

Ka Leo O Kodenkan

American Jujitsu Institute

Since 1939

Volume 2015

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

Issue 2



Notable DZR dignitaries at the 1995 Camp Kokua: Back row (L-R): Prof. James Muro, Prof. Tony Janovich, Prof. Clyde Zimmerman, and Prof. Bill Fischer. Front Row (L-R): Prof. Imi Okazaki Mullins, Prof. Charles Lee, Prof. Wally Jay, Prof. Jack Wheat, and Prof. Sig Kufferath.

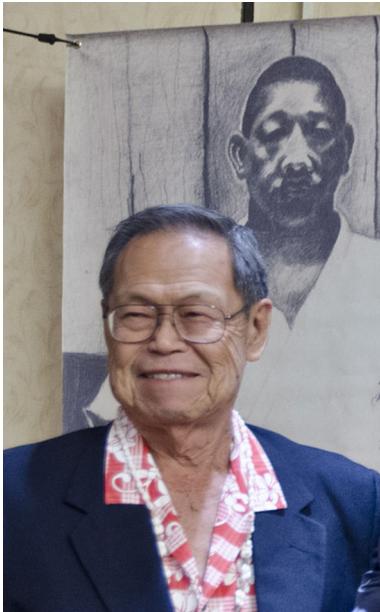
Camp Kokua is Approaching Quickly

Camp Kokua is the brainchild of Zane and Deb Graham of South Lake Tahoe. As members of the American Jujitsu Institute and owners of Koshoryu Kenpo of South Lake Tahoe, the Grahams' vision of bringing together masters of various martial arts in a sharing of knowledge, became a reality in 1992 when the first event was hosted in South Lake Tahoe. Since then, the event has flourished at various locations, with the prior camp held in Anchorage, Alaska.

This year the event will be held July 31 - August 2 in Portola, California. The instructors' list includes but is not limited to Professors Sam Luke, Danny Saragosa, Zane Graham, Mike Chubb, Kevin Dalrymple, Carlos Gallegos, Roy Center, Jason Spencer, Tom Rennie, Mike Esmailzadeh, Bob McKen, Geoff Lane, Hans Ingebretsen, and Dale Kahoun. Prof. Ken Eddy and the Mizu Shin Tao are hosting the event.

See registration and information forms on Page 13-15 of this newsletter. Visit <http://www.campkokua.com> for further details and forms.

Sign up now for AJI's Camp Kokua



President's Message

By: Professor Sam C. Luke

Dear Members and Friends,

The AJI celebrates Happy Days! Here, we tend to overlook whatever bugs us. Rather, we be thankful for the good things in life. We ask all of you to join us in this daily celebration by following the esoteric principle•. If you find yourself losing sight of your direction, try getting back on track. Remember, teach, practice, and live your life according to these principles. Trust me, you will live better and have a happier life.

A few weeks ago we held our annual Executive Retreat. We usually have an overnight deal. This year, due to conflicting schedules, it was an all-day and into the night affair. We encouraged input in the form of suggestions and comments from our membership and received a handful, including new ideas. These ranges from policy decisions,

special recognitions, defining policy and more effective teachings and teaching methods. Every topic suggested was brought up and discussed. I am proud to say that we have codified some important policies and procedures that we have followed over the years, but which the membership may not have been fully aware of. Institutional memory is sometimes lost if things are not codified. As such, certain practices, or the way of doing things seem arbitrary and our membership may not know the reasons behind decisions. Codifying our practices provide clear and concise policies for our members to follow. Once the final printing is done, the current Policies and Procedures will be widely distributed. This will be done in June when our new insurance policy is updated and mailed out to School Heads.

What we do and how we do things is what we think Professor Okazaki would be proud of. Nothing selfish! We pride ourselves in following our founder's Way of Life. Moreover, we are motivated to assist the entire Danzan Ryu family in sincere efforts to recognize, follow, promote and live life according to the Esoteric Principles.

Many Kodenkan leaders have been in contact with me. I thank you for sharing your thoughts and suggestions. For Prof. Okazaki, for ourselves and for our members and friends, we must continue to do all we can to live right and to encourage others into helping others to do the same.

Aloha!

Sam Luke

Ka Leo O Kodenkan

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AJI Adopts Changes in Policies and Rules

The AJI has codified more long-standing polices and enacted several new measures following input and suggestions of our membership. Printed copies of the updates and changes will be available shortly. Highlights are noted below.

1. Life Membership Fee is increased to \$500.00 effective immediately. In addition, there will be a \$50.00 increase in this amount every five years.
 - a. Life Membership is available to those who have attained a rank of Nidan, or higher. (2020 - \$550.00 2025 – 600.00)
2. Effective January 1st, 2016 the yearly dojo fees will increase to \$60.00 per year. (Insurance cost have gone up!)
3. Membership Cards for new members will no longer reflect the current rank. Rank will be inserted after the completion of the initial membership period.
4. Policy 2002-04 Amended - Effective immediately, the AJI will not recognize any new member who's rank is higher than 7th Rank, Shichidan. Applicants with a higher rank, must accept the AJI's recognition at the Shichidan level.
5. Codified standing policies: Policy 2004-02 Section VIII
 - a. **Member In Good Standing** is defined as any current member
 - i. who has successfully completed the three year initiation period
 - ii. who is dedicated, loyal and has promoted the AJI
 - iii. who is committed to a lifestyle predicated on the esoteric principles.
 - iv. who's dues are not delinquent.
 - b. Degree Certificates – 2015-01
 - i. Codifies types of degrees, fees and process.
 - c. Definition of Chief Instructor – 2015-02
6. Codifies Degrees for special programs such as autism etc...
7. 2015-03 Codifies Registration Fee, processes etc...
 - a. I – When Payment is Due
 - b. II- Fees
 - c. III – Delinquencies (\$10.00 addition fee for delinquent Dojo Registration)
 - d. IV – Prorated New Member Fee.

Decisions and Consequences

By: Prof. G. Larry Hartsook

The 9-11 attack on America, to study for a test, to quit a job, relationship, marriage or pursue another job, and to begin martial arts training; all are decisions and all have consequences.

Most people make the majority of their decisions based on the situation they are currently facing. It is very rare that people choose to make decisions based with creating the consequences they are willing to accept. I believe if more people consistently made decisions based on potential consequences they would make more productive decisions. One should always consider the situation or consequence **PRIOR** to making a decision.

But, we are a “feel good” society and we make the majority of our decisions on “how good they make us feel at the moment”. Do you think this is a good way to make our decisions? I think NOT! Do you consider the positives and negatives **PRIOR** to your decision? The majority of us **DO NOT consider the consequences**, we simply make what “**WE FEEL**” is a rational decision at the moment.

Take a moment to reflect on the decisions of others and the impact it has on our lives. Take a moment to reflect on the decisions **YOU** make and how it impacts on the lives of others. Every decision has expected and/or unintended consequences.

The 9-11 attack on America contained expected, unexpected and unintended consequences. The decision to quit a job, relationship, marriage, or to select to participate in martial arts training has expected and unintended consequences. These consequences **ARE NOT** all POSITIVE! Many consequences are NEGATIVE and irreversible. Unfortunately, we usually only consider the direct and current consequences, never looking to the future long term affects.

The problem is that when people are faced with a situation they make decisions. Decisions **ALWAYS** have consequences. The consequences then become the new situation.

People in any situation typically base their decisions on one of two things, the situation they currently face or the consequences they desire.

I suppose everyone is thinking, what does this have to do with martial arts? Your decision to begin martial arts training results in numerous positive and negative consequences. Your decision will have expected and unintended consequences on yourself, family, friends, and work.

In the positive aspect you will receive support and accomplish possibly a lifelong desire or goal. Addressing the negative aspects your family may or may not have the quality time accustomed; you may slack off at times from work and your physical well-being may be negatively impacted.

The decision to attain a black belt builds character and provides self-confidence, self-esteem, and self-discipline. These are positive by-products of your decision.

We like to think that we always make logical and rational decisions, independent of the physical, emotional, psychological and spiritual state in which we find ourselves. This is NEVER true. We always consider the different aspects of the problem, depending upon their importance at the time. This process complicates learning from our decisions as the outcome changes with each decision. The point is that there are many obstacles in our path when making decisions and we have learned many ways to help prejudice our decisions.

Remember if you open your mind, body, and spirit you will accomplish things you never imagined. What we must **ALL** remember is that **ALL** decisions have consequences!

Larry Hartsook is Chief Instructor at Eagle Karate Systems. He is a member of the United States Martial Arts Hall of Fame. He has been awarded high rankings in Bujinkan Budo Taijutsu, Danzan Ryu Jujitsu, US Tai Karate, Hapkido, Taekwondo, and San Ryu Do. For more information go to www.EagleKarate.com and www.GISS911.com.

How to Perform Self CPR

Submitted by Prof. Sam Luke

This advice has been on the internet many times before, but it is worth publishing to remind you what you can do in an emergency situation when you are by yourself. Remembering this advice could save your life.

Let's say it's 7.25 pm and you're going home (alone of course) after an unusually hard day on the job.

You're really tired, upset and frustrated.

Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw. You are only about five miles from the hospital nearest your home.

Unfortunately you don't know if you'll be able to make it that far.

You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

1. Since many people are alone when they suffer a heart attack, and without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

2. Victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

3. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many other people as possible about this. **It could save their lives!!**

A cardiologist says if everyone who gets this mail kindly sends it to 10 people, you can bet that we'll save at least one life.

Rather than sending jokes, please contribute by forwarding this e-mail which can save a person's life.

If this message comes around to you more than once, please don't get irritated - you need to be happy that you have many friends who care about you and for being reminded of how to tackle heart attacks while you're alone.

The Top 10 List Causing Martial Arts Stress

By Sensei David Woodland

Here is something I can say with confidence – martial arts can be stressful. It's not all about butt-kicking and belts. While I don't claim to be a master, I have experienced (and seen others experience) a few shared concerns that seem to consistently crop up during martial arts training. So, have a look through these top ten stressors, and hopefully, this can help you shrug a little weight off your shoulders.

Don't Stress About:

10. Learning Super Quickly -- This first one is more common than you might think. There are always a few naturally athletic or gifted individuals who can pick up techniques very quickly. While that's fortunate for them, it can leave a residue of anxiety in other students. People who have a deep-seated self consciousness about their own progress will pay particular attention to the students who pick things up quickly, allowing themselves to feel discouraged when they can't do the same. I think we all suffer from this at one point or another. It's just like in Karate Kid:

Daniel: "Hey – you ever get into fights when you were a kid?"

Miyagi: "Huh? Plenty."

Daniel: "Yeah, but it wasn't like the problem I have, right?"

Miyagi: "Why? Fighting, fighting. Same ,same."

Daniel: "Yeah, but you knew karate."

Miyagi: "Someone always know more."

What a great movie! And it also helps prove my point – no matter how awesome you are, there is always someone bigger, faster, stronger, more flexible or younger. So, with that inevitability in mind, just focus on your own personal progress and forget the comparisons. Martial arts are a lifelong endeavor. If you continue training while others come and go, I guarantee you will make it to the head of the class.

9. Keeping Up With the Joneses -- This is connected to #10. In keeping up with the Joneses, which of course means trying to outdo your "neighbor", trying to learn a lot quickly can cause even more stress. You'll see kids do this a lot:

Kid A: "Hey, do you know _____ yet?" Kid B: "No. Why?" Kid A: "Oh, cause I do. Snicker."

Annoying when kids do it, but forgivable. Extremely annoying when adults do it. And they do do it. If this happens to you, try to let it roll off your shoulders and remember the long term benefits of training.

If you're the one prodding at your classmates, knock it off.

This same concept applies to physical possessions as well. Weapons, uniforms, books, DVDs...that whole business gets rapped into the martial arts very easily. Don't feel compelled to spend money just because everyone else does.

8. Looking Stupid -- You're gonna look and feel stupid from time to time. Please, keep asking questions and participating. The best kept secret is that your sensei loves the questions. Seriously, this is the best way to learn, hands down.



7. Gi Bling -- As far as I am concerned, there is no good reason for your uniform to look like Jeff Gordon's NASCAR uniform. Unless of course you're being sponsored to wear all those patches, which means you're getting paid to wear them. Don't get me wrong, I understand some patches, a school patch and an organizational patch are okay by me but things can get out of hand. If you find yourself creating a patchwork out of your gi, just take a step back. Remember, all of these external distractions can take away from the internal goals of the martial arts. Let your personality and ability make you stand out, not eye catching gi accessories.

6. Esoteric Teachings -- Have you seen the movie, *Kill Bill*? Do you remember the five point palm exploding heart technique? Unfortunately, people can get overly caught up in that razzle dazzle when pursuing the martial arts. Vital point striking is experiencing a rise in popularity. When done correctly, the

results can be very effective indeed. This has led a lot of people to worry about the deadliness of whatever technique they are practicing. So much so, in fact, that some students try to learn vital point strikes from video tapes or from snake-oil instructors who claim to have mastered them. Don't get too caught up in this hype. The truth is, most martial art styles have vital point striking integrated into them already. The trick to unlocking the techniques is a matter of becoming an expert at fundamentals. As my sensei once told me, become "brilliant at the basics." After that is achieved, the esoteric stuff will slowly start to seep its way into your training. Don't rush it, it will come as a natural part of your training.



5. Trophy Count -- Time + money = a ton of trophies. Yes, it helps if you're good, but it's not a mandatory prerequisite. There are so many tournaments with so many divisions that sometimes you'll be lucky to get three people in your division. If you want to, acquire a couple of trophies to prove to yourself that you can do it. After that, put that money and mental focus to better use.

4. Technique Portfolio -- This is one that yours truly had to work on. For awhile, I was very concerned about my technique portfolio. I wanted to learn a whole lot of techniques and I wanted to learn them all very well. Unfortunately, what I REALLY wanted was to have my cake and eat it too.

Take it from me, don't worry about slowing yourself down by learning fewer techniques. Pacing your technique intake shouldn't be perceived

as a bad thing. This is especially true after you earn black belt. In many martial arts, there are certain requirements as you progress through the kyu ranks. Once you earn black belt, you are "ready to begin learning", and that means taking charge of your martial destiny. It's easy to ride the technique train, going for higher and higher material. But, ultimately, it might leave all of your material a little soft.

3. Flash-and-Dash -- Can't kick the ceiling? Can't do a triple black flip into a split with kiai? Don't stress. A lot of the acrobatics and physically impressive maneuvers you see today are not really part of traditional martial arts. In fact, it was extremely rare for the old Okinawan Karate Sensei to kick above their waist. Listen to what your body can and can't do, then try to make small improvements from there. Listening to the natural rhythm of your body will result in much better technique than trying to force Van Damme-style kicks. Remember this - You can be effective, or you can be flashy, rarely can you be both. ... *maybe next year...*

2. Fighting Ability -- Martial arts tend to have self defense at their core. Some styles are for aggressive fighting, while others are for flowing defense. But, ultimately, you should learn how to fight. Where people tend to get tense is when they don't see dramatic results immediately. This is especially true for traditional martial art styles. Styles like boxing and MMA can show initial progress quickly, which is nice. However, traditional styles were designed for the long haul. Traditional martial art basics can actually *hinder* your fighting ability in the beginning stages.

You're mechanical and stiff, and force movements with your body that you aren't used to. After years of practice the techniques begin to sink in and you can begin to feel those movements become naturally smooth. Once they start to become natural, not forced, it's a real treat.



1. Rank -- This probably isn't a huge surprise. Rank is very valuable, and very dangerous. It helps motivate us to achieve, and symbolizes skill and experience. Unfortunately, rank can also be a business. Stripes, colors, and titles are for sale all over the place these days. Just do an internet search and see how easy it is to become a black belt. No matter how your school addresses rank, don't feel driven by it, in and of itself. If you have focused on improving your basics, your self defense, and your mindset, you'll be well on your way to achieving real results. Navigating through these troubles, and a forest of others, is essential when pursuing the martial way. Perhaps you and I will meet in the woods, and we can give each other a hand. I think I'd like that.

How To Return to the Dojo After an Injury?

By Sensei Sue Jennings

Some people seem to lead a charmed life. I'm not sure that I'm one of them, although I am very lucky in many ways. I'm just not one of those people that an injury and/or surgery prevents me from returning to the dojo as a student or as a teacher. Following 7 knee surgeries and 3 foot surgeries, as well as numerous injuries throughout the years, I feel I have experiences to share about this subject.

This attitude of never giving up or quitting seems very innate to me. However, much later I discovered my attitude was captured precisely by a phrase that English statesman Sir Winston Churchill (1864-1965) used when he needed to inspire the troops during World War II. “Never, Never, Never Give Up” is a philosophy I live by.

It started well before I practiced martial arts. I played in softball leagues during the summers during middle school and high school. Being naturally athletic I was always asked to play the position of pitcher. One particular game I was on the mound and delivered a pitch from which the batter hit a short fly ball between the pitcher and the catcher. I called, “Mine” meaning I’d get this one, since I was closer, however the catcher didn’t hear my words and ran into me with a considerable amount of momentum as she scrambled trying to reach the ball. She ran into me and her mitt encircled mine. With her momentum, it resulted in me receiving a fat slip, bloody nose and a chipped tooth. My coach and the umpire made me sit the rest of the game out on the bench. I will admit I was not used to sitting on the bench. Our team subsequently lost the game. I hadn’t wanted to leave the game, but had no choice because of their decision. Since I was our best pitcher and one of the best players on the team I wanted to stay in and finish the game. By the way, when I was struck in the face with the catcher’s mitt I did **not** drop the ball, so the batter was called out. Unfortunately our team still lost the game. I did not want to give up, and only did so when the coach insisted.

In martial arts classes, similar to most sports, some people choose the easier path and quit if they are ever injured. Depending on the severity of the injury this can make sense. For instance if you’re learning to perform a sutemi and you break your neck because you don’t have enough ground clearance or were improperly taught the safeties to do the sutemi, I’d agree quitting might be a rational choice. However, for some people it doesn’t take much to end their pursuit of martial arts. If they get sore muscles from doing exercises or learning ukemi or doing nage, they decide it isn’t worth it to be that sore. Maybe they should have listened to their body complaining and not done so many repetitions until their body was ready. However, the end result is that they quit.

When I fell off my motorcycle and cracked my elbow, it was psychologically difficult to get back on my bike after the cast was removed and ride again. I’d hit an oil slick in the middle of the road, lost control, and slid across the pavement on my side, sliding up a gas station driveway. Fortunately I’d slid there instead of 10 feet either way whereby I would have hit a pole or a substantial concrete curb. Either of those could have crippled me or killed me. But not allowing a little fall off a bike defeat me, I had to tackle my fear and get back on that bike and ride again. Conquering my fear and the potential mortality reality was not easy!

During the time that I was taking Taekwondo classes I suffered a fractured fingertip in an accident with an offset printing press. I didn’t stop going to class. I didn’t spar or do contact portions of the class to protect the finger, but doing exercises and performing the forms or katas that Taekwondo has were probably rather humorous for others to watch as I had one finger in a splint so I could not make a fist, with the index finger sticking straight out. It didn’t stop me from going to class, but I did have to alter how I practiced during that timeframe.

Here are some basic rules for returning to the dojo after an injury or surgery:

1. **Listen to your doctor’s guidelines for when you can safely resume practice.** Through their education and experience, they know how long it takes for your injury to heal so that you can safely resume practice. Also listen to your coaches, and physical therapists. They have more experience

dealing with injuries than you. They want you to resume your normal activity as soon as possible without hurting yourself.

2. Do the physical therapy. If you don't, the injured area may take a great deal longer to recover or never fully recover.

3. Keep a positive attitude and don't expect instant results. Healing takes time. To quote Sir Winston Churchill again, (obviously a very intelligent man), "*Attitude is a little thing that makes a big difference.*" You need to be patient, not be a patient again.

4. Start slowly as you return to practice. If you overdo you'll most likely increase your recovery time due to pain and swelling that results from doing too much too soon.

5. It takes courage to try the same activity when you got hurt doing it before. You have to ask yourself this question, "Am I the type of person that lets this injury stop my practice of something I enjoy?" "Am I going to let it get the best of me?" If not then you have to take control your emotions, calm your fears, and "get back in the saddle" after falling off that darned horse. In my case it was the motorcycle that I had to climb back onto and ride again.

6. Realize age makes a difference in healing time. At age 40 you don't heal nearly as quickly as you did at age 20, and this increases with age. Pay attention to that, and give yourself time to heal. You can feel this when you've had a hard workout and your sore muscles take a little longer to get back to normal.



In my case, I endured three foot surgeries over the past two years before finally getting my foot fixed. It didn't help that the first doctor wasn't competent, my foot became infected, and the broken bones didn't fuse like they were supposed to. During the post surgical stage, while in a cast I had six weeks with no weight-bearing on my foot. That gradually moved to partial weight-bearing on the foot, both while wearing a "boot". Then came the physical therapy portion of the healing, and was I ever ready for that time to arrive. I will admit I push the limits of the physical therapy so that I can resume what I love to do.

My husband liked to say that while I was in the cast healing from the surgery that I was like "a caged tiger". But now 9 months following the successful surgery I'm following doctor's orders, not doing quite everything yet, but teaching classes, and I will have a normal foot again. I'm tenacious enough to not let this stop me.

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." - Sir Winston Churchill

Upcoming in the Pacific NW

The next events in the Pacific NW are a Regional Jujitsu Workout at Sensei Ryan McDaniel's Dojo, North Portland KaishinKai, in Portland, Oregon on June 13th. Following that we will have Kamp KaishinKai as a day class for all ranks this year in July, with date yet to be finalized. Then we have available the national events of AJI's Camp Kokua July 31st - Aug. 2nd, ShoshinRyu Reunion Aug. 21st - 23rd in LaMirada, CA, and slightly later Jujitsu America's Convention in Foster City, CA beginning on October 23rd.

78 Year old Judo Champ Visits House of Kodenkan Dojo



We were honored that Master **Shigeyuki Sukigara**, 7th Dan came to visit our Dojo in April this year. Sensei Sukigara and his wife Carol moved to Hot Springs, AR from Texas a few months ago. His background includes:

- Senior Masters National Judo Champion twice
- United States National Collegiate Champion
- 2nd Place U.S.A.A.U. National Championships
- Chairman of the board of Examiners of the Texas Judo Black Belt Assoc.
- Member of the Board of Governors and Examiners of the U.S. Judo Federation
- Taught Judo on the University level
- Served as Technical advisor to the U.S. 15th Air Force Judo Championships
- Served as an official at the U.S. World Wide Armed Forces Judo Championships.



Sensei Shigeyuki Sukigara with Professor Gary Jones

As we began talking, it turned out that we knew some of the same people. One

example is that I met Judo Master Karl Geis of Houston, TX in 1964. Also, we both knew Judo Master Elmelio Bruno whom I met at S.A.C. Headquarters in Omaha in 1969.



Sensei Sukigara and wife Carol with Professor Gary Jones

The visit was a wonderful adventure into competition Judo from a veteran Sr. Master once again on the mats holding court on "how its done".

Professor Gary Jones, Director
House of Kodokan Jujitsu
Little Rock, AR.

House of Kodenkan Jujitsu

Formal Rank Ceremony—Little Rock Arkansas

Professor Jones presents his Senior Student, Allen Gatlin with American Jujitsu Institute Rank Certificate of 4th Degree Black Belt in April, 2015.



Allen Gatlin receiving Yondan rank from American Jujitsu Institute. Presented by Professor Gary Jones



Sensei Allen Gatlin and Professor Gary Jones

Camp Kokua 2015 ... "Once In A Blue Moon"

Friday, July 31st-Sunday, August 2nd, 2015

on beautiful Grizzly Creek Portola, California 96122

3455 Willow Way

REGISTRATION FORM:

Please

Check

	Your Package Choice	
Full Package	\$275.00 per person	[]
Includes:	Early Registration by June 15 th	\$225.00 per person
	Friday, July 31 st evening pupu party	
	Saturday, August 1 st Breakfast, Lunch and Dinner	
	Sunday, August 2 nd Breakfast and Luncheon/Awards Banquet	
	All clinics and a Camp Kokua 2015 tee shirt	
	There will be camping spaces which include a four (4) man tent available.	
	These sites are very limited and on a first come first serve basis.	
Half Package	\$225.00 per person	[]
Includes:	Early Registration	\$200.00 per person
	Friday, July 31 st evening pupu party	
	Saturday, August 1 st Lunch	
	Sunday, August 2 nd Luncheon/Awards Banquet	
	All clinics and a Camp Kokua 2015 tee shirt	
Clinics Only	\$150.00 per person	[]
Meals Only	\$75.00 per person	[]
Horseshoe Tournament (Saturday evening)	\$10.00 entrance fee	[]
	Proceeds go to Camp Kokua Funding 2017	

Make Checks Payable to; Camp Kokua % Mizu Shin Tao

10085 Goler Wash Ct., Reno, Nv., 89521

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

AFFILIATION: _____

CLINICS

Camp Kokua 2015 ... "Once In A Blue Moon"

Friday, July 31st-Sunday, August 2nd, 2015

1. *Seifukujutsu*

2. *Kappo*

3. *Jujitsu:*

- a. *Nage*
- b. *Tanto no Maki*
- c. *Tanju no Maki*
- d. *Shime*
- e. *Kiai no Maki (Demonstration Arts)*
- f. *Shinrin no Maki,*
- g. *Shinyo no Maki*
- h. *Bo no Maki*
- i. *Hanbo no Maki*
- j. *Ibuki-Ki Kou - Mokuso*
- k. *Nage*
- l. *Oku*
- m. *Fusegijutsu*
- n. *Keisatsu Gijutsu*

4. *Kenpo*

- a. *Kenpo Katas*
- b. *Kenpo Jutsu*

Camp Kokua 2015 ... “Once In A Blue Moon”...

Friday, July 31st-Sunday, August 2nd, 2015
on beautiful Grizzly Creek Portola, California

Contact information;

www.mizushintao.com

www.campkokua.com

Prof. Ken Eddy **(775) 358-8337**

Golf Resorts:

Grizzley Ranch Golf Club	www.grizzleyranchgolfclub.com
Gareagle Meadows	www.playgraeagle.com
Nakoma Golf Resort and Spa	www.nakomagolfresort.com
Plumas Pine Golf Resort	www.plumaspinessgolf.com
Whitehawk Ranch Golf Club	www.lodgeatwhitehawk.com

Camp/RV Camping Grounds

Davis Lake—Portola

J&J Grizzly Store Campground & Resort 530-832-0270

Grasshopper Flat Campground www.reserveamerica.com

Grizzly Campground www.reserveamerica.com

Other Recommended Accommodations:

Reno Accommodations - 50 minutes from event site

Sands Regency Hotel and Casino 775-348-2200 / 1-866-386-7829

Silver Legacy 775-329-4777 / 1-800-687-8733

Portola Accommodations - 15 Minutes from Event Site

Chalet View Lodge 530-832-5528 / 1-800-510-VIEW



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Wahiawa, Hi 96786