

Ka Leo O Kodenkan

American Jujitsu Institute

Since 1939

Volume 2018

“Un Mau Ke Ea O Ka Aina I Ka Pono”

Issue 2

Muscle Memory - Magic Nubers

We've often heard that it “takes 3,000 to 5,000 repetitions to burn a movement into your body's muscle memory.” Magic Numbers? It has become muscle memory chakra just to regurgitate those very stats. I've heard those numbers repeated many times throughout my lifetime. Police and martial artist certainly have heard it repeatedly. In a *Tactical Response* magazine, a police journal, I quote:

“Excellence then is not an act, but a habit. It has been said that it requires 3,000 to 5,000 repetitions to develop “muscle memory” or a subconscious response to an external stimuli. While we know that our brain is the only part of our body that has the ability to retain memory, the consistent application and practice of these active listening skills allows us the ability to incorporate them into our daily communication patterns and ensure that they are available to us during critical hostage negotiation processes.”

In this example, it is suggested that we also practice... listening... 5,000 times?

We hear the numbers again from numerous martial arts instructors. Many I fear, have heard police quote the stats and they think that police are some reliable, source, but the numbers also leave the enforcement, military and martial arts fields, into sports. A famous golf instructor said,

“It has also been determined that it takes between 3,000 and 5,000 repetitions of a movement pattern to learn an exercise.”

A baseball training academy said,

“Hitting instructors have noted that it takes between

3,000 and 5,000 repetitions to ingrain the muscle memory needed to hit a baseball.”

These are some common examples of how the “3,000 to 5,000 reps” concept has permeated and fermented into the professional training psyche. Sound like a lot of reps. But, it can get worse. I know of one physical trainer who told his clients that it took 8,000 repetitions to adequately learn a new physical move. Now we are up to 8,000!

I remember when first learning Sanchin Kata in the 1960s. (Uechi Ryu). It was noted that one had to practice the kata 2000 times before being able to perform it with any sense of perfection. So, this idea of repetition is nothing new and can be traced back in time.

For a common citizen, this seems like an unimportant statistic, but to a professional trainer of police, soldiers, and security specialists the idea of implementing 3,000 or more of repetitions is overwhelming given budgetary restraints and time dedicated to training. Expectations are lowered. Courses are dumbed down under the crushing idea that a single physical tactic will take 3,000 to - now 8,000- repetitions to become effective.

Quote these figures to many training administrators and some will throw their hands up in anguish, toss in the towel and surrender to the frustration of the Layman.

“Layman” is a person who is a non-expert in a given field of knowledge. While one might be the king of the rifle range, a trophy-winning pistol shooter, or might be able explain the chemical mixture of pepper spray in a rainstorm, or win a UFC fight, most of us are laymen in the related fields of psychology, physiology and motor skill learning.

As you can see from these given examples, the 3,000

Continued on Page 7



President's Message

By: Professor Daniel W. Saragosa

I am counting my blessings for all that has happened this past year. There have been many changes within the Institute as we continue to move forward. In the spirit of openness, the AJI held an executive session on October 20, 2018. This meeting was in lieu of our regular quarterly meeting. The purpose of the meeting was to entertain a request by our Treasurer, Sensei Nolan Yonekura of the Wahaiawa Kodenakn.

For personal reasons, he advised the BOD that he was unable to fulfill his obligations as the Treasurer for the AJI. He had been our Treasurer since 2012 and he managed to do yeoman's job for our organization. He explained that his job required more and more of his time and he felt that he could not in good conscience, continue to devote the amount of time necessary to remain effective in his position.

Based on this request, the BOD made the following movements.

1. Sensei Yonekura was removed as Treasurer. He will retain his position as a Director until our next elections.
2. Secretary Mindy DeCastro was appointed as the new Treasurer. She vacated her position as Secretary.
3. Prof. Mel Cansibog was appointed as our new Secretary.

We feel that these movements strengthens the organizational structure of the AJI as we move into the future. We will continue to remain vigilant, resourceful, and will continue to be fiscally responsible to our membership.

We are looking forward to the 2019 Camp Kokua which will be held in New Branufels, Tx, June 14-16, 2018. See information elsewhere in this newsletter.

Wishing everyone a Merry Christmas and a wonderful New Year.

Blessings to everyone.

Daniel Saragosa
President and COO

American Jujitsu Institute Directors and Officers	
Daniel W. Saragosa	President
Scott Horiuchi	Vice-president
Melvin Cansibog	Secretary
Mindy DeCastro	Treasurer
Ken Eddy	Director
Jason Spencer	Director
Terry Adlawan	Director
Nolan Yonekura	Director
Regional Advisors	
Carlos Gallegos	Western Region
Gary Jones	Southeast Region
Glenn Medici III	Southwest Region
Ron Jennings	Northern Region
Barbara Gessner	Northeast Region
Kevin Dalrymple	Regional Advisor
Brian McElhaney	webmaster
Website: http://americanjujitsuinstitute.org	



Ohana Reflections, Past and Present

*Professor Glenn Medici,
Kodenkan of Phoenix*

Prior to 1990, for various reasons, the Danzan Ryu families did not interact. The AJJF (American Judo & Jujitsu Federation), KDKY (Kodenkan Yudanshakai), JA, (Jujitsu America), Shoshin Ryu organizations all broke away from the AJI, Professor Okazaki's original Danzan Ryu association. In addition, the other Danzan Ryu splinter groups went their separate ways. These organizations then proceeded to create their own version of what the art consisted of.

Over the years, this separation naturally caused confusion – and many bruised egos – between the various Danzan Ryu families and personalities. Prior to 1990, the various groups stayed mostly to themselves -- choosing to be big-fish in a little pond, rather than a small fish in the Danzan Ryu ocean.

Thanks mainly to the efforts of Professors Mike Chubb, Bill Fischer, Joe Holck, Carl Beaver and others in the mid 1980's a working dialog was established. This dialog allowed all of the families to come together at a neutral venue. The purpose of this meeting was to honor their Danzan Ryu roots and Professor Okazaki's legacy. It was, quite literally, a weekend of putting politics and personalities aside ... to see if something bigger could – possibly – emerge.

And it did!

This “coming together” gave birth to the first Danzan Ryu Ohana gathering in 1990 in Irvine, California. At this historical Ohana, Dai-Shihan Joe Holck, who was my sensei, assigned me the duty to follow him around with a sake bottle. He wanted to toast his old friends,

many of whom he hadn't seen or heard from in quite a while. In the performance of my duties, I listened intently to all of the many and varied conversations.

There was one main topic of conversation between the elders of the various families as they conversed in the hospitality room that weekend. The topic was both interesting and eye-opening to me. The main topic of conversation that I heard over and over at that first Ohana was “Just who is doing the Danzan Ryu boards correctly?”

What I subsequently learned from Dai-Shihan Joe Holck was that it did not matter “just who was (or wasn't) doing the boards correctly”. What mattered most to Dai-Shihan Holck was “Do they fully understand the underlying principle of the technique?”

If so, then, in Dai-Shihan Holck's viewpoint, there were many different ways to do that particular technique. The problem today, in my opinion, is not that various techniques are taught. The variety is a good thing. The problem today, as I see it, is that many instructors do not fully understand the underlying principle of the technique. I fear that they do not understand the underlying principles because they were not taught them in their training. Unfortunately, that leaves them unable to teach it to their students either.

Hence, it appears to me, that these days underlying principles are simply not being taught to many. I strongly urge any and all instructors to investigate and fully learn the underlying principles of all the techniques that they teach. In doing so, you will also learn many different ways to execute the same technique.

I also urge everyone to go back to their Danzan Ryu roots and always strive to keep their art pure. I encourage each instructor to teach the pure art, without adding your own interpretation and flashy spins to the

boards. The boards were created by Professor Okazaki many years ago. As such, the boards are battle-field expedient. Quite simply, they work each and every time when executed correctly.

Here is a rule-of-thumb in this regard: If a technique doesn't work, you're doing it wrong.

Some of the past few Ohana gatherings have concerned me. Because of what I've seen at these Ohanas, I feel that the Danzan Ryu world is digressing from the original curriculum. It appears to me, as I've witnessed what is being taught at the Ohana venues, as though teaching the pure arts is giving way to flashy variations. Variations can be fine by themselves – even flashy ones. However, the Ohana venue concept was designed to openly share the Danzan Ryu boards with everyone in attendance. The Ohana venue was not designed to showcase some instructor's flashy variation.

As does each instructor, I, too, have variations that I prefer for certain applications – e.g., for taller students, who might have difficulty with shorter opponents. Danzan Ryu instructors have an obligation to teach and pass down a pure art, as it was passed down to them. I make it clear to my students that I did not invent any of the Danzan Ryu techniques that I teach. I remind them that Professor Okazaki did. I tell my students this because I think that this is the right thing. It is the reason for studying Danzan Ryu – to learn the pure techniques created by Professor Okazaki.

Another issue that concerns me greatly is the Esoteric Principles. I am concerned that we should not just giving lip-service to these important tenets. As I see it, the Esoteric Principles are to be lived on a daily basis. They are not just to be talked about occasionally.

Live it, don't just talk about it. Talk is cheap.

Many years ago, when I first read the Esoteric Principles of Professor Okazaki, it did not occur to me just how important and meaningful this document is. Upon discovering for myself its importance, I have read and re-read that document over the years. With each reading, I have found greater understanding. Each and every time I've meditated upon it, that understanding has deepened and broadened. I urge instructors to focus more upon teaching these simple principles at every available opportunity. I only wish that I possessed the depth of wisdom to write such a powerful and meaningful message to future and current students of the Kodenkan.

Another issue of concern to me regards the healing arts of Danzan Ryu, specifically Seifukujitsu. It concerns me that, these days, there seems to be a lack of interest in the important element of healing, especially by some younger yudanshas. When asked they all say "Yes, I am interested" in such things. However, when training in the healing arts is offered, they do not participate. Rather, they choose to head to competitions.

Some of this I understand from my own experience. In my earlier days I, too, had little interest in the healing arts when exposed to them at first by Professor Carl Beaver, Dai-Shihan Joe Holck and Professor Sig Kufferath. In those days, all I wanted to do was train hard and compete in either karate or jujitsu. Later on, as I advanced in rank, I realized that, in order to come full-circle as a martial- arts instructor, I needed healing skills. These skills were not just the martial skills. I learned that I needed healing skills, as well. I learned that the healing arts were necessary to help my students, who occasionally get injured and, when they do, they need hands-on first aid.

Please note: For the instructors, it is important that you are able to use the healing arts. In addition, you need to be able to teach this art, as well. Teaching the

healing arts serves to better refine your technique and hone your skill set. Teaching the healing arts allows you to be even more-effective in their use. The American Jujitsu Institute is doing an excellent job maintaining the original curriculum of Professor Okazaki, both in the fighting arts as well as the healing arts.

Competition events are, certainly, always fun. However, I encourage you to not allow them to be the focus of your training. There is too much emphasis on winning and losing in such competition events. What often gets lost-in-the-dust after a competition event is the learning experience it provided. One area of such learning is in the arena of good sportsmanship. Good sportsmanship is extremely important so as to treat each participant – each person – with respect and regard. Also, I urge you to stay mindful of the fact that everyone is looking and evaluating your actions. Such is the case both on – and off – the mat. In this age of social media, it is even more so the case. You represent the American Jujitsu Institute, your Sensei, and your immediate Ohana. Make them proud!

Seifukujutsu Corner - Chi Gung Medical Intensive by Professor Ken Eddy



Mizu ShinTao Institute of Oriental Therapeutic Science

There has been a series of events sponsored by Mizu Shin Tao Dojo this summer. In June we hosted a Seifukujutsu Intensive weekend which included a sushi class presented by Prof. Zane Graham and his wife Deb. The event was fun, educational and well received. In August we hosted a Medical Chi Gung Intensive weekend and had a great group of attendees. We were honored to have several students from Janice Okamoto's Dojo. She was, as usual, a gracious and a welcome guest. We tried to honor Janice with a

Ka Leo O Kodenkan

“Chado” ceremony and it was wonderfully presented by Mizu Shin Tao's Carees Gonzalez. This was a lot of pressure as Janices mother was a student of Chado.



The classes went very well. The class addressed Parkinson's disease, depression, diabetes, fibromyalgia, etc. and the students were very respectful, pleasant and gracious. The food was great and the company could not have been better.

Thank you so much, Rinpoche' Gonzalez; and congratulations to Carees Gonzalez on being promoted to Gokyu. Thank you to all who attended.



In addition to the Chi Gung and Chado Ceremony, we were fortunate to get a gong Bath from “Siri Bani Kar” (Karen Turek-also great food).

Page 5



PS: Earlier this year, I was honored by the Pacific Jujitsu Alliance with a recognition of my promotion to Danzan Ryu Judan. I was overwhelmed and had a feeling of extreme humility as I have an extremely high regard for this organization and its' members. I wanted to thank them for this gesture and let them know that it is a great honor and privilege to be recognized by this group, as they are a great example of Master Okazaki's esoteric principles and the Danzan Ryu System.

Maintaining your principles in the face of adversity takes a very special kind of strength and this group upholds the foundation of Master Okazaki's System with the utmost honor and dignity. I am very proud to

know these jujitsuka and have them as a part of my life. Again, thank you so much. - Prof. Ken Eddy



Chi Gung Medical Intensive Attendees

Back row left to right; Mathew Beatty, Randy Smith, Christopher Woo, Janice Okamoto, Terry Woo, Peter St Ores, Tom Renni

Middle Row left to right; Jefferson Thomas, Kate Pryor, David Lee, Prof. Eddy, Gina St Ores,

Front row left to right; Rachael Beatty, Colleen Okamoto, Tammi Odell, Melissa Wiseman, Carees Gonzalez

Camp Kokua—2019

Camp Kokua 2019 will be held June 14, 15 and 16 in New Braunfels, Texas. The event is being hosted by Sensei Leo Barahona of Bestia Martial Arts. Co-hosts are Prof. Gary Jones of the House of Kodenkan and Sensei Merrill Britt Pauls of West Texas Kodenkan Jujitsu.

Classes will begin on Friday afternoon June 14th and will end at Noon on Sunday, June 16th.

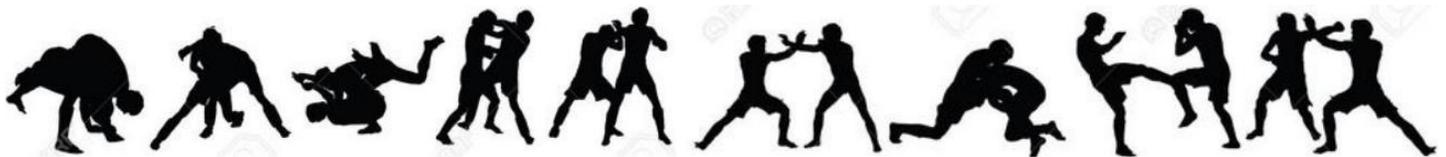
This year's event will feature an all healing arts theme, with no martial arts demonstrations, nor any tournament competition. This brings us back to the original intent of the event by its creators Zane and Deb Graham of Sons of Tahoe Seifukujitsu.

We have commitments from various instructors and expect a great weekend of learning and sharing.

More information and flyers will be out after January 1st. The website : www.campkoua.com will also be up and running with all information, registration forms, schedules and list of instructors.

to 5,000 stats that may follow the opening remarks of a layperson, “everyone knows that...,” or “it has been said,” or “It has been determined.” Well, I had to ask myself; just where do these magic numbers actually come from? A deeper look can reveal the true story and facts behind them.

A root study, the industry standard research that experts refer to, comes from a 1991 book called Motor Learning by Doctors Richard Schmidt with Craig A. Wrisberg, followed by Schmidt’s consistently updated book editions called Performance and Motor Control And Learning with Dr. Timothy D. Lee, along with a rotating collection of new research studies. I urge everyone in the training industry to read these books. The good doctors have many medical and psychological eggs to fry in these volumes as they cover lab tests, sports, injury recover, performance enhancement and challenges involving the handi-



capped. They are often used as college textbooks.

In Motor Learning, Dr. Schmidt states with a bundle of charts and studies that it requires approximately 300-500 repetitions to develop a new motor pattern. Conversely, **once bad or inadequate habits are already in place**, he states “it takes about 3,000-5,000 repetitions to erase and correct a bad motor pattern.” ***Please take note, 300 to 500 repetitions, not thousands, but rather hundreds.***

For some reason, many trainers and writers have latched on to a reverse misunderstanding of this study.

People come in all ages, shapes and sizes, strengths and skills. In the many years that I have taught, I am well aware that each student will have a different, learning repetition ratio. One might really “get” something with only 25 reps while another may take thou-

sands more. Thus, these statistical averages are created inside a broad continuum.

Age is certainly another factor. Teaching repetition to a 10 year old is easy compared to teaching a 50 year old. There may not be enough time to practice too many repetitions because at 50, time is of the essence!

Another factor is ability. Teaching me to ice skate, would be a life-long endeavor, as I would never get it!

No matter how long or short it requires to first burn a pattern into one’s muscle memory, all skills are perishable and need to be exercised with some frequency, which again, is different for each person.

The “masters “ in golf, cooking, baseball, piano, or Jujitsu...practice forever. The Masters lose count of the number of times they perform a technique and just practice for practice sake. That is why they are masters.

Should we believe wholeheartedly in these Schmidt numbers? Not totally. Some think they are high for both new and corrective training but individuality aside, we have leaned here that some respected experts report the averaged numbers 300 to 500 repetitions are needed to learn something new, not the 3,000 to 5,000 (or 8,000). We all have taught gifted people who “get it” immediately and those who, no matter how hard we work with, simply cannot master simple movement. Of course, in reference to my ice skating, 8000 repetitions would simply not be quite enough! It would be an lifetime exercise in futility!

Yes, you could train new people, or people new to a certain movement, with about 10% of time and effort than previously suggested. Ten Percent! A lot depends on your own talent as an instructor.

by Prof. Daniel Saragosa

With special thanks to : Hochheim, W. Hock. *How Many Reps for Muscle Memory?*

Reminder - Membership Renewal Notice

This is a renewal reminder for your 2019 registration. Each dojo will be receiving their annual notices. Individuals not aligned with a specific registered dojo will also receive notices from Registration Chair Mindy DeCastro. Registration can also be done on-line under the Resources Tab of the AJI’s Website.

Promotions

Recent and upcoming promotions and acknowledgments.

NAME	AFFILIATION	RANK	DATE
Carees Gonzalez	Mizu Shin Tao		
Makayla Gaston	Waianae Jujitsu Dojo	Green Belt	5-10-18
Malcom Gaston	Waianae Jujitsu Dojo	Green Belt	5-10-18
Mesha Gaston	Waianae Jujitsu Dojo	Green Belt	5-10-18
Ikaikaokalani Glonson	Waianae Jujitsu Dojo	Orange Belt	5-10-18
Aiyana Kapihe-Leong	Waianae Jujitsu Dojo	Yellow Belt	5-10-18
Erwina Leong	Waianae Jujitsu Dojo	Orange Belt	5-10-18
Nathaniel Leong	Waianae Jujitsu Dojo	Green Belt	5-10-18
Kycis Mawae	Waianae Jujitsu Dojo	Green Belt	5-10-18
Ernest Murata III	Waianae Jujitsu Dojo	Orange Belt	5-10-18
Melvin Pililaa	Waianae Jujitsu Dojo	Yellow Belt	5-10-18
Bronson Raymondo	Waianae Jujitsu Dojo	Green Belt	5-10-18
Tyson Raymondo	Waianae Jujitsu Dojo	Green Belt	5-10-18
Daeden Villamar	Waianae Jujitsu Dojo	Yellow Belt	5-10-18
Adam Dougherty	Kailua Kodenkan / Elite Training Systems	Orange Belt Hachikyu	10-18-18
Blaise Gibson-Chang	Kailua Kodenkan / Elite Training Systems	Orange Belt Hachikyu	10-18-18
Marc Neumüller	Kailua Kodenkan / Elite Training Systems	Purple Belt Shishikyu	11-27-18
Branson Reymondo	Waianae Jujitsu Dojo	Green	12-22-18
Melvin Pililaa	Waianae Jujitsu Dojo	Green	12-22-18
Heavenly Cansibog-Freitas	Waianae Jujitsu Dojo	Yellow	12-22-18
Anthony Rahmondo Jr.	Waianae Jujitsu Dojo	Orange	12-22-18
Mason Alpuro	Waianae Jujitsu Dojo	Yellow	12-22-18
Israel Spencer	Waianae Jujitsu Dojo	Yellow	12-22-18
Legend Aipa	Waianae Jujitsu Dojo	Yellow	12-22-18