

# Shoshin Ryu Yudanshakai Newsletter

March/April 2010

Vol. 18 Issue 2

## Honoring the Past, Shaping the Future

By

Prof. Steve McMillan

On a recent visit to the Ohana 2010 website at <http://www.ohana2010.webs.com/>, I was greeted by a banner highlighting the theme for this twentieth-anniversary event: *Honoring the Past, Shaping the Future*. I was impressed with the creativity of our Ohana event planners, and was pleased with their choice of such a powerful phrase for this auspicious convention. It is only fitting that Ohana 2010, a reunion that will attract hundreds of Danzan Ryu practitioners from as far away as Europe, is labeled with a moniker that sums up the Danzan Ryu spirit.

On further reflection, I realized the nuances of this phrase may not strike the same chord with many of our young practitioners as it does with me. After all, while I still consider myself a novice despite thirty-five years in the art and fifty-plus years on earth, I have been around long enough to learn from several giants in this community of martial artist...and have been around long enough to see many of them pass on, leaving a legacy of knowledge for us all to learn from and enjoy. These giants deserve our honor, respect, and above all, to be remembered. Let me explain.

For me, *Honoring the Past* is not just a phrase, it is a reminder of our history. It also is a reminder of our obligation to pay respect to those sensei's who make our art live. As I gaze at a picture of several jujitsu yudansha lined up at the first Ohana, now twenty years ago, I realize how fortunate I am to have spent time with them. The picture in my hand includes Jujitsu greats like Professor Carl Beaver, Professor Jack Wheat, and Professor Francisco Limbago, all who trained with Danzan Ryu founder Professor Henry Seishiro Okazaki, and all no longer available to us. I feel it is my obligation to those and so many more by passing the art they loved along to others, and to do my best to honor their memory by living, as much as possible, by their example. A tall order, but a necessary one.

And how do we *Shape the Future*? The same way the founder and past instructors of Danzan Ryu did in their day: acting as a sponge for knowledge when it is time to learn; and teaching what was learned to the next generation to ensure the art outlives the instructor. What a fine life process...to learn from the best, then pass those lessons on to those who will carry the knowledge forward. This, in my opinion, is one of the attributes of a true martial *art*.

I hope to see many of you at Ohana 2010, where you will have an opportunity to train, learn, and honor the Danzan Ryu giants of today. As an example, I expect to see Shoshin Ryu founder Professor Michael Chubb on the mat in Anaheim, as well as his Sensei Professor William Randle; between the two of them, they represent over 100 years of Danzan Ryu experience! This is truly a rare opportunity. Please come to honor the past, and carry the lessons forward to shape the future.

Mahalo

### Table of Contents

**Honoring the Past,...**– Page One

**Promotions** – Page Two

**Ohana Update** – Page Two

**Danzan Ryu Hall of Fame** – Page Two

**Demura Honored** – Page Two

**The Value of Kata** – Page Three

**Literary Ninja** – Page Four

**Words of Wisdom** – Page Four

**Ohana Registration Forms** – Pages Five to Eleven

**Region One Kata Contest Info** – 12 to 15

## Promotions

### Shichikyu:

Cory Cookson	SRY Maine
Dakota Cookson	SRY Maine
Emmitt Heath	SRY Maine

### Hachikyu:

Sagan Charlebois	SRY Maine
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### Gokyu:

Frank Niles	SRY Maine
Sue Niles	SRY Maine
Jamie Smith	SRY Maine
Peter York	SRY Maine
Amy Forbes	SRY Maine

### Yonkyu:

Christopher Charlebois	SRY Maine
Joseph Larsen	SRY Maine

## OHANA UPDATE

If you have not been to the Ohana website, be sure to visit [www.ohana2010.webs.com](http://www.ohana2010.webs.com) and find out about all the cool things that are going on.

The list of instructors is posted and it is awesome. The special guest instructors are just as good. Shihan Fumio Demura, "Judo" Gene LaBell, Hanshi Joe Carslake, Olohe Solomon Kaihewalu, Gokor Chivichyan, and Cecil Peoples are all signed up to attend this year's Ohana.

Go to the Ohana website and sign up for the weekend, find out about Ohana gear, and get worked up about what's on tap for Ohana 2010. Check out pages five to eleven in this newsletter!

## Danzan Ryu Hall of Fame

### Inducted 2002

#### Professor Norm Carl Nelson

Professor Norm Carl Nelson a former student of Prof. Ray Law and Prof. Richard Takemoto. Received professorship from the AJJF in 1957.

#### Professor Sam C. Luke

Professor Sam C. Luke started practicing Jujitsu at the age of 10. He was a reluctant student because he wanted to play with his friends not attend jujitsu class. Sam S. Luke was his sensei, and Dad made sure his son learned to defend himself.

In 1952 Professor Luke received his shodan and began teaching jujitsu at the Kamehameha School for boys and the Punahou School. He also taught at Mikilua Jujitsu Club in Nanakuli, the Navy Housing Area III Jujitsu Club, and assisted at the Nuuanu YMCA judo and jujitsu school.

Professor Luke served in the Navy Reserves, Hawaii National Guard, and the Army Reserves Special Forces Paratroops. He received his B.A. degree in Public Administration from the University of Hawaii. His business life includes more than thirty-seven years of varied opportunities as an independent business owner and an information systems professional. He also has spent his time working for a series of non-profit organization.

Professor Sam Luke is a Judan, 10th Degree Black Belt, and has been the president of the American Jujitsu Institute since 2001.

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## Demura Honored For Forty-Five Years Teaching In America

By

Myron Dickson

They came from Spain, Honduras, Switzerland, and South Africa. They came from Canada, Japan, Chile, and Trinidad. And, they came from France, Germany and the good 'ol U.S. of A. They all came to pay tribute to a very special and exceedingly talented martial artist: Fumio Demura.

The celebration of Shihan Demura's forty-five years of teaching in the U.S. was held February 20, 2010 at the Costa Mesa Community Center in Costa Mesa, California. The event, sponsored by Shito-ryu Karate-do Genbu-Kai International, drew some 350 attendees, students (See **Demura**, continued on page Three)

# The Value of Kata

By

Professor Jon Jacques

As an instructor, I find Kata to be a useful tool to teach students basic skills that are needed to begin their training process in Shoshin Ryu Jujitsu. Learning techniques in class is good, but does not give the student necessary balance, coordination, stance, discipline, and focus necessary to defend themselves in a fight out on the streets. Everyone joins the martial arts to learn how to defend themselves. Each student must make a commitment to their training if they expect to successfully defend themselves on the street. If not, they will not get the full benefit that martial arts training can provide to them.

Competition drives the student to work under pressure in a controlled stress situation. If someone gets into a fight and begins to panic, their ability to effectively defend themselves will be greatly diminished. They will breathe heavy, their heart will start racing, and they will panic. All these things are part of the fight or flight response to stress. Reason and logic are thrown out the window. If you can control one or more of these programmed responses, you can keep your focus during an altercation. If you are in control of yourself and your attacker is out of control, you have a better chance of surviving and overcoming your adversary. There are other advantages of training for Kata in the dojo.

Classes tend to become routine and students lose drive and focus. Kata provides a goal to work towards. Once the goal is set, then the steps to reach this goal can be planned and can be accomplished in stages. Just like anything in life, if you don't know where you are going, you will never get there. With Kata the goal is the competition, but along the way there will be other benefits, such as learning to work with a partner, planning a meaningful Kata demonstration, seeing how others perform, and getting ideas about new techniques.

It also will allow the student to concentrate on a set of ten techniques. They will get the opportunity to attempt to master these ten techniques over the course of the month before the contest. Once they have gained skills with this small set of techniques, they can apply what they learned to other arts. Also, if the student continues to compete in Kata year after year and changes their technique list, they can add to the learning process by at least ten arts every contest.

Mastery of Jujitsu does not happen overnight. It takes many years to train and become a black belt. By entering contests and challenging yourself, you can shorten the time and increase your skills in the art of Shoshin Ryu Jujitsu. In the end you will learn to effectively defend yourself. That is the whole reason you joined a Jujitsu class a long time ago. Take the next step and expand your training, challenge yourself to be a better martial artist. Compete in the upcoming regional and national Kata contests.

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**(Demura, continued from page Two)**

and peers from literally all points of the compass. Professors Bud Collyer and Dave Chubb of American Shotokan Karate (ASK), Professors Mike Chubb, Carlos Gallegos, Bill Fischer, Steve Gold and this reporter (representing Shoshin-ryu Yudanshakai) were honored to be included in recognizing this remarkable man.

Mr. Demura was born on September 15<sup>th</sup>, 1938 in Yokohama, Japan. He was educated at Nippon University, majoring in Economics. His real education, however, began at the age of eight when he was enrolled in kendo and karate-do under Asano Sensei. He received his black belt in Shito-ryu Itosu Kai karate-do in 1956. He won the East Japan Karate-do Championships the following year at the age of nineteen. In 1961 he won the prestigious All-Japan Karate Championships. He currently holds the rank of kudan, 9<sup>th</sup> degree black belt, through Shito-ryu (See **Demura**, Continued on page Four)

(Demura, continued from page Three)

Karate-do Genbu Kai International, of which he is both the current president and chief instructor. But, his proficiency is not limited to karate-do. He is also an accomplished practitioner of Toyama-ryu Batto-do, Eishin-ryu Iai-do, Kobu-do (sai, tonfa, bo, nunchaku, etc.), Kodokan Judo, and Kendo.

Because of his remarkable skills Demura Shihan was invited to the United States to introduce and teach Shito-ryu karate-do by fellow karate-ka, Dan Ivan, a Shotokan exponent, arriving here in 1965. Since that time, he has taught literally thousands of students, performed countless demonstrations, and held numerous clinics throughout America and most of the civilized world. He has appeared on television, in movies, and in magazines, both national and international. In addition, he has produced several martial arts videos and authored eight books on various aspects of his art.

In acknowledgement of his tireless contributions to the martial arts, Mr. Demura has received several accolades from the international community. He received the Black Belt Hall of Fame Instructor's Award in 1969, Golden Fist Outstanding Official Award (1973), Black Belt Hall of Fame Man of the Year Award (1975), Golden Masters Best Instructor Award (1993), Inductee, 20<sup>th</sup> Century Masters of Martial Arts (1998). He has been inducted into the World Martial Arts Hall of Fame (2000) and the USA Martial Arts Hall of Fame (2003). In 2009, Shihan Demura received the Lamplighter Award from Shoshin-ryu Yudanshakai and The Ambassador Award from American Shotokan Karate.

In spite of these singular accomplishments he remains to this day the modest and humble person who first entered the dojo of Asano Sensei some sixty-four years ago.

Mr. Demura, we salute you!

## Literary Ninja

*Falling Hard: A Journey Into the World of Judo*

272 Pages

by Mark Law

Trumpeter Books, 2007

This book, rather than being about the mechanics of judo is, much more, a love story, really--but, about judo. Reading it, I was reminded of the way an old man recalls firstmeeting the love of his life. Law describe his first introduction to judo as if it is crystalized in his memory. He reminisces fondly about the first flirtations in the sport: the mis-steps, bruised ego, sleepless nights.

After recounting his courtship with judo, Law introduces the art more formally. He begins with a bow--literally: he begs the reader to stop reading and perform a proper, respectful bow of introduction. This sets the tone for the rest of the book very well. Law covers the history of judo, jujitsu, Kodokan Judo, and medieval Japan. He introduces the important men and women in competition judo and jujitsu over the past forty years. Law does not indulge in hero worship, here. Instead, he uses his knowledge of the individual stories of judokas to demonstrate more clearly the lessons he has learned from judo and its practitioners.

If Law's story has a weakness, it lies in his desire to appeal to a general, non-martial, audience. I applaud his effort, but it leaves the story a little thinner in technical detail than practitioners of the art might like. I wanted to delve a bit more into the finer aspects of uchimata and hane goshi than he provided. I can imagine his editor admonishing, "Too much minutia."

In the end, Mark Law and judo walk off towards a setting sun. Just as it opened, the book ends--with a bow. On the Literary Ninja's scale of white to black belt, I'd give *Falling Hard* a BROWN belt (ikkyu, actually).

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## Words of Wisdom

“What lies behind us and what lies before us are tiny matters compared to what lies within us.” -- Ralph Waldo Emerson

“Seek first to understand.” – Stephen Covey



Ohana 2010

# Kata Contest

## Jujitsu and Karate

**Where:**

**Sheraton Park Hotel at the Anaheim Resort  
1855 South Harbor Boulevard, Anaheim, CA 92802**

**When:**

**Karate Kata - August 21<sup>st</sup> at 6:00 pm**

**Jujitsu Kata - August 22<sup>nd</sup> at 9:00 am**

### Contest Fees

	Fee	Early Registration (before 7/15)
Karate Adult	\$30	\$25
Karate Junior	\$25	\$20
Jujitsu Adult Single	\$30	\$25
Jujitsu Adult Team member	\$25	\$20
Jujitsu Junior Single	\$25	\$20
Jujitsu Junior Team member	\$20	\$15

Team member = one member of a two person Jujitsu Kata team

**For Contest Registration, Rules and Requirements go to  
<http://ohana2010.webs.com>**



# Ohana 2010

at Sheraton Park Hotel

August 20 – August 22 2010

One Form Per Person

Make Check payable to: *Shoshin Ryu Yudanshakai*  
 Mail to: 5547 E. San Juan Dr. Orange, CA 92869

First Name: *	<input type="text"/>	Last Name: *	<input type="text"/>
Date of birth:	Month: <input type="text"/>	Day: <input type="text"/>	Year: <input type="text"/>
Address: *	<input type="text"/>		
City: *	<input type="text"/>	State: *	<input type="text"/>
ZIP: *	<input type="text"/>		
Phone: *	<input type="text"/>	Email: *	<input type="text"/>
Primary Style:	<input type="text"/>	Dojo:	<input type="text"/>
Rank:	<input type="text"/>		
* Required fields			

## Registration Options

Full Package (2 Days of Clinics, Banquet, T-Shirt and Booklet)	Cost if postmarked and paid for by			
	3/15/10	5/15/10	7/15/10	At Door
Adult	<input type="checkbox"/> \$135	<input type="checkbox"/> \$145	<input type="checkbox"/> \$155	<input type="checkbox"/> \$165
Junior (13 and under)	<input type="checkbox"/> \$75	<input type="checkbox"/> \$80	<input type="checkbox"/> \$85	<input type="checkbox"/> \$90
Indicate Adult T-Shirt Size	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> XXXL			
Indicate Junior T-Shirt Size	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L			
Indicate Meal Preference	Adult	<input type="checkbox"/> Chicken <input type="checkbox"/> Vegetarian		
	Junior	<input type="checkbox"/> Chicken <input type="checkbox"/> Vegetarian		

Partial Packages and Other Items				
<b>Clinics</b>				
Registered before	3/15/10	5/15/10	7/15/10	At Door
Adult Clinics Fri	<input type="checkbox"/> \$45	<input type="checkbox"/> \$50	<input type="checkbox"/> \$55	<input type="checkbox"/> \$60
Adult Clinics Sat	<input type="checkbox"/> \$45	<input type="checkbox"/> \$50	<input type="checkbox"/> \$55	<input type="checkbox"/> \$60
Junior Clinics Fri & Sat	<input type="checkbox"/> \$30	<input type="checkbox"/> \$35	<input type="checkbox"/> \$40	<input type="checkbox"/> \$45
<b>Additional Banquet Meals</b>				
Adult Banquet \$45	None <input type="checkbox"/> Chicken <input type="checkbox"/> None <input type="checkbox"/> Vegetarian <input type="checkbox"/>			
Junior Banquet \$40	None <input type="checkbox"/> Chicken <input type="checkbox"/> None <input type="checkbox"/> Vegetarian <input type="checkbox"/>			
Important Note: Adult and Junior meals may not be available after 7/15/10				
<b>Other Items</b>				
Adult Extra T-Shirts (before 7/15/10) \$20	Small <input type="checkbox"/>	Medium <input type="checkbox"/>	Large <input type="checkbox"/>	XL <input type="checkbox"/> XXL <input type="checkbox"/> XXXL <input type="checkbox"/>
Junior Extra T-Shirts (before 7/15/10) \$15	Small <input type="checkbox"/>	Medium <input type="checkbox"/>	Large <input type="checkbox"/>	

Tournaments	Adult		Junior	
	Before 7/15	At Door	Before 7/15	At Door
Must fill out tournament form				
Jujitsu Single	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
Jujitsu Team Member	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25	<input type="checkbox"/> \$15	<input type="checkbox"/> \$20
Tournaments	Adult		Junior	
Must fill out tournament form	Before 7/15	At Door	Before 7/15	At Door
Karate Kata	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25

Make Check payable to: *Shoshin Ryu Yudanshakai*  
 Mail to: 5547 E. San Juan Dr. Orange, CA 92869

**WAIVER -- ALL PARTICIPANTS MUST SIGN BEFORE ATTENDING**

In consideration for the privilege of participating in the Ohana 2010 Convention, I the undersigned release, acquit, and forever discharge Shoshin Ryu Yudanshakai each of its officers, agents, and employees but not limited to them, of and from any and all claims, demands, and causes of action which the undersigned may now or shall hereafter have or claim for on account of, or deriving in any manner from any injury to person or damage to property of any nature arising out of participation in the martial arts classes and/or other activities herein described, or any activity or travel related thereto or attendance thereat. The obligations and undertakings herein expressed shall be binding on the heirs, executors, administrators, representatives and assignees of the undersigned. I realize that the practice of martial arts contains an inherent risk of personal injury and I hereby assume that risk

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

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## Ohana 2010 Jujitsu Kata

### Jujitsu Team Entry Form

*(Please circle the division that you are entering)*

**Junior Divisions:**

3-4 yrs. Novice  
5-6 yrs. Novice  
5-6 yrs. Intermediate  
5-6 yrs. Advanced  
  
7-8 yrs. Novice  
7-8 yrs. Intermediate  
7-8 yrs. Advanced  
  
9-10 yrs. Novice  
9-10 yrs. Intermediate  
9-10 yrs. Advanced

**Youth Divisions:**

11-12 yrs. Novice  
11-12 yrs. Intermediate  
11-12 yrs. Advanced  
  
13-15 yrs. Novice  
13-15 yrs. Intermediate  
13-15 yrs. Advanced  
  
16-17 yrs. Novice  
16-17 yrs. Intermediate  
16-17 yrs. Advanced

**Senior Divisions:**

Beginner (8<sup>th</sup>-6<sup>th</sup> Kyu)  
Novice (5<sup>th</sup> Kyu)  
Intermediate (4<sup>th</sup> Kyu)  
Advanced (3<sup>rd</sup> Kyu)  
Advanced (2<sup>nd</sup> Kyu)  
Advanced (1<sup>st</sup> Kyu)

**Black Belt Divisions:**

Shodan (1<sup>st</sup> Dan)  
Nidan/Sandan (2<sup>nd</sup>/3<sup>rd</sup>)  
Yondan/Godan (4<sup>th</sup>/5<sup>th</sup>)

**Contest Fee**

	<u>Fee</u>	<u>Early Registration (before 7/15)</u>
Jujitsu Adult Single	\$30	\$25
Jujitsu Adult Team member	\$25	\$20
Jujitsu Junior Single	\$25	\$20
Jujitsu Junior Team member	\$20	\$15

**Already Paid by Online or Mailed in Registration Yes or No**

**Team Member #1**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Rank: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Dojo: \_\_\_\_\_ Instructor: \_\_\_\_\_

**Team Member #2**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Rank: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Dojo: \_\_\_\_\_ Instructor: \_\_\_\_\_

Make Check payable to: *Shoshin Ryu Yudanshakai*  
Mail to: 5547 E. San Juan Dr. Orange, CA 92869

**For Contest Registration, Rules and Requirements go to <http://ohana2010.webs.com>**



## Ohana 2010 Karate Kata

### Entry Form

*(Please circle the division that you are entering)*

**Junior Divisions:**

5-7 yrs. Novice  
5-7 yrs. Intermediate

**Youth Divisions:**

12-13 yrs. Novice  
12-13 yrs. Intermediate  
12-13 yrs. Advanced

**Senior Divisions:**

Novice (9<sup>th</sup>, 8<sup>th</sup>, 7th Kyu)  
Intermediate (6<sup>th</sup>, 5<sup>th</sup>, 4<sup>th</sup> Kyu)  
Advanced (3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup> Kyu)

**Black Belt Divisions:**

Intermediate (1<sup>st</sup>, 2<sup>nd</sup> Dan)  
Advanced (3<sup>rd</sup> Dan and Up)

8-9 yrs. Novice  
8-9 yrs. Intermediate  
8-9 yrs. Advanced

14-15 yrs. Novice  
14-15 yrs. Intermediate  
14-15 yrs. Advanced

10-11 yrs. Novice  
10-11 yrs. Intermediate  
10-11 yrs. Advanced

16-17 yrs. Novice  
16-17 yrs. Intermediate  
16-17 yrs. Advanced

### Contest Fee

	Fee	Early Registration (before 7/15)
Karate Adult	\$30	\$25
Karate Junior	\$25	\$20

**Already Paid by Online or Mailed in Registration Yes or No**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Rank: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Dojo: \_\_\_\_\_ Instructor: \_\_\_\_\_

Make Check payable to: *Shoshin Ryu Yudanshakai*  
Mail to: 5547 E. San Juan Dr. Orange, CA 92869

**For Contest Registration, Rules and Requirements go to <http://ohana2010.webs.com>**



Ohana 2010

## Event Schedule

Thursday (Aug 20) – Early Registration

Friday (Aug 21) – All Day Clinics

Saturday (Aug 22) – All Day Clinics, Karate Kata Competition, Family Night

Sunday (Aug 23) – Jujitsu Kata Competition and Banquet

## Clinic Instructors

<b>Prof. Sam Luke</b>	Judan	American Jujitsu Institute
<b>Prof. William Randle</b>	Judan	Shoshin Ryu Yudanshakai
<b>Prof. Willy Cahill</b>	Judan	Jujitsu American
<b>Prof. Tony Janovich</b>	Judan	Kodenkan Danzan Ryu Jujitsu Association
<b>Prof. Tom Ball</b>	Kudan	American Judo and Jujitsu Federation
<b>Prof. Mike Chubb</b>	Kudan	Shoshin Ryu Yudanshakai
<b>Prof. Rory Rebmann</b>	Kudan	Shoshin Ryu Yudanshakai
<b>Prof. Ken Eddy</b>	Hachidan	American Jujitsu Institute
<b>Prof. James Muro</b>	Hachidan	Kilohana Martial Arts Association
<b>Prof. Richard Bunch</b>	Hachidan	Jujitsu America
<b>Prof. Joe Souza</b>	Hachidan	Jujitsu America
<b>Shihan Dave Parker</b>	Shichidan	Kodenkan Yudanshakai
<b>Prof. Mel Cansibog</b>	Shichidan	American Jujitsu Institute
<b>Prof. Janice Okamoto</b>	Shichidan	Jujitsu America
<b>Prof. George Arrington</b>	Rokudan	Kodenkan Danzan Ryu Jujitsu Association
<b>Sensei Hans Ingebretsen</b>	Rokudan	Kilohana Martial Arts Association
<b>Sensei Irene Swanson</b>	Rokudan	Kodenkan Yudanshakai
<b>Sensei Kevin Colton</b>	Rokudan	American Judo and Jujitsu Federation

## Special Guest Instructors:

<b>Shihan Fumio Demura</b>	Shito Ryu Genbu Kai International
<b>Gene LeBell</b>	U.S. Ju-Jitsu Federation
<b>Olohe Solomon Kaihewalu</b>	Lua Halau O Kaihewalu
<b>Hanshi Joe Carlake</b>	Kyushoshinjitu Ju Jutsu

Where:

Sheraton Park Hotel at the Anaheim Resort  
1855 South Harbor Boulevard, Anaheim, CA 92802  
For more information go to <http://ohana2010.webs.com>

# Shoshin Ryu Region 1 Kata Contest



**Downey YMCA**  
11531 Downey Ave.  
Downey, CA 90241

Hosted by Prof. Jon Jacques

**April 24, 2010**

**Registration 9:00 am to 10:00 am**

**Contest 10:00 am - 1:00 pm**

**Contest Fee: \$15 per team**

**\$10 per single entrant**

**Shoshin Ryu membership required**

Membership \$25

# Shoshin Ryu Yudansha Kata Contest

## Waiver and Release of Liability

My participation in the Kata Contest on 4/24/2010 is strictly voluntary. I certify that I am physically and medically able to participate in this activity and in consideration of my application being accepted, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, waive, release, and discharge Shoshin Ryu Yudanshakai, its instructors and anyone acting on behalf, from any and all claims or liability for personal injury or death arising out of this activity. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known or unknown.

Signature: \_\_\_\_\_

Parental Consent (if under 18 yrs. of age): \_\_\_\_\_

Date: \_\_\_\_\_

**Kata Contest  
Division Requirements  
Region 1**

<p><b>Youth 6-8 years:</b>  2 Strength/Coordination Techniques  2 Rolling/Falling Techniques  2 Hand Techniques  1 Throwing Technique  1 Constriction Technique  2 Open Techniques</p>	<p><b>Youth 9-10 years:</b>  2 Rolling/Falling Techniques  2 Hand Techniques  2 Throwing Techniques  2 Constriction Techniques  2 Open Techniques</p>
<p><b>Youth 11-12 years:</b>  2 Hand Techniques  2 Throwing Techniques  2 Constriction Techniques  2 Open Techniques  Combat Scene</p>	<p><b>Youth 13-15 years:</b>  2 Hand Techniques  2 Throwing Techniques  2 Constriction Techniques  2 Open Techniques  Combat Scene</p>
<p><b>Youth 16-17 years:</b>  2 Hand Techniques  2 Throwing Techniques  2 Constriction Techniques  2 Open Techniques  Combat Scene</p>	
<p><b>Adult Hachikyu through Rokkyu (8<sup>th</sup> – 6<sup>th</sup> Kyu):</b>  2 Rolling/Falling Techniques  2 Hand Techniques  2 Throwing Techniques  2 Constriction Techniques  2 Open Techniques</p>	<p><b>Adult Gokyu/Yonkyu (5<sup>th</sup> and 4<sup>th</sup> Kyu):</b>  1 Hand Technique  2 Throwing Techniques  2 Constriction Techniques  1 Combination technique  2 Open Techniques  Combat Scene</p>
<p><b>Adult Sankyu/Nikyu/Ikkyu (3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup> Kyu):</b>  1 Hand Technique  1 Throwing Technique  1 Constriction Technique  2 Combination Techniques  1 Reverse Technique  2 Open Techniques  Combat Scene</p>	<p><b>All Black Belt Divisions:</b>  1 Hand Technique  1 Throwing Technique  1 Constriction Technique  1 Combination Technique  1 Reverse Technique  1 Weapon Technique  1 Advanced Technique  1 Multiple Attack Technique  2 Open Techniques  Combat Scene</p>

**Techniques List**

Division: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Dojo: \_\_\_\_\_

Instructor: \_\_\_\_\_

**Technique Name:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

Total \_\_\_\_\_

Judge Signature \_\_\_\_\_

Judge Signature \_\_\_\_\_