Editor's Corner

While attending Camp Kodenkan Midwest (an excellent event), I noticed a sign posted by the door of the host dojo: “Please check your ego at the door.”

The reason, of course, for this request is the belief that by checking ego, the student will be less defensive, less full of themselves, more able to focus on learning, and more able to overcome challenges.

While this is a noble sentiment, it turns out that it is also a very misguided one. With all due apologies to Sigmund Freud, removing ego from the equation has quite the opposite result from the one presumably desired by most instructors.

It turns out that ego, or will power, is responsible for a number of things: decision making, concentration, focus, overcoming obstacles, mastering fear, and more. When someone is too drained to do those things well, they are suffering from “ego depletion.”

The most obvious causes of ego depletion are decision making and impulse control. Every decision we make throughout the day draws upon our ego strength or willpower. Every time we resist having that extra cookie, our ego strength or willpower. Every make throughout the day draws upon that same pool of willpower.

That pool is finite: it’s basically the glucose in our system. When the brain isn’t getting enough glucose, we become increasingly less able to make smart decisions, less able to exert self-control, and less able to learn.

Now, consider that most classes are held in the evenings, and most students have day jobs. Students may not be particularly physically active during the day, but the mental energy expended may well leave them ego-depleted by the time class begins.

Fortunately, will can be recharged. While psychologists experimenting on willpower typically provide people with sugary drinks to quickly restore will, that’s a very short-term solution. Protein, as opposed to sweets, generates longer lasting, if slower, results. The carbohydrate gels used by endurance athletes can also be very effective at restoring our mental energy during class, even when our bodies don’t feel particularly tired.

Indeed, ego-depletion and physical tiredness do not necessarily go together. The surest sign of ego-depletion is that every feeling, good or bad, seems more intense than usual. If you, or your students, have felt unusually emotional after an intense day at work, that’s what’s going on.

In many ways, willpower is a like a muscle. The good news is that, like any muscle, you can increase your strength and endurance. The practice of jujitsu is particularly well-suited to developing greater willpower. For example, one of the first things your sensei said to you is also one of the simplest ways of increasing will: stand up straight and fix your posture. Not only is correct posture critical for your doing your arts correctly, practicing your posture outside of class improves your arts and your ability to sustain your focus.

For more information on this topic, I recommend Roy Baumeister’s book, “Willpower.” And please don’t check your ego at the door.

Advertise in the Kiai Echo!

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As a member of a nation one must be grateful for the protection which one derives as a citizen; one must guard against self-interest and foster a spirit of social service. One must be discreet in action, yet hold courage in high regard, and strive to cultivate manliness. One must be gentle, modest, polite, and resourceful; never eccentric, but striving always to practice moderation in all things. One must realize that these qualities constitute the secret of the practice of Judo.

- Master Henry S. Okazaki

Why do you practice Danzan Ryu Jujitsu? For self-defense? To be a fighter? Because your friends are doing it? Because it’s fun? To be a better person? One’s reasons for training in jujitsu not only vary from person to person, but also may change over time within oneself. Within Master Okazaki’s writings lies what he feels the goal should be for a student of Danzan Ryu.

Master Okazaki states that one must “guard”, “foster”, “strive”, and “realize” different actions and attitudes. He also writes about the qualities of a good person: someone who is “gentle, modest, polite, and resourceful.” Such qualities may be inherent in some, but for others they are developed over time. There is an element of work on the part of the practitioner to bring about what he expounds. In the end, he states that these qualities are the ultimate secrets of the practice of his system. Where does it all start? In my view, it starts with the will of the person not only to want to act more in accordance with positive qualities, but also to become a better person and improve one’s character. It starts with the true intention of a person to strive to better himself or herself each passing day.

It is with this spirit of entering into each day and moment with the true intention of improving one’s character that we agreed on the theme for this year’s AJJF National Convention. Our hope is that everyone will come away from the event with new tools and ideas. For school heads, we hope you will learn new ways to inspire not only yourself, but your students and your dojo. For all students of jujitsu, our hope is that you will capture the positive intentions and energy we hope to foster and allow it to grow within yourself and your fellow students. We will have the wisdom of our AJJF Professors, Associate Professors, and Senior Instructors from which to draw, as well as a group of special guest instructors who will be available to offer their expertise and experiences. We will also have a unique suite of special events that we hope will lend themselves to unique learning and inspirational opportunities.

Please visit the Convention website for the latest information on everything about the event! You can register now for Convention through our online site or via postal mail, and hotel reservations may also be made online or by phone. We also have an outline of the general Convention schedule, descriptions of local family-friendly attractions, instructor bios, and more.

While you may come to Convention for great training, good food, and fun with friends and family, we hope it will also in some small way help you travel a little farther along the path that Master Okazaki envisioned for all who would undertake the study of Danzan Ryu. Come and experience how great Convention can be! We will be there to welcome you.

For more information: http://www.ajjf.org/convention
# Registration Options for Convention 2012

**Full Convention Package**

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*Note if we have not received your registration prior to 02/29/2011, you may not be served a meal at the banquet.

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Banquet Information: Please seat me with the following dojo:
Welcome back, mixed fight fans. When we left, Professor Takahashi had been soundly trounced by “Kayo” Morris, knocked out in just 1 minute and 29 seconds of the first round. Although Takahashi had recently twice defeated Sam Clapham, a much larger and heavier wrestler, he was no match for Morris, a man of his same height and weight. But it was not Takahashi’s lack of jujitsu skills that did him in — it was his extremely poor eyesight. He literally walked into Morris’ punches. Nevertheless, Japanese fans of ju jitsu in Honolulu were let down. Their hero had failed.

This is generally the point where we hear about the match between “Kayo” Morris and Hilo’s Henry Seishiro Okazaki, a jujitsu expert and the founder of Danzan Ryu. As it turns out, Morris and Takahashi were not quite done. Just four days after the Takahashi/Morris bout, an announcement appeared in The Honolulu Advertiser for a main event boxing match between Morris and Charlie Lanum. This bout was held on Saturday, April 15th at Moiliili Field in Honolulu and the irony could not have been sweeter — Morris was knocked out in the first minute and a half of the first round!

The ten round rematch between Takahashi and Morris was also announced in Okazaki’s hometown of Hilo. In that same issue of The Daily Post-Herald, it was announced that Morris would meet Okazaki in a mixed match in Hilo on Friday, 12 May at the Yuraku-Kwan Theater. Thus, the Okazaki/Morris match was announced before the Takahashi/Morris rematch had taken place.

When Takahashi and Morris met on Saturday night, Takahashi indeed exhibited greater caution than in his first match. He crouched low in the center of the ring during the first round, probably with his arms out stretched to protect his face. Morris danced around him and could only manage to land a single blow to the body. In the second round, Takahashi applied a hold and threw Morris through the ropes, Morris returned and landed a right hook that sent Takahashi to the canvas for a three count. Takahashi recovered and in the third round threw Morris forcefully to the canvas and applied a head hold. That was it. The referee had to carry Morris back to his corner and Takahashi was proclaimed the winner. Takahashi had redeemed himself. After initially losing to Clapham, he went on to beat him twice. And after his disastrous loss to Morris, he had come back to win. You’ve got to admit that Takahashi was certainly a determined fellow (and he was not finished yet).
Shortly after the Takahashi/Morris rematch, it was announced in Hilo that the Okazaki/Morris match would be postponed until 30 May. This was due to Okazaki having a painful boil on his arm.  

These were the terms for the match. Morris would wear a sleeveless jacket and six ounce boxing gloves. There would be six, three minute rounds.

If Okazaki fell to the mat, Morris would have to go to a neutral corner. If Morris fell, Okazaki could work on him on the ground. Okazaki was prohibited from applying strangle holds using both hands, chopping (shuto) to the face, kicking with the toe (tsumasaki geri), gouging the eyes with the fingers, and punching with the fists.

The fight was heavily promoted in Hilo. Ads questioned “Which is the Best Method of Defense? Boxing or Jiu Jitsu?” An article in the Hilo Daily Tribune stated that Morris had recently defeated Takahashi in Honolulu. It failed to mention that Takahashi had won the rematch.7

The day before the event, it was reported that: “S. Okazaki, champion jiu jitsu wrestler of Hawaii, has been training very hard at the Japanese jiu jitsu gymnasium for the mixed bout against Kayo Morris next Friday at the Yuaku-Kwan theater. Last night was his last night for training. Today he will take a complete rest and Friday comes the bout. He has an exceptionally strong neck, he is quick on his feet, and is proud of his rice belly. He claims he has no fear of blows to his stomach. He is confident of his ability to win, and of the fact that jiu jitsu is superior to boxing in the art of defense.

He wishes to call the public’s attention, that the Japanese jiu jitsu gymnasium is not for Japanese only; any nationality being allowed to be a member and learn jiu jitsu. There being several haoles (ed. caucasians), Hawaiians and Chinese taking up jui jitsu at present.

Anyone wishing to enroll may apply to S. Okazaki in the evenings at the gymnasiun on Kilauea avenue, next to Royal Supply Co, Ltd.”

The big event took place on Friday night, 9 May. It opened with an exhibition of Japanese bamboo dueling (kendo) between I. Hickichi and 0. Sueoka. That was followed by a jujitsu match between M. Yamamura and S. Sakamoto. Then there were three boxing matches. Finally, the time had come for Okazaki vs. Morris.

The bout, scheduled for six rounds, lasted only three. Reports were unclear about exactly what happened in each round. In the first round, it appears that Morris did not wear the agreed upon jacket. We know that Okazaki threw Morris and himself over the ropes into the audience twice. In at least one of these instances, it appears that Okazaki continued to fight outside of the ring, even pursuing Morris under the platform.

Okazaki did not merely stand in the middle of the ring and wait for Morris to punch. Instead, he rushed at Morris, slipping his punches, and applying locks and throws. In the first round, however, Morris connected with a punch and broke Okazaki’s nose.9 The injury did not seem to negatively affect Okazaki, and with just one minute left in the third round, he slammed Morris to the mat and applied an arm lock. Morris tapped out in defeat and when Okazaki arose, the boxer remained on the mat writhing in pain.

Morris was taken to his dressing room and examined by Dr. S. R. Brown. Initially, it was feared that Morris’ arm had been broken. Fortunately, it turned out that the muscles in his arm had only been severely strained.10

Okazaki’s triumph was even reported in Honolulu, something not often done for Hilo sporting events.11

Okazaki did not gloat over his win. He is reported to have visited Morris in the hospital and massaged his injured arm. The two went on to become friends.12

Why did Okazaki win? Perhaps he learned something from Takahashi’s earlier bouts. And it certainly helped that Morris wore a jacket. This made it much easier for Okazaki to throw his opponent. But there may be more to it than this. Okazaki is known for his skills in jujitsu, but he also studied several other martial arts while growing up in Hilo, including Ryukyu karate, Filipino knife fighting, Spanish knife throwing, lua (the Hawaiian martial art), and kung fu. Okazaki was not simply a grappler or wrestler. With his extensive background, he was also an expert at striking and blocking. This may explain why he was prohibited from using the shuto, toe kick and punches.

11 The Daily Nippu Jiji, Saturday, 20 May 1922 and Wednesday, 24 May 1922.
We will return to Okazaki shortly. Back in Honolulu, Takahashi must have been feeling restless because he challenged three police officers to a match. It appears that if Takahashi could defeat the three officers, he would be allowed to teach jujitsu to the Honolulu police department. He had already taught the art to the police department in Denver, Colorado, where he resided.13

The rules for the unusual match were as follows.

All the men would wear jujitsu jackets. Takahashi would use jujitsu while the police officers would wrestle using the catch-as-catch-can method. Takahashi would fight them one after the other. The time limit was set for one hour. The officers were announced as August Carreiro, Alfred Naeole and Leo Poaha. Each weighed about 200 pounds compared to Takahashi’s 145 pounds.

If you live in Hawaii you can already see something very wrong with this picture. Takahashi was going up against a total of 600 pounds of Portuguese and Hawaiians. Honestly, one of the reasons martial arts flourished in the Japanese and Okinawan communities in Hawaii was because Japanese and Okinawans tend to be much smaller than other ethnic groups. It took martial art skill to have even a chance against bigger opponents. Takahashi was literally the size of some 12 or 13 year old Hawaiian children -- and these officers were expected to be pretty tough. It does not appear that three of the weakest members of the force were chosen. Even if you question Takahashi’s judgment, you have to admire his courage.

The Japanese packed Moilili Field when the day for the event arrived. Takahashi’s first opponent was August Correiro. He made short work of the police officer, forcing him to submit in just three minutes and three seconds. Next came Alfred Naeole who apparently was unfamiliar with jujitsu. He found, however, that once he got a hold of Takahashi, he could twist his arms with relative ease. Forcing Takahashi to the mat, Naeole twisted his arm causing Takahashi to writhe in pain and struggle wildly with his free arm. The referee thought that Takahashi tapped out and stopped the match.

At this point, Takahashi protested and insisted that he did not submit. The match was resumed. This time, Naeole grabbed Takahashi around the neck and pinned him to the ground until the one hour time limit expired. Takahashi never submitted but the crowd was certain that he had lost. They refused to let him make an address after the match.

But again, you’ve got to admire Takahashi. He had fought the wrestler Sam Clapham (lost once, won twice), the boxer “Kayo” Morris (lost once, won once), and now three big police officers (did not submit). Takahashi left Honolulu and likely pursued his jujitsu career on the mainland.

Okazaki remained in Hawaii. In September 1924 he traveled to Japan to further his jujitsu and martial arts studies. It is reported that the visited more than 50 dojo and mastered about 675 techniques. In February of 1925 he returned and started to teach on the island of Maui14. There is only one more episode to conclude this series.

In December 1925, a boxer appeared in Hawaii claiming to be the younger brother of “Kayo” Morris. His name was Kid John Morris. As reported in the Hilo Tribune-Herald: “(t)he Morris boys feel that the family honor is a bit blemished and the family tree is drooping, and John is here to wipe out that blemish and wipe up Mr. Okazaki. Banzai! We shall see.”15

Unlike the first match with “Kayo” Morris, there was very little advertising leading up to this bout. I could find only one. Nevertheless, 1800 enthusiastic fans gathered for the fight, once again at the Yuraku-Kwan Theater in Hilo. Who would win, Okazaki and his jujitsu or Morris and his boxing?

Unfortunately, we do not have any details about Kid Morris. Okazaki was 35 at the time. No disparities in the mens’ size or weight was reported.

The fight only lasted three rounds. From the account provided in the Hilo Tribune-Herald, it appears that Morris got the better of Okazaki throughout. He easily landed punches to Okazaki’s face and body. When Okazaki tried to apply any lock or throw, Morris was able to escape. "Arm holds, head holds and body holds were broken with ease by the white man, who appeared to be as expert at wrestling as he was at using the mits. His footwork was good but the padded floor, unrosened, was a disadvantage.

13 The Daily Nippu Jiji, Friday, 26 May 1922. The Honolulu Advertiser, Saturday, 27 May 1922.


15 Hilo Tribune Herald, Saturday, 12 December 1925.
“In the first round Okazaki rushed in and threw Morris but he disentangled himself and delivered a smashing blow to Okazaki’s eye before he could get off the floor. Then they started milling around for an opening. Okazaki kept one arm extended toward the boxer, to keep him from rushing him. “After eyeing one another for a while Okazaki again rushed in for a hold, grabbing Morris about the legs and throwing him against the ropes where he got some kind of a hold on him. Referee Ben Stoddard moved them to the center allowing Okazaki to take the same hold as the one he had at the edge of the ring. Morris pulled away but Okazaki hung on to one glove. Morris shook him a bit and hit him once on the jaw. Then Okazaki got a leg hold but failed to throw Morris.”16

In the second round, Okazaki succeeded in throwing Morris out of the ring. But when he returned, Morris was unfazed and continued to pummel Okazaki’s face and body.

By the end of the third round, Okazaki had had enough. He refused to come out for the fourth round, stating that he had only agreed to three rounds. The advertisement for the fight did not state how many rounds were scheduled so we may never know what really happened that night. But Okazaki left the ring and the theater for good.

The crowd of 1800 mostly Japanese fans went crazy. They refused to leave and started to chant, “Come on and fight” and, “Give us our money back.” There was a real risk of a riot, something the authorities in the normally sleepy town of Hilo would not have been prepared to handle. It would also have presented an awkward situation for the Japanese consulate officials who were somewhat responsible to Japanese workers.

After two hours, Morris, who had retired to his hotel, was called back to the theater. A stand-in had been found to continue the fight and appease the raucous crowd. The savior was none other than Tetsuo Higami, a professional wrestler well known to Hawaii fans as “The Rubberman”. Higami was a jujitsu and western wrestling expert.

This second fight lasted two rounds. Morris apparently did well in the first round, landing numerous punches to Higami’s face. In the second round, Higami caught Morris and applied an arm bar, forcing the boxer to concede.

However, even the Rubberman’s win could not dispel the crowd’s foul mood. In a Honolulu newspaper, the fans were described as “rabid.”17

An editorial that appeared in Hilo on the Wednesday following the fiasco called for an end to such mixed matches:

“(T)his paper is of the opinion that a mixed match of this kind between a Japanese jiu jitsu expert and a white boxer is not a good thing for this community. It serves no good purpose and merely arouses useless race prejudice. “(J)iu jitsu is something that the Japanese think undefeatable, while the Anglo-Saxon thinks the same of boxing, and both methods are practically rooted in each class’s national pride. When either meets defeat at the other’s hands, age-old pride of caste and country is aroused and good sportsmanship is bound to suffer.”18

The editorial added that the event sponsor, the Shinyu Kai, wanted to give “Kayo” Morris’ brother a chance to redeem the family honor. It noted the strange fact that “Kayo” was an English Jew while his brother was an Irishman.

This rematch, like Takahashi’s series of matches, has faded from memory in Hawaii. All that is remembered is Okazaki’s defeat of “Kayo” Morris.

In 1932, when Choki Motobu disembarked in Honolulu Harbor, a Japanese immigration official asked him, “Why have you come to Hawaii?” We may never know exactly what Motobu replied, but some people say that he said: “To fight.”

After the near riot in Hilo as a result of the Okazaki/Kid Morris affair, Japanese officials did not want to risk another incident. Motobu was denied entry, confined in the immigration station for about a month, and sent back to Japan.

As for Okazaki, he moved to Honolulu around 1929 and went on to become one of Hawaii’s most prolific martial arts practitioners.

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16 Hilo Tribune Herald, Monday, 14 December 1925.
17 The Nippu Jiji, Tuesday, 15 December 1925.
18 Hilo Tribune-Herald, Wednesday, 16 December 1925.
instructors. Like Motobu, who defeated John Kentel in Kyoto in 1925, Okazaki was well known for his defeat of “Kayo” Morris. While that may have attracted some students to his dojo, it was his systemization of the Danzan Ryu jujitsu curriculum and his willingness to openly teach students of any race that cemented his fame.

Some of the students who trained in the Okazaki dojo were from other martial arts. Thomas Shigeru Miyashi (Hawaii’s first nisei karate sensei) was reported to have taught there, and many students who trained with Masayoshi James Mitsue also cross-trained there. It was through this connection that many of Okazaki Sensei’s techniques were introduced into the Kenpo Karate curriculum.19

In closing, we might ask what the early mixed matches can teach us. Setting aside the mixed race issues, it should be clear that the rules for such matches directly affect the results. Jujitsu experts do better when their opponents wear a jacket. Generally, boxers can land many punches but ultimately succumb to submission holds. If the jujitsu expert can survive the punishment, he will probably win.

But none of this answers whether boxing or jujitsu is the best form of defense. Combatants do not really defend against each other -- the only way to win is to attack. To the extent that jujitsu, or karate for that matter, is truly an art of self-defense only, it is not suited for a rule bound sporting event. And as far as boxing goes, if the boxer did not have to wear gloves, the jujitsu expert could certainly withstand far fewer blows. In fact, one punch to the face could end things very quickly. It is a bit like comparing apples and oranges.

Did Motobu defeat the boxer because he was more skilled or because the boxer thought he was a strange old man? Certainly the boxer could not have known much about karate, which had not yet been established on mainland Japan. Knowing a little bit about Motobu, I would not be surprised if the first real strike he threw was the last. Perhaps this was his strategy.

The participants in Hawaii’s early mixed matches had no such advantage. Each knew what to expect of his opponent and they were all handcuffed by rules that prevented them from fully exploiting the capabilities of their respective arts.*

19 On a personal note, I want to mention that during my Karate research I have spoken to several Danzan Ryu instructors and found them to always be most considerate and helpful. Their character is the best testetament of Okazaki Sensei’s art. For a wealth of information about Okazaki, please visit George Arrington’s excellent, The Danzan Ryu Jujitsu Homepage at http://danzan.com.
Do you realize that you read a page before you read a single word on that page?

That was something my client needed to learn, and fast. A biochemist with a Ph.D. and a small lab, he had developed a revolutionary new formula for a fluid used in eye surgery. It was the very first synthetic fluid of its type. It didn’t need refrigeration, had unlimited shelf life, and didn’t cause rejection or allergic reactions in patients—all highly desirable and previously unavailable advantages.

By the time we were talking he was getting desperate. He had been trying to sell this product to surgeons at medical trade shows for over a year, with little success.

It didn’t take long to discover his biggest problem—and it wasn’t his revolutionary new surgical fluid. His marketing materials were sabotaging his ability to succeed.

He’d printed on inappropriately colored paper and his content was a jumble of clinical trial data, specifications, directions, and some cobbled together clip art. There wasn’t a single word about the advantages or breakthroughs his product offered. His business looked like the pharmaceutical version of a garage band, not like a professional lab that was offering one of the best products on the market.

His brand and marketing materials sent the wrong message at a glance, and were confusing and unprofessional when looked at closely. Could this kind of disconnect be happening with the print and web materials that represent your business?

Here are a few things you can do to make sure you’re sending the message you intend.

First, do your homework. Research your target market and competition. Find out what their materials look like. Had my client done that, he’d have discovered that only the brightest white paper is used in the medical market (it reads as clean and sterile), and corporate colors were almost exclusively blues and greens.

Second, organize your material for maximum impact. Tell us what, how, when, and especially why we should use your product or service. My client and I organized his information into discrete chunks, putting product description, uses, and advantages on the front of the page, and all the clinical trial data and other supporting information on the back.

Third, provide short headings that stand out visually. Enable us to quickly scan your page and know what we’re looking at. Pique our interest in what you have to say. You only have a few precious seconds to snag our attention before we read, so that we actually do read.

Finally, keep your use of color meaningful. Color is visually compelling, so use it wisely. It should help us navigate the information, not distract while we’re trying to read.

To learn more about creating more effective and polished print and web materials to represent your business, come to my free class at the AJIF National Convention. Here’s what you’ll take away from the class:

• The 4 building blocks of a visual brand, and how to use them
• The 7 most important page design rules that make your message visible on any page
• How to avoid the most common pitfalls of page design
• A workbook filled with martial arts-related before-and-after examples that will serve as a reference long after our session

For a preview and ordering information visit: www.pacificjuiitsualliance.com

Please Note: Many of these arts are not part of the AJJF kata.

Continued on page 12
## Contest Results

### Makoto Kai

#### Kata Contest
5 May 2011

**Age 4-6 Beginners**
1. Oscar Langdon / Duncan Ott  
   Elite Self-Defense
2. Connor Tebbs / Joanna Tebbs  
   Amador Judo & Jujitsu
3. Collin Smith / Sofie Langdon  
   Elite Self-Defense

**Age 4 - 6 Intermediate**
1. Alexa Firestone / Delila Vanderbeek  
   Amador Judo & Jujitsu

**Age 7-9 Beginner**
1. Phoebe Pansoy / singleton  
   Davis Judo-Kai
2. Killian McCurdy / Abbie Weimer  
   Elite Self-Defense

**Age 7 - 9 Intermediate**
1. Victor Jimenez / Sarah Jimenez  
   Chico Kodenkan
2. Ian Sanchez / Andrew Beckley  
   Nemuri Kuma

**Age 10 - 13 Beginner**
1. Kaitlyn Pansoy / singleton  
   Davis Judo-Kai
2. Brandon Moreno / singleton  
   Nemuri Kuma

**Age 10 - 13 Advanced**
1. Rachel Sedillos / Travis Gunari  
   Redding Jujitsu Academy
2. Grace Adams / Liam Brow  
   Nemuri Kuma
3. Jiri Kasparek / Kim Rivas  
   Nemuri Kuma

**Adult White**
1. Rustam Nasyrov / Islam Nasyrov  
   Seidokan

**Adult Blue**
1. Daniel Schmitz / Stephen O’Barr  
   Renkiohen Budokai
2. Silas Gaussoin-Radcliffe / Sean Breed  
   Makoto Kai
3. Mike Thompson / Javier Romero  
   Seidokan

**Adult Green**
1. Rose Adams / Darryl Handberg  
   Nemuri Kuma
2. Jeannette Hogan / Erica Oliver  
   Makoto Kai

**Adult Brown**
1. Mike McKinzie / singleton  
   Redding Jujitsu Academy
2. Joshua Harrelson / Jason Zanghi  
   Makoto Kai

**Black Belt**
1. Harry Burleson / Nerissa Freeman  
   Nibukikan / Makoto Kai
2. John Pfund / singleton  
   Elite Self-Defense
3. Pete Adams / singleton  
   Nemuri Kuma

### Freestyle Contest
30 July 2011

**Age 4 - 6 Beginners**
1. Arthur Griffin  
   Chico Kodenkan
2. Sofie Langdon-Streeter  
   Elite Self-Defense
3. Duncan Ott  
   Elite Self-Defense

**Age 4 - 6 Intermediate**
1. Oscar Langdon-Streeter  
   Elite Self-Defense
2. Noah Green  
   Elite Self-Defense

**Age 7 - 12 Beginner**
1. Joey Stanciu  
   Elite Self-Defense

**Age 7 - 12 Intermediate**
1. Aadi Dutta  
   Elite Self-Defense

**Adult White**
1. Damian Breitenfeldt  
   Nibukikan
2. Jeffrey Love  
   Nibukikan
3. Elias Perez  
   Elite Self-Defense

**Adult Blue**
1. Aaron Burleson  
   Nibukikan
2. Austin Stahl  
   Nibukikan
3. Justin Urrutia  
   Chico Kodenkan

**Adult Green**
1. Joseph Selby  
   Chico Kodenkan
2. Chandrakala Chavva  
   Kodai No Bushido

**Adult Brown**
1. Rodrigo Garcia  
   Makoto Kai
2. Joseph Vranich  
   Nibukikan
3. Jeff Leek  
   Chico Kodenkan

**Shodan**
1. Isaac Leija  
   Renkiohen Budokai
2. Zach Thomas  
   Nibukikan
3. Greg Nagy  
   Renkiohen Budokai
Continued from page 10

• Information you can use immediately on your own desktop with the tools you already use

Get even more out of this class: Submit your business materials to be made over and used as before-and-after examples in the workbook. If selected, you’ll get the make-over files for free!

Bring your print and web materials to the conference and sign up for a low-cost mini evaluation-recommendation consult right at the conference—whether you attend this class or not.

Come learn how to create more polished and effective print and web materials, whatever your business. You’ll leave understanding how to create a visual brand that makes you a recognizable, confidence-inspiring presence in your market. And you’ll know how to construct more professional looking pages that get people reading your message—almost before they realize it.

Oh yes—so how did my client do at the next medical trade show? He sold three times as many units at that single show as he had in all the previous shows combined. It wasn’t long before a large pharmaceutical company bought his formula for millions, and he headed back to the lab to work on his next great idea.

To submit your materials to be redesigned as before/after examples in the class workbook, send Nancy Webb your brochures, flyers, and other piece in MS Word or InDesign format, AND as a PDF file. Also include any graphics files such as logos or pictures. Please also send a printed version of the piece to Nancy’s mailing address below.

Nancy Webb
101 Kimberlin Heights Drive
Oakland, CA 94619-2323
nancy@nancywebb.com

The redesigned documents will be available without charge to the people who submitted the original documents, in exchange for granting Nancy Webb permission to use the before & after examples in the future. Submission constitutes permission for use.

The deadline to submit materials is February 1, 2012.

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Nidan
1. Tim Nibert Elite Self-Defense

Sandan and up
1. Harry Burleson Nibukikan
2. John Pfund Elite Self-Defense
3. Jerold Kunzman Kodai No Bushido

Redding Jujitsu Academy
39th Annual Kata Tournament

Pea Wee
1. Arthur Griffin – singleton
2. Mathew Cash & Drew Glover
3. Emily Cash – singleton

Jr. Beginner
1. Taylor Scuderi & Abbey Apple
2. Sarah Jimenez & Jack Terrell
3. Darenell Reid & Joey Rubio

Jr. Advanced Beginner
1. Tanner Wilhite & Hunter Wilhite
2. Sara Vanderiest & Natalie Thatcher
3. Victor Jimenez & Ella Brandon

Jr. Advanced
1. Travis Gunari & Rachel Sedillos

Sr. Advanced Beginner
1. Justin Urrutia & Rachel Hartley
2. Cole Torvick & Joseph Hill
3. Fred Selby & Tracy Hoffman

Sr. Green
1. Kelley Denz & Austin Stahl

Brown
1. Ruthie Sedillos & Rebekah Sedillos
2. Scott Pulling & Joe Selby

Brown Advanced
1. Meghan Gainer & Mike Mckinzie

Kata High Score – Ruthie Sedillos & Rebekah Sedillos
Combative Sequence – Kelley Denz & Austin Stahl
Demonstration Teams – Black Belt Division
Chris Denz & Delina Fuchs
Randy Stefani & Scott Redden
Ken Couch & Jeff Leek

RJA and it’s members celebrated their 50 Years in the AJJF along with the 39th Annual Kata Tournament. Forty three contestants participated, from Chico Kodenkan, Nibukikan, Elite Self Defense, Renkiohen and RJA. Fantastic kokua, healthy competition, and love of DZR was celebrated by all.

Prof. Carr and Prof. Hager thank the following Sensei for officiating: Skip Maxwell, Harry Burleson, Zach Thomas, Delina Fuchs, Ken Couch, Chris Denz, Ron James, Scott Redden and Phil Copitch. John Pfund, Dianna McKinzie and Geri Copitch kept everyone on track and organized with the ‘Tournament Computer Program’ developed by John Pfund. Sensei who would like to use this program may contact John. He has donated his work to the AJJF to help Sensei run Kata and Freestyle tournaments. Thank You John!
30 years in Martial Arts has taught me the significance of relationships.

Experience counts as much in the mortgage business as any other. As a National Lender, I have worked with hundreds of people to finance their first homes, retirement homes and investment properties. I know what to expect from the process and how to avoid complications. Nothing surprises me anymore, and that's a good thing.

Trust and Reliance
Our Bright Promise to You

$350 donated to Danzan Ryu charity of your choice.

Ryan Neuman
Branch Manager
NMLS ID: 260278
1220 N. Dutton Avenue
Santa Rosa, CA 95401
Direct: (707) 578-7098
rneuman@bghloans.com
www.bghloans.com/ryan
Lessons Learned From Having a Heart Attack

A synopsis of near death by first hand experience.

Jay Drew
aka Lazarus (a new nickname from the wife who saw me die 3 times)

There are three kinds of men:

• The ones that learn by reading.
• The few who learn by observation.
• The rest of them have to pee on the electric fence.

- Will Rogers

In Jujitsu we are taught to be aware of our bodies, to sense the environment in which we live, and to anticipate the situation and act accordingly. I have been off the mat for 25 years and I had forgotten those lessons. In retrospect, the signs were there and I almost paid the ultimate price for not being observant.

I had chest pains earlier in the week before the Sunday in question. I prodded the area which was tender and when pushed it introduced what seemed to be more pain. I figured it was a muscle problem. I have a very tight back which induces that type of thing. (Note to self, when you are married to a massage school graduate, get massages.)

On the morning/afternoon of the attack I had heartburn. The problem is I have acid reflux, have had it for years and this was nothing new. I spent the late morning at the shooting range and the early afternoon cleaning the guns.

Sunday at about 6 PM. the chest pain returned and started spreading. I started feeling flushed. The pain began to radiate to the back. I grabbed my blood pressure cuff, took a measurement and said that can’t be right. Took it again and realized we’ve got a problem.

Chomped down a couple of baby aspirin (nice thought, too small of an amount) and told Carol we should get to the emergency room.

We decide to drive - damn stupid. I mean REALLY DAMN STUPID!

A couple of friends from the house, Carol looks at me and figures things are not going very well. She reverses course and heads to the fire station a few blocks from the house.

The kind firemen bring a chair to the curb and start blood pressure measurements and an EKG. They get a field IV going, have me chew on some manly sized aspirin and give me an oral spray of nitroglycerin.

The firemen, not being shy or reticent, called in an ambulance.

The ambulance arrives and off we go to the hospital, no siren or lights, with my wife following in our car.

The pain in the chest is extreme. I am given morphine. Several times.

You may ask what a heart attack feels like. It turns out that different people get different symptoms and that women usually have a different experience than men. For me, the most significant pain was that of a bubble trying to blast out of my back. The chest pain was bad but it was in second place to that explosion in the back. Yes, this was worse than the shoulder separation at Camp Kodenkan and the multiple times I tore my groin muscle. This was beyond taping and Tiger Balm.

We arrive at the emergency room where a cadre of people start measuring and poking. The measurement consists of asking about pain levels and getting EKG leads in place. The poking was trying to install more IV lines - which was met with failure.

The next few incidents are 2nd hand. I tell them I am dizzy - I don’t recall saying that.
I stop breathing. People are doing chest compressions and bagging me.

I don’t remember that.

They bring in the crash cart and the defibrillator pads stuck onto my body.

Shock #1 - No conversion.

Shock #2 - I sit up and ask “What the hell do you think you’re doing?”

I don’t remember that as well.

I recall my hearing and vision returning - and knowing that I had died. There was no light at the end of the tunnel type of thing. For me it was very much like being choked into unconsciousness. I have the doctor leaning over my face saying “It’s OK Jay, you’re back with us.”

Your mileage may vary; I prefer not to repeat the experiment to see if I get different results.

I was the talk of the emergency room for a few days. I thought that they didn’t have many people sitting up after being shocked asking accusatory questions. I have since heard from a Professor that when a Seikufujitsu technique is applied after a choke that this is a common occurrence. Who knew?

I am informed that I will be going into the operating room for a stent to be installed.

I am awake and say ok - like I have a choice in the matter.

The heart goes into fibrillation again, and I am shocked for the 3rd time. I was awake for that one. It hurt like hell. Another shot of morphine.

They are shaving the groin area, with a little BIC razor. They quickly realize that is literally not going to cut it and bring in according to Carol “A big honking electric razor”.

It turns out that the type of pads used for defibrillation in the emergency room are not good for the catheterization lab due to the amount/type of wiring in them that will interfere with the work that will be done there.

So they come off. And for those who know me and see the amount of hair on the arms, be assured that hair extends to the chest and back. And when they are putting those pads on, they may not have time to shave you down. For you ladies that have done a bikini wax, my hat is off to you.

By the way, the size of the defibrillator pad looks to be 4 x 6 oval. That’s a guess based on the size of bald spots on my body and the burn marks.

I don’t recall being wheeled into the CAT Lab, but do remember being moved onto the table. They may or may not have given me more morphine. I meet the cardiologist, we exchange pleasantries.

They prep the right groin and go into the femoral artery. A moving X-ray head is tracing the route. The moving X-ray head is positioned high on my chest when they have to give me the 4th shock of the night. This short duration of pain was worse than the heart attack. I screamed. I jerk up and almost hit the X-ray machine.

I don’t remember moving from the CAT Lab into the Critical Care Unit.

They are feeding the fluids to keep me going through the single IV and are not happy about that. The vein in my left elbow is not happy about that either.

Just so you know, hospitals are not very quiet.

And let me tell you that the CCU is even nosier.

I’ve got an EKG monitor going that goes into alarm every once in a while.

I’ve got an oxygen saturation monitor clipped to the ear, it comes off every now and again, and it alarms. When those alarms go off in the room, they go off at the nurse’s station. I get to hear both. Double bonus points for me!

I tell them I need a CPAP machine and they provide their own. Their machine is big, noisy and the mask does not fit well. It is alarming all the time. It takes the respiratory tech a few attempts spread over many hours to get the thing to shut up about leaks. It is still noisy.

I do not get very much sleep during the 1st night.

My wife visits the next morning and one of my first requests is EAR PLUGS. And she pulls out her earplugs from her purse.

Yes my wife carries earplugs. I assure you, it’s not so she can shut me out; do remember that the day of the heart attack started at the gun range.

Three nights in CCU, then 2 nights in a shared room.

The shared room had much better TV sets.

On the 4th night the charge nurse from the emergency room comes up at another nurse’s request and pulls off a miracle - he’s able to start a second IV line. The first one was becoming quite inflamed and it is mercifully removed. It took 2 days and hours of heat packs to get the arm out of pain. If you are on the mat and the lesson doesn’t seem to be sinking in, try getting a fresh perspective from someone else. In my case, the fundamental theory for the IV installation was the same, it was someone with a different view that made it work.

Let us review the lessons of the day:

• Lesson 1 - Be in tune with your body; when it talks, listen. Let me reiterate that for those that practice martial arts – LISTEN TO YOUR BODY. When your body says stop, stop. If you are ignoring that inner voice to prove how tough you are, you may pay a heavy price.

• Lesson 2 - 911 is paid for, use it. When you need help on the mat – ask for it.

• Lesson 3 - Better living through modern chemistry - aspirin (manly size), nitroglycerin and morphine are your friends. Tiger Balm, Dit Da and a host of other eastern remedies are also your friends. And as with any friendship, don’t be abusive.

Continued on page 16
A friend recently asked me what my martial arts training looks like each day.

I wake at dawn and begin my day with a silent meditation. I start it by sitting quietly, facing the rising sun through my bedroom window. I have discovered the easiest way to wake up in the morning is by feeling grateful for my life. Once I achieve this feeling the rest of the day takes on a level of purpose and of ease. I learned from my sister Margo that a powerful way to feel grateful is to recall loved ones. I bring to mind all the people who are my friends. I say the words, “thank you,” as each person passes across the screen of my thoughts. As the gratitude begins to become my dominant feeling, my mind starts to wake up with happiness.

After I achieve this lightness of heart, I begin to go over the list of things I wish to achieve on this day.

Among the items on my list are the words, “Martial Arts Training.” The first part is my strength training: I do 50 push ups and I do a count of 100 abdominal pull ups. I then get some breakfast and go for an 8 mile bike ride. If it is raining I go for a two to four mile walk. At this point my mind and body have become alert. I rest my body and spend the remainder of the morning conducting the business of creating and selling my paintings, studying my notes, and writing.

After lunch I spend 1 to 2 hours doing Praying Mantis Kung Fu Forms. Each form is a series of 25 to 46 sequential moves. As I am translating these traditional Mantis Kung Fu forms into crutch forms, I have to continue to practice each move dozens of times until it becomes a fluid movement within my body. For instance, when one of the Mantis Forms requires that I do a back handed block to an opponent’s kick and a front face punch, I have to move my body by stepping with two crutches, finding a strong stance with my feet, and then move both crutches in two directions while rotating my torso in both directions simultaneously. I can guarantee you that I nearly fall down on the first ten attempts. But then something happens that feels like a small miracle. My body becomes accustomed to the contorted movements. When I no longer feel off balance, I begin to add power and precision to my blocks and strikes. Once this is done I go to the next series of movements in the form. One of the most powerful attitudes I have learned from martial arts training is that I never, not ever, say, “I can’t do that.” I do realize that some of the forms will be very difficult, but when I break the moves down into smaller sections, and then practice each part to the best of my abilities, those movements improve a little bit more each day. After just 30 days I have seen nearly impossible to do forms become second nature to me.

Added to doing these sequential movement forms, I do Stepping forms, Stance forms, Blocking, Punching and Kicking Forms, and any instruction that my Sifu has given during the most recent class. My Sifu offers two Mantis Kung Fu classes a week. I rarely miss them. If I do it is because someone in my family needs me or my business of selling art requires me to work. If I get injured I still go to the class and sit on the side of the mat to take notes.

Recently, I started to spar with opponents on the mat. This is tricky as I have to learn to continue to move in and out while blocking, kicking and striking without falling down. As I have just started this level of training I will tell you how well it is going in my next letter.

Why I do what I do:

For me this adventure is not just about winning the Gold or accomplishing great things or telling a story that gives me happiness. If a guy with paralyzed legs can win Golds while competing against outstanding athletes with perfect bodies, then anybody can truly achieve anything. Have faith, take action, and watch the world of miracles open every door for you.

This article is from the author’s upcoming book, and is printed with permission. For more information about Steve or to get a copy of his paintings, please visit www.brummestudios.com.

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Continued from page 15

- **Lesson 4** - If you’re determined to have a heart attack, do it with veins that are co-operative with having IV’s installed.

- **Lesson 5** - If you’re determined to have a heart attack, shave before you go. That means arms, legs, groin, chest and back. If you are going to trash that ankle or wrist, you may want to shave down before you tape up.

- **Lesson 6** – For an extended stay at a hospital, bring earplugs and your own CPAP machine. Work on your Kiai so that when you deliver it, the other person wishes that they had ear protection.

- **Lesson 7** - If you wear eyeglasses, have a spare pair with an up to date prescription, you may need them.

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After the first few moments of denial then apprehension, I became calm. From the time we started driving and all the time afterward including the last defibrillation I was at ease. I don’t know if it was the calmness that Master Okazaki referred to as the hell under the upraised sword. I would like to think that during that night, a bit of my training that I had abandoned so long ago somehow returned in my moment of need.

Hopefully you’ve learned something by reading this.

Or you can observe my condition.

Or you can pee on the electric fence like I did and find out for yourself.

The choice is yours.
AJJF Business

Board of Professors Meeting Minutes—Sept. 9, 10, 11, 2011
Davis, CA

Sr. Prof Congistre called meeting to order Friday, Sept 9 at 3:20 PM


Prof J. Congistre: presented the agenda for review.

1. Forum discussion on historical data. Led by Prof T. Hill.
2. Pro-bono attorney firm. Information presented by Prof D. Estes.

Action: Continue procedure.

3. Internal Relations Committee report.

Action: Vote passed on I.R. recommendations.


Action: Received, reviewed, modified, accepted. – Passed.

Prof R. Hodgkin will send PDF file to Web Master for publication on web.


5. Ethics & Risk Management Course report presented by Prof J. Carr - 95% completed. Action: Date of implementation of requirement?

6. Junior Belt Ranking system presented and discussion led by Prof R. Rebmann.


7. Purpose, Vision & Goals – Prof Geoff Lane led brainstorming session.

Mission Statement: To preserve & propagate DanZan Ryu Nationally & Internationally.

Action. Prof Lane to send us summary via email.

8. Mokuroku report and discussion, review led by Prof J. Carr.

Action: Passed for historical production – present with Nidan certificate.

Traditional Mokuroku revisited & discussed.

Action: Prof T. Janovich authorized to produce & display sample at convention, sell by individual orders for AJJF.

9. AJJF Bylaws update presented by Prof D. Estes.

Action: Passed. Prof D. Estes will email each of the BOP a copy.

10. Sr. Prof annual review.

Action: Denied – No majority vote.

11. Eligibility review – to hold office.

a. Prof T. Ball – passed by majority vote.


Action: Passed


Action: Signatures of Commitment collected. Agenda passed.


Action: Within 90 day window – passed.

15. Monthly BOP conference call meetings proposed.

Action: Passed, begin Oct. 2, limit to 1 hour, notification via email.


17. Restructuring of BOP

a. Sr. Prof role as currently defined be put on hold for one year.

Action: Passed – Yes – majority vote.

b. Senior Advisory Council proposed by Prof R. Rebmann – discussion followed.

Action: Passed – majority vote

c. Brainstorming session led by Prof J. Congistre.

Action: Prof J. Carr to send notes and power point for study via email. Table to the Oct. 2 meeting.

Meeting adjourned, Sunday, September 11, 2011 at 10:22 A.M.

Respectfully submitted,

Secretary Pro-tem, Jane Carr, Prof for Secretary, Larry Nolte, Prof

AJJF Board of Professors Meeting
November 6, 2011
Kappo

The revised kata for the (10) kappo required for AJJF shodan and nidan exams shall be required at exams as of March 20, 2012 (after the 2012 National Convention).

Kata Manual

Continued on page 18
Changes To Examination For Black Belt Policies

A little over a year ago, the AJJF Board of Professors began teaching the Kappo techniques required for Shodan and Nidan examinations, with special emphasis on recent changes to several of the ten required techniques. These revised methods have now been taught at numerous events across the country, including: seminars, clinics, contest, camps, and our National Convention. Beginning March 20, 2012 all Shodan and Nidan examination candidates will be required to demonstrate the ten Kappo techniques with all recent revisions as taught by the BOP since September 2010.

School heads, examiners, contest/clinic/seminar hosts: if you have not been able to attend a Kappo course over the past year, it is recommended that you contact your regional Manager of Events and request that they help you schedule a time and place to hold a Kappo class so you can get caught up to speed. Often such a class can easily be added to an existing event’s schedule. Our BOP members are more than willing to share this new information with all of us. All we need do is ask. In addition, classes will be offered at the 2012 AJJF Convention in Sacramento.

If you have any further questions regarding the revisions to the Kappo techniques and/or the implementation thereof pertaining to exams, please contact Professor Jane Carr at profcarr@ajjf.org.

In kokua,

Dominic Beltrami
Chair, Examinations Committee
American Judo & Jujitsu Federation

Continued from page 17

Work is proceeding on time for a major revision of the AJJF kata manual. Volunteers to assist with this project have been found.

Convention Update

Preparations for the 2012 Convention are proceeding on schedule with a final list of instructors to be determined shortly.

Blackbelt Promotions

<table>
<thead>
<tr>
<th>Shodan</th>
<th>Nidan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Igor Kulikov, a student of Sensei Kimo Williams from Burbank Danzan Dojo</td>
<td>Jeremy Cornish, a student of Sensei Sebastian Seungbi Lee from PCOM Kodenkai</td>
</tr>
<tr>
<td>Chad Boothe, a student of Sensei Paul Krusee from Denver Budokai</td>
<td>Marek Kozlowski, a student of Sensei Filiberto Gutierrez from DZR Chicago</td>
</tr>
<tr>
<td>James Butler, a student of Sensei Paul Krusee from Denver Budokai</td>
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</tr>
<tr>
<td>Myles Goldin, a student of Sensei Paul Krusee from Denver Budokai</td>
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</tr>
<tr>
<td>Ivan Ochoa, a student of Sensei Filiberto Gutierrez from DZR Chicago</td>
<td></td>
</tr>
<tr>
<td>Matthew Ward, a student of Sensei Marty Bryzckey from Quest Jujitsu</td>
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</tbody>
</table>

Next Board of Professors Phone Meeting: December 4, 2011
Respectfully submitted,
Nerissa Freeman
AJJF Board of Professors Scribe
**AJJF CENTRAL OFFICE**
Dianna McKinzie  
(800) 850-AJJF (2553)  
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thimmah@sbcglobal.net

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The BOP includes all Professors in the BOD along with the following officers and additional professors:

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Prof Sheryl Hager

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After 1500 years, there's still no better art of balancing and restoring than Seifukujitsu.

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The path to healing begins here.

Professor Okazaki always believed that the fighting spirit should be balanced by the healing spirit. And for that reason, taught both jujitsu and restorative massage systems to his students.

Since 1983, the DZRSI has continued Master Okazaki's tradition by passing on the art of Seifukujitsu with the highest possible standards. From this tradition, many students have gone on to become highly sought after healers in their communities.

We encourage all AJJF members to consider the many benefits of Seifukujitsu training. To learn more about the program or for classes forming near you, log on to www.AJJF.org.