



KILOHANA

CHRONICLES



Volume 9 Issue 2

2nd Quarter 2009

Table of Contents

<u>2009 Kilohana Calendar of Events</u>	2
<u>2009 Spring Fling</u>	3
<u>Shinbukan Lua Seminar</u>	4
<u>2009 Kufferath Masters Seminar</u>	7
<u>Suigetsukan Youth Kata Tournament</u>	8
<u>"Beyond the Basic Boards"</u>	8
<u>"Where You Start is What You Get"</u>	9
<u>2009 Bob Krull Memorial Workout</u>	10
<u>Carter's Corner</u>	13

A Welcome to Zentai Judo and Jujitsu!

Zentai Judo & Jujitsu School Los Altos, California

By Leilani Marshall

The Zentai Judo & Jujitsu School has been training South Bay students in the arts of Judo and Danzan Ryu Jujitsu for almost twenty years. The dojo is located at the Grant Park Center in Los Altos, California, where Sensei Eddie Gearhart teaches students in two different weekly classes.

Adult student classes meet Mondays and Thursdays from 7:30 pm to 9:00 pm, and class for younger students meets on Thursdays from 6:00 pm to 7:00 pm.

As the instructor of the Zentai School, Sensei Gearhart brings to the mat considerable enthusiasm and expertise in not only judo and Danzan Ryu Jujitsu but also Shaolin Kenpo, Tai Chi, the Gung Fu system of Praying Mantis, Hombu style Aikido, and the art of Hosinsul. After studying Seifukujitsu (Restoration Therapy) under Professor Tony Janovich, Sensei Gearhart earned his certification in this healing system, and applies this knowledge

as well to his classes.

The effectiveness of Sensei Gearhart's hands-on, straightforward, and skillful instruction is apparent each time the students gather at the dojo. When class meets and we assemble on the mats, it's as if a group of friends is getting together to practice something we all enjoy doing. Everyone receives individual pointers and guidance from Sensei Gearhart, who makes sure that our skills develop with each class meeting. The pace of our instruction is even and consistent, ensuring that we each have the time we need to become familiar with concepts and techniques. While close attention is paid to each student's progress, the atmosphere in the dojo is one of learning rather than one of pressure to perform.

The learning environment of the school is also such that we don't hesitate to help each other on the mat. We are encouraged to assist each other with perfecting our awareness, balance, movement and control of each technique we learn and practice. Like Sensei Gearhart, some students in the dojo have training in other martial arts systems, making class that much more interesting. Their experience often finds its way into class meetings, allowing all of us to gain some insight into different styles of martial arts.



Continued on Page 3...

2009 Kilohana Calendar of Events

August

AUG. 29
SAT. ESKRIMA SEMINAR WITH
SURO JASON INAY
Shinbukan Home Dojo
1269 El Moro Drive
Campbell, CA 95008
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

AUG. 30
SUN. MASSAGE CLASS WITH
SENSEI STEPHEN NICHOLLS
Shinbukan Home Dojo
1269 El Moro Drive
Campbell, CA 95008
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

September

SEP. 18
FRI. KILOHANA BOARD MEETING
Seika Ryu Martial Arts
3168 Condo Court
Santa Rosa, CA 95403
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

SEP. 18-20
FRI.-SUN. KILOHANA KENPO OHANA
Seika Ryu Martial Arts
3168 Condo Court
Santa Rosa, CA 95403
Contact Sensei Joa Schwinn
(707) 523-3200
jschwinn@seikaryu.com

October

OCT. 10
SAT. THE KAHUNA'S KIDS KLASSIC
Mt. Pleasant High School
1750 S. White Road
San Jose, CA 95127
Contact Sifu Alan Garcia
(408) 781-6409
k.i.m.a.karate@pacbell.net

OCT. 10-11
SAT.-SUN. KILOHANA DANZAN RYU
BLACK BELT WEEKEND
Suigetsukan
103 International Blvd.
Oakland, CA 94606
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

OCT.

OFFICIAL OPENING OF KODENKAN
KOMORI DOJO
Alberic, Spain
Contact: Sempai Gustavo Domenech
gustavodomenech1976@hotmail.com

November

NOV. 7
SAT. FUSUIKAN FALL JU JITSU KATA
TOURNAMENT
Fusuikan Martial Arts Center
2725 Myrtle Ave.
Eureka, Calif. 95501
Contact Shihan Richard Pietrelli
(707) 443-1725

NOV. 20
FRI. KILOHANA BOARD MEETING
Shinbukan Home Dojo
1269 El Moro Drive
Campbell, CA 95008
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

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.

© 2009 The Kilohana Martial Arts Association.

All articles, photographs, and illustrations are property of Kilohana and may not be reproduced without the written permission of Kilohana.

The Kilohana Chronicles is published three times a year. Submission deadline for articles and advertisements is:

October 1, 2009

Editor and Layout: Ben Lujan

Contributing Photographer: Ernie DeMoss

Submissions are preferred in electronic form.

They can be sent to: editor@kilohana.org

All other inquiries can be directed to:

contact@kilohana.org

or

(408) 558-9438

All physical correspondence can be addressed to:

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

NOV. 21 DEEP ROOTS SEMINAR
SAT. Campbell Community Center Room M50
1 West Campbell Ave
Campbell, CA 95008
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

NOV. 21 ANNUAL KILOHANA
SAT. AWARDS BANQUET
Time and location to be announced
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

December

TBD

Dates and/or Locations Yet To Be Determined

EUROPEAN KILOHANA GASSHUKU ■

The 2009 Spring Fling

By Hans Ingebretsen

Combat Jujitsu, knife sparring, sumo and freestyle jujitsu afforded the participants at the Mountain Storm Jujitsu Spring Fling Tournament many opportunities to test their combative skills. Held in Sonora, California, and hosted by Jose and Chantilly Ortiz, the event was held on Saturday, May 16, and was very well organized. Members of the Shinbukan team traveled up to Sonora from Campbell to compete with the locals from Mountain Storm, and plan to return to the Fall version of the tournament, along with members of the Seika Ryu team from Santa Rosa. Results of the Spring Fling :

Freestyle
Youth Beginners
1st Aiden McPee, 2nd Janell Johnson, 3rd Dale Bergstrom
Youth Advanced
1st Caitlyn Rich, Kevin Washington, 2nd Isaac Abella, 3rd Rain Libby-Bradford
Brown Belts (youth and adults)
1st Sam Kern, 2nd Dr. Roy Opsahl, 3rd Kristin Alvarez

Sumo
Youth Lightweights
1st Nehemiah Sanguinetti, 2nd Haviland Stewart, 3rd Dominic Berger

...Continued from
Page 1

Since 1990 the local setting of the Zentai School has provided a convenient place for residents of the area to meet, study, learn, and practice Danzan Ryu Jujitsu. The school's tradition of martial arts training to residents of the Bay Area was entrusted to Sensei Gearhart in 2003 when he became the instructor of the school. Sensei Gearhart's more than twenty years' experience in a variety of martial arts forms has ensured the Zentai Judo and Jujitsu School in Los Altos continues to be an institution in the community. ■



Sensei Eddie Gearhart receives a warm welcome from President Ingebretsen

Youth Middleweights
1st Alyssa Caughey, 2nd Nathaniel Snguineti, 3rd Hope Lamons

Youth Heavyweights
1st Kyle Berger, 2nd Steve Hinshaw, 3rd Sarah Graham
Adults

1st Sam Kern, 2nd Jacob Fraker, 3rd Erika Waight

Knife Sparring

Youth 6-8

1st Dale Bergstrom, 2nd Bryan Brown, 3rd Haviland Stewart

Youth 8 & up

1st Gage Stewart, 2nd Steven Hinshaw,
3rd Alyson Payne

Adults

1st Jacob Fraker, 2nd Sam Kern, 3rd Denise Hinshaw

Combat Jujitsu

Youth Lightweight Mixed

1st Caitlyn Rich, 2nd Alyssa Caughey, 3rd Megan Caughey

Boys Intermediate

1st Steven Hinshaw, 2nd Rain Libby-Bradford, 3rd Jacob Vanzant

Youth Mid-weight mixed

1st Danielle Hinshaw, 2nd Tamela Hinshaw, 3rd Riley Rosencranz

Men's light-weight

1st Kevin Washington,
2nd Kane McInyre, 3rd Jordan Berns

■



Participants from the Youth Advanced Freestyle division



Both novice students and accomplished instructors attended the event to learn from Olohe's nuanced and mokomoko teachings



Olohe mangles Renshi Bernard Lapointe with his Pāhoa

Shinbukan Hawaiian Lua Seminar

by Kate DeMoss, Ph.D.

On Sunday March 15, Shinbukan hosted Olohe Solomon Kaihewalu at the home halau in Campbell, CA. Olohe taught his family art of self-defense for 4 hours incorporating both empty hand and weapon techniques to an enthusiastic group of about 35 people, many coming from several hours away. It was a beautiful day for an outdoor class in Kumu Lua Hans Ingebreetsen's backyard. Attendees provided a delicious potluck lunch.



Olohe's Kaihewalu Lua system combines kicks (Peku), catching and trapping with the hand (Paa Lima), throws (Hikua), boxing/variety of punches (Ku'i Ku'i), leg sweeps (Waho/Loko Hio), finger spear poking (The Manamana Lima), push and pull (Pahu/Huki), biting with the mouth (Nahu Waha), punching/poking (Ku'i), and everything goes fighting (Mokomoko). Many open hand and weapons techniques are based on both land and sea lifeforms. These include the Pea (Bear - heel and palm of hand), the He'e (Squid - eight fingers reversed), the Popoki (Cat - fingers in claw), the Mahimahi (Dolphin - wrist bone), the 'Io (Hawk - fore-

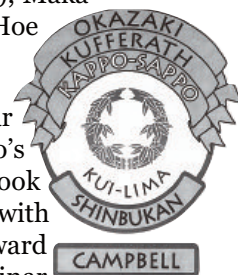
arm), the Pulelehua (Butterfly - arms wrapped with hands together), and the Pua'a (Pig - knee, shin, ankle, ball or heel of foot).

Several native Hawaiian weapons were used during the afternoon. We trained with the Ko'oko'o (staff), the Pahi (knife), the Ka'ane (strangling cord), Pahoia (single edge dagger), Maka Pahoia (double edge eye dagger), and Hoe (canoe paddle).



From left, Kumu Lua Hans Ingebreetsen, Kumu Lua James Muro, Olohe Solomon Kaihewalu, and Kumu Lua Carlos DeLeon

Olohe also taught a lua seminar the previous day at Sigung Ed Bansuelo's club in Sacramento. Several people took advantage of the opportunity to study with Olohe both days. We are looking forward to training with him again. His seminar schedule is available at <http://www.olohe.com/seminars.html>. ■



Students from the recently recruited Kilohana school Zentai Judo and Jujitsu Lailani Marshall and Kevin Donohue learning Ko'oko'o techniques



Mo "Killer" Kuailani says, "Pau! Musubi time!"

KILOHANA MARTIAL ARTS ASSOCIATION
DANZAN RYU JU JITSU
BLACK BELT WEEKEND
OCT. 10-11, 2009



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

Saturday, October 10: 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, October 11: 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. Oct. 10-11, 2009

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

ALL PARTICIPANTS MUST SIGN WAIVER

AT THE EVENT

www.kilohana.org



In the Heart of Silicon Valley, the Old Ways Flourish

By Oliver Hu

Northern California is known far and wide as the home of life-changing technological advances, the location of world class universities, and an attitude that is the polar opposite of southern California's. It is also a region with a thriving martial arts scene, and this was in full demonstration on May 30, 2008 at the Kufferath Masters Seminar in Campbell, California. Named in honor of the late Professor Siegfried Kufferath, the Masters Seminar upheld its tradition of being a showcase of some of the best martial arts instructors in the United States.



Kilohana Vice President Sempai Clayton Conrad amidst punishment from son Nicholas



Sensei Sam Larson delivering convincing criticism of previous newsletters

Deep in the heart of Silicon Valley at the Campbell Community Center, over a hundred martial artists and enthusiasts gathered for a full day of intense training in arts both ancient and modern. Event attendees had the opportunity to train with twenty-eight different masters who provided instruction in twenty-one different arts from the Hawaiian Islands, the Philippines, Indonesia, Japan, the United States, Thailand, and China.

The Kufferath Masters Seminar is held on an annual basis, and continues to be one of the premier martial arts gatherings in the

United States. Organized by the Kilohana Martial Arts Association (www.kilohana.org), the event draws attendees and instructors from all over the United States. Organized into a series of concurrently running seminars, one of the main challenges for attendees is choosing which of the

many instructors they want to train with, and how to get through eight hours of hard practice. From the looks of things that day, there was no shortage of enthusiasm as students studied everything from empty-hand to knife and sword techniques.



Instructors Margarita Jimenez Sensei and Rowdy Hall Sensei

More than just an opportunity to train, the Kufferath Masters Seminar is a vehicle that provides martial arts enthusiasts with the opportunity to learn about arts they otherwise might not get to see. Just as important, the Seminar provided the master instructors with the chance to provide insight into their arts to a new generation of students. It is through the efforts of those who come before us, that martial ways continue to thrive. Many of the master instructors at the seminar have dedicated the better part of their lives to their respective arts. What transpired at the Masters Seminar was another link in the chain that connects students to teachers, from ancient to modern times. ■



From left, Sigung Ed Bansuelo, Professor James Muro, and Al Ikemoto Sensei



Great Grandmaster Al Novak socks Scott Merrill Sensei, while Lawrence Boydston Sensei Dale Ka-houn Sensei, Joa Schwinn Sensei, and Jack Carter Sensei look on

To view photos from the 2009 Kufferath Masters Seminar, please visit Ernie DeMoss's WebShots page at:

<http://sports.webshots.com/album/572813797ZrOpcm>

Suigetsukan's Youth Kata Competition

By Gina Rossi

On February 21, 2009, we held our first Suigetsukan Youth Kata Competition. My students, Sensei Hans Ingebretsen's students, and Hanshi Anton Muhammed's students competed in the kata competition.

The dojo was full of people; we barely fit the youth competitors, parents, teachers, and adult dojo members who came out to be involved or support the event.

I want to start by thanking all of the people that made this event possible and successful. I want to thank our judging boards which consisted of Professor Mike Esmailzadeh, Sensei Hans Ingebretsen, Hanshi Anton Muh-



"Game Face"

amed, Sensei Iquawe Mathews, Sensei Daniel Huber and Sempai Gwynn Brookes. I also want to thank all the people who helped behind the scenes including Innosanto Nagara for taking photos, Sensei Tim Sheehan and Sensei Mike Kirsch for helping with preparation and lunch and Sempai Ben Lujan and Sempai Clayton Conrad who helped with scoring.

Being my first time as the main organizer of a big martial arts event, the day was a blur. I didn't really get to experience it the same way as events I have attended. For me, there were three highlights of this event: watching the students shine as they competed; watching the parents and how proud they were of their sons and daughters; and seeing the

faces of the students as they received their awards.

After the competition and while the scores were being added up, the teachers took turns teaching techniques. I think this was a good experience for the students and a nice way to transition from the competition to the awards. After the competition, technique training and awards, all the students came upstairs for lunch and to hang out in our living room - we live upstairs from the dojo - while they ate.



The warm-ups were as fierce as the competition

Beyond the Basic Boards

By Professor Bob McKean

Anyone who researches the history and teachings of Master Henry Okazaki will quickly realize that many questions about his teaching and life have gone unanswered and will probably never be fully resolved. We know that Master Okazaki taught different "special" classes to different black belts at different times. We will never completely know who and what was taught in many of these "special" classes. We do know that the Founding Fathers of the AJJF passed down to its members the basic boards they study today. These basic boards comprise the foundation of the AJJF and the Ryu.

So what do we know about the other boards and arts that come from Master Okazaki that are not commonly taught today? Fujin Goshin No Maki (women's self-defense) contains 35 arts which included many atemi follow-ups and 6 defenses against knife and gun attacks. Master Okazaki usually included this board in his basic black belt curriculum and it was commonly taught between Oku No Kata and Kiai No Maki. The techniques of this list are named in



the Mokuroku presented to Professor Bud Estes by Master Okazaki. In 1976, the AJJF Board of Professors took some of these arts and their variations and developed a new board that was first called Ladies Yawara, then Advance Yawara, then Jokyu Yawara, and now Goshin Jitsu.

Fusegi Jitsu (25 self-defense arts) and Keisatsu Gijutsu (120 police arts) are two boards that Professor Sig Kufferath, a senior black belt student of Master Okazaki, taught to his students for many years but was not widely taught by the Founding Fathers of the AJJF. As a result of advancements in modern law enforcement defensive tactics training and use-of-force issues, many of the Keisatsu

Gijutsu arts are no longer acceptable for police use. If this list is not preserved for its historical value by students of DZR it will likely be lost in a generation or two.

Professor Bill Montero trained under Professor John Cahill and Master Okazaki from 1935 through 1948. He was one of the early members of the AJJF and became the second person to receive the title of Professor from the Founding Fathers of the AJJF in 1953. During his years



Professor Bill Montero and Professor Bob McKean in 1985

Spencer, and Bill Montero. According to Professor Montero, the bokendo arts took a considerable amount of time to learn, so Master Okazaki did not include these arts in the general curriculum. Professor Montero taught bokendo classes from 1960 until his death in 1992. With the exception of a few of Professor Montero's senior black belts, bokendo is almost unknown to the general DZR community.

During his years at the Pacific Judo Academy in San Jose, California (1949 – 1982), Professor Montero taught Keisatsu Gijutsu (police arts) to local police officers. I was fortunate to have attended two of these 60-hour courses during the mid 1970's. Professor Montero also taught three lists that he said came directly from Master Okazaki. These lists are Nage No Kata II, Shime No Kata II and Oku No Kata II. The origin and the existence of these lists have been somewhat controversial because no "official" record of the lists has ever been found other than in the teaching of Professor Montero. These three lists simply expanded on many of the techniques in the basic boards that also trace their roots to Kodankan Judo.

It seems clear that Master Okazaki was continually adding to and refining his system throughout his life. Many of Master Okazaki's black belts also expanded on the arts he had taught them. Professor Wally Jay and Professor John Cahill expanded into judo, Professor Joe Holk into Matsuno Ryu Goshin-Jutsu, Professor John Chow-Hoon into Kenpo

with Master Okazaki, Professor Montero attended many of the "special" black belt classes. One of these classes included a series of arts using the boken.

Master Okazaki taught his "bokendo arts" to John Cahill, Sonny Chang, Markham

Jujitsu, and Professor Bing Fai Lau into Kung-Fu. These are just a few examples of what the Ryu offers outside of the basic boards. Many of today's black belts and sensei do not know all of the lists and arts that were taught by Master Okazaki to his black belts. Unfortunately many of these other lists and arts are in danger of being lost.

In recent years many of Master Okazaki's black belt students have passed away, but some of what they learned and taught is still being passed on. As a student of Danzan Ryu, one needs to learn and understand the basic boards of the Ryu to build a strong foundation. Once you have obtained this solid foundation, it is time to go beyond the basic boards and seek out and learn new techniques and skills, including the lesser known lists and arts of the Ryu. ■

Where You Start is What You Get:

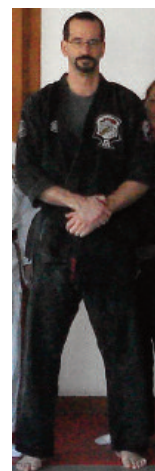
The Effects of Expectation and Intent on Training Routines and Application Outcomes

By Dr. David Crouch

In training in the martial arts, there is often dialogue about the "mental/spiritual" aspects of training, and how it is the greater half of the fighting arts journey, overshadowing the physical training experience in magnitude of both importance and volume. Acolytes on the Martial Way hear, "Wait until you see what happens when you get to the mental stuff". Unfortunately, clearly defined "mental stuff" rarely manifests itself. At least, not in a way readily explorable by beginning, intermediate, or even advanced martial artists.

Many are referred to the names of paths, or specific books about paths ("You should check out the books on Buddhism by Cheri Huber", or "have you read the Vedas yet?"). All too rarely are we provided simple means for exploring the inner realms of the psyche, and immediately applying the learnings of those explorations through our physical expressions of martial understanding. Hopefully, we can provide you with a useful starting point, and some tools for exploration and expansion between now, and next time.

Neuro-Linguistic Programming and Ericksonian Hypnosis are both "software for the brain" technologies that seek to make the implicit, explicit: to access exceptional states of mind, and apply those states to tasks of living or performance. Both are also closely related to the study of naturally altered states of consciousness (in order to access these states of mind), and are often associated with models of Mind that suggest there is more to our natural states of consciousness than meets the empirically scientific eye. Analytic Psychology – a branch of psychology founded principally by Carl Gustav Jung – makes several meta-physical assertions,



Pacific Judo and Jujitsu Academy, 1982

The 2009 Bob Krull Memorial Workout

By Ben Lujan

On March 27 through 29, over 40 martial artists gathered at Honshin Kan in Santa Rosa to honor the life and teachings of Professor Bob Krull, and to raise money for Hospice of Santa Rosa, which had helped Professor Krull towards the end of his life.

Friday's session had Professor Bob McKean, Professor Tom Jenkins, and Professor Dave Martin instructing a teacher's-choice class.

Saturday's seminar focused on arts and techniques that had in some way been influenced or taught by Professor Krull, including selections from judo, police arrest and handcuffing techniques, Danzan Ryu nage waza, ne waza, atemi, and tessen arts. We wrapped up the day by exploring Oku No Kata II, as shown to Professor McKean by Professor Bill Montero. Classes were split onto two mats per each session, making it a nailbiting experience to pick one over the other.



Sensei Haruo Makimoto got Saturday off to an impactful start by exploring uchi mata

On "black belt" Sunday, we started the day with a presentation by Professor Tom Jenkins. He brought a copy of the Mokuroku that had been presented to Professor Bud Estes by Professor Okazaki, and while he began to explain what we were looking at, it became more and more evident that this document

held complexities and depth that took considerable study to



understand. Thank you very much to Professor Jenkins for making such a study, and for sharing it!

Afterwards, Professor Bob McKean and Sensei Hans Ingebretsen took the floor for a comparative exploration of Shinin No Maki. Professor McKean put Sempai Tucker Plunk through the ringer while demonstrating the arts as shown to him by Professor Bill Montero, while I experienced the indentured yoga of Sensei Ingebretsen's performance of the arts per Professor Sig Kufferath. Amidst a room of quality black and brown belts, top-notch uke were never in short supply.

It was a long and exhausting weekend, but well worth it. I came away with a few new techniques and a large variety of enrichments and variations. Thank you to Honshin Kan for hosting, and to Sensei Dominic Beltrami in his hard work in putting such a great training event together. ■



A picture of Professor Krull, along with his gi and belt, sat underneath the shomen during the event

...Continued from Page 9

stating that they innately affect how our minds work in both health and disorder.

One of the underlying ideas of Jung's work is that there exists a thing called the Collective Unconscious mind – a mass repository for heavily concentrated ideas, thoughts, beliefs, feelings, etc. In much of his work, he would compare and contrast major myths, beliefs, and legends from around the globe, held by peoples who had either never met, or whom had not interacted for a very long time. One of his students, Joseph Campbell, went on to become a "comparative mythologist"; if you haven't read any of Mr. Campbell's works, or seen his video series "The Power of Myth", with Bill Moyers, it is an entertaining look at the nature of the Collective Unconscious from a cursory perspective. The main idea is that it serves as a historical bank account for ideas. And that folks will have a tendency to tap into it without knowing they are doing it, such that two very different cultures on opposite sides of the world will have identical cultural legends, right down to the names of the players in the story. Or, that words for important concepts or ideas will be near-identical, though the rest of the language differs widely. A number of other authors from a wide variety of philosophical, spiritual, and psychological backgrounds

have posited the same ideas, in their own ways.

The implication for us as martial artists is that – the information we seek is out there, discoverable, and waiting to be discovered. If some previous martial master thought about it, trained it diligently, taught it, etc., then that "idea set" will have become a well-worn path in the unseen database of the Collective Unconscious Mind. It becomes possible to tap into that massive database of human thought history, and retrieve concepts and ideals placed there over the millennia. Mircea Eliade, an early 20th century author on religious history who has heavily influenced modern anthropology studies of aboriginal cultures and traditions, held that information was ours for the taking, if we but made the time and space for it; and that thought forms manifesting into daily lives via these mechanisms crafted the changes we saw over the centuries – both as individuals, and as societies.

Eliade coined the terms *sacred* and *profane* (or *mundane*) space, referring to the differences between daily places and operational mindsets (mundane or profane) and places, times, and attitudes held to pay attention to the spiritual realm. Our workplaces, cars, etc., would be considered more *mundane* spaces, while temples, churches, or even

Continued on Page 14...

Kenpo ♦ Kempo ♦ Kajukenbo ♦ Kosho-Ryu ♦ Lua ♦ Jujutsu

SIGUNG STEPHEN LABOUNTY
AMERICAN KENPO

PROFESSOR JAMES MURO
KOSHO-RYU KENPO

RON "DOC" CHAPEL, PHD
SUBLEVEL FOUR KENPO

PROFESSOR BOB WHITE
AMERICAN KENPO

MASTER BILL CHUN, JR.
*GOSHIN JITSU KENPO / CHINESE
KEMPO*

OLOHE SOLOMON KAIHEWALU
HAWAIIAN LUA

GRANDMASTER MAX TOGISALA
KAJUKENBO

PROFESSOR JOHN SEPULVEDA
AMERICAN KENPO

PROFESSOR TED SUMNER
TRACY KENPO

PROFESSOR VINTON KOKLICH
AMERICAN KENPO

SENSEI HANS INGEBRETSEN
KU'I LIMA KENPO

GRANDMASTER BOB MASCHMEIER
KAJUKENBO

PROFESSOR PAT TYRRELL
KAJUKENBO

SIFU TIM GASKELL
KAJUKENBO

PROFESSOR BOB AUSTIN
INT'L KENPO KARATE JUJITSU

KILOHANA MARTIAL ARTS ASSOCIATION
PRESENTS

THE

2009

CHARITY BENEFIT
KENPO/KEMPO
OHANA



SEPTEMBER 18TH, 19TH, AND 20TH

SEIKA RYU MARTIAL ARTS

3168 CONDO CT.

SUITE B

SANTA ROSA, CA 95403

\$99.00 FOR THE SEMINARS, ONLY
(PRE-REGISTERED)

\$125.00 FOR SEMINARS + SAT. PM LUAU FEEDING
(PRE-REGISTERED)

PRE-REGISTRATION DUE BY SEPTEMBER 1ST, 2009
AT THE DOOR, \$150.00

SILENT AUCTION WILL ALSO BE HELD TO BENEFIT
YWCA AND RFKC.

ADDITIONAL SPONSORSHIPS ARE WELCOME, WITH MORE
INFORMATION AVAILABLE ON SPONSORING ON THE WEBSITE:

WWW.KENPO-OHANA.COM

For More Information and registration form, visit the website @ www.kenpo-ohana.com Or contact
any of the event facilitators:

Dr. Dave Crouch, DC ♦ 707.478.9870 ♦ santarosakenpo@yahoo.com

Sensei Joa Schwinn, JD: ♦ 707.523.3200 ♦ jschwinn@seikaryu.com

Sensei Hans Ingebretsen ♦ 408.377.1787 ♦ hansingebretsen@yahoo.com

**Portions of the Net Proceeds will go to benefit the YWCA Battered Women's Shelter
& Royal Family Kids' Camp**

Kenpo ♦ Kempo ♦ Kajukenbo ♦ Kosho-Ryu ♦ Lua ♦ Jujutsu

CHARITY BENEFIT OHANA REGISTRATION FORM

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Payment Method (check one): ___ Check** ___ Cash ___ Credit Card

Card Type: _____

Card Number: _____ Exp. Date: _____

Signature Authorizing this transaction: _____

Amt:

- ☐ \$99.00 (Seminars only, pmt. pre-September 1, 2009)
- ☐ \$125.00 (Seminars and Saturday Night Luau feed, pmt. pre-September 1, 2009)
- ☐ \$150.00 (For payment received after September 1, 2009)
- ☐ \$25.00 – Luau only
- ☐ \$10.00 – non-participatory observation fee

****Make checks payable to: Kihohana Martial Arts Association**

Mail To:

Seika-Ryu Martial Arts
3168 Condo Court, Suite B
Santa Rosa, CA 95403
Attn: 2009 Kenpo Ohana

For more information on the event, or to make Corporate, Small Business, Family and Personal sponsorships/contributions, please visit our website at:

www.kenpo-ohana.com

or contact us at:

Dr. Dave Crouch, DC ♦ 707.478.9870 ♦ santarosakenpo@yahoo.com
Sensei Joa Schwinn, JD: ♦ 707.523.3200 ♦ jschwinn@seikaryu.com
Sensei Hans Ingebretsen ♦ 408.377.1787 ♦ hansingebretsen@yahoo.com

***Portions of the Net Proceeds will go to benefit the YWCA Battered Women's Shelter
& Royal Family Kids' Camp***

Carter's Corner

By Sensei Jack Carter

Bi-polar Disorder:

Bi-polar Disorder symptoms are characterized by extreme changes in moods, alternating from states of high euphoria and extreme excitability to serve depression. They can occur suddenly and without warning and with or without any trigger factors.



Changing one diet to more healthy eating habits, by eating chemical-free whole fresh foods, plays a major role in emotional health and well being. Removing the allergens from one's diet can also affect the moods and emotions. Some basic suggestions would be to check the diet and see if it is healthy. Remove all chemical additives, hormones, food colorings, MSG, synthetic preservatives, nitrites, etc. and maintain a healthy wholesome diet with fresh live foods. Remove or limit all caffeine, colas, green tea, stimulant drugs, and alcohol from the diet.

Food allergy testing should be done to make sure that you are not exposed to any allergens. Curtailing the intake of sugar in the diet, including honey, simple complex carbohydrates, an other high glycemic index foods will help to maintain the correct blood sugar levels and keep the body from fluctuating from extreme low blood sugar problems which could cause a "Dr. Jerkyl and Mr. Hyde" reaction. Weight loss stimulants and cold medications from over the counter could also aggravate the manic condition also.

Having one checked for heavy metal toxicity via a hair mineral analysis test to make sure you do not have any toxic metals your body. Many toxic metals can get into the brain and are responsible for mental and emotional problems.

Physical activities such as simple regular walking can help with bipolar disorder symptoms. Keeping the body active is an important part of keeping the body and mind healthy. Regular, relaxation therapy, stretching, go gong, swimming, bicycling, yoga, and bicycling are just a few enjoyable physical activities which seem to help keep the symptoms under control. .

Pressure points for Bi-polar Disorder and how to find their locations.

sternum, in the depression on the lower border of the medial head of the clavicle, 2" lateral to the conception vessel

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

L#1 (Lung#1) It is located one inch and six fen blow (L#2), above the breast in the third intercostals space, six body inches lateral from (CV#20), in a depression where a pulsating vessel ca be felt.

OR

It is located in the upper and outer corner of your chest, about four fingers width up from your armpit crease and about one finger width inward from your armpit crease.

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

GB#20 (Gall Bladder#20) It is located in the first major depression that you feel below the base of your skull, within the hairline behind the ear and the temple region about two fingers width away from the midline of your neck When the point is pressed a sensation is felt in the ear.

Technique: Press inward hard with your thumb for 10-14 seconds, three times.

CV#17(Conception Vessel # 17) It is located in the center of the breastbone (middle of the sternum) in a hollow at the level of the nipples.

Note: Sensei Carter is available for Shiatsu Acupressure Massage Therapy, GiGong Massage Therapy and Seifuku-jitsu Restoration Therapy workshops and seminars throughout the United States and overseas.

Address: 7010 Wavecrest Way

Sacramento, Ca. 95831

e-mail: jackarter@myself.com ■

Disclaimer: The information included in this article is provided for informational purposes only, is not intended to replace the care of qualified medical professionals, or to treat, cure, or diagnose any disease. Kilohana Martial Arts Association is not a medical organization and assumes no responsibility in the application of material found herein.

K#27 (Kidney#27) It is just off the edge of the top of your



...Continued from Page 10

meditative/prayerful states of mind would be considered *sacred* spaces. Anthropologists studying altered states of mind and initiatory rituals in aboriginal peoples have noted that participants in sacred space rituals or ordeals tend to enter a richly enhanced state of awareness of the imagery and ideation that passes through their mind. Several authors in the field – seeking to join this phenomena with the fields of psychology and neuroscience – have intimated that these states of mind place our daily, conscious thinking and self-identification on hold, and allow us to notice impulses and ideas emanating from the Collective Unconscious; to get past the noise of our own thoughts, and allow us to plug in to the thoughts that have been deposited into the human historical bank for thousands of generations.

States of prayerful mindfulness, deep meditation, self-hypnosis (laying still or in motion), deep relaxation, or focused visualization serve to pull our awareness away from our daily activities and obsessions, and allow us to be receptive to the flow of information “out there”. We become able not only to receive passively, but also to dialogue, in a sense, with the Collective Unconscious mind...to query it for specifics, and receive answers to our inquiries. Milton H. Erickson, M.D., was a psychiatrist with an uncanny gift for inducing waking hypnotic states in patients, colleagues, dinner guests, etc. Residing in Phoenix, Arizona, in his twilight years, he had ample opportunity to work with regional natives. In several of his lectures, he noted that – not having been told it was unreasonable or odd to go in and out of various states of mind – it was much easier for his Navajo subjects to demonstrate the mental flexibility involved in mentally phasing out for a moment to “watch the movie screen of their minds, and listen for the voice of wisdom that dwells in each of us” for the solution to a problem, then phase back in to apply their new idea to the challenges at hand. Dr. Erickson’s hypnosis typically consisted of simply placing people into mildly altered states of mind, so that the imagery of their creative unconscious could play more freely in the internal fields of their minds, linking them to a set of ideas or insights that would inform and empower growth and change.

The co-developers of Neuro-Linguistic Programming initiated their study of Dr. Erickson and his techniques with a single assumption in mind: Any form of human excellence can be broken down into its component parts, studied to ascertain the key core aspects, then reassembled into a model that can be taught and/or transferred to another, such that a prior novice could perform the same skill set at expert levels of competence. When Erickson introduced them to the conceptualizations of the imaginal realm, the principal researchers in NLP set out to operationally define the key core parameters of the imaginal field: to name the components of what goes on in our minds when we are thinking thoughts, whether they are mundane or sacred in nature; because if they are different, we have to be able to define how they differ.

Thought, memories, ideas, and insights all have an identifiable structure to them. And, if we are to be able to tell the difference between a memory of something that happened a moment ago; a memory that happened about a year ago; a memory that happened long ago; a thing we have to do that hasn’t happened yet; a strong feeling; a weak feeling; something we feel strongly about versus something we do not versus something we used to but no longer do; if we are able to tell the differences between these things in our minds, then there must be differences in the way each of these ideas is structured internally. They must be filed differently in our personal databanks, and we must each have worked out our own filing mechanisms, in order not to get absolutely lost in the ideation of our own heads. In the course of delineating these distinctions, several applications or exercises were developed that allow us to tap into our own imaginal realms, applying creative ideation to problem solving and personal change. Many of these have excellent applications to development in the martial arts.



Dr. Crouch, left, about to impose “intention” on Sempai Elisa Semmons and Sempai Jovani Alvarez

In other words, what has been inadvertently provided to us is a mechanism by which to tap into the Collective Unconscious, dialogue with our own attachment to the source of generative creativity, and bring back ideas for training and improvement. A common theme in shamanic rituals is the consultation of tutelary spirits – asking animal or ancestral spirit guides to show the seeker an answer to a problem. In NLP, a similar exercise was developed, called “The New Behavior Generator”, providing clients a chance to consult their own creative unconscious minds for circumstantial or global change solutions. Some years back, I combined the two models of creative consultation to form a couple of exercises, designed to give martial artists near-immediate access to their internal wisdom; an open channel for dialogue with the Collective Unconscious mind.

One of the simplest of these has actually been around in many forms, for many years. It is a visualization exercise, in which the practitioner consults an inner image of wisdom, asking for insight or guidance on a specific issue. The process is as follows:

-Form in your mind a clear idea of the issue you seek clarity or insight on. Pick a single word to represent it. If you’re looking to master a particular kata or waza, perhaps use the surname of the form or technique. If it’s an issue such as speed, power, balance, timing, rhythm, or coordination, you might consider allowing the name of the issue to be the word for it.

-In your imagination, construct a temple or ashram that

appeals to you; it may be a miniature Stonehenge, a small Buddhist shrine of Asian appearance, a sweat lodge, or cathedral of trees. It can be someplace you have actually been, or can be completely made up. Work out the details in your mind, with the understanding that you are building a suiting place for the avatar of your deepest wisdom to dwell in interfacing with your conscious mind.

-Now that you have the question and the place to ask it, ask in a respectful tone that your deepest inner wisdom show itself to you in a form you can speak with. One person I worked with got a rock on an altar that looked like a birdbath, but the rock shone, and was awe-inspiring to the client. Another saw a mock-up conglomeration of Master Po and Yoda. Still another had a very definite Quan-Yin appear as a watery cloud of glittering mist from within a mountain waterfall. The important thing to know is that there is no wrong answer, and there is no right answer. The answer is coming from within you, so whatever the answer is, that's the right one. Hold vigil at your temple site until the inner wisdom takes form and shows itself. Some people get it immediately; others have to come back to this sacred place several times before the image resolves itself for the seeker.

-When you have an avatar of your deepest wisdom, ask it a specific question – in this case, the one you clarified at the beginning of the exercise. It may be, “How do I do this waza faster?”, or, “How can I improve my speed and power on this particular combination of movements, without losing form and timing?”, or “How might I improve my combinations by improving the coordination of my timing?”, or something else entirely different. Send the questions in waves, as a repeated thought, series of images, or worded question.

-Pay close attention to the answer(s). Creative unconscious minds are like a new muscle – if you haven't used yours explicitly in a while, it may take some practice. Maintaining a respectful state of awareness and expectation help a lot. The answers are in there; we just have to provide the deepest Self an opportunity to share them. The answer may come as a single image requiring some unpackaging, or as a series of ideas like an unfolding movie, or even as a different sense of your placement in your body. It may come as a sound or word for you to use, like a personal mantra or chant or phrase. Regardless of the form, see what happens when you bring it to the forefront of your awareness the very next time you train.

This is one of the simpler means of turning off, tuning in, and consulting the deep wisdom that's been gathering since the dawn of ideas. Can you imagine having access to the output and ruminations of the minds of men like Jigoro Kano, Henry Okazaki, William Chow, or Miyamoto Musahsi? Jung would argue that their ideas either initially came from the Collective Unconscious, or were deposited into it in the process of them living their lives. Every judoka, kenpoka, jujutsuka, swordsman, knife fighter, whatever, has interacted with this informational repository, borrowing from it, expanding on what they borrowed, and in so doing putting back in even more.



¡Felicidades!
Congratulations to Sempai Gustavo Domenech and the rest of the crew from Kodenkan Komori on their new dojo, located on Calle Ribera Alta, nº 33, Alberic, Valencia, Spain



Introduce yourself to the Master Within, and see what you might be able to elicit from the cloud of knowing that lurks just on the other side of ideas. You might just be pleasantly surprised. And it's an easy first-step on the road to mental applications, with potentially far-reaching implications for your martial development. ■



Editor's Note: Dr. Crouch provides organic chiropractic and alternative healthcare at Quantum Chiropractic in Santa Rosa, California . He can be contacted via his practice's website at:
<http://www.chirosantarosa.com>



**Grandmaster Max Togisala
Presents**

3rd Annual Kahuna's Kids Classic



12 to 16 years

**Bikes
Awarded**



8 to 11 years

**JR GRAND CHAMPIONS
FORMS & SPARRING**



5 to 7 years

October 10, 2009

**Tournament open to all kids 16 & under
All Styles / All levels**



preregistration
online



**Mt. Pleasant High School
1750 S. White Road
San Jose, Ca. 95127**



contact:

Alan Garcia doors open 9am / start 10am
408 781-6409 or k.i.m.a.karate@pacbell.net