



# Kiai Echo

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IN MEMORIAM

## ROBERT FREDERICK KRULL 1936 - 2004



*Photo by Chris Nicholas*

**By Tom Lang**

**S**ensei Bob Krull, a man with a quick smile and an even quicker knife, died Jan. 4 at his home in Calistoga, Calif., of a rare form of esophageal cancer. He was 67.

Bob was born in San Francisco and spent his childhood in Elk, Calif., a small coastal town a few hours to the north. An only child who never knew his father, he was raised by his mother, aunts and uncles, all of whom lived on a large ranch. He learned to shoot, hunt, and fish from an early age as a necessary part of life on the ranch.

He started his martial arts training at age 9, in, of all places, Hawaii. His mother worked for the Army, and they moved there for a short while. From Hawaii, he and his mother moved to San Jose, Calif., where he completed high school in 1954 (just in the nick of time, according to Bob). That same year, he restarted his study of the martial arts, this time under Prof. William Montero, himself a student of Prof. Henry Okazaki.

After high school, he hitchhiked around the country for a year, visiting every state and doing odd jobs to get by, including "milking" rattlesnakes in Florida.

After returning to San Jose, he received a shodan from Prof. Montero in Kodokan jujitsu in 1958 and a shodan in Judo in 1959, at the age of 23. (His career as a national-level judo competitor was eventually cut short when he took a knee in the mouth

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*Mushin, by Kajitani Sonin  
(Available through [www.shambhala.com](http://www.shambhala.com))*

## No Mind!

*Flowing without  
thought*

**It's not what you  
think**

**By Sohn Wehseler**

**M**ost of us have heard of mushin, and to some extent all of us do it. Mushin is most commonly translated as "no-mind." What I understand that to mean in a rudimentary sense is the absence of self-conscious thought while the body is in action or at rest.

The concept is integral to Zen Buddhism, calligraphy, swordsmanship and Jujitsu, just to name a few disciplines.

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