



# Ka Leo O Kodengan

American Jujitsu Institute

Since 1939

**Volume 2015**

*"Un Mau Ke Ea O Ka Aina I Ka Pono"*

**Issue 1**



## The Vanishing Art of **SEIFUKUJUTSU**

*By: Professor Glenn Medici*

I would like to congratulate the leadership of the American Jujitsu Institute, especially Prof. Danny Saragosa and Prof. Ken Eddy for developing a Seifukujutsu Certification program whereby all AJI yudanshas and mudanshas alike can study, learn, and constantly practice these very necessary and sacred healing arts. It is my opinion that, to come full circle as a Danzan Ryu instructor, one must be proficient in all aspects of the healing arts – plus the fighting arts – of Prof. Okazaki.

I am delighted that the American Jujitsu Institute leadership has produced "*The Complete Okazaki Massage Set*" OF DVDs and workbook that include Basic Anma, Circulatory Massage, as well as the fifty-two protocols of the Seifukujutsu board. This method provides a superb introduction to these. At the same time, there is no substitute for direct, hands-on learning from someone qualified to critique your/ the student's every move. To achieve the requisite skill level, it is important not only to learn the protocols

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## President's Message

By: Professor Sam C. Luke

A Happy and Prosperous New Year to our members and friends. Our 75th anniversary has come and gone. Think about this - 75 years! That is a long time for one organization to be in existence. We look forward to many more years of success and growth. We thank all the folks who made our anniversary celebration at the Santa Clara Marriott's Ohana 2014, such a success. It was such a wonderful experience. We had great fun, food and warm relationships with each other.

A special thanks to our Ohana hosts for the accommodations.

The AJI is alive and well; growth has been steady and healthy. While we are proud of how we have progressed and of who we are, there is always room for improvement. As such, I invite your suggestions on how we can improve and serve you better. We expect more things will be going on this year, including Camp Kokua, and we will be expecting continued growth in our ranks with pledges of new and returning members.

My special THANKS to all AJI officials both elected and appointed, for the work they have done. Thank you too, to our faithful members and friends. All of you have helped AJI remain on a steady path of growth and success.

Our founder, Prof. Okazaki, would be very proud of how we have continued his legacy.

Aloha and be well!

Sam Luke

### AJI 2015 DUES ARE

### NOW PAST DUE

If you have yet to pay your AJI membership renewal fees, or your AJI school dues for 2015 they are now past due and should be paid as soon as possible.

Please see the registration form on Page 15 of this newsletter or go to the AJI website and register online.

The American Jujitsu Institute appreciates your membership and continued support.

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and practice them conscientiously, but also – as often as possible – to be critiqued by someone of greater skill level.

Unfortunately, too few of today's yudanshas seem to be interested in the healing aspects of Danzan Ryu. There are numerous reasons that this is the case. It is, further, my opinion that much has been lost due to this trend. Unless one learns and diligently practices all the many aspects of the Danzan Ryu curriculum as outlined by the late professor, they will soon disappear.

This trend is not new. Many of the “old-timers”, too, did not pursue the healing arts as much as the fighting arts. As an example of that fact was my sensei, Dai-Shihan Joe Holck, a student of Prof. Okazaki. For reasons unknown to me, Dai-Shihan Holck did not teach the healing side of Danzan Ryu. However, he strongly believed in their value. He always brought in Prof. Carl Beaver and Prof. Sig Kufferath, both direct students of Prof. Okazaki, to teach us these healing skills, thus, rounding out our training.

Let's examine some of the healing modalities of seifukujutsu in Prof. Okazaki's day. History and subsequent research has taught us that the dual-combination of anma and “long-life massage” was the root of most of his treatment plans. We also know that joint manipulation – “skeletal adjustments” – of the neck, hips, upper and lower back, and resuscitation arts were a solid part of his curriculum, as well. There were also special baths – hot, cold, mineral and steam – which were also used in his therapeutic approach to problem-solving health-related issues.

History has taught us that Prof. Okazaki was a highly-innovative individual, who combined several different martial arts in developing the fighting arts of Danzan Ryu jujitsu. The same can be said in his development of his healing-arts curriculum. He investigated and developed many different, successful protocols in treating his patients. This included some “Swedish” massage techniques to augment the traditional basic anma and long-life massage. Quite simply put, regardless of the origin, he went with what worked for him. Without a doubt, he was results-oriented.

In the course of treating his patients, Prof. Okazaki developed numerous, specialized treatment plans with specific protocols for certain maladies he was treating at his clinic. Richard Rickerts, a senior student of the late professor, closely observed his instructor at work. Rickerts recorded a list of fifty-two protocols that comprise today's seifukujutsu board. Research shows that there were far more “Okazaki” protocols than the recorded fifty-two.

It occurs to me that American society has changed dramatically since the death of the late professor in 1951. By that, I refer, first of all, to the litigious nature of the social environment in which we live today. In this litigation-prone society, it is quite common for people to sue the practitioner for damages for rendering well-meaning assistance to those in need. Secondly, there is the issue of licensure with all of the jurisdictional agencies involved with any form of medical practice these days.

Today, the art of seifukujutsu appears to consist of anma basics, and long-life massage. For the most part, the rest of Prof. Okazaki's original curriculum seems to have disappeared. I also note that some present-day Danzan Ryu practitioners have added acupuncture, acupressure, meridian work, and other methods to augment their healing skills. When this is done ethically, these practitioners do so while being careful to not cross the line of practicing medicine without a license, and by obtaining appropriate licensure within their respective states.

As a long standing practitioner of Danzan Ryu, unfortunately, I have been stacked on my head many times over the years by well meaning lower-ranking students. From time to time, I have required skeletal adjustments. Unfortunately, this skill appears to be vanishing from most Danzan Ryu programs. However tragic this reality may be, it's easy to understand why this has become the case.

As an example of just how necessary this skill is, my wife was involved in a traffic accident that injured her neck years ago. Her injuries at that time cause her to continue to be in much pain still. Over the years, I have practiced my seifukujutsu skills on her daily to relieve the pain. I've used the anma and joint

manipulation that I learned primarily from Prof. Carl Beaver. Along with his solid critique of my technique, he also cautioned me many times regarding the dangers involved with skeletal adjustments.

I persisted in practicing what I was taught. I did so in order to achieve the skill-level required to help relieve the pain of those in need and NOT exacerbate their condition. For quite a long while, I was not very comfortable working on people; however, with time and much practice, it became second nature to me. Legal realities remain a very sensitive issue to me. As a result, I will only work on my yudanshas or people I know well in order to mitigate possible litigation.

Occasionally, I, too, could use some of this skeletal adjustment help from my peers; however, it appears that those qualified are few and far between these days. Those who are unqualified can do significantly more damage, rather than providing help. In my opinion, it is, therefore, understandable that this skill is all but gone in the Danzan Ryu world these days. Since there do not seem to be many in the Danzan Ryu world these days who possess this necessary skill, I have resorted to finding a good qualified chiropractor to take care of my personal skeletal issues.

My advice for younger yudanshas and mudanshas alike is to learn the basics of seifukujutsu from the qualified sources available. Then, having done so, to practice, practice, and practice to become proficient in assessing the underlying medical issue before you do anything else. A word of caution: In order to do no injury, it is imperative that you not treat someone who needs a higher degree of expertise. Like anything else in life, with constant practice and qualified critiquing, you will learn not only the expertise to provide the help that your skill-level can provide, but also when to pass the injured party off to someone with higher skill sets; such as, a medical doctor, an osteopathic physician or a chiropractor.

I do not advocate any form of practicing medicine without a license. We have many different types of medical practitioners these days to provide this service. However, there are many, many things that we as Danzan Ryu practitioners can do to alleviate the pain of our fellow man. I can think of no higher calling than to take away the pain and suffering of your friends and dojo mates.

I highly recommend that all AJI yudanshas and mudanshas alike include this new AJI Seifukujutsu DVD set in their personal collection of reference material. I encourage you to diligently practice the principles and techniques displayed, and seek higher critiquing whenever possible to fully learn this sacred art.

The AJI's new Seifukujutsu DVDs are an excellent start in that direction. That being said, these DVDs are only the tip of the iceberg. I urge you to learn as much as you can, by any method necessary. Seek out the very best practitioner you can find to critique your technique and understanding of the healing arts.

In closing, I ask you to remember that ...

**Practice alone does not make perfect.**

**Perfect practice makes perfect.**

## ***A REQUEST FROM YOUR EDITOR***

***Please send your articles and photos for submission in  
the next AJI Newsletter to:***

***Sue Jennings at : [SueJennings@kaishinkai.com](mailto:SueJennings@kaishinkai.com).***

***The next deadline is March 15, 2015.***



## BIOGRAPHY OF AN AJI PROFESSOR

# Professor Carlos Gallegos

I guess when you get to be my age, it's hard to remember yesteryear, much less what I had for breakfast. I grew up in a small town in California called Norwalk. As I reflect, I think, if there were a reunion with all my friends and the bullies from my youth, it would have to be held at Forest Lawn, for most of them are dead due to drug abuse, gangs, or fighting in Viet Nam. Fortunately for me, some of my true friends are still around.

In 1966, I was drafted into the Army and went to Fort Bliss located at El Paso, Texas. The reason for calling this place Bliss escapes me. After boot camp, I went to Fort Ord. It was here that I was first

introduced to martial arts — specifically, karate. I saw these two guys beating the hell out of each other and was amazed at the lack of blood and bruises. I was thinking, what kind of fighting is this? So, when they took a break, I asked, "Karate", they replied. I thought to myself, "No blood, no bruises? That's the kind of fighting for me." I love to fight, but I don't like getting hit.

After I was discharged from the Army I went back to work as a barber at the Disneyland Hotel. I immediately started looking for a karate school. I happened to mention my search to one of my customers who was a security officer at the hotel. He replied that he was actually going to start one at the hotel. This was David Nuuhiwa.

The class was small, and we were shuffled from one convention room to another. At this time, Uncle Dave was very stern and hard. He demanded perfection. Only a few were allowed to join this class. I think he allowed me in the class because I was cutting his hair. He was a smart man, and you never want to upset your barber. I guess I was very lucky, or maybe not; I thought I was going to die in that class! The workout was two hours, non-stop, with not even a water break.

After about two weeks, we were scheduled to do a demo for a birthday party at the hotel. I was so scared — I didn't know what I was doing. But Dave knew what to do. He punched me, I blocked and pulled his arm, he flew and went down. It was so cool, I felt like Hercules. That is, until the next day. Dave made us pay. He worked us so hard, I cried, "Uncle, Uncle!" That's why I call him Uncle Dave. Most people think it's a Hawaiian thing — and maybe it is, but when you hurt it's uncle-time.

Uncle Dave had many students, but most of them dropped out after about two years. He would look at me and probably wonder when I was going to drop out too. Every time I came to work out, he had a new exercise for the class. If it wasn't duck walking, it was pushing his '54 Ford across the heliport, with him in it. Uncle Dave always pushed exercises. He would tell us, if you're not in good shape, you will get a dirty lickn' in the street. Uncle Dave's philosophy was to keep yourself in good shape, or else. I wish he was still with us; at least then I would lose some weight.



In 1968, Uncle Dave moved his school to his apartment. We worked out outside on the grass. Later Dave moved to another apartment, and we had a garage to workout in. It was cool. I mean very cold in the winter. We had only a small carpet to do our falls and rolls on.

For months we would work out on judo, then we would move on to karate, then aikido. You see, Dave had a plethora of experience in martial arts. I think his home was jujitsu because he often talked about people like Juan D. Gomez, John Cahill, Joseph Holck, and others. I wouldn't know who these people were until Ohana 1990. Prof. Gomez gave Uncle Dave a big hug and was happy to see him. It was then that I realized our little garage school was part of a huge family; what a wonderful surprise.

Shoshin Ryu Yudanshakai and the A.J.I. welcomed us with open arms and still do. I am only too happy to be part of these organizations. Thanks to Prof. Sam Luke, Prof. Bill Fischer, Prof. Mike Chubb and Prof. Kevin Dalrymple, to mention few.

Kaito Gakko is the name given to Uncle Dave. It means school of East and West. But Kaito means east of the ocean and Gakko means school or foundation for a school. That's what Dave is, our foundation. Our families are A.J.I. and Shoshin Ryu, and our teachers are all its members.

## Alameda Judo/Jujitsu Club Had Promotions

*By: Prof. Janice Okamoto*

Prof. Janice Okamoto and all of AJI offer our congratulations to all students that were promoted on December 20, 2014 at Alameda Judo/Jujitsu Club.

Dignitaries present for the event are pictured in the front row. Wearing the red obi is Prof. Lee Eichelberger, and next to him wearing the red blouse is Prof. Berniece Jay.



(Photo courtesy of Marty Springer)



## Alameda Club Welcomes Newest Black Belt

*By: Prof. Janice Okamoto*

Welcome to our newest Alameda Judo/Jujitsu Club black belt - **Alex Lim**, shown in the center of the photo next to Prof. Okamoto.

Heartfelt congratulations from the American Jujitsu Institute on this achievement.

## Proud Moments at Kaito Gakko

*By: Prof. Carlos Gallegos*

On August 6, 2014, Kaito Gakko held an awards and promotions event at the North Orange County Adult Ed Campus in Sensei Ramon Gallegos' Dojo. Carlos Gallegos took the liberty of inviting all of Kaito Gakko's and Sensei Randy Carrasco's alumni. It was amazing how all of the students responded and supported this event. There were more than 35 students and their families. It's wonderful how the group

has grown with new babies and loved ones! The night's class included randori exercises, demonstrations, and instructions from Prof. Jim Lambert and Prof. Kevin Dalrymple.



Prof. Carlos Gallegos would like to thank the American Jujitsu Institute for the awards and promotions. Congratulations to Teresa Odum, Art Lopez, and Leo Lopez who received Certificates of Appreciation for volunteering at the Junior Blind Olympics and working at the Braille Institute. The H S Okazaki Distinguished Service Award went to Sensei Lee Firestone for helping put together the Junior Blind Olympics and to Sensei Randy Carrasco for helping with the Nuuhiwa Judo Tournament. Sensei Ramon Gallegos received the Instructor of the Year Award. Congratulations are also in order to Sensei Ramon Gallegos and Sensei Randy Carrasco for their promotions to rokudan. This was a very proud moment for the Kaito Gakko organization, especially for Carlos Gallegos, Ramon's father.



# Elite Training Systems Kailua Kodenkan Promotions

By: Prof. Kainoa Li

2014 marked the 75<sup>th</sup> Anniversary for the AJI as well as the 100<sup>th</sup> Anniversary of Prof. Henry Seishiro Okazaki's Jujitsu training. It was a special year for promotions in our dojo.

At our Kailua Kodenkan Self Defense ministry program at Saint John Vianney several of our youth members received their first promotions. These included Prof. Sam Luke's grandson Masen, as well as several other outstanding children who have been with us since the program started.

**7<sup>th</sup> Kyu Orange Belt** - La'amea Harbottle, William Domingo, and Abigail Domingo.

**8<sup>th</sup> Kyu Yellow Belt** - Chase Yezzi, Kainoa Kang, Masen Luke, Lawakua Palafox, and Kalani Buchl.

We also had several adults progress in kyu levels including longtime member Aaron Mattis, who trains at both our dojo and the Kaitto Gakko school run by Prof. Bruce Keaulani.



**4<sup>th</sup> Kyu Green Belt** - Aaron Mattis.

**5<sup>th</sup> Kyu Blue Belt** - Nathan Young.

**6<sup>th</sup> Kyu Purple Belt** - Lance Nay, Mike Gruber, Corey Kahalewai.

**8<sup>th</sup> Kyu Yellow** - Chris Mendes.

To receive a Black Belt promotion in an anniversary year is a special blessing.

**AJI 2014 Student of the Year John Rieck** earned his **Nidan**. He was not present at the Ohana due to deployment in Afghanistan, but will be here on leave January 26<sup>th</sup> and will receive his certificate in person at our class on January 31<sup>st</sup>. John is a Sergeant in the US Army.

Honolulu Firefighter **Kawika Harbottle** received his **Shodan** almost 25 years after he started his training in January of 1990. Kawika Harbottle is shown above breaking the seal...and on the right tying on his Kuro Obi.

Along the way he married and had three children, all of whom are dedicated students in class. He also graduated from the USJF Instructors Course and earned his Shodan in Kodokan Judo, his Instructor credential in Wing Chun, and his Brown Belt Instructor credential from the USBJJF in Brazilian Jiu-Jitsu. He is a living example of the diversity found within our AJI family and serves as our right hand man at the Kailua Kodenkan.







Patricia Li receiving her Honorary Shodan, made with contrasting pink in honor of those who have fought Cancer.



Prof. Ron Li with his sempai from High School, Prof. Sam Luke.

Our final promotion was initially proposed by Prof. Sam Luke. He decided to honor my mother, **Patricia Li**, with an **Honorary Shodan** in recognition of her lifetime of service to the dojo. Patricia has been a kyu rank since her cancer battle in 1990. She bravely considered her jujitsu to be a source of healing and strength and gave it credit along with her faith for her survival. She and Prof. Luke also shared a unique experience recently as both survived bad falls that would have put other senior citizens in the hospital or worse. In both cases the weather was poor. Patricia tripped while going to get the newspaper and did a front fall sutemi avoiding any injury. A neighbor couple witnessed it and was amazed that she wasn't injured because it looked to them like a face plant! Professor Luke fell in front of his home taking out the rubbish can. He did a forward roll to side fall sutemi and got up at 79 as if nothing had happened. His neighbor was astonished and ran over to see Prof. Luke laughing!

**Nidan** - John Christopher Rieck.

**Shodan** - Kawika Thomas Harbottle.

**Honorary Shodan** - Patricia Li.

One special aspect of the ceremony that Kawika and Patricia shared in was the presence of my father, Prof. Ron Li. My father studied under Prof. Bing Fai Lau and Prof. David Nuuhiwa. He was also a student in the classes run by Prof. Sam S. Luke with assistance from the very young Sempai Samuel C. Luke. So it was wonderful seeing my dad and Prof. Luke standing together in their gi and sharing in the honoring of my mother and one of our top students.

After class Prof. Luke and my father shared memories of their early training days with the kids. They also reflected on their first person witnessing of the attack on Pearl Harbor and how the application of the Esoteric Principles of Judo and knowledge of Seifukujutsu massage helped shape their lives.



**Students and instructors at the Saint John Vianney Kailua Kodengan Self Defense Ministry are shown. UFC veteran and Brazilian Jiu-jitsu, Judo, and Vale Tudo great Joe Moreira was our special guest the day of the promotion and was excited to share his knowledge and experience Seifukujutsu.**



## Recommendations for improving your jujitsu throwing techniques

*By. Prof. Mel Cansibog*

Jujitsu was created for anyone to do successfully as long as you pay attention. Whether you are handicapped, blind or have other disabilities, jujitsu can be designed for you if you're willing to learn and make it work for you. In many cases people stop learning jujitsu because they can't perform as they see others doing it. Jujitsu will work if you can apply it in a way that you can do effectively.

Have you heard of the phrase, "The world does not evolve around you?" In Kodengan Jujitsu the world around you does evolve around you! Your throws should be done in a circular motion while you are being the center axial point insuring that you're well balanced at all times.

Think of you as the "Sun" and all of the planets circling around the Sun because of its gravitational pull. Now think of the gravitational pull as your arms reach out to each of the planets and pull each planet in a 360 degree turn around the Sun. This is Jujitsu.

The Sun does not care about how big or how small the planets are, nor does it care about the shape of the planet such as Saturn. The Sun is still able to pull each and every one of the planets around itself.

In Hawaii on the Island of Oahu, at the Waianae Jujitsu Dojo, as a student learning the art of Kodengan Jujitsu, you are not allowed to say "I can't or I don't know how". By saying this to yourself or out loud, then you have already decided in your mind that you cannot do it. Then as an Instructor (Sensei) I cannot help you. You have to tell yourself that "I'll try", so that as a Sensei, I can show you how it is done and how we make it look so easy. As you look at your opponent as you're grabbing them, imagine the path that you want that person to follow as you throw them (as you're throwing) imagine and follow that path until you see them on the ground. Now execute and see where your opponent lands. Is it the same as when you imagined it, or is it different? Until you can say for sure that is how and where you want that person to land, then you still need a lot of practice.

To master your throwing techniques you have to be in control 100 percent from start to finish. Start meaning: As you grab your opponent, and Finish meaning: As when your opponent is on the ground. You are in control 100 percent, and your opponent has no control over it once their feet are off the ground. This also means no one else is to blame if your opponent gets hurt; he or she is your responsibility until after the throw is complete. At the same time your opponent is in full control (100 percent) of how they land. You cannot control how their feet come down, or how their arm lands, or how their head bounces if they are too relaxed as they get thrown. Insure prior to throwing them that they know how to fall. In real life for you to protect yourself you are only worried about you getting hurt and not how your opponent lands.

You only worry about your partner as you practice your throwing techniques and as you are throwing, remember that you have 100 percent control of your throwing from start to finish. A point to remember is that you don't have to slam your partner to the ground. That is not being responsible for your partner. As you are throwing and as your partner is falling, you as the thrower (Tori) can control how your partner (Uki) is falling. You can control how at the last second your partner (Uki) lands, by pulling up slightly so that you insure your Uki lands flat. If you don't control the throw, or don't care, your Uki will land head into the ground. If you're not paying attention as you throw, your Uki's legs will be whipping over too fast and their feet will be the first to hit the ground. Again remember you are the Tori and have 100 percent control over your Uki as you're throwing. Your Uki can only control how he lands and is 100 percent responsible how he chooses to land.

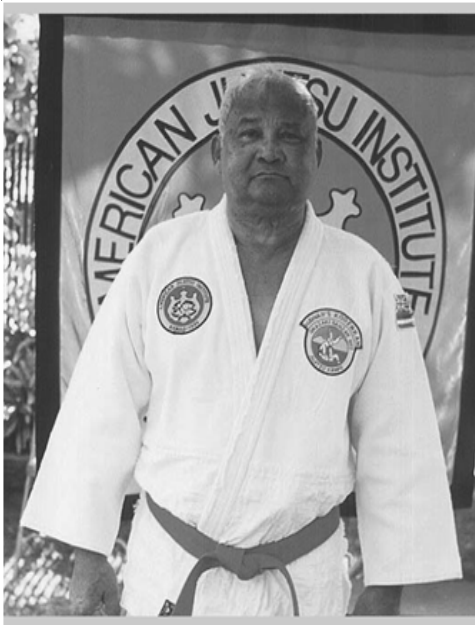
No one is Perfect, but perfection is what we strive to do. Mastering your throwing techniques is not just being able to throw any body, but to do it in a way that it looks easy to all that are watching.

### **1. How to Improve your speed when throwing your opponents**

- a. Choose someone that you know who has good speed and throwing techniques.
- b. You must watch and observe others as they throw.
- c. Watch the number of steps taken as they throw with speed.
- d. To improve your speed you must lessen the number of steps as you throw.
- e. You should only have to take one or two steps to throw your opponent.
- f. Look for balance after they throw, are their feet firmly set to the ground, or wobbling.
- g. Are their toes raised off the ground (in the air), or are their heels up off toes raised off the ground (in the air), or are their heels up off the ground while they are throwing; both are signs of being unbalanced. Not good!
- h. Your legs should be slightly bent through the whole process so that you can keep your balance at all times.
- i. Always practice by throwing with speed, the faster you get, the easier it gets when throwing.
- j. Your grasp on your opponent is the difference between safety and someone seriously getting hurt.



2. If you always throw with the same partners you will have a hard time figuring out what you are doing wrong.
3. If you are throwing a smaller person than yourself, you will find that you have to adjust for the height difference.
4. If you are throwing a taller person than yourself, you will find that you have to adjust for the height difference.
5. If you are throwing someone who is much heavier than yourself, you have to first tell yourself you can do it. Then pay attention to what you are doing. Negativity will only let you down.
6. Remember if your opponent is larger than you, in order to throw that person you must adjust lower so that your center of balance is lower than your opponent's. It will not be easy but throwing a heavier person will take more strength from your arms but much more strength from your legs. Also remember that your Kiai should match the amount of strength needed to throw at the least.
7. Your Kiai is what gives your body the inner strength it needs, but it is also important to remember that your body must work as one to master your throwing techniques with your whole body working as one which enables you to throw effectively.



As the Late Prof. Francisco Limbago's first Black Belt student, I was always able to pick up what he wanted to show me with ease. However, as I assisted him teaching Kodengan, I had to learn how to teach and how to show others what he taught me.

**Mastering Kodengan Jujitsu is not about how well you can do it, but how well you can teach others to do it, and then pass it on to future generations.**

To all students who strive to learn Kodengan Jujitsu: Always remember you should keep an open mind when you're trying to learn.

If you have questions please call me, if I can't answer your question, I will find you the answer and get back to you.

If you stop in Hawaii and would like to practice and work out, the Waianae Jujitsu Dojo is always open to all that want to learn. Classes are held Tuesdays and Thursdays, 6:00 pm to 7:30 pm.

I have not changed times and dates since we started 23 years ago. The location is at the Waianae District Park Gym, 85-601 Farrington Highway, Waianae, HI 96792. Phone: 1-(808) 696-4442, [ajiprofmel@yahoo.com](mailto:ajiprofmel@yahoo.com).

**Editor's Note:** Prof. Melvin Cansibog is a Hachidan (8th degree black belt) and is chief instructor at Waianae Jujitsu Dojo. He is also an AJI Director and life member of AJI.

# Sensei Must Now Handle the Issue of Marijuana in the Dojo

By: Joshua Haney, KaishinKai Dojo

With the changes in the laws regarding legalization of marijuana over the last several years, things are changing in the dojo as we embrace the new situations we must now face due to this trend. Over 23 states and the District of Columbia have legalized medical marijuana use. Colorado and Washington State now have legalized recreational marijuana use with other states following quickly behind.

So, what's a sensei supposed to do? It used to be easy – if we smell alcohol on a student's breath they may not join class. If we felt a student was high on drugs they could not participate in class. Now with legalization by some states, even though it's not legal federally, sensei should be aware of the ramifications this creates in the dojo. For more information about about marijuana, please refer to the *Marijuana - NIDA for Teens* website.

Most people that use marijuana are not the dreadlock wearing hippy of surfer days with sand coming of their ears, but instead are normal looking students of any age. With the use of marijuana now legal in some states, including Washington State where I live, we need to look at what responsible usage should be so that the dojo is still a safe place to work out. The two categories of usage include smoking the marijuana or vaporizing it, and ingesting marijuana by trying the various edibles (candies) that are now available.



So, what does using marijuana do to the body? Like all drugs, marijuana has an effect on the body and how the brain functions. Marijuana increases dopamine, but not serotonin. So, what does that mean? In biochemical terms, dopamine is a “reward chemical” that makes you feel good and accomplished for achieving a desired task. Serotonin is a “happy chemical” that makes you feel good and makes you all-around happier.

So, what's the problem with eating a bag of chips and getting high? Nothing. But, the problem is when you have an increase in dopamine levels we stop feeling fear. When we feel fear we do not try things that could harm us. The throw that we should not be doing, we go ahead and try because the body is trying to become happier and we are not fearful or conscious of the safety risks it could cause to others. We basically have a reward with no happiness behind it.

There are over 700 different chemicals in marijuana besides THC, delta-9 tetrahydrocannabinol that can make you feel high. Cannabidiol, the compound used by epilepsy patents, does not make people high.

How long do these chemicals stay in the body and how long are they active? It is a complex question and we need to understand the differences between alcohol and marijuana. Alcohol is a part of the body's natural process and can be quickly and easily broken down. Alcohol becomes co-enzyme A and part of the Krebs cycle. Because of the ease that the body breaks down alcohol we can easily remove the drunken effect. This is not true with marijuana. THC takes hours to break down and the effect can last for hours. Unlike alcohol which is somewhat size dependant, the THC affect is more dependent on a person's biochemistry. So for example, a 90 pound girl can smoke more than a 300 pound guy and may not be impacted (stoned).

So, for a general rule of thumb, to allow safe workouts students should follow these general guidelines. Allow a minimum of 2-4 hours for every 10 mg of THC smoked, and 24 hours if a person has ingested 10 mg. of an edible, candy or brownie before considering working out. It's still the responsibility

of any instructor to set the class guidelines for when it's safe to be on the mat. As always, if a student appears or acts impaired, they should be asked to watch class rather than participate. It is the instructor's call entirely on who sets foot on the mat.

The Surgeon General Vivek Murthy said on *CBS This Morning* that the medical effectiveness of marijuana had to be shown scientifically and much more information about it was coming. "We have preliminary data showing that for certain medical conditions and symptoms marijuana can be helpful," Murthy, who became Surgeon General in December, said.

Currently marijuana is designated as a Schedule 1 controlled substance, a category for drugs that have no accepted medical value and have a high potential for abuse. Tom Angell, Chairman of Marijuana Majority, an advocacy group, said Murthy's remarks mean President Obama should direct Attorney General Eric Holder to begin changing how the department categorizes marijuana. Dr. Murthy's comments add to a growing consensus in the medical community that marijuana can help people suffering from painful conditions," Angell said.

In the February 2015 issue of *Scientific American* magazine, there's an article entitled, "Marijuana's Medical Future" by David Noonan. The article discusses that as more states legalize treatment, scientists are learning how the plant's chemicals may help conditions ranging from brain injuries to cancer. Neurologist and epilepsy specialist Edward Maas, who is chief of the Comprehensive Epilepsy Program at Denver Health, discovered that more than a third of his patients had turned to the alternative medical treatment of marijuana to try to control their seizures. He said, "I had no idea." He is now monitoring over 150 epilepsy patients over the course of a year, comparing dosage to seizure activity and side effects, as well as patient characteristics, to see if any patterns suggest that the drug is effective or not. "My position is, let's see what's going on," Maas says, "Let's see if this is helpful and try to understand what we are seeing."

For the dojo – sensei and students alike should use caution and their best judgment when allowing students on the mat. As far as what other research is going on in the medical community, safety is the rule.

**Editor's Note:** Joshua Haney has a Master's Degree in Biochemistry from the Evergreen State College in Olympia, Washington and has been a student of KaishinKai Dojo for years.

## PACIFIC NW NEWS

*By: Sensei Sue Jennings*

It's been pretty quiet in the Pacific Northwest as far as activities since Ohana 2014.

We had a **Regional All-Dojo Workout** in Salem in November which Prof. Ron Jennings attended. In December, KaishinKai Dojo had the annual **Dojo Christmas Party** at the home of Ron and Sue Jennings. The difference there is that since they own an overgrown Christmas tree farm, the Christmas tree comes from their own backyard. It's sad to see some of the trees go away, though.

KaishinKai Dojo classes have resumed at the Evergreen State College in Olympia. For the Fall Quarter, Prof. Ron Jennings with the assistance of Sensei Pete Barnhill and Sensei Dana Totten ran Sensei Sue Jennings' classes as she healed from the 3rd foot surgery in two years. All is going well with the foot now - it's healing nicely! So, now for Winter Quarter at the college, Sensei Sue Jennings is back teaching with Sensei Pete Barnhill teaching one night a week and Sue teaching the other.

Saturday, February 7th we host a **Regional Jujitsu Clinic** at the Evergreen State College. Last year we had to cancel due to snow. Even the Pacific Northwest has snow now and then - it's not always raining here.

We look forward to a great 2015, even though our local team, the Seattle Seahawks, didn't win the Superbowl!



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

Friday, July 31<sup>st</sup>-Sunday, August 2<sup>nd</sup>, 2015  
on beautiful Grizzly Creek Portola, California 96122  
3455 Willow Way

## REGISTRATION FORM:

Please Check  
Your Package Choice

Full Package \$275.00 per person ☐

### Includes:

Friday, July 31<sup>st</sup> evening pupu party  
Saturday, August 1<sup>st</sup> Breakfast, Lunch and Dinner  
Sunday, August 2<sup>nd</sup> Breakfast and Luncheon/Awards Banquet  
All clinics and a Camp Kokua 2015 tee shirt

There will be camping spaces which include a four (4) man tent available.

These sites are very limited and on a first come first serve basis.

Half Package \$225.00 per person ☐

### Includes:

Friday, July 31<sup>st</sup> evening pupu party  
Saturday, August 1<sup>st</sup> Breakfast, Lunch and Dinner  
Sunday, August 2<sup>nd</sup> Breakfast and Luncheon/Awards Banquet  
All clinics and a Camp Kokua 2015 tee shirt

Clinics Only \$150.00 per person ☐

Meals Only \$75.00 per person ☐

Horseshoe Tournament (Saturday evening) \$10.00 entrance fee ☐

Proceeds go to Camp Kokua Funding 2017

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AFFILIATION: \_\_\_\_\_

For those of you who would like to camp on your own, or stay longer, there are numerous campgrounds nearby with  
Lake Davis access for fishing, kayaking, and hiking.

For the golfing enthusiasts this is paradise! Please see the list of available options.

There are partial scholarships available for people who wish to be in service at the event. Please ask Prof. Eddy for details.

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

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

Contact information;

[www.mizushintao.com](http://www.mizushintao.com)

[www.campkokua.com](http://www.campkokua.com)

Prof. Ken Eddy (775) 358-8337

### Golf Resorts:

Grizzley Ranch Golf Club	<a href="http://www.grizzleyranchgolfclub.com">www.grizzleyranchgolfclub.com</a>
Gareagle Meadows	<a href="http://www.playgraeagle.com">www.playgraeagle.com</a>
Nakoma Golf Resort and Spa	<a href="http://www.nakomagolfresort.com">www.nakomagolfresort.com</a>
Plumas Pine Golf Resort	<a href="http://www.plumaspinesgolf.com">www.plumaspinesgolf.com</a>
Whitehawk Ranch Golf Club	<a href="http://www.lodgeatwhitehawk.com">www.lodgeatwhitehawk.com</a>

### Camp/RV Camping Grounds

Davis Lake—Portola	
J&J Grizzly Store Campground & Resort	530-832-0270
Grasshopper Flat Campground	<a href="http://www.reserveamerica.com">www.reserveamerica.com</a>
Grizzly Campground	<a href="http://www.reserveamerica.com">www.reserveamerica.com</a>

### Other Recommended Accommodations:

#### **Reno Accommodations - 50 minutes from event site**

Sands Regency Hotel and Casino	775-348-2200 / 1-866-386-7829
Silver Legacy	775-329-4777 / 1-800-687-8733

#### **Portola Accommodations - 15 Minutes from Event Site**

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