



Ka Leo O Kodenkān

American Jujitsu Institute

Since 1939

Volume 2021

“Un Mau Ke Ea O Ka Aina I Ka Pono”

Issue 1

Reflections—Platforms



Providing novel ways to conduct training during the pandemic has given way to the use of innovative tools and ideas. Our first experience focused on schools using Facetime Live to conduct classes when distancing rules had not yet been nationally established. This was followed by a tremendous boon with the use of the ZOOM social media platform, later followed by podcasts and other platforms, all of which enhanced the experiences of our members .

Many schools, especially commercially dependent ones, were at least given an opportunity to continue to remain open and to continue training their students. These platforms provided the opportunity to remain in contact with one’s students and to continue to provide students a medium for learning and practicing their arts.

Instructors were able to designate times and schedules for each level of students and allowed them to maintain close relationships. Further, they were able to monitor the progress of each student and

provide opportunities for rank and grading based on the visual aspects of their training.

Unfortunately, we have received reports of some schools closing permanently and others resorting to conducting very limited personal training with a small number selected students. Many hardships have been placed on those teaching in the martial arts arena including the loss of income, not only from the school’s perspective, but for those who through no actions of their own, lost their jobs or were forced into the roles of the unemployed.

Most schools have opted to remain closed until the effectiveness of the current list of vaccines have proven themselves and are awaiting affirmative guidance for the CDC and local authorities. The AJI is hoping for an outcome that will be as safe and secure as possible so that our members can continue enjoying this sport we all love. This has been a trying year and we are every hopeful for a complete and total recovery. Be well.



President's Message

By: Professor Daniel W. Saragosa

Wishing the very best to the families and friends of the American Jujitsu Institute. This past year has certainly been unique with the great challenges that faced the world in the form of the COVID-19 Pandemic. For a time, 100% of our schools were shutter and indeed, many are still closed until such time as the vaccine proves itself and government authorities have declared that we can all safely return to the things we love to do. We are eternally grateful that to date, we have not had a single case of COVID among our membership that has proved to be an issue. We are counting our blessings. We believe that people are following suggested and mandated guidelines and are looking out for the best interest of their family, friends and students.

The effect of the pandemic is that we were forced to cancel Ohana 2020 which was scheduled to be held in Honolulu, Hi. Hawaii was in a complete lock-down and the AJI along with most other organizations in the country, cancelled all events for the safety of everyone.

Further, the recovery process is taking longer than first anticipated. It could very well be that we will not return to any semblance of normalcy anytime in the near future. Prof. Zane Graham and his wife Deb have already cancelled our biannual 2021 Camp Kookua which was scheduled to take place in beautiful South Lake Tahoe this coming year. Also cancelled were the AJI Summer Classic in 2020 and likely again in 2021.

We ask our members to remain vigilant and protect themselves and their loved ones until we have beaten back this deadly virus.

In the meantime, the AJI will continue operations as we move forward. We have expanded the Samuel C. Luke scholarship fund this year and will be able to award scholarships to at least eight (8) deserving students. The AJI will pay their yearly registration fees. Every instructor should submit the names of potential candidates using the scholarship form which is available from HQ or a request can be made via email to:

Subject: Scholarship Award Application
 pra0005@hawaii.rr.com

Blessings to everyone.

Daniel Saragosa
 President and COO
 American Jujitsu Institute

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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

Ka Leo O Kodenkan

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 Time in Recovering

“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 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 reinjured 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 in Recovery

“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.”

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.”

Don’t Play on Autopilot

Mike Tomic, a former competitive tennis player who

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



Samuel C. Luke Scholarship Award Information

This scholarship is made available to all members of the American Jujitsu Institute who are in good standing. The fund is used to cover the cost of the students AJI fees for the year in which the award is made. The student must be under the age of 17 on January 1st of the year applying for. Exceptions are made for those 17 and older if the candidate meets certain physical limiting conditions.

Instructors are to nominate candidates for this award by requesting a copy of the application form from HQ and submitting along with a photo of the candidate. A copy of the application is included in this newsletter.



Safety First, Resources for Safer Training

by Professor Kai Li

Many resources are available online which are designed to help us provide a safe training environment for our students and their families when we are able to resume classes.

This one is free of charge and has some very helpful information. Here is the link for those interested:

<https://www.openlearning.com/.../covid-safe-martial.../...>

Upon completion recipients receive a printable certificate as a “Covid Safe Martial Arts Instructor.”

Other resources that can help us to continue to engage with our students include virtual training via programs such as Zoom. As related by Greg Garcia in an article in this issue, what matters is that we persevere and continue to inspire and train.

Happenings in the Pacific Northwest

by Professor Sue Jennings

Due to the Covid-19 Pandemic, there has not been much happening, but we're still doing what we can in these difficult times.

At. In August we had a 4-hour socially distanced Kamp KaishinKai with five students present as well as Professors Ron and Sue Jennings. Classes were held outside with segments on weapons and movement exercises with all participants maintaining 10+ feet distancing. Segments were taught by Seattle KaishinKai Sensei Chris Eller, Sensei Olivia Latham and Sensei Luke Gentry. All students learned and shared their love of jujitsu, sword and stick techniques. Since the event was outside in front of KaishinKai Dojo it was a safe space for the event, and turned out to be an enjoyable event for all. It was good to see each other, even though a quite different camp than usually held, with everyone wearing masks and not touching each other.

A month later we held a several hour shinin class for black belts. With only three students, the distancing and mask regulations were easy to follow, with only two students in the health care industry able to do hands-on practice. They both had Covid-19 testing through their jobs prior to the event. We were able to cover the last portion of the list with Professors Ron and Sue Jennings able to give instruction and clarifications from the sidelines where needed. It was a beneficial event for all, which included note booking as well as workout.

At Seattle KaishinKai

Sensei Chris Eller, main Seattle KaishinKai instructor, and Sensei Olivia Latham have held numerous zoom classes for students to keep everyone safe. They have just this week, January 17th, been allowed by local health guidelines to hold one-on-one instructional classes with one student per class, while wearing masks. It's a step in the right direction for classes.

Christmas at KaishinKai

Professors Ron and Sue Jennings held a family gift exchange on Christmas with immediate family mem-



bers. Daughter Kendra, son-in-law Patrick, and grandson Calder enjoyed spending time and seeing and exchanging gifts in the dojo. The large dojo door was open for safe ventilation and several tables were placed in the center of the mat area to safely divide the spaces between both families. With plenty of fresh air, several room heaters, and all wearing masks and using plenty of hand sanitizer, we were able to hold this brief celebration on Christmas. It was a needed connection and we made sure it safe for all.

Kamp KaishinKai 2021 Update

Kamp KaishinKai, our annual summer camp, which we hold in August each year is not a certainty yet, but we've reserved dates for it of August 13-15, 2021. If health conditions and safety requirements can allow it, we will have camp. If we do hold camp, only participants having all the covid-19 vaccinations will be allowed to attend. Considering the dojo is on our property, this will have to happen.

Promotions at KaishinKai Eatonville

Sensei Dana Totten of KaishinKai Eatonville is pleased to announce the following dojo promotions for 2020: Fred Ogden – Ikkyu; Richard Totten and Rocky Hawes – Yonkyu.

We wish these students the best in their martial path. Congratulations to all.

For 2021

We wish everyone a safe and healthy 2021. We hope it will be a year of healing, not division in our country.



We need to work together to make not only the AJI, but also our country strong and healthy , mentally and physically.

**Stay safe everyone and
Happy New Year!**



**Naginata Class
Mizu Shin Tao**

***Sharing a rebirth of training by Professor
Ken Eddy***

Naginata class at Mizu Shin Tao Dojo with Melissa Wiseman and Carees Gonzalez is starting up again as more people begin to live again.

With the pandemic, people are afraid to train and I am so happy some of the students are overcoming their fear and trying to regain their freedom.

The school is maintaining the safe environment by having disinfectants available, steaming the mats and



Carees Gonzales & Melissa Wiseman

keeping the school sanitized. The students are extremely cautious not to jeopardize family members that are susceptible.



Karen Turek



Carees Gonzales

Photos: Melissa Wiseman, Carees Gonzalez, Karen Turek .



Seifukujutsu Corner:

#10 Mimi Nali of 52 protocol techniques in Seifukujitsu

by Deb Graham - Sons of Tahoe Seifukujitsu

Mimi Nali works wonders. I personally had this issue in December 2020.

Most people would have gone to the doctor.

Professor Zane Sr. administered the techniques to help me recover. The dizziness was so terrible. My ears were so tender and seemed filled with wax.

I had to use a cane to help me walk anywhere because of the dizziness.

Dizziness assistance is inside ear cavity above ear lobe.

"The method involves massaging the back from sacrum to the base of the skull using various massage techniques. This process may also involve massage of the face, ears and abdomen areas."

Do not try these techniques without training or certification. To become proficient in addressing problems such as this, one must be properly trained in all of the methodologies and techniques in the art of Seifukujitsu. None of the techniques should be applied by an untrained or unlicensed person.

If you are interested in learning these arts, please contact: American Jujitsu Institute.

What Zane and Deb Graham are doing to keep busy during these crucial times? We shelter in place in our garden daily, growing Artichokes, Garlic, Zucchini, sparagus, Hops, Potatoes, Tomatoes, Carrots, and many herbs.





What matters most is that they train.

Instructor insights by Greg Garcia

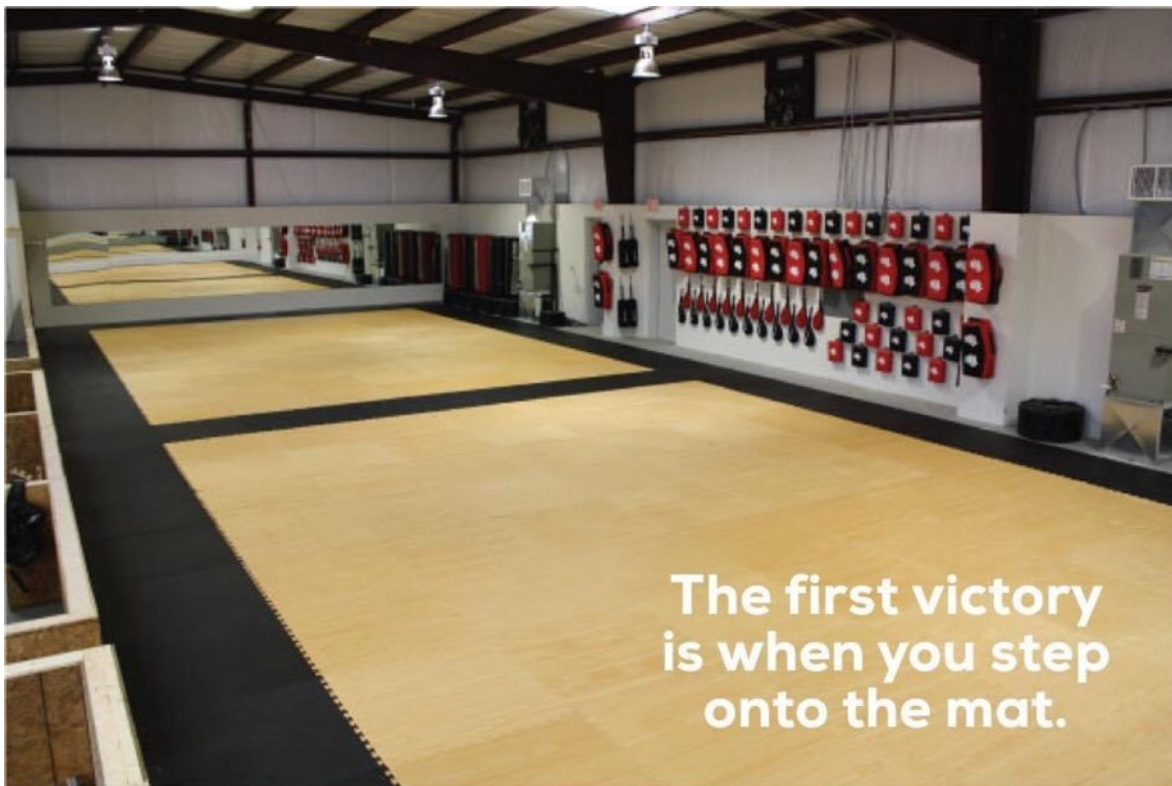
What matters most is that they train.

2020 being what it was, and with 2021 opening in its shadow, not all of us are able to share time on the mats together, but with some creativity, all of us can find a way to train. They can train with a computer, train outdoors, train in a home dojo, train with friends or family, train alone - whatever it can be, as long as they train. Any progress made, even if it is less than ideal, is more than what would be achieved with no training at all.

It is too easy to pass judgment or blame, to focus on other things. Some of them might even be warranted, but all of them are distractions if the constructive effort to train is also not made. This is not only for physical well-being, but also for mental and emotional well-being, which may be just as important, if not more.

As things subside and people transition back to the mats, it may take a while for some students to return. They may be inconsistent at first. Some may not be in shape anymore, or have forgotten things, even simple ones. It can feel like starting over for some, but even more frustrating because they used to be better.

Appreciate the ones who come back, the ones who show up. Honor the students who come back. No matter if they've slipped a bit or forgotten things, time on the mat will get them there. After all, what matters most is that they train.



Samuel C. Luke Scholarship Application Form

This form is to be submitted by an instructor of the student applying for assistance. The Fund will pay the student's membership dues for the year being applied for. The student must have been a member the year prior and cannot be a newly registered student. The student must be under the age of 17 on January 1st of the year applying for. This form must be received at HQ no later than January 31st of the year.

For Year: _____

Last Name: _____ First Name: _____

Address: _____

City, State, Zip: _____

Instructor: _____

Dojo: _____

Age: _____ Birthdate: _____

Detail Justification/Need:

Awarded applicants will be notified by their instructors and will receive a membership card and certificate of good standing for the year. Please attach a photo of the applicant.

Submitted By

Date: _____



American Jujitsu Institute

Multi-Purpose Registration

Date _____

Type of Registration New Renewal Promotion Changes to Info

Last Name _____ First Name: _____ Middle I. _____

Address _____

City _____ State _____ Zip Code _____

Birthdate mm/dd/yyyy _____ Sex _____ Phone Number _____

email Address _____

Dojo/Affiliation _____ Instructor _____

Current or New Rank _____ Belt Color _____ Date of Rank _____

Dues and Fees - Enter Amount you are submitting

Yearly Dues - Kyu Ranks = \$25.00
Yearly Dues - Black Belts = \$40.00
Yearly Dues - Chief Instructors = \$50.00
Annual Dojo Dues = \$60.00

Check type of Dojo: Jujitsu School
 Non Jujitsu School

Diploma and Certificate Fees

All Kyu Ranks = \$ 5.00
 Black Belts Ranks 1 thru 5 = \$ 30.00
 Black Belts Ranks 6 thru 10 = \$ 50.00
 Professorship = \$ 50.00
 Associate Professor = \$ 50.00
 Certificate of Good Standing = \$10.00

Total Submitted:

Waiver of Liability: I certify that I am medically and physically able to participate in this activity. I have been made aware of the potential hazards involved in jujitsu, karate and other self defense training and competition. Knowing the potential hazards involved and in consideration of my application being accepted, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, waive, release and discharge the American Jujitsu Institute, it's instructors, the City and County of Honolulu, the State of Hawaii and anyone acting on their behalf, from any and all claims of liability for personal injury or death arising out of, or in the course of participating in this activity. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature _____ Date Signed _____

Digital Signatures OK

Parental Signature/Consent if Under 18 years _____

Print Parent's Name _____

Mail to: AJI c/o Mindy DeCastro 82 Kaluhea St. Wahiawa, Hi 96786
or email a copy to: decastro.mindy5@gmail.com