



# Ka Leo O Kodenkan

American Jujitsu Institute  
Since 1939

Volume 2011

“Ua Mau Ke Ea O Ka Aina I Ka Pono”

Issue 3

## THE FOUR CORNERS

### - The Present of Space -

As a boy leaning Judo and Jujitsu one of my favorite memories involved the four corners of the dojo.

Professor Henry S. Okazaki taught that each corner of the dojo held a certain significance and was there as a reminder to teach us something special. He had combined Japanese Judo and Jujitsu, Hawaiian Lua, and Chinese martial arts to create, arguably, the first truly culturally “Mixed Martial Art.”

He also broke ground by teaching people of good character regardless of their ethnic, cultural, religious, or social differences. Amongst his students were pioneers like Sig Kufferath, Bing Fai Lau, Raymond Law, Wally Jay, Charles Kenn, my maternal grandfather and his two brothers, and my father’s teachers Sam Luke Sr., Sam Luke Jr., and David Nuuhiwa Sr.

He carried on techniques and cultural traditions from various influences and integrated them in his own unique fashion. *(Four Corners Cont’d. on Page 3)*



Founder of our system, Professor Henry Seishiro Okazaki stands proudly with the boards of his system.



## President's Message

*Prof. Samuel C. Luke*

Hi Folks!

Our newsletter editor, Sue Jennings, has renewed enthusiasm for her role and hopes to get the newsletter back on schedule. What she needs is more cooperation from all dojos, but more so from all officials. She can't publish without articles. I asked for specific contributions and got them.

So with this issue, we are on a roll to be on schedule and have nice meaningful stories, news, and comments. Thanks to our editor for her commitment to get us back on schedule. Thanks to the authors of our stories for this edition of Ka Leo O Kodenkan. Those of you who haven't made a contribution recently, we want to hear from you. What's going on with you? Your dojo? Or just tell us your thoughts.

The Shoshin Ryu Reunion at Knott's Berry Park was a wonderful affair. Professor Carlos Gallegos and Professor Kevin Dalrymple chaired the successful event. AJI presented each with a Silk Chinese Dragon jacket for recognition of their hard work. Congratulations to AJI Director, Professor Libert O'Sullivan. He was inducted into the Shoshin Ryu Hall of Fame. Also congratulations to Professor Daniel Saragosa who was awarded a Shoshin Ryu promotion to the rank of Kudan.

At this hour, Regional Director, Prof. Glenn Medici is recuperating from major surgery. All is going well for him, but we ask your prayers for his return to good health. Thank you all for your participation in AJI. Your loyalty and efforts make us successful in reaching our goal which is to fulfill the legacy left by our founder, Professor Henry Seishiro Okazaki.

Aloha Nui Loa!

Prof. Sam Luke

### American Jujitsu Institute Officers and Directors

Samuel C. Luke	President
samluke@earthlink.net	
Daniel W. Saragosa	Vice-president (Jujitsu)
pra0005@hawaii.rr.com	
Charles Lee	Vice-president (Karate)
cleeaji@live.com	
Melvin Cansibog	Treasurer
aji96792dojo@yahoo.com	
Yvonne Cansio	Secretary
kaulana5298@yahoo.com	
Ken Eddy	Director
mizumagic@aol.com	
Jason Spencer	Director
spencer8@sbcglobal.net	
Libert O'Sullivan	Director
Carlos Gallegos	Regional Director - Western
Carlosllegos@aol.com	
Terry Adlawan	Regional Director - Alaska
terrence.adlawan@alaska.gov	
Gary Jones	Regional Director - Southern
Chisoote@aol.com	
Glenn Medici	Regional Director - Midwest
GM3 - Medici Properties	
William Fischer	Presidential Advisor
DZRSensei@aol.com	
Editor	Sue Jennings
jennirj@kaishinkai.com	
Asst. Editor	Daniel Saragosa
Web Master	Jason Spencer
Web Site:	<a href="http://www.americanjujitsuinstitute.org">http://www.americanjujitsuinstitute.org</a>

### Ohana 2012

Ohana 2012 is fast approaching. Please visit the website for current information. Book your rooms early to get the most favorable room rates. We recommend taking this opportunity to turn this into a family vacation where you'll have the chance to take in all that Hawaii has to offer.

<http://ohana2012.americanjujitsuinstitute.org>

## **Four Corners** (Cont'd. from Page 1)

One of these unique contributions was the assignment of an important Hawaiian principle to each corner of the dojo.

### **LOVE AND HARMONY**

Only the first corner carries more than one word. This is because in Hawaiian culture the two concepts are so closely intertwined as to be inseparable. Taken together in Hawaiian they are expressed as Pono A Me Ke Aloha. By freely sharing Aloha (love) with others and our environment we will almost magically find ourselves in Pono (harmony) with humanity and nature. When we feel this relaxed state of harmony, we find ourselves better able to love and be loved.

### **RESPECT**

The second corner represents HM'ihī (respect). As children we are taught to respect the rights and opinions of others and follow the guidance of our parents and teachers. As adults we tend to feel respect has to be earned. With maturity I have found that the childlike view is healthier. By definition respect entails both the holding of others in "high regard" as well as "to refrain from interfering with." Inherent to true respect is a depth of humility, so to be true to our best selves we should uphold both definitions.

### **GENTLENESS**

The third corner of the Dojo represents M'lie (gentleness). Gentleness is not just a compassionate virtue; it is a sound tactical strategy. If we are kind and gentle to all we meet then our chances of getting into an unwanted confrontation or physical altercation go way down. To "take the high road" as my grandfather liked to say is just plain common sense! In the gym it makes perfect sense to exhibit gentleness and self-control. Otherwise you will soon find yourself with no one to assist you in learning the martial arts! This is also true in life off the mat. If we are abusive to others, who will assist us in learning the art of living?

### **AWARENESS**

The fourth, and final corner represents 'Ike (awareness). My senior student Pat Campbell has always been fond of saying "awareness is survival." To the real dangers of serious threats in the streets and war zones of the world this is certainly true. It is also true in subtle ways such as listening to your body to maintain your health, keeping your mind sharp and active, knowing your heart so as not to allow anger or fear to destroy you from within, or molding your spirit to build your awareness of your relationship to your creator and all life around you. There is a saying in Hawaiian Lua: "Maka'ala No Ka 'Ike Papa Lua", which translates roughly into "Be aware of the second sight." We can have a 360 degree awareness of all the hidden knowledge of life if we are open to it.

Having awareness can also take you full circle through the four corners to ensure you are living in the moment with **Love, Harmony, Respect, Gentleness, and Awareness**.

What is perhaps most fascinating about the "Four Corners" is that few seem to remember them. There is nothing that pops up on a Google search, and I have never seen them in any book. They are one of those special gems that is passed on quietly from teacher to student.

Professor Okazaki's concept dates back to the early twentieth century Hawaii. There were no computers or televisions and most teachings were passed personally. This was not only the Hawaiian way, it was also an integral part of how secret truths were communicated in Asian culture. What few teachings were written down, were done so in Kanji on scrolls. Without the legacy of people who went forth and continued to teach them, these words of wisdom might have been lost forever.

Uncle David Nuuhiwa certainly taught them to both my father and later to me. Professor Wally Jay passed them on to Sensei David Fairfield and Sensei Ron Beatty, who taught them to their students at Alameda High School. Olohe Charles Kenn and Professor Solomon Eli taught this to my Hawaiian Lua teacher Dr. Dennis Eli.

My maternal grandfather knew them in a way that is somewhat humorous. If one of his grandchildren was bad, he wouldn't just send you to a corner for a time out.

***He would send you to a SPECIFIC corner to learn the appropriate lesson!***

Thanks to my grandfather, the lesson of the Four Corners of a room transformed my life. I was never able to look at ANY room the same way ever again. Every room became suddenly more interesting and I made it a habit to

take notice of what occupied the space not just in martial arts schools, but in every room I visited. I came to realize that to have a space to make your own is a valued gift in the human experience.

As an alter boy, I remember noticing how well they applied to the church I grew up in. The first corner of Love and Harmony was occupied by the choir. The second corner of Respect was occupied by the meditation chapel and the confessional. The third corner of Gentleness was reserved for the elderly and handicapped. The final fourth corner of Awareness was where we, the alter servers, had our station. We had to be consistently aware so as not to err in performing our duties for the mass. This may have all been a mere coincidence, but it didn't feel like it when I was ten. It felt meant to be.

On Friday I went to visit Senior Grandmaster Rick Alemany's home. He has a dojo in his garage that inspired me to build my own home dojo two years ago. His gym is a testament to the journey of his life with photos of trusted friends and students, faded certificates from his teachers, gifts he has received over the years, and the list goes on and on. There isn't a blank space to be found anywhere.

Jeet Kune Do teacher Sifu Richard Bustillo said something similar when he came to visit my gym. "Good job Li, you have a living museum here!" Though the place is only two years old, it looks like it has been there since World War One. I have the Army helmets of my great-grandfather, grandfather, and father up above bookshelves laden with a library of material on every art I've studied all over the world and symbolic childrens toys my nieces and nephews have felt were somehow relevant to have a presence in Uncle Kai's "Dragon's Lair".

By stark contrast I taught most of my life in parks or sparse military gyms with zero decorations. In the park we didn't have actual corners, and yet the space was somehow still defined in an emotional and spiritual way by the arrangement of trees and the way the sun would set over the mountains.

Not far from SGM Alemany's is the largest population of homeless on the island. As part of my service this year I have spent a fair amount of time there this year. One of my childhood friends lives in a tent and I often visit to share a meal and help him out in small ways. Though a tent may seem a temporary environment, he has taken care to define the space as uniquely his own. He even has a framed photograph of his late father in the first corner.

On the streets of large cities, any corner can be someone's home. To live in harmony with nature and share space in this world with each other is truly a gift, and one that always deserves our deepest appreciation.

There is a Native American saying that we as human beings can never own land, we can only take care of it for the next generation. We should treat every space, indoors or out, as if we are preparing it to care for many generations to come.

It is my humble prayer for this day that we can all grow in our capability to show Love, Harmony, Respect, Gentleness, and Awareness everywhere we go.

Malama pono,

Professor Kai Li

## **A Note from your Editor with Special News!**

When Prof. Sam Luke told me he asked folks for contributions to this newsletter - he really did a great job. I've got so much copy that some of it has to be continued into the final issue of the year, which is due out in December. Great job, Prof. Luke! And a big thank you to all of you that contributed to the newsletter. You make my job so much easier. The benefit for all of AJI is that there are some very special and informative articles not just in this newsletter, but some great ones to look forward to in the issue due out in December.

That said - the next **deadline for the AJI Newsletter is November 30, 2011**. Be sure and get your articles in early to ensure publication in that upcoming issue.

**Now on a more personal note** -- it's been a time of sadness and yet triumph as well. Over the Labor Day weekend when Ron and I were at the ShoshinRyu Reunion in California, we received a call from my sister-in-law, Vicki, that the building housing the 4 radio stations that she and my brother own in Hutchinson, Kansas had burned to the ground. While Ron and I are investors in the company, it's not our livelihood, but it is theirs.

I have to brag on my big brother a little here - sorry folks! He was able to get into a new building, and get all 4 radio stations back on the air within a month's time, even though they lost almost everything in the fire. I told Ron if anyone could accomplish this it's my brother, Cliff Shank - so kudos to Cliff and his wife Vicki on this fantastic achievement. Best wishes for success to Kansas radio stations owned by Ad Astra per Aspera Broadcasting, Inc.: **KSKU, KWHK, KNZS, and KXKU**.

# Preserving Our Founder's Legacy

By: Professor Glenn Medici

I consistently remind my students that I did not invent anything regarding the Danzan Ryu techniques that I teach. Many years ago, Professor Okazaki, our founder, did a great job of creating these very techniques! My job, as a sensei, is merely to transmit this knowledge in a very pure form to my students in the same way that it was transmitted to me.

Certainly, it is true that I also augment the boards – I teach variations that work well for taller students like myself, especially single-legged throws, joint locks, and chokes. I do not teach these latter techniques as baseline. Baseline for me and my students is the sacred boards that Professor Okazaki developed.

It is important to recognize that how you do a certain technique on the boards reflects, first of all, when your instructor's instructor trained with Professor Okazaki. Secondly, how you do a certain technique on the boards reflects the subsequent chain of instructors between you and Professor Okazaki in your Danzan Ryu lineage. In Professor Okazaki's quest to develop his precious Danzan Ryu, the art constantly evolved into the wonderful system it is today.

The fact of this evolution is another reason that I am adamant in teaching my students, up front, the underlying principle(s) of the technique. I teach underlying principles in order to enable the students to readily recognize the many variations they will encounter when they work out in other Danzan Ryu dojos around the country. There are a number of ranking instructors who appear to be primarily concerned with teaching that their way is "the only correct way". My sensei, Dai-Shihan Joe Holck, taught me that, as long as I understood the underlying principle of the technique, the variations would augment the principle(s) ... in ways that were countless.

To further round out their martial arts education, I also highly encourage my students to work out not only with other Danzan Ryu instructors, but also with instructors of other arts as well. This provides them with a balanced view of teaching styles and teaching approaches. Since I am tall, it's hard for me to fully understand shorter students' issues. Quite simply, I have never experienced them firsthand. In similar fashion, shorter instructors can have difficulty with the issues confronted by taller students.

The constant – whether a student be tall or short — is to fully understand the principles of the technique developed by Professor Okazaki (who happened to be a shorter man in stature). All instructors bring a part of themselves into the teaching equation — size, strength, agility, physical conditioning, etc. However, despite these individual variables, I think it is important to constantly remember and apply the underlying principles of the techniques as developed by Professor Okazaki. To be true to the art, in my opinion, it is essential not to change the underlying principles of a given technique. Doing so, in effect, creates another technique – a different technique – which might be more to a specific individual's liking, but which deviates from the basics as taught by Professor Okazaki.

Needless to say, many times in my martial arts career, I have observed just such individual deviations from the principles of Professor Okazaki's technique being taught as the true technique. While I'm sure that it did not start out that way, nevertheless, it ended up being taught. Being a deviation, in and of itself, does not make it wrong. At the same time, it's a deviation — quite simply, it is not the same as the principles taught by Professor Okazaki.



Prof. Glenn Medici is shown standing behind his sensei, Dai-Shihan Joe Holck.

***Dai-Shihan Holck taught me that Danzan Ryu Jujitsu should be pure in form. He further taught me that, if I wanted to experiment around with different approaches for competition aspects, they should be labeled Judo — not Danzan Ryu Jujitsu. This is a lesson I have never forgotten!***

Preserving the “old ways” has been particularly important to me as I progressed over the many years. I have always been interested in the historical aspects of Danzan Ryu. I have put much time and effort into learning the original art as taught to me by students who studied directly with Professor Okazaki.

I have been very fortunate and blessed to have the opportunity to interact on and off the mat with many of the direct students of Professor Okazaki. These golden opportunities opened my eyes many years ago to the many various personalities of all the Danzan Ryu families. I have also witnessed, first hand, many senior professors in those families who, as was obvious from watching their behavior, did not perpetuate the teachings reflected in Professor Okazaki’s Esoteric Principles. Specifically, they lacked humility and perpetuated their sense of being and righteousness rather than the teachings and techniques of Professor Okazaki.

The question I’ve always asked others and myself is, “What would Professor Okazaki say and do if he were standing next to me now and could observe this behavior?” I do not believe he would be impressed with the huge egos observed in these senior-level professors. Such ego-based actions are contrary to the very essence of the Esoteric Principles.

“What would Professor Okazaki do?” It is my belief that he is next to all of us in these circumstances. I believe that it would promote excellence in each of us if we were to strive daily to live up to the principles Professor Okazaki cherished. In this way, we would honor not only all of our teachers and ourselves, as their students, but also, and most important of all — Professor Okazaki and our sacred Danzan Ryu Jujitsu that he developed.

I offer an example of just such disharmony with the Esoteric Principles. I observed this while attending an Ohana event some years ago. While accompanied by several of my senior yudansha, I was engaged in a conversation with a high-ranking professor from another Danzan Ryu family. The discussion was abruptly interrupted by this professor’s adult son who stated, “I am worthy of my yondan rank and I want it for the competitions this weekend!”

My yudanshas and I were quite shocked to hear such a revelation by this young man to his father – and teacher – in front of us that day. I often wondered how Professor Okazaki would have handled such an embarrassing situation. The professor in question was a good instructor, I’m sure. However, somehow, in all of his training, the adult son had obviously never learned the concept of humility or of good manners. In my opinion, it did not speak well of him, of his sensei, or of the Danzan Ryu family.



***A request I make of my students and those around me is to always refer to our founder as “Professor Okazaki” and not merely “Okazaki”.***

***Many years ago, his daughter, Professor Imi Okazaki-Mullins, (shown left) verbalized her preference for this mode of respectful address. I wholeheartedly agree with her.***

If we are to acknowledge anyone as professor these days, we should surely address our founder as Professor Okazaki. In my opinion, anything less is deplorable. Anything less does not recognize Professor Okazaki’s rightful place in our sacred Danzan Ryu Jujitsu history.

I believe that we should not offer this as a sign of respect for *him* – rather, we should do it for **ourselves**. In my opinion, we offer this as a sign of respect for our individual training and for the perfection of our own character.

Students and instructors alike, as they climb the Danzan Ryu ladder, have the opportunity to repeatedly – consistently – lead by their example. Living the Esoteric Principles daily – not just talking about them occasionally – offers each of us the chance to reap the rewards promised in these very principles!



## I Was Honored to Represent the AJI at the Recently Held Shoshin Ryu Reunion

By: Prof. Ken Eddy

At the Labor Day event in Buena Park, California, I had the honor of representing the A.J.I.

All of the Shoshin Ryu members were extremely gracious and informative.

Prof. Kevin Darymple did an outstanding job of organizing the event and making everyone feel at home and welcome.

The event had many notable Martial Artists with Fumio Demura putting in a memorable appearance and teaching a kata that he had never previously publically taught. Sensei Mike Bern, from the AJI went to the class and came away with a one time experience and appreciation for a martial artist that can still inspire and share the original traditions of karate.

I also had the privilege of training with some of Prof. Carlos Gallegos' students and found them, (as usual), exceptional. Sensei Randy Carrasco is an excellent martial artist and one of the real assets that the martial arts has to offer. He is always wearing a smile and is always respectful when training. He demonstrates one of the major qualities most people speak of, but rarely express...**Humility**. Randy is very competent in his art as well as an example of the esoterics we try to instill into our members. Ramon Gallegos' was in attendance with his lovely wife and beautiful daughter and was kept quite busy watching over his tiny jewel of a daughter while taking endless photos of the events taking place all around them.

I have found that all of the students of Prof. Gallegos demonstrate the Kodo, (old traditions) of the martial arts in that they are respectful, competent and dedicated. This is a shining beacon to the teaching of Prof. Gallegos. I am sure he is very proud of all of them and will continue to strive for a high level of students and senseis to propagate the martial arts.

I have to thank a lady that went totally out of her way to assist me after the event. Robin Whitaker from Shoshin Ryu, found me in the parking lot with a flat tire and no key for the spare. She offered to take sensei Mike Bern to get some tools to get the lock off the spare and get us on our way. They traveled to the nearest auto parts store and found it had not opened as of 8:45 AM. She waited patiently until they opened and then returned with Sensei Bern and the tools. It was very gracious of her and because of her sense of Kokua, she made the experience a pleasant one. Another great asset of the Shoshin Ryu community. Thank you, thank you, thank you, Robin.

I was also glad to see some of my old acquaintances from the AJJF.

I had a few discussions with Prof. John Congistre and found him to be as I remembered him, friendly, informative and fun.

***Someone I did not expect to see at this event was actor, Tom Selleck.***

When I went to the banquet, I could not believe my eyes. I am not a groupie for the Hollywood set, but was surprised when one of the "elite" showed up at the banquet. It was kind of exciting. I was later informed that it might not have been Tom Selleck, but a twin, Prof. Mike Chubb. Boy was I disappointed!

I suppose with my being so much younger than Prof. Chubb, it was a mistake any "young man" might have made.

I cannot thank the members of Shoshin Ryu enough for allowing me to participate in this reunion and I hope to see them all at Ohana in Hawaii in 2012.

# 2011 "Doctor Kaito" Summer Judo Tournament

By: Sensei Randy Carrasco

The second "Doctor Kaito" summer judo tournament (held in memory of "Doctor Kaito" Professor David Nuuhiwa) was held on Saturday July 9, 2011 at Lincoln Avenue Baptist Church in Orange, California. The annual event was again sponsored by Shoshin Ryu Yudanshakai. In-kind gift donation sponsors include: Billabong, Black Belt Surfing, Da Hui, Freewaters, Hinano Tahiti, SK8KINGS.com, Wave Tools Surfboards, Vans and Volcom.

The tournament was preceded by a native Hawaiian blessing by Professor Kalani Akui and then a prayer in English by Daniel Tuiteleleapaga, both of Kaito Gakko. Jeff Davis and Liberty Zabala from City of Garden Grove TV news showed up, conducted interviews and captured film footage. The judo action, as usual, included hard fought battles between old pals, rivals and new faces. A nice surprise was having an AJJF dojo (Kenshokan of Woodland Hills, California) show up with a healthy group of fighters.

After bow-in and introductions, Professor Carlos Gallegos surprised nearly everyone with a rank promotion for Ernie Hanaoka, one of his black belt students. Ernie received his 3<sup>rd</sup> Dan and Kaito Gakko Lineage Belt with title of Sensei on that day.

The all-volunteer staff demonstrated plenty of kokua and aloha. Sign-up and weigh-in staff included Minnie Carrasco, Connie Tuiteleleapaga, Cindy Tang and Roger and Sonia Carrasco. Security was handled by Daniel Tuiteleleapaga, Donavin Tuiteleleapaga, Robert-Ray Tuiteleleapaga, Rit Binsol and Al Ramirez. As usual Khanh Bui was found behind the camera lens. Lee Firestone served as center referee and corner refs included Senseis Louie Iligan, Hector Zaragoza, Leo Lopez and Professor Ramon Gallegos. Timing and scoring was handled by Connie Tuiteleleapaga, and Roger and Sonia Carrasco. A group of the late Professor Nuuhiwa's students were on hand taking it all in and providing under cover security.

After divisions were completed, door prizes were raffled off and each competitor got great prizes from Billabong, Da Hui, Hinano Tahiti, SK8KINGS, Wave Tools Surfboards and Volcom. Da Hui and Black Belt Surfing designed and made the awesome looking tournament T-shirts. The second place grand prize was a SK8KINGS skateboard deck, set of crown jewel wheels and two long sleeve Axe Army shirts, signed by Guinness book world skateboard champion Richy Carrasco. The first place grand prize was a brand new swallow-tail Wave Tools surfboard with Clark Foam (which is now prized and collectible), hand shaped by the legendary Lance Collins. There were many happy faces; it was hard to tell who was more surprised, the competitors or their friends and family members.

Overall, it was a smooth event. Perhaps best of all, the prayers for a good, safe tournament were answered.

A few days after the tournament, the news story was featured in *This Week in Garden Grove* and it aired several times per day for a week all over Orange County and then the city of Garden Grove uploaded the video to YouTube.

Here is the link to the news story video <http://www.youtube.com/watch?v=OcNUZOMw9M>

## COMPETITION RESULTS

### 6 Yrs. White to Green Belt, Bantam Weight

1. Robby Iligan
2. Jessica Ramirez

### 6 Yrs. White to Green Belt, Cruiser Weight

1. Skyler Hattendorf
2. Tristan Schwartz
3. Costa Bravos

### 7-8 Yrs. White to Green Belt, Bantam Weight A

1. Anabella Hoffer
2. Brandon Wong
3. Christian Duran

### 7-8 Yrs. White to Green Belt, Bantam Weight B

1. Jayden Banks
2. Mark Weider
3. Hayden Collier

### 7-8 Yrs. White to Green Belt, Cruiser Weight

1. Estrella Lopez
2. Siguen Avila
3. Angel Gomez

### 9-10 Yrs. White to Green Belt, Bantam Weight, A

1. Moises Segura
2. Garrison Carrasco
3. Angelina Tran

### 9-10 Yrs. White to Green Belt, Bantam Weight, B

1. Kaylin Hoffer
2. Jayden Ramirez
3. Ryan Wong

### 9-10 Yrs. White to Green Belt, Cruiser Weight

1. Kenny Bui
2. Donovan Banks
3. Joshua Ramirez

### 11-12 Yrs. White to Green Belt, Bantam Weight

1. Emma Segura
2. Samson Ehrenberg
3. William Tam

### 11-12 Yrs. White to Green Belt, Cruiser Weight

1. Andrew Longmore
2. Jackie Bui
3. Ike Osthus

### 13-14 Yrs. White to Green Belt, Bantam Weight

1. Damian Garcia
2. Emmett Janczac

### 19 Yrs & Up, White to Green Belt, Bantam Weight

1. Vivian Belmonte
2. Mimi Garcia

### 19 Yrs & Up, White to Green Belt, Cruiser Weight

1. Thomas Anderson
2. Edward Chamourain
3. Matthew Humphreys

### 19 Yrs & Up, White to Green Belt, Cruiser Weight

1. Robert Pelaso
2. Charles Hattendorf
3. John Dickson

### Black Belt

1. Zachary Kaufman
2. Kevin Do (brown belt)





Pictured above is the Nikko Restoration Massage of H. Okazaki in Honolulu, Hawaii.

## **John Harvey, the Colonel, the Professor and Cornflakes**

*By: Professor Gary Jones*

As a child, John Harvey grew up with his family being members of the Seventh Day Adventist church. This fact laid the groundwork for what would become his life's work. The church believed and practiced healthy living through preventative health care. Hydrotherapy baths, massage, fresh air, exercise, good posture, plenty of sleep, strict diet of no meat, no alcohol, and no tobacco are examples of their thinking.

When he was a young man, he attended the University of Michigan. Later he moved to New York and attended Bellevue Hospital Medical School. During this period, he lived on a strict diet of apples, graham crackers, and grated coconut. He graduated from medical school and became a medical doctor and surgeon at age 24. The year was 1885.

In 1885 the medical profession believed in a series of treatments. Some of these included: surgery cure, gymnastics cure, (the forerunner of physical therapy) massage cure, water cure (the forerunner to modern hydrotherapy), medicine cure, sleep cure, and diet cure.

Doctor John Harvey specialized in massage cure and water cure. He decided he needed to learn more about the advanced methods of massage. So he traveled to Europe to train under the great manual therapists in Sweden, Germany, and France. He returned to the United States and established his practice with great success. His skill as a master manipulator of manual therapy became well known. He strongly believed that a complete understanding of anatomy was essential for a therapist. Also, his water cure baths were in great demand.

At the height of his career his Sanitarium provided over 200 baths. He treated 5,000 clients and had an annual revenue of \$4 million. He expanded his Sanitarium to include a 15 story building. He accepted no fees for his services or surgeries. He did accept contribution gifts.

He trained hundreds of therapists, male and female. He published a book on his massage method based on anatomy. One would think this would be enough for a career. But Dr. John Harvey was also an inventor. During his lifetime he held 30 patents for his inventions of medical equipment, products, machines, and instruments.

By the early 1920's, a practitioner of the same style of Swedish massage and gymnastics and water cure baths lived in Oahu, Hawaii. His name was Colonel Pete Baron. By chance, he met a young Japanese man who earned a living delivering bread for a grocery store. The young man decided to open a massage clinic. His business efforts were failing until the Colonel took him in and trained him in the European Swedish massage, water cure, gymnastics, and business practice used by Dr. Harvey. The young Japanese man learned the system and also began to add

his own ideas. which were wildly successful. His skill levels were so great that he became well known as a healer in the Hawaiian Islands. As the years passed, he treated movie stars including: Shirley Temple, George Burns, the President of the United States Theodore Roosevelt, the Governor of Hawaii, and many others. The Japanese healer had a name of his style of therapy. He called it Seifukujitsu. The Japanese man was called Professor because of his healing skills.

By now most of you know the Japanese man was Professor Henry Seishiro Okazaki. One of Professor Okazaki's top students was Professor Dick Rickerts. In 1938, Professor Rickerts decided to record his teacher's methods of healing. It is from his writing that we know what Professor Okazaki's therapy style looked like.

Professor Rickerts detailed 52 healing arts used by Professor Okazaki. In order to clarify the methods, he kept referring his readers to the most widely read text book of his day. He told his readers to read Dr. John Harvey's book called, "The Art of Massage".

And by now most of you know that Dr. John Harvey's full name was Dr. John Harvey Kellogg. And his book was called "Kellogg's Art of Massage". And it was Dr. Kellogg who actually invented the health food industry. In looking for healthy foods, he invented -- Kelloggs Corn Flakes. Also it was Dr. Kellogg who actually coined the term "Sanitarium".

And as my favorite newscaster used to say, NOW YOU KNOW THE REST OF THE STORY.

## The 2011 AJI Summer Classic Tournament

By: Prof. Daniel Saragosa

The 2011 AJI Summer Classic was held on Saturday, July 9, 2011 in Waianae, Hawaii. Below are the results of the Summer Classic. Congratulations to all the competitors for their efforts and sportsmanship.

### Top Competitors Named

The top competitor for the Jujitsu Division was **Jayna Yonekura** from Wahiawa Kodengan.

The top competitor for the Karate Division was **Luke Horiuchi** from the Horiuchi Kodengan.

Congratulations to both these individuals for their great contributions to the competiiton.

<b>JUJITSU KATA</b>					
<u>DIVISION / PLACE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>DIVISION / PLACE</u>	<u>NAME</u>	<u>SCHOOL</u>
<b><u>AGES 5 to 7</u></b>			<b><u>12 to 13 BEG</u></b>		
1st	Matthew Horiuchi/Jonah Higashiguchi	Horiuchi Kodengan	1st	Makanalani Chun	Horiuchi Kodengan
2nd	Lochlainn Varian	Horiuchi Kodengan	2nd	Jason Lagmay/Naythan Yonekura	Wahiawa Kodengan
3rd	Skyler Hee	Horiuchi Kodengan	3rd	Nicholas Kuwamoto	Horiuchi Kodengan
<b><u>8 TO 9 BEG</u></b>			4th	Kailani Gorai/Hunter Koshi	Waianae Jujitsu Dojo
1st	Brandon Vavul/Kauilani Chun	Horiuchi Kodengan	<b><u>12 to 13 INTER</u></b>		
2nd	Kalani Zalopany	Horiuchi Kodengan	1st	Dallas Fredrick/Ronny Landford	Waianae Jujitsu Dojo
3rd Tie	Ren Dickson	Horiuchi Kodengan	<b><u>12 to 13 ADV</u></b>		
3rd Tie	Tiare Bryant/Aidan Downs	Horiuchi Kodengan	1st	Bryanna Lagmay	Wahiawa Kodengan
<b><u>8 to 9 INTER</u></b>			<b><u>Jr. BB</u></b>		
1st	Theodore Quismondo/Xavier Qismondo	Waianae Jujitsu Dojo	1st	Treston Barcarse/Charles Freitas Jr.	Waianae Jujitsu Dojo
2nd	Amanda Higashiguchi	Horiuchi Kodengan	2nd	Kaulana Stanley/Sean Burke	Waianae Jujitsu Dojo
3rd	Kazlen Delenia/Giana Ehia	Waianae Jujitsu Dojo	<b><u>Adult BEG F</u></b>		
<b><u>10 to 11</u></b>			1st	Renee Horiuchi	Horiuchi Kodengan
1st	Luke Horiuchi/Cage Vavul	Horiuchi Kodengan	<b><u>Adult BEG</u></b>		
2nd	Richard Vierra/Kayden Tabanero	Waianae Jujitsu Dojo	1st	Derek Hee/Terence Wong	Horiuchi Kodengan
3rd Tie	Brandon Ehia/MaKenna Chun	Waianae Jujitsu Dojo	2nd	David Higashiguchi/John McCabe	Horiuchi Kodengan
3rd Tie	Olivia Quismondo	Waianae Jujitsu Dojo	3rd	Bryan Dickson/Robert Kipapa	Horiuchi Kodengan

## 2011 AJI Summer Classic Tournament

<u>DIVISION / PLACE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>DIVISION / PLACE</u>	<u>NAME</u>	<u>SCHOOL</u>
<b>ADULT BLACK</b>			<b>GRAPPLING</b>		
1st	Alton Barcarse/Phillip Krout	Waianaes Jujitsu Club	<b>5 to 7 YEARS</b>		
<b>BLACK - FEMALE</b>			1st	Matther Horiuchi	Horiuchi Kodenkan
1st	Jayna Yonekura	Wahiawa Kodenkan	2nd	Madison Ani	Waianaes Jujitsu Dojo
<b>KARATE KATA</b>			3rd	Xavier Quismondo	Waianaes Jujitsu Dojo
<b>7 YEARS - BEG</b>			<b>8 to 9</b>		
1st	Lochlainn Varian	Horiuchi Kodenkan	1st	Theodore Quismondo	Waianaes Jujitsu Dojo
2nd	Jonah Higashiguchi	Horiuchi Kodenkan	2nd	Daniel Manlapit	Horiuchi Kodenkan
3rd	Branxton O'shea Kaakai	Waianaes Tae Kwon Do	3rd	Brandon Vavul	Horiuchi Kodenkan
<b>7 YEARS INTER</b>			<b>10 to 11 BOYS</b>		
1st	Matthew Horiuchi	Horiuchi Kodenkan	1st	Luke Horiuchi	Horiuchi Kodenkan
<b>8 YEARS BEG</b>			2nd	Chavison Ani	Waianaes Jujitsu Dojo
1st	Brandon Vavul	Horiuchi Kodenkan	3rd	McKenna Chun	Waianaes Jujitsu Dojo
<b>8 YEARS INTER</b>			<b>11 years GIRLS</b>		
1st	Amanda Higashiguchi	Horiuchi Kodenkan	1st	Kailani Gorai	Waianaes Jujitsu Club
2nd	Shania Caspino Kepo'o	Waianaes Tae Kwon Do	2nd	Olivia Quismondo	Waianaes Jujitsu Club
3rd	Kevin Tomei	Wahiawa Kodenkan	3rd	Tayln Moe	Makakilo Jujitsu
<b>11 YEARS BEG</b>			<b>12 to 13 GIRLS</b>		
1st	Cage Vavul	Horiuchi Kodenkan	1st	Bryanna Lagmay	Wahiawa Kodenkan
2nd	Jayden Caspino Kepo'o	Waianaes Tae Kwon Do	2nd	Jovelin Okazaki	Wahiawa Kodenkan
3rd	Naythan Yonekura	Wahiawa Kodenkan	3rd	Hunter Koshi	Waianaes Jujitsu Dojo
<b>ADV</b>			<b>12 YEARS BOYS</b>		
1st	Luke Horiuchi	Horiuchi Kodenkan	1st	Charles Freitas Jr.	Waianaes Jujitsu Club
<b>12 YEARS</b>			2nd	Jason Lagmay	Wahiawa Kodenkan
1st	Emylee Forke	Waianaes Tae Kwon Do	<b>13 YEARS BOYS</b>		
2nd	James Manoutham	Waianaes Tae Kwon Do	1st	Kaulana Stanley	Waianaes Jujitsu Club
3rd Tie	Jason Lagmay	Wahiawa Kodenkan	2nd	Reyes Landford	Waianaes Jujitsu Club
3rd Tie	Jovelin Okazaki	Wahiawa Kodenkan	3rd	Treston Barcarse	Waianaes Jujitsu Club
<b>13 YEARS ADV</b>			<b>ADULT NOVICE</b>		
1st	Bryanna Lagman	Wahiawa Kodenka	1st	Chris Galicia	Elite Training Systems
<b>17 YEARS</b>			2nd	Zack Zellerman	Elite Training Systems
1st	Tiffany Shelton	Waianaes Tae Kwon Do	3rd	Francisco Cesar	Makakilo Jujitsu
<b>ADULTS NOV</b>			<b>ADULT BROWN</b>		
1st	John Reick	Elite Training Systems	1st	Alton Barcarse	Waianaes Jujitsu Club
2nd	David Higashicuchi	Horiuchi Kodenkan	2nd	John Reick	Elite Training Systems
3rd Tie	Hanalei Kepo'o	Waianaes Tae Kwon Do	3rd	Phillip Krout	Waianaes Jujitsu Club
3rd Tie	Justin Locke	Waianaes Tae Kwon Do	<b>BB FEMALE</b>		
<b>ADV</b>			1st	Jayna Yonekura	Wahiawa Kodenkan
1st	Mindy DeCastro	Wahiawa Kodenkan	2nd	Mindy DeCastro	Wahiawa Kodenkan
<b>BB</b>			<b>BB MALE</b>		
1st	Jayna Yonekura	Wahiawa Kodenkan	1st	Anthony Dowdell	Elite Training Systems
			2nd	Austin Streadbeck	Makakilo Jujitsu Club

# My dream is to go to the Olympics

By Rene Gallagher

My father originally put me in Champ Taekwondo for self defense. I was only supposed to go until I had learned enough to protect myself. Well it turns out I'm dedicating my life to martial arts now. I continued Taekwondo until I was 12 years old and had my second degree black belt. I attended many competitions in Anchorage and won most of them. J. Parks Taekwondo held most of the competitions; Champ Taekwondo had two that I counted. My first competition was when I was a green belt, but I went as a blue belt because I wasn't ready for the more experienced competitors and I don't know the green belt poomse. The poomse round was first and I got first place. After that came sparring competition. My first time sparring in competition was horrible at first, but after my coach gave me some pointers, I started to get in the game. I got all first places and was probably the happiest girl on the street.

In between the six years I've been a student, I've gone to two national competitions. The first national event that I went to was in Kentucky. I got first place in sparring, poomse (kata), and breaking. I had to fight three girls; one right after the other. Talk about something being exhausting! The other national event that I went to was in Virginia. I also got first place in poomse, first place in sparring and either 3<sup>rd</sup> or didn't place in the breaking competition.

A few weeks after the competition in Virginia, I got extremely tired of Taekwondo, because all it seemed that I was doing was teaching the other kids what they needed to know for the next belt. So, I asked my Dad if I could quit



for awhile. Although he suggested that I take up gymnastics, I was a little hesitant at first, but I accepted. So we went down to the Arctic Gymnasium to sign up for the class, but when I walked through the door I saw some people to the left practicing some type of martial art. Sensei Terry Adlawan saw me watching so he strode over and asked, "Are you interested?" I nodded quickly, and with that he told me to come onto the floor and try it out. So I did and ended up taking Kodenkan Danzan Ryu Jujitsu.

Sensei Terry Adlawan took me under his wing and I was his pupil. I trained six days a week in Jujitsu and that paid off by getting my ranks faster than the other students. Now I am a sankyu, or a third degree brown belt. My first competition was very difficult. Since I am a black belt in Taekwondo, my sensei thought I should go as a black belt in the tournament. I was the last to enter, and I was very nervous. The first event was the kata, which was my Taekwondo black belt kata. I thankfully got first place, although I still had to spar. This was probably the worst setup for a sparring match that I have ever gone through. I had to spar three guys who were taller and heavier than me (a lot heavier). Two of the guys were Samoan, meaning they were at least a foot or two taller, and heavier than me, and probably two times my

weight. I ended up beating one of the Samoan guys by getting the last three points using a roundhouse kick to the head. I fought and defeated two out of three guys, but came in third place. That's alright, because I learned from my mistake.

All in all, I have experience in Taekwondo and Jujitsu, along with karate, which I started about two months ago. I had to join karate, because I qualified in their tournament to go down to nationals. I needed to learn their katas, because I could not use Taekwondo or Jujitsu katas in the karate nationals. The national event was held in Las Vegas, Nevada. The competition was huge! Thousands of competitors from around the world came to Las Vegas to enter the Jr. Olympics and the U.S. Open. In the kata, I'd say that was the first time I messed up, because I was so nervous. I was lucky this time, because I had gotten third place only because there were only four girls in my division. In kumite I got second, which also had four girls in the division. I felt pretty good about being in karate for one month, then going into nationals and getting second and third place wins.

I appreciate Sensei Terry Adlawan and Sensei Tanaka for helping me go through the training so that I can continue my dream of going into the Olympics. Sensei Terry is very supportive and an inspiring person for all kids and adults. He inspired me to become the best competitor, student and teacher that I can be. My sensei has motivated me to keep pursuing my dreams.

**Editor's Note:** Rene Gallagher, Sankyu, is a student of the Alaska Jujitsu Institute's Sensei Terry Adlawan.

# The Eric Lewis Story

By: Sensei Sue Jennings

Every now and then an instructor has a student that is a little different than the rest. Granted all students are individuals and are all different, but some students stand out a little more than others. That's why I'd like to introduce you to Eric Lewis, yonkyu, of KaishinKai Dojo.

For all-ranks classes we always have group exercises at the beginning of class. While it's good to stretch those muscles and get the blood flowing in preparation for a good workout, some of the students don't enjoy this as much as others. You can usually see and hear this by the moans and groans that emit from the students. With Eric in class, I've actually stopped after a certain exercise and asked him, "Alright, what's so funny, Eric? What's that big smile about today?" His matter-of-fact reply was,

***"I'm just happy to be here."***

For an instructor, that's music to their ears. Wow! I have a student that is enjoying class so much that he even enjoys the exercise portion of class. The positive energy this transmits to an instructor is incredible. But Eric is deadly serious. His enthusiasm and good-natured joy for class is contagious. He drives me, as his instructor, to make sure class is fun as well as educational.

So, if you're wondering, why is Eric so happy? He has endured enough challenges in his life to be able to focus in on what's really important – enjoying what you're doing at the moment. Be in the moment. But, where does he come by such wisdom at age 42?

At the age of 15, Eric was in a serious bicycle accident. He was riding his 10-speed bicycle (unfortunately without wearing a helmet) and his bicycle was hit by a car and he was sent flying. Fortunately he survived. Eric had to undergo surgery immediately following the accident, and unfortunately the surgery caused him to suffer the effects of a stroke. He had to undergo extensive physical therapy and occupational therapy thereafter to regain the most mobility and functionality that he could. But this wasn't the only result of the accident; Eric also now deals with short-term and long-term memory issues. He is bright and articulate and has a great sense of humor, but has difficulty remembering things, even such as his two year-old daughter's name.

So, Eric participates in class with a right arm that doesn't function normally with the hand remaining in a clenched fist, and one leg that has some degree of paralysis. The majority of arts he does in jujitsu have to be altered somewhat to accommodate his mobility issues. But Eric gains greater flexibility, strength, mobility and coordination from our classes that he wouldn't get elsewhere. What is surprising is that most of the arts in our system can be done slightly differently allowing for physical limitations and still represent kata. He certainly stretches my knowledge of each art's real concept.

Even though the other students knew Eric had more challenges performing some of the arts than they did, it didn't really sink in thoroughly to them until he was promoted to his first colored belt rank. I called him up in front of the group and presented him with his new belt. He removed the old belt and using his one good hand and the aid of his teeth he proudly put on his new belt and tied it in a square knot. It took a little longer for him to put on that new belt, but when he did so the other students witnessed first-hand part of what Eric has to do to attend every class. It was impressive as well as emotional to watch! Because of this, Prof. Ron Jennings calls putting on your belt using only one hand, the Eric maneuver. Try it yourself to see how easy this is!

Granted, some of Danzan Ryu Jujitsu is always going to be a challenge for Eric, and some arts he may only be able to teach from notes, and not ever personally perform. And due to memory issues, Eric and his notebook are always allowed to be together on the mat as one, to help him with those memory issues, but Eric is an inspiration on the mat and a joy to have in class. That's why his perseverance and great attitude saw him named KaishinKai Dojo's Ohana award winner (*a student in your dojo that makes a positive difference*) by Jujitsu America in 2010.



Eric is married to lucky wife Janel and has a delightful daughter, Randilyn, age 2. He also holds a Black Belt in Kung Fu and Aikido, and works as a caregiver for adults.

## PACIFIC NORTHWEST HAPPENINGS

By: Sensei Sue Jennings



Oliver Kenneth Whitcher (left) is shown with proud big brother Edmund Ames. Little Oliver was born August 17, 2011, and is the son of Tim Ames, AJI Nidan, and his wife Veronica Whitcher.

At the Evergreen State College we have a huge classroom and it's a great place to hold classes. We're glad we're going back.

Last spring I held an 18-hour self-defense class affiliated with the Forensics and Criminal Behavior program at Evergreen for two college credits and used our old classroom again, so it's time that our jujitsu program returns there too.

Luke Gentry was promoted recently to Gokyu, 1st Degree. Luke's a student of Sensei Chris Eller at the Seattle University satellite school of Kaishinkai Dojo.

Travels include: Prof. Ron and Sensei Sue Jennings were able to attend the Jujitsu America Convention in June in Foster City, California and in September they attended and taught at the Shoshin Ryu Reunion in Buena Park, California where Ron taught a knife defense class and Sue taught a yawara class to children. Both were smaller conventions than usual, but it was good to get together with old friends and make new ones.

Our students have been busy with building not only their jujitsu techniques, but also their families.

Tim Ames, AJI Nidan, and his wife Veronica, just welcomed their second child into their family and our dojo family. -- **Oliver Kenneth Whitcher** on August 17, 2011.

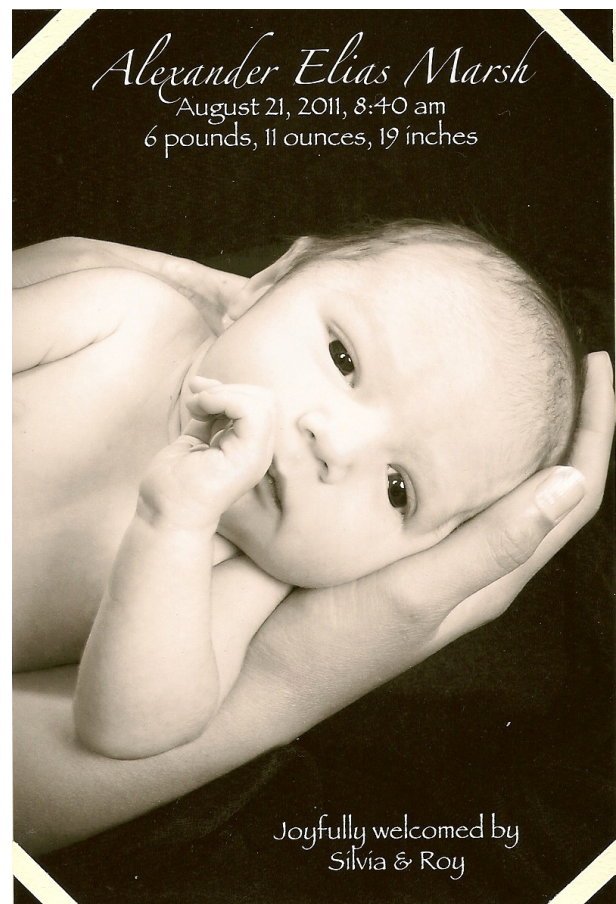
Roy Marsh and Silvia Reyes, both AJI Shodans, welcomed **Alexander Elias Marsh** into their family and our dojo family on August 21, 2011. Alexander is their first child and weighed 6 pounds 11 ounces at 19" long.

Congratulations to both families on their new arrivals.

The big news for Kaishinkai Dojo is that we're having a **Dojo Baby Boom**.

The next most exciting new is that classes are once again moving back to the Evergreen State College. We had held classes there since 1998, with Sensei Sue Jennings in charge of the Evergreen classes, then last year had to find a new location to hold classes due to new management in the recreation center. So, in the interim we held classes at a community college for a few quarters, but it wasn't a good fit.

Next we moved all classes back to the home dojo, but being 25 miles south of Olympia, our student base started suffering. So, now in October we're returning to Evergreen and are looking at rebuilding our jujitsu program there.



Alexander Elias Marsh was born August 21, 2011 at 8:40 a.m. to proud parents, Roy Marsh and Silvia Reyes, both AJI Shodans. He weighed 6 pounds 11 ounces at 19" long. Alexander is their first child.

# AMERICAN JUJITSU INSTITUTE

Presents

## Ohana 2012

### Ala Moana Hotel

Honolulu's Landmark Hotel

410 Atkinson Dr

Honolulu, Hi 96814-4722

Reservations: (808) 955-4811

Fax: (808) 944-2974

Email [reservations@alamoanahotel.com](mailto:reservations@alamoanahotel.com)

Mention the "AmericanJujitsu Institute 2012 Seminar"

### Rates:

\$ 109.00 Double - Single Bed

\$ 139.00 Triple/Quad - 2 Beds

All rooms come with Mini-Fridge and Microwave

Rates available 3 days prior to and 3 days after event

Located at the outskirts of Waikiki at the World Famous Ala Moana Shopping Center. Walking distance to shops, beach park, Magic Island, Clubs and many other amenities.

Shuttle at hotel available to Waikiki and surrounding areas. Waikiki and shops are also within walking distance.

Dates: July 6-8, 2012

Featuring Clinics and Instructions, Jujitsu Kata Tournament, Karate Kata Tournament, Pupu Party, Awards Banquet, Okazaki Gravesite Visit,- also Shopping, Nightlife, Beaches, Luaus, Authentic Hawaiian Shows and much more.

**Website: [ohana2012.americanjujitsuinstitute.org](http://ohana2012.americanjujitsuinstitute.org)**





**American Jujitsu Institute**

c/o 1779 Koikoi St.  
Wahiawa, Hi 96786