



Kilohana Chronicles



Volume 2 Issue 2

2nd Quarter 2001



Photo by: Bryne Reade

Sifu David Leung teaching at Gasshuku 2000

2001 Annual Kilohana Adult Summer Camp

Hosted by the Fusuikan Martial Arts Center and Pacific Coast Kilohana

June 23rd & 24th

Official Pre-registration Form

This event is being hosted by the Fusuikan Martial Arts Center in Hydesville, Ca. on June 23rd and 24th. To facilitate plans for the activities we request that everyone preregister by June 9th for this event. There are many options available so please read the following carefully. Please fill in all the information, mark the appropriate lines with the dollar amounts and total. Be sure to sign the release form at the bottom of the page.

Name _____ Phone _____
 Address _____ City _____ State/Zip _____
 Rank _____ Sensei _____ T-Shirt Size _____

Special All Inclusive Camp Price: \$169.00*

(3 Days Workout and All Meals on Sat. & Sun.)

Kilohana Member Discount	(\$40.00)**	{ _____ }	Kilohana Member # _____
Friday Eve. Workout(6pm to 9p)	\$25.00	_____	
Saturday Workout(9am to 5pm)	\$75.00	_____	
Sunday Workout (9am to 3pm)	\$65.00	_____	
Saturday Breakfast	\$5.00	_____	
Saturday Lunch	\$8.00	_____	
Saturday Dinner (Japanese Feast)	\$25.00	_____	
Sunday Breakfast	\$5.00	_____	
Sunday Lunch	\$8.00	_____	
All Meals	\$45.00	_____	
Registration after June 9th add \$20.00		_____	

Total Enclosed _____

* Kilohana membership is not required to attend this event. If you choose to become a Kilohana Member at this time \$40.00 of this fee can be applied to membership.

** Discount applies only to All Inclusive Camp Price

Please advise us of any food allergies or other concerns at this time.

Warning Waiver and Release of Liability and Agreement to Participate

I acknowledge and fully understand the Martial Arts are a physical contact sport and that I will be engaging in activities that might result in serious injury, including permanent disability and death and severe social and economic loss due to not only my own actions, or negligence of others, or conditions of the premises or any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

I assume all risks involved in the sports of Martial Arts and accept personal responsibility for the damages following such injury, permanent disability or death.

I enter Martial Arts practice, entirely on my own free will and understand the importance of following all directions given me by instructors and other officials.

I certify that I am in good physical condition and have no disease, injury, or other condition that would impair my performance or physical and mental well being in intense physical practice, training.

I release, waive, discharge and covenant not to sue Pacific Coast Kilohana, Fusuikan Martial Arts Center, individual instructors, other participants, their parent(s), guardian(s), owners or lessors of the premises used to conduct the class or event, all of which are hereinafter referred to as "releases," from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damages to property caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.

I/We the parent(s) or legal guardian(s) of this minor participant have instructed or will instruct the minor participating to the above warning and conditions and their ramifications and I/We additionally confirm and agree to all of the above statements, conditions, waivers, and releases, and consent to this minor's participation.

I /WE HAVE READ THE ABOVE WARNING, WAIVER AND RELEASE, UNDERSTAND THAT I/WE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS SIGN IT VOLUNTARILY.

(Print Name of Participant) _____ (Signature) _____ (Date) _____

(Print Name of Parent/Guardian) _____ (Signature) _____ (Date) _____

Send checks made payable to:

FUSUIKAN MARTIAL ARTS CENTER 800 W. HARRIS ST. EUREKA, CA. 95503 (707)443-1725

KIAI

By Professor James Muro

Such an energy as Ki was considered so powerful, so ambiguous in nature, the difference between sickness and health, weakness and strength, that if one could efficiently control it, he would accomplish almost anything. The absolute control of Ki brought the individual to superhuman levels of attainment. No longer bound to the mundane task of eating, he could live off strength drawn from the earth and the air he breathed. Subsisting on dew and moonbeams, he would no longer be sick, his energy left no room for disease. He was no longer subject to death's clutches, for in him Ki was full. There was no room for fear, death or the enemy's spears or arrows. In short, he was immortal.

CONCENTRATION

Concentration is a very important element of the Martial Arts and has a two-fold meaning, both applicable. One is mental, the direction of attention on a single idea (Ki), while the other is physical, the concentration of all one's force or energy in one place. In its mental aspect, concentration is a disciplining of the mind. In negative form, this means ridding the mind of all distractions to the degree that the mind wanders to thoughts extraneous to the matter at hand. In this, the action will be ineffectual. In its positive application, concentration vitalizes the image in the performer's mind so that the consequent physical force is intensified in two, five or even ten times its ordinary power.

On the physical level, when power is concentrated on a single target, maximum force is the result. The smaller the target area, the greater the force. This principle is observable in comparing the pressure of water which is increased as



the orifice of its flow is decreased with the pressure of a man's full weight in snow when he is wearing snow shoes. Newton's third law of motion again finds direct application here. We saw above that for every action there is an equal and opposite reaction. While a bullet strikes its target with the same force that the gunstock pushes against the markman's shoulder, because the bullet's force is concentrated on a small area, and the gunstock is a relatively larger area, the effect of equal forces is vastly different. These principles are constantly and consistently applied. For example, if greater impact force is desired, the force of the first may be exchanged for that of the pair of knuckles or the edge of the hand. The knife-hand cut is much more devastating than a straight-on blow of the fist. Even the head may deliver fatal blow if maximum power is concentrated in the forehead as the performer is balancing his bodyweight and transmitting full energy from the feet, through the torso and neck to the middle of the forehead. The objective is always minimum

continued on page 4

Kiai continued from page 3

output of energy for maximum input of power. This is technically known as maximum efficiency.

An essential factor to perfect performance is that all muscles and tendons, when not in use, be kept loose and relaxed so that there may be instant response to the demand of any new set of stimuli. If the muscles are already tense before action, power concentrated at the moment of focus must be instantly released.

Thus, one can say that concentration is achieved in two ways. One is to coordinate every muscle of the body to one point, especially true for the larger muscles around the hips and abdomen, which are theoretically slower in response than smaller muscles, but the most effective as tools of strength. The second is to transfer the result of such mobilization into the smaller possible areas of an opponent's vital spot. Such control of the muscles requires years of constant, concentrated, expertly-guided practice. There is no other way.

THE "KIAI"

"Kiai" is a practice that has come down with the rest of the secrets of Jiu-Jitsu, but it is of such metaphysical and abstract quality that only a handful of individuals living today are in full command of its powers. Therefore, we can only tell about these strange practices, hoping that in time to come, their inner meanings will be fully revealed to you as you progress toward perfection. Many of these secrets may seem more or less fantastic and impossible. However, they are far from that as their verity has been proven many times in centuries past.

The acquisition of most of this information depends on your willingness to take for granted that which may not seem to have even the slightest bit of logic or soundness to its external appearance. A negative attitude will result in a complete loss of comprehending this vital knowledge. When you go to see a magician perform feats of magic in a theater, you are impressed with

his skill just as much as if you don't know how he creates a certain illusion, as when you do. Knowledge -complete, deep-sighted knowledge-never lessens any illusion. But as in the magician's case, he doesn't in his performance, let you in on the secret of a trick. The same is true with the practice of Kiai. Your advancement in Jiu-Jitsu makes you realize the plausibility of its workings and it gives you ground upon which you can base your belief in it. Kiai is never fully explained. When you have progressed far enough into the many aspects of Jiu-Jitsu, Kiai may suddenly be revealed to you, just as truth and intricate philosophical solutions are made clear to the advanced thinker when he has pondered long enough on the subject before him.

We ask you to try and assume the Oriental point of view, to see the reality of these things we are going to tell you. We know they exist and will continue to exist and we want you to agree

Kilohana Chronicles

Hans Ingebreetsen, Editor
Ron Guditus, Layout

The Kilohana Chronicles newsletter is published quarterly. Submission deadlines for articles and advertisements are:

December	1
March	1
June	1
September	1

for publication in the next quarterly issue.

For Article submission send to:

Articles C/O Kilohana
1875 S. Bascom Ave. #116-PBM 230
Campbell, CA 95008

Articles@Kilohana.org
Advertisement@Kilohana.org

408 558-9438

with us. These things have been done, can be done and will continue to be done. And when you find these basic secrets suddenly revealed to your mind, then you too can do these things. Assume the Oriental frame of mind, accepting even that which you do not understand as truth and reality. Because the Oriental and Occidental points of view are so different, some students may never be able to comprehend Kiai in its completeness. It is naturally impossible for some Occidental minds to revolutionize their outlook in order to deliver a principle. However, try your best in attempting to reject your present Occidental point of view, replacing it with the comprehension of these basic secrets. Remember again that adage - "Condemnation before investigation is man's most effective weapon against knowledge."

Kiai is really the foundation upon which advanced Jiu-Jitsu is laid. A great critic once said that "literature leaves off where music begins." The same is true of Jiu-Jitsu combat. It leaves off where Kiai begins.

A Japanese considers the person who loses his temper at the last provocation mentally deficient. He has nothing but contempt for such an individual.

The fundamental requirement for the student of Kiai is an attainment of the same calmness and serenity of mind which the Japanese possesses. It is this quiet receptivity which makes for the eventual understanding and revelation of this science to the student. A profound student of Oriental philosophy can become so adept in the practice of Kiai that it is possible for him to

discontinue the functions of an opponent's mind without coming any nearer to him than six feet. He has so freed his own mind of all disturbing influences and elements that it is easy for him to absorb and revoke objectionable thoughts directed against him. Now this practice is very similar to hypnotism in its results, but it is basi-

cally different and is not hypnotism as we know it. However, for the sake of explanation, we are forced to identify hypnotism with Kiai.

A simple example of the practice of Kiai is contained in the incident of stopping a horse or directing him to turn a corner by shouting. In much the same way, a child can be made to cease crying or doing something it shouldn't by giving it a certain look. In these instances, the

expression of the eyes or the voice are employed. These practices are known to everyone and they may be termed the elementary practices of Kiai. Advanced Kiai is really the transference of mental telepathy of your thoughts to the Medulla Oblong (nerve center) that controls that part of the brain which in turn controls muscular activity. It has been the fortunate experience of the author to see a Japanese Jiu-Jitsu expert, thoroughly masterful in the art of Kiai, cause a small bird to fall from a tree. seemingly stone dead. This was done by uttering a few guttural intonations. The vibrations of these sounds completely arrested the functioning of the bird's mind and body. This expert then picked up the limp bird, manipulated certain muscles and nerves, and a few minutes later the bird flew away, apparently no worse for his few moments of death. This may sound quite fantastic to one

continued on page 6



Kiai continued from page 5

who is inclined to be skeptical, but it certainly is not. The incident actually happened and it reveals the tremendous possibilities of a knowledge of Kiai.

These individuals who can successfully practice this amazing art, are usually endowed with a particular trend of mind. Years of experience will enable these people to reach the point where it is possible for them to control another mind to such an extent that it reaches a state of unconsciousness with a minimum effort, should they have definite desire to accomplish this phenomenon. But this requires years of study and intensive concentration. WHAT IS "KIAI"? You are doubtlessly asking this question now. Kiai is a combination of hypnotism, mesmerism, applied psychology, power of suggestion, and many other methods of mental control over individuals. It has been explained in preceding paragraphs that a calm and collected frame of mind and a positive attitude when entering combat is of the utmost importance. Add to that a complete mental receptivity. The mind of one versed in this science absolutely expels all outside influences. He is in such a state of mental receptivity that any vibration sent out from the mind of his opponent (and there will be many especially as the adversary is thinking about the other fellow) will be caught and analyzed by his own consciousness.

As mentioned in a previous book, Professor Kano, a seventy year old Japanese, is the world's most proficient exponent of Kiai. Kano has so mastered this difficult art that he can absolutely keep an adversary from approaching

him by simply throwing out an Aura of mental suggestion, which amounts to the same thing as if there were a brick wall between the two men. No one has ever been able to "climb over" that wall into his consciousness and overpower the forces he gives out. A vivid example of this same sort of suggestion was exhibited daily at the San Francisco Exposition of 1915. A Japanese girl, considered a prodigy and an enigma, and an expert in Kiai, stood daily in one of the exhibition rooms and defied anyone to approach within ten feet of her. Men and women tried to get within the limit of feet and some even aimed guns at her, in an attempt to break the mysterious wall between this girl and her opponents. But no one succeeded in breaking through the Aura of thought or suggestion. All during the months of the Fair, psychiatrists and other people, thoroughly skills in the field of mind study, tried to break down her power. All efforts were of no avail. Kiai enables you to so control the mind of your adversary as to make him turn his body just the way you want him to. You can then

exercise your holds and win your combat. Kiai gives you the power to make an automaton out of the other man and completely enslave him to your will.



Often your audience is entirely unaware that you are controlling your opponent's mind, as is the opponent himself. He merely experiences a sudden weakening of his muscular system and a draining of his power to move. Radio, television and mental telepathy which have been more than mere theories

in the past few years, all tend to prove the findings of the Japanese Samurai, regarding mind control of yourself and your opponent. These

continued on page 19



The annual Kilohana shinin workout was held at Suigetsukan in Oakland, California on Sunday, March 4. Professor Esmailzadeh hosted the four and a half hour seminar, which was taught by himself, Sensei Hans Ingebretsen, Sensei Dale Kahoun, and Professor James Muro. This is perhaps the toughest workout of the year, and survivors receive a Kilohana certificate of proficiency after the training. The next black belt class is the shinyo workout, also to be held at Suigetsukan, on Sunday, April 1. Other advanced lists are instructed at Camp Kilohana.

Pictured at the end of the shinin class are Sam Larson, Ross Tremayne, Scott Merrill, Hans Ingebretsen, James Muro, Dale Kahoun, Jonathan Largent, Troy Hammerman, Noah Haders, Michael Esmailzadeh, Joy Reime, Rebecca Wong, Butch Bowen, Jorin Bukosky, Annette Kahoun, Matt Tryon and Craig Kutil. Dojos represented at the class were Suigetsukan, Shinbukan, Chow-Hoon Goshin Jitsu Monterey Self Defense Club, Fusuikan, Seaside Goshin Jitsu Chow-Hoon, Mushinkai, Yama Bujin Goshin Jitsu, and the Pacific Coast Academy of Martial Arts.



Ju jitsu promotions were held recently at the Shinbukan dojo in Campbell, California. Pictured receiving their promotions are Todd LaBrie, Janelle MacDonald, John Tufts, Charles Devault, Rick Brock, Kevin Thompson and Melissa Heagerty.

The 2001 San Jose Gasshuku is Coming!

The 9th annual San Jose Gasshuku is set for the weekend of July 28-29, and will be held once again at the Campbell Community Center,



Photo by: Bryne Reade

One Campbell Avenue, in Campbell, California. Pre-registration fliers will be mailed out soon, so if you are not on the Kilohana mailing list, and want to receive Gasshuku information, call the Kilohana main office at (408) 558-9438 to leave your current phone number and address.

This two-day event consistently features some of the finest martial art instructors in the world, and provides attendees a chance to personally train with world-renowned teachers and champions. Classes last one hour and ten minutes long, with ten minute rest breaks between classes. Pre-registration prices for adults are \$145 for two days, and \$95 for one

day, while for children 13 and under, the price is \$65 for two days, and \$50 for one day. The spectator fee is \$10, and the videotaping fee is \$50 for those who want to shoot their own video. Those who pre-register will receive a free t-shirt, patch and program. Registration at the door will be \$175 for two days, and \$120 for one day for adults. Children's registration price is the same for pre-registration and for walk-ins. Kilohana members receive a \$20 discount on training.



Photo Courtesy of
Venz Fine Photography

Saturday night the Kilohana Awards Banquet will be held. Reservations for the dinner constantly sell out, so make your reservations early. The banquet price will be \$35 per person.

Kilohana recommends staying at the Larkspur Landing Hotel, just a few blocks away from the Community Center. Reservations at Larkspur Landing can be made by calling (408) 364-1514. The address for Larkspur Landing is 550 W. Campbell Avenue, Campbell, CA 95008.

This year special attention is being given to the children's program, with expanded children-only features. We guarantee this will be the finest children's program we have ever had.



Photo Courtesy of Venz Fine Photography

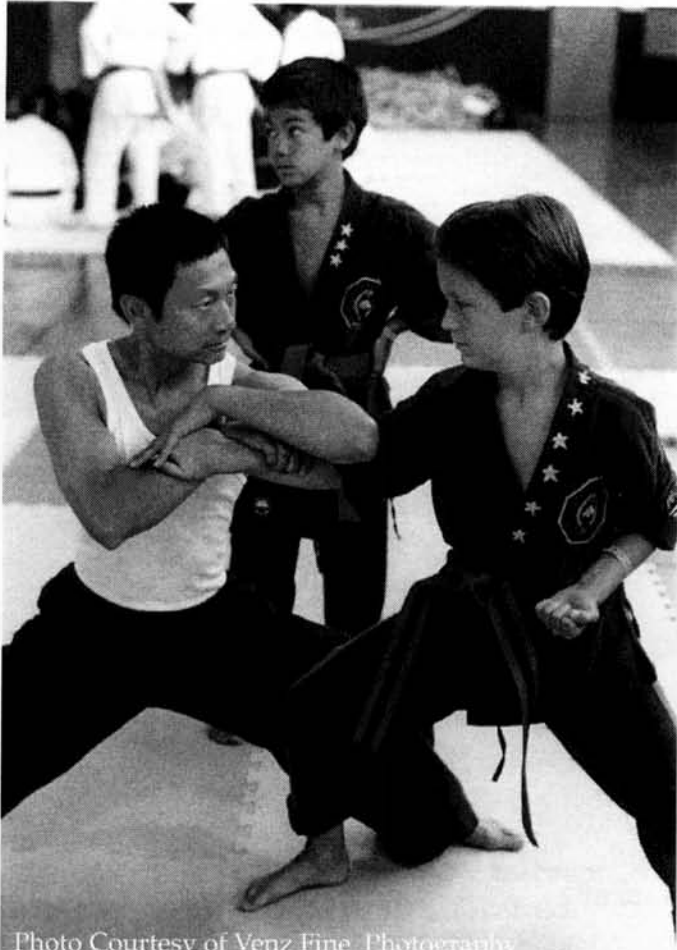


Photo Courtesy of Venz Fine Photography

For Gasshuku information, either call the main office or contact Gasshuku Director Hans Ingebretsen at (408) 377-1787. You may also e-mail inquiries to Gasshuku@Kilohana.org or visit our website at www.kilohana.org/Gasshuku/gasshuku_2001.htm

CONFIRMED GASSHUKU INSTRUCTORS
AND THE ARTS THEY WILL BE TEACHING
INCLUDE:



Photo Courtesy of Venz Fine Photography

1. Hanshi Alexander Archie
Goju-Shorei Kifaru Karate
2. Professor Willy Cahill
Judo
3. Sensei Jack Carter
Shiatsu
4. Sifu Andy Ching
Sil Lum Fut Ga
5. Sensei Russ Coelho
Danzan Ryu Ju Jitsu

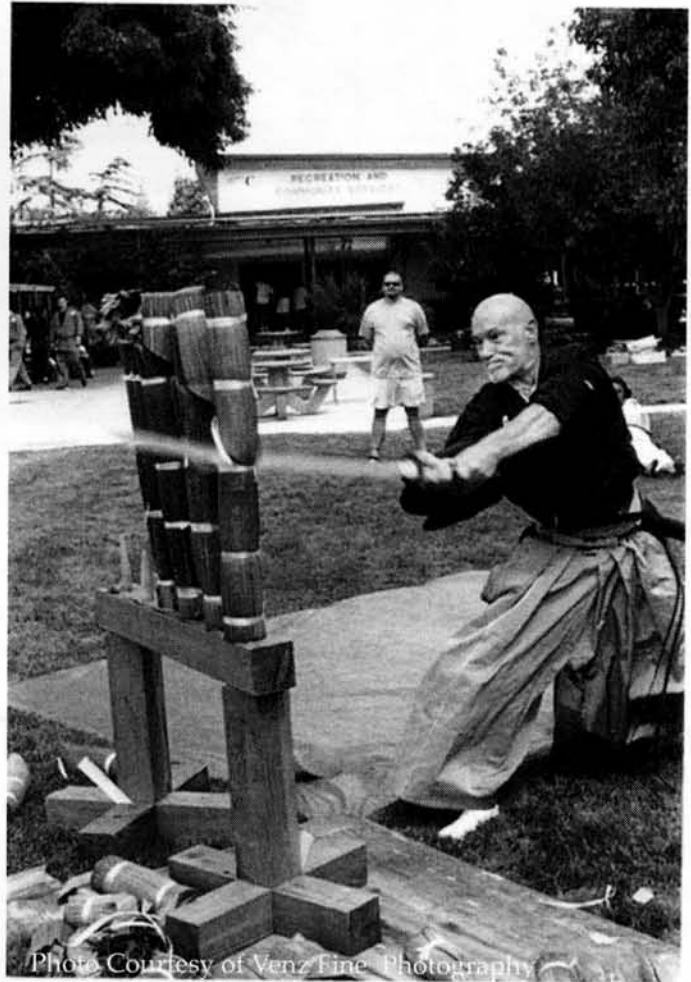


Photo Courtesy of Venz Fine Photography

6. Guro Willem deThouars
Kun Tao Silat de Thouars
7. Sempai Andy Dunn
Kenpo Ju Jitsu
8. Hanshi Frank Dux
Dux Ryu Ninjitsu
9. Professor Michael Esmailzadeh
Aikido
10. Master Instructor Arthur Gonzalez
De Querdas Escrima

continued on page 18

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

Regional Directors

Hawaiian Director

Bruce Raney

European Director

Stephen Nicholls

Standards Board

James Muro and alternate, Hans Ingebretsen

Russ Rhodes and alternate, Dale Kahoun

Al Ikemoto and alternate, Jack Carter

Michael Esmailzadeh and alternate, Russ Coelho

Director of Weapons Training

Jason Inay

Historical Committee

James Muro

Dale Kahoun

Hans Ingebretsen

Jack Carter

Ron Keaton

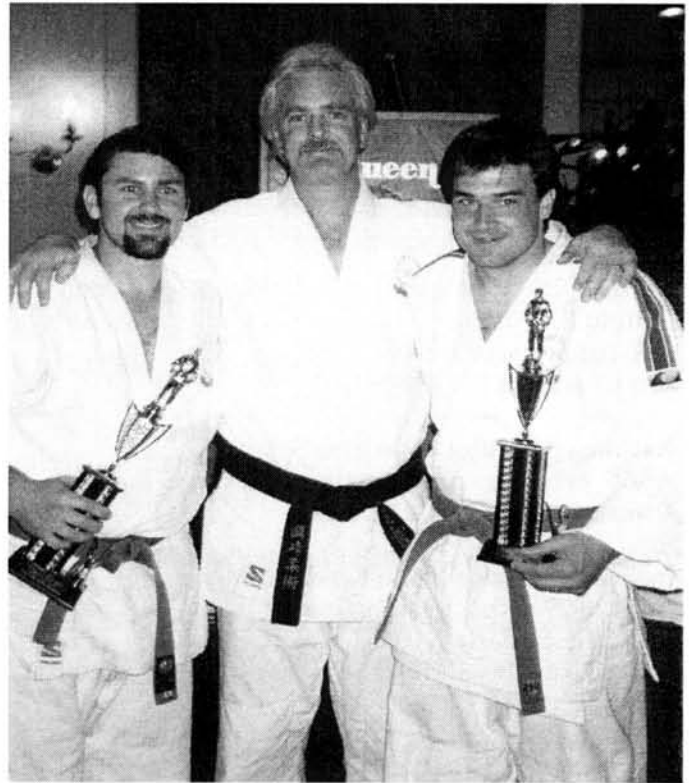
Bryne Reade

Ohana 2001

This year's Ohana was an outstanding event, hosted by The American Jujitsu Institute in Waikiki, Hawaii on February 16-20. Seminars were held all day Saturday and a kata tournament was held on Sunday, featuring both ju jitsu and karate kata. Monday was an Ohana golf outing, and on Tuesday there was a clinic and luau at Professor Limbago's house in Waianae. Professor Danny Saragosa was the convention director, and he did an exemplary job of organizing and running the event.

The Ohana Convention is held every other year, and each time is hosted by one of the different Danzan Ryu organizations. Started in 1990 by Professors Bill Fischer and Mike Chubb of Shoshinryu, it is now established as probably the most important of any of the Danzan Ryu conventions, as it brings together representatives from all the different organizations to remember that we are all of the same family established by Danzan Ryu founder Henry S. Okazaki.

Instructors included Francisco Limbago, Jack Wheat, Wally Jay, Joe Holck, Willy Cahill, Lamar Fisher, Bill Beach, Tom Ball, Mike Chubb, Tony Janovich, Alex Limbaugh, Charles Lee, Sam Luke, Alexander Archie, George Arrington, Kevin Colton, Ken Eddy, Bill Fischer, Vinson Holck, Hans Ingebretsen, Bruce Raney, Ron Jennings,



Shinbukan students Jeremiah Stanley and Matt Tryon exhibit their first place trophies from the Ohana Kata Tournament

Sue Jennings, Dave McNeil, Imi Okazaki-Mullins, Daniel Saragosa, Joe Souza, Mel Canisbog, Ross Gibbs, Buck Wheat and Nobu Nakamura.

The association heads meeting was especially fruitful this year, as Professor Willy Cahill proposed an umbrella organization, the Danzan Ryu Alliance, to further the sense of family and togetherness among all of the Danzan Ryu groups. A statement of purpose was signed

by all the association heads that pledged them to work together in harmony and cooperation to further the spread of the Danzan Ryu system.

The next Ohana Convention will be held August 22-25 2003 at the Crowne Plaza Hotel in Foster City, California, and Professor Cahill will be the convention director.



Charles Devault, Buck Wheat, Nobu Nakamura, Jeremiah Stanley and Matt Tryon

Upcoming Kilohana events

Danzan Ryu Ju Jitsu Kata Tournament

March 31, 10:00 a.m. to 4:00 p.m. at Redwood Acres Fairgrounds in Eureka, CA. Pre-registration mandatory. Cost \$25. Contact Sensei Richard Pietrelli at 707 443-1725

Shinyo Workout

April 1, 12:30 at Suigetsukan in Oakland, CA. Open to Danzan Ryu shodans & above. Cost: \$50 (free to anyone who has attended before). Contact Professor Michael Esmailzadeh at 510 452-3941

Kashima Shin Ryu Batto Jitsu Seminar

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

Inayan Kadena de Mano Level 6 Certification

April 28-29 with Suro Jason Inay at the Pacific Coast Academy of Martial Arts. Level 5 Certification a prerequisite. Cost \$250. Contact Suro Jaso Inay at 408 866-0325

Kui Lima Workout

May 20, Sunday, 10:00 a.m. to 1:00 p.m. at the Pacific Coast Academy of Martial Arts. Cost \$10 for Kilohana members, \$20 for non-members. Contact Sensei Hans Ingebretsen at 408 377-1787

Kilohana General Meeting

May 20, Sunday at 1:30 p.m. at Larksbury landing Hotel. Contact Sensei Hans Ingebretsen.

Camp Kilohana

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

Ken Ju Ryu / Danzan Ryu Black Belt Promotions

July 14 Saturday 12:00 noon at Pacific Coast Academy of Martial Arts 2507 S. Winchester Blvd. Campbell, CA Contact Shihan Russ Rhodes 408 347-4790

Kui Lima Workout

July 15, Sunday 10:00 a.m. to 1:00 p.m. Cost \$10 for Kilohana members, \$20 for non-members. Contact Sensei Hans Ingebretsen.

Kilohana General Meeting

July 15, Sunday 1:30 p.m. at Larksbury landing Hotel. Contact Sensei Hans Ingebretsen.

Gathering of the Masters

July 21-22 Onieda WI. Contact Sensei Keven Sheonebeck, at 920 490-6870
Instructors include Suro Jason Inay, Shihan Russ Rhodes, Prof. James Muro

San Jose Gasshuku

July 28-29 at the Campbell Community Center, Campbell, CA. Contact Gasshuku Director Hans Ingebretsen at (408) 377-1787.

Kui Lima Workout

Sept. 9, Sunday, 10:00 a.m. to 1:00 p.m. at Pacific Coast Academy. Cost \$10 for Kilohana members, \$20 for non-members. Contact Sensei Hans Ingebretsen.

Kilohana General Meeting

Sept. 9, Sunday, 1:30 p.m. Location to be announced. Contact Sensei Hans Ingebretsen.

Fusuikan Fall Ju Jitsu Kata Tournament

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

Kui Lima Workout

Nov. 11, Sunday, 10:00 a.m. to 1:00 p.m. at the Pacific Coast Academy. Cost \$10 for Kilohana members, \$20 for non-members. Contact Sensei Hans Ingebretsen.

Kilohana General Meeting

Nov. 11, Sunday, 1:30 p.m. Location to be announced. Contact Sensei Hans Ingebretsen.

Advanced Ju Jitsu Workouts

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

Other upcoming events:

Northern California Judo Invitational

April 1, Sunday, at Santa Clara High School, 3000 Benton St., Santa Clara, CA. Hosted by the Santa Clara PAL Judo Club. Contact Tournament Director Keith Watanabe at (408) 278-5627.

Jujitsu America Clinic

April 7 at Cahill's Judo Academy
Contact Professor Willy Cahill at 650 589-0724

Watsonville Invitational Judo Tournament

April 15, Sunday in Watsonville, CA

DeQuerdas Eskrima Clinic

April 21, Saturday, with Master Instructor Arthur Gonzalez, Sr. at Kugtar Martial Arts Center in Salinas, CA
Contact Sensei Scott Merrill at 831 655-5568

UC Berkeley Chinese Martial Arts Championships and USAWKF Western Regional Championships

April 21, Saturday at RSF, Field House at 2301 Bancroft Way at Dana Court on the UC campus in Berkeley,

CA. Call (510) 642-3268 or check www.ocf.berkeley.edu/~calwushu/

USJI Senior Judo Nationals

April 26-28: Disney's Wild World of Sports Complex, Orlando, FLA. Contact Eddie Arrazcaeta at Biged659@aol.com

3rd Annual Silver State Open Karate Championship

April 28, Saturday at the Ramada Inn Speakeasy Hotel & Casino, 200 East 6th St., Reno, Nevada. Contact Hanshi Alexander Archie at (775) 334-3606.

Camp Danzan Ryu

May 18-20: Felton, CA <http://campdanzanryu.homestead.com/CampDanzanRyu.html>

CJI Judo Junior State Championships

May 19-20 in Fresno, CA

Salinas Invitational Judo Tournament

June 3, Sunday in Salinas, CA

52nd Lua Reunion

June 22-23, Kailua Kona, Hawaii. Contact Olohe Solomon Kaihewalu at (888) 886-1227, or fax # (714) 538-0961 or at www.olohe.com/seminar/seminar.htm

Wing Chun Do International Convention

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

6th Annual AJJF Sponaneous Kata Contest & Jujitsu Class

July 4, at High Sierra Jujitsu Dojo, 120 Woodland, Reno, Nevada. Contact contest director Amanda Ferris or Cyndi or Frank Ferris at (775) 747-1758.

38th Annual USJF Junior, Youth and Team Championships

July 12-15 Tournament Headquarters: Hyatt Resort Monterey, 1 Old Golf Course Dr., Monterey, CA (800) 824-2196. Contact Tournament Director Eddie Stewart at (831) 384-6733 or fax (831) 372-1234 or e-mail to usjf2001jrnationals@yahoo.com or contact Natofc@usjf.com

Masters Hall of Fame Dinner

July 20, Friday at 6:00p.m. at the Radison Hotel 4545 McArthur Blvd., Newport Beach, CA Hosted by I.K.K.I.Productions, Contact David Dye at 714 901-2457

USJI Judo Junior Olympics

July 20-21: Louisville, KY Contact Jim Branson or Lowell Slaven

USJA Judo Junior Nationals

July 27-29 in Toledo, Ohio

Judo Training Camp

July 30-August 3 Camp Bushido West located at camp Paradise in Clipper Mills in the Sierra Mountains of California. Contact Sensei Charlie Robinson at (530) 673-8244. Cost \$150 for food, lodging & training

Kashima Shin Ryu North American Gasshuku

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

Kamp Kaishinkai

Aug. 10-17 Centralia, WA
Contact Sensei Ron or Sue Jennings, at 360 273-6064

H. S. Okazaki Invitational Ju Jitsu Tournament and Shoshinryu Convention

Sept. 1-3 in Irvine, at the Atrium Hotel accross from John Wayne Airport. Contact Professor Mike Chubb at 702 294-1143

Judo Ladder Tournament

September 2: Indianapolis, IN Contact Jim Branson or Lowell Slaven

Jujitsu America Convention

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

The Gathering 2001

Oct. 13-14 Sat. & Sun. 9:00 a.m. to 5:00 p.m. at Folsom Community Center, 52 Natoma St. in Folsom, CA. Sponsored by the Martial Arts Collective Society. Contact Shihan Robert Ito at (415) 897-0676.

US Judo Open

October 20-21: Denver, CO (location tentative) Contact Pat Nading-Amman at Patusajudo@aol.com

If you would like to list your Event on the Kilohana Calender please see page 3 for submission info.





Kilohana Dojos

Schools with Kilohana Charters

Pacific Coast Academy of Martial Arts

Kilohana Hombu Dojo

2507 S. Winchester Blvd.

Campbell, CA 95008

(408) 378-4790

Head Instructor: Russ Rhodes

Shinbukan

Classes held at Campbell Community Center

Mailing address:

1269 El Moro Dr.

Campbell, CA 95008

(408) 377-1787

Head Instructor: Hans Ingebretsen

Hollister Martial Arts Academy

401 McCray St. B-10

Hollister, CA 95023

(831) 636-6662

Head Instructor: Jason Props

Fusuikan Martial Arts Center

800 W. Harris St.

Eureka, Calif. 95503

(707) 443-1725

Head Instructor: Richard Pietrelli

Suigetsukan

1051 5th Ave. Studio C

Oakland, CA 94606

(510) 452-3941

Head Instructor: Michael Esmaelzadeh

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 Afililiated Kilohana Schools

Goshin-Jitsu Chow-Hoon

Mailing address:

1857 Lincoln St.

Seaside, CA 93955

(831) 394-9652

Head Instructor: James Muro

Inayan System of Eskrima

208 Calle Maruerita

Los Gatos, CA 95030

(408) 866-0325

Head Instructor: Jason Inay

British & European Kilohana

16 Balderton St.

London W1Y 1TF

England, U.K.

011-0207-629-6183

Head Instructor: Stephen Nicholls

Chow-Hoon Goshin Jitsu Monterey Self Defense Club

Classes at Monterey Sports Center

Mailing address: 1162 Josselyn Canyon Rd.

Monterey, CA 93940

(831) 655-5568

Head Instructor: Scott Merrill

Aloha Tai Chi of Gardena

Mailing address:

1319 W. 161 St.

Gardena, CA 90247

(310) 327-3686

Head instructor: Kimo Hatchie

Hawaii Chinese Goju-Ryu Kenpo Karate/ Jujitsu Club

P.O. Box 23263

Honolulu, HI 96823-3263

(808) 533-1064

Head Instructor: Lyle Ho

Muso Jikiden Eishin Ryu, Komei Juku Beikoku Hombu

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

Abregana Self Defense Institute

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

Ward's Tae Kwon Do, Inayan Eskrima Academy

1975 S. White Rd.
San Jose, CA 95148
(408) 258-4419
Head Instructor: George Carmingami

Unified Karate-Do Association

P.O. Box 54032
San Jose, CA 95154
(408) 248-2464
Head Instructor: Steve McCann

Quest Academy

Mailing address:
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
(650) 738-2010
Head Instructor: Bob Maschmeier

Shintaikido of Pacifica

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

L.A.P.D. Jeopardy Program

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

Daryl J's Institute of Self Defense

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

Chinese Kung Fu/Tai Chi Academy

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

Janet Gee's Martial Arts

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

Yama Bujin Goshin Jitsu

5821 Farish Rd.
Placerville, CA 94667
(530) 344-0703
Head Instructor: Ross Tremayne



*To be listed as a Kilohana dojo
please contact us at*

*1875 S. Bascom Ave. #116-PBM 230
Campbell, CA 95008
408 558-9438*

CARTER'S CORNER

Sports Medicine & Massage

By Sensei Jack Carter

GAS PAINS AND PRESSURE.

This information may be of interest to people who have Gas Pains and Pressure.

What is stomach and intestinal gas? It is thousands of tiny bubbles. These tiny gas bubbles begin to multiply in the stomach and intestines, they begin to press harder and harder on the walls of the stomach and intestines causing swelling and a bloated discomfort. Gas is often accompanied by constipation, abdominal pain, and headaches. What causes the gas bubbles? What you eat. No matter how careful you are about eating, high fiber foods, fresh fruits, vegetables and whole grain foods, such as white flour, too many refined, processed foods, rich or heavy foods; too many different kinds of foods at one time can cause problems. Any one of these conditions can cause matter to block the colon, often causing gas. Various foods require both different enzymes and different amounts of time to be digested thoroughly. When fruits and beans are eaten together they ferment, causing putrefaction in the digestive system. Tension in the abdominal muscles, the diaphragm, or the digestive organs themselves affects digestion no matter what you eat. Abdominal, nervous tension; lack of exercise can also bring on gas systems also. Preventing and Relieving Gas and Indigestion: How can we prevent/avoid stomach and intestinal gas?

Peeling fruits and vegetables can help to reduce gas, as can soaking beans in water with baking soda over night.

Avoid eating cold foods and drinks: Cold foods and drinks are the major causes for digestive disorder as they can temporarily paralyze the stomach.



Eat slowly, chewing your food thoroughly: Hurried eating and incomplete chewing hinders digestion because the enzymes in the saliva that begins the digestive process doesn't do there job. And by keeping a diary of the foods that we eat to isolate the foods that specifically cause us problems. Trying to control problems around us that may cause nervous tension.

The following pressure points can be very helpful in relieving abdominal, stomach tension and nervousness causing indigestion and gas.

CV#6, S#36, LI#4, LI#1 1, CV# 1 2, B#2 3, B#47

Note: All of these points do not have to be done at one time.

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

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

Kilohana Celebration!

A Kilohana Celebration Banquet will be held on Saturday night at the Campbell Community Center in Orchard City Hall



**Come Celebrate the Martial Arts as we honor
Individuals with Kilohana Legend and Ohana Awards.**

Celebration starts at 6:30 p.m.

Saturday night, July 28, 2001

Banquet ticket: \$35.00

Seating is limited. Reserve your seat early !!

Food... Prizes... Dancing

Reservations can be made by calling Kilohana office at 408 558-9438

gasshuku continued from page 9

11. Shihan Vinson Holck
Kajukenbo
12. Suro Jason Inay
Inayan Eskrima
13. Guro Jena Inay
Inayan Eskrima
14. Sensei Hans Ingebretsen
Submission Grappling
15. Sensei Al Ikemoto
Judo
16. Professor Wally Jay
Small Circle Ju Jitsu
17. Shihan Daryl Johnson
Sanuces Ryu Ju Jitsu

26. Sah Bum Nim Jason Props
Tae Kwon Do
27. Sensei Bruce Raney
Judo
- 28.. Shihan Russ Rhodes
Ken Ju Ryu Kenpo Ju Jitsu
29. Sensei Charlie Robinson
Judo
30. Professor Frank Sanchez
San Jitsu
31. Sensei Kevin Schaller
Adaptive Martial Arts
32. Professor Jack Wheat
Seifukujitsu



Photo by Bryne Reade

18. Sensei Dale Kahoun
Tanju no Maki
19. Coach Cung Le
Sanshou
20. Sifu David Leung
Wing Chun
21. Sensei Scott Merrill
Goshin Jitsu
22. Professor James Muro
Kosho Ryu Kenpo
23. Sensei Steve Nicholls
Danzan Ryu Ju Jitsu
24. Professor Imi Okazaki-Mullins
Danzan Ryu Ju Jitsu
25. Menkyo Kaiden Richard Pietrelli
Kashima Shin Ryu Kenjitsu

THIS YEAR'S SPECIAL HONORED GUESTS INCLUDE:

- Olohe Solomon Kaihewalu
Lua Halau O Kaihewalu
Grandmaster Al Novak
Kung Fu
Sensei Leibert O'Sullivan
Danzan Ryu Ju Jitsu

DEMONSTRATIONS WILL BE DONE BY:

- Cung Le's Sanshou Team
Sanshou
Master Dave McNeil
Goju Shorei Cane
Women Kickin' It
Women's Self Defense

Kiai continued from page 6

discoveries have been organized and developed by Occidentals in a material way, just as the science of Kiai has been developed in a metaphysical manner from the same basic principle by the Japanese. Nearly everyone is more or less familiar with the radio. It has become such an integral part of the American household that it is well on the way toward being taken very much for granted. But have you ever given thought to the fact that the radio is a form of sound transference, much the same as Kiai? In radio, your set at home picks up the other vibrations sent out by a sending station and centers them into human voices, orchestras and various other sounds. Now compare your opponent's mind with the receiving set, your own with the sending station. You send out thought waves and thought desires, and they are picked up and used by the other mind. Kiai is both thought transference and sound transference.

Kiai is really a spiritual development as well as mental one. Many of Japan's recognized masters do not have a thorough working knowledge of Kiai. They only feel instinctively that it is the complete thought transference of your ideas to another mind. They are totally incapable of going further with their explanation and telling you exactly how Kiai is performed.

In comparison with the physical control of your opponent which Jiu-Jitsu has taught you, Kiai is another phase of Jiu-Jitsu which gives you an equal control of that same opponent's mind. Kiai is really "subconscious impression." Along with silent thought transference, to the subconscious, Kiai includes sound transference, such as the name of the individual when used in the same manner and intonation. Elementary Kiai, in brief, is sound transference - setting up vibrations in the mind of other individuals by the utterance of words and phrases. When you have so learned to control the physical of Kiai, then you are ready for the advanced Kiai. The advanced form is the more specialized rendering of the subject's mind to your influence by radio magnetism and thought transference.



**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-PMB 230
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 expenses of an alternate instructor. Your name will be provided



Hang Loose Brudda !



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

PRSR STD
 U.S. POSTAGE
 PAID
 Campbell, CA
 Permit No. 1020