

Ka Leo O Kodenkan

American Jujitsu Institute

Volume 2014

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

Issue 2





By: Professor Sam C. Luke



Dear Members and Friends,

Many thanks to the 2014 Ohana Committee. Led by Bob McKean, Hans Ingebretsen, and Chris Nicholas, they agreed to allow the AJI to host our 75th Anniversary Party as part of the Ohana weekend. By having the event at the same time and location as the Ohana, it precluded our members from having to make a decision on what event to attend. It was great to renew friendships and make new friends. We hope our little anniversary gifts and the program featuring Hawaiian music and dancing, will reflect great memories for a long time.

Kudos to the Ohana Committee for putting on a super event. The bumps in the road were handled graciously and respectfully. Congratulations to our AJI Anniversary Committee too! No, we did not make a profit, but that was never intended.

In other news, all else is progressing as expected. I am happy to report that Prof. Saragosa and I recently met with representatives of Kaito Gakko. President Kalani Akui and VP Alex Bear discussed their affiliation with the AJI. Their membership recently voted to affiliate with the AJI and our meeting here a couple of weeks ago went well. All looks good as we continue to work out the details.

Prof. Nuuhiwa, the founder of Kaito Gakko and I were personal friends. It began at one of the first Ohana events in Reno, NV in the early 1990's when I performed some therapy on him. Over the years, we kept in touch, but mostly he asked for different Hawaiian herbs which I had to search for, but managed to find. He once told me he wanted closer ties

with the AJI somehow, but he didn't live long enough to see this come to fruition.

I'd like to thank those Hawaii members who worked so hard for a successful anniversary celebration including Mindy DeCastro, Ben Cansibog, Byranna Lagmay, Amanda Fowler (Registration), Jayna and Keiko Yonekura (Hula Dancers), Prof. Kainoa Li ("Ha – the Breath of Life") and of course, our musical entertainers Shawn and Scott Horiuchi.

Also, AJI presidential advisor, Prof. William Fischer arranged for a State of Hawaii Proclamation which did not arrive in time for a presentation. Thus we plan on making a formal presentation at our annual Christmas Party.

We ask for prayers for our editor Sue Jennings who will undergo surgery soon. Nothing too serious, and we expect Ron will be happy to have his lady back like new.

Thanks to all for a great year thus far.

Aloha!

Sam Luke

Ka Leo O Kodenkan

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Congratulations to Alameda Judo/Jujitsu Clubs for their success at Ohana, 2014.

Ranks and Conferred Titles

By: Prof. Ken Eddy

As a young man I entered the path of becoming a martial artist. It was 1964 and martial arts were not generally in the public domain. Almost immediately my goal of becoming a "Black Belt" was not the reason for practicing the martial arts. This is a lifestyle and a lifetime of developing a cultural understanding. I learned early on that the goal is personal introspection and refinement of the self. Service to the community and those around you is part of the makeup of traditional martial arts.

As you develop, your sensei guides you on your journey and when the time is right and the training level changes, you are given a title and/or rank to indicate you have spent the time and effort to require a higher level of exposure and more difficult training. With more difficulty, you go through another level of introspection and physical development. Again, when you receive another level of achievement, your sensei gives you the recognition of achieving the next level of development. This goes on throughout your participation in the martial arts. In the modern world, the true meaning of the martial arts has been lost. There is more importance put on the **Title and Rank** than on the training and personal growth.

One thing I was taught in my traditional training was, "You never, ever ask for rank or title." These are things you earn and they are not the goal. This indicates a lack of respect for the martial arts as well as a lack of understanding. Who trained these people? This shows the shallow understanding of the arts and a complete lack of respect for the arts. We already have too many "Titles walking around" without the knowledge or physical ability to perform even the basic techniques of the Danzan Ryu Jujitsu with any depth or any self evaluation. Too many of the people practicing, (using the term very loosely), are just expecting a promotion or title for just being a member of an organization or group, the old "time in grade" promotion. A rank or title is meaningless without the time actually training. Only in America can you receive rank and/or a title for just staying a member for the time necessary for promoting. My instructor told me if he ever heard a student asking or expecting a rank or title, *he would never receive it, ever*. This showed my instructor that the person asking was not ready for the rank.

The next instance is getting rank and title from one group to another because you have that rank in your group. The individual does not need recognition from another group. The individual has not trained with them and cross recognition for the sake of patronizing is not a legitimate action. You can recognize the rank, but you should not confer a rank just because they become members of your group.

Sounds like I may be rambling a bit...very tired.

These ranks and titles become meaningless when they are not earned.

....For the Promotion of Judo

By: Prof. Jason Spencer

At the AJI's 75th anniversary celebration held in Santa Clara in conjunction with Ohana 2014, Prof. Cansibog and I had the pleasure of displaying some of the items from the AJI's archives. The display seemed very well-received, and it was gratifying to see so many people enjoy our common history. I was also pleased to learn that many of the items we showed had come to the AJI through Sensei Mike Chubb. Many thanks to him for helping us preserve our link to our past. I hope to further that aim by doing more of these displays, as well as make these documents available electronically.

In preparing the display, I read through the first three volumes of "The Jujitsu Review," the first newsletter of the American Jujitsu Guild. These were published in Sept., Oct., and Nov., 1941. What first jumped out at me when reading them was the language—every cliché phrase from some Bogey movie that I'm sure regular people never actually used makes at least two appearances. But on a second reading, I started to get a rough impression of how the operation of the fledgling guild was going.

The first edition provides an overview of the guild as well as the story of its founding, then the normal articles on demonstrations, dojo news, marriages, births, and other comings and goings. The second edition opens with some exposition on the operation of publishing the review and the efforts of Marion "Andy" Anderson in getting it published—the typing, arranging, retyping, stencil work, mimeographing. The editorial points out that "women have never been contented to stay in a shadow," and would be "more than welcome" for their help writing, typing, etc. There's even a whole column by Mr. Anderson explaining that even "fugitive[s] from a kindergarten composition class" can contribute by counting words to help in layout. The staff further asks if it would be an "inhuman imposition" for instructors to get their news in by the 10th of each month. Clearly, some help would have been appreciated. There's also a mention that membership was pretty good in the first nine months, but it may be time to consider a membership drive.

The third edition feels a bit different. For one thing, there's a column from the editor thanking the staff of the review for their tireless efforts, with only a modest request for additional help. The opening editorial seeks to clear up any "misunderstanding" that may keep those interested in jujitsu from joining. It describes the guild as similar to trade guilds that look out for all practitioners of that trade. It "tak[es] in all jujitsu students and instructors" to "promote the common interest of jujitsu adherents." And like all organizations, it "cannot function without financial aid." Since "you automatically become members when you take up the ancient art," the required fees to join don't seem like too much to ask.

There was also a quoted letter from Al Holtman, who had opened a school in San Diego, and was excited about the guild so that he had "an authority outside of just himself to issue belts" to convince prospective students he's not one of the many "phoney baloneys" the second edition reported "romping around the good old U.S.A."

I've taken this scenic path of summary to support a few remarks. First, it's striking how constant some of the pressing problems of an organization such as ours remain over decades. Dues and articles seem to be the organizational equivalent of eating right and exercising—we all know it's what we should do, yet we still seem to need the nagging.

But beyond that, I think of what these folks, especially Marion Anderson, must have been thinking as the guild got started. This wasn't a project they started because they were bored in late 1941. In addition to work, Anderson taught 10 hours a week in regular classes, offered private lessons, taught and provided massage at the Nikko Sanitorium, and typed the newsletter—with no backspace key or white-out. It couldn't have been for rank, either. All mention of ranks in the newsletter stop at "the coveted blackbelt." Jack Wheat once told me that they didn't have all this "shodan, nidan, sandan" back then. "When you got your black belt, you were just a black-belt." So what propelled these folks to labor at the news-

letter and "boost for membership" to start the American Jujitsu Guild as the nation and the world prepared for war?

I later ran across a 1950 postcard from then-membership committee chairman Wally Jay to Tony Muran on which, in immaculate penmanship, was written "Dear Tony, I have just sent by mail your latest rank diploma. Please remit \$5.00 to cover cost and for the promotion of judo." It seemed almost as if Tony Muran had no idea this certificate was coming, but there was surely trust on the Institute's part that the fee would be paid. This didn't seem like a service-for-fee transaction that has become so common in our consumer-driven society lately. There was no request for or expectation of a rank being issued, and if there was, it was filled before any mention of recompense was even made. The fee seemed to have little or nothing to do with the rank. It was "for the promotion of judo." It was for the operation of providing authentic rank recognition, as benefited Al Holtman; for the publication (and chronicling) of the Jujitsu Review; for creating a community to come together at Ohana every couple of years; for all those things a guild does to benefit its members.

This, it seemed to me, was what must have driven Marion Anderson, Ernest Akina, Bing Fai Lau, and all the other founders and charter members to drive the American Jujitsu Guild: the belief that jujitsu had something very unique to offer people, and that it needed organized effort to be promoted as widely as possible. I believe that's still the best reason to join an organization today—because you believe in what they do and want to do something to help. Any other incentive—the prestige their name may bring you or a rank certificate in exchange for sending in your money—must never have occurred to folks back then.

I also suspect Prof. Okazaki would have agreed. According to George Arrington in *Mokuroku and Kaidensho: The Official Documents of Danzan Ryu Jujitsu*, Prof. Okazaki is quoted as writing "Service is the source for coexistence and co-prosperity," on the instructor's scroll of Merlin "Bud" Estes (pg 53) and "admonish against personal gain and personal want, rather place priority to the public interest" on the scroll of Steven Byzek (pg 86). These passages, along with those on modesty and humility, seem to speak directly to how we might approach our involvement with groups striving for a greater good.



Items from the AJI Archives shown at the 75th anniversary celebration were a t-shirt from the Army/Navy club in Honolulu and copies of the early American Jujitsu Guild newsletters when Marion Anderson was the editor.



AJI Leaders shown at our 75th Anniversary Celebration in Santa Clara, California.

AJI's 75th Anniversary Celebration

Seventy-five years seems a lifetime, yet that's the age of the American Jujitsu Institute. On June 20, 2014, members, friends and guests gathered at the Marriott Hotel in Santa Clara, California to celebrate this milestone event in the world of Martial Arts. The AJI is the oldest martial arts organization in the United States, officially created in 1939 by the founder and creator of Kodenkan/Danzan Ryu Jujitsu, Henry Seishiro Okazaki.

From its humble beginnings, the AJI has persevered through good and bad times to continue the legacy of our founder. Our form of martial arts is still one of the most widely respected and practiced martial arts in the country. A couple of unique features of our system include the emphasis of certain lifeguiding principles as well as healing arts. I recall how often Prof. Antone Gonzales would remind us, "If you break it, you fix it!" He said that it was a phrase often repeated by Prof. Okazaki. The great interest in his guiding principles (Esoteric Principles) and his healing techniques are a powerful reminder of just how much of an influence he has had on those who came, and continue to come, after him.

The 75th Anniversary Celebration was a fine tribute to his legacy. The AJI wanted this to be a simple gathering of members and friends, awards recognition and a forum to display some archival materials which turned out to of great interest to attendees. Many thanks for Prof. Michael Chubb who made a large part of the display possible, Prof. Mel Cansibog for providing the original Okazaki boards and to Prof. Jason Spencer for putting the display together. The display was the basis for some wonderful conversations.

We would like to thank Chris Nicholas of the Ohana Committee who played a tremendous part in helping the AJI secure a location for this event as well of all of the logistical work in putting together the

event. Without a single complaint, he acted on, and on behalf of the AJI to work with the hotel to handle all of our needs. This, by no means, was an easy task as the hotel was one of the most difficult ones we have worked with over the years. In the end, both Chris and the Hotel came through and we were extremely satisfied with the outcome.

We would like to recognize others who helped to make the event such a success. Thanks to Jayna and Keiko Yonekura of the Wahiawa Kodenkan who helped to entertain the guests with their hula numbers. This is not the first time that they have done this. They have also performed at our Camp Kokua events. Prof. Scott and Sensei Shawn Horiuchi also volunteered their time to provide our musical entertainment for the night. We thought it a nice treat for our members to see our leadership letting loose by singing and playing music. Music and dancing has always been a mechanism of providing friendship and happiness amongst the Hawaiian people and we happily pass that tradition on to our friends – a celebration is a time to celebrate. Prof. Kai Li's group also put on a bit of "kanikapila." - (impromptu jam session) towards the end of the evening. This was enjoyed by all.

There were many awards presented and acknowledgements made. You can read about this elsewhere in this newsletter. We hope that by combining our celebration with the Ohana weekend, that we helped in some way to support, with numbers, the Ohana event. As such, we thank the Ohana Committee, the Pacific Jujitsu Alliance and Kilohana for all of their support, and for hosting such a wonderful weekend.

Mahalo!

Daniel Saragosa Executive Vice-President









AJI 75th Anniversary and Ohana Awards

<u>Name</u>

<u>Award</u>

Art Lopez	Appreciation Certificate
Chris Nicholas	Appreciation Certificate
Robert McKean	Appreciation Certificate
Teresa Odum	Appreciation Certificate
Randy Carrasco	Distinguished Service Award
Brian McElhaney	Distinguished Service Award
Lee Firestone	Distinguished Service Award
Ramon Gallegos	Instructor of the Year
George Arrington	PHD Degree
Patrick Campbell	PHD Degree
Rory Rebmann	PHD Degree
Barbara Gessner	AJI Proclamation
Kevin Dalrymple	Sam Luke Service Award
Melissa Wiseman	Student of the Year - Female
John Rieck	Student of the Year - Male
Luke Horiuchi	Student of the Year (Junior)
RickAlemany	ProfessorshipTitle - Judan
Dennis Eli	Professorship Title - Judan

Affiliation

Kaito Gakko Kilohana Pacific Jujitsu Alliance Kaito Gakko Kaito Gakko Kaito Gakko Kaito Gakko KDRJA Elite Training Systems

Rutger's Kodenkan HiNoDe Ryu Mizu Shin Tao Elite Training Systems Horiuchi Kodenkan

AJI Promotions

The following promotions were conferred at the AJI's 75th Anniversary Celebration in Santa Clara, California.

<u>Name</u>

Promotion

Glenn Medici Dale Kahoun Scott Horiuchi Daniel E. Weinberg Ramon Gallegos Randy Carrasco Terry Adlawan Charles Frizzelle David Woodland Dr. Marlene Medici Scott Budnik Shawn Horiuchi Charles Frizzelle Logan Whittington Nolan Yonekura Susan Berry-Kezich JoAnna Ramos **Richard Petty** John Rieck Melissa Wiseman Mindy DeCastro Peter Barnhill William Ryan McDaniel Amanda Fowler Kathleen Balaban Renee Gallagher Robert Hoffman Tim Gard Amanda Fowler Tim Gard Robert Hoffman Bryanna Lagmay

Hachidan Shichidan Shichidan Rokudan Rokudan Rokudan Rokudan Godan Godan Godan Godan - Karate Godan Yondan Yondan Yondan Yondan - Karate Sandan Sandan Nidan Nidan Nidan Nidan Nidan Shodan Shodan Shodan Shodan Shodan Shodan - Karate Shodan - Karate Honorary Shodan lkkyu

Affiliation

Kodenkan of Phoenix Mushinkai Horiuchi Kodenkan Dobutsu Shin Kan Kaito Gakko Kaito Gakko Alaska Dojo San Tatsu Kaishin Kai Kodenkan of Phoenix **KKSLT** Horiuchi Kodenkan Dojo San Tatsu Eagle Wahiawa Kodenkan **KKSLT** Waianae Tae Kwon Do Monterey Elite Training Systems Mizu Shin Tao Wahiawa Kodenkan Kaishin Kai Kaishin Kai Neighborhood Alaska Alaska KoRyuKan Neighborhood Neighborhood Neighborhood Wahiawa Kodenkan Wahiawa Kodenkan



Sensei David Woodland is a member of KaishinKai and teaches jujitsu and karate in Lyman, Wyoming.

Don't Be One of "Those Parents"

By: Sensei David Woodland

I was once one of "those parents".

Imagine the horror: it happened this past April. We were getting ready to travel for my son's competitive basketball team, They were playing in a three day tournament out-of-state. As the family was packing and loading up, my son said the words that crushed me as a parent, "Dad, I don't want you there."

Huh? I was heartbroken. Flabbergasted. Why? I had taken days off from work to support my son in his athletic endeavors.

No amount of questioning could pry the answer from my son, it was then that my wife pulled me aside and explained to me that, "he feels that you put too much pressure on him, and it's not fun for him anymore."

After I picked my jaw up off the floor I had an epiphany – I was "one of those" parents. I had to have a change of heart.

Or how about this scenario? You've been driving your kids to basketball, football, baseball, soccer, piano lessons, gymnastics, rodeo, jujutsu (insert the activity of your choice) practice and tournaments and camps for years. You've spent heaps of money on lessons, shoes, uniforms, saddles and other equipment plus fuel for transportation to get your kids were they are supposed to be (and once in a while you make it there on time). You've arranged your schedule to coincide with your child's games.

You've invested hundreds (thousands?) of hours to relentlessly push your kids to the limit, maybe even volunteered to be a coach or assistant coach or at the least been a team Mom/Dad and have spent hours (maybe even invested a little embarrassment) doing team fundraisers. (How much cookie dough does the world need?)

Then one day... BANG! They quit. Just like that. You try to talk to them. You try to convince them to continue. You tell them they've come too far to quit now – give it another shot, kiddo! But it doesn't work. Because when a child makes up their mind, there's not much you can really do. You start to blame yourself. "What did I do wrong? Why did this happen? Am I not a good parent? I paid for the best trainers, the best gear, and the best this, the best that, the best..."

STOP. Just stop it. I'll tell you what you (and I) did wrong. You have allowed yourself to get so blinded by the performance, glory, records, pride, success, awards and all the other responsibilities that you have lost sight of what TRULY matters -- the simple JOY of the game.

You remember what it was like in a simpler time, playing the game for the joy of playing the game. Hanging out with friends playing ball in the street and still being friends afterwards - win or lose. These days we have "Reality TV shows" everything from "American Chopper" to "Dance Moms" and "Toddlers & Tiaras." These shows have parents putting colossal amounts of pressure on their kids to be perfect. When I was in high school there was a family in the neighborhood that pushed their three kids to the highest academic standards. All the kids graduated from high school early and entered college at 17 years old or even younger. Every one of these kids had a nervous breakdown in their early 20's. I'm talking padded cell type stuff here. Well, to make a short story longer, the father of these children (now adults) was diagnosed with a brain tumor and died six months later after chemotherapy failed to eradicate the tumor. I believe the saddest part of the whole story is that his adult children couldn't attend his funeral because they were virtual basket cases.

Now repeat after me: "I will not live out my own unfulfilled childhood dreams using my kids as a proxy".

Got it? Go back and read that again. Hey, look... I get it, I've BEEN there.

In my years as a sensei, I've witnessed many talented kids get their passion sucked dry by wellmeaning parents who unknowingly treat their kids as human bricks in a game of parental glory. And it sickens me that I was once like that. If your kids' success – whether in jujutsu, horse racing, academics or football – is just another status symbol for you, then you better prepare yourself to face the tempest of consequences once your kids grow old enough to understand this.

Don't worry. There's still hope. According to psychological research, there are scientifically proven phrases that parents can use with their kids to ensure they stay motivated and stay happy with their performance – no matter if they're playing piano, throwing balls, getting good grades or kicking ass on the mat.

The statements parents can say as their kids perform are simple:

Before a Performance	After a Performance (win or lose, succeed or fail)
1 "Have fun "	1 "Did you have fun?"

١.	Have lull.	1.	Did you have full?
2.	"Do your best."	2.	"I'm so proud of you."
3.	"I love you."	3.	"I love you."

But wait -- there's more. Elite coaches B. E. Brown and R. Miller of Proactive Coaching LLC1 once conducted a three decade long survey. They went around asking successful college athletes from all over this great nation, what their parents said to them that made them feel the best when they played sports as younger kids. You'll never guess what their answer was - a simple phrase consisting of six words -- "I love to watch you practice."

That's it.

Nothing was said with a false sense of achievement like "you're the champ," or discouraging like "try harder". Not even deceptively supporting phrases like, "here's a couple of things you can do to improve..." or relieving them of responsibility "if the refs hadn't missed all those calls", just "I love to watch you practice!"

It's simple. It's elegant. And it's POWERFUL!

This simple six word phrase is the cornerstone to ensuring your kids will love the joy of the game for years to come – with grades, advancement, ribbons, medals and trophies acting as natural byproducts – not goals.

It's worked miracles of biblical magnitude with my kids and it will with your kids too, and they don't even know it. Even when my kids ask for my feedback my response is now something along the lines of; "I just love to watch you play and have fun. Try your best; leave every ounce of energy you have on the field. I love you."

The only thing your kids really want is your undivided attention and approval anyway. So give it to them. They need that approval and it should be forthcoming whether they win or lose. "I love to watch you practice."

Since they love you anyway (unless they're teenagers) the rest will take care of itself. Greatness cannot be forced upon anyone. It grows from the joy of practice.

Coach less. Love more.



The author's 10 year old daughter Sarah after her very first rodeo.



KaishinKai members earned medals in the competiton at Ohana. Shown L to R are: Sam Wilkins, John Goertz, Sensei Chris Eller, Ken Linder, and Chelsea Schmidt. Not shown is Dan Brackett.

Meanwhile in the Pacific Northwest

By: Sensei Sue Jennings

It's been an incredibly busy time in our region, not just with martial arts, but with everything else that's going on.

Ten KaishinKai members were able to attend Ohana 2014 and the 75th Anniversary celebration for AJI. All that attended had a great time and represented KaishinKai wonderfully. All of the members of Sensei Chris Eller's Seattle KaishinKai that attended the event also participated in the jujitsu nationals. Congratulations to all — every member won medals in their respective divisions.

We'd also like to congratulate KaishinKai members promoted at the event: David Woodland to AJI Godan; Chris Eller – JA Instructor Certificate; Peter Barnhill – AJI, SRY and JA – Nidan; and William Ryan McDaniel – AJI, SRY and JA – Nidan.

Coming up this next weekend, August 8-10 is our annual Kamp KaishinKai held at the hombu for KaishinKai on the property of Prof. Ron and Sensei Sue Jennings. It's not a large camp, but with classes all day Friday, Saturday, and half a day on Sunday, it's an exciting time. Scheduled Friday night is a performance by a circus troupe, Dragon Steps, in which our own Chris Eller and Sam Wilkins are involved. They put on quite show with acrobatics, and fire breathing acts and mock sword fighting. Saturday night we go to the local casino for a wonderful seafood and prime rib buffet.

We also want to congratulate former KaishinKai students Greg and Lauren Blake who were married June 29th in Tacoma.

Editor's Note: The Tuesday after our summer camp, on August 12th, I (Sue Jennings - your editor), will undergo corrective foot surgery. The two surgeries last year didn't fix the problem, but created more, so I'm ready for a foot that works correctly this time. I'll be in cast for six weeks, then in a boot for another six weeks, then do the physical therapy. My patient husband, Ron, will look after me, our pets, our students and all our classes, so he'll be a busy man. Needless to say the best part of my summer has been Ohana, the AJI's 75th anniversary celebration, and a short vacation traveling up the coast enjoying the ocean and the scenery.

Look for the next newsletter sometime this fall.

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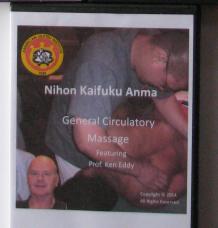
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Nihon Kaifuku Anma

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