Kilohana Chronicles

Mokomoko Ku'i Lima Po'o kela Kilohana

Volume 7 Issue 1 1st Quarter 2007

2006 Kilohana Award Banquet
by Dan Spalding

Sam Larson receives his Sandan in Danzan Ryu Jujitsu. Photo by Greg LeBlanc

This year's Kilohana awards banquet made me remember what ohana means: community. It was an opportunity to not only see the rest of the Kilohana family, but to do so outside the context of a martial arts seminar.

As people arrived at the Pasta Pelican restaurant, everyone took advantage of the chance to talk to each other while looking out at the view of the Alameda waterfront. I was fortunate enough to speak briefly with Kyoshi Russ Coelho, whose teaching I have admired at Kilohana seminars past. I also immediately recognized Sensei Jack Carter, who taught an Okazaki massage seminar at Suigetsukan dojo a few years ago. On a personal note, I finally saw my good friend Allen Gutsell, who recently returned from London to train again at Suigetsukan.

The dinner started with a short awards ceremony. Professor Mike Esmailzadeh, Sensei Hans Ingebretsen and Sensei Gina Rossi presented the following awards:

Legend Awards: Sensei Charlie Robinson & Sensei Bernice Jay
Ohana Awards: Sensei Gina Rossi & Mike Kirsch
President's Award: Grand Master Ming Lum
Kufferath Award: Sensei Stephen Nicholls

Shihan Russ Rhodes made perhaps the most poignant observation of the night: while there are bigger federations out there, Kilohana has some amazing teachers and dedicated students. We are lucky to have an organization that builds this community.

Last, but not least, was the food. Free soft drinks at the bar were complimented by a buffet of delicious

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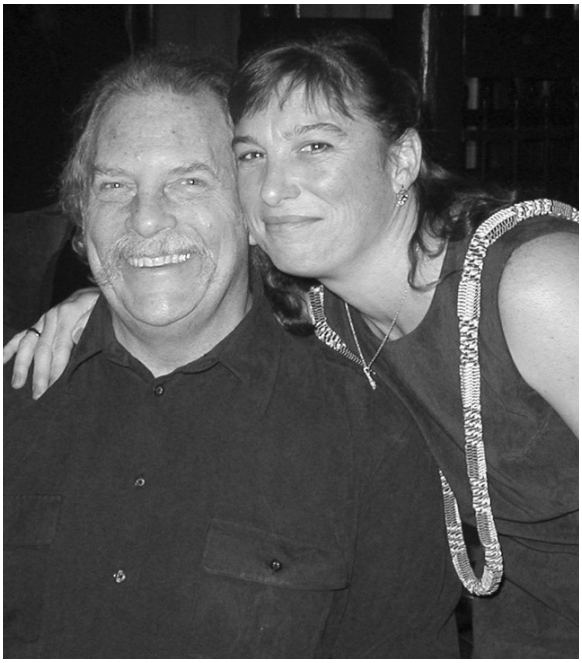
vegetarian and meat entrées. I ate all that I possibly could. I then proceeded to have one of each of the three desserts, finishing the night with a chocolate cake, a cheese cake and tiramisu.

The Kilohana spirit is something each of us builds when we go to Masters' Seminars or Kui Lima Seminars or any other Kilohana event. We even build it when we train consistently at our own schools. But nowhere do we recognize the sense of community that keeps us together like we do at the annual Kilohana banquet. I look forward to making that spirit even stronger in the coming year.



Annette and Dale Kahoun at the 2007 Kilohana Award Banquet.
Photo by Greg LeBlanc

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Kilohana

Chronicles

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We welcome submissions from everyone.
Send article submissions to:
Kilohana Articles
C/O Suigetsukan
suigetsukan@earthlink.net

2006 Kilohana Black Belt Testing
by Paul Marini

This year's Kilohana black belt testing took place on October 28th at the Honbu dojo, in Campbell. Sensei Dale Kahoun's student Sensei Annette Kahoun tested for Yondan. Professor Mike Esmailzadeh's student Sam Larson tested for Sandan. Several of Shihan Russ Rhodes students tested. Robert Shaw tested for Nidan. Mike Ferrel (who tested at an earlier date), Bill Joseph, Laura Plice and Darrell Wilson tested for Shodan. Finally, Mitchell Kubota tested for his student black belt. Also, from Pacific Coast Academy, Rob Julien and Pat Stevens tested for Ikkyu.

Black belt testing at Pacific Coast Academy.
Photo by Patrick Muldoon.

It was great seeing Sensei Annette Kahoun perform the Shinjin, which is a secret list only practiced and demonstrated behind closed doors. Due to the subtlety of the techniques, even after Annette performed them and explained what she was doing, they are still a complete mystery to me. I guess the secret is still safe.

The morning of the test, I ran into Bobby Shaw, looking flushed and feverish. I thought, what a nice guy to come watch his friend test even though he's so sick. So, I was pretty surprised when he changed into his gi and started warming up, and completely blown away when he proceeded to ace his Nidan test with power, facility, and really solid control. It's one thing to look good when you're feeling good. It’s another to look good when feeling horrible, and I was very impressed.

Laura Plice applies Ushiro Ebi Shime during her Shodan test.
Photo by Patrick Muldoon.

This test was special for me because I had the privilege of being Sam Larson's uke. When we started training together, I was a fairly new brown belt, so this test was some six ranks ahead of me. But after 6 months of weekly beatings, I felt confident. Working with Sam showed me not only excellent execution of our whole curriculum, but also gave me insight into how to effectively and efficiently train. I want to extend my thanks to Sam and our teacher, Michael Esmailzadeh, for the experience.

Kilohana Newsletter Photo Contest Winner
Cerese Masters

Silhouette on the Mediterranean

The above photo of Kwan Jang Nim Props was taken by Cerese Masters at the European Gassuku.

Note from the editor - Because of lack of submissions to the photo contest we will not be continuing it. We are still happy to include your photos in the newsletter and to give you credit for your work. If you would like to submit photos for the newsletter, please email them to suigetsukan@earthlink.net, with "attention Gina" in the subject line.

KILOHANA TRAINING IN 2006

2006 Shinyo Workout

Dinner at Camp Kilohana. Photo by Cerese Masters.

2006 European Gassuku. Photo by Cerese Masters.

Camp Bushido West
by Hans Ingebretsen

Constant training was the order of the day at the 20th annual Camp Bushido West, held from July 25-30, in the Sierra foothills, near the town of Clipper Mills. Managed by Sensei Charlie Robinson, this camp has for many years been a proving ground for judoka from around the United States, including some of the young elite U.S. judo players.

Sanctioned by the United States Judo Association, Camp Bushido West offers each year a five-day symposium on judo, with classes starting at 6:00 in the morning and going all day until 9:30 at night. It is a safe bet that everyone there returned home with tired, sore muscles and a wealth of new techniques and training methods. For the price of $200, participants were fed and housed for the entire time at Camp Paradise, where the camp has been held for years. Next year's camp, however, will probably be held in a new location, as the former owners of Camp Paradise sold the facility, and the new owners decided to inform Sensei Robinson midway through the week that they were to double the price they were charging him. The new owners apparently are not anxious to encourage repeat visitors to their facility.

Training was alternately fun and intense for the approximately 50 people in attendance. Participants came from as far away as Alaska and Florida, as well as many parts of California, and literally ran the gamut in age from seven to 76. The main support for the camp came from Goltz Judo Club, Mountain Judo, Twin Cities Judo, Denora Judo Club, Seika Ryu Martial Arts and Shinbukan. Former world champion Ann Maria Rousey De Mars headlined the teaching team, which also included Mark and Lisa Guerrero, Tony Scuderi and Hans Ingebretsen, as well as camp director Charlie Robinson. Kilohana members who attended camp included Joa Schwinn, Ben Lujan, Kevin Thomson, Kyle Roberts and Brian Sassone.

Kudos to Dave Barlow, Dave Leonard and Brian O'Hara from Twin Cities Judo Club, who worked their behinds off to make the camp a rewarding experience, and to the camp cook, Monica, who has kept us well-fed every year, and of course to Sensei Robinson, hachidan, who conducted rank promotions at camp and who regaled us with his rousing rendition of his now-famous judo song, "Mr. Sandan," his own version of the Andrews Sisters song, "Mr. Sandman." Ask Charlie to sing it for you the next time you see him on the mat. It is a safe bet that he will oblige you.

2007 Mokomoko Invitational

Karate, Ju Jitsu and Eskrima
Tournament
Saturday, March 24, 2007

Campbell Community Center Main Gym
One West Campbell Ave.
Campbell, California 95008

Registration begins at 7:30 a.m. Youth competition begins at 9:30 a.m.
Adult competition begins at 11:00 a.m.

Presented by
Zanshin Enterprises and the Shinbukan Dojo
Tournament Director: Hans Ingebretsen (408) 377-1787
For tournament rules, go to www.shinbukandojo.com

Kilohana Officers

Senior Advisors:
Libert O'Sullivan
Olohe Solomon Kaihewalu

Executive Board:
President: Michael Esmailzadeh
Vice President: Hans Ingebretsen
Vice President: Gina Rossi
Secretary & Sgt. at Arms: Mike Kirsch
Treasurer: Jerry Donnard

Director of Weapons Training:
Suro Jason Inay

Standards Board:
James Muro and alternate, Jason Inay
Russ Rhodes and alternate, Dale Kahoun
Al Ikemoto and alternate, Jack Carter
Michael Esmailzadeh and alternate, Russ Coelho
Richard Pietrelli and alternate, Hans Ingebretsen

Regional Directors:
Stephen Nicolls (European Director)
Bruce Raney (Hawaiian Director)

2007 KILOHANA CALENDAR OF EVENTS

January

Saturday, Jan. 20 - 10am. Professor Muro instructs in Seifukujitsu at Hollister. Instruction is once a month for 6 months. Contact Professor Muro 831-394-9652.

February

Saturday, Feb.10 - 10am. Sensei Jack Carter, Sensei Al Ikemoto and Sensei Chuck Goodman instruct in Seifukujitsu at Pacific Coast Academy. First Saturday of each month for 6 months. For info. call (408)378-4790 or (408)398-1212.

March

Saturday, March 10 - Mokomoko Invitational Tournament. Registration begins at 7:30am.

Sunday, March 11 - Kilohana Board Meeting 10-12; Kui Lima with Professor Esmailzadeh and Sifu LeBlanc at Pacific Coast Academy, 12:30-2:30.

April

Friday, April 13 - Kilohana Board Meeting, evening.

Saturday, April 14 - Masters Seminar at the Campbell Community Center. Registration begins at 8am.

May

Sunday, May 27 - Black Belt Training at Suigetsukan, 1-4pm

June

June 29, 30, July 1 - Camp Kilohana, at Fusuikan. Contact Sensei Richard Pietrelli.

July

July 22-27 Camp Bushido West. Contact Sensei Joa H. Schwinn.

August

Sunday Aug 19 - Black Belt Training at Suigetsukan, 1-4pm.

September

Sunday, Sept. 17 - Kilohana Board Meeting 10-12; Kui Lima at Suigetsukan 12:30-2:30. Instructors TBA.

October

Sunday, Oct. 28 - Kilohana Board Meeting 10-12; Kui Lima at Pacific Coast Academy 12:30-2:30. Instructors TBA.

November

Saturday, Nov 10 - Black Belt Testing at Pacific Coast Academy
Saturday, Nov 17- Awards Banquet

Please use the Kilohana website, www.kilohana.org, to contact instructors and school for details about events.

Wing Chun Kung Fu -- Yip Man lineage, Wong Shun Leung Style and Gary Lam system

By Sifu Gregory E. LeBlanc

Part 1

Wing Chun Kung Fu is perhaps one of the best-known martial arts in the world. Originally from southern China, it has spread with great enthusiasm to every corner of the world. Brought from China to Hong Kong by Grandmaster Yip Man, the art has enjoyed great attention based on its efficient fighting methods and its many famous exponents. One of Yip Mans most notable first generation students was the late Wong Shun Leung. Sigung Wong made a reputation for himself and for Wing Chun by fighting and winning over 60 skill comparison matches (Beimo) early in his career. These matches were friendly, full contact fights that Wong used as a means to learn more about Wing Chun. Wong Shun Leung was also Yip Man's head assistant coach and became the primary Wing Chun instructor of Bruce Lee while he was a student of Yip Man's. Sigung Wong was also an accomplished practitioner of herbal medicine, bone setting, calligraphy and Chinese history.

Sifu Lam demonstrating an action on the Muk Yan Jong.

In Monterey Park California, one of Sigung Wong's most senior successors has for the past 15 years been quietly teaching the Wing Chun system of his teacher. That successor, and my teacher, is Sifu Gary Lam (Lam Man Hoc). Sifu Lam trained with Wong Shun Leung for over 15 years and was his head assistant coach for 6 years. Sifu Lam distinguished himself in the Wing Chun community by winning the Hong Kong full contact elimination tournament in 1978, defeating all challengers in three elimination fights. Sifu Lam has also been a competitive Hong Kong Thai boxer, and in the early 1990s, often served as a judge for Thai boxing matches in Hong Kong. Sifu Lam has been teaching Wing Chun Kung Fu and training Thai boxers for over 25 years. He also had the honor and distinction of serving as the 1991 President of the Hong Kong Wing Chun Society.

Sifu Lam describes the Wong Shun Leung Wing Chun system as having five main branches of study. These branches serve to categorize the bulk of the open hand techniques that are developed throughout the students training experience, developing an overall framework for the system. The Wooden Dummy (Muk Yan Jong), Dragon Pole (Luk Dim Boon Guan) and Double Cut Knife (Baat Jaam do) are also taught throughout the course. The branches are as follows:

1. Crossing hand - Striking techniques

2. Closing - Standing grappling and escapes

3. Footwork - Kicking and leg destruction

4. Pushing - One and two handed projections

5. Pulling - Outside, inside and turning projections

In the next Kilohana chronicles, I will explain the five main branches of Wing Chung Kung Fu.

Sifu LeBlanc has been involved in the martial arts for 27 years and has been teaching Wing Chun for 7 years. He began his training in Kung Fu, studying Northern Shaolin and Praying Mantis with Sifu Kam Yuen.

Sifu Lam demonstrates a simultaeous attack and defense with the Baat Jaam Do.

Sifu Lam and Greg LeBlanc

Later he studied Long Fist, Sword, Praying Mantis and Ba Gua Zhang with Shirfu Jason Tsou. Gregory also studied Danzan Ryu Jujitsu with David Bellman Sensei and Mike Esmailzadeh Sensei, and Aikido with Steven Seagal Sensei and Toshishiro Obata Sensei. He trained as an Aikido Uchi Deshi (live in apprentice) for two years, and also taught Aikido at Tenshin Dojo. Gregory studied Wing Chun Kung Fu under Sifu Gary Lam (Lam Man Hoc), serving as his assistant coach for several years. In June of 2005 Gregory was given authorization to teach as Sifu Lam's first certified coach. He currently teaches classes and lives at Suigetsukan.

LeBlanc Wing Chun at Suigetsukan Dojo

103 International Blvd.
Oakland CA. 94606
(510) 452-3941

Wednesday 6:00-7:00pm
Friday 5:30-7:00pm
Sunday 10:30am - 12:30pm
www.turningpointonline.info

Reinventing the Stick
By Dale Kahoun
Part 1

It wasn't a long time ago that as a police defensive tactics instructor at a training seminar, I taught another instructor (who possessed the right credentials and was being 'groomed for administration') the inner workings of a simple Katate Tori (probably to the degree of a green belt). At the next instructional gathering, I was to learn it from him, and I was told he had invented the wristlock! Well, that's politics.

Same as it always was. A sense of humor and even sharing the 'cosmic giggle' might save you from your disappointment in reality.

There is a great book called the "Kabalion". It's one of those things that if you're not ready for it, it won't come your way (hint). One of the lessons in it is "As above so below, as below, so above." I think "Same as it ever was" helps too.

Lessons upon lessons. What triggered this writing is, that while I was on eBay shopping for Yawara sticks, I discovered in the advertisement claims that the small stick has been kinda invented within my lifetime! No really! I'm not that old!

These claims are interesting. When did it become a Yawara stick, and where did it come from? This gives us an opportunity to learn with pictures and examples. Since I'm curious and have an idea about it, I'll do the leg work.

Koga SD 1, 7 1/2 Inches

On eBay I found two Yawara Sticks, re-named Koga SD1 and Koga SD2, designed by Robert Koga, a renowned police defensive tactics instructor who was with LAPD. In my opinion, in his long career he had appropriately watered down martial art techniques to a degree where they were useful for police training, but not too effective against the citizenry. He appears to have followed a middle road and filled a gap where it was needed.

Koga SD 2, 7 1/2 Inches

These Koga sticks are produced by Cold Steel and made of practically indestructible plastics. I bought both of them. The saving grace for Cold Steel is they make great products! I recommend them. They may have new names but this stuff's been around a long time, as you'll see.

The Kubotan was developed in the mid 1970's by Shihan Takayuki Kubota, founder and Soke of Gosoku-ryu Karate. I have not read where Sensei Kubota has claimed to be the inventor of the Kubotan. To say he was the developer,

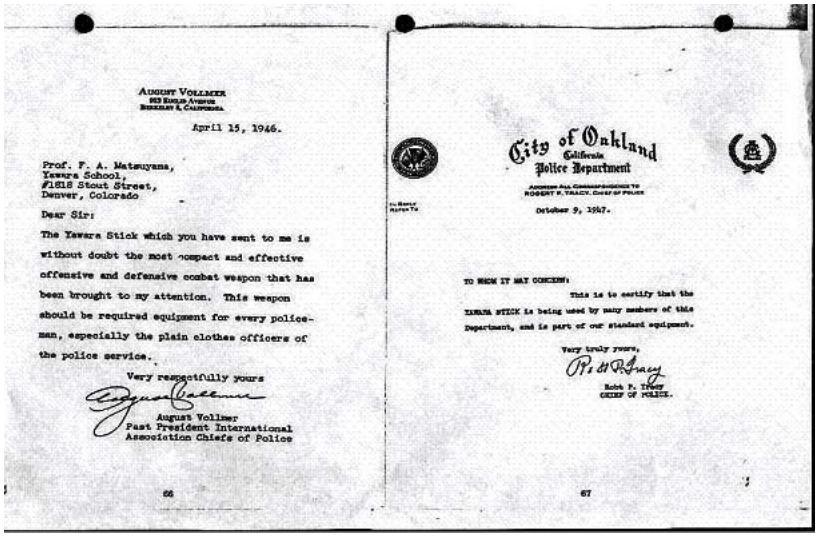
producer and name donor would be more accurate.

One great advantage of owning and practicing with a Kubotan (or any other Yawara implement) is that after learning the techniques there are many other small items that could be substituted for the actual material tool. (e.g. hair brushes, combs, pens, pencils, telephone receivers, bicycle locks, bicycle pumps and so on.)

The United Kingdom has repressive laws forbidding possession of objects that can be described as 'pocket sticks'. Be careful while traveling! (That means Canada too.)

Frank A. Matsuyama is credited with inventing the Yawara stick. Professor Matsuyama practiced Yawara in Japan where he was born in 1886. He moved to the United States and taught police departments in California and Colorado in the 1940s and 1950s.

Professor Matsuyama initially advocated a back up knife for police officers who might have lost their gun or ended up in a situation where they couldn't use it. The fact that he called his device a Yawara stick rather than naming it after himself is to his credit, in my mind. I expect that he would claim to have been a developer and promoter, but primarily a teacher. He wrote an instruction book (download or look up: http://www.yawara.com/Yawast1.html).



August Vollmer
[illegible] Avenue
Berkeley 8, California

April 15, 1946.

Prof. F. A. Matsuyama,
Yawara School,
#1818 Stout Street,
Denver, Colorado

Dear Sir:

The Yawara Stick which you have sent to me is without doubt the most compact and effective offensive and defensive combat weapon that has been brought to my attention. This weapon should be required equipment for every policeman, especially the plain clothes officers of the police service.

Very respectfully yours

August Vollmer
Past President International
Association Chiefs of Police

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City of Oakland
California
Police Department

Address All Correspondence to
Robert P. Tracy, Chief of Police

October 9, 1947.

TO WHOM IT MAY CONCERN:

This is to certify that the YAWARA STICK is being used by many members of this Department, and is part of our standard equipment.

Very truly yours,

Robt P. Tracy
CHIEF OF POLICE.

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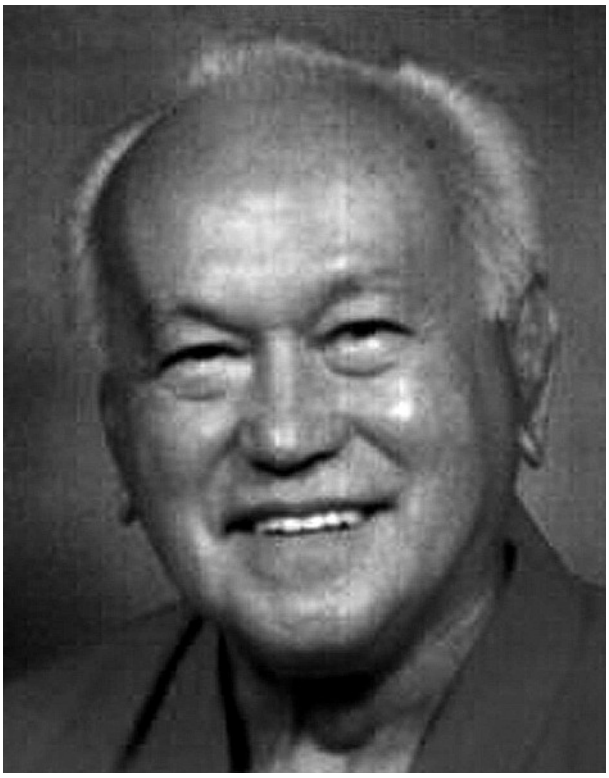
I still have the first Yawara stick I purchased from the George F. Cake Police Supply Co. of Berkeley, CA, in 1969. It has a patent and is the same as in Professor Matsuyama's manual. I'd say Professor Matsuyama has the claim for an object in the United States that he called a Yawara Stick, and that started locally here in California in the 1940s. He also wrote a training manual and actively trained police officers.

TO BE CONTINUED.

Kilohana Martial Arts Association Presents on Saturday April 14 the 2007 Kufferath Masters Seminar



The 2007 Masters Seminar will be held on April 14 at the Campbell Community Center in Campbell, California

Registration begins at 8am. Bow in is at 8:30am.

7 hours of training, a choice of three classes each hour.

$65 Kilohana Members Pre-Registration

$85 Non-members and at the door

Pre-Registration Due by March 30, 2007

For more information about the Masters Seminar contact Suigetsukan.

(510) 452-3941 suigetsukan@earthlink.net www.kilohana.org