

INSTRUCTOR & STUDENT QUARTERLY

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Special bi-quarterly edition

6035 Ft. Caroline Rd. Unit 22, Jacksonville, Florida U.S.A. 32277

Phone: (904) 745-6019 / Direct 24 hr fax: (904) 744-4625

Website address: www.San-Jitsu.com / E Mail: San_Jitsu@yahoo.com

A personal message from me to you.....

As many of you are already aware, this newsletter is coming to you very late. The reason for its delay has been because of depression brought about by the recent passing of my Father who died January 18th of this year from Alzheimers. I did not appreciate my Father very much when he was alive, taking many of the things he did for granted. I even resented the fact that he always said he would pay my way back home if I failed at something when I was younger. Looking back now, I see where I owed him allot more than I gave. For all the times I failed and he was there to pick me up without complaint or telling me "I told you so". I should have told him I loved him more often.....such is hindsight. He was ALWAYS there when I needed him. He was my *very first* martial arts teacher. As a boxer in the Pacific Navy Fleet, he taught me boxing and I used it in the street to defend myself. He later introduced me to a Judo instructor who worked at the Veterans Administration Hospital where he was Head Dietician. That man was the great, Sensei "Moon" Watanabe, a Judo champion from Hawaii who took me in at the young age of 11, at a time when they didn't teach kids, just because he knew my Dad. He taught me that you could be tough without starting fights. Later on, I went to Professor Sig Kufferath who was teaching just down the way from him because I wanted to know Ju-Jitsu. As it turned out, Professor Sig was one of the best in the world to learn Jiu-Jitsu from, as he was the Appointed Heir of Hawaii's world renowned Danzan Ryu Jiu-Jitsu system and the Founder of his own system of Nikko Jiu-Jitsu. That was the beginning of my *formal* martial arts training with these two fine gentlemen. As for my Father, he served during the War under Admiral Nimitz, the famed American Naval Officer who accepted the Japanese surrender at Tokyo Bay, Japan. He didn't talk much about his days in the service, only an occasional funny reference to the Admiral walking around in his underwear on the ship deck with the rest of the crew or his escapades while on Leave. He was a very humble good natured man which made me "overlook" the fact that he was actually a genuine hero. It was because of his serving in World War II with other Guamanians (my nationality) that Guam was made a U.S. Territory through what is now known as the "Organic Act". He also was one of the contributors to maintaining America's freedom by his serving in the Pacific theatre. After my Father's beautiful funeral

and burial at the Veterans Memorial cemetery in Jacksonville, Florida, my family and I happened across a photo of my Mom and Dad's Wedding in 1944 when they were cutting their Wedding cake. Underneath the photo was the signed best wishes of none other than, Admiral Nimitz. My Dad was a Hero and a good, good man that I shamelessly took for granted. I made my peace with him just prior to his dying by whispering over and over to him that I loved him. His response was a slight smile that came across his face as if to say I was waiting for you to say that, Son.....If you have a loved one, REMEMBER to tell them everyday that you love them. It may seem like such a trivial thing, but you never know what tomorrow brings and you may not have the chance to make amends as I did. I now carry my Dad deep in my heart, along with my Mom and younger Brother, Fred who died before him. I am the only one left of my Mom and Dad's family now to carry on a mission on this earth in my chosen field of martial arts. I WILL accomplish what I need to do before I die (which will be many, many years from now) and I look forward to sharing this journey with you.....



My Son, Matthew poses for a picture with my ailing Dad



Senseis Matthew Sanchez, Nate Hart & Masters Jimmy Rutherford & Chris Marquez act as pole bearers



My Dad's final resting place at Jax Memorial Cemetery



My Dad would have been proud of the military honors given to him, I know I was.....



My Dad's Wedding photo in Navy uniform & signed by his "Boss", Admiral Nimitz

March 26th – 27th in Sacramento, California was a joyous time for me as I got to do a seminar in tribute to my late instructor, Professor Sig Kufferath during a special 100th Birthday Memorial Symposium given by his Daughter, Leslee Kufferath. Accompanying me on the trip was Shihan Chris Marquez who acted as my Uke. My former dojo mate, Professor Russ Coelho was also there to do a seminar on Danzan Ryu along with other former students and acquaintances of Professor Kufferath who went on to make names

for Themselves. During the symposium, we also attended a Hawaiian Luau to honor those in attendance where I presented Leslee with an award from my World Head of Family Sokeship Council group and also got to meet my student, Sensei Ray Kodani and his Son from there. I was also pleased to be able to promote Sensei Ray during one of my San-Jitsu seminars in California.



Instructors line-up for pictures (L to R) Shihan Chris Marquez, Prof. Russ Coelho, myself & Sensei Ray Kodani

Leading class through San-Jitsu punching drill



Class practices Latte Stone Form Beginning of Rolling Snake Strike to face ending on ground preparing to deliver heel strike to groin w/ knee break



Awarding promotion to Sensei Ray Kodani as class looks on

Leslee Kufferath presented award during luau banquet



Students pose for picture after seminar

On May 27th, Masters Chris Marquez, Jimmy Rutherford, along with Sensei Matthew Sanchez and myself did a seminar in Orlando, Florida for the 19th Anniversary of my World Head of Family Sokeship Council, the world's most prestigious martial arts grandmasters/ masters organization. The seminar was a resounding success.



Instructors line-up for photo shoot



Taking down Master Rutherford with slight hand pressure



*Posing before wrapping
In for technique*



Arm break



Fanning block



Iron wing take-down



*Iron Wing Take Down
completed*



Throwing tech.



Beginning of Rolling Crucifix Arm break



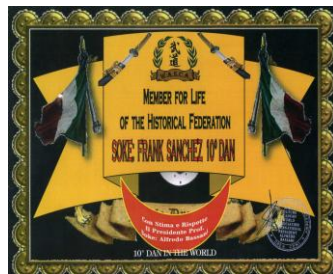
Rolling Crucifix Arm break shown midway and completed

May 28th saw the induction of Masters Jimmy Rutherford and Chris Marquez for Master Instructor of the Year – San-Jitsu; Sensei Matthew Sanchez for National Instructor of the Year – San-Jitsu; Sensei Phillip Spears for Regional Instructor of the Year – San-Jitsu – Texas; student, Paul Hallman for Outstanding Contribution – WHFSC Website; and students, Jill Hernandez, Barbara Whitt and Shea Daugherty for Outstanding student of the Year – San-Jitsu - during my World Head of Family Sokeship Council Awards Banquet held May 28th at Loews Royal Pacific Resort – Universal Studios, Orlando, Florida. CONGRATULATIONS to all for your awards. They were well deserved!

SPECIAL THANKS also go out to Sensei Phillip Spears for coordinating the seminars for my World Head of Family Sokeship Council Gathering; to Master Jimmy Rutherford for manning the awards table; to Master Chris Marquez for the banquet introductions; to his Wife, Jill for manning the banquet entrance table; to student, Paul Hallman for his photography; and to Sensei Matthew Sanchez for emceeding my event; as well as all the other students for helping out where they could. Without your assistance, the success of my event would not have been possible. THANK YOU, AGAIN!



Shown performing “lighting the candles of freedom” ceremony with martial art spiritual advisor, GM Sri Dinesh from India during WHFSC festivities. I was also presented with a “PADMA RATNA – The Highest Martial Conscious Force Award” from GM Dinesh



*U.S Italian Martial Arts Alliance Certificates from Italy's prestigious WASCA Organization
Officers (L to R) Prof. Gary Dill, myself Headed by GM Alfredo Bassani
& Master Alfredo Torella*

Per invitation from President, Master Alfredo Torella and Professor Gary Dill of the U.S. Italian Martial Arts Alliance, I have been made the official Advisor for the U.S. Italian Martial Arts Alliance. San-Jitsu is also now officially recognized in Italy with Life membership certificates from W.A.S.C.A. The governing body of martial arts there Headed by U.S. Italian Martial Arts Alliance Officer and “new” WHFSC Member, GM Alfredo Bassani. I will be traveling to Italy this December with the U.S. Italian Martial Arts Alliance to conduct seminars on San-Jitsu there.

This concludes our Special Bi-Quarterly edition – The newsletter will go back to its normal quarterly review beginning with the upcoming September issue – Until then stay healthy and happy until next time!
Soke Frank E. Sanchez

SAN-JITSU ORDER FORM

The following articles can be purchased through the dojo or by mailing your check or money order (**U.S. currency only – no cash please**) to:

SAN-JITSU GUMA
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Jacksonville, Florida USA 32277

You can also e-mail your funds directly to San_Jitsu@yahoo.com by first setting up a “free account” with “PayPal” at <https://www.paypal.com/>

SAN-JITSU ITEMS (Prices effective 2008)

Circle or mark the numbers for those articles you are purchasing:

1. Training tapes for those with a Black Belt or equivalent in another art (must submit copy of rank certificate with brief resume and photo) –Four tape series (specify VHS, PAL or DVD Format) - \$35.00@ tape with testing via video-tape for each tape@ \$30.00 for first 3 tapes and \$60.00 for last tape which includes Level One Instructor Certification (add an additional \$30.00 for each individual demonstrating with you on the tape along with a copy/ copies of Black Belt certificate(s) and resume(s), if they are also requesting certification) . Costs can be paid as you go through each tape or you can pay for the complete set of tapes in advance for \$120.00 representing a discount of \$20.00. First tape only Complete set of tapes Specify type of video format: VHS PAL DVD

2. Tapes for students of San-Jitsu – 12 tape series (specify VHS, PAL or DVD Format) - \$35.00@ tape with testing via video-tape for each tape@ \$30.00 for first 11 tapes and \$60.00 for last tape (add an additional \$30.00 for each individual demonstrating with you on the tape along with a copy/copies of rank certificate(s) and resume(s), if they are also requesting rank certification for each belt level). Costs can be paid as you go through each tape or you can pay for the complete set of tapes and tests in advance for \$400.00 representing a discount of \$20.00. First tape only Complete set of tapes Specify type of video format: VHS PAL DVD

- 3. Official San-Jitsu Patch (Ayuyu Crab) \$10.00
- 4. Guam Patch (Island’s flag)..... \$ 5.00
- 5. Combat wrist band (mid-level to upper level ranks only – *price each wrist band*\$20.00
- 6. San-Jitsu logo iron-on transfer sheet (for back of uniform)..... \$ 8.00
- 7. Official San-Jitsu Fighting Ring (silver) – *specify middle finger size*.....\$70.00
- 8. Optional San-Jitsu Fighting Ring (gold plated) – *specify middle finger size*.....\$200.00
- 9. Hornet’s Knife.....\$6.00
- 10. Balas (flexable plastic whipping sticks) - *per pair*.....\$60.00
- 11. San-Jitsu t-shirt – *specify size – available in black and green*.....\$15.00
- 12. Light weight black student uniform *for beginners – specify size*.....\$38.00
- 13. Heavy weight black uniform with embroidered emblems on jacket & pant leg.....\$85.00
- 14. Heavy weight green uniform (embroidery/ back patch extra).....\$85.00

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