



Ueshiro Shorin-Ryu Karate USA

*Founded by Grand Master Ansei Ueshiro
Under the direction of Hanshi Robert Scaglione*

松林流

Fall 2011 Karate News

www.shorinryu.com

Ueshiro Shorin-Ryu Karate USA

Dojo/School Listings

(listed alphabetically)

California:

Los Angeles

Ueshiro Bushi Dojo

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Sensei Chris Barnes, Denshi-Shihan, (310) 393-6686

Co-Shihan: Sensei Haven Pell, (310) 629-3838

716 Colorado Ave. Santa Monica Ca. 90401

Connecticut:

Easton

Easton Connecticut Ueshiro Shorin-Ryu Karate Club

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Sensei Adam Dunsby, Shihan, (203) 292-3692

Easton, CT 06612

Wilton

Wilton Connecticut Ueshiro Shorin-Ryu Karate Club

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Sensei Keith Eng, Shihan, (203) 221 4873 (work)

50 Danbury Road Wilton, CT 06897-4444

Florida:

Cocoa

Ueshiro Cocoa Beach Shorin-Ryu Karate Dojo

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Sensei Ronald A Marchetti, Shihan, (321) 452-9135

Cocoa YMCA Family Center, attached to Brevard Community College

Cocoa, Florida, 1519 Clearlake Rd., Bldg. 18 (321) 433-7770

Melbourne

Ueshiro Suntree Shorin-Ryu Karate Dojo

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Sensei David Tamir, Denshi-Shihan, (321) 474-4087

Suntree YMCA, 6300 N. Wickham Road, Suite 114, Melbourne, FL 32940

Titusville

Ueshiro Titusville Shorin-Ryu Karate Dojo

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Sensei Kurt Tezel, Shihan, (321) 536-6516

YMCA Titusville Family Center, 2400 Harrison St., Titusville, FL 32780.

Viera

Ueshiro Viera Shorin-Ryu Karate Dojo

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Hanshi Robert Scaglione, Shihan/Director, (321) 433-1533

Corner of Judge Fran Jamieson Way and Lake Andrew Drive, Viera, FL 32940

West Melbourne

Ueshiro West Melbourne Dojo
Mr. Rick Cupoli, Shihan
Rodes Park Rec Center, West Melbourne, FL

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Hawaii - Oahu:

Honolulu

Ueshiro Hawaii Karate Dojo
Sensei Lorenzo Aguon, Shihan, (808) 375-6688
Aloha Activity Center, 725 Kapiolani Boulevard Suite 101 Honolulu, Hawaii 96813

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Massachusetts:

Boston

Boston Chinatown Ueshiro Shorin-Ryu Karate Club
Sensei Emiliano Mazlen, Shihan, (617) 879-9928
Wang YMCA of Chinatown, 8 Oak Street West, Boston MA, 02116.

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Northampton

Northampton Ueshiro Karate Dojo
Sensei Daniel Gobillot, Denshi Shihan, (413) 320-5945
Arts & Industry Building, 221 Pine Street, Northampton, MA 01062 (413) 587-4200

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Minnesota:

Northfield

Ueshiro Northfield Shorin-Ryu Karate Club
Mr. Robert Dobrow, Shihan, (612) 216-1206
Northfield, MN 55057

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Minneapolis

Ueshiro Okinawan Karate Club of Minneapolis
Sensei Lyle Kleusch, Shihan, (612) 412-3848

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New York:

Mohawk Valley

Mohawk Valley Karate Club
Sensei Dale Adamson, Shihan, (315) 823-8631
167 Lakeview Dr. Little Falls, N.Y.

New York City

Ueshiro Midtown Karate (Hombu) Dojo
Kyoshi Michael Mackay, Shihan, (212) 909-6440
St Bartholomew's Church Athletic Center, 109 E 50th street
(between Park and Lexington Avenues), New York, NY 10022

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The High School for Leadership & Public Service Karate Club
Sensei Robert Neff, Shihan, (347) 578-7465 (h), (917) 549-4218 (c)
90 Trinity Place New York, NY 10006

Ueshiro Downtown Shorin-Ryu Karate Dojo *Page 40*
Sensei Kevin Reymond, Shihan, (914) 953-7065
Tribeca Health & Fitness, 107 Chambers Street, New York, New York

Ueshiro Shorin-Ryu FRBNY Karate Club *Page 42*
Sensei John Bottega, Shihan, (212) 720-5922
33 Liberty St., New York, NY 10045

Palisades
Pine Forest Karate School *Page 43*
Kyoshi Dave Seeger Shihan/Director, (212) 307-0707
Palisades, NY 10964

Pelham Manor *Page 45*
Okinawan Karate Club
Kyoshi Michael Mackay, Shihan/Director, (212) 909-6440
Pelham Manor, NY 10803

Rockland County
To-Te Ueshiro Karate Dojo *Page 47*
Sensei Preston Powell, Shihan, (845) 367-7454
Nyack, NY (Rockland County)

Ueshiro Shorin-Ryu Karate USA Roslyn High School, NY
Sensei Boris Grossman, Shihan (646) 331-8493

Pennsylvania:

State College
Ueshiro Okinawan Karate Family Club *Page 50*
Kyoshi Matt Kaplan, Shihan, (814) 278-1997
Mt. Nittany Institute of Natural Health, 301 Shiloh Road, State College, PA 16801

Virginia:

Centreville
Ueshiro East Meets West Karate Club of Northern Virginia *Page 52*
Sensei Sal Scaglione- Denshi-Shihan, (703) 922-6204
Sensei Joe Knight- Director (571) 239-3007 Centerville, Virginia

International:

China:

Hong Kong
Ueshiro Hong Kong Karate Club *Page 54*
Sensei Alan Lai, Shihan, Club Coordinator- Mr. Patric April, +011 (852) 9272-1891
Located at 5/F, Shek Tong Tsui Sport Centre, 470 Queen's Road West, Hong Kong

Ueshiro Chinese University Karate Club
Mr. Rayvel Tang, Shihan
Chinese University of Hong Kong
Shatin, New Territories, Hong Kong

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Israel:

Eilat

Eilat Ueshiro Dojo

Sensei Shlomo Dadon, Denshi-Shihan

+011 (972) 8-633-7762 (h), +011 (972) 54-551-1111 (c)

P.O. Box 824, Eilat, Israel 88000

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Tel Aviv

Hertzlia Ueshiro Dojo

Sensei Nir Zamir, Denshi-Shihan,

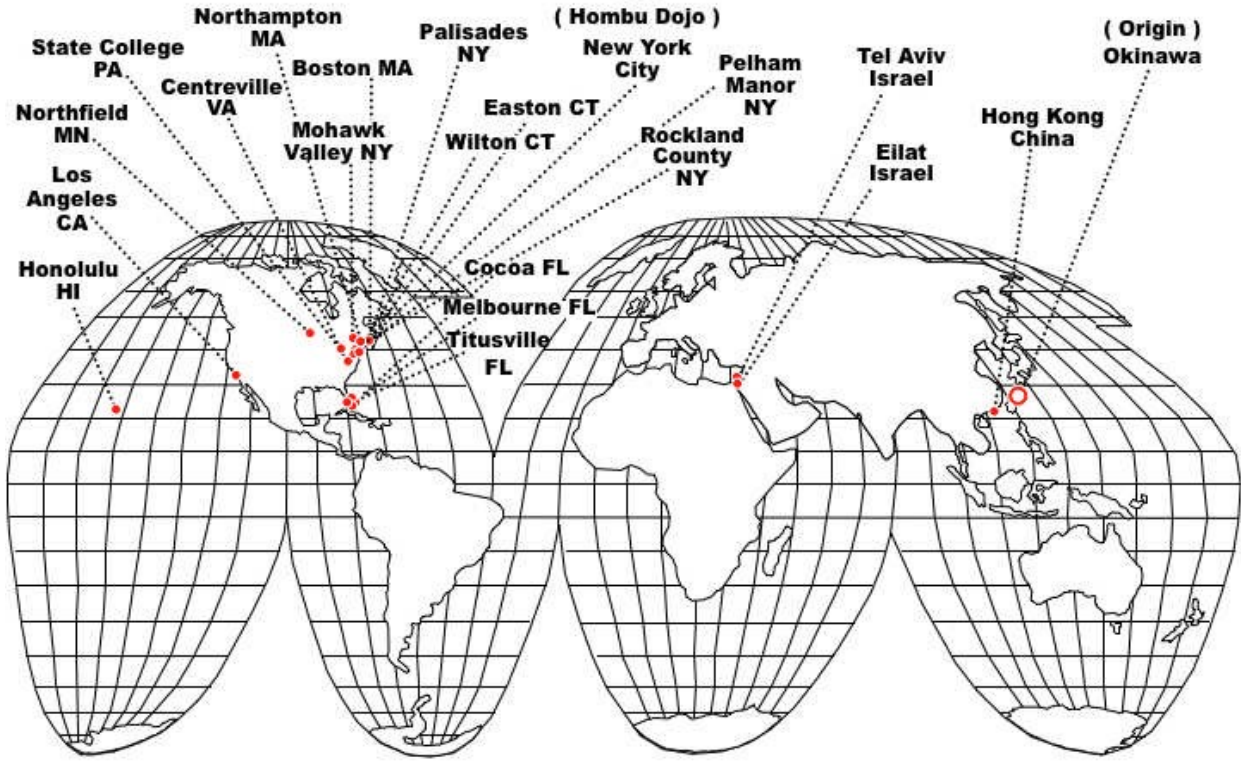
Tel: +011 (972) 9958-4342 (h), +011 (972) 5443-0429 (c),

12 Tzamarot St., Hertzelia

Ueshiro Shorin-Ryu Karate USA
Founded by Grand Master Ansei Ueshiro 1962



International System of Dojos
Under Direction of Hanshi Robert Scaglione



Greetings from Hanshi Robert Scaglione



Greetings all Ueshiro Shorin-Ryu Karate USA members,

Our most sincere gratitude goes out to Grand Master Ansei Ueshiro for making the journey from his homeland, Okinawa, to the United States, for the sole purpose of bringing Shorin-Ryu Karate to our country. We have all experienced many positive benefits from having karate training in our lives because of Master Ueshiro's hard work and efforts in propagating the art of karate since 1962. The Journey continues.

I thank all the Ueshiro Shorin-Ryu Karate USA Kyoshi, Shihan, Sensei, Sempai and Deshi for your continued support, hard work and efforts in keeping our organization as one of the largest and most vital in the world. We have added several new locations worldwide in the last month, namely in China, Minnesota and two locations in Florida. See the contents of this newsletter for details on the respective dojo(s) and club(s).

We are coming up on our 50th Anniversary. We are working on locations for demonstrations in the host city, New York City for August 2012. All members and levels are invited to participate in this major event in our rich history. We have the 50th Anniversary Red Book in print and available, a commemorative "Master Ueshiro Coin ", a 50th Anniversary Journal in production, amongst many other contributions. See the Hombu Dojo website for a copy of the 30th Anniversary Journal. We welcome your suggestions and ideas in order to make this event most successful.

In terms of karate, a multi-centuries old art, 50 years in the United States is just a beginning and you are an integral part of our history. You are in on "the ground floor". I thank you for that. We are looking forward to the next 50 years and the 100th Anniversary with "Joy & Vigor". Keep training.

Most Sincerely,
Hanshi Robert Scaglione

Los Angeles, California

Ueshiro Bushi Dojo



Arigato Hanshi, Kyoshi, Sensei, Sempai, and all Ueshiro Shorin-Ryu Karate USA Deshi! The Bushi spirit is alive and well on the West Coast. While Rebecca Scott, Edye Harkenrider and I hold down the fort in Los Angeles, longtime Bushi Dojo student, Mark Tongret, San-Dan, currently teaches beach workouts in Santa Cruz, California, where he lives with his fiancé Marina. With two very consistent students and three others who also show up, Mr. Tongret has quickly built a Bushi Dojo annex on the beaches of Northern California.

Over the years, using all of his warrior strength, Mr. Tongret has overcome massive physical adversity, so for this Newsletter, we highlight a man who has taken persistence to an amazing level, especially when it comes to "living in physical pain." Whether it's a back surgery, a knee surgery, or his recent week in an I.C.U. from a "close-call" blood clot in his lungs, Mark has always "kept moving forward," and, in so doing, has been a sterling example of leadership in the face of adversity.

I had the opportunity to speak with Mark a few days ago, and get some of his thoughts on a very important topic: injury management. Here are some of his quotes from our call, which I think are very useful to anyone who wants to train consistently for the rest of one's life, respect all ranks, and lead by example.



Sensei Mark Tongret: "Take care of yourself under all conditions so that you can keep training. If you get injured, make sure that you don't go back on the deck too soon, otherwise, you will be off for way longer. And when you're injured, do kata in your mind, while you're in bed. Watch videos of Hanshi -- the highest level videos of Hanshi that you can find.... Keep your spirits up and keep a great "arigato" in your mind and always remember Master Ueshiro. We are the chosen few...Also, communication with your fellow deshi: let them know your injury status and when you'll be back on deck, because it keeps the spirit level with your deshi on a high, just talking to them...and when you do get back on the deck, do the katas in slow motion. If it hurts too much on your injury, then wait again. Never forget about how lucky we are to have this beautiful gift. We are the chosen few. And as long as we keep showing up, we're doing it! Read the books, the Green Book, the Red Book, "The Essence of Okinawan Karate-Do"... Most important: "courtesy" and "stepping first." There's nothing more important than stepping first and having courtesy. Step first and show up, with gratitude. If he's training three days, then I have to train six days. Step first. Show up. Respect all ranks from the White Belts to the Go-Dans to the Yan-Dans and beyond. The lower ranks remind us of where we were, and now, we can teach them! I can still hear Sensei Barnes in my mind...it's amazing that I can remember it, like he's here right now. (Imitating Barnes Sensei): "No! It's like this! Chamber more! Further back! Tighter fist! Yes!!!" We've had this privilege of training under the greatest Sensei ever. We're so lucky to have such a hard and beautiful man, as Sensei Barnes. We are just so blessed! I get choked up when I talk about this... and also all our Senseis, Sensei Tamir, we're so blessed, Haven! I'm excited about this Newsletter, you know?? Rooting in, also. Step first and root in. Beach training is also an exceptional gift -- using the different terrains of sand and slope... and doing kata in the ocean is just an incredible gift. Incredible! It really makes me feel how the centuries old Okinawans must have used the ocean to train. And I owe this all to Master Ueshiro, to Hanshi and to Sensei Barnes.... and to you... your incredible courtesy. You're probably one of the most courteous men I've ever met and it shines and makes me want to be more like you. Stepping first. Rooting in. Huge kiai's. And never ever, ever think that there is something that you can't do -- a board, a brick -- in breaking techniques, you can always do it... it's mind over matter. One path.

One summit. Never detour from the originality of Shorin-Ryu Karate. It's perfect. I wouldn't want to add or modify in any way. One path. One summit. I really, really, highly believe in that. You should see my students. They're just warriors. Warriors!!! It's incredible to be able to pass this down. I just remember to keep it exactly like Sensei Barnes taught us, such as the chasing punch, oi-zuki -- staying low, at one level, rooting in, and hitting hard. Stepping first, always.... and having fun with it! Have FUN! Enjoy it! Because it's a GIFT!!! I think it's easy to have fun and have warrior spirit at the same time because it's a gift, so it should be enjoyed... and that spirit rises and rises and manifests itself in all situations."

Easton, Connecticut

Easton Connecticut Ueshiro Shorin-Ryu Karate Club



Sensei Tamir leads a combined class of the Connecticut clubs

Onegai shimasu Hanshi, Kyoshi, Sensei and Sempai,

This year we enjoyed a visit from the Ueshiro Suntree YMCA Dojo, Florida as well as the Wilton Ueshiro Shorin-Ryu Karate Club, CT. Sensei Tamir led a powerful workout with many corrections. Domo arigato Sensei Tamir and also arigato to Mr. Keith Eng and the Wilton school for training with us that morning.

We participated in the Hombu Dojo's annual Sherwood Island beach workout led by Kyoshi Mackay and hosted the family BBQ afterward. Domo arigato Kyoshi Mackay for leading us!

Congratulations to Art Forni to the promotion of Ni-Kyu.

We always enjoy having visitors come and train with us here in Easton, CT. Classes are as follows:

Thursday - 6:00pm to 7:00pm
Sunday - 11:30am to 12:30pm

Domo arigato gozaimasu

Adam Dunsby, Shihan

Wilton, Connecticut

Wilton Connecticut Ueshiro Shorin-Ryu Karate Club



Onegai-shimasu Hanshi, Kyoshi, Sensei, Sempai and Deshi,

Our small club continues to move forward. Although we are small, our spirit certainly out-sizes our numbers and we have the opportunity to focus close and personalized attention to our training. This semester, we had the special honor and privilege to join Sensei Dunsby's club in Easton CT and train with Sensei Tamir during his April East Coast Karate Road Trip. It was a great morning of training and sweat. We continue to preserve and ensure the vitality of traditional Okinawan karate-do with our morning, pre-work classes. We wish all of our karateka brethren the best of training! See you on the deck!

Domo arigato,
Keith Eng

<u>Class Schedule</u>	
Monday	7:30 AM
Wednesday	7:30 AM

Cocoa, Florida

Ueshiro Cocoa Shorin-Ryu Karate Dojo

Onegai - Shimasu Hanshi, Kyoshi, Sensei and SRKUSA Deshi,

Ueshiro Cocoa Shorin-Ryu Karate Dojo is moving forward with great joy and vigor, and continues to hold four classes each week as follows

Monday and Wednesday – 7:00 PM to 8:30 PM (All ranks – adults and children)

Friday – 6:00 PM to 7:00 PM (Yon Kyu and above – adults and children)

Saturday – 10:00 AM to 11:00 AM (All ranks – adults and children)

The Cocoa Dojo karate deck continues to be packed with many long term and new Deshi. Shorin Ryu Karate is a significant benefit to the Central Florida YMCA since the students simply need to be a YMCA member to attend our strong SRKUSA karate program as brought to the USA by Grand Master Ansei Ueshiro and as directed by Hanshi Robert Scaglione. Students of all ages above 7 years old are encouraged to participate, especially with families that attend regularly as a group. The typical (Monday/Wednesday/Friday/Saturday) class attendance varies between 8 and 30 Students.

The Cocoa Dojo class location is the YMCA Cocoa Family Center located on the Brevard Community College Campus in Cocoa, Florida.

The Ueshiro Cocoa Dojo Dan Level Deshi (Sensei Ron Marchetti, Sempai Carla Eddy, Sempai Pat Marchetti and Sempai DJ Johnson) continue to lead the dojo in instruction of classes, along with Ik Kyu/Ni Kyu Deshi that continue to assist. The Ik Kyu instructors are Sempai Travis Culp, Sempai Matt Reed who is assisted by his son Luke Reed and Sempai Dennis Flynn who is assisted by his daughter Dakota Flynn (Ni Kyu). The Cocoa Dojo goal is to provide karate instruction to the Cocoa Deshi as brought to the United States by Grand Master Ansei Ueshiro and as currently taught by Hanshi Scaglione and the Kyoshi.

During this 6 month period Cocoa Dojo held two green tip promotions and one belt promotion. Ueshiro Cocoa Dojo dedicated our April 20th green tip test in honor of Grand Master Ansei Ueshiro who was born on the same date in 1933. The new Cocoa deshi were made aware of who Master Ueshiro was and how he provided us the gift of Shorin Ryu Karate. Our second green tip test was conducted on June 15th. The Cocoa Dojo tip and belt promotion was held on August 20th and was a 4 ½ hour event during which almost all the Cocoa Deshi participated. A total of 28 students, including 2 students from the Viera Dojo and 2 students from the Titusville Dojo were promoted from ranks of Ro Kyu all the way up to Ik Kyu. Significant effort was evident during the promotion. The board of judges for the August 20th test included Sensei Kurt Tezel, Shihan, Ueshiro Titusville Dojo, Sempai

Pat Marchetti and Sempai Trevor Tezel. The following students were promoted in August:

Receiving the rank of Ro Kyu (one green tip)

Savannah Dingus
Shakeriya Sanchez
John Blais
Anne Blais

Receiving the rank of Go Kyu (two green tips)

John Nistorenko
Cheyenne Flynn
Kailey Weaver
Mason Yaskovic (Viera Shorin Ryu Dojo – Hanshi’s Student)
Carter Yaskovic (Viera Shorin Ryu Dojo – Hanshi’s Student)
Rob Weaver

Receiving the rank of Yellow Belt

Ben Berrean
Aniah Combs

Receiving the rank of Yon Kyu – Green Belt

Jacob Johnson
Stephen Carter
Xavier Barnes
Alex Barnes

Receiving the rank of San Kyu (two brown tips)

Max Alderman (Titusville Shorin Ryu Dojo – Sensei Tezel’s Student)
Sarah Alderman (Titusville Shorin Ryu Dojo – Sensei Tezel’s Student)
Amber Workman
Joanna Collazo
Youjian Nistorenko
Don Carter
Maurice Nistorenko

Receiving the rank of Ni Kyu – Brown Belt

Dakota Flynn

Receiving the rank of Ik Kyu (two black tips)

Luke Reed
Dennis Flynn
Travis Culp
Matt Reed



Domo Arigato,

Sensei Ron Marchetti
Shihan, Ueshiro Cocoa Dojo

Melbourne, Florida

Ueshiro Suntree Dojo, Ueshiro Viera Dojo and West Melbourne Dojo

Onegai-shimasu Ueshiro Shorin-Ryu Karate USA,

Greetings from our three dojo[s] in Melbourne, Florida: Ueshiro Viera Dojo (Shihan Hanshi Robert Scaglione), Ueshiro Suntree Dojo (Shihan Sensei David Tamir), and our newest Ueshiro West Melbourne Dojo (Shihan Rick Cupoli). With Hanshi's guidance, I have assigned one of my newest Shodans (1st Degree Black Belt) from the Suntree Dojo, Sempai Rick Cupoli, as Shihan of this new location in West Melbourne at the Rodes Park Rec Center (see photos below). Sempai Rick Cupoli has stepped forward as a warrior with joy and vigor to take on this challenge with the help of one of our Ni-Kyu (Brown Belt) from the Viera Dojo, Sempai Miranda Aiken. We wish them great success, spirited workouts, and many new deshi at Ueshiro West Melbourne Dojo. Moreover, my other new Shodan from Suntree, Sempai Steve Quirion, has just relocated to Las Vegas and will hopefully start up another new Ueshiro dojo in the upcoming months with the local guidance of Sensei Lott, who is already residing in Las Vegas as well. I look forward to visiting and training with them in the near future.

Over the past months we have had special visitors from the Hong Kong Dojo, bringing us extra sugar as they came to test in front of Hanshi for their 1st Degree Black Belt rank. We have had strong tests and promotions of our local deshi as well including the recent August testing with 29 deshi from Viera and Suntree promoted to various ranks spanning from 1 green tip (Ro-Kyu) up through Black Tips (Ik-Kyu). I have had the privilege of also traveling to Israel several times over the past few months and train at our two Ueshiro dojo[s] in Hertzelia and Eilat, with Sensei Nir Zamir and Sensei Shlomo Dadon respectively and their deshi.

It is always most exciting to propagate our art as handed down to us from Master Ansei Ueshiro via Hanshi Robert Scaglione. We are propagating and continuing to fulfill our mission and we keep training.

Domo Arigato Gozaimasu Hanshi.

Best Regards, Tamir Sensei.



Titusville, Florida

Ueshiro Titusville Shorin-Ryu Karate Dojo

Onegai-Shimasu Hanshi, Kyoshi, Sensei and all Deshi, The Ueshiro Titusville Shorin-Ryu Dojo had a banner six months with several tip tests and special events.

On April 13, we had a tip test with four students earning new ranks. What was equally encouraging is the large amount of students that showed in support of the four candidates that were testing.

One April 20, we celebrated what would have been Master Ueshiro's 78th birthday with a katathon. Everyone in the picture to the right endured close to three hours of sweat and sore feet to perform 100 kata. The event has been memorialized on the wall of our school.



On April 30, Sempai Trevor Tezel and I participated in the black-Belt test in Northampton, Massachusetts. It was a truly memorable experience and reaffirmed why we care so much for the organization and the fine people in it. It is also a fabulous facility, one I look forward to training in again.

On Memorial Day we had a great beach workout, attended by deshi of each Florida club. The workout lasted well over two hours with an emphasis on kata and stepping first. The Fourth of July brought a special workout where everyone wore their street clothes.



The Ueshiro Titusville Shorin-ryu Dojo had a successful promotion on August 21 with the promotion of two Ik-Kyu's: Alissa Burns and Richie Jenkins and one Ni-Kyu: Ed Bauder. Also promoted were: Max Alderman and Sarah Alderman promoted to San-kyu; Bill Schafer and Chandler Baker promoted to Yon-kyu; James Sherrill, Tom Baker, Taylor Baker and Phoebe Bergamini promoted to Go-kyu; Conrad White, Olivia Pickering, Mackenzie Griffo, Joey Jordan, Bernadette Bergamini and Sophie Bergamini promoted to Ro-kyu.

Our Dojo continues to make sure that each parent that brings a child to karate is asked and encouraged to join us.

Here are some “in-action” shots of our future black-belts:



Domo Arigato Gozaimasu,

Sensei Kurt Tezel, Shihan

Honolulu, Hawaii

Ueshiro Hawaii Karate Dojo

Aloha From Hawaii,

2011 has truly been a great year for us all. The energy on the karate deck continues to grow stronger with every class. We had the honor of promoting our first Black Belts here in our own Ueshiro Hawaii Karate Dojo. Both Sho-dans, Edgar Ambrosio and Roi Globen, continue to help keep the dojo full of spirit and help with the training of new students and fellow deshi.

2011 also brought us a few visitors from the East coast. A big "ALOHA" to Alden and Ali from New York and Susie from Florida. This past August 27, 2011, we also had the privilege to test our first dojo visitor, Susie Haines. She and Andrew Scott successfully passed their test to obtain their new ranks of Green Belt (Susie) and Brown tips (Andrew). It was a beautiful day for testing which took place outdoors at the popular Kapiolani Beach Park.



We are always excited to have visitors join in our training. On that note, we always say: "Everyone is welcome to come and train with us here in Hawaii"

Class Schedule:

Tuesdays: 5:45pm

Thursdays: 5:30pm

*Free validated parking for all deshi and guests of Ueshiro Hawaii Karate Dojo

Outdoor Classes: Kapiolani Beach Park

We look forward to hard training and propagating our Ueshiro Shorin Ryu Karate USA, founded by Grand Master Ansei Ueshiro, under the direction of Hanshi Robert Scaglione.

Domo Arigato!

Aloha!
Sensei Lorenzo Aguon
Ueshiro Hawaii Karate Dojo
725 Kapiolani Boulevard Suite 101
Honolulu, Hawaii 96813



Boston, Massachusetts

Boston Chinatown Ueshiro Shorin-Ryu Karate Club

Onegai-shimasu Hanshi, Kyoshi, Sensei and fellow Deshi.

We are moving forward. We continue to train at the Wang YMCA of Chinatown, 8 Oak Street West, Boston MA. Classes are on Monday and Wednesday nights at 7:30 pm and Sundays at 12:30 pm. The YMCA is near downtown Boston. We are honored when visitors train with us. If you may be able to do so, please let me know.



Domo arigato gozaimasu to Hanshi for leading us down the Path that Grandmaster Ueshiro laid out for us.

We were honored to participate in the April 30th black belt review in Northampton, held in the beautiful Ueshiro Pine Forest Dojo and conducted by Hanshi Scaglione. We received much sugar and inspiration from Hanshi, Kyoshi Seeger, Kyoshi Mackay, and all the Sensei and Deshi in attendance. Domo arigato gozaimasu Hanshi, Kyoshi, Sensei and Sempai.

Mostly recently we were honored to participate in the Northampton dojo's summer rank promotion.

Domo arigato gozaimasu to Denshi-Shihan-Sensei Gobillot for the test and to Denshi-Shihan-Sensei Gobillot and, indeed, all of the Northampton Sensei and deshi for their kind hospitality to all the Boston deshi and for their strong spirit. Domo arigato to the Boston deshi who traveled to Northampton not to test but to train with and support their fellow deshi who were testing: Mr. Keith Burrows (Sho-dan), Keith Chan (yon-kyu), Sean Jones (san-kyu) and Chris Wong (white belt).

Congratulations to all of the Northampton deshi who tested. Congratulations to Boston Deshi Kevin Strang who was promoted to ro-kyu.

We only earn our present rank when we reach our next one, or, in other words . . .

Keep Training.

Domo arigato gozaimasu to all,
Emiliano Mazlen
San-Dan
[\(617\) 879-9928](tel:6178799928)
emazlen@hotmail.com

Northampton, Massachusetts

Northampton Ueshiro Pine Forest Karate Dojo



Onegai shimasu Hanshi, Kyoshi, Sensei, Sempai and all Deshi!

After a 5-year hiatus, our children's program officially restarted on 15 March 2011 with one child, Keegan Burrows, nephew of Mr. Keith Burrows of Boston Chinatown Karate School. Domo arigato to Mr. Burrows for referring Keegan to us.

On 20 March 2011 a group of Pine Forest deshi spent an afternoon volunteering at a Habitat for Humanity build site. The local CBS news station came to interview us and presented a nice story on the news that evening. We hope to participate in more such events in the future.



Sensei Dan Gobillot paints trim at the Habitat build site

On 30 April 2011 a special black belt review was held in Northampton, with participants from Ueshiro Bushi dojo, Easton CT Ueshiro Karate Dojo, Ueshiro Viera Karate Dojo, Ueshiro Suntree Karate Dojo, Ueshiro Titusville Karate Dojo, Boston Chinatown Ueshiro Karate Club, Northampton Ueshiro Karate Dojo, Ueshiro Midtown Karate Dojo, Ueshiro Federal Reserve Bank of NY Karate Club, Ueshiro Downtown Manhattan Karate Club, Pine Forest Karate School Palisades, Ueshiro East Meets West Karate Club of Northern VA. Over 30 blackbelts who were not testing attended to support the test candidates. Hanshi Robert Scaglione judan traveled from Melbourne FL to oversee the event which began at 10:00 am and continued till 7:30 pm. The board of judges included Kyoshi Mackay and rokyu dan Sal Scaglione, Chris Barnes, Daniel Gobillot and Kevin Raymond. The following morning an outdoor workout was conducted by Kyoshi Mackay at our secret ancient mountain-top pine grove site overlooking the falls. Domo arigato gozaimasu to Hanshi, Kyoshi, Sensei and deshi for making this memorable event possible.

Promoted – Sho dan : Candace Morgan, Sam Suzuki, Rick Cupoli and Steve Quirion
Ni dan : Ron Balin and Trevor Tezel



Black belt workout and review at Northampton Ueshiro Pine Forest Karate



Vern Fath (ni-dan) performs passai on the mountain top

On 16 July 2011 we held a tip test. Promoted to ro-kyu were and Glen Moon, Justin Routhier, Keegan Burrows, and Gabe Moon. This event was especially exciting to us as the first students in our children's program were tested. We had a very large turnout. Arigato to all deshi who came to support this event, and congratulations to all who tested.

Our annual summer rank promotion test was held 6 August 2011.

Promoted to ik-kyu: Michelle Mastroianni
San-kyu: Jim Robinson and Robert St George
Ro-kyu: Kevin Strang

Arigato to Sensei Mazlen and his students for making the trip to join us for this event.

We were extremely lucky to have avoided significant damage in Hurricane Irene on 28 August, other than basement flooding at 221 Pine Street. The Sunday morning workout included refreshing naihanchi in a location that was under water later in the day (see photos).



Dr Mary McKitrick, ni dan, and Dr Nancy Owen, ni dan, train in the rain before the hurricane

Domo arigato gozaimasu Hanshi, Kyoshi, Sensei, Sempai, and all fellow Deshi for your motivating spirit, for continuing to support all of us in our training and helping us to move forward in the martial way.

Respectfully submitted,

Mary McKitrick, Ni-Dan
Northampton Ueshiro Pine Forest Karate Dojo, Northampton, MA
www.pineforestkarate.com

For further information please contact : Sensei Daniel Gobillot, shihan 413.320.5945

We're on Facebook - Please join us there: <http://www.facebook.com/pages/Northampton-Ueshiro-Pine-Forest-Karate-Dojo/116176125073728?ref=ts>

But better yet, please visit us in real life in Northampton!
Our doors are always wide open to you.



Northfield, Minnesota

Ueshiro Northfield Karate Club

Onegai-shimasu Hanshi, Kyoshi, Sensei, Sempai and all Deshi,

Shorin-Ryu karate is moving forward in Minnesota. We are building a committed group of students and forging strong community ties. Classes, for both our community group and the Carleton College Karate Club, are offered three times a week. The community group meets Monday and Wednesday evenings and Saturday afternoon. The college club meets Monday, Thursday and Saturday. Saturday afternoon and many Monday evening classes are held jointly with both groups. Starting next month we will offer regular advanced classes for green belts and above.

Congratulations to all deshi who advanced in rank over the past six months:

Ro-Kyu: Will Balaam

Go-Kyu: Ross Cawthon, Miles Harmelink, Brenda Hellen, Oen McKinley, Natalie Nevin, and Tristan Zimmerman.



In April, we held a special Sunday afternoon workout followed by an evening community potluck dinner hosted by Peter and Audrey Holocher. We plan to host regular community dinners over the next year. In April we also enjoyed an extra special kompai to celebrate having paid the last installment for our dojo's licensing!

At the end of the school year, deshi traveled to nearby Cannon Falls for our traditional beach workout at Lake Byllesby Regional Park. On a beautiful summer day, we conducted a glorious morning workout on the hot sandy beach (and in the cold clear water) followed by a picnic and barbecue, with much camaraderie and good times for all deshi and their families and friends.



The summer is often our slowest time of year, with many families traveling and on vacation. However, a dedicated group of deshi kept good attendance and continued to train, mostly outdoors and in some brutally harsh weather conditions. Domo arigato to Steve Hatle, Peter Holocher, Brenda Hellen, Miles Harmelink, and our newest deshi Scott Sijan. Domo arigato to Ni-Kyu Steve Hatle for leading several summer classes when I was out of town.

In mid-July we celebrated the arrival of Sensei Lyle Kleusch to Minnesota from Hong Kong. Students greeted Sensei Kleusch and his family with a Saturday afternoon workout followed by a welcoming picnic. Sensei Kleusch's presence in Minnesota is an enormous boon to us in Northfield, and we look forward to many vigorous workouts and growth in the coming years.

In addition to our web page at <http://northfieldkarate.wordpress.com/> our dojo has a new Facebook page. Please visit (and "friend") us at: <https://www.facebook.com/pages/Ueshiro-Northfield-Shorin-Ryu-Karate-of-Minnesota/240915582616658>

Good health and strong training to all our fellow karateka! Domo arigato gozaimasu for all that you do to keep Shorin-Ryu Karate alive and strong and pulsing with the same spirit, dedication and purpose with which it was practiced for hundreds of years and brought here to the U.S. almost 50 years ago.

In the coming months, we will be working to bring the largest possible contingent from Minnesota to the 50th anniversary celebrations in New York. Our best wishes to Hanshi, Kyoshi, Sensei, Sempai and Deshi as we move forward to that momentous event!

Respectfully submitted,
Bob Dobrow, Ni-Dan
Shihan, Ueshiro Northfield Shorin-Ryu Karate of Minnesota

Minneapolis, Minnesota

Ueshiro Okinawan Karate Club of Minneapolis

Onegai-shimasu Hanshi, Kyoshi, Sensei, Sempai and Deshi,

The Ueshiro Okinawan Karate Club of Minneapolis is a new, Shorin-Ryu Karate USA fledgling club located in Minneapolis Minnesota. We are three members strong and looking to grow. Classes are:

Tuesdays and Thursdays, 9pm to 10pm, Rogers Community Center
Saturdays, 5pm to 6pm, Minnetonka Middle School East Sports Field

Call (612) 412-3848
or email: LTKbuddho@yahoo.com
for more information.

Domo Arigato Hanshi, Kyoshi, Sensei, Sempai and Deshi,
Sensei Kleusch

Hombu Dojo – New York, New York

Ueshiro Midtown Karate Dojo

Welcome

Onegai shimasu, Hanshi, Sensei and Deshi of Ueshiro Shorin-Ryu Karate, USA. The Spring and Summer of 2011 were times of growth at the Hombu dojo, as many students advanced in rank and initiatives were launched to distribute new teaching materials. Hanshi continued to serve as keystone to the growing number of students and dojo/club, traveling to the Northeast for promotions and directing the efforts of Shihan world-wide. The Hombu dojo was visited by Sensei and Deshi from around the world, adding strength to our already diverse student body. Domo arigato gozaimasu to all of you for being a part of it.

Below are some of the highlights from the past six month.

Lessons from Presidents' weekend in Florida

Our three senior Ik-kyu, Sam Suzuki, Candace Morgan and James Gasca, returned from Florida and were interviewed in order to preserve the key corrections they received from Hanshi. The result was a three-page "Technique of the Week" released March 14 – a condense list of high priority corrections applicable to all students. The Technique is available at the ShorinRyu.com website [Library](#).

Volunteers help paint the St. Barts Athletic Center

A crew of Midtown Deshi attended three paint parties in mid-March to help spruce up the public areas of the St. Barts Athletic Center. Their "Just do it!" spirit greatly impressed the St. Barts administration, as described in a "Thank you" letter from the Facilities Coordinator: "It was a big task for us to take on and your volunteers were amazing.... Please send my gratitude to your amazing crew."

The stalwart group consisted of Hend Elsayed, Henri Waelbroeck, Candace Morgan, Sam and Rikitaro Suzuki, Gerard Rath, Robert Bandel, Gene Turok, Victoria Baughman and Manny Tabones.

April tip test held at the Ueshiro Shorin-Ryu Federal Reserve Bank of NY



On Tuesday, April 26, the Midtown Dojo held its April tip test in honor of Grand Master Ansei Ueshiro's 78th Birthday. To commemorate the occasion, the test was held at the Shorin-Ryu Federal Reserve Bank of NY Karate Club. Domo arigato gozaimasu to Sensei John Bottega and his students for hosting the event. After a traditional test comprised of kata, basics, demonstration of strength and understanding of Shorin-ryu history, the following advanced in rank:

Ro-Kyu: Dhruvani Paul, Stephanie Toper, James Moskie, Alex Zemnitzkiy

Go-Kyu: Sam DiGiaro, Antonio Gonzalez

The Black Belt judges, Sensei Bottega, Neff, Dominger and Sempai Adams and Elsayed provided perceptive comments on the candidates' performances, and Deshi from both the Midtown Dojo and FRBNY Club lent tremendous support: Candace Morgan, Victoria Baughman, Ash Venkatraman, James Rothermel, Arun Nachimuthu, Mary Tao, and Matt Emmenuel

After formal presentations the group adjourned to the parapets of the Federal Reserve Bank's landmark building for informal training 14 floors above New York's historic financial district. Kata was performed in the shadows of the new Freedom Tower rising at the site of the World Trade Center. It was an awe-inspiring setting to celebrate the spirit of endurance, no better expressed than in Master Ueshiro's life-time goal of establishing Shorin-Ryu in the United States of America.

Sho-dan and Ni-dan test in Northampton, MA



A Black Belt test was held Saturday, April 30, 2011 at the Northampton Ueshiro Karate Dojo. Hanshi traveled from Florida to oversee the day's events. Training commenced before 10:00 am and continued until 7:30 pm that evening. Over 30 Black Belts who were not testing attended to train under Hanshi and support those candidates being considered for promotion. Twelve dojos and clubs were represented. The board of judges was comprised of Kyoshi Mackay and Roku-Dan Sal Scaglione, Chris Barnes, Dan Gobillot and Kevin Reymond. Hanshi conducted the examination in an effort to recreate some of the test conditions he experienced during his Ni-Dan test some forty years earlier.

After a comprehensive review of kata, weapons, kumite and atemi waza, the following Deshi from the Midtown Dojo advanced in rank:

Sho-Dan: Candace Morgan, Sam Suzuki, James Gasca

Ni-Dan: Ron Ballin

Congratulations to all the candidates for their demonstration of endurance and presence of mind during the marathon testing. The "90 percent mental / 10 percent physical" concept so often described by Hanshi was readily apparent throughout the day.

Although USRKUSA tradition prohibits participants from disclosing details about Black Belt tests, it should suffice to say that Hanshi's direction brought everyone in line towards striving for the next level in our training.

Domo arigato gozaimasu to Shihan Dan Gobillot, his students and extended family for their exceptional courtesy as hosts for the day's events. Such courtesy extended well beyond the Northampton Dojo itself to include housing and meals for many a traveler. Domo arigato gozamasu, Hanshi, for the many miles and years you have spent propagating this traditional art, and the many gifts your new Sho-Dans have received in return.

Wilderness workout in Northampton, MA



On Sunday morning, May 1, Sensei Gobillot hosted a post-promotion workout in Chapel Brook Park attended by deshi from the Northampton, Midtown and Suntree Dojo. Although the venue was anything but typical, the training was traditional Shorin-Ryu USA: basics across the "deck" followed by kata. The class marked yet another Ueshiro custom: putting on the gi the day after a test and starting to earn our current rank.

Hombu Black Belts celebrate the 2011 release of “Shorin-Ryu Okinawan Karate Question and Answer Book”





Within a week after Hanshi announced the May release of the “Red Book – Third Edition”, Black Belts from Hombu put in orders totaling more than 50 copies. The consensus was that all advanced students need three copies: one for the office, one for home, and one for the briefcase/backpack/pocketbook that travels inbetween. Additional copies of this invaluable text are available at the Hombu Dojo for a special price of \$10. Giving this book to friends is an excellent way to propagate the art of Shorin-Ryu.

Technical Spec Sheets introduced as a training aid.

Spec. number: 15
 Technique: Upper block (Jodan uke)
 Kata: F1, F2, F3, P1, P2
 Page number: 82
 Description:

I. JODAN UKE (Upper block)
 This block is formed by raising the forearm to the height of the forehead. The distance between the wrist and the forehead is one fist and the blocking arm forms a 45-degree angle. Fukyugata I, II, and Pinan I, II (Figs. 2a, b).

Comments: We raise the forearm to a height *above* the forehead to completely sweep the attack away from the face, as shown in the Kata DVD and Red Book pgs. 33(4a) and 74(1).

In June Hanshi began collaborating with the Hombu dojo to produce a series of informal "Spec Sheets" to provide detailed analyses of specific techniques. The spec sheets attempt to fine-tune our kata and provide clarification re: some of the photographs in "The Essence of Okinawan Karate-Do". While the Red Book, Kata Reference DVD and "Essence of Okinawan Karate-Do" are virtually 97 percent in accord, these spec sheets attempt to cover the remaining 3 percent.

Each spec sheet includes digital scans of photographs from "The Essence of Okinawan Karate-Do", descriptions by Master Shoshin Nagamine, illustrations from the Red book, and comments by Hanshi regarding any subtle differences between the move as photographed vs. how it is performed in USRKUSA. The information is intended primarily for instructors and assistant instructors.

Domo arigato gozaimasu, Hanshi, for all your time and energy spent on this ambitious project.

Spec sheets numbered 1 through 19, are available at:
<http://www.midtownkaratedojo.com/Specs.html>

Shorin-Ryu demonstration at "The Village at 46 & Tenth"

Sho-dan Candace Morgan organized the second annual karate demonstration for artist Jimmy Mirikitani on Saturday, June 11. The workout was held at a senior citizen living center and was part of Mirikitani San's 91st birthday celebration. A survivor of WWII internment camps, Hiroshima and 911, Mirikitani San's remarkable story is told in the award-winning documentary, "[The Cats of Mirikitani](#)." Participating at the exhibition were Mr. John Adams, Ms. Candace Morgan and Sam DiGiario.

June tip test

On Tuesday, June 14, we conducted our spring tip test in the Hombu Dojo. After a vigorous workout the following deshi were promoted in rank:

Ro-Kyu: Matt Emmenuel

Go-Kyu: Dhrubani Paul, Tatum DeMann

The distinguished board of judges included Sensei(s) Ramson, Neff and Dominger, and Mr. Adams. Domo arigato to the other Black Belts for assisting with the workout and to the large turnout of deshi who were not testing but came down to lend their sweat and support.

As noted by Sensei Ramson at the end of the test, after advancing in rank we are required to pick up our training. The flip side is that *in order to advance* in rank we need to pick up our training. Let's all bring our attendance up a notch as we prepare for the 50th Anniversary Celebration in 2012.

Sherwood Is. Beach workout



On Sunday, July 10, students ventured by car, bus, train, motorcycle and other forms of transit to attend our annual beach workout at Sherwood Island. The stoic group performed admirably amid the distractions of broken shells, high temperatures and beach umbrellas. We were honored to be joined by visitors from the Palisades, Northern Virginia, Pelham Manor, Easton, Downtown NY, and the St. Barts Summer Camp dojo/clubs.

After the workout the dehydrated group adjourned to Sensei Adam Dunsby's residence for a traditional pool party and BBQ. Domo arigato gozaimasu to the Dunsbys, Sho-Dan Frank Mowka and Art Forni for their hospitality over the many years. The party was the perfect way to decompress after a marathon workout. Domo arigato also to Ali Chan for her photojournalistic skills in documenting this year's event.

Hanshi presides over August promotion and workout with the Ueshiro Okinawan Karate Family Club



In early August Hanshi traveled to New York City to conduct back-to-back classes at the Hombu Dojo. On Saturday Hanshi led a workout for Kyoshi Matt Kaplan's "Karate Kids Kamp," which was touring through the Northeast. The standing-room only seminar was followed by an informative question and answer period with Hanshi elaborating on many topics not normally raised during class.

Afterwards, the group adjourned to the "New York Diner" on East 50th St. for classic deli sandwiches and light-hearted conversation. Following lunch Kyoshi Kaplan and Mackay escorted the group of teens onto the #6 subway, across Central Park and into the Museum of Natural History. Domo arigato gozaimasu to Kyoshi Kaplan and the Ueshiro Okinawan Karate Family Club for their boundless energy and collective spirit of adventure.

Hanshi returned to the dojo Sunday morning for our full belt promotion, held in the gym at the St. Barts Athletic Center. The event was attended by 16 Black Belts and over 20 kyu ranks and ran for nearly five hours without a water break. Domo arigato to every student, from white belt to Hachi-Dan, who showed great perseverance, and especially to Hanshi for offering so many profound insights. All students - including those who passed, those who did not, those who served on a board of judges and those who came to lend support - came

away with a common directive: rise to the challenge of making yourself stronger as a karate-ka and person. "A tall order," as Hanshi would say.

Students promoted at Sunday's event include:

Green belt: Tony Gonzalez, Erik Sanner

Brown Belt: Vinay Mahajan, Art Forne (Easton, Ct. Ueshiro Karate Club), Gene Turok

Black tips: Robert Bandel

Domo arigato to the Black Belts who contributed in many ways: Sensei Kevin Reymond for helping set up the Shinden and flags, Sensei Ellin Moore for underwriting part of the gym's rental, Mr. David Emmenuel (returning Shodan) for providing door-to-door service for Hanshi. Arigato gozaimasu to Matt Emmenuel, as well, for photographing the promotion, and every other student who stepped up to get the job done, often anonymously.

August tip test

On Tuesday, August 9th we conducted a small but intense tip test under scorching conditions.

Ro-Kyu: Jermiah Emmenuel

Go-Kyu: Stephanie Toper, Alex Zemnitskiy, Matt Emmenuel

The group testing showed great focus and spirit, especially during the marathon historical question portion of the test. It was a classic example of students pushing the teachers to do more.

Domo arigato gozaimasu to Sensei Gamiel Ramson and Mr. John Adams for assisting on the board of judges, and to the Yon-kyu who came down to lend their support.

St. Barts Summer Camp and "Karate Observation Day"

Sensei Rob Neff and his assistant instructor Neil Nemoto held a "Karate Observation Day" on August 18th in the St. Barts gymnasium. The event was the culmination of an eight week karate intensive offered as part of the Summer Camp at St. Barts. Domo arigato to Sensei Neff and Sempai Nemoto for their marathon training four afternoons per week. The young deshi, ages 5 to 13, showed remarkable powers of attention by the end of the course. This is the second year USRKUSA has been included in the Summer Camp program.

Photographs of these and many other events are available for your enjoyment in the gallery section of the Midtown [website](#).

50th Anniversary preparations

Several Black Belts from the Hombu Dojo have already expended many hours preparing for next summer's 50th Anniversary celebration of Grand Master Ueshiro's arrival in the United States. In addition to logistical plans regarding venues for the various events, work is well under way on the 50th Anniversary Commemorative Journal, a publication that will document and celebrate the rich history of Ueshiro Shorin-Ryu USA. Please contribute to this effort by submitting essays, artwork, advertisements and/or participating in various fund-raisers to offset the cost of printing the Journal. Details to follow.

An invitation

All Deshi world wide are always invited to train in our humble dojo in the heart of Manhattan. Since the last Karate Newsletter we've been honored by special envoys from the Ueshiro Suntree Karate Dojo (Sensei David Tamir and Ik-kyu Rick Cupoli and Steve Quirion), the Hong Kong Dojo (Ik-kyu Marco Ng and Rayvel Tang), and the Ueshiro Okinawan Karate Family Club of Penn State College. Not to mention students through the Northeast and Florida who continue to train with us whenever they are in town.

You are particularly invited to take advantage of our specialty classes:

- Black Belt only class – First Thursday of each month from 5:30 to 8:00 pm
- Brown Belt and above class – Second Thursday of each month starting at 5:30 pm
- Green Belt emphasis class - Usually held on the Third Wednesday of each month from 5:30 to 7:00 pm

Or any of the other classes available seven days a week:

Class schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:45 – 8:30am	–	--	7:45 – 8:30am	7:45 – 8:30am	10:45 – 11:45am	11:00 am - 12:00 noon
12:00 – 1:00pm		12:00 – 1:00pm	1:15 - 2:00pm	10:30 - 11:30am	12:00 – 1:00pm	
5:30 – 7:00pm	5:30 – 7:00pm	5:30 – 7:00pm**	5:30 – 7:00pm*	5:30 – 7:00pm	--	
--	7:15 – 8:45pm				--	

None of the above would be possible without the dedication and perseverance of all the Black Belts and assistant instructors, who continue to show up and support “our sacred training hall.”

And, of course, an enthusiastic "Domo arigato, Hanshi!" to Hanshi Robert Scaglione for his boundless energy and commitment to the legacy of Grand Master Ansei Ueshiro. Hanshi

continues to inspire and instruct students of every rank, despite geographical distances, embracing innovation yet holding steadfast to the traditions that define who we are.

Domo arigato gozaimasu, Hanshi,

Kyoshi Michael Mackay
Hachi-Dan, Ueshiro Midtown Karate Dojo
www.MidtownKarateDojo.com

New York, New York

Ueshiro Downtown Shorin-Ryu Karate Dojo



As we approach the one year anniversary of the Downtown Ueshiro Shorin-Ryu Dojo we are really excited and grateful for the dedication of everyone involved with helping launch and nurture the Downtown Ueshiro Shorin-Ryu Karate Dojo. Specifically I would like to express my appreciation to Sempai Ron Ballin, Sempai Kim Garon, Sempai Michael Gallagher and Sempai Candace Morgan for their support at Downtown and assisting with the workshops and class instruction.

Arigato to Sensei Bottega and his students for the teamwork with promotions and workshops.

This past June two new Downtown students, Steve Cere and Evelyn Anderson earned their second green tip. We continued our workshop program over the past six months. The workshops focus on specific kata or other areas such as bunkai or weapons. We feel that drilling down for an entire class on say one kata or bunkai allows us to more fully explore the techniques and improve our knowledge and skills. We also introduced a street clothes workshop where we work kata and pre arranged fighting in our everyday attire. Upcoming workshops will cover pre-arranged fighting, Naihanchi kata, nunchuku, developing speed, and others. Please watch for announcements and join us.

Our class schedule has expanded to include the following

Monday 5:30 pm - 6:30 pm (there is informal training from 5:00 to 5:30)

Wednesday 7:00 am to 8:30 am

Thursday 5:30 pm to 7:00 pm (there is informal training from 5:00 to 5:30)

Friday 7:30 am to 8:30 am

Sunday 4:15 pm to 5:45 pm

Arigato,

Sensei Kevin Reymond
Shihan, Downtown Ueshiro Shorin-Ryu Karate Dojo
Under the Direction of Hanshi Robert Scaglione

"See to it that you temper yourself with one thousand days of practice, and refine yourself with ten thousand days of training"

Miyamoto Musashi

New York, New York

Ueshiro Shorin-Ryu Federal Reserve Bank of NY Karate Club



Onegai Shimasu Hanshi, Kyoshi, Sensei, Sempai and fellow deshi.

One of the greatest honors at any dojo is to host a promotion. In April, Ueshiro Shorin-Ryu Federal Reserve Bank of New York Karate Club enjoyed this honor. Sensei, sempai and testing candidates from in and around the tri-state area converged on the FRBNY club, at the historic Federal Reserve Bank of New York building, and filled the gymnasium with enthusiasm, sweat, joy and vigor.

Kyoshi Michael Mackay presided over a spirited workout and test. At the conclusion of the test, a number of brave souls took to the outside patio and demonstrated kata, with this historical building and the emerging new World Trade Center as our backdrop.



Domo Arigato Gozaimasu to all who participated!
With Joy and vigor!
Sensei John Bottega

Palisades, New York

Pine Forest Karate School



Come and train at Kyoshi Seeger's Kata Seminar

Sunday, November 6, at 10 am.

Free to all Ueshiro Shorin-ryu members.

Ueshiro Shorin-Ryu 50th anniversary Legacy Project

What if the standards set by Master Ueshiro and Hanshi could live on forever. Well they will and you will be part of it. Kyoshi Seeger is creating the Ueshiro Shorin-ryu 50th Anniversary Legacy Project. This video is a time capsule of where we are and where we came from. We will lock this moment in time forever and ever. This video is much more than greetings from our worldwide organization, it is your opportunity to demonstrate traditional Kata, Bunkai, Breaking and Weapons. Please submit your video in High Definition. Contact Kyoshi Seeger at motobu@aol.com for more details. Deadline is Master Ueshiro's Birthday, April 20, 2012.

We would like to welcome Grossman Sensei and Bar Shai Sensei to our school.

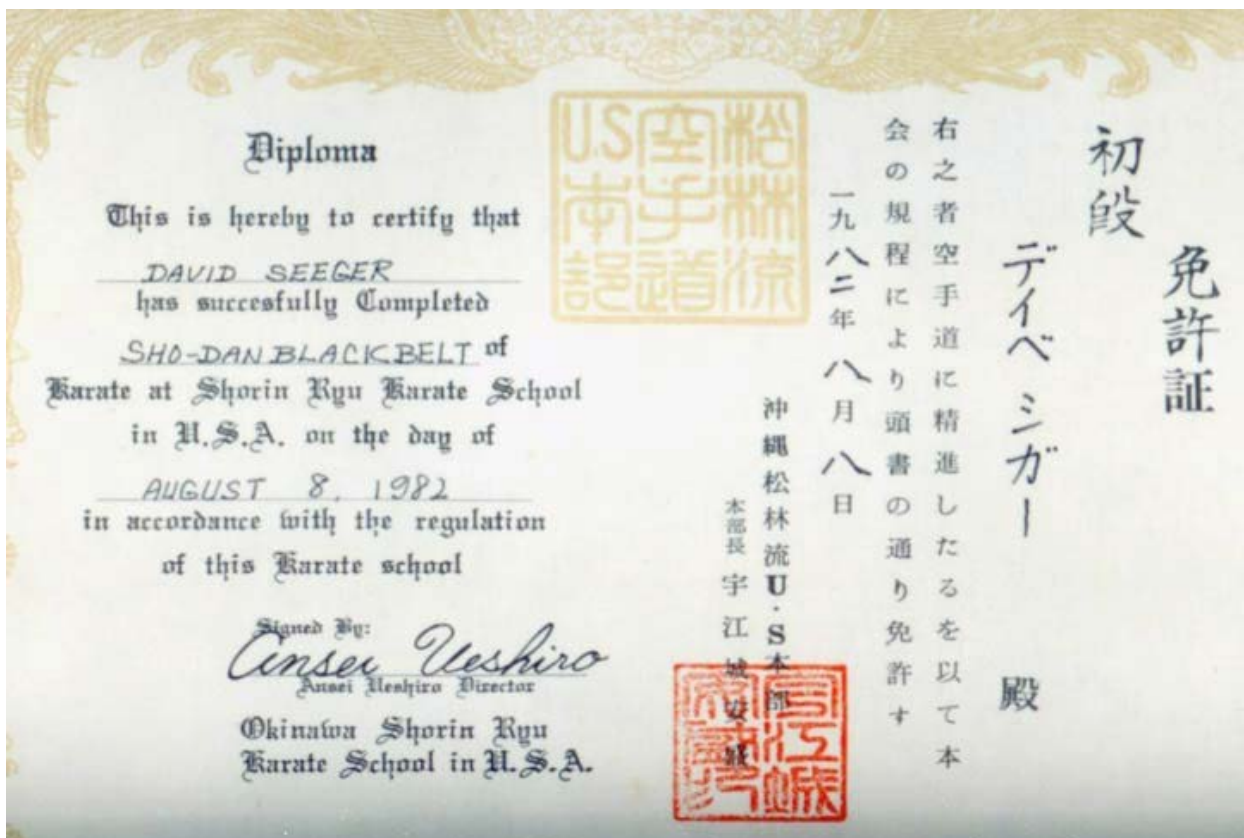
“I am honored to be able to continue my training at Ueshiro Pine Forest Karate School now that I have a new position just 10 minutes away from Kyoshi Seeger's Dojo. Thank you to Kyoshi, Bracken Sensei, Potter Sensei, Lax Sensei and all the Deshi for your warm welcome”. - Bar Shai Sensei

Thank you Powell Sensei and everyone at To-te Ueshiro, In Nyack NY for all the Tuesdays and Thursday night classes, as we prepare for the 50th Celebration. Congratulations to Mr. Blue Calvo on your Sho-dan.

All the Black Belts would like to thank Gobillot Sensei and all the teachers and students of Pine Forest Karate School in Northampton, for hosting the amazing class taught by Hanshi.

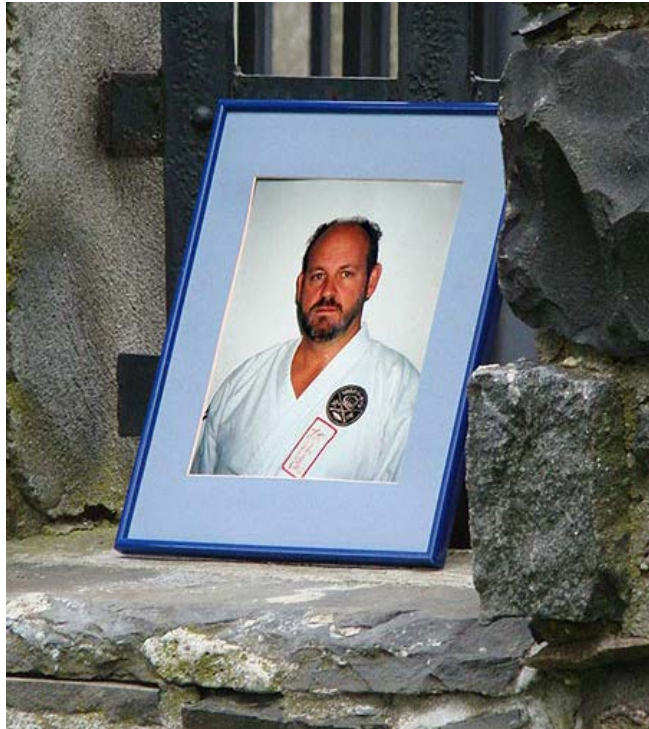
Thank you Hanshi for teaching me and all of us, It is hard to believe how long we have learned from you and Master Ueshiro. I was surprised when I noticed the date on my Sho-Dan Diploma.

Thank you for a Lifetime of learning and friendship. Love, David Seeger.



Pelham Manor, New York

Okinawan Karate Club of Pelham Manor



Sensei Dan Nichual's memorial workout and katathon

A large group of deshi traveled on Sunday, May 21 to Glen Island Park in Westchester County to celebrate the warrior spirit of Sensei Dan Nichuals, who passed away from pancreatic cancer five years ago. The Nichuals family joined us for three hours of training among the ruins of a granite castle. The workout was our Club's attempt to pay tribute to this larger than life Sensei/Shihan who gave so much to USRKUSA.

The event also served as a katathon to generate funds for the American Red Cross relief efforts in Japan. Students from the Midtown, Palisades and Pelham Manor dojo raised over \$1,800 by performing back-to-back kata for one hour. Domo arigato to those who participated for your powerful demonstration of jizen, one of the seven virtues of the warrior.

Following the formal workout and demonstrations, the group enjoyed many reminiscences about Sensei Dan over a lavish picnic. Domo arigato gozaimasu to Chief Instructor Brian Heese, Ik-Kyu, for organizing the event and making sure everything ran smoothly. Photographs of the event are available [here](#).

The Okinawan Karate Club will resume classes this Fall on Monday evenings from 7:30 to 8:30 pm. Please contact Kyoshi (kyoshi@midtownkaratedojo.com) or Brian (bheese123@gmail.com) if you would like to attend.

Domo arigato gozaimasu, Hanshi,

Kyoshi Michael Mackay, Acting Shihan,
Okinawan Karate Cub of Pelham Manor



Rockland County, New York

To-te Ueshiro Karate Club



Onegai-shimasu Hanshi, Kyoshi, Sensei, Sempai & Deshi-
Please find the results of our August 4th, 2011 testing:
I would like to congratulate the following deshi for earning their NEW ranks.

Promoted August 4th:

Ed Abreu - Go-Kyu
Tony Velez - Yon-Kyu
Colin Upton - Yon-Kyu
Bryan Markiet - Yon-Kyu
Mike Santoro - San-kyu
Carl Burnett - Ni-kyu
Colin Tennyson - Ik-kyu
Gemini Watanabe Ik-kyu
Mr. Blue Calvo - Sho-dan



Thank you Kyoshi Kaplan & Kyoshi Seeger for the marathon Black belt testing of our first Sho-dan Mr. Blue Calvo. Thank you Sempai Lee Justo for assisting your fellow deshi and lending support and sweating right along with the testing group, showing by example that Karate-do is just doing it.

I especially want to thank all visiting Sensei: Bracken Sensei, Potter Sensei, Sensei Lax and Mr. Jaising for coming down and supporting our Nyack group and assisting with the board of judges and giving soooooo much sugar that we are still feeling the positive effects mentally and physically.

Beginners and seasoned USRKUSA members your skill, experience and spirit helps our NEW Ueshiro club move forward as we prepare for the 50th Anniversary celebrations. Please come train with us anytime. ALL ARE WELCOME!

"...anyone can learn karate."
-Ansei Ueshiro

Traditional
Okinawan Karate
to-te.org
shorinryu.com
nyackfitness.com

To-te Ueshiro Karate Club
6 Convenient Nyack Classes
MORNING | Saturday | 10 - 11:15am
LUNCH TIME | Wed & Friday | Noon - 1pm
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EVENING | Tue & Thursday | 8 - 9:15pm
 ☎ Unlimited Classes! Call for more info 845 367 7454 ☎

845 353 8505 **NYACK FITNESS** info@to-te.org
82 S. Franklin St, Nyack, NY 10960

Hanshi thank you again for keeping the fire burning and inspiring us to reach higher for more goals in life.

Respectfully,

Powell Sensei
845 353 8505

State College, Pennsylvania

Ueshiro Okinawan Karate Family Club

Onegai Shimasu Hanshi, Kyoshi, Sensei, Sempai, and Deshi,

The State College Ueshiro Karate Family Club is energized! Thanks in large part to our experiences surrounding the Karate Kids Kamp that took place in August. Five of our teenage students attended the camp and traveled to four dojos in Virginia and New York. There they practiced with many deshi, many Sensei, two Kyoshi, and even Hanshi Scaglione. Our teens were challenged and encouraged to improve their practice and, fortunately for us, have brought their enthusiastic energy to share. Their motivation is infectious. We find ourselves practicing more intensely, going out of our way to help others more often, and encouraging those around us more than ever.

During a recent practice, several of the camp students and an adult deshi were practicing in a small group. They spontaneously decided to demonstrate Fukyagata San in an inventive and challenging way. They stood in a square with their backs to one another and worked the kata each going in a separate direction. The audience could see that each deshi had to focus intently on keeping his or her orientation in order to avoid being distracted by other members of the demonstration team. A demonstration such as this one inspires everyone to try harder and reach higher for his or her own personal goals both on and off the deck.

Three of our teen deshi recently rose to the challenge of leading a weekday workout in our dojo. At the last minute it became apparent that none of the teachers could make it to class and the responsibility of leading the class fell on the shoulders of the most advanced students, all of whom were teens. They quickly and thoughtfully organized a plan for the class, divided responsibilities and successfully led a vigorous and enjoyable workout. We all broke a sweat.

The teens in our dojo are assuming more responsibility for teaching the younger and newer students. As their role in our dojo strengthens, our community and the practice of individual deshi also strengthens. Equally important, the self esteem and confidence of our teen students grows exponentially.

Domo Arigato Gozaimasu,

Anne Burgevin, Yon-kyu and Co-organizer for the Karate Kids Kamp – 2011 program.
Ueshiro Okinawan Karate Family Club
State College, PA

-&-

Kyoshi Matt Kaplan, Shihan
Ueshiro Okinawan Karate Family Club
State College, PA

Centreville, Virginia

Ueshiro East Meets West Karate Club of Northern Virginia



Onegai-shimasu Hanshi, Kyoshi, Sensei and all fellow SRKUSA Deshi across the globe—

The Ueshiro East Meets West Karate Club continues to move forward as we continue into our 13th year of Shorin Ryu Karate in Northern Virginia. The summer has been busy and challenging in the DC area. Local activities included an earthquake, several hurricanes passing through, flooding, and record breaking heat waves. Through it all, the NoVA Karate remains resilient and ready for any upcoming challenge.

This summer we had the pleasure of hosting Kyoshi Matt Kaplan from the Ueshiro Okinawan Family Karate Club and his Karate Kamp Kids on their first stop through the Mid-Atlantic Shorin Ryu Dojo. The two day visit was filled with lessons learned from both Clubs on and off the deck. Workouts included an indoor workout on Thursday night and an early morning outdoor workout on Friday morning. Our Club was treated to several mini-seminars on Karate and health related issues presented by the Karate Kamp Kids and we all contributed thoughts and individual perspectives about each topic.

The NoVA Karate Club also bid farewell to some of our long standing students and family

members over the summer. The Paus family made a bold decision to move to New Zealand in July. They are rooted down now and they are taking the first of many steps in their journey of thousands of miles (literally and figuratively). The Paus family continues to train and we hope to one day see yet another addition to the Karate Club list upon these pages.

Our August promotion was well attended as we conducted one of our largest and most spirited promotions ever in NoVA! Well done to all testing and those volunteering their energy and support throughout the day. Congratulations to the following individuals selected for promotion:

Promoted to Ni-Kyu

Shayan Frazier
Murtaza Rizvi

Promoted to San-Kyu

Gordon Leeuwrik

Promoted to Yon-Kyu

Grayce Angle
Bill Bredenbach
Corbin Tucker

Promoted to Ro-Kyu

Aleeza Ali
Kabir Ali
Owen Tucker

The Ueshiro Northern Virginia Karate Club meets three times per week on Mondays in Reston, VA and Thursdays and Saturdays at our Centreville, VA location. All are welcome to attend any and all classes, our close proximity to the monuments and landmarks of Washington DC makes a visit here a great site seeing and learning experience as well. Domo Arigato Gozaimasu as always to Master Ueshiro and Hanshi Scaglione for showing the way and blazing the path for us to follow.

Sal Scaglione, RokuDan
Denshi/co-Shihan
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Hong Kong, China

Ueshiro Hong Kong Karate Club



Onegai-shimasu Hanshi, Kyoshi, Sensei, Sempai and Deshi,

This past season in Hong Kong has witnessed meaningful progress with all karateka participating in spirited training!

The annual katathon held in Hong Kong to sponsor visits from Hanshi and Kyoshi Kaplan to propagate the art of Shorin-Ryu Karate in Hong Kong was held on May 10 at Cheung Sha Lower Beach on Lantau Island and was attended by deshi from both clubs in Hong Kong.

In total, 15 deshi participated and everyone completed 100 kata in very hot and humid conditions. There was additional support from a number of family and friends who provided encouragement and took many pictures. After the training, a well deserved compai was held for both participants and supporters.

Domo arigato to all the participants who showed true warrior spirit, supporters who attended in person and sponsors who contributed financially. As per Sensei Lai's words on the beach, may the spiritual credits of the day's meaningful activities flow to Master Ueshiro!

During early June, Sempai Ng and Sempai Tang traveled to the US on a special karate road trip, visiting Kyoshi[s] in New York and Pennsylvania, and then Hanshi in Florida. On Saturday, June 4th, they were both tested and promoted by Hanshi to Sho Dan. Congratulations to Sempai Ng and Sempai Tang for their longstanding efforts and spirit!

Domo arigato to Hanshi, Kyoshi[s] and Sensei[s] for the generous hospitality and unforgettable training experience provided to these two karateka! Their return to Hong Kong also provided everyone in Hong Kong with the additional gift of direct comments from Hanshi: Domo arigato Hanshi!

On Sunday, June 26, both Hong Kong clubs held a combined tip test as part of a three hour training session. The board of judges was composed of Sensei Lai, Sensei Kleusch and Sempai Michalski.

Successful deshi receiving promotion:

Matthew Tam promoted to Ro-Kyu
Leslie dela Pena promoted to Go-Kyu
Oscar Lee promoted to Go-Kyu

Domo arigato to Sensei, Sempai, deshi and parents that tested, attended and supported during the day!

After the training, further family plus friends arrived and a total of 30 people attended a farewell compai dinner for Sensei Kleusch at a Japanese restaurant. The group shared delicious food and fond memories of Sensei Kleusch's time in Hong Kong.

Best wishes from everyone in Hong Kong to Sensei Kleusch and his family for their new adventures in Minnesota, which will of course include plenty of karate!

Sensei Kleusch has also been designated Ueshiro Karate Hong Kong's Chief Ambassador in the United States of America to encourage people to visit Hong Kong. All visitors are welcome to enjoy both the karate and Hong Kong.

On the topic of visitors, we are very excited to sponsor Kyoshi Kaplan's trip to Hong Kong with confirmed dates of December 8-16 and look forward to receiving the extra sugar that Kyoshi Kaplan always delivers during his visits to Hong Kong!

Domo arigato to Master Ueshiro for the legacy of Shorin-Ryu karate, to Hanshi for continuing to lead by example and to all Kyoshi, Sensei, Sempai and deshi for following through with spirit!

Domo Arigato Gozaimasu,

Tytus Michalski
Sho Dan
(On behalf of Lai Sensei)
Ueshiro Hong Kong Karate Club, China

Hong Kong, China

Ueshiro Chinese University Karate Club

Onegai-shimasu Hanshi, Kyoshi, Sensei, Sempai and all fellow karateka of SRKUSA,

It is my pleasure and honor to announce that under Hanshi's approval, Ueshiro Chinese University Karate Club is now officially a satellite club of Ueshiro Hong Kong Karate Headquarters. Sensei Lai will be my club's consultant supervisor. The club is to propagate the art of Ueshiro Matsubayashi-Ryu karate in Hong Kong, particularly for the students of the Chinese University of Hong Kong (where I am currently a third-year medical student) and residents of neighboring communities. I am delighted to adding this spin-off location for all the visitors of our Ueshiro system worldwide. I am looking forward to seeing you on the deck.

To celebrate this event, I would like to arrange for a grand opening and big Compai on a date to be announced. I would also like to thank Kyoshi Kaplan for his blessing and Sensei Lai's support.

Domo Arigato Gozaimasu,
Rayvel Tang, Shodan

Club Director
Ueshiro Chinese University Karate Club
Hong Kong

Israel

Eilat Ueshiro Dojo

Onegai-shimasu Hanshi, Kyoshi, Denshi, Sensei and all karate friends,

We are one year from the big celebration the 50th anniversary. We are here in Eilat and looking forward to this so much and we are training harder to be ready for this. I want to thank Sensei Tamir for training with us during his last visit in Israel. Everyone is welcome to visit in Israel we have a Great Beautiful and safe country and we have 2 dojos with big spirit for the karate, don't forget to take the Gi with you.

SEE YOU SOON

Sensei/Denshi Shlomo Dadon
Eilat ISRAEL



Karate News is a semi-annual publication produced in turn by volunteering Shihan of the Shorin-Ryu Karate USA Dojo and Clubs. Current and previous issues of ***Karate News*** can be found at our web site www.shorinryu.com.

This issue was published by Keith Burrows, Sho-Dan from the Boston Chinatown Ueshiro Shorin-Ryu Karate Club and edited by Hanshi Robert Scaglione and Sensei Emiliano Mazlen.