



Face to Face

By Janine Moore, Moore Martial Arts

Q&A with

Trenton Ingles

What got you into Koshu?

The responsibility lies with a very good friend of mine named Greg Ford. Greg Ford and I have been together, best friends since elementary school and we were always interested in martial arts. I started in '78 learning Chinese Kempo in Fresno under the name of Bruce.

Greg ran into Bruce back in '77-'78. He says, Trent, you've gotta see this guy. Ever since that time, Greg and myself have been with Hanshi. It's been a beautiful relationship. Hanshi's enlightened me. He actually saved my life, if you want the truth and I've only told two people that.

I don't know how far you want to go, but the truth is always there.

In '78, I started with Hanshi, but I had already enlisted into the service, and I was ready to be shipped out in 1980. From 1980-84, I had little contact with Hanshi because I was in the service. I did a little studying with Stephen Hayes in Florida. . . . and I kept my training up with the guys on the ship. We did a lot of workouts and had a number of rumbles on board the ship. We also worked out with the Navy seals an awful lot, and I gained a lot of knowledge from them as well. I was stationed in the Persian Gulf and El Salvador. I left the service in '84.

When I returned to Sacramento, Greg and I were on a mission to find Hanshi again. I knew him back then as just Bruce. One day we saw this karate sign on Greenback Lane in Orangevale CA, that was in 1985.

I walked in the dojo and said, my name is Trenton. I'm looking for somebody. Bruce said who are you looking for?

I said, "A guy named Bruce Juchnik"

He looks at me and says, "That's me."

Greg and I have been his students ever since.

What do you remember about being a student during the time that Hanshi was with Mitose?

It was cool the way everything happened. When I returned to the dojo in 85' Hanshi and Mitose had journeyed through a very tough but fruitful time until Mitose's death in 1981. But in the '70s, I remember that we were there when Mitose was around. The biggest thing that stuck with me about O'Sensei while I was gone from 80-84, was the fact that seeing my teacher when he would come back from meeting with O'Sensei, was his passion for learning. That stuck with me, and still to this day, there's nothing better than to learn. When Hanshi would come back from being with O'Sensei, he'd go come guys, gather 'round, this is what I learned. Do this, this and this. And then he would leave, and we would be in the dojo trying to figure out what the heck he'd be talking about. We had a bit of understanding of what he was going through. But only with the sense of what we brought back to the dojo with us. It is fascinating, to this day that man still has that passion of learning, and for me it's beautiful because it keeps my passion to learn constantly going.

What would you say or tell us how you see Hanshi and the affect he has had on the martial arts community.

It's been enlightening. That man is in my heart and mind, he's beyond a mentor. He's beyond a teacher, he's beyond a male role model, and it's because of his passion for the arts and his passion to see the arts thrive and be alive, . . . all of this here. Look what he's created. C'mon.

In my opinion, he's done as much for martial arts as all of his people that he holds high, Robert Trias, Thomas Young.... It's been a beautiful journey.

Another thing I can say about Hanshi, is he never ever told us we couldn't go learn something. He actually encouraged it. So the gathering is kind of what . . . his way of how he taught us coming up, back in the '70s. He's just always been there for us. Always been a stand-up, this-is-how-it's-done, this is how it needs to be. You guys need to study. Not just study one thing.

What did you go through as a student under Hanshi?

He didn't give out rank easy, you had to earn it, earn it hard. I made the mistake one time when he goes here Trent, "Here's your green belt." He never did any full-on ceremonies. He said, "Here man, you've earned it. I made the mistake of questioning him one time. I said, "Hanshi, I don't think I deserve that."

He looked at me and he goes, "Don't ever question me again."

At that point, man, I never, have never questioned him. For me, I never questioned anything. I just did.

He knows how to create a student, if you catch my drift, and that comes from his background and his learning and teaching of not only, Sifu Young and Sifu Lum. You must look at all the guys who have been around and have influenced him and his life. Even Sifu Decker. Look what's going on with the Chi Lin group and what Hanshi's instilled in those guys. It's cool to see.

How did he save your life?

I've only told two people that. For some people, reaching out is a very difficult thing. But with martial arts that can become a big help. As you travel and learn in martial arts and meet people from events such as the gatherings and summit, places like Colorado and Georgia, you never know who's life you're going to touch.

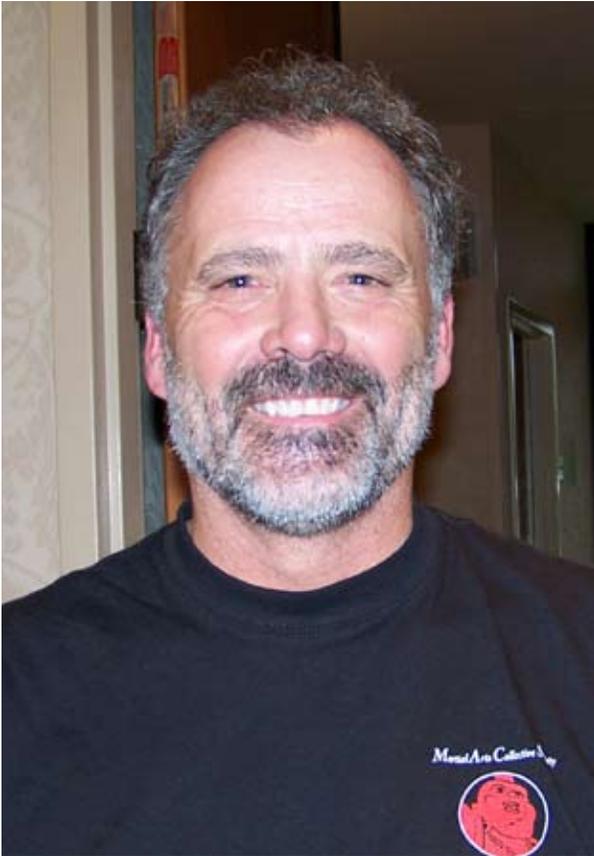
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When I left the service, I was hurting. I was married, but my wife was unfaithful to me. I ended up getting a divorce and raising my two kids on my own, they were 2 and 4. I had a lot of depression building up in me during that time. I was trying to hold down my night time job, never seeing the kids. Thank God for my folks, they were there, they actually helped me raise my kids. While I was at work, they're sleeping and while I was sleeping, they were at school. There were several times in during that time where I figured I'd be better off if I wasn't around.

That was about the end of 84', going into the year of 1985, before Greg and I hooked back up with Hanshi.

I'd get home from work at 1 a.m., and I'd sit in front of the fireplace and I'd drink my wine and think about things. After I found Bruce again, it sparked something in me, gave me something to live for. Some people will say live for your kids. But everybody has that thing that gets them depressed. I'm thankful for Hanshi, I'd do anything for him. I've never forgot what he's done for me and what he has done for everybody else. Look at how many people Hanshi has helped out over the years by listening and caring for them, by being setting and example for people to follow. I strive to be a man of honor and live up to those things.

Tell me about Greg Ford.

Greg has had a few mishaps of health that has kept him away for quite some time. Life makes people make different decision and choose things. I still hold Greg responsible for introducing Bruce to me. I'd love to see Greg come back.

Back when we were studying in the 80s, it was full blown all on, you didn't pull a punch you did everything to hit the individual. I grew up with Greg from elementary school, but became even closer through the arts. We were pals, just hung out all the time.

Never missed a seminar for years. It wasn't just gatherings in Woodland, or Orangevale, but it was the study of the things we had to follow up with, we had to do Shodo, and had to understand shodo as well. We learned etiquette to weaponry. I thank him for being hard core honest with me, because it made me a better human being.

The intricate studies of Kosho, . . . it goes so far in-depth. There's actually a code of conduct to live by through Kosho, and Hanshi has always has been a class act and he's

taught us to be a class act, as you can see from what he's done.

What your' favorite part of Kosho?

My favorite part of Kosho? Wow man, that's hard to pick just one thing, it's all so beautiful.

Or what do you like to teach?

Just motion. Just the motion and movement and the way the body moves and how to not only absorb the energy of your opponent or uke, and how to do it effortlessly, and not to have any harm. The main thing with Kosho is a . . . A superior art is one that has no contact.

If you can escape with out contact or harm with everyone, everyone is better off. Saying that, one of the greatest books I've read many times over, was from O' Sensei Mitose, "What is true self defense?" If people don't have that book, they need to get that book and read it. Every time you read you're a different and better person because of it. It makes you think. It's not just a format of books. It's an actual guideline to study and go off of. You're always different when you read it. Hanshi's books are pretty much the same way. Strategies.

Reflections, is one of the greats books out there, as you read it you can see yourself in each level. That's pretty cool. Hanshi is a wise man, no doubt about it.

Tell us a fun fact about yourself?

If I'm not wearing work stuff, I'm wearing a martial art T-shirt. That's why I call myself the T-shirt guy. Either America, I'm a proud American, and I'm always wearing a flag or something.

Do you have any stories?

I've never told anyone this story. I see myself as not an important person in the arts. Actually, Uncle Larry cornered me one day and asked me why I think that way. I told him straight up, Hanshi is always telling me you're my senior, and I say no I'm not man.

He says, "Oh yes you are."

I say, "No, you want to know why?"

I said, Respect should be given where due. The people who deserve that respect and ability to go out there and teach are the ones that have the dojos and who are out there in the trenches, passing on the lineage of Kosho and everything we learn and inherit from our teacher. I had a chance to do all that and I passed it up cause I was raising my two kids, and I didn't want to go to North Carolina. I found out later on through the years, Hanshi had Greg and myself running northern California.

We don't live up to other people's expectations sometimes cause we don't see it or feel it within ourselves. Kosho's life-saving is deep. It will make you a better human being, no doubt about it.

Tell us about a life changing experience.

The first time I went to Colorado for a Hanshi seminar was with Rolland Ramer, in Boulder, and it was enlightening. There was a small group that attended this event. We were learning or working on the Mitose's moving meditation up near Wolfhead Rock. We stopped at this one plateau that overlooked the Rocky Mountains and we were doing Mitose's moving meditation, and like my teacher has taught me, I always tried to expand upon everything you learn. I remember being on this plateau, in Ipun dachi doing this meditation, and I had my eyes closed, and I had no idea how long we were up there. When I opened my eyes and I was on such a high with this meditation, I felt like I could reach up and touch the clouds. I looked down from this high elevation I was on, and I saw Hanshi down there, he looked like a pebble on the sand. We were up that high. He's just looking at me. I'm . . . it was a beautiful adventure. It wasn't until about 10 years after that first Colorado trip that really got me to understand when I looked down at Hanshi, it wasn't me . . . he wasn't him looking at me, it was me looking down at him, he was holding me up.

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Q&A with Trenton Ingles, continued

For people in the martial arts, you'll never understand what you're learning if you stop. In my mind, everything we do in the arts is a lifelong study. How can you study it all? You study it all by studying it lifelong. It's all a lifelong study. You study it all by studying it your whole life, Iado, Shodo, healing arts. When David Champ sensei would come out in 80s and 90s, I fell in love with restorative arts, I actually practiced it for 15 years and helped a lot of people. That's just one area of study, and I realized I had to get back into studying all the other stuff, and get back into Iado and Kosho. There's a hundred million things to study there.

If there is anything I could say to anybody, just don't quit. We've got such a great group of people and the Kosho studies, it'll change your life. It just makes you a better human being, period.

If people quit and don't come back, you need to try to get them back in. Gary Curtis is a phenomenal Kosho practitioner, he has Kosho in his heart. He has earned the right to be called sensei, no doubt about it. He's says that all these people who quit, that it is our duty to throw them a line and reel them back in. He's so dead, right on. Because, when you quit something that can change your life, your life change stops at that point in time. If you reach out to those people and bring them back, and still don't come back, at least you can say I tried.

Bruce Juchnik is this guy that has a heart bigger than the universe. How he puts up with the stuff he puts up with... I just don't know how he does it. We're at his house all the time, he lets us know what's going on, we are so fortunate to be able to be with him all the time.

I give kudos to all the people out there in Kosho and all the other arts that have affiliations with Kosho to have the passion for the martial arts and the love to keep them alive. If it weren't for George Santana introducing Hanshi to Professor Mitose, this would never be. It's okay to be gone for a while, come back. If you don't, you will regret it.

Your actions speak your heart. When I'm at all these events, my conscience is definitely clear because all I want to do is learn. Anything from anybody that has something to give, you just learn it. All these art forms that are here, we have such a blessing with what Hanshi has created in being able to learn from everybody, truly a historian. He's definitely met or surpassed all of the people he respects in the arts. That man has my devotion. As much as I can be. Kosho, it keeps you in check.





Hanshi's Corner **Thou Shalt Not Be Selfish** Bruce Juchnik Hanshi

Most martial artists, unfortunately, get into the arts to learn, but they'll take that learning and gravitate toward it, and cling to where they become selfish. These things take place. For example, abundance of greed, abundance of ego, self-absorption to the point they can't see the lessons they're learning in the martial arts.

You'll see it in students, and many times you see it in teachers. Some teachers will become jealous of students, then become over controlling of the students wanting to grow, instead of appreciating that drive that student has for growth, which was probably created by the teacher who was jealous, which is undeserving for the student and the same for the teacher.

For example: I've seen it in an instructor whose students might have gone off on their own to maybe study another art form and accomplished a lot. While that was taking place, the teacher has stopped growing. Then when teachers and student unify, the teacher lashes out at the student and creates conflict.

Martial arts are not about existing in a state of conflict, it's about neutralizing conflict and obtaining peace and harmony. Through selfishness, which grows into greed, which causes teachers in the martial arts to stop students from getting into situations where they can learn more. For example, at The Gathering, where people come from all systems and arts, some of those students get fearful of going into class outside their initial studies, because of the prejudices that have been instilled by their teachers. This also is a shame.

Also you'll see practitioners in the arts attend clinics or seminars, or any function, and have a tendency to put their thumbs in their belts, fold their arms and look off into space instead of seeing what is taking place on the floor.

The opposite of selfishness in arts? I have two examples: One: Ming Lum and Sifu Al Novak. These two individuals were brought up in a very strict martial environment, but they spent lives looking at all arts and never being offended by what they saw. They saw the same truth that lies within the arts. Those are ambassadors of the arts. They learn to project. They are also today, unfortunately no longer with us, but they are a beacon for many people to follow to constantly maintain growth.

All of the arts are bound by natural laws and principles, which is what they adhere to. I would notice through my studies that these two practitioners and others, will look at the arts from an opposing style, and look for the good in those forms, and look at the good solid foundation and learn to enjoy them

Some people, not all, are like that.

Richard Kim, who I found to be a fascinating man, and who is one of the great historians in the martial arts. I saw him take part in so many activities, always with open heart.

Thomas S.H. Young, Bing Fai Lau, there are so many of them.



When you study you must become the student. If you cannot release that anxiety created by someone and let go, you will never learn. I have to ask teachers of the arts this, with what you doing now, are you allowing yourself to learn more, or are you stagnating yourselves because of selfishness and prejudice?

For students, do's and don'ts:

- When you enter your school, follow the respect that is there within the school. Discipline yourself to listen and learn.
- Be open to all things. If your teacher is closed, that is not your problem. That is your teacher's problem. Everyone looks to be closed because they want to be comfortable. Don't do that.
- When you obtain rank, don't be overly proud. When you're giving yourself a high five, you might be missing out on information coming around you.
- Love the enjoyment of the process. Not of which you perceive you're going to gain from it. You don't possess anything forever, make sure that if you want that experience to continue, give it to someone else.
- When you obtain high status, be proud of the things you've done, but don't be overly proud of yourself, because the process you went through then, you will lose.

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Question and Answers:

Q. Is it a common trap for martial arts to become selfish and forget these lessons?

A. It is a common trap. Just remember Mitose's writing. The funny thing about this, through my years of teaching Kosho Ryu, I follow the teaching of Mitose, especially philosophy, yet so many of my people who profess to do the same thing, they forget his letter of introduction.

"Loyalty is one of mankind's best qualities. If overworked it leads to nitpicking and seeming difference of opinion. When you seek wisdom, look for similarities. Those that are not will be attracting attention away from wisdom and will by creating artificial arguments and disharmony."

If you nitpick, if you're looking for differences, not similarities, you'll be seeking to draw attention away from what is there, and to yourself by creating artificial arguments and disharmony. Be loyal to principles. See so many people in past, who will argue among themselves over silly differences because that's what they're looking for. If you can look for similarities, you'll be at peace. Encourage growth, not stagnation.

Q. Do you have any examples of practitioners going astray?

A. I had a student ask me once, pertaining to kata. And the bunkai of the form was different from the other teacher he sought out, an Okinawan stylist, which I encouraged him to learn from. He came back and was being critical of the Okinawan stylist, or might have been critical of me, he said, "Hanshi is this right or wrong?" I said what is the reason he did it that way? He told me and I said that's correct.

Then he said, "Why aren't you doing that way?"

I said, that's not the reason I'm doing that.

Did the student go to sample or nitpick the way the teacher taught? The Okinawan practitioner was totally correct with what he was doing. What I was doing was correct. There was no difference between me and that teacher; it was just the intent.

The teacher that keeps students from seeking other knowledge is usually doing that out of a sense of fear, from being a business person, or worrying about seeing something the teacher doesn't do. There is not a teacher on this planet who knows it all. The one who professes he knows it all, knows nothing. That individual is dead.

I host the Gathering, for the purpose of people coming together and learning to see everything everyone has to offer. They all have studied their arts, and studied hard with open heart and mind, but we are all subject to being corrupted.

I had another student who went to the Gathering, and he was really critical of one of the elders I had brought who was 93 years old. He said there was nothing this stupid old man could teach him. I said, "You think you're that good?" I told him, "You might learn something about martial arts from him."

He said, "What's he going to show me?"

I said, "Well, I think that old man is better than I am." So I locked the door, and I said, "You kick my but right now sweetheart." He ended up leaving.



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That "old" man was Bing Fai Lau. He's an elder and one of the greatest martial artists.

This student got so full of himself he no longer had the interest to sit down and listen to an elder, from whom you could learn so much. This guy who is 93. How did he get there? How was he able to get there, and what kind of experiences might he have had that would have made my experiences at age 28 look small. Martial arts can teach you that. It also can teach you to become very stupid.

Q. So how do you step back or stop that corruption?

A. Robert Trias lectured me once. He said knowledge is a beautiful thing. It develops power. But power can corrupt. The way you stop that process is you must always remain humble. Otherwise, you've just killed yourself and your abilities to learn.

To practitioners and teachers: always look forward to being the student. Embrace being the student. What you are today, will be dead tomorrow.

Learn to kill your Buddha. Buddha was a wise man, he was not a god. When people create their own buddhas they have to learn to deal with it. Kill the Buddha. You are constantly in danger of becoming stupid through your smartness. Control it, learn to smile, learn to relax. And whatever you do, practice not looking silly in front of those who know better.

Q. Practice not looking silly?

A. There was once a senior in the martial arts who come to the Gathering from Hawaii. He received his rank in 1949, and he came to my event, at 80 + years old. He wore a white belt. There was a jujitsu practitioner teaching in the same class. This person looked at the elder's belt and moved him out of the way. He looked silly. The gentleman he told to get out of the way was his senior by over 40 years. Protect yourself from that kind of behavior. When you talk to people, don't look to see what belt they are. Look in their eyes. If you see calmness, it's time to shut up and listen.

I hope you understand the term Thou Shalt not be Selfish.

