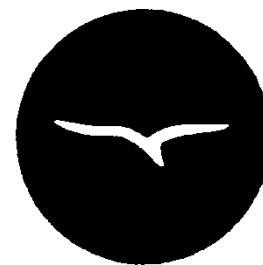




INTERNATIONAL KOJOSHO KARATE FEDERATION



Volume XXXXI N1

IKKF Newsletter

Spring 2024

Spring Camp 2024 Theme *The Way of Eighteen Postures*

Nearly 2000 years ago, the Chinese believed that sickness and untimely deaths were caused by physical debilitation. These bodily ills could be alleviated, if not altogether prevented, by the regular practice of certain exercises. Hua-T'o, the Chinese philosopher and physician who lived in the third century, is the person generally credited with the creation of a series of exercises based on the movements of various animals and elements. Hua-T'o is said to have observed and extracted the essence of each animal and then added certain elemental movements to achieve exercises that would engage the whole human body. In the sixth century, the warrior priests of the Shaolin Monastery spread the Eighteen Lo-Han Postures, the legacy of Hua-T'o, throughout Asia

The Eighteen Postures, founded on the teachings of Hua-T'o and the Shaolin priests, have become the basis of the entire Kojosho System. The 9 Animals and the 9 Elements can be worked separately or together, depending on what benefits the student wishes to derive. When the motions of the of an Animal and its corresponding Element are properly united, a pure motion is derived. This pure, external motion, coupled with an internal understanding of that Animal and Element, is used as the central theme which each of the Kojosho

Forms then interprets and explores. This is the way the Animals walk through the Kojosho System.

It is with that direction that our Kojosho study is always based on the Eighteen Postures. When we are having issues with learning something in the forms, we are told to go back to the Eighteen Postures to help us open up to the correct motion. Learning the Eighteen Postures and the Nine Basic Techniques becomes the alphabet with which we learn martial arts within the Kojosho System. Our solo Kojosho Forms then help us explore the Animal and its corresponding Element. We are then able to place those forms with other forms to generate new learning through two-man and third-man exercises. Note the relationships between the Animals and Elements below:

Tiger Explores the Earth
Crane Stand in Lake
Snake Avoids Fire
Hawk Seizes Lightning
Dragon Inherits Wind
Deer Enters Heaven
Leopard Plays with Wave (Water)
Monkey Embraces Mountain
Bear Finds the Tao (Void)

Portions extracted from *Kojosho: Theory and Application of a Karate System*, Soon Fook-Leong, under the direction of Mr. Fredric Absher, 1982.

國際古松空手道連盟

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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. This past year has been dominated by challenges. Those challenges have included 1) having the Absher's no longer living in New Mexico, 2) changes in leadership of the BOR, and 3) a new landlord for the Albuquerque, Moon Street School. The new landlord has been particularly hard due to the accompanying higher rent/lease. I believe we have successfully maneuvered these challenges and hope to be stronger moving forward.

I want to take the time to help explain how the IKKF works financially and what fees and dues go where. Each Kojosho school currently operates independently collecting monthly dues from its students and holding its own fund-raising activities in order to pay expenses. The IKKF takes no portion of that income. The system does run its own school in Albuquerque with any extra income going to the IKKF system. The IKKF also collects a small amount to create rank certificates for the colored belts. The main source of income comes from Brown and Black Belt certification/testing. As with nearly all karate systems, the cost of those rank certifications increases with rank. Once someone has achieved a Black Belt in Kojosho there is a lifelong Black Belt fee of \$100/year to maintain good standing in the system. Beyond that, camps, seminars, and t-shirt sales are the only other sources of income for the system.

The IKKF system maintains web site, generates instruction materials, ensures availability of the Apple Valley Ranch for events, and tries to provide some income to the Absher's. It is important that students pay their school dues, camp fees, rank certification fees, and Black Belt dues for the system to continue forward. I am always happy to answer any questions that folks might have regarding the system and how it works.

I look forward to seeing as many of you as possible at Spring Camp, May 27-29 at Apple Valley Ranch. I hope you enjoy the weekend learning.

Thank you,

Joseph Paranto
President, IKKF Board of Regents

Editor: Geoffrey Comber
Opinions expressed here-in are those of the authors.

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Kojosho Schools and Clubs

The Kojosho System and its Board of Regents continue to have a common goal for each and every school and club in the system. That goal is to provide consistent and high-quality instruction in Kojosho Karate.

Consistency is expected from the instructor and the curriculum. Students should expect a class instructor that knows the students and can monitor their progress day-to-day and week-to-week. They should also know that when that instructor happens to be out - the real world always brings with it challenges for all of us - there is an assistant instructor that has been going to class and can continue the path set by the instructor.

Those of us that had the honor of being taught directly from Mr. Absher feel that emulating his curriculum is key. That curriculum included basics, kata, solo Kojosho forms, two-man Kojosho forms, self-defense and bag work. There is only one way to teach solo Kojosho forms and students throughout the system should be learning the same way. That allows students to get together at camps and seminars and work seamlessly together.

This is the goal of the system, and we will continue to work together with instructors to help make this a reality for everyone.

Joseph Paranto

Edward James Erler Jr.

March 23, 1941 – March 29, 2024

On Good Friday, 2024, Albuquerque lost one of its cornerstones and institutions. Ed Erler devoted 63 years to operating a Matsubayashi Shorin-Ryu Dojo, over 50 of them in Albuquerque, mostly at the dojo on Louisiana just north of Kirtland AFB. He is survived by two sons, Ed and David, his daughter Lanie, grandchildren, as well as many students who he would consider family. His school and store will be closed but his organization will continue on under his daughter's guidance.

His memorial was well attended by many students and instructors as well as many from the Greater Albuquerque area martial arts community.

His last words to those who knew him were "Your presence made a difference". He had a lifelong obsession with the Alamo and that is where his ashes will be spread.



PROMOTIONS

Colored Belt Testing

Dec. 2023 - Swink & La Junta, Colorado

Kids

Ephriam Trujillo	Jr. Brown
Keeston White	Brown with white stripe
Elijah Scofield	Jr. Purple
Lexi Morgan	Jr. Purple
Kohrin Trujillo	Purple with black stripe
Abby Sollenbarger	Purple with white stripe
Colton Scofield	Purple with white stripe
Laivyn Morgan	Jr. Blue
Elsie Janes	Jr. Blue
Juliette Janes	Blue with black stripe
Lando White	Blue with black stripe
Logan Carrick	Blue with black stripe
Jasper Gibson	Blue with white stripe
Koliah Trujillo	Blue with white stripe
Clara Janes	Blue with white stripe
RJ George	Blue with white stripe
Mariposa Apodaca	Jr. Green
Alekzander Ruiz	Jr. Green
Cattleya Maldonado	Green with black stripe
EJ Hollis	Green with black stripe
Greyson Ridgwell	Green with black stripe
James Price	Green with black stripe
Lilly Collins	Green with white stripe
Santino Apodaca	Green with white stripe
Anakin Ayala	Green with white stripe
Tommy Martinez	Green with white stripe
Henry Cool	Green with white stripe
Quinn Janes	Jr. Yellow
Azlynn Mills	Jr. Yellow
Kingston Herrera	Jr. Yellow
Jasper Duskin	Jr. Yellow
Isaac Martinez	Jr. Yellow
Violet Ayala	Jr. Yellow

Feb. 2024 - Swink & La Junta, Colorado

Kids

Kellen McClure	Purple with black stripe
Brendon Dutton	Green with white stripe

Colored Belt Testing

April 2024 - Portland, Oregon

Romeo Vilkin	7 th Yellow
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Dec 2023 - Swink & La Junta, Colorado

Adults

Talli Gremillion	3rd Kyu Brown
Rayland Smith	3rd Kyu Brown
Isaac Rouleau	4th Kyu Purple
Ava Smith	4th Kyu Purple
Stephen Mathews	4th Kyu Purple
Jennifer Boden	4th Kyu Purple
Kristi Wauson	4th Kyu Purple
Carol Segura	5th Kyu Blue
Daniel Gonzales	5th Kyu Blue
Noelle Janes	Green
Amanda Turner	7th Kyu Yellow
Martha Pearson	7th Kyu Yellow
Pamela Hawkins	7th Kyu Yellow
Ransom Turner	Yellow

Feb. 2024 - Swink & La Junta, Colorado

Adults

Cash Gremillion	Purple
Michael Hernandez	Green
Braden Langston	Green
Rachel Hernandez	Green
Nikki Bjork	Green
Jonah Langston	Yellow

Jan 2024 - Albuquerque, NM

Hadwn Link	4 th Purple
Rebecca Bulgrin	5 th Blue

May 2025 - Albuquerque, NM

Jenna Swann	4 th Purple
Chet Weiss	4 th Purple
Rebecca Bulgrin	4 th Purple

Congratulations to all who tested!

Recent Senior Belt Promotions

The Board would like to congratulate all of the following students for their accomplishments.

January 2024 Brown and Black

7th Dan
John (Toby) Gordon

6th Dan
Hamilton Link

4th Dan
Frank Zajak

2nd Dan
Trey Nesselrodt

1st Dan
Adam Henley

1st Dan
Shaddiah Trujillo

Colorado's December Belts laid out for the promotion ceremony



Spring Camp 2024 Artwork

Each year and/or camp, we try to come up with new artwork that encompasses the theme of study. This year, Linda Wanczyk (from Washington State) was able to draw this unique piece of art that captures the pairing of the animals and elements. You should be able to see each of the animals with their associated element as their images help form the yinu/yang. If folks have good ideas for future camps, please let us know. We are always looking for good ideas and images.



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

KOJOSHO SYSTEM CALENDAR			
2024		2025	
January 6 February 24 May 26—28 July 6 September 14 TBD TBD October 19-20 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 Fall Camp @ AVR (early dates) Black Belt Workout Albuquerque	January 4 January 25 February 22 May 23-25 July 5 September 13 TBD 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 Fall Camp @ Apple Valey Black Belt Workout Albuquerque

KOJOSHO CLASS SCHEDULES				
"Moon" School	Mon/Wed	5:00 - 6:00	Juniors	Richard Levin Hamilton Link
	Mon/Wed	7:00 - 8:00	Beginners	
	Mon/Wed	7:00 - 8:00	Advanced Mixed	
	Fri	6:00 - 7:00	Sparring (all ranks)	Various Seniors
	Sat Sat	10:00 -11:00 9-10 & 11-12	3 rd Person Open Open	
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/Thurs	5:30 - 6:15 PM	Kids 8-10 years	Nate & Cindi Trujillo
	Mon/Thurs	6:15 - 7:00 PM	Kids 11-12 years	
	Mon/Thurs	7:00 - 7:45 PM	Beginner	
	Mon/Thurs	7:45 - 8:30 PM	Intermediate	
	Tues/Thurs	8:30 - 9:00 PM	Advanced	

PROMOTIONS AND RELATED FEES

Rank determination is based on many things including time-in-rank (TIR), ability, knowledge of the required material, attitude, consistency, attendance at class, camps/seminars, and being up to date on school dues. Students at all levels are expected to support their school by paying dues and supporting the teachers and senior instructors. Promotions are something the student earns, and it is not something they are due.

The table below highlights the minimum TIR required for promotion but as mentioned earlier, there many factors besides TIR that is considered for promotion. Typical times are longer than the minimum due to the student's ability to meet each of the requirements. A hard-working student that comes to class 2-3 times/week and can learn each of the skills can take 3 years to achieve a 1st degree black belt. Most folks take 4-5 years.

Belt Level	Title	Minimum TIR	Typical TIR	Testing Fee
10 th Dan (Black)	Judan	10 year	15-20 years	\$775
9 th Dan (Black)	Kudan	9 year	15-20 years	\$700
8 th Dan (Black)	Hachidan	8 year	10-15 years	\$625
7 th Dan (Black)	Shichidan	7 year	8-12 years	\$550
6 th Dan (Black)	Rokudan	6 year	7-10 years	\$475
5 th Dan (Black)	Godan	5 year	6-9 years	\$400
4 th Dan (Black)	Yodan	4 year	4-7 years	\$325
3 rd Dan (Black)	Sandan	3 year	3-5 years	\$250
2 nd Dan (Black)	Nidan	2 year	2-3 years	\$175
1 st Dan (Black)	Shodan	6 months	6-12 months	\$100
1 st Kyu (1 st Brown)		6 months	6-12 months	\$75
2 nd Kyu (2 nd Brown)		6 months	6-9 months	\$75
3 rd Kyu (3 rd Brown)		3 months	6-9 months	\$35
4 th Kyu (Purple)		3 months	3-6 months	\$35
5 th Kyu (Blue)		3 months	3-6 months	\$35
6 th Kyu (Green)		3 months	3-6 months	\$35
7 th Kyu (Yellow)		3 months	3-6 months	\$35
8 th Kyu (White)		Beginner Level		

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