



INTERNATIONAL KOJOSHO KARATE FEDERATION



Volume XXVII N2

IKKF Newsletter

Fall 2010

THE THERAPEUTICS

The way to personal freedom is through self-discipline. Only when the body is controlled can the mind be controlled, and only when the mind is controlled can the spirit be free to break the bonds of physical limitations. Regular exercise provides a disciplined mind. When the physical, mental, and spiritual selves exist in harmony, the internal strength is free to grow. When the internal strength finally reaches maturity, all barriers become transient and illusory and fall before its might.

By the time Kojosho students are ready to learn meditative techniques, they should already have acquired a great deal of physical expertise and gained moderately strong mental capabilities. It is futile for the student to attempt to develop the internal strength before she is ready, because it cannot be forced, and will only appear when invited by an environment which is conducive to its growth. First, the body and the mind must be trained using the 108 Movements. Then the spirit may be trained using meditative techniques.

According to a somewhat apocryphal story, when Bodidharma came to the Shaolin monastery, he was amazed to find that the monks were unable to meditate properly. Hours of sitting and excessive fasting prevented them from staying awake during meditation periods. Hunger and lack of exercise made them slaves to the body. In order to restore the health of the Shaolin monks, Bodidharma taught them a series of martial exercises. After this training regimen restored their vitality, the monks were able to meditate once again. Although the facts of this story may be debated, the message is clear. One must not neglect martial arts training when attempting to meditate, because meditation requires a healthy body and a strong mind.

Kojosho teaches the study of motion itself as a series of exercises in moving meditation. These exercises are called Therapeutics, and they combine the movements of the Animals with their corresponding Elements. The intent of the Therapeutics is to allow the student to achieve physical health, mental peace, and spiritual harmony through integrated movement.

When worked as pure motion, each Therapeutic restores a particular body system to its normal, healthy functioning state. When the combat applications of the 108 Movements are studied, the Therapeutics show themselves to be the basis for a practical and effective martial art.

from Kojosho—Theory and Applications of a Karate System

BERKELEY FALL CAMP

We held the Berkeley Fall Camp on Saturday September 25. I found a picnic site up in the Oakland hills right next to the Anthony Chabot Science Center. High redwoods all around, morning mist--very nice. But it was a public area, and there were dress-up medieval knights and Vikings who were making some sort of amateur video they wanted to submit to Comedy Central. One of them came up and asked if we wanted to be in the video. I had a vision of me standing in front of Mr Absher trying to explain why exactly there seemed to be a YouTube video of the Berkeley Kojosho school mud wrestling with guys with hats with horns, and plastic swords. I politely declined.

It was good seeing everyone. John Knight and Jim Proctor made it down from rainy Portland. Mike Somoza made it--I hadn't seen him since probably last camp.

Apart from 3-person and postures and such, the main thing I did was introduce Bassai Sho to the brown belts, and help refresh the memories of the black belts. With the brown belts I was having them actually hold a stick as a method to help them understand where their hands would be in relation to each other and how they would be moving.

Ken Cober

國際古松空手道連盟

THE IKKF BOARD OF REGENTS

Art Minser	Monkey	Richard Levin	Leopard
Larry Bennett	Dragon (d0)	Gary Vaughn	Deer
Toby Gordon	Tiger	Terry Gearey	Bear
Dona Absher	Crane/Lake	Jack Diehl	Deer/Heaven
Steve Goldsmith	Monkey/Fire	Peter Renna	Deer/Mountain
Victor Velarde	Bear/Mountain		

Shane Absher	Howard Cothorn
Linda Dominguez	Mike Grijalva
Joseph Paranto	Mike Pierson
Al Reed	Rudy Rivera (d)
Charles Sheldon	Ron Striegel
Marian Macy Zajac	Frank Zajac

The IKKF Newsletter is published biannually by the Board of Regents, and distributed to members of the IKKF and of the KOJOSHO SHINKOKAI.

Editor : Gary Vaughn
Opinions expressed here-in are those of the authors.

The IKKF Newsletter is printed by the professionals at
PRINTER'S PRESS in Albuquerque, NM, USA

Advertising Rates

Business Card	\$10.00
Quarter Page	\$15.00
Half Page	\$25.00
(per issue, with approved camera ready art submitted)	

EXERCISE & INTELLIGENCE

In an experiment published last August, researchers were hoping to learn more about how fitness affects the immature human brain. Animal studies had already established that when given access to running wheels, baby rodents bulked up their brains, enlarging certain areas and subsequently outperforming sedentary pups on rodent intelligence tests. But studies of the effect of exercise on the actual shape and function of childrens' brains had not yet been tried.

In this case, those children who were the most fit, performed better on the cognitive tests. But the MRI's provided a clearer picture of how it might work. They showed that fit children had significantly larger basal ganglia, a key part of the brain that aids in maintaining attention and "executive control" - the ability to coordinate actions and thoughts crisply.

Meanwhile, in a separate study, a second group of 9 and 10 year olds were also categorized by fitness levels and had their brains scanned, but they completed different tests, this time focusing on complex memory. Such thinking is associated with activity in the hippocampus, a structure in the brain's medial temporal lobes. Sure enough, the MRI scans revealed that the fittest children had heftier hippocampi.

The neurological impact of sustained aerobic fitness in young people is especially compelling. A years-long study out of Sweden found that among more than a million 18 year old boys who joined the army, better fitness was correlated with higher IQs, even among identical twins. The fittest of them were also more likely to go on to lucrative careers than the least fit, rendering them less likely, you would hope, to move back in to their parents' basements. NO correlation was found between muscular strength and IQ scores. Researchers suspect that aerobic exercise, not strength training, produces specific growth factors and proteins that stimulate the brain.

A still unpublished study from some of the same researchers compared the cognitive impact in young people of 20 minutes of running on a treadmill with 20 minutes of playing sports-style video games at a similar intensity, Running improved test scores immediately afterward. Playing the video games did not.

From **Phys Ed** by Gretchen Reynolds in the NYT

(too bad that this research doesn't apply to Kojos-Codgers!)

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 27th 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 winter Kojosho Black & Brown Belt Testing was held on Saturday, July, 2010 at the Kojosho World HQ 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 these promotions at the traditional awards banquet that evening:

YONDAN**Fourth Degree Black Belt****Geoffrey Comber****SANDAN****Third Degree Black Belt****Tony Mendiola****NIDAN****Second Degree Black Belt****Rowan Lange****SHODAN****First Degree Black Belt****Mateo Arguello****Jason Stow****Peter Salas****Peggy Salas****Victor Chapirro****Darren Braude****Katie Sinclair****First Kyu Brown Belt****Mylanda Murphy****Second Kyu Brown Belt****William Monts de Oca****Third Kyu Brown Belt****Rush Robinett**

Congratulations from the Kojosho Board of Regents

SPECIAL HONORS

A special presentation was made at the Black & Brown Belt Promotion Awards Banquet on July 10, 2010 by Mr. Fred Absher, Chief Instructor of the Kojosho Shinkokai.

The Kojosho System has a long tradition of awarding a personal Crest to an exceptionally dedicated senior student who has shown superior understanding of the martial arts, and who has faithfully and consistently demonstrated the warrior virtues of courage, loyalty, honor and respect.

At this time, the Chief Instructor proudly continues this tradition by awarding just such a Crest, acknowledging

Al Reed

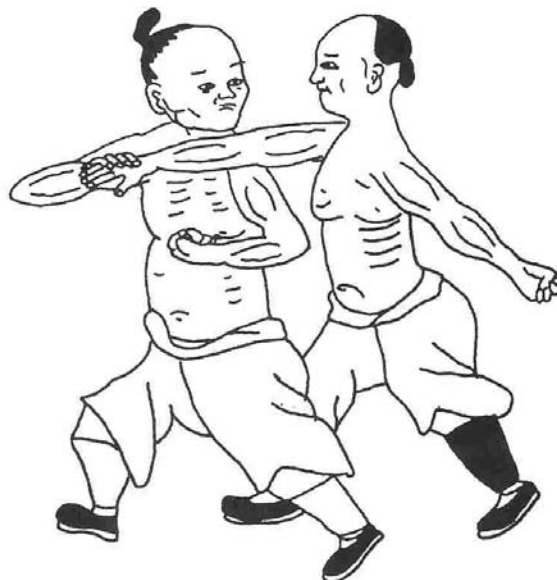
as one of the Guardians of the Eighteen Postures.

**TIGER / EARTH**

*Rulers of their respective realms,
Tiger and Earth
yield to naught but time,
and answer to none
but their own natures
and the call of the Master.*

CONGRATULATIONS**Mr. Al Reed****July 10, 2010**

Like using good manners to
pull the plate of
food nearer,
this man will win.



Like a show of hands,
raising your hand,
this man will lose.

From the Bubishi

Chapter 29

The International Kojosho Karate Federation has been invited to participate in the 2011 San Jose Open International Martial Arts Championship Costa Rica January 13th to 19th, 2010 Organized by Mr. Victor On of Centro de Artes Orientales Costa Rica.

All Inclusive Pacific Resort \$ 1,150 per person (Competitor fees and airfare excluded) (Price Based on Double Occupancy for a Standard Room, for Deluxe rooms add \$100 per person).
(children age 3 or under are free / from 4 to 12 years save \$100 at triple occupancy with 2 parents)

Price Includes :

Lodging standard room (upgrades available for additional fees), All Food, All Drinks, Live Shows, Transportation to and from Airport at scheduled times, Gourmet Specialty Restaurants , Beach Sports , Biking. For further Information please contact Mr. Shane Absher at (505) 228 - 5592.

Ground Transportation: It is included in your package, but you must coordinate the arrival and departure of your flight prior to booking with Mr. Steve Sanchez Sr. tel. (505) 280-4872 , so that he can schedule the bus transportation for the whole group as a unit. Individuals needing different times than the group may have to pay their own.

Please arrange payments with Mr. Steve Sanchez by calling him at (505) 280-4872. Also coordinate with him an adequate flight itinerary in order to travel as a group and connect timely with proper ground transportation from airport to the resort. Trip open to martial artists, friends & rela-



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
Alamogordo Kojosho Powerhouse Gym	T TH T TH	6:45 - 7:30 7:30 - 8:30	Juniors Adults	Rick Guidry
Durango Kojosho Durango High School	M T W TH F	7:00—8:00 AM		Greg Spradling

KOJOSHO SYSTEM CALENDAR

2010		2011	
May 29 —31	Spring Camp	January 8	Black / Brown Belt Testing
June 4	Colored Belt Testing (Albuq)	January 13—19	KICKS in Costa Rica
July 10	Black / Brown Belt Testing	February 19	Instructor's Seminar
August 4	Tournament (Albuq)	March 7	Colored Belt Testing (Albuq)
August 20	Colored Belt Testing (Albuq)	April 2	Tournament (Albuq)
October 16-17	Fall Camp	May 28 - 30	Spring Camp
November 13	Instructor's Seminar	June 3	Colored Belt Testing (Albuq)
November 26	Colored Belt Testing (Albuq)	July 9	Black / Brown Belt Testing

TWO CUPS OF TEA

LA TAZA DEL TE

Nan-In, un Famoso Maestro Zen del Japon de la era Meiji (1868-1912) recibio cierto dia la visita de un erudito profesor de la universidad, que venia a informarse acerca del Zen. Nan-In sirvio el Te, colmo hasta el tope la taza de su huesped y entonces, en vez de detenerse, siguio vertiendo sobre ella con naturalidad. El erudito contemplaba absorto la escena hasta que al fin no pudo contenerse mas y dijo: "Esta ya llena hasta el tope. No siga mas, por favor".

Nan-In dijo entonces: "Como esta taza, estas tu lleno de tus propias opiniones y especulaciones. Como podria enseñarte lo que es el Zen a menos que vacies tu taza??...

THE CUP OF TEA

Nan-In, a famous Zen teacher in Japan during the Meiji era (1868-1912), once received a visit from a scholar university professor who came to inform himself about the Zen ways. Nan-In served him tea, as he was pouring the cup full and the guest noticed that it was almost to the rim and it was about to spill, Nan-In continued pouring and the guest could wait no longer and jumped and abruptly said "It is already full to the rim, please no more, stop".

Nan-In then said: "Like this cup, you are also full of your own opinions and speculations. How could I teach you what Zen is unless you first empty your own cup ?? ...

A Zen teaching in both Spanish and English ... How simple it sounds and how difficult it is to do it. Lets all try a bit more to do just that in our practice of the art, with both our own students and our teachers, but above all with ourselves.

Sergio Albonico

*This world
will always have its heros
hiding calmly
within themselves*

from the Bubishi Chapter 5

KOJOSHO HONOR RING AWARD

The Kojosho Board of Regents made a Kojosho Honor Ring award presentation at the July 10, 2010 Kojosho Promotion Ceremony. The Kojosho Honor Ring was designed in 2003 to recognize those System members who have honored the System with their extraordinary loyalty. In the Kojosho System, loyalty can be measured not just in years, but in DECADES of service and commitment. Members of the System who have spent 20 years and longer studying the Kojosho Forms are eligible for this award. Three special Kojosho Loyalty Honor ring designs have been created, one each to commemorate 20, 30, 40 and 50 years of active participation in the Kojosho System.

20 Year Kojosho Loyalty Honor Ring

Mr. Victor Velarde

Ms. Linda Dominguez

KUDOS & ANNOUNCEMENTS

- * Don't forget the **Instructors' Seminar** on Saturday Nov 13 at the Moon School in Albuquerque.
- * There is an **IKKF Karate Tournament** at the FFC Gym in Albuquerque on Sat Nov 20. Contact Shane Absher for details.
- * 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 2010 are now due.

Dues can be sent to:

Mr. Michael Pierson

PO Box 51416,

Albuquerque, NM 87181



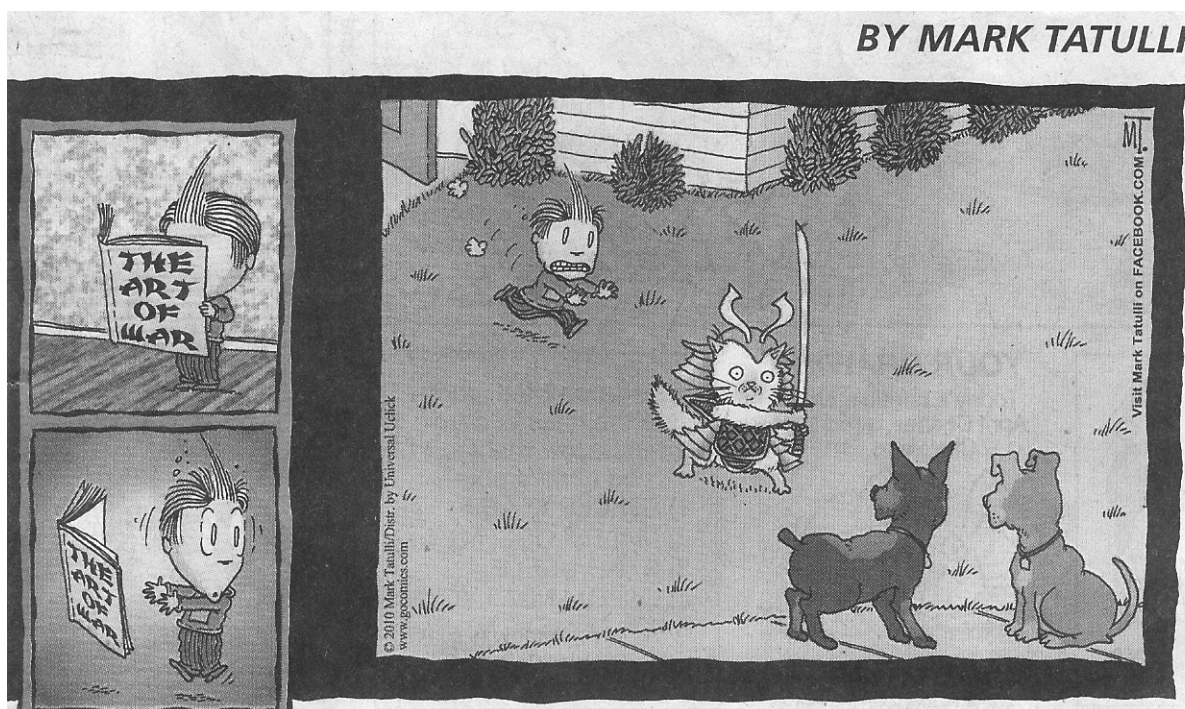
MAKING KARATE JAPANESE

Konishi Yasuhiro (1893—1983), a *ju-jutsu* expert and prominent kendo teacher, had studied Ryukyu *kempo* karate-jutsu before it was formerly introduced to mainland Japan. Later, he studied directly under Funakoshi Gichin, Motobu Choki (1871—1944), Mabuni Kenwa, and Miyagi Chojun. When comparing it to judo and kendo, Konishi described karate-jutsu as an incomplete discipline. With Ohtsuka Hironori (1892—1982), the founder of Wadoryu ju-jutsu *kempo* karate-do, Konishi was largely responsible for initiating the modernization movement that revolutionized Ryukyu *kempo* karate-jutsu on Japan's mainland.

Konishi quite frankly said that modern karate was forged in the exact image of kendo and judo. The ancient samurai warrior's combative ethos, which was based on the various schools of ken-jutsu (swordsmanship) and ju-jutsu (grappling), provided the very infrastructure upon which the modern budo phenomenon evolved. Using the fundamental concepts of ken-jutsu's most eminent schools, kendo was established; ju-jutsu's central principles served as the basis upon which judo unfolded.

The Japanese proverb *deru kugi wa utareru* (a protruding nail gets hammered down) aptly describes how things or people that are "different" (i.e., not in balance with the harmony principle) ultimately conform or are methodically thwarted in Japanese society. As a result karate was not able to escape Japan's omnipotent cultural forces. In contrast to kendo and judo, the karate-jutsu movement lacked a formal practice uniform and had no competitive format. Its teaching curricula varied greatly from teacher to teacher and there was no organized standard for accurately evaluating the varying grades of proficiency. When compared to kendo and judo, the humble discipline of Ryukyu *kempo* karate-jutsu remained, by Japanese standards, uncultivated and without suitable organization or "oneness." In short, it was not Japanese. Ryukyu *kempo* karate-jutsu was thus subject to the criticism of rival and xenophobic opposition during that early and unsettled time of transition when it was being introduced to the Japanese mainland during the 1920s and 1930s.

The period of transition was not immediate nor was it without opposition. It included a justification phase, a time when animosities were vented and the winds of dissension carried the seeds of reorganization. *Uchinanchu*, as Okinawans were called, were openly discriminated against, and anti-Chinese sentiment was rampant. It was a time in which foreign customs were methodically rooted out and more homogeneous Japanese concepts introduced.



INTERNATIONAL KOJOSHO KARATE FEDERATION

INTERNATIONAL REPRESENTATIVES

BRAZIL	Mr. Gilmar Borges	MEXICO	Mr. Enrique Quilles
CANADA	Ms. Leslie Ambedian	PANAMA	Mr. Miguel Sarria
COSTA RICA	Mr. Sergio Albonico	SOUTH AFRICA	Mr. Gordon Venible
ENGLAND	Mr. Geoffrey Comber	SPAIN	Mr. Mike Somoza
JAPAN	Mr. Colin Lawrence	USA	Mr. Fredric Absher
KOREA	Mr. DaeWon Kim		

USA REGIONAL REPRESENTATIVES & SCHOOLS

Alaska	Fairbanks	Mr. Colin Lawrence	New Mexico	Clayton	Mr. Tim Hodo
Arizona	Phoenix	Mr. Mike Shutt		Las Cruces	Mr. Jack Diehl
California	Berkeley	Mr. K. Cober		NMSU	Mr. David Barnhart
Colorado	Denver	Ms. Beth Lundin		Roswell	Mr. Mike Kakuska
	Denver	Mr. Ron Striegel	Minnesota	Rochester	Mr. Steve Goldsmith
	Durango	Mr. Greg Spradling	Oregon	Eugene	Mr. Jim Proctor
Hawaii	Maui	Marian & Frank Zajac	South Dakota	Belle Fouche	Mr. Sean Absher
New Mexico	Alamogordo	Mr. Rick Guidry	Texas	Corpus Christi	Mr. Tom O'Harra
	Albuquerque	Mr. Fred Absher	Washington	Leavenworth	Mr. Fred Melton
		Mr. Shane Absher	West Virginia	Elkins	Mr. Jeffery Goodman
	Apple Valley	Mr. Fred Absher			

INTERNATIONAL KOJOSHO KARATE FEDERATION

<http://www.kojosho.com>

Membership Inquiries

BOX 688 TIJERAS, NM USA 87059