



KILOHANA

CHRONICLES



Volume 8 Issue 3

3rd Quarter 2008

The Beginning of Kodenkan Komori

By *Gustavo Domenech*



The first Kodenkan Komori patch

Speaking of the Kodenkan Komori is speaking of my beginning in the martial arts. In

February 2004, my first contact with the martial arts was made through Evelio Mayor, who came to live to in Valencia after spending 6 years in London studying Danzan Ryu Jujitsu as a student of Sensei Stephen Nicholls. I was so fascinated after the first class that I passed all of my time seeking information on the Internet about Professor Okazaki, Professor Kufferath, techniques of Danzan Ryu, Japanese culture, samurai, etc.

My fascination was such that during the first year I trained five days a week, and most of the days I was training alone with my teacher Evelio; at times even training 2 times the same day. Due to the decrease of training days one year later and pushed by some friends, I began to train on my own.

In March 2005, the Kodenkan Komori was born of the individuals who at present are the strong core of the dojo: Luis Mariner, Carlos Catala, Joan Sanfelix and Rafa Lindes. It would not be until September 2005 when, under the direction of Sensei Stephen Nicholls, the dojo was officially established while celebrating our first Danzan Ryu Jujitsu Seminar.

Since that time, eight intensive seminars have been carried out in Danzan Ryu Jujitsu and four in Seifukujitsu. We are also affiliated with the British

& European Kilohana; collaborating to organize every Gasshuku since 2005, and subsequently performing the total organization of the Gasshuku 2008 in Albir, Spain. The club also has collaborated and participated in seminars of other disciplines, including Judo, Taekwondo, Kyushojitsu, Kosho Ryu Kempo, Boxing, and Escrima, as much in Spain as abroad. One of our most special moments was the Kufferath Master Seminar 2006, where I encountered one of the strongest concentrations of Danzan Ryu Jujitsu as I visited dojos like Professor Mike Esmailzadeh's Suigetsukan and the Shinbukan Dojo, directed by Sensei Hans Ingebreetsen.

One of our greater concerns has been the diffusion of our style as much as possible, since this was one of the dreams of the Professor Okazaki. First, we translated all the manuals and available documentation into Spanish, and then have reached out to a large number of people through Internet. Playing a very important role in this was the December, 2007 creation of our web page: www.kodenkankomori.com, which presently only offers information in Spanish but soon will have the option to view it also in English.



Continued on Page 3...

2008 Kilohana Calendar of Events

September

SEPT. 20-21
SAT.-SUN. KILOHANA DANZAN RYU BLACK
BELT WEEKEND
Suigetsukan
103 International Blvd.
Oakland, CA 94606
Contact Professor Michael
Esmailzadeh
(510) 452-3941

October

OCT.3-5
FRI-SUN BRITISH & EUROPEAN
GASSHUKU
Hotel Domenech
CTRA. TOUS S/Nº Alberic (Valencia)
Spain
Contact Sempai
Gustavo Domenech
gus_kodenkankomori@yahoo.es

OCT. 4
SAT. KENPO/KEMPO LÕ KAHİ ASSOCIATION
CONNECTION SEMINAR
8:30 a.m.-4 p.m. Courtyard Marriot
Fairfield, CA
Contact Kathleen Chun
P.O. Box 1092
Suisun, CA 94585
makahaboy@chinesekempo.orgd

OCT. 5
SUN. KILOHANA BOARD MEETING
10 a.m.-12 p.m. Seika Ryu Martial
Arts
3168 Condo Court
Santa Rosa, CA 95403
Contact Sensei Hans Ingebretsen
(408) 377-1787

OCT. 5
SUN. KU'I LIMA WORKOUT
12:30-2:30 p.m. Seika Ryu Martial
Arts
Instructed by Grand Master
Arthur Gonzalez
3168 Condo Court
Santa Rosa, CA 95403
Contact Sensei Joa Schwinn
(707) 523-3200

OCT.25
SAT. OCTOBER CHALLENGE
MARTIAL ARTS TOURNAMENT
Santa Rosa High School
Santa Rosa, CA
Contact Sensei Joa Schwinn
(707) 523-3200

November

NOV. 8
SAT. FALL JU JITSU KATA
CLASSIC
Redwood Acres Fairgrounds
Eureka, CA
Contact Shihan Richard Pietrelli
(707) 443-1725

NOV. 15
SAT. KILOHANA ANNUAL BLACK
BELT TESTING AND
AWARDS BANQUET
Clarion Hotel
1355 N. Fourth St.
San Jose, CA 95112
Contact Sensei Hans Ingebretsen
(408) 377-1787

NOV. 16
SUN. KILOHANA DEEP ROOTS
SEMINAR
Clarion Hotel
1355 N. Fourth St.
San Jose, CA 95112
Contact Sensei Hans Ingebretsen
(408) 377-1787■

KILOHANA CHRONICLES

The Kilohana Chronicles is the official newsletter of the Kilohana Martial Arts Association (Kilohana) and is mailed free-of-charge to its chartered dojos. The contents of this newsletter may not reflect the opinion of its editor, the Board of Directors of the Kilohana Martial Arts Association, its Senior Advisers, Standards Board, or its members.

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or

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Kilohana Martial Arts Association

1821 S. Bascom Ave., #230

Campbell, CA 95008

Kilohana's "Hombu" dojo is:

Suigetsukan

103 International Blvd.

Oakland CA 94606-2823

(510) 452-3941

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Kodenkan Komori members:

Sensei Stephen Nicholls
 Sempai Gustavo Doménech (Nikyu)
 Luis Mariner (Yonkyu)
 Carlos Catala (Gokyu)
 Patrick López (Rokyu)
 Rafa Lindes (Rokyu)
 Joan Sanfelix (Rokyu)
 Carlos (Hachikyu)
 Jonathan Mallaburn (Hachikyu)
 Duncan Mallaburn (Hachikyu)
 Vicente López (Hachikyu)
 Jorge Moreno (Hachikyu)



Kodenkan Komori's 1st Danzan Ryu Jujitsu Seminar

The name of our dojo, "komori", is a Japanese word that is translated as "bat", and refers to one of the symbols of our land. Thus, our school is "The School of the Bat".

Everyone is more than welcome in our dojo and we hope to see you around soon. For any questions, consultations, or visits, here is our contact information:

Address: HOSTAL DOMENECH
 CTRA. TOUS S/Nº
 C.P.: 46260 ALBERIC (VALENCIA)
 ESPAÑA

Email: gus_kodenkankomori@yahoo.es
admin@kodenkankomori.com



Kodenkan Komori's 5th Danzan Ryu Jujitsu Seminar

Kokua & Ohana always! ■

KILOHANA MARTIAL ARTS ASSOCIATION
DANZAN RYU JU JITSU
BLACK BELT WEEKEND
SEPT. 20-21, 2008



Classes to be held at Kilohana Hombu Dojo
Suigetsukan
103 International Blvd.
Oakland, CA 94606
(510) 452-3941

Saturday, September 20: Shinin & Shinyo
Open to Danzan Ryu ikkyu and above for Shinin,
Shodan & above for Shinyo
10:00 a.m. to 4 p.m. with lunch from 12:00 to 1:00

Sunday, September 21: Kiai no Maki
Open to Danzan Ryu sankyu and above
10:00 a.m. to 4:00 p.m. with lunch from 12:00 to 1:00

Cost for full weekend: \$60
Cost for one day: \$30
Make checks payable to Kilohana Martial Arts Association

Participation in clinic is open to Kilohana and non-Kilohana Danzan Ryu jujitsuka.
Your sensei's permission is required for participation

For further info, contact Sensei Hans Ingebretsen at (408) 377-1787
Or email at hansingebretsen@yahoo.com

Suggested hotel accommodations:
Days Inn, 1925 Webster St. Alameda, CA (510) 521-8400
Approx. \$80 per night
Marriott-Downtown Oakland 988 Broadway, Oakland, CA 94607 (510) 625-8282
Approx. \$120-\$200 per night

檀山流柔術
古傳館

KILOHANA MARTIAL ARTS ASSOCIATION

DANZAN RYU JU JITSU

BLACK BELT WEEKEND

Sat. & Sun. Sept. 20-21, 2008

Suigetsukan

103 International Blvd.

Oakland, CA 94606



REGISTRATION FORM

Name_____

Street Address_____

City_____ State_____ Zip_____

Area code & phone number_____

Email Address_____

Danzan Ryu Ju Jitsu rank_____

Dojo_____

Your sensei's name_____

Your insurance carrier_____

Insurance group number_____

Emergency contact name_____ Phone number_____

Clinic cost:

\$60 for two days_____

\$30 for one day_____



Make checks payable to: Kilohana Martial Arts Association

Send completed registration form and check to

Kilohana Martial Arts Association

1821 S. Bascom Ave PMB 230

Campbell, CA 95008

PLEASE BE SURE TO SIGN THE WAIVER

AT THE EVENT

www.kilohana.org

DOTA Brings Women of All Strengths Together

By Jennifer Dyer

Daughters of the Arts founders Ginger Dunn and Jena Inay, are daughters of men who founded their own systems within their respective arts: Mizu-Ryu Ju-jitsu and the Inayan System of Eskrima. DOTA is dedicated to the promotion of women in martial arts. Only a year old, this fledgling organization has members in three states, and the Californian membership ranges from Oakland to Monterey.

On August 2nd, DOTA hosted its first Annual Seminar. Instructors and participants were women of all martial art backgrounds and experience. The day began at 10:30 am with Annette Kahoun, a fourth degree black belt in Danzan Ryu Jujitsu. Small but deadly, energy fairly pours off her and she makes throwing much larger women look effortless. As well as basic throws and falls, Annette introduced the class to several wrist and hand locks, including the Z-lock and the come along which she applied several times to emphasize her point.



Joy Coe (left) and Jennifer Dwyer slicing and dicing

Maija Soderholm, an Eskrima instructor began the second hour by telling everyone to put

down their sticks and instead offered stainless practice swords. Maija then ran the class through basic straight line foot work; the shifting distribution of weight from front to back and back to front, always of course protecting the head and the hand behind the body that could hold the possibility of a secondary weapon. This basic foot work shifted into an exercise with swords as pairs shifted forward and back in a pendulum wave action. Maija then demonstrated how this wave/flow would translate into a slice across the opponent's mid-section while moving in either direction.

Lunch came as a welcome respite in a marathon day. Angela Moehring, a third Dan from Fong Family Tae Kwon Do, then took the next class well in hand. Angie led off with fifty quick fire jumping jacks, and then a series of stretches. After clearly warming everyone up, the class moved through all the basic stances and then into a series of punch exercises: jab, cross, upper cut and combos. Old x-ray paper served well as targets for those of all experience.

Margarita Jimenez -who just opened a new training facility in Morgan Hill- taught Shinkendo and rounded out the day with the first introduction to long sword work for many in the seminar. While basic strikes and blocks dominated the beginning, she then taught the class a basic sword kata that ranged from how to draw your sword with authority, to striking and decapitating your opponent, and then sheathing your sword with an utter calm. It felt like an old west style samurai call out.

Currently, Ginger and Jena are developing two new programs. The first, Martial Art Mamas, revolves around women protecting their families. This program will provide self-defense lessons and strategies that range from how to talk to your children to simply being aware of the area around you. The second is a girl's self-esteem seminar for young women, ranging in age from eight to 12 and their mothers. ■

The Seika Ryu Invitational Martial Arts Tournament

By Ben Lujan

On Saturday, July 19, over 30 kyu ranked students converged on Seika Ryu Martial Arts in Santa Rosa, California for a one-day kata, weapons, point sparring, and grappling tournament. Seika Ryu Martial Arts, Mountain Storm Jujitsu, Porter's Kenpo Academy, and the Shinbukan Dojo were represented by a pool of competitors predominately under the age of 18. The annual event, held primarily to give newer martial art students a chance to warm up to the experience of competition, is open to non-black belts and those students who have less than 48 months of martial arts experience.



Dr. Porter, left, looks on as the action heats up in the sparring division

Trophies were awarded to first through third place finishers, though with the large majority of competitors competing in at least two divisions, many of the budoka went home with an armload of awards. The accomplishments of the competitors were paralleled by the capability of the officials and judges. Given in part to the size of the tournament and the ability of the experienced staff, the day transitioned smoothly from one event to another.

Officials for the kata divisions included Sempai Clayton Conrad, Sensei David Crouch, and Sensei Stacy Powell. Taking the wheel for the sparring division was Sensei Tom Porter, with Sempai Clayton Conrad and Sempai Patrick Nagle acting as side judges. Timekeeping for the grappling division was run by Sensei Jose Ortiz and Sensei Chantilly Ortiz. Sensei Joa Schwinn constructed and ran the pools for every

Kilohana Officers

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division throughout the day. I would like to extend a special thank you to Sempai Clayton Conrad, whose qualifications as a national level judo referee came in handy as he and I alternated as center referees for the grappling matches; I came away with a much stronger skill set by watching and following his example.

Following the shiai was a potluck and barbeque, where the day's warriors and their families came not only to congratulate each other on a well-fought tournament, but to wish Sensei Schwinn a happy birthday. The large, contented smile on his face that even his bushy white beard couldn't conceal throughout the entire day spoke to the success of the day. This was definitely one of the highlights of my summer, and has me even more excited for Seika Ryu's upcoming October Challenge tournament. See you there! ■

The Kilohana Beach Workout

By Hans Ingebretsen

The beach was the place to be on Sunday, August 24, as the Kilohana gang descended on Twin Lakes beach in Santa Cruz, CA for an afternoon of training and fun. Representatives from Seika Ryu Martial Arts (Santa Rosa), Suigetsukan (Oakland), High Sierra Ju Jitsu (Reno), Mountain Storm Ju Jitsu (Sonora), Shinbukan (Campbell), and Street Defense Solutions (Santa Cruz) gathered to pummel one another into the sand. Instructors included Frank Ferris, Michael Esmailzadeh, Bill Francis, Chantilly Ortiz and Hans Ingebretsen. Franko had some particularly interesting obi tie-up techniques to show that left everyone hog tied. Thanks to everyone who traveled to Santa Cruz to share in this day! After the training, we enjoyed a picnic, body surfing, and boogie boarding. ■



You WILL write a history article, Kate!



Kilohana beach bums toast you with officially sanctioned Jungle Juice



Devin Romo (left) and Kathleen Pheneger



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Albert Brady is a massage therapist who helps people from all walks of life to improve the quality of their health. Prior to establishing his business, Albert spent over 24 years as a martial artist studying sports therapy and massage. Albert offers a wide range of programs and services – from Japanese Restorative Massage, to

Tai Chi and Qi Gong. Albert specializes in helping the body heal from sports or accident injuries as well as physical ailments to help improve the quality of life of his clients.

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Finis Coronat Opus! The 2008 Kufferath Masters Seminar

By Ben Lujan

This year's Kufferath Masters Seminar took place on June 7, 2008 at our annually recurring locale, the Campbell Community Center. Boasting an extensive variety of styles within the 31 top level martial arts instructors, we hosted three 45 minute classes at a time in the adult program for a total of 26, and two classes at a time within the children's itinerary for a total of 14.

Within the inevitable expansion and contraction of an organization, we were faced with having to make up a substantial number of attendees this year in order to keep up with last year's numbers. Being in the unique position of both working for and training under Kilohana President Sensei Hans Ingebretsen, I got to see largely firsthand the months of hard work and near sleepless dedication that he put into making sure that we not only had a solid 120 participants the day of the event, but were able to enjoy a highly organized, well-run seminar with a who's who of instructors. It's inspiring and refreshing to feel the ohana and kokua that run through the "Masters" every year, and astonishing to get to see how much work from how many people go into this event.



Master Bill Chun, Jr. impressed with both internal and external techniques

Personally, the highlight of the day's training came when a small group

of us judo-minded individuals managed to talk Sensei Sauveur Soriano into another training session towards the end of the day. We relieved the hard working cleanup crew of their mat moving duties and took over the then-abandoned auxiliary gymnasium, which had been the site of the children's program. We were taken through a series of techniques and drills on kumi kata, which were quickly incorporated into light randori. This personal instruction from an international-level coach and former competitor insured that I left with some very valuable tools that I am incorporating into my judo game.



French Judo Federation certified Judo Master-Instructor Sensei Sauveur Soriano (right)

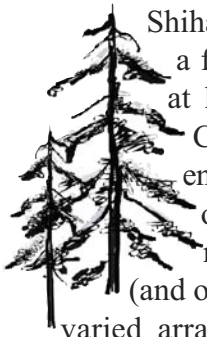
The sheer quantity within the day was dizzying, but couldn't hold a candle to the quality. When given the "sampler platter" approach at events, it can be difficult to retain principles and techniques. However, I felt as though each of the instructors this past June were able to skillfully and adaptively instruct their audience to where we each came away with a substantially more in-depth understanding of our respective arts. It was a fitting crown to months of preparation. ■



Sensei Dale Kahoun (left) smiles as Olohe Solomon Kaihewalu throws shaka

Camp Kilohana

By Hans Ingebretsen



Shihan Richard Pietrelli once again hosted a fantastic weekend of outdoor training at his ranch in Hydesville, CA, where Camp Kilohana is held each year at the end of June. Training in the field in front of his house, under the tent in the corral, around the lake and at the river (and of course, in the river) gave everyone a varied array of training opportunities. Olohe Solomon Kaihewalu was the featured instructor, sharing his family's style of lua. Olohe taught ku'i ku'i (boxing), mea kua (weapons) and mokomoko (rough 'em up style), and more than a few people found out first hand what the Hydesville grass smells like when you have your face smashed down into it. Shihan

Richard Pietrelli and Sensei Hans Ingebretsen rounded out the teaching staff, giving instruction in tameshi giri, kadena de mano eskrima, and Danzan Ryu ju jitsu, while Sensei Bill McClure taught chi gong. It is common knowledge that those who enjoy their sake on Saturday night can find relief from Sunday morning sluggishness by employing Sensei McClure's chi gong techniques.

The Saturday night Japanese banquet is always a high point of this camp, and Jill Pietrelli and Kim Eubanks cooked up an amazing feast that easily compares to any you would order in the finest restaurants. Thank you, Jill and Kim, for feeding us so sumptuously year after year! Mark your calendar for the last weekend of June for next year, and the beatings will continue! ■

FUSHIKAN

8th Annual Invitational



Saturday, October 25th 2008

COMPETITION START 9:00 AM SHARP!



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Main Gymnasium - South
1300 Mendocino Avenue
Santa Rosa, California**

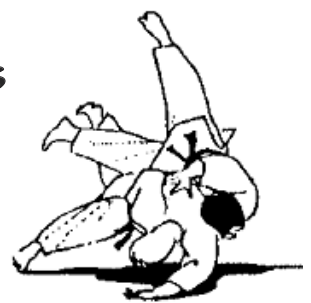


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**Telephone: (707) 478-4841
Email: jschwinn@octoberchallenge.com**

THERE WILL BE NO REGISTRATION AT THE DOOR

Tournament registration forms available through your school, by coming
by Seika Ryu Martial Arts in Santa Rosa, or by downloading a copy at www.octoberchallenge.com.



JEREMIAH STANLEY'S SOJOURN TO THE PHILIPPINES 2008

By Jay de Leon

In July 2008, Jeremiah Stanley traveled to the Philippines. An inveterate world traveler, Jeremiah has traveled to countless countries of the world, most of the time mixing martial arts training, academic pursuits, wanderlust and pleasure in his journeys. This year, he traveled to the Philippines principally to attend the **4th FMA Festival** held every two years by the **International Modern Arnis Federation of the Philippines (IMAFP)** of which he is a *guro* in the United States.



Yes, life was a beach at Boracay in the Philippines.



Jeremiah Stanley (left) and Senior Master Godofredo Fajardo of the IMAFP share some relaxing moments and a cool drink at the 4th FMA Festival in Boracay, the Philippines in July, 2008



Jeremiah Stanley (with hat) squares off with Modern Arnis guro Michael Gubat, as Senior Master Godofredo Fajardo of IMAFP (center, between them) supervises their class at the 4th FMA Festival in Boracay, Philippines on July 2008.

Arnis. Although Jeremiah is my student here in the United States, I wanted him to have the honor of getting his black belt from my own *guro* in the Philippines, Senior Master Godofredo Fajardo of **IMAFP**

We will get to the other earthly pleasures later.

In a separate article, I wrote about the **4th FMA Festival** held from July 20-25 in the sandy beaches of Boracay, in the Visayas in the Philippines, capped with an awards night in Iloilo. In addition to participating in all these activities, Jeremiah tested for and was awarded his **Lakan Isa** (first degree black belt) in **Modern**



GM Cristino Vasquez (right) of the International Modern Arnis Federation of the Philippines (IMAFP), poses with Datu Dieter Knuettel of Germany at the 4th FMA Festival at Boracay, Philippines on July 2008. Photo courtesy of Michael Gubat.

Award for promoting Filipino martial arts both in print and in electronic media like the internet.

In pursuit of more Filipino martial arts knowledge, Jeremiah also traveled to Dumaguete City in the province of Negros Oriental, in the Visayas in the Philippines before the festival. There he met up with his friend and trained with another **FMA** master named Ike Villaflores, who is a school teacher by profession.



Jeremiah Stanley (right) poses with FMA master Ike Villaflores of DUMAA Eskrima in Dumaguete City in the Philippines in July 2008

As Jeremiah was researching medical studies as well as career opportunities in the medical field in the Philippines, I hooked up Jeremiah with one of my closest friends in the Philippines, Dr. Col. Juan Pablo Nanagas, who is a practicing medical doctor as well as a Colonel in the Philippine Ma-

and **Filipino Fighting Arts Int'l (FFAI).**

I extend my thanks to my *guro*, Master Godo, and my crew in the Philippines including GM Cris Vasquez, Michael Gubat, Jimson Dearos, Cocoy Oyales and Nonong Poblacion for taking care of my home boy and showing him a good time at the Festival. I would also like to thank the **IMAFP** Council of Masters and the organizing committee of the **4th FMA Festival** for my **Kampilan**



Jeremiah Stanley (left) meets with Dr. Col. Juan Pablo Nanagas, a doctor and a Colonel in the Philippine Marine reserves. Yes, he is as tough as he looks. It looks like they bivouacked at a top secret rendezvous place in Manila called Jollibee (the Philippines' McDonald's).



Whether in their simple dojo or in the school yard, these arnis practitioners both young and old work out enthusiastically and diligently. Arnis is alive and well everywhere in the Philippines, in this case in Dumaguete City.

rine reserves, commanding an armored division. He has been heavily involved in military operations as well as peace negotiations with Muslim insurgents in the southern part of the Philippines

He was also at one time the Undersecretary of the Department of Health of the Philippines. We were classmates since grade school at the Ateneo de Manila, and he was my **Kodokan** judo sparring partner in high school for several years. Lately, he has been both a member and a coach of the **Philippine Olympic** archery team. Yes, as Jeremiah discovered, John or Dr. J as we sometimes call him, is a man of many passions and a cool dude to hang out with.

And so it appears to have been another fruitful and fun journey for Jeremiah for 2008. Congratulations on your black belt, Jeremiah, and may you have more *arnisadors* to bang sticks with, more martial artists to exchange punches, kicks and throws, more rivers to cross and more mountains to climb, and more friends to make and more miles to cover in cosmopolitan cities and uncharted waters alike in journeys to come.

Till your next journey... ■

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Congratulations!



On behalf of Kilohana, congratulations to Gustavo and Sara Domenech (pictured on the far left) on their recent marriage!

During their honeymoon tour of the United States, the newlyweds joined (from left to right) Oliver Hu, Ben Lujan, Yesenia Zuniga, Susan McDonnell, Sensei Hans Ingebretsen, and Professor James and Raquel Muro on July 26 at Rose Pistola Restaurant in San Francisco's North Beach neighborhood.

The Power of Intent in the Healing Arts

By Albert Brady

I had the pleasure of interviewing Professor Hudson on how Professor Estes, a renowned healer of his time, applied his healing intent. The five principles he noted were very basic yet very potent:



1. Let the energy (ki) flow and let your God's and/or your ancestors' energy flow through you. Ask them for help.
2. If you do not give, you will not receive. If someone asks, you give.
3. Service. The ability will come with having the right reasons; have faith, and know it will work.
4. Know the need and ability will show. Whatever you need will manifest in righteous need.
5. Unlearn, and take obstacles away. There are quarts and there are gallons. We can decide to be a mere "quart" or we can choose to be bigger like a "gallon", and "The obstacles are our limited beliefs."

I really believe in these core principles, and I've also witnessed them to work literally on a miracle level. As "A Course in Miracles" states, "I choose the miracle over the grievance."

1. With the number one principle stated by Professor Estes, God or the Primordial source that some may choose feeds our life force from the "Absolute". The ancestors, as Carl Yung validated, are existence also known as the "Collective unconsciousness". For example, others have heard the term, "there is power in numbers." So very true, and another valid reason to preserve Kata!
2. If someone asks, you give. This applies to the concept of cause and effect. What goes around comes around, so we are to give in the heart of Kokua: giving unconditionally. In my healing arts practice, there are those I charge a full rate, and those in need. There is a sliding scale, and to those that are in poverty I give freely. I have seen miracles from teachers that I could not afford, who give very valuable information that

has greatly helped me. They kindly arranged for trainings I really wanted to go to for martial and healing arts to be free. This I know: if I don't give freely in times of need, how can I expect others to do this for me? Ultimately if someone asks me for help, I give because it is just the right thing to do.

3. The ability will show, though sometimes there is a possible twist! It might be a teacher that shows up to help or even another "modality" from a person in another system. The right teacher that can show you will appear in your life, and sometimes I intuitively channeled the right thing to do at the right time.

4. Within the aspect of righteous need, our egos cannot be involved. It will impede the healing! We need to put focus on our three core values of our intention: our value and faith in our true source; our values in the people we love and the person who needs the help; and our value of what we are to the two mentioned. How do we connect with life and loved ones, and do we really want this to happen? It needs to be pure focus on our end and for the right reasons -like Kokua- and not, for example, for the Four Greeds: power, fame, love/sex, and money. Therefore, these core values validate the motive with the intent to help.

5. Take obstacles away, as many times listening to others' limited beliefs can affect ours. For example, have you ever tried to cheer up a depressed person who felt better after the talk and felt crummy afterwards? Though there are such powerful prayers as the "Serenity Prayer", other prayers, the power of intent, and the "Collective" aspect, the example Professor Estes taught Professors Tom Ball and Hudson about "Quarts and Gallons" shows that we can be as big as we need to be for the event as long as we train our minds and hearts to "Be" this. Another thing that helps is to be around quality people who actually put this into their daily lives and live it! Friends and teachers of like mind do help the actual lifestyle of what we want. Another very important aspect is that the person that is receiving the healing needs to put the same focus that the healer is; the concepts that are written above do apply to the recipient, as well. On a personal note, I had a very major back operation in the past, and my doctors said my Jujitsu was over. I decided to be bigger than the quart they labeled me as. I made earnest efforts to help those with back problems, and they came in by the truck loads!!! I learned many methods for treating people with spinal injuries during my time of recovery; the right abilities appeared because the right teachers taught me...way cool!

Sometimes, taking obstacles away is deleting some negative people and negative thoughts that do not serve us well in the present moment. Clients and patients need to improve their lifestyles and present thinking. They need to think about what they want, what they need to improve, know how to improve, and when to improve, which is now.

Now is the only moment we truly have. If the client is able to embody this along with the healer, great acts and results can happen. Another example is the effective method of "John of God", who has a room where there are up to three hundred people that know the condition of the patient, and perform prayers and meditations for the person's wellness while John of God performs his treatments. This we can also do by letting a person's loved one's know we are doing a treatment on them, and they can focus on healing intent as well, even if they are in a remote time, proximity or distance. It does not matter; the loving intent has no boundaries. I must say that a very important aspect for these principles to work is to see, hear, and feel these healing principles working in the now and present.

The idea of bringing other healers from different organizations in the Kodokan system is to give with an open heart and mind to those we are trying to help the students and those who are suffering, and to be truly coming from our hearts in a flow state. I believe all of the organizations have people that have something to offer. A beautiful elucidation of this states; Jesus rebuked his disciple John for stopping a man who was driving out demons in his name. Jesus said..."do not stop him...for whoever is not against us is for us. Mark 9:38-41

My Sensei taught me to be loyal only to where there is "honor". I have high hopes others share this view; great acts can happen with a collective heart.

Yours, in full faith. ■

Camp Bushido West 2008

By Jeremiah Stanley

The annual Camp Bushido summer judo and jujitsu camp was held for the second year in a row at the beautiful Old Oak Ranch outside of Sonora, CA. from July 27-August 1st. Infamous for its gold mining era in the mid-1800's, Sonora was



named by Mexican prospectors because of the similarities to the areas namesake south of the border. Situated in the foothills of the Sierra Nevada mountain range, the camp offers pines, historic sites and of course: martial arts!



Sensei Charlie Robinson, our venerable host, put together an outstanding group of Judo instructors to share their knowledge. This included Jim Bregman, 1964 Olympic medalist; Jin Iizumi, sensei from the infamous Mifune lineage; Ray Tenaza, Butch Ishisaka, Brian Ohara, Gary Goltz, and Mark and Lisa Guerrero.

Jujitsu instructors included Professor Dave Fairfield and Sensei Jose Ortiz from nearby Mountain Storm dojo, Sensei Hans Ingebretsen, Sensei Dale Kahoun, and guest Sensei Tom Prata.

Each day started with Sensei Charlie's early morning workout. I heard that it was great; my head/pillow time was never complete, so I missed this opportunity. A quick jaunt down the hill to the chow hall for a filling breakfast and the slow walk back got the blood and air moving saw us ready for classes of Judo, followed by Jujitsu, and then lunch! It seems like the time would pass so soon, but you must remember that in between this time is close to three hours of training! I must pat the organizer, Joa Schwinn, on the back for putting a little rest time after the meals. There were no 'incidents' on the mat to my knowledge.

A session of Judo then of Jujitsu followed before dinner time. By the way, I and everyone I talked with were extremely happy about the quality and quantity of the meals offered! After dinner, there was 'open mat time' for randori or other classes which included prepping some candidates for the upcoming rank exam. Six days of this schedule and I was whooped. But we fit even more in: we were invited to the Mountain Storm dojo in downtown Sonora for a class as well, so Wednesday night another great training session ensued. Later, we were able to gather at one of the eating establishments for some comradery. And 'The

Office' tradition continued, hazaa!

Towards the end of the camp, stellar Danzan Ryu brown belt rank exams were performed by Kyle Roberts for his Ikkyu and Matt Blankenheim for his Nikkyu. Devin and Tia Romo also executed an impressive showing of their acquired jujitsu skills for their blue belts. The board of examiners was a who's who of judo and jujitsu instructors; all had high accolades for those who tested. In addition to this, Sensei Dale Kahoun was promoted to Yodan, Fourth Degree Black belt in Judo.

All in all, another great camp. I did not mention the kids but it went without saying from the smiles on their faces that they had a great time. And for this big kid, it was a time to train hard, perfect some techniques, work on others, have time to enjoy myself, and be with friends. Can't wait till next year! ■



Sensei Dale Kahoun presents Sensei Charlie Robinson with a group photo taken c.1978, of a clinic Sensei Robinson had taught at Arcata, CA's Judo Hut. The photo commemorates their 30 years of association.



Sensei Jose Ortiz uses one of his trademark takedowns to wallop Kyle Roberts with the tatami



In front of a very tough but impressed panel, four Danzan Ryu Ju Jitsuka tested for rank. In the front row, left to right, Matt Blankenheim, Kyle Roberts, their instructor Sensei Hans Ingebretsen, Tia Romo, and Devin Romo.



"Macchu" Blankenheim



Sensei Charlie Robinson, front and left of center in the dark gi and white/red striped belt, amid some of this year's instructors

Healing Arts and Applications

By *Albert Brady*

Ben was kind enough to ask me to write on Seifukujitsu applications with some modern day concerns that can affect us and or our loved ones. Here we will explore bi-polar disorder, fibromyalgia, and insomnia over the next several issues of this newsletter. My idea was to include some of our top healers views on how they would apply Asian techniques. The healers who I interviewed for this issue are Professor Robert Hudson and Sensei Jack Carter.

Included are some suggestions that I added as I was taught. I believe our system to be very comprehensive, and I have not seen the ceiling. Thus, I must repeat the variables in any situation; just as martial applications vary, so can healing arts. We should question and test it to see if works, and find the right teacher that speaks to you. When some one gets harmed during a treatment, it usually is the healer's ego that is suspect. When in doubt, refer out, call your teacher for help, or both!

Note: Kilohana Martial Arts Association and those whom I've interviewed who have included some tips and information on this article assume no responsibility to how this information is used. Furthermore, it does not replace medical help or replace learning the applications and carefully supervised instruction from a qualified teacher!

For more needed information, contact these teachers directly. Pick the one that speaks to you, as they are all good and there are more out there as well. We can only fit so many in this format. Some of the applications and the actual treatments can vary, even if the recipient has the same external conditions. To those who are familiar to or very adept in the Asian theories I'm sure you will agree. ■

Professor Robert Hudson



Seifukujitsu is a 1500-year-old healing modality from Japan. Commonly, the samurai class or at the very least, Jujutsu Sensei, learned its usage. This is because like all martial art traditions, the healing art chosen was a modality whose design and de-

livery was very similar to the particular martial art style. For instance, in Chinese Gung Fu, Tiger is related to bones, so a Tiger Gung Fu practitioner would learn and become a doctor in bone setting and related methods. Seifukujitsu and Danzan Ryu are a perfect fit. This is no accident of course and while very clear, DZR artists often miss the interrelationship between the two. This is due to several reasons. Suffice it to say, many take their martial art career other directions. Mastery with the healing aspect of DZR is not readily equated with Mastery in the martial side of DZR. However, the founder, Professor Okazaki, designed his system in keeping with tradition by the concurrent cultivation of Jujitsu with Seifukujitsu. When learned and understood, the principles that govern one govern the other. Professor Okazaki and several of his most advanced students all claimed mastery in DZR could not nor would not occur one without the other.

I have been asked to offer insights from Seifukujitsu into three conditions; Fibromyalgia, Bi-Polar Disorder and Insomnia. This article is not the proper place to offer direct treatment, as that would be irresponsible, but I am going to show how Seifukujitsu might be used in principle for these three conditions.

First, and right off the top, such terms are western medical diagnostic terms. There are similar references in Asian medicine but you cannot mix apples to oranges. Okazaki transplanted himself from an Eastern culture to a Western one, and like every Asian before today, tried to put into context traditional medicine practices to western medicine today. This is almost impossible and after trying to do so since 1976, I have mostly stopped trying! They are different, and that is good enough for me. But compassion must win out and so the effort to do so continues.

In Asian thought, Ki is the basis for ALL life. It is this life force that starts and ends all life. It is the basis for health, and its dysfunction is the basis for all illness. If we use western anatomy, physiology, biology, etc., we will never connect those systems together. Their very foundations are grounded in entirely different world paradigms. The body and its parts are acknowledged to be sure, but it is the KI that is first and last when treating any condition. So if we take someone with Insomnia in Asian medicine, there can be primarily a few possibilities for this Western defined condition.

Stagnant liver chi transformed into fire, heat-phlegm invading the heart, deficiency of Ki and heart blood. Now, do you have a single clue as to what those terms even mean? There is no western counter part. It is an Asian medical view and it has no basis in Western medicine period. When you take these terms and apply them to Seifukujitsu, you can see the rationale to the protocol Professor Okazaki used in this treatment for insomnia. And it works! In fact, his treatment rarely failed! He was quite proud of that, and was willing to show anybody his records for a lot of conditions he treated over the years.

In the end, to make this more easy to understand, we could say that all illness is a disruption to one's ki. The basic idea in Seifukujitsu, or its basic treatment principle for all therapies was two fold. One, to create circulation -yes of blood- but more importantly, of Ki. By doing so we balance the Yin and the Yang aspect of our individual Ki. Two is to breakdown. This is done by the application of the deep elbow technique he made famous in this therapies. By this breakdown he caused the body to restore itself to balance and therefore health. And in fact, Seifukujitsu translates as restorative therapy. So, by this circulation of one's ki and the break down principle, you restore your patient to a condition almost back to where they started before the condition. In China, this medicine is known as Fu Sheng, or "restore the normal". To bring you back to your original, normal healthy state.

So we have returning health by regulating one's Ki back to normal. But now let me say that normal can and usually means bringing things or a person back to balance. Balance of Ki, yes, but we can also say the two polar aspects of Ki and that is Yin and Yang. One then can see with something like a bi-polar condition where the person goes from excess Ki or mania, to deficient Ki or Yin: depression. This is a radical shifting of Yin to Yang instead of a more natural and less excessive rhythm to one's Ki; too radical of a change to one's yin and yang. So, the returning to normal in this case means to balance their Yin to Yang. This is done in a myriad of ways; not by treating so much the symptoms as we do in Western Medicine, but by bringing to even the up and down swings of the Ki. Seifukujitsu can go along way in helping normalize this condition.

based in this thinking and the whole idea is to balance and to restore this balance when needed. All illness is then thought of as an imbalance of one's energies, and not a "thing" like a virus or whatever life is thought of as endowed with Ki. So when we look at the three conditions mentioned, we could safely say that at the root cause is a disruption of one's Ki. From there, we differentiate how that disruption is taking form. It is different person by person. Several people can have insomnia, and there can be many different reasons for it as illustrated earlier on. Knowing the differences accordingly changes the treatment plan for that person. In this way, safety and either very mild or no side effects are experienced. People from an Asian model experience side effects from western drugs, because they are administered to everyone alike. This causes side effects because one person's illness is another person's cup of tea, so to speak. We are all different, and our Ki acts differently within each of us. In order to do no harm, we must treat each person on their own terms. Seifukujitsu therefore does this, and this makes it a very safe and effective system of treatment. ■

CARTER'S CORNER

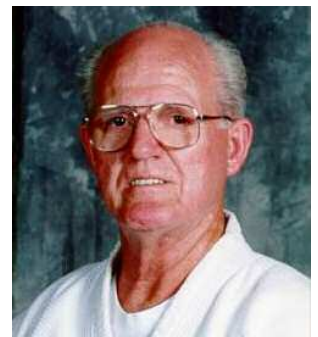
Sports Medicine & Massage

By *Sensei Jack Carter*

Fibromyalgia:

Fibromyalgia is pain in specific areas of the body. It can cause digestive problems, fatigue, headaches numbness, heightened sensitivity, depression and soreness over the entire body.

There are nine pressure points, two each making a total of 18 points. When pressure is applied to them it will cause pain in them. Caution must be taken when pressing on these points. Back off on the pressure, as too much pressure will cause the pain to spread into a larger area. Lets say that there is pain in the lower forearm, now we have pain in the whole arm.



Massage the entire body, massage with the energy flow, remembering that this is not a deep massage. Start the massage with the client laying on his /her back.

Pressure points for Fibromyalgia and how to find their locations.

GB# 20(Gall Bladder #20) It is located one inch below the ear and two inches to the back of the head on the big muscle in the neck. You will feel an indentation when your on the pressure point
Technique: Press inward hard with your thumb for 6-10 seconds, three times.

GB#21(Gall Bladder #21) is located About halfway between the base of the neck and the tip of the shoulder, slightly to the rear approximate one inch. Now come straight up from the nipple on the chest, over the shoulder and you are on Gall Bladder #21.
Technique: Press inward and upward at the same time for 10-14 seconds, three times.

SI#13(Small Intestine #13) It is located in the center of the shoulder, in the depression in the bend of the blade. The point hurts when pressed.
Technique: Press inward hard with your thumb for 6-10 seconds, three times.

GB30(Gall Bladder#30) It is located with the patient lying on his/her side with his/her bottom leg stretched out and the top leg bent, the point is found in the hip joint, one hand shakes the leg as the other hand feels for the point.
Technique: Press inward hard with your thumb for 6-10 seconds, three times.

GB#31 (Gall Bladder#31). It is located on the outer side of the thigh, When the leg is bent measure up above the crease (transverse popliteal crease), approximate 7".
Technique: Press inward hard with your thumb for 6-10 seconds, three times.

S#12 (Stomach#12) It is located on the front of the neck above the collarbone at the midpoint of the supraclavicular fossa (i.e., the clavicle), in the depression 4" lateral to the median line.
Technique: Press inward hard with your thumb for

6-10 seconds, three times.

S#16 (Stomach#16) It is located in the depression, just to the right and left of the breastbone (sternum) about 2" below the collarbone.

Technique: Press inward hard with your thumb for 6-10 seconds, three times.

L#5 (Lung#5) It is located on each forearm just below and to the outside of the crease of the elbow. This point is best located with the elbow slightly flexed. A pulsating vessel can be felt on the elbow crease, in the depression between the sinew and the bone.

Technique: Press inward hard with your thumb for 6-10 seconds, three times.

SP#10 (Spleen#10) It is located two and a half inches above the kneecap on the inside of each knee.
Technique: Press inward hard with your thumb for 6-10 seconds, three times.

Have a Massage

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

Address: 7010 Wavecrest Way
Sacramento, Ca. 95831
e-mail: jackcarter@myself.com ■

Fibromyalgia

By *Albert Brady*

There have been some recent studies on this very debilitating condition. Some are attributing it to spinal trauma which is why the pain can travel to so many different sites on the body at the same time.

1. General circulation massage (kata).
2. Fascia releases are gentle and effective.
3. Gentle spinal releases to where sites are active. Also, massage close to the spine.
4. The use of implementing points for pain management can vary and is dependant upon where the pain sites are on the body.
5. The patient should hydrate and work on deep breathing. ■



Rocklin Ju Jitsu Seminar

By Hans Ingebretsen

Sensei Jason Spencer and the Koryukan hosted a Danzan Ryu clinic in Rocklin, CA on September 6, and provided a great day of training for all. Professor Ken Eddy taught a yawara class & a tanto class, Sensei Al Ike-moto taught judo, Sensei Todd Birdseye and Sensei



Tom Rennie both taught nage classes, Delina Fuchs gave instruction in jo techniques, Sensei Albert Brady and Shihan Russ Rhodes shared their expertise in shime, and Sensei Hans Ingebretsen instructed a kenpo class. Attendees came from a variety of DZR organizations, including the AJI, Kilohana, AJJF & JA. It was good to see people from all these organizations training together. Thanks, Jason, for providing the opportunity for such an event to happen! ■

Congratulations to our two newest Kilohana charter schools! Kiriishi Kai, in Arcata, CA, where Danzan Ryu Ju Jitsu is taught and is headed by Sensei Matt Olson and Sensei Jonathan Largent; and Peaceful Warrior Martial Arts School of Self Defense in Sacramento, CA, where Heiwa Na Senshi Ju Jitsu is taught, and is headed by Soke Tony Shahin. Welcome to our Ohana!

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