

HANS INGEBRETSEN BIOGRAPHY

Sensei Ingebretsen has been practicing martial art for over 30 years, and holds the rank of godan (fifth degree black belt) in Ken Ju Ryu Kenpo Ju Jitsu and Danzan Ryu Ju Jitsu, with both of these ranks received through the Kilohana Martial Arts Association, and also holds the rank of Hapalima Kekele'ele'ele (fifth degree black belt) through the Lua Halau o Kaihewalu. Hans also has a rokudan (sixth degree black belt) in Kenpo Karate through the American Ju Jitsu Institute. He has a black sash in Inayan Eskrima, and has received an instructor's certificate in Inayan Kadena de Mano Eskrima from Suro Jason Inay. He has a sandan (third degree black belt) in judo through the United States Judo Association, and also holds the rank of rokudan with the Hawaii Martial Arts Society.



In 1993 he was awarded a Renshi grade teaching license in Danzan Ryu by Professor Sig Kufferath. He is vice president and one of the founders of Kilohana Martial Arts Association, and was the director of the San Jose Gasshuku training camp, as well as the president of Zanshin Enterprises, a martial art marketing business. A former member of the San Jose State University varsity judo squad, as well as other teams, he now coaches his own judo, ju jitsu and karate teams and is also active in promoting sport ju jitsu competitions.

Hans began his training in judo and ju jitsu in 1974 under Sensei Ben Patterson at College of the Redwoods in Eureka, California. He continued his ju jitsu training with Sensei Ed Peterson in Eureka, then with Sensei Dale Kahoun in Eureka, Crescent City, Campbell, Aptos and Santa Cruz. He also trained for many years with Shihan Bill Montero and Sensei Brian Fitzgerald at the Pacific Judo Academy in San Jose. He studied for 14 years under Professor Sig Kufferath, first at the Pacific Coast Self Defense Institute, then at the Pacific Coast Academy of Martial Arts, and continues to train under Shihan Russ Rhodes, head of the Ken Ju Ryu System. His judo coaches have included Sensei Kahoun, Sensei Lonnie Honda, Sensei Jim Pennington, Sensei Charlie Robinson and Sensei Dave Long, and he also learned judo from former world champion Mike Swain and Olympic silver medalist Kevin Asano, his team captains while on the San Jose State judo team. Karate instructors include Shihan Rhodes (Kenpo), Sensei Chris Beere

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(Shotokan), and Sensei Mark Milstead (Kenpo). He learned Aikido from Sensei Richard Koahilli at College of the Redwoods in Eureka, and is ranked kiri gami in Kashima Shin Ryu Kenjitsu under Kaiden Richard Pietrelli. His kumu lua is Olohe Solomon Kaihewalu. Kadena de Mano instructors include Mangisursuro Mike Inay and his son and inheritor of their family style of eskrima, Suro Jason Inay.

Hans has taught at many clinics and camps, including Camp Danzan Ryu, Camp Kilohana, Camp Yama Bushi, the Kilohana Masters Seminar, The AJJF National Convention, The ATAMA National Convention, The Hawaii Martial Arts Society Legends of Hawaii Seminar, The International Kenpo Karate Day of the Masters Seminar, Camp Bushido West, The deThouars Family Gathering, The Kilohana European Gasshuku, The Kufferath Masters Seminar, The Kajukenbo 50-year Anniversary Celebration, The Gathering, The Unified World Martial Arts Federation Convention, the World Head of Family Sokeship Council Hall of Fame Seminar, the Kempo International Family Gathering, the Mid-California Tae Kwon Do Black Belt Summer Camp, the Martial Arts International seminar and Extreme Police Training, training for Company A, 5th Battalion of the 19th Special Forces Airborne Group, and Ohana, as well as at the San Jose Gasshuku, which he hosted from 1992 to 2001.

Hans is affiliated with the following organizations: Kilohana Martial Arts Association (vice president), The World Professional Black Belt Martial Art Organization, The Danzan Ryu Alliance, The United States Judo Association (life member), The Lua Halau O Kaihewalu, The American Jujitsu Institute, Jujitsu America, California Judo Incorporated, The Hawaii Martial Arts International Society, Kempo International, and The American Teachers Association of Martial Arts.

For many years Hans competed in judo tournaments for Mushinkai Judo Club, then for Pacific Judo Academy, and later as a member of the San Jose State University judo team. He continues to both compete in and judge at karate and ju jitsu tournaments.

Hans is a graduate of the 1993 Okugi (Inner Secrets) class taught by Professors Sig Kufferath and Tony Janovich, and is certified in Seifukujitsu Restoration Therapy, having graduated from Kufferath and Janovich's school, the Kodenkan Restoration Center, in 1992, and from the American Judo and Ju Jitsu Federation Massage Program in 1984. He has also furthered his study of seifukujitsu under Professor James Muro. In 2003, he was one of the instructors for the Kilohana Kui Lima Okugi class, along with Professor Muro, Sensei Kahoun, Professor Esmailzadeh and Sensei Pietrelli.

In 2000 he received Congressional recognition from Hawaiian Congresswoman Patsy Mink and also recognition from Hawaiian Governor Benjamin Cayetano for promoting and preserving Hawaiian martial arts. In 2001 he was inducted into the International Kenpo Karate Institute Masters Hall of Fame, and also that year received a lifetime achievement award at the annual U.W.M.A.F. banquet and a presidential award at the Kilohana banquet. In 2002 Hans was recognized at the Hawaii Martial Arts Society Hall of Fame with a platinum award, and in 2003 he was a recipient of the Society's Ming Lum award and also that year received the Professor Henry S. Okazaki Danzan Ryu Jujitsu Award from Jujitsu America and the Tiger Claw Foundation. In 2004 he was inducted into the World Head of Family Sokeship Council Hall of

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Fame as Master Instructor of the Year. In January of 2005 he was inducted into the Action Martial Arts Magazine Hall of Fame for outstanding contributions to the martial arts, and in 2006 was the recipient of the Professor Fransisco Limbago Spirit of Kokua Award from the Shoshin Ryu Yudanshakai.

Sensei Ingebretsen's dojo is named Shinbukan, and is located in Campbell, California. The curriculum there includes classes in Ju Jitsu, Judo, Kenpo Karate, Lua, Kadena de Mano, Women's Personal Safety and Cardio Kickboxing.

Hans has a B.A. in Mass Communications from San Jose State University, and has been a painting contractor for over 30 years, having started his own business soon after graduating from Eureka High School.