



KILOHANA

CHRONICLES



Volume 11 Issue 2

4th Quarter 2011

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A Celebration of the Life of Prof. Wally Jay: A Great Hawaiian and American

By Master Norm Johnson and Sensei John Mellon

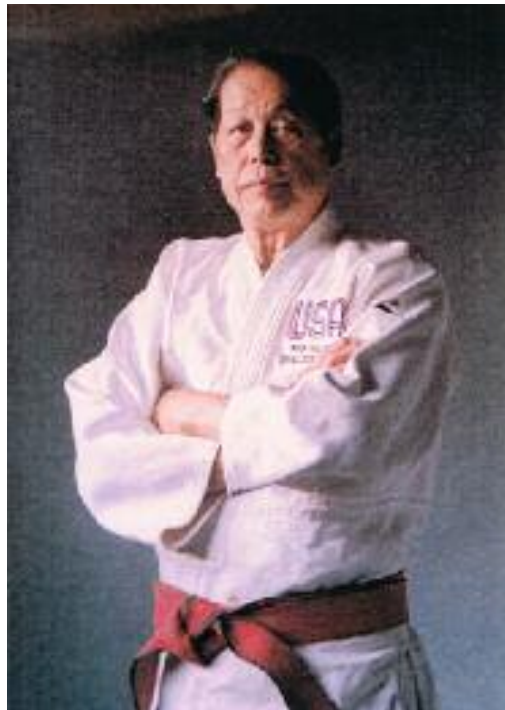
Photos from the collections of

Hans Ingebretsen and James Muro

On Sunday, 29th May, 2011 the greatest grappling innovator and teacher and one of the most influential martial artists of the last century, Prof. Wally Jay, passed away after a short illness.

Professor Wally was our friend and mentor, as he was to so many others, including the late, great Bruce Lee. He was an extraordinary individual: driven; focused; hard-working; ambitious; utterly confident in the quality and significance of his art and his work, and yet without a trace of arrogance.

Indeed, once you spent any time at all around the Professor, his humility was perhaps one of the most striking things about him. A flawless technician, he might have been forgiven for being impatient with lesser talents, such as ourselves, but he was unendingly patient, taking the attitude that his consummate competence shouldn't bestow any particular special status, and that he was a human being like any other.



But those of us who had the privilege to get to know the man behind the martial arts master will testify he was quite the opposite - there was no-one quite like him, nor will there ever be. His son and successor, Prof. Leon Jay is a different individual, entirely worthy to succeed his father as the second generation Headmaster of the Small Circle Jujitsu system. Father and son, though different people, are nonetheless alike in drive and talent, and we know that Prof. Leon will continue to develop his father's original concepts and, if it's at all humanly possible, to go on as he has begun, continually improving upon them.

Prof. Wally could perhaps best be described in every way as a 'thoughtful' individual; he was always thinking, musing, considering and creating. John Mellon tells the story of being on a train journey with the Professor and his lovely wife, Bernice from London to Edinburgh about 24 years ago. It's quite a long journey - at the time nearly 7 hours - and once or twice the Professor, then about 70 years old, appeared to doze off for short periods. Despite apparently being asleep, John noticed that his right hand, in particular, continually made repetitions of his trademark wrist and grip motions, as if applying a finger-lock over and over again. When he roused a little while later, John asked him something that had been bothering him for the couple of years or so that he had known him at that time, "How is it, Professor, that such a nice, gentle soul like yourself, can spend every waking hour thinking of ever more efficient ways of inflicting pain?" He didn't reply right away, plainly considering

KILOHANA CHRONICLES

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the question in his usual thoughtful manner. The minutes stretched on, and finally he said, "You know, I really don't know; it's just what I'm good at!" John's comment was, 'thank the Lord that he only used his power for good!'

The question was only half in jest - this charming, dignified, good-natured man we'd come to know, respect and love had never shown a hint of intolerance, let alone irritation or ill temper while we've had been around him. If you've



Professors Kufferath and Jay at
Camp Danzan Ryu

experienced what the Professor's students came to call the 'Dance of Pain', where you appeared to become a marionette with a few thousand volts running through you, as he made you stand up, lie down, roll over, flip to your feet, somersault, run in a crouched position etc., for what felt like hours, but was probably only a couple of minutes, all of this using only finger-locks,

and even more impressively what he called 'palming', where he didn't even bother to keep hold of you, just sensing where you were going and redirecting you while using only the pressure of his open palm, then you'll realize that the mismatch between the excruciating pain inflicted by his art, and the charming, gentle creator of that art was downright surreal!

We have had the privilege of training with many great martial arts teachers, but the Professor remains the one we will continue to try to emulate the most. There are some wonderfully talented teachers out there, but often when one attends seminars with an acknowledged 'great', they spend half the time telling you about how extraordinary their art is, and by extension, they are! If you've been to Prof. Wally's seminars - and he spent a good 30 years post-retirement running around the world for 10 - 11 months a year demonstrating and teaching his art, so there's a fair chance you may have done - then you'll doubtless recall he began each session by telling you briefly how he came to devise Small Circle Jujitsu, then getting straight into the teaching which he delivered with remarkable openness.

The story of how he came up with the technical innovations that define Small Circle as a significant development in Jujitsu typifies the man. No single apotheosis, no 'Eureka' style epiphany with himself at the centre, bathed in the spotlight of reason, so typical of many other self-aggrandizing masters' stories. Instead a simple story: he is taking his blue-belt grading in Kodenkan Jujitsu (itself an innovative art taught by a great, non-conformist teacher, Prof. Okazaki), and despite the fact that he made a mess of one particular throw, which he had always struggled with in training, he finds that he has still passed the test. A perfectionist even then, he resolves to refuse the rank, but is persuaded by Ken Kawachi Sensei not to do so, with the promise that Kawachi Sensei will teach him how to be an effective thrower.

For those of you not familiar with Judo throws in any technical sense - and at this point in Judo's development, it is not significantly different to Jujitsu, except for the reduced focus on particular skills - throwing techniques are problematic. Every individual finds some throws more difficult to execute than others, and some will remain entirely impractical for any given person no matter how long they train. For instance, it is generally an advantage - despite modern Olympic Judo being contested in weight categories - to be smaller than your opponent. The majority of the throws in Judo are based around the basic mechanic of first 'scooping' your attacker's pelvis with your own, before directing where you want them to fall using your arms and the degree of rotation of your waist and torso. Therefore, it is generally more difficult for a taller man - and Prof. Wally, though not hugely so, was nonetheless fairly tall for a Chinese person of his time and lean in build - to throw a smaller, stockier person.

Ken Kawachi Sensei however, in addition to studying Okazaki's Kodenkan Jujitsu, was All Hawaiian Judo Champion, and regularly took on and trounced all-comers, of all weights, sizes and backgrounds, from huge American body-builders, catch-as-catch-can wrestlers to other Judo Champions several weight categories heavier, despite being a small man. Kawachi told the young Wally Jay that

the 'secret' lay in the wrist-action he used - instead of the push-pull mechanic employed by the arms, he used this 'two-way action' within the grip itself of each hand. Wally continued to work with the action and it transformed his performance of throwing techniques.

Fast-forward some years, and Prof. Wally is married to the lovely Bernice, with whom he has a young family, and they have emigrated to the mainland, living in San Francisco. He continues to teach Kodokan Jujitsu and to develop and teach his own style, while creating and coaching a Judo team. Unfortunately, the Judo team is beaten again and again in tournament - he knows that their technique is good, but the typical American opponent they face is significantly larger and stronger - and Wally has to suffer the good-natured ridicule of his Judo teacher friends and rivals.

The Professor makes no bones about this; he is quite clear that, good-natured he may be, but no-one likes to be humiliated, particularly not again and again. So, he went back to the drawing board and further developed the 'two-way wrist action' first taught to him by Ken Kawachi. He worked equally hard on the footwork - to the non-Judoka this may seem less significant, but if you've watched Olympic Judo for instance, you'll have seen many tedious, indecisive matches where the opponents remain in 'jigotai' for the entire proceedings.

Jigotai is where the contestants appear to be grappling around an invisible column that sits between them, so that they are bent over double at the waist with their arms fully extended and their hips and feet as far away from the opponent as they can manage while remaining in physical contact. This is a tactic designed to prevent that crucial scooping of the hips and pelvis, but it is a 'counsel of despair' as, although it prevents the opponent from delivering a significant throw, it also prevents the user from doing so too. In short, it is about 'not losing', rather than 'winning'.

He understood that in order to 'win', it was necessary to commit your-

self to the technique; not recklessly, but when a clear opportunity presented itself, or could be created. Wally Jay's solution to the problem was two-fold: he cut down the mechanics of the footwork entry - if you can't put yourself in place to deliver the technique, you'll never get to perform your throw - and the refined mechanics of his hands, in combination with sensitivity



Mangisusuro Mike Inay and Professor Wally Jay

training, created relative safety on the upper-body entry by virtue of his control over his opponent's mobility. The ability to minutely read an opponent's movements when in contact allows constant redirection of his force, defeating

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them with very little energy.

There is a common drill performed by Judoka: pairs work in contact with one person initiating entry footwork, and the other 'riding' each attempt by slipping out of range, or foiling it by altering the angle of their own body to match the opponent's. This is hugely refined in Small Circle, with relaxation being the key. Keeping the knees soft, and the grip light, but firm, a good Small Circle stylist is incredibly difficult to 'shake off', always there and at the same distance and orientation no matter how much you move.

With the Professor's innovations in technique and training method, his teams soon began to win and become dominant in West Coast judo tournament circles. Characteristically, instead of becoming resentful of the ribbing of his fellow teachers, he

used it as a spur to his creativity. He was honest about his competitiveness and his ambition, but it was directed at the perfection of art and self, not focused narrowly against



the relative development of any other individual, which leads me to another aspect of this remarkable man's character.

This is Prof. Leon's story really, but I feel sure he won't mind our passing it along. Several years ago, we were talking about his Dad, as we often did, and considering what made him the special man he was. That combination of dignity and humility he had was something we all admired hugely. Leon recalled attending many a large martial arts gathering with his father. Now martial arts is not exactly devoid of 'Type A' personalities, and Prof. Wally's world was full of highly competitive contemporaries - particularly as it is probably true that Hawaii and California are home to the majority of the advanced oriental martial arts talent the 20th century has seen. Many of those great masters were in direct competition for students and kudos - or at least their styles were - and this sometimes led to ill feeling and fallings out. As Leon puts it, "All that stopped the moment my father entered the room"; Prof. Wally was held in such high regard and affection, no-one wanted to be seen acting in a petty fashion when he was around.

He and his contemporaries were and are an incredibly tough generation of martial artists. John says he was made especially aware of this when I visited him with Leon in 2000, shortly after he had endured a major heart by-pass operation. He had never seen the Professor down-hearted, but it was hardly surprising given he was 83 years of age, had always been a picture of health and vitality and then experienced this sudden brush with mortality.

He and John were discussing writing his biography, and knowing he was thinking about this, he had brought a voice recorder. Sitting in his living-room in his pajamas, he transformed the moment he began talking about his martial arts life. He recalled the fun they had with martial arts demos both in Hawaii and California, and how he introduced a great deal of humor into the proceedings in the days when this just wasn't done. Naturally irreverent he even wrote comic songs to accompany the 'sketches' that he used to demonstrate martial arts and self-defense moves; he recalled and sang some of these for John as he told him about the 'old days'.

What happened next shows the degree of resilience of a man who, perhaps two to three weeks earlier, had endured major heart surgery. Out of the blue, he asked John if he knew Bruce (Lee) had studied Judo for a short time, something he'd had never heard from any other source. He told me that Bruce had even competed on the West

Coast circuit briefly, just for the experience. "Here," he said, indicating John should stand up, "this is the first thing I taught Bruce". Before he'd even registered that he had gripped him, he found himself high in the air, head pointing directly at the floor, before being slammed into the Jay living-room carpet - Leon nearly wet himself laughing, mostly because of 'the look on your face!'

By contrast, a little over two and a half years ago, John was diagnosed with rheumatoid arthritis, and he's ashamed to say, he felt truly sorry for himself for a few months, before one day he heard himself moaning - then he thought of the Professor and all that stopped! That was Prof. Wally for you; he just made you want to be a better person and live up to whoever it was he seemed to see when he looked at you.

A couple of days later, he had the singular privilege of teaching a session at the Jay home dojo - as far as I know, the only European instructor ever to do so. The walls are covered by signed photographs of the cream of Oriental American instructors who have taught there, not least of whom was Bruce Lee, so it was both a great

honor and extremely daunting. Prof. Lee Eichelberger, who runs the day to day teaching at the dojo, and all the regular students were extremely welcoming. Norman Johnson, a senior student and a long-time friend of the family, and Leon's friend since high-school, acted as John's uke. Prof. Wally had taken the back stairs down from his office - the dojo is behind and beneath the house - and was sitting in his pajamas with a tracksuit over it and wearing his big, sheepskin slippers that Leon brought back from a teaching trip to Australia.

John wanted to put a smile on his face - as well as, truthfully, to impress him if he could with something he wouldn't have seen before. As ever, Norman (probably the only person who has endured 'the dance of pain' as often as Leon!) was the one to suffer as he demonstrated a technique he'd created only after hearing I would be teaching a few days before. It's called the 'baby-crawl', which pretty much tells you everything you need to know. He asked Norman to just 'punch me in the face' as quickly as he could, then

dropped below him onto all fours and, with one hand on the floor either side of his lead foot, proceeded to crawl forward at speed. Predictably, Norm was felled like a tree and various parts of his anatomy 'tenderized' as he made his way over the length of him on elbows and knees. He looked up to see Prof. Wally laughing so hard there were tears running down his face. It will remain one of his fondest memories



1944



1938



1945

of a great teacher and an even better human being.

Another of Leon Jay's favorite stories about his Dad highlights Prof. Wally's attitudes to his own, and all other martial arts. The Professor was preparing to teach his part of a combined seminar with GM Remy Presas, his good friend. Remy was teaching and Prof. Wally was in the next room when an excited junior Small Circle student came to find him. "Come quick, Professor, Master Remy's stealing all our techniques!" Prof. Wally leaned forward and in a conspiratorial whisper told the young student, "I know – we're stealing all of his too; we call it sharing!" That was the essence of Wally as teacher: utterly confident in his ability



Professors Wally Jay and Hans Ingebretsen

and in the value of what he was teaching, but totally open to learning from others. GM Remy was typical of the type of talent Prof. Wally attracted to him; George Dillman sought him out because Bruce Lee told that "Wally was the best teacher in America!"

Rank was pretty much meaningless to the Professor. He was a genuinely democratic man – happy to teach as

long as you had the desire and the capacity to absorb, and with the judgement to know when and where those limits lay. He was equally happy to learn from anyone else – if you had something to offer, then he was receptive, and indeed eager to learn.

Having the opportunity to simply spend time with the Professor outside of the dojo was a particular privilege. He was always ready to listen and to offer sage advice, and he had a way of offering it that made needing it less of a

failure - you were just two old friends 'shooting the breeze'; he might just 'happen' to tell a pertinent story from his own life that seemed to offer a lesson. That comfortable way of his made it very easy to learn from a great master while getting to feel that your ideas had real validity, that you were holding your own in admittedly exalted company.

That relaxed facility gave all his interactions with his students a genuinely empowering, nurturing quality. We've all been to seminars with great performers of their arts, and felt discouraged afterwards, feeling we'd never replicate their skills. Yet, despite his technical virtuosity, you always felt with Prof. Wally that if you paid enough attention, practiced assiduously enough, for long enough, you might – just might – be able to do some, at least, of what he could.

Leonardo da Vinci once said, "The greatest sophistication is simplicity", and Prof. Wally always said that his art was simple. Of course, once mastered that's entirely true, but understanding what he meant is the difference between complicated – which his art was not - and complex, which it most definitely is. Perhaps one of Wally's greatest achievements was to make his art uniquely accessible in spite of its level of sophistication.

He always said that he was "a slow learner", in contrast to his much adored wife of 71 years, Bernice. Bernice, apart from being perhaps the prettiest grandmother in existence, is an extraordinarily talented martial artist; indeed she is one of those people who can just see movement, intuitively break it down and immediately replicate it, and martial arts presented no more difficulty in mastering than



Professor Jay in action at the Kufferath Masters Seminar

dance, at which she is equally adept. Far from being a 'slow learner', as he characterized himself in typical deprecating fashion, Prof. Wally was a deep thinker; he was one of those artists who had to feel he understood something before he did it. Bernice Jay was the linchpin of Prof. Wally's life – her support was crucial in his ability to devote time and study in creating the art, and he often gave her credit as his sounding-board as it developed. Her combination of abundant common-sense and technical insight made her his most important advisor.

So, we won't say goodbye to you, Professor; it's more of a farewell – we'll meet again, we hope and in the meantime, it's as if you're just in the next room, you're always just at the edge of our vision and we know we'll go on hearing your gentle encouragement in our heads whenever we need it.

Those of us that had the honour to know him will always miss him, but no matter how hard, better that than never having known such a remarkable human being.

God bless, your friends and students,

Norm Johnson & John Mellon ■



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Mention the "**AmericanJujitsu Institute 2012 Seminar**"

Rates:

\$ 109.00 Double - Single Bed

\$ 139.00 Triple/Quad - 2 Beds

All rooms come with Mini-Fridge and Microwave
Rates available 3 days prior to and 3 days after event

Located at the outskirts of Waikiki at the World Famous Ala Moana Shopping Center. Walking distance to shops, beach park, Magic Island, Clubs and many other amenities.

Shuttle at hotel available to Waikiki and surrounding areas.
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Dates: July 6-8, 2012

Featuring Clinics and Instructions,
Jujitsu Kata Tournament, Karate
Kata Tournament, Pupu Party,
Awards Banquet, Okazaki Gravesite
Visit,- also Shopping, Nightlife,
Beaches, Luaus, Authentic Hawaiian
Shows and much more.

Website: ohana2012.americanjujitsuinstitute.org



2011 Kilohana Calendar of Events

September

SEP 25
SUN
SEIFUKUJITSU INTRO SEMINAR
\$35/Shinbukan Hombu Dojo
1269 El Moro Dr.
Campbell, CA 95008
12:00 PM to 5:00 PM
Instructor: Associate Professor
Hans Ingebretsen
Contact Assoc. Professor Ingebretsen
(408) 377-1787
hansingebretsen@yahoo.com
shinbukandojo.com

October

OCT 1-2
SAT-SUN
KILOHANA BLACK BELT WEEKEND
Kilohana Hombu Dojo: Suigetsukan
103 International Blvd.
Oakland, CA 94606
10:00 AM to 5:00 PM Saturday
Noon to 4:00 PM Sunday
Contact Professor Mike Esmailzadeh
(510) 452-3941
suigetsukan@earthlink.net
kilohana.org
See attached flier for details

OCT 2
SUN
KILOHANA STANDARDS AND
EXECUTIVE BOARDS MEETING
Kilohana Hombu Dojo: Suigetsukan
103 International Blvd.
Oakland, CA 94606
Standards Board (attendance restricted to
board members only)
9:00 AM to 10:00 AM
Executive Board
10:00 AM to 12:00 PM
Contact Sensei Jonathan Largent
largent.jonathan@gmail.com
(510)414-8235

Warrior Spirit Martial Arts

By Suzanne Goodman

Warrior Spirit Martial Arts opened in January 2011 and is located in the Loyola Corners district of Los Altos, CA. Owner Rico Espana brings together unique and complementary talents in the martial arts, performance/social awareness, and physical fitness. Mr. Espana has many decades of experience as a musician, performer, and a teacher of both dance and the martial arts. His experience lends him a unique talent to help kids and teenagers develop self-confidence, self-awareness, communication, and social skills. Mr. Espana has taught martial arts in Los Altos for over 5 years and has practiced martial arts throughout his life.

Under Sensei Phil Purrugganan, who holds the rank of sandan in Kenpo Karate, we at Warrior Spirit have developed a unique Kenpo-based curriculum in which we strive to teach our students both physical and mental: awareness, strength, agility, respect, and discipline. Our martial



OCT 14-16
FRI-SUN

KILOHANA SUMMER WORKOUT
Fusuikan Martial Arts Center
2725 Myrtle Ave
Eureka, CA 95501
Contact Shihan Richard Pietrelli
(707) 443-1725

November

NOV 5
SAT

MOUNTAIN STORM FALL INVITATIONAL
Jujitsu Kata, Sumo, Knife Sparring,
Combat Jujitsu
Mountain Storm Dojo
598 S. Washington St.
Sonora, CA 95370
Contact Sensei Chantilly Ortiz
(209) 533-3929

NOV 5
SAT

FUSUIKAN FALL KATA CLASSIC
JU JITSU TOURNAMENT
Redwood Acres Fair Grounds
Eureka, CA
Contact Shihan Richard Pietrelli
(707) 443-1725

NOV 12
SAT

DEEP ROOTS SEMINAR
Train For Life
17680 Butterfiled Blvd.
Morgan Hill, CA
Featuring Maestro Claudio Artusi (Krav
Maga), Grand Master Rob Castro (Shaolin
Kenpo), Guro Ron Saturno (Serrada Eskrima)
Contact Sensei Jonathan Largent
largent.jonathan@gmail.com
(510)414-8235

NOV 12
SAT

KILOHANA AWARDS BANQUET
China Palace
65 West Main Ave
Morgan Hill, CA 95037
No-Host Cocktails at 6:00PM
Contact Sensei Jonathan Largent
largent.jonathan@gmail.com
(510)414-8235

arts system emphasizes real self-defense and sparring as well as teaching formal technique and kata. Our goal is for our students to receive training that is practical and realistic in an environment that is safe and fun, while still developing a solid foundation and respect for tradition.

Although our focus is on Kenpo, we respect and realize that all the martial arts have something to teach us and we offer weekly Ju-jitsu (Danzan-Ryu) classes, as well as special events, workouts and seminars with guest instructors. Our instructors have trained in many different styles including Muy-Thai, JKD, Tae Kwon Do, Tai Chi, Aikido, and Eskrima. Because of our love and respect for all the arts, Warrior Spirit is a proud member of the Kilohana Martial Arts Association in which that kind of community spirit is fostered. ■

Kilohana.org – YOUR Website

By Brian Sassone



Our organization is built on the principle of 'Ohana, the Hawaiian term for one's extended family. It emphasizes that family are bound together and members should cooperate and remember one another.

In the spirit of 'Ohana, Kilohana.org allows you to create and maintain a page about yourself. This is called your "Profile Page" and with it you can share information about yourself and your art, post your thoughts, and share your photos with the rest of the Kilohana 'Ohana.

Currently all Kilohana Administrators and Instructors have their own Profile Page. To find these on the website, click on "About", then select "Administrators", or click on "Directory", then select "Instructors". When you click on a particular individual, you will be taken to their Profile Page.

Creating your own Profile Page is easy. First, visit Kilohana.org and click on the "Register" link (found on the far right portion of the login bar at the top of the page.) This will guide you through the registration process. You will be asked to provide some basic information including and email address to which a confirmation will be sent.

Ku'i Lima Workout

By Suzanne Goodman



Dr. Charles Goodman brings his aikido influence to the mat

Warrior Spirit had the recent opportunity to host a Ku'i Lima workout on May 21, 2011 and we were honored by the many wonderful instructors, Kilohana friends, and martial artists who attended. With the help of Sensei Eddie Gearhart and his people -who brought extra mats- from Zentai in Los Altos, the floors were covered, people signed in, and

the workout commenced with Sensei Hans Ingebretsen (Ku'i Lima Kenpo), who also represented with several Shinbukan students. The guest instructor list represented the highest echelon of martial artists and included Professor Russ Coelho (Island Blend), Professor Rowdy Hall (Koshiden Ryu Ju Jitsu), Sensei Chuck Goodman (Danzan Ryu Jujitsu), and Warrior Spirit's own Senseis Phil Purrugganan and Rico Espana (Kenpo Karate). The afternoon was wrapped up with a few words by Professor James Muro (Goshin-Jitsu Chow Hoon) who showed his astuteness and great understanding with his ability to weave together all of the lessons that had just been shared by the other instructors.

Warrior Spirit is a new martial arts school and new to Kilohana and the Warrior Spirit students who attended the Ku'i Lima enjoyed the experience of interacting

Once your registration is complete, you can login to the website using the username and password you chose during registration. Once logged in, you will find a new menu item called "My Menu" on the far right side of the main navigation bar. Here, you will find a link to your Profile Page called "My Profile."

On the Profile Page, you can click "Edit" to add a personal photo, update information about yourself, and create your bio. This information will be shown in the corresponding tabs of your Profile. Also from the tabs of your Profile, you can post thoughts to your Blog and add photos to your Profile Gallery.

There are other benefits to joining the 'Ohana at Kilohana.org. Once registered, you'll have the ability to leave comments about other content on the site. Once confirmed as a member, you'll be granted access to Member's Only content such as the minutes of the regular board meetings. If you become a contributor, you'll be able to publish articles to the site.

So, help keep the Kilohana 'Ohana strong. Register today at Kilohana.org and create your Profile Page. Let your 'Ohana know who you are and what you're all about. By sharing, you'll be fostering the sense of community that helps bind our family together.

(If you need access to your existing profile page or want to contribute articles or submit other content to the site, please send an email to contact@kilohana.org.) ■

with the greater martial arts community and learning some new techniques. Clyde Coombs said of his grandsons, both Warrior Spirit students, "It's good to see them out there training with new people, interacting with strangers, and having fun with it." Another WS mom commented on the diversity of styles and instructors and how everyone was so friendly, "I thought martial arts schools were more competitive. I'm pleased to see my daughter being so comfortable with people she has never met, and she is learning and having fun too."

Warrior Spirit Martial Arts wishes, again, to thank everyone who participated in the Ku'i Lima workout and to the Kilohana Martial Arts Association for giving us the opportunity to host. We look forward to hosting many events in the future. Aloha! ■



Sensei Phil Purrugganan and Sensei Rico Espana



Sensei Phil Purrugganan, Professor Russ Coelho, Professor Rowdy Hall, and Assoc. Professor Hans Ingebretsen



In Memoriam Coach Phil Porter 1924-2001

By Coach Terry Kelly

Coach Porter had a tremendous impact on all of us who shared time with him. He was the driving force behind the creation and management of the National Judo Institute of the USJA. He was one of the founding members

of US Judo Inc which later became USA Judo. Not to mention the undisputed master of Judo in all its many incarnations. Coach Porter led the USJA through the worst of the formative years, and drove all of us to excellence. Coach Porter was one of the most recognizable Americans in the Sport of Judo. I was very lucky to have him as a Coach and Mentor.

Anyone who was fortunate enough to share time with him would be changed by the experience. His passing marks the end of an era, and is very painful for us. ■

Kilohana welcomes Fudo No Sei Kaku

Kilohana instructors Sensei Hans Ingebretsen and Sensei Jonathan Largent made the trip north past the rock slides and the giant Redwoods to the real northern California, creating a chance to scout locations for future Camp Kilohana. In Eureka they joined up with members of the

Professor Wally Jay Memorial Workout

By Caleb Kaiser

The prominent sound of a traditional conch resonated throughout Suigetsukan as the dojo hosted another one of this year's informative Kilohana seminars. The turnout was about 30 or so people so the setting provided an intimate atmosphere and provided plenty of opportunity for in depth lessons. Many different kinds of arts surfaced during the seminar and it offered a great mix of all sorts of styles.

The workout started bright and early with the arrival of Sensei Dale & Anette Kahoun. In honor of the late Wally Jay, he chose to display a few tricks that had been passed down while he was training under him. Sensei Kahoun's mainly emphasized on the direct approach of Judo take downs and cross-arm bars; accentuating the fact that if the opponent effectively uses brute-force to counter the lock, "shortcuts" can be exploited to provide enough pressure to gain the same effect.

Shortly after the hour long workout Jorin Bukoski chose to show some techniques derived from (insert specific style) Akido. He emphasized that effect of the delivery is directly correlated to how unitized you are with the other person's body motion, effectively using their own energy against them while applying minimal force to complete the

Fusuikan and Kiriishi Kai. Instructors Shihan Richard Pietrelli, Sensei Bill McClure, and Sensei Matt Olson. They continued even further north, through the rain and the fog to Crescent City. There the excitement of the event got the better of them and members of the caravan were pulled into a speed trap by the local police. Managing to cover all the exposed weapons in the car, they were allowed to continue. Nothing like a little adrenaline to get the workout started!

Sensei Robbin Miller of Fudo No Sei Kaku welcomed the group to the new building, where they've been since July. As the participants entered and started to sign in, they were joined by Sensei Jon Sylvia, David Mikko, and a group of students from JobuShinKan in Eureka. It had been too long since the two groups had been on the mat together. The workout started with the instructors showing some combination arts; entering from attacks, throwing, and locking. Street jujitsu was next and the morning ended with blocking combos and locks. After the lunch break Sensei Ingebretsen started back up with couple of his Elbow chains. The rest of the instructors showed another technique or two and the workout concluded with a little knife play.



Moving to the Chinese restaurant next door the group was interested in finding their fortunes. Sharing a meal with the members of the seven attending dojos gave everyone a great opportunity to get to know each other a little better. ■

technique. While the motions where somewhat challenging to complete if you didn't already have formal training in Akido, they were surprisingly efficient in practice.

After a brief respite Sifu Greg LeBlanc stepped in to show the basic elements of Wing Chung. His articulately put instruction emphasized that hitting "the general", (or the head) was the primary goal for vanquishing one's opponent. His extremely quick and precise movements demonstrated key differences between Danzan Ryu Jujitsu styles and Chinese derived martial arts, showing that while fundamentally different, each style is brutally effective in its own right.

Sensei Gina Rossi lead the class in some Toyama Ryu Battodo basic sword drills while the arrival of Professor





Professor Muro prepares to make Logan Olson dance

Muro was anticipated. Her clear-cut instruction provided the basics of wielding a sword and proper form. Sensei Rossi provided concise lessons in the basics of the Bat-todo style of sword wielding.

The seminar was punctuated by the arrival of Professor Muro. I had never met

the Professor before, so naturally he selected me as “uke for the day”. He chose to display how the “flow of Chi” can be a crucial factor in using martial arts and how “completing the

circuit” during a technique can be a very subtle, yet devastatingly compelling addition to using regular physical stimuli. The professor showed a few more energetic demonstrations and a much needed lunch break was taken shortly thereafter.

With the consumption of some delicious food brought a much needed burst of vitality to the second half of the seminar. Guro Michael Cardenas’ style of Diestro De-cuerdas was exemplified through his display of “static-knife disarms”. Taught to him by Grandmaster Arthur Gonzales, his motions displayed a ferociously efficient style of knife disarms, often using the opponents own body against them. The style seemed very “flowy” yet viscerally efficient.

To wrap things up Professor Muro again showed some more “circuit connection” based arts and provided plenty of entertainment for the rest of the seminar as he tossed me about like an animated rag-doll. The entire experience was very humbling to say the least. ■



Participants from one of the MANY classes at the Kufferath Symposium



Sensei Pedro Porem gets a Hula lesson during the banquet

Celebrating our Founder

By Associate Professor
Hans Ingebretsen

Photos from the Webshots
Collection of Ernie DeMoss



Professor Russ Coelho, Leslee Kufferath, and Professor Libert O'Sullivan

It was a great weekend of fellowship and commraderie at the Kufferath International Martial Art Symposium, with over 500 people in attendance. Leslee Kufferath planned this event to honor her father’s 100th birthday, and she did it up in style. Held on March 25-

27 at the Santa Clara Marriott, this event packed in the action, with six mats of continuous action, and a massage room that featured massage classes all day Saturday and Sunday. Professor Kufferath was probably as well known for his healing arts as well as his fighting arts, so it was very appropriate to have massage highlighted in a prominent manner.

This event featured 50 instructors, with a veritable torrent of training made available to the participants. Many of the instructors were heads of their own systems, while many of the other instructors were seasoned veterans of the seminar circuit. The arts featured included Danzan Ryu Ju Jitsu, Judo, Kapap, Kajukenbo, Tae Kwon Do, Ken

Ju Ryu Kenpo Ju Jitsu, Kosho Ryu Kenpo, Ku’I Lima Kenpo, Sei Kosho Shorei Ryu Kenpo, American Kenpo, Seika Ryu Kempo Jiu Jitsu, San-Jitsu, Wing Chun, Silat, Inayan Eskrima, Dequerdas Eskrima, Kuntao, Kashima Shin Ryu Kenjitsu, Shinkendo, Aikido, Aiki Ju Jitsu, V.S.A.K. Ryu Ju Jitsu. Lua o Kaihewalu, Koshiden Ryu Ju Jitsu, Chow Hoon Goshin Jitsu, Kyoshin Ryu Karate, Seifukujitsu, Carter’s Meridian Therapy, Kineseo taping, Kineseology, and more. To call this a cross-training event is an understatement.

Every teacher brought something special to this seminar, and the mats were packed all day long. The international flair was highlighted by Sensei Pedro Porem from Portugal, Sensei Neil Eckersley, Sensei Simon Irwin and Sensei Adrian Valman, all from England, Sensei Gustavo Domench from Spain, and Sifu Abdullatif Al-rujaib, a student of Grand Master Bob Maschmeier’s, who traveled with one of his students all the way



Senseis Carla Bunch, Tammy Graham, and Annette Kahoun

from Kuwait to train.

The Hawaiian luau on Saturday night featured an exhilarating performance from the dynamic West Coast Demo team, headed by Ernie Reyes and Tony Thompson.

Leslee was very happy with the turnout, and intends to put on another event in the future. Look for more great stuff from her. ■



Leslee Kufferath and Grandmaster Frank Sanchez



Kumu Lua Teo Perry Mauga, Assoc. Professor
Hans Ingebretsen, Suro Jason Inay, Kyoshi Bob Austin, and Sensei James Denning



Sensei Margarita Jimenez instructs a Shinkendo class



Kevin-on-Kevin violence



Sensei Adrian Valman



Camp Bushido West 2011

By Assistant Coach
Laura McCarter

On the last day of camp as I lined up with the other yudansha for the final bow, I thought about how much I had learned at camp this year. Davin Tillman from Deleon Judo said it best "If you go to every class you will have learned two weeks worth of material in one day". He was right! In one day I had improved my ippon seonagi, learned several new combinations, some strikes, three new turnovers, and topped it off with new ju jitsu techniques including a come-along and the hammerlock. Not only was I learning and improving my judo but I also had a great time catching up with friends, swimming in the pool, and I even squeezed in some paintball time in the woods with the kids. Another thing that I like about Camp Bushido West is that it fits into our budget. Once we pay the initial fee I don't have to worry about how much we are spending on food or other activities, because everything is included.

We bowed out, said goodbye to our friends (new and old), and packed up our things. Even though we were leaving camp, I knew that the knowledge from camp would still be with me. I was also looking forward to the added benefit of having oodles of extra energy for the next several days because my body is now used to exercising for 7-8 hours a day.

My family and I are already looking forward to the next camp bushido west. Just the other day, my five year old asked me "How long until we go to judo camp again? It was so fun!" He looked a little sad when I told him "11 months to go son." ■



"C" for Charlie!



Congrats to
Mr. and Mrs.
Jonathan and
Shauna
Largent on their
recent wedding!

Mountain Storm Jujitsu
Presents the 15th Annual

FALL INVITATIONAL

Saturday November 5th, 2011

598 S. Washington Street, Sonora, CA 95370

209-533-3929

Featuring:



*Jujitsu Kata: Begins at 9 am

*Sumo: Begins at 12 pm



*Knife Sparring: Begins at 2:30 pm

Combat Jujitsu



Begins at 4:30 pm

Cost:

1 Event- \$18.00, 2 Events-\$30.00,

3 Events-\$40.00, 4 Events-\$48.00

After Oct. 28th add \$5.00 to EACH Event

All events will have divisions split as equitably as possible given the rank, age and size of competitors who show up that day! Awards immediately follow each event.



Snack Booth on Site



**A.I.J.F Sanctioned Event
A.I.J.F Membership is required*