

# KODENKAN YUDANSHAKAI

## ATARASHI DENTO

NEW TRADITIONS

SEPTEMBER 2023

Paul Haber, Shihan, editor

Welcome to the  
the Members and  
Kodenkan Yudanshakai  
Henry Seishiro Okazaki



newsletter dedicated to you,  
Associates of the  
in the traditions of Professor  
and Dai Shihan Joseph Holck

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### WHAT'S NEW?

9/16/23- **KDK BOARD OF DIRECTORS MEETING-** 2:30 PM at MATS

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### Kodenkan Yudanshakai Senior Clinics

**OPEN TO KDK MEMBERS 14 AND OLDER White through black belts!**

**Friday, September 8, 2023**

**5:30 PM to 8:30 PM**

**KODENKAN CENTER Dojo**

**3127 N Stone Ave, Suite 115**

**Tucson, AZ**

**Sunday, September 10, 2023**

**9:00 AM to 12:00 PM**

**MATS Dojo**

**5929 E 22nd St**

**Tucson, AZ**

Questions? Contact: Julian Pimienta [mjpimienta@msn.com](mailto:mjpimienta@msn.com); (520) 529 - 4256

# Kodenkan Yudanshakai Senior Clinics

## Registration Form

### SCHEDULE - SENIOR CLINICS

#### Friday, September 8, 2023

5:30 PM to 8:30 PM

KODENKAN CENTER Dojo

#### Sunday, September 10, 2023

9:00 AM to 12:00 PM

**Cost:** \$10.00 each day

No Charge for current Black Belts

### **Make checks payable to: Kodenkan Yudanshakai or KDK**

Mail to: Kodenkan Yudanshakai, PO BOX 13895, Tucson AZ 85732-3895

**or**

Bring registration form/fee with you on day of clinic

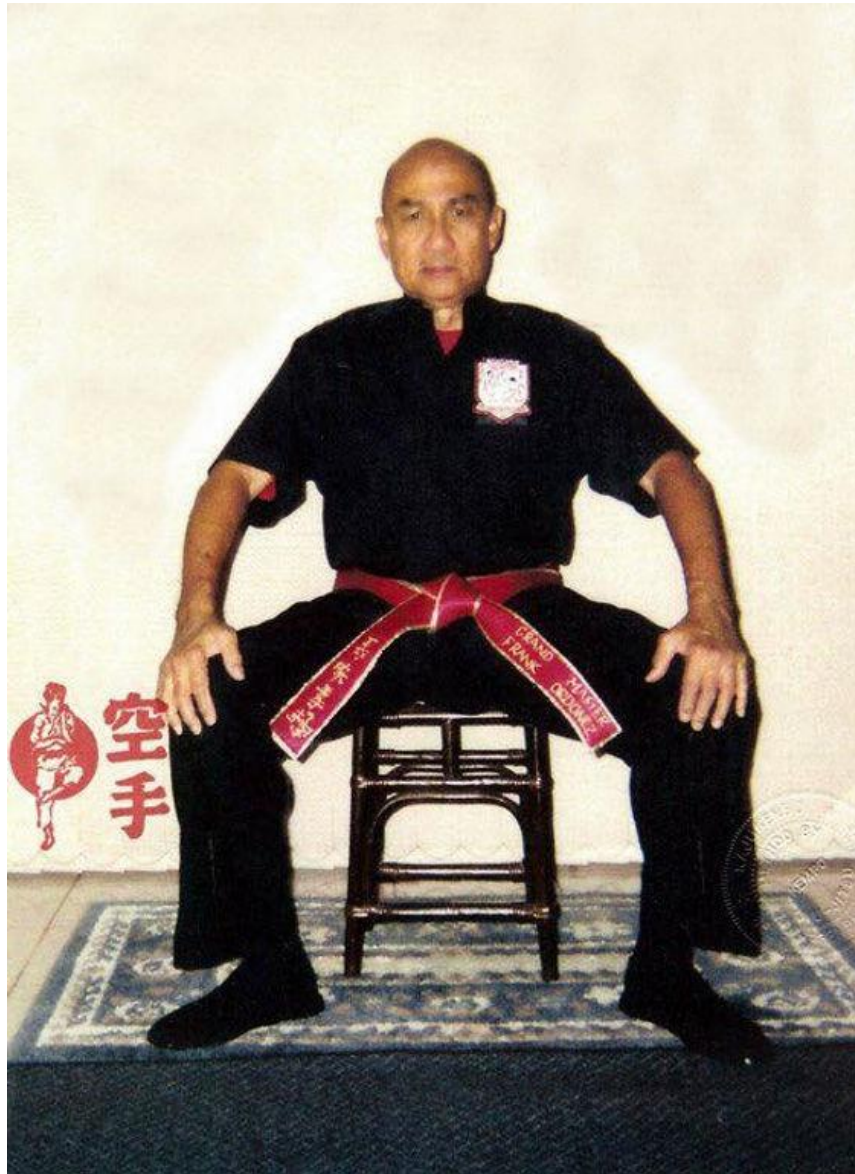
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NAME)

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ADDRESS & ZIP CODE)

\_\_\_\_\_ / (TELEPHONE NUMBER)  
(DOJO)

## *MEET THE SENSEI*

This month, with the help of Ordonez Kajukenbo Ohana we will discuss the last of the Founders of Kajukenbo, Frank Ordonez, AKA "Uncle Frank" to members of his system.



**Kajukenbo Co-Founder "Uncle" Frank Ordonez...** was born February 15, 1927 in Puunene, Maui, HI. During his teens he studied Jujitsu from Sam Luke Sr., an instructor from the Kodenkan Jujitsu of Prof. Okasaki in Honolulu, HI. This is where he met Joe Mitsuno Holck.

After witnessing the bombing of Pearl Harbor from his home, Uncle Frank enlisted in the U.S. Army. While stationed at Ft Shafter in Honolulu, Uncle Frank was on the Army Boxing team with Peter Choo, a Tang Soo Do practitioner, under the training of Thomas Toyama. Uncle Frank invited Peter Choo to cross train with him and Joe Holck in Jujitsu and with Thomas Young in Kenpo. This laid the foundation for Kajukenbo.

In 1947, while living in Halawa Housing, Uncle Frank invited his childhood friend and God-Brother Adriano Emperado, a student of Kenpo Prof. Chow, to come train with Joe Holck and Peter Choo in the abandoned Barracks adjacent to his home. Peter Choo invited his friend George (Clarence) Chang, a Kung Fu practitioner, to come and train as well. These 5 Kajukenbo Founders called themselves the Black Belt Society.

At the onslaught of the Korean War, Joe Holck, Peter Choo, and George Chang were called away to service. Uncle Frank was honorably discharged and started a career with the FAA. The Black Belt Society agreed to place Adriano Emperado in charge to carry on their legacy. Uncle Frank continued to help teach at the Palama and Wahiawa Branch schools along with Joe Emperado starting in 1950.

In the late 1950's Uncle Frank was transferred to the island of Kwajalein where he continued to teach and authored the Kajukenbo Prayer. Around that time Joe Holck came up with the name Kajukenbo. In 1960, the Kajukenbo name was registered by Adriano Emperado with the State of Hawaii. In 1968, Uncle Frank drew up the papers for incorporation of the Kajukenbo Self Defense Institute. KSDI Board Members Uncle Frank, along with Ben Kekumu, Philip Doseo, Marino Tiwanak, and Robert Kawakami named Adriano Emperado Professor of KSDI with the rank of 10th Degree. Sometime after, the other founders of Kajukenbo were acknowledged as 10th Degree Co-Founders of Kajukenbo.

Uncle Frank continued to mentor and advise senior members of Kajukenbo. On February 15, 2008, a select few promoted by Uncle Frank formed the Ordonez Kajukenbo Ohana to Honor Uncle Frank's Legacy.

Frank Ordonez passed away on October 30, 2017 at age 90. He was the last of the 5 Founders to leave the earth.

# THE KAJUKENBO PRAYER

Almighty and eternal god, protector of all who put their trust in thee, accept the humble homage of our faith and love in thee, the one true God. Bless our efforts to preserve the integrity of the United States of America, a nation founded on Christian principles, enlighten our roles, guide our law makers and protect the sanctity of our homes, and bless our efforts in these exercises, whose sole purpose is developing our body to keep others mindful of thy commandments. Give us perseverance in our actions, so we may use this as a means to keep closer to you the one true God. In the name of thy beloved son, Jesus Christ, our lord. Amen.

- Frank Ordonez, Kajukenbo Co-Founder

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## *UPCOMING EVENTS*

10/8- **KDK Fall Picnic**- Location and time TBD

11/4,5- **Candidate testing**- Location and time TBD

11/11- **Board of Directors Meeting**- 2:15-3:15 PM MT- at MATS.

12/2- **Alternate Candidate Testing**- if necessary. Time and Location TBD.

12/3- **Holiday Party**- at MATS. Time TBD

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## KANJI CORNER

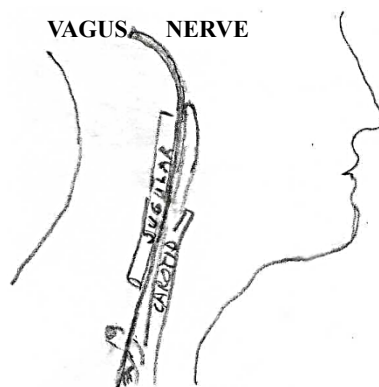
### JAPANESE ANATOMY TERMS FOR MARTIAL ARTS

#### PART 9

In this final installment we cover the central nervous system. This article will present those nerves which have strategic medical understanding. It contains generalized attention to their origin and placement and to the effects they have on the body. Some of the terms below have been mentioned previously.

Nerve placement along the brain and spine reflect their level of importance, with life centers in the brain and upper spine, downward to the outer lower extremities necessary for full mechanical function. In general, the higher on the spine (spinal cord) the trauma or damage, the greater the overall effects on the body.

### NERVES FROM THE HEAD AND CERVICAL SPINE



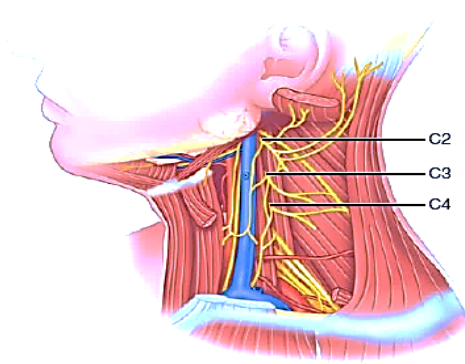
#### VAGUS NERVE

On

*Meisōshinkei* (迷走神経) astray, in doubt, lost + run + spirit + to pass through, go through)  
vagus nerve

Tenth of twelve paired cranial nerves, these are the main nerves of the parasympathetic system, They pass from the medulla, down through the head and neck, into the chest and abdomen where they activate the internal organs—including the heart rate, digestion, and immune system—then on to the legs.

Compression or a blow to this nerve slows down the heart rate and causes precipitous loss of blood pressure. Combined with occlusion of the jugular vein and carotid artery, almost instantaneous loss of consciousness occurs.



## CERVICAL PLEXUS

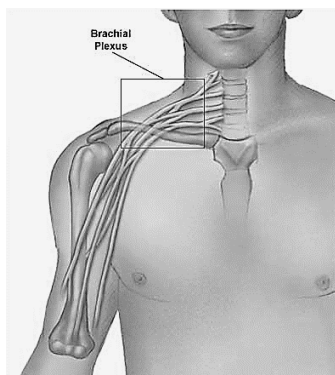
On

*Keishinkeisou* (頸神經叢 head + spine + go through, pass through + plexus) cervical plexus

Emerging from cervical vertebrae (*keitsui* 頸椎 head + spine ) C1-C5 (the Atlas, Axis, and three subsequent vertebrae), this plexus provides skeletal muscle control of the neck and upper torso; motor control to the face, tongue, etc.; and provides sensation to the skin and structures in the head and face.

The phrenic nerve (横隔神経 *oukakushinkei* sideways + distant + spirit + go through, pass through) is the most important of these. Originating at C4, it is the only nerve servicing the diaphragm for breathing.

A blow or other damage to the cervical plexus area can affect muscle control, vision, speech, breathing, etc. as well as interrupt the blood supply to the back of the head and other structures from the occipital artery, which emerges near the Atlas.



## BRACHIAL PLEXUS

On

*Wanshinkeisō (-sou)* (腕神經叢 arm + spirit + to go through, pass through + plexus, rete) brachial plexus

This network of nerves is rooted in the spinal cord at vertebrae C5 through T1; their position places them where the neck meets the top of the shoulder. Three nerves (radial, median, and

ulnar) activate the arm and its musculature as well as the hand. A blow here may cause arm pain and/or numbness.

A blow to this area may also affect the Cervical Plexus as well (see above), leading to pain, disorientation, or body collapse.

## GENERAL EFFECTS OF TRAUMA TO SPINAL CORD NERVES C5-C8

- For mild injury from a blow or fall, effects may include neck muscle pain, stiff neck, arm pain. A severe injury may cause paraplegia or quadriplegia from lower cervical nerves.
- At C5, the person can raise arms and bend elbows. Possibility of some or total paralysis of wrists, hands, trunk and legs. Can speak and use diaphragm, but breathing is weakened.
- At C6, effects as in C5 injury. May also lose bladder and bowel control. Generally, normal sensation and movement of head, neck and shoulders. Possible pain, weakness, or paralysis in one or more parts of the body below this point.
- At C7, effects as in C6 injury. Possible burning pain in shoulder blade and/or back of arm; loss of sensation and motor control of in shoulder and back of arm
- At C8 (between vertebrae C7 and T1), effects as in C6 and C7 injury. Possible loss of sensation and weakened motor control in hands, trunk and lower body.

In fighting/self-defense applications, vertebra and related nerves at C7 are a favorite target. The list above shows the likely debilitating effects of an attack there, and the consequent need to be legally justified in any blow given here.

## NERVES FROM THE MID SPINE

### THORAX, THORACIC CAVITY

On

*Kyōkō* (*kyoukou* 腔胸 chest, breast + cavity) (also: *kyoubu 'kou* 胸部腔 chest, breast + part, section + cavity) thorax, thoracic cavity

### THORACIC VERTEBRA

On

*Kyōtsui* (*kyou-*) (腔椎 chest, breast + spine) thoracic vertebra

### LONG THORACIC NERVE

On

*Chōkyōshinkei* (*choukyoushinkei*) (長胸神經 long (distance, length) + chest, breast + spirit + to go through, pass through) long thoracic nerve

This nerve plexus arises from the cervical vertebrae C5-C7 and then runs downward behind the brachial plexus into the back, affecting structures in the thoracic area. It serves the skin and musculature of the upper back, especially the serratus anterior muscle, which wraps around the




ribs below the armpit. This anchors the shoulder blade to the chest wall and allows it to be manipulated for pushing the arm upward and forward, and in lifting the ribs for breathing. Damage to this nerve causes “winging” of the scapula (protrusion to the rear) and weakness or paralysis of the muscles necessary for these movements mentioned above.

There are no other plexuses along the thoracic spine, which runs from the base of the neck to the bottom of the rib cage. Each nerve issuing from the twelve individual vertebrae has a limited functionality. These include both **sensory** and **motor** as well as **organ** functions (See diagram and list below.) In brief:

Nerves from T1-T5 have to do primarily with the ability to manipulate objects and feed oneself, and the most basic life sustaining functions—specifically the heart and lungs as well as the ribcage and muscles necessary for breathing.

Nerves from T5-T10 have to do with digestion, extraction of nutrients, elimination, and energy production. T7 and T8 have specifically to do with the blood.

Nerves from T6-T12 affect abdominal and back muscles; important for balance and posture, digestion and elimination; as well as the uterus and buttocks.

IMAGE	ROOT	INNERVATIONS
	T1	Forearms and hands, esophagus, trachea
	T2	Heart, coronary arteries, chest muscles
	T3	Lungs, bronchial tubes, pleura, chest and abdominal muscles
	T4	Gallbladder
	T5	Liver, solar plexus, circulation
	T6	Stomach
	T7	Pancreas, duodenum
	T8	Spleen
	T9	Adrenal glands
	T10	Kidneys
	T11	Kidneys, ureters, small intestines, colon, uterus
	T12	Small intestines, lymph circulation, uterus, colon, buttocks

## GENERAL SYMPTOMS OF THORACIC SPINE NERVE TRAUMA

Thoracic spinal cord injury symptoms depend on the type of nerve damage. Spinal pain can radiate into arms, legs, or around the rib cage to the chest. Other associated symptoms may include:

- Significant leg weakness or loss of sensation
- Loss of feeling in genitals or rectal region
- No control of urine or stool
- Fever and lower back pain

## GENERAL EFFECTS OF TRAUMA TO SPINAL CORD NERVES T1-T5


Usually affects the hands and fingers, though may be normal (T1); chest, abdominal and lower back muscles and the legs, may result in paraplegia.

## GENERAL EFFECTS OF TRAUMA TO SPINAL CORD NERVES T6-T12

Usually affects chest and abdominal muscles. Arm and hand function is usually normal. Typically results in paraplegia. Little or no voluntary control of bowel and bladder. The T7 vertebra is a common martial arts target. It plays an important role in the support of the spinal cord, the ribcage, and muscles of the chest. In general, a patient with a fractured or dislodged T7 vertebra would experience pain when moving, and have difficulty standing for long periods. Patients with associated rib fractures may sometimes even have pain with breathing (particularly big breaths).

## NERVES FROM THE LUMBAR SPINE

There are five lumbar vertebrae (L1-L5); they sit below the bottom of the thoracic spine (T12) and atop the sacrum (S1). Their configuration forms the small final outward curve of the spine before the pelvis. The nerves emerging from the lumbar vertebrae have a limited functionality. These include both **sensory** and **motor** as well as **organ** functions. (See diagram and list below.)

IMAGE	ROOT	INNERVATIONS
	L1	Large intestines
	L2	Appendix, abdomen, thigh
	L3	Sex organs, uterus, bladder, knees
	L4	Prostate gland, lower back
	L5	Lower back, buttocks, thighs, legs, feet, sciatic nerve, large intestines

## LUMBAR

Kun

*Koshi* (腰) lower back, waist, hips, lumbar region

## LUMBAR VERTEBRA

On

*Yōtsui* (*youtsui*) (腰椎 lumbar region, lower back + spine) lumbar vertebra(e)

## LUMBAR NERVE

On

*Yōshinkei* (*youshinkei*) (腰神経 lumbar region + spirit + to pass through, go through) lumbar nerve

## LUMBAR PLEXUS

On

*Yōshinkeisō* (*youshinkeisou*) (腰神経叢 lumbar region + spirit + to pass through, go through + plexus) lumbar plexus

A plexus formed by lumbar nerves L1-L4 with a contribution from the last thoracic nerve (T12).

It also passes branches to the sacral plexus (see below). These branches serve muscles and regions of the rear abdominal wall, hip joints, and lower limbs.

## GENERAL SYMPTOMS OF LUMBAR SPINE NERVE TRAUMA

Trauma to the plexus nerves produces pain and weakness in the lower back, which can feel like tingling, burning, and cramping. A severe blow may result in deep pelvic pain; pain and weakness in the thigh muscles; and sensory issues in the groin, buttocks, legs, and feet.

# NERVES FROM THE SACRUM AND COCCYX

## SACRUM

On

*Senkotsu* (仙骨 [appearance of a] hermit, wizard + bone) sacrum, sacral bone

Attached to the Lumbar vertebra above (L5) and to the other pelvic bones by ligaments, the five vertebrae progressively fuse into a single bone during adulthood. Its bottom attaches to the top of the Coccyx.

## SACRAL PLEXUS

On

*Senkotsushinkeisou* (仙骨神経叢 [appearance of a] hermit, wizard + bone + spirit + pass through + plexus) sacral plexus

The sacral plexus nerves, with connections to L4 and L5, occur on both sides of the spinal cord; it provides motor and sensory nerves for the rear thigh, most of the lower leg, the entire foot, and part of the pelvis,

## COCCYX

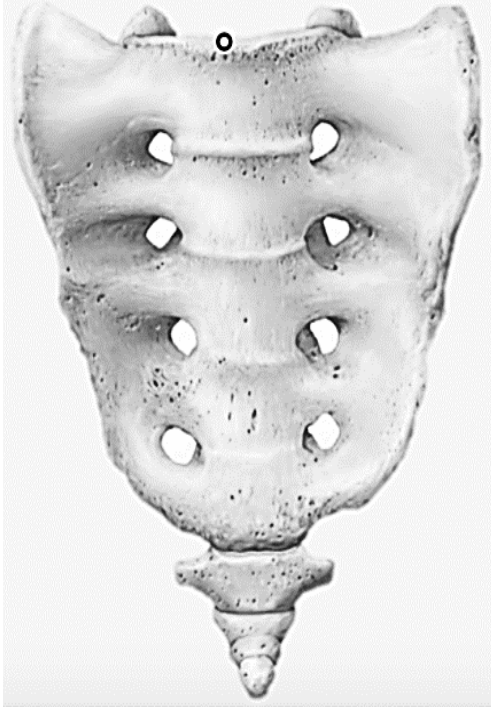
On

*Biteikotsu* (尾・てい・骨 tail (of an animal) + *Te-iru* form, indicates ongoing action + bone) coccyx, tailbone (anatomy)

Also: *bikotsu* (尾骨 tail + bone) coccyx, tailbone (noun)

Also: *biteikotsu* (尾骶骨 tail + coccyx, backbone, hips + bone) coccyx [outdated *kanji* or *kanji* usage]

IMAGE	ROOT	INNERVATIONS
	S1	Pelvis, hips, groin
	S2	Backs of the thighs; pelvic cavity and muscles;
	S3	Buttocks; pelvic cavity and muscles; bladder, reproductive organs; legs and feet

	<b>S4</b>	Perineal area
	<b>Coccyx</b>	3-5 fused rudimentary vertebrae. Without nerves, it serves as an attachment point for various muscles, ligaments, and tendons.

### GENERAL SYMPTOMS OF SACRAL PLEXUS NERVE TRAUMA

Pain in the low back and buttocks, spreading down the leg. Pain and/or weakness in the outer and rear thigh muscles. Sensory changes to the top of the foot, groin, and buttocks. Bladder or bowel problems.

## THE SCIATIC NERVE

Actually a cord of several nerves—often as wide as a penny—originating in the Lumbar spine (L4-L5) and the Sacrum (S1-S3); there is one on the back of each leg. Beginning at the lower back, this nerve extends down the leg into the foot. The exposed position of this nerve (especially in the outer mid buttock) and its painful and/or weakening effects make it a favorite target for martial arts applications, as well as a frequent consequence of falls, strain, and poor seated posture.

### GENERAL SYMPTOMS OF SCIATIC NERVE TRAUMA

Trauma to this nerve produces pain (burning or like an electric shock), which travels down the leg on the affected side. Tingling or “pins and needles.” Numbness, loss of sensation. Muscle weakness. Possibly loss of motor function in the hips, legs, or feet.

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## *EDITOR'S EDGE*

Let's do a little switch this issue and take a closer look at a subject frequently mentioned in KDK, but which only a few truly study: THE ESOTERIC PRINCIPLES OF HENRY SEISHIRO OKAZAKI. Many people (your editor included) believed that Professor Okazaki wrote this list himself. Not so! Actually, it seems they were compiled from sayings the Professor presented to some of his students. THEY are the ones who made up the list. Interesting?

These are quite clear and easily understood, but let's each take a few minutes and reflect on them. If you REALLY want to understand, I challenge you to compare these principles with those of Bushido (you can google it). Here we go:

Since the fundamental principle acquired through the practice of Jujitsu has been elevated to a finer moral concept called Judo, "The Way of Gentleness," it may well be said that the primary objective of practicing Judo is perfection of character. And to perfect one's character one must be grateful for the abundant blessings of Heaven, Earth, and Nature, as well as for the great love of parents; one must realize his enormous debt to teachers and be ever mindful of his obligations to the general public.

As a member of a family, one's first duty is to be filial to parents, to be helpful and harmonious with one's wife or husband, and to be affectionate to brothers and sisters, so that the family may be a sound, successful, and harmonious unit of the community.

As a member of a nation one must be grateful for the protection which one derives as a citizen; one must guard against self-interest and foster a spirit of social service. One must be discreet in action, yet hold courage in high regard, and strive to cultivate manliness. One must be gentle, modest, polite, and resourceful; never eccentric, but striving always to practice moderation in all things. One must realize that these qualities constitute the secret of the practice of Judo.

Anyone who practices Judo should neither be afraid of the strong nor despise the weak; nor should he act contrary to the strength of his enemy because of the art he has acquired. For example, when a boat is set afloat on water, one man's strength is sufficient to move the boat back and forth. This is only possible because the boat floats; for if, on the other hand, the boat is placed on dry land, the same man's strength is scarcely sufficient to move it. It is necessary, therefore, that the weak should learn this fact with regard to the strong.

The forms and techniques should be remembered as the basic art of Judo. One should never use these arts against anyone without sufficient justification. Therefore, refrain from arrogance and do not despise a small enemy or a weak opponent.

Every student of Judo should realize that honesty is the foundation of all virtues. Kindness is the secret of business prosperity. Amiability is the essence of success. Working pleasantly is the mother of health. Strenuous effort and diligence conquer adverse circumstances. Simplicity, fortitude, and manliness are the keys to joy and gladness; and service to humanity is the fountain of mutual existence and common prosperity.

As aptly expressed in the poem *"The boughs that bear most hang lowest,"* one should never forget the virtue of modesty as one attains proficiency in the art of Judo. Do not disdain or regard lightly either literary or military art; each is important and deserves equal cultivation and respect. Within constant motion and change there is tranquility; and within tranquility, there is motion and change.

Remember always parental love and one's enormous indebtedness to teachers. Be grateful for the protection of Heaven and Earth. Be a good leader to younger men. To lead younger men well, will in the long run, mean to attain proficiency in the skill of Judo.

Like a drawing in India ink of the whispering of wind in the pines, the secrets of Judo can only be suggested. Only through personal experience can one comprehend the mystic ecstasy of such secrets. It is said of Jujitsu that it would require ten years of practice to win victory over one's self and twenty years to win victory over others.

Whatever the trials or dangers, even *"Hell under the upraised sword,"* remain calm and remember the doctrine imparted to you by your teacher.

A noted verse reads: *"For the lotus flower to fall is to rise to the surface."*

Only by cultivating a receptive state of mind, without preconceived ideas or thoughts, can one master the secret art of reacting spontaneously and naturally without hesitation and without purposeless resistance.

These are the secrets of Kodenkan into which I have had the honor to initiate you.



Henry Seishiro Okazaki  
Master (Danzan Ryu)  
Director of the Kodenkan (Dojo)