

# Ueshiro Shorin-Ryu Karate USA

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



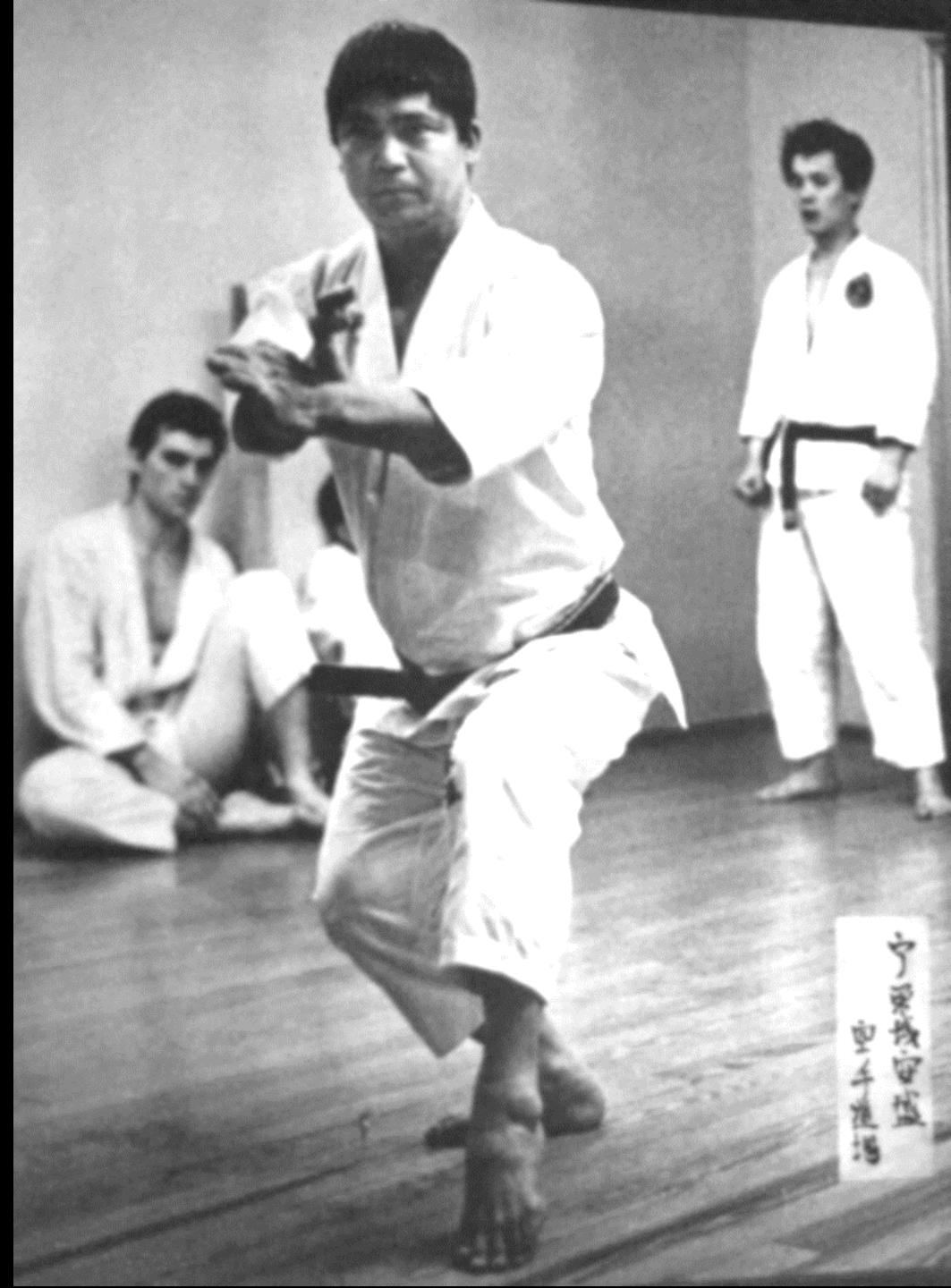
## Mission Statement

To propagate the art of Shorin-Ryu Karate USA, its kata and techniques, as handed down by our founder Grand Master Ansei Ueshiro.

To preserve and protect the history, traditions, methods and integrity of SRKUSA.

To develop students to their maximum potential in body, mind and spirit; through courtesy, propriety, self-discipline and the ecstasy of hard work fostered by our dojo - the sacred training halls - of Shorin-Ryu Karate USA."

**54 years strong since 1962**



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# 2016 Fall Newsletter

54 years strong  
since 1962



## Ueshiro Shorin-Ryu Karate USA

Under the direction of  
Hanshi Robert Scaglione



# Greetings

from Hanshi  
Robert Scaglione

Greetings ALL USRKUSA Members,

We continue to move forward in this the Year of the Monkey 2016 and we look forward to next year 2017 the 55th Year of USRKUSA in the United States of America.

We are very much grateful and honored to be a part of a most wonderful karate organization founded by world renown Okinawan Karate man Grand Master Ansei Ueshiro. Master Ueshiro has forever changed our lives and the lives of countless others who benefit so much in Mind, Body and Spirit through the practice of Ueshiro Shorin-Ryu Karate USA!

In the words of another great Okinawan Karate man, Gichin Funakoshi, who brought karate to Japan in 1922, "Keep training!"

Most Sincerely,  
Robert Scaglione,  
CEO USRKUSA





# Coming Soon!!! The BIG Event

54<sup>th</sup> Black Belt Special Weekend  
Training with Hanshi & Kyoshi[s]



Ueshiro Shorin-Ryu Karate USA

54 Years 1962 - 2016

Founded by Master Ansei Ueshiro

Under the direction of Hanshi Robert Scaglione

54th Annual Black Belt Workout

Attention: All Black Belts who are training Kata Goju Shi Ho  
You are invited to be part of a Special Demonstration to be filmed at the

IBM Center is now HNA Palisades Premier Conference Center

Room Rate \$129.00 + tax per room, per night.

call the reservation line @ [845-732-6000](tel:845-732-6000) to make reservations, use code USRKUSA.

Click on PayPal Link Below

[http://sho-go.com/54th\\_Black\\_Belt\\_Workout.htm](http://sho-go.com/54th_Black_Belt_Workout.htm)

You may sign up today to support  
our Black Belt Event

- Bronze Supporter \$100
- Silver Supporter \$250
- Gold Supporter \$500
- Platinum Supporter \$1,000



# Supporters Listed in Order of Sign-Up

**Kevin Reymond, Shichi-Dan • NY, NY, Downtown, • Gold Supporter**

**Richard Glassberg, San-Dan • Palisades, NY • Gold Supporter**

Daniel Lax, Yon-Dan • Palisades, NY

**Edwin Abreu, Ni-Dan • Nyack, NY • Silver Supporter**

Hend Elsayed, San-Dan • NY, NY, Midtown

**Nancy Owen, Yon-Dan • Northampton, MA • Silver Supporter**

William E Breidenbach, Sho-Dan • Centerville/Reston, VA

Kim Garon, San-Dan • NY, NY, Downtown

Robert Neff, Yon-Dan • Brooklyn, NY

Jon Cohen, San-Dan • NY, NY, Midtown

David Tamir, Roku-Dan • Neve-Yamin, Israel

**Art Forni, Sho-Dan • Easton, Connecticut • Silver Supporter**

Emiliano Mazlen, Yon-Dan • Boston, MA

Keith Burrows, San-Dan • Boston, MA

Scott Sijan, Sho-Dan • Northfield, MN • Kyu-Level

John Bottega, Yon-Dan • NY, NY, Midtown

Elliot Potter, Go-Dan • Palisades, NY

Gamiel Ramson, Roku-Dan • NY, NY, Midtown

Joelle Ramson, Sho-Dan • (Junior) • NY, NY, Midtown

Preston Powell, Go-Dan • Nyack, NY

Steve Hatle, Ni-Dan • Northfield, MN

Robert Dobrow, Yon-Dan • Northfield, MN

Sean Paus, San-Dan • Nashville, TN

Estelle Paus, Sho-Dan • Nashville, TN

Joshua Paus, Sho-Dan • (Junior) • Nashville, TN

Tracie Pletcher, Ni-Dan • State College, PA

Michael Kliegman, Ni-Dan • Easton, Connecticut

Kurt Tezel, Go-Dan • Merritt Island, FL

Trevor Tezel, Ni-Dan • Merritt Island, FL

Kevin Tezel, Sho-Dan • (Junior) • Merritt Island, FL

Rick Cupoli, San-Dan • West Melbourne, FL

Tzvi Bar-Shai, Yon-Dan • Palisades, NY

Patricia Marchetti, San-Dan • Merritt Island, FL

Ron Marchetti, Go-Dan • Merritt Island, FL

Lisa Rosenberg, Sho-Dan • NY, NY, Midtown

Jennifer Sangalang, Sho-Dan • West Melbourne, FL

Brian Heese, Ni-Dan • Pelham, NY

Ron Ballin, Yon-Dan • NY, NY, Midtown

Brian Markiet, Sho-Dan • Nyack, NY

John Robbins, San-Dan • NY, NY, Midtown

James Davis, San-Dan • Centerville/Reston, VA

Noah Kaplan, Sho-Dan • State College, PA

Don Bracken, Go-Dan • Palisades, NY

**Henri Waelbroeck, San-Dan • Palisades, NY • Gold Supporter**

Barbara Shaefer, Sho-Dan • State College, PA

**Daniel Gobillot, Shichi-Dan • Northampton, MA • Silver Supporter**

Adam Dunsby, Yon-Dan • Easton, Connecticut

**Chris Barnes, Shichi-Dan • Beverly Hills CA • Platinum Supporter**

James Pletcher, Sho-Dan • State College, PA

Carla Eddy, San-Dan • Merritt Island, FL

Lisa Markowitz, Yon-Dan • Centerville/Reston, Virginia

Patrick Markowitz, Go-Dan • Dulles, Virginia

Michele Mastroianni, Sho-Dan • Northampton, MA

Robert St George, Sho-Dan • Northampton, MA

Anil Jaising, San-Dan • Palisades, NY

Boris Grossman, Yon-Dan • Palisades, NY ...



# Supporters Listed in Order of Sign-Up

(continued)

John Seeger, Ni-Dan • Palisades, NY

Ellin Moore, Yon-Dan • NY, NY, Midtown

Ibrahima Jalloh, Sho-Dan • NY, NY, Midtown

Matt Reed, Ni-Dan • Melbourne, FL

Candace Morgan, San-Dan • NY, NY, Midtown

Frank Mowka, Ni-Dan • Easton, Connecticut

**Tytus Michalski, Sho-Dan • Hong Kong, China  
• Bronze Supporter**

Michael Margulis, Yon-Dan • NY, NY, Midtown

**Sal Scaglione, Shichi-Dan • Centerville/Reston, VA**

**Matt Kaplan, Hachi-Dan • State College, PA**

**David Baker, Hachi-Dan • NY, NY**

**Michael Mackay, Ku-Dan • NY, NY, Midtown**

**David Seeger, Ku-Dan • Palisades, NY**

**Hanshi Robert Scaglione, Ju-Dan • Viera, FL**



Artist: Edwin Abreu, Ni-Dan •  
Nyack, NY • Silver Supporter

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New York

# News from Hombu [Headquarters] Ueshiro Midtown Karate Dojo



Onegai shimasu, Hanshi, Kyoshi, Sensei and Deshi  
of Ueshiro Shorin-Ryu Karate USA,

Our spring and summer has been packed solid with a full schedule of classes seven days a week, plus numerous special events hosted by various dojo around the world. Domo arigato gozaimasu to Hanshi Robert Scaglione for encouraging system-wide events, and to the shihan who make them happen, including the Northern Virginia Great Falls workout (Kyoshi Sal), the Minnesota in May weekend (Sensei Dobrow), the Midtown Dojo's Beach Workout, and the upcoming Black Belt weekend this October (Kyoshi Seeger). Domo arigato gozaimasu also to our Israeli dojo for hosting two Midtown students – Sensei Candace Morgan and Sempai Lisa Rosenberg – on recent trips abroad.

Closer to home, we've enjoyed many exciting "peaks" in our training. Following are some of the highlights.

Domo arigato gozaimasu to Hanshi Robert Scaglione for his leadership, wisdom and generosity of spirit on behalf of all students of Ueshiro Shorin-Ryu USA.

Kyoshi Michael Mackay, Ku-Dan

Ueshiro Midtown Karate Dojo

Photo galleries of these events  
may be viewed at our website:

<http://midtownkaratedojo.com/Gallery.html>



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New York

# News from Hombu [Headquarters] Ueshiro Midtown Karate Dojo

(continued)



## Kobudo Workshop

The Midtown and Downtown dojo kicked off our spring training on March 20 with our joint annual kobudo (weapons) workshop in the St. Bart's gymnasium. Sensei Kevin Reymond, Kyoshi David Baker and Kyoshi Michael Mackay gave one and a half hour seminars on the nunchaku, sai, and bo, respectively. Approximately 20 Black Belts and Brown Belts attended from the New York and Northampton, MA areas. The training concluded with group demonstrations of each weapon, followed by informal summaries of the weapons' characteristics by the instructors. A big "Domo arigato" to Sensei Reymond for sponsoring the event, to Kyoshi Baker for sharing his many years of experience, and to Hanshi Robert Scaglione for passing on the weapons kata directly from Master Ueshiro to the advanced students of Ueshiro Shorin-Ryu.





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New York

# News from Hombu [Headquarters] Ueshiro Midtown Karate Dojo

(continued)



## April Tip Test

Our April tip test was held April 12, preceded by informal and formal training. Up on the spot were Rose Kit testing for Ro-kyu and Ed Roche testing for Go-kyu. After a thorough review both candidates passed with the provision from the Board of Judges that they supplement their already excellent training record with an extra class or two every few weeks. Domo arigato to the Board of Judges: Sensei(s) Gamiel Ramson, John Adams and Jon Cohen, and Sempai Lisa Rosenberg. Domo arigato as well to Kathy Chin for demonstrating the test beforehand and Anna Sweeney for conducting the workout while the judges deliberated. Among the many excellent comments from the judges was the concept that it takes both endurance and patience to make progress in the martial arts (if not all endeavors in life). Fortunately, building up one automatically fortifies the other.



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New York

# News from Hombu [Headquarters] Ueshiro Midtown Karate Dojo

(continued)

New York Celebration of Grand Master Ueshiro's  
Birthday

The Ueshiro Midtown Karate Dojo celebrated Grand Master Ueshiro's 83rd birthday on April 20 with a three hour katathon. We each performed ten repetitions of kata Fukugata Ichi through Naihanchi Sho and ended with ten repetitions of Sakugata Bo kata, as handed down from Master Ueshiro to Hanshi Robert Scaglione to the advanced students of USRKUSA. Everyone in the group showed incredible spirit and energy, especially when giving the count or shouting out "Hagime!" Participants included:

Domo arigato gozaimasu to all the life-time marathoners of USRKUSA, from Hanshi to the newest junior white belt.



Participants included:

Kyoshi Michael Mackay

Sensei Ron Ballin

Sempai Gene Turok

Sempai Lisa Rosenberg

Anna Sweeney

Kathy Chin

Joe Anderson

Rose Kit



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New York

# News from Hombu [Headquarters] Ueshiro Midtown Karate Dojo



(continued)

## New White-Belt Emphasis Class

As of June 6 the Midtown Dojo began offering White Belt emphasis classes on the first Wednesday of each month. Domo arigato gozaimasu to Sempai Anna Sweeney for stepping up and offering the class, which we hope will build up recruitment and retention of beginner students.

One of several milestone birthday workouts in the past six months honoring Sensei(s) who turned 60

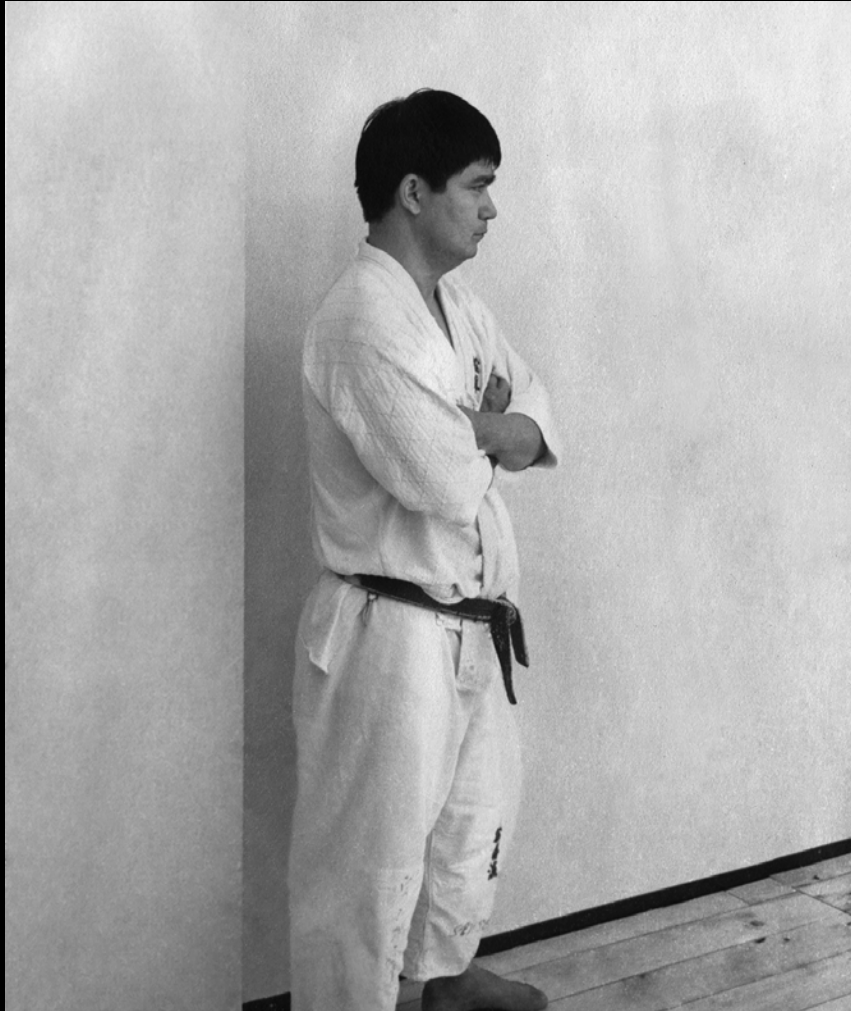


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New York

# News from Hombu [Headquarters] Ueshiro Midtown Karate Dojo

(continued)



## June Tip Test

On Tuesday, June 21 we held a tip test in the dojo preceded by a vigorous workout. Congratulations to Eddie Martinez who was promoted to Ro-Kyu (one green tip) after a thorough review of kata, basics and history. The test was first demonstrated by Ik-Kyu Sam DiGiario. Sensei(s) Ramson, Link, Moore and Adams served as our distinguished Board of Judges. Domo arigato gozaimasu to the Brown Belts who showed up to train and lend moral support, especially during the katathon held while the judges deliberated. In closing comments, one judge aptly described USRKUSA as the endless refinement of a few time-tested techniques vs. the endless accumulation of new techniques ("quality vs. quantity" concept). Another judge noted the "stepping first" principle is a metaphor for many aspects of our training: count, then punch. Hit, then rotate the wrist. Show courtesy, then defend to the death. Hanshi's precept – as handed down by Master Ueshiro – reaches far into our every-day life.



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New York

# News from Hombu [Headquarters] Ueshiro Midtown Karate Dojo



(continued)

## First Annual July 4 workout

A small group of Midtown Deshi celebrated July 4th with a workout in Prospect Park, Brooklyn, on Saturday, July 2. Sensei Rob Neff orchestrated the event, bowing us in and conducting basics and bo kata in the Nethermead, then leading us up to Lookout Hill for Naihanchi kata, and concluding with advanced kata performed at Fallkill Falls. We took a moment at the end of the class to recognize two USRKUSA landmarks nearby: Master Ueshiro's residence during the early 1960's at Baltic St. and 4th Ave., and the 78th Precinct where Hanshi Scaglione was stationed. The meeting of these two gentlemen in Brooklyn represents a cross-roads in the history of karate-do in the United States.



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New York

# News from Hombu [Headquarters] Ueshiro Midtown Karate Dojo



(continued)

## Sherwood Island Beach Workout

On Sunday July 17 students from the Midtown, Downtown, Uptown Harlem, Easton, Pelham, and Penn State College dojo gathered on the shores of Long Island Sound for our traditional beach workout. Early overcast skies quickly gave way to blistering sun as the group worked through the paces of warm-ups, basics, kata, abdominal exercises, bunkai, body testing and yaku-soku kumite. The day ended with demonstrations of kata from all ranks. Congratulations to everyone for giving 110% throughout the 4.5 hour workout, especially white belts Joe Anderson, Rose Kit and Ed Roche. Ed Roche went above and beyond the call of duty by providing shade via a large tent and surprising the group with a new Ueshiro Shorin-Ryu USA flag mounted 18 feet above the ground.

After cooling off in Long Island Sound, deshi caravanned back to Sensei Adam Dunsby's home for a traditional BBQ and pool party. Sensei and Kathy Dunsby, assisted by the students of the Easton, Ct. Karate Club, pampered us with excellent food and company, so much so their guests refused to leave before 4:30. Domo arigato gozaimasu to the Dunsby family for their yeas of gracious hospitality.



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New York

# News from Hombu [Headquarters] Ueshiro Midtown Karate Dojo

(continued)

## August Belt Promotion and Tip Test

The Ueshiro Midtown Karate Dojo held its August tip test and full belt promotion Sunday, August 7 in the gymnasium of the St. Bart's Athletic Center. The event was dedicated to Grand Master Ansei Ueshiro's fortitude and vision in bringing Shorin-Ryu to the United States 54 years ago. The test was preceded by the traditional USRKUSA basics and kata. Formal testing for green tips commenced at approximately 1:45 PM with a board of judges comprised of Sensei(s) Ellin Moore (center judge), Ron Ballin, Dawood Emmenuel, Carmelo Aleman, and Sempai Ibrahima Jalloh.

Following demonstrations from students who had attended to support the candidates, a formal test for Yon-Kyu and Ik-Kyu was held. The senior board of judges consisted of Sensei(s) Gamiel Ramson (center judge), Luz DeLucia, John Robbins, Kim Garon and Jon Cohen.

After reviews of kata, all candidates were quizzed on their knowledge of USRKUSA history. Advanced students were tested on yaku-soku kumite, and those testing for Green Belt were required to break three boards. At the conclusion of the day the following advanced in rank:



Promoted to Go-Kyu  
(two green tips)

Eddy Martinez

Rose Kit

Promoted to Yon-Kyu  
(green belt)

Ed Roche

Joe Anderson

Promoted to Ik-Kyu  
(black tips)

James Rothermel (Ueshiro  
Downtown Karate Dojo)



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New York

# News from Hombu [Headquarters] Ueshiro Midtown Karate Dojo



(continued)

... Congratulations to everyone who participated, especially our newest Go-kyu who endured a very long "tip test," and to the kyu-ranks who came down to help with the test. A special "Domo Arigato Gozaimasu" to Kyoshi David Baker who joined us for the event and worked extensively with the deshi on yaku-soku kumite during the Boards' lengthy deliberations.

The biggest take-away from the afternoon was the critical importance of paying close attention to every instruction and detail regarding events on the deck. Demonstrating a technique full speed and power when the Instructor asks for half speed is both disrespectful and dangerous. The other main lesson was the importance of foundation. Classical karate requires constant expansion and shoring up of one's foundation as more kata are added. To that end, the newly-promoted deshi were instructed to not begin a new kata until they had demonstrated progress in improving the kata they already know.

Domo arigato gozaimasu to Hanshi Robert Scaglione for keeping the bar high at each and every level of our progression through the ranks. "Hope the voyage is a long one."







# News from Hombu [Headquarters] Ueshiro Midtown Karate Dojo



(continued)

## Upcoming events

All students worldwide are invited to participate in our 15th memorial workout honoring the bravery of New Yorkers during and after the tragedy of 911. The workout will take place in Central Park on Sunday, Sept. 11 from 10:00 AM to 12:30 PM.

We also invite all Black Belts traveling to the Northeast for the Annual Black Belt weekend in October to set aside an extra day or two and join us for workouts at the Hombu Dojo. Our class times and instructors are as follows:

New York



<b>Monday</b>	
7:15 - 8:15 am	Henri Waelbroeck, Erik Sanner
5:30 - 7:00 pm	Gamiel Ramson, Ron Ballin
<b>Tuesday</b>	
5:30 - 7:00 pm	Michael Mackay
7:15 - 8:45 pm	Michael Mackay
<b>Wednesday</b>	
5:30 - 7:00 pm	Anna Sweeney
<b>Thursday</b>	
5:30 - 7:00 pm	Larry Link, John Adams
<b>Friday</b>	
7:30 - 8:30 am	Erik Sanner, Henri Waelbroeck
5:30 - 7:00 pm	Ron Ballin, Gamiel Ramson
<b>Saturday</b>	
10:45 - 11:45 am	Rob Neff, John Robbins
12:00 - 1:00 pm	John Robbins, Dawood Emmenuel
<b>Sunday</b>	
11:00 - 12:00 am	Jon Cohen, Ibrahima Jalloh

Even if you are not a Black Belt (yet), you are always welcome to attend a class as our guest should you find yourself in the "Center of the Universe." We offer "special emphasis" classes on the following schedule, open to all ranks except for the Black Belt class, which is closed to kyu ranks:

White Belt emphasis:	First Wednesday each month
Breen Belt emphasis:	Third Wednesday each month
Brown Belt emphasis:	First Friday each month
Black Belt only:	First Thursday each month



# Dojo News

( by region alphabetically )

- California
- Carolinas
- Connecticut
- Florida
- Hawaii
- Hong Kong
- Israel
- Massachusetts
- Minnesota
- New York
- Pennsylvania
- Tennessee
- Virginia



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California

# Ueshiro Bushi Dojo Beverly Hills



Greetings Hanshi, Kyoshi, Shihan and all USRKUSA DESHI Around the World !

Ueshiro Bushi Dojo is Going Strong with Two Weekly Classes and Various Events.

Sempai Neal Talbot, and Sherrin Bennett have been leading classes as well. Former midtown dojo transplant Damon Santostefano has reclaimed his Yon-Kyu Rank and he participated in the February Florida Beach Workout.

The Highlight of my Summer was visiting The Rock N Roll Hall of Fame in Cleveland, Ohio with Hanshi. I am happy to report Hanshi's Knowledge of The History of Rock N Roll is as apt as his knowledge of the History of Shorin-Ryu Karate. Hanshi Never Ceases to Amaze Me.

Arigato Black Belts, I look forward to Seeing You All On the Deck in October. Arigato Sensei Tamir as Editor of This Newsletter!

Barnes Sensei

Shihan/Denshi/Shichi-Dan



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California

# Ueshiro Bushi Dojo Beverly Hills

(continued)





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# Dojo News

( by region alphabetically )



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Carolinas

# Ueshiro Shorin-Ryu North Carolina



Onegai-shimasu Ueshiro SRKUSA,

Greetings from Durham, North Carolina, where I am preparing to setup an Ueshiro Shorin-Ryu Karate Club. I have had the opportunity to train with Sensei Tamir several times, while he has been visiting Charlotte for work. The photos shown here are from the Thomasville rest stop, half-way between Durham & Charlotte, where wild strawberries grow on our Karate-Do "path".

Domo Arigato Gozaimasu,

Sensei Candace Morgan, San-Dan





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Connecticut

# Easton Connecticut Ueshiro Shorin-Ryu Karate Club



Onegai shimasu Hanshi, Kyoshi, Sensei and all USRKUSA Deshi,

As Summer is transitioning to Fall in the Northeast, the Easton dojo (barn) is undergoing a structural restoration. Our training remains steady, moving forward on the path established by Master Ansei Ueshiro when he came to the United States 54 years ago, following the direction of Hanshi Robert Scaglione: traditional warmups, strength training, basics along the deck, multiple repetitions of kata, and yakusoku kumite.

We were honored to again host the annual barbeque after the Sherwood Island Beach Workout in July. We anticipate joining the Hombu Dojo at the 9/11 Memorial Central Park Workout next week, as well as bringing joy and vigor to the Annual Black Belt Workout in October. As always, we welcome all USRKUSA deshi who wish to attend our classes in Connecticut.

Domo arigato gozaimasu,

Sensei Adam Dunsby, Yon-Dan Easton

CT Ueshiro Shorin-Ryu Karate Club

Class schedule: Tuesday 5:45 PM - 7:00 PM / Sunday 8:00 AM - 9:15 AM





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# Wilton Connecticut Ueshiro Shorin-Ryu Karate Club



Onegai shimasu USRKUSA,  
Wishing you all a 54<sup>th</sup> year of training with  
Joy & Vigor.  
Domo Arigato Gozaimasu  
Sensei Keith Eng, Shihan, San-Dan

Connecticut





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- Virginia



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Florida

# Ueshiro Shorin-Ryu Merritt Island Karate Dojo



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

The Ueshiro Shorin-Ryu Merritt Island  
Karate Dojo now has classes five days a  
week: Mondays, Tuesdays, Wednesdays  
and Thursdays at 6pm and Fridays at  
6am.

In addition to myself, classes are taught  
by Sensei Ron Marchetti (Go-Dan), Pat  
Marchetti (San-Dan), Sensei Carla Eddy  
(San-Dan) and Sempai Travis Culp (Sho-  
Dan).

Our dojo hosts monthly Ik-kyu and Dan  
level classes in addition to advanced  
classes twice a month led by myself and  
Sensei Pat Marchetti. These classes pull  
in students from all six Florida dojos and  
are always well attended. ...



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Florida

# Ueshiro Shorin-Ryu Merritt Island Karate Dojo (continued)



April 12, 2016 we held a tip test in which the following students received an advancement in rank:

Brandon Nguyen - Ro-Kyu / Brandon Lowe - Go-Kyu



In celebration of Grandmaster Ansei Ueshiro's birthday on April 20, the Ueshiro Merritt Island Karate Dojo held its annual Katathon. We set a record for participation this year! To paraphrase Chief Brody, "We're goin' need a bigger dojo". ...



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Florida

# Ueshiro Shorin-Ryu Merritt Island Karate Dojo (continued)



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Florida

# Ueshiro Shorin-Ryu Merritt Island Karate Dojo (continued)



In early May Sensei Carla Arvelos-Eddy and I travelled up to the Northfield, Minnesota Dojo where we were joined by Sensei Rick Cupoli, Shihan of the West Melbourne, Florida Dojo. Both earned the rank of San-Dan (third degree black belt) during the week-ends events. It was a memorable week-end with great training and fellowship.

We had a great turnout on a glorious Florida morning for our annual Memorial Day workout. Just about every Florida school was represented. We then moved onto the Tezel home for a light brunch and a swim on an unseasonably hot Memorial Day.

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Florida

# Ueshiro Shorin-Ryu Merritt Island Karate Dojo (continued)



June 7 we held a tip test in which Jamie Abrams was promoted to Ro-Kyu.

On August 17 the Merritt Island Karate school did a road trip! We cancelled our class for the evening and joined forces with the Suntree Dojo (led by Shihan Matt Reed) for a combined tip test. Merritt Island students Kendra Aponte-Payne was promoted to Ro-kyu and Jamie Abrams was promoted to Go-kyu.

The Brevard County Florida Dojo held its semi-annual promotion event on Sunday, August 28th, 2016 at the Cocoa YMCA Dojo. The event was hosted by the Cocoa YMCA Dojo and all six Brevard County Dojo were invited to attend. Titusville, Cocoa, Merritt Island, Suntree, Viera, and the West Melbourne Dojo all participated and all had a grand total of 48 candidates. The event started at 9:00am and ran until about 2:30pm.

The following Merritt Island students received an advancement in rank:



- Brianna Dance – Yellow Belt
- Xiomara Dance – Yon Kyu
- Eugene Shackelford – San Kyu
- Angel Rivera – San Kyu
- Phong Nguyen – San Kyu
- Michael Kukura – San Kyu
- Tracy Ridout – San Kyu
- Scott Dance – San Kyu

Domo Arigato Gozaimasu,  
Denshi/Sensei Tezel,  
Shihan Ueshiro Merritt  
Island Karate Dojo





# Ueshiro Cocoa Shorin-Ryu Karate Dojo



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

The Ueshiro Cocoa Shorin-Ryu Karate Dojo, located at the Eastern Florida State College (formerly Brevard Community College) Campus in the Cocoa YMCA Facility, is moving forward as Sensei Marchetti would say, “with great joy and vigor”, and continues on with the following schedule:

Monday and Wednesday – 7:00 PM to 8:30 PM / Saturday – 11:00 AM to 12:30 PM

The Ueshiro Cocoa Dojo Deshi continues to gain inspiration from Sensei Ron Marchetti and Sensei Pat Marchetti who continue to train with our Brevard County Group, primarily at our Merritt Island Dojo. Our fine group of teachers all received their initial training from Sensei Ron Marchetti when he was the Shihan of our dojo. They continue to receive training and guidance from him as they progress.

I lead our group of teachers: Sempai Rob Weaver (Ik-kyu), Sempai David Koenig (Ik-kyu) and Sempai Lloyd Brownhill (Ik-kyu) from the Suntree Dojo (directed by Matt Reed, Shihan, Ni-Dan). Thank you Lloyd for your commitment to the organization. We are assisted by Sempai Dakota Flynn (Junior Sho-dan) and Sempai Cheyenne Flynn (Junior Ik-kyu). Both of these junior students provide excellent training to our younger students as they are able to relate to them. Sempai Flynn teaches the Wednesday evening classes, Sempai Weaver teaches the Monday evening classes. All of those mentioned above teach the Saturday classes on a rotating basis which works well for everyone. I would like to give a special shout out to Dakota Flynn (Junior Sho-dan) and Cheyenne Flynn (Junior Ni-kyu). Both of these young ladies have shown a tremendous ability to teach others, especially the newer students and the younger students. They are well respected by all of the students. In addition, as our core students continue to advance in rank, we are slowly guiding them to teach as well. This provides great learning opportunities for our newer students and helps our core students continue to grow.

Florida





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Florida

# Ueshiro Cocoa Shorin-Ryu Karate Dojo

(continued)



... We continue to have a solid core group of students that attend regularly, along with some wonderful students that have joined in the past few months. The YMCA has experienced a slowdown compared to previous years and this is slowing down our influx of new students. We hope to see improvement in this area in the near future.

The Cocoa YMCA Dojo conducted Green Tip Tests April 27th, 2016 and June 29th, 2106. In addition, the Cocoa YMCA Dojo hosted the full belt promotion for all Florida Deshi on August 28th, 2016 (recap of the event below along with photos.

Promotions from the June 29th test

Receiving the rank of Go-kyu (Two Green Tips):

Ian Martin

Zander Martin

Remy Martin



All six Brevard County Florida Dojo (Titusville, Cocoa, Merritt Island, Suntree, Viera, and West Melbourne) held their semi-annual combined promotion event on Sunday, August 28th, 2016 at the Cocoa YMCA Dojo.



松林流

Florida

# Ueshiro Cocoa Shorin-Ryu Karate Dojo

(continued)

... This was one of our most well attended promotions. There were over 80 students in attendance and a large audience of friends and family members that came to support those who were testing. All dojo[s] combined had a grand total of 48 testing candidates. The event started at 9:00am and ran until about 2:30pm. Under the direction of Hanshi Robert Scaglione; Sensei Tezel planned and led the event. Hanshi provided leadership, guidance, and direction throughout the event.

All the Sensei and Shihan faced the entire group. We did the formal warm-ups and workout. After that we broke up into groups by rank and performed multiple kata. The candidates testing were separated into four groups by the ranks they were testing for; and the formal test began. An inspirational promotion ceremony wrapped up the event. All the black belts congratulated the newly promoted students. Many of the Shihan and Sensei were given the opportunity to share their thoughts. This was one of the highlights of the event as many great words were spoken.



松林流

Florida

# Ueshiro Cocoa Shorin-Ryu Karate Dojo

(continued)



... Hanshi thanked all of us and also thanked Master Ansei Ueshiro for bringing Shorin-Ryu Karate to the United States!

The entire event, from start to finish brought much joy and vigor to all those who attended as well as all the spectators who came to watch the event!

Domo Arigato to those that served on the board of judges: Sensei(s) Kurt Tezel, Ron Marchetti, Dale Adamson, Carla Alvarez-Eddy, Rick Cupoli and Sempai(s) Matt Reed, Dennis Flynn, Youjian Nistorenko, Maurice Nistorenko, Travis Culp, Jennifer Sangalang, Kevin Hutchenson, Ed Bauder, David Norman, Kevin Tezel (Jr. blackbelt) and Dakota Flynn (jr. blackbelt).

Domo Arigato to Sensei Tezel for leading us during the incredible event and Domo Arigato to Hanshi and to all those who attended.

The following Cocoa YMCA Dojo students received promotions at this event:

San-Kyu: Ethan Fafard (child)

Katlyn Fafard (child)

Andre Gross (child)

Mallory Hale

Orange Belt: James Knear

Ik-Kyu: Ayania Smiley

Domo Arigato Gozaimasu,

Sempai Dennis Flynn, Ni-dan

Shihan Cocoa YMCA Dojo



松林流

Florida

# Ueshiro Shorin-Ryu Suntree Karate Dojo



At the Ueshiro Suntree Dojo, we continue to build warrior spirit.

Taking a page out of "the green book," we try to follow the precepts of Gan - Soku - Tanden - Riki. Here's how:

- \* Eyes: Many of our students routinely visit other dojos, lending support and learning from others. What we SEE, what we PERCEIVE, we bring back to the deshi.
- \* Foundation: We have a solid group of instructors and regular students led by Shihan Matt Reed (Ni-Dan). We emphasize "root down" and "step first," and we're constantly working the stances. Better foundation leads to better karate.
- \* Spirit: Our deshi ranges in age, gender, ethnicity and profession. But when we step on the deck, we are all students learning from Hanshi and Sensei, propagating the ...



松林流

Florida

# Ueshiro Suntree Karate Dojo

(continued)



... art of karate-do, always striving for ... "perfect form." We're sticklers for getting low, using hip, and turning our fists at the end of each punch.

\* Strength: We have a lot of children in our dojo, and it's incredibly rewarding to see their progression. At our most recent belt test, Evan Gray (yellow belt) , said he enjoyed the 5-hour event and showed up for class the next day and the day after that. That's what we call "joy and vigor!"

Domo arigato gozaimasu, Jennifer Sangalang, Sho-dan, Ueshiro Suntree Dojo

The Suntree Dojo offers classes four days per week. Sunday's 11:00 A.M. until 12:30 P.M., Monday's 7:30 P.M. until 8:30 P.M., Wednesday's 6:30 P.M. until 7:30 P.M., and Friday's 4:30 P.M. until 5:30 P.M. Offering all of these classes would not be possible without the commitment of our advanced ranks. I would like to recognize Sempai Kevin Hutchenson (Sho-Dan), Sempai Jennifer Sangalang (Sho-Dan), Sempai Christell Brodrick (Ik-Kyu), and Sempai Lloyd Brownhill (Ik-Kyu). Without their assistance we would not be able to offer this variety of class options. Domo arigato gozaimasu Sempai Jennifer Sangalang for writing the lead in to this newsletter submission.

Domo arigato gozaimasu Hanshi for your guidance and leadership.

Domo arigato gozaimasu,  
Sempai Matt Reed, Ni-Dan, Shihan  
Ueshiro Suntree Karate Dojo  
321-213-3124  
rpd197@yahoo.com



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Florida

# Ueshiro Titusville Karate Dojo



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

It has been a prosperous quarter at the Ueshiro Titusville Karate Dojo, and we continue to grow by leaps and bounds. We have grown in: quantity, quality, and maturity. Our attendance has averaged between 10 to 15 Deshi per class, and at times have had as many as 20. We also have a new additional intermediate class specializing in training for Go-Kyu and above held on Wednesday 6:00 pm to 7:00 pm specializing in Bunkai and Yaku-Soku Kumite training. This class is held at the Titusville YMCA Tennis and Racquet Ball center. It has been such a pleasure and an honor to train and grow along side of the men, women, and children that make up our ranks. And our growth has been evidenced by recent activities, tests and promotions.

Classes are currently conducted at the Titusville YMCA located at 2400 Harrison St., Titusville, FL. The intermediate class is at the Titusville YMCA Tennis and Racquet Ball Center at 3050 Satterfield Rd. ...



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Florida

# Ueshiro Titusville Karate Dojo

(continued)

In August, 28 2016 Brevard county Dojos held our semi-annual full-belt promotion at the Cocoa YMCA gymnasium. It was a fantastic opportunity to train with Hanshi, Sensei, Shihan and other Karateka and Deshi from several Florida Dojos. Titusville Dojo also held a tip Test on August 26, 2016 Promotions results from the Titusville Dojo are as follows:



Promoted: Ni-Kyu: Timothy Tidwell

San-Kyu: Joey Jordan

Yon-Kyu: Bianca Alaimo

Isabella Alaimo

Chad Shelton

Sierra Banks

Yellow Belt: Emely Jaramillo

Go-Kyu: Gissell Jaramillo

Viviana Alaimo

Ro-Kyu: Helen Cope

Jimmy Roberge

Mackenzie Cope

Maxwell Cope

Theodore Labib



松林流

Florida

# Ueshiro Titusville Karate Dojo

(continued)



... Continuous emphasis is given to both personal development of each Deshi as well as a team and family spirit. All members work together as a family as many of our deshi members are Mothers, brothers' and sisters bound not only by blood ties but by the strong ties instilled by working toward a common objective of perfection of technique and method. I am proud of their initiative, drive, motivation, and work ethic toward development, and proud to be there Shihan.

Instruction to Titusville residents is as brought to the United States by Grand Master Ansei Ueshiro and taught by Hanshi Robert Scaglione.

Domo Arigato Gozaimasu,  
Shihan Ed Bauder, Sho-Dan







Florida

# Ueshiro Viera Karate Club



Onegai-shimasu Hanshi, Kyoshi, Sensei, Sempai and all Deshi of USRKUSA.

The Ueshiro Viera Karate Club has continued to enjoy a very healthy mixture of junior and senior Deshi over the past six months. The dojo has also been very active in participating in all FL-wide activities designed to promote and expand our art, as put forth in our Mission Statement. We continue to move forward.

We at the Viera Club are incredibly lucky to enjoy the direct leadership and steady guidance of Hanshi Robert Scaglione. Although most of us at the dojo never met Master Ueshiro in person, we can hear his voice spoken through the words of wisdom that Hanshi passes down to us at almost every class, and for that we are extremely thankful and grateful.

Moreover, Sensei Dale Adamson has relocated back to our area in Florida. We are very pleased to have Sensei Dale Adamson, San-Dan, and his son Sempai Jeremy Adamson, Ik-Kyu, now join as local members of the Viera Dojo.

Some of the most notable activities in which Viera Dojo students and instructors have taken part during the past six months include:

Master Ueshiro's birthday Kata-thon celebration at the Merritt Island Dojo, led by Sensei Kurt Tezel – April 21 ...

Participants from the Viera Dojo included:

- Melody Bohannan (child)
- John David Bohannan (child)
- Emma Bohannan (child)
- James Bohannan (child)
- Abigail Bohannan (child)
- Violet Bohannan (child)
- Lisa Miller
- David Norman
- Shelley Lopez
- Isaiah Lopez (child)
- Ezekiel Lopez (child)
- Jordan Lopez (child)
- Elijah Lopez (child)
- Joshua Boggs (child)



松林流

# Ueshiro Viera Karate Club



(continued)

... Annual Memorial Day Beach Workout, Cocoa Beach, FL, led by Sensei Kurt Tezel – May 30

Participants from the Viera Dojo included:

- Lauren Norman (child)
- Lisa Miller
- Clint Braswell
- Jeremy Adamson
- David Norman
- Sensei Dale Adamson

August Tip Test – August 20

Promotion held at the Viera Rec Center, in which the following Deshi were promoted:

- Gavin Goodwin – Promoted to Ro-Kyu
- Violet Bohannan – Promoted to Go-Kyu



Florida



松林流

# Ueshiro Viera Karate Club

(continued)



... Combined FL Dojos Full Belt August Promotion – August 28

Held at the USRKUSA Cocoa Dojo/gym at the Cocoa YMCA, the following Deshi from Viera were promoted as described below:

- Luke Henderson – Promoted to Orange Belt
- Abigail Bohannan - Promoted to Orange Belt
- James Bohannan - Promoted to Orange Belt
- Emma Bohannan (child) - Promoted to Ni-Kyu
- Melody Bohannan (child) - Promoted to Ni-Kyu
- Hannah Bohannan - Promoted to Ni-Kyu
- Lisa Miller - Promoted to Ik-Kyu
- Justin Thompson - Promoted to Ik-Kyu

In addition, recently we enjoyed a visit by Sensei Candace Morgan. Hanshi had Sensei Morgan lead us in training and provided us great input.



Florida





# Ueshiro Viera Karate Club

(continued)



... The Ueshiro Shorin-Ryu Viera Karate Club holds classes at the Viera Recreation Center, in Viera FL, according to the following schedule:

We continue to focus on the future on our ever onward quest to develop body, mind, and spirit, according to our Shorin-Ryu philosophy, and with Hanshi's guidance. New students of any and all ages (6 yrs and up) are always welcome, as we continue to nurture both the younger and more senior Sempai within the walls of our Dojo.

Domo arigato Hanshi, Kyoshi, Sensei, Sempai, and all Deshi of USRKUSA.

Respectfully submitted,  
Sempai David Norman, Sho-Dan  
Ueshiro Viera Karate Club  
Under the direction of  
Hanshi Robert Scaglione

Florida

Class Times	Instructor	Remarks
Tuesdays 5:30pm - 7:00pm	Hanshi Robert Scaglione	Formal class starts promptly at 6:00pm
Thursdays 5:30pm - 7:00pm	Sempai Karuna Rao (Ik-Kyu)	Formal class starts promptly at 6:00pm
Saturdays 10:00am - 11:30am	Sempai David Norman (Sho-Dan)	Students are encouraged to arrive 15 - 20 minutes before formal bow-in for slow kata repetitions and warm-ups



松林流

Florida

# Ueshiro West Melbourne Karate Dojo



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

Joy and vigor abounds at the West Melbourne Dojo. We have been moving forward with warrior spirit for six years and I am pleased to share that all is going very well. Our dojo is located in beautiful Brevard County Florida along with several of our sister dojos. We enjoy the comradery of many Florida USRKUSA karateka with Hanshi Robert Scaglione close by in Viera, FL.

Our attendance is very strong. We are fortunate to enjoy the participation of many eager karate students who have been sticking with it. We just completed our August tip and belt tests where we promoted 15 deshi to their next level. All of them demonstrated well and are eager to move forward. I am privileged to have Sempai Miranda Aiken (Ik Kyu) as my assistant instructor. She does a fabulous job.

I now make a point to invite parents onto the deck to train with their kids. I am very pleased to share that we have a couple of moms who are still training even though their kids no longer wish to train; we don't get them all but we are getting some. These moms were both promoted to their next rank at our recent test. Marti Harriman was promoted to Yon Kyu and Anna Kapnoula was promoted to Ro-Kyu. We have also promoted our first child, Erin Ketchum, to Ik Kyu. ...



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Florida

# Ueshiro West Melbourne Karate Dojo

(continued)

Along with the moms who decided to move forward with karate on their own and still encourage their kids to join them, we also enjoy a number of families who are training together. Words cannot express how rewarding it is to watch kids gain proficiency in karate together with their parents. In the true spirit of karate we are reaching out and sharing something productive, useful and worthwhile with others in our community. I am humbled and honored to be a part of something so rich.

Domo Arigato,  
Sensei Rick Cupoli  
San Dan, Shihan  
West Melbourne Dojo





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Hawaii

# Ueshiro Hawaii Karate Club



Aloha from Hawaii,

We've passed the halfway point in 2016. Each day we move forward and train harder than the day before. We strive to train harder every year than we did the previous year.

Our focus these past few months has been on developing our inner strength through the kata. We've centered a lot of classes on making our karate feel as natural as possible. We continue to work on foot movement that is precise and rooted, starting and stopping in the same spot, and properly breathing as we execute every move. Weapon training this year has developed as we focus on the concept of the weapons being extensions of our body.

We continue to train in the beautiful Kapiolani Park (please see map with directions on following page).

Domo Arigato Gozaimasu

Sensei Lorenzo Aguon, Shihan, Go-Dan



"Our tools always need sharpening to remain effective"

"Always be ready"

"Train to fight, not for a fight"





松林流

Hawaii

# Ueshiro Hawaii Karate Club (continued)



We continue to train in the beautiful Kapiolani Park.

Yellow Circle and lines indicate places to park.

Red arrow (STAR) indicate training area.

Ueshiro Hawaii Karate Dojo

[www.uhkdojo.com](http://www.uhkdojo.com)

email: [info@uhkdojo.com](mailto:info@uhkdojo.com)





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Hong Kong

# Ueshiro Hong Kong Karate Club, China



Greetings,

We are keeping up the momentum of recruiting new Deshi and moving forward. In particular, our weapon group (including Bo, Sai, Nunchaku, Tuifa, and Kama ) is focused on sharpening the skills of each other. For example, different weapons would "spar" through some pre-arranged moves, hoping to hone our techniques on an applied level. Of course, we remain using weapon Kata as the main vehicle to develop body strength and the power of Mushin.

Domo Arigato Gozaimasu,

Alan Lai

Ueshiro Hong Kong Karate Club



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Hong Kong

# Ueshiro Hong Kong Karate Club, China



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

It was a busy season at Ueshiro Harbour Karate, with a special emphasis on our summer program to reach students who are typically less exposed to karate training, especially those from lower income families.

## Summer Program

The Ueshiro Harbour Karate Club Summer 2016 program was done in partnership with Playtao from Social Ventures Hong Kong. The students ages 8-9 received their first experience of traditional Okinawan karate, starting with warm-ups and then progressing through kihon and of course plenty of kata in addition to other training throughout the summer.

The summer program was launched officially with an Open Day on June 19, where we had a great team effort from deshi across Hong Kong clubs who engaged with the public. Our younger deshi in particular were very successful in walking up to strangers and starting conversations - the confidence developed through karate training was clearly a helpful factor! ...



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Hong Kong

# Ueshiro Hong Kong Karate Club, China

(continued)



... The event was attended by John Tsang, the current Financial Secretary of Hong Kong. As part of the event, we made sure that he received his very own Ueshiro karate t-shirt from us directly. Domo arigato to everyone who provided support during this Open Day!

## Fall Program

This summer program is a first experiment as part of a broader partnership with Playtao, which is focused on expanding education opportunities to children from lower income families. Based on the success of the summer program, we have agreed to continue with training in the fall season and also explore the potential of teaching after-school programs in the future.

As per Master Nagamine's guidance that "karate is a lifetime marathon", the opportunity to help children in Hong Kong from lower income families highlights the power of karate to transform lives, which is absolutely part of the legacy passed down from Master Ueshiro.

Domo Arigato Gozaimasu to Hanshi and Kyoshi for passing this legacy to us so that we can continue the marathon!



Domo Arigato,  
Tytus Michalski, Sandan, Shihan  
Ueshiro Harbour Karate Club  
Hong Kong, China



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# Ueshiro Hong Kong Karate Club, China

(continued)



Hong Kong





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Israel

# Ueshiro Neve [Oasis] Karate Dojo



Onegai-shimasu Ueshiro SRKUSA Worldwide,

Training at our dojo in Neve Yamin, Israel, continues three times per week with classes on Sundays and Tuesdays from 19:00-20:30, and Fridays from 14:30-16:00. Sempai Avi David, Ik-Kyu (in photo on left), and Sempai Eyal Elnir, Ni-Kyu (in photo on right), have been key to sustaining our operation, and are both advancing well along our path of Ueshiro Shorin-Ryu.

Our dojo has enjoyed special visitors over the past 6 months including Sensei Candace Morgan (Sandan) and Sempai Lisa Rosenberg (Shodan) from Hombu Dojo -- Domo Arigato.

Attracting and retaining deshi at our current location has been tough. We see from our organization that dojo located at community sport centers have been more successful at propagating our art, because there is an inherent influx of potential new students to such centers. We will start looking for a similar center to house our dojo in the future, so that we may better achieve our mission.

Domo Arigato Gozaimasu

Tamir Sensei, Denshi-Shihan, Roku-Dan



Unique photo from our dojo showing rocks and barbed wire mixed in with our Shinden wall.

We share our community center facility, including a stage used for theatrical shows.





松林流

# Ueshiro Herzliya Karate Dojo



Shalom from Israel to Ueshiro SRKUSA Worldwide,

We have enjoyed working out with visitors from our Hombu Dojo in New York (see photos below from Ueshiro Neve Dojo with Sensei Candace Morgan (Sandan), and from Herzliya Beach with Sempai Lisa Rosenberg (Shodan). Our training schedule is Sundays & Wednesdays from 18:30 to 20:00.

Domo Arigato Gozaimasu, Sensei Nir Zamir, Denshi-Shihan, Go-Dan

Israel





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Massachusetts

# Ueshiro Pine Forest Karate Dojo Northampton



Onegai-shimasu Ueshiro Shorin-Ryu Karate USA,

We have been very busy polishing our karate skills here in Northampton MA.

In mid February we had a full rank promotion. Northampton also sponsored a few deshi from Mazlen Sensei's group in Boston. The following deshi were promoted.

YON-KYU

Sai Fe Wu (Boston)

NI-KYU

Steve Ochsner (Boston)

Singwen Mientka

IK-KYU

John Bosco

Valerie Vignaux

Zach Wood-Doughty

Theo Panagakos (Boston) ...



松林流

Massachusetts



# Ueshiro Pine Forest Karate Dojo Northampton (continued)



... Towards the end of April we organized and conducted an "Earth Day Clean Up" here in Northampton. We focused on a beautiful road leading to the dojo that was paved blue with Bud Lite cans and other debris. We removed many many bags of trash from the area and did kata in the woods and fields as well as on the bike path bridge. Thanks!! everyone for your volunteered effort.

On August 15th we meet at the base of Chapel Falls mountain in the early evening. We climbed the mountain and worked out among the tall pine trees. I had to shoo off one little bear that I "could" see before we started. We made the base return trip after dark with no lose of life or limb. One exciting memory was doing kata on the cliffs edge with 100 foot drop. Even those with height fears joined in. Warrior spirit! ...



松林流

Massachusetts

# Ueshiro Pine Forest Karate Dojo Northampton (continued)



... Our August Summer Rank promotion last week boasted three karateka testing.

The following deshi strongly passed on to a new rank.

RO-KYU: Austin Hatch

GO-KYU: Jefferson Pitcher

NI-KYU: Michelle Sullivan

Board of Judges - Sensei Nancy Owen,  
Valerie Vignaux, John Bosco Spirited  
Photography - Sensei Mary McKitrick

Domo arigato everyone for your hard work and dedication "ON and OFF" the deck. I am very proud of you all.

Domo arigato gozaimasu Hanshi for building and maintaining such a strong and wonderful organization that we can all be a part of. I will forever be in your debt.

Daniel Gobillot

Denshi-Shihan, Shichi-Dan

Northampton Ueshiro Pine Forest Karate



松林流

Massachusetts

# Boston Chinatown Ueshiro Shorin-Ryu Karate Club



Onegai-shimasu Hanshi, Kyoshi, Sensei, Shihan 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 now at 11:30 am. 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 Albany, New York club's August rank promotion. Domo arigato gozaimasu to Shihan Keith Chan for hosting the test and to Sensei Burrows for joining the board of judges. Congratulations to all of the Albany deshi who tested.

Domo arigato gozaimasu to all, Emiliano Mazlen

Yon-Dan

857-234-7350

emazlen@hotmail.com



After Albany Test





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# Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota



Onegaishimasu Hanshi, Kyoshi, Sensei, and all Deshi!

The Northfield dojo was honored to host our “Minnesota in May” event held May 13-15, 2016 and led by Kyoshi Michael Mackey together with Sensei Kevin Reymond, David Tamir and Kurt Tezel. A full weekend of four training sessions for all ranks included basics, kata, weapons, and kumite. In addition to the all-rank workouts, seven Black Belt candidates engaged in additional rigorous testing throughout the weekend. Alongside the intensive training, there were many opportunities to socialize including a community potluck dinner. The weekend ended with a promotion ceremony at the Carleton College Japanese Garden. Domo arigato to Kyoshi and the Sensei and Deshi that traveled from around the country to join us here in Northfield!



Minnesota





松林流

Minnesota

# Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota (continued)



...We continue with our regular schedule of classes for all ranks on Monday, Wednesday and Saturday. Additional Brown/Black Belt training occurs bi-weekly, and Black Belt class is held once a month.

With the beginning of the new school year, the Carleton Karate Club will also have a class on Wednesdays, and share the Saturday morning class with the Northfield dojo. Enrollment for Carleton looks to be at record levels for this year! The multitude of classes provide our higher Kyu-level students as well as our new Sho-Dan the opportunity to learn and grow through teaching.



松林流

Minnesota

# Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota (continued)



... Congratulations to the following Deshi who advanced in rank over the past six months:

Maggie Huang – Go-Kyu

Vincent Sommer – Yon-Kyu

Brenda Hellen – Sho-Dan

Scott Sijan – Sho-Dan

Steve Hatle – Ni-Dan

Sensei Bob Dobrow – Yon-Dan

Domo arigato gozaimasu Hanshi for perpetuating the gift of karate and for being an inspiration to us all!

Respectfully submitted,

Steve Hatle, Ni-Dan

Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota





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New York

# Ueshiro Pine Forest Karate School Palisades

Kyoshi David Seeger, Shihan, Ku-Dan  
motobu@aol.com 212-307-0707  
Classes 7P Tuesday, Wednesday, and Thursday, 10a Sunday



Save the Date!!!

Sunday Sept. 25<sup>th</sup>  
at 10:00 AM

Pine Forest Karate of  
Northampton & Pine  
Forest Karate of  
Palisades will be  
training together in  
Palisades.

Special Thank You:

Sensei Mary McKittrick,  
Yon-Dan

Sensei Nancy Owen,  
Yon-Dan

for organizing  
this event!



松林流

New York

# Ueshiro Pine Forest Karate School Palisades (continued)



On Wednesday,  
August 3rd, our  
Sensei, Kyoshi David  
Seeger turned 60.  
At 7pm Kyoshi started  
his formal class,  
as scheduled.



08.03.2016



松林流

New York

# Ueshiro Pine Forest Karate School Palisades (continued)



It was the perfect opportunity, for all to show up, and surprise him with a party after class.

Happy Birthday  
Kyoshi Seeger

Thank you for  
teaching us.

Sensei Daniel Lax,  
Yon-Dan.



松林流

New York

# Ueshiro Pine Forest Karate School Palisades (continued)



Thank you Grand Master Ansei Ueshiro for the gift of karate.

Thank you Hanshi Robert Scaglione for teaching me.

And, Thank you to my students for training with me.

Love, Kyoshi David Seeger

08.03.2016



松林流

New York

# To-Te Ueshiro Karate Dojo, Nyack



Onegai Shimasu Hanshi, Kyoshi, Shihan & all  
USRKUSA Deshi.

Hoping the entire USRKUSA family of Karateka near and far  
had a great Summer!

**SAVE THE DATE:** The Nyack Dojo welcomes you back to the  
New York region for the 54th Ueshiro Shorin-Ryu Annual  
Black belt gathering and Celebration weekend of Oct 22nd  
& 23rd in Palisades, NY at the HNA Palisades Conference  
Center.

The Nyack Dojo in our NEW location Cordial Invite  
everyone Sunday October 23rd for a parting KaraTEA  
Brunch, with appetizers and drink prior to your trip home,  
immediately after the final official bow out at the HNA  
Palisades Conference Center. Our NEW Dojo location is  
minutes away from the Conference Center located 85  
South Piermont Ave, Nyack, NY (South corner of Memorial  
Park), over looking the Hudson River in Nyack (just down  
the street from our old location). Please join us for a bite  
to eat and drink prior to your trip/travel home Sunday.





松林流

New York

# To-Te Ueshiro Karate Dojo, Nyack

(continued)

... The To-Te Ueshiro Karate Dojo held its Summer full belt promotion Tuesday August 30th in our NEW Dojo location: 85 South Piermont Ave, Nyack, NY (South corner of Memorial Park), over looking the Hudson River.

This was our first promotion in our new Dojo space and after a formal bow in, traditional warm ups, and across deck basics followed by non-stop kata we proceeded with the formal testing. Mr. Ed Abreu calling up all candidates, Powell Sensei Center Judge, and left and right (Mr John Seeger visiting guest Black belt from the Pine Forest Karate School, Palisades, NY) and Mr. Markiet rounding out the board.

Promoted:

Johnny Seeger | Go-Kyu 1 Green tip

Elias Markiet | Yon-Kyu Green Belt

Sam Hill | San-Kyu Brown Tips

Grace Abreu | Ni-Kyu Brown Belt



Domo Arigato Gozaimasu

Powell Sensei, Denshi-Shihan

FALL CLASS SCHEDULE:

Saturday 10A - Noon

Sunday 10A - Noon

Tuesday 5P - 7P

Thursday Evenings 8P - 9:30P

To-Te Ueshiro Karate Dojo

85 South Piermont Ave, Nyack, NY

(South corner of Memorial Park),

over looking the Hudson River.

845. 353.8505 | preston@to-te.org



松林流

New York

# Ueshiro Downtown Shorin-Ryu Karate Dojo

Onegai-shimasu Hanshi, Kyoshi, Shihan, and USRKUSA Deshi,

In chapter 17 of Master Funakoshi's "The Twenty Guiding Principles of Karate - The Spiritual Legacy of the Masters", he shares the following song composed by Takuan Soho:

Master Funakoshi explains: " 'Of the mind/Do not be mindless' points to the necessity of developing the deeper reaches of the mind - of the self - that work to suppress and quiet the deluded mind". The cultivation of this quiet mind results in "open minded composure" and one that is calm or free of agitation particularly when addressing circumstances that confront us.

Hanshi provides further insight on page 114 of "Building Warrior Spirit" wherein he provides, "When striving to go beyond one's limits in order to accomplish a goal the four precepts [Gan/Soku/Tanden/Riki] form a foundation and method of approach. Beyond the physical is the metaphysical which takes us one step further. The realization that there is more to life than that which can be seen translates into achievement. This strategy is acquired on the deck. We do one more kata when we thought we had no more left within ourselves. This principle is carried over and weaves the fabric of life."

As Ueshiro Shorin Ryu karateka it is incumbent upon us to train not only our body but our mind and spirit as well. Master Funakoshi and Hanshi have provided valuable guidance in this respect. The rest is up to us.

Sensei Kevin Reymond

Denshi Shihan, Ueshiro Downtown Shorin Ryu Karate Dojo



It is the very mind  
itself  
  
That leads the  
mind astray;  
  
Of the mind,  
  
Do not be  
mindless.



松林流

New York

# Ueshiro Okinawan Karate Club of Pelham Manor



The Okinawa Karate Club of Pelham Manor trains in the dojo built by Sensei Dan Nichuals who passed away 10 years ago. Thank you to his wife Barbara for letting us train in the dojo each week.

Domo arigato to all the Kyoshi and Sensei who over the past 10 years have trained in the Pelham Manor dojo, teaching classes and demonstrating by example the true meaning of warrior spirit. The Hombu (Midtown), Pine Forest (Palisades) and To-Te (Nyack) dojos all adopted the Pelham Manor dojo over the years. By practicing Hanshi's simple edict "Keep training" you helped the Pelham Manor dojo survive. I can confidently say that this dojo would not be thriving without each and every one of you who gladly accepted the privilege of leading classes over the years. As the newly promoted Shihan of the dojo, I am deeply honored and frankly a little humbled to carry on your legacy.

We train Monday night at 6:30pm and always welcome visitors. Please contact me for directions or details 1-914-602-9010.

...



松林流

New York

# Ueshiro Okinawan Karate Club of Pelham Manor (continued)



... The dojo had a great spring training season. Three young deshi passed their first tip test and earned the title of Ro-Kyu:

Olivia Vikman

Arya Sethi

Aribah Zaidi

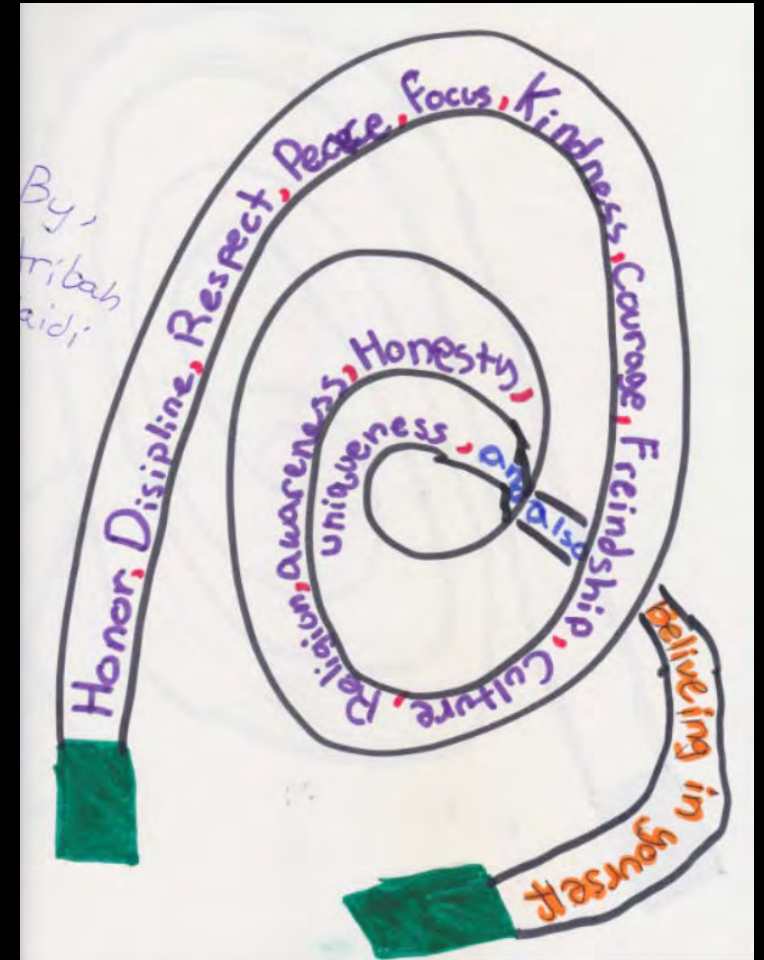
The students all took the summer off but will continue training when school resumes next week. They enthusiastically responded to a request to draw pictures for this newsletter about what the karate means to them. Aribah Zaidi drew the picture shown on this page.

Domo arigato to Hanshi and all the Kyoshi for motivating all of us to carry on the tradition of Shorin-Ryu Karate in the tradition envisioned by Master Ueshiro.

Sempai Brian Heese

Shihan

Okinawan Karate Club of Pelham Manor



松林流

New York

# University at Albany Ueshiro Shorin-Ryu Karate Club



Onegai-shimasu USRKUSA,  
Wishing everyone a great 54<sup>th</sup> year of  
training.  
Domo Arigato Gozaimasu  
Sempai Keith Chan, Director, Ik-Kyu





# Dojo News

( by region alphabetically )

- California
- Carolinas
- Connecticut
- Florida
- Hawaii
- Hong Kong
- Israel
- Massachusetts
- Minnesota
- New York
- Pennsylvania
- Tennessee
- Virginia



松林流



松林流

Pennsylvania



# Ueshiro Okinawan Karate Family Dojo State College, Pennsylvania



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

Greetings from the Ueshiro Okinawan Karate  
Family Dojo in State College, PA.

We recently reintroduced a 3rd class each  
week, which will take place at the Dragonfly  
Spa and Massage Studio on Tuesday  
evenings. This Brown Belt and Above class  
will be devoted to advanced training,  
weapons and all.

We conducted our August 2016 Kyu-level test  
on Sunday, August 28. Following a full class  
workout, and a test that included bunkai and  
board breaking, Peter Lusch was promoted to  
Yon-kyu and Ling Li to Ro-kyu. The Board of  
Judges consisted of Michael Musser (Sho-  
Dan), Barb Schaefer (Sho-Dan), and Ben  
Kaplan (Ni-kyu). ...



松林流

Pennsylvania

# Ueshiro Okinawan Karate Family Dojo State College, Pennsylvania



(continued)

... On a side note, Ling Li and her decision to join our dojo reflect our family-oriented philosophy. For the past several months, Ling and her 3-year old son watched her 5-year old son, Derek, train. After dutifully studying the techniques and helping Derek practice at home, she decided to get in on the action and formally join as a student. And now we see her 3-year old attentively watching from the sidelines, occasionally mimicking a stretch or a karate technique. Our motto continues to reflect our thinking about karate and family: The family that trains together, stays together.

Just as it is natural for families to train together, it is also natural to train in nature. Realizing that we conducted only a few outdoor workouts this summer, we decided at the last minute to move our September 4th class to Tudek Park. [See photo.] In true international form, our potluck dinner (which follows the workout on the first Sunday of each month) included dishes from four continents. It seems that karate is a great vehicle for promoting harmony and understanding not only within families, but also in communities and across cultures.

We are always happy to welcome visits from USRKUSA members.

Domo arigato gozaimasu,

Kyoshi Matt Kaplan, Shihan

Ueshiro Okinawan Karate Family Club

State College, PA







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松林流

# Ueshiro Shorin-Ryu Nashville Family Karate Club



Onegaishimasu Hanshi, Kyoshi, Sensei, Shihan, and Deshi of Ueshiro Shorin-Ryu Karate USA!

This past Spring and Summer, things have been quiet in Nashville. However, once the new school year started, we have been very busy.

We had the opportunity to reach out to the local community at two events this Summer. In June, in conjunction with Cornerstone United Methodist Church, we attended a local neighborhood block party. In August, we were invited to attend National Night Out in Lavergne, TN, a “community-police awareness-raising event” for safety and self defense. At both events we handed out fliers, and spoke to many people about our club, and our style of karate. At the National Night Out event, we were able to perform demonstrations of kata, yakusoku kumite, and bunkai.

Because of those two events, we have grown significantly over the past couple of weeks. We have signed on 16 new students from seven different families!



Tennessee



松林流

Tennessee

# Ueshiro Shorin-Ryu Nashville Family Karate Club (continued)



We are looking forward to sharing our progress with you over the next few months as we train a new generation of strong warriors!

Domo Arigato Gozaimasu Hanshi, and Kyoshi for your continued leadership.

Domo Arigato Sensei, and Shihan for your commitment to propagating the art.

Domo Arigato all Deshi for without you we would not be here.

Domo Arigato Gozaimasu!

Sensei Sean M Paus, San-Dan

Ueshiro Shorin-Ryu Nashville

Family Karate Club





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松林流

Virginia



# Ueshiro Northern Virginia (NoVA) Karate Club (Centreville/Reston)



Onegai-shimasu Hanshi, Kyoshi, Sensei, and World-wide SRKUSA  
Deshi-

The Ueshiro Northern Virginia (NoVA) Karate Club continues to move forward under the Direction of Hanshi Scaglione and following the path initially blazed by Master Ueshiro.

The past Spring and Summer have been very exciting for the Ueshiro NoVA Karate Club as we continued to grow our club and also a new family member. Congratulations to Sensei Shabbir Kazmi, he and his wife welcomed his newborn daughter, Gaittee Ara Karrar Kazmi, on 21 July 2016. A special workout in her honor is planned for October and will also serve as a “polishing” of our karate prior to the Black Belt Weekend 22-23 October.

The NoVA SRKUSA Karate Clubs including both our Centreville and Dulles Clubs were honored to host a workout celebrating Master Ansei Ueshiro’s birthday and the annual Cherry Blossom Festival in Washington, DC. The workout was conducted at Great Falls National Park in McLean, VA and led by Kyoshi Mackay with an assist from Kyoshi Kaplan and Kyoshi Scaglione. ...



松林流

Virginia



# Ueshiro Northern Virginia (NoVA) Karate Club (Centreville/Reston)



(continued)

... In addition to the joy and vigor shared from a well-attended workout comprised of our local Deshi and students traveling from New York, Pennsylvania, North Carolina, Tennessee, and Minnesota many of the group took advantage of the great views afforded by the park including of course the mighty Potomac River and the falls alongside our workout area. ...



松林流

Virginia

# Ueshiro Northern Virginia (NoVA) Karate Club (Centreville/Reston)



(continued)

... On 26 August we held our local Kyu-level belt testing. The day was full of joy and spirit as we joined forces with the Ueshiro Dulles Club for an energetic promotion following a vigorous workout led by Kyoshi Scaglione. Special thanks to the Board of Judges and congratulations to the following Dulles and Northern VA students who were promoted:

Board of Judges:

Kyoshi Sal Scaglione, Shichi-Dan, Presiding Judge

Sensei Patrick Markowitz, Go-Dan, co-Presiding Judge

Sensei Lisa Markowitz, Yon-Dan, Center Judge

Sensei Shabbir Kazmi, San-Dan, Side Judge

Sensei Jim Davis, San-Dan, Side Judge

Mr. Bill Breidenbach, Sho-Dan, Side Judge

Mr. Murtaza Rizvi, Sho-Dan, Call-outs ...

Congratulations to the following Deshi:

## Ik-Kyu

Catherine Hall

Jason Ford

Kelly Ford

Anthony Patrick

Bonnie Langendorff

## San-Kyu

Ritwik Kaki

David Ford

Reshma Shah

Nishu Shah

## Yon-Kyu

Luke Lapham

Maya Shah

Om Shah



松林流

Virginia



# Ueshiro Northern Virginia (NoVA) Karate Club (Centreville / Reston)

(continued)



... Domo Arigato Gozaimasu to Grand Master Ansei Ueshiro for giving us the precious gift of Shorin-Ryu Karate and to Hanshi Robert Scaglione for keeping the Shorin-Ryu Karate USA flame burning brightly and keeping us all moving forward.

All of the NoVA Black Belts are excited about the upcoming Black Belt Weekend in Palisades, NY and planning for additional trips over the coming year. We have many SRKUSA family dojo within driving distance and we're plotting our strategy to share Master Ueshiro's vision in person with many of you.

We welcome all Deshi from the Ueshiro Shorin-Ryu Karate family to visit us in Northern Virginia. We have classes on Monday in Reston, VA and Thursday/Saturday in Centreville, VA. In you are in town for business or pleasure, we'd love to host you.

Domo Arigato Gozaimasu,  
Kyoshi Sal Scaglione, Shichi-Dan  
Denshi Shihan, Ueshiro NoVA Karate  
Sensei Lisa Markowitz, Yon-Dan  
Co-Shihan, Ueshiro NoVA Karate



松林流

Virginia

# Dulles Ueshiro Shorin-Ryu Karate



Onegai-shimasu Hanshi, Kyoshi, Sensei and all Deshi around the world!

The students of Dulles Ueshiro Shorin-Ryu Karate continue to move forward through vigorous training and the exploration of new kata, stances, yakusoku kumite, and spirited bunkai. Since our last update, we've welcomed two new students—Sempai Daniel and Sempai Jessica. We were also very pleased to welcome back Sempai Steve after his recovery from shoulder surgery. He is reaping the therapeutic benefits of karate for all-around wellness. We also welcomed Sempai Jenny back to the deck after delivering a future karateka...congratulations Sempai!

This period has also seen Sempai Bonnie (second from left in photo) step up to the role of instructor-in-training/co-instructor, now as an Ik-Kyu—a truly significant accomplishment! Having a founding member of the Dulles club—now in its 4th year—on a pathway to Shodan is inspiring all members to get lower and hit harder. Moreover, it is rewarding to watch Sempai Bonnie's growth as she begins to experience perhaps the greatest gift of Ueshiro Shorin-Ryu Karate, which is to pass it on. ...



松林流

Virginia

# Dulles Ueshiro Shorin-Ryu Karate

(continued)

... Continuing in the tradition of a unified Northern Virginia Ueshiro Karate collective, the students of Ueshiro Dulles were once again honored to join the warriors of Ueshiro NoVA Karate for our 27 August joint promotion testing. Thank you to Kyoshi Salvatore Scaglione for leading us through a joyous and vigorous workout and supervising the event, and to Sensei Lisa Markowitz, Sensei Shabbir Kazmi, and Sensei Jim Davis for their service on the board of judges and to Sempai Bill Breidenbach for handling the call-outs. Their collective warrior spirit made the day memorable for all participants.

Ueshiro Dulles was proud to see the following karateka promoted:

Finally, Ueshiro Dulles was honored and invigorated to participate in the April 16th commemorative workout in honor of Grand Master Ansei Ueshiro, which featured not one, not two, but **THREE KYOSHI**s when Kyoshi's Mackay and Kaplan visited NoVA, together with warriors from their respective dojos, for a ground-shaking workout followed by an enjoyable cookout in scenic Great Falls National Park. ...



Sempai David C. enjoys a bonus breaking opportunity



To *Yon-Kyu*:

–Luke L. (on the right)

To *Ik-Kyu*:

–Sempai Bonnie L. (2nd from left)

–\*Sempai Catherine H. (3rd from left)

–\*Sempai Anthony P. (2nd from right)

\* Founding members of Ueshiro Dulles now training with Ueshiro NoVA



松林流

# Dulles Ueshiro Shorin-Ryu Karate

(continued)



... The blooming flora, blue skies, fresh air, and crackling gi's left all karateka inspired and renewed in the spirit of Japanese-American friendship, USRKUSA comradeship, and admiration for Grand Master Ansei Ueshiro.

Domo arigato to Kyoshi Mackay, Kyoshi Kaplan, and your students for your visit and for introducing new Ueshiro Dulles students to the many benefits of sharing Shorin-Ryu karate through inter-dojo workouts.

Arigato gozaimasu Hanshi!

Sensei Patrick Markowitz, Go-Dan

Shihan, Dulles Ueshiro Shorin-Ryu Karate



Virginia



**Karate Creed:**  
**I come to you only with karate.**  
**My hands are empty, but I fear no man.**  
**Should I be forced to defend myself, my honor, or my principles**  
**– should it be a matter of right or wrong, life or death –**  
**then here are my weapons, my empty hands.**



**Ueshiro Shorin-Ryu Karate USA**  
under the direction of Hanshi Robert Scaglione



Published by Sensei David Tamir  
Edited by Kyoshi David Seeger

Under the Direction of Hanshi Robert Scaglione

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