



Kilohana *Chronicles*



Volume 4 Issue 2

2nd Quarter 2004



CAMP KILOHANA 2004

By Lena Cox

Attending Camp Kilohana was challenging, motivating, and extremely fun. The event was hosted by Fusuikan Martial Arts Center at Sensei Richard Pietrelli's Rancho in Hydesville, California from June 25th-27th. The schedule was flexible but the activities were well organized. Training among the Redwoods with a diverse group of people from Wisconsin as well as California added to the dynamic atmosphere at the gathering.

Friday afternoon was the start of the event which began with the raising of

the tent. It required a lot of team work and effort to erect the huge army grade tent and lay out mats. The tent-raisers went for a swim in the river afterwards then returned to camp to have a Jujitsu work out as the sun set.

The variety of martial arts activities offered at this event was amazing. A multitude of information was presented that I found intense and enlightening at the same time. Several wonderful instructors taught sessions throughout the weekend. Olohe Soloman Kaihewalu started off the training Saturday and also taught a session of Hawaiian Lua on Sunday encompassing philosophy as well as techniques. Sensei Dale Kahoun instructed a variety of awesome weapon activities both days which comprised: knife throwing, archery, and use of the pistol. Sensei Hans Ingebretsen led a rigorous Jujitsu training Saturday under the tent area. Grand Master Arthur Gonzalez taught two exhilarating DeCuerdas Escrima training sessions; the first Saturday at the river and another Sunday in the tent area. Sunday began with an energizing Tai Chi lesson by the pond from Sensei Bill McClure. Shihan Russ Rhodes taught a compelling Kenpo session on Sunday morning. Professor Michael Esmailzadeh emanated a grounded, omnipotent energy as he instructed Tameshigiri. It was inspiring to see demonstrations of such immense skill. It was also a great opportunity to experience environmental training on forested and river terrain.

The Van Duzen River was refreshing after working out. The other rejuvenating portion of the affair was the fabulous Japanese style meals prepared by Jill Pietrelli and her assistants. I missed out on the massages that were offered, but I hope to get a chance to enjoy that at future camps.

I am thankful to all of the instructors and black belts who assisted in training sessions and contributed to the powerful vitality at the camp. All of the people in attendance were pleasant and fun to interact with. The overall experience was remarkable and I look forward to participating again next year, which I hear is already planned for June 24th, 25th, and 26th of 2005.

President's Performance Review Letter

1 June 2004

Aloha!

It's hard to believe that 2004 is nearly half over. The current administration of Kilohana has been in place for about six months and I want to take this opportunity to review our performance to date and plan ahead for the next six months.

I've asked each of the officers to submit a performance review stating what they have accomplished for Kilohana over the past half year and defining their goals for the coming months. Since the elected officers are answerable to the seniors and the membership at large, this letter is my opportunity to submit my own performance review. No one comes to the boat without a paddle.

First, our accomplishments in Kilohana over the last six months. On most of our goals, we are ahead of schedule. In November 2003, I established the goal of raising Kilohana membership to surpass the level we had under Dai Shihan Sig Kufferath within two years. At last count, our membership stood at 275, a new record! Our Aloha recruitment seminars have been a big success and I want to thank all the instructors and school heads who have participated in these seminars so far.

I also want to welcome some great folks from Kodenkan of Wisconsin into Kilohana under my administration. We've begun a really beneficial and enjoyable exchange

with Kevin Schoenebeck, Jeremy Derenne, Joanne Nelson, Shane Tassoul, and their students. We're learning a lot about how to provide value to our members at a distance. Shihan Richard Pietrelli has been very active in strengthening the ties that Kilohana has in Eureka. We've also renewed our communication with European Kilohana.

All our Kilohana member schools are participating in the School Chartership program initiated by Vice President Jason Props. This program provides added incentive for school heads to sign their people up in Kilohana.

One of the important values that was passed on to us by Sig was that taking care of the family is everything. Another priority I established six months ago was providing value to our members. The Aloha recruitment seminars are one way of delivering quality. Another is the Kui Lima seminars. We have held two Kui Lima seminars so far this year and both have been great successes. Many thanks to Sensei Al Ikemoto and Grandmaster Arthur Gonzalez.

Another element of quality is taking care of our guest instructors. We now have a policy where we can

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Kilohana Chronicles

Editor Dan Huber
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

express our appreciation for the instructors who give us their time and energy to pass on their teachers' arts.

A really important way that Kilohana can provide value to its members is the annual Master's Seminar. This year, the big seminar was Pacific Coast Academy's 10th Year Anniversary Seminar, "A Day with the Masters," held on March 27th. The event was a big success and we are already taking some valuable lessons for next year in what went well that day and what could still be improved. Overall, the seminar was an outstanding example of how to deliver quality martial arts instruction at an affordable price. This is the kind of value we need to provide to our members. I want to thank everyone who contributed to making the seminar a success, among them: Claudia Peterson, Ron & Debbie Guditus, Laura Plice, Sensei Jerry Donnard and all our students and friends who pitched in and helped in so many ways to make our 10th year anniversary celebration a great day of training with the masters.

Communication was another priority that I established early on. Kilohana's communication is stronger now than it has ever been. An innovation in this administration is the online discussion group, which allows the seniors to stay in touch and keep Kilohana business going between meetings. The e-group also provides outreach by including seniors from both charter and affiliated schools. Another element of communication is our website, which has been updated. Also, our newsletter, the Kilohana Chronicles, has resumed quarterly publication. I'd like to express my appreciation for the hard work of everyone involved in keeping our communication lines open: Secretary Laura Plice, our new copy editor Sensei Dan Huber, and most especially, our Director of Communications Ron Guditus.

We've achieved a lot, but our goals for the coming months are just as important as our accomplishments so far. Over the next six months, we will keep building momentum in the areas of our top priorities: membership, quality, community, and communication.

Our Aloha recruitment seminars will continue and our Kui Lima seminars are settling into a successful pattern. School Chartership status will be determined in the fall and the results announced at the Awards Banquet. And that Award Banquet will be our big event for the coming months. The date is already set (November 13th) and it will be a great time. Dinner, entertainment, awards, live music, and great company, all at an affordable price (\$25). This is a great way to provide value to our members.

Coming up next spring will be the Master's Seminar,

Kilohana's flagship event. This will be an incredible seminar at an affordable price. Look for further announcements as the event gets closer.

I see some important work ahead in the area of quality. As Sig Kufferath's most senior student, I believe taking care of the family is everything. Kilohana was initiated to carry on Sig's teachings. Our quality standards show in the strength of the black belts we produce, in carrying on the teachings of our elders, and in creating a large following for our teachers' arts. These are the values I learned from my teacher.

Over the coming months, we will be reactivating the standards board and developing written guidelines for standards of excellence. Quality is extremely important. Quality and integrity. I place great importance on the quality of my art and the quality of the instructors that belong to Kilohana. This is why we cross train. Some of the best people out there are in Kilohana.

Our sense of community and communication are strong but we need to keep working to get the process running smoothly. I feel that the organization is pulling together really well and is not plagued by internal politics. It is important that we keep the lines of communication open.

I'd like to draw attention to some highlights of the performance and activities of the officers in this administration. Vice President Jason Props took the initiative of formatting and implementing the Kilohana Charter School Recognition Program. Vice President Hans Ingebreetsen continues to serve Kilohana as a goodwill ambassador to other martial arts organizations. Treasurer Jerry Donnard oversees all of Kilohana's financial business. Secretary Laura Plice facilitates and keeps records of all our business and meetings. Director of Communications Ron Guditus keeps our organization running by coordinating a variety of logistical efforts. I'm very proud of the dedication and hard work of everyone in this administration.

Being the President of Kilohana has been a wonderful learning experience for me. I'm halfway through my first year; just one more after that and I will pass the torch. As everyone in this administration has learned, leadership is not just holding a position; it is hard work. Whoever follows in our tracks will have high standards to follow. I can only express my gratitude to everyone who has worked hard and continues to work hard to make Kilohana a success.

Sincerely,

President Russ Rhodes



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

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. 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

Saturday, November 6

Fusuikan Fall Kata Classic

Eureka, CA

Contact Sensei Richard Pietrelli at (707) 443-1725

Saturday, November 13

Kilohana Awards Banquet

Toll House Hotel, Los Gatos, CA

Contact Sensei Charles Goodman at

(408) 398-1212

See page 7

Other Important Events

Saturday, October 30

Halloween Kempo Challenge

Santa Rosa Martial Arts Academy

Santa Rosa, CA

Contact Sensei Joa Schwinn at (707) 545-5737

Second 2004 Kui Lima Workout a Big Hit

The second of this year's Kui Lima seminars was held on May 16th at Pacific Coast Academy in Campbell, Kilohana Hombu dojo. The instructor was Grandmaster Arthur Gonzalez, of Tenio DeCuerdas Escrima, who taught a very powerful introduction to stick combat.

The seminar was one of the biggest Kui Lima workouts ever held. It was fast, fun, and furious. Thank you Grandmaster.

Pacific Coast Academy Celebrates Its Tenth Year Anniversary

On March 27th, Pacific Coast Academy held an anniversary seminar, "A Day with the Masters" at the Campbell Community Center. It really meant a lot to us to have such a great turnout of friends and colleagues to help us celebrate. It was a wonderful example of the sense of community that we have among martial artists. There were over two hundred participants filling three adult sessions and two children's floors. We owe a debt of thanks to the many terrific instructors, over 40 in all, some of them masters.

The seminar was intended to demonstrate the combination of quality and affordability; and it was wonderful to see so much Aloha spirit.

In the evening, our friends gathered to help us celebrate Shihan Russ Rhodes' 50th birthday. The costume party had a super-hero theme and it was a huge success. Live music, good food, and great friends – everything a martial artist could ask for on his birthday!



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

2004

KILOHANA AWARDS BANQUET

**Come join us in celebrating
achievements in the Martial Arts**

**This year's banquet will be held at the
Toll House in Los Gatos**

www.tollhousehotel.com

Saturday night, November 13, 2004

No-host cocktails: 5:00 p.m.

Dinner: 6:00 p.m.

(Full buffet dinner including vegetarian selections)

Awards program: 7:00 p.m.

Live music and dancing following the awards program

**Cost: Kilohana members: \$25.00
Non members: \$50.00**

Only 120 seats available

**Special over night guest rates available at the Toll House Hotel.
Mention "Kilohana" when making your reservations 408-395-7070.**

***Mail bottom portion of this flyer with check to
Kilohana Martial Arts Association.***

Questions? Call Charles Goodman 408-398-1212

Name: _____

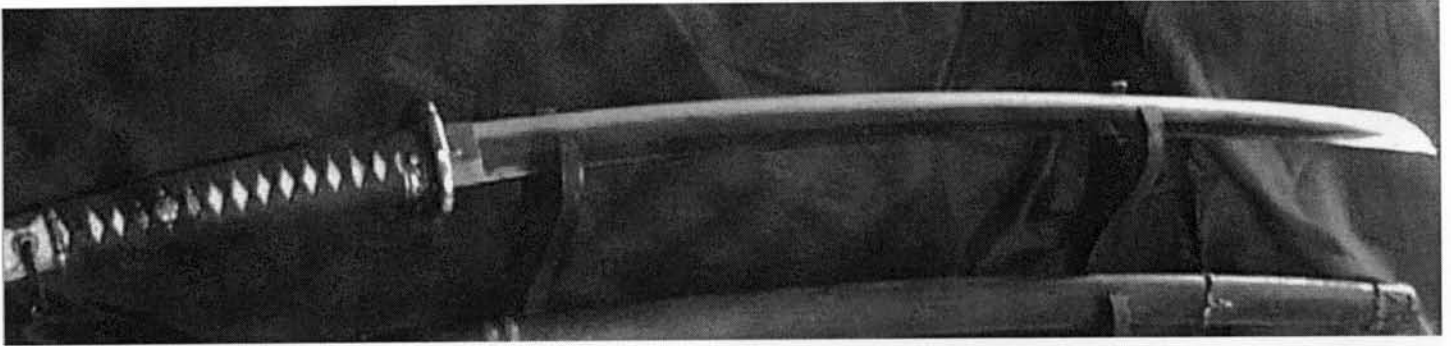
Number of Tickets: _____ x \$25 Kilohana members = _____
_____ x \$50 Non members = _____
Total enclosed _____

Make checks payable to: Kilohana Martial Arts Association

Mail to: Kilohana Martial Arts Association

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

How to Buy a Sword (part one)



by Shihan Russ Rhodes

The number one question you need to decide is, "What do you want the sword for?" Do you want to use it for a sword art, such as cutting or drawing, or do you want to own an antique as an

drawing and cutting, then we can upgrade to a more expensive sword.

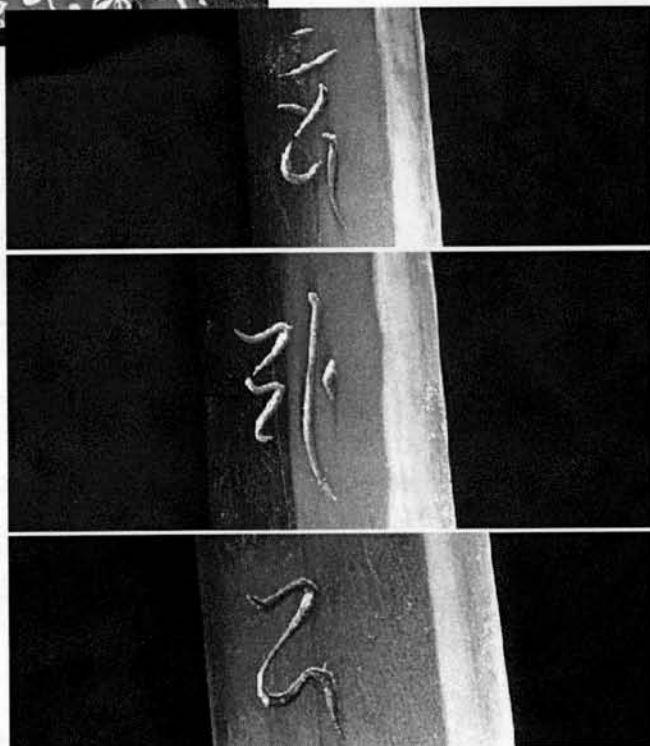
Places to get a sword: eBay, gunshows, private dealers, antique and pawn shops, garage sales (very seldom), flea markets, public sword websites, antique dealers' private auctions, sometimes heirlooms of friends and family.

A little about eBay: There are very few great bargains on eBay. The price is set for the seller to make money; that's what eBay is for. Beware of swords from China, Shanghai, or Hong Kong, and even Australia. There are a lot of reproduction knock-offs for sale and that goes as well for sword furniture. If the seller is not reputable, there is no way to get your money back. To play it safe, it is best to buy only within the U.S. Other safe sources are Japan, Canada, and Europe. There are a number of fraudulent practices in online auctions. Always check the feedback on the seller. Refer-



investment?

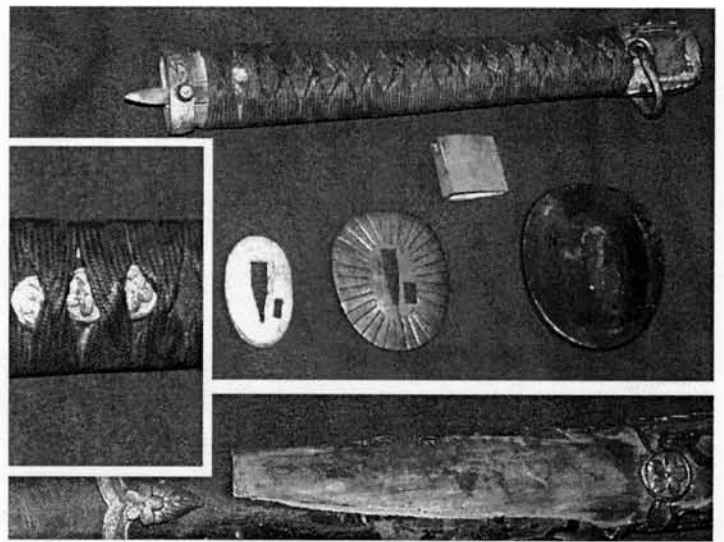
For cutting, a cheaper blade is recommended, especially at first. "Cheaper" is of course a relative term. It is very unusual to find and outfit a good cutting blade for less than \$1000. As with anything else, while we are learning, we tend to make mistakes so we don't want to lose too much of our investment if we mishandle the blade. I'm speaking as someone who has been through the learning process. After we reach proficiency in



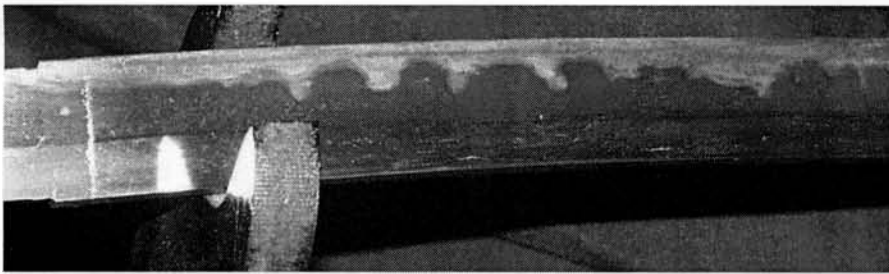
ences are very important. Make sure there are a lot of positive entries in the feedback and check out any negatives. On negative feedbacks, it is a good idea to email the reviewer and get their side of the story. If you see a blade you like, engage the seller in email correspondence. Ask lots of questions and get accurate information on all the details. On major investments, work out an inspection period with the seller.

Now let's talk about good

deals. How do you spot a good deal? Good deals come when people are naïve about what they have. A blade that is osuriage (shortened) and mumei (without signature) may be valuable but it takes an expert to recognize it. For example, I once bought a nagamaki naoshi for \$660 (a nagamaki was a sword-like weapon attached to a staff about 4 feet long) that was sold as a wakizashi (sidearm short sword). The blade was osuriage and the signature of the swordsmith was lost due to the shortening of the blade. The sword turned out to be a 650 year old koto blade of a well respected smith and is now one of the best blades in my collection. Just because a blade is shortened, doesn't mean it is low quality. On the other hand, if a blade is signed, it doesn't always mean it is a good quality blade.



complete set consists of fuchi, kashira, 2 menuki, and tsuba.



70% of the high-ranking swordsmiths' signatures are forgeries.

Another way to spot a good piece: a sword that is having a lot of bids and the people bidding are reputable buyers. You can take advantage of the fact that they have done their research. The down side is that they can be very difficult to outbid. If it's a good piece, there is no amount of money that a collector will not spend. In general, beware of swords that no one bids on, or the people who bid are low-end bidders.

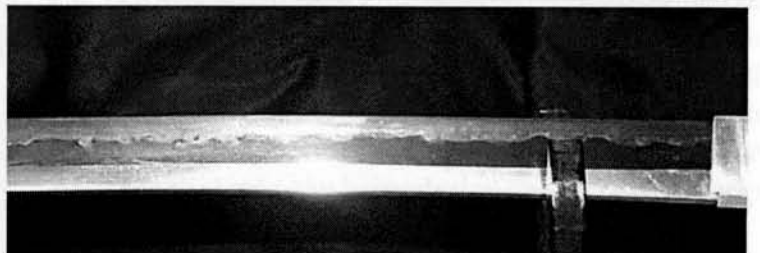
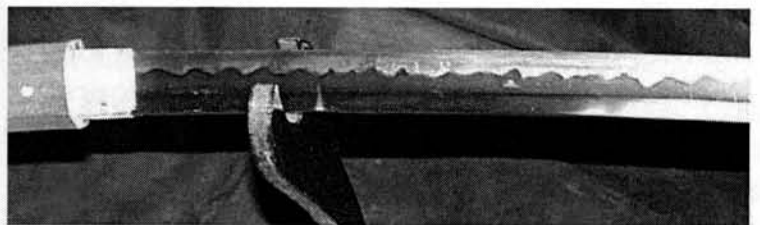
Another way to find value is in the furniture (fittings) on the sword. The furniture can be worth more than the blade. Many times, people buy beat-up swords to get the furniture. Complete furniture sets are called godoka, and can be very valuable if they are in good condition. A

If you want to invest in an antique, a traditional Samurai sword is a wonderful piece of history. The price of these blades fluctuates, like any market. Right now, the market is pretty low and there are some valuable swords being sold at very reasonable prices. The better quality the sword, the better the investment. So it is important to know something about Japanese swords.

Before you buy a sword, you have to do a lot of research. Japanese sword study is a very large field and you have to understand a lot of elements.

Even so, it is a good idea not to rely on your own research. It is critically important to get expert advice before investing in an expensive sword. Sometimes the smallest detail can make a big difference in the value of a blade.

We will go into that next time.



A Great Success

by Sensei Richard Pietrelli

A great success is the only way to describe the awesome turnout and quality of instruction at the May Day Kilohana Aloha Seminar held at the Fusuikan Martial Arts Center in Eureka, California on May 1st 2004.

Shihan Russ Rhodes and Sum Bah Nim Jason Props were the Instructors that conducted a series of seminars that were enjoyed by all and resulted in everyone having a great learning experience while adding 33 new members to the Kilohana Martial Arts Association.

Many thanks to both Shihan Rhodes and Sum Bah Nim Props for taking the time and effort to travel up to Eureka to share their knowledge and when you get the chance ask Shihan Rhodes if he is sure that he wants the "whole cheese cake."

Instructor Corner Team Diving

by Sensei Richard Pietrelli

This is the first of an on going section of the Kilohana Chronicles that will give instructors an opportunity to share ideas and some of their favorite teaching concepts and various exercises that they use in their classes.

For this month I have selected a diving roll drill/game. First the students must know how to do a diving roll safely over obstacles approx. 2 feet in height. The students then form into teams of two. The first student crouches down approx. 10 feet away from a kick shield which is standing on its side. The second student then performs a diving roll over the first student, and then over the kick shield and then crouches "down on all fours" approx. 12 feet from the kick shield.

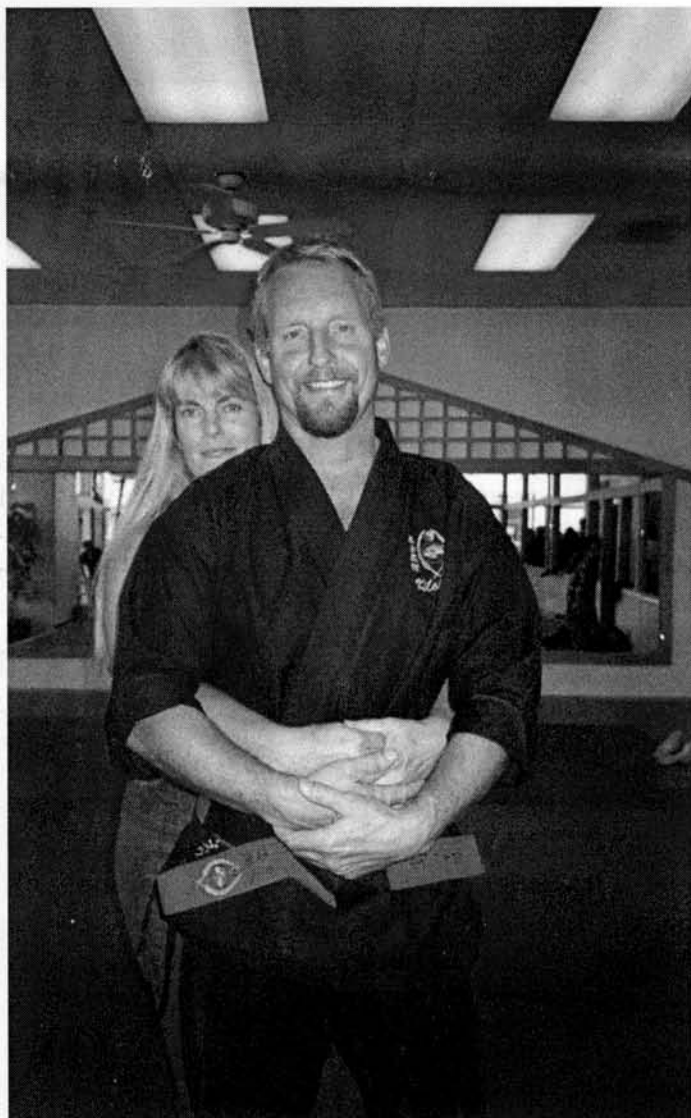
Meanwhile, the first student is getting up from their crouched position and dive rolls over the kick shield and then over the second student. Both students then return to the end of the line awaiting their next opportunity to go again switching who goes first.

Have fun with this and let me know how it goes by dropping an e-mail to info@fusuikan.com.

Ten Years in the Making

by Claudia Peterson

As I reflect back ten years ago, when Pacific Coast Academy was still located on Campbell Avenue, I think about the decision Russ and I made to go into business together after many a hike up in the Lexington mountain area. The idea was that I take care of the ownership and logistics and he the curriculum. We needed a new location and to our surprise the Winchester establishment was up for lease. Our vision was to create a dojo that still had elements of tradition yet join the realm of business and do it with integrity. I wanted a place where mothers would feel safe and wouldn't mind dropping their kids off to train and a place where women would be inspired and comfortable. We also wanted the dojo to have a Hawaiian / Japanese flare to the ambience.

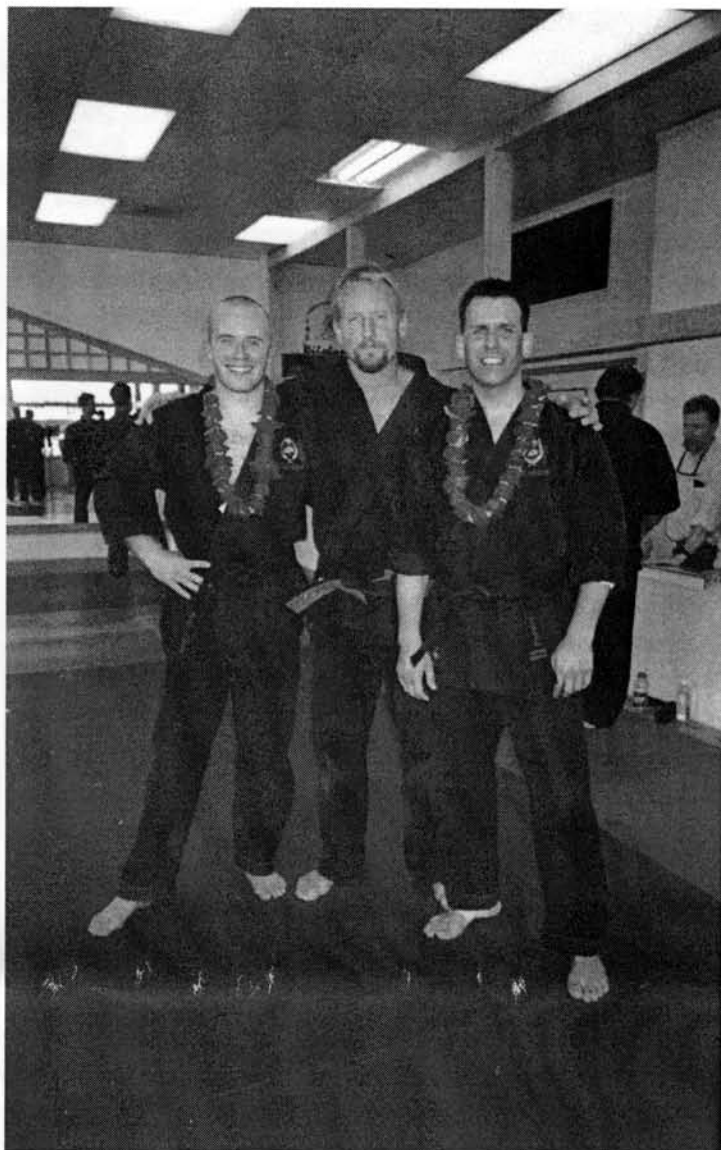


Once we were accepted into our lease we had exactly one month to perform the tenant improvements before the annual Ken Ju Ryu Black Belt Promotion. Saying goodbye to the old dojo was hard for some of the students, but once they saw where they were going they pitched in and we made the deadline. We literally gutted the place and learned a few new things to make it the place we know today. Back then we had a beautiful white canvas floor to train on. I'll never forget watching all the guys rolling it out the night before the test. It was an awesome and overwhelming feeling that we accomplished all of the things we needed to in one month and watching a dream come true.

We started out with about eighty students and a set schedule of two to three classes a week. Each class, however, lasted for a couple hours plus. Those were the days of hard core training, but we found students dropping due to injury or over training. Through trial and error we adapted to our clientele and created programs where our students could train to their potential, having a simplified curriculum for the kids based on mostly Kenpo with exposure to Ju Jitsu and regimenting the adult program. We later added Inayan Eskrima and in this last year, Ken Jitsu.

We were so fortunate to have had Professor Sig Kufferath teaching twice a week up until his passing. He brought a special spirit and personality to us and we miss him although we honor him every day through our training. We never forget who and where we come from. He taught us about integrity within the martial arts and all of the certain axioms that should never be ignored. He was a good friend and mentor and I could always count on his support to help me with my challenges. He always encouraged me to do my best.

We decided to start a nonprofit organization named by Professor Kufferath "Kilohana", meaning the best family. He was cofounder with Russ and the president of the organization. We designed it to support Professor if he should be in need during his battle with cancer. Now Kilohana supports and hopefully helps keep our extended families together to promote the arts as well as showing how all martial arts can come together and make a mutual difference. There were and still are many seminars and gatherings to help promote the arts in Ohana style.



Through the years we said goodbye to many of our seasoned students as they went on their way to spread the knowledge that was given to them. We have many faithful students and teachers who have helped comprise our school to its caliber today. It seems that ten years have gone by in a flash. The people we have had the honor to know and train with will always have their imprint felt at our school.

As I project the dream for the next ten years, I am thankful for all of the grace we have experienced and look forward to this continual education of the human spirit and character we encounter. We have reached our goals and prospered beyond them only to make new ones. We know what position of service that we must uphold to make a difference in our community. And we hope to continue to show how martial arts can bring balance and direction to those who find themselves wanting to train.

THE AWARDS AZA-KI

Hans Ingebretsen
1269 El Moro Dr
Campbell, CA 95008-3305



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