

Ka Leo O Kodenkan

American Jujitsu Institute

Since 1939

Volume 2017

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

Issue 1

Working Together We Can Make Our System Even Greater

Ohana 2016 brought our Danzan Ryu Kodenkan Jujitsu family together in Reno, Nevada. Practitioners from most of the family spawning from Prof. Henry Okazaki's system gathered for several days of clinics, contests, a banquet, and comraderie, enjoying what the area had to offer.

The next Ohana event will be sponsored by Jujitsu America in 2018 and will also be held at the same hotel in Reno, Nevada. Begin your group's planning so you'll be able to fully participate in this event.

The Ohana Alliance, the group of organizational leaders that plans the Ohana events, met following Ohana 2016 to plan for the next Ohana and determine what we can do to bring organization to the Danzan Ryu family to continue these events with smooth transitions between. The leadership of the Alliance was voted in to remain the same with Sam Luke, President, and Sue Jennings, Secretary. However a committee with members appointed from various organizations in our Alliance, was formed to oversee which organization will be selected to host the following Ohana events. We look forward to this group being a positive addition to the Ohana Alliance being able to work together.

We look forward to finding out in the near future which organization will be hosting the 2020 Ohana celebration. Hosting an Ohana celebration involves a tremendous amount of work and commitment from the members in the hosting organization. The result should be an enjoyable and well organized celebration of Prof. Okazaki's system, where we renew old friendships and make new friends. Our goal is to further the system which we all enjoy and devote so much of our lives to its propagation.

For now, we in AJI, look forward to the upcoming Camp Kokua/Summer Classic which will be held in Honolulu, Hawaii on July 21-23, 2017. Information regarding this event can be found further in this newsletter.

Enjoy your friendships which can change overnight. Celebrate your students' accomplishments as they journey on their path learning the system. Remember that compliments for what people accomplish go much further than complaints about goals they did not meet. Support each other, and stand up for a great system of martial arts that we've been fortunate enough to be a part of.

How many organizations that have a sporting component such as we have in our jujitsu, can honestly say their goal is **perfection of character?**

How many groups can honestly say they turn their students into leaders, people who can give of themselves to make others better and still emphasize playing fairly with others, and developing character?

How many organizations can honestly say they consider healing as important, if not more important, than the physical component of their system?

Think about this when you attend an Ohana event. You are part of something very special, which makes you special for just being part of it.

Thank you, Prof. Henry Okazaki, for the legacy you have entrusted us with, of your system of Danzan Ryu Kodenkan Jujitsu.

Have a great 2017!

Sue Jennings, Editor



President's Message

by Prof. Sam C. Luke

To our members, associates and friends, we are wishing you a fantastic coming year. May you all be blessed with good health and longevity.

We just ended 2016 and I am happy to report that we had a very successful year. Yes, we encountered a few bumps along the way, but we overcame very well.

2017 looks to be promising as we concentrate on plans for the year. We are excited to be hosting Camp Kokua 2017 in Honolulu. Being held in conjunction with that, will be the AJI Summer Classic Tournament which we plan on featuring a variety of contest, including Grappling, Sport Jujitsu, Kata, Grappling etc..

Camp Kokua/Summer Classic promises to be great event for us and will be a great time for our members to plan for a Hawaii vacation.. The dates are set for July 21,22, and 23. We encourage coming early or staying after to enjoy what our island has to offer.

As always, I encourage your input to me. I'd like to hear from you on your concerns or suggestions for a better AJI.

Aloha,

Sam Luke

President

AJI

Ka Leo O Kodenkan

Hauoli Makahiki Hou!

**That's Hawaiian for
“Happy New Year.”**

American Jujitsu Institute

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Web Site:

<http://www.americanjujitsuinstitute.org>

<http://www.campkokua.com>.

Cultural Transitions

By: Sensei Mason Bergeron

To Okinawa and Back Again: a Warrior's Dream

(Article is presented in 2 Parts - 1st part this edition, with Part 2 in the next edition)

LANDING IN OKINAWA

It was a dark and rainy autumn night in 2008 when my flight was coming in for landing on the small island of Okinawa, Japan. I had been traveling for almost 24 hours and couldn't wait to finally be on the ground. As the pilot announced that we would be landing shortly, I stared out the window and tried to make out what would soon be my new home. Through the fog, the rain and the darkness, I could only see the crashing waves beneath me. I knew it had to be there somewhere. "Just a little longer," I told myself. Finally, some lights in the distance began to appear. For the very first time, I was approaching "The Island of Karate" and it was love at first sight. After almost 20 years, my dream was finally becoming a reality.

THE JOURNEY

Unlike the majority of foreigners stationed overseas that find their way to a random Dojo, my path was not so incidental. I began training in Uechi Ryu Karate in 1991 at 10 years old at one of the only Martial Arts schools in my small Minnesota hometown. From the very beginning, I took my training seriously, always wanting more. My original teacher had been stationed on Kadena Air Base in Okinawa during the early and mid 1960s. I grew up listening to his stories of the people and the training in Okinawa. By the time I was fifteen years old, I had already decided that I would eventually, like my teacher, make my way to the Island.

Later on, in 2002, I traveled to the annual Uechi Ryu Karate Koshukai event that was being held in California. Like the Danzan Ryu Ohana, teachers and students gather from all over the world to train together. This particular event was led by Grandmaster Kiyohide Shinjo, head of the Uechi Ryu Kenyukai Association. After several days of training and utter inspiration, I asked some of the American pioneers of Uechi Ryu how someone like myself could make a living in Okinawa. One of them mentioned enlisting in the Air Force and getting an assignment there. I thought



On top of the Katsuren castle near my home in Uruma-shi, Okinawa.

about it briefly and then hurried to find Shinjo Sensei amongst the crowd of people. I politely approached him, and excitedly promised that I was going to join the Air Force and would see him soon in Okinawa. I returned to Minnesota and found the nearest Air Force recruiter. Shortly after that, I was on an Airplane to Lackland Air Force Base, Texas for Basic Training.

To my surprise, I was not sent directly to Okinawa after basic training. Instead, I was sent to Biloxi, Mississippi and later to Luke Air Force Base, Arizona. I was told that my assignment there would likely be a minimum of four years. After accepting this fact, I decided to look for a Uechi Ryu Dojo in the local area, but had no luck. However, I was fortunate to find a small Danzan Ryu Dojo in North Phoenix where I had the honor of spending the next four years training under the strict and watchful eye of Professor Glenn Medici of the Kodenkan of Phoenix. The time I spent there was, and will forever be very precious to me. I learned an entirely new side of the Martial Arts that I had previously been blind to. While this Dojo became like a new home for me, and I would take what I had learned there with me forever, I ensured that I never lost sight of my dream, and why I was there in the first place. I constantly updated my base of preference list and reminded my leadership that I would do anything for an assignment to Okinawa. In February 2008, I finally received orders and would be on my way to Kadena Air Base that October. That was perhaps one of the most memorable days of my life thus far.

ENTER THE SHINJO JUKU

After landing in Okinawa, I was led to the tiny dorms that I would be living in until I found a new home off base. It was late at night, and I immediately crashed in my new bed for a few hours of sleep. I awoke early in the morning to look out my window and thought, “I finally made it...”

While other airmen warned me about going off base and “culture shock”, I ventured out of the base as quickly as possible and into the local community in hopes of finding the Uechi Ryu Kenyukai Honbu. After 30 minutes or so of driving down old narrow roads, I finally came to a dead end. There was an older Okinawan man sweeping his driveway very close to where I stopped. I leaned out of my window and attempted to ask him where the Shinjo Dojo was. He attempted to communicate back, but with little luck as my Japanese was limited to “please” and “thank you.” In his final effort to help me, he set his broom down on the ground and motioned for me to move to the passenger seat. He buckled himself into my driver’s seat and drove me about a mile away and stopped at a large red bridge. He got out of my vehicle, pointed straight ahead and said, “Dojo there.” I tried offering to drive him back to his home, but he smiled, bowed and politely refused as he began walking back in the direction that we had come from. Was this the “culture shock” I’d been warned about? This was my first



Uechi Ryu Kenyukai Honbu Dojo in Yomitan, Okinawa.

interaction with a local, and I was utterly humbled by this man's kindness and hospitality. When speaking of the kindness of the Okinawan people, I occasionally tell this story and I'm certain that I'll never forget that man.

I continued over the bridge and soon saw a large Dojo sign just in front of a quiet beach area that read, "Uechi Ryu Karate-Do Kenyukai Shinjo Juku". I parked nearby and approached the sliding wooden doors of the Dojo entrance. Standing just outside of them was Master Shinjo. Unsure if he would remember me or not, I politely bowed and said "Hajimemashite. Yoroshiku Onegaishimasu", or "Nice to meet you (for the first time)". He laughed and said in English, "Not first time! I've been waiting for you to come here." And that was it. I was a permanent fixture in that Dojo for the next six years.

DOJO LIFE

I worked Monday through Friday from 7:30-4:30 and would be at the Dojo by 7 pm every Monday, Wednesday and Friday. We also frequently trained on Saturday mornings. The first several months of training was a testing period. There were constantly new American military personnel visiting the Dojo to try it out. Very few of them ever stayed more than a month or two. There is a way of weeding people out in that Dojo that tourists rarely see. There was no fan or air conditioning in the Dojo, and the weather in Okinawa is hot and humid year round. The first hour and a half of training usually consisted of grueling exercises, lifting and carrying heavy "gami" (large sake jars), countless repetitions of Kata and intense body conditioning well known to Uechi Ryu practitioners. We do practice sports Kumite when preparing for tournaments, but for those first few months, the last 30 minutes of class usually consisted of a different kind of "sparring." And by "sparring", I mean fighting. This was not sports Karate. There were no points called. There were no time-outs, and there were no pads. I would be lying if I said that there was no blood, injuries or broken teeth from time to time. For the first several months, I left every class bruised and limping, only to find myself there again and ready for more. Of all of the hard fights, this was the hardest and truest battle.

Over time, things did get easier and they realized that I wasn't going anywhere. I found myself being invited to help with youth tournaments and participate in Dojo meetings over the weekends. I began to spend a lot of time with Dojo members outside of training. They were constantly supporting me and helping me to live and succeed on the island, and I did everything I could to support them at every opportunity. Though my initial purpose for being there was Karate, the more time I spent with them, the more I realized that there was so much more to this place than that. While assisting with a children's class at one of our branch schools, I heard the fa-



After being tested for and awarded to Godan and Shihan in Uechi Ryu Karate by my Sensei, Kiyohide Shinjo.



With my Kobudo teacher, Masakazu Kinjo.

Kobudo Hozonkai (ancient Okinawan weapons preservation group). All three of which became like family to me.

Before I knew it, all of my time was devoted to the arts and the people involved in them. I spent my Monday and Thursday evenings at the Kobudo Dojo, Wednesday and Friday nights at the Uechi Ryu Dojo, Saturdays were usually booked with supporting events of one or the other, and Sundays were spent with the Sanshin study group. I was in heaven. The mentality and lifestyle of the Okinawan people is simply amazing. They literally dedicate their lives to their craft. In most cases, parents will bring their child to a reputable Dojo that they trust. Once introduced, that child will likely spend their entire life as a member of that Dojo. This kind of devotion is a way of life on that island and there is much to be learned from it.

(Cultural Traditions Part 2 will be featured in the next newsletter)

miliar sound of the Sanshin, the Okinawan three-stringed banjo-like instrument, coming from outside of the Dojo. My good friend and Senpai's father was playing the traditional music on the steps. I had always enjoyed the sound of the local music, and seeing him play immediately made me want to learn. I asked him about it, and he laughed at first, but later agreed to help. He brought me to his favorite shop and helped me choose my first of several handmade Sanshin. I began to study formally and became a student of a well-known Minyo (traditional music) teacher there. That same man also introduced me to Ryukyu Kobudo and I began to accompany him to our Kobudo Dojo an hour south twice a week. Within a few years, I was a member of not only the Uechi Ryu Kenyukai, but also the Okinawa Minyo Hozonkai (traditional music preservation group) and the Ryukyu



At one of my performances for the Okinawan Minyo Hozonkai, Traditional Okinawan Music preservation



One Man's Opinion

By Prof. Carlos Gallegos, Kaito Gakko

PAASAC is an acronym used for **Parents Acting as Self Appointed Coaches**. This type of parental coaching happens often at judo competitions.

Unfortunately, PAASAC prevents children from thinking for themselves. At best, it's like shouting answers while your child is taking a test. At worst, it can lead to injury.

I believe PAASAC is also a micro-aggression and is the stuff of children's nightmares; hearing their parents screaming at them, telling them what to do, especially when the parents are not Judo practitioners themselves.

It's particularly troublesome for referees and corner judges who must make bout-decisions and need to assess if the competitors are thinking for themselves.

Throughout my 50 years of going to and participating in martial arts competitions, I have seen episodes of PAASAC

increase in this great gentle art. If this problem continues to escalate, competition officials won't be necessary as the parents will run the competitions themselves!

Keep in mind, a competitor must rely on his or her knowledge of what they learned from their instructor and from their experience at practice or competition. They do not need answers shouted to them.

AJI's Newest Life Member

Hans Ingebretsen
Shichidan

Chief Instructor at Shinbukan





Seifukujutsu PART II

No Ali'i Ho'ola

"To Royal Warriors and Healers"

By: Professor Glenn Medici

This article is intended as Part Two of the article published earlier in the AJI newsletter entitled, "The Vanishing Art of Seifukujutsu".

I was once asked whether I was a Healer first, and a Warrior second, or was I a Warrior first and a Healer second? This was a very easy question for me to answer. I am most definitely a Warrior first, and a Healer second. It is my opinion that one must somehow first survive the battle, before he can heal or assist others off the battlefield.

I am glad to see the American Jujitsu institute place so much emphasis on the healing arts these days – as well as they place on the fighting arts – in preserving the many arts and legacy of Professor Okazaki.

I am pleased that 2017 Camp Kokua-Summer Classics will be held on Oahu as a joint activity, from July 21st thru the 23rd. I especially enjoy the Camp Kokua venues because they focus primarily upon the Healing Arts. I find it to be an excellent time to meet and interact with different healers and martial arts instructors from all over the world.

One such healer I highly recommend to anyone is Professor Gary Jones of Little Rock, Arkansas. Professor Jones, in my opinion is a healer first, and a warrior second. There are healers, and then there are master healers. In my opinion, Professor Jones is a master-healer. In the course of my training, I was taught the Seifukujutsu boards by Professor Carl Beaver and can apply those skills when required. However, I cannot even **come close** to performing the skills of Professor Jones.

He is a Licensed Massage Therapist in the State of Arkansas. He has authored several state board-certified courses for Licensed Massage Therapists in that state. Professor Jones owns and operates his own professional state-licensed pain clinic in Little Rock. Over his many years of practice, he has treated a wide assortment of conditions.

Professor Jones will tell you that he does not teach Seifukujutsu, because his teachers – like a lot of the "old timers" – did not teach such things. He chose instead to focus upon more-advanced aspects of relieving the pain of his fellow man.

Professor Jones's knowledge of anatomy and physiology and his hands-on skills are impressive, to say the least. Professor Jones gets to the **root** of the pain/problem by either lengthening or shortening various muscles, ligaments, and tendons throughout the extremities as needed to relieve pain.



Professor Gary Jones of Little Rock, Arkansas is shown helping one of his patients.

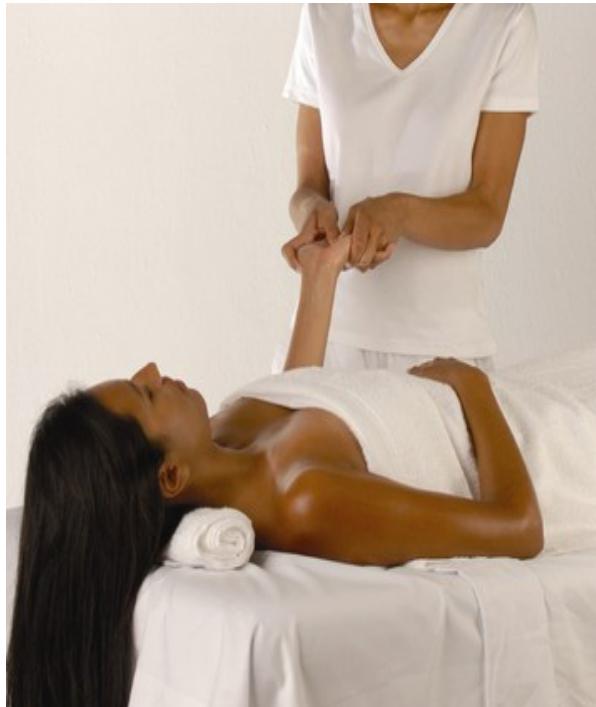
Having taken a trip to Little Rock to visit with the Professor and his House of Kodenkan dojo, I can personally attest to his many healing skills. I was having major pain in my lower leg that particular day; I could hardly walk through the airport.

Professor Jones picked me up at the airport and took me immediately to his clinic to work on my leg problem. In about 45 minutes time, he solved the problem! As a result, I was able to workout in his dojo without any pain and could enjoy his southern hospitality that weekend. The pain has never come back.

***Don't forget your annual AJI Dues are due and payable
as of the first of the year.
If you need more information, please go the AJI Website.***

What Is Proper Draping for Kaifuku Anma?

By: Zane Graham Sr. and Deb Graham, Sons Of Tahoe Seifukujitsu



Drape a Massage Client Properly

It's imperative to employ proper draping when you're massaging a client. A drape is just a blanket or a sheet used to cover clients and protect their modesty. This makes them feel comfortable as well as wards off sexual advances from clients who want to behave inappropriately. In the United States, the law requires you to cover massage clients with a drape.

Leave the room and let your client undress and lie down on your table.

When the Client is Face-Down

Use a flat sheet or blanket to cover the entire body. It's wise to start out with the whole body covered with a drape to make your client feel comfortable and safe with you. You can uncover each area as you massage it (pull the top of the sheet down to expose the back so you can work on it).

Ask the client if she wants her back covered back up when you move down to her legs. Some clients may become cold but some are completely comfortable with their backs remaining exposed. Pull the sheet back up when you're ready to flip the client over.

Drape just the buttocks with a towel if your client is comfortable with that. If you need to work the buttocks, simply pull the drape up and secure it while you work.

Pull the sheet underneath the client's thigh if you want to stretch the quads while the client is prone. Bend the client's leg at the knee and grip the leg underneath the thigh. Lift his leg up slightly so you can pull the sheet under his thigh. This will make him feel more secure while you perform the stretch.

Tuck the sheet underneath the thigh in the same manner before you massage the back of the leg. Although it's up to you if you want to massage this area this way, most clients are okay with you just pushing the sheet aside for this.



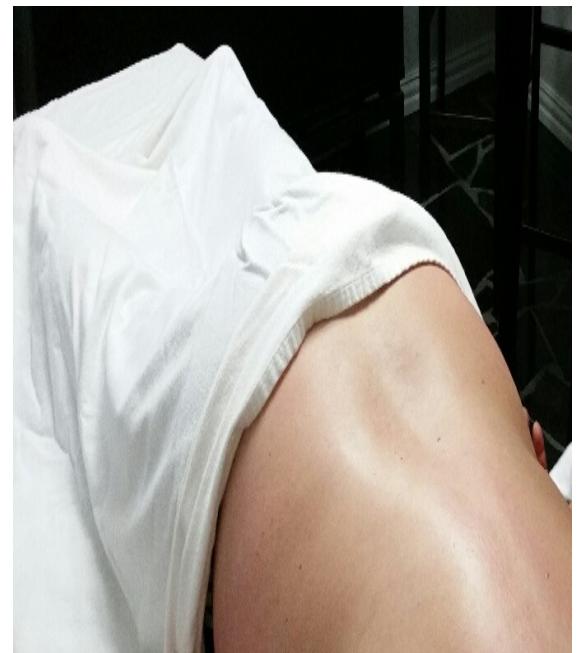
When the Client is Laying Face-Up

Cover the client's body with a flat sheet or blanket. This is the most appropriate way to drape a client while they're supine. Uncover only the body part you're working on, but you should never expose the breasts.



You could also cover her breasts and hips with a towel; you can use one large towel to cover both areas, or two smaller towels. If her breasts are large, give her two towels for sure. Men should cover their groin area with a large bath towel folded in half.

Lift the client's leg up slightly to pull the flat sheet under his leg so you can stretch him. With your hand under his knee, gently lift his leg a little and pull some of the sheet under his leg. When you stretch his leg, you can have him hold part of the sheet to keep it tight against his thigh and retain his modesty. Whether receiving a massage, herbal wrap, exfoliating scrub or other massage service; remember that it is usually the best practice to provide treatment that ensures the safety, comfort and privacy of the client.





Pictured Left to Right at Ohana 2016 in Reno, Nevada are: John Doyle, Sue Jennings, Dana Totten, David Woodland, and Professor Ron Jennings. John Doyle and Dana Totten received their AJI and KaishinKai Sandans at the event. David Woodland was recently promoted to Godan through KaishinKai with the title of Professor.

Pacific Northwest News

By: Sensei Sue Jennings

Martial arts are alive and well in the Pacific Northwest in 2017. We have active schools through KaishinKai in LaConner, Eatonville, Seattle, Grand Mound (or Centralia as our home dojo address is listed), and Portland. We also have our satellite schools through Sensei Dave Woodland in Lyman, Wyoming, and Sensei Stefan Saunders in Chicago, Illinois.

We also have been fortunate to have Prof. Len Riley, ShoshinRyu and AJI member, that has moved to the Seattle area in 2016, as well as Prof. Dale Kahoun, Kilohana and AJI, that has also relocated to Oak Harbor, an hour north of Seattle. We are pleased to have them in our area and able to attend some of our events and share their knowledge of Danzan Ryu with our students.

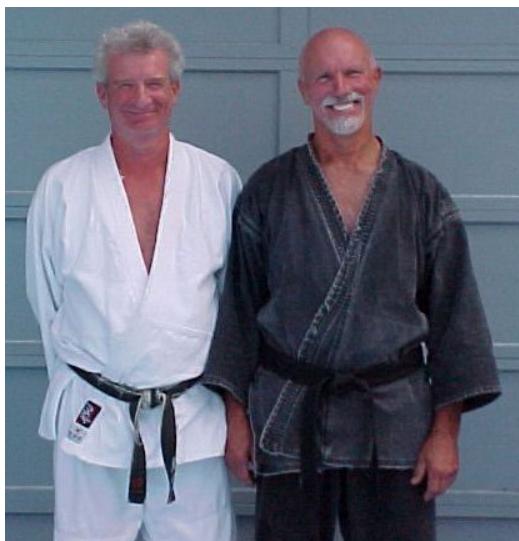
In August, Sensei Chris Eller of the Seattle KaishinKai Dojo hosted Kamp KaishinKai on his student, Olivia Latham's property, on Whidbey Island. We had a full day of classes, followed by a banquet at a local oriental restaurant to the students' delight. A few students spent the night, while



Prof. David Woodland, left, is shown teaching a technique to Allen Schaffer at Camp KaishinKai. Dave has attended and taught at many KaishinKai events since becoming a student of Prof. Ron Jennings.

the rest retreated back to the mainland. It was a new experience having our summer camp on an island, with all having to arrive by ferry. Good job, Chris and crew! We of course were pleased that massage and yoga were part of our curriculum at camp, as well as the more physical classes.

Also, in December at the Seattle Dojo, Prof. Ron and Sue Jennings attended Sensei Chris Eller's dojo for his annual Christmas party and of course participated in his class, with each teaching a segment. Not to be outdone, Prof. Len Riley attended and also taught a segment of class. At the end of class we were honored to share in the promotion of AJI members Olivia Latham and Luke Gentry, both to the rank of ikkyu.



Classes are back at the home dojo at Grand Mound being taught by Sensei Sue Jennings. Her class is a smaller one with the focus on big guys. Most of the students are over 250 lbs. That should keep life challenging!

We look forward to hosting the Pacific Northwest Regional Clinic at our home dojo on Saturday, February 11th. This is an event that Sensei Sue Jennings has hosted for the past 10 years or so, which had been previously held at the Evergreen State College, but since she's no longer teaching there it will be held at the home dojo. The four hour clinic draws from Washington and Oregon instructors and has a varied curriculum.

Prof. Al Elfstrom of the Salem Budokai Dies

This bring up some sad news we must report. One of our dear friends from the Salem Budokai, Prof. Al Elfstrom, passed away unexpectedly in December. He was co-sensei

of the Salem Budokai which has operated their dojo at the Salem YMCA for decades. Al was a great instructor and a delightful person, always interjecting his sense of humor, as well as skillful technique while on the mat. Off the mat, he was quite the jokester. He not only taught jujitsu, but aikido, karate and judo as well. He taught at many of our summer camps as well as at most of the quarterly Regional Clinics over the past 20 years. This dear man will be greatly missed by all in the Northwest.

But on a happier note, Professor Ron Jennings would like to announce the promotion of Sensei David Woodland to KaishiinKai Godan with the title of Professor on January 1, 2017. This is very special because he is one of only two students, joining Sue Jennings that have been recognized by that rank and the title of Professor by KaishinKai. Congratulations to both.

Also, we would like to announce the promotion of Sensei John Doyle and Sensei Dana Totten, both to the rank of Sandan, at KaishinKai. This occurred at Ohana, 2016 in Reno, Nevada. There they were both awarded Sandan by AJI and KaishinKai. Congratulations to both on your years of commitment to Danzan Ryu.

We look forward to another great year of martial arts in the Pacific Northwest.

Top photo: The leaders of the Salem Budokai - Sensei Bob Parkson, left, and Prof. Al Elfstrom on the right in the black gi.

Bottom photo: Prof. Al Elfstrom is shown demonstrating on Tim Ames at a Regional Event in Portland, Oregon.



2017 Camp Kokua



July 21-23, 2017

Honolulu, Hawaii



Pagoda Hotel

1525 Rycroft St.
Honolulu, Hi 96814
Ph: 808-941-6611



Room Rates:

\$131.00 Standard Room + Taxes
Additional \$10 for Kitchenette Room

Rates are available for four (4) nights. Book early to ensure your room.

Cut off date is 60 days prior to the event. Thereafter, rates and availability might change.

Reservation Code: Mention "American Jujitsu Institute" when making your reservations.

Featuring Clinics, Instructions, Massage and Martial Arts, Okazaki Gravesite Visit, Awards Banquet (All You Can Eat Buffet), Shopping, Night Life, Beaches, Authentic Hawaiian Luau's and much more.

Visit: www.campkokua.com

Also Featuring the 2017

AJI Summer Classic Tournament

AJI 2017 Camp Kokua

Registration Form

July 21-23rd, 2017

Honolulu – Hawaii

Name: _____

Phone: (_____) _____

Address: _____

Age: _____

City: _____

State: _____

Zip: _____

School or Organization: _____

Instructor: _____

email: _____

Lodging:

Pagoda Hotel
1525 Rycroft St.
Honolulu, HI 96814
Ph: 808-941-6611
Fax: 808-955-5067

Rates:

\$131.00 Per Nite - Regular Room
\$141.00 Per Nite - Kitchenette Room
\$ 13.51 Per Nite – Convenience Fee
Mandatory: Includes WIFI, in room Coffee, safe, PS3 Games, shuttle to Ala Moana Center, Newspaper in lobby.

Mention the Camp Kokua Rate for the American Jujitsu Institute Weekend.

Clinics to be held at:
Washington Intermediate School
1633 S King St, Honolulu, HI 96826

One Form Per Person Please!

Event	Cost	Quantity	Amount
Clinic - Youth (16 yrs and under)	\$35.00		
Clinic - Adult	\$60.00		
Camp Kokua Youth T-Shirt	\$12.00		
Camp Kokua Adult T-Shirt	\$18.00		
2XL 3X	20.00		
Banquet - Adult (Sunday night, July 23 rd 2016)	60.00		
Banquet – Under 12	35.00		
Seifukujutsu 3-DVD Set with Workbook	100.00		
Okazaki Gravesite Visit (Monday, July 24 th)	15.00		

Make Checks Payable to: AJI

Do not send cash!

Web Site: <http://www.campkokua.com>

email: decastro.mindy@gmail.com:

Mindy DeCastro: (808) 386-9214

Total:

\$

Mail To: AJI ~ Mindy DeCastro ~ 82 Kaluhea St.~ Wahiawa, Hi 96786

Waiver of Liability

I certify that I am medically and physically able to participate in this activity. I have been made aware of the potential hazards involved in jujitsu, karate and other self defense training and competition. Knowing the potential hazards involved and in consideration of my application being accepted, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, waive, release and discharge the American Jujitsu Institute, it's instructors, it's officers, the City and County of Honolulu, the State of Hawaii and anyone acting on their behalf, from any and all claims of liability for personal injury and, or death arising out of, or in the course of participating in this activity. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Your Signature: _____ Date: ____ / ____ / ____
(Participants Signature if 18years or older - Only)

Print Your Name: _____
(Print participant's Name)

Note: If under 18 year of age, parental signature is required and noted below:

Print Name of Parent or Guardian: _____

Parent or Guardian's: _____ Date: ____ / ____ / ____
Signature

You may print and sign this form and mail to address indicated.