

# FALL 2020 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, all Members!



Onegai shimasu, Hanshi, Sensei and Deshi of USRKUSA World-wide,

*“We have the freedom to train karate,  
which at one time  
had to be practiced in secrecy.”*

- Hanshi Robert Scaglione, July 4, 2020

Hanshi’s July 4<sup>th</sup> message was a reminder that the history of Karate-Do has been forged by the spirit to move forward through unimaginable hardships and turmoil, instead of succumbing to them. Master Shoshin Nagamine built the first Matsubyashi dojo in Naha out of the ashes of WW II. Grand Master Ansei Ueshiro opened his first six dojo in the US during the bloodiest years of the Civil Rights movement.

“I believe (as many others do) that mental attitude is 90% of the battle, according to our individual choices.” Hanshi’s perspective was shared in the context of battling COVID-19, but it affirms once again the power of mindset and the need to take responsibility for our choices in all our endeavors.

This Newsletter celebrates the numerous ways the Ueshiro Shorin-Ryu community has helped us transform over the past six months in response to global upheaval. Each Shihan’s report touches on the story of rebirth, as illustrated throughout the Newsletter by the myth of the phoenix rising from the ashes.

Domo arigato gozaimasu, Hanshi, for your leadership in hours of darkness as well as light!

- Kyoshi Michael Mackay

Submitted on behalf of  
Hanshi Robert Scaglione,  
Chief Executive Officer,  
Ueshiro Shorin-Ryu Karate USA



“Young Woman Riding a Phoenix”  
Suzuki Harunobu, 1765

# Ueshiro Midtown Karate Dojo

*Kyoshi Michael Mackay, Shihan, Ku-Dan*

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

*"The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding, go out to meet it."*

- Thucydides

**First and foremost**, a huge “Domo arigato gozaimasu” to all Deshi who have served as essential workers in health care, public safety, transportation and other high-risk fields for bravely “going out to meet” an invisible foe, often in conditions nearing chaos. The good you have performed in your communities, as well as the toll such work has taken on you, cannot be measured.

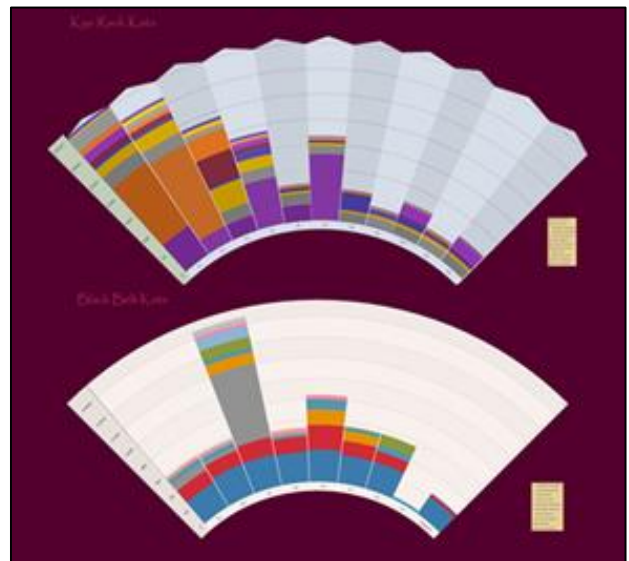
A second shout-out to those Dojo who held promotions last month and/or tip tests in the months prior, especially the Okinawan Karate Family Club in PA, the Northfield Karate Dojo of MN, and the joint baKfar / Herzelia Dojo test in Israel. During a time when educational programs seemed in complete disarray, you mustered your teachers and found creative alternative workout spaces to provide “A rope in the offing” for your students.

Finally, many thanks to the Sensei and Sempai who have led over 300 Zoom classes since last March, overcoming technical hurdles and connecting deshi far afield. As Hanshi noted, “We originally thought Zoom was temporary as was dojo closings. Now dojo are opening and Zoom has the potential to last for many more months or even years.”

Our last in-dojo class was held on Saturday, March 14. Since then the Midtown Dojo has sent out over 85 emails to the deshi and

midtown groups in a campaign to keep us connected, training, and moving forward.

On April 1 we held a virtual doshaki, and our bi-weekly Zoom classes commenced on April 7. We issued a challenge to all Midtown students to hold mini-katathons while training alone, and by May 29<sup>th</sup> 2,734 kata had been recorded. Results were shared bi-monthly via fan-shaped bar graphs (see below). The winner for the most Kyu-rank kata was Joe Anderson, and for the most Black Belt kata Sensei John Bottega. Congratulations to *everyone* who participated, and domo arigato gozaimasu to Sensei Adam Dunsby for his timely release of the free Kata Counter app (available [here](#)), to help us keep score.



## Ueshiro Midtown Karate Dojo

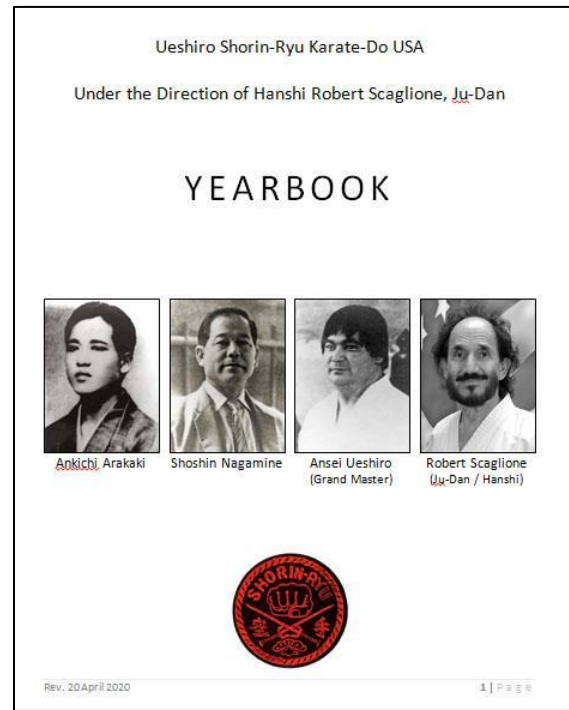
We also set up an [on-line gallery](#) to share motivational photos and videos of training outside the dojo. And the Hombu Dojo now has its own [Instagram](#) account to help us stay in touch.

In honor of Grand Master Ansei Ueshiro's birthday, and in an effort to bring the USRKUSA family closer together during social isolation, we publish Volume 1 of the "USRKUSA Yearbook" on April 20. The resource identifies every Black Belt by name via group photographs and is available [here](#).

Towards the end of April we began to offer one-to-one lessons via Zoom on request. Several deshi bravely stepped forward for these sessions (sometimes more than once!) which were video recorded. Others posed technical questions via email which were always a challenge *and* pleasure to address.

As NYC entered Phase 1 reopening on June 8, the Midtown Dojo held its first in-person class the following Sunday at Riverbank Park on the Upper West side of Manhattan. Eleven deshi arrived at 9:00 AM by car, bus, bicycle

and foot wearing face protection and ready for our inaugural outdoor class.



## Ueshiro Midtown Karate Dojo



The following Tuesday we held our June Tip Test remotely. 26 deshi from New York, New Jersey, Connecticut, Massachusetts, Virginia, Florida, Colorado and California dialed in. After a vigorous 40 minute workout, the Board of Judges convened, comprised of Sensei(s) Kevin Reymond, Gamiel Ramson, Lisa Markowitz, Rob Neff, and Sempai Steve Hatle. It was truly an honor to have so many distinguished Black Belts serve on a humble tip test board.

Test candidates performed the first two Fukyugata kata individually and were asked historical questions. They then demonstrated basics, pushups and squat punches as a group. The Judges adjourned to a private break-out room while Sensei John Bottega led the deshi through many repetitions of kata. After rejoining the workout, kata demonstrations were performed by the kyu ranks, Black Belts,

and then the Board of Judges. Final comments from the Board centered on the challenges of the times: Sensei Markowitz reminded us to utilize the Kata DVD while training in isolation, and Sensei Reymond encouraged us to embrace the principle, "Karate ni sente nashi." Finally, the following promotions were announced:

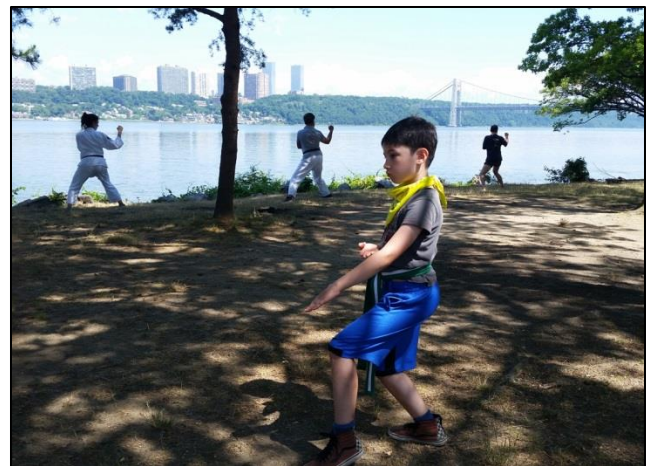
### **Go-Kyu**

Sasha Turok

Harry Totonis

Congratulations to Sasha and Harry for sustaining their training during the prior 12 weeks, for handling the acoustical challenges posed by video communication, and holding up under the intimidating gaze of 23 separate video screens. Joining the ranks of new Go-Kyu was Alexis Napoliello, who came back from a medical emergency the day of the test to pass a make-up test a few days later. Congratulations, Alexis on never giving up!

On June 28 we held our second socially-distanced workout at Riverbank Park, attended by 10 deshi, including Junior Yon-Kyu Ethan Neff, who showed remarkable persistence.



## Ueshiro Midtown Karate Dojo

Our third Riverbank Park workout was held on July 16 at sunset overlooking the Hudson River. Congratulations to Junior Go-Kyu Sasha Turok for keeping up with the adults during some demanding advanced training.



On August 9, 2020, the Midtown and Downtown dojo held a joint promotion in Prospect Park. Before the formal workout groups gathered by rank and practiced many repetitions of kata. After formal bow-in, Kyoshi

Mackay led the group of 15 deshi through vigorous repetitions of kihon and kata. Testing followed with each candidate performing all required kata, yaku-soku kumite (socially distanced), board breaking (Ni-Kyu candidate only), and historical questions.

Before the results were announced, Black Belts demonstrated bo, sai and nunchaku kata as well as various advanced kata. Domo arigato to the Board of Judges: Sensei Kevin Reymond (Center Judge), Sensei Gamiel Ramson, Sensei John Bottega, Sensei Ron Ballin, and Sensei Kim Garon. Arigato as well to Sensei Rob Neff, Shihan of the Bay Ridge Ueshiro Dojo, for locating the site of the test, and Sempai Lisa Rosenberg for recording the event with photographs and videos.

Congratulations to the following who were promoted:

### ***San-Kyu***

Max Feil (Downtown)  
Steve Phillips (Midtown)

### ***Ni-Kyu***

Joe Anderson (Midtown)



## Ueshiro Midtown Karate Dojo

After Labor Day we quickly released an expanded schedule of in-person outdoor classes to accommodate a flurry of inquiries from prospective students. One silver lining from the unrest sweeping the Nation is people's renewed interest in the martial arts.

### **Schedule**

- ❁ Monday, 5:30 - 6:30 at Dag Hammarskjold Plaza (East 47th St. between 1st and 2nd Aves), conducted by Sensei Ron Ballin (by prior appointment only).
- ❁ Tuesday, 5:30 - 6:45 via Zoom, conducted by Kyoshi Michael Mackay.
- ❁ Tuesday, 5:30 - 6:45 at Dag Hammarskjold Plaza (East 47th St. between 1st and 2nd Aves), conducted by Sensei Ballin.
- ❁ Wednesday, 5:30 - 6:30 at Central Park (usual meeting point north of the zoo), conducted by Kyoshi Mackay.
- ❁ Thursday, 5:30 - 6:30 at Dag Hammarskjold Plaza, conducted by Sensei Ballin (by prior appointment only).
- ❁ Friday, 5:30 - 6:45 via Zoom, conducted by Kyoshi Mackay.
- ❁ Friday, 5:30 - 6:45 at Dag Hammarskjold Plaza (East 47th St. between 1st and 2nd Aves), conducted by Sensei Ballin.
- ❁ Sunday, 10:00 - 12 Noon at Central Park (usual meeting point), regular workout conducted by Kyoshi Mackay. Bo workout conducted by Sensei(s) Gamiel Ramson and Ballin on 1st and 3rd Sundays of each month.

Domo arigato gozaimasu to Sensei(s) Ron Ballin and Gamiel Ramson for taking the lead on expanding the outdoor schedule. Deshi system-wide are encouraged to regularly attend these and any other classes to maintain some semblance of consistency in your day-to-day life.

### **Special Acknowledgement**

Even in the face of economic hardship, many Hombu deshi have continued to financially support the Ueshiro Midtown Dojo over the past six months. Such generosity and commitment is truly extraordinary, and greatly appreciated!

Domo arigato gozaimasu, Hanshi, once again for your exemplary leadership at the helm of USRKUSA during these tempest-tossed times.

Kyoshi Michael Mackay, Shihan, Ku Dan  
Ueshiro Midtown Karate Dojo  
646-761-0683  
Kyoshi@midtownkaratedojo.com



# Ueshiro Viera Shorin-Ryu Karate Dojo

*Hanshi Robert Scaglione, Shihan, Ju-Dan*

Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

**2020 has been a challenging year**, to say the least.

Covid-19 put a damper on in-person classes early on in the year. Slowly but surely the Florida dojos re-opened in a responsible manner. While some students returned to in-person classes, others continued to take advantage of the Zoom classes offered by Kyoshi(s) and Sensei(s) around the globe. For that, I am personally grateful!

Our Viera Dojo felt a tremendous personal loss at the passing of Sensei Dale Adamson.

Sensei Adamson was a force in the dojo! He offered corrections which may have seemed stern at times, but always given with a gentle touch. He will be sorely missed. Sensei Adamson is in the top right corner of the photo below from our February 2019 promotion.

We encourage all students to continue to train whether it be in-person or via Zoom.

Karate provides a grounding effect. It will help keep you centered as we navigate the new normal.



*"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do have to keep moving forward."*

- Martin Luther King, Jr.



## Ueshiro Viera Shorin-Ryu Karate Dojo

*“Strength does not come from physical capacity.  
It comes from an indomitable will.”*

- Mahatma Gandhi

Domo arigato Hanshi for continuing to encourage each of us to further our training.

Sempai Karuna Rao, Ni-Dan  
Respectfully submitted on behalf of  
Hanshi Robert Scaglione, Shiihan, Ju-Dan  
Ueshiro Viera Dojo



# Ueshiro Pine Forest Karate School

*Kyoshi David Seeger, Shihan, Ku-Dan*

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

**We are strong**, we are healthy, and **WE ARE OPEN!**

Come and train with us.

160 Washington Spring Road

## ***Schedule***

Tuesday 6:30 PM

Wednesday 6:30 PM

Thursday 6:30 PM

Sunday 10:00 AM

Living in fear does not stop death,  
it stops life.

This is our battle, our time, our opportunity  
to have a big spirit.



Kyoshi David Seeger

[motobu@aol.com](mailto:motobu@aol.com)

# Ueshiro Okinawan Karate Family Club

*Kyoshi Matt Kaplan, Shihan, Hachi-Dan*

Greetings from the Ueshiro Okinawan Karate Family Club in State College, PA (also known as “Happy Valley”).

One of our recent highlights was gearing up for and running an August 2020 belt test, which we conducted over the course of three sessions.

“Three sessions?” you might ask. The first part was an outdoor workout and test interrupted by an intense thunderstorm. The second part was online via Zoom, and the third part (photo below) was a continuation of the first outdoor workout.

As luck would have it, the thunderstorm turned out to be an auspicious event. It allowed all the students testing to demonstrate flexibility, positive attitude, and *ready-for-*

*anything* mindsets, traits which are harnessed through intense karate training and are so crucial in persevering through periods of great uncertainty (such as our current times).

“Karate is continuity when everything else is in flux.”

Details of testing results were posted in an e-mail to the USRKUSA Deshi list serve, but just to summarize, 17 students tested and were promoted to the following ranks:



# Ueshiro Okinawan Karate Family Club

## **Go-Kyu**

Eli Hughes

## **Yellow Belt (junior green)**

Maren Eubanks

Jimmy Hallman

Ethan Krol

William Shaffer

## **Yon-Kyu**

Charlotte Eubanks

Lydia Geiger

Ali Hallman

Erin Krol

## **Yon-Kyu (cont.)**

Benaiah Krol

Elsa Krol

Charlotte Krol

Pam Lohr

Henry Meier

Andrew Shaffer

## **Orange Belt (junior brown)**

Graham Drew

## **Ni-Kyu**

Kirsten Purdy Drew

To provide a sense of our students' karate spirit, here are several test paragraphs submitted on the topic, "What does karate mean to you?"

*Before anything we have Seiza. A time to wind down and prepare for class. Right before our regular classes were closed I started to imagine a whiteboard every meditation. When I saw it in my head it would be covered in writing and pictures of things that had happened that day and that were stressing me out. As I took breaths an eraser would go up and down erasing away the things of that day. Once it was completely white I felt so calm. The eraser would then go back across the whiteboard and pictures of the karate moves and kata's would appear. That class I felt so much more in the karate mindset that I decided to try it again. I have been doing it every class since I can feel myself be more and more focused. I had a quiz a month or so later and was feeling very stressed so I decided that before I took the quiz I would do that same breathing exercise with the whiteboard. It worked and I felt so much calmer. Now, whenever there is something bothering me or worrying me I do what I do in karate and that karate mindset calms me down and helps me focus. I used to just love karate because it was physically challenging and exciting. Now I realize how much I use my karate mindset in everyday life. I look forward to class more and more. Karate has become more than a workout to me. It has become a mind reset.*

– Lydia (16 year old, testing for Green belt)

*Every time I write this, I see something different. Today, now, karate is community. Karate is the dojo, and being one, even through Zoom. Karate is continuity when everything else is in flux. I am glad we can come together and practice something that has become familiar, and it gives me strength.*

– Kirstin (Adult, testing for Brown belt)

## Ueshiro Okinawan Karate Family Club

*Number one, I like it because it gives me a break from the world. Number two, it is one of the few times I get to exercise. Third, I like the feeling on some days when you feel better after practice than before. Fourth, I like the idea of karate taking a lifetime.*

– Graham (11 year old, testing for Orange belt)

*What started as something to fill my time has become an important priority. Not only do I practice daily in my home, but in my head and at times even in my sleep. With Covid19 disrupting my life and plans, I am grateful to this wonderful Dojo and for Karate as it provides me with the tools and goals to lift my spirits, create a better life and a better me. I feel more confident and able to protect myself. And finally, two wonderful things that I can attribute to Covid-19 are the Zoom classes and being introduced to other dojos. Blessings.*

– Pam (adult, testing for Green belt)

Beginning mid-March 2020, due to exigencies related to the coronavirus, we modified our class times and locations as follows:

### **Schedule**

Sunday, 5:00 PM	On-line via Zoom - all USRKUSA students invited
Tuesday, 6:00 PM	Girls'/women's class
Wednesday, 12:45 PM	Online via Zoom - all USRKUSA students invited
Thursday, 6:00 PM	Outdoor workout at Tudek Park

Domo arigato, Hanshi.

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

# Ueshiro Northern Virginia Karate Club

*Kyoshi Salvatore Scaglione, Shihan, Hachi-Dan*  
*Sensei Lisa Markowitz, Co-Shihan, Yon-Dan*



**STEP FIRST**

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

**Now, more than ever**, the Ueshiro Northern Virginia (NoVA) Karate Dojo continues to move forward in the 58<sup>th</sup> Year of USRKUSA, the Year of the Rat, by digging deep and embracing Grand Master Ansei Ueshiro's philosophy of stepping first! Since the last newsletter our dojo, like the rest of the world, has been navigating the new reality of the COVID-19 pandemic and all that it entails. But like true karate-ka and warriors, we have been resolute in not letting the pandemic define us, but rather define ourselves through the pandemic and all of the amazing training opportunities that have arisen as a result.

*Seishin ittou nanigoto ka nara zaran.*  
(Where there is a will there is a way.)

Our dojo closed in early March by Virginia mandate. Not willing to accept a disruption in our training, we pioneered the use of Facebook livestreaming classes and quickly pivoted to the system-wide interactive Zoom classes, with Kyoshi Sal and Sensei Lisa forming part of the teaching roster.

While no substitute for in-person classes, the Zoom classes have proved to be the next best thing due to the real-time, interactive nature of the media.



# Ueshiro Northern Virginia Karate Club

Here are some of the key benefits that we as a dojo have experienced:

- ❁ **Classes 7 days a week** - Our students have enjoyed access to classes every day of the week. Many are attending 5+ classes a week, a level of training previously not possible.
- ❁ **High level instruction** - We have had the privileged of being taught by a variety of high ranking instructors, including Kyoshi, on a weekly basis, where ordinarily we would need to attend system-wide training events to receive the same level and variety of instruction.
- ❁ **Inspiration** - Our deshi have gained inspiration from training with students from dojo across the country and world. From the dogged determination of the eldest (78 years young) student from the Florida Titusville Dojo to the uplifting chatter of future deshi in the wings, the comradery has lifted our spirits and inspired us to train even harder.
- ❁ **A sense of normalcy** - Zoom classes have served as a lifeline for many deshi, providing comfort and instilling a sense of normalcy during these unpredictable and unprecedented times. Our karate training has been one of the few constants in our lives that we have been able to count on.
- ❁ **Honing our senses** - Due to the occasional frozen screen or loss of audio, our students have become adept at honing our senses (Gan and hearing) to avoid disruptions in performing kata or technique and following instruction. This is indeed a great skill to try to perfect.
- ❁ **A deeper appreciation for our training resources** - Our virtual training has necessitated that we utilize our rich library of training resources (Hanshi's Red and Green Books, Master Nagamine's *Essence of Okinawan Karate-Do*, the 50th Journal, and the Kata Guide) now more than ever. Subtle nuances and differences in interpretations have been resolved in class by referring to these invaluable resources, most often by watching Hanshi perform the kata or technique in question on our screens.
- ❁ **A virtual katathon** - In observation of Master Ueshiro's 87<sup>th</sup> birthday, on Monday, April 20, 2020, Sensei Lisa led a small cadre of dedicated karateka through a virtual katathon of 87 Fukyugata-San, finishing just as the sun was setting. It proved to be an invigorating and enjoyable training experience for all.

***My backyard dojo  
Technology connects me  
To deshi world-wide***

***Online Warriors  
Performing kata as one  
Unified and strong***

## Ueshiro Northern Virginia Karate Club



*Ame futte chi katamaru.*  
(Light at the end of the tunnel.)

In mid-June, the National Parks reopened to small group gatherings. Capitalizing on the opportunity to begin training again at Great Falls Park, we reinstated our in-person classes on a twice-monthly schedule observing social distancing. It is good to train with our students again in person. This month, we will alternate the classes at Great Falls with classes at the Reston Meadow.



We can't wait for the pandemic to end so that we can resume our regular in-person classes and get back to attending system-wide events. But in the meantime, we will continue to enjoy the many training benefits that we are reaping from the weekly Zoom classes.





## Ueshiro Northern Virginia Karate Club

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 Ansei Ueshiro.



Respectfully submitted,

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 Merritt Island Karate Dojo has reemerged** from state-mandated closures and continues to move forward with spirit and vigilance for the health and safety of our Deshi.


Starting in March, our Deshi began training via Zoom. Soon, the splendor of February's Florida weekend was brought into our living rooms on a daily basis! No formal training occurred during this time. In April, after Cocoa Beach reopened its beaches to groups of five or less, we re-emerged onto the shores for small, in-person training sessions.



# Ueshiro Merritt Island Karate Dojo


We also held a “virtual Katathon” in honor of Grand Master Ansei Ueshiro’s birthday on April 20. We encouraged all Florida students to

complete 100 kata on their own during the week of Master Ueshiro’s birth - in lieu of a traditional, in-person event.

















## Katathon in honor of Grand Master Ansei Ueshiro

**April 20 - 30, 2020**



The deshi below demonstrated great spirit and endurance in participating in this event.

Sensei Kurt Tezel Sensei Ron Marchetti Sensei Pat Marchetti Sensei Matt Reed Sensei Trevor Tezel Ms. Youjian Nistorenko Ms. Karuna Rao	Dr. Kevin Hutchenson Ms. Cheyenne Flynn Taki Griggs Justin Thompson David Koenig Caroline Frahm Ken Howell
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Florida gyms were allowed to reopen on Monday, May 18. We resumed formal classes that same day. Since then, we have been training with no physical contact, no pre-arranged contact techniques and no bunkai. We eagerly anticipate the arrival of fall, which will make outdoor training much more hospitable. The Merritt Island Dojo’s status as a dedicated USRKUSA training hall has never been more important.

While some of our sister dojos in Brevard County have closed or delayed reopening, we have been able to provide a consistent space in which to train. One consequence has been an expanded schedule of classes taught by Shihan whose dojos have not reopened. Domo arigato, Hanshi, for your Tuesday night class at our dojo prior to moving back to the Viera Outdoor Lakeside Pavilion.

Please see below for the new schedule of classes:

- 🌸 Monday at 6:00pm - Sensei Carla Arevalos-Eddy (San Dan)
- 🌸 Wednesday at 7:00am - Sensei Trevor Tezel (San Dan)
- 🌸 Wednesday at 6:00pm - Sensei Kurt Tezel, Denshi Shihan, Merritt Island Dojo (Roku-Dan)
- 🌸 Friday at 7:00am - Sensei Kurt Tezel
- 🌸 Friday at 5:30pm - Sempai Ed Bauder, Shihan, Ueshiro Titusville Dojo (Sho Dan)

Arigato Sensei Matt Reed for your Sunday morning classes prior to the recent reopening of the Ueshiro Suntree/Melbourne Karate Dojo.

The variety of instructors at our dojo  
has been a silver lining amidst  
the tumult of recent months.

**Rank Promotion** - On August 26, 2020, we held a green tip test. The following candidates were promoted:

## Ueshiro Merritt Island Karate Dojo

### **Ro-Kyu**

Sophia Calero  
Doug Reindl

### **Go-Kyu**

Diana Calero

Apart from being our first promotion since reopening, this event was symbolic of the rebirth of our dojo.

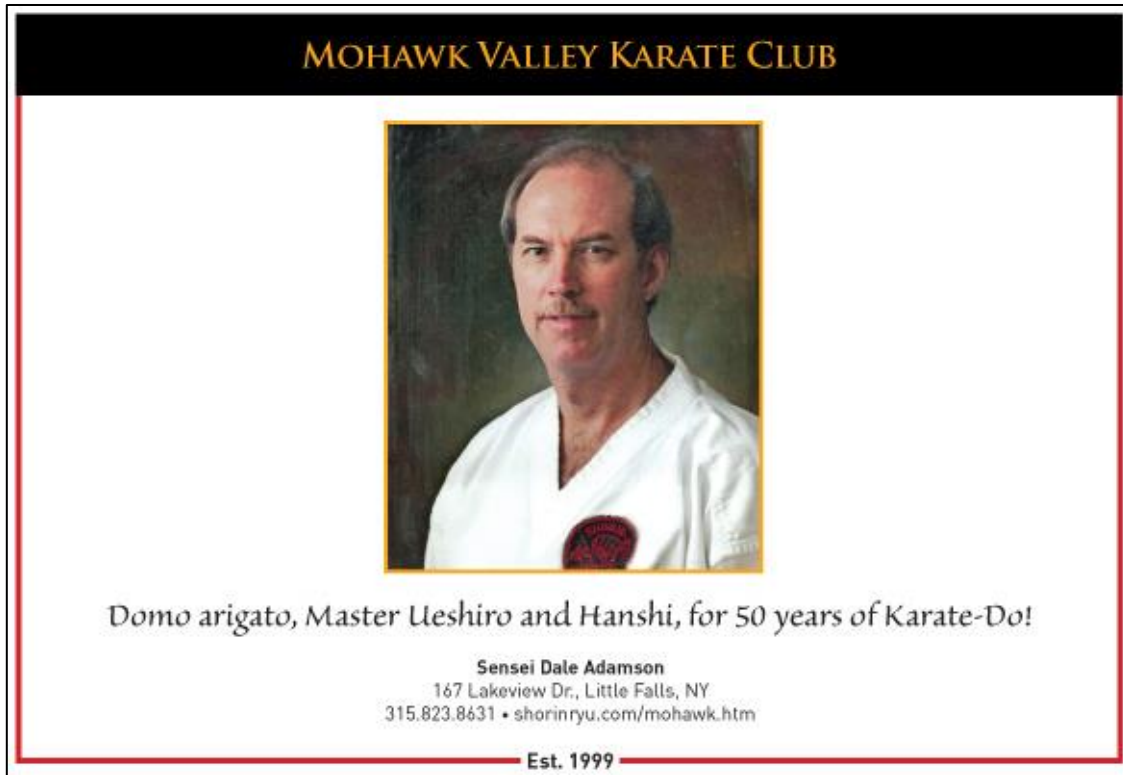


In the picture above, you can see the Board of Judges and Sempai Tracy Ridout, 1k-kyu, in the back right. The other seven pictured are all white belts, who have come to our dojo during these most challenging times, with “eager minds and empty cups.” It is truly inspiring and reminiscent of the packed decks following 9/11. During these trying times it is important that we *increase* our training, whether in-person, on Zoom, or alone, so as to equip ourselves for any further challenges that lie ahead.

Domo arigato gozaimasu to Grand Master Ansei Ueshiro for preparing us for this moment 58 years ago by arriving in the United States to teach and pass on this art.

We dedicate this newsletter submission to the memory of our fallen Karateka, particularly Sensei Dale Adamson (San Dan) - the personification of perseverance in Karate training. We honor his memory by continuing to pass down the “sugar” he gave to us, both on and off the deck. (See below.)

## Ueshiro Merritt Island Karate Dojo



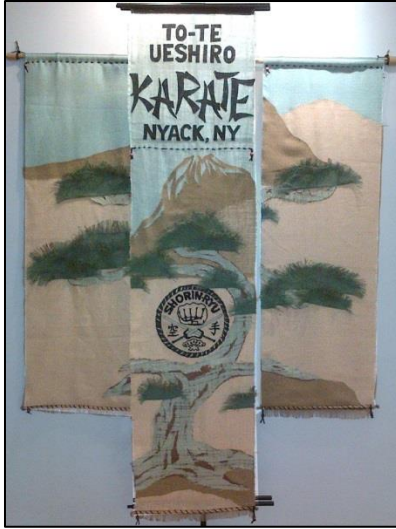
*Sensei Adamson's club listing in the 50<sup>th</sup> Anniversary Journal*

Domo arigato gozaimasu,

Sensei Trevor Tezel, San Dan, submitted on behalf of  
Sensei Kurt Tezel, Denshi Shihan, Roku Dan  
Ueshiro Merritt Island Karate Dojo

# To-Te Ueshiro Karate Dojo

*Sensei Preston Powell, Denshi Shihan, Go-Dan*



Onegai shimasu Hanshi, Kyoshi, Shihan and all USRKUSA Karateka!

**The Nyack To-Te Ueshiro Karate dojo re-opened** Tuesday May 19th, outdoors overlooking the Hudson River in our NEW outdoor open air space. Our classes are on Tuesday, Thursday and Saturday. I would like to thank David Calligeros (Sho-dan) for stepping up and allowing us to train on his property in his beautiful backyard!



## To-Te Ueshiro Karate Dojo

**Visitors during the shutdown:** Thank you Kyoshi Seeger for coming to teach Tuesday, June 10<sup>th</sup>, and bringing Sensei Elliot Potter and Sempai Rob Kapilow and Sharona Levine. Our young warriors got a kick out of meeting you and some helpful sugar and food for thought.



This Pandemic has made me personally cherish all things in my life. Our Shorin-Ryu training is high up on that list. As we move forward in Nyack we will have a soft re-opening of our old 85 South Piermont Ave. dojo in October for indoor training, observing all COVID protocol.

### ***Schedule***

Saturday: 10:00 AM - 11:00 AM  
Tuesday: 6:00 PM – 7:00 PM  
Thursday: 6:00 PM to 7:00 PM

Be well, continue to train.

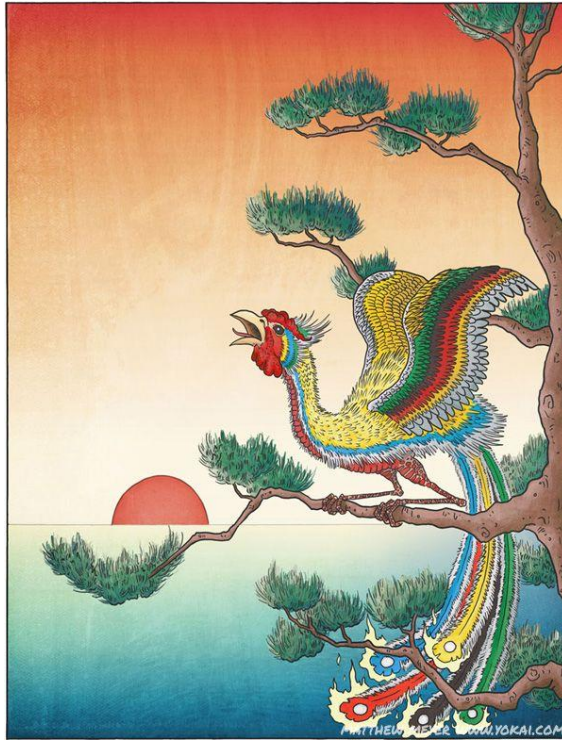
*For those that have stopped training, I have nothing to say.  
For those that are still training I would say, "Keep training!"*

- Ansei Ueshiro

# To-Te Ueshiro Karate Dojo

Domo arigato gozaimasu, Hanshi,

Sensei Preston Powell  
Denshi Shihan, To-Te Ueshiro Karate  
Nyack, NY  
<http://www.karatenyack.com>  
[preston@to-te.org](mailto:preston@to-te.org)  
(845)353-8505





# Ueshiro Okinawan Karate Club of Pelham Manor

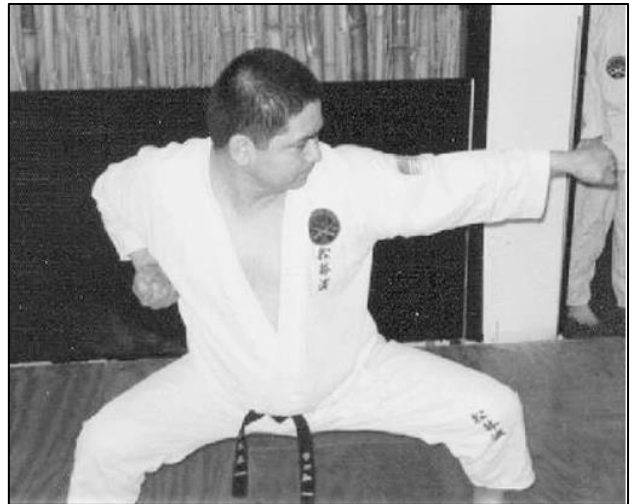
*Sempai Brian Heese, Shihan, Ni-Dan*

The Okinawa Karate Club of Pelham Manor continues to thrive. Due to health and social distancing requirements, we stopped using the dojo in Barbara Nichuals' home in March, shifting classes online. We experienced some turnover as a few students found online classes too difficult. However, the core group of deshi, Olivia Vikman (San-kyu) and Arya Gauba (Yon-kyu)) continued to train with huge spirit.

We were able to train weekly under the guidance of Kyoshi Mackay and Sempai Brian Heese. The Zoom format worked well, and we were able to extend training for an extra month this year before the students left for summer vacation. We will resume online classes September 14, with possible in-person training socially distanced in Pelham Manor. All are welcome to join us. Please call Brian at (914) 602-9010 to arrange a visit.

I read this week about the passing of Tom

Seaver. Tom was one of the greatest players in baseball's history. What struck me most was the total commitment he demonstrated in his pitching form. It reminds me of the commitment that Grand Master Ueshiro demonstrated in his kata. Suffice it to say, I would not want to be opponent facing either person down!



## Ueshiro Okinawan Karate Club of Pelham Manor

The USRKUSA community showed its true value this year in response to the pandemic.

This has manifested itself in so many ways. Specific examples include:

- ✿ The courageous urgency to immediately shift classes on-line
- ✿ Identifying creative opportunities for safe, in-person workouts
- ✿ Regular communications such as Sensei Reymond's weekly "Keep Training" emails
- ✿ Tips of the week that encourage and analogize our training to real life situations

I have enjoyed the opportunity to train via Zoom and learn from Sensei across the U.S.

### ***Schedule***

Monday      6:00 PM – 7:00 PM

Domo arigato to the indomitable spirit of this community of warriors.

Respectfully submitted,

Brian Heese, Shihan / Ni-Dan  
(914) 602-9010

# Northampton Ueshiro Karate Dojo

*Sensei Daniel Gobillot, Denshi Shihan, Shichi-Dan*

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

## **The world is my dojo.**

The Corona Virus Pandemic has changed on every level how we go about our lives.

Some have lost their jobs, their homes, and worse too many have lost their lives.

For some it's been a minor inconvenience.

Adapting to a new set of rules,

Adjusting work and school schedules

Managing isolation and recognizing the impact it's having on society.

As spring slowly made its way through New England, we ventured outdoors,

The lack of fresh air and physical activity had taken a toll on us.

We started doing Kata in the woods, on the trails, balancing on rocks! kata in our backyards.



We were waking up ! Our bodies unfurling like fiddle head ferns.

The dojo moved to a field!

Regular classes Monday and Wednesday evening, a bit of normalcy for our dojo members. We'll have to wait and see where the shorter, colder days will take us. Another adjustment, Continuing to adapt to whatever is presented to us.

We are taught and train to be able to react to any change in an instant.

Our bodies change and we adjust and continue to train through these seemingly increased limitations , noticing a slight hunch, or not getting as low as we once did. Acceptance of these limitations is a challenge.

## Northampton Ueshiro Karate Dojo



We meet that challenge by committing to training every day.

Like bringing the body to prayer

We must bring the body to train.

Where ever that may be.

**The world is our dojo.**

- Singwen Mientka, Shodan,  
on behalf of Sensei Daniel Gobillot, Shihan, Shichi-Dan  
Northampton Ueshiro Karate  
(413) 320-5945



# Ueshiro Downtown Shorin-Ryu Karate Dojo

*Sensei Kevin Reymond, Denshi Shihan, Hachi-Dan*

“We do one more kata when we thought we had no more left within ourselves.”

Hanshi Robert Scaglione



Onegai Shimasu Hanshi, Kyoshi, Sensei and Fellow Deshi,

So far in 2020 we have endured the worst pandemic in a century, the highest unemployment rates since the Great Depression and civil unrest not seen since the 1960's. Through all this we are persevering; we keep moving forward as our training brings Hanshi's words to life.

Over the past six months we have:

- ❁ conducted Zoom classes every Wednesday and Friday mornings
- ❁ provided one-on-one training sessions
- ❁ participated in workouts in Central Park with deshi from the Ueshiro Midtown and Ueshiro Bay Ridge dojos
- ❁ moderated four meetings of the NYC Metro Area Ueshiro Shorin Ryu Karate Book Club
- ❁ issued 25 editions of the weekly “Keep Training” emails that include training tips and readings from “Building Warrior Spirit”
- ❁ conducted a nunchaku Zoom workshop

We will continue these efforts even as we find suitable locations for training as the seasons change.

## Ueshiro Downtown Shorin-Ryu Karate Dojo

In August, we participated in a joint promotion with the Ueshiro Midtown Karate Dojo held in Prospect Park, Brooklyn. Prior to the formal start of the promotion, groups performed many repetitions of kata. Kyoshi Mackay then led the deshi through a vigorous workout, including kihon and kata. Congratulations to Max Feil, (Downtown) and



Steve Phillips (Midtown) on their promotion to San-kyu, and Joe Anderson (Midtown) on his promotion to Ni-kyu.

The New York City Metro Area Ueshiro Shorin Ryu Karate Book Club has scheduled its next meeting for October 21, 2020. We will discuss *Bushido: The Soul of Japan*, by Inazo Nitobe. Deshi from all dojo are welcome to attend. The meeting will be held by Zoom (log in info to follow) and run from 7:30 to 8:30 pm.

This October also marks the 10<sup>th</sup> anniversary of the Ueshiro Downtown Karate Dojo opening in Tribeca.

As Hanshi wrote in the 50<sup>th</sup> Anniversary Commemorative Journal, "Practice often and practice every day."

Now more than ever we should train to maintain our healthy mind, body and spirit as we meet the challenges before us.

### *Always Moving Forward*

Domo arigato gozaimasu Hanshi for your inspiration and leadership! We look forward to training with you soon.

Sensei Kevin Reymond, Denshi-Shihan, Hachi-dan  
Ueshiro Downtown Shorin Ryu Karate Dojo  
107 Chambers Street; New York, NY  
646-745-6172

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



# Ueshiro Suntree Shorin-Ryu Karate Dojo

*Sensei Matt Reed, Shihan, San-Dan*

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

Warrior spirit ...



**In Florida, we've weathered many a storm**, from major hurricanes to the novel coronavirus. And yet, this karate organization remains strong in its “can do” mentality. Although training looks a lot different than it has in years past — social distancing, no contact, in your living room, those robust Zoom classes — it's important to keep it up. During these tough times, lean on your Sensei and classmates, think back to the karate precepts. They will help.

For years, Hanshi has told us he does kata every day at home. For many of us, that's what training looks like now.

In our organization, which spans the globe, there are Kyoshi and upper-level Sensei who welcome e-learning.

- ✿ “Send me a video of your kata for review”
- ✿ “Let's connect on FaceTime.”
- ✿ “Post a clip of your kata on Facebook.”
- ✿ “Join a Zoom class.”

These are some of the many ways USRKUSA leads by example — “Keep training!”

# Ueshiro Suntree Shorin-Ryu Karate Dojo



The Suntree Ueshiro Dojo closed in March after the COVID-19 pandemic and reopened in September. However, during the summer, Shihan and Sensei Matt Reed, San-dan, and Sempais Kevin Hutchenson, Ni-dan, and Krystyn Clark, Ni-dan, led the charge and trained Sundays at the Ueshiro Merritt Island Dojo. A special domo arigato to Shihan Kurt Tezel, Go-dan, for opening his dojo to Suntree students.

The Ueshiro Suntree Dojo meets from 7:00 PM to 8:00 PM Wednesdays and from noon to 1:30 PM Sundays at the Wickham Park Recreation Center, 2815 Leisure Way,

Melbourne, FL 32935. We're 15 minutes away from the Ueshiro Viera Dojo (which reopened over the summer) and 20 minutes away from the Ueshiro West Melbourne Dojo (also open).

Lastly, our condolences to the friends and family of Sensei Dale Adamson of the Ueshiro Viera Dojo, who died in July from complications of COVID-19. We will miss his philosophical comments and zen-like disposition. He was the first to volunteer to teach the children, whether in the dojo or at our famous Florida beach workouts. Sensei Adamson will be greatly missed.



## Ueshiro Suntree Shorin-Ryu Karate Dojo



Respectfully submitted,

Sempai Jennifer Sangalang, Ni-dan,  
Sensei Matt Reed, Shihan,  
Ueshiro Suntree Dojo  
(321) 213-3124  
[ueshirofloridakarate.com/suntree](http://ueshirofloridakarate.com/suntree)  
[rpd197@yahoo.com](mailto: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 has been very fortunate this spring and summer since we have been able to train outdoors very consistently. We



had a break in March and early April when the first restrictions went into effect here in Minnesota, but once the weather warmed into the high 40's and low 50's, our dedicated students came out in force to continue training.

We have been having three classes a week: Monday and Wednesday evenings and on Saturday morning. We continue to follow the standard workout as given to us in the 50<sup>th</sup> Anniversary Journal, minus the close contact

drills and kumite. We had very few classes cancelled due to inclement weather.

Our students are also very grateful to the Kyoshi and Sensei that have been dedicated to leading Zoom classes during this time! It has been very valuable for us to train and learn from the high-ranking members of our system.



# Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota

We were able to hold two promotion events this summer: a tip test on June 26,



and a full belt promotion on August 8.



Students promoted were:

## ***Go-Kyu***

Oscar Huyck

## ***Ik-Kyu***

Vincent Sommer

## ***Ni-Kyu***

Brent Pellinen

Susanna Huyck

David Huyck

## Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota

As we head into the fall/winter season, it will become difficult to find suitable indoor spaces for classes that meet the state-mandated health restrictions. I believe we have secured a venue for our evening weekday classes, but still need to confirm a Saturday location. We also lead the Carleton College Karate physical education class, which will present its own challenges.

**But as always, we move forward and will find a way to succeed!**

Domo arigato to Master Ueshiro and Hanshi Scaglione for bringing us the gift of karate and helping it to continue to move forward despite our current circumstances!

Domo arigato gozaimasu,

Sempai Steve Hatle, Shihan, 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. We have appreciated the opportunity to train with many Kyoshi, Sensei and deshi from around the country (and world) through the Zoom classes. We recently enjoyed working out along the banks of the river Charles.



We look forward to moving along the path as we . . .

## **Keep Training!**

Domo arigato gozaimasu to all,

Sensei Emiliano Mazlen, Shihan, Go-Dan  
Boston Ueshiro Shorin-Ryu Karate Club  
857-234-7350  
emazlen@hotmail.com



# Ueshiro West Melbourne Shorin-Ryu Karate Dojo

*Sensei Rick Cupoli, Shihan, San-Dan*

Onegai shimasu Hanshi, Kyoshi, Sensei and Deshi,

Like the rest of the nation, the West Melbourne Dojo has been pushing through the COVID-19 pandemic. We are doing so with spirit and power. I was particularly impressed that our organization did not miss a beat and very quickly arranged for online training across the nation and world. Given the circumstances, this was a particularly nice experience for myself and the West Melbourne Dojo, as many of us participated in various workouts. I was particularly pleased to be able to train with Sensei David Tamir, my primary Sensei coming up through the kyu ranks and into Dan

levels. The fact that we were across the ocean from each other just blew me away. I got the added treat of meeting his Israeli students.

As we entered the next phase of COVID the West Melbourne indoor facility remained closed. We continued to train outdoors on a football field located on the park grounds. Due to ongoing limited access to facilities, we still continue to train on the football field. This has worked out much better than anticipated. We still meet three times a week.



Our weekly evening classes are beautiful, with the Florida evening breeze and the feel of freshly-cut grass under our feet.

## Ueshiro West Melbourne Shorin-Ryu Karate Dojo

The slightly uneven surface adds a helpful reminder to always step first, ensuring our feet are firmly before delivering the technique. Saturday morning classes are warm, which works to build our stamina. We always practice social distancing and, when especially warm, allow for a water break.

I am excited that during this COVID period the West Melbourne body grew by an additional student. William Anderson searched the internet and found us through the local website that Kyoshi Baker had prepared for our schools. He came several times and checked us out. He is now on the grass training with us.



Keep training!

Domo arigato,

Sensei Rick Cupoli, Shihan, San-Dan

West Melbourne Dojo

# Bay Ridge Ueshiro Karate Dojo

*Sensei Robert Neff, Shihan, Yon Dan*

Onegai shimasu Hanshi, Kyoshi, Sensei & fellow Deshi,

The past six months have been challenging, but as we have been taught, we are moving forward with warrior spirit here in Brooklyn. We took advantage of the very generous Zoom classes offered by the Kyoshi and Sensei of USRKUSA during the spring as we were basically in lockdown mode here in NYC. As we moved out lockdown we have been able to restart in-person classes with caution. The Bay Ridge Dojo resumed socially-distanced classes in outdoor venues, mostly at Owl's Head Park. Please feel free to join us if you are in Brooklyn. It has been an honor and pleasure to join the Midtown and Downtown Dojo(s) for classes as well.

*There is always strength in numbers*  
(as long as they are spread out six feet apart)!



We look forward to continuing on our path forward through these difficult times. We know our training will help us more than ever!

### ***Schedule***

Thursday, 5:30 PM

Sunday – 10:00 AM

Domo arigato gozaimasu,

Sensei Neff, Yon-Dan / Shihan  
Bay Ridge Ueshiro Shorin-Ryu Karate USA  
(917) 549-4218  
RobNeff@hotmail.com





# Easton Connecticut Ueshiro Shorin-Ryu Karate Club

*Sensei Adam Dunsby, Shihan, Yon-Dan*

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

We have continued our classes throughout the spring and summer, under somewhat modified conditions, aided by the availability of our outdoor training site.



We were also fortunate to be able to participate in the August promotion held at the Pine Forest Karate School under the direction of Kyoshi David Seeger, where our newest deshi, O'Brian Joslyn, advanced to Ro-Kyu.

Most recently we have added filming of kata to our regimen for later review.



We look forward to increasing our training through these unprecedented times under the wisdom and leadership of Hanshi Robert Scaglione and the ever-present spirit of Master Ansei Ueshiro.

## Easton Connecticut Ueshiro Shorin-Ryu Karate Club

We welcome all USRKUSA deshi who wish to visit us and train in our Connecticut barn.

### ***Schedule***

Tuesday 5:30 PM – 6:45 PM

Sunday 8:15 AM – 9:30 AM

Domo arigato gozaimasu,  
Sensei Adam Dunsby, Shihan, Yon-Dan  
Easton CT Ueshiro Shorin-Ryu Karate Club



# University at Albany Ueshiro Shorin-Ryu Karate Club

*Sempai Keith Chan, Shihan, Ni-Dan*



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

The Albany Ueshiro Shorin-Ryu karate club celebrates its 8th year of sweat, joy and vigor in New York's capital district! Despite the pandemic, we continued our training outdoors since March 2020. We are strong and become stronger when we support one another! We look forward to the opportunity train with everyone at events when things settle down. Domo arigato to Hanshi, the Kyoshi, Sensei, Sempai and Deshi!



## University at Albany Ueshiro Shorin-Ryu Karate Club

If you are in the area, please join us for training at the Albany Ueshiro Shorin-Ryu Karate Club every Tuesday and Thursday, 6:30pm to 7:30 pm, and Sundays, 10:30am to 12 pm.

Keith Chan, Shihan, Ni-dan  
Greystar999@gmail.com  
617-818-7255



"Ingenuity is the notion of building  
On the foundation made from loss."

- Matthew Shenoda

# Ueshiro Cocoa Shorin-Ryu Karate Dojo

*Sensei Trevor Tezel, San-Dan, Shihan*

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

As of late July, the Cocoa YMCA permanently closed its doors due to hurricane damage from 2019 and the effects of COVID-19. Ueshiro Shorin-Ryu Karate-Do was taught during the entire 16 years that the Cocoa Y operated. While it's a sad day for the Cocoa deshi, the fond memories of Hanshi's Saturday morning classes and numerous February events over the years will live on.

Moving forward, I am looking into alternate training spaces at both private and county-owned facilities. There is considerable uncertainty around indoor group athletic activities going forward, so establishing a new location will be challenging. We will persevere!

In the meantime, my students and I have enjoyed vigorous training at the Merritt Island Dojo, and other USRKUSA affiliates along the Space Coast.

Domo arigato gozaimasu,  
Sensei Trevor Tezel  
321-806-9164



# Wilton Connecticut Ueshiro Shorin-Ryu Karate Club

*Sensei Keith Eng, Shihan, San-Dan*

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

Much continues to change even since the last newsletter. Of course, Wilton Connecticut Ueshiro Shorin-Ryu Karate Club continues to train under the auspices of USRKUSA, but COVID 19 attempts to hamper progress. We still live by the familiar aphorisms and motivational phrases used by Hanshi, Kyoshi and Sensei, that keep us “Moving forward” and “Just doing it!”

We take the common element of iron (our bodies) and temper and forge them with heat (training in the dojo) and with pounding force (kata, kata, kata) until only hardened steel remains: karate-ka in the image of the Shinden.

Unfortunately, given our dojo location and an abundance of caution, it seems that COVID -19 continues to dictate our remote training. Our office and training space is closed for the long term (until 2021).

The best of training to all of you! We will remain “with you on the deck”!

Domo arigato gozaimasu,

Keith Eng, San-Dan / Shihan  
Wilton CT Ueshiro Shorin-Ryu Karate Club



# Ueshiro Shorin-Ryu Nashville Family Karate Club

*Sempai Elizabeth and Chuck Richardson, Co-Shihan, Ik-Kyu  
Sensei Sean Paus, San-Dan, Shihan Emeritus*

Onegai shimasu, Hanshi, Kyoshi, Sensei & Deshi,

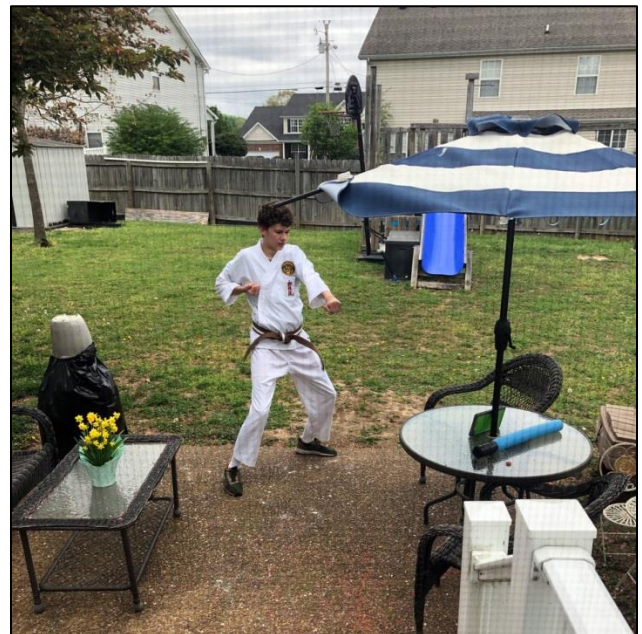
Greetings from the Nashville Family Karate Club!

**We have been able to continue training** throughout the course of the pandemic, though often in a more limited capacity. Fortunately, we had been utilizing Zoom in our training for several months prior to March 2020. Sensei Paus relocated to Oregon in 2019 for a new job, and we have been able to continue training with him each Saturday morning ever since. Our weeknight classes were replaced by connecting to the various Zoom classes offered by our leadership all over the country, for which we are very thankful.

After several weeks, we began meeting in person again, mostly outdoors. We had three new families join us during that time! When the weather became too hot and rainy to continue outdoors, we split the club into smaller groups, and began meeting indoors on several different days throughout the week to keep everyone moving forward. Wearing masks, propping doors open for fresh air circulation, and keeping classes very small allowed us to do so safely. We were able to have our test day in August using those same precautions, with only the four students testing along with their families in attendance, and Sensei Paus (via Zoom).

One exciting development during this time has been our effort to include the younger siblings of our students. Once a week during

the regular class, Sempai Elizabeth and her daughter, Sempai Kathryn, lead (in a separate area) what we refer to as our “Karate Tots” preschool class. We have several little ones who have enjoyed learning the warmup routine, counting in Japanese, some basic kihon techniques, and cool downs. The parents have been thrilled to see their little ones included in a meaningful way, and we as instructors are excited to see these 2-5 year olds learning courtesy, discipline, cooperation, and coordination, all of which will set them up for success as they grow and transition into formal training.



## Ueshiro Shorin-Ryu Nashville Family Karate Club

On Saturday, August 29th, the Ueshiro Shorin-Ryu Nashville Family Karate Club held its Summer testing and promotions. Sensei Sean Paus joined from his garage in Beaverton, OR over Zoom to lead the pre-test workout, and help preside over the test. The workout was spaced appropriately for social distancing, with adults and older children wearing face coverings. Spectators were placed in corners of the room, grouped by family, to provide ample space for the workout and the test.

After a vigorous one hour workout filled with joy and warrior spirit, we proceeded with the formal reviews. Our board of judges consisted of Sempai Elizabeth Richardson, Sensei Sean Paus (Center Judge), and Sempai Charles Richardson. Based on their spirited performances, the following candidates advanced in rank:

### ***Ro-Kyu***

Kris Ferwiz  
Karas Michael

### ***Yon-Kyu***

Kevin Zack

### ***Ni-Kyu***

Kathryn Richardson



Domo arigato to Cornerstone United Methodist Church for their continued support of our club, providing a place for us to train, and the use of their Zoom account for remote instruction during these difficult times.



## Ueshiro Shorin-Ryu Nashville Family Karate Club



Domo Arigato Hanshi and Kyoshi for your continued leadership and example of warrior spirit!

We continue to transition gradually back to our regular training schedule. Until then, we will keep moving forward.

Domo arigato!

Sempai Elizabeth and Chuck Richardson, Co-Shihan, Ik-Kyu  
Sensei Sean Paus, San-Dan, Shihan Emeritus  
Ueshiro Shorin-Ryu Nashville Family Karate Club

“Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I’ll rise.”

- Maya Angelou

# Ueshiro Bushi Dojo

*Sensei Chris Barnes, Denshi Shihan, Shichi-Dan*

Greetings, Ueshiro Shorin-Ryu Family,

**It has been a great joy** for me to be teaching our weekly Zoom karate class. This COVID 19 pandemic has brought great misery and pain to many.



Globally there have been 800,420 deaths. It is already clear that this war with an invisible enemy will be as deadly as, and in some cases deadlier than, some of the worst battles in U.S. history.

“Once enlightened, we move through the fire.”

Myself, I am currently here in Los Angeles packing five years of personal, business and Bushi Dojo possessions and packing them for a long journey. I have lost my restaurant business, 60 of my employees have lost their jobs and income. This past Wednesday I shared with early Zoom deshi arrivals what all the background hammering and shredding of steel from sawmill blades was all about. We were tearing down the pillars of my business. Great

emotional support was shared by our fellow warriors and I stated that “This was my Karate today. This is what Master Ueshiro and Hanshi Scaglione have trained me for.”

There are many invisible enemies we confront everyday far more treacherous than five Ronins confronting me in the alleyways of America. There is no difference. The training and direction are always the same: Step First. This is the enlightenment of Ueshiro Shorin-Ryu. This is the mindset, this is the path. A wise monk once said, “Before we became enlightened we ran from the fire to the water. Once enlightened, we move *through* the fire and find ourselves in the cooling water of peace.” So, the Bushi Dojo of Los Angeles will close its doors as well as my home and business out here on the West Coast. And I will walk with a big stick and a huge gait through the fire into the cooling waters to the East!



## Ueshiro Bushi Dojo

Domo arigato gozaimasu, Hanshi, Kyoshi, Sensei and Deshi for your decades of support,

Sensei Chris Barnes  
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 and all USRKUSA Karate-ka around the world,

**The warriors of Ueshiro Dulles continue to weather** the pandemic by joining Zoom-based classes, training from home, and a few socially distanced workouts at Great Falls National Park since our building manager suspended group workouts in our dojo back in March.

COVID has reminded us all what is truly important and how precious are the things we have put on hold or have embraced as quality substitutes for the less productive matters we may have filled our lives with.



"Karate training is not solely for that once in a lifetime life or death battle. It also develops a person who is better able to deal with everyday challenges and tasks..."

- Hanshi Robert Scaglione

We wish you all peace, strength and above all, HEALTH during this challenging and unique time. Our fallen fellow warriors remain in our hearts, and we are inspired by the strength and courage our fellow warriors have shown in fighting and defeating this virus.

Arigato gozaimasu Hanshi,

Sensei Patrick Markowitz,  
Shihan, Go-Dan  
Dulles Ueshiro Shorin-Ryu Karate



# Ueshiro baKfar Dojo

*Sensei David Tamir, Denshi Shihan, Shichi-Dan*

Onegai-shimasu Ueshiro Shorin-Ryu Karate USA Worldwide,

The past six months have been uniquely challenging with the Corona outbreak. As soon as it began the Kfar-Saba Country Club, hosting our dojo, was shut down to weather this “storm,” and we shifted to Zoom. We were one of the first dojo to do so, as Israel enacted quarantines earlier.

I maintained the same basic workout schedule 3 times per week, same traditional workout structure and 90 minutes long. However, I concentrated the training to be more camera-facing for a tighter space. For example, we performed kata facing the camera, as if doing it against a stationary makiwara.

Moreover, we were fortunate to have Kyoshi, Sempai, and Deshi join our Zoom training from our various Dojo across the world. We received high level corrections and guidance from Kyoshi Seeger, and reconnected with our training brothers and sisters from past year gatherings. My Deshi got an opportunity to meet other students like them on the other side of the globe and share some encouraging words, sweat, hard work, and polishing of the human spirit through our Karate.

The Zoom workouts became an exciting opportunity to meet and train together regardless of location. Weekly zoom class coordinated with Kyoshi Seeger, and the published schedule from Kyoshi Mackay, enabled us to join other workouts around the world that fit our time zone and enriched our daily lives under quarantine.

## Karate Zoom became the highlight of our day.

When quarantine subsided and we were able to return to the Dojo, our Deshi were most appreciative of karate empowering their perseverance over the Corona. One of our Deshi, Sempai Reuven Ornshtein, prepared a special framed gift of gratitude, involving a poem crafted with screen captures from our Zoom sessions, and presented it to me on behalf of the dojo. It was one of the most special gifts I have ever received.



# Ueshiro baKfar Dojo



Furthermore, we picked up a new student over the Zoom training, Tsahi Ornshtein, who joined his teenage daughter, Shir, and father Reuven, who had been training with us for months.

After returning to our Dojo in person, the Country Club was closed on and off again due to further breakouts. However, the government allowed group training outdoors, so we shifted to our beautiful local Central Park across the road from the Country Club. The outdoor early evening training on the park's grassy fields in the fresh air was exhilarating.

Our unfaltering training schedule, due to Zoom, and the outdoor park training allowed us to prepare a strong group for our semi-annual August Testing. Sensei Nir Zamir's Dojo from Hertzelia joined us in Central Park for a traditional test that lasted well into the night. The darkness and sharp blades of grass under our feet heightened our senses and performance. We now have a new Brown Belt, two new Green Belt "dojo pillars", and other promoted Deshi, to help grow Ueshiro Shorin Karate-Do here in Israel well into the future.



## Ueshiro baKfar Dojo



We are grateful to our Hanshi, Kyoshi, Sempai and Deshi across the world for helping us to hold on tightly to our Karate as we navigate the wild twists and turns of life with strength, fortitude, and Joy & Vigor.

Domo arigato gozaimasu,

Sensei David Tamir, Denshi-Shihan  
Ueshiro Dojo ba'Kfar [Village Dojo]  
City of Kfar Saba, Israel



# Hong Kong Ueshiro Karate Club

*Sensei Alan Lai, Shihan, Roku-Dan*

Greetings from Ueshiro Hong Kong Karate Club,

We are all staying healthy and well in Hong Kong

Training continues but on Zoom due to COVID-19 and mandatory orders in Hong Kong. Although it is on-line and quite constrained due to the home environment, we learn that karate does create more space and time! Skills are thus sharpened in this way.

We welcome you all to join us.

Domo arigato gozaimasu,  
Alan Lai, Roku-Dan/Shihan  
Ueshiro Hong Kong Karate Club  
[senseilai@gmail.com](mailto:senseilai@gmail.com)



“Phoenix glaring in all directions”  
Katsushika Hokusai (1760-1849)



# Ueshiro Harbour Karate Club

*Sensei Tytus Michalski, Shihan, San-Dan*

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

**Events in 2020 have led to a change** in the physical training routine for our students. Along with other school activities, our after-school in-person training has been paused during the past several months.

In the meantime, we have encouraged our students to continue training at home based on their capabilities and opportunities, while at the same time respecting that many of these students from lower income backgrounds may be lacking in both resources and even an indoor or outdoor space to train regularly.

For those of us fortunate enough to have access to resources and space, we have been continuing with a mix of the Zoom lessons and also outdoor training. Hong Kong does have some wonderful open-air spaces, and this photo is an example of the scenery at one of our locations.



As we continue to deal with the various challenges and changes, the benefits of traditional Ueshiro Shorin-Ryu Karate-Do is even more obvious and powerful. It has been an inspiration to experience the leadership from Hanshi and the tremendous efforts by all the Shihan to support our deshi worldwide!

Domo arigato gozaimasu,

Sensei Tytus Michalski, San-Dan  
Ueshiro Harbour Karate Club  
Hong Kong, China  
[tytus1@gmail.com](mailto:tytus1@gmail.com)

# Herzelia Ueshiro Dojo

*Sensei Nir Zamir, Denshi Shihan, Go-Dan*

Onegai shimasu, Hanshi, Sensei and Deshi,

The Ueshiro Herzliya Dojo continues to train and has also visited the Ueshiro Dojo in Kfar-Saba for joint training with Tamir Sensei and his deshi, including combined testing this past August.

Congratulations to Gil Eran and Mickie Gotlieb, who were both promoted to Go-Kyu (2 Green Tips) on August 19, 2020, from the Ueshiro Herzliya Dojo. Our Ik-Kyu Ran Sheinman, who showed up to support those testing, demonstrated atemi waza by breaking of a stack of 4 boards.

Sempai Sheinman has been instrumental in sustaining our dojo and training schedule. Moreover, during one of his visits to our sister Dojo in Kfar-Saba, he brought a bottle of traditional sake for a campai to commemorate the resumption of training at the dojo post COVID.

We wish everyone health, joy, and vigorous training to beat back the pandemic upon us.



Domo arigato gozaimasu,

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# Acknowledgements

The Ueshiro Shorin-Ryu Karate USA Newsletter is a bi-annual publication for the Deshi and Dojo of USRKUSA. This *Fall 2020* edition was edited by Michael Mackay. Graphic design assistance from David Baker, Ron Ballin, Lisa Rosenberg and Anna Sweeney.



*Sunrise over Cocoa Hilton Beach, Feb. 3, 2020 – Lisa Rosenberg*

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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