



KILOHANA

CHRONICLES



Volume 9 Issue 1

1st Quarter 2009

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Greetings From the President

The beginning of a new year is always a good time to take stock and remind ourselves what we are after, what our goals are, and it is a good time to set a business plan to implement our goals. Have you ever considered making a business plan for your martial studies? Simply having goals is fine, but you must envision how you intend to accomplish your goals; and if you do not have specific goals, perhaps you are leaving too much to chance. Those who are successful in any endeavor are the ones who know what they want, and then let nothing get in the way of getting it.



Three of Kilohana's Founding Members: Dai Shihan Sig Kufferath (center) with his students Kilohana President, Sensei Hans Ingebretsen (left), and Kilohana Standards Board member and former Secretary and Sgt. at Arms, Sensei Dale Kahoun

With that in mind, take a moment to reflect on your training and how it makes you feel. Then take a minute and reflect on the relationship you have with your sensei. This is the person who will guide you in a path that will give you the opportunity to look into yourself with a brutal honesty. Not everyone is ready for such a journey, and, if you have been around for long, I'm sure you have seen many practitioners

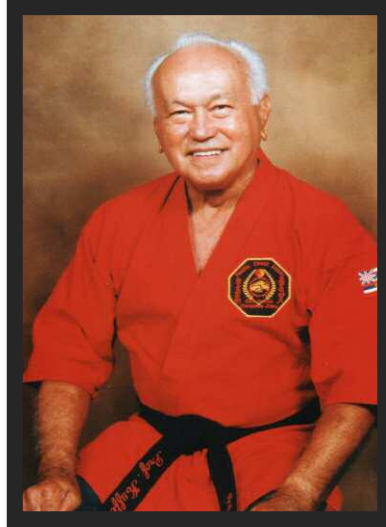
come and go. Many leave just when they are on the brink of some kind of breakthrough, or when they are faced with a challenge that seems overly daunting. A select few remain and continue to study for years and years, and slowly they find the art expressing itself in them and through them. Some stick around for years, but only train when it is convenient or pleasing.

Now look again at your sensei. This is most likely a person who devotes a great amount of effort into the development of others, and who takes a personal interest in each student's achievements, taking the time to work with the advanced students who have proven themselves, and also taking the time to work with the new students as well, knowing full well that many will leave before they have reached the deeper levels of training. The reason they do this is because they care deeply about the art and about the welfare of each student. They are not sharing just

Continued on Page 6...



Professor Sig Kufferath



2009 Masters Seminar MAY 30, 2009

The Public and all MARTIAL SCHOOLS
WELCOME
To the 2009 Kufferath Masters Seminar.

This year brings you Masters in the Arts from Aikido, Battodo, Eskrima, Judo, Jujitsu, Ka-jukenbo, Kenjitsu, Kenpo, Kung fu, Kempo, Lua, Sil Lum Fut Ga, Tai Chi, Wing Chun, and more.

COME, enjoy your day, and learn from top Martial Art Masters
At the Campbell Community Center, Campbell, CA.

Contact Information

Seminar Host: HANS INGEBRETSEN
(408) 377-1787
Email: hansingebretsen@yahoo.com
www.kilohana.org



2009 Kilohana Calendar of Events

January

JAN. 31
SAT.
KNIFE DEFENSE SKILLPATH SEMINAR
Grandmaster Arthur Gonzales
10:00a.m. - 4:00p.m. \$40
Lunch is included in seminar fee
4450 East Collier Rd.
Acampo, CA 95220
Contact Grandmaster
Arthur Gonzalez
(209) 481-1904

February

FEB. 7
CAITHNESS BUDO SEMINAR
11:00a.m.-4p.m. (Scotland)
The Weigh Inn, Burnside
Thurso, Caithness, KW14 7UG
Contact Sempai Kevin Blyth
kevin.blyth@gmail.com or
Marian Rolls
mazzypam@hotmail.com

FEB. 21
SAT.
HOLLISTER MASSAGE COURSE
Schleeter's Martial Arts Academy
618 San Benito Street
Hollister, CA 95023
\$200/First time student \$100/Refresher
+\$75 certification/testing fee
One Saturday a month for six months
Future dates determined the first day
of class.
Bring your own table or call ahead
Contact instructors
Bill Millar
(831) 261-1212
Patrick Schleeter
(831) 801-6487

FEB. 21
SUIGETSUKAN YOUTH JUJUTSU
KATA TOURNAMENT
Registration 9:00a.m.-10:00a.m.
Tournament Begins at 10:30a.m.
Suigestukan
103 International Blvd.
Oakland, CA 94606
Contact Sensei Gina Rossi
(510) 452-3941
<http://suigestukan.org>

FEB. 28-
MAR. 1
SAT.-SUN.
DANZAN RYU CLINIC
Valencia, Spain
Contact Sensei Stephen Nicholls
+0114402079353929
sensei@kilohana.eu

March

MAR. 14
SAT.
LUA SEMINAR WITH OLOHE SOLOMON
KAIHEWALU
Sacramento, CA
Contact Guro Ed Bansuelo
(916) 802-7096
ebansuelo@hotmail.com

MAR. 15
SUN.
LUA SEMINAR WITH OLOHE SOLOMON
KAIHEWALU
Shinbukan Home Dojo
1269 El Moro Drive
Campbell, CA 95008
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

MAR. 14-15
SAT.-SUN.
LONDON SEIFUKUJITSU SEMINAR
Contact Sensei Steve Nicholls
+0114402079353929
sensei@kilohana.eu

KILOHANA CHRONICLES

The Kilohana Chronicles is the official newsletter of the Kilohana Martial Arts Association (Kilohana) and is mailed free-of-charge to its chartered dojos. The contents of this newsletter may not reflect the opinion of its editor, the Board of Directors of the Kilohana Martial Arts Association, its Senior Advisers, Standards Board, or its members.

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September 1, 2009

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Submissions are preferred in electronic form.

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All other inquiries can be directed to:

contact@kilohana.org

or

(408) 558-9438

All physical correspondence can be addressed to:

Kilohana Martial Arts Association

1821 S. Bascom Ave., #230

Campbell, CA 95008

Kilohana's "Hombu" dojo is:

Suigestukan

103 International Blvd.

Oakland CA 94606-2823

(510) 452-3941

MAR. 22 KILOHANA BOARD MEETING
SUN. 10a.m.-12p.m. Suigetsukan
103 International Blvd.
Oakland, CA 94606
Contact Sensei Hans Ingebretsen
(408) 377-1787

MAR. 22 KU'I LIMA WORKOUT
SUN. 12:30p.m.-2:30p.m. Suigetsukan
Instructor to be announced
\$10.00
103 International Bld.
Oakland, CA 94606
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

MAR.28 5th ANNUAL ROBERT KRULL
SAT. MEMORIAL WORKOUT
(An AJJF Event)
Honshin Kan
51 Middle Rincon Road
Santa Rosa, CA 95409
Contact Sensei Dominic Beltrami
(707) 738-0621
torashindo@att.net

MAR. 28 FUSUIKAN SPRING JU JITSU KATA
SAT. TOURNAMENT
Fusuikan Martial Arts Center
2725 Myrtle Ave.
Eureka, Calif. 95501
Contact Shihan Richard Pietrelli
(707) 443-1725

April

APR. 18 SCOTTISH KILOHANA GATHERING
SAT. 10:00a.m.-3:00p.m. (Scotland)
Dingwall Leisure Centre
Tulloch Avenue
Dingwall, Ross-shire IV15 9LH
Contact Sempai Kevin Blyth
kevin.blyth@gmail.com or
Marian Rolls
mazzypam@hotmail.com

APR. 25 MOKOMOKO INVITATIONAL
SAT. KARATE, ESKRIMA, AND JU JITSU
TOURNAMENT
Campbell Community Center Main Gym
1 West Campbell Ave
Campbell, CA 95008
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

May

MAY 15-17 CAMP DANZAN RYU
FRI.-SUN. (An Alameda Jujitsu Alumni, Inc. Event)
Mt. Cross Camp
Felton, CA
www.alamedajujitsu.org

MAY 16 MOUNTAIN STORM SPRING FLING
SAT. TOURNAMENT
Sonora, CA
Contact Sensei Chantilly Ortiz
(209) 533-3929
mtstorm@peoplepc.com

Kilohana Officers

Senior Advisors:

Professor Libert O'Sullivan
Olohe Solomon Kaihewalu
Professor Charlie Robinson
Great Grand Master Ming Lum
Great Grand Master Al Novak
Grand Master Max Togisala

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Vice President: Joa Schwinn
Vice President: Clayton Conrad
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Director of Weapons Training:

Suro Jason Inay

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Al Ikemoto	Arthur Gonzalez
Jack Carter	
Hans Ingebretsen	

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Hawaiian Director: Bruce Raney
British and European Director:
Stephen Nicholls

MAY 30
SAT.
KUFFERATH MASTERS SEMINAR
Campbell Community Center Main Gym
1 West Campbell Ave
Campbell, CA 95008
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

June

JUN. 5-6
FRI.-SAT.
KAIHEWALU LUA ANNUAL SEMINAR
(A Lua Halau o Kaihewalu Event)
Red Lion River Inn
700 N Division St
Spokane, WA 99202
Contact Kumu Lua Michael Whittle
kumulua@comcast.net

JUN.6-7
SAT.-SUN.
KOSHO RYU KENPO SEMINAR
Lisbon, Portugal
Contact Renshi Pedro Porem
poremkenpo@net.sapo.pt

JUN. 21
SUN.
SEIKA RYU INVITATIONAL
MARTIAL ARTS TOURNAMENT
Seika Ryu Martial Arts
3168 Condo Court
Santa Rosa, CA 95403
Contact Sensei Joa Schwinn
(707) 523-3200
jschwinn@seikaryu.com

JUN. 28
SUN.
KILOHANA BOARD MEETING
10:00a.m.-12:00a.m.
Shinbukan Home Dojo
1269 El Moro Drive
Campbell, CA 95008
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

JUN. 28
SUN.
KU'I LIMA WORKOUT
12:30p.m.-2:30p.m.
Instructor to be announced
Shinbukan Home Dojo
1269 El Moro Drive
Campbell, CA 95008
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

July

JUL. 10-13
FRI.-SUN.
AJI 70th BIRTHDAY CELEBRATION
(An AJI Event)
Makaha Resort and Golf Club
84-626 Makaha Valley Road
Waianae, HI 96782
(808) 695-9544

JUL. 19-26
SUN.-SUN.
CAMP BUSHIDO WEST
Old Oak Ranch
15250 Old Oak Ranch Road
Sonora, CA 95370
Contact Professor Charles Robinson
(530) 701-3797
judo@syix.com
www.campbushido.com

August

AUG. 1
SAT.
NAVARRO'S MARTIAL ARTS
CHAMPIONSHIPS
Pacifica, CA
Contact Professor Carlos Navarro
(415) 550-1694

AUG. 23
SUN.
MASSAGE CLASS
Shinbukan Home Dojo
1269 El Moro Drive
Campbell, CA 95008
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

September

SEP. 18
FRI.
KILOHANA BOARD MEETING
Seika Ryu Martial Arts
3168 Condo Court
Santa Rosa, CA 95403
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

SEP. 19
SAT.
KILOHANA KENPO OHANA
Seika Ryu Martial Arts
3168 Condo Court
Santa Rosa, CA 95403
Contact Sensei Joa Schwinn
(707) 523-3200
jschwinn@seikaryu.com

SEP. 26
SAT.
LUA SEMINAR WITH OLOHE SOLOMON
KAIHEWALU
9:00a.m.-4:00p.m.
Martinez, CA
Contact Kumu Lua Carlos De Leon
(925) 200-2075
amakempoarnis@hotmail.com
www.kumulua.com

October

OCT. 3
SAT.
THE KAHUNA'S KIDS KLASSIC
San Jose, CA
Contact Sifu Alan Garcia
(408) 781-6409
k.i.m.a.karate@pacbell.net



OCT. 10-11
SAT.-SUN. KILOHANA DANZAN RYU
BLACK BELT WEEKEND
Suigetsukan
103 International Blvd.
Oakland, CA 94606
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

November

NOV. 7
SAT. FUSUIKAN FALL JU JITSU KATA
TOURNAMENT
Fusuikan Martial Arts Center
2725 Myrtle Ave.
Eureka, Calif. 95501
Contact Shihan Richard Pietrelli
(707) 443-1725

NOV. 13
FRI. KILOHANA BOARD MEETING
Shinbukan Home Dojo
1269 El Moro Drive
Campbell, CA 95008
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

NOV. 14
SAT. DEEP ROOTS SEMINAR
Campbell Community Center Room M50
1 West Campbell Ave
Campbell, CA 95008
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

NOV. 14
SAT. ANNUAL KILOHANA
AWARDS BANQUET
Time and location to be announced
Contact Sensei Hans Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com

December

TBD

Dates and/or Locations Yet To Be Determined

CAMP KILOHANA

EUROPEAN KILOHANA GASSHUKU ■

...Continued from Page 1

their time with you - they are literally sharing their soul with you. Thus, the bond between sensei and deshi becomes something very deep and special. You are not buying their time when you attend class. If you were, it would be very likely that you would pay much more than you are now. A dojo is not like a grocery store, where you buy your goods and leave, though some students treat it as such. If you truly want to progress in your martial studies, treat the dojo and your instructor with the respect that they have earned through the many years devotion and commitment.

Of course, this is a two way street, and instructors must earn their students respect, not demand it. The best example of what I am talking about was the man who KiloHana was formed around in the beginning - Professor Sig Kufferath. This man was loved and respected in many circles because of his integrity and his quiet power. He never bragged, yet everyone knew that here was a man who represented the pinnacle of martial prowess. He walked the walk. Those of us who knew him were very lucky, and it is our job as KiloHana representatives to keep his teachings alive and vibrant. This May, it will be ten years since we lost Professor Kufferath, and we cannot let his memory grow dim. Let us keep him in our hearts every time we step onto the mat, and let us live our lives in a way that would make him proud. And if you truly want to do well in your martial studies, make your commit-



ment and stick to it. You might find that you will be amazed at the person you become. "Any questions? Any answers? Get to work!"

Malama pono,
Sensei Hans Ingebretsen ■

Suigetsukan

YOUTH KATA COMPETITION Saturday Feb 21, 2009

White Belt or 0-4 months

1. Open Ukemi
2. Open Yawara
3. Open Striking or Blocking
4. Open Nage
5. Open Technique

Orange Belt or 3-9 months

1. Open Ukemi
2. Open Yawara
3. Open Striking or Blocking
4. Open Nage
5. Open Technique
6. Off Side Technique (left)

Orange Belt

1st 6 months – 1 year

1. Open Ukemi
2. Open Yawara
3. Open Striking or Blocking
4. Open Nage
5. Open Technique
6. Off Side Technique (left)

Orange Belt 2nd

1 year – 1 year 6 months

1. Open Ukemi
2. Open Yawara
3. Open Striking or Blocking
4. Open Nage
5. Open Technique
6. Off Side Technique (left)

1 year 6 months or more

1. Open Ukemi
2. Open Yawara
3. Open Striking or Blocking
4. Open Nage
5. Open Technique
6. Off Side Technique (left)
7. 4 additional techniques – level appropriate



a collectively run martial arts school
103 International Blvd., Oakland CA 94606

Registration Time: 9-10 am
Tournament begins: 10:30 am

\$10.00 Registration Fee
Scholarships Available



Name _____ Age _____ Belt Rank _____ Division _____

Dojo _____ Sensei _____

Signature _____

Parent's Signature _____ Phone # _____

Historical Focus on Healing and Danzan Ryu Jujitsu

By Kate DeMoss, Ph.D.



Professor Seishiro Henry Okazaki's contribution to the martial arts community was his compilation and collection of a great number of ancient arts and his assembly of them into a coherent and unique style. He named the Jujitsu system that he developed Danzan Ryu. Professor Okazaki taught that the fighting spirit should be balanced by the healing spirit in a true martial artist. Thus his system of Danzan Ryu Jujitsu is composed of two parts: *Kappo* (cure or resuscitation techniques) and *Sappo* (killing or maiming arts). *Kappo* includes Okazaki Restoration Massage, Seifuku-jutsu, bonesetting, joint relocation, and the *Kappo* (*kuatsu*) list. *Sappo* techniques range from the *Yawara* board through *Shin Gen*.

Much is written about the *Sappo* techniques and the history of jujitsu as a fighting system. Little is written about the *Kappo* or healing aspects of Danzan Ryu Jujitsu. Thus this paper is a review of ancient traditional arts with a focus on the influences on *Kappo* or the healing arts in Danzan Ryu Jujitsu.

Let's start first with reviewing the history of traditional Chinese and Japanese medicine. The foundations of Chinese civilization lay at least five thousand years in the past in the Central Plain of the Yellow River Basin in northern China. Recent archeological excavations in China show that a major civilization governed by the emperor Huang Ti flourished there around 3000 BCE. The historical records and discoveries from this period to the present day have pointed to the impact of medicine in Chinese civilization.

The earliest medicine was practiced by tribal shamans (*wu*) who used the wild herbs collected in the mountains by wandering Taoist hermits. According to the Han dynasty historian Ssu Ma-chien, emperor Shen Nung (the Divine Farmer) tasted the myriad herbs and so the art of medicine was born. Writings on some of the 160,000 tortoise shells and oracle bones excavated in the Central Plain region, dating from around 1500 BCE, refer to thirty-six separate diseases and their herbal cures.

Medicine began to detach itself from its former associations during the Chou dynasty which started in 1122 BCE. The ideograms for both medicine (*yao*) and doctor (*yi*) appeared in written records from the early Chou dynasty, suggesting that medicine was now an independent profes-

sion. The world's oldest existing book, the *I-Ching* (Book of Change) is the earliest recorded codification of Taoist philosophy which is the basis for all traditional Chinese arts and sciences. It was written in the twelfth century BCE by the Duke of Chou. The terms *yi* and *yao* both appear in the *I-Ching* as well as the terms *yin* and *yang* which first make their appearance here.

In 218 BCE the Chin conquered all the warring kingdoms and principalities left after the fall of the Chou dynasty, and formed a single centralized government for the first time, thus uniting the entire empire. The first Chin emperor purged the country with a massive book burning of almost all written records. The exceptions were books on agriculture, divination (including the *I-Ching*) and medicine.

The Chinese revolted 15 years later and the Han dynasty (206 BCE - 220 CE) began. Three medical textbooks were written during this period that organized the three centuries of medical knowledge that had accumulated in China. *The Yellow Emperor's Classic of Internal Medicine* (Huang Ti Nei Ching) was the most important of these. It set out the guiding principles of traditional Chinese medicine for the study and practice of medicine as a profession. The medical applications of Yin and Yang, the Five Element Theory, and many of the techniques are still in use today. All known facts on medicinal herbs were described in *The Pharmacopeia of Shen Nung* (Shen Nung Pen Tsao Ching). All medicinal herbs were divided into 3 categories that still exist in current Chinese herbal medicine. These categories were the "upper" class which nurtures life and promotes longevity, the "middle" group which nurtures nature and gives vitality, and the "lower" group which includes all toxic herbs used to combat severe infectious diseases.

The third, written by Chang Chung-ching around 200 BCE, was *Discussion of Fevers and Flus* (Shang Han Lun). All diseases were divided into six types - three yin and three yang. His treatments were formulated to address the imbalances in the yin/yang forces of the body, thus curing the root causes of disease. The first diagram of the energy meridians and vital points used in acupuncture were produced and published by him.

The first physician to use toxic herbs for local anesthesia before topical surgery was Hua To (140 - 208 CE). He also developed therapeutic exercises called *dao-yin* for various illnesses. These exercises were based on the movement of animals and are still taught in China today.

China's first school of medicine was established in Chang An (Sian) by the first emperor of the Tang dynasty (618 - 906 CE). He ordered all medical knowledge in his country to henceforth be collected and organized here in 629 CE. The most famous physician of this era was Sun



Ssu-miao (590 - 692 CE). He compiled information and comments on all aspects of traditional Chinese health care in his comprehensive compendium *Precious Recipes* (Chian Chin Fang). The subjects covered in this practical handbook included herbs and acupuncture, diet and exercise, breathing and Taoist sexual yoga and longevity practices. He correctly diagnosed and treated nutritional deficiencies such as scurvy, beri beri and goiter.

Medical knowledge advanced rapidly during the Sung dynasty (960 - 1279 CE) and many new schools of medicine were established. Herbal practices added poultices, pills and patent formulas. All herbal prescriptions were standardized. The next advancement in medicine occurred during the flowering of the Ming dynasty (1368 - 1644 CE). This period produced Li Shih-chen (1517 - 1593 CE), another great master of herbal medicine. Twenty seven years of his life were dedicated to compiling and writing the most authoritative pharmacopeia of Chinese herbal medicine. *Outlines and Divisions of Herbal Medicine* (Pen Tsal Kang Mu), written in 52 scroll books, listed 1,892 medicinal plants, minerals, and animal products. This became the primary reference for Chinese herbalists throughout the world and is still indispensable today.

The Chinese healing arts continued to grow during the Ching dynasty (1644 - 1911 CE). During this time the Western world closely encountered the Chinese, introducing many Chinese medicinal herbs into American, British, and European pharmacopeias. Traditional Chinese medicine is continuing to evolve today in China, where it is still dominant and growing in conjunction with modern medical practice.

Physical therapy in the Chinese healing arts is comprised of acupressure and massage. As in any traditional Chinese therapy, these techniques affect not only the body, but the human energy system and the mind. An early description of the traditional methods of Chinese massage (*an-mo*) from around 200 CE mentions effleurage, kneading and percussion strokes utilizing the fingertips or a small wooden mallet. Acupressure uses deep finger pressure to the same points used in acupuncture, and is the precursor to Japanese shiatsu massage. Pressure is applied with the tips or knuckles of the index or middle fingers, and occasionally the thumb. It has basically the same therapeutic effects as acupuncture, especially performed by a master practicing internal *chi gong* to direct energy into the vital points.

Tui na (push and rub) massage uses the

ball of the thumb or knuckles to relieve pain in joints, activate circulation of blood in muscles and other tissues, tone the spine and spinal channels (energy meridians), and restore damaged or weak nerves. In *tui na* therapy, the four parallel channels of the bladder meridian that run along the spine are given special attention. Working these channels and the surrounding tissues stimulates all the autonomous vital functions of the body and unblocks these nerve centers by relaxing muscular tension. It takes 10 to 15 minutes of *tui na* to switch the body from the sympathetic (fight or flight) nervous system, a division of the autonomous nervous system, to the parasympathetic (rest and digest) nervous system, thus inducing a healing state of total relaxation. This can be felt on all three levels of body, breath and mind. All Chinese massage treatments usually start first with spinal channel massage to start the healing process.

Cupping (*ba guan*) may be used along with *tui na* therapy. Glass or bamboo cups are treated with alcohol and lit to create a vacuum inside. They are then firmly pressed into the area to be treated. The vacuum pulls the skin underneath up into the cup, drawing out excess damp, wind, or heat energies, and relieving congestion in the tissue. It may be applied to almost any flat body surface, including the feet.

Another technique which may be used, depending of the patient's needs, is moxibustion. This is a heat therapy in which the mugwort herb is burned on or above the skin to warm and stimulate acupuncture points or an area of the body to treat chronic pain and congestion.

Now let's look at Japan. Early Japanese medical therapy was based on exorcism, purification (bathing), and herbs. Purity was one of the most important concepts in primitive Shintoism since illness was considered a form of pollution. Neglected or vengeful kami (spirits) inflicted illness on people by taking possession of them. Exorcism was the obvious cure for disease. This was performed by various purification rites or by magic healers who warded off the evil spirits.

Personal bathing was considered a prevention to possession of evil spirits since uncleanness could anger the kami. Since disease and contact with it was tabooed, bathing as a means of prevention was very important. The legends of the native Ainu people describe the healing effects of thermal springs. Outings to thermal springs are still very popular to this day.

The earliest listing of herbs and their uses is the *Kojiki*, compiled in 712 CE. Every plant described is native to Japan and includes arrow-



A copy of the original seal used to authenticate documents by Professor Okazaki, the founder of Danzan Ryu Jujitsu, reads "Ko Den Kan No In". The translation would be "Seal of the School of Ancient Tradition, or School where seniors transmit tradition."



root, pampas grass, birch, peach, oak, and holly. Sake was the primary ingested drug.

Chinese medicine was first introduced to Japan through Korean physicians invited by the imperial court in the fifth century CE. The Chinese physician Zhi Cong brought in the first medical texts around 562 CE. These included material on acupuncture and moxibustion. The Japanese court started to send envoys to China during the reign of Empress Suiko (589 - 618 CE). The major Chinese texts on medical theory, herbs, acupuncture, and moxibustion were brought to Japan by these envoys.

Two Buddhist monks, Enichi and Fukuin, returned to Japan from China in 623 CE after studying traditional Chinese medicine for roughly fifteen years. A systematic adoption of Chinese medicine was promoted by them. This became possible in the eighth century after the establishment of the *ritsuryo* political structure from codes compiled in 701 and 718 CE. The propagation and utilization of science and learning was a major goal, leading to the founding of three institutes in the capital: a University, an Institute of Divination, and an Institute of Medicine.

The course work for physicians covered five subject areas. These were medicine (internal medicine, surgery, pediatrics and eye, ear, mouth and teeth medicine), acupuncture (including moxibustion), massage (including bonesetting), herb cultivation, and exorcist incantations. Depending on the field of study, courses took three to seven years to complete. The Institute was only for study by the aristocracy, preferably those belonging to medical families. Women who were accepted were educated in nursing, acupuncture, and midwifery.

Smaller versions of the schools were established in every province starting in 703 CE. However, this did not improve health care for the general population since only the higher aristocracy were served by these schools. The poor were usually treated under the auspices of Buddhist temples.

A short manual *Yakkei-Taiso* (Outline of Materia Medica) written by Wake no Hiroyo during the Enryaku period (782 - 806 CE) is the earliest known text written in Japan. A larger work, the *Honzo Wanyo* (Japanese names of drugs) was written in 918 CE. It listed 1,025 different drugs, relying mostly on the Chinese text *Xin Xiu Ben Cao* by Su Jing in 659 CE. These texts were important since many Chinese drugs were not available in Japan, and research into alternatives was necessary. A compilation of native Japanese remedies was written in 808 CE by Abe no Manao and Izumo no Hirotsada. This *Daido ruijuho* (Classified Prescriptions Collected in the Daido Era) is a collection of prescriptions from well known physicians as well as old recipes from

family and temple histories.

The last envoys returned to Japan in 894 CE as isolation and feudalism started taking hold. The political system became ineffective and the Institute of Medicine lost most of its influence. A general decline in the sciences occurred. Medical practices at court became superstition, exorcism and prayer. Medical education remained in the Wake and Tanba families who continued to teach accumulated knowledge.

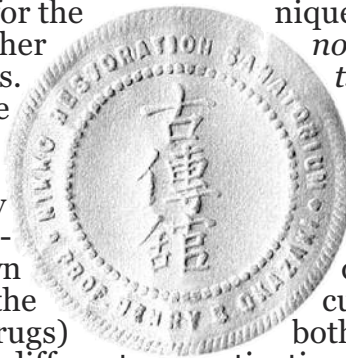
However, Buddhism grew in popularity during this period of isolation. Buddhist monks were able to get permission to travel abroad and continued to develop relations with China. They also returned with new books on medicine, which eventually led to improving medicine in Japan. The Buddhist monk Eisai (1141-1215 CE) wrote a guide to the health benefits of tea drinking and introduced tea to Japan from China. Buddhist monks started being dispatched to China to study medicine during the end of the Kamakura period (1185-1392 CE) before the reopening of trade relations with China in 1401 CE.

The civil wars during the Sengoku (Warring States) period (1467 - 1575 CE) furthered the development of medicine. A demand for combat medicine led to the development of surgery. This period also saw the founding of what is considered to be the oldest existing jujitsu school, Takenouchi Ryu. The founder of the school was Takenouchi Nakatsukasadayu Hisamori (1502?- 1595 CE), the lord of Ichinose Castle in Sakushu, currently in Okayama Prefecture. Three generations of the family developed the school and it remains in the family today. The almost 500 years of history of the school is well documented. One of the areas of study was vulnerable points of the body, called *kyusho* or *tsubo*. Hisamori mastered these techniques and developed the school's *sakkappo*

no jutsu. The school teaches seventy two *tsubo*. Methods of using the *tsubo* (pressure points) to cause injury are called *Sappo* (killing methods), when used for healing, the methods are known as *Kappo* (resuscitation methods). These *Kappo* techniques were very useful during training when accidents occurred. *Sakkappo*, the combination of both methods, was one of the school's distinctive techniques.

One of the best known jujitsu schools in the West, Yoshin Ryu, was founded by Akiyama Shirobei Hoshitoki, a physician from Nagasaki during the Edo period, sometime earlier than 1671 CE. Conflicting stories basically mention that he learned twenty eight *Kappo* techniques and developed his own system of over three hundred fighting techniques.

As various warlords were defeated, their physicians lost their positions and traveled the



country looking for work. Many were forced to find substitutes among the native herbs and drugs because of the lack of the herbs and drugs that they had previously used. Gradually Chinese medicine was adapted to Japan and *kanpo* (Chinese method) medicine grew. A technique unique to *kanpo* is measuring abdominal palpation in addition to regular pulse palpation when evaluating the patient's condition using acupuncture/acupressure techniques.

With the end of the shoguns and the feudal domains in 1868 CE, many jujitsu teachers who were previously supported by the feudal domains had to look elsewhere for support. Many opened bonesetting clinics since they had practical knowledge of human anatomy. Some also sold medicine. Some continued to teach jujitsu as well.

Traditional Japanese massage (*an-ma*) is very similar to the Chinese style. In general, massage applied to healthy individuals was most often applied for relaxation after vigorous exercise or a long march or to encourage sleep. Massage therapists who performed this type of massage were often blind in traditional Japan. Therapeutic massage was used for diverse illnesses and injuries.

In 19th century Japan there were roughly ten specializations for healers, which included general practitioners, internist, surgeon, acupuncturist and moxator, oculist, stomatologist, obstetrician, bonesetter, midwife, and masseur. Massage was employed by several of these specialists such as surgeons, acupuncturists, bonesetters, and obstetricians. A description of massage techniques can be found in Ryo Haku Fujibayashi's *Anma tebiki* (Guide or Introduction to Massage, published around 1789 or 1800 CE) and Shinsai Ohta's *Anma-sukai* (Atlas of Massage), which appeared in 1827 CE.

One of the most interesting systems of Japanese massage is that of the *kuatsu* for emergency care in dealing with the injuries occurring during judo and jujitsu exercises. The *kuatsu* include resuscitation techniques from strikes and first aid for fractures and dislocations. These *kuatsu* techniques may be divided into three different categories based on the effects of the techniques. These effects are reflexogenic, respiratory, and cardiac and require three types of manipulation. These manipulations may be accompanied by *kiai* (shouts) of various intensities designed to either provoke dilations or contractions of the cardiovascular system.

Reflexogenic techniques are comprised

of a set of percussive strikes made with the hand, fist, elbow, knee, or foot. The person being treated is either sitting or lying supine or prone. The *kuatsu* technique applies a fair degree of force to a somewhat large area, directly precipitating reflex actions to counter the inhibition resulting from trauma. Four regions of the body are addressed: the spinous process of the sixth thoracic vertebra, the spinous process of the first lumbar vertebra, the epigastrium located between the navel and the xyphoid process (the cartilage at the lower end of the sternum), and the middle of the inside of the foot.

The respiratory techniques focus on forcing the patient to exhale by compressing the abdomen and ribcage. This stimulates the medullary respiratory center to trigger breathing. The *kuatsu* cardiac technique is external massage using indirect pressure by way of the epigastrium and diaphragm and percussion on the area over the heart and lower chest using the right hand to strike the left. Other percussive strikes address laryngeal shock, epigastric shock, testicular shock, and cerebral shock.

Seifukujutsu, developed from traditional Chinese medicine, has been used in Japan for roughly 1,200 to 1,600 years as preventive care for the body as well as for healing disease. The term Seifukujutsu means "to restore and replace". Full training in Seifukujutsu includes herbal medicine, *Kaifuku Anma* (Japanese restoration massage), *Sekkotsu* (bonesetting), *Sotai* (kinesiology), acupressure, auricular therapy, reflexology, and hydro-therapy. It was kept from outsiders as much as possible. It has been taught over the centuries by master to apprentice.

The apprentice was shown the *Kaifuku Anma* (restoration massage) and practiced on training tools the first year. After that he was trained in *Kaifuku Anma* and spent one to two years preparing the patient for further treatment. Another one to two years was at the Seifukujutsu treatment level of preparing the patient and then watching someone more advanced treat the patient. This progressed to treating the patient under supervision. The third level was diagnosis. There were 5 levels of training including moxibustion and herbal medicine, all under supervision of an upper level mentor. At the fifth level, after several years of training under supervision, the title of *Isha* (physician) was granted and one could now practice unsupervised. It is still taught today in Japan and is one of the highest levels of



Professor Kufferath in his clinical attire



Japanese medicine. Certification requires a minimum of 2,000 hours of training, most of it done by the mentor-apprentice method. This alternate healing art was introduced to the world through the work of Professor Okazaki in Hawaii.

Seishiro Okazaki immigrated to Hawaii from Japan in 1906 CE at the age of sixteen. His interest in martial arts started at age 19 when he was diagnosed with consumption (tuberculosis). Following oriental healing treatments from a Japanese martial artist and healer, Kichimatsu Tanaka, and practicing jujitsu at Tanaka's dojo in Hilo six days a week, within a year he was cured and had developed a "body of iron". He then dedicated his life to the study of martial arts.

Danzan Ryu Jujitsu evolved from Professor Okazaki's studies in Hawaii from 1917 to 1925 CE in the Yoshin, Iwaga, and Kosogabe schools of jujitsu, Ryukyuan Boxing (Okinawan Karate), Hawaiian Lua, Filipino knife fighting, Spanish dagger techniques, and Kung Fu from Chinese Master Wo Chong. He also studied French foot fighting and American style boxing and wrestling. In addition, he studied Hawaiian lomi lomi massage, reflexology, and Swedish massage.

In 1924 CE he visited Japan to study at over 50 dojos, mastering 675 techniques. He studied Shibukawa Ryu, Yoshin Ryu, and Namba Yoshin Ryu Jujitsu during this period, along with Dr. Jigoro Kano's Kodokan Judo. Continuing his study of healing, he mastered *Kappo* (cure or resuscitation techniques) and Seifukujutsu.

While he was developing Danzan Ryu, Professor Okazaki also developed his own healing style which he named Okazaki Restoration Therapy or Okazaki Long Life Massage. He combined techniques from classic Japanese massage, acupuncture, acupressure, Swedish massage, lomi lomi massage, and *tsubo* techniques. The massage made use of the hands, forearm, the point of the elbow, and the feet. His treatment generally followed traditional Chinese medicine and could be considered a variant of Chinese *tui na* and *anmo*. It not only was a massage technique, but incorporated *Sekkotsu* (bonesetting) and *Kansetsu Dakkyu* (joint relocation). He developed a massage liniment, *Satsuzai*, which keeps muscles loose and has a warming effect.

Professor Okazaki was first listed as a "Jujitsu Instructor" in the Hilo directory in 1926 CE. Later that year he moved to Maui. He was listed as "Professor Henry S. Okazaki, Restoration Massage" in the Maui directory in 1927 CE. This was the first time that the name "Henry" appears and the first listing of Restoration Massage as his business. During the four years in Maui he built a massage and Jujitsu complex at Paukukalo on the ocean. It had a large massage area, hot tubs,

and a dojo. He began training both Japanese and Caucasians in Danzan Ryu (Cedar Mountain Style) Jujitsu during this period. He and his brother Genkitchi, who came to Hawaii in 1917 CE, massaged patients during the day and taught at the dojo or visited local dojos at night.

Professor Okazaki moved to Oahu in the latter part of 1929 CE and rented a house on South Hotel Street in Honolulu. The house was of Japanese design and was called the Nikko (sunshine or the rays of the sun). He was able to buy the house in the 1930's CE and Nikko became the center for Danzan Ryu for the next twenty-one years. His massage business was established by the summer of 1931 CE. The first dojo here, a place where he could begin to work out and train students, was a concrete slab about twenty by forty feet located directly behind his office.



A Nikko certificate signed by Professor Okazaki and Sensei James Chang for John "Jack" Wheat

Professor Okazaki today is best known as a martial artist, but during his lifetime he was famous for his skills as a physical therapist. His use of Restoration Massage, steam baths, hot herbal packs, exercise and his confidence in his skill and the recuperative powers of the human body were the basis of his style of physical therapy. He was a hard worker who believed in his ability to help and was known for taking patients who were considered beyond help by the medical profession.

Professor Okazaki died in 1951 CE at the age of 61, but his legacy continues today. Danzan Ryu Jujitsu is now taught across the United States and around the world. His Nikko Sanatorium of Restoration Massage, now Nikko Restoration Massage, Inc., is a thriving healing center and his method of massage is carried on by his son, Hachiro Okazaki, and grandson, Keith Okazaki, as well as the hundreds of other men and women he taught. However, only some of his students were taught the complete art of Sei-

fukujutsu. Most learned only the basic Restoration Massage.

One of the students who trained with Professor Okazaki from 1934 to 1949 CE was LaRoy A. Wilson. In a paper he wrote in 1980 CE, he describes treatments he learned from Professor Okazaki for many various conditions, and recounts his success in treating patients for ailments ranging from Bell's Palsy, Meniere's Disease, asthma, Parkinson's Disease, and broken bones to high or low blood pressure. Chapter 5 in his paper is a description of Professor Okazaki's Restoration Massage, called "Amma". The schedule of Amma Massage is the itemized list of what to do and how to achieve the most success in doing it. He comments that the Restoration Massage has attained its status because Professor Okazaki studied every method he ever heard about and chose the particular mode suitable to his requirement to advance the methods in restoration of the body after accidents, illnesses, malfunction of organs and glands, etc. He also gives a description of the *Kappo* that Professor Okazaki used to revive a lightning strike victim who had been declared dead. An additional story of interest was the Professor's use of a "*kiai*" to kill a rooster for dinner at a distance of about 20 feet.

Another student, Professor Siegfried Kufferath, was awarded the title of Shihan as master of both the jujitsu and restorative arts of Danzan Ryu by Professor Okazaki in 1948 CE. He provided a description of Professor Okazaki's special training technique for calming & steadying the nerves. The training involved soaking in two Japanese soaking tubs, one hot and one cold, alternating every two minutes for a total of six times each session. The hot tub was 105 degrees Fahrenheit. The cold tub was at 35 degrees Fahrenheit with a large block of ice floating in it. The treatment period was three times a week for six months.

The Kilohana (Dan Zan Ryu) Workbook, authorized by Professor Kufferath, lists 11 *Kappo* (*kuatsu*) techniques that are required knowledge for Shodan rank today. These techniques range from head resuscitation through stopping a nosebleed to four methods of brain resuscitation.

Another requirement for Shodan rank in many schools is training in Okazaki Restoration Massage. Professor Douglas Kiehl, in his discussion of Danzan Ryu Medicine, gives this brief synopsis of Amma, the Restoration Massage Therapy: "Step 1) Restoration Massage Therapy involves the use of the forearm and elbow to iron and vibrate the Danzan Channel Regions. The Founder promoted this technique as an Elbow Massage. It should be completed within 35-40 minutes. Any treatment beyond that time frame may be detrimental to the patient's health. Step 2) Anpuku or abdomen treatment assists in balancing the

Ki of the entire body. It will take 10 -15 minutes to perform. The amount of time was based on what was found when examining the abdomen. Step 3) Seifukujutsu or adjustment/restoration completes the balancing of Ki in the body. It should take 10-15 minutes to perform. The Danzan School listed 52 basic treatments for common ailments. The concept, however, applies to an endless number of ailments."

Today classes are offered across the world by various organizations and individuals for learning and maintaining the skills of Okazaki Restoration Massage. Your teacher should be able to recommend a class or instructor for you in your area.

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Editor's Note: Dr. Kate "Diesel" DeMoss has a Ph.D. in Chemistry from the University of Michigan, a nikkyu in Danzan Ryu Ju Jitsu; is a staple member of Shinbukan Dojo's Lua and Kadena de Mano programs, and a widely respected massage therapist. She has been practicing massage since 1986 and is Nationally Certified in Therapeutic Massage and Bodywork. She is available by appointment only for a variety of bodywork, including Deep Tissue Massage, Sports Massage, Island Stone Therapy, and a wide array of spa treatments. Her office is located in Santa Clara, CA. For more information, visit: www.kate-demoss.com Or, contact: (408) 247-2660 kate@kate-demoss.com ■



Ku'i Lima Workout

By Hans Ingebretsen

The first Kilohana workout of the year was held in Oakland on January 11 at Suigetsukan, where Sensei David Crouch taught techniques and concepts from the art of American Kenpo. A student of the late Grandmaster Ed Parker, Sensei Crouch got everybody sweating as he ran them through a series of kenpo techniques, encouraging the participants to deliver all their techniques "through, not to" the target. One of the instructors at Seika Ryu Martial Arts in Santa Rosa, Sensei Crouch also brings to the table his knowledge of the human body gained through his experience as a Doctor of Chiropractic. Dr. Crouch is also a Certified Master Practitioner and Trainer for Neuro-Linguistic Programing and a Master Hypnotist. He has been training in kenpo and ju jitsu since 1971, and has also trained in judo, aikijujitsu, tien shan pai kung fu, kenjutsu, taekwondo, American and Tahiti kickboxing, arnis, and other styles. His well-rounded background makes him a great addition to the roster of talented Kilohana instructors. ■



Dr. Crouch, center (the really tall guy)

New Website!

Director of Communications and Webmaster Brian Sassone has been hard at work constructing an updated presence for Kilohana on the Internet. Log on to www.kilohana.org for expanded video and photo galleries, a members section, a users' forum, customized navigation through event listings, and more! The new site will be up and running shortly.

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THIS WILL BE A SUNDAY Evening THROUGH SUNDAY Morning CAMP

Gasshuku London 2008

By Kevin Blyth

What can I say? Blocks, strikes, counters, throws and forms, knife attacks, street fighting and all that before the skills and experiences of Sensei Nicholls (Kodenkan Ju Jitsu) and Sensei Scott Merrill (Kempo Ju Jitsu) were involved. From the graceful but highly effective tai chi forms, counters, balance & body mechanics instruction of Sifu Faisal Mian to the single-objective-of-winning art of Eskrima from Suro Jason Inay (street & close quarter combat), this was one event not to be missed. Adding to the already comprehensive line up was the expert tuition of the French international Olympic Judo coach Sensei Sauveur Soriano, who having recently returned from the US Open, showed and taught judo throwing techniques, holds, counters and lock downs. The effective combinations and complementary characteristics of multiple martial arts became as one together.



Sifu Faisal Mian



Sempai Simon Irwin in action, prior to receiving his nidan

Teachers, masters in their own rights, combined to provide those attending with over a century of experience. The apparent dedication and willingness to pass these skills, learned and experienced, and other finer points of techniques, making up the arts as they are today, and, to top it all, the chance to experience the demonstration of a Tai Chi form never before seen in the UK made this a highly memorable experience.

I guess some people will ask that all this is fine, but what did I learn? Well, that in itself is a simple answer, humility. Over the past years, I have absorbed and experienced Yoshin Kempo under the expert instruction of Kyoshi Neil Hourston, and as part of that training, I have myself helped pass on the instruction of Kyoshi to his students. However, it is apparent from attending events such as these that despite my advancement through the ranks within the school, the black belt I seek is noth-



European Kilohana Gasshuku Instructors from left: Sensei Scott Merrill, Sensei Sauveur Soriano, Sensei Steve Nicholls, and Suro Jason Inay

ing more than a starting point for the greater arena of what martial arts is. The people I have had the honor to meet and to be welcomed by this weekend are by far the masters that I strive to become. I have learned so much, yet it is all but a drop in the ocean of what is available.

For techniques, or as an instructor put it, “tools” learned, there were many, not necessarily all new in their broader form, but enhancements, subtle changes and observations of natural flow & body mechanics: an elbow cocked to deliver a secondary strike, knife defense with minimal movement, trap and strike in one, double lock arm throw and opening the mind to other possibilities, think in advance and sacrifice, counters and the wrist locks we all know through the natural (or otherwise!) flow of movement. If I can retain a mere 1% of this, it was worth it.

You know, above all in the presence of what can only be described as masters, I was welcomed and treated as an equal and embraced as a member of their “family”. I felt that I was part of something far beyond my apprehension, and yet, I was still part of it.

I personally thank Sensei Nicholls and all those attending for their hospitality and friendship, and I sincerely look forward to meeting them again soon. I am proud to know these people, to be part of the family that is martial arts, the benefits, comradeship and availability of knowledge is immense. Once again, humbly & simply, thank you.

Best Regards! ■



Sensei Steve Nicholls (right) congratulates Sempai Stephen Cooper on a well-deserved promotion to shodan



MOKOMOKO INVITATIONAL

Karate, Ju Jitsu and Eskrima Tournament

Saturday April 25th, 2009

Campbell Community Center Main Gym

One West Campbell Ave.

Campbell, CA 95008



Registration begins at 7:30 am

Youth Registration = 7:30am-8:30am

Adult Registration = 8:30am-10:00am

Youth competition begins at 9:30am

Adult competition begins at 11:00 am

NO LATE REGISTRATIONS TAKEN!

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Disclaimer: The following article is for informational purposes only, is not intended to diagnose, treat or cure any disease, and is not intended to replace treatment by a licensed medical professional.

CARTER'S CORNER

Sports Medicine & Massage

By Sensei Jack Carter



Panic Attacks:

Panic attacks are sudden feelings of terror that strike without warning. These episodes can occur at any time, even during sleep. A person experiencing a panic attack may believe that he or she is having a heart attack or that death is imminent. The fear and terror that a person experiences during a panic attack are not in proportion to the true situation and may be unrelated to what is happening around them. Most people with panic attacks experience several of the following symptoms:

- “Racing” heart
- Feeling weak, faint, or dizzy
- Tingling or numbness in the hands and fingers
- Sense of terror, of impending doom or death
- Feeling sweaty or having chills
- Chest pains
- Breathing difficulties
- Feeling a loss of control

Alternative Choices

Essential Oil

Essential oil of Lavender can help relieve anxiety and stress. Sprinkling a few drops on a handkerchief to inhale at stressful moments.

Body Work

Massage Therapy, GiGong, and Yoga. They can relax the body and help with the anxiety that people experience between panic attacks.

Mind that, because hyperventilation is a central feature of panic attacks, the practice of slow and deep breathing can help reduce the severity and perhaps even the frequency of the attacks

Nutrition and Diet

Magnesium has a tranquillizing action; try a 250mg tablet twice a day. Avoid caffeine, and

other stimulants, alcohol and sugar.

Pressure Points for Panic Attacks and how to find their locations.

-CV#17(Conception Vessel # 17) It is located in the center of the breastbone (middle of the sternum) in a hollow at the level of the nipples.

Technique: Press inward hard with your thumb for 6-10 seconds, three times.

-GB#20 (Gall Bladder#20) It is located in the first major depression that you feel below the base of your skull, within the hairline behind the ear and the temple region about two fingers width away from the midline of your neck When the point is pressed a sensation is felt in the ear. Technique: Press inward hard with your thumb for 10-14 seconds, three times.

-ST#24 (Stomach#24) It is located one inch below ST#23, and two inches either side of the midline (CV#9).

Technique: Press inward hard with your thumb for 6-10 seconds, three times.

Sensei Carter is available for Shiatsu Acupressure Massage Therapy, GiGong Massage Therapy and Seifukujitsu Restoration Therapy workshops and seminars throughout the United States and overseas.

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E-mail: jackarter@myself.com ■

2008 Deep Roots Seminar and Kiloohana Awards Banquet

By Ben Lujan
Photos courtesy of Ernie DeMoss



Sensei Carter (right) with Professor Libert O'Sullivan upon receiving his rokudan in Danzan Ryu

On Saturday, November 15, nearly 50 participants and instructors convened on Shinbukan Dojo's mat at the Campbell Community Center, continuing a concept originally constructed by Sensei Joa Schwinn several years ago. While events like the Kiloohana Masters Seminar offer

a wide selection of snippets from a sizeable variety of teachers in a relatively short time, Deep Roots pulls together a smaller selection of teachers and gives them longer teaching slots. As the name implies, the instructors for the day were some of the heaviest hitters in the martial arts world, each having some of the most impressive credentials and abilities out there.

The day began with Professor Charlie Robinson showcasing his ability to break down judo nage and shime waza into simple, approachable steps. There were more than a few perplexed faces -including my own- as we tried the techniques and inevitably overcomplicated the polished simplicity of Professor's tai sabaki. To echo Professor James Muro's observation, for those paying attention and who knew how to watch, we were being shown the secrets.

Professor Muro later took the mat, starting with what appeared to be some of the fundamentals of striking. It was later pointed out that while Professor Muro gave simple explanations for what he was doing, his movements were hitting specific meridian points in deliberate sequence; again, openly demonstrated, but not readily apparent to all. One of the most unique -if not initially warily approached by the participants- techniques of the day was his back-to-back, hooked-arm hip throw. While we enjoyed this wild ride, Professor Muro repeatedly cautioned us to be very careful, as "partners are expensive".



The customary post-beating group shot

It was a rare treat for us to be able to host Professor Robert O'Sullivan. He didn't do high-flying or elaborate techniques, but went in the opposite direction and first took us to the very beginning of Danzan Ryu Ju Jitsu: Katate Hazushi Ichi. To add to his instruction, Professor Russ Coelho assisted in the techniques and made note of some of the finer points. It was inspiring to see these two men working together; Professor Coelho having been Professor O'Sullivan's student in 1957, while he lived in Hawaii.

Getting back into judo mode, Sensei Al Ikemoto introduced Sensei Bob Kent. Sensei Kent has spent considerable time in Japan, having been born there and later moving back for business, and studied at the Kodokan. He smiled and noted that he could have just stayed home; he didn't know that Charlie Robinson was nearby. Again, we were given some of the fundamentals: starting with

judo's O'soto Gari, but to echo Professor Muro's instruction, Sensei Kent added meridian strikes and manipulation as a way to facilitate kazushi.

Wrapping up the day was the humorous and energetic Grand Master Alexander Archie, with instruction in Goju Shorei Karate. We started with open hand techniques, and soon moved into knife disarms. I believe this was the first time I have ever been attacked with a butter knife. It was impressive to watch and listen to the insights of a man who holds high rank in Shudokan Karate, American Kenpo, Tae Kwon Do, JuJitsu, and Judo.

Deep Roots 2008 was one of those days where it was just about getting to work, really letting it all sink in, and enjoying our training. While we made sure to thank our instructors, take pictures, and pay respects to each other, the focus wasn't on structure or ceremony, as it is with many other events. Perhaps this was because we all knew that the accolades would come that night, at our annual awards banquet.

We packed the house at Chez Sovan, a Cambodian



Sempai Kyle Roberts (right) and Kevin Thomson were both awarded their shodan ranks



Prof. Muro (left) and Sensei Bob Kent



Professor Esmailzadeh (left) presents sandan rank to both Mike Kirsch (center) and Tim Sheehan

restaurant in Campbell. While quarters were tight, we enjoyed a buffet that amply catered to those with specific dietary needs, discerning appetites, and from our long day of training, bottomless bellies. It was then announced that Kilohana will be hosting more events in the coming year. The biggest will be a Kenpo Ohana, which under the direction of Dr. David Crouch, Vice President Joa Schwinn, and President Hans Ingebretsen, will gather high ranking instructors from the different lineages and styles that fall under the label of or can trace their roots back to kenpo.

Awards got under way following dinner. Rank promotions were primarily in Kodokan Ju Jitsu, and noting black belt/dan rank as "d" and colored belt/kyu rank as "k", were as follows:



Sensei Scott Merrill (left) receives his Kilohana School Charter

Lawrence Boydston, 7d; Russ Coelho, 7d; Jack Carter, 6d; Al Ike-moto, 6d; Hans Ingebretsen, 6d; Bruce Raney, 6d; Mark Wald, 6d; Noah Harders, 3d; Mike Kirsch, 3d; Tim Sheehan, 3d; Clayton Conrad, 2d; Kyle Roberts, 1d; Kevin Thomson, 1d; Matt Blankenheim, 1k; and Kate DeMoss, 2k. Professor Muro had a special rank promotion for Sensei Bob Kent, elevating him to 7d. Sensei Jeremiah Stanley was promoted to 4d in the art of Ku'i Lima Kenpo.

School Charters were awarded to Shin-bukan, Suigetsukan, Fusuikan, Goshin Jitsu Chow-Hoon, Kiriishi Kai, Seika Ryu, and Peaceful Warrior School of Martial Art.



Sensei Hans Ingebretsen toasts Sempai Clayton Conrad (left) upon presenting him with his nidan

Certificates were given to our Senior Advisers, who include Great Grand Master Ming Lum, Grand Master Al Novak, Grand Master Max Togisala, Professor Libert O'Sullivan, Olohe Solomon Kaihewalu, and Professor Charlie Robinson.

The Kufferath Award is given to somebody who best embodies Prof. Kufferath's dedication to their art, and was awarded to the über-dedicated and ever-present Kate DeMoss. I was hon-

Congratulations!
On behalf of your stateside Kilohana counterparts, congratulations to Simon and Louise Irwin on their recent wedding. Here's to a long, happy life together!



ored to receive the Ohana Award, in recognition for my service to the organization in my role here as editor, and as secretary/sergeant at arms. Criteria for the President's Award are at the sole discretion of the president of Kilohana, and the award was given to Sensei Dale Kahoun, who has been a touchstone in President Ingebretsen's martial arts career and personal life. The Legend Award is given to a martial artist of senior rank and status who stands out amongst their peers and time. Shihan Jin Iizumi, a direct student of judo 10th



Professor Charlie Robinson (right) presents Shihan Jin Iizumi with the Legend Award

dans Sumiyuki Kotani and Kyuzo Mifune, was given this award. While unable to attend the banquet, Professor Robinson presented him with the award a few weeks later in Southern California.

It was a long but rewarding day that seemed to fly by. Kilohana will be hosting Deep Roots again this year, as it has proven itself a not-to-be-missed event. With the awards banquet following the seminar, it makes for a full day of quality time with top tier people. ■



Professor Libert O'Sullivan presents Kyoshi Russ Coelho with 7th dan rank

Kilohana Awards

Legend Awards

1999

Professor Sig Kufferath,
Professor Wally Jay, Professor
Jack Wheat, Professor Bing Fai
Lau, Sensei Walter Todd,
Professor Helen Carollo,
Mangisusuro Mike Inay

2000

Professor Willy Cahill, Professor
Joe Halbuna, Sifu Kimo Hatchie,
Professor Joe Holck, Grand
Master Ming Lum

2001

Sensei Bill Costa, Olohe
Solomon Kaihewalu, Grand
Master Al Novak, Professor
Libert O'Sullivan

2002

Sensei Jack Carter, Professor
John Chow-Hoon, Professor Bill
Montero, Professor Max Togisala

2003

Sifu Gini Lau, Professor Carlos
Navarro

No awards issued in 2004-2005

2006

Sensei Charlie Robinson, Sensei
Bernice Jay

2007

Pauline Chow-Hoon

2008

Jin Iizumi

Ohana Awards

1999

Sensei Dale Kahoun,
Jerry Donnard, Ron Guditus,
Sifu Kimo Hatchie, Sensei Lyle
Ho, Bobby Santana, Susan
McDonnell, Leslee Kufferath,
Claudia Peterson

2000

Phil Howard, Evelyn Howard,
Sensei Jack Carter, Professor Imi
Okazaki-Mullins, Bernice Jay

2001

Bill Millar, Scott Sawyer, Noah
Harders, Thomas Oh, Andy
Ching

2002

Debbie Guditus, Jorin Bukosky,
Ron Keaton, Jr.

2003

Jill Pietrelli,
Sherry Hope-Kennedy

No awards in 2004-2005

2006

Sensei Gina Rossi, Mike Kirsch

2007

Gwendolyn Brookes

2008

Benjamin Lujan

Sig Kufferath Awards

2000

Annette Kahoun

2001

Rebecca Wong

2002

Sensei Richard Pietrelli

2003

Sensei Mark Wald

No award in 2004-2005

2006

Sensei Stephen Nicholls

2007

Sensei Scott Merrill

2008

Kate DeMoss

President's Awards

2000

Mangisusuro Mike Inay, Bobby
Santana, Jerry Donnard,
Ron Guditus

2001

Sensei Dale Kahoun, Shihan
Russ Rhodes, Sensei Richard
Pietrelli, Sensei Hans Ingebretsen

No awards 2004-2005

2006

Grand Master Ming Lum

2007

No award

2008

Dale Kahoun

School of the Year

2003

Pacific Coast Academy of Mar-
tial Arts

Instructor of the Year

2003

Sensei Stephen Nicholls



5th Annual Robert Krull Memorial

Location: HonshinKan
51 Middle Rincon Rd.
Santa Rosa, CA 95409

Saturday, March 28, 2009
9am-5pm

With Guest Instructors:

Master Don Richardson

Karate / Tae Kwon Do / Jujitsu

PJA Prof. Robert McKean

Jujitsu

Prof. Dave Martin

Jujitsu

Sensei Hans Ingebretsen

Kenpo Karate / Jujitsu

Sensei Frank Borges

Jujitsu

Sensei Mike Tucker

Jujitsu

Sensei Chris Nicholas

Jujitsu

Sensei Danny Barrett

Jujitsu

Sensei Jeff Baxter

Jujitsu

Join us for a day of GREAT Martial Arts training in remembrance and celebration of the life of Robert Krull and the unequivocal contribution he made to the martial arts community.

All proceeds from this event will be donated to Memorial Hospice of Santa Rosa. This is the group that assisted Prof. Krull during his final battle with cancer. To date we have raised over \$5,000 to help those in need. Lets continue this great service in the tradition of kokua and ohana.

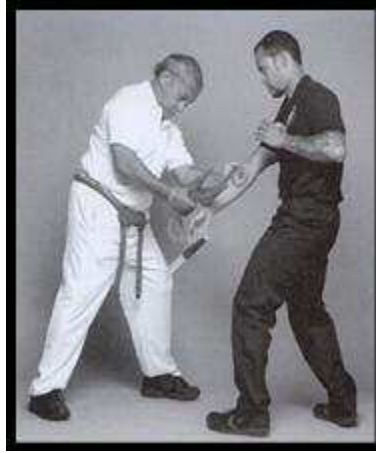
Cost: \$35 (no pre-registration required)

For more information contact torashindo@att.net

Or call Dominic Beltrami at 707-738-0621 or Tim Brown at 707-396-0675

This is an AJJF sanctioned event & AJJF membership is required to participate.
Temporary event membership will be available at the event (additional \$5 fee).
Green Belts and up, or Sensei approval

HAWAIIAN LUA SEMINAR



**ANCIENT HAWAIIAN ART OF SELF DEFENSE
LUA OPEN HAND AND WEAPON TECHNIQUE'S**

**HOST
KUMU LUA HANS INGEBRETSSEN**

**LUA SEMINAR
OPEN TO THE PUBLIC AND TO ALL STYLES**



**SUNDAY, MARCH 15, 2009
SHINBUKAN HOME DOJO
CAMPBELL, CALIFORNIA
10:00 AM – 12:00 AM
12:00 PM – 1:00 PM LUNCH
1:00 PM – 4:00 PM
Entry Fee: \$40.00**



**For More Information, Contact Host,
Kumu Lua Hans Ingebretsen
Phone: (408) 377-1787
Email: hansingebretsen@yahoo.com
www.shinbukandojo.com**

**‘Olohe Solomon Kaihewalu
Email: thelua13@hotmail.com
www.olohe.com**



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**Aloha Sensei.
Today you fold your gi one final time
And walk out of this dojo
On your way to the next one.
With a smile and a wave
You brush back your hair
And saunter out with that casual Hawaiian walk
That we all love.
You showed us how to live with style-
Always easy for you,
Not so easy for us,
And you never allowed us to be less than our
best.
Aloha Sensei.
We'll stay behind and keep practicing.**

