



Hans Ingebretsen



Professor Hans Ingebretsen has been practicing martial arts since 1974, when he began his study of Danzan Ryu Ju Jitsu and Kodokan Judo with Sensei Ben Patterson at College of the Redwoods in Eureka, California. Continuing to study with Sensei Dale Kahoun, Hans began cross-training in a variety of other styles, eventually falling in love with kenpo. After moving to the San Jose area, Hans trained at Pacific Judo Academy with Professor Bill Montero and Sensei Brian Fitzgerald, competed as a member of the San Jose State judo team, and eventually wound up at the Pacific Coast Academy of Martial Arts, where he spent 20 years training with Shihan Russ Rhodes and Professor Sig Kufferath.

Hans holds the rank of hachidan (8th dan) in Kenpo Karate, hachidan (8th dan) in Danzan Ryu Ju Jitsu, yodan (4th dan) in Judo, godan (fifth dan) in Ken Ju Ryu Kenpo Ju Jitsu, is ranked Umi Kekele'ele'ele (tenth degree black belt) In Lua o Kaihewalu and is a kumu lua (instructor) of the art, and has instructor rank in Inayan Kadena de Mano Eskrima. Professor Ingebretsen is also the Head of the Ku'i Lima system of Kenpo.

Hans opened his own school, Shinbukan, in 1997, and continues to teach 5 days a week at the two Shinbukan dojo sites – his home dojo, and also at the Campbell Community Center. Hans competed in judo, ju jitsu and karate tournaments for 30 years before retiring from competition. He often judges at karate and ju jitsu tournaments, and coaches the Shinbukan judo team, which gives him little time to cause trouble elsewhere.

Classes

Boarding Axe

A favorite tool of pirates, the boarding axe is deadly and versatile. Because of its design, one who wields it can generate considerable force. It can be used to cut, smash and block, and can also be thrown, though we will not be practicing that aspect today. Useful against knives and cutlasses, it is the perfect tool for blocking, parrying, clearing and checking.

Hawaiian Weaponry

Hawaiian weaponry is typically made from naturally occurring elements, such as wood, rock, bone and shark teeth. Hawaiian weapons are known as mea kaula, and today we will be learning to use the maka pahoa (eye dagger), a two-pronged weapon used for striking, grabbing, piercing and controlling an opponent, and the ka'ane (strangling cord), a close quarter tool used for subduing and controlling an adversary.