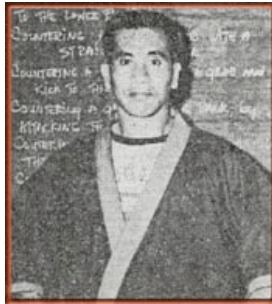




# Thunderflash



**Welcome to the Thunderflash e-mail newsletter for the third quarter of 2007! This newsletter is designed to provide information about the Kara-Ho Kempo system, with updates about Grandmaster Kuoha, interviews with some of our top instructors, current events 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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## Grandmaster's Corner:

My how fast the time goes by but that is all right as everyone in this system is really looking forward to being in Hawaii. It has been a lot of work and planning for this trip but I think we are getting it in sync with everyone's schedule now, so that's a good thing. It seems as if when time passes we keep getting busier and I am reminded of the saying; "No rest for the wicked...and the righteous don't need any!" It has been a growing few months and very enjoyable especially watching the personality of our new grand daughter as she grows up...what a tiger and allot more aggressive then her mother was as a child. Guess we all have our work cut out for us.

Back to Hawaii, thus far we have about 100 students and their families heading out to Paradise and many are staying after all the events and making it a vacation. Many students are making sacrifices to come in from other countries, like 12 students from Germany and other parts of the world. We even have a writer in Hawaii and a professional photographer going to Hawaii with us to shoot some pictures of everyone. A 3-day schedule for old school training, dedication of Professor Chow and Patsy's grave site, sightseeing, revisiting old training grounds, visiting Master Kuheana and Dr. Perry and many other events. Once in a lifetime event that Kara-Ho Students and instructors do not want to miss. A special designed t-shirt of this event will be given to all active members of the organization at no charge and they are in and are pretty awesome. Special commemorative coins were designed for this event with a special picture of Professor Chow and were also available for these students. Unfortunately we pre-sold them and in less then a week they were all sold-out. They are one fine looking memorial coin and those that missed getting any...missed out. A luau will be held in the evening for all our guests along with some Hawaiian entertainment. Here we will hear some fine words of wisdom from Dr. Perry and recorded for the future. An award ceremony will be held for Dr. Perry and also Master Kuheana. A bonfire gathering will be held on Sunday evening where all students will stand and introduce themselves and tell us what the training has done for them. Those that were inducted into the Hall of Fame will take a little more time to give some type of special message for everyone.

As most of you know I have some extra time between the hours of 1-5 AM (who needs sleep) so besides doing the catering, I decided to become a travel agent, which I am now. Web site: [www.hawaiianatravel.com](http://www.hawaiianatravel.com) and you can book any travels or cruises by just going on my site. It is a bit cheaper then most internet travel sites and a lot better too. A cruise for all Kara-Ho Students and instructors are in the making for sometime next year, which will include training on the cruise liner. Possibly to Alaska or the Caribbean is what we are shooting for and it should be tons of fun for the students as well as the families, for as you all know all our events are centered around the entire family, and tho' we are hard at work, training, we still involve our family. Let's get ready to go cruising everyone. I am also going to Bora Bora, Tahiti next year and that should be one awesome time.

On another note I was approached by a Bridal Magazine (largest in California) to take a look of renting our place for weddings. After looking at it pretty hard, we have decided to give it a try. I had no idea of the amount of people getting married in San Diego and now they can have a Hawaiian Wedding in our lush tropical gardens with all the trimmings without the expense of going to Hawaii. Web site for this is: [www.hawaiianaweddings.com](http://www.hawaiianaweddings.com). They are estimating by next year, this place will be booked the entire summer so that will start to give us some time after the summer to head out on the ocean and go on cruises, which we are planning to do and lots of it too. Care to come along?



Sensei Rob Hula Dance

Recently Sensei Dana and I traveled to Spokane, Washington for a 50<sup>th</sup> birthday “supposed to be” surprise party for Sensei Robert Shepard and we had a glorious time. Even if it was a party we still snuck in a few training sessions with Ann Henson from Montana and Sensei Randy Zielke and Sensei Chris Taucher from Seattle and many other students. The party was great success and those of you who missed it...missed a great event. About 50 students and friends showed up to help celebrate Sensei Rob’s half a century event, who we now know he wanted a son to be named German...thank Heavens none came through. Can you imagine a young man going through school and when asked what his name was, he answers German Shepard. Spending time with students and instructors from all over the US was my type of party. I am so lucky to have such dedicated students that care so much about the art and the founder, Professor Chow.

We also spent allot of time with Sensei Stasy who took us everywhere and we really appreciated it. We even got to travel to a small town just below Coeur D’Alane, Idaho to look at some of my other acreages that I purchased a year or two ago and it was great to learn that these properties are and still, an awesome investment. We are thinking of putting a log house on one of them and it will be used as a hunter’s or a get away place for our family and extended families as there are huge pine trees on these properties with electricity running right through one of them. Such a peaceful get-a-way for everyone to use when I am not there.

We also learned where the best smoked salmon and beef are located and who can even get us some Kobe (Japanese) Beef steaks now all Sensei Stasy has to do is get the owner to become a student so that we can get these at wholesale prices. We also learned where the best beef jerky is made, right there in town in an ‘ole fashion meat market. I also learned that being a travel agent, you get upgrades for your hotels and flights...which is pretty cool.

It was just an outstanding event to meet up and spend time with old and new students and I can’t help but wonder why more students or instructors were not present to someone who has given so many....so much.

An update on our film ventures. Our production company finished their 1<sup>st</sup> film in Australia, starring Joe Estevez (younger brother of Martin Sheen and Uncle to Emilio Estevez & Charlie Sheen). This film called, Shattered will be distributed later on this year. Another film to be shot starting late this year or beginning of next year in Australia, so I will be gone for at least 6 weeks. Then a friend of mine, co-star of You, Me and Dupree is close to having his film shot in Hawaii by early to mid next year and I am acting in this film and Sensei Ka’imi is up for the “lead” female villain so we should be gone for 6-8 weeks then. Like I said earlier, who needs sleep. When the 2<sup>nd</sup> film finishes in Australia we are planning to move the production company to Los Angeles, which will be good for me to get my students involved in the movie industry.

Well, this Thunderflash is coming to an end but I can guarantee you that the next one after Hawaii trip will be a larger one for all to see. Enclosed you will find some photos from Sensei Robert Shepard’s 50<sup>th</sup> Birthday Party in Spokane, Washington. Enjoy and see you all in Hawaii and at the next Thunderflash.

Grandmaster



# Thunderflash





# Thunderflash





## WHO'S WHO?

For this edition of the Thunderflash we turn our attention to an up and coming instructor from Kara-Ho HQ in El Cajon. Her name is Sensei Mairead Breslin and she has virtually grown-up in a Kara-Ho Kempo dojo. She recently traveled to the "San Diego Grand National's" open martial arts tournament that draws competitors from all over the Western US. She competed in 4 different divisions, sparring, continuous sparring, forms, and breaking. Placing in all 4 categories! Her success should be no surprise while viewing her Kara-Ho Pedigree. She has trained with Sensei Ka'imi, Sensei John DeWitt and Grandmaster Kuoha himself! I have trained with her and let me tell you, she is the REAL DEAL.

I had an opportunity to throw a few questions her way and here are her responses.

### **How old are you and where do you live?**

I am 16 and I live in San Diego

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

I have been training for around 10 years now.

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

My first instructor was S. Ka'imi Kuoha in the kid's class at the La Mesa dojo

### **How old were you when you received your advanced brown-belt?**

I was fifteen when I received my advanced brown belt.

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

I am currently practicing Combination Form & 3 Man Techniques

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

I love the second half of Hoshi, Combo, & working with Chucks

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

I have seen plenty of amazing things in the time I have been training. I personally love watching people grow while study the martial arts. So, for me, one of the most amazing things I have seen is Grandmaster breaking ice at a seminar in Mexico; then only a short time after, watching him teach a small 5 year old student how to break his first brick.

### **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?**

I would choose to have S. Ka'imi because I know she can handle herself well in even the worst of situations.

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

I would tell them not to get discouraged when things seem to be going slow, that's when you're learning the most. Most importantly though, always remember that the Kara-Ho system is a family and the techniques you will learn are just as important as the values you will acquire.

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## Results from the Montana State Games are in!

Hello Grandmaster,

*You'd be happy to know that Kara-Ho completely kicked butt at this years' Montana Big Sky State Games. It was the first time in the history that we won all 4 grand championships:*

**12 & Under: Forrest Crowl**

**13-15: Zach Crone**

**Adult Under Black: Perry Bell**

**Black Belt: Sensei Nic Tikalsky**

*I was so proud of my students. It's amazing how wonderful it felt to see my students dominate their divisions like that and send a clear message to everyone what the best schools in the area are really like.*

*I was watching/judging the adult continuous sparring and one guy had just been cleaning house working up through the bracket. He stepped in the ring with Perry and was starting to get rough when Perry front thrust kicked him so perfectly in the hollow, the guy went down and couldn't continue. It wasn't an overly hard kick, just perfectly placed. It sent a pretty clear message about quality to everyone watching, and he's only 16.*

*Sensei Dan probably had the most support there in terms of the number of students. He and Sensei Nic competed head-to-head in everything they did. He's a very well liked competitor. He has a great time, carries himself like a "champion", and competes with the best of them no matter the division. His students fared very well in the divisions they competed in as well.*

*Well...just an update on your "children" in Montana. Looking forward to a nice vacation in Hawaii in about two months. I know that Sensei Rod and I both are needing it!!!!*

*Take care and God Bless,  
Sensei Shane*

## IN CLOSING

**I would love to hear from fellow students 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 see you in Hawaii!**

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