



Ka Leo O Kodenkan

American Jujitsu Institute

Since 1939

March, 2008

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

Issue 1



President's Message

Aloha Members,

I hope the New Year is going well for you. The Institute is doing fine and we hope to be a little more aggressive as the year progresses.

We are falling down in communications not only from Headquarters but from you to Headquarters as well. We have newly appointed Regional Vice Presidents and they are charged with sending in reports on activities in their areas. More importantly, they will be AJI ambassadors and make visits to dojos representing me. It would be good for sensei to request a visit at a date and time to be agreed on. On the other hand, our ambassadors could be calling you for an appointment.

It is my continuing wish to hear from anyone who has a question or wish to make suggestions for the betterment of the AJI. After all, the AJI is as much yours as it is mine. It would be so good if your dues were paid for the year. Sensei?

Dues are coming in later and later each year. We follow the calendar year, so dues arriving after January 1 are late. All dues should be sent to Prof. Charles Lee, our V-P Karate Division. Your cooperation is requested for this important part of administration.

The loss of Imi Mullins was hard to accept. The youngest daughter of Professor Okazaki, the founder of Kodenkan Danzan Ryu, was the most active of the Okazaki children in support of The Okazaki Way of Life.

I was a teenage blue belt when I first met Prof. Okazaki. It was an awesome experience just to be in the same room with the great man.

I hope to see many of you at Camp Kokua in June.

ALOHA!

Prof. Sam Luke

Martial Arts Expo 4

The competition was intense at Martial Arts Expo IV, held Sunday October 7, 2007 at the Douglas County Fairgrounds. The semi-annual event is a fundraiser for local charities, with many martial arts schools from northern Nevada participating. Hosted by Douglas County Parks & Recreation Department, High Desert Martial Arts and Sierra Dojo, all proceeds were donated to the Family Support Council of Douglas County.

"It grows a little more each time," said organizer Diane Ortenzio-Cooling of Sierra Dojo. "Many folks call it a tournament, but it's really not. There are no trophies to gain, only the recognition by your peers and instructors when you do well. That in itself has taken the poor attitudes out of the equation and makes a good atmosphere for newbie's and veteran competitors alike." The cost to compete was only \$10, less than one-third of what a tournament would cost.

The Expo was kicked off by the presentation of the flag by Boy Scout Troop 495's honor guard, who also donated money raised from their food sales.

Competitions in kata (forms) were held first, where each competitor demonstrated their balance, focus, power, spirit, and understanding of the techniques of their martial arts system. A panel of 5 judges rated the competitors on a scale of 1 (lowest) to 10 (highest).

Half-time demonstrations were presented by several area master instructors, including Brian Kuttel (Choy Li Fut), Glenn Ristine (Kyusho Jitsu) John Chatwood (Shinto Yoshin Ryu Jujitsu), Bill Regan (Tai Chi Chuan), Sonny Weathers (Tae Kwon Do), and Tom Vondruska (Aikido).

Sparring competitions followed, with point matches by age and skill level. Each competitor had to tag their opponent in a vulnerable area with a competent hand strike or kick to gain a point, with the first one to reach 3 points being declared the winner.

The finale was the most popular event of the day: team sparring. All competitors were divided into two teams, who were pitted against each other. "The interesting thing about this event is that each competitor winds up on a team made up of people from lots of other schools, maybe with someone that they sparred against earlier in the day," said Ortenzio-Cooling. "They cheer each other on, for the good of the team. It builds a lot of camaraderie and is a lot of fun." For Expo IV, the Headhunters team beat the Martial Arts Maniacs team, 6-3.

"The Expo is basically like the Goodwill Games, where martial arts practitioners of all ages can get together, compete, and learn from each other," said Ortenzio-Cooling. "There aren't many local events for martial arts students, even though there are many schools throughout the Carson Valley and northern Nevada. Plus, the students get to see the master instructors in action. When you see people working together and having fun, it's all worth it." The organizers are working to grow the Expo, and will be adding more events for the next one in March 2008.

American Jujitsu Institute

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CALL FOR ARTICLES & PHOTOS

Please send all articles and photos (.jpeg format) for the AJI Newsletter to Sue Jennings at SueJennings@KaishinKai.com.

Deadline for the next issue is April 15.

Results From Martial Arts Expo IV

KATA (Forms) Results by division are:

Basics	Ages 10-12	1st	Michael Oller				
Unfinished	Ages 7-9	1st	Alexis Lusby				
	Ages 13-19	1st	Megan Motti.				
	Ages 40+		Steve Fleischmann.				
Beginners	Ages 7-9	1st	Alex Harker	2nd	Steven Goldsworthy		
		3rd	McCann Patterson	4th	Emily Przybyla	5th	Ashlyn Lusby.
						3rd	Nicholas Daigneault
	Ages 10-12	1st	Kaylee Soto	2nd	Isaiah Russell		
		4th	Shelby Perrine	5th	Allyse Lusby		
	Ages 13-19	1st	Erica Daigneault				
Ages 20-39	1st	Bryson Wheeler	2nd	Justin Walling			
Ages 40+	1st	Eric Soto					
Intermediate	Ages 7-9	1st	Andrea Merlin				
	Ages 10-12	1st	Taylor Rodriguez				
	Ages 13-19	1st	Alicia Sveen	2nd	Bridgette Lockman	3rd	Kirby Baker.
		4th	Mike Simpson	5th	Lucas Soto	6th	Michael Goldsworthy.
Advanced	Ages 10-12	1st	Elijah Fajayan	2nd	Richard Merlin	3rd	Maddy Alauria
		4th	Jacob Bertocchi	5th	Anthony Merlin	6th	Emily Eiswert
	Ages 13-19	1st	Stacy Wong	2nd	Chris Duarte	3rd	Kevin Duarte
		4th	Andrew Cobourn				
	Ages 20-39	1st	Chris Curtis	2nd	Dennis Przybyla		
	Ages 40+	1st	Bill Regan	2nd	Andy Van Norstrand	3rd	Charles Duarte
Black Belt	Ages 13-18	1st	Bradley Brazil	2nd	David Warner		
	Ages 20+	1st	Brian Kuttel	2nd	Mick Gianola	3rd	Benjamin Haas
Black Belt Instructors' Division		1st	Sonny Weathers				
Weapons	Ages 7-12	1st	Elijah Fajayan	2nd	Maddy Alauria	3rd	Emily Eiswert
	Ages 13-19	1st	Stacy Wong	2nd	Alicia Sveen	3rd	Bridgette Lockman
		4th	Bradley Brazil	5th	David Warner		
Weapons - Black Belts	Ages 20+ Intermediate & Advanced	1st	Andy Van Norstrand	2nd	David Patterson		
	Ages 20+	1st	Mick Gianola	2nd	Benjamin Haas	3rd	Bill Regan 4th Brian Kuttel

SPARRING

Capture theFlag	Ages 10-12	1st	Nicholas Daigneault	2nd	Michael Oller		
Beginners	Ages 7-9	1st	Alex Harker	2nd	Isaiah Russell	3rd	Steven Goldsworthy
		4th	Kaylee Sot	5th	Emily Przybyla	6th	McCann Patterson
	Ages 13-19	1st	Erica Daigneault				
	Ages 20+	1st	John Leonard	2nd	Brian Keefer	3rd	Justin Walling
		4th	Bryson Wheeler	5th	Eric Soto		
Intermediate	Ages 10-12	1st	Taylor Rodriguez				
	Ages 13-19	1st	Mike Simpson	2nd	Michael Goldsworthy	3rd	Kirby Baker 4th Lucas Soto
Advanced	Ages 7-9	1st	Maddy Alauria				
	Ages 10-12	1st	Elijah Fajayan	2nd	Ricky Merlin	3rd	Anthony Merlin
		4th	Jacob Bertocchi				
	Ages 13-19	1st	Chris Duarte	2nd	Andrew Cobourn	3rd	Kevin Duarte
	Ages 20+	1st	Chris Curtis	2nd	Dennis Przybyla		
Black Belts	Ages 13-19	1st	Bradley Brazil	2nd	David Warner		
	Ages 20+	1st	Sonny Weathers	2nd	Mick Gianola	3rd	Arlan Robinson

News From The Alaska Jujitsu/Kenpo Institute

This has been a busy quarter for Alaska Jujitsu/Kenpo Institute. This summer Sensei Terry traveled to Idaho to Nampa to teach a seminar again.

The students there were so appreciative that he has been invited back next year! Unfortunately, while in Idaho, Sensei Terry tore his Achilles tendon and had surgery immediately upon his return in July.

Terry and Sussie wish to thank all those who helped to teach classed during his absence.

Over Labor Day weekend AJKI traveled to San Clara, CA. for their first out of state Ohana. Krystal and Evan Griffen worked hard all year with fund raising as did many students, however they were the only two students beside Sussie Adlawan to attend the Ohana with Sensei Terry and Sensei Myron. The five of them attended several workshops and Sussie was able to attend a workshop taught by Professor Imi Okazaki-Mullins, Professor Okazaki's daughter! That was the highlight of her trip!

This past month, we took a trip to Fairbanks to compete in a tournament. There were 14 students in all that competed and every single student came home with at least one medal! We competed in the team kata and took 1st and 2nd place. 1st place team was Mara and Marc Tack and Elijah Escalona from the Ft. Rich Dojo, and the 2nd place team was Alivia Bailey, Eryn Dubie and Brallan Lugo from the YMCA Dojo. This was the YMCA group's first competition.

The following students placed in Kumite: Krystal Griffen - 4th, Evan Griffen - 4th, Jamyn Cartwright - 4th, Johnny Cartwright - 1st, Cathy Balaban - 4th, Thomas Forrest - 2nd, Mark Tack - 1st, Brallan Lugo - 4th, Eryn Dubie - 3rd, and Derek Mack - 4th.

The following students placed in Singles Kata: Krystal Griffen - 2nd, Evan Griffen - 1st, Jamyn Cartwright - 3rd, Cathy Balaban - 1st, Elijah Escalona - 4th, Alivia Bailey - 2nd, Eryn Dubie - 3rd, Jonathan Taylor - 2nd. Jonathan Taylor also placed 3rd in Weapons Kata.

We are so proud of all of our students. For most of these students, this was their very first competition!

Top Photo: Prof. Imi Okazaki-Mullins shown with Sussie Adlawan at Ohana, 2007.

Middle Photo: Sensei Terry Adlawan and Sensei Myron shown with students who attended Ohana, 2007.

Bottom Photo: Back Row: Sensei Terry Adlawan, Thomas Forrest, Krystal Griffen, Cathy Balaban, Mara Tack. Second Row: Johnny Cartwright, Jamyn Cartwright, Evan Griffen, Mark Tack, Brallan Lugo. Sitting: Elijah Escalona, Alivia Bailey, Eryn Dubie, Derek Mack. Not in Photo: Sensei Jonathan Taylor.



Results of the H.S. Okazaki Nationals

At Ohana, 2007 the H.S. Okazaki Nationals were held in Karate and Weapons. The results are:

Karate Kata

6-8 Novice

1st	Landyn Olayon	Wahiawa Kodokan
2nd	Annika Lauer	KMAA
3rd	Ariel Sorensen	Alameda
3rd (Tie)	Tyler Primas	Alameda

6-8 Intermediate

1st	Christian Chhom	Alameda
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9-10 Novice

1st	Skylar J. Bloom	KMAA
2nd	Elias Toussulis	Alameda
3rd	Leslie Garcia	Alameda

9-10 Intermediate

1st	Sandra Muller	KMAA
2nd	Joshua Sullivan	Alameda
3rd	Kristen Chhon	Alameda
3rd (Tie)	Brandon Phan	Alameda

9-10 Advanced

1st	Makoa Galletes	Wahiawa Kodokan
2nd	Bryanna Lagmay	Wahiawa Kodokan

11-12 Novice

1st	Anthony Sorensen	Alameda
2nd	Sylvia Meam	Alameda
3rd	Sebastian Santiago	Alameda

11-12 Intermediate

1st	Maegan Tupinio	Wahiawa Kodokan
2nd	Natalie Kaing	Alameda

11-12 Advanced

1st	Jayna Yonekura	Wahiawa Kodokan
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13-15 Novice

1st	Kahiau Freitas	Waianae Taekwondo
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13-15 Advanced

1st	Stacy Won	Carson Karate Club
2nd	Mindy DeCastro	Wahiawa Kodokan
3rd	Paul Impey	KMAA

16-17 Intermediate

1st	Jimmy Lum	Alameda
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16-17 Advanced

1st	Maya Parker	KMAA
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Sr. Beginner

1st	Hiromi Maxwell	Alameda
2nd	Anthony Primas	Alameda
3rd	Sou Yoone	Alameda

Sr. Novice

1st	Kevin Clark	Saddleback
2nd	Brian Matsumura	Alameda
3rd	John Bergman	Alameda

Sr. Intermediate

1st	Michele Dias	Alameda
1st (Tie)	Terry Woo	Alameda
2nd	Lan Luu	Alameda

Sr. Advanced

1st	Christopher Woo	Alameda
2nd	Krissy Purdy	Kodokan Jujitsu
2nd(Tie)	Dennis Dias	Alameda
3rd	Patrick McLaughlin	Alameda

Shodan

1st	Nolan Yonekura	Wahiawa Kodokan
1st (Tie)	Marta Azzam	Goju-Shorei Karate
2nd	George Arrington	Alameda
3rd	Andrew Chhom	Alameda

Nidan

1st	Joshua Parker	OTT YMCA
2nd	Jason Woo	Alameda

Yondan

1st	Sean Moro	Wahiawa Kodokan
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Weapons

9-10 Novice

1st	Lesly Garcia	Alameda
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11-12 Intermediate

1st	Natalie Kaing	Alameda
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13-15 Advanced

1st	Stacy Wong	Carson Karate Club
2nd	Paul Impey	KMAA

Sr. Intermediate

1st	Nancy Bigham	Oshiro Dojo
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Sr. Advanced

1st	Beau Barber	KMAA
2nd	Christopher Woo	Alameda

Shodan

1st	Masamori Nagaosa	Alameda
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Nidan

1st	Joshua Parker	OTT YMCA
2nd	Jason Woo	Alameda

Yondan

1st	Michael Belzer	Westside YMCA
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Results of the H.S. Okazaki Nationals

At Ohana, 2007 the H.S. Okazaki Nationals were held in Jujitsu. The results are:

Jujitsu

<u>DIVISION</u>	<u>NAME</u>	<u>DIVISION</u>	<u>NAME</u>
4-5 Intermediate	1 st Mackenzie Davis	13-15 Intermediate	1 st Sarah Bachlena Emily Bachlena
6-8 Novice	1 st Xavier Pelican Matthew Myers 2 nd Calee Taylor 3 rd Stetson Moratus Anthony Acob		2 nd Phillip Krouts Barry Westlake Jr. 3 rd Priti Chamdal
6-8 Advanced	1 st Ariel Sorenson Christian Chhom	13-15 Advanced	1 st Mindy DeCastro Jayna Yonekura
9-10 Novice	1 st Alana Acob Alexis Acob 2 nd Carlena Ascencio Landyn Olayon	16-17 Advanced	1 st Maya Parker Paul Impey 2 nd Jimmy Luu Jason Woo
9-10 Intermediate	1 st Stanley "Kalani" Kawelo Stanton "Kini" Kawelo 2 nd Mako Galletes Bryana Lagmay 3 rd Charles Freitas Jr. Copeland Talkington	Sr. Novice	1 st Derek Purdy Chrissy Purdy
9-10 Advanced	1 st William Domen Kaulana Stanely 2 nd Hannah Chen Charlemalne Pelican 3 rd Kristen Chhom Brandon Phan	Sr. Intermediate	1 st Van Mook Ed Lam 2 nd John Bergman Su Yoone
11-12 Novice	1 st Rhett Hayden Cellilli Erway 2 nd Sebastian Santiago	Sr. Advanced	1 st Beau Barber 2 nd Lan Luu Hironi Maxmell
11-12 Intermediate	1 st Jessica Kveen 2 nd Maegan Tupinio 3 rd Sylvia Mean Lesly Garcia	Shodan	1 st Michelle Dias 2 nd David Taylor 3 rd Mick Simmons Peter Goss
11-12 Adamced	1 st Danielle Elvenia Alton Barcase 2 nd Anthony Sorenson Natalie Karing	Nidan/Sandan	1 st Joshua Parker Matthew DiPrima 2 nd Robert Rainey Greg Portrez 3 rd Terry Woo Christopher Woo 3 rd Dennis Dias Andrew Chhom
		Team Awards	1 st Alameda Judo and Jujitsu 2 nd Waianae 3 rd Amador 4 th Hino de Ryu

CONGRATULATIONS
to all who participated in the H.S. Okazaki Nationals.
You are all winners!

Professor Imi Okazaki-Mullins Dies

A "Celebration of Life" of Professor Louise Imiko "Imi" Okazaki-Mullins was held at the Eden Japanese American Community League in San Lorenzo, California on Saturday, January 26, 2008. Professor Okazaki-Mullins was born October 10, 1938 and passed away January 5, 2008 following complications from surgery. Relatives, friends and fellow martial artists gathered to celebrate the life of Imi Okazaki-Mullins, youngest daughter of Professor Henry Seishiro Okazaki, who founded Kodenkan Danzan Ryu Jujitsu. She was a life member of the AJI.



Imi, a member of the ShoshinRyu of Nevada under Professor Clyde Zimmerman was ranked as a Shichidan, seventh degree black belt, and given the title of Professor through the ShoshinRyu Yudan-shakai. She taught last at the Ohana, 2007 convention in Santa Clara, California.

Following a meal, a slide show highlighted scenes from Imi's life, deeply touching those who knew and loved this special lady.

A number of stories and special memories were shared by family and friends who could verbalize their thoughts with the packed room of those who so respected and had the privilege of calling Imi Okazaki-Mullins their friend.

This rather petite woman with those warm brown eyes that seemed to penetrate your soul, and her ear to ear smile that lit up any room, will never be replaced in our hearts, but our memories of her will always be with us, as she will be, in our spirit.

Imi will be missed, but never forgotten.



Imi Okazaki-Mullins, shown with Prof. Jack Wheat and Prof. Joe Holck at Ohana 2001.



Martial Arts Expo III

The competition was intense at Martial Arts Expo III, held Saturday, March 17, 2007 at the Douglas County Fairgrounds. The semi-annual event is a fundraiser for local charities, with many martial arts schools from the Carson Valley and Carson City participating. Hosted by Douglas County Parks & Recreation Department, High Desert Martial Arts and Sierra Dojo, all proceeds were donated to the Carson Valley Children's Center (Austin's House).

The honor guard and presentation of the flag was held by the Boy Scout Troop 495, who also donated money raised from their flood sales to the Carson Valley Children's Center.

Competitions in kata (forms) were held first, where each competitor demonstrates their balance, focus, power, spirit, and understanding of the techniques of their martial arts system. A panel of 5 judges rated the competitors on a scale of 1 (lowest) to 10 (highest).

Demonstrations were presented by several area instructors, including Craig Black and Mike Bern (kenpo jujitsu); Glenn Ristine (Kyusho Jitsu); Diane Ortenzio-Cooling (Isshin-Ryu Kobudo); and Toby Cooling (pain/leverage compliance).

Sparring competitions followed, with point matches by age and skill level. Each competitor had to tag their opponent in a vulnerable area with a competent hand strike or kick to gain a point, with the first one to reach 3 points being declared the winner. The finale was the most popular event of the day: team sparring. All competitors were divided into two teams, who were pitted against each other. The Other Cheetahs team beat the Bandits team, 6-4.

"The Expo is basically like the Goodwill Games, where our schools can get together, compete, and learn from each other." There aren't many local events for martial arts students, and most definitely none that are this affordable. Plus, the students get to see the master instructors in action, that's something they all look forward to. The organizers are working to grow the Expo, and will be adding more events for the next one on November 10, 2007. Saturday's results by division are:

Kata (Forms)

Basics	Ages 7-9	1st	Alixandria Jones				
Unfinished	Ages 7-9	1st	Alex Harker	2nd	Matt McTee		
	Ages 10-12	1st	Isaiah Russell				
Beginners	Ages 7-9	1st	McCann Patterson				
	Ages 10-12	1st	Angela Lockman				
Intermediate	Ages 12-16	1st	Bridget Lockman	2nd	Mike Simpson	3rd	Taylor Rodriguez
Advanced	Ages 10-12	1st	Holly Kerrigan				
	Ages 13-19	1st	Andrew Cobourn	2nd	Chris Duarte	3rd	Kevin Duarte
	Ages 20+	1st	Charles Duarte	2nd	Michael Neilon		
Black Belt	Ages 20+	1st	Mike Bern	2nd	Tom Sanson	3rd	Mark Stallings
		4th	Calvin Hawkins				
Black Belt Instructors' Division		1st	Tom Sanson	2nd	Alexander Dolinin	3rd	Glenn Ristine

Sparring

Capture the Flag	Ages 7-12	1st	Isaiah Russell	2nd	Alex Harker	3rd	Matt McTee
		4th	Tyler Lee White	5th	Alix Jones		
Beginners	Ages 7-9	1st	McCann Patterson				
	Ages 10-12	1st	Rebecca Mattox	2nd	Taylor Rodriguez	3rd	Alex Lockman
	Ages 13-19	1st	Steve Castro	2nd	Brandon Bishop-Souza	3rd	Richard Rehbein
Advanced	Ages 10-12	1st	Holly Kerrigan				
	Ages 13-19	1st	Chris Duarte	2nd	Kevin Duarte	3rd	Andrew Cobourn
		4th	Mike Simpson				
	Ages 20+	1st	Richard Lee	2nd	Ryan Handshah	3rd	Jared Nau
		4th	Mike Neilon	5th	Charles Duarte		



Pacific Northwest Holds Regional Clinic

KaishinKai Dojo hosted a Regional Jujitsu Clinic for the Pacific Northwest on February 2, 2008 at The Evergreen State College in Olympia, Washington. With 34 people in attendance we had a good sized clinic with instructors and students coming from as far as Salem, Oregon to attend the 4-hour event. Instructing at the clinic were the following instructors: Prof. Ron Jennings, Sensei Al Elfstrom, Bob Parkison, Paul Bedard, Sue Jennings, Allen Schaffer, Dana Totten and Tim Ames.

With many beginners attending this clinic, instructors minimized the more dangerous techniques and focused on a lot of basics with a few more advanced moves for the more senior students attending. At the end of the clinic we paid a special a tribute to Prof. Imi Okazaki-Mullins, by practicing a few of her favorite arts, and telling a few stories about her and passing around an album containing photos of her.

Following the clinic we traveled to Lee's Oriental Buffet for a nice meal after a long workout. The next northwest clinic will be held in the Portland area in April hosted by Sensei Paul Bedard.



Clockwise starting at Upper Left Photo:

- 1) Drew Vance (top) attempts to hold Ryan McDaniel.
- 2) Prof. Ron Jennings offers assistance to students Tyler Pearce (left) and Eric Lewis.
- 3) Prof. Ron Jennings (in black gi) shown leading meditation.
- 4) Sensei Sue Jennings (black gi) shown watching students during the clinic at The Evergreen State College where she teaches.
- 5) Prof. Ron Jennings demonstrating a hand technique on Sensei Allen Schaffer.
- 6) Sensei Dana Totten (in black pants) shown leading students through various footwork drills.



AJI Promotions and Awards Presented at Ohana

Associate Professor

Carlos Gallegos
Ron Jennings

Bachelor of Arts - Martial Arts

Carlos Gallegos

Kaidensho - Shihan

Ron Jennings
Ken Eddy
Tony Janovich

Recent Promotions at KaishinKai Dojo

This week concludes the Winter Quarter at the Evergreen State College in Olympia, Washington. For the duration of the college break, classes for KaishinKai Dojo are held at the home dojo on the property of Prof. Ron and Sensei Sue Jennings. This means college students living a distance from the college sometimes travel home for the break. The major portion of the student base remains in the Olympia area, but classes are a little smaller until after the break.

Recent promotions at KaishinKai Dojo include: Spencer Arnold - (Yonkyu) Green Belt; Eva Marie Fuschillo - (Gokyu) 3rd Degree Blue Belt; and students promoted at the end of the Winter Quarter at Evergreen: Christopher Rotondo and Drew Vance to (Gokyu) 1st Degree Blue Belt; Tyler Pearce, Matt Neall, and Galen Spiller - (Gokyu) 3rd Degree Blue Belt. Congratulations to all of you.

We have a few students getting pretty close to moving up, but this quarter we've had a great influx of new White Belt students. The brown belts are getting teaching experience by leading the Saturday afternoon class.

Students are staying very motivated with events like the Regional Jujitsu Clinic which was held here February 2, and by the fact that we have such good sized classes. Next quarter we look forward to a few more white belts moving to blue belt, and most likely some movement in the green and brown belt rankings. They are a hard working group of over 30 students, which are a lot of fun, as well as a challenge to teach.

Send in Your Dojo Promotions

Sensei, It's an important time in your student's lives when they are promoted. Honor your students by submitting promotions to the newsletter so we can all share in their achievements. Remember, the deadline for submission of articles is April 15th.

New Editor Requests Your Help

As the new editor of the AJI Newsletter, I ask several things of all of you. First, your forgiveness for the time it took to put out my first issue of the AJI newsletter. I apologize to all of you for the time it took to get this out. I will not go into the reasons it took such a long time, but let you know it will be published in a timely manner hereafter. Secondly, I ask for your cooperation in submitting articles and photos for the newsletter. You don't have to be a published author to submit articles. I will try to make all of you look like gifted writers with wonderful punctuation, whether you feel like this is possible or not.

Don't be afraid to submit items about what's happening in your personal lives outside of the AJI. Be prepared to be interviewed for articles by me. We are all extended family and want to hear of your special achievements outside the dojo as well. If anything is questionable for publishing, I will check with the AJI Professors before proceeding.

Sue Jennings, Editor

How to Identify a Stroke

Remember The 1st Three Letters ... S. T. R.

STROKE IDENTIFICATION

During a BBQ, a friend stumbled and took a little fall. She assured everyone that she was fine and that she had just tripped over a brick because of her new shoes (friends offered to call paramedics). They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital. At 6:00 pm, Ingrid passed away. She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the "3" steps, **S - T - R**. Read and Learn! Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S - Ask the individual to **SMILE**. If the smile is lopsided, a stroke is likely to have occurred.

T - Ask the person to **TALK**, to speak a simple sentence. If the speech is slurred, a stroke is likely to have occurred. For example: "It is sunny out today."

R - Ask him or her to **RAISE BOTH ARMS**. If he or she cannot raise one arm, a stroke is likely to have occurred.

Another sign of a stroke is this: Ask the person to stick out their tongue. If the tongue is "crooked", if it goes to one side or the other, that is also an indication of a stroke. If he or she has trouble with **ANY ONE** of these tasks, call 911 immediately and describe symptoms to the dispatcher.

Remember:

S - T - R

Plan Now for Camp Kokua in June

Plan now to attend Camp Kokua in Buena Park, California held at Knott's Berry Farm Resort Hotel from June 20 -23, 2008. The event is sponsored by the AJI. Besides clinics, there will be a grappling contest using the AJI rules. This year there will be great emphasis placed on the healing arts.

All information pertaining to Camp Kokua can be found on the website at www.campkokua.com. Please see the flyer for Camp Kokua on the next page of the newsletter.

AMERICAN JUJITSU INSTITUTE PRESENTS

CAMP KOKUA 2008

NA ALI' I HO'OLA
(Royal Warriors and Healers)

JUNE 20th thru JUNE 23rd

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June 20th
Arrival & Check-In
Pupus Party (starts 8pm)

June 21st
Clinics (all day)

June 22nd
Competition (all day)
Banquet (starts 6pm)

June 23rd
ALOHA!

In Association With:

**Braille Institute • Shoshin Ryu •
Kaito Gakko • Akita Martial Arts •
Orange YMCA • Downey YMCA**



For More Info:

Please visit www.campkokua.com
or any of the following websites

for registration information:

www.kaitogakkoryu.com

www.ocjujitsu.homestead.com

www.shoshinryu.com

www.campkokua.com