

古今道

IKA International Seminar

- July 21 – 23
Wellesley, MA

Other Upcoming IKA Events:

- **March 18-19:** Toledo Seminar
- **April 8-10:** Tri-Cities Seminar
- **April 30:** New England Awards Banquet
- **May 13-15:** Seattle Seminar
- **June 12th:** Honbu Yudanshakai

...more dates to come



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BUDO

news

The Official Publication of the International Kokondo Association (IKA)



Kaicho's Korner

This article is the first of what will be an ongoing Budo News series

I would like to reflect on sayings that Shihan emphasized. Although there were quite a few, one stands head and shoulders above the others. **Do Your Best!** If you do your best, he would always say, you can always be proud of your actions. Regardless of the grade achieved, trophy desired or deadline met.

Do your best, work to 100% of your ability. Find your actual limitations. Doesn't that sound easy? We all know it's not.

One of the great examples of doing one's best I learned from Shihan Arel. It was his last seminar in Seattle Washington, November 2008. He was in excruciating pain, hunched over and walking with a cane. Even the ever-present sparkle in those blue eyes had dimmed.

And then....

Outside all 53 Kokondo-ka were set up in lines for basics. Our sanchin was low and strong. I planned on beginning the series of basics with Shihan watching from a corner of shade.

It was a bright beautiful day, remarkable given the usual November weather in Seattle. As our arms rose in preparation, suddenly, Shihan called me over to help him walk front and center. I removed his cane as he stood balanced there. He raised arms gnarled and splotchy with age and disease and with a voice resonant and carrying he called out "seiken chudan soto uke." It began, we ran through all the basic techniques grouped by hand position. All seiken techniques, all shuto techniques, all uraken etc. We watched this legendary man, our Shihan, our Master, our Sensei and finally our friend put his heart and soul into every technique. He really put us through our paces.

Do your best, is what he meant by 100% not one ounce less. You should be able to say at the end of any endeavor, I gave it my all. Shihan said if you give something 100% and fail, blame your faulty preparation. Correctly prepare and do your best. You will succeed.

This saying is true! Do your best is fundamental to being a Kokondo Karate or Jukido Jujitsu practitioner. Shihan's legacy is asking 100% of us in everything we do. When we relax, give 100%. Do not worry about things. When we worry, truly worry, focus 100%. We will find either the problem is not worth 100% attention or in fact discover possible solutions

In sum, when you feel distracted by pain, by others, by life itself, think of that November day. Picture our frail, betrayed and gnarled elder. Betrayed and disgusted by a body which has turned on him. See this noble figure still fighting to make the last technique better than the first. Hold these thoughts true and Shihan's Kokondo and Jukido legacy will live forever.

A Journey Worth Taking...

By Sensei Tom Phelps

I woke up one morning and found myself to be 60! I still can't quite believe it, but it's a fact I'll just have to deal with. I have also been reflecting on my years in Kokondo and have decided to share some thoughts with my fellow Kokondo-ka (those thoughts are actually more than "this is going to hurt when I land"). In doing so I hope it will give some of you much to consider and others pause to reflect on and appreciate their own experience in Kokondo.

My wife had been taking Karate classes at the YMCA in Norwich, CT for about a year when I attended my first IKA Awards Banquet as a guest. It was there that I witnessed not only a very impressive martial arts demonstration, but also the camaraderie and mutual respect that existed among the attendees and participants. All these martial artists appeared to be just normal every day people, definitely not fitting the mold I had formed in my mind. It was also there that I met the founder of Kokondo, Shihan Paul Arel. I found him to be a very genuine, humble yet enthusiastic individual, who obviously took great pride in awarding recognition to his students, acknowledging their hard work. I also noted that he focused the spotlight on his students, not himself. As I

watched the various demonstrations I observed that the techniques didn't appear to be athletic and flashy like TV, but technical. It was then I thought, what the heck, since my wife had "survived" a year of karate classes with Sensei Fearn, I'd give it a try. Maybe I could actually learn some of this stuff. That was in 1984!

As I pursued my training during those early years, it became very apparent to me that Kokondo was "much more" than just physically demanding, it was a philosophy. The moral and ethical application of self-defense techniques was constantly emphasized, as was the importance of the Seven Codes of Bushido. Kokondo not only developed a sound martial artist, but also a sound person. Over the years I have come to realize that continual training and maintenance of kata and self-defense techniques are only part of the equation. Serious reflection and implementation, in and out of the dojo, must also be given to the Seven Codes of Bushido. This aspect of our training is integral to the physical and may actually be more difficult at times. To be a successful Kokondo-ka, you must be diligent in both aspects. This is the path set forth by Shihan Arel.

I have been honored by the opportunity to have trained with Shihan Paul Arel as well as Master Robert Longo. I have unparalleled and unwavering respect for both of these individuals. Not only were they extraordinary martial artists, but extraordinary men. They were the "elite" of our system, yet never showed it. They were always humble, respectful and available to all students in the system. These iconic individuals showed a level of respect toward the student that was equal to, and sometimes more than, that shown toward them. Their unwavering enthusiasm and dedication to the students has left me with an indelible impression, of which I can only hope to emulate as a student and Sensei.

Again, my original intent upon joining Kokondo was to just give it a try. In the beginning I really never thought about attaining a black belt and most certainly had no thoughts of becoming a Sensei. I guess you could say "A funny thing happened on the way to today". Being awarded the rank of Shodan was a very humbling experience. I was keenly aware that it was not awarded based on just my ability, but also via the confidence of my chief instructor Master Fearn and Shihan Arel. Each successive rank change, my Instructor Certification and the approval to establish our dojo (1994) has brought with it an increased level of appreciation and humility. In 2009 I was awarded the rank of fourth dan (Yondan) in Karate by Kaicho Howard. Absolutely no one was more surprised or humbled than I was. It is my belief that these advancements occurred not just as the result of hard work and diligence, but also because my expectations never outpaced my training. Recognition for my achievements has come from those around me because they felt it was deserved, not because I felt it was. My goal, as I continue along my "Journey in Kokondo", is to strive to live up to the level of confidence that has been placed in me by Kaicho and the Masters and never lose sight of the tremendous legacy left to all of us by Shihan Arel.

When we opened our dojo my wife and I both realized the nature of our training and responsibilities had changed dramatically. While concentrating our efforts to learn and perfect techniques, we could not allow it to interfere with our responsibilities to our students. This was a whole new aspect of Kokondo. This

transition was facilitated through open dialog with Shihan as well as other leaders in Kokondo. They were always available to assist us with any questions we had and their encouragement and support was steadfast. Teaching in itself has been a tremendous learning tool. It forces the Sensei to constantly self-evaluate. To those of you, who feel you could never be a Sensei, don't shortchange yourself. Sharing one's knowledge is very rewarding and teaches us much about ourselves if done with humility and honor. Another great experience afforded by Kokondo.

Much has transpired in Kokondo over the years. The implementation of the International Seminar was a tremendous success, giving students from all over the opportunity to access Shihan and the Masters and experience their teaching first hand. I think this function opened the eyes of many students as it allowed them to train with and speak directly to the Kokondo leadership. Special recognition is given to many individuals at this event, openly sharing their achievements with everyone. Other positive influences, such as the Black Belt classes (Yudanshakai) and the numerous visits to various dojo, have also afforded countless students the opportunity to train with Kokondo's leadership. The annual IKA Awards Banquet is specifically reserved for the students and the families and friends that support them. These efforts and functions, initiated by Kokondo leadership, show their dedication to and respect for all Kokondo-ka.

As emotionally difficult for us as the passing of Shihan Arel and Master Longo has been, we who remain need to galvanize our efforts to ensure the future of Kokondo by focusing specifically on its principles, both physical and philosophical. All losses strengthen the resolve and determination of our current IKA leadership and our devout Kokondo-ka. Through the leadership and dedication of Kaicho Howard, the Kokondo Masters and Sensei, Shihan's legacy will endure. It is incumbent upon all of us to maintain the bedrock principles of Kokondo and pass it on to future generations of Kokondo-ka. Through this effort Shihan Arel and Master Longo will be forever present in the dojo and in our hearts.

Training in Kokondo is a personal endeavor, not a public one. It is not for display, showcasing flamboyant athletic ability. Kokondo is dedicated to the intelligent appropriate application of learned self-defense techniques in response to

specific conditions. Reaction without purpose is wasted energy, which could culminate in failure during a confrontation. Learning new techniques and kata is always a challenge and we all relish that opportunity. However, continual maintenance of techniques previously learned is essential. As we mature in the system so should our knowledge and perfection of all previous techniques. This is what broadens our self-defense abilities and sets Kokondo apart from many other forms of martial arts. Never be satisfied with the mediocrity of "that's good enough"; yet never look at your achievements as minor. Aspire to perfect all you have learned thus far and the new techniques will come along in their own time. For those of us who spent time with Shihan Arel and Master Longo it was very apparent that these two individuals never stopped perfecting their techniques. They never let their superior knowledge influence their

demeanor. There wasn't even a hint of ego or aloofness in them. Nor should it exist in us, as we are the extension of their teaching. Be both proud and humble of your knowledge and abilities, but never self-absorbed.

Kokondo has provided all of us the opportunity to associate with a group of people who are, without a doubt, the finest people I have ever met. Their dedication to the system, respectful demeanor, humor, patience, generosity and genuine concern for others is unparalleled. This is the "Kokondo Family". We should all feel honored and humbled to be part of this diverse and unique group of exceptional people, I know I am. I hope your Journey in Kokondo will be as rewarding as mine has been. I look forward to sharing the path with you.

The Journey Continues....

2011 North East Regional Jukido Randori Championship Results & Pictures

Thank you to all the participants, Sensei, and Masters for a successful tournament.

White Belts:

Guppy Division

1. Amanda Sce
2. Miles Lashney
3. Melsa Jebbu

Small Fry Division

1. Alex Bodey
2. Lakeem Haughton
3. Mollie Nardone

Pee Wee Division

1. Michael Cruz
2. Sierra Bond
3. Nicholas Doumbe

Junior Division:

1. Amy Zadroga
2. Mekka Jebbu
3. Kevin Gonzalez

Yellow Belts:

Super Small Fry Division

1. Nathan Asselin
2. Makayla Smith

Guppy Division

1. Joey Sandone
2. Lorenzo Valsecchi
3. Ben Salamatian

Pee Wee Division

1. Levi Feher
2. Zoe Furman-Cox
3. Zachary Bidwell

Junior Division

1. Loi Nguyen
2. Tam Nguyen
3. Dalis Irizarry

Senior Division

1. Santor Feher
2. Eric Hutchinson

Orange Belts:

Small Fry Division

1. Andrew Quagliaroli
2. Prescott Watson
3. Kenan Smith

Junior Division

1. Tug Arnold
2. Luke Shepherd
3. Alex Dursin

Senior Division

1. Alex Irizarry

Blue Belts:

Pee Wee Division

1. Evan Hutchinson

Junior Division

1. Sasha Marcone
2. Patrick Nguyen

Purple Belts:

Junior Division

1. Patrick McCarthy
2. Christen Webster
3. Megan Phan

Green Belts:

Small Fry Division

1. Luke Mitchell
2. Connor Santos

Junior Division

1. Christopher Ryan
2. Douglas Phan

Senior Division

1. David Quagliaroli



Brown Belts:

Junior Division

1. Serena Robert
2. Daniel Webster

Senior Division

1. Dylan Ryan
2. Brian Bursiewicz

Black Belts:

Junior Division

1. Lauren McNevins
2. Phillip Brennan

Senior Division

1. Frank Lisevick





Brief Explanation on Judging an Official Randori Match

(Why are they sticking those colored flags in the air?)

With the recent success of the IKA Northeast Regional Jukido Randori Championship, now may be a good time to briefly review how official matches are judged for those less familiar with this small, fun, and competitive part of our otherwise self-defense based jujitsu system.

A chief referee's job is to ensure safety, First! Second they judge the match. They determine based on clear criteria whether a point is a full, half or no point. Since they have so much on their minds they may wish to consult the corner judges for their view to add their own vote and get a majority.

As a corner judge your priorities are reversed from the Chief Referee, you are judging the match and then worried about safety only if they come near the edges of the mat you are next to. You are viewing and judging the match from your unique vantage point. You may see effort that due to a turn of the action only you observe. While you are to make sure the participants stay within the boundaries of the Randori area, you are most specifically ready for when the judge says "Hante".

When requested raise your white, red or crossed flags quickly and sharply. If the Jukido-ka with the red flag in their belt has come closer to a point through effort and technique, raise the red flag, in reverse for the white flag. If you have not seen enough to make a judgment, raise the crossed flags as a vote for an extension. Those are your possible votes.

As you watch the match you should be ready to vote. Don't wait to the end! Keep a running commentary in your head. For example: Red almost made that half point, good effort white barely avoided it (red flag ready. Then, white just tied (crossed flags ready)... White almost made that...should have bent knees and pulled, oh well (white flag ready).

The chief referee will then make the call by majority rules. Remember between the corner judges and the chief referee they create an odd number (either 3 or 5). Therefore ties are not possible.

Chief referee may make the determination without consulting the corner judges, especially if they feel that they saw something the other judges may not have seen. For example it is often an unsafe behavior that they quietly warned the participant about.

Full point wins the match instantly. This is true if given as full point or as the second half point equaling one point. First half point wins instantly on extension.

7TH ANNUAL IKA FLORIDA SEMINAR

The Florida Jukido Jujitsu Academy recently hosted their 7th annual Florida regional seminar with Kaicho Howard. This seminar is among the most Jukido oriented IKA seminars of the year and was a huge success. Below is an article that appeared in the Palm Coast Observer, a local publication distributed to over 40,000 local residents. It is utilized here, with permission from the author and Palm Coast Observer.



Martial Arts Leaders Swing into Academy

By Andrew O'Brien, Reporter for Palm Coast Observer

The Jukido Academy, in Palm Coast, is the longest-standing martial arts school in Flagler County.

Palm Coast recently played host to a who's-who in Jukido Jujitsu.

Sensei George Rego began learning the martial art of Jukido Jujitsu at age 8. One of Rego's instructors since a young age was Master Paul Arel — the founder of the art. Arel is a former U.S. Marine who began training in jujitsu in 1950. Arel practiced nonstop until his death in January 2009. Rego's second instructor is Master Greg Howard, who is the current Jukido Jujitsu master as a seventh-degree black belt.

Over the weekend of Friday, Dec. 3, Howard, along with many other top students of the art, were in Palm Coast for the seventh-annual Florida Jukido Jujitsu Seminar, held at Rego's dojo.

A total of 108 participants — children and adults — practiced the art during the three-day seminar, taught by some of the art's highest-achieving practitioners.

"This was the largest Jukido Jujitsu seminar attended in Florida and the second-largest Jukido Jujitsu seminar attended in 2010," Rego said.

According to Rego, there were eight black belts from his dojo here in Flagler County, seven black belts from Connecticut, two from California, three from Missouri and many non-black belt students from those states and Washington.

Rego founded the dojo in October 1999, in Flagler County. He said it has been the best-rated martial arts school in town for many years.

The difference between his and many others, Rego said, is the focus is on self-defense tactics. "Our school is unique these days in that our focus is exclusively on the use of authentic martial arts for practical and realistic self-defense situations," Rego said, "as opposed to schools that focus entirely on teaching martial arts as a competitive sport to accumulate trophies."

Rego is a fourth-degree black belt in jujitsu and a second-degree black belt in karate.

He's been studying the art for 20 years, and he said his school — which has more than 100 students attend classes weekly — is the most-attended Jukido Jujitsu dojo in the world.

Cyber-Bullying

Self-Defense is the hallmark of Kokondo. We learn to protect ourselves from big mean physical attacks. It is what 99% of our time in the dojo is all about. Often as we learn to defend ourselves physically, we notice that we are more confident and less easily hurt from verbal or emotional attacks. The confidence in your ability to handle the confrontation should it become an actual attack reduces the chances of it escalating. For the most part, these skills have served humanity well since martial arts were created. Now, however, technology has gone much further.

We were taught if a phone call becomes abusive simply hang up. The person will use the time to redial to calm down. (Better advice before speed dial was invented.) It was unlikely they would put graffiti on your house or make long distance calls to your friends and relatives and complain about you. Now we have social networks, instant communication. We learn what people are thinking on the other side of 1000 miles away, whether they are studying for a test, or up for a promotion at work.

While that is gentle and benign there are darker sides. Now breakups occur in Technicolor for all to see. The damage can last for months; years and we may see it go decades. We see people tear each other apart and make the most outrageous claims. We are confronted by narrow-mindedness and bigotry. In short there are bullies out in social networking.

Unfortunately, the Internet has raised the bar for bullies. They use half-truths, innuendo and pseudo friendships to spy on others. They pretend interest in someone or something only to get enough information to complain or attempt to discredit their victim. Intellectual bullies demand that others see things as they do regardless of facts. These behaviors are bullying and anyone who engages in them is a bully.

Shihan hated bullies of every stripe. He hated them with a passion. He taught us to ignore bullies. "You don't give them the time of day and if they touch you, you clean their clocks." Shihan also said "rudeness is a weak person's imitation of strength." Be confident that you are in the right. Ignore the bully. Separate bullies from their supporters and you will expose their insecurities or weaknesses.

Kokondo is the way of the past and present. As such we look to the past to apply techniques that have worked well to the modern world.



If a bully bothers you:

- Ignore the bully or de-friend them.
- Isolate the bully from their supporters. Drop others who are friends with the bully until they recognize the bully for what they are.
- Realize that you know the truth and that lies and half-truths, no matter how eloquently written, tweeted or posted are still lies.

Now ask yourself these questions:

- If your friends do not understand the truth about you, are they really your friends?
- Are they people you want to be friends with?
- Would you put up with this bullying if they were physically in front of you?

We acknowledge no difference in tactics. Bullies are bullies, whether demanding lunch money or life savings, texting in the back row or writing lies on a social networking page.

Kokondo doesn't tolerate bullies. We never have and we never will.

Budo News

Interested in submitting an article or an article idea? Submissions can be made to the following email address:

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IKA Honbu Website: www.kokondo.org

Discover Authentic Martial Arts



IKA INTERNATIONAL SEMINAR

Coming Soon!

Who:

You!

What:

The very best instruction, training, and overall Kokondo martial arts experience of the year!

When:

July 21-23, 2011

Where:

Wellesley, MA – Dana Hall School!

Why:

*The absolute best and most extensive opportunity to Discover the Authentic Martial Arts of Kokondo, challenge your physical limitations, and expand your knowledge of Jukido Jujitsu & Kokondo karate under the most senior sensei and masters of IKA. There is nothing quite like the IKA International Seminar! **Don't miss out!***

Contact:

Master Joaquin Betancourt, 2011 IKA International Seminar Host at: tkokondo@cox.net

Official Registration Form Coming Soon! Speak with your Sensei, Contact Master Betancourt or Honbu, and/or visit the official IKA website at www.kokondo.org