



# Ka Leo O Kodenkan

American Jujitsu Institute  
Since 1939

January, 2009

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

Issue 1



This is MacKenzie who was at the time of the picture and demo was 5 years old. The lady she is with is Jean, who is 93 years old. This was a classic photo -- MacKenzie is performing a hand escape from Jean's grip.

## America's Got Talent

By: Sensei Cynthia Montgomery, South Lake Tahoe, CA

Hi everyone. I'm Sensei Cynthia Montgomery of the Sakura Dojo and this is the story I'd like to share.

The children I teach in the martial arts are of ages 5-7. All girls -- look out! Anyway, in early January, 2008 I coordinated with the administrator of the Tahoe Senior Plaza here in South Lake Tahoe for a Martial Arts Demonstra-

tion and Piano Recital. (By the way, I also teach piano to the homeschooled children in our area.) All the children (including George, my piano student) were thrilled to have the opportunity to show others what they have learned.

Here we are practicing and training for the big day which was held April 28, 2008, and prior to that date in late February. I fell and broke my leg by slipping on the ice in our driveway. The Tuesday following the accident, I had to cancel all classes for that week only until I could get more accustomed to my new legs, a.k.a. crutches. The children were sad. I assured them that classes were going to be held and we were still going to train and practice for the demonstration and recital as scheduled. We brought the puzzle mats into the living room and made a square and continued with our program. Every week the girls and George improved and I was healing, so by the time the demonstration and recital came I was in a soft cast (brace) and they were prepared to share their talent.

The girls were up first -- Jordan, Kylie and MacKenzie. They performed the Kibadachi (horse stance) including a mirror kata, the cat stance with kai, yawara (hand arts) where the audience became participants. Rolls and falls (somersault with plant and practice switches for warming up). They also threw each other with the foot sweep. They were magnificent! The audience was in awe and the girls were glowing brilliantly, reflecting the joy they felt inside from their accomplishment.

After the break, George who is now 8, was then up to perform his first recital. Even though he was sick the night before the throughout the day, he persevered with great magnitude.

### ***The Show Must Go On!***

He performed recital pieces that he rearranged with music background to enhance the songs with atmosphere and color. He received a standing ovation, along with the girls.

The audience again could not believe their eyes what they had seen with the girls and heard from George's fingers. That night our little town of South Lake Tahoe had the best talent ranging from ages 5-8.

We are looking forward to sharing another demonstration and recital around the holidays.

Merry Christmas to you all and a very Happy New Year!

## Promotions at Sakura Dojo

*By: Sensei Cynthia Montgomery*

The girls were promoted in June, 2008; Jordan Malkus promoted to 10th kyu, Orange Belt (my daughter's youngest girl); Kylie Thielmann promoted to 11th Kyu, Yellow Belt; and McKenzie Thielmann promoted to 11th Kyu, Yellow Belt.

As a note of interest, Kylie and MacKenzie are fraternal twins.



**Top Photo:** This is Jordan (my granddaughter) who is senior student in the dojo. Jordan was 6 years old at the time of this photo. Ruby is the lady and Jordan is showing how to get out of her grip.

**Middle Photo:** This is the gorup shot of the girls performing switches as a warmup for rolls, falls and throws. The majority of the audience was to the front and right side of this picture. The room was filled with guests from the Tahoe Senior Plaza. The girls are Jordan, Kylie and MacKenzie. And of course me (Cynthia Montgomery) striking Jordan with a blow, and she is protecting herself with a front kick and upper block.

**Bottom Photo:** This is George who was at the time the picture was taken 7 years old. The ladies in the background all live in this complex called the Tahoe Senior Plaza. This is the front grand room where all activities and functions are held.



## President's Message

*By: Professor Sam Luke*

A super job on our September newsletter! Thank you, Sue Jennings, our editor, who herself wrote three articles besides doing the editing and publishing. Mahalo to all the others who submitted news: Sussie Adlawan, Charley Lee, Glenn Medici, Danny Saragosa, Carlos Gallegos, Ken Eddy, Ron Jennings, Randy Carrasco, and Ramos Gallegos.

So many great stories and fine pictures of events and experiences really gives the reader a sense of Ohana. This has been truly the best newsletter we've had in a long time. Thanks again to all the contributors to a wonderful issue.

Your prayers are requested for Prof. Gary Jones who is under treatment for prostate cancer. The problem was caught early so there is great hope that he'll be okay after a program of treatment. After the initial shock, he is in good spirits and has a positive attitude.

Prof. Danny Saragosa was called to duty with FEMA right after the hurricane hit Texas. Danny's experience as a police lieutenant retired makes him a valuable member of FEMA's disaster and recovery control operations. His assistance in Texas even helped with Prof. Gary Jones' paperwork submission for property damage reports.

Our 70th Anniversary plans are still developing but the dates and place have been confirmed — July 10-13 at Makaha Resort Hotel. If you are a loyal Kodenkan follower, you need to be a part of the celebration. When have we failed to have a good time? Never! It's Ohana time! Sensei and Professors, I suggest this is a good occasion to do promotions and give out honors to deserving students, parents, and supporters. Start thinking about preparations now!

A reminder: dojo and membership dues are required ahead of the effective calendar year. That means you submit sometime in December. You'll be delinquent, not in good standing, after that.

The holidays are coming up soon. If I don't get a chance for another message to you, may I take this opportunity to wish everyone, friends and family, special warm wishes for a great Holiday Season. Thanks for being part of our Ohana!

Aloha.

## Please Get Checked Regularly

Prof. Gary Jones is currently undergoing treatment and surgery for prostate cancer. He urges all of you to not only do the regular prostate examinations you can do, but also get the PSA blood test that is your best identifier of prostate cancer.

This alert is not only for men, but for women who should strongly urge their husbands, brothers, fathers and their male children to also get regular prostate examinations. This can affect men of all ages, although it is more common as men grow older. Prof. Jones performed regular routine self-examinations, but only through a blood test was his cancer discovered.

If this cancer is caught early there is an excellent recovery rate, but you must see your physician and get the blood test for the most accurate reading.

To send positive words of encouragement to Prof. Gary Jones, you may e-mail him at: **Chisoote@aol.com**.



## Aloha Spirit: The mark of a successful group effort

*By Sensei Randy Carrasco*

The recently formed (April 2008) mainland U.S. Kaito Gakko Dojo at Lincoln Avenue Baptist Church was invited by the Villa Park Community Services Foundation to participate in the 2008 Villa Park Halloween Fest. This fundraising opportunity appeared well suited to help support the upcoming trip to Makaha, Hawai'i for the AJI 70<sup>th</sup> Anniversary event. As soon as Randy & Minnie Carrasco got the invitation to the fundraiser, they began making phone calls, shooting out e-mails and then literally "went to town" collecting donated goods from some OC-based surf & skate companies. Two companies (Hinano Tahiti & Volcom) donated goods for the fundraiser to partner up with the dojo in honoring the legacy of the late "Dr. Kaito" Professor Uncle David Nu'uhiwa. This gesture added momentum toward making the dream of travel to Hawai'i a reality for the families in the LABC dojo.

Minnie Carrasco and Julia Peterson organized the donated items into four separate Boy's & Girls "Surf/Skate Baskets" which were to be raffled off at the event. So many goods were donated that Minnie only had to purchase a few items to complete the baskets. The ladies also assembled a "Fall Basket"- basically a Thanksgiving hospitality & decoration kit. The plans un-





folded naturally and individuals cheerfully pitched in. After class one night, Dr. Jeff Peterson gave birth to the idea of supplementing the fundraiser raffle by selling cotton candy to passers-by. Everything seemed pretty much ready to go... but the dojo didn't have a sign! Randy discussed this with Prof. Auntie Lil' Nu'uhiwa who gave her blessings to go ahead with making a re-usable dojo banner which would also feature Uncle David's own "tiki" design. Soon afterward and without hesitation, sign man Nee "Fish" Phan volunteered to make it. The night before the event at the Carrasco residence, Minnie helped to solve the problem of how to hang the banner. The solution might be considered more or less *wabi-sabi*; it was a frame consisting

of a few old six-foot bo staffs lashed together with discarded bicycle inner tubes and lashed onto a pair of folding chairs.

Many helping hands made quick work of setting up and taking down the booth. At the event, the families enjoyed a night of warm Southern California breezes, eating hot pizza & snacks, hanging out, watching the kids run around and play tag, talking story, listening to oldies & classic rock, and trick-or-treating with the menehune's. A high point was meeting families from the local community where a small dojo that operates in a borrowed Church hall aims to serve.

At the end of the night, the raffle winners were announced, people were smiling and the event was brought to a close. In the end, the dojo raised much-needed funds towards the Hawaii 2009 Trip. Most importantly, the Aloha spirit was sensed and shared among everyone.

Thanks to the Carbaugh, Colton, Detar, Duran, Illigan, Saavedra & Woodrum families for attending & supporting the dojo and helping watch the small children. Thank You also to Julia Peterson for guidance & support to ensure the fundraiser's success. A big Mahalo goes out to the following helpers & sponsors who provided plenty of kokua: Dominic & David Castillo donated items from Hinano Tahiti; Kerry Robinson lent his local cotton candy machine; "Fish" donated the custom banner; Ninna Detar's small business "Cake It On" donated a \$50 "two-dozen custom cookie" gift certificate for the "Fall Basket"; LABC Pastor Abel Galvan lent folding tables & chairs; the Peterson family donated many items for "Fall Basket"; and Dr. Jeff Peterson served double-duty as cotton candy chef & salesman. Last but not least, fellow Kaito Gakko family member "Big Tony" donated items from Volcom. Mahalo once again for all the Aloha and kokua!



More "Makaha 2009" fundraising efforts are being considered for the near future. The dojo plans to simply continue sharing the Aloha spirit, keep up the momentum with hard work & perseverance, and enjoy the journey together.

# "OHANA", Just What Is It?

By: Glenn Medici, O'Sensei

The term "Ohana" is used often in the Danzan community, but do we really understand it? Literally, it means "family" In Hawaiian. It does not define itself to any specific Danzan family and should encompass all of the inheritors of Professor Okazaki's Danzan Ryu Jujitsu system.

Prof. Okazaki trained many students, who became high-ranking teachers on the mainland. Here, the families appeared to fall into the attitude that their art was the only true Danzan version. This led to promoting merely an individual sense of Ohana, for and by, each particular family, with little resemblance to their extended-family inheritance. Further, the different Danzan families fell into a pattern of not interacting much with one another to share their knowledge. As a result, the cohesive Danzan-family spirit appeared to have died with Prof. Okazaki. But, all of this changed in 1990. The change was marked by convening the first "Ohana" gathering in Irvine, California.

In the mid 1980's, preparatory to that first Ohana gathering in 1990, I first met Sensei Steve McMillan. Sensei McMillan introduced me to his instructor, Prof. Mike Chubb from California. I then introduced Prof. Chubb to Dai-Shihan Joe Holck from Tucson, Arizona and, eventually to Prof. Carl Beaver. Dai-Shihan Holck and Prof. Beaver were two direct students of the late professor. Prof. Chubb then proposed an innovative idea! He suggested getting all of the Danzan families together again to celebrate our Danzan heritage, and share knowledge, in true OHANA fashion. The idea was to have an OHANA weekend of workouts, complete with hospitality rooms, banquet, etc. It was proposed that all the various Danzan families be invited to participate in one venue. The idea was incredibly exciting to those of us who valued the true Ohana family values.

There were many behind-the-scene players who helped create the Ohana gathering that we enjoy today. These participants included: Prof. Bill Fischer and several other Shoshin Ryu yudanshas, Dai-Shihan Joe Holck, Prof. Carl Beaver, Prof. Norm Nelson and many others. In the first hospitality room that I observed in 1990, Prof. Francisco Limbago stepped forward and showed himself to be instrumental in helping to reestablish the communication process between some families.

What I have learned from this experience is that, just as not all siblings can get along well, not all families can get along sometimes. Over the ensuing years, I have come to realize that there was a reason that the various families did not interact in all those years preceding the first Ohana gathering. The reason, quite simply, was that some did not play well together; and, at times, egos seemed to get in the way.

What I also learned was that it did not matter whose version was the correct version. The Danzan art evolved as Prof. Okazaki continued to teach and to evolve himself. In the continuum of Prof. Okazaki's many students, it seemed that what was learned depended chronologically when the student studied with the late professor. To me, the important aspect of this chronology of techniques is to fully understand the principle(s) underlying the technique. Then, it is easily possible to acknowledge, understand and utilize the many variations Prof. Okazaki's different students had to teach.

The esoteric principles of the Kodenkan were always talked about as being important. However, in my opinion, these were not being demonstrated as best they could be due to the various bruised egos. It reminded me that we all need to be humble in our quest for knowledge. Arrogance displays a closed mind and has no place in our sacred arts. And, thus, was born the Ohana gathering that we experience, and from which we learn, today. From that humble beginning, starting with the preparations in the mid 1980s to the first Ohana in 1990, the Ohana gathering has grown into a learning experience for young and old, mudansha & yudansha, alike.

It has been my good fortune to have had the opportunity to interact, both on and off the mat, with many now-deceased Danzan notables. This experience has allowed me to appreciate a more global perspective than most instructors. As a result, I find that I am satisfied with being a small fish in a very large pond, rather than aspiring to be a very large fish in a small pond.

What can be learned from this lesson? I, for one, have learned many things from my years of observations and participation. The most important of which is to learn from the past to not make the same mistakes made prior to the first Ohana gathering by the various Danzan families.

Another important lesson is to live the esoteric principles daily, as outlined by the late professor. There are many enlightening things that we can all share as family members. In addition, if our minds remain open and receptive to change, there are many things to learn from our distant-and-near-by brothers and sisters. I would ask that we all put our differences aside and reflect upon all the many things we have **in common** and, in this way, to promote a more genuine OHANA spirit, not only on the mat, but also off it. We are truly one large family.

We are proud to present photos of Sensei Monty Scates' Wednesday and Saturday classes.



## Kodenkan of Phoenix Update

By: Glenn Medici, O'Sensei, Kodenkan of Phoenix

Kodenkan of Phoenix has new a Danzan Ryu Dojo in Okinawa. Mason Bergeron is named Chief Instructor of Kodenkan of Kadena located at Kadena AFB, Okinawa. In addition to teaching Danzan Ryu, Mason is also training hard 4 or 5 nights per week in Karate with Shinjo Sensei preparing for the 2009 Okinawa World Karate Championships in August, representing the USA in kumite and kata competition. Kodenkan of Phoenix instructors and students are planning a trip to Okinawa to support Mason-san throughout the competition. He will also compete in kumite and kata in the All Okinawa Karate Championships in late October.

Kodenkan of Phoenix will be hosting its 17th annual Dojo Anniversary-Christmas Party Saturday, December 13, 2008. We will be toasting our new dojo with our special sake. We will also remember those in need of our healing energy, especially Professor Gary Jones and Professor Ron Jennings.

Melekalikimaka to all Ohana members, have a great holiday.

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# What Do You Say When You're Asked for a Recommendation for Junior?

By: Prof. Ron Jennings

If you have been a martial arts instructor or hosted a martial oriented web site for almost any length of time, you have received or no doubt will get a question like this:

*Greetings,*

*I am interested in your recommendation of a Judo or Jujitsu Dojo / Instructor for my 7 year old son to begin instruction.*

*For my son's age, can you tell me from your experience if you think Judo, Jujitsu or Tae Kwon Do would be best for him?*

*Thank you for your time.*

This is my response:

Dear Parent:

All martial arts have their positive and negatives. Probably the most important thing to consider for a junior is the instructor and the presentation methods more than the specific art form. I personally prefer to start juniors (under 12) in a more grappling oriented art than a striking one. A 7-10 year old on the playground that has been punched in the nose may react with everything he or she has been trained in. If they have been taught striking and kicking to vital spots, without the mental discipline that goes with it, that is what they may do. I would, as a father, prefer my child to take someone down and sit on them, rather than 'hit' back. That means I prefer wrestling or judo to start. I raised two daughters, and in my experience, there were a number of boys really embarrassed because a girl took them down and sat on them until they cried and gave up. The best part was that except for feelings, nobody was really hurt. Many jujitsu instructors like me will start juniors with wrestling and judo and eventually lead into holds and joint locks and finally striking. Once a junior is over 12 then it is good to look at the striking arts to supplement the grappling. When push comes to shove however, a wrestler will beat a boxer almost every time.

Boxing, Karate, Kempo, or the Korean version of striking, TaeKwondo are excellent arts but finding a good instructor or good program for juniors can be very difficult. Many instructors are all over the map in terms of training. Some are quite violent and some are quite benign.

My suggestion for parents is to take a look at the local dojos and instructors. I say local because if your child does find a dojo it will be your responsibility to get him or her to class and to support regular participation in activities. Having to travel too far seldom works out. Go to several classes. Watch the instructors. Look at the other students. Be aware of the dojo's philosophy toward use of violence and appropriate response to action. Take your time. Ask yourself honestly, "Is this what I want my child to learn?" I'm sure you may have seen a movie like *Karate Kid* where you see good instructors and bad ones. You also see good groups of students and students who are jerks. Are these the people I want my child to associate with? Martial arts partners can become lifelong friends and you are helping to make that choice.

Another thing to look for is too much commercialism. Is your child a martial arts student entering on a life's path of training, or does your child represent a little more income against the dojo's rent. Quite often the small dojo in the instructor's garage or at the local YMCA or high school/college recreational education programs offers the best and most legitimate training. The commercial school may tend to run too many students through and see the \$\$ signs rather than the student's real potential. You will tend to find most TaeKwondo schools are businesses as are many karate studios. Some are very student-oriented but many see that \$\$ sign first.

***Caveat Emptor – is Latin for "let the buyer beware".***

Yet another thing to consider is the lineage of the instructor. Does the instructor trace any real martial arts lineage or belong to any formal national certification recognition organization?

All too often the American instructors have been too anxious to learn their arts and do not go through the rigor of oriental training so they quit early before they really know their art. So, they add what they see as missing and create something new. Black Belt magazine a few years ago identified over 300+ different martial arts being taught



in the United States. Unfortunately there are only a dozen or so 'legitimate' arts with any real lineage. One thing to look for here is do they teach healing and massage techniques along with their martial arts? The lineage ones will because as a true martial arts master rises in rank and knowledge they become the coaches and healers. If they exclude healing and such philosophies as perfection of character they have lost more than half of their original art. But if you don't care about the philosophy and culture behind the many years evolution behind the arts, that may not be important to you. If all you are after is "kick-butt" self defense, it isn't needed. If you want the full value and benefit of the training, you should care.

I personally believe that the Kodengan Danzan Ryu system of Jujitsu as developed by Henry S. Okazaki in Hawaii in the 1920's is the most comprehensive and best overall style of martial arts for children, adults, and seniors. You can find a number of Danzan Ryu dojos on the internet. There are several Danzan Ryu organizations as well. They will identify their schools. Do more internet surfing.

However, don't forget my first recommendation: **it is the instructor rather than the art you are seeking that is the most important.** I can vouch for the style, but not the instructor. You still need to take the effort to check things out thoroughly.

Good luck in your search.

## What's Happening In the Pacific Northwest

*By: Sensei Sue Jennings*

A better question might be, what hasn't been happening at KaishinKai Dojo over the last several months. We've had classes, cancelled classes, promotions, a Christmas party, new family members added to our group, and a real scare with Prof. Ron Jennings' health issues. It's been a chaotic time.

In mid-October, we travelled to Springfield, Oregon for a PNW Regional Jujitsu Workout with Sensei Ross Gibbs hosting. It's our longest drive to a regional event in our area, totaling 5 hours driving each way, so it's a commitment to go to the event. Upcoming soon is the PNW Regional Jujitsu Clinic to be held at the Evergreen State College in Olympia, Washington hosted by Sensei Sue Jennings on February 7 from 10:30 to 2:30. Instructors have been invited and plans are moving ahead for the clinic.

We are pleased to announce the addition of new members to our local dojo family: a son - Ryker Hutchings born to proud parents Mike and Katie Hutchings; and a daughter - Randilyn Lewis to proud parents Eric and Janelle Lewis.

Recent promotions at KaishinKai Dojo include: Tyler Pearce to Gokyu (1<sup>st</sup> Degree Blue Belt); Galen Spiller and Ray Wach to Gokyu (2<sup>nd</sup> Degree Blue Belt) and Alexandre Chateaubriand to Gokyu (3<sup>rd</sup> Degree Blue Belt). All students are making good progress and some are getting closer to moving up the path as well.

On December 13<sup>th</sup> we had our annual KaishinKai Dojo Christmas Party at the Jennings' home. With the weather outside (frightful) and the company inside (delightful) all in attendance shared in the holiday spirit and had a good time. Prof. Ron Jennings was only a couple of weeks out of triple bypass heart surgery, but insisted that the party must be held.

We've had almost every kind of weather we can have in December – more snow than we've ever had since we've lived here, 16-18", and then following that we had torrential rains (7" over a short period of time) causing area flooding. We stayed dry but many in the area didn't fare as well. Some scheduled December classes had to be cancelled due to driving conditions and student safety. We gladly look ahead to warmer and dryer times.

Also, I'm pleased to announce the addition of a new class at the Evergreen State College starting in the Winter Quarter. Sensei Tim Ames is now responsible for a Wednesday night class focusing on the aerobic and high energy side of jujitsu. His job is to get the students in even better shape than they are and work on elements of jujitsu. So far, reports of the new class have all been very positive, with students indicating, "very fun" and "a great workout". So this means classes at the college include Tuesdays and Thursdays for traditional jujitsu, Wednesdays to get students in great shape, and Saturday afternoons taught by the brown belts in our dojo.



**Prof. Ron Jennings is shown with grandson Calder during the Christmas holidays, after undergoing triple bypass heart surgery on Nov. 24, 2008.**

# Be Aware: Health Changes May Be Life Threatening

By: Sensei Sue Jennings

First of all, this was not an article I'd ever planned to write, however circumstances sometimes dictate what path we take in our lives.

I'll admit it – I'm extremely blessed with good health. I've had surgeries for problems with my knees, but those were caused by activities that I wouldn't have missed; I'm an active type of person. But as it turns out, my awareness skills to spot potential health problems have been severely challenged; i.e. "I totally blew it."

In August just after our annual summer camp, my husband (AJI Prof. Ron Jennings) had what we thought was food poisoning. It turned out to be a bout with a kidney stone that had to be surgically removed. At the hospital the doctor noticed an anomaly in his EKG. He indicated that Ron had experienced a previous heart attack. So after the kidney stone experience we sought out our family doctor to insist on tests to see what was going on with his heart. After visiting a specialist he initially thought it was just a non-threatening fold in the diaphragm, but we weren't satisfied. After more tests, including an angiogram (Nov. 19) where they inject dye into the leg and up into the heart, it was determined that Ron had blockage in several arteries feeding his heart and would need heart bypass surgery. He was scheduled for surgery on Nov. 24<sup>th</sup>. The surgery went well; the doctors were very good and highly recommended, however not all of the nursing staff were that helpful. Ron went home at the end of the week, after spending a glorious Thanksgiving Day at the hospital. We were thankful he was alive! It ended out being a triple bypass heart surgery with one artery 100% blocked, one artery 80-90% blocked, and one about 60% blocked. A single capillary was supplying his body with blood. This is not a good thing!

We are grateful for an excellent doctor that has given Ron a new lease on life. He decided to retire from his job with the State of Washington, and we are starting his new life together.

But, what was scary was that neither one of us pieced together the clues that should have told us something was very wrong. I will share with you some of his symptoms in hopes that this may save somebody else. Ron never felt like he'd had a heart attack. Forget the "elephant on your chest symptoms", they weren't there. He felt more a nagging congestion in his chest that wouldn't go away. His memory was slipping. Okay, everyone has changes in memory as they age, but his memory lapses were more significant than they should have been. He has always been very sharp, but he was forgetting things he hadn't before. We considered Alzheimer's, but he didn't fit the profile of how people forget things for that. I kept commenting about how Ron's color wasn't good; he was paler than usual and his face kept looking blotchy, almost like he was experiencing an allergic reaction to something. There was a change in his overall energy level occurring too, but we attributed that to more inactivity recently due to problems with his hips and knees, that we're looking at having fixed in the future. There was also an increasing shortness of breath starting to creep into his symptoms, from things as simple as walking up a flight of stairs. Then of course there's the job that has been extremely stressful over the last several years. Still, we didn't piece this all together as a problem with Ron's heart.

The usual symptoms that came to our minds with heart problems were the chest pain, shortness of breath, and pain or numbness in the left arm.

## MAJOR RISK FACTORS FOR HEART DISEASE INCLUDE:

*Increased amount of cholesterol in the blood*

*Cigarette smoking*

*Family history of coronary artery disease*

*Gender – males are more prone to heart disease*

*Lack of regular exercise*

*Aging*

*High blood pressure*

*Genetic predisposition*

*Obesity*

*Diabetes*

*Stress/Tension*

But it all makes sense now, in retrospect. Of course his energy level was low, he wasn't getting enough blood flow to give him energy. His memory was significantly impacted by lack of blood flow to his brain. We ignored the fact that his color wasn't good, instead crediting it to him possibly being allergic to something he was eating or in his environment. In retrospect, his color wasn't good because the blood flow was so depleted that his skin color was pale and brotchy. The congestion he felt in his chest should have directed us to the organs in that region. We had his lungs checked and they were good, but it didn't occur to us that this was a heart problem. His shortness of breath could have indicated heart or lung problems, but we credited it to his inability to exercise much lately due to his hips and knees. We ignored the fact that his cholesterol level was high. We ignored the fact that his father died from a heart attack.

It is so easy to ignore or excuse symptoms or credit them to another problem, that we missed putting together all these clues that there was a serious problem.

***So, please, do not ignore signals your body is sending you.***

So, we feel extremely lucky that Ron is alive today. His energy level is improving; his shortness of breath is decreasing; his color is 100% better; and his memory is back. He is on reduced activity while the chest heals, but we've been given a second chance with him. Not everyone is as lucky. So, if any of the symptoms that he experienced sound familiar, please visit your doctor, and make sure you don't have a problem waiting to happen.

Like I said previously, it's too easy to ignore symptoms or credit them to another problem - pay attention to what your body is trying to tell you.

May your new year be one of good health and happiness.

## Black Belts, Where Have They Gone?

*By Prof. Ken Eddy*

I attended a convention in the Reno area recently and was given the opportunity to get a glimpse at where the credibility of the martial arts 'Black Belt' has gone.

I spoke with several participants at the event and they all seemed to have different criteria as to what each individual's standards had to be to achieve the rank of Black Belt. Yes, I realize that all the arts are different and as such, must have their own standards. What I do not understand is that within the different arts, there are different standards for each individual. If one person cannot perform up to the requirements of the style because of a physical or mental condition, the level is lowered until that individual can achieve the rank of Black Belt. This seems quite contrary to my training.

When I began studying, there was a student that was in his 50's. He had been studying for 18 years. He was a **Brown Belt**. After several months, I asked my instructor about this situation. He called the gentleman into his office with me and then told him what I had asked. The student then told me that my sensei had taken him aside several years prior to my question and informed him that he was not Black Belt material. In his heart he also had come to this conclusion. I asked him why he stayed and he told me that it was enough that he could train with others trying to achieve the goal of Black Belt.

It gave him inspiration in other aspects of his life and it also gave him a sense of reality. He told me that it was just as hard for my sensei to withhold the rank from him, (he trained with more heart than many of the Black Belts), as it was for him not to be able to achieve it. He also told me that he understood that for him to get a Black Belt without being able to meet the standards of traditional levels, would diminish the quality of all those that came before him.

He also felt that when you lower standards for any reason, you start the art on the way "**Down the Mountain**" when you are in fact "**On a Journey to the Top**".

I know there are reasons for acknowledging those around us for their achievements. I just don't think it does anyone honor to reward them for something they have not earned.

I have even had the displeasure to see people given Black Belts because they have done something for someone or because they hold a high political position. To me, this is a violation of the code of the Bushi. They are not Black Belts; they are tokens. This seems to me to be doing great harm to all. Let us reserve the Black Belt for those few that can reach the standards, and honor the achievers in other walks of life in a more appropriate fashion for their achievements.

***"Loyalty before all things -- except Honor!"***



The boy in the white uniform (above) is blind, and from the Braille Institute.



## Contest Held at Camp Kokua

*By: Prof. Daniel Saragosa*

In an association with Kaito Gakko, Shoshin Ryu Yudanshakai, The Braille Institute, Orange Y.M.C.A. and Downey Y.M.C.A., the American Jujitsu Institute hosted a grappling contest at Camp Kokua on June 22, 2008. The AJI thanks all of those responsible for making the event an overwhelming success.

We would like to thank Prof. Kevin Dalrymple and Prof. Jon Jacques of Shoshin Ryu Yudanshakai for their tireless efforts in organizing, awards preparation and ensuring a successful event. We would also like to thank the entire Kaito Gakko crew for all of the logistic work done in setting up the site.

Don and Julie Hearn both did a tremendous job with registration, making sure the many last-minute competitors were successfully signed up and able to compete. We also thank the many judges, scorers and timekeepers who gave of their time. Of course, a thousand mahalos to Prof. Carlos Gallegos, his son Ramon, Randy Carrasco and their entire team for a super effort.

The competition went well and everyone appeared to have a wonderful time. We were extremely pleased with the participation of not only youngsters, but with the many adults who competed. There was competition at every level, from age six on up, including ranking black belts.

The competitors put in tremendous efforts and their hard work paid off in the end. We saw a variety of moves and styles and the senior professors were pleased with the way the event was run.

Congratulations to all of the competitors.





# 2008 Kamp Kokua Grappling Results

## 7-9 Years Division I

1st	Alexis Acob	Makakilo Jujitsu Club
2nd	Charles Freitas	Waianae Jujitsu Club
3rd	Brandon Ehia	Waianae Jujitsu Club

## 7-9 Years Division II

1st	Mann Morales	?
2nd	Anthony Acob	Makakilo Jujitsu Club

## 10-11 Years Division I

1st	Kaulana Stanley	Waianae Jujitsu Club
2nd	Tresten Barcarse	Waianae Jujitsu Club
3rd	Stanley Kawelo	Waianae Jujitsu Club

## 10-11 Years Division II

1st	Alanna Acob	Makakilo Jujitsu Club
2nd	Bryanna Lagmay	Wahiawa Kodengan

## 12-13 Years Division I

1st	Dominic Nguyen	Ohana Academy
2nd	Cole Okoorian	Kaitto Gakko
3rd	Hector Juarequi	?

## 12-13 Years Division II

1st	Lawrence Ortiz	Wahiawa Kodengan
2nd	Kimberly O'Campo	Garden Grove
3rd	Jayna Yonekura	Wahiawa Kodengan

## 14-16 Division I

1st	Jason Holden	Ohana Academy
2nd	Anthony Melana	Long Beach
3rd	Alan Collins	Braille Institute

## 14-16 Division II

1st	Adrian Vasquez	Garden Grove
2nd	Alex Tran	Ohana Academy
3rd	Mindy DeCastro	Wahiawa Kodengan

## Adult Division I

1st	Patrick Lee	Orange YMCA
2nd	Claudia Ontiveros	Ohana Academy

## Adult Division II

Injury & Forefeit

## Adult Division III

1st	Grant Yoshino	Ohana Academy
2nd	Benjamin Cansibog	Waianae Jujitsu Club
3rd	Vincent Nguyen	Ohana Academy

## Adult Division IV

1st	Alain Acob	Makakilo Jujitsu Club
2nd	Joshua Yoshimoto	Fullerton
3rd	Nolan Yonejura	Wahiawa Kodengan



**START PLANNING NOW  
TO ATTEND**

**AJI's 70th BIRTHDAY  
PARTY CELEBRATION**  
July 10-13, 2009  
in Waianae, Hawaii

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

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

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

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

A registration form can be found on page 15 of this newsletter, and is also available on the AJI Website.

**MAKAHA RESORT and GOLF CLUB**

84-626 Makaha Valley Road, Waianae, Hawaii 96782  
Telephone (808) 695-9544 Toll Free at (866) 576-6447  
<http://www.makaharesort.net>

**WANTED: Articles & Photos for the next Newsletter**

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

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

**February 15, 2009** is the next deadline.

# AJI 70<sup>TH</sup> BIRTHDAY REGISTRATION FORM

## July 10-13 2009

### Makaha Valley Resort – Hawaii

EVENT	COST	AMOUNT
Child Clinic	\$ 35.00	_____
Adult Clinic	\$ 70.00	_____
Child Banquet (11 yrs and Under)	\$ 35.00	_____
Adult Banquet (12 yrs and up)	\$ 47.00	_____
Youth T-Shirt    ___SM ___M ___L ___XL	\$ 12.00	_____
Adult T-Shirt    ___M ___L ___XL ___2XL ___3X	\$ 14.00	_____
Youth Tournament	\$ 20.00	_____
Okazaki Gravesite Visit	\$ 15.00	_____
AJI POLO Shirt ___M ___L ___XL ___2XL ___3X	\$ 25.00	_____
	<b>TOTAL</b>	_____

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

School or Organization: \_\_\_\_\_ Age: \_\_\_\_\_

Instructor: \_\_\_\_\_ E-mail: \_\_\_\_\_

#### Hotel Information:

### **Makaha Resort Golf Club**

84-626 Makaha Valley Road Waianae, Hi 96792

For Reservations Call 1-808-695-9544 Toll Free: (866) 576-6447

**Room Rates:** Standard Room \$ **119.00** Deluxe Room: \$ **129.00** Suite \$ **249.00** Parlor Suite with Kitchen \$ **269.00**

*These rates will be honored for days prior to and after the event so that you can extend your stay and make it into a vacation!*

Mention the “**AJI Anniversary Weekend**” to receive these rates. Try and make your reservations no later the 30 to 90 days before the event. Within 30 days of the event, the number of available rooms at these rates will be reduced and may be harder to come by.

**Reservations must be made and held by credit card.** Cancellation must be made no later then 4 days before the event. Your credit card will be billed for one night’s stay if cancellation is made within 72 hours before the event.

**One Form Per Person Please!**

Make Checks Payable to: **AJI**

**Do not send cash!**

Web Site: <http://anniversary.americanjitsuinstitute.org>

E-mail: pra0005@hawaii.rr.com Event Coordinator: Daniel W. Saragosa (808) 224-1142

**Mail To: AJI c/o Dan Saragosa 779 Koi Koi St. Wahiawa, Hi 96786**

***American Jujitsu Institute  
c/o Prof. Daniel Saragosa  
1779 Koikoi St  
Wahiawa HI 96786***