



Ka Leo O Kodenkan

American Jujitsu Institute

Since 1939

"Ua Mau Ke Ea O Ka Aina I Ka Pono"

Volume 2005 - 1

ELECTIONS 2005



President's Message

Thank you for your vote of confidence. I am honored to be re elected your President. I am also pleased with the cast of officers and board members you elected to serve with me.

I repeat my request to hear from you. Tell us what we are doing right or wrong. The AJI is your organization and I want to know your thoughts on how things could be better.

My thoughts: We need to be doing more to teach our students the philosophy which is the foundation of Kodenkan. The words left to us by our founder are profound and ageless. We need to put more focus on the massage arts. All students especially blue belts and up need to know how to massage. In recent years I have become a student of advance massage which is now becoming more and more important and is accepted as alternative medicine. We have to be careful we don't overstep our abilities because of potential suits, but we owe it to our brothers and sisters to help bring pain relief and cures western medicine has not helped. Some of our sensei have made massage a specialty and they are to be com-

mended. Ken Eddy, Zane Graham, and Prof. Chubb are some of these specialists.

We need to make more use of our IRS 501(c)(3) status as a non profit organization. Fund raising for dojos could be easier for donors wanting to participate. Business and professionals are better off making the donation to AJI for use in your dojo efforts. Tax deductions are always helpful to donors and helps them to give more freely.

We are proud of the AJI and we should show it. Logo items are available for sale and will soon be listed on the AJI Store Web Site. Most of our items are at cost. We want you to make use of them to show the world we are proud of who we are. I encourage you to wear logo shirts to all AJI and related organizations functions. Show off your loyalty and belief in Kodenkan.

Professor Carlos Gallegos has recently become an instructor for the Federal program to make air travel safer. Congratulations! Professor Beach has been doing the same for sometime now in Florida. On my air trips I identify myself as being able to help with disturbances on the aircraft. The attendants really appreciate the offer. You are on the plane, it is your plane too, why not help defend it if possible.

Our heartfelt sympathies go to the family of

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Professor Francisco Limbago. He passed away very recently after long suffering with bad health. He had been an inspiration to all of us and will be missed. As our older leaders depart from our martial arts world we need to prepare the younger one to step up to become leaders, that is a mission I charge all seniors to do. It is not only good to do this, it is an obligation to perpetuate our arts and philosophy. If we think what we do is good, then we must see that the program continues.

I urge more news from dojos for our newsletters. We want to hear about your promotions, about the nice things the student and parents do and achieve. Come on now, we are interested. Please, each chief instructor, appoint a reporter and submit some news every month or two. We want to know what's happening in every dojo. Send news to Prof. Danny Saragosa at HQ.

Lastly, I thank every reader for your participation in the AJI. This is your Institute. Be active and participate. Keep in touch. If you are planning a trip to Oahu, we'd like to get together with you. Let us know!

Let me hear your thoughts on anything that will improve our Institute. Every suggestion helps guide our future.

Aloha!
Professor Sam C. Luke



Mahalo
Daniel Saragosa
Vice-President

Mahalo for you vote of confidence. I will continue to serve all members to the best of my abilities. I look forward to the coming year, especially opportunities to meet members, old and new. I am urging our mem-

bers to attend the 2005 Ohana weekend in Tucson, Arizona. Prof. Vinson Holck and the
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My Humble
Acceptance
Professor Charles Lee

You, the voters, have elected me to serve the next 2 years as your Vice-President of the Karate division and I humbly accept your vote of confidence. At the moment I want to share

a thought that has been on my mind for quite some time and that is the Karate unification of the color belts within grade and the use of the Japanese word that identifies the grade or rank, etc jukyu(10), shichikyu(7), gokyu(5) . Most of the clubs are within my thought but we need to sit down and discuss the best way to accomplish this project.

The dojo sensei need to be more prudent in the way promotions are handled in their dojos. We
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Election Results

The following persons were elected to a two year term ending December 31st 2006. Mahalo to all the candidates who ran for office, who were willing to give their time and effort to better our organization.

President	Samuel C. Luke AJI Headquarters
VP - Jujitsu	Daniel W. Saragosa Wahiawa Kodenkan
Secretary	Stephanie Cansibog Waianae Jujitsu Club
Treasurer	Melvin Cansibog Waianae Jujitsu Club
Director	Ken Eddy Mizu Shin Tao
Director	Terrance Adlawan Alaska Jujitsu Institute

In the Still of the Night

By Sue Jennings

One of the nice things about Jujitsu is that you learn to go with the flow, changing how you react depending on the situation given. I guess that's what it feels like has been happening at KaishinKai Dojo - significant changes, and learning to react to those changes.

The students that come to our private dojo, in addition to the college classes, have been accustomed to being greeted by Sappo, our pet wolf for the past 11



y e a r s . Classes would many times come to a halt as a train or siren sounded and Sappo chimed in with the most beautiful and

clear howling that you can imagine. I will admit that at times other than in jujitsu class, I would do my best imitation of howling to get him to join in with me. When he joined me, he'd point his nose to the sky and get as close to me as he possibly could. The vibration and sound from a wolf's howling right next to your ear is an incredible experience.

Some of our students knew Sappo from when he was a tiny puppy. And actually, when he was a 10-lb. wolf pup, he bonded with one of our cats named Katie. Katie was 8-lbs. soaking wet, but she had attitude. As a pup Sappo would follow her everywhere, as she showed him our property. They bonded to the point that I think he believed Katie was his mother, or at least a mother figure. She would eat out of the same food bowl as him, and even kill birds and put them in his dog dish. As he grew to his adult size of over 110 lbs. Katie was his constant companion. As a matter of fact we felt Katie was much more of a dog than a cat, in personality. She would literally wolf down her food, sleep with Sappo and our other dog, and seemed to prefer Sappo's company to everyone

else, with Ron being a close second. She had a lovable personality and was our cat mascot of our dojo. She died in August, just a few days after Kamp KaishinKai, 2004.

Sappo seemed to take it very hard and acted depressed after Katie died. We noticed he seemed to be losing a little weight, but it didn't seem to be a significant amount. Then in January Sappo died of a massive liver tumor. There was no early warning of the onset of the disease. He was seemingly healthy one day and gone the next. Later we realized he had not only lost weight due to



Katie dying, but also to the disease that he was fighting. As the official dojo mascot, a great many people miss Sappo. In addition to the regular dojo students that got to know him well, he also was present during all our annual summer camps, Kamp KaishinKai, held every August. This meant all the campers that attended our camp, had the experience of getting to know him, too.

Actually during one of our summer camps, we were all sitting anza on the mats that were outside, listening intently to the instruction being given. Sappo started running laps around the dojo and cut one of the laps a little short and knocked me over like a weeble wobble. He bumped me pretty hard on the head and I got a bit of a headache but continued class. Sappo however looked pretty uncomfortable, and had to lie down for awhile. I don't know if it's a good thing or not but I wouldn't recommend butting heads with me after I fared better than our wolf from it. I remember when Mary Van-Ry, one of our ikkyus, had to throw osoto gari and apply kesa gatame on Sappo to get him to stop jumping up on her every time she'd come for class. When Sappo put his paws on your shoulders, they weren't always clean, and Mary got tired of his big muddy paw prints on her white gi. Then of course there was Josh Haney who started picking up

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Director

Terrance Adlawan
*Alaska Jujitsu
Institute*

I would like to thank AJI members for electing me as a Director. I began my association with AJI back in 1983 with Prof. Limbago. In 1985 I moved to Anchorage Alaska and started teaching Kodenkan Jujitsu. I officially opened my first dojo in 1989 and named it the Alaska Jujitsu Institute. To date, I have earned the rank of Sandan through Prof. Luke and will continue with my dojo here in Alaska. I have also trained in Kenpo Karate and will be teaching it, but will primarily be teaching the standards of AJI. If you would like to contact me you can email me at (tadlawan@gci.net) or call: (907) 344-3504 home (907) 529-2241 cell.

Thank you AJI
Terry Adlawan Sandan

Still of the Night continued....

Sappo when he was puppy and holding him at about shoulder height to give him proper attention. The amazing part was that Josh continued to pick up Sappo every time he'd show up for class, and as Sappo grew that meant picking up a full grown wolf. I think Sappo loved it as much as Josh. But probably one of the most incredible stories about Sappo was when he acquired 65 porcupine quills in his nose and around his mouth. It was the middle of the night and we brought him inside to start removing the quills. He was wild with pain, but would allow Ron to pull out the quills as I held him tightly around the neck with my legs wrapped around his body. Ron would remove 5-10 quills, then let him take a break. After about 15-20 quills were removed he settled down and let us extract the rest of the quills. He never once tried to bite us, or growl at

us during this event. Many dogs have to be given anesthesia to have quills removed, or try to bite their masters, because the pain is so intense.

Sappo was a special part of our dojo family, as was his friend Katie. They both are greatly missed, but will always remain a part of our dojo history.

And now, as we adjust to the quiet nights without the sound of his special howl, we're growing accustomed to the still of the night.

Sue Jennings - Kaishinkai

The Chemo Dojo

Dave McNeill
Goju Shorei Weapons Systems

As a recent cancer survivor, and a advanced black belt in Goju-Shorei, Master Dave McNeill is doing research for a book on how the martial arts helped other black belts deal with cancer and the attendant treatments. Past experience has shown that martial artists at the yudansha level approach most life problems differently than someone with little or no martial arts experience. Having interviewed other instructor-level martial artists who have done battle with cancer, Master McNeill found that their approach to the disease was also unique.

The book (The Chemo Dojo) that McNeill is writing will share with the general public some of the strategies martial artists have effectively used in dealing with cancer. But he needs more names of black belts that have survived this disease in order to complete his project. If any readers know of a cancer-surviving black belt that would be willing to be interviewed and share their story, please contact Master McNeill.

Thank you.

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Professor FRANCISCO FRANCIS LIMBAGO,

It is with great sorrow that we must report the passing of Professor Francisco “Cisco” Limbago. He was a Director and immediate past president of the AJI. He was born on April 23rd, 1928 in Wahiawa, Hawaii. While he attended McKinley High School,

he was too small to play football and thus became the sole male cheerleader. His gymnastic skills were legendary and he was a great hit with the crowds. He was in fact a champion gymnast.

He earned his Shodan in 1948 and was an enlistee in the US Army. He was involved in martial arts from his early years and was a hand-to-hand combat instructor for the army during the Korean War. He studied judo in Japan and Kodenkan/Danzan Ryu Jujitsu in Hawaii. He boxed in the army and was the Pacific Rim Lightweight Champion. He also competed in judo in Japan.

He later opened the Waianae Jujitsu Club, which still operates today as the oldest school in the AJI.

After retiring from the U.S. Army, he served as the general manager of U.S. Army Recreational Services, a position the Army created just for him.



He received his Professorship from AJI President Samuel S. Luke, in 1979. Following the death of Luke in 1988, he was elected president of the AJI a position he held until

2001. His black belts include Professors Mel Cansibog and Daniel Saragosa, Sensei Christopher Limbago, Eric Matanane and numerous others.



While president, he established the annual AJI Summer Classic Tournaments, AJI Summer Camps, encouraged participation in community events, urged broader cooperation between the AJI and sister organizations and strove to keep the AJI at the forefront of the martial arts world using his many talents.

He is survived by wife, Cresencia; son, Francisco; stepsons, Christopher Limbago and Peter Aderinto; daughters, DonnaMae Whitford, Karen Jamison, Cynthia Milles, Lisa Pyke, Ami Souza, Evoyne Baker and Lori Limbago; stepdaughter, Eliesa Pacheco; brother, Joseph; foster children, Deanne Ualesi, Miller Ualesi, Ricky Murillo and Kara Pruet; 22 grandchildren; 14 great-grandchildren.

His ashes were scattered at sea at the rear of his home on Sunday, April 10th.



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Saragosa from page 2

Kodenkan Yudanshakai have been working diligently to put on a first class event. I met with him in Tucson in April and got a feel of how things are getting along. He has negotiated great room rates at the Doubletree Hotel (\$69.00 per night), where the event is to be hosted. We have pledged our support to the event and we expect that our members will make every effort to be there.

We are planning for a wonderful week for everyone traveling from Hawaii. There will be trips to the Boulder Dam, Grand Canyon, Lake Havasu, Las Vegas and a myriad of other places.

Fund raising began last August and continues. We are encouraging all of our members to participate in this event which will take place on September 2-5.

Instructors who will be representing the AJI include Professors Ken Eddy (Mizu Shin Tao) and Alexander Archie (Unity Jujitsu), and Ron and Sue Jennings of Kaishinkai.

Mark your calendars and make your reservations early.

Aloha,
Daniel Saragosa
VP - Jujitsu

Humble Acceptance from page 2

should not have the student asking when he or she is going to be promoted or the parent asking the same thing. Promotion is not a "give me" thing, but must be earned. The student must be proficient in their wazas or katas with respect to the grade (kyu) being promoted to. Classroom behavior and integrity must also be included as part of the program. This is something that each individual must handle throughout their careers in the dojo.

The student should not be going from one dojo to another looking for ranks simply because they are not satisfied that they are being promoted fast enough. Chief Instructors should be cautious of students who come to them "bad mouthing" their last instructor. While the gripes may be valid, the method of transmission of the message says a lot about the character of the prospective student. A simple "I need a change" or "I decided to try something else," should be sufficient. Further, the wise instructor would do well to give the past instructor a "courtesy" call to let him/her know that he will be taking on their student. Here at home, when we take on a new student from another dojo, we ask that they do the courtesy of informing their last instructor. This saves a lot of headaches and bad feelings that might come up in the future.

This is especially true within the Dan ranks. Remember, one should not ask to be promoted. It must be earned within the organization through various means.

This organization is your organization and my door is always open for new ideas and discussion and clarification on existing rules and procedures. Work with me to make AJI a better organization that we can call the best and move forward.

(IMUA).

Professor Charles Lee
VP - Karate

Ohana 2005

Dates: September 2-5 2005

Place: **Doubletree Hotel at Reid Park**
445 S. Alvernon Way
Tucson, Az 85711-4198
Ph: (520) 881-4200
Fx: (520) 323-5225
Rate: **\$69.00** per night
Rate Code: **OHN**

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Pacific Northwest Region

May 2, 2005

The Pacific Northwest Region hosts clinics or all dojo workouts every two months. These are all dojo invitational so dojos from many organizations may attend.

On April 29, 2005 the clinic was hosted by Sensei Rob Gebhart and Sensei Bob Dobyns of the Ohana Dojo. There were 36 active participants on the mat and six observers for a total clinic size of 42.

For those who haven't been there, the Ohana Dojo is located in the small town of Chehalis WA. One participant commented as he got out of his parked car that the downtown street looked like mid-town America circa 1950, and he is correct. The dojo itself is on the top floor of an old building above the hardware store. The top floor was originally an Elks club and is quite expansive - about the size of a high school gymnasium.

Sensei Rob Gebhart facilitated the workout, provided safety guidelines, scheduled instructors and basically kept things on time and moving smoothly. As an EMT, Rob was also on standby in case of accident or injury. On opening he asked that any injury be reported to him. He expected people to 'hurt' but not to be injured. There is a difference. To train hard often means one may hurt afterwards. After introductions and bow in every instructor wishing to present was given a time allocation.

The workout started with a presentation on Katsu by Professor Ron Jennings of KaishinKai. This included techniques to deal with resuscitation from chokes, locked diaphragm, nosebleed, and being struck in the genital area.

Sensei Sue Jennings from the Evergreen State College followed with a selection of techniques from Yawara through Oku and some Goshin techniques. This really got the energy going.

Sensei Bob Parksion of the Salem BudoKai then

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took the mat and lead the group through various traps and arm locks into throwing techniques. It was good to have plenty of room because of all the flying bodies.

Sensei Allen Schaffer of Twin Cities Aikido had everyone take a few deep breaths and relax. Then he took students back to basics on balance and movement showing how subtle changes in balance can affect technique.

Following a brief break Sensei Tom Westfall of the Nikko Dojo in Olympia taught techniques from the Fusegi Jitsu police arts. This was quite an eye opener for many of the newer students who had not seen the more offensive side of DanZanRyu. It did prompt discussions of "could a policeman really do that?" Students with those questions were told that today this would be considered excessive force and would not be used but the technique is from DZR and should be kept in historical perspective.

The last presenter was Sensei Paul Bedard from Beaverton OR. Paul worked a number of techniques to defend against being pushed down and then attacked while in a down or sitting position. A number of the students attempted to grab or push Paul even when he was sitting down and found this 71 year young instructor could still effortlessly toss them across the mat.

A big round of applause went to the instructors and there was a number of follow-up comments and questions, then hugs as everyone departed. Those interested in eating before hitting the road home went to the local Mexican restaurant for an outstanding meal. We normally like to do Oriental after these clinics but in a small town like Chehalis, the restaurant selection is somewhat limited.

As usual Paul Bedard and his assistant Steve Michels filmed the clinic. In addition to the two cameras on tripods, Paul circled through the group with a hand held camera. His goal was to show the instructors on the stationary cameras and cut in close-ups of students performing. This provides more context to the video efforts and should give students a little more motivation

to purchase the tapes.

Unfortunately there wasn't a chance to take a photo of the entire group however Sue Jennings did get a chance to get the Evergreen group together for a photo.

On behalf of the Pacific Northwest Dojos, I commend Ohana Dojo and Sensei Gebhart for a well done, well attended, informative clinic.

Ron Jennings
PNW Region

AJI Notes:

The annual AJI Summer Classic Tournament will not be held this year due to our commitment to support the Ohana Weekend in Tucson, Arizona.

Likewise, the annual AJI Summer Camp will not be held this year in an effort to direct our energies and resources towards the Ohana.

Polka Dot Promotion

Following the annual AJI Horseshoe Tournament and Chili Cook-off, perennial AJI supporter Bennie C. Atkinson III, a member of three AJI schools, was given an honorary promotion to the rank of White Belt - Polka Dot 6. The promotion was presented by Cyndie Montgomery, chief instructor of the Sakura Dojo. The promotion, done as a lark, was accepted graciously.



Annual Horseshoe Tournament and Chili Cook-off

The annual event was held in South Lake Tahoe on Saturday, October 9th, 2004. The defending champions, Supreme Gallactic Overlords, were ousted in the preliminary rounds. This years winner, the Allied Supreme Commanders from the Wahiawa Kodenkan, had won the event two years previous.

Results:



Defending Champions Bennie Atkinson and Chas Montgomery, Supreme Gallactic Overlords. Ousted in the third round!



1st Place Allied Supreme Commanders
Wahiawa Kodenkan
Daniel Saragosa
Robert Hoffman

3rd Place Old Guys Rule
High Desert Martial Arts
Mike Bern
Toby Malkus
(Photo not available)



2nd Place Chu-Mata
Sakura Dojo
Chuck Montgomery
Matt

Chili Cook-off Winners

!1st Carlos Giovanni Chili
Jason Spencer (Middle)
KoRyuKan

2nd It Burns Later
Daniel Saragosa (Left)
Wahiawa Kodenkan

3rd (Info not available)
KoRyuKan

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The tournament and the cook-off have raised funds for the AJI every year. The event affords members and friends a chance to reacquaint and share in fun. The event is held every October and all members are invited to attend and participate.



Some of the participants of the Horseshoe Tournament and Chili Cook-off.



*1st-ever Polka Dot 6 recipient
Bennie C. Atkinson III*

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