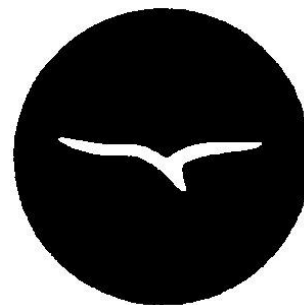




INTERNATIONAL KOJOSHO KARATE FEDERATION



Volume XXXXII N2

IKKF Newsletter

Fall 2025

Fall Camp 2025 Theme :: *Dragon Rides the Wind*

Dragon. “The clouds stir when the Dragon spins on his tail. Feel him pass overhead, sometimes rustling the leaves, sometimes, bending the trees. When aroused, he is everywhere at once and becomes a multiple and dangerous enemy. The Dragon is the marvelous and mystical creature of the clouds, black and dangerous as the gathering storm, sweet and gentle as the breezes of Spring. When he shows his ability to fill the skies or disappear at will, he embodies the spirit of change which is life itself.”*

It is hard to look at the Dragon without considering the Chinese heritage of the animal and its connection to how to early Kung Fu styles were developed. Dragon Style is one of the Five Major Animal Styles of Shaolin Kung Fu, renowned for its fluid movements, deceptive angles, and explosive power. Unlike the brute force of Tiger Style, Dragon Kung Fu embodies the wisdom, adaptability, and mythical strength of the Chinese dragon.

Monks studied the serpentine grace and coiled power of dragons in nature and mythology. They developed several Core Principles that they felt it emphasized, including:

- Fluid Motion – Smooth, circular movements that redirect and counter attacks.
- Breath & Internal Power – Harnessing Qi (energy) for explosive strikes.
- Deceptive Angles – Striking from unexpected directions like a dragon twisting in flight.
- Balance of Soft & Hard – Alternating between relaxed flow and sudden, bone-breaking power.

While traditional Dragon Kung Fu remains a cornerstone of Shaolin training, it has also evolved for real-world combat. Some aspects can be seen by some Mixed Martial Arts (MMA) fighters. There are several reasons that the Dragon motion has maintained its domination in combative arts:

- Unpredictability – Strikes seem to “appear out of nowhere.”
- Adaptive Combat – Works in stand-up, clinch, and ground scenarios.
- Efficiency – Minimal movement, maximum effect.

Dragon is one of Kojosho Karate’s nine (9) animals and certainly one of the most dangerous. It is the center of the circle in many battles yet can fly (move) to the other side of the battle and block the enemy’s exit. It moves to achieve unexpected angles while always continuing the chase. The deer uses timing and distance to try and not be overtaken.

Wind. “Feel the Wind. It is unchangeable and whimsical, now bitter and sullen, later jovial and lighthearted. The warrior need not always be stern and forbidding with friend and foe, but can allow himself to lay down the burden temporarily and refresh himself when time permits, then continue on his way.”*

Wind, of one of the 5 elements of many Chinese martial arts, is Evasive and Ethereal.

(continued on p.5)

國際古城松空手道連盟

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This is the 42nd 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 or email to KJS.NL.editor@gmail.com.

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;
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THE INTERNATIONAL KOJOSHO
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Editor: Geoffrey Comber
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To Fellow Kojosho Karate Students,

Welcome to Kojosho Fall Camp at La Junta, CO. The Board of Regents (BOR) is happy to have all of you here in Colorado for the weekend. The BOR is continuing to serve the Chief Instructor, Mr. Fredric Absher, to facilitate operation of the IKKF system. Mr. and Mrs. Absher are doing well in Florida and send their best. 2025 continues to be the year of the Dragon for us and this camp will be our last session focusing on Dragon/Wind.

The system is providing outreach in the Albuquerque area whenever opportunities arise. We have recently completed Women's Self-Defense classes at the Albuquerque Jewish Community Center. We supported the Aki Matsuri 2025 event, Japanese Fall Festival in late September with demonstration of Kojosho.

The black/brown belt evaluations and testing continue to be held every January and July. Jan. 10 is the current date for evaluations and testing in 2026. 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.

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".

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 of all ranks.

Thank you,
Joseph Paranto

President, IKKF Board of Regents

Self Defense is a Serious Matter

There are different types of physical interactions between individuals but the biggest is between willing (consensual) and unwilling (non-consensual). In the Martial arts world, these usually show up as Sparring and Self-Defense. Sparring can be fun as well as a learning experience. In the context of the street, this is two people or groups who agree to go after each other to various degrees of severity; ranging from turf wars to name-calling that gets physical. Some people might call the latter ‘fun’. Importantly, all of the participants agree to the fight.

Self-defense, while possibly instructive, should be approached with a greater sense of gravity with respect to the situation. In this case, one side of the conflict is NOT interested in ‘going a few rounds’ with the opponent. The intent of someone in a self-defense situation is to react to the attack without an opportunity to size up the opponent and to get away from the interaction as quickly and finally as possible. We should show this attitude when we train and when we demonstrate self-defense in class and testing.

Some of the guidelines suggested for this are:

- No laughing, clowning or ‘do-overs’
- Don’t assist your attacker by presenting arms, etc, for grabbing
- Don’t play ‘keep away’, either. Remember that, usually, you will be surprised by your attacker, and the self-defense starts AFTER the initial interaction
- Do the same technique repeatedly, on one side, with same attacker/defender pair until told to change

Bruce Lee said, “I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.” We will react the way we train. If we train ten different ways to affect a same side hand grab, we will not be as confident when called on to do this when the time comes and it really matters.

During testing there are other reasons for following these guidelines. First, evaluators need to see the technique and determine if it can be done the same way repeatedly. They also often have multiple people to watch. And as Murphy’s law dictates, if you do multiple different techniques, you will likely do the least well performed one while they are watching you.



The class abruptly stopped practicing. Here was a chance to not only employ their skills, but also to save the entire town.

-Geoffrey Comber

Japanese Fall Festival, Aki Matsuri, Sept. 28, 2025

The Aki Matsuri is the Japanese Fall Festival that has been part of Albuquerque for 40 years. It is designed to share and promote the Japanese culture, heritage and customs with the community. Kojosho Karate was invited this year to present a demonstration of our martial art. Kojosho has lineage to Okinawa, Japan as well as China. This was our second year in a row to demonstrate our system. Mr. Paranto was asked to be the Master of Ceremonies (MC) for the events presented on the second stage (in Indian Village). The Martial arts demonstrations were performed

(continued on p. 5)

PROMOTIONS

The Board would like to congratulate each of the following students on their accomplishments.

Senior Belt Promotions :: July 2025

4th Dan Mateo Arguello

3rd Dan Nathan Trujillo

3rd Dan LuCinda Trujillo

Colored Belt Testing

Colorado – Deer Dojo – 10 May 2025

Juniors:

Kohrin Trujillo	Jr. Brown w/Black stripe
Colton Scofield	Jr. Brown w/Black stripe
Elsie Janes	Jr. Brown w/White stripe
Koliah Trujillo	Jr. Purple w/White stripe
Clara Janes	Jr. Purple w/White stripe
Tommy Martinez	Jr. Purple w/White stripe
Greyson Ridgwell	Jr. Blue
Jake Proctor	Jr. Blue w/White stripe
Leia Ridgwell	Jr. Green
Azlynn Mills	Jr. Green
Brendon Dutton	Jr. Green
Isaac Martinez	Jr. Green
Jasper Duskin	Jr. Green
Pierce Kay	Jr. Green w/Black stripe
Ulrich Sullivan	Jr. Green w/Black stripe
Xandek Sullivan	Jr. Green w/Black stripe
Leonard Weiss	Jr. Green w/Black stripe
Jericho Crawford	Jr. Green w/White stripe
Jane Gwyn	Jr. Green w/White stripe
Drake Adams	Jr. Green w/White stripe
Aspen Marlow	Jr. Green w/White stripe
Naara Valdez	Jr. Green w/White stripe
Jackson Gonzales	Jr. Green w/White stripe
Silvie Janes	Jr. Yellow
India Siefkas	Jr. Yellow
Cayetana Viescas-Muniz	Jr. Yellow
Charlie Gwyn	Jr. Yellow
Ci'Yon Stillwell	Jr. Yellow
Zachariah Stoeberl	Jr. Yellow
Julian Carrillo	Jr. Yellow
Julian Quintero	Jr. Yellow

Colored Belt Testing

Colorado – Deer Dojo – 10 May 2025

Teen/Adults:

Ava Smith	3rd Kyu Brown
Cash Gremillion	3rd Kyu Brown
Kristi Wausen	3rd Kyu Brown
Stephen Matthews	3rd Kyu Brown
Chris Janes	5th Kyu Blue
Martha Pearson	5th Kyu Blue
Elijah Scofield	6th Kyu Green
Kellen McClure	6th Kyu Green
Juliette Janes	6th Kyu Green
Alexander Ruiz	6th Kyu Green

Colorado – Deer Dojo – 30 August 2025

Teen/Adults:

Ephriam Trujillo	3rd Kyu Brown
Abigail Sollenbarger	4th Kyu Purple
Rachel Hernandez	4th Kyu Purple

Albuquerque – Moon School - 12 Sept 2025

Aryn White	3rd Kyu Brown
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Clayton – Garden School - 12 Sept 2025

Aryn White	3rd Kyu Brown
Joe Reeser	5 th Kyu Blue
Andrew Vandiver	6 th Kyu Green
Jarred Earle	6 th Kyu Green
Nicole Sanguenza	6 th Kyu Green
Yuan Sanguenza	7 th Kyu Yellow
Faith Reif	7 th Kyu Yellow
Elizabeth Reif	7 th Kyu Yellow

**We may not have an equality of talent.
We may not have an equality of experience.
But we may be equal in aspiration.
We can be equal in commitment.**

Dragon and Wind (continued from p.1)

It is hard to grasp or catch but can knock you over in an instant. Wind represents the ability to move swiftly and avoid confrontation. In martial arts, this translates into evasive maneuvers and the art of deception. Training with a focus on wind encourages creativity and unpredictability in combat, allowing martial artists to outmaneuver their opponents.

Aikido, a Japanese martial art, is often associated with the element of wind due to its emphasis on harmony and blending with an opponent's energy. Aikido practitioners learn to redirect force rather than meet it head-on, similarly to how wind can move by objects without resistance.

Wind is one of Kojosho Karate's nine (9) elements and one that is hard to visualize. We don't see wind, but we see its effects or impacts. Our movements can be like wind and roll away from the attack only to counter the attack with a strike from another angle. Wind can push or pull you along the line of motion. It helps you avoid your enemy while surrounding them.

Dragon/Wind. We see pieces of Dragon in Wind and Wind in Dragon. We see how Dragon can become a storm, and what does a storm usually include, Wind. Dragon and Wind are most effective because of their ability to sense the battlefield and opponent. They are great at understanding where the enemy is and predicting where he will go.

No surprise then that when Dragon and Wind couple together to form one of the nine (9) therapeutics of Kojosho, they focus on "Sensory". Together, they work to feel the battlefield and sense motion. They help bring together all of your senses while maintaining your balance and posture.

*Quotes are from *Kojosho: Theory and Application of a Karate System* by Soon (Henry) Fook-Leong – 1982

- Joseph Paranto

Aki Matsuri (continued from p. 3)

on that second stage. They were integrated with multiple Japanese music and dance demonstration.

Other martial arts were represented at this event including:

- Albuquerque Aikikai (Sensei Okuyama)
- Shinbukan Dojo of Rio Rancho (Sensei Fred Schlesinger)
- Shorin-Ryu Karate Dojo (Sensei David Erler)
- AKKA Karate USA (Sensei Bruce Davis)

Each school was given 35 minutes to perform and give the audience an overview of what their system teaches. The Kojosho team consisted of Mr. Richard Levin, Mr. Jack Diehl, Mr. Joseph Paranto, Mr. John Braly, Ms. Gabriel Reil, Ms. Jenna Swann, Mr. Chet Weiss, and Mr. Hayden Domingez. Our demonstrations included basics, solo and two-man Tiger/Crane, Tiger/Crane self-defense applications, Tiger/Crane with Jo, and Tiger/Crane with Boken. The demonstration was well received by the audience and fellow martial artists. Supporting the Aki Matsuri provides Kojosho with good exposure to a broad audience and a chance to coordinate with other martial arts schools in the Albuquerque area.

-Joseph Paranto

The Garden Dojo News

Students and instructors of the Garden Dojo in Clayton, NM.



Mr Arguello informs us that his students are doing very well and that he is proud of their progress. He is working on building a new dojo on his property.

The Fighting Cock

Chi Hsing Tzu was a trainer of fighting cocks for King Hsuan. He was training a fine bird. The King kept asking if the bird were ready for combat.

"Not yet", said the trainer.

"He is full of fire. He is ready to pick a fight with every other bird. He is vain and confident of his own strength."

After ten days, he answered again:

"Not yet. He flares up when he hears another bird crow."

After ten more days:

"Not yet. He still gets that angry look and ruffles his feathers."

Again, ten days:

The trainer said, "Now he is nearly ready. When another bird crows, his eye does not even flicker. He stands immobile like a cock of wood. He is a mature fighter. Other birds will take one look at him and run."



The Way of Chuang Tzu by Thomas Merton

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.

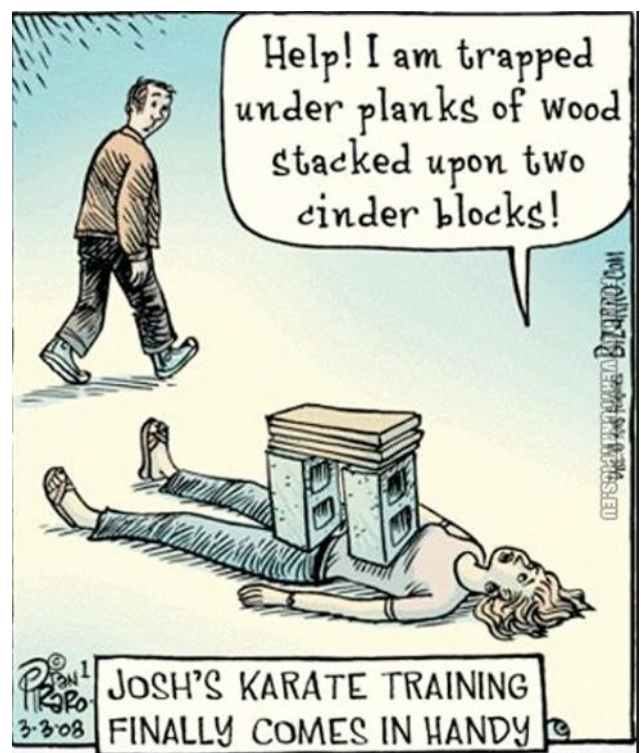
* **All Black Belts please note that annual Black Belt dues for 2025 are now due.** Board of Regent Dues are also due for 2025.

Dues can be sent to:

Mr. John Braly

4 Vista Montana Place Placitas, NM 87043

* If you are looking for **locally available Karate gear** - weapons, uniforms, belts or other merchandise – David Erler, son of the late Ed Erler, maintains a selection of items. You can reach him at his westside dojo at (505) 898-1313.



Black Belt Statistics (via multiple sources)

There are approximately 1.5 million people in the United States that hold a black belt in martial arts. Out of the 250 million adults, that is 1 out of every 170 persons has a black belt. While it is more common than you would think, for every 10,000 people that join a Martial Arts school, half drop out in the first 6 months. Of those remaining 5,000 students, about 1,000 will complete 1 year of training and then quit. Of the remaining 4,000 students, only 500 will complete 2 years of study. Less than 100 (1%) will make it to 1st Degree Black Belt. Usually, only 1 or 2 will make it to 2nd Degree Black Belt (0.01%). Even less make it to advanced ranks and keep it up over their lifetime. Those few teach others what they have learned, for their Martial Art is now part of their life. They shall go on to share this life with others and build the next generation.

Kojosho provides us with an art that can be continually worked throughout our life and into our senior years. Each of us takes something different from our study and therefore may concentrate on specific aspects. Eighty-five percent of martial arts students say earning a black belt improves their confidence. This confidence can be combined with balance and mobility through proper study. Forty percent of black belt practitioners train more than 3 times a week (yes, this amount of training doesn't stop when you get to Black Belt). It is through this practice that we gain mastery of the art. Decide whether this is important enough for you and become one of the few that will still be practicing as you get older. If it is, give it the respect and attention it deserves.

Instructor Seminar, Sept. 27, 2025 - Dragon and Wind

Mr. Levin led a small team of folks through this Instructor Seminar focusing on Dragon and Wind. Dragon and Wind are constantly aware of and sensing their environment. Traditional training, such as a traditional martial arts school, starts training the student with the class format and structure. This includes the etiquette that makes the student aware of the dojo, student/teacher locations, timing, reacting to outside stimulus, and so on.

Dragon posture allows motion while keeping balance, moving on ball or heel of the foot but not at the same time. As such, posture is extremely important. Mr. Levin showed the team a series of exercises that encourage proper spinal alignment. These exercises help work those small muscles in the lower back that tend to atrophy as we get older.

We then worked on the Dragon posture, focusing on turning while keeping the posture erect. It is important to learn how to turn by moving the weight of the feet through shifting from the balls to the heel and back.

The Dragon Kojosho form, or Long Form, was then worked by the team in both solo and two-man. We applied what we learned from the posture to the form. The group had the honor of doing two-man form with Mr. Jack Diehl (awarded the Deer/Heaven crest), a natural Deer.

We reviewed the White Animal Dragon form and discussed small variations that can be worked within it.

Finally, we reviewed the Wind posture and learned how to work the posture up and down the mat. Note: it is good for senior students to learn how to do each of the postures on both sides and be able to work it up and down the mat.

Our next Instructor Seminar, open to all Brown and Black Belts, is currently planned for this spring, Feb. 21, 2026.

KOJOSHO SYSTEM CALENDAR

All events are at the Moon Dojo in Albuquerque unless otherwise noted

2025

Jan 4	Black and Brown Belt Testing
Feb 22	Instructor's Seminar
May 24-26	Spring Camp at Apple Valley, NM
July 12	Black and Brown Belt Testing
Sept 27	Instructor's Seminar
Sept 27	"Left Coast" Fall Camp, Portland, OR
Oct 18-19	Fall Camp in La Junta, CO

2026

Jan 10	Black and Brown Belt Testing
Feb 21	Instructor's Seminar
May 23-25	Spring Camp at Apple Valley, NM
July 11	Black and Brown Belt Testing
Sept 12	Instructor's Seminar
Sept (TBD)	"Left Coast" Fall Camp, Portland, OR
Oct 17-18	Fall Camp in La Junta, CO

KOJOSHO CLASS SCHEDULES

Moon School	Mon/Wed	5:00-6:00	Juniors	Richard Levin
1813 Moon St NE	Mon/Wed	6:00-6:40	Beginners	Hamilton Link
Albuquerque, NM	Mon/Wed	6:40-7:20	Intermediate	
(505) 607-9373	Mon/Wed	7:20-8:00	Advanced	
	Fri	6:00-7:00	Sparring (all Ranks)	
	Sat	10:00-11:00	3 rd Person	Various Seniors
	Sat	9:00-12:00	Open	
Deer Dojo	Mon/Wed or Tues/Thurs	4:45-5:30	Kids (4-5 & 6-7)	Nate and Cindi Trujillo
2222 San Juan Ave	Mon/Wed or Tues/Thurs	5:30-6:15	Kids (8-10)	
La Junta, Co	Mon/Wed or Tues/Thurs	6:15-7:00	Kids (11-12)	
(719) 469-4290	Mon/Wed or Tues/Thurs	7:00-7:45	Beginners	
	Mon/Wed or Tues/Thurs	7:45-8:30	Intermediate	
	Mon/Wed or Tues/Thurs	8:30-9:00	Advanced	
Garden Dojo	Tues/Fri	5:30-6:30	Kids	Mateo Arguello
721 Baca St, Clayton, NM	Tues/Fri	6:30-7:30	Adults	
(575) 303-3016				
ENMU Ruidoso Kojosho	Tues/Thurs	5:00-6:00	Kids	Regina Lane
(575) 802-3996				
Roswell Kojosho	Mon/Wed	6:00-7:00	Mixed	Trey Nesselrodt
222 E 3 rd St, Roswell, NM				
trey@nesselrodt.com				
Portland School	Mon/Wed	11:30-12:30	Beginners	Jim Proctor and John Knight
Lewis & Clark College				
(503) 422-9106				
Las Cruces Kojosho	Mon/Thurs	4:30-6:00	Mixed	Jack Diehl
jacknlori@q.com	Contact ahead	TBD	TBD	

**"If in doubt, consult tradition.
If still in doubt, consult your experience.
If still in doubt, consult your body"**