Suro, & Jason Inay



**Kilohana Martial Arts Association
& Zanshin Enterprises Present**

ZANSHIN ENTERPRISES



SAN JOSE GASSHUKU 2000 MASTERS SEMINAR

A Martial Arts Training Camp Intensive

Saturday & Sunday - July 29 & 30, 2000

9:00 am to 5:00 pm

Campbell Community Center - Campbell, California

Featured Guests Include:

Wally Jay, Mike Inay, James Muro, Lyle Ho, Ralph Castro, Jody Perry, Russ Rhodes, Vinson Holck, Jim Silvan, Willem de Thouars, Solomon Kaihewalu, Ernie Boggs, David Leung, Andy Ching and others.

Contact Gasshuku Director
Hans Ingebretsen at the main
office of Kilohana (408) 558-9438
for registration information

Classes include:

Ju Jitsu, Judo, Kenpo, Eskrima, Kajukenbo,
Aikido, Lua, Wing Chun, Batto Jitsu, Iaido,
Pankration, Kali, Massage, Boxing, Tai Chi,
Choy Li Fut, Tae Kwon Do, Sil Lum Fut Ga,
Sambo, Karate, Shuai Chiao

Pre-registration Due by July 3, 2000

Visit www.pckilohana.com
for more information

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comes knowledge.
From knowledge,
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