

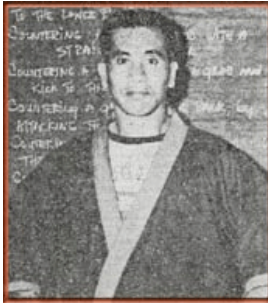


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Welcome to the Thunderflash e-mail newsletter for the first quarter of 2007! This newsletter is designed to provide information about the Professor Chow's Chinese Kara-Ho Kempo Karate system, with updates about Grandmaster Kuoha, interviews with some of our top instructors, and recent promotions.

I would also like to get a family tree started so if possible, please e-mail me at [dianhsuhe@yahoo.com](mailto:dianhsuhe@yahoo.com) with the name of your instructor, your name and your rank.

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## [A QUICK NOTE](#)



Grandmaster Kuoha was featured on the February 2006 cover of Inside Kung-Fu magazine. The article is titled, “Fighting the odds” and it deals with multiple attackers and how we train for such a scenario in Kara-Ho Kempo. Sensei Mike Chavez (Shodan) and Sensei Gabe Ruse (Shodan) assisted Grandmaster on the shoot. If you did not get a copy, some instructors ordered in bulk (including myself) so they may be able to get you one also. E-mail me if you are interested.



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## GRANDMASTER'S CORNER:

Hello everyone:

Boy, how the time flies as we are into a new year already and I really don't know where the old one has gone. Whatever the case, I am so happy to have all of my students and instructors striving for the same things in life and I am truly proud of their achievements and successes. Never in an organization have they seen such dedication and devotion especially to Professor Chow's art. I have heard many things from others bickering on how this is not Professor Chow's Art, but you all can rest assured as I live that it is and always has been. Master Kuheana, who I continually converse with, made the comment, that people are just jealous and when they live lies, and then they have to pull down others to make themselves look good.

It reminds me of a conversation with Professor Chow many years ago when he was going to promote me and I told him that I was not ready and that if he did, many people would make bad comments and this is what he said. "The problem with people is that they are like the black crabs on the rocks. If you catch a bunch and throw them into a can, rather than they all help each other get out, as one starts to crawl out, others will grab a hold of him and pull him back into the can." "Jealous people are the same, so keep doing what is the truth and you will make it out!" As I sit and look at what has happened all these years and what people have exploited his name to make money (and they can tell me all they want about not doing it for the money, but in the end they know the truth) and made their own ranks, eventually they will fall on their faces. Some may say that they don't care if we have all the paperwork, certificates and such, they still don't believe it, but only the "fool" will not believe what is credible in the court of law.

I have very little time to spend on talk forums worrying about what is going on as I have always been a progressive person and expect that of all my students and maybe Professor Chow saw that in me also. Master Kuheana once told one of our instructors (Sensei Rob Shepard and his wife Sari) on a visit to Hawaii that he knew that I would be someone someday and he said that is because I was so obedient, probably scared was better put, but I appreciated that comment and have always respected him for my beginnings in the Chinese Kara-Ho Kempo Karate System. Just be sure that what you are all learning are truly things that Professor Chow taught and approved of me doing and we have too many witnesses today that can vouch for these things. No one has ever seen the sights of what Professor Chow taught and that is because they weren't around to obtain them. To me they couldn't handle it and didn't want to give of themselves. We have grown immensely and I can honestly say, I have not made any money from the system nor use his name for any monetary gain. So those that make claims of the same...all I can say is...sleep on that and pray that it doesn't come back to bite you in the okole later on.

There has been a rumor going around that I was involved in a confrontation with another person at Hanshi Bruce Juchnik's Gathering in Sacramento and that Sensei Al Parker had to jump in the middle to break us up. For one, anyone that knows Sensei Al knows that if he touches anyone someone is history and for the other I wish I knew that I was in a confrontation. As put by Hanshi Bruce on a recent conversation, if people are going to make stories, maybe they ought to make up something that could be possibly believable.

The past years have brought many trials, and also allot of good memories. The best memories I have is traveling to our various schools and seeing the growth of our students and instructors. I am pleased with their progress and the ways of the teachings of Professor Chow. It brings me great joy in seeing them grow in a positive way and to tell you all the truth, I know beyond a shadow of a doubt that Professor Chow is smiling on you all. I am impressed with the knowledge that flows within the veins of your students and all those that you are in contact with. Many of you have jumped in there without asking to help out after my accidents, but know that the healing process is happening. Because of the way we respect Professor Chow and love him so much all our students and instructors are going to Hawaii to pay tribute to him and Patsy this year. It is happening in his beloved Sate of Hawaii, where it meant so much to him and also on his day of passing. We don't think a true tribute is placing a plaque anywhere's but we feel that moving his grave site to a better and more decent park with a custom head stone would be more applicable to all that he has given us. So we as students are donating the entire amount to pay for the costs of this memorial (which is around \$18,000) for both. To me that is what giving back is all about,



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not putting a single dime back into my pocket for the namesake of a person that left us so much. We students of the Chinese Kara-Ho Kempo Karate System don't believe in talking false claims...but I think it is said that we put our money where our mouth is. It is amazing that even his own couple students that he had upon his passing never did anything for him or his widow. As Professor Chow would always tell me that many people speak with forked tongue.

This 20<sup>th</sup> memorial year will also have available collective coins with his photo (never seen before) on the front with the dates and on the back will be the first Kara-Ho Symbol (which of course I have in my possession) all in color. Commemorative watches will also be available with these same photos. The costs will be the exact amount costing us with a limit of 10 per person for instructor's only. Students can obtain them from their respective instructors. There will only be a limited amount available and after that the dye will be destroyed. Those that donate at least \$250 as an individual for this memorial will receive a hand-carved 3 dimensional plaque of the Kara-Ho Symbol with an appreciation for your donation. We hope that you will all donate allot more then that. If there is any extra from this donation, then we will use that money to offset the luau that we are having that night with Dr. Perry as a guest speaker. A writer/photographer will also be on hand to do a feature article of Dr. Perry and also of this event. We were notified that the Hawaiian Martial Arts Society will be doing their Hall of Fame (HOF) at the same time on the Sunday evening (23<sup>rd</sup>) so we are all invited. Sensei Ka'imi, Dr. Perry, Master Kuheana and myself are all being inducted into the Hawaiian Martial Arts HOF. The possibility of having the Mayor and the Governor of our great state might be in attendance. What a tribute to a man who left us so much and asked for nothing in return. I have had Sensei John send out a special e-mail regarding our travel agent for the travel flights and so you can all check to see whether the costs are effective for you. This is something none will want to miss as we hope that we can pay our last respect to Professor Chow's ashes prior to it resting back into the ground. A dedication of the grave will happen at that time. This is what they refer to as a true memorial!

Now for the update of what's been happening here. We had great traveling experiences to Montana, Washington and Germany in the very recent months and enjoyed ourselves at every area. Washington even got me to make some BBQ on the grill (the talents my mother left me year ago). I also enjoyed visiting my properties in Coeur d'Alene, Idaho and now the factor of putting a log house on one of those properties. Going to Hawaii also was a trip as I trained with Shihan Kahananui and his student. We got to go to the Big Island and visit my property on the Big Island. One that had a 360-degree view of the ocean. Then we just got back from Las Vegas and Utah where I had an opportunity to visit with my two uncles and also a very good friend, Sid Liufau, a Lima Lama instructor. It is always great to spend quality time with loved ones.



But the highlight of the trip was to attend the LDS Temple in Salt Lake City with my oldest daughter (who received her black belt from Professor Chow himself at the age of 16), get sealed with her husband and daughter, Jazzy. What a beautiful moment to know that we can all be together as a family for time and all eternity.



I had an opportunity to spend a belated Christmas with all my grand children (12 of them) and my daughters. What an enjoyable time I had to see the excitement in their manner and faces and to even see family that I haven't seen in a while. I wish I could have them close to me so I could spend some valuable time with them all. Photos will be on the personal photo album, which most of you have the site. If you don't contact your instructor or you can ask Sensei John for it at e-mail: [info@karaho.com](mailto:info@karaho.com). Besides the personal photo album, there is also one for the Kara-Ho System and you can obtain that one from your instructors also. Please do not download any photos without a written consent from this office as they are all copyrighted. The photo albums are not a public forum but owned by this office.



I got to spend a couple of days training with Shihan Mendoza, aka: Dr. Mendoza, Sensei Jeff Hayes with Sensei Pat Beachley observing and that was a treat in itself. And if any of you have ever seen Shihan Mendoza, you know for him learning something new is always exciting. He is always a joy for me to teach and spend time with such a humble family. We all spent time after the temple sealing at a restaurant and even Sensei Mike Darnell and his beautiful wife, Shirley was able to join us. Isn't it great when being with Kara-Ho Students is only the venture of an extended family and you can feel the love and respect that we have for each other? We are so fortunate that this system provides us with this feeling.



Although the weather there was different from Southern California, it was still a beautiful trip. On the way back we stopped at the designer's outlet stores in Primm, Nevada and there we met some awesome people who owned the Italian Men's Suit Store. Hawaii was the favorite place of the owner who is from Israel and actually went there 4 times in a year because she loved the place and people so much. Needless to say we all became friends and spent 3 hours talking with them. Isn't it great when the spirit is so strong, it is easy to make friends and hopefully they will be that for years to come? And yes, I got a couple of Italian Suits that Sensei Dana bought me for Valentine's Day at a price we could not resist. Another trip is planned very shortly to return and see the various national parks with my grandchildren. They are also planning on visiting us here in San Diego and doing the tourist thing.

So now we prepare for my long trip to Australia to shoot another film. Shattered was finished and done last year and Stone, PI will be done this year with another 5 films to follow (you can view the posters on the photo album after the magazine covers). Partisan Pictures will grow fast in the future and being one the producers and partner I am glad that I invested in this company because the others involved are all professionals and honest and those are the type of people I would like to be associated with. After these 2 films are under our belt, the company most likely move from Australia to Los Angeles and that would be great as it will be closer to home.

I have finally and hopefully finished our landscape after the third try at a cost of another \$40,000, now making the total to nearing \$450,000 (take a look at it on the album as I enjoyed making it and hope that you will enjoy viewing it). It should have only costs me one-third that amount but the koi ponds are now complete and beautiful. It grew from a total of 5,000 gallons to 18,000 gallons and now the Koi seem extremely happy swimming around. A new waterfall has been added at one of the ponds and another oriental bridge from the carport to the spa. The aeration is amazing and the water is so clear that you can see the lava rocks at the very bottom. See the entire new pond on the photo website, you will be amazed. About 2 dozen Japanese koi grace the ponds of various colors ranging from sizes of 10" to 24".

Also now about 6 months was born our new grand daughter from Sensei Ka'imi and Aaron. She spends everyday here while Sensei Ka'imi resumes her yoga, dance, exercise and martial arts classes and since she is Sensei Dana's first grandchild, we know she is not spoiled. Her name is Teyana Leihuanani Jo



Elaine Sanders. I thought the Kuoha name should have been in there but I was voted out. Yes everyone, as soon as she walks she will be on the dojo floor and grandpa has already gotten her to kick and hit on command. He, He! She is a doll but you can decide for yourself on our photo album. We try to put new photos in there at least once a month or even every two weeks. We have also opened a Kara-Ho photo album and students can write Sensei John to obtain that website.



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Sensei Jamey and Sensei John will add the new promotions and those that were certified these past couple years. Amazing growth!

For those of you who are still wondering I am still involved in my hobbies, which are obtaining hot rods, muscle cars and oldies. Just recently I purchased a 1967 Dodge 440 Coronet Muscle Car with a big block engine and I still have my '23 Ford Model T with a built 327 producing over 500 hp, that will stand straight up if you get on the gas and it runs on aviation fuel. And most cars get miles per gallon and this one gets gallons per mile. If you ever come across any Hot Rods or Muscle Cars that someone needs to sell, please let me know as I am always looking. My next one is a '57 Chevy, 2 doors Bel Air preferably a convertible but will take a hardtop (no posts). So keep an eye out for these.

Well, folks, I have rattled on seems like forever so I will close for now and hopefully it won't take so long for me to write another message and update for the Thunderflash. Stay cool everyone and keep your head up, unless someone is trying to take a swipe at it...and then in that case, keep it down. Stay strong and stay positive and be good to others and it will come back to you ten fold. Remember: A wise man once told me, "That only in humility one can obtain knowledge....so stay humble."

Love you all,  
Grandmaster Kuoha

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## WHO'S WHO?

Here is the first installment of the "Who's Who?" in Kara-Ho Kempo featuring Shihan Chris Mendoza. We will be featuring a Shihan, Sensei or Sempai in each newsletter, so sit down, grab a plate of kalua pig and enjoy!

Shihan, Dr. Chris Mendoza is the highest ranking student/instructor under Grandmaster Kuoha in Kara-Ho Kempo at 6<sup>th</sup> Dan. He originally began training at a young age with Shihan Ben Kahananui in Lakeside, CA. Sensei Mike Chavez (1<sup>st</sup> Dan) and myself had the opportunity to both watch him in action and "feel" the techniques that he was working on at the El Cajon Dojo over the holidays. Grandmaster Kuoha had a potluck dinner on Wednesday, December 28<sup>th</sup>, 2005 in honor of Shihan Mendoza and Shihan Kahananui's visit to the Kara-Ho "Headquarters".

It was a great honor to have Shihan Mendoza attend the Wednesday night class, and he was generous with his time working his way through the dojo, giving tips on technique to members of all ranks during the class. It was not unusual to have all activity in the dojo suddenly stop when Shihan was demonstrating a technique.

After a few promotions and an abbreviated class, Shihan Mendoza pulled Sensei Ka'imi aside to train privately while most everyone else hurried inside to eat some of Grandmaster's cooking. A couple of us stayed behind to observe these two training and we could not believe what we were watching, I am not really sure what techniques they were working on but they were mind-bending. I have heard Grandmaster Kuoha say many times that the knowledge in Kara-Ho is endless, and that it would take several lifetimes to learn and master it all. Watching the top instructor and the future head of the system working together on some very advanced techniques proved this point. After having dinner I returned to the dojo outside to find them STILL working out! Sensei Mike Chavez and I were fortunate to "uki" for Shihan Mendoza as he worked through some techniques that I am pretty sure only he and Grandmaster actually know.

It was an honor to have Shihan Mendoza visit and we are all better students because of the time he spent with us. (A couple of us more bruised also) Come back anytime Shihan!



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[Shihan, Chris Mendoza \(6th Dan and Senior Student/instructor in Kara-Ho Kempo\)](#)

**What is your occupation and where do you live?**

Shihan Mendoza: Physiatrist (Physical Medicine and Rehabilitation doctor), doing Musculoskeletal Medicine in Salt Lake City.

**How long have you been training in Kara-Ho Kempo?**

SM: 25+ years

**Who was your instructor and where did you train originally?**

SM: Shihan Kahananui, trained at Lakeside Junior High summer program then continued at his home dojo.

**How old were you when you received your blackbelt?**

SM: 20, I think.

**Did you ever meet or get the opportunity to train with Professor Chow?**

SM: No

**What techniques are you currently learning or working on?**

SM: Basic 11-15, Ground 6-10, katana

**Do you have a favorite technique, empty hand kata, or weapons kata?**

SM: Technique- no favorite, kata, Kwai-Sun/Professor Chow's, favorite weapon- chopstick

**What is the most amazing thing you have seen in Kara-Ho?**

SM: Grandmaster leading my ki while sparring. I thought my vision was going! I kept punching the wrong direction!

**Other than Grandmaster Kuoha, what other individual in our system would you choose to be by your side if things went bad on the street?**

SM: Shihan Kahananui

**Lastly, what would be your advice for up and coming Kara-Ho students worldwide who are trying to follow in your foot-steps?**

SM: Listen to your instructors. Apply Ki principles to your techniques, katas, and daily activities.

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## PROMOTIONS:

### **\*PROBATIONARY STATUS\***

\*(Promoted to said rank but still under probation period ---minimum 1 year)

\*(Large Certificate with Grandmaster's Notarized signature NOT yet issued)

### **2005**

- **Sho-Dan** \*(1<sup>st</sup> degree Black)
  - USA
    - Sensei Gabe Ruse 11/09/2005
- **Ni-Dan** \*(2<sup>nd</sup> degree Black)
  - MEXICO
    - Sensei Hector Olguin Urban 10/28/2005
    - Sensei Amilcar Sanchez Castillo 10/28/2005
    - Sensei Antonio Del Rio Almanza 10/30/2005



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## 2006

- **Sho-Dan** \*(1<sup>st</sup> degree Black)
  - USA
    - Sensei Bill Barrett 08/05/2006
    - Sensei Chris Walters 08/05/2006
    - Sensei Nicholas Tikalsky 08/05/2006
    - Sensei Elaine Stocks 08/05/2006
    - Sensei Andrew Fitzgerald 09/16/2006
    - Sensei Josh Lehman 09/16/2006
  - GERMANY
    - Sensei Luca Colonnella 11/06/2006
    - Sensei Andreas Haubold 11/06/2006
- **Ni-Dan** \*(2<sup>nd</sup> degree Black)
  - USA
    - Sensei Tyler Atkins 08/05/2006
    - Sensei Jack Richard 08/05/2006
- **Go-Dan** (5<sup>th</sup> degree Black)
  - USA
    - Sensei John DeWitt 09/16/2006

**CERTIFIED INSTRUCTORS** (Passed Probation period)  
(Large Certificate with Grandmaster's Notarized signature HAS been issued)

## 2005

- **Sho-Dan** (1<sup>st</sup> degree Black)
  - USA
    - Sensei Joe Casey
- **Ni-Dan** (2<sup>nd</sup> degree Black)
  - USA
    - Sensei Abram Graham
    - Sensei Cody Getchell
    - Sensei Rick Kaplan
    - Sensei Larry Collins
  - GERMANY
    - Sensei Stephan Fabel
- **San-Dan** (3<sup>rd</sup> degree Black)
  - USA
    - Sensei Jeff Hayes
- **Yo-Dan** (4<sup>th</sup> degree Black)
  - USA
    - Sensei Rod Martens
    - Sensei Harry Kimbley

## 2006

- **Sho-Dan** (1<sup>st</sup> degree Black)
  - Sensei Gabe Ruse

Congratulations to all of the above!



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## IN CLOSING

I would love to hear from fellow students and instructors around the globe so feel free to e-mail me with suggestions or topics that you would like to see in the Thunderflash! One of my favorite parts of the old Thunderflash newsletters was when someone would submit an article about his or her experiences in Kara-Ho, it could have been a seminar they attended, their first Kara-Ho class or meeting Grandmaster for the first time. So if any of you would like to send in something that would be great! Obviously all ranks are included.

Thanks for reading, train hard and have a happy new year!

Sensei Jamey Gibson- [dianhsuhe@yahoo.com](mailto:dianhsuhe@yahoo.com)

Chinese Kara Ho Kenpo Karate, Kara Ho means Spirit-Mind-Body  
Chinese Spirit Mind Body Karate  
精神 心靈 靈魂 和身體 拳法 空手道

