



Ka Leo O Kodenkan

American Jujitsu Institute
Since 1939

September, 2008

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

Issue 3



President's Message

A great effort from Prof. Carlos Gallegos resulted in a successful Camp Kokua at Knott's Berry Farm Hotel. It was a warm feeling as always to see many of our members and guests also. Thanks to all involved in support of Carlos, especially the Kaito Gakko and Shoshin Ryu representatives. Thanks to all the participants.

What an eye opener it was to see the Braille Institute students in action at the contests. I had been looking forward to seeing for myself how without or with very little eyesight, they could compete with our students. I was pleasantly amazed how they held their own and in fact they won many events. I was proud of our own students who were very gracious and did their best against unfamiliar opposition and personal styles. Congratulations to the Braille Institute Jujitsu Instructors for coaching the young men and women to their achievements.

Thanks to the Waianae and Wahiawa dojos and their instructors, coordinators, parents and students. Braving difficulties and high travel costs, the turnout was excellent.

The Shingen Class went well as expected. Thanks to Prof. Ken Eddy for instructing and Prof. Saragosa for coordinating. Although unusual for back to back classes in two years, the requests were too many to ignore. The attendees were appreciative for the opportunity to take the class. Don't expect another class for a few years.

I will be looking into having the Braille Institute folks across the country be more involved with us. A major share if not all of the profits from Camp Kokua will be donated to the Braille Institute to help with their Jujitsu training program.

As reported earlier, we are looking for a nice celebration of the AJI's 70th Anniversary. Thanks for the many suggestions on how and where the celebration will be held. It will be in Hawaii and Prof. Danny Saragosa will chair the event. You will hear from him shortly as to developments of our plans. Most importantly, the dates need to be saved for the event. Start looking into transportation requirements as soon as you hear from him.

AJI officials and leaders, if you haven't submitted an article for publication yet this year, you are letting us down. Our members need to know what's happening around the country. We want all the news we can get. What may not be meaningful to you, certainly would be news for the rest of us. Human interest stories are good. Pictures would be nice as well.

Aloha!

Prof. Sam Luke



Sensei Terry Teaches for Citizen's Police Academy

By Sussie Adlawan

Aloha from Alaska! We have been busy since last year's Ohana. Terry has had three surgeries since we last saw everyone in San Jose. Two on his Achilles tendon and a full knee replacement. I know that you are thinking he is the bionic man by now, right? We are thankful to have all of that behind us. He is doing very well, and finally walking without any casts and only occasionally does he use a cane.

Sensei Terry and Sensei Myron along with JT and Lundy have taught two Women's Self Defense classes for the Anchorage Citizen's Police Academy. His second course was attended by one of our local news reporters, who was doing a story on "the brutal attacks on the women in our city". I think her eyes were definitely opened at how much power she had within herself. When the course was over, she was glowing with inner strength!

We had another woman in the class, who just a couple of days ago actually had an experience on one of our walking trails.

Here is a part of the letter she sent to Sensei Terry:

Daniel and I took our dog for a walk last night to Lyn Ary Park around 8:00 pm and went down to the beach by the baseball fields. We left Daniel's scooter at the top of the bluff by the bench. We were only there about 3 minutes when these two guys looked down on us from the top of the bluff. They were in their 20's, one Black and one Caucasian. The Black one which didn't act right upstairs and started down looking right at me. The other one kept repeating to him... Chris don't go down there, I am not going down there with you... Then he said there is a kid down there....thank Gd he turned around after lots of persuasion from his friend and they left and Daniel and I and our dog made a bee-line out of there too.

I was grateful for my self defense training and that year of jujitsu. It made me alert enough to start thinking about what I would do. I kept my eye on both of them, called the dog and then I was alert to their presence... so I know that helped. I stayed very calm too. I am so grateful to you for my jujitsu and other self defense training.

Thank you so much.

LS

Because of the news reporter's story, Sensei Terry has been invited by Mayor Begich to teach a mini class on Self Defense for his entire staff (a group of 100) on August 6th. We are very proud of Terry!

Pacific Northwest News

By Sensei Sue Jennings

On Thursday, June 5th a new addition was added to the KaishinKai family and Jennings family – a new grandson to Professor Ron and Sensei Sue Jennings. **Calder Kodiak Jennings-Mapp** was born in Tacoma to daughter Kendra Jennings-Mapp and son-in-law Patrick Jennings-Mapp. Calder Kodiak has an older sister Athena who is 8.

On Friday, June 6, Professor Ron and Sensei Sue Jennings visited Sensei Tim Ames' jujitsu class in Seattle, Washington. Tim has been teaching in Seattle about 6 months and it was time for a visit to see how his new class was progressing. It's a small group to start out, but is attracting new students all the time, and is a great way to begin his first stint as the head instructor in his own school. The facility where he's teaching, the Miller Community



One day old Calder Kodiak Jennings-Mapp is held by proud Grandpa, AJI Professor Ron Jennings.



Sensei Tim Ames (front left) is shown leading his students in exercises.

Center, is near the university district in Seattle. Following class, we went to a local restaurant and solved all the world's problems.

A **Regional Jujitsu Workout** was held in Salem, Oregon hosted by the Salem Budokai on June 21. This clinic celebrated the 50th anniversary of the Salem Budokai, and attracted many former students of the school to participate in the event. JA President Scott Merrill was in attendance for the workout.

On July 28, the old KaishinKai Dojo mat found a new home. The 14' x 22' mat became part of the dojo in New Jersey in the mid 1970's and has moved from there to Washington state and been in numerous locations as the dojo changed locations. Most recently it was located in Chehalis, WA and now has moved to its new location in Tenino, WA. The mat weighs approximately 600 pounds so it takes a crew to move the mat, especially since it was on the 4th floor of a building without elevators. Thanks to the mat-moving crew who gave up a class night to move the mat. KaishinKai student Spencer Arnold is the new caretaker of the mat.

On August 8-10 KaishinKai Dojo hosted the annual Kamp KaishinKai. Information about camp is recapped in a separate article.



Prof. oversees rolling of the mat.

The next **Regional Workout** in the Pacific Northwest will be Saturday, October 25 in Springfield, Oregon. Host will be Sensei Ross Gibbs.

Recent promotions at KaishinKai Dojo include: David Woodland – Yodan; Ryan McDaniel and Mike Hutchings – Nikyu; and Pete Barnhill – Sankyu.



Now at home with Spencer Arnold.



Next we secure it for transport.



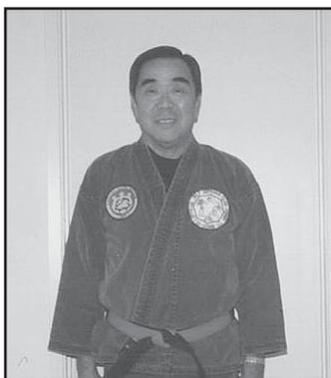
Then down four flights of stairs.



Up on the shoulders to the truck.

2008 CAMP KOKUA

Thanks to the many contributors, Pages 4 - 12 of this issue will include impressions and experiences from our members who attended Camp Kokua, including a photo essay of the event.



By Professor Charles Lee

My wife Alyce and I departed Honolulu on June 19, 2008 for our bi-annual Camp Kokua in Buena Vista Park Hotel. Sensei Lee Firestone picked us up and drove us to the hotel. Mahalo, Lee. I thought the Honolulu freeway was busy but it seems like a piece of cake. Checking in the hotel was very easy and Yvonne Cansibog made things very accommodating with her expertise. Thursday was a day of rest for all travelers from far and near.

Friday, June 20th was a leisure day for most of us and it was a time to meet our friends, members and camp participants with aloha. Handshakes, backslapping, hugging and exchanging greetings was the order of the day. I'm amazed and happy what Sensei Zane started in his first Camp Kokua, hugging and back slapping Hawaiian style, has grown and is now second nature to our club members. We had an informal meeting with all black belts and the subject of discussion was the founding and celebration of the 70th anniversary of the American Jujitsu Institute. After a lengthy discussion, the majority of members favored the anniversary be held in Waikiki, Hawaii. Be aware that this is not Ohana or Camp Kokua, but a birthday celebration of AJI. More birthday celebration news will be forthcoming.

Saturday, June 21st all members and guests gathered in the tournament room and AJI board members, Professors and heads of other organizations were introduced. The entire day was a learning day and executing new styles and arts from instructors who donated their time and expertise. It was exciting for those who have not participated with other styles with a vast array of movements. I will not forget this day for I have watched blind students learning other styles of martial arts. The instructors who have led the classes were very highly skilled in their arts and were patient with the students.

Sunday, June 22nd was tournament day and the room was very noisy with the chatter, back slapping and name calling. This day was not the usual jujitsu and karate style of tournament, but grappling. The players were placed in their respective category and the tournament began with lots of yelling and groaning from family members and friends. This was hard work for the participants because they must use a lot of energy and have stamina. The blind students participated and held their own against the other students. This style of tournament is ideal for the blind students because they do not have to throw or jockey for position. Everything is done on the mat. The winners and losers enjoyed the tournament very much.

In the late afternoon I was asked by Debbie Graham if I would instruct the blind students in Kenpo techniques. This was a unique situation because you cannot have them block a strike and executive the waza to defend themselves. After much deliberation I decided to teach hand waza when someone grabs your arm. They learned how to break the hold, where to grab the arm or hand, twist and apply pressure to the correct area and how to pin



the opponent to the ground and how to disable the person. My able assistant was Mike Bern of High Desert Martial Arts and another black belt from Prof. Gallegos' dojo whose name I cannot remember. This class was very challenging.

The banquet was very good and the food was delicious. Participants and their wives were introduced and awards were handed out to deserving individuals. Also, black belt promotions were presented to members. Prof. Gallegos and his group presented an Okinawa dance group who performed for the group. Alyce and I enjoyed ourselves with our old and new friends and are looking forward to the 70th birthday festival in Waikiki in 2009.

Aloha nui loa.



An Instructor's Perspective on "Na Ali'I Ho'Ola"

By Glenn Medici

As this was the first Camp Kokua I have attended, I did not know exactly what to expect. Our compliments to all those who made it possible - especially "Uncle Dave's" students, notably Professor Gallegos and his students - for all the behind the scene operations at 2008 Camp Kokua. The aloha spirit was felt by all in attendance!

I have always viewed myself in martial arts first-and-foremost as a warrior. Hence, I had offered to teach either a karate or a jujitsu class at 2008 Camp Kokua. Professor Saragosa, however, asked me to teach a massage class.

In an effort to respond to this request, I decided to identify just what I did differently from most healers. I wanted to add something of significant value to all of the other offerings at 2008 Camp Kokua. For example, Professor Jones presented an outstanding clinic on rotator cuff injuries, and there were many other interesting clinics presented, including one on lua.

From my perspective, we all do some form of seifukujutsu or massage in the Danzan system. Hence, in the process of searching for an approach with a difference-uniquely-my-own, I entitled the class that I taught, "How to Integrate Ki Energies into Massage and Healing Skills". I heartily enjoyed the opportunity for sharing, as well as the interest in healing arts displayed by those attending my presentation.

I am a student of Dai-Shihan Joe Holck, who trained with Professor Okazaki. I am senior yudansha in Shorin Ryu karate & Danzan Ryu jujitsu. My massage-healing methods come primarily from the teaching of the late Professor Carl Beaver, who lived with Professor Okazaki for a number of years.

I am also a certified Reiki Master. Reiki has helped me to activate and utilize ki in powerful ways



KODENKAN of PHOENIX Instructors: (L to R): Back row Craig Cummings, Sensei, Dr. Marlene Medici, Sensei, Todd Tippett, Sensei & Mason Bergeron, Sensei. Seated Glenn Medici, O'Sensei & Dai-Shihan Joe Holck, Judan.

in my life. Hence, I use my Ki healing skills every day on others and on myself. Doing so, certainly, helps me to strengthen them even more. I place extreme importance upon developing and using my ki energies. I do this not only in my seifukujutsu skills and Reiki skills, but also in advancing my warrior skills.

In my many years of practicing and observing in the martial arts, I have come to believe that compassion is the single most important quality a good healer must have. In addition, I have grown to recognize that a good instructor needs to recognize the truth in the statement, "To come full circle as an instructor 'one should be able to heal as effectively as he can kill'."

In most martial arts, Ki energy is talked about as being important. However, for whatever reason, it seems to seldom be taught or systematically developed. Every living thing has ki. Where both warrior and healing skills are concerned, one's ki can be strengthened. The Danzan Ryu arts require intensified energy as one progresses up the boards. To build this ki energy as they climb the Danzan ladder, I advise students to meditate daily and to do ki-building exercises often.

I was impressed with the level of sharing between instructors that I observed at Camp Kokua. I felt that this reflected true kokua spirit. It was a living example of the Esoteric Principles of the late Professor, in practice! The Esoteric Principles have always been very important to me, not only as they apply to martial arts, but also in my life. This reflects the values instilled in me by my sensei, Dai-Shihan Joe Holck. I learned from Dai-Shihan Holck that the Esoteric Principles should be lived daily and not just read occasionally. A further example of living the Esoteric Principles, in practice, was seen by the inviting hospitality suite hosted by the AJI. This even extended to the large balcony, where many important discussions were held in true ohana and kokua fashion. Here, again, much aloha spirit was felt by all.

Additional Observations on the Camp Kokua Proceedings: The students were mannerly and had fun in the classes I observed. It was obvious that everyone learned from the sharing. It spoke well of their many sensei and their training. The randori competition was outstanding. I was very impressed by the blind competitors. I laud the tenacity and technique of all the competitors. Their instructors should be proud!



Camp Kokua 2008

By Professor Daniel Saragosa

Camp Kokua 2008 has come and gone. The AJI would like to thank Professor Carlos Gallegos and his entire group for hosting a wonderful event. The Hawaii group arrived a few days early in order to take in some of the sights. The AJI offered a Shingen No Maki class on Thursday and Friday, preceding the actual camp. The class was conducted by Professor Ken Eddy. It was highly successful and we look forward to hosting similar advanced classes on a regular basis.

Registration on Friday, June 20th was a bit hectic. However, Donn and Julie Hearn did a tremendous job with limited resources. These two worked tirelessly over the weekend and were a big factor in keeping the event on course. They ensured that everyone received their packets, got the right number of banquet tickets, made sure that everyone received the correct t-shirts and myriad of other tasks, including handling late registrations allowed up to Sunday the 22nd.

The hospitality room was provided for and sponsored by the AJI. This, by far was the best hospitality room I have ever experienced. The room was specifically acquired as it contained the only dedicated lanai area in the hotel. People could relax, talk-story and genuinely enjoy themselves without having to worry about creating too much noise and having the party being cut-off early. There was always food and refreshments for everyone who participated.

Camp Kokua focuses on the healing arts. The creators of Camp Kokua, Zane and Debbie Graham of South Lake Tahoe founded the Camp as a means of showcasing Master Okazaki's Healing arts. The AJI featured a great group of professionals in this area and it was quite apparent that the healing arts classes were the hit of the weekend. Thanks to all healing arts instructors including Zane Graham, Sensei Glenn Medici, Professor Ken Eddy, Professor Gary Jones and Dr. Lori Jeffcolt. They all did an outstanding job.

A variety of clinics were held for both adults and children. The last Camp Kokua did not include our youngsters and the AJI decided to include them this year. The fact that the event was being held in Buena Park, California near Disneyland, played a big role in this decision. Our youngsters and families were able to make visits to Disneyland, Medieval Castle, Hollywood and other attractions in the Anaheim area. A thousand mahalos go out to instructors who unselfishly gave of their time to make this a successful event. Every mat had a good number of participants and many positive comments were made about the quality of the instruction. Kids clinics were a true test of the skills of the instructors as blind students from the Braille Institute participated. I was quite impressed that all of the youth instructors handled this with ease. All of the students were handled with great care and students commented that they had a wonderful time. It was a great to see these special people working out with all the children.

A grappling contest was held on Sunday. Participants from young to old took part. The event started a few minutes late as there were a bunch of last-minute entries. Everyone was accommodated and the event proceeded. There were many exciting matches in every division. This was a double elimination tournament and made for a very exciting event. Congratulations to the participants, scorers, referees and judges who gave of their time. Once again we received a great number of positive comments following the contest. Special thanks go out Prof. Jon Jacques and Prof. Kevin Dalrymple of Shoshin Ryu Yudanshakai. Prof. Jacques served as the tournament director. They took care of all of the logistics, ensured there was no down time and produced a very successful tournament. There was so much interest in the event that special non-scheduled classes were implemented following the tournament for people who still wished to work out. This was a great testament to the organizers who were able to get instructors to satisfy this need.

An awards banquet followed later Sunday evening. Mahalo to Professor William Fischer who emceed the event. World famous Knott's Berry Farm roasted chicken was served and everyone commented on the extraordinary taste as well as the large portions served. Special recognition was given to those who helped make the event as successful as it was. Along with the usual presentations Wahiawa Kodenkan's Jayna Yonekura performed two hula dances. The evening ended with everyone holding hands through a traditional chorus of "Hawaii Aloha."

The next Camp Kokua is scheduled for Carson City, Nevada in 2011. The event is being pushed back due to the AJI's 70th anniversary in 2009 and the movement of Ohana (2010) to even numbered years. Mark and Denise Ramsey of the Carson Karate Club will be our hosts with advice and assistance from the event founders, Zane and Debbie Graham of South Lake Tahoe.

See you next year at the AJI's 70th Anniversary on July 10, 2009.





Overwhelmed!

By Professor Carlos Gallegos

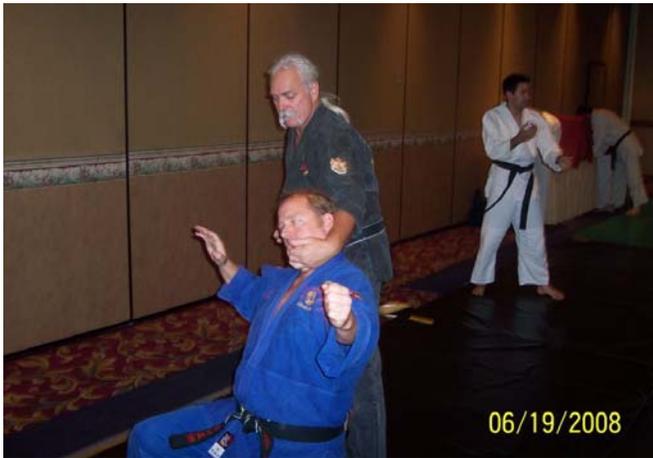
Over the years, I've always known that Camp Kokua and similar conventions were a lot of hard work, filled with sleepless nights and worries about how to make a good impression on your peers and fellow martial artists. It was comforting to find out that my colleagues and students were so willing to help carry the load and help with the immense work of hosting such an event.

A number of these people have proven always willing to help and to give unselfishly of their time: I would like to thank Professor Kevin Dalrymple, Professor Bill Fischer, Professor Jon Jacques, Sensei Donn Hearn and Julie Hearn, Professor Mel and Yvonne Cansibog, Professor Sam Luke, Professor Dan Saragosa, and Professor Charlie Lee, for their tireless help and support.

I also would like to thank all the clinic instructors for their outstanding classes: Olohe Salamon Kahiwalo, Professor Mike Chubb, Professor Gregory Fernandez, Professor Ken Eddy, Coach Dan Cotes, Professor Jim Lambert, Sensei Mark and Sensei Denise Ramsey, Dr. Lori Jefcolt, Zane Graham and Deborah Graham, and Professor Joe Calderon.

Thanks finally to all the parents, instructors, coaches, friends, and helpers who brought students to our clinics and competition. Without your support for the students, we would not be able to pass on the martial arts and healing traditions we've practiced for so long.

I was honored to be able to host this year's Camp Kokua, and hope it was as great an experience for you as it was for me. I was overwhelmed by all those who helped and participated, and I thank you all again for your support.



Camp Kokua was a great success

By Professor Ken Eddy

We are all looking forward to the Anniversary gathering of the AJI next June in Hawaii.

I presented a 'Shingen Class' at this year's camp and it was well received. I learned much and trust the attendees did also.

We had participants from most groups in the Danzan Ryu family and it was a joy to work with them.

Prof. Carlos Gallegos was a great host and saw to our every need.

The clinics in the camp were well presented and represented and I was very happy to see all of the participation. I could not stay for the banquet but I am sure it was great.

Hope to see you all at the AJI birthday in Hawaii next year.



Room for One More

By Randy Carrasco & Ramon Gallegos

Perhaps some of the most heart-warming moments in life are those in which the glory of family is experienced. Growing up as the youngest member of a 15-sibling family, I learned early in life that in family, there was ALWAYS "room for one more". This principle applied not only to relatives, but to any friends who happened to show up at the Carrasco house during mealtime or just before a family surfing trip. Events surrounding the 2008 Camp Kokua presented some of these wonderful moments for Sensei Ramon Gallegos, my family and I, and for sure, many others. Here is a story about one of those moments.

A few days before Camp Kokua 2008, a special Shingen No Maki clinic was given by the AJI. Why was this class special? Prior to the 2008 class the last one was held at Ohana 2007. According to AJI history, there had never been back-to-back Shingen No Maki classes. And I have heard the next class will not be held until several years have passed. Side note: If you get the chance to take this class - do not hesitate... JUMP ON IT!

Sensei Ramon missed the Ohana 2007 Shingen No Maki class. Why? This class was scheduled for the same day as his first day teaching a technical college course. As his Kaito Gakko dojo classmates, Sensei Lee Firestone and I shared Ramon's disappointment that he would not be joining us in the Shingen class.

Eventually, rays of light popped through the gray clouds when we learned that there would be a 2008 Shingen No Maki class. Ramon checked his schedule and it was clear! We were happy for Ramon.

It was a good thing that on the morning of the 2008 Shingen No Maki class, Ramon e-mailed me to confirm that I was going. In the e-mail thread that followed, I learned that he had a rather "strange" night (complete with EARLY AM "cat-burglar" false alarm - a whole other story) and he didn't get much sleep. In spite of all this, he remained determined to go to the class. His plan was to pick up his gi at home and ride his bike to the class. I live close to Ramon and I suggested that we go together; he accepted.

Since this was my first time driving to his new place, I got lost. I called his cell phone. No answer. I called Professor Carlos Gallegos (Ramon's dad) and he got me back on track. Finally, I found Ramon's house and found him walking around outside in a bicycling outfit, complete with clipless shoes & helmet. He was not in the best mood of his life. In his rush to get out of his house this morning, while half asleep, he had forgotten his keys, wallet, and cell phone and they were now locked in the house while he was locked out. No wonder he didn't answer his phone! He made attempts to break in, but all to no avail, for he had burglary-proofed his home after the last time he had to break in (a whole other story as well). Time was ticking and we now had less than a half-hour to get to the Shingen class. Ramon reasoned that the dire situation meant missing the class; he was sweaty, had no gi, no belt, no shoes, no place to lock his bike, and he didn't want to hold me up any longer. Professor Carlos and I were convinced that it was Ramon's destiny to be in this class. Ramon's dad was ready to drop whatever he was doing and bring him a



Participants of the Shingen class held before Camp Kokua are shown.

gi & belt. I threw the bike in my car and we drove back to my house to grab an extra gi and spare belt. Fortunately, I had my cell phone and my wife, Minnie was home. I called my wife and while we sped back to my pad, she quickly gathered up a spare gi, belt, some street clothes, and a pair of sandals for Ramon. We arrived. He changed clothes and finally, we were racing down to the 2008 Shingen No Maki class! I called Professor Daniel Saragosa and told him that we were running late and flying down the freeway. He reassured me that everything was going to be okay. Ramon and I arrived to the class (albeit a little late) and we found everyone waiting patiently... nobody appeared the slightest bit upset with us... Of course! ... This was family! ...and there was "room for one more."





Zane and Debbie Graham give special thanks to Prof. Carlos Gallegos for his role in Camp Kokua.

WANTED:

Articles & Photos for the Next Newsletter

Please send all articles and photos in (.jpeg format please) for the AJI Newsletter to Sue Jennings at the following e-mail address SueJennings@KaishinKai.com, or hard copy to: 6424 210th Ave SW, Centralia, WA 98531.

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

November 15, 2008 is the next deadline.

Special Thanks to:

The people who were instrumental in making Camp Kokua 2008 a success include the following:

Registration and Finance - Donn and Julie Hearn

Banquet Agenda - Prof. Bill Fisher

Conference Agenda - Prof. Kevin Dalrymple and Prof. Carlos Gallegos

Clinic Coordinator - Prof. Danny Saragossa

Contest Directors and Awards - Prof. Jon Jacques and Prof. Mel Cansibog

Brochure/ Workbook - Rebecca D. Gallegos

Equipment Coordinator - Sensei Ramon Gallegos

Equipment Assistant - Sensei Leo Lopez

Hospitality - Randy & Minnie Carasco

Transportation - Lee Firestone

Graphics - Mr. Fish T-Shirts and Workbook

Table Decorations - Viviana and Paula

Start Planning Now to Attend AJI's 70th Birthday Party Celebration in Hawaii

The event will take place **July 10-13, 2009** at the Makaha Resort and Golf Club, 84-626 Makaha Valley Road, Waianae, Hawaii 96782. To call telephone (808) 695-9544, or call toll free at (866) 576-6447. To make reservations, contact reservations@makaharesort.net or go visit their website at <http://www.makaharesort.net>. Mention the AJI to get the group rates. Rates start at \$119 per night for a standard room and go up to \$269 for a parlor suite.

A tentative schedule is as follows: July 10 - Registration and a Night time get-together with no-host cocktails for the adults and a Swimming Pool Party for the kids. July 11 - All Day Clinics - all participants; Evening - Pupu Party at the BEACH. Yes, the real ocean! July 12 - Morning - Bus Adults to Honolulu to visit Prof. Okazaki's Gravesite and perhaps the Nikko. (The Nikko is not yet cleared with Hachiro.) Other sightseeing will take place. The kids will have a sutemi contest or additional clinics. (No kata, grappling, kumite, etc.) Depending on the interest, we may host more adult clinics in the morning, and do the gravesite visit in the afternoon. A Buffet Banquet will be held in the evening. July 13 - Morning - Breakfast Meeting; Afternoon - Classes for those interested at Waianae or Makakilo Dojo.

July 14 - 18 - Adults classes in the Koolau Mountains at Sensei Bruce Raney's home/dojo. Teahouse gathering to follow. These classes are a goodwill gesture and there will be no additional charge, or just a minimum charge to cover food and drinks. Most likely, this will be for black belts only. This portion is not yet confirmed, but is likely.

Hotel rates are good for the week prior to and the week after the event for those who want to hang around in the Waianae Coast. For those wanting to spend time in Waikiki, we will have rates at the Ocean Resort Hotel and Queen Kapiolani Hotels posted shortly.

2008 AJI BLACK BELT PROMOTIONS

The Board of Directors have approved the following members who have met their martial arts requirements and have been approved for promotion by their sensei.

JUJITSU

NIDAN

J.R. Henderson	Eagle Karate Family Center
Kristie G. Lucius	Eagle Karate Family Center

SANDAN

Dr. Marlene Medici	Kodenkan of Phoenix
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YONDAN

Marcel A. DaSilva	American KoKoRo Ryu Aiki-Jitsu
Annette M. Kahoun	Mushinkai Judo & Jujitsu

GODAN

Monty T. Scates	Palms BudoKai
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KARATE

SHODAN

Martin Azzam	Go-Ju Shorei Karate
Stacy Wong	Carson Karate Club

NIDAN

Martin Azzam	Go-ju Shorei Karate
Kara Lowe	Hand to Hand Combat Training Center
Melanie (Foley) Warner	Hand to Hand Combat Training Center
Tom Shaw	Koshoryu Self Defense Club
Scott Schofield	American Eagle Martial Arts

SANDAN

Melanie (Foley) Warner	Hand to Hand Combat Training Center
Dr. Marlene Medici	Kodenkan of Phoenix

YONDAN

Scott Budnik	Sakura Dojo – AJI
Dr. Marlene Medici	Kodenkan of Phoenix
Cynthia Montgomery	Sakura Dojo
Denise Ramsey	Carson Karate Club



Kamp KaishinKai Was Small But Fun

By Sensei Sue Jennings

On August 8–10, **2008 Kamp KaishinKai** was held at KaishinKai Dojo located near Centralia, Washington on the property of Ron and Sue Jennings. We had a small camp this year, but enthusiastic students and instructors. From Friday at 6 pm to Sunday at noon we practiced a lot of jujitsu and a few other martial arts for diversification. The weather was nearly perfect, except for the short downpour of rain while we were watching a movie following lunch on Saturday.

During camp this year Sensei David Woodland took and passed his KaishinKai Yodan examination, which included both a written and performance exam. Congratulations from all of us at KaishinKai, Dave!

KaishinKai student Ryan McDaniel provided a treat for campers by bringing his portable food cart, Gimpy's to camp and cooking gyros for all of us for Saturday lunch as his donation to camp. This was a great treat from the usual camp fare and a big hit with students. Saturday night we visited the Lucky Eagle Casino Buffet nearby for a satisfying all-you-can-eat buffet dinner where nobody came home hungry.

We also celebrated the 30th year anniversary of KaishinKai Dojo. I think one of the most enjoyable classes at camp was Professor Ron Jennings' knots class where we learned square knots, granny knots, trucker's knots, and knots for handcuffing, knife defense and more.



Photos from Top Left Clockwise: 1) Prof. Ron Jennings shows a knot as Chris Eller watches. 2) Joe Lentz does hiki otoshi on Takahide Aso. 3) Silvia Reyes carefully holds Carmon Jenkins. 4) KaishinKai students shown at Kamp's end. 5) Sensei Tim Ames teaches massage; 6) Sensei Dave Woodland and Sensei Dana Totten work cane arts.

Alaska Jujitsu/Kenpo Institute is moving north!

By Sussie Adlawan

We have opened a new dojo in Wasilla. Wasilla is about 70 miles north of Anchorage, and is being run by Sensei Myron. He is mostly teaching Kenpo until he can get mats and then he will be adding jujitsu back into the curriculum.

Speaking of mats, several of the students worked all day on Father's Day to raise money for the purpose of buying new mats for the YMCA dojo. They did face painting and crazy hair painting at a local furniture store hosting an old fashion car rally. They raised \$330.00. A good time was had by all.

Encounter with a Youth Group

By Prof. Ron Jennings

This story happened a few years ago and has been shared with other Danzan Ryu groups but it is still relevant to today's growing problems with gang violence.

As a martial arts instructor, I get a number of visitors to my dojo. I will often take the time with the adolescents to talk about the arts and why they may be interested. I often shock them with the realities of the arts and that the arts of 911 and 357 are usually vastly superior to their fantasy of physical action. Anyway, in one particular instance with about a 14 year-old I must have done a good B.S. job, telling him about myself and letting him get to know Sappo (our hybrid wolf) a little. For visitors I don't let them know what a wimp he is and let them think I have a Guard Wolf. This young man came to me several weeks before the incident I am about to describe.

One of my young students was in what he believed to be a consensual relationship with a young lady. She said "stop" and evidently he tried to continue so she said, "rape". She brought charges against him and he was picked up and questioned. He took and passed a lie detector test twice, claiming he was innocent. She took a lie detector test and failed. The charges didn't stick but regardless, they both had emotional problems and both of them did receive counseling and support.

The young lady however was the cousin or sister of one of the leaders of a local youth group. I don't know what else to really call them. They are mainly young men in the area that have banded together to share common interests. The group felt one of their members or associates had been violated and they wanted to take action.

They had vague references to the offender being a martial artist and taking lessons from a master who had a temple out in the country. They decided that they should find this master and the temple, show up on a night when there were a lot of people there and have a Red Neck vs. Pajama Suit party and really kick butt. Afterwards they would ceremoniously castrate the offending student in front of his master. They have seen too many Kung Fu theater type of movies I thought. This was long before the Columbine High School stuff so when I heard about it, I thought it was a joke.

I called a former student who is a deputy sheriff just as a precaution and what he said scared me. The youth group was real! There were 48 of them all about 14-22 years old. They were well known to the County Sheriff's Office. There were three identified main leaders, and they had caused a lot of problems. The group was also known to have arms (45's and shotguns) and had access to several pickups and other vehicles. The "wannabe" kids are sometimes the most dangerous and the deputy called it a "threat" situation.

After inviting the SWAT team to come live at my house I was told that they can't respond to a threat but they could be prepared to arrive within 15 minutes of a phone call. That became the plan. When the youth group showed up I was to call a specific number. All I had to do was to keep things from getting out of hand for 15-20 minutes. As a coach and instructor, I should be able to B.S. a group of young people for that long (I hoped).

At the dojo I didn't want to tell the students because it wasn't something I wanted them to get involved with. They may want to actually get into the kick butt stuff and someone would get killed. This was no longer a game. My home and family was now under the threat of armed actions and bodily harm. My primary concern was for my spouse. I could just imagine another fantasy these young men could have for revenge against a rape. Why not gang-rape this guy's wife too?

I didn't want to have to resort to violence but I got prepared. I'd hate the thought of having to kill someone, so arms were out of the question (or at least out of site so an escalation of violence had to be a deliberate act). We laid



Our wolf Sappo, shown by the pagoda outside our dojo, and in the upper left corner as he looked in through the mist.

in enough pepper spray for everyone within a mile or two to have a good cry. We had our “out the back door to the neighbors for a phone call” type of plans with variations so we could deal with surprises. And, we kept the deputy informed as well as he letting us know a few things too. So we sat back and waited for the night three pickup loads of young people armed with 45's and shotguns were to show up at my house.

I couldn't sit back and wait forever so I took some proactive steps. I started to investigate things myself. I searched the literature and came across some materials about dealing with gangs in the L.A. area. There was a letter that seemed to have some good ideas so I used it as a basis and wrote a message. I then found someone who knew when this group had its meetings and could deliver a message for me.

I'll use less graphic language and shorten it but the message went something like this:

Gentlemen,

At this point in your life there are two things that are very important to you. The first thing is the social standing within your own group. One of your members has had a problem and you are upset. You feel you need to do something or take some sort of action. That I fully understand.

The second most important thing in your life right now is “feminine companionship”. That I also understand. However, if you come to my home to deal with the problem as you have planned to do, the cost is “feminine companionship”.

If you come to my house and win, as you define win, you will have broken the law and you will go to jail. The jail has no feminine companionship. If you come to my house and lose, as I suspect you will, you'll be dead. The grave has no “feminine companionship”. Win or lose, that is the cost.

The message was apparently delivered to the youth group and read aloud. There was some tittering and laughing and the message was almost dismissed until one of the newest members spoke up. That young person I started the story with was there. When he heard the name Jennings he stopped the group and said, “Jennings, I know that guy! He was Marine Corps, Vietnam, and CIA. He is an avid gun collector (I'm not, but the kid evidently thought so). That crazy son of a b__ch even has a wolf for a pet!” “That crazy son of a b__ch even has a wolf for a pet” was what made the difference. The message was received. The group quickly decided to look for other activities to pursue and Sappo had earned a lifetime supply of meat bones.

Over the next few months things quieted down and as I said, both my student and the young lady were provided counseling. Every now and then we hear a few things about the local youth and are thankful the reputation of a wolf is well known (even if not deserved).

Since this story was initially published, Sappo the wolf has passed on but I keep Sappo's picture on the KaishinKai Dojo website at Kaishinkai.com.

In Memory of Gary Friederich

By Prof. Ken Eddy

I am sorry to report the loss of a fellow in the martial arts. His name is Gary Friederich. Gary died on July 11th of a terminal disease. He was not an AJI member, however, he was a remarkable part of the martial arts family. He had over 40 years in the martial arts and was considered at the top of his style, (Shotokan Karate). He was a good will ambassador for the State of Nevada in early 1963. Gary was the sole representative in the All Japanese Karate Championship matches. I could go on and on, but the most important aspect of Gary's life was his loyalty to his friends, family and community. Gary was one of a handful of true martial artists in this country. He was unassuming, dedicated, committed to his art, constantly involved in his students' development and his community's well being. Gary was not one of the West's typical martial arts participants, he never promoted himself either literally or socially and he was one of the few that demonstrated the humility of a true martial arts practitioner. We have all lost a true friend, but we have all gained from his example. Gary, you will be gone, but not forgotten. Goodbye my friend.

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