



INTERNATIONAL KOJOSHO KARATE FEDERATION



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IKKF Newsletter

Fall 2024

The Art of Polishing

Master polisher Ono Kokei was born in 1913 in Morioka City, Japan. He has been designated as an "Important Intangible Cultural Asset" as a Master Sword Polisher. He is presently 75 years old. He continues to polish, accepting only blades of the highest caliber. The following is a translation of a brief interview with Master Ono, reflecting on sixty years of sword polishing.

Master- Ono: "A great sword is the product of both the swordsmith and the polisher. The swordsmith gives birth to the sword, but the polisher brings the sword to maturity. To polish the blade to express its perfection is the life work of the polisher. He cannot be defeated by the workmanship of the blade but, on the contrary, he works to express the heart of its maker and to reflect the age in which the sword was born. The most important tools of the polisher are his technique and a sharp appraising eye."

"His posture is very important. In other words, he must have strong, low, settled hips. The polisher's posture controls the polishing stones. Once the polisher's posture is perfected, he can work and move in an infinite number of ways. His posture resembles the Nyoi-wa Kannon Bodhisatva (sitting Buddha)."

"Polishing is divided into two parts: the rough polish and the finishing polish. Both must be mastered to perfection. The rough polish is the most basic, and it is where the polisher blends his sense of touch with the stone and the blade to create its shape, its plane, and to bring out the heart of the temper line."

"To do a good polish, one must have the balance of both the right and left hands. Both hands move together, but the left-hand pushes and the right-hand pulls. The harmony and timing of the hand movements must be balanced with one's breathing, or the whole movement is thrown off key. The touch of the blade to the stone, the movement and the sound of the movement, the rhythm, and the runoff from the polishing all create a great sense of mental serenity. If both hands are equally powerful, the sword against the stone does not produce a good sound, nor does it create a good rhythm, and the beauty and depth of the steel will never appear."

"In the final polish, one must strive to bring out the individual characteristics of the blade. Here, the heart of the polisher must blend with the heart of the sword. Ultimately, it is a life and death battle between the polisher and the blade. In this battle the objective is not to defeat the opponent, but to allow him to live. Here the polisher must accurately read the opponent, in this case the blade, and bring him to perfection through the polisher's technique and skill. In martial arts, this is known as Katsujinken, or the Sword that Creates' Life."



Ed. Note - This piece is from the 1988 Naka Token Kai Newsletter published by the Southern California Sword Society. The special value of this article is in what it can show us about the relationship of a master and his art, and perhaps in the insights it can give us as we strive to polish our forms, our students, and ourselves.

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This is the 41st 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>

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

To Fellow Kojosho Karate Students,

The BOR is continuing to serve the Chief Instructor, Mr. Fredric Absher, to facilitate operation of the IKKF system. 2024 has went by very fast and much has happened. We continue to operate the Moon School in Albuquerque with some improvements along the way. New signage has been added as well as paint and landscaping by the landlord. The parking lot was repaved, and we are feeling like a new school in many ways.

We continue to provide black/brown belt evaluations and testing every January and July. Remember to talk with your instructor to see if you are ready to be evaluated. If you plan to come, please let the BOR know so we can be ready.

Instructor seminars have been continuing but, in the future, will start focusing more on the details of being an instructor and teaching the student. We want to find ways to get back to providing instructor certifications so that teachers know what they are permitted to teach and feel confident that they are teaching the correct things.

Remember to support your local school by paying dues on-time. These schools are not big businesses and need everyone's support to make ends meet. The Black Belt fee of \$100/year is required yearly to stay in "good standing".

This fall, we are trying something new by moving the Fall Camp to the La Junta, CO. Back in the 1980's, 1990's and 2000's, we had a large student population in the Las Cruces, NM area and having Fall Camp at Elephant Butte made a bunch of sense. Now, we have a large student population in the La Junta area, so we are trying a camp up there. If it works out, we will likely do it for several more years. Try and support camps and seminars whenever you can.

Finally, we are trying to communicate with folks as much as possible. If there is something you want to know, have a question about, or want to suggest, let me know. I enjoy talking to all students at all ranks.

I look forward to seeing as many of you as possible at Spring Camp, May 24-26 at Apple Valley Ranch.

Joseph Paranto
 President, IKKF Board of Regents

AKI MATSURI – Fall Festival

Kojosho Karate was recently invited to participate in the Annual Aki Matsuri (Japanese Fall Festival) held at the New Mexico Fairgrounds on Sept. 29, 2024. Kojosho provided a demonstration of our system in conjunction with other Albuquerque area martial arts schools. These schools included: Sandia Judo Club, Jim Hawkes Karate (now led by Sue Hawkes), AKKA Karate (previously Bill Packer's school), and Bushido Kenkyukai Karate.

The Kojosho demo was supported by Mr. Richard Levin, Mr. Joseph Sanchez, Mr. Chet Weiss, Hayden Domingez and Ariel Brichta. Unfortunately, Ariel Brichta was unable to participate in the event due to last minute illness. The demonstrations highlighted areas we share with the Japanese Karate community (basics, kata) and our Kojosho forms (Tiger/Crane) for their ability to teach timing, distance and intersection.

The group did a great job and the event was very well attended. Events like this help Kojosho continue to stay connected to the broader martial arts community.



Fay Matsue Tamashiro

September 16, 1951 – September 2, 2024

This past September, Fay ended her five-year struggle with cancer in the same way she lived her life; with composure, courage and grace.

She began her study of Kojosho in the mid-to-late nineteen seventies shortly after starting work at Sandia Labs. After retirement, she returned to her practice, earning her 2nd Dan ranking in 2017.

She was our self-styled 'Dojo Mama', making sure that ceremonies ran well and had delicious food, and caring for and about us all. She was an accomplished artist and crafter and is responsible for many of our t-shirt designs, as well as jewelry, nametags, bookmarks and calendars. She was proud of her Okinawan heritage and happily shared that interest, and her discoveries, with all who were similarly inclined.

She was a fierce fighter both on and off the mat and always a ray of light when she was around.

On Oct 19th, her name was added to the memorial stone at Apple Valley Ranch.

She will be missed by all who knew her



**A Celebration of Life will be held on November 2, 2024, from 2:00 to 5:00 pm
at the Albuquerque Garden Center, [10120 Lomas Blvd NE](https://www.albuquerquegardencenter.com/)**

PROMOTIONS

Colored Belt Testing

May 2024 - Swink & La Junta, Colorado

Elijah Scofield	Jr. Brown w/White Stripe
Kohrin Trujillo	Jr. Purple
Colton Scofield	Jr. Purple
Elsie Janes	Jr. Purple w/Black Stripe
Juliette Janes	Jr. Purple w/White Stripe
Logan Carrick	Jr. Purple w/White Stripe
Alekzander Ruiz	Jr. Blue
Koliah Trujillo	Jr. Blue w/Black Stripe
Clara Janes	Jr. Blue w/Black Stripe
Greyson Ridgwell	Jr. Blue w/White Stripe
Tommy Martinez	Jr. Green
Santino Apodaca	Jr. Green w/Black Stripe
Anakin Ayala	Jr. Green w/Black Stripe
Henry Cool	Jr. Green w/Black Stripe
Quinn Janes	Jr. Green w/White Stripe
Jake Proctor	Jr. Green w/White Stripe
Azlynn Mills	Jr. Green w/White Stripe
Isaac Martinez	Jr. Green w/White Stripe
Jasper Duskin	Jr. Green w/White Stripe
Leia Ridgwell	Jr. Yellow
Leonard Weiss	Jr. Yellow
Raleigh Gibbs	Jr. Yellow
Arlo Ferguson	Jr. Yellow
Ephriam Trujillo	5 th Kyu Blue
Noelle Janes	5 th Kyu Blue
Abby Sollenbarger	6 th Kyu Green
Chris Janes	7 th Kyu Yellow

Colored Belt Testing

Aug. 2024 - Swink & La Junta, Colorado

Nikki Bjork	5 th Kyu Blue
Martha Pearson	6 th Kyu Green
Wyatt Noe	Jr. Yellow

May 2024 - Albuquerque, NM

Rebecca Bulgrin	4 th Kyu Purple
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June 2024 - Albuquerque, NM

Linda Kalish	3 rd Kyu Brown
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July 2024 - Albuquerque, NM

Ariel Brickta	3 rd Kyu Brown
Asher Lessen	5 th Kyu Blue

September 2024 - Albuquerque, NM

Daniel White	7 th Yellow
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No testing done in Portland, OR

Congratulations to all who tested!

A note found by a certain senior student among his certificates...

A 6th Degree black belt and student who has managed to cram his real life in around his workouts. He is a national board certified doctor of oriental medicine and a respiratory therapist and teaches the therapeutic exercises to a variety of patients and students weekly. He enjoys crashing mountain bikes and driving fast cars which has gotten him the nickname of "no brakes brick". Have you noticed he is 4 inches taller on the right side than the left side? A loyal, innovative and dedicated student, he owns the leopard crest.

Undated but suspects it was written about January 2002

July 2024 Brown and Black Belt Evaluations

8th Dan Jack Diehl

This day of evaluations went very well and was well attended by many black and brown belts. Mr. Absher and the Board of Regents wanted to take this opportunity to promote Mr. Jack Diehl to 8th Dan. He has been a key leader within the Kojosho System for 50 years. His continued dedication and study has made a significant impact to Kojosho.

Congratulations to Mr. Diehl.



ANNOUNCEMENTS

* **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 2024 are now due.

Dues can be sent to:

Mr. John Braly
4 Vista Montana Place
Placitas, NM 87043

Growing Kojosho in Albuquerque

It is important to continue to look for new opportunities to grow Kojosho in the areas we live and beyond. This growth strengthens the system with new students and teaching opportunities.

The Ronald Gardenswartz Jewish Community Center of Greater Albuquerque (JCC) in northeast Albuquerque has been around for many years serving the community with a variety of social, cultural, recreational and educational programs and services. Their programs are available to folks of any faith.

Mr. Paranto has been working with the JCC leadership to develop Kojosho-based classes for their fitness program. If all goes well, a 6-week "Introduction to Karate" class should start up in January 2025. If it goes well, other future classes could follow.

Ms. Gabriel Reil will be assisting Mr. Paranto with the JCC classes.

KOJOSHO SYSTEM CALENDAR

2024		2025	
January 6 February 24 May 26—28 July 6 September 14 September 28-29 October 26-27 November 9	Black and Brown Belt Testing Instructor's Seminar Spring Camp at Apple Valley Black and Brown Belt Testing Instructor's Seminar "Left Coast" Fall Camp, OR Colorado Fall Camp Black Belt Workout Albuquerque	January 4 January 25 February 22 May 23-25 July 5 September 13 TBD October 25-26 November 8	Black and Brown Belt Testing Black Belt Workout Albuquerque Instructor's Seminar Spring Camp at Apple Valley Black and Brown Belt Testing Instructor's Seminar "Left Coast" Fall Camp, OR Annual Colorado Fall Camp Black Belt Workout Albuquerque

KOJOSHO CLASS SCHEDULES

Albuquerque "Moon" School 1813 Moon St, SE (505) 607-9373	Mon/Wed	5:00 - 6:00	Juniors	Richard Levin
	Mon/Wed	7:00 - 8:00	Beginners	Hamilton Link
	Mon/Wed	7:00 - 8:00	Advanced Mixed	
	Fri	6:00 - 7:00	Sparring (all ranks)	
	Sat Sat	10:00 -11:00 9-10 & 11-12	3 rd Person Open	Various Seniors
Apple Valley Ranch (505) 281-5294	Mon	5:00 - 6:00	Mixed	Rush Robinette
	Sat	10:00 - 11:00	Mixed	
Las Cruces	Mon/Wed	7:00 - 8:00	Mixed	Jack Diehl
	Mon/Wed	8:00 - 9:00	Advanced	
Roswell ENMU – Ruidoso Capitan	Mon/Wed	6:30 - 7:30 AM	All (summer hours)	Mike Kakuska
	Mon/Wed	6:00 - 7:00 PM	All	
	Tues/Thurs	5:00 - 6:00 PM	Youth	
	Tues/Thurs	6:15 - 7:15 PM	Adults	
	Mon/Wed	2:15 - 3:15 PM	Adults	
	Mon/Wed	4:00 - 5:00	Youth	
Clayton Kojosho 14 South 2nd (505) 374-2168	Tues/Thurs	6:30 - 7:30 PM	Beginners	Tim Hodo
	Tues/Thurs	8:30 - 9:30 PM	Advanced	
	Sat	7:30 - 8:30 AM	Open	
	Mon/Thurs	4:45 - 5:30 PM	Kids 6-7 years	
Deer Dojo 2222 San Juan Ave, La Junta, CO (719) 469-4290	Mon/Wed or Tues/Thurs	5:30 - 6:15 PM	Kids 8-10 years	Nate & Cindi Trujillo
		6:15 - 7:00 PM	Kids 11-12 years	
		7:00 - 7:45 PM	Beginner	
		7:45 - 8:30 PM	Intermediate	
		8:30 - 9:00 PM	Advanced	

It's the Journey

There is a relationship between teaching and learning in martial arts that changes in time, not unlike the relationships in other education. In the early years, the teacher wishes for the student to pick up broad concepts and may introduce them in simple terms. As the student progresses, those concepts turn to specifics where there is only one way to do them, and the correct answer is a single solution. The student matures further and there are still specific answers, no variation, but the problems are harder. Finally, the student is ready to encounter new concepts, ideas, and problems. When they arrive there, the specifics are no longer given by the teacher. The teacher wants the student to explore and find the answers on their own. The goal becomes the exploration and not the answers.

School, and let's take math as an example, is taught similarly with the early years in preschool and kindergarten teaching concepts of adding and subtracting using blocks or colors. In elementary and primary schools, the math problems get progressively harder but there is only one way it should be done, and a single answer expected. By college, the advanced calculus and theories become very advanced, but still with a single, expected answer. The roles begin to change in graduate and post-graduate school with the students expected to find new answers and new methods to execute the problem. At that point and beyond, the student continues to learn but the teacher takes on the role of a guide.

In martial arts, the teacher tries to get the white belt to learn stances, blocks, strikes, kicks, and base movement without forcing the perfect technique. As the color belt moves up in the system, the teacher starts to require more exact technique. Each of those techniques or movements has a single answer. It is possible to picture the perfect punch or kick. The brown belt period is like high school in that there is still a right way to do things and a wrong way. The concepts are more complex but not extremely difficult. The first-degree black belt starts college for the martial artist. Going forward, the teacher provides lots of instruction and new forms and concepts, helping to start guiding the student to a path. The higher black belt ranks become similar to post-graduate work in school. The teacher becomes vaguer as to the exact technique but highlights how good movement should follow the basic principles that they have learned in previous years. The teacher may say, "well I do it this way, but you need to see what works for you."

Many senior students would like a detailed explanation of how to do some of the advanced forms and techniques, be able to write down every detail and then go learn it. Life isn't like that. Think of it like a journey or trip. Someone has told you that this trail is a great trail to explore and that there are marvelous things to see along the way.

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