



Ka Leo O Kodenkan

American Jujitsu Institute

Since 1939

Volume 2021

“Un Mau Ke Ea O Ka Aina I Ka Pono”

Issue 2

Back in Competition



On Saturday, May 1st, 2021 the USJA held its first Kosen Judo tournament in Las Vegas, Nevada. The event was held at the Shoshinkan Dojo, Prof. Denise Gonzales reported that her judo team competed and they walked away with several medals.

This event is a positive sign that things are slowly getting better and that a sort of normalcy is returning to the world of Martial Arts. We expect that many schools will reopen soon as guidelines from the CDC and local authorities are relaxed.

Student Petra Stewart won two events, taking the gold in the Girls Novice and in the Junior Division.

Isacc Kawada took home first place in the Boys Junior Division and Ariana Mitic garnered 2nd place in the Girls Novice Division.

The practice of Kosen Judo has seen a tremendous revival in recent years. Many see it as more competitive than Judo as it is practiced today. Many feel that the current state of Judo has lost some of its drawing power due to continuing rules changes in the light of MMA competitors. Kosen Judo places a stronger emphasis on mat work as opposed solely specializing on throwing techniques. Students are being drawn to Kosen Judo styles to broaden their base of techniques in both Judo, Jujitsu and other martial arts in general. This seems to be a natural fit for jujitsu practitioners who truly enjoy mat work and grappling.

Congratulations to Prof. Denise Gonzales and her students for a job well done!



President's Message

By: Professor Daniel W. Saragosa

I would like to take this opportunity acknowledge those Instructors, Students and Schools who have reopened following the peak of the Corona Virus pandemic. With vaccinations moving full-speed ahead, many states and localities have loosened up regulation to the point where most types of training can resume under certain conditions. We continue to ask that you follow your state and local guidelines along with directions from the CDC. We realize just how complicated these guidelines can be as they are fast-moving and constantly changing.

Some of you have opted not to be vaccinated. That is a fair choice. Please, however, make your students, parents or instructors aware of you decisions so that remedies, if required, can be taken. We support full disclosure for the benefit of everyone.

While we have had reports of Seminars, Classes and special training sessions taking place, we received our first report of actual competition. Professor Denise Gonzales of Las Vegas reported her students participated in a USJA Kosen Judo tournament on May 1st, 2021. Her students did quite well garnering first and second place medals. (See elsewhere in this newsletter.) Our congratulations to all.

I would like to remind those of you who have not yet sent in your 2021 registration fees, to get them in as soon as possible. Due to the pandemic, late fees were waived last year and also for this year.

I would also like to recognize our three newest Life Members:

Prof. Donald. C, Crummer of Elite Training Systems, Sensei Greg Garcia of Enterprise Academy of Martial Arts and Sensei Dana Totten of Kaishin Kai.

Aloha and Blessings to everyone.

Daniel Saragosa
President and COO
American Jujitsu Institute

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Long & Healthy Martial Arts

Merle Miyasato—Wahiawa Kodenkan

Whether you are young or already quite advanced in your years, you are likely reading this article because you love your craft, your martial art.

I've met martial artists who stepped away from teaching because they were discouraged by their aged body's inability to do what it once could. Thankfully, I've also met older martial artists who were capable of leaping into the air and landing with healthy joints, easily outperforming skills that athletic twenty year olds often still struggle with.

Even if you are currently injured or living an extremely sedentary lifestyle, please remember this one phrase: "Even if you can't do everything, you can still do something."

Don't. Stop. Moving.

No matter what, you are still going to keep growing older. It's up to you to take control of the direction your life is moving towards and to keep fine tuning the parts of your health that can easily degrade.

The first step? Tailor your training for long-term success!

Timing Over Speed

"I'm sorry, teacher! My dog ate my homework!"

We all know that Rover wasn't actually that hungry for the extra fiber. Depending on how gullible your teacher was, your excuse might have worked once or twice. It's unlikely it worked the eighteenth time though.

Speed works in a similar way. It's an excuse. Mind you, it's a legitimate excuse that can work for awhile; however, it won't save your booty forever.

Rather than only trying to move quicker or initiate an action sooner, strive to also understand the rhythm of a fight better and to insert your own movements in the appropriate place.

Your hits don't just need to be unseeable, they need to be unstoppable or unexpected. Time your movements to land as your opponent is in a vulnerable moment (for example, they are now committed to a movement and unable to adjust).

Speed is good to have, but timing is reliable to have.

Structure Over Strength

I'm sure you have heard all kinds of technical bits and pieces to improve how you move. Boxers learn how to relax their deltoids and activate their lats at the correct moment of a punch. Kung Fu practitioners learn to open up from the *kua* (roughly speaking, "the inguinal fold") when using a horse stance.

The purpose behind this is to maximize your capabilities. If you execute a movement with excessive tension it may be easier to perform the movement in some ways; however, you severely detract from its efficiency and effectiveness.

When these attributes go down, you are likely to try even harder, potentially compromising your personal safety and also health.

It is easy to rely on strength and vigor to get you through a situation. If you can outweigh the person and force him into a losing position due to a strength advantage, you can feel like an amazing champion. After all, you just showed him that you were superior (at least in some egotistical way)!

Problem is, strength eventually degrades. Even simply getting a bad night of rest will decrease your strength capabilities. If we are truly trying to train intelligently and with thought put into our future, we will want to also develop the more universal and long-lasting attributes. In this case, rather than solely working on strength, strive to also gain a better understanding of body structure.

Practice aligning your body in a manner that will help you accomplish your goals in the most efficient way possible. Rooting your stance down properly and maintaining the proper tension/relaxation dynamic throughout your body will go a long way for you and your lasting career as a martial artist.

Making the Days Count

Here's a tip for athletes and entrepreneurs: time is like a gas in a container, it will automatically adjust to its allotments. If you give yourself all day to take care of a task, it's very possible you will take all day to finish it.

Unfortunately, that's just how we humans work.

2 Dedicated time is a must if you are serious about investing in yourself. It isn't about how little you sleep, it is about how much you get done while awake.

Humans are more resilient than many at first think; however, you still need to account for recovery. Many people who subscribe to the idea of hustling hard forget about the important aspect of recovery. Injuries from an ambitious athlete often stem from under recovering more often than from over training.

Strive to understand your art and the movement patterns you consistently train, then look for the gaps in your general fitness that may be overlooked. You are seeking to develop body symmetry; train in pushing motions in addition to pulling motions. Be sure to exercise your left and right sides as well as the front and back of the body equally.

I'm sure that you have heard the saying that no two martial artists are the same. The same can be said for you if you were plucked from two different moments of your life. Who you are and how you move (be it by limitations or preferences) is different at 20, 30, and 40 years old.

Accept where you are currently and understand what you truly desire to achieve. Once you have a grasp on these two personal markers, you can adapt your training to truly help you maximize your results for a lifetime.

To quote Muhammad Ali, "The man who views the world at 50 the same as he did at 20 has wasted 30 years of his life."

Do not let what you cannot do interfere with what you can do.



Source: Lee Ford, Justin. *The Secrets of Immortality...Or At Least A Long & Healthy Martial Arts Career.* Oklahoma City: Black Belt Magazine, 2021.



Effects of Covid-19 in the UK

Prof. Andy Manwaring

As we are now one year in to the Covid- 19 global pandemic, this is a reflection on how it effected martial arts clubs and training in the UK as well

as other training in the workplace.

In the UK on 12th March 2020, we went into a full lockdown, which meant all gyms and martial arts clubs had to close their door to members. This meant that many martial arts clubs had to try and teach over Zoom or Facebook live etc. or not at all. But for us, as a Ju-Jitsu based club, we struggled to provide anything at this stage, apart from share videos' online of our syllabus from a previous DVD. During this time, face-to-face training for staff was not permitted, and everyone was required to work from home unless they were a designated keyworker.

In August 2020 restrictions were eased, which permitted the attendance of face-to-face training for Mandatory subjects which could not be delivered online. So, from this time onwards we have been delivering subject such as the training of Breakaway and Restraint for staff in some care, education, and security settings, as well as general First Aid in the workplace and Fire marshal training etc. The government did allow an extension of exiting certification of 6 month, but if the employer needed more staff trained to meet their legal requirements to cover their workplace, the training of new staff was required, all be it with a lot of restrictions and precautions in place, especially in the use of CPR manikins etc.

It was not until the 14th of Oct that the UK government introduced a Tier System for areas of the country, based on the number of cases in the area, and clubs could re-open, but with Social distancing only, so no hands-on training or even the use of focus pads etc. Gyms, clubs, dojos had to mark out areas people to train in, which kept the 2-meter social distancing, we also had to have good airflow (doors and windows

open etc.). Changing rooms were not to be used and no spectators were allowed. This was all short lived as we went into our second lockdown on the 5th of November.

At this point we were a bit better prepared, as we had given members a Bokken with a scabbard and a focus pad to take home, this enabled us to do some short classes via Facebook live for members (in a closed group on Facebook) twice a week, on sword work and some striking etc.

We came out of our second lockdown on the 2nd Dec 2020, but went into a stricter tier system, which did allow our clubs to open but only Kids could be in a formal class, still socially distanced and no contact etc., but adults could not be in a formal class, they were permitted to come in a train on their own. We had plenty of kids in at this point, but most adults did not see the point if they could not be taught by an instructor. As we closed for Christmas we expected to re-open straight after new year, but it was announced that we would go into our third lockdown on the 6th January 2021.

We are now in a steady staged move out of lockdown, with 5 weeks between each stage, allowing for a check that each stage is not affecting infection rates. This has been possibly largely by the effectiveness of the restriction in place and the role out of the vaccine in the UK, currently we have 63.6% of all adults in the UK having the first dose (that's 33,666,638 people) and 23% receiving their second dose (that's 12,587,116 people), with the vaccine being offered don to 44-year-olds from today. Also, all school children, teaching and care staff are required to have a Covid test at least twice a week, this has not been expended to optional for most workplaces and households.

From the 12th of April, sports club and Martial Arts were allowed to have kids back training again and close contact training was permitted gain. The only restrictions were that kids should be kept in bubbles (small groups of up to 6 that didn't mix with others) and both instructors and members should not mix with other clubs, also no external competitions are permitted. Again, adults are permitted to train, but not as part of a formal class, so for many of our, that is not of interest.

Our next easing of restrictions is the 17th of May, when we can have adults back into the club as part of group classes, and we are hoping that will include the close contact the same as the kids are now.

Our final stage of easing of the restriction is aimed at the 21st of June where all workplaces will be able to open and many events and functions will be able to go ahead. We are unsure at this stage how long social distancing and Covid testing will need to continue, but at least things are getting back to some sort of normality, even though that normality may not be what it used to be.

As far as financial support for Businesses, the employed and the self-employed, the government has provided grants for businesses each time we were required to close, this was at least approx. £1,300 per month (based on the size of the property) to help cover rent and bills etc. For us this was okay as we also have another business, who rents part of our premises, so between the two of us we had more than enough to cover our bills. We are also lucky that most of our members have continued paying their monthly fees, but many clubs and businesses with higher rent have not been so lucky.

Most employees who could not work from home were put on a furlough scheme, where they received 80% of their normal wage, with the aim of keeping people employed until their workplace opened again. The same sort of scheme was set up for the Self-employed, but the % did vary a bit. Again, this did not cover everyone, as some people changed jobs or only just became self-employed amidst the pandemic and lacked the proof to get the grants.

Some directors of companies were also not covered by the government grants, but this was due to them receiving their money through dividends (a lower tax loophole) from the Limited company and therefore were not actually receiving an actual wage.

There have also been a few restart grants to enable retail and leisure businesses get back running again, as well as business loans for larger businesses that needed to adapt or weather the storm.

Overall, I think we, as a club and martial arts organisation in the UK will come out of this okay, we have

more members wanting to start and do something, with being restricted for so long.

We also aim to reward our members that have continued to support us throughout the pandemic, we have already said that members who borrowed Bokken etc. can keep them and we will be running weekend courses to help them catch up with their training, which will be free to those who paid their fees throughout.

We are looking forward to having larger events with our other clubs and instructors and getting back to traveling abroad to teach and have other instructors visiting the UK.

Interested in visiting the UK? let us know where you want to visit (as we have clubs all over the UK) and we can see if we can set up a reciprocal visit, where you can stay with someone and teach at their club and they visit you and teach at yours.

About The Writer

Prof. Andy Manwaring is an 8th Degree Black Belt. (Hachidan)

The Head of Red Rose Ju-Jitsu and Lankin -Fa Ju-Jitsu

Chairman of the UK Bugei Organisation and Kilohana Europe

UK representative for AJI

He is also a full-time trainer in Health & Safety, First Aid, Conflict Management and Restraint, and a Board member for the Institute of Conflict Management, advising on workplace violence and breakaway and restraint for a number of workplace sectors including Security.



USE OF FORCE

*“A Danzan Ryu
Perspective”*

Daniel Weinberg

In recent conversations, I realized that not all Jujitsu students (Instructors, Professors, etal) have even a basic understanding of the issues of use of force. I realize that while Danzan

Ryu Jujitsu is a martial art, not everyone comes to it, studies it, or uses it, for the same reasons. I am aware that many are involved in Law Enforcement, Protection, Military, Emergency Services, etc., but some will never, and have never, had to use the skills they study in classes. And even among those that do have (or have had to) to use the skills, each use has different set of standards, requirements, etc.

Personally, I am, and was attracted, to Danzan Ryu because it had a great range of continuum of force options. My primary instructor came to Danzan Ryu through a military requirements; my leanings were law enforcement and personal protection. We had long discussions about the differences, and tried hard to train across the range. I always contended that as your skill set increased, you would be able to safely and efficiently cover the entire range. My instructor disagreed. As I enter my 50th year of training, I still believe that a serious student can safely, and effectively, cover the entire range. One of the greatest risks any of us teaching and studying martial arts, is to LOCK our brains and falsely believe that WE KNOW and UNDERSTAND all uses of force; this is a huge mistake, and the primary reason that in many environments, the various professional users of force do not respect “martial arts instructors”. In my area, a well known martial artist was asked to leave a “knife defense class” he was teaching to local law enforcement. He really had no understanding of knives related to law enforcement, and once that became obvious, it was just better for him to leave. His students, who were experienced, had to do a bit of mop up. In the hopes of helping those of you not regularly involved with law enforcement being better informed about law enforcement uses of force, I respectfully present the following:

Today, I would like to present the “basics” of Law Enforcement Use of Force.

The events of the past few weeks have shifted the short attention span national discussions from the Mystery Bat Death, to force, and use of force mostly

by law enforcement, but also by others. I can go on for days about this subject, having spent a lot of time training, learning, evaluating, and reviewing use(s) of force. I will try to quickly present the issues and considerations, I do not mean or intend to present “legal” issues or advice, only the generic considerations of law enforcement use of force.

In general, law enforcement officers, have a mandate to enforce laws, and protect and ensure public safety, and the public’s right to be confident in their safety. The laws that police enforce, are “supposed to be” based on the constitutionally based., Law enforcement officers are authorized the use force to ensure compliance with laws, and the amount of force used is must be “reasonable”. Most law enforcement officers are trained in Use of Force during their initial training followed up with continuing education throughout their careers. Officers are guided Departmental Policies such as SOP (Standard Operating Procedures), and specifically in sections covering Use of Force. As policies and procedures are constantly in flux, the Officers are guided by their most current set of techniques and guidelines.

Force is “any outside behavior to obtain compliance and or control”. Under perfect circumstances, an officer should use the “least amount of force” required to accomplish the mission. One way to quantify this is by using a “ladder of escalation, or “ladder of force continuum” . The “ladder” presentation has come under scrutiny lately due to a mistaken belief that you need to move up, or down the ladder one step at a time, THAT IS NOT THE CASE! The ladder is a presentation of the options of force, and their general relationship to each other. In practice, an officer enters the ladder at the level they feel is appropriate, and moves up and down as the situation requires.

There are a myriad of steps to this ladder, but the basics are:

1. Threat of Officers Presence (my personal addition)
2. Officer presence
3. Verbal commands/cooperative controls
4. Empty-hand submission techniques
5. Hard control Techniques/Aggressive response techniques
6. Intermediate Weapons

Lethal force/Deadly force

A set of rules serve only as guidelines as no two circumstances are alike. Interactions are fluid and can turn “on a dime”, requiring instantaneous

“recalculation” of the event. An officer needs to keep the situation under control, and protect the safety of all involved, as well as the public in general.

In a perfect world, everyone would be law-abiding citizens and there would be no need for law enforcement presence. Unfortunately, this is not the case.

Ideally, officers are trained to react to the actions and demeanor of the subject. A very important truth is that once an interaction has begun, the subject’s demeanor can change the nature of the response, and his/her response can change it from a simple conversation, citation or arrest, into something VERY different and violent.

For clarity, NO ONE is taught to shoot to “wound”. This is a myth. Proper training is to STOP THE THREAT, and to shoot “center of mass”. A person with a weapon that could incapacitate an officer is considered to be potentially deadly. Most policies acknowledge that a fleeing VIOLENT felon should be stopped. Many legal cases have acknowledged that there is a great leeway for immediacy in use of force, even acknowledging “reasonable” errors may occur and they do. These interactions often occur in poorly lit areas, confused circumstances, etc. An officer only knows what he sees, or has been told. He will not know why you suddenly moved, hid your hands, or any other furtive movements. The officer will only know and react to what they see, so one should be careful about movements that the officer may perceive as “threatening”.

Use of force evaluations are based on what another similarly trained and reasonable person would do at that time, under the same circumstances. There is also an understanding that stress, physical differences, environment, etc. that all need to be considered in evaluating a use of force. Finally, the examination the circumstances that were known and present at the time of the use of force is to be considered. Politics, public pressures, biases, 20/20 hindsight, and the like, ARE NOT PART OF A VALID EVALUATION.

Recently we have seen proper use of force evaluations being overridden by pandering, political grandstanding, and at times, public outcry. People beating their chests on TV rarely have even rudimentary knowledge of law enforcement and use of force circumstances. Interestingly enough, many law enforcement “administrators” have never had any “real-life”, hands on experience in patrol work. Many chose to play their careers safely, and have little or no time “on the street”. This is a detriment to the department because it would be hard for them to articulate to the public their findings, or outcomes of these evaluations.

When officers uses force, it should be at a level that is

“reasonable” to accomplish their task. Officers hope that the amount of force used will be minimal and encourage compliance, Should the subject not comply, the officer will increase force as required, until there is compliance. Please note that the subject sets the tone for the officer’s response.

In determining appropriateness of use of force, up to lethal force, it is generally understood that the officers response will be evaluated by the 4 below considerations. *Note the differences in lethal vs. non lethal uses of force.*

Non Lethal Use of Force

ABILITY – does the subject have the ability to harm the officer or another person?

OPPORTUNITY – does the subject have the opportunity to harm the officer or another person?

JEOPARDY – does the officer believe that the subject is going to cause harm to the officer or another person?

PRECLUSION – has the officer taken every reasonable option to accomplish their other mandates, and avoid the use of force?

Lethal Use of Force

ABILITY – does the subject have the ability to kill or cause serious bodily harm to the officer or another person?

OPPORTUNITY – does the subject have the opportunity to kill or cause serious bodily harm to the officer or another person?

IMMINENT JEOPARDY – does the officer believe that the subject is going to kill or cause serious bodily harm to the officer or another person?

PRECLUSION – has the officer taken every reasonable option to accomplish their other mandates and avoid the use of lethal force?

Items 1 and 2 (Ability and Opportunity) are OBJECTIVE, or the perception of objectivity Does the subject apparently have the ABILITY to cause harm? Weapon, perceived weapon, apparent training, history, etc. does the subject have the OPPORTUNITY to cause harm? Proximity, lack of physical barrier, etc. in review, these will be stated as facts, distance, perceived weapon, etc. All are factors in making immediate and relatively “on the spot” judgements on the use of force.

Items 3 and 4 (JEOPARDY and PRECLUSION) are SUBJECTIVE. Does the officer BELIEVE that they are in JEOPARDY, that the subject is about to cause harm to them or someone else (including themselves),

and will if not contained? And finally, has the officer done everything they can to accomplish the task AND avoid the use of force, PRECLUSION? In review, these can and may be stated as “feelings” based on “observations”, etc.

Issues related to use of force are very complex. Most law enforcement officers truly care about the public, and take their job seriously, and with great pride. They have accepted and consciously stood up to the risks and dangers. They generally respond with matching tone, and even strive to be “nicer” if someone begins an interaction in a non-congenial manner.

BUT, they do have a REAL JOB to do, and they need to protect the safety and interests of all involved, so acts of aggression, anger, etc. may (will) potentially get an escalated response.

And finally, if you think you got “screwed” as in a traffic stop, the side of the road IS NOT the time to argue your case, that’s what courts are for.

Be safe - Don’t be a victim

Daniel Weinberg - *Dobutsu Shin Kan*



Unexpected Blessings of Virtual Jujitsu Classes

by Professor Barb Gessner, Hachidan

Here we are, over a year into this pandemic and away from

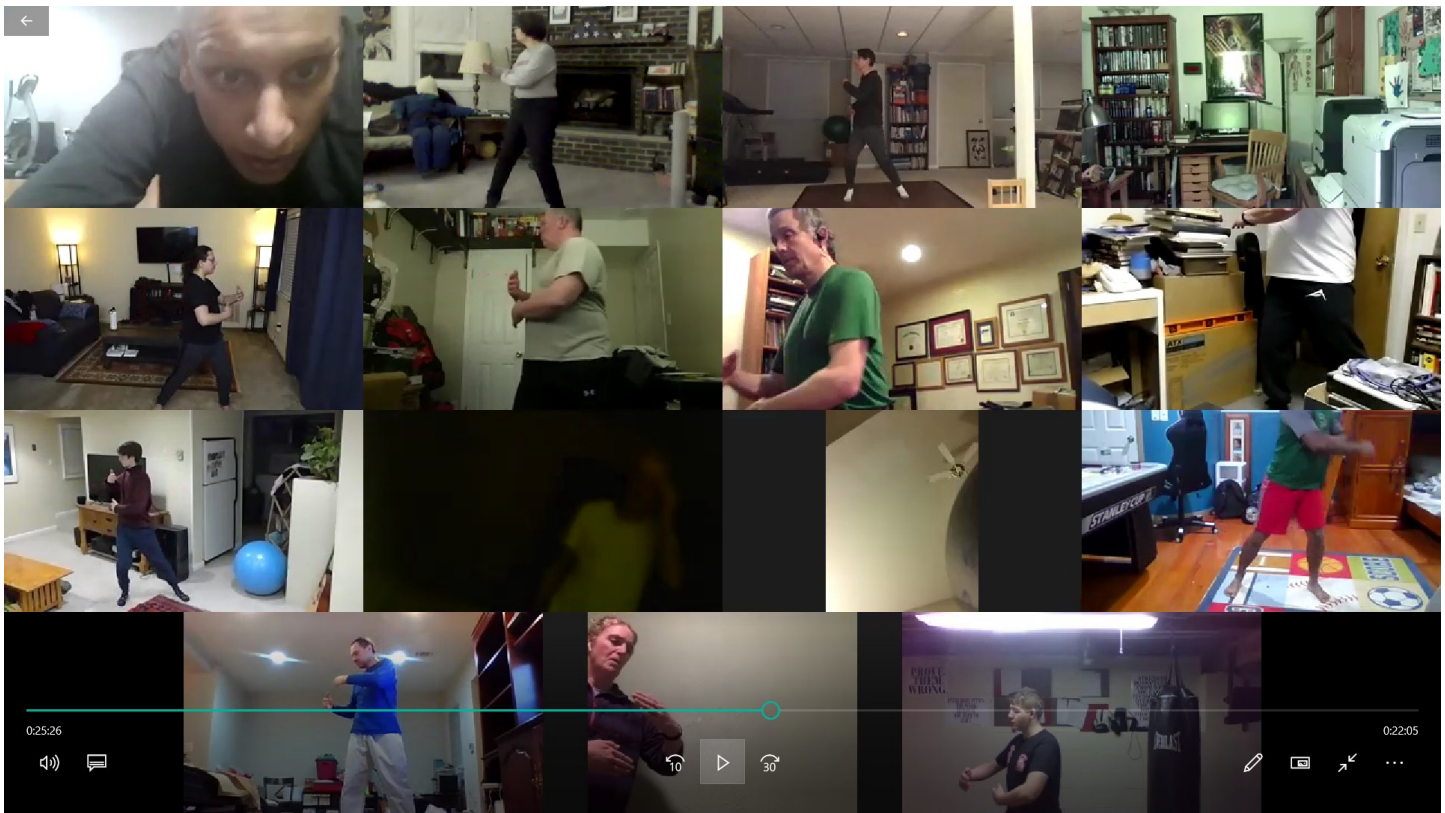
working out and training with our jujitsu friends. What a bummer! I understand that a lot of professional dojos had to close as a result. My classes at Rutgers University and nearby Edison, New Jersey were also forced to close, however we are not commercial so did not sustain the financial loss others did. And if you have known me for any length of time, you are also aware that I do not take “No!” easily; I believe that, wherever there is a will, there is a way.

That’s why we began teaching virtually on April 1, 2020 and continue to do so. It seems that very few of the college students were interested in virtual classes – they spend so much time in them academically, that jujitsu without face-to-face contact wasn’t as much fun, which it isn’t. My solution to the small numbers was to invite several of my blackbelt friends from across the country to join us, and many have! We now have a total of about 12 blackbelts from New Jersey, Pennsylvania, Massachusetts, Michigan, Colorado, Montana and California joining us for the weekly classes via Zoom.

The blackbelts range in rank from Shodan through Ha-

chidan, and take turns teaching the classes week after week. They also meet together for a half-hour before the class to chat, give feedback to the previous week’s instructor, and to plan the teaching schedule for the coming weeks. Then we have an hour-long class in which each participant takes turns leading one exercise and then passes it onto someone else. I as the host can then “Spotlight” the instructor so that everyone sees him or her on large screen while whoever is teaching that night can change to “Gallery” view to watch all and offer appropriate feedback. Another option is to have the students “Pin” the instructor. I then record the lesson on the laptop purchased by my dojo at the beginning of the pandemic, alternating from “Spotlight” view while they are teaching and to “Gallery” view when they are watching participants and offering feedback. Then, after class, whoever wants to can stay on to just chat.

This arrangement has proven to reveal several benefits. First and foremost, we have had a lot of creative classes, considering that they need to be geared for someone who does not have a resident partner. Since jujitsu is fundamentally an interactive martial art between two or more people, we have branched out to some other related topics such as Tai Chi (see photograph), striking, kicking, boxing, balance, Modern Arnis, and have even gone beyond that to: critical video analysis of jujitsu techniques, book studies, and even ballet. We have, of course, also incorporated components of Yawara, Nage and Shime from Danzan Ryu. I’ve heard that “necessity is the mother of invention,” but am seeing that realized week after week. And besides teaching whatever it is each blackbelt decides,



Virtual Classes work well for Professor Gessner's Rutgers Kodengan!

they also need to give feedback to the students, (see the instructor in the upper left-hand corner of the photo) most of whom are blackbelts, and many of whom out rank themselves, which serves to build their confidence as teachers. Everyone, including the kyu students, share feedback with each instructor and, since much of my graduate work is in the field of physical education, I am also able to provide pedagogical feedback based on research in the field.

The second unexpected plus was the sense of community formed among everyone, but the blackbelts in particular, most of whom didn't know all of the others before these virtual classes. The common characteristic among them all is that they are friend of mine. Another interesting quirk is that more than half of them are engineers! This has led us joke about calling ourselves the Nerd Virtual Dojo. And surprisingly, friendships have been forged among them, with others with home they have related only on Zoom.

And finally, because we have been forced to be extremely creative in what we each teach, the rest of us are getting a lot of different insights into our Danzan Ryu arts and different ways of teaching them than we would have expected.

Above all, it is fun! And we are still experiencing the Ohana which is a big part that many of us have devoted our lives to this system. Besides the cost of the laptop, our dojo also purchased a year-long plan for up to 100 participants in meetings of up to 24 hours in length. There is also a free basic plan, but that only allows for 40 minute meetings.

All are welcome to join us every Tuesday evening with class beginning at **8:00pm Eastern Time**. Just email me in advance at bgessner@verizon.net so I can admit you to the class.

Samuel C. Luke Scholarship Awards

This year, the AJI awarded eight scholarships to deserving students. Their dues were paid by the memorial fund and they were presented with the new membership cards as well as Certificates in Good Standing. Congratulations to all.



Thank You

Phillip Aguilar

As a martial artist with lifelong disabilities I am deeply grateful to be a recipient of the Professor Samuel C. Luke Scholarship. Although I did not have the honor of knowing Professor Luke in person I feel like I have come to know

him through my teachers Professor Kainoa Li and Sensei John Rieck as well as my friends and seniors in the AJI that knew him such as Professor Donald Crummer and Professor Daniel Saragosa.: Earning a gold medal as an Adaptive Athlete in the AJI Summer Classic was the greatest achievement of my life. I truly look forward to when we can all train and see each other again. Thank you to the AJI and to the anonymous benefactor of the scholarship. You have all made a difference in my life that will never be forgotten.

Phillip Aguilar is a Leeward Community College student, Adaptive Athlete, and recipient of the 2019 AJI

Student of the Year Award.

Also awarded a Scholarship was Interscholastic League of Honolulu, Hawaii State Judo High School Champion La’amea Harbottle, pictured here with her family including Black Belt Sensei Kawika Harbottle. She is a senior at The Kamehameha Schools.



Other recipients include Matthew Parsons (7th Kyu) Julia Hubbard (Shodan), Calyn Ross (6th Kyu—Blue), Jacob Denzer (8th Kyu—Orange) , Arleigh Ross (7th Kyu—Purple) and Jordan Perry (6th Kyu Blue).

Along with La’amea Harbottle. Jordan Perry was one of the first three students of the Saint John Vianneys

Congratulations!



Matthew Parsons

7th Kyu

Horiuchi Kodenkan

class at its inception in 2012 The dojo was formed by Professors Sam Luke and Kainoa Li.

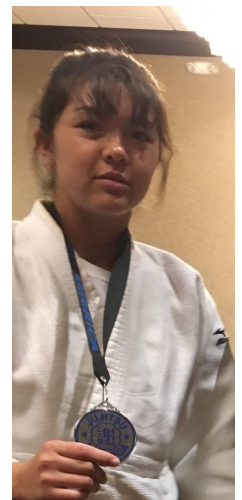


Recipients: Calyn Ross, Jacob Denzer, Arleigh Ross, and Jordan

Julia Hubbard

Shodan

Horiuchi Kodenkan





Gratitude And Loyalty

Sharing a Rebirth of Training

by Greg Garcia
Shichidan

None of my teachers needed to take me under their wings as a student. None of my students ever needed to choose me to be their teacher.

Neither my teachers nor my students ever needed to treat me with any more respect or consideration than I have earned.

They did anyway.

I know that I am not always the easiest person to be around, and my compass takes me in directions that not everyone may wish to follow.

Sometimes, people come with me.

Sometimes, people let me go with them.

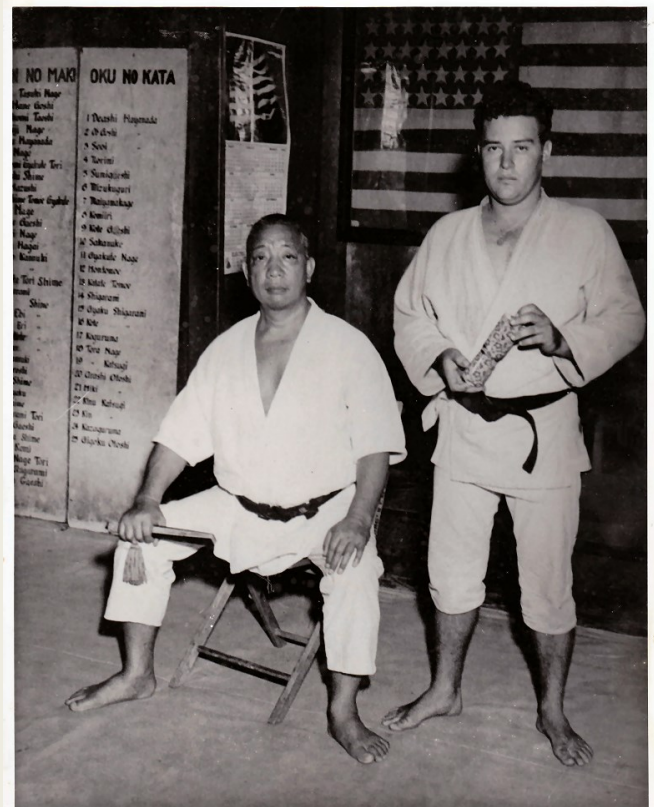
And so , I am grateful to everyone who chooses me, loyal to everyone who continues to choose me, and heartened whenever my path meets yours.

Loyalty is not a transaction.

Gratitude is not an obligation.

We give anyway. And in doing so, we receive.

Looking Back



Daniel Castro, pictured with his instructor's scroll, was a student of H. Seishiro Okazaki in the 1930s - 1940s. He was an instructor at the Hui Miki Miki Dojo in 1945. He received a Kaidensho from Okazaki in 1948.

Recent Promotions and Awards

| Name | Rank | School | Art |
|---------------------|----------|-----------------------------|--------------------------------------|
| Barbara Gessner | Hachidan | Rutgers Kodengan | Danzan Ryu Jujitsu |
| Dana Totten | Yondan | Kaishin Kai | Danzan Ryu Jujitsu |
| John Doyle | Yondan | Kaishin Kai | Danzan Ryu Jujitsu |
| Todd Tetriault | Sandan | South Coast Jujitsu | Jujitsu |
| F. Anthony Rich | Yondan | South Coast Jujitsu | Jujitsu |
| Jerry Peacock | Sandan | South Coast Jujitsu | Jujitsu |
| Cameron Gillespie | Sandan | South Coast Jujitsu | Jujitsu |
| Christopher Bederov | Yondan | South Coast Jujitsu | Jujitsu |
| Robert H. Burt Jr. | Hachidan | Elite Training Systems - MA | Jujitsu Karate Associate Prof. |