



Grandmaster's Corner

Introduction of Grandmaster Kuoha

These are posts from the web-site "Martial talk" from late 2004 to present, most are Q&A with Grandmaster Kuoha found in threads like Professor Chow's interview from BB magazine in 1986, others from a Kara-Ho thread, even others from random Kempo/Kenpo categories

Compiled by Sensei Jamey Gibson

First post I found:

GM:

Yes, hello everyone. My name is Sam Kuoha and I was asked by several friends to go unto this web as there are many of you seeking for questions about me and my training in the arts. After much deliberation I decided to respond personally rather than having my aide do it. Be mindful that I am extremely busy and may not always respond to your questions. I travel quite frequently and often so my time on the computer is usually kept just for my instructors in 30 different countries but I will make every effort to answer your questions about me, my training in the arts, my professor, William KS Chow etc. all? Just be patient with me.

Thanks,

Sam A. Kuoha

Head of the Professor Chow's Chinese Kara-Ho Kempo Karate System

Random post by GM Kuoha:

Now, for a brief history of the Chinese Kara-Ho Kempo Karate System. It was developed by the fame Professor William Chow of Hawaii who was the start of many Kenpo/Kempo Karate systems on the face of the Earth. He also taught people like Ed Parker, Adriano Emperado and many more, some for an extended length of time and a very few for several years. I was with him for a total of about 28 years, and also trained in other arts. I was his most senior student upon his death at 9th dan.

I have been in the arts for a little over 54 years and believe I have so much more to learn. I have been on over 35 various magazine covers, worldwide and there has been over 150 feature articles written about our system. I have been inducted into 5 different hall of fames and my 2 instructors recently were inducted into the Master's Hall of Fame with the Patriot's award. One was the assistant to the joint chief of staff in the Pentagon during 9/11 and the plane crashed 100' from his office with him inside, and the other is a former Sgt/Maj. of the 1st recons of the USMC and was also the instructor for the recon division. He was in the Gulf War before many of our government knew he was there. He is now a local police officer and working in SWAT.

We had 7 other inducted into this hall of fame including my daughter. This is not bragging but just to tell you that our system's name has been in the public eye for many years, all over the world, so I don't really know how you would not know who and where it came from. Nevertheless, I'm glad we got this all solved and the best lesson in everything that happens is that we learn a good lesson from all this.

Thank you for taking time to respond here. I have a couple of questions that I hope you can answer. First, what are the fundamental differences between what you teach as Kara-Ho and the art that Prof. Chow actually practiced?

GM:

That is a question that has been asked of me a hundred times. Many claim that what I teach is not what Professor Chow taught and I have yet to find anyone that stayed with him in the last 10-15 years of his life including Chun Sr. while he was innovating the system. The only difference would be the extension of the higher kicks (none done in the old days and now they are used). Remember I trained in the old Kara-Ho Kempo System also so I know what was done in the old days and what was now used. The higher kicks were incorporated due to my oldest daughter Cherlyn, who was promoted to her black belt by Professor Chow and in fact he gave her his own personal belt. It was during a sparring session with one of his black belts, Keith, who was sparring with my



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daughter, when he was caught with a spinning hook kick that landed behind his ear and dropped him to the ground. Professor Chow was so amazed with that kick that he had her teach it to the students.

Then he asked me to incorporate these kicks into the Kara-Ho System. He made a lot of corrections to these kicks which I learned from Tae Kwon Do and made them quicker and more direct, which in fact became much stronger. We worked on them for many hours and his feeling was that in order to protect against these kicks one must first learn to know the dynamics of how they are formed. As always...he was correct! But everyone thinks he was such a simple man...maybe in some things, but certainly never when it had anything to do with the martial arts.

To my eye (from looking at your books), it seems that you have incorporated many TKD style kicks into Kara-Ho (with the Professor's approval) that Prof. Chow didn't actually seem to use himself. Is this true? If so, what other changes have you made from what Prof. Chow used himself?

GM:

Read the above answers, but if you ever saw how we do the higher kicks...and evaluate them carefully, you can actually tell they are certainly NOT kicks from TKD. Ask any instructor in Kara-Ho Kempo and many came from TKD and they will tell you the same things...that these are entirely different and so is the concept. Too many people talk before they know anything. The books did not come out the way I wanted as the publisher wanted to do 8 books so he wanted the very basic things that we trained for in the 1st two books so that is what he got. I hand wrote everything and was not able to read over after it was edited so there is a lot of misquotes and mistakes as I see in it, but as always, I am just the pawn, I write.....they print...I don't talk!*

Clearly there are inaccurate rumours out there. Prof. Bishop refuted the one about Prof. Chow not liking to do forms by posting the video of Prof. Chow demonstrating a form. This is why I am asking you directly about whether Prof. Chow used those high kicks or whether they were additions to the system by you. The question was, why did you choose Kempo/Kenpo?

GM:

I have been training over 54 years now and when I was 12 years old, my mother put me in a temple in Hawaii because she was afraid that I would be in a lot of trouble due to my temper. The master was a protégé of Professor Chow, Master Kuheana and he taught me great discipline, honor, respect, humility besides all of the physical and mental arts one would ever think of learning. I had the fortunate experience to meet and train with the famous Professor William Kwai- Sun Chow during that time...but did not enjoy his visits very much. After moving to San Diego to become a law enforcement officer, I longed to get back to my roots and the system that helped me so much. Looking for Master Kuheana was impossible but soon my mother hooked me up with Professor Chow (She was a friend of Patsy Chow). My training started there and went up till he passed away. His system provided me with the truth and all those things that anyone could ever wish to learn in their lifetime and much more. It has given me a strong insight of what he wanted accomplished and what he wanted out of his students. It is possibly the closest knit group of people other than your family I have ever been associated with. And to see the growth of the students makes one beam with pride for in essence these are all my children. And editor, John Soet and Dave Cater said it well, "That the Chinese Kara-Ho Kempo Karate System of Professor Chow is one of the deadliest arts of all time...yet carried on with extreme humility!"
Grandmaster Kuoha

(The questions was did you ever teach for Villari's?)

GM:

No, never! I have many students that were instructors in that system though and decided to join our system and have done very well here. My teaching has been with only the Kenpo/Kempo karate system. I have trained in various arts but not taught them. My whole life has been set with Chinese Kara-Ho Kempo and will till the end. I have never had to self promote myself. I received my 9th dan from Professor Chow, signed and notarized and then my 10th from Dr. Ronald Perry, advisor to the system and Professor Chow. I also have a notarized declaration from Patsy Chow regarding me taking over the system. These will be shown on the new DVD that we will have after the summer.



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This is in response to someone asking about how to teach martial arts to their own children:

GM:

Good question! I think an instructor should be able to teach his/hers own children. Molding should come from what the child can gather on their own. We, as instructors should not try to mold anyone...we give them the tools by which they mold themselves. Sometimes we make mistakes while trying to make them exceptional and not allowing them to learn like anyone else. It is their determination and drive that will set them apart from other students. I have had a bit of teaching experience from training all my 5 children (4 from my 1st marriage and now with my youngest daughter, Ka'imi). Some of you may have seen her as she has appeared on the cover of Inside Kung Fu Magazine when she was only 15 and also the magazine stemming from Spain called "Budo." She has also been a regular celebrity at the Dragonfest each year held in LA. She will also appear on another cover of IKF early next year (you can write the editor Dave Cater and ask him which issue she will be on). When I started to teach my oldest daughter at 4, I wanted her to be the very best and drove her on that path. Yes, she became very good and everyone could see that and they would say...yep that is the instructor's daughter and you can tell. I was proud for all my efforts yet on her 18th birthday she walked up to me and said, "Dad, I quit karate." Man did that floor me and then I realized that I had pushed her into something that I wanted her to be, not what she wanted to be on her own. Now when I started to teach my youngest daughter, I went about it in a different way. She was taught at 10 months old teaching her Ki Principles at that age. Her whole life has been hanging around the students and so she grew up in an adult world and did everything with the students. Because she was so matured at a young age, she was able to grasp things that adults have a hard time getting. At the age of 2 she was able to perform an entire kata that is very complex in nature along with all her techniques and sparring. When Professor Chow saw her at this age...he stated to her that someday she would be running his system and today at nearly 22 years old, that has been a driving force for her as she has never taken any time off from the arts and in fact about 10 years ago decided to train in Kung Fu and go back the roots of The Chinese Kara-Ho Kempo System practicing extreme internal arts as well as the physical side of it all. I treated her like the rest of the students but it was that guidance on the side that allowed her to decide for herself what road would be best for her. Now she is a 4th dan going for her 5th and is one of the major people in the training team which teaches hundreds of instructors from all over the world (20 countries) and thousands of students. She has been an actress since she was 3 years old and has acted in films with such stars as; Raquel Welch, Ernie Reyes Jr, Karen Black, Richard Hatch, Tadashi Yamashita, Dan Akroyd and George Clooney. She has been in numerous plays and besides her acting career, she is also a professional singer and hip hop dancer. She belongs to 2 professional hip hop dance teams that do shows all over the west coast. She was also on the top salsa team in the US under the world champions. She goes all day from 7-11 everyday and still manages to train at least 5 days a week in the arts. When she was younger she used to compete in tourneys and win the grand-championships in several divisions but because she felt that she was being stereotyped and wasn't being critiqued enough...she left the tournament circuit. She returned after being away for nearly 8 years, last year and competed in one of the largest tournaments in the west coast, without any preparation but from some heavy edging from some of the students and won in fighting and in kata and even took home the grand-championship trophy along with the prize money. On this day she beat some of the top performers in the west coast. Yes, I believe you should just give them the knowledge and allow them to make their own decisions on which path they should choose and if guided correctly, they will indeed choose the path that will make you proud not only as their teacher but also their father because she surely has done that.

Grandmaster Kuoha

Random post from GM:

It is true about Professor Chow, but he had limitations and he even told me that. That came from someone who had built a reputation for being invincible all these years but knew he was not a perfect man. At one time in the earlier years, it was so that Professor put many a men in the hospital and some in the grave, and at times when I knew him in the 60's he felt he was stronger than God, however he became a Christian person and learned that this wasn't so. Whenever I went with him I walked along side of him, generally on the outside or mainly on his left side as he was very proficient with his right and most of his moves tended to start that way so I was there to protect his so called weak side (if you would call it that). When he went into the rest room I went with him, and



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he would generally go into the locked stalls and I would stand outside his door. It is the same now with me traveling as my instructors do the same thing. He generally walked along side with me and Patsy, his wife walked slightly in back (very slightly). I remember one time when he was challenged by a very large Polynesian man outweighing both of us together. He yelled at Professor and said that he could kick his okole (rear end in Hawaiian). He approached and I stopped him and a verbal conflict occurred. Then Professor Chow told me in a loud voice that if this guy wanted to fight then I was to kill him and teach him a lesson. I acknowledged that and shoved the man using Ki. I felt that there was very little movement on my part but the man went flying about 8' back, fell over the walkway (sidewalk) and landed on his arm, breaking his left wrist and a couple of fingers. He started yelling so I bent over and helped him with his hand and popped his 2 fingers back into joint. Then I whispered to him that if he thought this should go any farther, I would be more then delighted to show him some real stuff. He got up, apologized and then apologized to Professor, even bowing to him and walked away from us acknowledging his defeat. Professor asked me what I had told him and so I related what I had said. He told me that in the old days, that guy would have been dead, as there was no room for talking. He said I guess this is the new generation. I reminded him that I lived in the old generation also and went through all those things and it only made me sick with nausea afterwards, even when I was a cop here in San Diego and would get into physical confrontations and put people in the hospital.

In one incident (my students have heard this story) I was working in the jail, after I was injured after going off of a cliff in my patrol car and was on so called light duty. I worked the daytime shift as nothing exciting happened at those times. There was an emergency call that went out that on one of the other floors a fight had ensued. Seconds later the radio advised me not to leave my floor as it was the maximum security floor. Another few seconds went by and the radio came back and advised me to head up to the floor as the suspect was a martial artist and other deputies could not restrain him. He ran up the stairs and as I came out of the catwalk I saw a tall muscular prisoner on the far side kicking a deputy who was covering up. Another deputy was already on the floor along with a trustee. I ran towards him jumped in the air and struck him with a tiger palm to the nose driving his nose towards his brain. Unfortunately his nose had been broken by someone else, so the bones went upwards and struck his eye. He bounced off of the wall and came back at me and that is when I knew he was high on something. I struck him about 6-7 times before he fell to the floor but as he did I had already embedded my claw into his neck using a snake strike. My thumb had already penetrated his neck and I had clamped it around his throat to rip his throat out. Three other deputies had a hold of my hand and were prying me loose. I carried the subject to 2 floors to the dispensary and he was rushed to the hospital. His damage was pretty severe, I was told as after carrying up those stairs my neck and back had suffered and I was also taken to a different hospital and placed in traction. I was there for several weeks, when I was contacted by the internal affairs, district attorney investigators and told that I was right in doing what I did. He was high on PCP, which was called the superman drug in my days. Ten days later I heard from the grand jury investigators and they said they were going to indict me on manslaughter charges. I had not heard about his death till then, but evidently he had major injuries including spleen rupture and kidney damage and 2 ribs were broken and had punctured his one side lung.

He had written letters to the governor and his congressman and told them that he could not take all this abuse and that I was the cop that made it possible for him to suffer this way. He blamed his death (suicide) on me. So they wanted to make a lesson of officers in those days and I was the one that provided the contribution to his injuries, so they were charging me with involuntary manslaughter. That was one of the worse times in my life, not because I was being charged but because I felt after all that that maybe I was partly to blame for this man to take his own life. It took many years later for me to get over it and many trips to the therapists, and alot of long hours on my knees. I received answers and only then did I not feel guilty about all this. Charges on me were dropped and didn't even go to trial but his relatives were suing the department and me, but nothing came off of that also. Even if I knew that someone deserved it, it made me feel sick that I had to result in that kind of play.

Originally Posted by Karazenpo

Welcome Grandmaster Kuoha, first let me state it's an honor to have you here participating in our discussions as that says something of your character. Another that we have asked to come aboard and clear up some questions on our kenpo/kempo history does not seem to have time for us but you have made the time. We appreciate that. Being a police officer myself I have the utmost respect for those martial artists who are forced to use their skills on the street to protect life and property. My question is on 'Hansuki'. This form, as I'm sure you know, features rapid fire hand striking, both open and closed hands up and down the centerline of the body. Mitose's original Kenpo from what I have been exposed to in



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his book (1947): What is Self Defense? Kenpo Jiu Jitsu and Mr. Parker's publication of 1961: Kenpo Karate-Law of the Fist and the Empty Hand of which I've been told was made up of essentially what Mitose taught Chow at that time, is nothing like the rapid fire hand striking found in Hansuki. I also recall Sijo Adriano Emperado state: "Chow made the old kenpo faster". Having said that, imho and I may be wrong but Hansuki does not seem to be a Mitose 'inspired' form. I have understood it was created through the Chow/Chun connection in the 60's and was the beginnings of Chow's perspective of his Kara-Ho system. Your insight into this is deeply appreciated. Respectfully submitted, Professor Joe Shuras

GM:

I started in the Chinese Kara-Ho Kempo Karate system in 1956 under Sensei Charles Kuheana who had been training with Professor Chow and was a black belt under him. Sensei Kuheana was a very humble man and in fact would never say anything to anyone about him being in martial arts. In fact he would deny ever training yet we lived with him and trained on an average of 8-10 hours each day and half a day on Saturdays. Then we were allowed to return home and be back on Sunday. There were only 7 of us that trained in those days. Since I was pretty young, I was taught differently then when Professor Chow came around and taught us. I was taught with alot of encouragement and praises, where Professor would teach with discipline and correction. He only came around maybe once a year or twice a year and to be honest I did not like it when he came by. I tried to search for history and any info about Sensei Kuheana or photos but I could not find any so in the 70's when I returned home to train directly with Professor Chow, I asked him about Sensei Kuheana and he considered him a different person and said that he was too humble, would not take photos with him, nor would try to teach to the public, but he did acknowledge him as one of his black belts and he said most of his training was done at his house because they were neighbors. Professor remembered teaching him, his brother and another friend at his home in the yard, and said that Kuheana was a good breaker with big knuckles (of course none could compare with his own). Professor did tell me that these 2 katas were while he was with Mitose and when I trained with him in the 70's he has not heard from Bill Chun Sr. for 8-10 years. I don't know exactly how long he had not heard from Chun Sr., but what he told me it was indeed some time, so if they did those katas in the 60's, then they weren't around for very long and I believe that they were around for a long time. I taped recorded Professor in the 70's about many things including some of his old students and what he taught, etc. My thought was to someday have all that put on paper so others could see what kind of a man he was, but after listening to the recorder after several times, I decided not to allow it out as he was very bitter about several men that he had taught and it would truly destroy alot of these people so because I believe that Kara-Ho Kempo system teaches the harmony of Mind, body and soul, I decided that it would not be in the same facet of what we are teaching. I have allowed some of our higher ranking instructors to listen to these tapes so that they might know what he sounded like and what he carried around for all his life.

I have seen these other kata's performed but the ones that we have now are very different from those. The naihanshi or Hansuki forms are very hard and displayed as a disciplined Japanese Kata while the ones that we have now are displayed as a combination of the hard and soft also relating to some being hard (but not quite as hard as the old ones) and the soft (not like a true Kung-Fu form). They all have a true showing of how Professor Chow moved and striked, with rapid fire to vital areas. All our techniques are done the same way and most of the advanced stages have 7-10 areas of attacks and the entire technique must be done in 1.5 secs. with effectiveness.

When the higher ranking instructors are doing their 6-10's or 11-15's it is a blur of strikes and attacks and is done in seconds with extreme devastation. This is the way Professor wanted it to be and designed it to be that way. I don't know how true it is but he said that I was the only person that he has ever taken that far, but realizing that I was pretty close to him and his wife, it made me beam all the time he taught me. He also told me that he always thought that Bill Chun Sr. was the most dedicated student until he trained me. To me that was an honor for all the times I heard him talk about Sr., he admired him and loved him a lot too, but was discouraged when he fell ill and then just broke off their relationship. I believe when I came back home to train with the person I disliked when I was younger, I filled the gap in his heart of his loss for Bill Sr. He told me that he had promoted Sr. to 5th dan and so he said that he had to promote me to 5th also, and then 9th several years later. He said that Sr. was the only one besides me that he had ever promoted to 5th dan in his system.

I loved that man so much and our love grew as the years went by. There was never a time that if he needed something, I was not there for him or Patsy. Even after his death I (students and I) took care of her and no-one else ever did that. We paid for a part of her housing and every other week I paid my sister to go and pick her up and take her to gravesite of Professor Chow and then take her shopping and buy her all the things she



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wanted and needed. Patsy told me on one of my visits that I was the only one that went there to see her and take care of her. Even the caretaker said that, only other person was her son, Steven but that was a rarity. Even today I can still feel his presence around me.

An old Kahuna in the Big Island of Hawaii saw us when our daughter was very young and Professor Chow had already passed on, he told her that she was protected by two men in her life. He described my dad for one and the other was Professor Chow. His description was exact so we felt pretty good about this. The Kahuna was very avid about these things. I hope this helps you in your search for knowledge. Please let me know if I can be of any other help for you.

Aloha,
Grandmaster Kuoha

Mr. Kuoha:

I am about to ask a question in a context that will, no doubt, anger many. Please know in advance that I mean no disrespect; merely to clarify what I had learned of Mr. Chow's mental status prior to his passing.

The Context (also a question as to how true this may be): I have heard that Mr. Chow was slowly slipping into either insanity or Alzheimer's in his last decade or two of life. I have spoke with a couple of guys who, having flown over and met him, insisted he was not quite "all there" anymore...one particular story involved him stapling bottle-caps to his kimono, and taking pride in his medals.

The Question: If he was slipping off into his own private mind-space, why would one be willing to place much emphasis on what he had to say in an interview in the first place? Was he lucid when he gave it? If he was, then we know a bit of the opinions and recollections of the man who fathered Hawaiian Kenpo, and many of its' offshoots. If he was less than lucid, then we have little more in this interview than the half-remembered observations of a dimming (although lethal) senior, colored by senescence.

Please understand: I'm an old Waianae boy, and grew up with the greatest respect for the "kenpo royalty", including GGM Chow and SGM Parker. No disrespect: I wish simply to improve clarity via the input of a man who was there: You. I apologize in advance for any unpleasantness that may arise from this, and look forward to your response.

*Best Regards,
Dave Crouch*

GM: (6/12/05)

I believe that in his days in the past 20 years Professor Chow was an angry man. Angry at many people that came to him for a few short weeks and then went and made exaggerated claims of being high ranking belts from him and this is why since the mid 70's he decided to make all his instructor's certificates signed and notarized. If you met him and be mindful this is the way he was for the past 20 somewhat years, you might get that impression. He was not going crazy by all means and did not have even a faint trace of Alzheimer's disease. He did repeat himself allot when trying to make a point, but he has always done that. He flew off the handle allot when speaking of people that he claims has ripped him off...but if you know what he went through, you would not blame him either. His mind was still sharp up to 5 weeks prior to his passing away. He was able to still repeat things that happened to him or someone he knew years prior and he could still work the dickens out of me. His talents as a martial artist was impeccable, demonstrating awesome strength and lightening speed. No...I think that on this editorial article the writer is the one with the memory lapse and even as he himself stated that he went back to his hotel and wrote down things that he could remember...a little exaggerated I'd say and a pretty hollow interview if you ask me...very meaningless and full of holes, trying to get his name in the magazines. That's what I can see.

Hope this helps and answer your questions. Glad to know you are a local. I'm a very....very old Kalihi Boy myself
Grandmaster Kuoha



Originally Posted by no name:

Does anyone know who was the first person to be promoted to 10th degree by professor Chow, also the date of when this happened?

GM:

No one was ever promoted to 10th dan by Professor Chow. I was the only one promoted to 9th dan by him which he notarized my certificate. A year after he passed away, his advisor, Dr. Perry, MD promoted me to 10th dan and notarized my certificate and I also received a signed and notarized declaration from his widow, Patsy Chow to this effect of my 10th dan. He did promote a couple others to 5th dan, but the majority was done in their own respective systems and not the Kara-Ho Kempo System.

Professor Chow's 25th Memorial

Originally posted by tshadowchaser

Welcome to the forum, we hope your stay here will be enjoyable.

As you can see there is a small but interesting group of people in the Kara-Ho Kempo section.

There have been many good discussions here and I hope you will contribute by asking and answering questions.

We all enjoy learning and exchanging information.

Sheldon

GM:

Thanks, I will do my best with the amount of time that I have. I will be here for a week then off to Hawaii for a couple of weeks where I will be tribute to my teacher, who have passed on in 1987 and his wife, Patsy Chow. I will be visiting with Dr. Perry (Professor Chow's advisor and personal friend and also Master Kuheana and train with my longest student/ instructor, Shihan Kahananui). This will also be my 40th high school reunion. I graduated from Farrington High School in Kalihi where Professor Chow lived for many years. Also Professor Wally Jay and Ed Parker came from the rough area of Kalihi. Upon coming home, I will be very busy in pre-production with a motion picture that will be shot here in San Diego and Los Angeles but will try to get on my laptop in between times.

Thanks,

GM Kuoha

Kicks of Kara-Ho Kempo

Originally Posted by TIGER DRAGON FIGHT

My understanding of Kara-Ho Kenpo is it has influenced other branches of Kenpo. The forms and open hand techniques as well as the black belt forms.

GM:

That is correct! Though many believe that I have changed the system, this is an incorrect statement. Professor Chow saw me doing some high kicks in the early 70's so he asked me where I had learned them so I told him, then he told me to do them again several times, and then he said that it would be a good idea to teach high kicks so if you know how to do them, you will also know how to defend against that also. He however revised the kicks so they were not a whipping type kick as I was doing them, but a chambering of the knees until the last second. Then he had me do them with an extension of chi to create a force much greater than a normal person could exert and making it much more powerful. If you watched one of our students (preferably an instructor) you will see the big difference between these kicks and those of what I originally learned which was Tae Kwon Do. Many things were innovated between the years 1972-87 and many people were not around to see these things change and still kept the original art. If you get to find one of our black belts that is 2nd degree black belt or higher, ask him/her to do any technique from #6-10's or even higher #11-15's and you will see the "new" Professor Chow.



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Forms of Kara-Ho Kempo

Originally Posted by Mark L

GM Kuoha, what forms are the basis of Kara-Ho, and what is there origin?

GM:

The only things that could be considered as forms that the Kara-Ho Kempo System had in the 50-70's was Professor Chow's linear techniques. In the 50's to the mid 70's, Professor said that he did use the Hansuki Form and the Naihanchi Form but these were all derivative of the Mitose System. Kwai-Sun Kata was developed in the late 70's using techniques from his linear techniques to make up the kata. Kata Set II was developed shortly thereafter and then followed Hoshi and Combination Form. The original Combo Form was actually developed with my oldest daughter (who was promoted to her black belt by Professor Chow) and Professor said that form was for her. It was later used in the system for 1st degree black and changed a little to magnify and show the talents of what a black belt should be like. My oldest daughter now nearly 37 years old was only a yellow belt when Professor, her and I developed said kata. There are more but they are taught in the higher advanced stages. There are 18 different weapons, both with the Japanese and Chinese influences that are taught with 3 kata's for each weapon, so it's a never ending progress to learn. About one third was done with Professor Chow and the other two-thirds I designed from what he and others have taught me still keeping in line the philosophies of the Kara-Ho System. Hope this helps.

Originally Posted by Thunderbolt

Grandmaster Kuoha,

I read the above post in "kara-ho" thread and I wonder if you recognize any of these above forms when you studied with Prof Chow? Perhaps, you can share with us about these forms if you do. Thank you for answering my question.

GM:

Actually the very 1st form that was created in the mid-late 70's was "Kwai Sun Kata", then came Kata Set II and then Hoshi and Combination form. Each form has taken its' own appearance and personality, displaying what the art of Kara-Ho is all about. Some are leaning towards the harder part of the system while others stem towards the softer part of the Kung Fu, while others are showing both hard and soft. Each with their own characteristics and techniques having the rapid hand and leg techniques as showing with Professor Chow's ability. The other forms like Hansuki, etc. were faded out in the late 60-early 70's. We do have multiple opponent techniques but they are not considered kata's or forms. These would be in the techniques referred to as, techniques #6-10 and 11-15's referring to fighting with 6-10 people at once or 11-15 opponents at the same time. These techniques are only taught to black belts after they receive their 2nd degree black belts, going for their 3rd. The 11-15 has only been taught to one person thus far in this system and that is Shihan (Dr.) Chris Mendoza of Salt Lake City, UT. He has been with me since he was a child and is the highest ranking student in this system at 6th dan. Hope this helps.

Grandmaster Kuoha

Couple of questions if I may;

1) To your knowledge, did The Professor practice any other kata besides "Naihanchi" prior to mid 70's and your joint collaboration?

GM:

No...Even when I trained with him in the 70's, he did not show me that kata and his whole idea was to develop forms that would depict his style, the Kara-Ho System which is what he and I did starting in 1978. I learned that form in around 1958-60 with Professor's protégé/student, Sensei Charles Kuheana who I trained with for many years from 1958-69 and at times saw and worked out with Professor Chow at the Salvation Army Gym.



Professor Chow in General and Training with him

Originally Posted by GAB

Hi Grandmaster, Bruce Corrigan has an interesting article at his web site that talks about Sijo Sonny Gascon and the early period in Hawaii and when he was in the USA during his years in the Air Force. When he was on the East Coast and West Coast teaching and learning....He makes numerous references to the Professor, all very interesting...

Do you have the date when he officially changed his Martial Art to Kara Ho?

Any other bits of information that come to mind would be helpful...

Thank You,

Regards, Gary

GM:

I remember Professor telling me about Sonny Gascon and said that a lot of the old guys worked out together but only for a short time. I wish I could release the tapes of Professor Chow, but a lot of derogatory things were said on these tapes and I don't think they should be in an open forum like a book or something. I believe that whatever happened in those days should be kept private however there will be some things that he said will come out in a book, but only the good stuff and the memory things.

With in regards to Kara-Ho Kempo, I have some certificates from Professor from the late 60's that has the system being as "Chinese Kenpo of Kara-Ho Karate." Professor told me that Kara-Ho has been in the system's acknowledgement for many years, but he always used Kenpo Karate and deleted the rest. It was in the 70's that he told me he wanted us to be known as Kara-Ho Kempo (changing the M from the N) and not Kenpo Karate or Chinese Kenpo Karate as he wanted to disassociate himself from Ed Parker and himself, so we did. "A good student is not to question why...but to do and die."

Grandmaster Kuoha

Originally posted by Dreamer: (He is responding to a blurb I wrote about what Dian-Hsuhe means and a little about Kara-Ho)

Thanks a whole bunch for explaining what Dian-Hsuhe means and also explaining what Kara-Ho means. I can imagine the vital striking points that you might hit or strike... You mentioned that Kara-Ho and Chow/Chun System are pretty different reflecting Professor Chow's innovation over the years. (It sounds like what you're saying is that Professor Chow's kempo evolved into something different from that which he initially created...makes a lot of sense...Bruce Lee's JKD evolved over time as did Parker's Kenpo) Are you able to elaborate on what makes the difference? (This is interesting...)

GM: (1-19-2006)

I'mmmmm Baccck! Sorry for all the things I have been missing, but things have gotten out of control here with work and you can all read about it on our website under "Thunderflash".

First of all let us not be mistaken...Bill Chun Sr. was a 5th dan under Professor Chow and was an upstanding student/instructor in Professor Chow's system and had he stayed in contact would have probably been the leader of his system today, however in the last 10-15 years of Professor Chow's life MR. Chun Sr. had some personal issues in California along with some health issues and therefore had not been in contact with Professor Chow (this was told to me by Professor Chow) during the times that I trained with Professor Chow. He would bring out various scrap papers, napkins, paper placemats from Chinese Restaurants and start to teach me various things like multiple attacks (when something entered his mind, he would write it down and draw pictures of the movements no matter where he was and even that was passed on to me as I also did the same). He stated that no one had ever learned these prior so we put it to tests.

It was grueling and tough but made more sense than I could ever imagine. He told me that if any of my instructors ever reach the rank of 2nd degree black belt, then I could start to teach them these things as it appears and trains like you had started another system all over again and it was very demanding. I guess at that time he thought that I might never have an accomplished instructor that would ever obtain that rank...but now I do have several throughout the world that has given up what I did in my earlier years to achieve these goals. If you get a hold of the Feb '06 issue of IKF magazine, it talks about what type of training these instructors have had to go through to learn these arts and it can be referred to as: "Dian Hsuhe" or vital hit points because when



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defending against multiple attackers, you have to rapidly strike a vital area and move on as you do not have time to waste on just one person and instantly disabling each opponent as you quickly move on to the next.

I also read on this forum about giving credit where credit is due by referring to our seniors by their title instead of their first names. I have always done that as a sign of respect whether or not they are in or out of the dojo. I even refer to my instructors as Sensei's, because I feel if they have been able to accomplish and obtain that rank...they are deserving of that title, even from me. I refer to my physician as "doctor" every time I see him and I imagine more then not have done the same or Professor from a college or something like that. What would be the difference in the arts? These are people that have given their entire life to make us better so why shouldn't we refer them to their title, if nothing else for sheer respect as a professional. As I tell my students if they were in terrible trouble on the street and I was there, would they want my help and if the answer is yes...then I would be considered their instructor all the time and not just in the dojo or kwon. Hope this helped!

Grandmaster Kuoha

Dear GM Kuoha:

"Thanks for taking your time to answer my question. It's very much appreciated.

I would also like to ask you if Professor Chow did some external training regarding calisthenics, weight lifting or power lifting. And what did he think about these types of training. One thing is to be in shape "martially" where one can punch, kick thousands of times and another being able to lift weights of any kind. For power what do you prefer most?

Thanks in advance"

GM:

Yes, Professor Chow was an avid weight lifter. When he sat next to his chair in the living room, there was a dumbbell next to the chair on one side, weighing about 40-50# and on the other side was a good size sand bag that he used to strike with his fingertips. He always taught us that weight training or even isometrics were some of the good things that all martial artists should do. We lifted lighter weights, with more reps to improve the strength but not the bulkiness. Power lifting were done by some of the students, but strict advise to them was that after they finished their workouts, they should spend twice as long doing stretching exercises so that the body did not remain tense. We also did a ton of calisthenics and exercises that used the body weight. In weight training or Ki Principles, I think both are important to a complete martial arts training. Like anything else, the physical and mental must be in harmony so I cannot say that I would prefer one over the other. The dynamics of striking someone has to be in perfect order to magnify the technique, while the Ki will help the penetration of the internal power. Does that make sense? One separated from the other becomes weak.

Hope this help some,

Grandmaster Kuoha

Originally Posted by Thunderbolt

Grandmaster Kuoha,

Thank you very much for taking your time to answer our questions. I have 3 more questions and I hope you will answer them in your free time.

1- Because you had a close relationship with Chow and his wife, can you tell us more about Chow's background martial art after training with this incredible individual for many years?

GM:

He started his training at around 7-8 years old and it was learning from his father. As a teenager he had already started to put things together of what he had learned to make it more effective. His training and foundation came from his father, but his real knowledge came from the streets. Professor was one that never backed down from a fight even though he was a short man in statue. He became so powerful and read allot about many martial artists. He told me that when he was young, he saw some photos of Mas Oyama's knuckles and swore that he would make his larger and much more powerful, and he did just that. I used to watch him hold lava rocks in one hand and punch it with the other and watch it shatter from that powerful blow. Imagine him hitting someone with that same blow, which he did and Dr. Perry can attest to his strength. Patsy was his comforter and was the sweetest person you would ever want to meet. It's appalling that after the death of Professor Chow she



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was placed in a retirement home where no one looked after her. It was then that we helped put her in a smaller home where they could spend more time with her. Every other week I paid one of my family members that lived out there to visit her and take her to the gravesite and store and buy her things that she wanted. We helped pay for her stay and she would tell me that no one ever came to see her, not even a few of Professor Chow's students that he had, even though they lived on the islands.

2- *What makes Kara-Ho so different from AK, kajukenbo, and other kenpo/kempo system?*

GM:
They are all very good systems and many of my friends are leaders and instructors of these systems. I think if you had to put it all in one statement, I would say that the Chinese Kara-Ho Kempo Karate System is the original and only true system of Professor Chow.

3- *As we know, the martial art system is changing. As a successor, a leader, and an inheritor of Kara-ho system, what is your response to people who say that you don't teach a *true* kara-ho system?*

GM:
It's unfortunate but jealousy is what makes people say those things. If you don't have what someone has and you want it, the only easy way to make yourself look good in their minds is to harp on the other. I have had to live with that ever since Professor Chow passed away in 1987 and after I ended up on the cover of Inside Karate Magazine, there were many threats. To me it doesn't bother me, I have been in law enforcement for many years retiring, faced many dangers including fighting in a riot and came out smelling like a rose. I've had a father who was a champion Lua man on the islands and is a full blooded Hawaiian and a very massive man and have had to live with his abuse all my life. I too have had real life altercations and so it doesn't bother me. I have thousands of dedicated students in 20 various countries of the world and many of them are former Recon Snipers from the gulf war, one of which was the instructor for all the recons in the marine corps, beside many others and they all look out for me. Though in the beginning the editor of IK wrote that many were writing letters of derogatory statements, but none would make the challenge to my face. I am older now but a lot wiser and have a lot to give to all those that want to learn and I am doing what I believe my journey on this earth is all about and what Professor Chow wanted me to accomplish. I don't have time to talk about others, because if I have nothing good to say about them I won't say anything. I know that what goes around will eventually come around and I don't want any negativity coming back at me. I have a wonderful daughter that has made it her life to train and teach. She still remembers the words of Professor Chow when she was little and he said that someday she will be running his system. That is exactly what this is, "his" system. It is not mine like many refer it to, I am only the keeper of this great system.

My last question doesn't challenge your ability or credibility in your leadership and teaching kara-ho system in any way. I hope you understand that."

GM:
Yes, I understand what you are asking so don't worry. I am not sensitive like many people that I know.

*Originally Posted by tshadowchaser
gmkuoha,*

Sir, I am enjoying reading your posts. Most of us have heard how hard Professor Chow trained his people, but few of us ever got to see or hear the other side of him. Would you perhaps honor us with a funny story or a bit of his humor? This I think would give us a little insight into the man as a man, not just the strict instructor.

GM:
I don't know if I know too many funny stories about Professor Chow as he was a very serious person. The only time I really saw him smile was when we took our daughter, Ka'imi Kwai-Sun over to see him at about 3 years old and when he saw her perform he just beamed and then whenever she was near, he would give her hugs and give smiles. There was one time though that was a great shocker to me. We were in the park next to his home training and after a grueling 5 hours in the hot, humid Hawaiian weather we went back to his home. Patsy



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offered me up some water and after a brief break we went outside as I was to take them to have a Chinese Dinner. As we approached his driveway, I walked and crawled under a thick chain that went across his driveway, about 3' above the ground secured on both sides into a huge steel pole to separate the driveway from the road. I turned around to hold up the chain so he could crawl underneath but before I could even do that he calmly walked up to the chain and with smoothness and gazelle like movement, he had jumped the chain. It shocked me because he was in his late 60's at the time and he did so very effortlessly. I sure would have liked to have that on video, but things like that happen in spurts.

I have in our company's possession several mini cassettes with him speaking on it during a time in the 70's when he just wanted to let it all air out. I was offered \$100 g's by a big time publisher to obtain those tapes so they could print it and I refused. Professor had named quite a few people that had taken advantage of him during his life who came and trained for very short periods of time and then left and used his name to make themselves look bigger. Some of these people are very big name today, so to allow these tapes to get out and hurt some of these people, I could not do that. To me it's all about trying to move forward and teach positive and this could be very negative to some of the biggest names in the Kenpo System today.

Grandmaster Kuoha

*Originally Posted by The Kai
GrandMaster*

*I have one of your tapes from Budo International, I've also had the opportunity to work with you at the gathering a few times (I have you on tape breaking down a joint-lock on me!) . I am always interested in anytime you choose to share
Todd*

GM:

Thanks, and I hope that I will be a tribute to the knowledge that I have obtained over these past 54 years. Seems like a long time, but when I think of what I have to learn, it seems so little of the time I have been training. A wise man (Professor Chow) told me once that to say that you have been taking arts for 20 years from someone that knows nothing still equals nothing. But to train for a year with someone that has a lot of Akami (brains) equals a lot of knowledge. I have taken that all my life as my father (a Hawaiian Lua champion) has also taught me these principles, so this is why I have searched out training with only the best all my life, no matter what the costs might be, (I was not a convenient learner) and I only hope that I can pass some of these things to my students and others along the way. I especially am trying to keep the legacy with my daughter, Sensei Ka'imi Kwai Sun (named after Professor Chow as he was the 1st one notified when she was born and he asked me to name her after him and since William was not a good choice we gave her his middle name who he referred to "Kwai" all her life). Ka'imi remembers Professor Chow picking her up when she was only 3-4 years old and watching her perform and he told her on tape that she would be the next leader to "his" system. This has motivated her all her life to keep training. Now a 4th dan she has been training for all her life and trains 5 days a week even if her schedule is worse than mine. Was she there at the Gathering with me and if so did you have the opportunity to work out with her?

Mahalo,
Grandmaster Kuoha

*Originally Posted by Grasshoppah
Hi GM Kuoha,*

I have an uncle in Hawaii who is still alive and well and lives every moment practicing. He knew Prof. Chow very well and says he was the most terrific martial artist he ever seen. He told me about one time they had demonstrated at the Blaisdel arena and Prof. Chow had gotten stabbed in the leg and the knife went right through. Has Prof. Chow ever talked to you about this demo?

GM:

The thing about Professor Chow was that he was a very proud man so he wouldn't talk much about when he was injured but Dr. Perry did inform me of this demo. What I heard was that he was busy watching the other opponents and they used real weapons in those days, and the student attacked him with the knife and stabbed



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him. The technique was completed though I have a hunch with a lot more power than it would have, and blood was pouring all over and someone suggested that he go to the hospital. Professor declined and said all he needed was a band-aid. Dr. Perry was called in his office the next day because the bleeding would not stop and was going to stitch it but Professor refused so they had to do a butterfly and bandage it real good. I heard that Professor went home and poured Dai Jow on it that he made himself and the bleeding stopped. Someday I will tell you how Dr. Perry met Professor Chow, but right now I have very little time.

Originally Posted by The Kai

Gm Kuoha

If you have the time and want to take a trip down memory lane, could you remember what a class was with GM Chow? I am curious, and would appreciate your time

Todd

GM:

Todd, My training in the Kara-Ho Kempo Karate system, called Chinese Kenpo of Kara-Ho Karate when I was training was not like it is today. First of all my earlier training was done with one of Professor Chow's students (Charles Kuheana) in the mid 50's till I left Hawaii in '69. I trained for 8-10 hours a day even while attending school. Our value of the sleep was prized and very valuable to us even as a young person as we got very little of it. I met Professor Chow while I resided with Master Kuheana along with 5 others who were training there, at various times and at first really did not like him. We trained at the home built like a shrine and also taught at the Salvation Army Gym and that is where Professor would come down once in a great while. To me at that time I felt he was too mean and abusive and I tried to stay clear of him but he would use me as "uke" quite often. The bruises and cracked bones in my body healed quickly then. I learned how to be tough real fast. In our training there was quite a bit of exercises and stretching. We did have a bit of fun as we played volleyball while wearing weighted gettas (Japanese Slippers) and we had to keep doing that every day for an hour until each one of us could jump so our head could overlook the top of the net. It took me about 3 years to do that but the training that I went to, made a sure big difference on the strength of my legs. This was to build it so strong that our low line techniques were easier to make work.

Times have changed and we do not train our students the same way as we did then as we were made tough with all the contact. However much of the training that modern day students receive has made them the same way as it was then. Our classes are a minimum of 2 hours each night and usually go till 2.5 hours. The first hour has strict exercises with lots of cardio and stretching. Some of those are such as doing two knuckle push-ups on cement blocks, center knuckles and tips of fingers. A lot of ab work is done and also some good ole yoga stretching. Then the training begins. The students train a minimum of 4 x a week and some go 6 days a week for the same length of time. It takes 6-8 years of this type of training to achieve their black belt.

We do not, nor will we ever, promote anyone to a junior black belt. There is probation of one year for each "dan" rank before the instructor receives his all important large notarized certificate from me personally like I received mine from Professor Chow. If they do not have it, then it only means that they did not make their probation and therefore did not achieve that rank from us. Probation period can be extended if the board feels necessary. All brown/black and black belts are tested and promoted through our board of directors and generally I must be present for all black belt promotions. This is the only way to keep control over the quality of the ranking instructors. We have tried and counseled with others for a better way, but there is none. This way we know for a fact that our instructors are teaching things as close as they can to what we are teaching at our school. We also have training sessions quite often for instructors and they are constantly traveling to San Diego to take private training with myself or some of the board members. The moral standards in this system are very strict and many instructors and students alike are terminated because of some things that they are doing that are not in accordance with the way this system is set up, so if you hear anyone say they used to be a student but quit because they didn't like something, it's more likely 'cause they screwed up and was kicked out. Most Kara-Ho Students that join in and stay for about 3-4 years usually stay a long while after that or their life focus changes in a different direction.

Best,

Grandmaster



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*Originally Posted by tshadowchaser
gmkuoha,*

Sir I am enjoying reading your posts. Most of us have heard how hard Professor Chow trained his people, but few of us ever got to see or hear the other side of him. Would you perhaps honor us with a funny story or a bit of his humor? This I think would give us a little insight into the man as a man, not just the strict instructor.

GM:

I don't know if I know too many funny stories about Professor Chow as he was a very serious person. The only time I really saw him smile was when we took our daughter, Ka'imi Kwai Sun over to see him at about 3 years old and when he saw her perform he just beamed and then whenever she was near, he would give her hugs and give smiles. There was one time though that was a great shocker to me. We were in the park next to his home training and after a grueling 5 hours in the hot, humid Hawaiian weather we went back to his home. Patsy offered me up some water and after a brief break we went outside as I was to take them to have a Chinese Dinner. As we approached his driveway, I walked and crawled under a thick chain that went across his driveway, about 3' above the ground secured on both sides into a huge steel pole to separate the driveway from the road. I turned around to hold up the chain so he could crawl underneath but before I could even do that he calmly walked up to the chain and with smoothness and gazelle like movement, he had jumped the chain. It shocked me because he was in his late 60's at the time and he did so very effortlessly. I sure would have liked to have that on video, but things like that happen in spurts.

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Grandmaster Kuoha

Originally Posted by Hand Sword

Greetings and much respect to you GM Kuoha! It's truly an honor to be able to communicate with you. Lately I've been focusing on the evolution aspect of kenpo/kempo, where I was asking the other kenpo stylists what their systems changed or added to the kenpo originally taught to them or instructors and why it was changed. None could really answer the question due to no one being familiar with the system that Professor Chow taught and practiced. I was curious as to what the professor stressed as the focal points regarding his self defense combos, or what he felt was needed to add from what he learned. Thank you for your time, and again respect to you and yours.

GM:

What was told to me by Professor Chow, was that from the beginning when he used to teach, he first taught a couple students in his back yard teaching them techniques that his father taught him. After a while he joined up with Mitose and started to teach more of his (Mitose) style than that of which he learned from his father. At that time he was teaching techniques and kata but all of the Japanese influence and not the Chinese that he originally was taught. After his breaking away from Mitose he began teaching a small band of students, which were of the linear techniques (12) which then derived into hundreds of techniques derived into reaction techniques. He was an avid physical trainer so much of the training was done to build the strength of the body and then you would go through these linear techniques for hours and hours. He said there was a lot that he wanted to teach but held off teaching them for several reasons, one of which he could not trust anyone. He had depended on several men that became his top students, but they all left or loss contact after a while. This hurt him dearly and this caused his mind to become callous towards anyone, because so many had taken advantage of him. Be it the same with me when I first tried to train with him again, he was extremely cautious and did not want to teach me anything, because he was hurt so much before by many who came for a short couple of weeks, gave him some money, had him sign their certificates and then used his name for their own gains. Though I had been training in his system for many years prior with his student Charles Kuheana and met him in person, he still did not trust me. It was only because my mother was a friend of his wife's, Patsy that I was able to get into his good graces acknowledged by my mother that I was not the same as these others.



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I would spend many hours training in the basics, and even though I thought I was doing them perfectly, he felt that I wasn't. After many visits and hours, he started finally opening up to me and even had me bring a tape recorder so he could tell me everything about his life and his training, pass students, et all, which I did. *These are held in the Kara-Ho Kempo's archives and are not used for the public.

As I said in the beginning he only taught the 12 Professor Chow's linear techniques and only after many years, he started to teach me the advanced stages of the Kara-Ho Kempo Karate System, having to ward and defend against up to 15 opponents at a time and to defeat them all in a matter of seconds. These were the one blow/strike technique that would immobilize, paralyze or kill your opponents. These were a work of art on its own and if you ever have a chance to visit one of our schools where the instructor is at least a 2nd degree black belt going for his 3rd, ask him to demonstrate the advanced techniques of defending against 6-10 people. During this time he observed me practicing on my own doing my high flying kicks from my training in Tae Kwon Do and came up to me and asked how did I learn them and I told him that I did that for some 6.5 years and it was because during a tournament I was caught with one of these kicks and wanted to learn how to do them so I knew the mechanics of them and would never get in that predicament again. He started to work with me on the jumping kicks and helped me revise them as he said that there were openings when I left the ground and helped make them so there was less periods of time that I was left opened. He asked me if I ever did kata and I said yes, from the past systems I had taken. I performed some of them and he asked me if we should include them into our system and I said no, that I believe it would not be Kara-Ho Kempo if we used someone else's kata's, so we started to design kata's designed from our system's movements. These took years as when we did, he would go over them many times, and would look at what was good and what was useless, remove the useless and improve on the effective things. In the end we came up with "Kwai Sun Kata", "Kata Set II", "Hoshi" and "Combination Kata." It should be mentioned that these are not the same as any other Kenpo system's kata's that named them the same as ours. In fact ours were around in the beginning of time and they made up theirs after to try to show some relatively similar things towards Professor Chow's system. Weapons training and forms were added also in the 70's. I trained in both Japanese and Chinese weapons for many years from top people in their art form. Everything that we have now did already go through Professor Chow's guidance and he did make changes in all of them, to make them better. They were all done with his blessings except for 2 beginner's weapon's (purple and above) kata's that I designed after 1987 for those students.

Sorry to be so lengthy but it is so hard to be short and to the point with questions like this and I could have kept writing for another several pages on this subject but if you have any other specific questions, then I can answer those.

Best,
Grandmaster Kuoha

Originally Posted by Karazenpo

Hello again Gm. Kuoha, hope all is well. Grandmaster, one of my hobbies is the history of our Hawaiian-derived Kenpo/Kempo arts and I have a question that keeps coming back to me that I have no answer for. My friend, Sigung John Bishop has shown a superb short video of the late Professor Chow and by all means, there is no doubt, in my mind anyway, of a serious Chinese martial arts flavor to the Professor's techniques. Now, this is by no means to start a flame war with Tracy's Kenpo at all, I have friends in this system and have the utmost respect for them. However, on the Tracy website, the Tracy's are pretty adamant about Hoon Chow not knowing any Kung Fu and that the Professor stated he learned such techniques in dreams. Could you please lay this one to rest once and for all for us since, like stated above, looking at the Professor move, well, no doubt in my mind there's a kung fu influence there!

Thank you.

With Respect,

Professor Joe Shuras



Chinese Influence from Hoon Chow

GM:

Well, I didn't know Hoon Chow but got word from many conversations with Professor Chow that his learning came from his father and if he did in fact learn it in a dream, then it must have been a fantastic dream. Master Kuheana and Dr. Perry both say that indeed his father was a well trained kung fu stylists and I tend to believe them more. What's your opinion? That website also provides readers that there was a Mormon Kenpo training and that Professor Chow, Ed Parker would not teach anyone in the beginning if they were not Mormons. I am a Latter Day Saint (Mormon) and proud to be one, but I can tell you from checking records in the church, Professor Chow was never nor did he ever join the church. In fact one of his reluctant views to train me again in the 70's was that because I was a Mormon and he did not like them. It was due to his dislike of Ed Parker and he felt that he deceived him and thought that all members of the church would do that for monetary gain. If this is true then he found out that I was very different. So back to your question, I have to believe what Professor Chow had told me and other students that met and trained with him from our school here that it was so, that he acquired his kung fu knowledge from his dad. And Professor was many things...but he was not a liar and spoke truer than anyone else I have ever met.

Grandmaster Kuoha

Ki Principles and the Aikido Influence

Originally Posted by Jagdish

Dear GM Kouha:

I would like to know if Prof. Chow did have any training in Ki or internal energy training and if he did advance in it (means could he project ki in his hits?) Also where did he learn it? Thanks in advance.

Yours sincerely,

Jagdish

GM:

Professor Chow's internal energy was truly amazing and yes, he could and did portray his Chi during his strikes. Many people believe he was just a physically strong individual and that he was, but he also had an astounding strength of Chi. I used to watch him pick up a good size piece of lava rock that was so coarse that just tossing it in the air and catching it could cause you to tear up your own hands, and he would hold it in one hand and either punch or chop it with the other with little effort and just shatter the rock. Many things he used to do was truly amazing and only if you were there to see all this would one really catch the true value of the internal power that he possessed many of these things he taught me but it was very hard to understand and relate too, because it was something out of the ordinary. It took many years to have a fair relationship of understanding and even after over 20 years in Kara-Ho Kempo, I still had much to learn. It was only until Shihan John Damian, a noted Aikidoist came into my life that I started to really understand what I have been taught all these years. I was indeed practicing with Chi, but had a hard time explaining it to my students on how to make it work for them.

As Shihan Damian would say that I had been utilizing the principles all my training life but now I have the realism of the understanding of it and now am able to teach it proficiently to all my students all over the world. Professor Chow's training of Chi came from his father who was once a Buddhist Priest from Shanghai, China and taught his son the gung fu training which first started with Chi training.

All my life I have watched many people in the arts that have been able to portray strong and good Ki (chi), and one of the most sincere and humble men of this energy is a Kung Fu Stylists by the name of Sifu Dwight Love in San Diego. The power he possesses is truly outstanding and my daughter, Sensei Ka'imi Kuoha has been training also with him for the last 5 years, privately and her training of qi-gong is helping her achieve things that she has never been able to do before.

Hope this helps,

Grandmaster Kuoha



Mitose Influence

In your conversations with the Professor did he ever indicate to you whether GM Mitose was a good Martial Arts Practitioner? I have read quite a bit on the subject and it is not like I am naive about this subject...

GM:

I believe it was best said by Emperado when he trained with both men and said that Mitose was the brains behind it all and Professor Chow was the brawn. It is a fact that Professor Chow even acted as a bodyguard for Mitose. My personal feelings is that, Mitose was good in his own right but many things that were printed and published were not entirely the truth and Mr. John Bishop did quite a bit of history about all this and found it out also, but nothing should be taken away from either men as we were not there when it all happened. I know that I would not want to be the person going against Professor Chow or even my first Kara-Ho instructor, Sensei Kuheana as the speed and internal power that these men portrayed was unbelievable.

When I was back home, I went everywhere with Professor Chow and there were a few occasions that I had to intervene with others that wanted to try him out. It was a classic example of the student showing that it was impossible to get to the teacher. After any physical altercation, Professor would always tell me how proud he was of my actions. I would bet that both men were awesome in their own rite. I have seen Professor Chow in combat and he was awesome even till the day he passed away.

Originally Posted by GAB

Grandmaster Kuoha,

What a lot of people are interested in regarding Mitose, is/was his ability to fight. From persons who are on one side of the fence Pro, Yes he could...From persons who are on the other side of the fence, No, he could not, his son was not even good, etc...When asking Hanshi Bruce Juchnik and others in that camp, it is YES, he was a Master and he came from a long lineage, very complicated but it is there and we are getting closer to the end of the trail. As I said in a post on other thread, in the opinion of the guards that worked around him, Yes...He was tough...Did You ever hear any of that kind of talk from Professor Chow or others that were there?

Regards, Gary

GM:

You should contact Sifu John Bishop about the lineage as there were many holes in that part of the history.

Also Professor Chow would tell me things about Mitose that I care not to repeat out of respect, but I know for a fact that getting anywhere in Hawaii as a martial arts in the old days, you had to have knowledge and be able to take care of yourself as you were constantly tried to see how good you really were.

I do know that many stories that stemmed from the prison walls were false and as a former law enforcement officer for many years, I know that is one of the number one rules and that is there would be NO training of the martial arts of any kind while one was incarcerated....period! As some system bases their whole background on a guard during that time, I tend to disbelieve that as I know that a guard caught training would be fired and prosecuted in a heartbeat. I also contacted the warden during the time that Mitose was incarcerated and he told me that he did not even remember him and that they were only a number behind prison walls and that any type of training being done in the arts did not happen. I also spoke to one of the captains that he referred to me which was up there in age at the time I spoke to him and even he stated that he did not know who Mitose was and that he can guarantee me that there was no martial arts training going on at all. He was also contacted by my neighbor and close friend who just retired after 30 years as a supervisor with the DA's office (investigator) here in San Diego and they both made the same statements. They said that anyone making claims otherwise were not telling the truth as any extensive training that we were speaking of, would eventually be known to them.

Gary:

You are correct that any stories that have gone around about Professor Chow has been honorable and positive and this is why he left the Mitose's camp because he did not like what was going on.



There are several systems today that base their whole training philosophies on what guards learned from Mitose during his incarceration and that is why they were mentioned, but I take their training with a grain of salt as I had learned so much from so many people during that era that can refute what they are saying to be any truth.

Grandmaster Kuoha

Originally Posted by GAB

Thanks Todd,

Again you have misinterpreted my post, Read it again will you...What has the person who is supposed to be a fellow leader of an organization and on first name basis with Hanshi, got to say about it???

Regards, Gary

GM:

Gentlemen...let's be civil. I thought this forum was for people to learn about different styles, not attack each other? Yes, this is Grandmaster Sam Kuoha and I am a good friend of Hanshi Bruce and have supported him in all his endeavors, however in my past experience as a law enforcement officer, I know that hands on teaching of the martial arts have always been a taboo while in jail or prison and this is watched very closely. I was speaking of other systems that guards have come out saying that they trained with Mitose first hand, but not the organization that Hanshi Bruce heads. The warden at that time and a supervisor both told me that never happened. I don't know whether they just said that in case someone was investigating them and their rules and regulations, but they were both retired at the time I got to speak to them so it wouldn't matter I would think.

If you were not a cop, then you wouldn't understand some of the strict rules that they had for prisoners so I am just giving you my professional opinion and hearsay evidence from two men that was in charge of the prison at that time. This is non-admissible in the court of law so you can determine what you wish to believe. I was not there so I cannot say that is the way it happened for sure, but this is what I have gathered in info and as a law enforcement officer for San Diego County, this is how the rules ran. If you need any more evidence ask any law enforcement officer in California, who is familiar with the prison systems and they will tell you the same things.....maybe? So any cops in California, please speak up!

Grandmaster Kuoha

2) In one of your books, you refer to Mr. Mitose as the Great Grandmaster or Grandmaster, and the teacher of Professor Chow. Do you still hold the same belief?

GM:

I still say that Professor Chow did in fact learn some things from Mitose, however I believe that Professor learned as much from Mitose as Mitose learned from Chow. I spoke to Emperado some years back and he told me that Professor Chow was the hands on teacher and Mitose ran the organization due to his education.

Professor Chow's rank of "Jugo-dan"

Originally Posted by Matt

I'm not Prof. Shuras, but I'll confirm that one. The two- man set you see in Nick Cerio's "The Master's Text" is essentially the same as the Parker two man set. An early version of it appears in Ed Parker's "Secrets of Chinese Karate" as well, but a more similar version exists on video with Ed Parker performing it with Chuck Sullivan if I recall correctly (I saw it at KenpoJoe's place). Again, if memory serves, this set was created by Jimmy Woo.

The Jugo Dan / 15th degree came about as a reactionary measure. Essentially he saw several of his students claiming 10th dan, and said, well if he's a tenth than I'm a 15th...

Hope that helps.

Matt"

GM:

I have a little insight to this question and I hope this helps. That is true that many of his old students were all claiming 10th dan's (mine was given to me by his advisor, Dr. Perry and witnessed by his widow, Patsy Chow



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after his death in 1987). At that time I still refused to accept that so I made a deal with Patsy Chow and Dr. Perry, and that if I ran his system for a year, and they both felt I was heading in the correct direction, then I would accept the 10th as Professor wanted it in his will. However several ranking and well known master's in Hawaii told Professor that if his past students were all claiming 10th's then he should most certainly be at least a jugo-dan (15th) and that is how that came all about.
Grandmaster Kuoha

Snake Technique

(A thread about the snake technique for BB initiation)

GM:

Ohhhh but it is a self defense technique that is taught in the Kara-Ho System but only a hand full will ever learn it by the time I leave this world. There are techniques designed with the uses of snake and scorpion, however very dangerous as it can and will be fatal to your opponents. This is why we do not teach them until an instructor reaches at least 6th dan, which in our system is like forever. Thus far only one person I have taught some of these too and that would be Shihan Mendoza, who would never repeat what I have taught him. It is said to me by Professor Chow that I should not teach it to anyone until he/she was of very high ranking and I felt would do no harm to anyone unless innocent lives were at stake. These techniques are deadly and 'cause serious blood clots in main arteries that travel to the heart. For these it is like a murderer's dream and I have vowed to obey what Professor has made me promise.

Regarding using these in LE, we are supposed to protect life...not take it and in Kara-Ho, you are trained in various facets that could easily take another's life and these would not be necessary. I believe that learning of these death arts made one aware of the study of the human anatomy and the blood flow so I believe it was taught to me as a learning tool. Maybe in the old days it was used to take another's life so no one would know...but in today's world, I would hope that we are more civilized then that. So Sensei Jamey, time to get going and study hard so these things would be available to you before I die.

GM: (Cont'd)

One more thing....the technique is not only surfaced by attacking from inside the mouth, but to several parts of the body. I only use it for initiation purposes for controllability. If I make even a slightest mistake when I am doing it...it could be fatal so I am extra cautious about when I do it. This is why I have deleted the use of double snake for initiation purposes. You are correct, in the over 100 times I have initiated our blacks belts, I have yet to find someone stand up while I put it on them, even so slightly. The toughest I have seen was former sgt/maj Sensei Al Parker of the 1st recon, USMC when he got his black belt. He dropped to floor in an instant but by survival instinct, he immediately bounced back up off the floor and said, thank you sir and when asked if he wanted another...he quickly replied..no sir. Most hit the floor and stay down for a few minutes and it stops all your brain waves from functioning...and if you have less brains like me...then it will take you longer to get up. Believe me I have had this done to me and Professor Chow was not so forgiving. I think all the things I did wrong in the past, he remembered when he snaked me. It felt like I was on the ground for several days but I knew it couldn't be more than a couple of hours (lol). It felt that I ran into a Mack Truck while the truck was moving at a great speed towards me. You think you are dead but in your own eyes you can still see everything about you...you just can't feel them. Like someone came down and took away your spirit and left your body....wow that's death! Remember the story I tell about he and I going to the Hawaii Meat Market Slaughter House and killing the big pigs out there for our training once a week, usually on Saturday when they had a large amount to butcher for the Hawaiian Luaus. It was the use of the scorpion. Pretty funny story and I will remember that for the rest of my life.

Grandmaster Kuoha



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Interview in Black Belt Magazine, 1986

(Grandmasters response to questions about this "lost interview by Jim Perkins)

GM:

Okay, here goes with attempting to answer all your questions. Please let me know if I have been able to shed some light on these or if you have more. Remember these are my account of things that Professor Chow has told me and things that I have seen over the years.

Number one I have been training in The Chinese Kempo of Kara-Ho System for over 20 years but have trained in other arts since I was 4 years old. I started back again with Professor Chow in the mid 70's where I was going back to Hawaii at least twice a year and sometimes three. I spent 2-3 weeks at a time where about 90% of the time I spent at his home training in the park next door or in the evening at the church hall. During all this time I have not been able to train with Jacob as he was never there and yes, his name is Jacob and at the time in question (1986) he was supposed to have been training for 4-5 years. I did have an opportunity to train with a white belt name Walter and there were a few others that never stayed. When I went to classes, I normally would start the classes. It is to be known that I have in my possession one of the first printed Mitose's Book of Self Defense where Professor Chow is shown doing some techniques. In the front it was signed by Professor Chow and it reads: To my Chief Instructor, Samuel 5th degree. Aloha from Hawaii, Professor William Kwai Sun Chow. This was in the early 80's, and I also have a recorded tape interview with me and Professor Chow from the early 80's where he states I am his top student and will carry on his name and his system. This interview will remain for myself and my black belts to listen but will not go any farther than that. It is very derogatory and statements made towards other old timers were not in the positive so it will never be allowed to be printed in any magazine...for we are a positive system to grow and move forward we need to put all these "small talks" on the side and move on with our lives. I want my students to grow strong and move forward with positive Ki and there is no room for that kind of negativity.

When Professor Chow passed away I could not go back home for the funeral as it was forbid by my doctors, so I made arrangements to go back about 6 weeks after. It is to be noted that almost every day since Professor Chow passed away I was getting collect calls from Steven Chow (Professor Chow's son) and he kept asking me to come to Hawaii and take over everything. When I did go back Steven told me that they were having a meeting and in this meeting were several people, none that was important as Patsy Chow and Dr. Perry were not invited, and they were the ones that spent time with Professor before his death, but at this meeting was Steven, Jacob, Walter and a couple of Professor's older students that never stayed for any length of time. They all discussed things and said that I should take over and run the system because I knew the most about Kara-Ho. I told them that I did not want to be the head of anything and that I was satisfied of where I was, a 9th dan under Professor Chow. They all kept telling me that I had to do that and finally to brush them off, I told them I would think about it. It also to be known that Steven, who did not train in Kara-Ho as he and his dad could never see eye to eye as Steven was heavy into drugs asked me to promote him to 9th dan after I got my 10th. I told him that there was no way I would do that as I wanted students to be able to look up to the higher ranking instructors and that could not happen on this case. Of course he was very angry about this. I even tried to help him as he moved here for the entire summer of 1983, but when he went home, he went back to his old ways.

In this article, I don't know who this Jim Perkins is, but he never says he trained with Professor Chow and in fact I remember at that time, Professor calling me by phone and telling me that some guy under Alo was there asking him all kinds of questions and what should he do. I told him to contact Dr. Perry and do not talk to this guy or do not sign anything or teach him anything. This can be verified through Dr. Perry as he knows everything and everybody that went to visit Professor and for what reason. I later spoke to Professor and I remember him telling me that he didn't sign nothing and didn't say too much to him, which showed in this very short...concise so...called lost interview. Evidently his memory is not so good as he states he went home and tried to remember what he had been told so I think more than a few of his memory brain cells have lapsed. Professor never claimed that Mr. Parker only received a purple belt, but he has always stated that he trained with him for only 2 years but got a brown belt and it is true that in those days we only used the white, brown and black belts. Then one moment he hated Ron Alo and the next moment he wanted to see him. That is one thing I learned about Professor Chow all these years, but if you were on his bad side...you would forever be on his bad side and he was not afraid to tell anything to your face. So that there does not fit the Professor. Another thing I have noticed is that if he was angry at your instructor, he would get upset but never at you as a person as he knew that it wasn't your fault. All he wanted to do was make sure that everyone knew the truth about everyone that trained



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with him for a few weeks and used his name for fame or money. These are the tapes that I have in our archives, but won't release them.

The comments he made and said about Parker and Mitose are probably true as there was no lost love between them, but for the most part these things should not have been printed in any public forum such as a magazine but, to each his own, I guess. Some people thrive on negativity and controversy.

Regarding Professor Chow's training...yes I believe him when he says his training came first from his father as I have seen him do techniques resembling Kung Fu as I have trained in Kung Fu also for many years. Plus I have spoken to a very old Chinese Man that comes from Shanghai, China that now lives out here and after speaking with him, he told me that it was highly unlikely that a member of any Chinese Family that lived in Shanghai especially a son that did not know or practice in the Gung Fu Art extensively as it was almost mandatory for children there to train for health at least. He also said there was many fightings going on between families of various farms so all the sons would train in Gung Fu to become better than their neighbors so they could defeat them in battle.

I have in my possessions a bunch of photos taken of Professor Chow doing what might be determined as the Naihanchi Kata. These photos seem to be around the same time the photos for the Mitose Book was printed in the early 50's. Professor told me that this was not his form so he did not want me to teach it. He said that his forms would have the kung-fu flavor and so the development of the kata's we now have which was done with he and I in the mid 70's.

Regarding Hanshi Bruce Juchnik, though many people believe that what he is teaching is not Kenpo, I beg to differ. I really cannot tell you or know for fact on the amount of knowledge he obtained from Mitose but have no doubt that the system was bestowed upon him. I find him to be a humble yet direct teacher and no matter how much of what is taught is Koshu-ryu, I believe that he was given the system and if any of you have seen him working out, there would be no doubt in anyone's mind about the talent this man has. He is a dynamic teacher and even if he didn't have Koshu-ryu, he can handle himself quite well. He carries around with him all the time the aloha spirit and defines himself as a true martial artists and I have to stand next to him on that.

Though I never met Bill Chun Sr., Professor Chow used to tell me alot about him and yes, at one time he was Professor Chow's right hand man till the late 70's-early 80's when Professor Chow never heard from him and in fact Professor told me that he thought Bill Chun Sr. wanted nothing to do with him again and he didn't know why. He said he tried calling him several times but did not get a response since he always called collect, so he disassociated himself from Chun. Jr. He claims to have the true Kara-Ho but how do you have something that is true when the man himself decides it's time to improve and you're not around to accept those teachings.

You must all take what is printed in BB Magazine with a grain of salt. I did one of the largest selling issues in 1989 for their cover and they promised me it would not be a controversial article and I was wrong to trust them so because CFW (IKF, MA, IK) have been trying to modify their magazines to be more positive, I have been doing alot with them. I have also done covers in England, All through Latin America, Spain, Germany and others including several throughout the US and have tried desperately to have positive articles that would give a reader something to relate too instead of something that had a debate. I just found out that I will be on the cover of IKF in November of this year and my daughter, Sensei Ka'mi will be on the cover in early 2006 with her kung fu instructor. I will also be doing 2 covers shots in Mexico City and Spain (Budo) wants us back there to do another.

Ron Alo at one time was a friend of mine and then we lost contact, but I have many of his black belt students, some were his top people in Wyoming that have joined our organization. In 1974, I approached Ron to assist me in helping Professor establish an organization for him to preserve the Kara-Ho System. He asked me what was in it for him, and I responded, having the taking the time to help someone who has been important to us for all our martial arts training. He refused and the rest is history. Yes, Professor did not like him either but on the scale of 1-10 and 10 being the most hated, he was about a 3-4. Hey, at times I think I was in that range also. I remember once when I was training alot and he called me up and told me that he wanted to skip some ranks for me and wanted to promote me to 8th dan because he said it was my dedication and knowledge of his art. I refused and he started yelling at me over the phone. He sounded so angry that I postponed my trip back home till he called me about 7 months later and asked when I was coming home to train. I asked him if he was all right and he said yes, so I went home, but then he promoted me to 5th dan and I didn't refuse because I was so close to him. In his later years (70's and on) he believed in paperwork so that is when the notarizing of instructor's certificate came in and has continued even to this day.

Someone wrote that they thought that I was given the system because I was better off monetarily then Jacob and if you think raising 4 kids and a wife on a police salary is being rich, then you don't know nothing. Both Patsy and Dr. Perry signed a notarized a declaration for me that read that I was given this seat because that



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is what Professor Chow wanted to do because he felt I was the one with the knowledge, and I appreciated that. In 1988, the then Inside Kung Fu Magazine did a cover shot and an article and it read, The Reluctant Grandmaster. The editor was John Soet and he did a lot of investigation and then came to me. I indeed did not want the mantle and tried to get out of it several times and to be honest I sometimes wish that I never took it. It took them a year to convince me that I was denying Professor Chow's wishes and was being dishonorable to him. I certainly did not want to do that, but I did not franchise the schools as my attorneys advised me too but I just sunk my own money to help others find the truth and in the end my immediate family suffered for that decision...but we have never regretted that decision that I made many years ago. When we look at all the friends that we have made all these years and the joining of extended families, spending over \$100,000 to do this and not getting it all back has been well worth it for me and my family.

Yes, Professor Chow had been humbled to picking up cans and recycled bottles but he did not have to do that as we had arranged a bank account for him in Hawaii whereas every month the bank was sending him money for his bills and essentials. All the money I collected from my 20-30 students each month went directly to this account and we continued to care for Patsy Chow after Professor passed on. Tell me where any of his students, past or present, did even half as much.....None, because they did not love that man like I did. He wanted my daughter named after him and so we gave her his middle name, Kwai Sun, and when we saw him 5 weeks before his passing he told her (3 years old then) that someday she would run his system, and till today she has always remembered those words and someday she will when I am gone and she will do him proud. It is to be noted that after his death, they found over \$6,000 under his bed in US coins packed in shoe boxes (though the bank was giving him money each month, he did not trust them and also did not trust in paper money as he said rats could eat them. The truck that took this money to the bank was weighted to the springs and when someone asked Patsy where he got all this money from, she uttered, Samuel. I gave and gave and gave and when it hurt...I gave again...because I truly loved him. I'd like to see anyone else rebuke that. Hope this answers a lot of your questions....Sorry for it being so long but that was 7 long pages for me to go through all because of this dumb article, but if you've learned something from this...then it's worth all the time it's taken me to type this, which is about 5 hours.

Grandmaster Kuoha

Originally Posted by punisher73

As far as this Jacob person is concerned, it states in the interview that Jacob wanted no rank or inherit the system he only did it out of love. If that is the case then it's probably no wonder no one knows who this person is. He probably stopped after Chow passed on and didn't teach anyone.

GM:

Jacob was indeed a black belt and yes, he took that when it was offered, but Professor would always say that Jacob always got carried away, and that means he was a double O student....off and on. But from the ones that he had there, Jacob did keep coming back even in between his time offs.

Grandmaster Kuoha

Thank you Grandmaster Kuoha for taking the time and clearing more of the same controversy.

GM:

My pleasure!

Another response to "punisher 73 about "Jacob"

Originally Posted by punisher73

As far as this Jacob person is concerned, it states in the interview that Jacob wanted no rank or inherit the system he only did it out of love.

If that is the case then it's probably no wonder no one knows who this person is. He probably stopped after Chow passed on and didn't teach anyone.



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GM:

Here is a portion of an e-mail received from Dr. Perry of Hawaii regarding these concerns. Hope this puts a lot of questions and concerns to rest.

Grandmaster Kuoha

From Dr. Perry:

"Great-Grandmaster Sam. I heard very little of Jacob and I met all of Prof Chow's students. You and only you are the chosen one to carry out his teachings, school and legacy. I was Prof. Chow's confidant and closest friend and consultant and knew him better than anyone. I would be happy to write a letter to whoever needs verification of this situation. I am the authority on the story of Prof. Chow's life.

Sincerely, Dr. Perry"

Dr. Ronald Perry

Originally Posted by Thunderbolt

*Grandmaster Kuoha, if my memory serves me well, you told us that you will tell us more about Dr. Perry in "kara-ho" thread. If you have *free time*, can you tell us how this man relates to Prof Chow and how do you / Chow know this man.? Thanks*

GM:

Dr. Perry is an internal medicine doctor located in Hawaii. He is very well known and very connected there on the islands. He does not or never have trained in the martial arts. He doesn't need to as he had friends like Professor Chow and others. In the late 50's he was working in the emergency room of the hospital in Hawaii when 3 big local Polynesian men were wheeled into the hospital. They all weighed in the 300+ pounds. They were all very damaged and a couple of them were very critical. He thought they got into a major auto wreck and so when the police officers came there, he asked them how many cars were involved as one man that weighed over 350 had some internal bleeding as his lungs were pierced under one side of the ribs. (It was later learned that Professor Chow had stuck his knife hand under his ribcage and punctured his lung). The cop advised Dr. Perry that it wasn't an auto accident but these guys had picked on the wrong man. Man....asked Dr. Perry, that being singular. Yep, answered the cop and then suggested to watch for him as he had to come there so they could get more info about what happened.

About an hour later he was at the desk and then short, thick Chinese man walked up to him and asked where the cops were and Dr. Perry pointed to the back lounge, which the Chinese man walked there. He went back to looking at some records when the cop he originally was talking too, came walking by and Dr. Perry told him that a real short guy came by looking for them and he sent them back to the lounge area. The cop then replied....ohhhhhh, that must be the guy these guys picked on. This floored Dr. Perry as the damage done were so severe, it was hard to believe that one man could do all that damage, actually bringing them close to death, and in fact one of them did die after. He took a better look and went to the lounge to meet this man and said after more careful investigation, he saw the most gigantic black knuckles (he said calluses stood about an inch above the regular hands) on anyone and knew that this man was a martial artists (one of the big things in Hawaii with everyone training in karate was to build their knuckles). The cop introduced them both and they became friends ever since. When I was training with Professor Chow in the 70's he took me to meet Dr. Perry and told me that is the man that knows everything about him and his system because he was his closest, personal friend and the only one he could really trust. I believe that is because Dr. Perry did not need anything and would not benefit anything from Professor Chow. Every time I went home to Hawaii we would always meet up with Dr. Perry for breakfast or lunch and I got to know exactly what he would order each time. He took them for breakfast almost every morning and also helped support his family. He was their personal doctor and performed a few operations on Professor Chow and Patsy and did not charge them any money and in fact paid the hospital bill. He also paid for a portion of Patsy living expenses along with the state and our organization. He became Professor Chow's closest friend and was told everything that needed to be done. He also told him to tell me that if anything happened to him...that he wanted to be sure that I would take care of Patsy and I did. He was the one that promoted me to 10th dan...Grandmaster, as per his conversations with Professor Chow. He was the one that signed Professor Chow death certificate. He had control over the estate of Professor Chow and Patsy Chow. But by the time I got home, Steven Chow had thrown everything that was owned by Professor away in the dumpster. I



did get all his photo albums, the scrolls and many other things that Patsy was instructed by Professor to hide for me. Dr. Perry and I have thus become friends since I met him through Professor Chow. Professor Chow told him that someday after me he would want my daughter, Ka'imipono Kwai Sun Kuoha to run the system as he said she could do that and would be the first female to do something like this.
Grandmaster Kuoha

(Other off-shoots of Kara-Ho Kempo)

Bill Chun Sr. (GSJKCK)

Also, what is the truth regarding Bill Chun Sr. and his son's claim that he was promoted to 11th degree black belt by Prof. Chow? This is a rumour that comes up from time to time on the various forums where it is claimed that Chun teaches the "true art" of Prof. Chow, and that yours is more of your "own art" that met with Prof. Chow's approval than the one he actually practiced.

GM:

On other magazine articles, I have always said that Chun Sr.....not Jr. was indeed a certified 5th dan from Professor Chow and I have tapes with his voice on it saying the same thing. In 1978 when I went back with Professor Chow, he told me that he hadn't seen or heard from Sr. for several years as he had some personally health issues. He also told me the Cerio came to visit him twice, once for 2 weeks and worked out with him and Chun Sr. and on another time by himself for a week, but only a couple of times. Sr. was never promoted any higher than 5th as stated by Professor Chow and also Dr. Perry, who knew everything about Professor Chow's affairs. Chun does and did teach the true art of Professor Chow as he was taught it in the 60's and early 70's. He wasn't around when Professor innovated the system, which he was always doing. I remember things changing every time I went back and I was training for 3 weeks at a time about 3 times a year so there were constantly changing, and it seemed all for the good, I might add.

I'll be honest and say that I have no idea which of these statements are true and so I am going directly to you on this. This is merely a quest for information and I am not in any way trying to throw aspersions on anyone here. I appreciate your willingness to come on here and give us the straight answers.

GM:

I appreciate your honesty and a thrive to search for the truth. Too many people make judgments when they know nothing of what really happened. I have a quirk that too many people believe everything they read in the magazines, newspapers or books and I have read these when they are out and many times, I am shocked about some things that supposedly came out of my mouth. Many things are misquoted and not valid. Maybe that is why we are told to believe nothing of what we read and half of what we see. Believe this I have documents signed and notarized up to my 10th dan. Let's see anyone else produce even a copy of theirs'. Hope this helps you and if you ever need more questions, you now have my e-mail address and can correspond directly.

Best,
Grandmaster Kuoha

The link Bro.John posted was very cool... I was not aware that there were sub systems of Kara-Ho outside of Mr.K's organization? (GM Kuoha) Are they, Chun-Chow Kempo vs Kara-Ho, fundamentally the same system, i.e. same approach regarding kata's etc.? Or are there glaring differences?

GM:

I have relayed to in several articles in magazines, etc. Bill Chun Sr. was one of the highest ranking students promoted by Professor Chow. In a taped interview with Professor Chow he states that Bill Chun Sr. was a 5th dan under him, but unfortunately he had seen or heard from him for the past several years (the interview was done in the late 70's so that means Bill Chun Sr. had not kept in contact prior to that). Professor Chow states that Bill Chun Sr. was a good instructor but he had hoped that he kept in contact. In the late 70's Professor Chow



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started innovating the Kara-Ho System and made it more refined, deadly, faster and more direct. Bill Chun Sr. was not around during that time of these innovations so there is a distinct difference between the two systems. Remember I trained in the Kara-Ho System under Master Kuheana in the late 50's and between what I learned in those old days till I started training again in the 70's there was a big difference...nothing better or worse but different. It also seemed harder to learn in the modified system of the 70's but very much moving in the right direction. I love it as it challenges the mind to the max and also the body. It is much more internal now then it has ever been so I would say that it now keeps you on your toes. You've got to watch the instructors now to see what Kara-Ho has to offer.

Mahalo,
Grandmaster Kuoha

Nick Cerio

Originally Posted by KENPOJOE

HI FOLKS!

Just to clarify, Nick Cerio received his 5th Degree Black Belt from Prof. Chow, when he had trained with Chow in Hawaii. Prof. Cerio was not awarded his first degree black belt by Prof. Chow, rather that was George Pesare. I hope that I was of some service

KENPOJOE

GM:

Just my \$.02 I have an interview with Professor Chow on tape that says he promoted Cerio to a rank in his (Cerio's) own system, not Kara-Ho. Chow watched his technique and said that his movements were those of that dan rank. If you look at Cerio's certificate it does not have the ones that were given out by Chow. I know that for a fact, because he was only there twice, once for 2 weeks and another time for a week. That's hardly enough time to gain that much even if you are a genius. Even Cerio's former wife stated that.

Editors Notes:

If you have any articles or ideas for publications of the Thunderflash, please forward them to Sensei James Gibson at dianhsuhe@yahoo.com or to Sensei Jeff at senjeff@readytek.net.

In Kara-Ho,
Sensei Jeff & Sensei Jamey