



Ka Leo O Kodenkan

American Jujitsu Institute

Since 1939

Volume 2019

“Un Mau Ke Ea O Ka Aina I Ka Pono”

Issue 2

Camp Kokua 2019



Camp Kokua 2019 was held at the Mokuroku Martial Arts Society School in New Branufels, Tx. June 14-16, 2019. It was hosted by Sensei Leo Barahona and his team which included Prof. Gary Jones of the House of Kodenkan and Britt Pauls, Sensei of West Texas Kodenkan Jujitsu. The event featured a fine group of instructors versed in the Healing Arts. The entire event centered on Healing Arts.

The above picture depicts about half of the participants who made this a memorable weekend.

The Camp opened on Friday, June 14th with an introductory course for first-timers, or those who were not very familiar with, or needed a refresher of Professor Okazaki's General Circulatory Massage Techniques. This Basic Anma class was presented by Prof. Ken Eddy of Mizu Shin Tao.

Attendees were also treated to a session in Lomi Lomi Massage, a traditional Hawaiian Healing Arts methods, demonstrated by Prof. Kainoa Li of Elite Training Systems.

Another class was a first-hand review of the Traditional Okazaki Dojo methods relative to massage as experienced by Prof. Harold Akira Horiuchi who actually trained in the Okazaki Dojo. This class was very insightful giving a clear look at just how things were done back in the “old days”.

This was followed up with a Nerve Impingement Course by Prof. Gary Jones and a practical course on healing one's mind presented by Prof. Scott Horiuchi of the Horiuchi Kodenkan.

That evening, everyone was treated to a fantastic BBQ

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President's Message

By: Professor Daniel W. Saragosa

It has been awhile since our last newsletter was published. We trust that our members and their families are doing well and are in good health. Many things have happened since our last issue and we are looking forward to a great holiday season.

As many of you are aware of, we are hosting Ohana 2020 in July of 2020 at the Ala Moana Hotel, the site of the 2012 Ohana. This event will bring together students and schools from around the country who practice Kodengan/Danzan Ryu Jujitsu. We also have commitments from people coming from England, Europe, Central and South America. We have a wonderful event planned with great instructors, clinics, contests, food and of course, those things that bring the millions of visitors every year to Hawaii, its sights and people.

Our Camp Kokua was held in June and hosted my Sensei Leo Barahona of the Mokuroku Martial Arts Society, in New Braunfels, Tx. He was assisted by Prof. Gary Jones of the House of Kodengan and Merrill Britt Pauls of the West Texas Kodengan. The event was a great success. I want to express my deep gratitude for all of their efforts.

The AJI Summer Classic Tournament was held on July 27th and featured competition in Jujitsu Kata, Karate Kata, Weapons Kata and Grappling. This was also a wonderful success followed by a great get-together at the Makaha Beach House which we have used on previous occasions. We thank Ron and Sharon Moore for the generosity in letting us use their property, not only this year, but in many previous years for AJI Events.

In conjunction with the 2020 Ohana, the H.S. Okazaki National Kata Tournament is being held. Prepare yourselves and teams for this event where you can showcase your school and students.

Blessings to everyone.

Daniel Saragosa
President and CEO
American Jujitsu Institute

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PNW Regional News

By Prof. Sue Jennings

Jujitsu is alive and well in the Pacific Northwest. December 8th Professor Len Riley , SRY Judan, hosted a 4 hour workout at the Northwest Martial Arts Center in Woodinville WA. Approximately 40 people attended for classes taught by many great instructors from the area. Jujitsu, Judo, Aikido, Karate, and Yoga was presented. Ending the event were promotions. From Kaishinkai, AJI members John Doyle and Dana Totten were awarded their SRY Sandan. SRY also made special unsolicited promotion of Professor Ron Jennings to Kudan. Following the event, most attended enjoyed a fun Japanese Steakhouse meal.

Sadly, one of the instructors at the Woodinville event, , Sensei Wayne Howard (75), passed away unexpectedly on February 1st. Wayne was a Godan in Judo and a truly great Judo competitor. He had been with Kaishinkai for over 40 years. He is missed by all that had a chance to know and work with him.

On February 23rd Prof Sue Jennings hosted the February Regional clinic at Kaishinkai Dojo. The 4 hour clinic included instructors and students from Washington and Oregon. Sensei Chris Eller from Kaishinkai Seattle was proud to announce the promotion of Will Northup to yonkyu recently.

The next event is a Regional All Dojo Workout hosted by the Salem Budokai on April 20th from 10 to 2pm. After the event all are invited to a BBQ at the home of Sensei Bob and Jenni Parkson.

Plans are still being finalized for Kamp Kaishinkai in August hosted by Prof Ron Jennings. As soon as the schedule is finalized all will be notified.



Koshoryu Lineage in the AJI

By Daniel W. Saragosa – President - AJI

This article is intended to clarify both the Koshoryu Lineage and the Karate Division of the American Jujitsu Institute. There is a lot of history relative to James Masayoshi Mitose and the proliferation of Koshoryu Kenpo in the United States. We will not cover its history, historic claims, nor the imperfections cast upon the system and Mitose over the years. Mitose died in Folsom prison on March 26, 1981 while serving time for extortion and conspiracy to commit murder. The material presented here is strictly confined to Koshoryu's relationship and lineage within the AJI.

Mitose was moved by the attack on Pearl Harbor on Dec. 7, 1941. Mitose enlisted in the Hawaii Territorial Guard within 24 hours of the Japanese attack. He was honorably discharged a few weeks later. Mitose began teaching his art about 1941-1942. He started first in his back yard. He trained servicemen and civilians of all races, color, creed and religion. In 1944, while searching for a way to serve his country, Mitose founded the "Official Self Defense Club". This time-frame is considered by many to be the birth of Kenpo in the United States.

After years of teaching, Mitose awarded Shodan (Black Belt) ranks to the following students Jiro Nakamura, Thomas Young, William Chow, Paul Yamaguchi, Arthur Keawe, and Bobby Lowe. It has also been confirmed that Simeon Eli was also promoted to a black belt in this system. Thomas Young was the most senior student of Mitose and had been teaching at the Official Self Defense Club for quite some time.

Note: William Chow's students included Adriano Emperado, Joe Emperado, Manny Delacruz, Ralph Castro, Ed Parker, and other well-known celebrities.

There came a point in time during the early 1950s that Mitose became disenchanted with the physical and violent side of Kenpo and decided to dedicate himself to the religious aspects of his art known as Kosho Shorei. He turned over the Club to Thomas Young. Mitose eventually moved to the mainland where his troubles with the law caught up with him. Some say this occurred in 1955 while others claimed it was during the 1951 – 1953 period.

Thomas Young kept the Official Self Defense Club for only one year then turned it over to Simeon Eli. Eli was the Chief Instructor for Mitose's Club until he

passed away in 1971. Sometime between 1951 and 1955, Eli was instrumental in having Koshoryu officially accepted into the AJI. While Eli served as an Officer of the AJI, he was eventually tasked to head the Karate Division, a position he held for many years until his death.

One of Eli's senior student was Prof. Charles Lee. He was listed as Eli's senior student along with Fred Eli, son of Simeon Eli. I had been to many AJI Meetings at the Eli's Nanakuli home during the late 1960s and through the 1970s. The karate division grew tremendously under Eli and he managed the division at the same time that the jujitsu division was being headed by President Samuel S. Luke, father of Samuel C. Luke. It was during this period that the AJI officially adopted the Koshoryu Logo (Hiken – Covered Fist at top) as the logo for the Karate Division. This logo appears on all Black Belt and Kyu Rank Karate Division Diplomas and Certificates.

Upon Eli's death, the Karate Division was headed by Prof. Ernest Rodrigues, former instructor of myself and Prof. Zane Graham. He held that position for a number of years. He was then replaced by Prof. Charles Lee who served from 1974 to 2012. Prof. Lee, in an effort to reinforce our connection and standing with Koshoryu, obtained permission from the Eli Family to continue the use of the Koshoryu Logo by the AJI. The senior AJI students in Koshoryu under Charles Lee were myself and Zane Graham. There were others, but none were AJI Members.

I was given my Shodan test for Koshoryu by Prof. Charles Lee on Dec. 13 and 14, 1970 in Waianae, HI. Zane Graham achieved his Shodan sometime after that. Prof. Lee was a great mentor to us. Zane and I have produced a number of black belts over the years. Zane himself has produced over twenty black belts in Koshoryu. Most are members of the AJI and continue this lineage of the Koshoryu system.

There came a time in the 1990s when wild claims had been popping up about the lineage of Koshoryu. With the advent of the Internet, more and more visibility was given to Mitose and his system. People started coming to the forefront with claims of being the heir-apparent(s) for Koshoryu and Kosho Shorei. It was at this time that I asked Zane Graham to bring some of his black belts from California and Nevada to Hawaii to meet with me. I wanted to give them first-hand information concerning Koshoryu. What better way to do this then to bring them directly to Thomas Young, Mitose's most senior disciple. Young was a friend of mine and I asked if he would meet with Zane Graham

and his students to answer any questions as to lineage and the many claims that were being made at that time. He agreed.

I took this group of this black belts to meet with Thomas Young at his home in Kaimuki, Hi. Here, he answered all of the questions the students had for him concerning lineage, the old ways and historical issues. He was gracious, articulate and frank in his answers. One take-away from this meeting was that there will always be people coming forward making claims and justification for their lineage to Koshoryu. Young advised to look past the assertions and accept that they are at least promoting the legacy of Mitose. We would be wasting our time tracking down, confronting and trying to disprove every claim.

Did Mitose teach Kata? That is a question that always comes up. Many scholars claim that Mitose taught Nihanchi, or Nihanchi Shodan. This is actually Choki Motobu's signature Okinawan Kata more familiarly known as "Monkey Dance". Whether Mitose taught it or not, it could not possibly have been a Koshoryu Kata. Neither Prof. Charles Lee, nor Prof. Simeon Eli

made claims that Mitose taught this Kata, nor any other. We did learn what was known as the Monkey Dance, which in no way resembled Nihanchi Kata. In fact, all katas at that time were known as Monkey Dance 1,2 3 etc.....

What I do know is that many Kenpo Schools developed their own, or copied various Okinawan and Japanese Karate Katas. I see this as a good thing making the arts much more rounded and enjoyable.

The Lineage presented here, in short, is relative to the AJI :
James Masayoshi Mitose ->Thomas Young -> Simeon Eli ->Charles Lee -> Daniel Saragosa/Zane Graham.

The AJI has a long continuous lineage to Mitose and Koshoryu. We acknowledge that there are many right-ful lineages out there, but there are some that one could question their legitimacy. In any case, we wish everyone well. As stated earlier, the intent of this article is to solely identify the AJI's lineage with regards to Koshoryu Kenpo and James Masayoshi Mitose.

Camp Kokua Continued from page 1

dinner which included the finest BBQ Texas had to offer. The traditional dinner included ribs, chicken, sausage and potato salad.

Day 2 included Long-Life Massage classes by Professors Kevin Dalrymple and Carlos Gallegos and a Basic Massage class by Prof. Mel Cansibog of the Waianae Jujitsu Club. Professor George Arrington presented a class on Kappo and Sappo followed by a Katsu/Kappo class by Prof. Kevin Dalrymple.

Several classes on specific Seifukujutsu techniques



Our hosts Prof. Gary Jones, Leo Barahona and Britt Pauls.

Ka Leo O Kodenkan

were present by Prof. Zane Graham one of the creators of Camp Kokua. Athletic taping for ankles and knees was also presented by Prof. Daniel Saragosa of the Wahiawa Kodenkan.

The final day included more of the specific techniques of the Protocols of Master Okazaki's 52 Seifukujutsu Techniques presented by Professors Zane Graham and Scott Horiuchi.



Prof. Jones demonstrates nerve impingement treatment on Prof. Don Crummer.

The event concluded with a wonderful dinner overlooking a water park north of New Braunfels.

See additional photos on page #8!.

2019 American Jujitsu Institute Summer Classic



The most recent Summer Classic Tournament was held on July 27, 2019 at the Waianae Regional Park Multipurpose Building. Competition was held in Jujitsu Kata, Karate Kata, Weapons Kata and Grappling. Competitors from several local schools turned out to test their skills. This was the first tournament for the AJI's new Tournament Director Stephanie Raymondo. With her assistants Mindy DeCastro (Past Tournaments Director) and Katie Parson of the Horiuchi Kodenkan, the event went off without a hitch.

Jujitsu Kata Standings:

- 1st Horiuchi Kodenkan
- 2nd Elite Training Systems
- 3rd Waianae Jujitsu Club
- 4th Wahiawa Kodenkan

Karate Kata Team Standings

- 1st Horiuchi Kodenkan
- 2nd Waianae Tae Kwon Do
- 3rd Wahiawa Kodenkan
- Tie Elite Training Systems

Grappling Team Standings

- 1st Elite Training Systems
- 2nd Waianae Jujitsu Club
- 3rd Horiuchi Kodenkan
- 4th Fonseca Kenpo/Jujitsu
- 5th Waianae Tae Kwon Do

We wish to thank all of the competitors for putting on quite a show. Also, many thanks to our judges who gave of their time to assist and promote the event. Mostly, we thank all of the parents and families who not only gave of their time, but who turned out to cheer on their children and all competitors.

The event was followed by a pot-luck gathering at the Makaha Beach House where we have hosted campouts in the past. A special mahalo to Scotty and Sharon Moore for allowing the AJI to use their property for gatherings over the past 20 + year.



Left to Right: Tournament Director Stephanie Raymondo, Mindy DeCastro and Katy Parsons.

2019 Summer Classic Photos



Camp Kokua Photos



Prof. Mel Cansibog demonstrates Basic Anma (Massage).



Deb and Zane Graham, creators of Camp Kokua.





Senior Injuries

Every senior athlete faces the possibility of injury. But there are ways to mitigate the risk, lessen the damage and speed the recovery. Here are a few tips from physicians, physical therapists and athletic trainers:

Do Strength Training

Instead of just jogging on the treadmill, do bicep curls with dumbbells, crunches to toughen abdominal muscles and lunges to build up quad and glute muscles. Strength training “is the only type of exercise that can substantially slow, even reverse, the declines in muscle mass, bone density and strength that were once considered inevitable consequences of aging,” says exercise physiologist Elizabeth Quinn.

Train Differently Than When You Were Younger

“Anyone who tries to train at 40 like they did at 20 will be injured,” says Marje Albohm, president of the National Athletic Trainers’ Association. Don’t do weight workouts more than three times a week, and don’t do strength training on the same muscles more often than every other day.

Condition, Then Compete

Especially as you get older, you need to do fitness training to maintain strength, flexibility and aerobic activity. “You have to prepare to perform,” says Terry Black, a Germantown physical therapist and athletic trainer. “People who try to stay in shape only on the weekends and then play tournaments are a recipe for disaster.” This is especially true with highly skilled athletes. Orthopedic surgeon George Branche notes that “the higher your skill level, the greater your risk of injury if you only play sporadically.”

Give Yourself Time to Recover from Injuries and Hard Workouts

“The older you are, the longer recovery will take,” says Albohm. “For people in their 60s and 70s, it’s even more important to give the body time to rest between workouts.” Experts urge 2 senior athletes to recognize

the difference between discomforting soreness and real pain and not to return to playing until all symptoms are gone.

Be Aware of Your Weak Links

Albohm notes that “it’s pretty hard to be a senior athlete and not have a musculoskeletal problem of some kind by the time you’re 60.” A body part that has been injured is more likely to be re-injured than a non-injured part is to suffer initial damage.

Vary Cardiovascular Exercise . . .

. . . so you don’t stress the same body parts over and over again.

Keep Exercising While You’re Recovering

“Being inactive is like poison for an athlete, because you lose conditioning fast if you stop,” says Sardar Pashaei, a certified trainer in Falls Church. “Change your training program, but don’t abandon it.” He urges continuing dynamic exercise, such as lifting weights, for parts of the body that are not injured while conditioning injured parts through isometric exercise, such as pushing against a wall.

Build Back Up after a Layoff

Black notes that the body starts to de-condition within 24 hours of disuse and by six weeks has totally lost its conditioning level. If something like an injury or winter layoff takes an athlete away from regular training, she says, “it’s best not to begin where they left off but start slowly and gradually work up to the same level. Your previous conditioning level and the length of time you have been away from exercise will determine how long it takes to get back into shape safely to avoid injury and overuse.”

Don’t Play on Autopilot

Mike Tomic, a former competitive tennis player who owns the Tennis Factory in Arlington, has a special caution for longtime athletes who are highly skilled in their sport. Most of the movements made by such players are controlled largely by muscle memory rather than conscious thought. At a certain point, Tomic warns, “you can’t play based on muscle memory because your body can’t do what your memory says to do. You need to learn simply to say, ‘Good shot’ and let the ball go by.”

Source: Leet, Rebecca. Experts Describe How Senior Athletes Can Reduce Their Risk of Injury. Washington Post,

OHANA 2020

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- 🌿 Okazaki Gravesite Visit

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Promotions

Recent promotions and acknowledgments.

Name	Affiliation	Rank	Date
Alicia Laddin	South Coast Jujitsu	Nidan	9/4/2019
Anthony Pegis	Echos of the Spirit	Sandan	2/19/2019
Cameron Gillespie	South Coast Jujitsu	Nidan	9/4/2019
Charles D. Frizzelle	Dojo SenTatsu	Rokudan	6/20/2019
Christopher Stewart	Trinity Karate for Christ	Godan	5/10/2019
Donna Lee	Dojo Sen Tatsu	Yondan	3/15/2019
George Arrington	Kodenkan Danzan Ryu Jujitsu Association	Shichidan	6/1/2019
Jerry Peacock	South Coast Jujitsu	Nidan	9/4/2019
John Pegis	Echos of the Spirit	Yondan	2/19/2019
Leo Barahona	Mokuroku Martial Arts Society	Sandan	6/15/2019
Merrill Britt Pauls	West Texas Kodenkan Jujitsu	Sandan	6/15/2019
Pedro Bennett Jr.	Venn Kenpo Jujitsu	Kudan	2/23/2019
Ross Gibbs	Koshoryu Kenpo of Oregon	Rokudan	
Terry Ham	Jujutsu United	Rokudan	6/15/2019
William Hahn	Dojo Sen Tatsu	Rokudan	6/20/2019