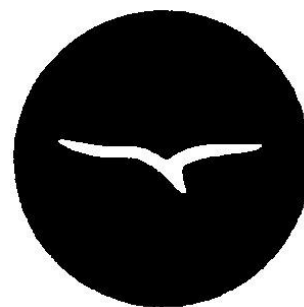




INTERNATIONAL KOJOSHO KARATE FEDERATION



Spring Camp 2026 Theme :: *Deer Enters Heaven*

Volume XXXXIII N1

IKKF Newsletter

Spring 2026

O Deer, My Dear

How does the Deer fight the Dragon? Since the Dragon is a mythical animal it's not like we can watch one in real life and examine how it moves, see how strong and flexible it is or what its natural techniques are. We do get the idea that there is a power imbalance between the Dragon and the Deer, not as great as between Tiger and Crane, perhaps, but it is clear that the Deer can't stand toe-to-toe with the Dragon and expect a good outcome.

So, what can the Deer do? She can stay out of Dragon's power zone and outside of his arms and legs. 'Outside the power zone' is an area approximately between the 2 and 4 o'clock and the 8 and 10 o'clock positions where dragon's front is at 12 o'clock. Deer can either move into those areas or redirect Dragon so that she ends up in those areas with respect to him. Deer can also do a strong, in-your-face type of move the purpose of which is to set Dragon back on his tail. Finally, the Deer can run! We see all of these tactics in the opening few moves of the form.

First, being right in front of Dragon at the start, Deer launches in with a set of moves designed to sit Dragon on his tail. That works until Dragon gets an opportunity for a left punch and, so, springs off his tail at the Deer. The Deer then directs the punch in such a way as to get on Dragon's outside aiming for that 8 to 10 o'clock placement. Deer sees an

additional opening to set Dragon on his tail again with the left-hand attack over Dragon's redirected left punch.

This last move covers Deer's attempt to turn and run, but the Dragon launches off his tail and will catch the Deer if she continues to run. So, Deer turns back, uses a bridging move to get back outside Dragon's power (2 to 4 o'clock this time) and throws another attack.

This kind of defense and attack from Deer continues throughout the form.

We see the roots of this strategy in Deer's motion in the Animal Posture. Deer's arms are typically seen in a position referred to as 'taking the pulse'. This can be used in applications ranging from a strike to an augmented block. In its posture, Deer starts by stepping forward, or already starts in a forward leaning position, and the pulse-taking is suggestive of a strike. She then steps with the other leg with what could be seen as a block, just before beginning to turn 360 degrees in the opposite direction from that step. That turn continues in a full circle as the Deer again changes hands in the pulse-taking. In many ways, the posture's movements are a highly concentrated or distilled version of those opening moves.

A lot can be gained by the student who examines the Deer form and posture together.

- G Comber

國際古城松空手道連盟

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This is the 43nd 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
Opinions expressed here-in are those of the authors.
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To Fellow Kojosho Karate Students,

Welcome to Kojosho Spring Camp at Apple Valley. The Board of Regents (BOR) is happy to have all of you here in New Mexico 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 keeping up with each of the school's progress. 2026 will be the year of the Deer for us and this camp will start our journey, hoping to end up at Fall Camp working Dragon/Deer two-man form.

Take time during camp to meet folks that you don't know including some of the folks that have traveled to Albuquerque area from remote locations. Many of these folks work out with smaller groups or even alone. Working a form or two-man form with them during a break might be fun for both of you.

The black/brown belt evaluations and testing continue to be held every January and July. July 11 is the next date for evaluations and testing. 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.

Enjoy Apple Valley. Remember that this area is available for you to visit and meditate, exercise or just walk. The open mountain air can help calm the spirit and lower stress.

Don't forget 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

Sitting and Listening

Sitting on the bench by the door, just listening to conversations can be a most productive exercise. The following is the memory of some conversions at the fall seminar.

There are so many sayings, so many valuable seeds that have been planted in our minds nurturing our body and spirit flowing through the years of instruction and learning. They slip in and out of our awareness, landing in a web of understanding that vibrates wherever we tug. So, let's tug at a few places and see how things connect.

"Keeping the end in mind". Hmm... if I walk into the dojo expecting knowledge to be poured into my understanding, with no effort of my own, that would be silly at best. Appropriate for a white belt, but the more you study, the more responsibility for your own learning you have to take. Stepping on the mat, having a clear idea of where to concentrate my focus... that would be better. "Tonight I need to practice my targeting in every form", or "how should I step when turning?" This self-reflection, and self-examination, begins with the student following the teacher, imitating as closely as possible, the repetition solidifying memory until the student can produce the solo form, building to the study of timing, intersection and distance with the two-person. Funny how all that solo form flies out the window the moment there is someone in front of you, isn't it?

And Basics are, well... basic! They are the scales and arpeggios of the martial arts. We teach basics and hard-line forms to teach structure and positioning. The repetition builds our neural pathways in whatever way we train them, so, train with focus! With intent! The saying, "Garbage in, garbage out" suggests that we shouldn't practice garbage. If you know basics then you can teach yourself. That means... you guessed it, homework! Look in the mirror, practice your horse-stance and front punch, watch your elbows - do they scrape your ribs? Look for the hand turning over at the very last possible moment. Do it slowly and with muscle tension (Isometrics). Relax between repetitions. If you can do 10 such punches without sweating, you aren't tensing enough! And why this exercise?

Because you are learning each position that will ultimately be stitched seamlessly together into motion. When golfers learn how to swing they focus on the top, the middle, the strike and the follow through, practicing each separately so that in the end, they have the whole swing, It's like those paper flip books we made as children, one static pose slightly further in the motion, the faster we flipped, the faster the image moved. Make each position correct, each time. The isometrics will help tremendously in building muscle memory, creating the possibility of correct motion. If you see an error, you can fix it!

The goal here is to move. Kojosho is a fighting style! Each animal form expresses a unique way of moving,

Let's use a few examples from Snake to illustrate. Find a line on the mat. Snake stays ON the line. Where's the line? Place your two fists hand on top of one another in front of you. That's the direction of the line. Snake coils, turns, blocks, advances, retreats on the line, coiling and uncoiling, especially at transitions. Snake is NOT a Tiger with scales! You learned the different planes of motion when you learned the Animals, right? Even those X blocks allow the Snake to remain on the line. Notice that at Standing Counters Snake stays on the line and Hawk moves off and around.

Our goal is to examine motion, the never-ending give and take that is the poetry of Kojosho. An excellent example of motion and direction changes is at the end of the sweep set at the Iron Broom. Here the forward momentum of Snakes' sweeps is being redirected by the Hawk in an instant of timing, distance and intersection that reverses the Snake's direction 180 degrees.

At this transition point, Hawk takes control and attacks, Hawk forces Snake down into the powerful Iron Broom sweep. Hawk picks up the Iron Broom turning the Snake's horizontal plane into an upward arc, redirecting the force, Snake is "pulled" upwards and, additionally, must block Hawk's attack at the same time turning away from Hawks attack. Snake follows the redirected motion continuing the

(continued on p.7)

PROMOTIONS

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

Senior Belt Promotions :: January 2026

1st Dan Shadiah Trujillo

1st Kyu Talli Gremillion

2nd Kyu Rayland Smith

2nd Kyu Jenna Swann

2nd Kyu Chet Weiss

Colored Belt Testing

Colorado – Deer Dojo – 13 Dec 2025

Noelle Janes	3rd Kyu Brown
Chris Jane	4th Kyu Purple
Martha Pearson	4th Kyu Purple
Elijah Scofield	5th Kyu Blue
Juliette Janes	5th Kyu Blue
Alekzander Ruiz	5th Kyu Blue
Mariposa Apodaca	6th Kyu Green
Kohrin Trujillo	Jr. Brown
Colton Scofield	Jr. Brown
Elsie Janes	Jr. Brown/black
Koliah Trujillo	Jr. Purple/black
Clara Janes	Jr. Purple/black
Tommy Martinez	Jr. Purple/black
Greyson Ridgwell	Jr. Purple/white
Jake Proctor	Jr. Blue
Leia Ridgwell	Jr. Blue/black
Henry Cool	Jr. Blue/black
Jasper Duskin	Jr. Blue/black
Azlynn Mills	Jr. Blue/white
Brendon Dutton	Jr. Blue/white
Quinn Janes	Jr. Blue/white
Isaac Martinez	Jr. Blue/white
Aspen Marlow	Jr. Green
Leonard Weiss	Jr. Green
Jimmy Goodrich	Jr. Green/black
Drake Adams	Jr. Green/black
India Siefkas	Jr. Green/black
Allie Ridgwell	Jr. Green/black
Rani Goodrich	Jr. Green/white
Chris San Juan Cisneros	Jr. Green/white
Lily Kaufman	Jr. Green/white
Xavier Zander	Jr. Green/white
Sylvie Janes	Jr. Green/white
Ethan Kaufman	Jr. Green/white

Ci'Yon Stillwell	Jr. Green/white
Tyler Benson	Jr. Green/white
Zachariah Stoeberl	Jr. Green/white
Julian Quintero	Jr. Green/white
Dalton Purcell	Jr. Yellow
Tony Martinez	Jr. Yellow
Josiah Lucero	Jr. Yellow
Jed Proctor	Jr. Yellow

Albuquerque – Moon School - 13 Dec 2025

Christopher Weiss	Jr. Brown/White 2nd Red
Ari B	Jr. Brown/White 2nd Red
Mark	Jr. Yellow/White

Portland – L&C School – 5 Dec 2025

Michael Tan	7th Kyu Yellow
Aurora Wade	7th Kyu Yellow

Clayton – Garden School – 23 Dec 2025

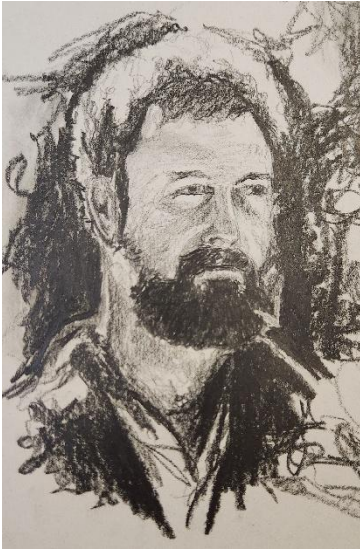
Jody Reeser	4th Kyu Purple
Andrew Vandiver	5th Kyu Blue
Jarred Earle	5th Kyu Blue
Nicole Sanguenza	5th Kyu Blue
Faith Reif	6th Kyu Green
Yuan Sanguenza	6th Kyu Green
Elizabeth Reif	6th Kyu Green
Bo Scott	7th Kyu Yellow

Clayton – Garden School – 17 April 2026

Jody Reeser	3rd Kyu Brown
Andrew Vandiver	4th Kyu Purple
Nicole Sanguenza	4th Kyu Purple
Jarred Earle	4th Kyu Purple
Faith Reif	5th Kyu Blue
Yuan Sanguenza	5th Kyu Blue
Elizabeth Reif	5th Kyu Blue
Bo Scott	6th Kyu Green
Johannowa Scott	7th Kyu Yellow

“We are held responsible for our actions, whether intentional or not.”

Still Watching Your Progress



I am glad that a good group of you have made it to Spring Camp 2026. I continue to talk with my senior students on a regular basis to understand how things are going. It is great to see the progress the system has made and everyone's focus on developing their martial art.

As you practice your forms and application of the techniques, remember what I have always told you, "Grace is efficiency of motion". This means no extra motion. The quickest and shortest path is a straight line. We want all momentum going forward once the decision has been made to attack with a technique.

At the beginning of Snake, do not pull the left hand back or "cock" it. Let the punch leave from here

it is and travel directly to the target. Any other motion will telegraph the punch. This technique requires the body to move forward before the punch is thrown, or at worst, moving at the same time. This is true with both punches and kicks. To draw the foot back lets the opponent know that a kick is coming. It also creates momentum in the opposite direction to the kick, lessening the impact to the opponent. During the engagement with the opponent, the feet move in all directions to find the angle, timing, and distance desired. Once the kick is made, it should move directly to the opponent with no additional motions. A front kick provides a simple example for this.

Always keep your techniques simple and direct. This is made easier with good posture and body position. Keep up the great work. I wish I could be there but remember that this is your karate and the time you put into it will only make it better.

Have a wonderful camp. If you have any questions and in lieu of Mr. Gearey's absence speak with Mr. Paranto.

-Mr. Absher

**"May we have the clarity to see our work, the courage to embrace it,
and the capacity to discharge it."**

What is the Difference Between Self Defense and Martial Arts?

One of the biggest things that attracts people to the martial arts is the idea of self-defense. We want to learn the strategies and techniques to protect ourselves and our families. Who wouldn't? So, we turn to the commercially available fighting styles in an effort to become action heroes. Karate. Jujitsu. Boxing. Kung fu. People want to learn to punch and kick and throw the bad guys.

However, there is a stark difference between martial arts and self-defense. Martial arts have their place. Through the arts, we learn to better ourselves. We better our fitness, our balance, our awareness, and our physical control, and overall, we gain a new form of physical expression with which to interact with the

world. These things have very real value but should not be confused with real self-defense. Martial arts contain self-defense, but self-defense is not necessarily martial arts.

Joint locks, escapes, strikes, take downs, and all the various techniques may be acquired through martial arts, but true defense extends far beyond these things. Self-defense is much more personal. We all have strengths and weaknesses, but no one is fully protected by simply learning a few catch-all techniques. In the heat of the moment of real danger, even the most simple and familiar technique from your karate class may fail. Someone could throw the perfect punch yet still lose in a fight. Why is that?

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Carlos Ray "Chuck" Norris (1940–2026)

Chuck Norris, who bridged the gap between Eastern combat arts and Western cinema, passed away peacefully on March 19, 2026, having just recently turned 86. Surrounded by family at his home in Kaua'i, Hawaii, Norris left behind a legacy defined not just by "tough guy" memes, but by a foundational impact on the professionalization of martial arts in America. His last public comment was "I don't age, I level up"

While modern audiences know him as a film star, Norris's most significant contribution to martial arts occurred on the early tournament circuit where he became a dominant force during the "Golden Age" of American Karate. From 1968 to 1974, Norris held the Professional Middleweight Karate Champion title. He retired with an astounding competitive record of 183–10–2.

It was at the 1967 Long Beach Internationals that Norris met Bruce Lee. Their mutual respect led to an exchange of ideas that culminated in their legendary 1972 duel in *The Way of the Dragon*.

I would like to pay tribute to Chuck Norris, a pioneer and legend of martial arts who passed away on March 10, 2026. I attended a couple of karate events with Mr. Norris who refereed two of my competition fights at 4 Seasons tournaments; once as a green belt and once as a red belt. My other encounter with Mr. Norris was at a black and brown belt seminar being held in Carson, California by one of his Black belts. I had just returned home from a company assignment in Dallas, Texas where I competed in three karate events of fighting, forms and breaking. The seminar was taught by Skipper Mullins, who was inducted into the TKD Hall of Fame at the same time as Mr Fred Absher. After the seminar was over, I was in a very small office with just Chuck Norris, Skipper Mullins, the instructor and myself. As we were just leavening Skipper said to Chuck "when you see Bruce Lee, tell him he promised me a part in one of his films". Chuck Norris was on his way to Rome to film the movie "The Way of the Dragon".

Vaya Con Dios, Mr. Norris

- Toby Gordon

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 2026 are now due.** Board of Regent Dues are also due for 2026.

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.



Sitting and Listening

(continued from p.3)
counterclockwise turn.

This motion is not Snake throwing an uppercut at the Hawk. That would be in an entirely different plane, essentially a separate motion disrupting the flow. Hawk comes in with the downward strike and has all the "weight" of her dan ten (center of gravity) moving forward and into the twisting Snake. The horizontal motion of the Iron Broom is lifted in response to the high attack from Hawk which in turn causes Snake to continue the circular motion with a block protecting

the head and neck continuing down to block the lower strike while turning into the next set. The "Kojosho test" is whether the motion is stopped in its tracks, or whether the motion continues to the next application.

And then it was time to get back on the mat, but the essentials of the conversation stayed with me. Because, really, it's what you do on the mat that is Kojosho.

- Cai Reil

What is the Difference Between Self Defense and Martial Arts?

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The skill of true self defense begins with awareness. Not just awareness of your surroundings (although that is important), but also awareness of your situation. By learning to pay attention, you can be aware of a potentially dangerous situation before it even happens. Through practice, you develop awareness of the strengths and limitations of your own physical body. With repetition, you begin to gain awareness of how your body works and not just how your karate instructor says to use it. When true self defense is needed, the individual who is aware is better protected by default.

Self-defense is not a single class that can be taught in an afternoon. Any martial arts instructor can show you a handful of cool looking breaks and throws that make sense in theory. However, for theory to become application, a student must put in work to apply the new techniques to their body and mind. Work becomes new skills which become new habits which become a new type of awareness that you carry into your day-to-day life. This is what protects you. Learning every technique and kata may build your confidence, but there is no substitute for genuine application and regular practice.

- Nate and Tabitha Trujillo

From the Lewis and Clark Campus School

Our Lewis and Clark students here in Portland learn the basics- including combination basics to our yellow belts. They also learned Pinan Shodan and Nidan. The heart of our classes emphasizes the animal postures, solo and two person forms. We introduced Snake to those eager yellow belts as the next step along the Kojosho journey. Although we often only see students for a few months of their time at Lewis and Clark, we send them off with a solid foundation and the seed of how martial arts can be a joyful and valuable part of our lives.

- John Knight

From the Garden School

Things are going well in Kojosho class. I'm still remodeling the building I bought but I'm getting closer. Besides the Electrician and the Plumber, I'm doing all the work by myself. Take care. See you at camp.

- Mateo Arguello

From the Deer Dojo

We have some exciting things happening in Colorado. We are celebrating achievements and expanding to new avenues.

In August we will be celebrating the five-year anniversary of Deer Dojo. The time has surely flown by! We have a few students who have been with us since the very beginning and many others who have joined us later in the journey. It is such a joy and privilege working with each and every student we have come in contact with since opening Deer Dojo.

Later this year, when we begin our fall semester, we will be expanding to teach some classes out of the community center in Las Animas. We are looking forward to this new opportunity and meeting new students in a neighboring small community.

I'd like to claim this as part of our expansion, since Dr. Alan Nollan trained with us for many years, but truly it is his achievement. He has found a dojo willing to let him rent space so he can begin teaching classes up in the Englewood area of Denver. We are super excited for him to be able to share his love of Kojosho with others.



In February, the Moon school in Albuquerque hosted the Brown and Blackbelt Instructors Seminar. There was a good turnout, and we spent the day looking closely at Deer Posture and Snake Form. We want to thank Dr. Levin, Mr. Diehl and Mr. Minser for sharing their time and knowledge with us.

We are always happy to hear about the progress and happenings from our different schools.
We wish everyone in all the schools a great 2026.

KOJOSHO SYSTEM CALENDAR

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

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 10-11	Fall Camp in La Junta, CO

2027

Jan 9	Black and Brown Belt Testing
Feb 20	Instructor's Seminar
May 28-30	Spring Camp at Apple Valley, NM
July 10	Black and Brown Belt Testing
Sept 11	Instructor's Seminar
Sept (TBD)	"Left Coast" Fall Camp, Portland, OR
Oct (TBD)	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/Fri	12:40-1:40	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	

**“Address the process rather than the outcome.
Then, the outcome becomes more likely.”**