



# Ka Leo O Kodenkan

American Jujitsu Institute

Since 1939

*“Ua Mau Ke Ea O Ka Aina I Ka Pono”*

Volume 2006 - 01

## Ohana 2005 Review

The 2005 Ohana celebration, hosted in Tucson, Az., by Professor Vinson Holck and the Kodenkan Yudanshakai turned out to be quite a memorable event. The event was held over the Labor Day weekend, September 2nd-5th. Representatives and students of all the major Danzan Ryu organizations were present. The Doubletree Hotel at Reid Park was the host hotel where clinics, a tournament and the awards banquet were held.

Attendees checked in on Friday the 2nd. Clinics and demonstrations were held throughout Saturday. More demonstrations, the H.S. Okazaki National Championships and the awards banquet were held on Sunday. Instructors representing the AJI included Professor Melvin Cansibog of the Waianae Jujitsu Club, Professor Ken Eddy of Mizu Shin Tao, Master Alexander Archie of Unity Jujitsu, Ron and Sue Jennings of Kaishinkai.

The contingent from Hawaii included over 50 students, parents and supporters. The flight over landed in Las Vegas where vans were rented for the long drives ahead. Following breakfast,

the group headed out to Boulder City and a visit to the Hoover Dam. That was followed by a long drive out to the Grand Canyon, one of the Seven Natural Wonders of the World.

*continued on page 4*



Students of the Wahiawa Kodenkan take in Hoover Dam.

### American Jujitsu Institute

*Officers and Directors*

Samuel C. Luke	President
Daniel W. Saragosa	Vice-President
Charles P.K. Lee	VP- Karate
Division	
Melvin Cansibog	Treasurer
Stephanie Cansibog	Secretary
Ken Eddy	Director
Terrance Adlawan	Director

Editor: Daniel W. Saragosa  
Webmaster : Jason Spencer  
Web Site: <http://www.theaji.com>

## What Are You Training For?

by Soke Dave McNeill

You have done hundreds, if not thousands, of throws, kicks, punches and blocks. Some in the air, some against training equipment and some sparring with a training partner,

In your mind I know you envision this training will save your life, or the life of a loved one, from some nasty, bad individual with evil intentions. But the statistical reality is that you will never have to use your martial arts training for a physical confrontation. So why continue this admittedly hard and endless training? Why not trust the odds and sit back in your easy chair?

Your training teaches you perseverance by coming to class every chance you get, no matter how much easier it would be to stay home and veg. This same perseverance can be used to work through a bumpy personal or professional relationship.

When your muscles are so sore from training, but you keep going because you know that your punches and kicks are getting stronger and faster, you are learning the concept of short term pain for long term gain. Later if you have to instill some strict budgeting to overcome a temporary financial set-back this same concept comes into play.

Our training teaches us to be calm and think clearly in the face of an attack. At a later time this training nugget will be useful when your boss is giving you a royal chewing out, or you are confronted by a single finger salute given by a road raged driver.

Training teaches you to be prepared for any attack. And the one attack that will surely happen to all of us - or our loved ones - is an attack on our health. The health attack can be unexpected, can happen when we were not paying attention and can be deadly. Our martial arts training will help us respond as a warrior.

Most every training session will have a point when it would be easier to quit, or at least not give a 100% effort, but we don't because we

have learned to never give up, never quit. We don't quit on our friends, family, dojo-mates, or on ourselves. And we never quit trying to improve ourselves.

The enemy that is the target of our training should be adversity. That's what we are training for. That's what we are preparing our lives for as martial artists: Financial hardships, bad relationships, bad jobs, bad health, in other words, life's speed bumps. We are training ourselves to handle adversity in all matters of life. There is not one aspect of our martial arts experience that does not carry over to everyday challenges. Our training does not make us exempt from adversity, but it does give us an incredibly powerful tool to overcome adversity.



"Your training teaches you perseverance by coming to class every chance you get, no matter how much easier it would be to stay home and veg. This same perseverance can be used to work through a bumpy personal or professional relationship."

As a bonus, if that rare bad guy shows up in your life, then you can beat him like a red-headed stepchild, but in the meantime you will have mastered the art of handling life through your martial arts training.

Soke Dave McNeill  
www.gojushorei.com  
sokemcneill@gojushorei.com  
www.ultimateblackbeltest.com Team 3

***"At the September 2005 Ohana gathering, Grand master Alexander Archie announced his retirement as the head of the Goju-Shorei martial arts system. At the same time he promoted long time AJI member, Dave McNeill, to Kudan (9th Degree) and appointed him as the new head of Goju-Shorei."***

## New Class

by Sensei Tom Shaw

So, here we are! Shirley and I moved to the community of Fairplay, Ca about 30-40 minutes east of Placerville. There are no Dojos nearby, and no one to really train with. I was just hoping that I wouldn't forget my past training. I then talked to a local kid who came around once in awhile while we were building our home. I talked to him about Martial Arts, and the good that it does for young people. It wasn't long before he dropped my name at the local elementary school, which he attends. The school is called "Indian Diggings". It is self funded (not part of the El Dorado County School District) and is located in the community of Omo Ranch. The students for the most part are unable to train as there are no dojos nearby.

I was approached by the principal who is also the superintendent and teacher at this very small school. There were 37 students, some from lower income families who could not afford the cost of Martial Arts training. He thought that discipline needed and was just what his students needed.

I bit the bullet and agreed to his terms (**no pay**). My deal was to teach students from 1st through 8th grades about commitment, discipline as well as the basic fundamentals of the arts. I discovered that at the ripe old age of 60, I was not in the same shape as I was even 5 years ago. Still, I managed to demonstrate rolls, falls and some flips thrown in for good measure. After seven weeks of training they learned what I set out to teach them. The students were eager to learn more and invited me back for another session.

As a reward for their commitment, each student was given a certificate for participating, as well as a T-shirt which was made up by Activewear & Arts (Sensei Bill McDaniels business), at a very low cost (his contribution for the volunteer training). I would like to thank Bill for his time and contribution to my endeavor.

**Sensei Tom Shaw,**  
Fairplay Ca

## Ohana Thoughts

by Professor Ken Eddy



For those of you that were not fortunate enough to attend this last Ohana, I wish to relate some of my observations. As are most of these events, it was well attended. I saw many old faces and met some new and enthusiastic participants. It seemed as though every clinic had something to offer and the students all seen to have come away with a good experience. I wish to thank Prof. Mel and his students for covering a class so I could use Sensei Tom Rennie and Sensei Jason Spencer in my clinic as I was in a little discomfort.

There were many demonstrations that were well done and exciting for the audience. I was most pleased when our Prof. Limbago was missed and honored at this event. He is in our thoughts and is still a viable influence in our lives. I look forward to the next Ohana and hope to see you all attend and experience this great event.

We have had a few promotions at the Mizu Shin Tao School and I would like to congratulate Sensei Tom Rennie, Sensei Jason Spencer and Sensei Albert Brady for their promotions to the rank of Godan.

Mike Bern was also promoted to the rank of Nikkyu in Danzan Ryu Jujitsu. Mike is an outstanding supporter of Master Okazaki's legacy and of his fellow martial artists. He is also a Nidan in Koshoryu Kenpo and is the owner and chief instructor of the High Desert Martial Arts dojo in Gardnerville, Nv. Thank you all for your support.

As far as our dojo goes, Mizu Shin Tao recently held a successful basic massage course. We had 6 graduates. We also held a couples class in November. The class was in the 1600 year old Japanese "Heaven to Earth" massage. Very fun and enjoyed by everyone.

**Remember:** "It is more important in this world not to become something but to become someone."

**Prof. Ken Eddy**



# Ka Leo O Kodenkan

*Ohana 2005 Review cont...*

This turned out to be an awesome experience for those who were experiencing the canyon for the first time.

The night was spent in Flagstaff. The following morning the group headed out to Sedona Red Rocks where the time was spent shopping and dining. The group finally arrived in Tucson that afternoon. Most of the evening was spent at the swimming pool and reacquainting with old friends.



Some of our students pose after one of their morning sessions.

The next morning we were greeted with wonderful demonstrations followed by a full day of clinics. Students and instructors had high praise for both the demonstrations and clinics.

Shoshin Ryu Yudanshakai hosted the tournament portion of the event. The competition began on Saturday afternoon with a Karate Kata Tournament. The Jujitsu events were held on



Professor Roy Center Jr. receives his Shichidan certificate.



Everyone enjoyed the workouts and demonstrations!

Sunday, September 4th. Once again, there were high-praise for the well-run tournament. Congratulations to Shoshin Ryu Yudanshakai for putting on a wonderful event.

The awards banquet was held later that evening. Awards and promotions were awarded followed by more demonstrations and hula dancers.

Our next Ohana will be hosted by the Kodenkan



Sensei Terry Adlawan of the Alaska Jujitsu Institute with his wife Sussie and students.

Danzan Ryu Jujitsu Association over the Labor Day weekend in Santa Clara, Ca. Please plan on supporting this event by your attendance.

***For tournament results, refer to pages 7 and 8.***



## Pacific Northwest News

by Sensei Ron Jennings

The Pacific Northwest Region hosts clinics or all dojo workouts every two months.

These are all dojo invitational so dojos from many organizations may attend.

On April 29, 2005 the clinic was hosted by Sensei Rob Gebhart and Sensei Bob Dobyns of the Ohana Dojo. There were 36 active participants on the mat and six observers for a total clinic size of 42.

For those who haven't been there, the Ohana Dojo is located in the small town of Chehalis WA. One participant commented as he got out of his parked car that the downtown street looked like mid-town America circa 1950, and he is correct. The dojo itself is on the top floor of an old building above the hardware store. The top floor was originally an Elks club and is quite expansive - about the size of a high school gymnasium.

Sensei Rob Gebhart facilitated the workout, provided safety guidelines, scheduled instructors and basically kept things on time and moving smoothly. As an EMT, Rob was also on standby in case of accident or injury. On opening he asked that any injury be reported to him. He expected people to 'hurt' but not to be injured. There is a difference. To train hard often means one may hurt afterwards. After introductions and bow in every instructor wishing to present was given a time allocation.

The workout started with a presentation on Katsu by Professor Ron Jennings of KaishinKai. This included techniques to deal with resuscitation from chokes, locked diaphragm, nosebleed, and being struck in the genital area.

Sensei Sue Jennings from the Evergreen State College followed with a selection of techniques from Yawara through Oku and some Goshin techniques. This really got the energy going.

Sensei Bob Parksion of the Salem BudoKai then took the mat and lead the group through various traps and arm locks into throwing techniques. It was good to have plenty of room because of all the flying bodies.

Sensei Allen Schaffer of Twin Cities Aikido had everyone take a few deep breaths and relax. Then he took students back to basics on balance and movement showing how subtle changes in balance can affect technique.

Following a brief break Sensei Tom Westfall of the Nikko Dojo in Olympia taught techniques from the Fusegi Jitsu police arts. This was quite an eye opener for many of the newer students who had not seen the more offensive side of Danzan Ryu. It did prompt discussions of "could a policeman really do that?" Students with those questions were told that today this would be considered excessive force and would not be used but the technique is from DZR and should be kept in historical perspective.

The last presenter was Sensei Paul Bedard from Beaverton OR. Paul worked a number of techniques to defend against being pushed down and then attacked while in a down or sitting position. A number of the students attempted to grab or push Paul even when he was sitting down and found this 71 year young instructor could still effortlessly toss them across the mat.

A big round of applause went to the instructors and there was a number of follow-up comments and questions, then hugs as everyone departed. Those interested in eating before hitting the road home went to the local Mexican restaurant for an outstanding meal. We normally like to do Oriental after these clinics but in a small town like Chehalis, the restaurant selection is somewhat limited.

As usual Paul Bedard and his assistant Steve Michels filmed the clinic. In addition to the two cameras on tripods, Paul circled through the group with a hand held camera. His goal was to

*continued on page 8*

# K a L e o O K o d e n k a n

## Ohana Nationals Jujitsu Results

### 4-5 Intermediate

1st Matthew Myers Amador

2nd Cody Haines

Ian Gunn

KDK Sierra Vista

KDK Sierra Vista

3rd Frank Albertini

Kodenkan M.A.A.

### 6-8 Novice

1st Jake Blackwell KDK Tucson

2nd Vlad Nikolaychuck KDK Sierra Vista

Sackery Allen KDK Sierra Vista

3rd Nathan Napier KDK Sierra Vista

Nadia Treadway KDK Sierra Vista

### 13-15 Advanced

1st Keenan Calzo

2nd Jacob Hampei

Quentin Gunn

3rd Paniz Jasbi

Wahiawa Kodenkan

KDK Sierra Vista

KDK Sierra Vista

DZR of Arizona

### 6-8 Intermediate

1st Barry Westlake Waianae Jujitsu Club

Charles Freitas Jr. Waianae Jujitsu Club

2nd Michael Bullock Kodenkan M.A.A.

Erika Enriguez Kodenkan M.A.A.

3rd Jayson Ayala KDK Tucson

Kayla Christiansen KDK Tucson

### 16-17 Advanced

1st Liz Uribe

Jasmine Uribe

2nd Kimon Petropolous

Brian Parker

3rd Natasha Bennett

Katrina Hofbauer

Kodenkan M.A.A.

Kodenkan M.A.A.

OTT YMCA Budo Kai

OTT YMCA Budo Kai

Las Vegas Judo & Jujitsu

Las Vegas Judo & Jujitsu

### 6-8 Advanced

1st William Domen Waianae Jujitsu Club

Kaulana Stanley Waianae Jujitsu Club

### Senior Novice

1st Homa Atabakhsh

Paul Impey

Kodenkan M.A.A.

Kodenkan M.A.A.

### 9-10 Novice

1st Natalie Woolf Kodenkan M.A.A.

Adela Paige Kodenkan M.A.A.

2nd Danielle Elvenia Waianae Jujitsu Club

Cecelia Westlake Waianae Jujitsu Club

### Senior Intermediate

1st Gerado Markoch

Jacqueline Morales

2nd Lora Hicks

Ali'i

Ali'i

DZR Arizona

### 9-10 Intermediate

1st Dawn Binder Kodenkan M.A.A.

Sara Fallahi Kodenkan M.A.A.

2nd Harvey Nelson KDK Tucson

Luke Richards KDK Tucson

3rd John Biggs KDK Sierra Vista

Summer Allen KDK Sierra Vista

### Senior Advanced - Yonkyu and under

1st Tammy Lafave

Ethne Girad

2nd Aissa Pesqueira

Beau Corona

3rd Greg Corona

Priscilla Duenas

Kodenkan M.A.A.

Kodenkan M.A.A.

Kodenkan M.A.A.

Kodenkan M.A.A.

Santa Ana Dojo

Santa Ana Dojo

### 9-10 Advanced

1st Jake Masek KDK Tucson

Zach Joseph KDK Tucson

2nd Michael Myers Amador

Nathan Ross Amador

### Senior Advanced - Ikkyu-Nikyu

1st Stephen Gorum

Chris Randle

2nd Jon Boudreau Jr.

Ryan O'Connor

Westside YMCA

Westside YMCA

Shoshin Ryu of Maine

Shoshin Ryu of Maine

### 11-12 Novice

1st Lucas Napier KDK Sierra Vista

Zach Maschmann KDK Sierra Vista

2nd Melvin Tupinio Wahiawa Kodenkan

Elijah Calzo Wahiawa Kodenkan

### Shodan

1st Matthew Di Prima

Joshua Parker

2nd Mark Harper

Will Parker

3rd Christopher Bernhard

Adam Boyd

OTT YMCA Budo Kai

OTT YMCA Budo Kai

Kodenkan M.A.A.

Kodenkan M.A.A.

KDK Sierra Vista

KDK Sierra Vista

### 11-12 Intermediate

1st Mindy DeCastro Wahiawa Kodenkan

Jayna Yonekura Wahiawa Kodenkan

2nd Casey Smith KDK Tucson

Matthew Fontes KDK Tucson

3rd Abi Muelder Amador

Angela Ross Amador

### Nidan/Sandan

1st Tam Liu

Benjamin Cansibog

2nd Emigdio Rodriguez

Phil Dick

3rd Ken Blaedel

Waianae Jujitsu Club

Waianae Jujitsu Club

Santa Ana Dojo

Amador

Amador

### 13-15 Novice

1st Karma Maxwell OTT YMCA Budo Kai

2nd Jonathon Williams KDK Sierra Vista

### Yondan/Godan

1st Mark Cann

Clay Brown

The Ultima (East)

KDK Tucson

### 13-15 Intermediate

1st Katie Bullock Kodenkan M.A.A.

Navid Fallahi Kodenkan M.A.A.

## Ohana Nationals Karate Kata Results

### 4-5 Novice

1st Reagan Hughes Ott YMCA Budo Kai

### 6-8 Novice

1st Makoa Galletes Wahiawa Kodenkan  
 2nd Anthony Dees KDK Tucson  
 3rd Shelby Waltmire KDK Tucson

### 6-8 Intermediate

1st Christian Conlee KDK Tucson  
 2nd Michael Bullock Kodenkan M.A.A.  
 3rd Elizabeth Crooks Ott YMCA Budo Kai

### 9-10 Novice

1st Dakota Haber Sasori No Kage Kodenkan  
 2nd Maegan Tupinio Wahiawa Kodenkan  
 3rd Zachery Joseph KDK Tucson

### 9-10 Intermediate

1st Dawn Binder Kodenkan M.A.A.  
 2nd Jayna Yonekura Wahiawa Kodenkan  
 3rd Emma Hillman Ott YMCA Budo Kai

### 11-12 Novice

1st Melvin Tupinio Wahiawa Kodenkan  
 2nd Alicia Tharpe Sason No Kage Kodenkan  
 3rd Catherine Gustafson Ott YMCA Budo Kai

### 11-12 Intermediate

1st Jared Masek KDK Tucson  
 2nd Brady Stanton KDK Tucson  
 3rd Mindy DeCastro Wahiawa Kodenkan

### 11-12 Advanced

1st Austin Meckler KDK Tucson

### 13-15 Novice

1st Kimon Petropoulos Ott YMCA Budo Kai  
 2nd Crystal Mietzner Sasori No Kage  
 3rd Frank Albertini Kodenkan M.A.A.

### 13-15 Intermediate

1st Alyssa Thuman Ott YMCA Budo Kai  
 2nd Navid Fallahi Kodenkan M.A.A.  
 3rd Alondra Hooks Wahiawa Kodenkan

### 13-15 Advanced

1st Tyler Britt KDK Tucson  
 2nd Jacob Hampei KDK Sierra Vista  
 3rd Aaron Hillman Ott YMCA Budo Kai

### 16-17 Intermediate

1st Patrice Hooks Wahiawa Kodenkan

### 16-17 Advanced

1st Brian Parker Ott YMCA Budo Kai  
 2nd Trevor Davis Ott YMCA Budo Kai  
 3rd Beau Barber Kodenkan M.A.A.

### Senior Beginner

1st David Sudarsky KDK Tucson  
 2nd Pam Scholtman Ott YMCA Budo Kai  
 3rd Candelaria Purcell Sakura Dojo

### Senior Novice

1st Homa Atrabakhsh Kodenkan M.A.A.

### Senior Intermediate

1st Jim thompson Ott YMCA Budo Kai  
 2nd Melissa Markin Ott YMCA Budo Kai  
 3rd Charis Hampel KDK Sierra Vista

### Senior Advanced - Sankyu

1st Aissa Pesqueira Kodenkan M.A.A.

### Senior Advanced - Nikyu

1st Christopher Wagner KDK Tucson

### Senior Advanced - Ikkyu

1st Nolan Yonekura Wahiawa Kodenkan  
 2nd Elizabeth Rucello Goshin Jitsu

### Shodan

1st John Burns Arizona Chuan Fa Society  
 2nd Joshua Parker Ott YMCA Budo Kai  
 3rd Marilea Major Kosho

### Nidan/Sandan

1st Sean Moro Wahiawa Kodenkan  
 2nd Mason Bergeron KDK Phoenix  
 3rd Steven J. Chang Independent



### Trivia:

*Identify the uki with his back to you, during a demonstration with Prof. Francisco Limbago.*

*Identify the spectator in the background.*

**Answers on next page!**

## **Pacific Northwest News** continued.....

show the instructors on the stationary cameras and cut in close-ups of students performing. This provides more context to the video efforts and should give students a little more motivation to purchase the tapes.

Unfortunately there wasn't a chance to take a photo of the entire group however Sue Jennings did get a chance to get the Evergreen group together for a photo.

On behalf of the Pacific Northwest Dojos, I commend Ohana Dojo and Sensei Gebhart for a well done, well attended, informative clinic.

Ron Jennings  
PNW Region

## In Our Next Issue:

### **Hale Kokua Ho'ola**

AJI Camp Held June 23-25, in South Lake Tahoe

### **Promotions**

Recent Black Belt Promotions

### **Dojo Profile - House of Kodenkan**

Prof. Gary Jones -JIA - Arkansas

### **2007 Ohana Information**

Scheduled for the Labor Day Weekend in September of 2007. The event is being hosted by the Kodenkan Danzan Ryu Association in Santa Clara, California.

### ***Answer:***

*Joe Ristrom - Korean Martial Arts Academy  
Ed Purkis - Shoshin Ryu Yudanshakai*

## **American Jujitsu Institute**

c/o 1779 Koikoi St.  
Wahiawa, Hi 96786