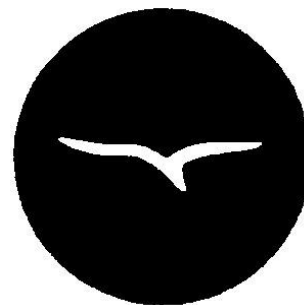




INTERNATIONAL KOJOSHO KARATE FEDERATION



Volume XXXXII N1

IKKF Newsletter

Spring 2025

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

THE THOUGHT YOU PUT INTO TRAINING

It was five days before Christmas in 2021. I was sitting at my desk in my office. My office door was closed as a guard against the COVID scare. Suddenly there was a panicked pounding on my door. Not waiting for a response from me, my friend and colleague Eric threw open the door.

“Chris is...Chris is...” Eric exclaimed searching for the descriptive yet socially acceptable words. He was striking his chest with his free hand and holding his cell phone to his ear with the other hand. This was not Eric. Eric was always composed, reserved and polite to a fault. How does a deliberate person find the polite word for *dead* when the possibly dead person is within earshot?

I leaped from my chair, ran around my desk, and dashed in the direction of Eric’s pointing finger. He was gesturing towards Chris’s office across the hall. I entered Chris’s office to spot him slumped in his chair. I immediately went to work performing the elementary CPR that I knew which was little more than an inadequate gesture. I knew Chris should be lowered into a prone position on the floor for my hand thrusts to his chest to have any hope to be helpful. Chris was a large person, and he was ‘dead weight’. I would have dropped him if I had tried to ease him to the floor. Precious time was slipping away. After Eric had called 911 emergency number and knew an ambulance and trained personnel were on the way, he and another colleague helped me lower Chris to the floor. With both hands, I pumped Chris’s chest. I had enough training to know that to be effective I had to pump hard

knowing the pressure could break ribs. My adrenaline was pumping within me as my hands were pumping, and I probably did break ribs. Chris did not respond. Only a gurgle came from his mouth, what some would call a death rattle.

Eric spelled me when I started tiring. The emergency crew arrived literally within minutes and took over the resuscitation efforts. They had the correct tools. They got Chris’s heart beating by using the defibrillation paddles. Chris was lifted to a gurney, taken from the office building and quickly driven to the hospital. I asked the emergency crew leader if Chris was going to recover as we walked out the office door behind the gurney. The gentleman stopped and looked at me. He mouthed something I couldn’t understand but I read his eyes.

What does this have to do with martial arts? Nothing and everything. There were no self-defense kicks or punches involved. A beautifully performed kata would’ve been worthless and a tasteless insult. What Chris’s heart attack and martial arts had in common was preparation and training both physically and mentally. People don’t have heart attacks in your office every day so how can you train? Well, people don’t attack you on the streets everyday either, so how do you train? How can you be prepared? Our office didn’t have a defibrillator. (We had a medicine box with aspirin and band aids.) Whose fault was that? Well, partly mine. I was an officer in the company. I had say. After Chris’s incident, a defibrillator was brought

(continued on p. 5)

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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;
PO BOX 688; TIJERAS, NM USA 87059

THE INTERNATIONAL KOJOSHO
KARATE FEDERATION is 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.

Editor: Geoffrey Comber
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To Fellow Kojosho Karate Students,

Welcome to the 52nd Kojosho Spring Camp. The Board of Regents (BoR) is happy to have all of you here in the mountains for the weekend. The BoR is continuing to serve the Chief Instructor, Mr. Fredric Absher, to facilitate operation of the IKKF system. 2025 is the year of the Dragon for us and we will continue to provide content related to the Dragon for our seminars and camps.

We continue to provide black/brown belt evaluations and testing every January and July. Due to the 4th of July being on the Friday before our normal scheduled testing date, first Saturday of July, we have decided to go ahead and slip it to July 12. 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".

Last fall we moved the Fall Camp to La Junta, CO. The camp was well attended and everyone learned a bunch. We plan to continue with that location for the near future. We will try to support other seminars in other locations as the need arises.

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.

I look forward to seeing as many of you as possible at Fall Camp, tentatively scheduled for Oct. 18-19 at La Junta.

Thank you,
Joseph Paranto
Kojosho BoR President

MAKING AN OPENING

When we start the forms, we display empty hands then we make a triangle to represent why we come to train. To improve our mind, body and spirit. Next, we make a circle which represents the Dao/Tao which contains the Yin and the Yang representing balance. Then we make a triangle again, and looking through the triangle, represents look through the eye of the universe representing heaven, earth and man.

We continue by closing the eye of the universe, while making a fist with the right hand, and an open hand with the left signifying our weapon and our shield. We then close our hand over our fist Hiding our weapon with our shield, (I'm told the Chinese consider showing your weapon is vulgar) and saying to ourselves, as we are bringing them down that Kojosho/Karate is our secret. Again, for the third time our covered fist as it is coming down forms a third triangle.

Again, emphasis Mind, Body and Spirit. Notice that as we bring down our hidden weapon and shield in a straight line from the head to the dantien body center which is our energy center. Our posture is straight and our whole body is aligned and balanced at the center of the body (dantien).

Next, we step back to show a defensive posture, and not an offensive. Kojosho is not to start a fight which is a higher form of understanding of martial arts and to create distance. The first thing of all is Awareness (if you're not aware it doesn't exist), then, second, is distance (the farther away the less likelihood of engaged confrontations). The three principles of Kojosho/Martial Arts are timing, distance and intersection. That's why distance is most important. If you increase the distance, it is more time to not engage and get away and no intersection. More time, more distance.

We do the three 'Shizen No Yoso' (Combined Elements) forms in the order of Ten (heaven), Ku (void/man), Chi (earth). What stands between Heaven and Earth? Man - as our feet touch the earth our body is in heaven.

- Toby Gordon



Vernon Mac "Tim" Ward
April 24, 1937 - March 19, 2025

Tim Ward passed away March 19th, 2025, in Rio Rancho, with his wife Chris at his side.

A lifelong martial artist, Tim was always ready to share his knowledge and enthusiasm with anyone, from the most senior black belt to the youngest white belt. His wry sense of humor will be missed, not to mention that slow smile that appeared on his face when you realized.... he just "gotcha".

After studying judo in the Marines, he returned to Albuquerque studying with Mr. Absher, continuing his studies even after retiring to Phoenix, when he was awarded his shodan rank as black belt #265.

His life exemplified the loyalty, honor and sense of justice found in a true martial artist.

PROMOTIONS

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

Senior Belt Promotions :: January 2025

2nd Dan **Allan Nolan**
1st Dan **Shadiah Trujillo**

Colored Belt Testing		Colored Belt Testing	
<u>Colorado – Deer Dojo - December 14, 2024</u>		<u>Colorado – Deer Dojo - March 1, 2025</u>	
Juniors:		Juniors:	
Elijah Scofield	Brown with black stripe	Henry Cool	Jr. Green
Kohrin Trujillo	Brown with white stripe		
Colton Scofield	Brown with white stripe		
Juliette Janes	Brown with white stripe		
Elsie Janes	Jr. Purple		
Alekzander Ruiz	Purple with black stripe		
Koliah Trujillo	Jr. Blue		
Clara Janes	Jr. Blue		
Tommy Martinez	Blue with black stripe		
Greyson Ridgwell	Blue with black stripe		
Wyatt Noe	Jr. Green		
Jake Proctor	Jr. Green		
Phoebie Sullivan	Green with black stripe		
Quinn Janes	Green with black stripe		
Azlynn Mills	Green with black stripe		
Isaac Martinez	Green with black stripe		
Brendan Dutton	Green with black stripe		
Jasper Duskin	Green with black stripe		
Leia Ridgwell	Green with white stripe		
Ulrich Sullivan	Green with white stripe		
Xandek Sullivan	Green with white stripe		
Leonard Weiss	Green with white stripe		
Raleigh Gibbs	Green with white stripe		
Arlo Ferguson	Green with white stripe		
Jackson Gonzales	Jr. Yellow		
Naara Valdez	Jr. Yellow		
Grayson Ferguson	Jr. Yellow		
Teen/Adults:		Teen/Adult:	
Megan Trujillo	4th Kyu Purple	Jennifer Boden	3rd Kyu Brown
Rachel Hernandez	5th Kyu Blue	Ephriam Trujillo	4th Kyu Purple
Chris Janes	6th Kyu Green	Noelle Janes	4th Kyu Purple
Pamela Hawkins	6th Kyu Green	Carol Segura	4th Kyu Purple
Mariposa Apodaca	7th Kyu Yellow	Abigail Sollenbarger	5th Kyu Blue
Zoa Sullivan	7th Kyu Yellow	Michael Hernandez	5th Kyu Blue
		<u>Albuquerque – Moon School - 18 Dec 2024</u>	
		Bronwen Link	3rd Kyu Brown (2024/12/30)
		Aryn White	5th Kyu Blue
		Daniel White	6th Kyu Green
		<u>Albuquerque – Moon School – 31 Jan 2025</u>	
		Hadwyn Link	3rd Kyu Brown
		Gabriel Weiss	5th Kyu Blue
		<u>Albuquerque – Moon School – 17 Feb 2025</u>	
		Jenna Swann	3rd Kyu Brown
		Chet Weiss	3rd Kyu Brown
		Rebecca Bulgrin	3rd Kyu Brown
		<u>Albuquerque – Moon School - 4 April 2025</u>	
		Hayden Dominguez	4th Kyu Purple
		<u>Albuquerque – Moon School - 14 April 2025</u>	
		Aryn White	4th Kyu Purple
		Christopher Weiss	Brown and White with 1 red stripe
		<i>There were no colored belt promotions at the Portland, Ruidoso or Las Cruces schools.</i>	

(continued from p. 1)

to the office and everyone there was required to attend a training seminar.

We learned how to use the defibrillator; we learned hand applied CPR. This did Chris no good. Have I reviewed my defibrillator training since? No.

When you, as a Kojosho martial arts student, go through the motions of tiger, crane, snake, hawk, dragon, deer, leopard, monkey, bear, are you simply performing what I call *hot house flower* moves. In other words, do you only associate those rote techniques to the dojo? What about the world outside the dojo? Your mental and physical training can be used in all sorts of real-life scenarios. Most of which are not physically pugilistic. The mental and physical discipline helps you assess your environment and navigate life to diffuse contentious social encounters. It helps you make good everyday decisions.

And the thought you put into training in the dojo can also help you survive in more violent confrontations. It may be as simple as your awareness from training warns you to avoid a sinister situation. And if you are in a sinister situation, you react quickly and effectively without conscious thought. Your training kicks in. You neutralize the adversary, or in extreme danger you kill the adversary, and you escape. Hopefully, this never happens to any of us. The question is, "Are you willing to put in the mental and physical training to have the skills to deal with that situation, should it happen?" We've all heard from our senior instructors: Mind, body, spirit. What does that really mean? Think about it.

Chris's body was kept alive with machines. His mind never recovered. He was brain-dead. The family had the machines turned off after three days and he was legally declared dead. He left behind a teenage son, a college-aged daughter, a fiancé, a brother, and his father. To this day and as I write this article, I ask myself should I have been applying pressure an inch higher or lower on his chest? Was I applying pressure with enough force? Was my rhythm effective? Could I have started my elementary CPR sooner? Would that

have pumped blood to his brain? Why didn't I lead the effort to get defibrillators installed in the office and training on how to use them? By doing any one or a combination of those actions, would Chris be alive today? I don't know the answer. I do know: *If you fail to prepare, you prepare to fail.*

Ms. Reil, in conjunction with Kojosho Board of Regents, gave us a safety seminar at a Kojosho camp. The seminar was very comprehensive and well presented. Everyone benefited. Yet did I practice the demonstrated information after that? No. I settled back into my safe and secure everyday existence. As I write this, I feel guilty. In other words, if I had applied the discipline I should be applying in my Kojosho study, would I have been prepared to save Chris? If I don't make the effort to take refresher training courses, I know I won't be any better prepared to deal with another Chris situation than I was five days before Christmas 2021. The same applies to your training in Kojosho.

John Braly

Insights from the Outside

The Dragon and Deer both have distinctive turns. The Dragon "sits on his tail" and then pivots on one foot or the other. These Dragon turns are almost always used to deliver circular motion and strikes. The Deer executes tight "centered" turns while moving to one side or the other. Both Animals protect themselves while turning and use turns to set up aggressive counter attacks. While the Dragon generates significant power, the Deer is more than capable of delivering effective attacks using angles. Both Animals move continuously without stopping. While the Dragon's sitting-on-its-tail "posture" is celebrated, Mr. Absher has said that the Deer doesn't really have a static posture because it's always in motion. Note that a Dragon can launch an extremely aggressive, even explosive, attack out of that classic Dragon posture. The Deer can't possibly "stand its ground" in front of such an attack, so it doesn't. The Deer deals with the Dragon's overwhelming power by never being where the Dragon wants it to be. That "Deer" strategy can be introduced in the solo Deer posture.

- Gary Vaughn

Are you impulsive? Physics wise - let's hope so!

Over and over, we hear it's about "timing, distance and intersection" or "it's simple physics". We wisely nod assent to these statements and then wonder "what do they reaaaalllly mean when they say that?"

There will NOT be a quiz on this! So, hang on and let's do a quick physics refresher- middle school style. First is the question of time.

Would you rather fight bare knuckles or with pads and mouth gear? Hmmm- why? Because of that pesky physics term "Impulse". Impulse is equal to Force multiplied by the change in Time, meaning the longer you are in contact, the more the force is spread out. If you "Roll with the punch", it hurts less! Pads lengthen the time of impact, mouthguards spread it out (and keep tooth enamel from clacking on tooth enamel and chipping) and rolling spreads out that time and dissipates the energy.

Which is why we should practice our rolls too. If we fall, we want to spread out that energy. No one is advocating jumping off a roof and rolling! But what is the difference if you jump off a swing and land stiff legged versus bent knee? Same impulse question!

Let's go at it from the other side of the coin. If I want to transmit the most Impulse to my target, I should decrease the time. Hard line teaches us that lesson over and over again if we are mindful (that means pay attention to what you are doing).

If you can break two wooden pencils with your knife hand, you can break a collarbone to disable your opponent. But not if your hand stops at the pencil. Focus behind the target to go through it! This decreases the time your hand is in contact with the wood. Sacrifice a few pencils on the altar of knowledge and try it- they must be the old fashioned wooden yellow kind!

Your technique is sometimes hard, like a stick delivers a maximum "poke" or like a soft towel that "snaps".

Delivering this force depends on our body's mass (which is weight- but don't ever call it that in physics class) and how fast it is accelerating. I can't really change my body's mass unless I eat way too many donuts, and that probably won't do much for me in the end, but what I can change is how fast I am accelerating (speeding up) my strike or kick. How can I do that?

Hikite my friends, hikite is how fast I pull back with the opposite hand when I strike. Remember, there is an expectation to have a piece of my opponent in that hand! White belts are taught to bring their hand back to their hip. This isn't just for looks! We are training our body to pull when the other hand goes out and strikes. By pulling my opponent into the strike I do the equivalent of accelerating the strike into my opponent. Stronger muscles allow me to pull even faster.

Wait, wait (or is that weight weight?) I can change how my weight moves too! A strong deep stance allows me to use my legs to transfer the force all the way from the ground up through my core and into my strike. Oh no! That means... yep you guessed it "check your stance". Each move in those hard-line forms is teaching how to maximize your impulse every move! So, take your time, practice each step as if it was the only one. This will train your nerves to build that memory we rely on to be automatic. A great little practice technique is to do each form 3 times. Once pausing at each step to check for stance, target position, hikite, etc., once at moderate speed to build up without losing form, and once at fighting speed to build that automatic muscle memory.

Mr. Gordon would remind me here to remind you that a kiai isn't just a yell. It is the complete focus of your body, mind and spirit at one particular, incandescent focus.

Distance and Intersection go hand in hand. Distance is the easiest, and still one of the hardest concepts. Just how far away is my opponent? Just how quickly are they moving so I can intersect, either to avoid, block, or strike. Possibly one of the most difficult sets in the first four Kojasho forms is the tiger kick set, the

(continued on p. 7)

(continued from p. 6)

t distance changes, so the type of kick changes, but then that pesky last sidekick depends so much on reading how the tiger is taking up that distance and precisely when the crane should move.

Intersection is just a way of saying that you want to deliver all your impulse to the target you choose. Over time your brain remembers all the other times you aimed that jab at someone's jaw- were they taller or shorter, etc. and your hand will go to the place you remember, so "aim to HIT" do NOT "aim to miss" because.... If you really needed to hit someone it would just be silly to hit the air right next to their ear! Your impulse must be transferred to the target!

All that physics and we haven't even been in class for 20 minutes yet! Time for our Kojasho forms and suddenly everything changes... or does it? We start to move and keep moving, we let things move in circles instead of just straight lines, we turn, our blocks change shape, and it seems as if we have left all that physics stuff behind in the hard-line part of class. But no, we haven't. An X block in retreating kicking should be a little bit away from our body to increase the time and decrease the impulse we feel as that round kick lands on our upper arm. We turn as we redirect kicks and by taking a punch aimed at our face and letting it turn in circular returning fists changes both time and direction protecting us.

Which brings up.... Momentum. In physics that's mass times velocity (ok, it's not exactly the same as speed but close- stick with me). Once a ball gets rolling down a hill, it will keep rolling until it hits against something else. In the same way, if I am striking an opponent, I will keep going in that direction until something changes how I'm moving. The genius and joy of Kojasho is that we are learning to continually move and change direction without stopping both offensively and defensively. Remember velocity isn't the same as speed. Speed is how fast. Velocity is both how fast and which direction I am moving (the high school physics version calls it a vector). We can use this momentum idea by catching a jab and turning it just past our chest in the very first tiger punch and crane

block, and continuing on through dragon and deer, and almost every move all the way through 3-person forms. (In 2 directions, anyone?)

See- there wasn't a quiz! But there is a little bit of homework...

Mr. Absher's refrain "it's timing, intersection and distance" takes a lifetime of practice to unpack, whether you think about the physics or not.

Enjoy the journey!

- Gabriel Reil

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.

* Please note that this year's **Brown and Black Belt Testing** and the Banquet have been moved back a week to the 12th of July. Hope to see you there.

"Since karate is a martial art, you must practice with the utmost seriousness from the very beginning."

— Gichin Funakoshi.

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 13	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	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 we can define our aim, we are halfway to achieving it."

-Anonymous