



INTERNATIONAL KOJOSHO KARATE FEDERATION



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IKKF Newsletter

Fall 2011

THE INTRODUCTION OF CHINESE BOXING FROM CHINA TO OKINAWA

From Okinawan Karate (second edition) by Mark Bishop

Kojo Uekata (c. 1700s): Born in Kume village, he was a descendant of the “36 Families” who immigrated from China in 1393. He learned Chinese weaponry, grappling and other forms in China. On returning, he taught these to Kojo family members.

Kusanku (1700s-early 1800s): First recorded Chinese martial arts teacher to have travelled from China to Okinawa. Earliest date given is 1761. His name survives in three karate katas found in several styles.

Sakugawa Satunushi (1700s-1800s): Okinawan from Akata village. He studied the staff in Fuchou, China, and learned tode (Chinese boxing) from Kusanku. The staff kata, Sakugawa no Kun, was devised by him in about the mid-1800s.

Anan (1800s): Southern Chinese who was stranded on Okinawa and lived like a derelict at Tomari. Notable students of his were Kosaku Matsumora, Kokan Oyadomari and Gusukama. Tomari-te stemmed from this liaison.

Iwah (1800s): Chinese military attaché who once stayed at Kume village, and instructed Bushi Maezato. In Fuchou, China, he taught Chinese boxing to Sokon Matsumura, Isei Kojo and his son Kaho Kojo.

Ason (1800s): A Chinese military attaché who instructed Sokon Matsumura in Fuchou, China. On a visit to Okinawa with Wan Shu, he reportedly taught Sakiyama, Gushi and Tomoyore.

Wan Shu (1800s): Chinese military attaché who journeyed to Okinawa with Ason. At Tomari he taught the kata Wanshu to Kosaku Matsumora and contemporary Kokan Oyadomari, who together formulated Tomari-te.

Shoi Sai (1816-1906): Member of the Kojo family. He spent some time in Fuchou, China, where he learned grappling as well as Chinese weaponry before returning to Okinawa. Introduced sword concealing techniques to the Kojo family system.

Isei Kojo (1832-1891): Between 1848 and 1868 he went to Fuchou. Studied weaponry there, particularly hand spear, bow and arrow. Iwah taught him Chinese boxing, which became known as Kojo-ryu on Okinawa.

Kaho Kojo (1849-1925): Son of Isei Kojo. Born on Okinawa but taken to Fuchou, China by Iwah, from whom he learned Chinese boxing. Later opened a dojo at Fuchou himself. Introduced stick to the family system.

Norisato Nakaima (1850-1907): Spent 5 years in China, mostly in Fuchou. He was a student of Wan Shin Zan's teacher Ru Ru Ko. On returning to Okinawa, he taught the style to his son Kenchu. It later became Ryuei-ryu.

Kanryo Higashionna (1853-1917): Travelled to Fuchou, China, between 1876 and 1885. Trained under Ryu Ryo Ko. On returning home he taught Chojun Miyagi. His style was called Shorei-ryu or Naha-te, but became known as Goju-ryu under Miyagi in 1937, with some alteration.

Matsu Kinjo (late 1800s-early 1900s): Practiced a dance-like form of Chinese boxing that he had learned in Fuchou, China. He lived at Itoman in southern Okinawa, but had no students and hated having his photograph taken.

Gokenki (1886-1940): An ethnic Chinese who immigrated to Okinawa. In Naha he taught a Southern form of White Crane Boxing to Chojun Miyagi and others. This affected the development of Shorei-ryu (Naha-te) into Goju-ryu.

Shinko Matayoshi (1888-1947): Twice visited China. The first trip involved him with mounted bandits; the second saw him in Shanghai and Fuchou. He learned various weaponry, Chinese boxing and medicine. Passed his knowledge on to his son who teaches what is generally known as Matayoshi Kobudo.

Eiji Kinjo (1899-1995): A Japanese administrator in Taiwan during the War. He trained there in Tai-chi sword, a form of Fukien Shaolin and other styles. Combining this knowledge with his family te and shiatsu founded Ryukyu Bugei and later Sogo Bugei no Kai.

Akio Kinjo (b 1936) Started his karate training in Goju-ryu. Later, in Taiwan, he learned Judendo. Judendo is made from several Chinese styles including Pakua and Fukien Shaolin. Kinjo teaches on his native island of Miyako.

China (b 1930s): Teaches Taikyoken Tode (Tai-chi Chuan Karate) on Okinawa. Made several long study trips to Fukien, China in the 1980s. The first person to teach Tai-Chi commercially on Okinawa.

[ed – note the huge influence that Fuchou, China had on Okinawan karate from the 1300s until today. Also note the rich martial arts “cuisine” that resulted from the influence & collaboration of so many master chefs changing & rearranging recipes.]

國際古松空手道連盟

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INFORMATION, MISINFORMATION & PROPRIETARY INFORMATION

Over the last forty years numberless books, pamphlets and hand-outs have been created for Instructors Seminars, camps and other Kojosho System publication needs. This information is then stored in what we now call our data-base.

When a new document is being created, the data base is often used for reference or as a source of material for inclusion. Sometimes material is used without alteration or verification of source or accuracy.

This practice has resulted in the use of information that is out of date in terms of the way the System perceives the same information currently. It also has led to information staying in the data base uncorrected allowing for the repeated use of old material as well as the presence of multiple versions, which have generated confusion on some subjects.

We are talking about a forty year plus accumulation of information. Some historical information has changed as research uncovered new information - some information has changed as the credibility of the original source came into question.

The practice of using photos to establish place, time or identity, when changed, can leave credibility in question. Even when information is acquired from what is thought to be the best of sources it can be wrong and leave the impression of intentional deception. Some information is acquired verbally, treated as gospel, and put into print, leading to embarrassment later about what was thought to be correct, but wasn't.

Even though this kind of information is generated almost exclusively for the Kojosho System membership, this is the era of the internet, so almost anything can go global. Some viewers not familiar with the Kojosho System may see these oversights as intended. This is not the case. Much has been changed in the way new as well as old information is handled both inside and outside the System. Hopefully fewer mistakes will be made in the future.

In addition, any information that was proprietary and was disclosed publically we also regret, and we offer a system-wide apology. I hope this memo can serve as notice to the membership to use extra care, as well as serve as an apology to those outside of the Kojosho System who may have been unintentionally offended.

Fredric Absher

KOJOSHO - The Philosophy of a Kempo Karate System by Soon Fook-Leong

The first Kojosho edition of this Kojosho System book was published in 1982. It has been reprinted several times since then. The latest revised edition is now available which reflects newly discovered historical information as well as documents the "heritage" katas *Hakutsuru*, *Hako*, and *Hakuryu*. To order send a check or money order for \$20.00 US to:

IKKF PO Box 688 Tijeras, NM USA 87059

This is the 28th consecutive year of publication of the IKKF Newsletter.

If you would like to have your article, book or movie review, or personal experience regarding the IKKF, the Kojosho Shinkokai, or any other traditional Martial Art considered for publication please send a copy of your manuscript to the Newsletter Editor at the address below.

You may contact any IKKF affiliated school or individual in any country through the IKKF World Headquarters. Enclose your correspondence to the school or individual you wish to contact in an envelope addressed to:
(name of School or Individual); C/O IKKF Headquarters; PO BOX 688; TIJERAS, NM USA 87059

THE INTERNATIONAL KOJOSHO KARATE FEDERATION

in on the World Wide WEB at
<http://www.kojosho.com>

BLACK & BROWN BELT PROMOTIONS

The annual fall Kojosho Black & Brown Belt Testing was held on Saturday, July 9, 2011 at the Headquarters Dojo at Apple Valley Ranch, NM. Mr. Absher conducted the event, assisted by the Kojosho Board of Regents. The day-long test covered basics, hard-line forms, Kojosho Forms, self defense, and sparring. Mr. Absher announced an unprecedented number of high rank promotions at the traditional awards banquet that evening:

SHICHIDAN**Seventh Degree Black Belt****John Diehl****ROKUDAN****Sixth Degree Black Belt****Joseph Paranto****Alfred Reed****Peter Renna****Shane Absher****Charles Sheldon****GODAN****Fifth Degree Black Belt****Howard Cothorn****YONDAN****Fourth Degree Black Belt****Tim Hodo****Hamilton Link****SANDAN****Third Degree Black Belt****Neil Singer****NIDAN****Second Degree Black Belt****Mike Kakuska****First Kyu Brown Belt****Cody Wiley****Arnica Pham****Paul Mysza****Second Kyu Brown Belt****Chris Reddington**

Congratulations from the Kojosho Board of Regents

KUDOS & ANNOUNCEMENTS**IKKF 2011 FALL KARATE TOURNAMENT**

Saturday November 5 at the Zia Family Focus Center

441 Monroe St. SE, Albuquerque, NM

Early Registration 8:00am Tournament Starts 9:00am

- Annual Black Belt dues are a part of the responsibility of being a Black Belt in all traditional systems. All Kojosho System Black Belts share this tradition. Kojosho Black Belt dues are quite modest compared to the amounts required in most other organizations. In recent years the income from these annual dues has been used to fund improvements at the IKKF World Headquarters, and to help support System tournaments and special classes.

**All Black Belts please note that annual
Black Belt dues for 2011 are now due.**

Dues can be sent to:

Mr. Michael Pierson

PO Box 51416,

Albuquerque, NM 87181

**Better than a thousand days of diligent study
one day with a great teacher**

Japanese Proverb

MEN & WOMEN IN BLACK

Have you ever wondered how many black belts there are in the Kojosho System - 100, 200, more? Ever wondered what number black belt you are? When you find yourself at a camp, greeting friends new and old, do you sometimes wonder where you should be lining up? These and other questions can now be answered easily, because the Kojosho black belt database is now online at <http://kojosho.comber.us>

Logging in is not necessary to see any of the main reports which also include a list of Crest Holders, the Board of Regents and a list of our 'fallen warriors'. Please take some time to check the data, especially in the Promotions report which lists previous ranks and the dates they were awarded. If you have any comments, concerns or corrections, please email me at geoffrey@comber.us Thanks to Mr Absher for his help and encouragement in this project.

Geoffrey Comber

36TH ANNUAL KOJOSHO KARATE FALL CAMP

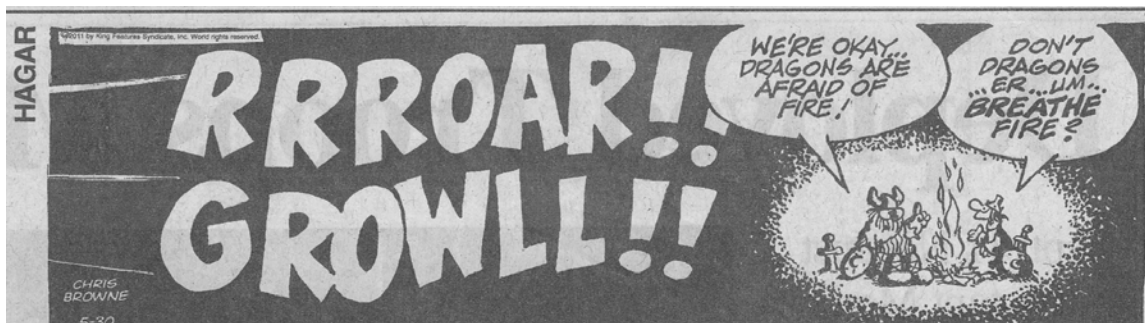
On Saturday October 22nd and Sunday October 23 Kojosho Karate devotees will once again gather on the shores of Elephant Butte Lake to take part in our annual Kojosho Fall Camp weekend. Thirty-six years of kicking sand in peoples' faces—truly amazing! And once again, the weather will be perfect!

This year's Fall Camp is being organized by Mr. John (Jack) Diehl and Mr. Howard Cothern. You may wonder how it's possible to come up with new & creative ideas for Fall Camp after so many previous camps. Fortunately we're blessed with a System that has an amazing breadth and depth, along with a "well seasoned" Board of Regents who are always bubbling over with creative possibilities.

Two months ago Mr. Cothern asked the Board for some suggestions for Fall Camp demos. You might be interested in some of the responses:

- 1) Howard demonstrates empty handed defense against multiple assailants armed with yaris
- 2) Howard demonstrates why arguing with his wife Dora is a fundamental strategic blunder
- 3) Howard demonstrates both basic and advanced ladder falling ways
- 4) Howard demonstrates traditional Samurai katana blade-testing techniques using cadavers and/or volunteers
- 5) Howard shows off his impressive scar—the result of a near-miss by Miyamoto Musashi.
- 6) Howard volunteers to allow Linda D to demonstrate 6 different groin strikes—and we vote on which one is the most effective
- 7) Howard demonstrates the practical challenges of blindfolded self defense against club attacks
- 8) Howard demonstrates why it is never wise to turn your back to a Crane - or a Bear - or a Tiger - or a Dragon - or a - - -
- 9) Howard demonstrates the possible consequences of a timing error in defending against a flying side kick delivered by someone weighing over 225 pounds
- 10) Howard & Mr. Gearey demonstrate the limitations of depending on bells & pepper spray to ward off bears
- 11) Howard demonstrates the hazards of attempting to block multiple shuriken with one hand
- 12) Howard performs Basai Dai & Basai Sho while under water
- 13) Howard firewalks, runs thru thornbushes, and breaks reinforced concrete with his head
- 14) Sunday finale - Howard volunteers to allow Dr. Levin to demonstrate the amazing restorative powers of herbal remedies and high voltage acupuncture

There's just no way to know for sure how many of these ideas will actually be adopted at this year's camp—but the anticipation is already building! See you there!



NEW MEXICO KOJOSHO CLASS SCHEDULES

ALBUQ Heights Moon NE—1 Blk N of Indian School 505-228-5592	MWF MWF	5:00 - 6:00 6:00 - 7:00	Juniors Mixed Adults	Fred Absher & Staff
	T TH T TH	5:00 - 6:00 6:00 - 8:00	Juniors Mixed Adults	Shane Absher
Cedar Crest	W W Sat Sat	6:45 - 7:45 7:45 - 8:45 11:00 - 12:00 12:00 - 1:00	Juniors Adults Juniors Adults	Shane Absher
Apple Valley Ranch 505-281-5294	T TH T TH	5:00 - 6:00 6:00 - 7:00	Juniors Adults	Fred Absher
Deer Mountain Training Club 3821 Hawkins NE 505 710-2500	T TH	6:00 - 8:00	Mixed	Peter Renna & Jack Renna
Las Cruces NMSU	MW MW	7:00 - 8:00 8:00 - 9:00	Mixed Advanced	David Barnhart
Cuba H.S. Kojosho	Schedule Varies			Victor Velarde
Roswell H.S. Kojosho 500 W Hobbs	M T W TH F M W	7:15 - 8:00 AM 6:00 - 7:00 PM		Mike Kakuska
Clayton Kojosho 14 South 2nd 505-374-2168	T TH T TH T TH Sat	5:30 - 6:30 6:30 - 7:30 7:30 - 8:30 7:30 - 8:30 AM	Juniors Begin Advanced Open	Tim Hodo

KOJOSHO SYSTEM CALENDAR

2011		2012	
May 28 —30	Spring Camp	January 7	Black / Brown Belt Testing
June 3	Colored Belt Testing (Albuq)	February 9-15	KICKS Costa Rica
July 9	Black / Brown Belt Testing	February 18	Instructor's Seminar
August 6	Tournament (Albuq)	March 9	Colored Belt Testing (Albuq)
August 19	Colored Belt Testing (Albuq)	April 7	Tournament (Albuq)
October 22-23	Fall Camp	May 26 - 28	Spring Camp
November 12	Instructor's Seminar	June 1	Colored Belt Testing (Albuq)
November 25	Colored Belt Testing (Albuq)	July 7	Black / Brown Belt Testing

INTERNATIONAL MARTIAL ARTS CHAMPIONSHIPS

February 9-15, 2012 San Jose, Costa Rica

- ◆ 7 days & 6 nights at the 5-Star all-inclusive Doubletree Resort. There's fun for everyone!
- ◆ See the exciting competition at the Championships, which are held on Feb 12—just one of the 7 days in Costa Rica!
- ◆ Tours arranged at a discounted price! See the famous crocodiles and other Costa Rican wildlife—or glide through the tree tops!
- ◆ Relaxation & great food are on the menu too not to mention sunshine & beautiful Pacific Beaches
- ◆ This trip is open to Kojosho students and other martial artists, relatives & friends.

Make your reservations now. Contact Mr. Shane Absher (505 228-5592) or Mr. Steve Sanchez (505 280-4872)

The Origins of Cheng Man-Ch'ing's 37 Postures

In the martial arts community it is common to hear people talk about how their style is better, older, more authentic, etc. than some other dialect of the same family of arts. A lot of this discussion focuses on the forms themselves, which can be traced back however many generations to whomever, and the unassailable fact that we're doing this form exactly the way they did it back then. While a lot of this can be dismissed as martial arts' unique version of "my dad can beat up your dad," it is true that most practitioners do not intentionally change the forms and arguably make every effort to preserve them. Sometimes the forms are deliberately changed, however, in order to distinguish one style from another, adapt a style to a new culture or demographic group, or fit a changing lesson plan.

I took Yang style taiji on the side for most of 2010. When Mr. Absher presented the Cheng Man-Ch'ing style 37 postures form at Spring Camp 2011, I noticed some surface similarities to the forms I learned, and found still more similarities to the long form's 113 postures. I thought it might be interesting comparing the series of motions between the two forms in detail. I used a grainy YouTube video that appears to be Cheng Man-Ch'ing (the originator) performing 37 postures, along with a series of illustrations from Cheng Man-Ch'ing's last book, and a DVD presentation of Dr. Jwing-Ming Yang performing the Yang style long form. Upon investigation, I found that the short form is made up almost entirely of sections of the long form.

I knew from class that the Yang style long form had been modified to make it shorter before. Within the Yang style, the 85 posture and 24 posture forms were derived from the long form to make taiji easier to learn. The form was shortened, repeated sections were removed, and more difficult techniques were removed. This allowed 85 postures to be done by a broader demographic, and it is my understanding that the 24 postures was even included in the public education curriculum, as part of physical education. I assumed that there was a similar motivation behind 37 postures, and in fact a little more investigation turned up this explanation by Cheng Man-Ch'ing, who says in his book that "In the spring of 1938, I was Director of the Hunan Martial Arts Academy.. To further promote taichi, I decided to personally teach the martial arts instructors from every county in a two-month taichi course. Since the long form couldn't be taught adequately in that time frame, I created the Simplified Form."

In short, the 37 posture form is assembled nearly verbatim (and deliberately so) from six sections of the long form. The table on page 6 captures the entire 37 postures form, in 6 contiguous blocks from the long form; two pairs of these blocks are blurred further when the end of one block is repeated in the long form as the beginning of another block. In the process I have cross-referenced the posture numbers and intermediate picture indices with Cheng Man-Ch'ing's posture names and the corresponding posture numbers and names taken from Dr. Yang's long form.

Through the miracle of the internet (Amazon's book viewer) I found a table in the book listing the translated names of Cheng Man-Ch'ing's 37 postures, and Mr. Absher was kind enough to provide me with the associated illustrations. From my own independent taiji studies and Mr. Absher's presentation, I was able to pick out the unlabeled repeated postures reasonably confidently. Unfortunately there were several different numberings over the course of time and the table and illustration numbers don't match (a fact the translator discusses); I have used the latter.

Note that Cheng Man-Ch'ing only called out distinct postures; the blanks in the table correspond to motions that match the long form and appear in both the YouTube video and the illustrations, in between the named steps. Hand positions are a little different for a few moves, to the point that it's difficult to say whether a posture has changed or been replaced without seeing the matching names, and in two places a posture has been replaced with a related or similar posture (the long form's "grasp sparrow's tail" has been replaced with "left ward off"). A few turns here and there are altered as well. Still, the short form is clearly assembled from portions of the long form.

Those interested in further study may find the illustrations in question in the book "Master Cheng's New Method of Taichi Ch'uan Self-Cultivation" by Cheng Man-ch'ing, translated by Mark Hennessy. A YouTube video of this form is available at "Chen Manching Yang taichi shot form (full set)" <http://www.youtube.com/watch?v=Fl2mvvjHYS0>

The long form is available on DVD as "Tai Chi Chuan Classical Yang Style: The Complete Long Form and Qigong" by Dr. Yang, Jwing-Ming. This is a modern rendition of the 113 postures form.

Hamilton Link

Cheng Man-Ch'ing's 37 Postures Compared with the Yang Postures

CMC #	Cheng Man-Ch'ing Posture Name	Yang #	Yang Posture Name
1-2	Preparation, Beginning	1	Beginning
3	Left Ward-Off	3	Grasp the Sparrow's Tail; Left (<i>similar</i>)
4-7	Right Ward-Off, Roll-Back, Press, Push	4-7	Wardoff, Rollback, Press, Push
8	Single Whip	8	Single Whip
9	Lift Hands	9	Lift Hands to the Up Posture
10, 11	Shoulder Strike, White Crane	10	The Crane Spreads Its Wings
12	Brush Left Knee, Twist Step	11 15	Brush Knee and Twist Step: Left
13 p1	Strumming the Guitar	12 16	Play the Guitar
13 p2-3		13 17	Brush Knee and Twist Step: Left
14 p1-2		18	Twist Body and Circle Fist
14 p3-4	Step Forward, Block, Parry, Punch	19	Step Forward, Deflect Downward, Parry and Punch
15	Sealing, Closing	20	Seal Tightly
16 p1	Cross Hands, Embrace Tiger	21	Embrace the Tiger and Return to the Mountain
16 p2		22	Close Taiji
17 p1		-	Transition Form between the Parts
17 p2-6		23	Wardoff, Rollback, Press, and Push
17 p7-9		24	Single Whip
18	Rely on Fist below Elbow	25	Punch Under the Elbow
19, 20	Right Retreating Monkey, Left Retreating Monkey	26-28	Step Back and Repulse Monkey
21	Diagonal Flying	29	Diagonal Flying
22,23	Cloud Hands Right, Cloud Hands Left	39-41, 79	Wave Hands in the Clouds
23		80	Single Whip
24	Squatting Single Whip	81	Snake Creeps Down
25	Right Golden Chicken	82	Golden Rooster Stands On One Leg: Right
26	Left Golden Chicken	83	Golden Rooster Stands On One Leg: Left
27	Separate Right Leg	44	Separate Right Foot
28	Separate Left Leg	45	Separate Left Foot
29	Turn the Body, Kick	46	Turn and Kick with Heel
30 p1-2		47	Brush Knee and Twist Step: Left
30 p3-4		48	Brush Knee and Twist Step: Right
31 p1-2	Plant Fist	49	Step Forward and Strike Down with the Fist
31 p3-7		70	Wardoff, Rollback, Press, and Push
31 p8-10		71	Single Whip
32, 33 p1-6	Fair Lady 1-4	72-75	Fair Lady Weaves with Shuttle
33 p7-8	(Omitted from CMC Table) Left Ward-Off	76	Grasp Sparrow's Tail: Left (<i>similar</i>)
33 p9-14		77 101	Wardoff, Rollback, Press, and Push
33 p15-17		102	Single Whip
33 p18		103	Snake Creeps Down
34	Seven Stars	104	Step Forward to Seven Stars
35	Ride Tiger	105	Step Back and Ride the Tiger
36	Sweep Lotus	106	Turn Body and Sweep Lotus with Leg
37 p1	Shoot Tiger	107	Draw the Bow and Shoot the Tiger
37 p2		108	Twist Body and Circle Fist
37 p3		109	Step Forward, Deflect Downward, Parry, and Punch
37 p4		110	Seal Tightly
37 p5		111	Embrace the Tiger and Return to the Mountain
37 p6		-	Close Taiji



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