



Ka Leo O Kodenkan

American Jujitsu Institute
Since 1939

Volume 2011

“Ua Mau Ke Ea O Ka Aina I Ka Pono”

Issue 4



Prof. Harold Horiuchi is shown standing in front of the boards in his dojo.

A Typical Practice at the Okazaki Kodenkan

By: Prof. Harold Horiuchi

Prof. Sam Luke invited me to write a little article about myself in the AJI newsletter, however I feel almost embarrassed to talk about myself and not Sensei Okazaki, or Bill Ahmoo, Joseph Choy, or Pop Young within this article since so much of who I am is because of them. So I've decided to just talk story and share a little about what I remember practice was like at the Okazaki Kodenkan. So if you're reading this article please bear with me. My memory is just about leaving me in my old age, but I'll try my best.

So this is where it all began for me.... I was born on June 13, 1933 in Honolulu, Hawaii on the island of Oahu to Norimasa and Yori Horiuchi an immigrant carpenter from Yamanashi, Japan. I was the youngest of 9 siblings, and
(Practice Cont'd. on Pg. 3)



President's Message

By: Professor Sam C. Luke

Dear Members and Friends,

I'd like to first acknowledge the passing of AJI Judan, long time member and supporter, Joe Holck. I was a young teenager when Joe joined my dad's Kaheka St. Dojo. I remember him well from our first meeting and have enjoyed his friendship over the years.

See Prof. Medici's article in this newsletter about Prof. Holck.

On another matter, in consultation with his family, it was agreed that Prof. Libert O'Sullivan would withdraw his name for nomination as AJI Director. He is in failing health. We thank him for his many years of faithful service. We ask for your prayers for him and his family.

Nominated to replace him on the Board is Scott Horiuchi, Sensei of Horiuchi Kodenkan. As a reminder, our By-Laws define voting members as officers, Board members, and dojo heads. You will be receiving your ballots shortly. Ballots were mailed out in November with the indicated deadline to return. Please vote if you haven't done it.

Membership renewals and dojo fees for 2012 should be sent in soon. Please don't delay, be responsible!

Ohana 2012 plans are being finalized as I write this message. Our plan is to have the best one yet. The program looks really good for July 6 to 8, 2012.

Many folks plan to come early or stay later to enjoy Hawaii and all that's offered. How can any visitor not enjoy a little vacation while here?

As is our custom, we will be having an executive retreat in January. Here the officers review the past year and plan for the new year. We invite your input. We need your input and critique as to way to improve the AJI, activities that we could add or other suggestions that would be of benefit to our members. All suggestions and comments will be discussed. This is my promise to you. Further, you will hear back on your input

Thank you all for your dedication and loyalty to the AJI.

Have a great Christmas Season and Happy New Year to all. Best of luck in the year of the Dragon!

Mele Kalikimaka and Hauoli Makahiki Hou!

Prof. Sam Luke

Ohana 2012 Reminder

Ohana 2012 is fast approaching. Please visit the website for current information. Book your rooms early to get the most favorable room rates. We recommend taking this opportunity to turn this into a family vacation where you'll have the chance to take in all that Hawaii has to offer.

[http://
ohana2012.americanjitsuinstitute.org](http://ohana2012.americanjitsuinstitute.org)

American Jujitsu Institute

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(Practice Cont'd. from Pg. 1)

my entire family lived in a "family-built" 4-bedroom 2-bath home in Pauoa Valley. My parents moved from Japan to escape the atrocities happening there at the time and opened up a small hardware store called Kyo ei Shokai on a side street off Nuuanu Avenue where Hosoi Mortuary now sits. At that time my days were filled with the waiting of elementary school to end, so I could go and play with my neighborhood friends before dinner. Little did I know at the time that it was actually because of one of my close neighborhood friends that my life would be shaped forever.

I was about 10 years old when a new kid moved into the neighborhood. His name was Herman King. Herman was just a fun kid. He was always doing fun things. One day while playing, Herman asked me to join a local martial arts class with him. He continued to explain that all the other neighborhood kids are going to join, and so I agreed. Later that night I went home to ask my mom if I could go with Herman to join the class. My mom simply said "No". In a soft-spoken voice she carefully tried to explain that financially they just couldn't afford it with nine children to feed, it would be impossible. I also remember "I really had a hard time asking my mom, because I knew how financially tough it was for my parents." But, I really wanted to go. Finally, a few weeks later, and a lot of begging, as all mothers do, she somehow could see the desire in my face and convinced my dad to let me try. I was going.

The next week, alongside Herman King, Clifford Lum, Raymond Yuen, Earl Ahmoo, and Henry Yoneshige we entered the Okazaki Kodenkan for the first time. Much older neighborhood friends who were well-established students in the dojo at the time, Buddy Young, and his cousin Felix Young greeted us. Buddy's father "Pop Young" was an instructor with Earl's Dad, Bill Ahmoo. I remember, "My first day was very intimidating. Everyone I knew from my neighborhood was there, and the place was packed. Imagine going to a class and all of your friend's fathers are instructors. If you joined you had to do well, if you didn't everyone would know you messed up. There was lots of pressure and I was really scared. Then, I met O-Sensei for the first time. Sensei was a big, tall, husky man for a pure Japanese person. He looked and seemed intimidating, but he wasn't. He was a very expressive instructor, with a strong voice, but he wasn't loud. He spoke English very well, which really impressed me. Time continued and I learned more, and within the next few years, I began to realize that Okazaki sensei was a very nurturing man, really paying attention to his new kids' classes. I remember once when we were practicing together he grabbed me, and picked me up off the ground. I felt how strong he really was, and from that day forward, I always remembered how his strength really didn't match his looks. He was always scolding us for not folding our keikogi properly, or reminding us of our terrible bowing upon entering the dojo.

It wasn't until I got a little older into my teens was when my appreciation for Sensei really started to grow. As with all people, age always seems to define the boundaries of your wisdom. The dojo during that time was packed with really good guys. The really active students back then were always competing with each other...who could throw the hardest, who could take the highest back fall, take the hardest throw, the loudest kiai...etc. I still remember catching the bus to class, getting off, and hearing the Kiai from outside the building, and across the street.

Here's a small testament to proper kiai. If you notice in some of the old pictures, there is a hole in the lauhala ceiling at Honbu dojo. That was made from the foot of a classmate of mine; sorry I can't remember his name. He was a small Puerto Rican guy with really good ukemi. One day everyone was playing around before class and sort of pressing him on to go higher and higher with his back falls. Then all of a sudden he was in the air. Keep in mind the ceilings were about ten feet high, his foot hit the ceiling and tore it apart. The impressive part was not the height that he had attained, but the fact that whatever goes up must come down. To this day this still remains the highest back fall I've ever seen in my entire life. His kiai was with everything he had. I remember the silence after he hit the mat. Incredible!! We were all astounded. A few minutes later Sensei entered the dojo, and noticed what happened. He was really, really mad. We had a little extra conditioning that day for everyone. However, as the days went on sensei never fixed it. It became a permanent fixture of how high your back falls should be.

It's right around this time when my perception of Okazaki sensei becomes that of nothing less than amazing. I was heavy into Seifukujitsu at that time and Buddy Young and I would always stay late after class to clean and practice more Seifukujitsu, and Anma. Sensei always would simply astound me. His technique seemed almost perfect; he could practically tell how someone was physically feeling by the way they walked. One day during a jujitsu demonstration, a classmate (I believe his name was Jerry, sorry can't remember his last name) took a really hard kick straight to the groin by mistake. He was on the ground screaming. We all started to crowd around him to see if he was all right. When I finally got there he was purple, sweating heavily, and in pain. It looked like he was holding his breath, but also in much pain. OUCH! Sensei finally came over, took one look, put his hands down his keikogi and then made him take off his clothes. He was standing there completely naked. Sensei made him kneel in

(Cont'd on Pg. 4)

seiza and told him to straighten his back. And with three really strong harai to his lower back he was fine. Color came back to him, and he began breathing normally. Later on I found out that his testicles had popped into the cavity of his body from the hard kick. Okazaki sensei basically knew how to kick it back out. For myself it was simply astonishing that he knew what had happened and how to cure it. Amazing! Another instance involved me.

Once during practice I dislocated my elbow. Sensei immediately came over and felt all over my elbow and called his son Hachiro to come over and instructed him to pull my arm a certain way. Sensei pulled against him and my elbow popped back in. No hospital, no X-ray, nothing else was needed. The next day I was like new. Since then I began to see Sensei and Hachiro for all of my major ailments. This was my turning point. From that day forward I truly began to believe that he was like a "Doctor", there was almost nothing Sensei couldn't do. I began studying harder and harder, really paying attention to the detail of the Seifukujitsu, realizing that his knowledge and wisdom seemed almost unattainable. Then one day Okazaki reminded everyone that "the practice" is the key. It's NOT just the knowledge or the wisdom that you get from others.... it's the DESIRE to PRACTICE that knowledge and wisdom consistently. That's important. From that day forward it has been at the cornerstone of everything I try to teach. Practice. Practice. Practice. Since that day I truly began to move forward. I later received my shodan and really began my true learning. Bill Ahmoo & Joseph Choy had me instructing all of the women's and girls' classes at the Kodenkan, and I remember being so afraid of making mistakes. These poor women probably deserved a better teacher, and then I remembered, Sensei's words "Just Practice." Practice what you have learned. I survived.

The day Okazaki Sensei died was a very sad day. The world lost a truly incredible man. A man that I personally thought the entire world should know. A man that paved the way for so many, and knocked down barriers that once were thought to be impossible to overcome. I only now realize that Sensei Okazaki really and truly lives on in all of us!!! So many organizations, federations, dojo, students, and even those of you who took the time out to read my little article, combined with many others whom like myself feel so deeply touched by his teachings, that they dedicate their time and talents. Because of all this..... Okazaki Sensei must truly be alive.

Since Sensei's passing and the closing of the Okazaki Kodenkan, I've moved on to open a few dojos of my own, and as I look back on it all, once again within my older age, wisdom begins to creep in once again. Practice is the key to success. Whether it is Jujitsu, doing your homework to get an A, or running a multi-billion dollar organization. Practice, and your desire to do so, is the path to your success. A 3rd grade student asked me a peculiar question the other day, as I was explaining the great expanse of the Danzan ryu organizations, and how everyone gets together for the Ohana. "Sensei, how do all of these organizations get along with each other?" I was shocked by the complex yet simple question. I took a big step back, and after a little hesitation, I simply replied what I was always taught...PRACTICE. Good luck in your own practice.



KaishinKai Black Belts assisting with the recent testing are L to R: Jotham Lentz, Tim Ames, Chris Eller, Sensei Sue Jennings, Peter Barnhill - the student being tested, Prof. Ron Jennings, and Sensei Rob Gehbart of the Ohana Dojo.

Pacific NW News

By: Sensei Sue Jennings

It's been a fun quarter teaching back at the Evergreen State College with 17 new white belts starting this quarter.

On Dec. 10th we examined Peter Barnhill for his black belt. We are pleased to say he passed and is now a KaishinKai black belt.

Others recently moving up in rank are from KaishinKai Seattle: Claire Baladou - Yonkyu; Andrew Hankins and John Goertz - Gokyu (2nd); and Sam Wilkins - Gokyu (3rd). Congratulations to all those who were recently promoted.

Also, the Pacific NW Regional Clinic will be held at the Evergreen State College on Feb. 5th from 10 am to 2 pm.

Traditions of the Martial Arts

“Kodo - Ancient Ways”

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道

By: Prof. Ken Eddy

There are three levels in the pursuit of mastering a Japanese martial art; Shu - Ha - Ri. Generally there are three separate Kanji for these terms.

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SHU is the essence of the art. It means to train exactly as the instructor teaches. Duplicate every movement and try to perfect it. This is not something that is accomplished in a few years. Some exceptional students rush through this stage in a flashing 12 to 15 years. These people then become instructors, and teach the fundamentals of the art while entering the Ha stage of training.

破

HA is the stage of training at which the student is starting to break down the techniques to totally understand the principles involved and how they fit into other applications. This is a defining point in the student's self-awareness and his ability to expand his/her understanding of what the art is all about from a mechanical perspective. To destroy their previous perception of what the art was and transform it into unlimited possibilities. Just as the Shu stage, the Ha stage does not happen over night. If you are an exceptional student, you may develop this concept in as little as 10 to 15 years. Most individuals that have progressed through the Shu stage without the proper attitude find it extremely difficult to understand that this stage is not the know-all end-all. The major stumbling block is to the elimination of the expansion of the ego.

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RI is now within reach for you, but only if you have overcome the self importance that plagues most of the individuals that think they have reached this level. This is the level of transcending the consciousness of movement.

This level is about becoming one with the “Spirit” of the power of movement without restrictions. Transcending the physical self and allowing “Mushin Muso” (having no conscious mind. “Becoming the water with no resistance, but with ultimate power”. This is the stage when you step outside yourself to become much more than the physical.

The American approach to Martial Arts is one that has damaged the arts to the point of extinction. The martial arts are not about winning trophies or becoming a celebrity. The martial arts are about developing self awareness, taking the time to understand who and what you are through introspection and contemplation. The many so-called masters will find themselves greatly lacking in humility even as they claim the opposite.

The typical American “martial artist” goes from the ‘Shu’ stage to the ‘Ri’ stage and has no idea what the art is. They are typical “surface dwellers”.

In the Asian culture they have a saying; “In the West people know a thing an inch deep and a mile long. In the East people know a thing a mile deep and an inch long.”

I once had a friend that was from Sweden and had not been back to her homeland for 17 years. She told me she was going home to see her parents and was very excited about the reunion. Before she left she took a couple, two, classes in yoga. She left for home and I did not see her for about a month. Upon her return I asked about her trip. She said her mother was very happy to see her and could not hug her enough. Her father was angry with her as well as disappointed. I inquired, “How could this be? He has not seen you for 17 years.” How could he not be excited and filled with joy?”

She told her father she was going back to the U.S. to start a yoga school. She had taken two classes and felt it would be her new career. Her father made the statement that says it all!

***“Only in America can you be a student today
and a teacher tomorrow.”***

Aloha Dai-Shihan Joe Holck, Sensei and Friend

By: Prof. Glenn Medici

Joseph Holck, Colonel United States Army, Chairman Emeritus and Dai-Shihan of the Kodenkan Yudanshakai passed away peacefully at 0745, November 6, 2011, surrounded by his family in Tucson, Arizona. The world has lost a truly great martial artist, teacher, and human being.

How does one ever fully thank his Sensei? I'm not sure it's even possible. I do know that I am eternally grateful for all the many things Dai-Shihan Holck taught me, both on and off the mat. It is an extreme honor to be the "deshi" of such a great martial artist and human being. The Holck Ohana is very private, so you would probably never hear any of this from that source. I would like to share with you what a great man he was. In addition, I will also include some lesser-known facts.

Aloha Spirit always flowed out of Dai-Shihan Joe and Shihan Amy Holck whenever they greeted you. They both taught me what "aloha" truly is. I was just an Arizona lad. I knew of deserts, mountains, and Arizona traditions, mostly cowboy. I knew nothing of what the Aloha Spirit was all about until I saw it demonstrated – over and over again – by Dai-Shihan Joe and Shihan Amy in Tucson, Arizona. WOW! you knew you were family.

I was both privileged and honored to formally receive my first black belt and credentials in Dai-Shihan's living room in Tucson, Arizona. Many years ago, when the Kodenkan Yudanshakai was a lot smaller, important formal events occurred in the private setting of Dai-Shihan and Shihan Amy's living room. The Kodenkan Yudanshakai has grown substantially over the years. Nowadays, it requires a much-larger, less-intimate facility.

The annual Memorial Day Weekend Martial Arts Camp is a long-standing tradition in the Holck Ohana and the Kodenkan Yudanshakai. Many a time, we did a thousand kicks per leg as the sun came up over the southwestern sky. This was followed by breakfast and all-day-long grueling workouts. There were many times I had to use concerted effort just to extricate my totally exhausted body from my vehicle upon the return to Phoenix from Tucson.

In Dai-Shihan Holck's many teachings, he always stressed the "Esoteric Principles of Professor Okazaki", especially the perfection of one's own character. This was dear to his heart, as was pure Danzan Ryu technique. It is important to know that Dai-Shihan Joe Holck was instrumental in helping unite the effort to have the very first Ohana gathering in 1990. He preferred to be in the background, as he was a very humble man.

One weekend in the mid-1980's, we drove him to Laughlin, Nevada, for a Pre-Ohana "hotel-room" meeting. In attendance were Dai-Shihan Holck, Prof. Carl Beaver, Prof. Norm Nelson, Prof. Mike Chubb, Prof. Bill Fischer, Prof. Steve McMillan, Sensei Kirk Jaeger and I. From that meeting, the dialogue was initiated to bring all the families back together again in one venue for the first time in many years. This dialogue resulted in the creation of the first Ohana gathering in Irvine, California in 1990. Both in his service to this country as a Colonel in the United States Army and in his efforts to advance the Spirit of Ohana, Dai-Shihan Holck led by example, both on and off the mat.

At that 1990 Ohana, Dai-Shihan assigned me to be "glued to his hip" in the hospitality room for the entire night. I was to be a "fly on the wall", just observing, for posterity sake. It was also my job and honor to have a bottle of sake prepared and close at hand for such proper occasions! It was very interesting to me to listen to the many conversa-



Prof. Glenn Medici is shown standing behind Dai-Shihan Joseph Holck, head of the Kodenkan Yudanshakai.

tions from all the various Danzan Ryu families, coming together after such a long separation. The most common theme was, “Just who is doing the techniques correctly?” This did not matter to Dai-Shihan Holck. What mattered to Dai-Shihan was honoring the legacy and teachings of Professor Okazaki.

I was further honored to have Dai-Shihan Holck serve as one of my best men for my wedding. What an extreme pleasure to have shared all the many things I have with such a great martial artist and human being. Mahalo nui loa, my friend and honored teacher. In tribute to the passing of such a great teacher, I have decided that the shiny new black obi that was presented to me by Dai-Shihan Holck many years ago will now be formally retired. Of course, that once-shiny black obi is now quite weathered, having been rendered almost-completely white by the constant wear throughout these many years. Dai-Shihan, it is now your turn to join the Danzan Ryu greats who have gone on before you – including Prof. Okazaki, Prof. Bill Montero. Prof. Carl Beaver, Prof. Francisco Limbago and Prof. Sig Kufferath. You leave an outstanding legacy for your many students. I will always honor you as my Sensei. I will always honor your legacy. I will – always – deeply miss my friend.

Aloha, Sensei, my friend and mentor. Me Kealoha Pumehana.

Your deshi, Glenn

“For Those Who Have Eyes To See”

By: Prof. Ken Eddy

It has been an interesting journey to explore the world of ‘Danzan Ryu Jujitsu’ I started my martial art studies as a thirteen year old in “home study” of ‘Shotokan Karate’ and, as I later learned; “home study” was not at all close to what the Original teachings of shotokan were. In 1964 I pursued a Japanese style of Jujitsu known as ‘Kukishin Ryu Jujitsu’. Later I practiced a Chinese style known as “Ba Gua Quan”. I was not doing the “American thing” of training in multiple arts simultaneously. I was not able to find Kukishin when I moved, but at the age of 24 I was fortunate enough to get invited to train with a Ba Gua Master Dr. Samuel Lee Wong, from Hong Kong. When he went back to China, I wanted to stay involved with the martial arts so I would have more personal growth. Being exposed to Danzan Ryu, through my son, I found an art that embodied everything I had experienced as well as the doorway to a lifetime of learning and growth. Over the years I became aware that most people teaching the ‘Danzan Ryu System’ of jujitsu had very little understanding of what the system was and how incredibly ingenious it is. I have stated many times that the “Lists” we teach, (the basic boards), are the tools of Danzan Ryu. They **are not** the art of Danzan Ryu. The Kodenkan Dojo was a place for the students to gain exposure to the martial arts. There have been remarkable teachers that have come from the tutelage of Master Okazaki, but many of the students that spent only a short time with Master Okazaki, or one of his instructors, did not fully understand what they were being shown. “The students were all given the ‘tools’, but never built the house.. They did not ‘see’ or did not demonstrate that every single technique is a gateway to an endless array of techniques to apply to **any situation**. Every technique you are taught is the **embodiment of a principle**. The basics can be effective techniques given the proper circumstance, however, by design, they are given to teach the underlying principle and not the ‘escape, strike, throw, etc.’ Some people have mentioned one basic technique that can expand into the whole methodology of Bo (long staff) fighting. Do they not realize every technique can expand into a never ending universe of application and growth? Some of the sensei are of the opinion that Master Okazaki changed some of the techniques he taught as time went on. I am of the opinion he emphasized the principle so more people could understand what he was trying to show them through more in-depth demonstration of the principles.

If you take the time to look and you understand the principles, you will see the folly in those that pursue the “mixed martial arts” approach. A Sensei that understands Danzan Ryu will have unlimited resources for his/her students. There is no art, karate, judo, kick boxing, grappling, boxing, wrestling, that cannot be found within the Danzan Ryu System. It is sometimes necessary to expose your students to a new experience into another art. This can be fun, exciting and illuminating. If they have a sensei with the understanding of Danzan Ryu, they will “see” that they already are being exposed right in their own dojo. That is not to say there are not instructors that can give a different perspective than your sensei. This can often open new doors to bring about a deeper understanding and can also give the student a greater appreciation for the Danzan Ryu System.

Danzan Ryu is a lifetime endeavor and creates much more than a means of self preservation. It gives one the opportunity to grow in unimaginable ways; to reach personal fulfillment and success in whatever one chooses as a personal goal.

2011 Camp Kokua

“The Snake and Flower Report”

By: Sensei Mark Ramsey

This is my opportunity to thank everyone for their attendance and assistance in Camp Kokua 2011. Without the assistance of the AJI and the Kokua Alliance the event would not have happened. Pre-event fundraisers and donors included: Mahalo to Zane and Debbie Graham for their cash donation, and for organizing the Camp Kokua 2011, at Carson City, Nevada.

Regarding the sushi making class fund raiser before the Camp, I would recommend that everyone ask Zane to teach a sushi making class for their school, and make sure you come hungry. Thanks also to Marta Azzam and Dave McNeill for their fundraising events. Without these fundraisers Camp Kokua would not have occurred. The puzzle mats for Room 2 were kindly lent to the campers by Sensei Tom Rennie - Mahalo!

Some numbers to share from the event: There were 44 registered “campers” for Camp Kokua this time, 16 clinic instructors and 4 backup instructors. 3 Jujitsu Clinics, 3 Karate Clinics, Yoga, Tai Chi, Arnis, and combined arts sessions were held as well. One mat was dedicated to healing arts and therapy for the entire event. One surprise addition of music was for Sensei Jason Spencer’s counter throws class from a local church band. Fortunately, only one minor “you break ‘em, you fix ‘em” incident occurred, and there were 50 shocking purple and orange T-shirts! Where are all the green belts? All but eight (quick count) campers were shodans and above. The attendees were about 60/40 mix of AJI members and folks from local martial arts schools. And there were only 5 students below the age of sixteen. Prof. Weinberg and Sensei Ramsey searched for green belts to squash before the clinics started and were very disappointed. Once the starting bell rang though, bodies were hitting the mat like normal and all the sensei got some quality time to be students - which we all appreciate.

Kau Kau: The Chef at the Plaza resort did a remarkably good job for the Friday appetizers, and I think the Saturday buffet line was outstanding; no rubber chicken at this camp! I also need to thank Zane and Debbie for donating the beef and fish for the Sunday barbecue, Prof. Lee did the secret marinade for the spareribs, and my Mom made a ton of potato salad and beans - Thanks Mom!

Awards: Congratulations to Sensei Brian McElhany for promotion to Nidan. And Mahalo to Sensei Marta Azzam who received the Graham Spirit of Kokua award for all her hard work and giving without expecting anything in return.

Final Thanks go to Denise Ramsey who did all the financial planning and negotiating for Camp Kokua - she did the most work of all!

For Future Events: It’s time to start planning now for Ohana 2012 (Oahu) and Camp Kokua 2013!! (Alaska!)

Photos seen at the right are from **BBQ Carson City, Nevada** at Mark and Denise Ramsey’s house on Sunday, October 2, 2011. Prof. Charles Lee was overseeing Zane Graham Sr. preparing the special sauce for the Korean Kal-Bi ribs, and sliced sashimi ahi. Friends and family brought salads, beans, breads, desserts, and of course recent wine country specialty wine, beer and sodas for our indulgence. There was so much action we forgot to have the scheduled AJI meeting. A thousand mahalos to the Ramseys for opening their house and dojo to all of us. Nice job barbecuing Sensei Mark!



Camp Kokua 2011 Now Part of History

By: Zane Graham Sr. and Deb Graham

2011 Camp Kokua now recorded into AJI history, Sensei Mark & Denise orchestrated the event with great self-sacrifice and made this exciting event happen. They experienced many a lost sleepless nights, tossing and turning. As the event came to a peak Denise and Mark realized all was worth the time spent. Everyone experienced a moment/weekend in time never to be forgotten; knowledge pouring out of the instructors minds, and fellow martial artists learning shared techniques to bring to their dojos and students in their local areas.

Ask those who have experienced the hosting adventure:

- o 1993 - South Lake Tahoe, California - Zane & Deb Graham
- o 1995 - South Lake Tahoe, California - Zane & Deb Graham
- o 1997 - Lake Topaz, Nevada - Scott Budnik
- o 1999 - Creswell, Oregon - Ross & Monica Gibbs
- o 2002 - South Lake Tahoe, California - Sue Kezich / William Johnson
- o 2004 - Waianae, Hawaii - Daniel Saragosa
- o 2006 - Meyers, California - Zane & Deb Graham
- o 2008 - Buena Park, California - Carlos Gallegos
- o 2011 - Carson City, Nevada - Mark & Denise Ramsey

These hosts tell you what it totally takes is teamwork, agreeing that hosting becomes self-sacrifice, they will tell you it is a large task and very important to make the event fun and interesting for all.

Understand the example statement from Former President John F. Kennedy quote:

“IT’S NOT WHAT YOUR COUNTRY CAN DO FOR YOU...IT’S WHAT YOU CAN DO FOR YOUR COUNTRY” in comparison “IT IS...WHAT “YOU CAN DO” FOR THE AMERICAN JUJITSU INSTITUTE.” We have the resources to generate action and knowledge to create events. KOKUA can teach you to be a part of the American Jujitsu Institute family. There are three types of martial artists today:

1) “The Checkers” they check things out - see what I can get out of the organization, wait for when time makes it is convenient to be a part of AJI. **2) “The Users”** they come take what they need, get the papers, go to another and disappear until they need another certificate. **3) This is rare in any organization “The Doers”** they make things happen for others, they care for others, not to make a name for themselves; they do things from the kindness of their hearts - KOKUA. They do anything and everything for the future of the organization and members of the American Jujitsu Institute - Ohana.

We love this example from the principles of Judo and memories from Henry Okazaki:

“the bough that bears the most, bends the lowest”

we all could be a good of an example of the new “uke” of AJI as our mentors were for us.

Kokua is a Hawaiian word that translates as: “Extend loving, sacrificial help to others for their benefit, not for personal gain.”

Much Kokua to our profound event instructors: Prof. Danny Saragosa, Prof. Charlie Lee, Prof. Ken Eddy, Prof. Alexander Archie, Prof. Rick Manglinong, Sensei Kevin Schaller, Sensei Marta Azzam, Sensei Mary Ann McNeill, Sensei Diane Ortenzio-Cooling, Sensei Sue Adlawan, Sensei Andy Tourin, Sensei Mike Bern, Sensei Jason Spencer, Sensei Dan Weinberg, and Instructor Mark Lord.

This AJI event has been in existence since 1993. As the founders and developers of Camp Kokua, we can only hope that the future generations of American Jujitsu Institute members get to experience the knowledge and experiences of our “old timers”. So many of our respected sensei and professors are not here to share their knowledge and skills with us any longer.

We hope to see you on Mat 1 in Alaska 2013.

Thank you to all of AJI Ohana and our Alliances.

September 21, 2011 -- International Peace Day

INNER PEACE

By: Professor Kainoa Li

The initial title for today's sharing was actually "INNER PIECE". By "piece" I was referring to that part of ourselves that feels the compassion to reach out a hand to those who may have hurt us or those we love. I also am referring to the "piece" of us that can feel "missing" when we suffer loss. Today is officially the last day of summer. Today is also International Peace Day. This day of peaceful reflection was established by the UNITED NATIONS ten years ago in the wake of 9/11.

Integrated in the arts of Kodenkan are elements of the Hawaiian Art of Lua. Because Professor Okazaki founded his art of Danzan Ryu Jujitsu in Hawaii, various Hawaiian cultural elements were integrated as well. While we may all be familiar with the importance of Aloha and Ohana in the art, other elements of Hawaiian culture are interesting as well. In Hawaiian culture the summer months were the time of the war god KU. It was in the heat of summer that wars were fought. The fierce protector KU ruled in the heat of the summer and it was only during this time that war was "in season". After this time no more warfare was allowed as the following season brought with it a time of Maluhia (peace). KU, more specifically Kukailimoku, was also the personal guardian of our King Kamehameha the Great. As the paramount symbol of masculine strength, KU, is also symbolic of all that is upright or best in a man. As a student of Hawaiian Lua this duality of what it is to be a man has always been a very powerful symbol for me. As a child I was in awe of the image of KU. As a Haumana (student) of Lua it became personal as the fuller meanings of Hawaiian cultural teachings were bestowed on me. I grew to have a different understanding of what it was to be a man and what it was to be truly strong. To be truly strong as a Hawaiian warrior is not to subjugate others, it is to have true integrity within yourself and fulfill your Kuleana (responsibilities) as a Nakoa (warrior).

Certainly after a lifetime of training I know that the more skilled I become the more fragile I realize life can be. This is a tremendous responsibility. Whether we realize it or not, our true job is peace. So if today is the last day of summer, it should be our last day of war, at least within ourselves. The challenge for any individual should be clear: attempting to build world peace is a difficult task to take on if we are at war within the intimate walls of our own selves. I find myself thoughtfully brought to awareness of one of the resolutions set forth for 2011 in repairing damaged relationships. Suddenly I am confronted with a very real awareness that one of the most essential relationships is internal.

"If we want peace on earth, it truly does need to begin with ourselves."

When we think of war on a conceptual level, it is often in a large, broad, and sweeping way. And yet to participate in war, it is always something a little more personal. I am reminded of Sir Winston Churchill's stirring words on July 18, 1940 as his small island nation squared off against Nazi Germany and the Axis powers. "Let us therefore brace ourselves to our duties, and so bear ourselves that if the British Empire and its Commonwealth last for a thousand years, men will still say, 'This was their finest hour'."

As students of the martial way we find ourselves with an interesting paradox. Our "finest hour" can be found equally in both love and war. In war it can be seen in our resolve not to give in to the forces of evil. In love it can be in our efforts to build a more peaceful world so that such wars are never necessary.

In the early morning hours of September 11, 2001 I was stirred by phone call from a friend that woke me up faster than a bucket of ice water in the face. It was both big and personal at the same time. I know many of us were as stirred as I was to get into the fight...and yet ten years later I cannot help but wonder if we might be able to go far beyond that with those same visceral impulses. I'm not saying I know how, only that to end terrorism we have to heal what causes it to begin with or we will always have new bad guys to fight over and over and over again until the end of time itself. Violence can be an addictive recipe. Like all negativity, it finds its nest in small things and grows like an infection. It can soon spread into all the little corners of ourselves and into those we associate with.

In the core philosophy of training used in our school, we teach a progression we call The FOUR PILLARS. We define these pillars as the Physical, Mental, Emotional, and Spiritual stages of learning.

When we learn a martial art we often start with the PHYSICAL skill set of particular techniques. Developing new motor skill coordination, repetition, and muscle memory has to be followed up with a MENTAL understanding of the how and why of the techniques being learned. As a connection is formed between the things the student knows and

the new information is made, true learning begins. Since the skills of the martial arts can and do hurt people, there is a natural EMOTIONAL component that becomes critical in a student's growth. On the positive side is an increase in self-esteem, discipline, and focus. On the negative is the possible urge to give in to feelings that inspire some students to use what they have learned inappropriately or irresponsibly. In the worst cases high-level skills are taught to people without character development and grown up bullies of the worst kind become predatory monsters. This is why the SPIRITUAL element is the fourth pillar. A level of moral responsibility needs to be at the core of anyone seeking the true warrior's path. If the spiritual aspect is true, then when all things are equal it can be an amazing ace to have.

Traditional martial arts are studied in a progression designed to develop solid moral character. We train physically, then mentally, then emotionally, and finally spiritually. When we are called to use them however, the ideal progression flows in reverse. Consider the now familiar tale of the woman who lifted a car off of her trapped child. Spiritually she had no doubt that her child should live and was willing to sacrifice herself if need be without a second thought. Emotionally she loved her child so there was no separation between her heart and soul in the worthiness of her cause. Mentally she takes the only strategy immediately available to her and physically she takes action and amazingly lifts the car to save her child. It may not make logical sense, but we all know deep inside that it is possible. Knowing this, it is within the power of each of us to make the world a more loving and peaceful place. We just have to want it that badly. If we start our frame of reference from this very best part of ourselves, we realize how important education can be. As people others trust to train and teach them, it is our job to make a difference. Some good examples include the great work some of my students are doing at The Boys and Girls Club of Hawaii to raise awareness of peace and how each of us can make a personal difference in sharing it. Another testament is the impressive job the kids at my nephew's school did in preparing their classroom to be a living celebration of International Peace Day. And then there are the little things we take for granted that have been done daily for centuries....

In Hawaiian the word for peace is "Maluhia". The word "Shalom" in Hebrew and the word "Salaam" in Arabic are said daily amongst Jews and Muslims and mean the same thing. A Christian may say "Peace be with you" or a practitioner of yoga may say "Namaste"...somehow regardless of culture or religion we know this has value. To echo tidings of peace is nothing new to humanity. We know the truth my friends; we just don't always act on it.

On the last day of summer in 2003 I was in the Middle East. I remember being in Iraq at the remnants of a five star hotel in Baghdad looking over the Tigris River. I remember thinking that the smartest thing we could do was create a true "Green Zone" (safe area) and build schools for kids. To build their army of terrorists, the Taliban taught orphan children and raised them not to like us very much. We could do the reverse by inviting various groups that care about kids to come in and teach. Ideally the schools would come from a wide diversity of religious or non-denominational backgrounds to build diversity for future generations of Iraqi citizens. Naive of me I know, but it seemed like a better idea than to be fighting forever. Here in America we have to look at kids without parents and what they need to feel love and build self-esteem. Not tolerating a bully has to be matched with getting at the root of what creates them. No little baby is born, takes it's first breath, and says to itself: "I wanna grow up to be a bully, criminal, or terrorist."

To be a true teacher of the martial arts is to be far more than someone who solves the problems of self-defense. We need to be willing to venture into the core of ourselves and be willing to reach out to those we are close to. We need to grow to the point where we are better at education, better at healing, better at prevention, and better at intervention. Why just be better problem solvers if there is the slightest hope of dissipating the power of the problem. If evolution exists, it hasn't really started yet. We will have evolved when humanity outgrows cruelty. As teachers of the martial arts, and followers of "the gentle art", generating the start of this evolution should be our vocation. In a subtle way we already do this formally in following Professor Okazaki's legacy. Our gatherings such as Camp Kokua and the Ohana are held in the summer, contrasting what was originally the time of war in ancient Hawaii.

To truly seek peace is to do nothing less than dedicate our united efforts toward the complete healing of that part of us inclined to wage war. Without healing that piece of ourselves that falls prey to anger and fear we cannot evolve to our true potential. The highest aim of the warrior is to eliminate the need for his service. We fight little wars every moment of our lives. I pray all the pieces come together. It is all of our kuleana to make it so.

Maluhia o ke Akua,

Amene

"War may be a rite of passage for manhood, but peace is the ultimate arrival for humanity. True war is known by far too many, true peace known by far too few."



10th Promotion at the Kaito Gakko Orange, California Dojo

By: Sensei Randy Carrasco

On September 29, 2011, ten Menehune Class students and five Adult Class students of Kaito Gakko Orange advanced at the dojo's 10th promotion. That night, everyone on the mat enjoyed a vigorous workout and performed various demonstrations. Visiting Kaito Gakko member, Professor Kalani Akui performed the belt slap ceremony on the one person who earned a new belt, Angelina Tran. Assistant instructor Louie Iligan helped tie the new belt on. After all promotions were made, Professor Akui's brief speech illustrated a few key points from Professor Okazaki's esoteric principles as silent cross-leg seated students eagerly listened.

Afterward, the customary pot-luck feast started without delay. As usual, there were goodies like somen salad, fried rice, pasta salads, chicken wonton salad, chopsuey, lumpia, sandwiches, brownies, cookies and other pupus, pizzas, fried chicken, Hawaiian short bread cookies and fruit platters.

The following individuals were promoted:

Menehune Class

White Belt 1-stripe

Eusebio, Jacob
Gonzales, Kennan
Iligan, Robby

White Belt, 2-stripe

Ramirez, Jessica
Ramirez, Jayden
Ramirez, Josh

Yellow Belt

Tran, Angelina

Yellow Belt, 1-stripe

Carrasco, Malia

Yellow Belt, 2-stripe

Colton, Parker

Orange Belt, 1-stripe

Carrasco, Garrison

Adults

Purple Belt 2-Stripe

Rodriguez, Gerardo
Binsol, Rit
Bui, Khanh

Brown Belt 1-Stripe

Do, Kevin
Ramirez, Al



Hawaii's Model Parent of the Year Awarded

By: Prof. Daniel Saragosa

On June 26th, 2011 -- AJI's President Samuel C. Luke was honored as Hawaii's Model Parent of the Year by the Hawaii Chinese Society. A banquet was held in his honor at the Empress Chinese Restaurant in downtown Honolulu.

The event was attended by several hundred people including his wife Florence, his family and friends. Prof. Luke was presented with an all-expense paid trip to Beijing.

Representing the American Jujitsu Institute were: Prof. Libert O'Sullivan, Prof. Melvin Cansibog, Prof. Daniel Saragosa and their wives. Also present was Sensei Kainoa Li.

Clockwise photos starting at top left are:

Prof. Sam Luke - the honoree.

Prof. Luke with dignitaries including Mayor Peter Carlisle.

Prof. Luke and his wife Florence.

Prof. Luke with his sons.

Prof. Libert O'Sullivan and his wife Beverly.

Prof. Mel Cansibog and his wife Yvonne.



The History of Prof. Okazaki's 'Massage'

By: Prof. Ken Eddy

In the last newsletter an article was presented on some of the history that was professed to be Master Henry Seishiro Okazaki's Seifukujutsu. I was outraged when I read the article.

Yes, the information on Kellog was somewhat accurate; however, the information on Master Okazaki was not.

Master Okazaki started his training on the Island of Hawaii, the Big Island in 1909 in Hilo, Hawaii. He trained in many martial arts, however his major training was under the tutelage of Sensei Yoshimatsu (Kichimatsu) Tanaka at the Shinyu Kai Dojo.

The style was Yoshin Ryu Jujutsu. Master Okazaki received his training in the healing art of Seifukujutsu from Kichimatsu Sensei. Kichimatsu Sensei was a healer in his own right.

The art he passed on to Master Okazaki was the 1600 year old Japanese art of "Seifukujutsu" and it is still being done today in Japan. The thought that Master Okazaki was doing "Swedish massage" was not the case. Yes, Master Okazaki did share and trade information with Pete Barron on both European techniques and business protocols, he **did not**, however, practice the European styles. Master Okazaki moved from the big island of Hawaii to Maui in 1926 and Master Okazaki's brother, Genkichi joined him. Genkichi came to Hawaii in 1917 and together they opened the "Seifukujutsu Inn", (restoration and replacement recovery clinic) along with a dojo for teaching jujitsu.. The facility was in Paukukalo and was located right on the beach. They had hot tubs and a large area used for treatments as well as a dojo area. Master Okazaki was now able to treat persons with physical difficulties without the direct scrutiny and objection from the Japanese community even though he was still ostracized and shunned for his teaching of "outsiders". It was not considered appropriate to expose these techniques to anyone outside the "cultural" (Japanese) Family. In about 1929/1930, (having gone back and forth to Oahu a couple of times), Master Okazaki moved to Oahu and purchased the Dole Plantation "Office House" at 801 So. Hotel St. in Honolulu. It was here that he opened the Nikko Sanitorium, (sunshine institution for healing and recovery), and began the practice of "Seifukujutsu" as well as his Danzan Ryu Jujitsu. The "healing" side of Traditional Jujitsu **is** "Seifukujutsu".

Many people were under the impression that Master Okazaki developed this system of massage just as he did his Danzan Ryu Jujitsu system. This style of "massage" therapy and treatment has been practiced in Japan for hundreds of years and was developed over a period of about 1600 years. They are still done this way in Japan today.

The technique is called **Nihon Kaifuku Anma** and is the basis for Seifukujutsu. The famous "elbow technique is an integral part of many Asian modalities, one of which is well know to the west as Shiatsu. Yes, Shiatsu means "finger pressure", however; they use their elbows, knees, entire hands, and even their feet for treating maladies.

It is necessary to note that the theory and application of the Asian modalities are directly in conflict with the "so called" western or Swedish approaches. One of the major conflicts in Asian techniques are **energy balance, not blood**. Another is "**away from the heart**" whereas Western is **toward the heart**. Yes, Master Okazaki did study some of the Western (Swedish) methodologies, but there is nothing "Swedish" in his "**Nihon Kaifuku Anma**". Yes, Master Okazaki did improvise at times, however, this is in compliance with the Protocols of the Japanese "Seifukujutsu" as one of the tenants of Asian medicine is intuition. This is something totally frowned upon in Western Medicine. Let me take a moment to make one more comment. The term "Swedish Massage" is a label that was determined by an individual or group of individuals, (possibly Kellog), and not indicative of the European terminology for the type of massage done in Sweden or any other northwestern European country. Prof. Kufferath mentioned, "if you were to request a Swedish massage in Sweden, you would be confronted with looks of confusion."

The Nikko Sanitorium is still in operation today at 801 So. Hotel St., Honolulu, Hawaii, with Master Okazaki's grandson, Keith Okazaki attending. Master Okazaki's son Hachiro was running the clinic until his recent death.

Editor's Note: The article that referred to the Seifukujutsu that appeared in the last issue of the AJI Newsletter was: "John Harvey, the Colonel, the Professor and Cornflakes."

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