



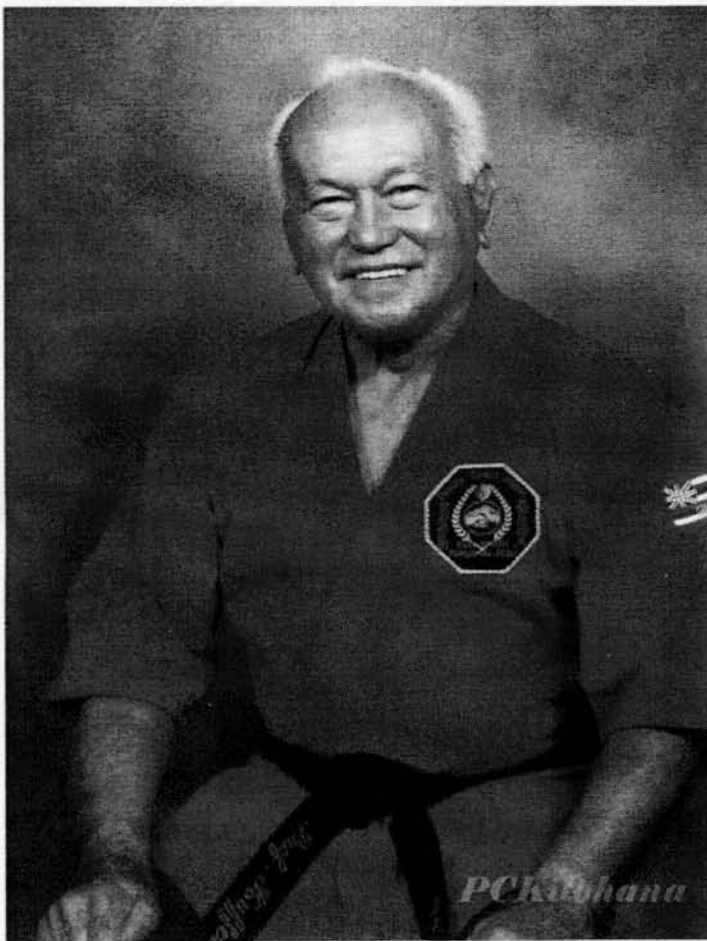
Kilohana

Chronicles



Volume 4 Issue 1

1st Quarter 2004

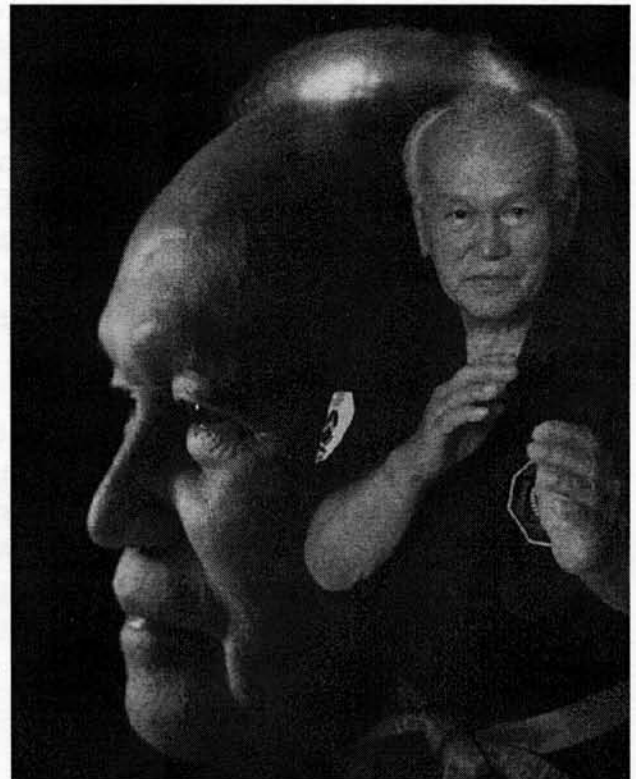


Sig Kufferath's Birthday

February 16th was Sig's birthday. It's hard to believe that it has been 5 years since we lost our founder, teacher, and friend. His energy, his spirit and his love are still carried by his students. On this day, we'd like to wish Sig a happy birthday in the Great Dojo in the sky. ... we miss you

Kilohana is look^{ing} for you

We are looking for a new Editor for the Kilohana Chronicles. You need to have good spelling and proofing skills. If you are interested please contact Ron Guditus at 408 374-2425 Ron@Kilohana.org.



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Seifukujitsu Class at Hombu Dojo

On January 10th Sensei Jack Carter and Dr. Charles Goodman began teaching a six month course of Okazaki Restoration Therapy or Seifukujitsu at Pacific Coast Academy of Martial Arts (Kilohana Hombu Dojo) in Campbell, CA. Thirteen students are participating in the massage training that is associated with the art of Danzan Ryu Jujitsu and the teachings of Henry S. Okazaki.

Both Sensei Carter and Dr. Goodman received their Seifukujitsu training from Professor Sig Kufferath and his legacy embodies the spirit of the current class. Each student is receiving both the science of massage including anatomy and physiology in conjunction with the eastern foundations of Chi or Ki flow and the spirit of healing. The current class is excelling as practitioners of this healing art and should be well versed in the system by the time they graduate this June.

Friends, alumni, and fellow martial artists are welcome to visit the course to receive a massage from the students or to brush-up on their technique. For more information contact the Hombu Dojo at (408) 378-4790, Sensei Carter at jackcarter@myself.com, or Dr. Goodman at drg@goodmanchiro.com. Aloha!

Hombu Dojo Calendar

March 27th – Ten Year Anniversary Seminar
August 14th – Ken Ju Ryu promotions
October TBD – Danzan Ryu promotions

Fusuikan Calendar of Events:

March 20th --
Kata Tournament
May TBD --
Kilohana recruitment Seminar
June 25, 26, & 27 --
Camp Kilohana
October TBD --
Grand Reopening/Seminar & etc.
November 06 --
Kata Tournament

First Recruiting Seminar

On March 1 2004 Shihan Russ Rhodes came to Suigetsukan for our first Aloha(membership drive) seminar. This method of recruitment proved to be very successful. We signed up 29 new Kilohana members, which is far more membership than we have had in the past. The seminar consisted of two hours of non-stop action (from 7-9pm) as Shihan Rhodes began with an hour of kicking drills and then worked with us on a variety of techniques focusing on percussive entries. Shihan's energy and enthusiasm was felt by all (especially by his uke) and everyone walked away richer from the experience. Aside from being great tool for recruitment and a learning experience the aloha seminar was a lot of fun.

Kilohana Awards Banquet

Scheduled for the weekend of November 13/14.
Details to be determined.

Kilohana Chronicles

Looking for a new 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

Shinkendo Promotion

February 8th.

The Shinkendo promotion was held at the Hombu Dojo, Pacific Coast Academy of Martial Arts.

The testers were Sensei Michael Esmailzadeh and Shidoen Russ Rhodes. There were 11 candidates. Congratulations to Laura Plice (Shiho), Karen Trolan, Wendy Friend (Santen), Andrew Dunn, Daniel Huber, Todd Barker (Jiho), Lisa Gault, Steve Trolan, Amhad Sabouti, Travis Bereis, and Chris Bradford (Ichimonji).



Shidoen Russ Rhodes

First Kui Lima Workout of 2004

Sensei Al Ikemoto gave a terrific and brilliant class in judo/ju jitsu ne waza. It was well received and much appreciated by a full class of Kilohana members from several different schools.



Wisconsin Seminar

On January 29-31 several of Kilohana's instructors traveled out to the Great White North to attend the annual Pursuit of Wisdom seminar, hosted by Kwan Jang Nim Joanne Nelson. Kilohana Instructors in attendance were Suro Jason Inay, Professor Michael Esmailzadeh, Shihan Russ Rhodes, Kwan Jang Nim Kevin Schoenebeck, along with Sempai Robert Shaw. In spite of the cold weather and micro-sliced pizza, the training was intense. Everyone had a good time, which made for a great weekend of training and networking.



A Day with the Masters

Pacific Coast Academy is proud to announce its 10th year anniversary seminar, "A Day with the Masters." An incredible panel of 30 master martial artists, representing many different styles and systems are lined up to offer a diverse and inspiring day of cross-training. This amazing seminar costs only \$50, including lunch.

In the evening we will be having a birthday party for Shihan Russ Rhodes and Sempai Andrew Dunn. Everyone welcome (adults only please!). This year we are having a super hero theme. Make up your own super hero! (Costumes optional.) Come join us and help celebrate Shihan's 50th birthday. Great food, live band, and overall a very fun time!



Kilohana Charter Schools

Pacific Coast Academy of Martial Arts

Kilohana Hombu Dojo

2507 S. Winchester Blvd.

Campbell, CA 95008

(408) 378-4790

Head Instructor: Russ Rhodes

Fusuikan Martial Arts Center

800 W. Harris St.

Eureka, CA 95503

(707) 443-1725

Head Instructor: Richard Pietrelli

Goshin-Jitsu Chow-Hoon

Mailing address:

1857 Lincoln St.

Seaside, CA 93955

(831) 394-9652

Head Instructor: James Muro

Hollister Martial Arts Academy

581 McCray St. Suite F

Hollister, CA 95023

(831) 636-6662

Head Instructor: Jason Props

Inayan System of Eskrima

208 Calle Marguerita

Los Gatos, CA 95030

(408) 866-0325

Head Instructor: Jason Inay

Mushinkai Dojo

300 7th Ave.

Santa Cruz, CA

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

(831) 479-0300

Head Instructor: Dale Kahoun

Shinbukan

Classes held at Campbell Community Center

Mailing address:

1269 El Moro Dr.

Campbell, CA 95008

(408) 377-1787

Head Instructor: Hans Ingebretsen

Suigetsukan

103 International Blvd.

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

Is Your Membership Due?

Please check with your Instructor to see if your membership is up to date. Or, look on your Membership Card. If you do not belong to one of the Charter Schools you will receive your renewal in the mail. Please help support Kilohana.

Kilohana Calendar of Events

Seifukaujitsu Massage Class with

Sensei Jack Carter And Sensei Charles Goodman
This six-month course will have classes held once a month on the following weekends:

January 10-11

February 14-15

March 13-14

April 17-18

May 8-9

June 12-13

Pacific Coast Academy of Martial Arts

Campbell, CA

Contact Sensei Charles Goodman at
(408) 996-7597

Sunday, March 7

Kilohana General Meeting

Pacific Coast Academy of Martial Arts

2507 Winchester Blvd.

Campbell, CA

Contact Shihan Russ Rhodes at (408) 378-4790

Saturday, March 20

Fusuikan Kata Tournament

Redwood Acres

Eureka, CA

Contact Sensei Richard Pietrelli at (707) 443-1725

Saturday, March 27

Pacific Coast Academy of Martial Arts presents
"A Day with the Masters"

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

Birthday party for Russ Rhodes & Andy Dunn

7:00 p.m. to midnight

Contact Ron Guditus at (408) 374-1477

www.kenjuryu.com

Saturday, April 24

11:00 a.m. - 3:00 p.m.

Lua Seminar with Olohe Solomon Kaihewalu

Shinbukan Dojo

Campbell Community Center, Room 50

Campbell, CA

Contact Sensei Hans Ingebretsen at
(408) 377-1787

Saturday, May 22

11:00 a.m. - 2:00 p.m.

Judo Seminar with Sensei Charley Robinson
Shinbukan Dojo

Campbell Community Center, Room 50

Campbell, CA

Contact Sensei Hans Ingebretsen at
(408) 377-1787

Saturday, August 14

Ken Ju Ryu Black Belt Promotions

Pacific Coast Academy of Martial Arts

2507 Winchester Blvd.

Campbell, CA

Contact Shihan Russ Rhodes at (408) 378-4790

Friday - Sunday, June 25-27

Camp Kilohana

The Pietrelli Ranch

Hydesville, CA

Contact Sensei Richard Pietrelli at (707) 443-1725

October

Date TBA

European Gasshuku

Costa Del Sol, Spain

Contact Sensei Steve Nicholls at

011-44-7989-187-643

Saturday, November 6

Fusuikan Fall Kata Classic

Eureka, CA

Contact Sensei Richard Pietrelli at (707) 443-1725

Saturday, November 13

Kilohana Awards Banquet

Place to be announced

Other Important Events

Saturday, March 6

Battle of the Bay Karate Tournament

Mt. Pleasant High School

San Jose, CA

Contact Grandmaster Max Togisala at
(702) 456-1875

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 Rhodes
Vice President: Hans Ingebretsen
Vice President Jason Props
Secretary & Sgt. at Arms: Laura Plice
Treasurer: Jerry Donnard
Director of Communications: Ron Guditus

Senior Advisors:

Libert O'Sullivan
Solomon Kaihewalu

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:

Suro Jason Inay

Director of Events:

Dr. Charles Goodman

Saturday, March 6

Annual Five Dragons Day
Testing and awards banquet
Santa Rosa, CA
Contact Sensei Joa Schwinn at (707) 545-5737

Saturday-Sunday, March 20-21

American Judo & Ju Jitsu Federation Convention
Sacramento, CA

Saturday, April 3

Delta Samackdown
Antioch, CA

Saturday, April 10

All Commers Eskrima Tournament
Pleasanton, CA
Contact Suro Jason Inay

Saturday-Sunday, April 17-18

Grand Opening of Mizu Shin Tao Dojo
Ju Jitsu and Eskrima Seminar with Suro Jason
Inay and Sensei Hans Ingebretsen
Reno, NV

Friday-Sunday, April 30-May 2

United States Judo, Inc. Senior Nationals
San Diego, CA

Saturday, May 8

American Ju-Jitsu Association Western Region
Freestyle Kata Tournament
Harvard Westlake School
Studio City, CA
Contact Professor George Kirby at
senseigk@budoshin.com

Friday-Sunday, May 14-16

Camp Danzan Ryu
Felton, CA
Contact Sensei Janice Okamoto

Sunday, May 16

Central Coast Open
Seaside, CA

Saturday, June 5

Olympic Trials for Judo
San Jose State University
San Jose, CA

Saturday-Sunday, June 19-20

Lua Halau O Kaihewalu Seminar
Honolulu, HI
Contact Olohe Solomon Kaihewalu at
(714) 538-8227
or Kumu Ramsey Taum at (808) 394-5557
www.olohe.com

Friday-Saturday, June 25-26

West America 2004 Martial Arts Tournament
Oakland City Center Marriott
Oakland, CA
Contact Ray Pruitt at (925) 820-9612

Friday-Monday, July 16-19

Camp Kokua
Clinics and AJI Summer Classic Tournament
Makaha, HI
Contact Professor Danny Saragosa at
(808) 621-6274

Monday-Friday, July 25-30

Camp Bushido West High Sierra Martial Arts
Camp
Sanctioned By the United States Judo Association
Instructors: Charlie Robinson, Jim Bregman,
Tony Scuderi, Mark & Lisa Guerrero, and Hans
Ingebretsen
Clipper Mills, CA
Contact Charlie Robinson at (530) 673-8244
www.twincitiesjudo.com

Saturday, October 2

Redwood Empire Judo Shiai
Santa Rosa, CA
Contact Sensei Joa Schwinn at (707) 545-5737

Saturday, October 30

Halloween Kempo Challenge
Santa Rosa Martial Arts Academy
Santa Rosa, CA
Contact Sensei Joa Schwinn at (707) 545-5737

Kilohana Classic

The Shinbukan dojo hosted its first tournament, the Kilohana Classic, on February 22. 68 competitors came from Grass Valley, Sonora, Santa Rosa, Union City, Oakland and Santa Cruz, as well as the Santa Clara Valley. The most exciting division of the day was the sport ju jitsu black belt division, with fast action and dynamic techniques.

With competition including karate kata, ju jitsu kata, kumite, continuous sparring, knife sparring, stick sparring, weapons kata, self defense and sport ju jitsu, the tournament was sponsored by Sensei Hans Ingebretsen, and was held at the Campbell Community Center. The schools who brought the most competitors was the Inayan System of Eskrima in San Jose, Dragon's Den, from Union City, Mountain Storm Ju Jitsu, of Sonora, and the host school, Shinbukan. Other schools who brought competitors were Mushinkai, Suigetsukan, Pacific Coast Academy of Martial Arts, Pacific Judo & Ju Jitsu, the Self-Preservation Academy, Perry's Full Circle Sambo, Five Dragons, and West Valley College.

The Youth Grand Champion of the tournament was Dale Pepperle, of Shinbukan, and the Adult Grand Champion was Frank Santiago, of Pacific Judo & Ju Jitsu Academy. Both placed in three different divisions.

The tournament will be held again in March, 2005.



Tournament Results

Youth karate kata beginner division

- 1st: Bryce Pauken - Shinbukan
- 2nd: Alex Yniguez - Shinbukan
- 3rd: Conner Wanless - Shinbukan
- 4th: Joshua Severi - Shinbukan

Youth karate kata intermediate division

- 1st: Sidarth Conjeevaram - Shinbukan
- 2nd: William Cormier - Shinbukan
- 3rd: Kristin Alvarez - Shinbukan



Youth karate kata advanced division

- 1st: Sergei Romanov - Shinbukan
- 2nd: Dale Pepperle - Shinbukan
- 3rd: Nathan Gomez - Shinbukan
- Tie for 4th: Jason Hamamura - Shinbukan
Michelle Manriguez - Pacific Coast Academy

Adult karate kata

- 1st: Mitchell Kubota - Pacific Coast Academy
- 2nd: David Lomasney - Shinbukan
- 3rd: Lisa Kreuzel - West Valley College Shotokan

Self Defense Division

- 1st: Robert Shaw - Pacific Coast Academy
- 2nd: Benjamin Lujan - Mushinkai
- 3rd: Lance Walkup - Mushinkai

Beginner knife sparring

- 1st: Dave Goray - Shinbukan
- 2nd: Greg Hansen - ITO
- 3rd: Steve Hedrick - Shinbukan

Advanced knife sparring:

- 1st: Kevin Thomson - Shinbukan
- 2nd: Chris Castle - ISE
- 3rd: Justin Meyer - ISE



Youth Sport Ju Jitsu Heavyweight

- 1st: Nick Morgan - Mountain Storm
- 2nd: Zack Weldon - Mountain Storm
- 3rd: Jaron Brandon - Mountain Storm

Adult Sport Ju Jitsu Lightweight

- 1st: Gary Miner - Shinbukan
- 2nd: Paul Marini - Suigetsukan
- 3rd: Renee Howard - ISE

Adult Sport Ju Jitsu Middleweight

- 1st: Anthony Koenn - Perry's Full Circle
- 2nd: Steve Summers - Suigetsukan
- 3rd: Bo Bozarth - Five Dragons

Adult Sport Ju Jitsu Light Heavyweight

- 1st: Salvatore Rossano - Shinbukan
- 2nd: Alex Inkhodov - Five Dragons
- 3rd: Stuart Drummond - Self Preservation Academy

Adult Sport Ju Jitsu Heavyweight

- 1st: John Sparry - Shinbukan
- 2nd: Benjamin Lujan - Mushinkai
- 3rd: Tom Austin - Shinbukan

Adult Sport Ju Jitsu Black Belt Division

- 1st: Frank Santiago - Pacific Judo & Ju Jitsu
- 2nd: Peter Pichler - Five Dragons
- 3rd: Yannick - Pacific Judo & Ju Jitsu



Beginner Stick Sparring

- 1st: Brian Foster - ISE
- 2nd: Jimmy Halverson - ISE
- 3rd: Greg Hansen - ITO

Advanced Stick Sparring

- 1st: David Ruiz - ISE
- 2nd: Chris Castle - ISE
- 3rd: Justin Meyer - ISE

Weapons Kata

- 1st: Noah Harders - Shinbukan

Ju Jitsu Kata

- 1st: John Mitzel & Greg Yee

Youth Sport Ju Jitsu Lightweight Division

- 1st: Jacob Donato - Dragon's Den
- 2nd: Jacob Macalooloy - Dragon's Den
- 3rd: Amani Gato-Lyle - Mountain Storm

Youth Sport Ju Jitsu Middleweight Division

- 1st: Brian Lanchinebre - Dragon's Den
- 2nd: Jared Mendoza - Dragon's Den
- 3rd: William Uluevadet - Mountain Storm
- 4th: Sam Balacarelli - Mountain Storm

Camp Kilohana 2004

June 25th-June 27th

Come Train Among Giants

Sponsored by Kilohana Martial Arts Assoc. & The Fusuikan Martial Arts Center

This years Kilohana Summer Camp is being held at the Pietrelli Family Rancho, on five secluded acres among the Redwoods of Northern California.

Among the many outstanding instructors invited to camp this year include: Prof. James Muro, Suro Jason Inay, Shihan Russ Rhodes, Sensei Hans Ingebretsen, Sensei Dale Kahoun, Prof. Michael Esmailzadeh and Sensei R. Pietrelli

Special Guest Instructor:
Olohe Solomon Kaihewalu

Camp includes Jujitsu, Eskrima, Swords, Massage, Kenpo, River Workouts, as well as an expanded Archery and Knife throwing area, Japanese Banquet & More!

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

For More Info & Registration forms:

www.kilohana.org

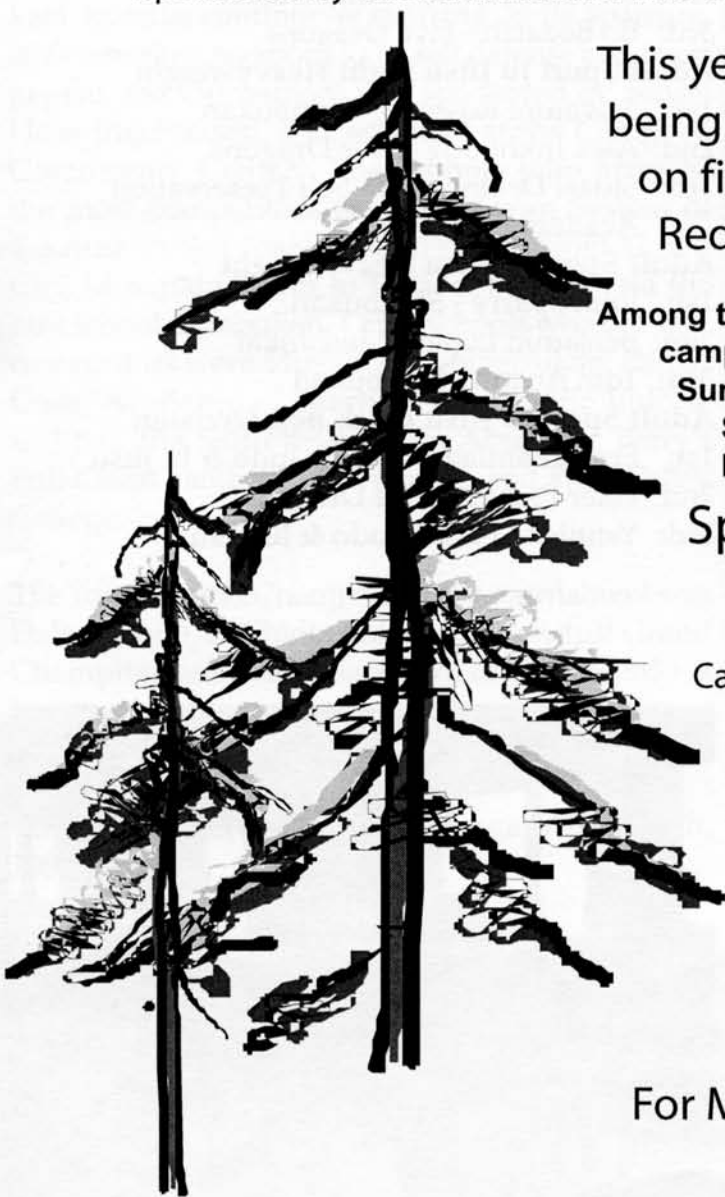
www.fusuikan.com

FUSUIKAN
Martial Arts Center

800 W. Harris St.~ Eureka, CA

707-443-1725

www.fusuikan.com



Pacific Coast Academy of Martial Arts

Ten Years of Excellence

Come Celebrate our Ten Year Anniversary by attending

“A Day with the Masters”

Saturday, March 27, 2004

Soke-Shihan Russ Rhodes and Claudia Peterson have invited some of the best martial arts instructors in the world to join them in celebrating this milestone for the Kilohana hombu dojo. We are pleased to be associated with such quality instructors. Take advantage of this seminar.

Professor Wally Jay
Small Circle Ju Jitsu

Soke-Shihan Russ Rhodes
Ken Ju Ryu Kenpo Ju Jitsu

Professor Joe Souza
Kensujitsu

Professor Dominic Cirincone
Tae Kwon Do / Kajukenbo

Master Dan Lovas
Tae Kwon Do / Mande Muda Silat

Grand Master Arthur Gonzalez
DeCuerdas Escrima

Professor Max Togisala
Kajukenbo

Grand Master Bob Maschmeier
Kajukenbo

Professor James Muro
Kosho Ryu Kenpo

Suro Jason Inay
Inayan Eskrima

Sifu David Leung
Tai Chi / Wing Chun

Master Gini Lau
Eagle Claw

Professor Carlos Navarro
Muay Thai

Professor Michael Esmailzadeh
Shinkendo / Tameshigiari

Professor Tommy Morris
Kajukenbo

Sifu Janet Gee
Choy Li Fut Kung Fu

Shihan Richard Pietrelli
Kashima Shin Ryu

Sibok Leo Lopez
Shaolin Kenpo

Kwan Jang Nim Kevin Schoenebeck
Tae Kwon Do

Sensei Scott Merrill
Kosho Ryu Kenpo

Kwan Jang Nim Joanne Nelson
Tae Kwon Do

Kyoshi Russ Coelho
Danzan Ryu Ju Jitsu

Sensei Dale Kahoun
Judo / Ju Jitsu

Sensei Hans Ingebretsen
Judo / Kenpo

Sensei Al Ikemoto
Judo / Ju Jitsu

Sensei Jack Carter
Judo / Ju Jitsu

Sensei Annette Kahoun
Judo / Ju Jitsu

Sensei Dave Bendigkeit
Shintaikido

Sensei H. Hoshino
Sword Exhibit & Free Appraisals

Plus, a session with the Senseis of Pacific Coast Academy:

Sensei Jerry Donnard
Ken Ju Ryu Kenpo Ju Jitsu

Sensei Dan Huber
Ken Ju Ryu Kenpo Ju Jitsu

Sensei Charles Goodman
Danzan Ryu Ju Jitsu

Sensei Jason Props
Ken Ju Ryu Kenpo Ju Jitsu

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

Event Time: 9:00 a.m. to 5:00 p.m.

Registration: 8:00 a.m. to 9:00 a.m.

Cost: \$50.00 for Adults and Children (includes lunch)

Contact Ron Guditus 408-374-1477 for registration information.

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

Birthday Celebration for Soke-Shihan Russ Rhodes and Andy Dunn that evening.

www.kenjuryu.com

www.Kilohana.org



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

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