



Ka Leo O Kodenkan

American Jujitsu Institute

Since 1939

June, 2008

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

Issue 2



President's Message

It was 1937, the leading black belts in the Prof. Okazaki's system thought of organizing to perpetuate the system. They were all so dedicated to the Kodenkan and Prof. Okazaki's philosophy was embraced by each one of them. The philosophy is embedded in the Esoteric Principles which guide us in a "Way of Life" equally important in Prof. Okazaki's teachings.

Professor Okazaki was always involved in the development of the organization and gave his blessings to the formation of the American Jujitsu Guild in 1939. Prof. Okazaki became a founding member of the Board of Directors. Growth and community recognition led to a Charter from the Territory of Hawaii in 1942. This charter granted corporate status as a legal entity.

Prof. Okazaki's system came from our founder's study of major martial arts learned in his intentional studies in Asia. He selected the best arts and philosophies from all that he learned. Most of the arts came from Asian Judo and Jujitsu, which influenced the name change to the American Judo and Jujitsu Institute, now known just as The American Jujitsu Institute. Here we emphasize, the Kodenkan system was made up of the best techniques from Prof. Okazaki's study of many martial arts forms. This is why the AJI, has always respected all martial arts and from the 1950's opened membership to all who wished to embrace our "Way of Life".

A major difference in our brand of martial arts, is the inclusion of massage in the course of study. My dad, also my instructor, told his students that massage therapy was an important part of the Kodenkan. He said Prof. Okazaki's reasoning was, "you break 'em, you fix 'em." Besides that though, healing became an attribute used to help those in need. Prof. Okazaki's most famous deed in this respect was the therapy he did on a Hawaiian governor's wife. She with polio, was told by doctors that she should abort her baby. This, was because she could not carry nor deliver a child with being paralyzed from the chest down. With Prof. Okazaki's therapy, the baby formed and delivered naturally -- a miracle for that time. The baby, now a retired Judge, gave testimony to the story at an Ohana banquet in Hawaii.

The most distinguishing factor providing pride in the Kodenkan, is the pledge to the Esoteric Principles, foremost of which is the practice of humility in all endeavors. This is a challenge to all our senior members who are honored so intensely for their achievements, sometimes it is difficult to be humble. But as instructors and examples of what we teach, as proponents of the Prof. Okazaki's "Way of Life", we are bound to practice and teach this principle.

As we approach the Institute's 70th anniversary of our founding, I invite all members to suggest how we might celebrate this occasion in 2009. I have heard from some, but I'd like to hear from many! The AJI Board of Directors will make the final decision of what is best considering current travel woes and economics. Also, the planning for a great Camp Kokua is coming along very well. I hope to see you in attendance.

Aloha,

Prof. Sam Luke

In Appreciation of Sensei Rich Borba

By Prof. Ken Eddy

I would like to express my thanks to Sensei Rich Borba for his undying dedication to Danzan Ryu Jujitsu. I have known Rich for many years but lost touch with him a long time ago. When I was in Kauai last year I met up with him and hardly knew him except by name. Rich was in Hawaii on business, however, every free moment he had, he was traveling the island sharing the teachings of Master Okazaki. He invited me to accompany him to the Kajukenpo School of Sensei Ron and Novena Valdez. We went for a couple of evenings and met some wonderful people. They wanted some resuscitation techniques and on the final evening, they prepared a feast for us. How great is that? I hope to have them attend Ohana when we have it back in Hawaii. Richard, thank you so much for this opportunity for both me and the A.J.I.



Sensei Rich Borba

Pacific Northwest News

By Sensei Sue Jennings

In April Sensei Paul Bedard from Beaverton, Oregon (located in the greater Portland area) hosted a Regional Jujitsu Clinic at the American Legion Hall in Hillsboro, Oregon. With approximately 25 people in attendance we had a good clinic with attendees from Washington and Oregon. AJI instructors teaching at the clinic included: Prof. Ron Jennings, Sensei Ross Gibbs, Sensei Sue Jennings and Sensei Tim Ames. Besides those instructors, Sensei Bob Parkison, Sensei Al Elfstrom, Sensei Allen Schaffer and Sensei Paul Bedard also led segments of the clinic.

With jujitsu, judo, kenpo and aikido all being taught, students enjoyed a great deal of diversity in what they were being shown. With the differences in material taught, everyone had a chance to learn something new, and yet practice something in which they were more familiar – which is the advantage of cross training.

The next Regional Jujitsu Clinic will be held in Salem, Oregon hosted by the Salem Budokai on June 21. This clinic will celebrate the 50th anniversary of the Salem Budokai, and should attract many former students of the school to participate in this special event.

On August 8 – 10, KaishinKai Dojo located near Centralia, Washington hosts their annual Kamp KaishinKai on the property of Ron and Sue Jennings. We're currently in the process of finalizing instructors and the curriculum for the camp. Held from Friday evening through Sunday afternoon, the camp has something to offer everyone, with classes for beginners, intermediate students and black belts as well. For students never having attended a camp or a convention, summer camp gives them a totally new martial experience, and usually a new friend or two by the end of camp. For more information about Kamp KaishinKai, please send an e-mail to Prof. Ron Jennings, the camp director, at RonJennings@KaishinKai.com.

American Jujitsu Institute

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CALL FOR ARTICLES & PHOTOS

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

On the photos please do not send the reduced byte size for the web.

Deadline for the next issue is July 15.

Mizu Shin Tao Holds Ceremonial Class

By Prof. Ken Eddy

In May of 2007, Mizu Shin Tao held a ceremonial class for the recognition of several students. The event was well attended with many friends in the A.J.I. community as well as guests, of which one was Sensei Gary Freidricks a Shotokan Karate instructor that opened the very first martial art school in Nevada back in the 1950's. I wish I could name a few of the attendees, however, I do not feel comfortable naming some and leaving someone out. These people are great supporters of the A.J.I. and I was very happy they all attended.

There was a purification ceremony and a moment of reverence for Master Okazaki, the man that made this our life. The promotions were as follows: Melissa Wiseman was promoted to Sankyu; what a joy it is to have her in our family. Mike Bern and Shane Zappatini were presented their shodans in Danzan Ryu Jujitsu. Mike Begenchev was also presented with his shodan and was not supposed to be in country at this time, but he stayed to show his respect for Sensei Rennie. Dave Kahn was elevated to the rank of Nidan and was presented with a Mokuroku as was the tradition in Master Okazaki's school. This is the traditional 8 to 9 foot long rice paper version, (very beautiful).

Then the main reason for this event: Sensei Tom Rennie was presented a Samurai Sword from the 1700's for his long service, dedication and loyalty to the Danzan Ryu System. In the tradition of KODOI am very proud of all of these fine men and am confident they will carry on the traditions and ideals of Master Henry Seishiro Okazaki.

Students of the Alaska Jujitsu Institute



Shown are students of the 3 dojos representing the Alaska Jujitsu Institute. Sensei Terry Adlawan (back row far right) tried to gather all for a group photo, but unfortunately 10 students are missing from this photo.

Plan Now for Camp Kokua in June

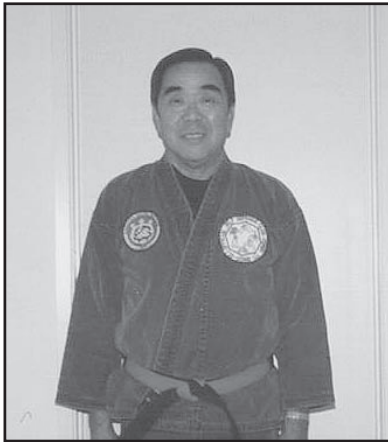
If you've not made your reservations yet to attend Camp Kokua, time is running out. Make your plans now!

The camp will be held in Buena Park, California at Knott's Berry Farm Resort Hotel from June 20 -23, 2008. The event is sponsored by the American Jujitsu Institute. 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 page 11 of this newsletter, and the Camp Kokua schedule on the next page.



HONOR THY BELT

By Professor Charles P. K. Lee

The scene is the same at every dojo that you enter and watch the students put on their gis and tie their belts. Needless to say the students have not been instructed that the belt or obi that they tie around their abdomen should be handled with care and honor.

After class, the student unties the belt and either drops it on the floor or just throws it on the chair or floor.

The first day of my training we were told that the belt is sacred and to take good care of it.

When the belt is not in use it is always around our neck or in our hands or placed in our gi.

The color of the belt depicts how hard you've worked in class and signifies your training status in the dojo. If you look carefully in any dojo or at any convention activities the Yudanshas, or black belt, never throw their belts on the floor. Throughout my forty odd years in the martial arts, I have yet to see a black belt or higher ranked person abuse their belt. Lastly, the belt is a weapon in the martial arts so take good care of it and it may some day return the favor.

Editor's Note:

DOJO PROMOTIONS ARE SPECIAL

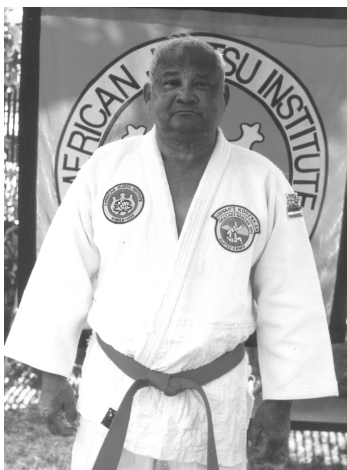
It can and should be an important time in your student's lives when they make progress and are promoted through your classes. Please honor your students by submitting your dojo's promotions to the AJI newsletter so we can all share in their achievements. You can include a photo of the students promoted if you would like.

Sometimes when we've been in the martial arts a number of years we tend to forget how important that new rank and belt are to our students. And don't forget this does not only apply to your junior students, but also to your adult and teenage students. One of my students was high school age when he received his first colored belt, and I found out later from his mother that he had actually slept with his new belt under his pillow because he treasured his new belt that much and was so proud of what he had achieved.

So, do what you can to make the moment special for your students when they are promoted to their first or next rank. Like Prof. Lee says in his article above, "the color of your belt depicts how hard you've worked in class." Make your students earn their rank and belts, but remember that all ranks achieved are special.

So instructors, please remember that the deadline for the next newsletter is July 15th.

Sue Jennings, Editor



The American Jujitsu Institute

“Thoughts and Meaning”

In all of our lives, we are constantly searching for a place of belonging, a place of well-being, of direction, somewhere we can share thoughts and ideas with friends of similar interest, somewhere where there is constant learning, somewhere we can impart our knowledge to others, a place where there is change - with stability, a place of tradition, good moral values, history, longevity and knowledge. But mostly a place where our actions make a positive impact on people in our lives. We seek this place --- in myriad of places.

Why is this search so important? You ask? Well, for one thing, human beings are social animals by nature. We naturally look for places or conditions which make us feel secure. When we feel secure, we are happy. Human beings like being happy. I like being happy! Nobody really thrives on being unhappy. At least not anyone I know.

Have you found that place? Many of us have. We've found them in churches, family, schools, clubs and amongst our circle of friends.

Many have not. Why? I cannot say. Maybe, you haven't found your niche yet! Maybe you are looking for something that's really out of your reach - something truly unattainable. Maybe, you're just too picky! Perhaps you haven't looked hard enough. Could it be that you've tried too hard. Or maybe, it's there - right in front of you and you just don't see it.

I say, there is always a place for everyone. Continue to strive, lest you be the one left behind. If this happens, you've no one to blame but yourself.

Prof. Okazaki envisioned just such a place. Ask yourselves, why is there such a huge following today, 48 years after his death? Why is the system he created one of the most widely practiced forms of Jujitsu in the United States today?

Prof. Okazaki founded the American Jujitsu Institute in an effort to pass on his knowledge and beliefs. We, as his disciples, have strived to do the best job possible in preserving what he has taught us. We have tried our best to uphold what he has stood for.

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A school of Tradition. An OLD SCHOOL of tradition. A SCHOOL WHERE TRADITION IS PASSED ON BY THE ELDERS. Whatever meaning you attach to KODENKAN, remember this, ALL LEADERS WERE AT ONE TIME -- FOLLOWERS. A leader first learned. Then he stood out. Then others began to believe in him. Then he had a following. Thus, a tradition was formed.

Many of us are getting on in years. We have recently witnessed the deaths of two of Prof. Okazaki's followers, leaders in their own right. Prof. Sig Kufferath and Bing Fai Lau. Prof. Wally Jay has recently recovered from a long term illness. Prof. Tony Gonzales is still suffering the long term effects of several strokes, Prof. Jack Wheat is recovering from yet another heart operation. We are just mortals. No one is around forever, including myself. We

(AJI -Thoughts and Meaning Continued on Page 7)

(AJI - Thoughts and Meaning, Continued from Page 6)

must make every effort to pass on what is good and what is right. I choose to do it in **that place**, that place I speak of -- that place of tradition and family.

This family of traditionalists, this family of people serving others, this family of people learning, teaching and helping, this family of dedicated loyalists - - - this family is alive and well in the **American Jujitsu Institute**. I have found my place. Someday, I hope everyone of you will too!

Mahalo for this opportunity to speak to you.

God Bless, and Aloha,

Prof. Francisco Limbago, President, AJI

Editor's Note: Prof. Daniel Saragosa felt reprinting of this article, first published at an earlier date, was highly appropriate as we approach the 70th Anniversary of the AJI . What the now deceased Prof. Limbago wrote in this article exhibited great insight into what the Kodenkan system was about then, and as it remains today.



Stacy Wong shown during the self-defense seminar she presented as her senior project.

Student Uses Self-Defense Seminar as a Senior Project

Carson Karate Club/AJI member **Stacy Wong** decided to use her senior project as an opportunity to benefit her community. Stacy chose to hold a self-defense seminar as her senior project. After several months of planning and preparation, the two hour workshop was held on Saturday, March 15th, in Senator Square at Carson High School. The idea behind the workshop was to provide some basic prevention information and give attendees a chance to work some basic self-defense moves. This event was also Stacy's first solo teaching experience since her recent promotion.

To prepare for the seminar, Stacy did research on domestic violence/sexual assault statistics. She used those statistics in a Power Point presentation which accompanied the lecture. Stacy also prepared and distributed all of the advertising materials, which included an item in the community events column in the local newspaper.

The seminar consisted of two portions: the lecture portion and the physical section. During the lecture, Stacy provided information regarding responsibility for personal safety, awareness, crime statistics and resources for help in the event of sexual assault/domestic violence. The physical portion of the workshop consisted of some basic strikes and basic self-defense techniques. Stacy also demonstrated defenses against gun and knife attacks, as well as prone and supine defense techniques.

There were approximately 25 attendees, mostly students from the high school, but there were several attendees from the community at large. The feedback from the seminar was all positive, and several of the attendees expressed an interest in attending a longer, more in depth general self-defense course.

In conjunction with the workshop, Stacy decided to raise money to donate to Advocates to End Domestic Violence, a local entity that aids victims of domestic abuse. Stacy solicited items from local businesses for a raffle and had a friend in the high school culinary program prepare baked goods for sale. Soke Dave and Maryann McNeill and many other local martial artists generously donated free classes and other items for the raffle. The raffle and bake sale raised approximately \$280 for the Advocates program.

All seniors attending Carson High School are required to complete a senior project. The project can be anything of their choosing, and must be presented to a board selected to review the projects. The student must spend approximately 30 hours planning, participating and executing their senior project. To prepare for the presentation of their project, the students must write a "report" and deliver a lecture regarding their project to the board.

Stacy put many more than the 30 required hours in to her project and her hard work was evident in the execution of and ultimate success of the self-defense workshop. Stacy is to be congratulated for choosing to use this opportunity to benefit her community.

Diagnostics for a Separated Shoulder

By Prof. Ron Jennings

One of the most common injuries in jujitsu is a shoulder separation. A shoulder separation is actually a dislocation of the acromioclavicular (AC) joint, the joint between the scapula (shoulder blade) and the clavicle (collarbone). Some people mistake this for a shoulder dislocation but an AC separation is a very different injury than a shoulder dislocation.

The part of the scapula that covers the top of the shoulder is called the acromion. The joint between the acromion and the clavicle is known as the acromioclavicular (AC) joint. One set of ligaments surround the joint and make up the joint capsule. Two other ligaments hold the clavicle down, and attach the clavicle to the coracoid process.

The most common cause of an AC separation is a fall on the shoulder. When the shoulder hits the mat, the force from the fall pushes the scapula down. The collarbone is attached to the rib cage and cannot move down enough to follow the motion of the scapula. Something gives, and the ligaments around the AC joint begin to tear.

Diagnosis is usually made on physical examination by a physician. X-rays may show the (AC) joint to be dislocated, or may be necessary to make sure there is not a fracture of the clavicle. In some cases, x-rays are taken while holding a weight in each hand to stress the joint and determine how much instability in the joint is present.

The coach or instructor may be able to help treat the athlete with a first or second degree separation, but should defer treatment of a third degree separation to a physician.

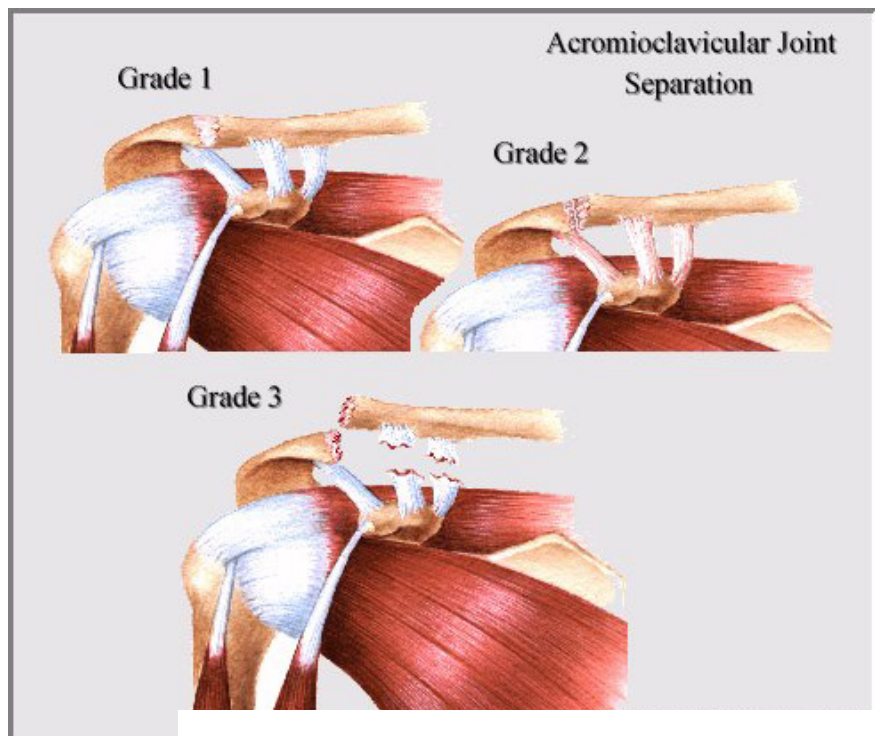
A **first degree separation (Grade 1)** is a simple sprain of the ligaments around the joint. Symptoms include pain or discomfort when moving the shoulder and point tenderness over the joint. In most cases, treatment with ice, rest, and an anti-inflammatory drug like ibuprofen will

result in the shoulder becoming relatively pain free within three weeks. In some instances, however, a first degree separation may need to be treated like a second degree separation. Pain is the determining factor.

A **second degree separation (Grade 2)** in the diagram is when the ligaments around the joint are actually torn. Pain of movement is more severe than first degree but mobility is not completely restricted. Check for a second degree separation by having the athlete stand erect, arms at their side. Have them attempt to raise their injured arm straight out to the side. Stop if the pain level warrants. If the pain level significantly rises when the arm is about 30 degree away from the body and drops again when the arm comes above their shoulder and closer to the ear than a second degree separation is likely. There are more sophisticated diagnostic tests but this is one of the most simple and accurate ones for the coach.

Treatment for a second degree AC separation usually consists of a sling and pain (or anti-inflammatory) medication until the sprain, or tearing, of the ligaments heals. In most cases, the shoulder becomes relatively pain free within three weeks; however there is a high likelihood of irritation or reinjury for 6-8 weeks. Since there is a very limited danger of making the condition worse, activity can be determined by the symptoms. The athlete can usually do whatever they can tolerate but with caution.

(Diagnostics for a Separated Shoulder continued on Page 9)



(Diagnostics for a Separated Shoulder continued from Page 8)

A **third degree separation** (*Grade 3*) is when ligaments around the joint are torn and the ligaments that attach the clavicle to the coracoid process are stretched or torn. A complete separation will result in an obvious bump on the shoulder. If the shoulder “drops” then a broken clavicle or more severe separation is indicated and surgical treatment is often necessary.

The treatment of third degree AC separations is somewhat controversial. It involves completely immobilizing the shoulder for several weeks. Some physicians recommend various surgical procedures where a screw or some other type of fixation may be used to hold the joint together while the ligaments heal. A second surgery is required in about six weeks to remove the screw. Many studies however show no difference in the outcomes for surgical treatment of separations versus doing nothing. Regardless, the injured joint tends to degenerate faster than normal and over time may become arthritic and painful. The process may take years to develop, but sometimes this happens within 1-2 years.

A Smart Old Dog

Submitted By Sensei Milton Bern

A wealthy elderly lady decides to go on a photo safari in Africa, taking her faithful aged poodle named Cuddles, along for the company.

One day the poodle starts chasing butterflies and before long, Cuddles discovers that she's lost. Wandering about, she notices a leopard heading rapidly in her direction with the intention of having lunch.

The old poodle thinks, “Oh, oh! I'm in deep doo-doo now!”

Noticing some bones on the ground close by, she immediately settles down to chew on the bones with her back to the approaching cat. Just as the leopard is about to leap, the old poodle exclaims loudly, “Boy, that was one delicious leopard! I wonder if there are any more around here?”

Hearing this, the young leopard halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees. “Whew!” says the leopard, “That was close! That old poodle nearly had me!”

Meanwhile, a monkey who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the leopard. So off he goes, but the old poodle sees him heading after the leopard with great speed, and figures that something must be up. The monkey soon catches up with the leopard, spills the beans and strikes a deal for himself with the leopard.

The young leopard is furious at being made a fool of and says, “Here, monkey, hop on my back and see what's going to happen to that conniving canine!”

Now, the old poodle sees the leopard coming with the monkey on his back and thinks, “What am I going to do now?” Instead of running, the dog sits down with her back to her attackers, pretending she hasn't seen them yet, and just when they get close enough to hear, the old poodle says, “Where's that darn monkey? I sent him off an hour ago to bring me another leopard!”

Moral of the story: When faced with a scary situation, try to think up a creative solution.

No Way Down

By Jim Warda (Submitted by Sensei Milton Bern)

There was no way down.

My nephew and I went camping at a state park. On our first day, we decided to hike.

Unfortunately for me, my nephew loves challenges so he wanted to make our hike demanding by climbing cliffs and waterfalls, and standing near the edge of every long drop down we found. Now, I like challenges, too, but I've also learned that the road less traveled is sometimes that way for a very good reason. So, near the end of our hike, which had left me worn, I found us an easy trail back to camp. But, instead, Peter turned left and began climbing up the side of a cliff wall.



I just stood there, hoping he'd come back down.

He didn't. So, I had to follow. First a foot, then a hand, until I was halfway up. Looking down, I saw no easy way back. Looking up, there was no clear way to the top. I was trapped.

Trapped, knowing that what I did next might echo through my life, whether it was scrambling down to safety or moving ahead.

So, after some hard thinking, I started moving. Grabbing a tree root, I found the next rock to stand on. Sweat came off me like rain. Yet, I climbed.

Until I reached the top, where I fell to my knees out of exhaustion. As I did, though, I realized that the man I was at the top was profoundly different from the one I had been below.

And that the only place I'd ever really been trapped was between my ears.

Reprinted by permission of Jim Warda (c) 2001. Jim Warda is the author of "Where Are We Going So Fast?: Finding the sacred in everyday moments" (Foreword by Jack Canfield, co-Creator of the Chicken Soup for the Soul series). You can subscribe to Jim Warda's Internet Column at <http://www.wherewegoingsofast.com>.

KaishinKai Dojo News and Promotions

By Sensei Sue Jennings

The Spring Quarter at the Evergreen State College branch of KaishinKai Dojo led by Sensei Sue Jennings is nearing an end with classes ending May 31st. Following that students train at the main KaishinKai Dojo near Centralia, Washington until Fall classes resume in October.

It's been an exciting quarter with about a dozen new white belts beginning jujitsu training. The enthusiasm in classes has been contagious, and the larger class sizes have been fun and yet challenging. Enrollment has been around 35 students, with all ranks represented. With students aged 12 through 45, there's never a dull moment. Approximately a quarter of the students are female, which is a higher percentage than we've ever had of women in the dojo. Even with a female instructor, men are the mainstay of the dojo classes.

Promotions held recently include: Joe Lentz and Chris Eller – Ikkyu; Roy Marsh, Silvia Reyes and Takahide Aso to Nikyu; and Eric Lewis and Ray Wach - Gokyu. A few more promotions are expected the last week of the quarter. All students are making good progress and are working hard.

**Kamp KaishinKai is upcoming August 8 - 10, 2008
Sponsored by KaishinKai Dojo near Centralia, Washington**

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