

FALL 2019 NEWSLETTER

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 Ueshiro 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 USRKUSA. 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 Ueshiro Shorin-Ryu Karate USA.

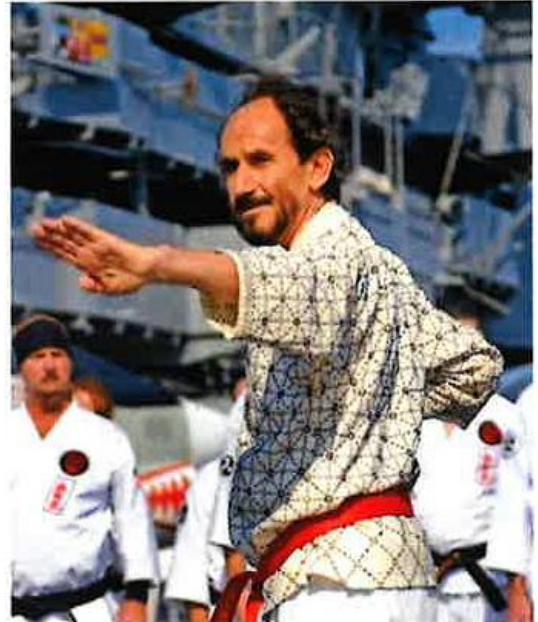
Greetings from Hanshi

Greetings all Members,

We had a wonderful year of worldwide karate training in 2019 and looking forward to our 58th year of Karate in 2020.

We had a Black Belt test and review in Northampton, MA hosted by Sensei/Shihan, Dan Gobillot. See results of the test inside this issue of *Karate News*, as well as the results of our August Kyu rank tests at each Dojo worldwide.

I thank all USRKUSA Members for your continued hard work and efforts to grow our system worldwide offering the amazing benefits of karate training to anyone willing to endure “the ecstasy of sweating in hard work” in all our Dojo(s) where the human spirit is polished.



“Keep training!” - Gichin Funakoshi.

Sincerely yours,
Hanshi Robert Scaglione



Ueshiro Midtown Karate Dojo

Kyoshi Michael Mackay, Shihan, Ku-Dan

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

“Karate-do is not theory, we have to live it!”

- Hanshi Robert Scaglione, July 18, 2019

The past six months have been one of the busiest on record, starting with a Dan-level test in Northampton, MA last spring and culminating with our recent 911 Memorial Workout in Central Park. Both events highlighted what “Warrior Spirit” looks like in the 21st Century. Yet the core of warrior spirit remains unchanged. Hanshi alluded to this mid-July when he encouraged us to review pages 48 and 49 in the *Essence of Okinawan Karate-Do*. These pages contain “The Maxims of Karate-Do”, “Attitudes to be kept for Karate Training”, and “Ethics of the Dojo”. Such guidelines, while eloquently expressed and inspiring to think about, are meaningless unless put into action. Domo arigato gozaimasu, Hanshi, for this timely reminder, and to those of you who put theory into practice by showing up at the following events. Here’s to many more!

Black Belt Promotion, Northampton, MA - On Sunday, March 10, Kyoshi David Baker and Kyoshi Michael Mackay presided over a Black Belt test at the Northampton Ueshiro Karate Dojo. Midtown attendees providing support included Sensei Gamiel Ramson (standing on the Ni-Dan and San-Dan Board of Judges), Sensei(s) Rob Neff, John Bottega, Ron Ballin, John Adams, Luz DeLucia, Jon Cohen, John Robbins and Sempai Anna Sweeney. Congratulations to Sempai Lisa Rosenberg and Gene Turok on their promotion to Ni-Dan, a culmination of many hard and dedicated years of training. A huge “Domo arigato gozaimasu” to Sensei Dan Gobillot and the Northampton deshi for hosting the event, and providing an outstanding test forum.



Great Falls Cherry Blossom Workout – On Sunday, March 31, the Midtown Dojo participated in a system-wide outdoor workout hosted by the Ueshiro Northern Virginia Karate Club. Domo arigato gozaimasu to Kyoshi Sal Scaglione, Sensei(s) Lisa and Patrick Markowitz, and the deshi of NoVa for their outstanding spirit and hospitality during the marathon training and picnic afterwards. Many thanks as well to Laurie Werner for photographing the [event](#).



Kobudo (Weapons) Seminar – On Sunday, April 14, the Ueshiro Midtown and Downtown Dojo hosted a kobudo seminar in the St. Bart's gym. Participants had the opportunity to explore multiple weapons under the guidance of high-ranking Black Belts. Afterwards, the group adjourned for an early supper at Shima Sushi (site of the annual 2018 Black Belt dinner). Domo arigato gozaimasu to Kyoshi Baker for instructing the sai group and Sensei Kevin Reymond for overseeing the nunchuka group. Kyoshi Mackay led the Roku Shaku Bo seminar.



Grand Master Ansei Ueshiro Birthday Celebrations – In late April the Midtown Dojo held two full weeks of special events honoring Grand Master Ueshiro's 86th birthday:

- April 17 - The White Belt Emphasis class kicked off the celebrations with one-hour of continuous basic kata. Sempai Anna Sweeney guided the white belts through what for many was their introduction to the “katathon” concept.
- April 23 - Kyoshi Mackay led back-to-back katathons, starting with 87 kata in the 5:30 class followed by 56 kata in the 7:15 class.
- April 25 - Sensei(s) John Adams and Larry Link continued the momentum as seven deshi belted out 55 repetitions of multiple kata. A special shout-out to Go-Kyu Anna Fidz for performing Fukyugata San for the entire set.
- April 26 - After warming up with many repetitions of Master Ueshiro’s Bo kata, Sensei Ron Ballin dedicated the 5:30 class to Fukyugata San, emphasizing hip rotation to develop speed and power as tested in bunkai.
- April 27 - A small group of Black Belts drove out to Grand Master Ueshiro’s gravesite in Locust Valley, Long Island, to pay their respects. The solemn occasion was marked by offerings of flowers, incense and food.
- April 30 - The finale of our celebrations was, appropriately, a green tip test held in the Hombu Dojo. The Board of Judges consisted of Sensei(s) Gamiel Ramson (Center Judge) and John Adams, and Sempai John Draghi, Lisa Rosenberg, and Gene Turok. Sensei Luz DeLucia led the group in a mini-katathon during the judges’ deliberations. Sempai Anna Sweeney put the candidate through the paces, and James Moskie, San-Kyu, demonstrated the test. After a rigorous examination in kata, basics, push-ups and questions, Alexis Napoliello was promoted to Ro-Kyu.

I encourage everyone system-wide to reread the many outstanding articles on Grand Master Ueshiro published in the *50th Anniversary Journal*, especially "The Early Years", "An Interview with Grand Master Ansei Ueshiro", "Lessons from a Mentor and Protégé", and "An Interview with Hanshi Robert Scaglione". The takeaways from Master Ueshiro’s incredible story are vast, and only increase with the perspective of time’s passing. Domo arigato gozaimasu, Hanshi, for continuing the Master’s legacy.



YMCA demonstration, Greenpoint Brooklyn - On May 21 Sensei Larry Link gave a karate class and demonstration to a group of 2- and 3-year olds at the Greenpoint YMCA. Sensei focused on basics, including courtesy, breathing, stretching, walking, punching, and kicking. Each student had the opportunity to punch at a target, balance on one foot, and perform techniques across the deck. Every student also used shuto to “break” a half sheet of paper, which they performed with great joy and vigor. The class lasted about 40 minutes and teachers and parents alike expressed surprise that the children managed to maintain focus for the entire time. All this is a testament to the power of Shorin-Ryu to captivate people of all ages.



Memorial Day Workout - Sensei Candace Morgan visited the Hombu Dojo from California to conduct a special Memorial Day workout on Sunday, May 26. The high-point of the class was an “off the rails” bunkai performed by Sensei which the Kyu ranks handled with great spirit. The vigorous workout was followed by a celebratory lunch at Shima Sushi.

Annual Sherwood Is. Beach Workout - On Sunday, July 28, a group of 17 deshi assembled in Sherwood Island State Park for our annual beach workout. The event was dedicated to the spirit of “*chugi*” or “loyalty,” as exhibited by Grand Master Ansei Ueshiro’s loyalty to the traditions of Shorin-Ryu Karate-Do, and by Hanshi Robert Scaglione’s loyalty to his Sensei, Grand Master Ueshiro. The workout followed the standard sequence of warmups, basics, kata, bunkai, and yaku-soku kumite, with water breaks in between. A final body testing demonstration of Black Belts was led by Kyoshi Michael Mackay and Sensei Daniel Lax of the Ueshiro Pine Forest Karate Dojo. Domo arigato gozaimasu to Sensei Lax for assisting throughout the day, working with the kyu ranks, and lifting everyone with his tremendous spirit. A shout-out also to Sensei Dawood Emmenual for providing hydration and Sempai Ed Roche for setting up a tent station offering shelter from the scorching sun. A big spirit/walking was exhibited by all as we hiked ¼ of a mile, much through scalding sand and tidal flats, for a group photo on the Park’s breakwater. Once the class officially ended, several of us cooled off with informal weapons training and kata in Long Island Sound.

After the [workout](#) many participants caravanned to Sensei Adam Dunsby's home for a traditional BBQ picnic and pool party. Domo arigato gozaimasu to Sensei, his wife Cathy, and the Black Belts of the Easton CT Ueshiro Shorin-Ryu Karate Club - Frank Mowka, Art Forne and Michael Kliegman - for their extraordinary hospitality. Sensei Dunsby received a wooden plaque featuring a cutout silhouette of Okinawa as thanks from all the Deshi he has accepted into his house over the past 15 years. Domo arigato gozaimasu to Master Ueshiro and Hanshi Scaglione for bringing the tradition of beach workouts to the shores of New York, Connecticut, Florida, and many other spectacular settings. Be sure to join us next year!



Park Avenue Street Fair – Sensei Dawood Emmenual and Sempai Lisa Rosenberg took advantage of the “Open Streets NYC” festival by bringing the Saturday classes out of the dojo and onto Park Ave. The event was held on August 17 and drew much attention from passers-by. Domo arigato gozaimasu to Sempai Anna Sweeney and Thomas Roche for joining in.



August Belt Promotion - On Sunday, August 18, the Ueshiro Midtown Dojo and Ueshiro Downtown Dojo held a joint belt promotion at the Ueshiro Downtown Dojo. The event began at 2:00 pm with warm ups conducted by Sensei Kevin Reymond followed by a vigorous workout conducted by Kyoshi Michael Mackay. Kyu ranks performed repetitions of Fukyugata Ichi through San while the Black Belts demonstrated kata Naihanchi Sho through San with body testing. After a brief water break, the Boards of Judges were convened. For those deshi testing for Yon-kyu, Sensei Gamiel Ramson served as Center Judge assisted by Sensei(s) John Adams, Kim Garon, and John Cohen; Sempai Anna Sweeney called up the candidates. The Board for those testing for San-kyu and Ni-kyu was comprised of Sensei(s) Kevin Reymond (Center Judge), John Bottega, and Luz De Lucia, and Sempai Lisa Rosenberg. Sensei Ron Ballin called up the deshi. Kyoshi David Baker was also in attendance to assist with the day's events. The promotion was dedicated to Grand Master Ansei Ueshiro and Hanshi Robert Scaglione on behalf of the thousands of students promoted in their dojo(s) over the years.

After a thorough review of all requirements, the following Midtown deshi were advanced in rank:

Yon-Kyu

- Yvonne Trinidad
- Wilfredo Trinidad
- Anna Fidz

San-Kyu

- Richard Padron

Ni-Kyu

- Ed Roche

Congratulations to those who received their new rank and everyone else who showed up to continue earning their current rank. After the formal [test](#) deshi convened at Vincent's in Little Italy for a celebratory dinner.



911 Memorial Workout - On Sunday, September 8, karateka from the Midtown, Downtown, Bay Ridge, Northampton, and Easton Dojo gathered in Central Park to commemorate the enduring spirit of Americans in the aftermath of 911. This is the 17th consecutive year we have held this event. The group met between three NYC landmarks - Bethesda Fountain, Bow Bridge, and Cherry Hill - on a grass clearing framed by oak and ginkgo trees. Several other organizations practiced their arts nearby in an atmosphere of complete mutual respect, while a constant stream of tourists and city residents strolled by. Various portions of the workout were led by Sensei(s) Kevin Reymond, Dan Gobillot, Gamiel Ramson and John Bottega, and the level of concentration among the participants, including white belts, was extraordinarily high. Movies and stills of the event taken by Sempai Lisa Rosenberg were compiled into a [video](#) that was released to the USRKUSA Organization on September 11, 2019. The soundtrack entitled "Remembrance" is by former Midtown Ni-Kyu Jack Allen (a/k/a Allen Roth).



Special Emphasis classes - We continued to offer unique training opportunities for various ranks. Other than the monthly Black Belt class, all classes are open to all levels.

White Belt emphasis: 1st, 2nd, and 4th Wednesday each month
conducted by Sempai Anna Sweeney

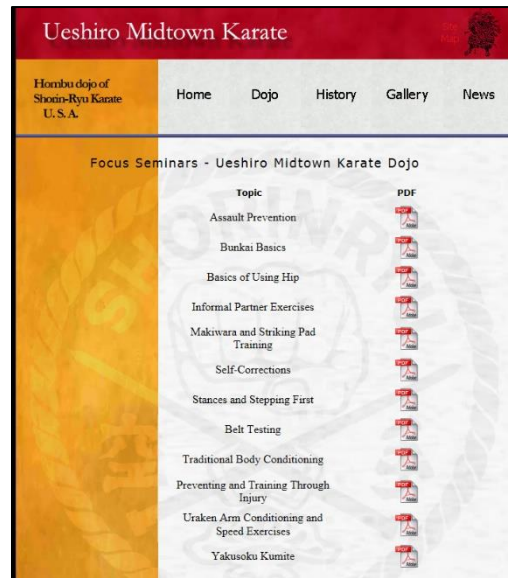
Green Belt emphasis: 3rd Wednesday each month
conducted by Sensei Kevin Reymond

Brown Belt emphasis: 1st Friday each month
conducted by Sensei Ron Ballin and
Sensei Gamiel Ramson

Black Belt only: 1st Thursday each month
conducted by Kyoshi Michael Mackay

Bo class: Every Friday at 5:00 PM conducted
by Kyoshi Michael Mackay

We also continue to hold “Focus Seminars” for white belts during the first Wednesday class of each month. The handouts from these seminars are now available [on line](#), and are excellent resources for *all* students:



Domo arigato gozaimasu to Sempai Anna Sweeney for organizing and conducting these seminars.

Class Schedule - I would like to offer a special “Domo arigato gozaimasu!” to the dedicated instructors who support the Hombu Dojo in so many ways, on and off the deck, and keep our community a welcoming and vibrant place in which to train. Visitors from out-of-town are always welcome.

Monday

7:15 - 8:15 am Henri Waelbroeck, Erik Sanner
 5:30 - 6:30 pm Gamiel Ramson, Ron Ballin

Tuesday

5:30 - 6:30 pm Michael Mackay
 7:15 - 8:15 pm Michael Mackay

Wednesday

5:30 - 6:30 pm Anna Sweeney

Thursday

5:30 - 6:30 pm Larry Link, John Adams

Friday

7:30 - 8:30 am Erik Sanner, Henri Waelbroeck
 5:00 – 5:30 pm Michael Mackay (Bo)
 5:30 - 6:30 pm Ron Ballin, Gamiel Ramson

Saturday

10:45 - 11:45 am Dawood Emmenuel, Anna Sweeney
12:00 - 1:00 pm Lisa Rosenberg, Dawood Emmenuel

Sunday

11:00 - 12:00 am Jon Cohen, Ibrahima Jalloh

Domo arigato gozaimasu, Hanshi, for your tireless efforts and success in furthering Grand Master Ansei Ueshiro's vision of propagating traditional Shorin-Ryu Karate Do in the United States of America, and beyond!

Kyoshi Michael Mackay, Ku-Dan
Ueshiro Midtown Karate Dojo
109 East 50th St.
New York, NY 10022
646-761-0683

Kyoshi@midtownkaratedojo.com
MidtownKarateDojo.com

Ueshiro Viera Shorin-Ryu Karate Dojo

Hanshi Robert Scaglione, Shihan

Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

The Viera Dojo holds classes Tuesday evenings from 5:30 pm to 7:00 pm and Saturday mornings from 10:00 am to 11:30 am. The Tuesday class is led by Hanshi and there is much to gain from regularly attending Hanshi's class.

On August 17, 2019, the six Florida dojos conducted the semi-annual Kyu level promotion for ranks of Yellow Belt through Ik Kyu. The Viera, Merritt Island, Cocoa, Suntree/Melbourne, West Melbourne and Titusville Dojos were well represented and participated with true warrior spirit. Hanshi presided over the promotion which was held at the Suntree/Melbourne Dojo which began at 9:00 am and concluded at 3:00 pm. Deshi demonstrated joy and vigor throughout the 6-hour promotion. Warm ups and basics followed the 50th Anniversary Journal guidelines with Sensei Kurt Tezel (Roku-Dan) leading the Deshi. After many repetitions of kata, the boards of judges convened. Thirty-three candidates participated in the test and performed well.

Hanshi continues to oversee the monthly weapons class on the second Saturday of each month. The workout starts informally at 8:30 am with the formal workout beginning at 9:00 am to 9:45 am after which Deshi may join the regularly scheduled 10:00 am class conducted by Sensei Kurt Tezel or continue weapons training. The weapons class is open to all Ik-kyu and Black Belts, particularly those who have not yet chosen a weapon.

Sensei Trevor Tezel (San-Dan) leads the Florida Book Club on a monthly basis. We last met on August 31 to discuss Gichin Funakoshi's *My Way of Life*. The spirited book club meeting was joined by Ueshiro Northern Virginia Karate Dojo's Kyoshi Sal Scaglione, Sensei Lisa Markowitz (Northern VA moderator), and other Deshi attending via computer. Thank you Sensei Trevor for organizing this monthly event.

Promotion results from the Viera Dojo August 2019

Benoit Barthel - Yellow belt
Bastien Baron - Green belt
Hugo Baron - Green belt
James Sanders - Green belt
Carine Baron - San Kyu

Domo arigato Hanshi for continuing to inspire us in our training!

“One of the most striking features of karate is that it may be engaged in by anybody, young or old, strong or weak, male or female.” *My Way of Life*, by Gichin Funakoshi.

In the words Gichin Funakoshi and repeated by Hanshi – “Keep training!”

“Just show up and keep trying. Failure is not trying while trying is 100!”
(Guess who passed on that wisdom? Come to a Tuesday class to experience it for yourself!)

Spirit is everything. Domo arigato,

Sempai Karuna Rao, Ni-Dan

Respectfully submitted on behalf of Hanshi Robert Scaglione

Ueshiro Viera Dojo



August 2019 Kyu rank test of the six Florida Dojo locations

Pine Forest Karate School

Kyoshi David Seeger, Shihan, Ku-Dan

Ueshiro Pine Forest Karate School in Palisades, New York 10964

T W T 7:00 pm - 8:30 pm, Sun 10:00 am – 12:00 noon

motobu@aol.com

Ueshiro Shorin-Ryu Karate USA



57th Annual Black Belt Workout

One Day Event on Saturday November 16, 2019

HNA Palisades Premier Conference Center

Executive Committee

Hanshi Robert Scaglione

David Seeger

Michael Mackay

David Baker

Matt Kaplan

Salvatore Scaglione

Participants / Supporters are listed in chronological order of sign-up.

A VERY SPECIAL THANK YOU TO OUR SUPPORTERS!

Henri Waelbroeck, San-Dan • Palisades, NY • Gold Supporter
Kevin Reymond, Hachi-Dan • NY, NY, Downtown, • Platinum Supporter
 Jon Cohen, San-Dan • NY, NY, Midtown
Steve Hatle, Ni-Dan • Northfield, MN • Silver Supporter
Richy Glassberg, Yon-Dan • Palisades, NY • Gold Supporter
 Edwin Abreu, Ni-Dan • Nyack, NY
Nancy Owen, Yon-Dan • Northampton, MA • Silver Supporter
Chris Barnes, Shichi-Dan • LA, CA, • Platinum Supporter
Art Forni, Ni-Dan • Easton, CT • Silver Supporter
Sean Paus, San-Dan • Nashville, TN • Silver Supporter
Guy Lawrence, Sho-Dan • Northfield, MN • Gold Supporter
Daniel Lax, Go-Dan • Palisades, NY • Silver Supporter
Gene Turok, Ni-Dan • NY, NY, Midtown • Silver Supporter
Preston Powell, Go-Dan • Nyack, NY • Silver Supporter
Scott Sijan, Sho-Dan • Northfield, MN • Silver Supporter
 Kurt Tezel, Roku-Dan • Merritt Island, FL
 Larry Link, Go-Dan • NY, NY, Midtown
 Lisa Rosenberg, Sho-Dan • NY, NY, Midtown
 David Tamir, Shichi-Dan • Kfar-Saba, Israel
Loyd Brownhill, Sho-Dan • Merritt Island, FL • Silver Supporter
David Calligeros, Sho-Dan • Nyack, NY • Silver Supporter
Dan Gobillot, Shichi-Dan • Northampton, MA • Silver Supporter
 William Breidenbach, Ni-Dan • Centerville, VA
Singwen Mientka, Sho-Dan • Northampton, MA • Silver Supporter
Adam Dunsby, Yon-Dan • Easton, CT • Silver Supporter
 Trevor Tezel, San-Dan • Cocoa, FL
Anna Sweeney, Sho-Dan • NY, NY, Midtown • Silver Supporter
 Steve Lott, Roku-Dan • Las Vegas, NV
 Kim Garon, San-Dan • NY, NY, Downtown
 Patricia Marchetti, San-Dan • Merritt Island, FL
 Ronald Marchetti, Go-Dan • Merritt Island, FL
 Robert Neff, Yon-Dan • Brooklyn, NY
Gamiel Ramson, Roku-Dan • NY, NY, Midtown • Silver Supporter
John Bottega, Yon-Dan • NY, NY, Midtown • Gold Supporter
Richard Cupoli, San-Dan • West Melbourne, FL • Silver Supporter
 Barbara Schaefer, Ni-Dan • State College, PA
 Elliot Potter Roku-Dan • Palisades, NY
 Frank Mowka Ni-Dan • Easton, CT
Tracy Magdalene, San-Dan • Northampton, MA • Gold Supporter
 Michael Margulis, Yon-Dan • NY, NY, Midtown
 Anne Burgevin, Ni-Dan • State College, PA
 Youjian Nistorenko, Ni-Dan • Viera, FL
 Maurice Nistorenko, Sho-Dan • Viera, FL
Jennifer Sangalang, Ni-Dan • Melbourne, FL • Silver Supporter
 Robert St George, Ni--Dan • Northampton, MA
 Dawood Emmenuel, San-Dan • NY, NY, Midtown

Anil Jaising, San-Dan • Palisades, NY
Matt Reed, San-Dan • Melbourne, FL
Ron Ballin, Yon-Dan • NY, NY, Midtown
Emiliano Mazlen, Go-Dan • Boston, MA • Silver Supporter
Krysten Clark, Sho-Dan • Melbourne, FL
John Seeger, San-Dan • Palisades, NY
Brian Heese, Ni-Dan • Pelham, NY
Michael Kliegman, Ni-Dan • Easton, CT
Luz De Lucia, San-Dan • NY, NY, Midtown
Tracie Pletcher, Ni-Dan • State College, PA
Noah Kaplan, Ni-Dan • State College, PA
John Robbins, San-Dan • NY, NY, Midtown • Silver Supporter
Anonymous • USRKUSA • Platinum Supporter

Bronze: \$105 Silver: \$250 Gold: \$500 Platinum: \$1,000

<https://www.shorinryu.com/57th>

All Members are invited to train with visiting Black Belts
Sunday, November 17th, 2019 10:00 am – 12:00 pm
Formal Class- All Levels at the Pine Forest Karate School
1 minute from HNA Center
160 Washington Spring Road, Palisades, New York 10964



Kyoshi's Grand Children, Henry and Otto Seeger

Ueshiro Okinawan Karate Family Club

Kyoshi Matt Kaplan, Shihan, Hachi-Dan

Ueshiro Okinawan Karate Family Dojo
State College, Pennsylvania

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

We continue to settle into our new Sunday location at the TriYoga Central Pennsylvania building. This is a serene and spiritual space in the heart of the small historic town of Boalsburg, also known as the birthplace of Memorial Day (in 1868).

Sempai Tracie Pletcher, Barb Schaefer, and Anne Burgevin – all Ni-Dan – established a weekly karate-based self-defense class for women and girls in June and have attracted a small but dedicated following of youth and adult participants. Beyond drilling down on specific moves from kata to emphasize their utility in various situations, the group takes some time to learn about and celebrate some of the often-forgotten women warriors throughout history.

In conjunction with a local home-school collaborative, we are teaching a 13-week one-hour karate class to 20 students ages 9 to 15, and a second class to 18 5- to 8-year-olds. The energy and enthusiasm in these classes keep us on our toes. Both of these classes at the homeschool co-op are comprised of parents and children making the classes intergenerational. The younger class also has three volunteer youth assistants - Robbie, Hannah and Lorelei - who have been in the club for more than one year.



The Wednesday daytime karate class is entering its second year and continues to grow in size. Class members are always excited to welcome and integrate new white belt students. During the warmer months the class frequently meets outdoors at a nearby park. Class members are eager to learn karate and willing to train hard.

We feel as though we're on a roll in building our dojo. One sign that we are heading in the right direction is the uptick in the number of new inquiries coming our way, some of which even allude to hearing about us from multiple sources.

These are exciting times to be a dojo within the Ueshiro Shorin-Ryu Karate USA family!

Domo arigato gozaimasu,

Kyoshi Matt Kaplan, Shihan
Ueshiro Okinawan Karate Family Club
State College, PA
<http://familykarateclub.com>



A group photo taken at the end of one of our Sunday classes
in the TriYoga building in Boalsburg, PA

Ueshiro Northern Virginia Karate Club

Kyoshi Salvatore Scaglione, Shihan, Hachi-Dan

Sensei Lisa Markowitz, Co-Shihan, Yon-Dan

Onegai-shimasu Hanshi, Kyoshi, Sensei, Sempai and all Deshi of Ueshiro SRKUSA,

The Ueshiro Northern Virginia (NoVA) Karate Dojo continues to move forward in the 57th Year of USRKUSA, by first and foremost stepping first! Since the last Newsletter, our Dojo has been busy attending system-wide events, providing self-defense classes, hosting our Cherry Blossom workout, and preparing for the launch of our monthly book club!

On Sunday, March 31, we were joined by visiting Deshi from the Ueshiro Midtown Karate Dojo (Kyoshi Michael Mackay and Sempai Anna Sweeney), Northampton Ueshiro Karate Dojo (Sensei Daniel Gobillot and Sempai Singwen Mientka), and Ueshiro Cocoa Karate Dojo (Sempai Robert Weaver) for our annual Cherry Blossom workout at Great Falls National Park. The weather didn't disappoint as we were galvanized by the energy of the falls and treated to a powerful workout led by Kyoshi Mackay, who inspired us to get low, root down, and unleash the power of the hip. Afterwards, we enjoyed a BBQ lunch with our visitors, swapping stories of past workouts and shared adventures along our Shorin-Ryu paths.





On Saturday, May 12, a group of Deshi - Sensei(s) Lisa and Patrick Markowitz, Sempai(s) Nishu, Reshma, Maya, and Om Shah, and Sempai Fred Bagali - headed by Kyoshi Sal, taught a self-defense class to a group of active 55+ year olds at the Regency at Creekside retirement community. The class was such a hit (pardon the pun!) that we picked up a very eager new student, Michelle McPherson, who is currently splitting her training between our Centreville Dojo and the Regency clubhouse (the latter under the tutelage of Sempai Fred Bagali).

We have long talked about conducting a class in the pool next to the Centreville Dojo to reinforce our techniques in a completely new environment. This summer, we put our words into action. Sensei Shabbir Kazmi led the two classes, conducted in gi, that began with kihon techniques and progressed on to kata. The resistance caused by the water in the pool really forced us step first, root down, and use our hips to push through the water. This was a great learning experience that we plan on repeating next summer.



On Saturday, August 10, a group of Virginia Deshi took a 9-hour road trip to Smyrna, Tennessee, to join Sensei Sean Paus and his students of the Ueshiro Nashville Family Karate Club for their August Kyu-level test.

Before the test, we enjoyed a spirited, traditional 2 hour workout that consisted of warm-ups, kihon techniques, kata, and prearranged fighting, and concluded with kata and weapon demonstrations by the Virginia Deshi. We then proceeded with the formal reviews and breaking demonstrations. Kyoshi Sal presided over the test, Sensei Paus called the test candidates to the spot, and Sensei Patrick Markowitz, Sensei Lisa Markowitz (Center Judge), and Sempai Bill Breidenbach served on the board of judges. During the deliberations, Sempai Fred Bagali led the Deshi through kata. Congratulations to the 13 students who, based on their spirited performances, advanced in rank. Following the test, we were treated by the Tennessee Deshi to a delicious potluck luncheon. DOMO arigato for your hospitality!



The perfect end to the perfect day was to spend the evening in downtown Nashville and soak in the rich ambience of the country music culture. A great time was had by all!

Lastly, on August 31, we piggy-backed on the Florida dojo book club to help guide us in the development of our own book club, which is launching on September 28. Domo arigato to Sensei Trevor Tezel for hosting the discussion of *Karate-Do: My Way of Life* by Gichin Funakoshi and to Hanshi for your generosity in sharing your encyclopedic knowledge of the rich history of our art. We look forward to our upcoming discussion of *The Essence of Okinawan Karate-Do* by Master Shoshin Nagamine.

Domo arigato Hanshi for your tireless efforts in serving as the gatekeeper for Shorin-Ryu Karate USA and ensuring that it continues to be practiced as it was so generously passed on to us by Grand Master Ueshiro.

Sensei Lisa Markowitz, Go-Dan
Co-Shihan, Ueshiro NoVA Karate

Kyoshi Sal Scaglione, Hachi-Dan
Denshi Shihan, Ueshiro NoVA Karate



Ueshiro Merritt Island Karate Dojo

Sensei Kurt Tezel, Denshi Shihan, Go-Dan



Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

The Ueshiro Shorin-Ryu Merritt Island Karate Dojo has classes on Mondays and Wednesdays at 6:00 pm and Fridays at 6:00 am.

In addition to myself, classes are taught by Sensei Carla Eddy (San-Dan).

Sensei Ron Marchetti (Go Dan) and Sensei Pat Marchetti (San-Dan) have moved to Charlotte, North Carolina to be closer to their grandchildren. Their enthusiasm and energy are sorely missed!

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

In celebration of Grand Master Ansei Ueshiro's birthday on April 20, the Ueshiro Merritt Island Karate Dojo held its annual Katathon on April 24. This awesome event was well represented by all ranks and ages.



Connor Keefe joined Mom Sandra in becoming a Ro Kyu on June 24th!



Later in the summer Connor's family visited San Diego. In keeping with the idea of photographing karate-ka on vacation we received this "dispatch" from Connor's mother Sandra:



Connor chose this amazing machine to show the high block for whoever messes with the USA.

We are part of military veterans. Connor's father and uncles are all Navy boys!

We understand the sacrifices that military families go through to protect and keep us free!

I meet our heroes from WWII and Vietnam War and other wars almost daily at work. They teach us about our history and unfortunately the painful results from it.

As in karate, we are teaching our children to respect and defend themselves when necessary!

I can't describe in few words how proud I am to be an American.

We visited the SEAL's training facility where my husband trained. We learned how our heroes are transformed from soldiers into human weapons/intelligence! We are so blessed to have young warriors dedicating their lives to protect us!

Connor kept asking why people fight, why we have war? We can just hope that one day we will all get along. We hope more children grow up respecting and praising our heroes!



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

To-Te Ueshiro Karate Dojo

Sensei Preston Powell, Denshi Shihan, Go-Dan

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

Hoping the entire USRKUSA family of Karateka near and far had a great summer keeping the obi's tied and feet rooted to the deck!

SAVE THE DATE: The Rockland County NY Dojo's welcome you back to the New York region for the 57th Ueshiro Shorin-Ryu Annual Black belt gathering and Celebration Saturday, November 16th in Palisades, NY at the HNA Palisades Conference Center.

NYACK SUMMER DOJO NEWS: The To-Te Ueshiro Karate Dojo held its summer full belt promotion Tuesday, August 27th overlooking the Hudson River in our Dojo located 85 South Piermont Ave, Nyack, NY (south corner of Memorial Park).

This was our first early weekday promotion due to many families leaving for vacation. With a 4:45 pm warm up of kata and words of inspiration and a formal bow in, traditional warm ups, and across deck basics followed by non-stop kata, we proceeded with the formal testing. Powell Sensei called the candidates up on the spot and Sempai Ed Abreu, Ni-Dan, Sempai Bryan Markiet, Ni-Dan and Sempai David Calligeros, Sho-Dan, rounded out the board. Sempai Ethan Markiet, Sho-Dan, was a role model and demonstrated and assisted where needed during the testing.

Promoted:

Ro-Kyu 1 Green tip | Ariella Kahn

Yellow Belt | Danny Encalada, Shane Encalada, Andrew Encalada

San-Kyu Brown Tips | Dylan Quagliata, William Chappell, Joseph Goshen

Orange Belt | Emilia Faulkner

I would like to thank all those that did not test but showed up to assist with the promotion and cleaning of the Dojo.

The Nyack Karate Dojo looks forward to the Fall training ahead and keeping the high level of training and leadership as displayed daily by Hanshi Robert Scaglione and given to us by Master Ueshiro.

Arigato Hanshi!

Domo Arigato Gozaimasu

Respectfully Submitted by Powell Sensei, Denshi/Shihan

To-Te Ueshiro Karate Dojo | Nyack, NY

FALL CLASS SCHEDULE:

Saturday 10:00 am - Noon

Tuesday 5:00 pm - 6:30 pm

Thursday Evenings 6:00 pm - 7:30 pm

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



Ueshiro Okinawan Karate Club of Pelham Manor

Sempai Brian Heese, Shihan, Ni-Dan

The Ueshiro Okinawa Karate Club of Pelham Manor continues to thrive. We are incredibly grateful to Barbara Nichuals who allows us the privilege of training in her home.

We've just started the school year with four veteran deshi who train with joy and vigor each Monday at 6:30 pm under the guidance of Kyoshi Mackay and Sempai Brian Heese. All are welcome to join us. Please call me at 914-602-9010 to arrange a visit.

Olivia Vikman
Arya Gauba
Morgan Begley
Giulia Rocha

We took the photo below during our end of the school year workout at Davenport Park overlooking Long Island Sound.



Respectfully submitted,
Brian Heese
Ni-Dan

Northampton Ueshiro Karate Dojo

Sensei Daniel Gobillot, Denshi Shihan, Shichi-Dan

Onegai shimasu Hanshi, Kyoshi, Sensei and Deshi of USRKUSA

On Sunday March 10, 2019 a Black Belt review and promotion was conducted at Northampton Ueshiro Karate in Massachusetts. Over 50 active members of Ueshiro Shorin Ryu Karate U.S.A traveled through the snow from 6 states representing over 10 member dojo's and clubs. 19 deshi were reviewed for dan rank after a spirited warm up of kihon techniques lead by Kyoshi David Baker and workout lead by Kyoshi Michael Mackay. I have never experienced such a river of sweat in my dojo. This old 4 story factory building was still vibrating with kiai several days later.

There were two review boards: one for the Shodan candidates and another for Nidan and Sandan candidates. The deck was split by a wisp of shoji screen.

SHODAN - Board of Judges

1. Kyoshi David Baker, Ku-dan
 2. Daniel Gobillot, Shichi-dan
 3. Trevor Tezel, Roku-dan
 4. Daniel Lax, Go-dan
 5. Nancy Owen, Yon-dan
- Alternate - Emiliano Mazlen, Go-dan

NIDAN & SANDAN - Board of Judges

1. Kyoshi Michael Mackay, Ku-dan
2. Kevin Reymond, Hachi-dan
3. Gamiel Ramson, Roku-dan
4. Elliot Potter, Roku-dan
5. Mary McKitrick, Yon-dan

Congratulations to the following deshi who earned their current rank and were promoted:

SHODAN

1. Cheyenne Flynn (FL)
2. Krystan Clark (FL)
3. Caroline Margolies (Albany NY)
4. Singwen Mientka (Northampton MA)
5. Andre Gross (FL)
6. Tim Tidwell (FL)
7. Theo Panagakos (Boston MA)

NIDAN

1. Dakota Flynn (FL)
2. Lisa Rosenberg (NYC)
3. Karuna Rao (FL)
4. Robert St George (MA)
5. Bryan Markiet (Nayak)
6. Gene Turok (NYC)

SANDAN

1. Tracy Magdalene (MA)
2. Trevor Tezel (FL)

After the formal kata review there was a brief break for lunch while the boards of judges convened. Weapons demonstrations including the Roku shaku bo, Sai, Nunchaku, Tonfa and Kama followed the break. Shodan candidates paired off with Sandan candidates to demonstrate all four Yakusoku Kumite. The Shodan candidates faced off against San-dans for Jiyu Kumite. Eight deshi successfully broke bricks.

The long day was followed by a celebratory compai and dinner.

I would like to thank Kyoshi Mackay and Kyoshi Baker without whom I would not have been able to host this event. Also, thank you Sensei McKitrick for your photography skills to help record this event in history and to Sensei Magdalene for supplying lunch and beverages. And of course special thanks to everyone who helped prepare and who showed up to make this event memorable.





March 2019 Black Belt Review





Also, we conducted a small rank promotion on August 14, 2019. Thomas De Jesus was reviewed for Yon kyu and demonstrated an incredible performance. The Board of Judges consisted of Robert St. George (Ni dan), Singwen Mientka (Sho dan) and Austin Hatch (Ik kyu). Congratulations Thomas!





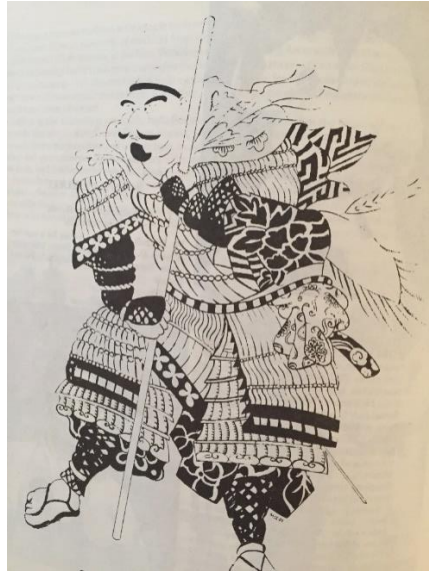
Domo arigato gozaimasu Hanshi Robert Scaglione for propagating this wonderful art of Shorin Ryu Karate brought to the United States by Grand Master Ansei Ueshiro on September 14, 1962. My gratitude to you will never end.

Domo arigato gozaimasu,

Daniel Gobillot
Shihan, Shichi-dan
Northampton Ueshiro Karate

Ueshiro Downtown Shorin Ryu Karate Dojo

Sensei Kevin Reymond, Denshi Shihan, Shichi-Dan



“My statement is simply ... if one pursues any goal with dedication, any art can be grasped and made to manifest in near perfection. There are no limits to what can be accomplished.”

Hanshi Robert Scaglione from “Building Warrior Spirit”

Onegai Shimasu Hanshi, Kyoshi, Sensei and Fellow Deshi,

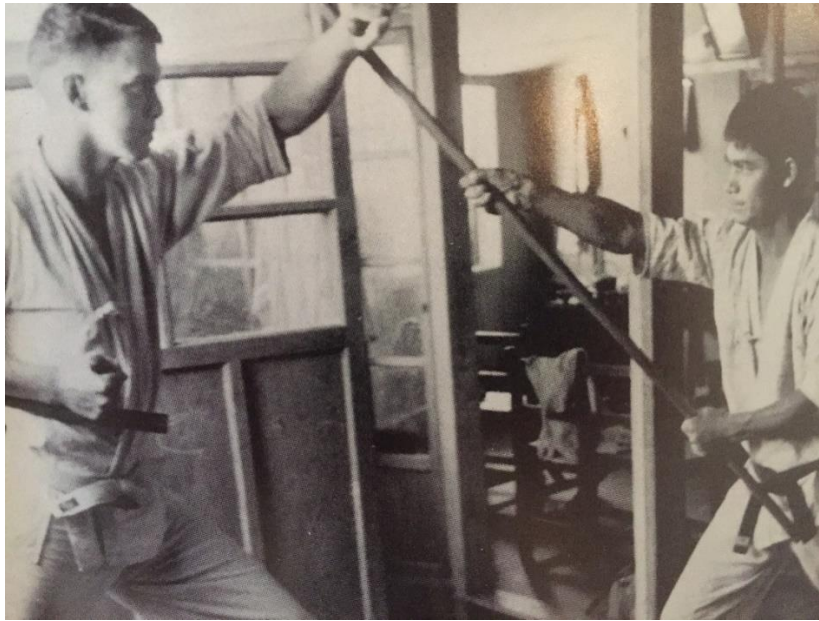
We continue to work on growing the Ueshiro Downtown Shorin Ryu Karate Dojo and we are moving forward to expand our student base and awareness in the community.

Some recent events include our June and August promotions. The August promotion was held as a joint event with the Ueshiro Midtown Dojo. Congratulations to Jessie Gao for earning the rank of go-kyu, Maximillian Feil for earning the rank of yon-kyu, and Kevin Saulsbury and Reginald Washington for earning the rank of san-kyu. The Boards of Judges consisted of Sensei Gamiel Ramson, Sensei Ron Ballin, Sensei John Adams, Sensei Kim Garon, Sensei John Cohen, Sensei John Bottega, Sensei Luz De Lucia, Sempai Lisa Rosenberg and Sempai Anna Sweeney. After the tests, demonstrations of kata were performed by the different ranks. The August promotion was followed by a celebratory dinner and compai at Vincent’s in Little Italy.

In June we started the New York City Metro Area Ueshiro Shorin Ryu Karate Book Club. The Book Club will meet every other month at various locations. In the first two meetings we discussed, *Building Warrior Spirit with Gan Soku Tanden Riki* by Hanshi Robert Scaglione and *Moving Zen* –

Karate as a Way to Gentleness by C.W. Nichol. In connection with the discussion of Hanshi's book we celebrated the 30th anniversary of the book's publication. Our next book club meeting is scheduled for Wednesday, October 16, 2019 at 7:30 pm at the Hombu Dojo. At that meeting we will cover Sun Tzu's *The Art of War*.

In September we took part in the annual 9/11 workout in Central Park in New York near the Bow Bridge. The workout was conducted with joy and vigor by Kyoshi Michael Mackay. We look forward to participating in other events throughout the rest of the year.



Always Moving Forward

Domo arigato gozaimasu Hanshi for your continued inspiration, encouragement and leadership! We are looking forward to many more years of training with you.

Sensei Kevin Reymond, Hachi-Dan
Denshi-Shihan, Ueshiro Downtown Shorin Ryu Karate Dojo
Under the direction of Hanshi Robert Scaglione

107 Chambers Street; New York, NY; 646-745-6172
www.downtownkaratedojo.com

Class Schedule

Monday	5:30 pm – 6:15 pm
Tuesday	7:00 am - 8:00 am
Wednesday	6:45 am – 8:15 am
Thursday	5:30 pm – 7:00 pm

Ueshiro Cocoa Shorin-Ryu Karate Dojo

Sensei Trevor Tezel, Shihan

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

As our fellow Floridians have sweated through the dog days of summer, our local dojo have left their sweat on the Karate deck. The Cocoa Dojo is no exception. Since our last newsletter, our schedule has been updated:

- Mondays at 6:35 pm: Sempai Rob Weaver (Sho Dan)
- Wednesdays at 6:35 pm: Sensei Trevor Tezel (San Dan)
- Thursdays at 6:30 pm: Sempai Dakota Flynn (Ni Dan)

On Saturday, April 27, 2019, the Cocoa Dojo participated in the Cocoa YMCA's "Healthy Kids Day." We trained in the gymnasium and outdoors and introduced families to USRKUSA. We capped off the event with kobudo demonstrations. Domo arigato Denshi/Sensei Kurt Tezel of the Merritt Island Dojo for supporting this event.

We held two green tip tests, one on June 27, 2019 and one on August 26, 2019. All candidates performed their kata successfully. Domo arigato to our local Florida Black Belts, who came out to support our tests on both dates.



Cocoa Dojo Tip Test - June 27, 2019



Cocoa Dojo Tip Test - August 26, 2019

The Cocoa Dojo participated in a variety of other events with our sister dojos in Florida. This included our August Kyu Rank Test, our monthly Book Club discussions, and our annual Memorial Day Beach Workout.

Finally, in a piece of belated news, Sempai David Koenig (Ik-kyu, Cocoa Dojo) moonlights as a judge on the Brevard County Court. Sempai (Judge) Koenig swore in Kevin Adler as an attorney-at-law just before one of the 6:00 am Friday morning classes on the deck of the Merritt Island Dojo. Please enjoy the picture below. (Domo arigato Sensei Tezel for waiving the “no shoes on the deck rule” for this unprecedented moment in USRKUSA history.)



Domo arigato Kyoshi Baker for providing Cocoa, and the other Florida dojo, with your administrative and technical guidance. Domo arigato Hanshi for guiding each of us on our Karate journey from White Belt to Black Belt and for inspiring us to propagate the art.

Domo arigato gozaimasu,
Sensei Trevor Tezel, Shihan
Ueshiro Cocoa Shorin-Ryu Karate Dojo

Ueshiro Suntree Shorin-Ryu Karate Dojo

Sempai Matt Reed Shihan, Ni-Dan

Onegai-shimasu, Hanshi, Sensei and all USRKUSA deshi,

“Karate begins and ends with courtesy.”

So true.



Hanshi is our biggest champion and the ultimate role model when it comes to courtesy in the dojo. When someone addresses you or gives you a correction, don't look down, don't get discouraged, he says. Instead, reply strongly with “Domo arigato, Sensei! Domo arigato, Sempai! Domo arigato, Hanshi!” And most importantly, don't skimp on the title. Rather, emphasize it and use cadence to amplify your voice. A simple act of saying thank you to your sensei is a form of public speaking and something we could all do better.

So, “Domo arigato, HANSHI, for your guidance and encouragement!”



Now for some news regarding the Ueshiro Suntree-Melbourne Dojo:

Congratulations to our newest Sho-dan, Sempai Krystyn Clark! She continues to train not only at our dojo, but at Ueshiro Viera Dojo with Hanshi and Ueshiro Merritt Island Dojo at the advanced classes with Sensei Tezel.



A very special shout out to Sempai Lloyd Brownhill, Sho-dan, who has volunteered SO much of his time to teach 3 classes a week at Ueshiro Titusville Dojo while Sempai Ed Bauder, Sho-dan and Shihan, recovers from surgery. Sempai Lloyd's still the reigning champ of congeniality (in our eyes) and a model student. He started karate at age 70 and will celebrate his 78th birthday a day before Hanshi turns 81. Happy early birthday, Hanshi and Sempai Lloyd!



“Karate-Go:” This summer, Sempai Jennifer Sangalang, Ni-dan, took a short break from hiking the Grand Canyon to do a kata — super slow motion and safely away from the edge of the trail. Sempai Lloyd posed in his gi while on vacation as well. Kyoshi Mackay added these pics to his

“Karate-Go” album online, <http://midtownkaratedojo.com/GalleryKarateGo.html>, and encourages others to send him photos of karate outside the dojo.



In July, Sempai Sangalang had a spirited workout with Kyoshi Mackay at the Ueshiro Midtown Dojo in New York City. There were 2 women white belts — their first class, by the way — and it was exhilarating to train with them, Sensei and Kyoshi.



Last, but not least, domo arigato, Sensei Matt Reed, San-dan and Shihan, who continues to inspire his students and demonstrates near-perfect karate courtesy. No karate question goes unanswered, he always makes time for his students, and we're beyond grateful for his support.



Class times:

- Noon to 1:30 p.m. Sundays
- 7 to 8:15 p.m. Wednesdays

Submitted by Sempai Jennifer Sangalang
Ueshiro Suntree-Melbourne Dojo
Wickham Park Community Center
2815 Leisure Way
Melbourne, FL 32935

Shihan Sensei Matt Reed
Under the Direction of Hanshi Robert Scaglione
321-213-3124

ueshirofloridakarate.com/suntree
rpd197@yahoo.com

Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota

Sensei Steve Hatle Shihan, Ni-Dan

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

The Northfield Dojo is moving through 2019 with a large number of new students - a great mix of families, adults, students, and children that bring a lot of energy and “beginner’s mind” to the deck! At the same time, our senior students are cultivating that “beginner’s mind” to explore our karate and improve our bodies and spirit as we continue our journey on the path set out for us by Master Ueshiro.

We continue with our regular schedule of classes for all ranks on Monday, Wednesday and Saturday. Additional Brown/Black Belt training occurs each week as well.

Late this summer, the Northfield Dojo moved to a new permanent location at the Northfield Dance Academy. While we are still in the “move-in” phase, this will allow us to have a permanent place for the shinden, training equipment, and the special artwork and other mementos that we have been graciously gifted over the years!

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. The student leaders of the club are ready to hit the ground running with the new school year. They bring much enthusiasm to promoting Ueshiro Shorin-Ryu karate within the Carleton College community – we have over 20 students signed up for the fall term!

The multitude of classes provide our higher Kyu-level students as well as our Black Belts the opportunity to learn and grow through teaching.

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

Ro-Kyu (One Green Tip):

Jen Halverson
Maggie Dumonceaux
Samantha Swanson
Rosemarie McCarney

Go-Kyu (Two Green Tips):

Yicheng Shen
Daniel Kleber
Eric Neidhart

Yellow Belt:

Joel DeBuse



Mark your calendars! We will once again be hosting a special “Minnesota in May” event! All Ueshiro Shorin-Ryu karateka are invited to join us for an intensive weekend of training and celebration. More details to come later this year.

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

Boston Chinatown Ueshiro Shorin-Ryu Karate Club

Sensei Emiliano Mazlen, Shihan, Go-Dan

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 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 Grand Master Ueshiro laid out for us.

We held a belt test in August. Arigato to M. Wiggins and William Graham who, as is proper, added their spirit and sweat to the event even though they were not testing on the spot today. Congratulations to Diane Tshikudi who was promoted to Sankyu. With each new rank awarded, we remembered that we only earn our new (or current) rank when we receive the next one, or, in other words ...

“Keep Training.”

Domo arigato gozaimasu to all,
Sensei Emiliano Mazlen, Go-Dan
Boston Ueshiro Shorin-Ryu Karate Club
857-234-7350 (c)
emazlen@hotmail.com

Ueshiro West Melbourne Shorin-Ryu Karate Dojo

Sensei Rick Cupoli, Shihan, San-Dan

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

Warrior spirit, joy and vigor abound at the Ueshiro Shorin Ryu West Melbourne Dojo. I am extremely fortunate to be assisted by Sempai Miranda Aiken, Sho Dan, who does an amazing job helping to keep our dojo strong. We have been in operation since August of 2011 which means that we have been in up and running for eight years at the Rodes Park Recreation Center. We enjoy a wonderful relationship with the staff here.



We are pleased to share that we have a roster of 34 students. Many of these are families that are training together. The essays I read from the parents that train are very inspirational. All indications are that they fully enjoy training and want to keep moving forward. We had a recent influx of new students that comprise a good number of white belt ranks (including Ro Kyu and Go Kyu). These have taken the place of many Go Kyus who recently advanced to Yon Kyu at our August promotion. Our green belt ranks, including San Kyu, total ten. We also have quite a few Ik Kyus who are approaching readiness for their Dan test. We have seven karateka at the Ik Kyu rank.



In our eight years of serving we have seen a lot of faces come and go. But we have also seen a lot of faces come and stay. These are the special jewels of our dojo. I am always humbled and privileged to have them come to our dojo to train Shorin Ryu karate-do. We are always mindful of what a great responsibility this is. There are a myriad of wonderful reasons to train karate. But ultimately its objective is effective self-defense and to this end I lean on Hanshi, Sensei Tezel and the other Shihan and Dan ranks in our tight knit group for support and to ensure proper training. We regularly emphasize that everyone must train like their life depends on it. While doing this, have lots of fun.



Teaching Ueshiro Shorin Ryu Karate USA karateka is a great and rewarding privilege. I am forever thankful for this great honor.

Domo arigato,

Sensei Rick Cupoli, San Dan
Shihan - West Melbourne Dojo

Wilton Connecticut Ueshiro Shorin-Ryu Karate Club

Sensei Keith Eng, Shihan, San-Dan

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

The Wilton Connecticut Ueshiro Shorin-Ryu Karate Club under the auspices of USRKUSA continues forward with vigor. We consider it joy to forge our bodies into something stronger and better with training and sweat equity; much like one would forge soft iron to superior steel, with heat and pounding force. We are also planning our next round of testing and kampa.

Some fun facts that were found on the internet pertaining to karate (Exact statistics have not been corroborated, but many of us can attest to the following): **Did you know?**

- There are over 600 muscles in the human body and you will use every one of them during and average karate class.
- Karate kicks engage all muscle groups in the upper and lower abdominal areas and strengthens the lower back.
- An adult student can burn over 1,000 calories in a typical one hour karate class with many reporting significant weight loss during the first six months.
- Enhanced flexibility from karate training can greatly increase posture and vitality... and can assist in the prevention of many age-onset injuries.
- Children who train in karate are much less likely to be bullied – or become bullies – as they develop greater self-confidence and respect for others.
- Children’s schoolwork and classroom behavior can be greatly improved through karate’s disciplined and respectful training environment.
- Accomplishments in karate are often seen in a positive light by prospective employers who rightly attach images of strength, trust, and good character to those who study it.

The best of training to all of you! We will be with you on the deck!

Domo arigato gozaimasu,
Keith Eng, San-Dan
Shihan of the Wilton CT Ueshiro Shorin-Ryu Karate Club

Class Schedule	
Tuesday	7:30-8:30 am
Thursday	7:30-8:30 am

Ueshiro Shorin-Ryu Nashville Family Karate Club

Sensei Sean M. Paus, Shihan, San-Dan

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

The Ueshiro Shorin-Ryu Nashville Family Karate Club had a productive Spring and Summer this year.



In June we held a tip test, and are pleased to announce the following promotions:

Ro-Kyu

Airy Torres Alducin
Alok Gupta
Arush Gupta

Go-Kyu

Levi Hecht
Dale Hecht

In August, we held our Summer Kyu level test. This event was made extra special by the presence of our guests from the Northern Virginia Ueshiro Dojo:

Kyoshi Sal Scaglione, Hachi-Dan
Sensei Patrick Markowitz, Go-Dan
Sensei Lisa Markowitz, Go-Dan
Sempai Bill Breidenbach, Ni-Dan
Sempai Fred Bagali, Ni-Kyu

We started with a two hour spirited workout, consisting of warmups, kata, and pre-arranged fighting drills. Our guests then treated the club to a few kata demonstrations, including Rohai and Sakugawa Bo Kata.

We then proceeded with the formal reviews and breaking demonstrations. Kyoshi Sal presided over the test, Sensei Paus called the test candidates to the spot, and Sensei(s) Patrick Markowitz, Lisa Markowitz, and Sempai Bill Breidenbach served on the board of judges. During the deliberations, Sempai Fred Bagali led the Deshi through kata.

Based on their spirited performance, the following test candidates were awarded the following ranks:

Go-Kyu

Peter Bassily
Andrew Bassily
Kirolus Bassily
Mathew Zack
Kevin Zack

Yon-Kyu

Monserrat Tornez
Stephanie Tornez
Mary Smith

Orange Belt

Kathryn Richardson
William Richardson
Alexandria Panther

Ni-Kyu

Elizabeth Richardson
Charles Richardson

After the awarding of ranks, we assembled for a group photo, followed by a potluck luncheon.

On September 28th, we held a demonstration at a small business expo called Smyrna Depot Days. The morning started with a short class with rehearsals of the demonstration. We performed several kata and some pre-arranged fighting exercises for folks visiting the event. We were approached by several people interested in our club, and in what Ueshiro Shorin-Ryu had to offer. We hope this will result in more fresh white belts on the deck soon!



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. Keep training!

Sensei Sean M Paus, San-Dan

Ueshiro Shorin-Ryu Nashville Family Karate Club

University at Albany Ueshiro Shorin-Ryu Karate Club

Sempai Keith Chan, Shihan, Ni-Da



Yon-kyu

Andriana Prifti

Yon-kyu

Justin Giambruno

Jessie Rosenthal

Ni-kyu

Jason Noon-Damiani

Sho-dan

Caroline Margolies

Ni-dan/Shihan

Keith Chan

Contact:

Greystar999@gmail.com

617-818-7255



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

The Albany Ueshiro Shorin-Ryu Karate Club celebrates its sixth year of sweat, joy and vigor in New York's capital district! We continue our training at the community room of the Damien Center (12 S. Lake Ave, Albany, NY 12203). In February, 2019, we held testing events for Jessie Rosenthal and Justin Giambruno, who were awarded the rank of san-kyu, and Andriana Prifti, who was awarded the rank of yon-kyu. Ms. Caroline Margolies was honored to test for sho-dan on March 10, 2019, and was awarded her new rank in Northampton, MA. Congratulations to all who were awarded new ranks this year, including Andriana Prifti, yon-kyu, Jessie Rosenthal, san-kyu, Jason Giambruno, san-kyu, and Caroline Margolies, sho-dan. Domo arigato to all sensei, sempai and deshi who hosted us at various events!

Please join us for training at the Albany Ueshiro Shorin-Ryu karate club every Tuesday and Thursday, 6:00 pm to 7:30 pm, and Saturdays, 10:15 am to 12 pm.



Domo arigato gozaimasu,
Sempai Keith Chan, Shihan, Ni-Dan
University at Albany Ueshiro Shorin-Ryu Karate Club

Ueshiro Bushi Dojo

Sensei Chris Barnes, Denshi Shihan, Shichi-Dan

Greetings Hanshi, Kyoshi's and All Ueshiro Shorin Ryu Deshi World Wide.

BUSHI DOJO BEVERLY HILLS Keeps Moving Forward on The West Coast.

Special thanks to Damon Santostefano for his efforts as we try to build an even larger presence in California.



Extremely grateful to all those who have gone before us and all who maintain this amazing organization of traditional Karate. In a world built on change, the consistency of our karate is a true blessing to be part of Arigato Master Ueshiro for bringing to us all this wonderful art. Arigato Hanshi for honoring the tradition of our style and teaching us all the value of maintaining the purity, we will be forever grateful.

Arigato Barnes Sensei
Denshi, Shihan, Shichi-Dan
Ueshiro Bushi Dojo
Beverly Hills, CA

Dulles Ueshiro Shorin-Ryu Karate

Sensei Patrick Markowitz, Shihan, Go-Dan

Onegai-shimasu Hanshi, Kyoshi, Sensei, Sempai, and all Deshi of Ueshiro SRKUSA,

The Warriors of the Dulles Ueshiro Shorin-Ryu Karate Club are going strong; stepping first, and partnering with our brothers and sisters at the Northern Virginia Karate Dojo to stay low and train hard.

We had an fruitful spring and summer with club members participating in the annual Ueshiro NoVA Cherry Blossom-inspired workout at Great Falls National Park, and a road trip to train and help conduct a promotion test with Sensei Paus and the students of Ueshiro Nashville. The Nashville club was exceptionally welcoming and hospitable and we departed having made new friends.



We thank Hanshi and Sempai Trevor Tezel for leading an engaging August book discussion on *Karate-Do: My Way of Life* by Gichin Funakoshi.





Domo arigato to Hanshi Scaglione and Kyoshi Sal for their leadership and showing the way.

Warm regards to all of our extended karate family!

Sensei Patrick Markowitz
Shihan, Ueshiro Dulles Karate

Easton Connecticut Ueshiro Shorin-Ryu Karate Club

Sensei Adam Dunsby, Shihan, Yon-Dan



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

We are grateful to Hanshi Robert Scaglione for keeping us focused on the traditions of Shorin-Ryu karate as passed down by Master Ansei Ueshiro. One of our local summer traditions is the annual Sherwood Island Beach Workout in July, led by Kyoshi Mackay. Afterwards, our dojo hosted the barbecue/compai, during which Kyoshi Mackay presented us with a commemorative woodcut of Okinawa, framed by wood originating from Sherwood Island. Several weeks later, we were honored to participate in the annual Central Park 9/11 Memorial workout in New York City hosted by the Hombu Dojo.

We now train with joy and vigor looking forward to the upcoming Black Belt workout in November, and we welcome all USRKUSA deshi who wish to visit and train with us in Connecticut.

Domo arigato gozaimasu,
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

Ueshiro Bay Ridge Karate Dojo

Sensei Robert Neff, Shihan, Yon Dan

Onegai shimasu Hanshi, Kyoshi, Sensei & fellow Deshi,

We here in Bay Ridge have been very busy for the past six months. We have been working hard trying to build our foundation through basics and the first three kata. We had a small beach workout in Coney Island at the beginning of the summer in the tradition of the Okinawans who trained on the beach often.

Martin Owsiak-Pyznar joined the dojo as our first ever student from the martial arts elective class at Poly Prep Summer Experience Day Camp. We were very excited to have him join us as a deshi. Misha Ratner came with me for the annual Midtown Dojo Sherwood Island workout. Both Jon Cummings and Martin Owsiak-Pyznar participated in the annual 911 Memorial Workout in Central Park. It has been great to have the privilege to be a part of these historic events with my students. My deshi and I look forward to many more workouts with Kyoshi Mackay and the Midtown Dojo as well as the other schools in our system.



Domo arigato gozaimasu to both Master Ueshiro for bringing USRKUSA to our country and to Hanshi Scaglione for his continued support, guidance and teaching.

Domo arigato gozaimasu, Hanshi,

Sensei Neff, Yon-Dan

Shihan - Bay Ridge Ueshiro Shorin-Ryu Karate USA

Ueshiro Titusville Karate Dojo

Sempai Edward Bauder, Shihan, Sho-Dan

Onegai shimasu Hanshi, Kyoshi, Sensei and USRKUSA Deshi,

Well the end of summer has brought about an increase in new and fresh students eager to learn Ueshiro Shorin Ryu Karate at the Ueshiro Titusville Karate Dojo. Our attendance has increased to an average of between 15 to 20 deshi per class. The attendance at the intermediate class for Go-Kyu and above grows larger due to recent promotions. The students proved their maturity in that while they were on summer vacations with their families they continued to practice. This was evidenced by their performance at the Full Belt test and the Tip Test for this quarter.

We continue to offer our intermediate class for training Go-Kyu and above on Wednesday from 6:00 pm to 7:15 pm. The emphasis for the intermediate class is still Bunkai and Yaku Soku Kumite training. It has been such a pleasure and an honor to train and grow alongside of the men, women, and children that make up our ranks. 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., Titusville FL.

Several of our Deshi were present for the full belt test held at the Wickam Park Recreation Center in Melbourne, FL on August 2019. Promotions results from the Titusville Dojo are as follows:

Promoted to Ni Kyu

Giovani Maldonado

Promoted to San Kyu

Armond Sadri

Isac Tagtow

Promoted to Yon Kyu

Aubrey Tagtow

Promoted to Yellow Belt

Alex Parrish

Jacob Negro

Our recent Tip Test at the Titusville YMCA family center on August 30, 2019 would indicate the influx of White Belts. Promotions results from the Titusville Dojo are as follows:

Promoted to Go Kyu

Ayden Edwards
Lily Easton
Hannah Vanvelzor
Mary Ann Dierdorf

Promoted to Ro Kyu

Abram Vanvelzor
Katlin Vanvelzor
Ronan Easton
Aimee Albriton

We have a Facebook site (Titusville Ueshiro Shorin Ryu), where pictures can be viewed of our Deshi participating in events and tests.

Continuous emphasis is given to both personal development of each deshi as well as a team and family spirit, as many of our deshi continue to be fathers, 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 offered as it was brought to the United States by Grand Master Ansei Ueshiro and as currently taught by Hanshi Robert Scaglione.

On a personal note I would like to extend a whole hearted thank you to all of the Florida Deshi and Black Belts (especially Lloyd Brownhill, Sho Dan) for stepping up to substitute for me during my recovery from hip replacement surgery. I hope to be back better and stronger than ever in an expeditious fashion.

Sempai Edward Bauder, Shodan
Shihan, Ueshiro Titusville Karate Dojo

Ueshiro baKfar Dojo

Sensei David Tamir, Shichi-Dan

Onegai-Shimasu Ueshiro Shorin Ryu Karate USA Worldwide

We have been busy in recent months relocating our dojo to the nearby Kfar-Saba Country Club facility, which presents a much better opportunity for gaining new deshi and propagating our art. We have also recently been blessed by Kyoshi Seeger's visit to Israel. Kyoshi taught us through two workouts, one in Jerusalem overlooking the ancient Old City Walls and the second in Tel-Aviv overlooking the Mediterranean Sea. Kyoshi worked with us on preserving and utilizing the classical shapes of our blocking/striking forms in kata; working our hips to deliver more rotational power from the ground up; relaxing our initial movements to generate more speed and power on the strikes like a baseball batter; focusing more on the chambering arm to deliver more power closer in rather than overreaching and many other details as passed down by Master Ansei Ueshiro through Hanshi Robert Scaglione.

Kyoshi also led our August testing of Sempai Guy Shlomo, who was promoted to San-Kyu (Brown Tips).

Domo Arigato Kyoshi for your visit and bringing us Ueshiro SRKUSA Joy and Vigor from Hanshi in America. We hope you visit us again and to visit you all in the US over the upcoming months.

Domo Arigato Gozaimasu Hanshi and Kyoshi for keeping us on the path and improving us along the way.

Please see photos below from our new dojo and Kyoshi's visit and promotion described above.

Sensei David Tamir, Shichi-Dan
Denshi Shihan, Dojo BaKfar
Kfar-Saba, Israel





New BaKfar Dojo



Kyoshi Seeger visit, September 2019 – Belt Promotion

Hong Kong Ueshiro Karate Club

Sensei Alan Lai, Shihan, Roku-Dan

As you all know, we are experiencing an unprecedented situation in our country of Hong Kong. We would like to assure everyone that we are all safe and well. Everyone keeps training as usual in spite of some workouts that had to be cancelled. At any rate, we keep moving forward.

Hong Kong is still a very safe place to visit. If you plan to come and visit us, please let us know. We will take care of you once you come here, and everything will be fine.

Domo Arigato,

Alan Lai
Shihan of Ueshiro Hong Kong Karate Club

Ueshiro Harbour Karate Club

Sensei Tytus Michalski, Shihan, San-Dan

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

We successfully completed the second semester working with non-profit Sprouts Foundation Hong Kong teaching students from lower income backgrounds.



All nine students from the first semester continued and completed the second semester of training.

Our focus in this next semester will be to continue building on the traditional training that the students have received for both their physical and mental growth.



Domo Arigato Gozaimasu to Hanshi for the leadership in passing on our traditional style of karate to future generations!

Domo Arigato Gozaimasu,

Tytus Michalski, San-Dan
Ueshiro Harbour Karate Club
Hong Kong, China

Herzelia Ueshiro Dojo

Sensei Nir Zamir, Denshi Shihan, Go-Dan

12 Zamarot St. Herzelia, Israel
+972 544 300 420
nirzamir1@gmail.com

This summer we have been exceptionally fortunate to benefit from Kyoshi David Seeger's visit to Israel. On top of the joy of spending time with Seeger Kyoshi and his wife Holly and their friends, we had Joy and Vigor - and much Shorin Ryu GOLD - through two sessions of training, which Kyoshi was generous in fitting into his trip's agenda:

- A Saturday morning training in Jerusalem, across from the dramatic view of the ancient walls of the old city of the Jewish capital.
- A second Saturday training session in Tel Aviv, on the beach overlooking the Mediterranean Sea.

The visit and the training left all of us, from Tamir Sensei's Dojo and our own, extremely charged and grateful for receiving this level of instruction, and we look forward to Kyoshi's NEXT visit to Israel!



Arigato,
Sensei Nir Zamir, Denshi Shihan, Go-Dan
Herzelia Ueshiuro Dojo
Herzelia, Israel

Acknowledgements

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For previous Newsletters visit <http://midtownkaratedojo.com/Newsletters.html>.

Domo arigato gozaimasu to Hanshi Robert Scaglione for his supervision and guidance with these Newsletters, and every other facet of the USRKUSA Organization.



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