



Fall 2023 NEWSLETTER

UESHIRO SHORIN-RYU KARATE USA

UNDER THE DIRECTION OF HANSHI ROBERT SCAGLIONE

FOUNDED BY GRANDMASTER ANSEI UESHIRO



*Karate ebbs and flows
the grace
of a moving river*

Mission Statement

To propagate the art of Shorin-Ryu Karate USA, its kata and techniques, as handed down by our founder, Grand Master Ansei Ueshiro. To preserve and protect the history, traditions, methods and integrity of Shorin-Ryu Karate USA. To develop students to their maximum potential in body, mind and spirit; through courtesy, propriety, self-discipline and the ecstasy of hard work fostered by our dojo the sacred training halls of Shorin-Ryu Karate USA.



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Greetings from Hanshi

Greetings, USRKUSA Members,

It's an exciting time to be a student and a teacher of Ueshiro Shorin-Ryu Karate. As we preserve and protect the history, traditions, methods and integrity of this style, as passed down from our founder, Master Ansei Ueshiro, I want to include the following words of encouragement:

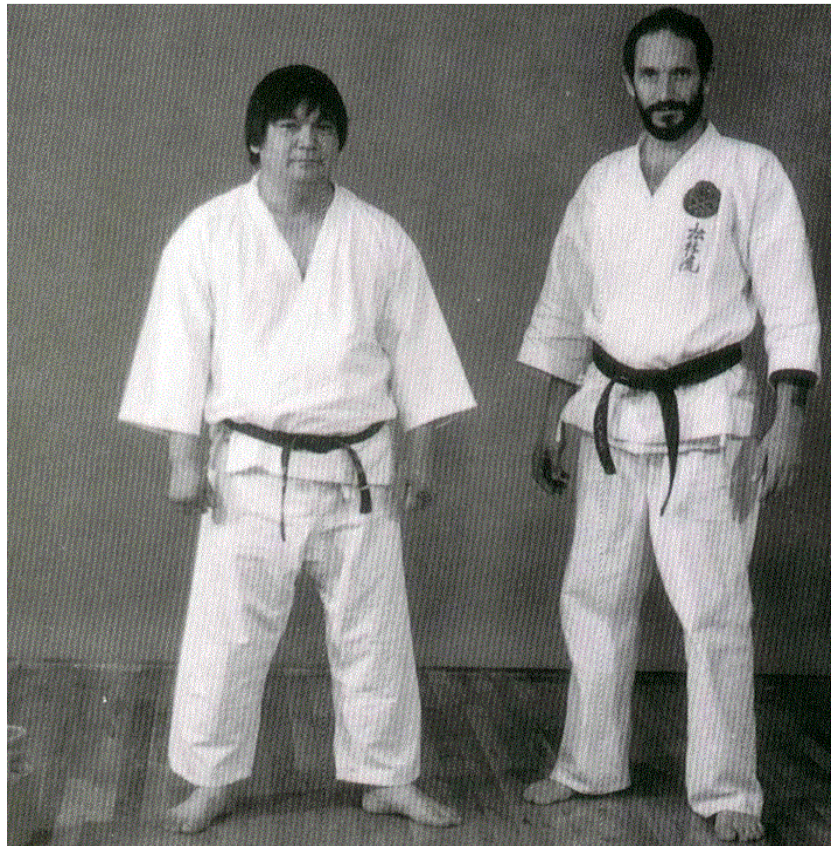
"The individual's performance of the Kata is continually revised by the instructor. Gradually, the student's character, attitude, and intentions are unmistakably revealed to his instructor. Only then can the instructor help the student to acquire the mental power to overcome his own weakness, and recognize the vanity and false ego which lies within him that hinders the focusing of his natural energies in his daily life. This can be accomplished only by the constant practice of the seemingly simple moves of Kata."



~ Shoshin Nagamine, December 12, 1976

Sincerely,

Hanshi Robert Scaglione



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Bonus Message by Hanshi

The essay below is placed here for all of us- to read, study and practice- as a most important reminder of how and why we, ALL USRKUSA Karateka and Deshi train karate as a "lifelong marathon".

We never quit, surrender or give up. Failure/ Rank/Belt Color are simply reasons to "keep trying" and "keep training"!

Sincerely,

Hanshi Robert Scaglione

RANK/BELT COLOR AS IT RELATES TO OUR TRAINING OVER THE ARC OF OUR LIVES

The idea that any diligent student would quit at the result of a test - whether they pass or fail - is astonishing.

There is a misconception that I have encountered frequently regarding a black belt, or even "higher" kyu ranks, where a student believes that by getting the belt, they "get" the karate, or that the belt confers some new or special level of skill upon the recipient. In fact, the inverse is true: the karate is what "gets" the belt, and the only way that belt is maintained is by training more. Training is what confers skill upon a practitioner, nothing else, and especially not a new rank or different colored belt.

Many years before I found karate, I was a long distance runner. I no longer claim to be a long distance runner, because I no longer run long distances. I take this approach with my training. I am a karateka as long as I am training. That means today, yesterday, and tomorrow. If I do not train, I am not a black belt, nor any belt at all. Karate-do is like a bucket with a hole in it: we must continue to pour the water of our training into the bucket to keep it full, or it will be empty when we need it most.

Domo arigato gozaimasu, Hanshi Robert Scaglione, for your leadership and your dedication to preserving and passing on Karate-Do in the United States and around the world.

Sempai Austin Hatch, Ni-Dan

Northampton Ueshiro Shorin Ryu Karate



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Ueshiro Midtown Karate Dojo

Kyoshi Michael Mackay, Shihan, Ku-Dan
129 W 67th St, New York, NY 10023

NEWS

Onegai shimasu, Hanshi, Sensei, and Karate-Ka of Ueshiro Shorin-Ryu USA, Congratulations to all the Shihan on your promotions since the Spring Newsletter. It's been an exciting six months in the USRKUSA Organization, spearheaded by Hanshi Robert Scaglione's relentless passion for our art and its traditions. The past six months at the Midtown Dojo have been a whirlwind of tests and special workouts inspired by such leadership and our Mission Statement as reprinted above.

90TH BIRTHDAY CELEBRATION AND SAN-DAN TEST

On April 16, 2023, Kyoshi Mackay and Sempai Brian Heese traveled to the Ueshiro Northampton Dojo to join their celebration of Grand Master Ueshiro's 90th birthday. After a sweaty workout in the NoHa Dojo's beautiful space, a Black Belt test was convened. Congratulations to Sensei Heese on his promotion to San-Dan, after holding the rank of Ni-Dan for eight years while running the Ueshiro Okinawan Karate Club of Pelham Manor. Many thanks to Sensei Dan Gobillot for his warm welcome of visitors, and his persistent efforts to hold promotions and move deshi forward.



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MAY IN MINNESOTA WEEKEND AND NI-DAN TEST

Midtown Black Belts traveled to Minnesota in early May to participate in a weekend of training and testing to celebrate the 15th Anniversary of the Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota. After seminars Friday evening and Saturday morning, a 4.5 hour Black Belt test was held on Saturday afternoon. Sempai Anna Sweeney tested for and was promoted to Ni-Dan. Congratulations to Ms. Sweeney, who waited over five years at rank before testing. Domo arigato gozaimasu to Sensei Steve Hatle and his loyal followers for their tremendous hospitality, and for spreading the art of Ueshiro Shorin-Ryu in the North Star State all these years.



FLORIDA YON-DAN TEST

Two weeks later on Saturday, May 20, 2023, Sensei Luz DeLucia tested for Yon-Dan at the Ueshiro Merritt Island Karate Dojo along with nine other Sensei from around the world. The event, overseen by Hanshi Robert Scaglione, united and solidified the “Backbone of Black Belts” in the USRKUSA Organization as represented by this rank. Congratulations to Sensei DeLucia, who trained as a San-Dan for 19 years before testing and receiving her promotion. And domo arigato gozaimasu to all the Florida Shihan for embracing us out-of-towners before, during, and after the formal test.



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MEMORIAL DAY OUTDOOR WORKOUT

On Sunday, May 28th, 15 Karate-ka from the Ueshiro Midtown and Bay Ridge Dojo assembled in Central Park for a special Memorial Day Workout. Higher ranks worked the traditional Okinawan weapons while Yon-Kyu and white belts explored yakusoku kumite. Each weapon group held a Q&A session followed by a kata. Training switched to empty hand with many repetitions of Fukyugata Ni. After bowing out, the group trekked through the Park to the 107th Infantry Memorial on Fifth Ave. A most humble "Domo arigato gozaimasu" to those who have gone before us to defend the liberties we so often take for granted.



JUNE TIP TEST

On Sunday, June 25, the Ueshiro Midtown and Ueshiro Bay Ridge Dojo held a joint tip-test at Owl's Head Park in Bay Ridge, Brooklyn. After preliminary yet vigorous warm-ups, kihon, and repetitions of Fukyugata kata, the formal test began. Congratulations to our two Midtown deshi promoted to Go-Kyu, Daniela Naranjo-Zarate and Katrina Lambert, who showed keen focus despite a wide range of distractions in the public space.





SHERWOOD ISLAND BEACH WORKOUT

On Sunday, July 16, 2023, an elite group of ten Black Belts met at Sherwood Island State Park for our annual beach workout. According to the National Weather Service, nearly two inches of rain fell in the Westport area by mid-day. Not a soul could be seen on the entire beach during our four hours of training. A huge "Domo arigato gozaimasu!" to the Sensei and Sempai shown below whose spirits only grew stronger as the weather grew fiercer.



Special shout-outs to Sensei Daniel Lax of the Ueshiro Pine Forest Karate School for his leadership during the workout, and to Sensei Adam Dunsby and Sempai Frank Mowka of the Easton CT Ueshiro Shorin-Ryu Karate Club for co-hosting the BBQ afterwards.



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AUGUST FULL BELT PROMOTION

More recently, on Sunday, August 20, 2023, the Ueshiro Midtown and Ueshiro Downtown Karate Dojo held a joint belt promotion at the Downtown location on Broadway. Much joy and vigor were shown by all participants during the pre-test workout and the marathon sessions led by Sensei DeLucia while the judges deliberated. Congratulations to the two Midtown Deshi who moved forward: Alexis Napoliello promoted to Yon-Kyu, and Ni-Kyu James Moskie promoted to Ni-Kyu. James waited 12 years before testing for his Brown Belt and Alexis waited three years before testing for her Green Belt.



Photo galleries of many of the above events may be seen at our website gallery:

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

MOVING FORWARD

The Midtown Dojo has an exciting line-up of events for this Fall leading up to the Annual Black Belt Workout in Daytona in October. Special outdoor workouts include:

- Sept. 3 - Labor Day weekend (pictured below)
- Sept. 10 - Annual 911 Memorial Workout
- Sept. 17 - Workout celebrating Grand Master Ansei Ueshiro's arrival in the U.S.
- Sept. 24 - Workout with visiting Sensei Candace Morgan

Also, a special NYC Marathon workout on Sunday, November 5, where we'll cheer on Katrina Lambert, Go-Kyu, as she reaches the 26-mile mark.

Deshi system-wide are invited to attend all events or just show up for a regular class. Your presence helps many of us get off our plateaus. While you're at it, enjoy some of the cultural gems New York City has to offer.



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CLASS SCHEDULE

As of Tuesday, Sept. 7 we resumed classes three days per week at the Kaufman Center located at 129 West 67th St., Studio 409.

Monday, 7:00 – 8:30 PM

Sensei John Adams

Tuesday, 7:15 – 9:00 PM

Kyoshi Michael Mackay

Saturday, 11:00 AM – 1:00 PM

Kyoshi Michael Mackay

By popular demand, we're also continuing our Friday 5:30 PM Zoom classes (link [here](#)), and the semi-formal Sunday Central Park workouts starting at 10:00 AM. Meet us at one of the two "X" shown below, based on conditions.



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A special note of gratitude to all the Midtown Black Belts who assist with covering classes, communications and, of course, keeping the Dojo doors open.

Domo arigato gozaimasu, Hanshi, for your leadership and ceaseless efforts to encourage us to do more, reach higher, and enjoy the gifts of Shorin-Ryu in our everyday lives.

Kyoshi Michael Mackay, Ku-Dan

Shihan, Ueshiro Midtown Karate Dojo

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



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Ueshiro Viera Karate Dojo

Hanshi Robert Scaglione, Shihan, Ju-Dan
Viera, Florida

NEWS

There is no better place to polish your Kata than at the Viera Karate Dojo with Hanshi. Everyone from all dojo (worldwide) is invited.



Our classes are from 5:30 to 7 pm Tuesdays and Thursdays and 10 to 11:30 am Saturdays at the Viera Regional Community Center, 2300 Judge Fran Jamison Way, Viera. Hanshi teaches the Tuesday and Saturday classes, and Sempai Rob Weaver, Ni-Dan, and Sempai Pam Lohr, Sho-Dan, alternate with teaching.



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EVENTS

On May 20, the Ueshiro Florida schools hosted an epic Yon-dan review. It was spectacular, inspirational and rewarding—simply, the very best parts about our organization in one 10-hour test. We encourage you to read the writeup and congratulate our newest Fourth-Degree ranks.



As Karate Weekend in Daytona Beach approaches, take the time to amp up your training - in person at the Dojo or via Zoom. Your instructor will learn more than you.



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CLOSING

On May 7, 2002, Grandmaster Ansei Ueshiro passed away, leaving members of USRKUSA, a legacy, a system of karate unlike any other martial art. He is still with us every time we mention his name, show up at one of his Dojo, exercise one of his techniques, postures or Kata. We are so grateful and honored to be recipients of this Great Master and his method of Shorin-Ryu Karate. He was most honorable, hardworking, motivating, magical and mystical, as witnessed by all who were fortunate enough to have crossed his path, study his art, or viewed his photos, films or DVD/apps.

He may be gone, but he will never be forgotten!

Sincerely,

Hanshi Robert Scaglione, Shihan and Ju-Dan, Ueshiro Viera Karate Dojo

www.ueshirofloridakarate.com



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Ueshiro Pine Forest Karate School

Kyoshi David Seeger, Shihan, Ku-Dan
Palisades, NY



NEWS

Thank you Hanshi for your leadership and permission to conduct the following promotions.

YON-DAN CERTIFICATES

John Seeger, Yon-Dan



It was 1985 when I started Karate training. It is now 2023.

Karate became my direction and protection. Much more than a fighting art.

It is a cultural art and a physical and mental challenge among 1000 other things to 1000 other persons.

I would like to thank everyone who taught me over the years, especially Master Ansei Ueshiro, Hanshi Robert Scaglione, and Kyoshi David Seeger.



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YON-DAN CERTIFICATES

Henri Waelbroek, Yon-Dan

"Effort is everything" - Chotoku Kyan.

The creator of Kata Ananku was no stranger to these words: a small man with asthma and poor eyesight, he was never defeated. Instead he died of fatigue and malnutrition in September of 1945 after giving his food rations to children. Last May, Hanshi reminded us of his legacy and example in Florida at a spirited Yon-Dan promotion that will forever remain engraved in our hearts and minds.

Thank you Hanshi for your confidence in allowing us to test and for inspiring us through your own example to embrace karate-do as our way of life.



BLACK BELT SHO-DAN TEST (8/3/2023)

Sharon Levine, Sho-Dan

On August 3, 2023, I re-started karate. What I mean is I became a Black belt. I feel like this is really when the karate begins. I am grateful to Master Ansei Ueshiro, Hanshi Robert Scaglione, Kyoshi David Seeger and all the masters who came before them, and of course, the Kyoshi, Sensei and Deshi from whom we are always learning.

Domo arigato gozaimasu



*Six Dojos Represented: Viera FL, Downtown NYC, Easton CT, New Rochelle NY, Nyack NY, Palisades NY
Board of Judges: Kyoshi Reymond, Potter Sensei, Powell Sensei, and Nistorenko Sensei*



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KYU LEVEL PROMOTION (8/6/2023)

Mark Kogan, Ik-Kyu, New Rochelle, NY

River Keohane Glassberg, Ni-Kyu, Palisades, NY



Board of Judges: Grossman Sensei, Glassberg Sensei, Waelbroeck Sensei, and Sempai Kapilow

SHERWOOD ISLAND BEACH WORKOUT

*Onegai-shimasu Hanshi, Kyoshi, Sensei, Sempai,
It was great to work out on the Sherwood Island Beach with Kyoshi Mackay and the deshi from Midtown and Easton in the rain with no one else in Mid-July on the beach, but us karateka. I look forward to learning from all of you and training on the beach in Daytona this October.*

Domo Arigato,

*Daniel Lax
Go-Dan*



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CLOSING

Thank you for supporting our Shorin-Ryu apps and Website.

To donate any amount please click this link:

https://www.paypal.com/donate/?hosted_button_id=DB7DLMZAEQDGY

Ramp it up for Daytona!

- Kyoshi Seeger



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Ueshiro Okinawan Karate Family Club

Kyoshi Matt Kaplan, Shihan, Hachi-Dan
State College, Pennsylvania

NEWS

- We continue to embrace our “family dojo” ethos. Currently, our student body includes 8 parent-child pairs and 5 sibling groupings. As we like to say, “The family that trains together, stays together.”
- Classes in Spain: During sabbatical time in Granada, Spain (Spring 2023), Kyoshi Kaplan ran an 8-week karate course at the Padre Manjon school. Pictured below is the class flyer and group photo taken at the tip test conducted on the last day. [Angel Barragan, Padre Manjon teacher and intergenerational program coordinator, served as karate program coordinator. Angel is pictured in the class photo below - 4th from the left in the second row.] All 12 students passed and received their Ro-kyu certificates.

The school appreciated the traditional aspects of our style and embraced the karate program. We began conversations to determine feasibility of a possible USRKUSA “karate instructor fellowship” program, whereby interested (and bilingual?) Black Belts could receive partial scholarships to fund 4-6 week rotations to Granada to teach karate. Quite an aspirational idea... Still working on it.



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CONCENTRACION

TALLER DE KÁRATE ENTRENAMIENTO INTERGENERACIONAL COLEGIO PADRE MANJÓN

Especialmente pensado para personas de la misma familia (desde 5 años, adultos y mayores sin límite de edad).

Dirigido por el **Professor Matt Kaplan**, Instructor de Kárate, Intergenerational Programs and Aging Dept. of Agricultural Economics, Sociology and Education, Penn State, University, EEUU.

**Martes y Jueves, de 18 a 19,30 horas
(2 de Marzo al 2 de Mayo)
Sala de Psicomotricidad
Colegio Padre Manjón de Granada.**

Precio 15 euros por persona*.
Descuentos especiales para personas de la misma familia**.

Este programa de Kárate se realiza con la colaboración de:
Ueshiro Shorin-Ryu Karate USA.
www.shorinryu.com

*Precio único por persona para todos los talleres de los dos meses.

**Precio para familia (2 o más miembros): 10 euros por persona.

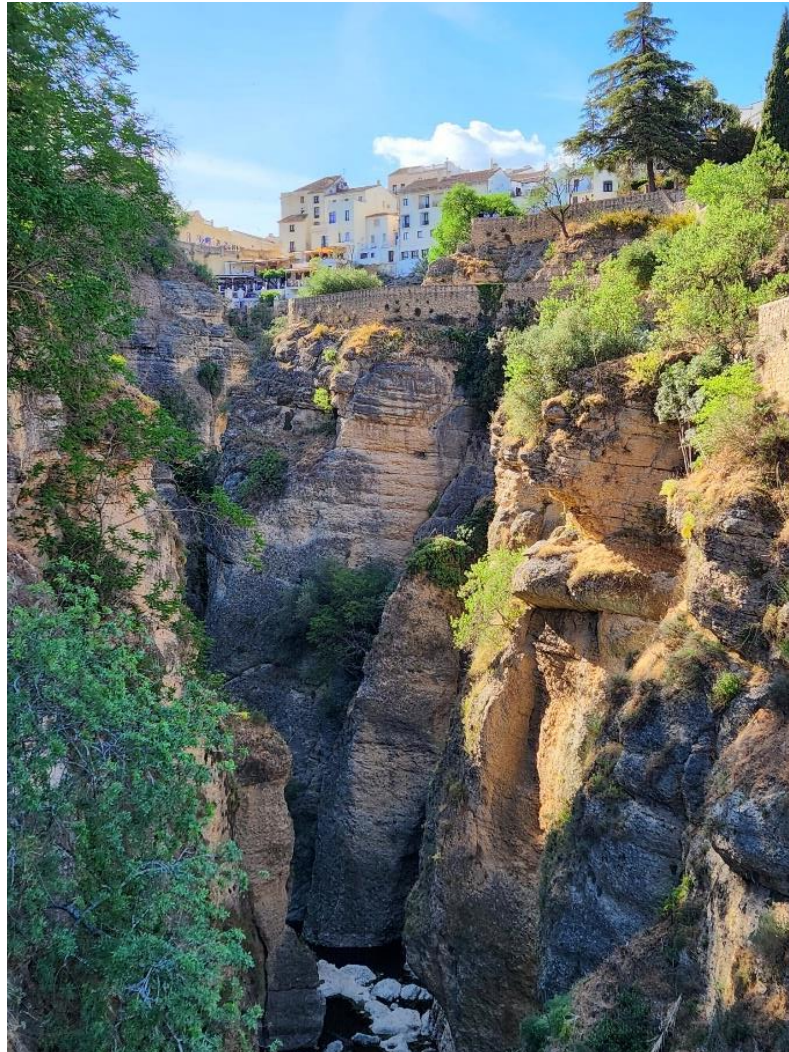
FITNESS



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- More on karate in Spain: While visiting family in Spain, Noah Kaplan (Ni-Dan) joined Kyoshi Matt Kaplan on a side trip to Ronda and made sure to weave in some karate time. As a training resource for the Spain karate class, they created two video clips, one of Fukyugata Ichi ([Video clip #1](#)) and one of yakusoku kumite 1-4 ([Video clip #2](#)). To get a fuller sense of the majestic beauty of this ancient town in Spain, see the photo below.





RANK PROMOTIONS

Our Dojo held its August promotion on Sunday, August 20, 2023. We were delighted to have our former member Sempai Pam Lohr, Sho-Dan, in attendance from Florida and serving on the Board of Judges along with Kyoshi Kaplan, Sensei Barb Schaefer, San-Dan, Sempai Tracie Pletcher, Ni-Dan, and Sempai Ben Kaplan, Sho-Dan. Also contributing were Sempai Anne Burgevin, Ni-Dan, and Sempai Mike Musser, Ni-Dan, whom we welcomed back following an extended leave of absence.

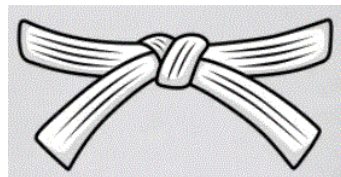
Following a preliminary workout, which began at 4:30 pm, the formal review of promotional candidates commenced at 5:30 pm Testing continued into the evening, wrapping up following tameshiwari at 9:30 pm.

Congratulations to the following deshi who were reviewed and received their new rank:

(* = Youth Candidates)

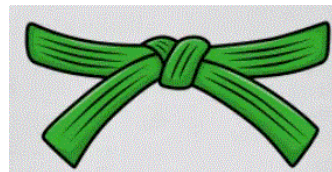
RO-KYU (1 GREEN TIP)

- Cora Krol
- Kaya Mazzara *
- Beth Gumble
- Emma Catherine *
- Christina Catherine



GO-KYU (2 GREEN TIP)

- Jen Dombroskie
- Valentina Lorenzoni-Ferroroni *
- Lia Booz *



YON-KYU JR. (YELLOW BELT)

- Cameron Lundin *

YON-KYU (GREEN BELT)

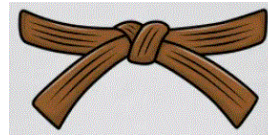
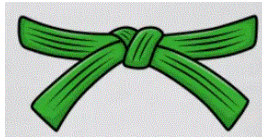
- Abram Foster *
- Maya Dombroskie *
- Lara Fowler
- Elizabeth Fowler *





SAN-KYU (BROWN TIPS)

- Rene Oakman
- Bryan Brightbill
- Drew Foster



IK-KYU (BLACK TIPS)

- Elsa Krol *



SAN-DAN TEST

On Sunday morning, September 10, 2023, our dojo held a San-Dan promotion test for Tracie Pletcher and Anne Burgevin, with Roku-Dan Lisa Markowitz (of the Northern VA Dojo) joining Kyoshi Kaplan and Sensei Barb Schaefer on the Board of Judges. Sempai Ben Kaplan (Sho-Dan) assisted with Yakusoku kumite. Sensei Tracie and Sensei Anne – passed with flying colors!



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EVENTS

Peace puppets and workout in the park: Our dojo philosophy is when a dojo-enriching opportunity presents itself, take full advantage of it! Here is one example of putting this philosophy into practice: After a Tuesday evening advanced training class in March (for Brown Belts and above), our group of 8 students (half teens and half adults) attended a creative theatrical performance at the Penn State Downtown Theatre called MakeorBreak, led by Laurencio Ruiz (see photo below). The life-size puppets told a story, without words, of a wailing mother who oversees the horrors of war and gun violence. She devises an unexpected strategy in pursuit of peace and overcomes the boneheaded beast. Afterwards we did a nighttime workout at a nearby park in the March cold, and even had time to talk about the parallels between our own training and the lessons about self-defense, awareness, and strategizing which were woven throughout the puppet show.



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CLOSING

Keep training - wherever and whenever you can!

Kyoshi Matt Kaplan



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Ueshiro Northern Virginia Karate Club

Sensei Lisa Markowitz, Shihan, Roku-Dan



STEP FIRST

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

The Ueshiro Northern Virginia (NoVA) Karate Dojo continues to move forward in the 61st Year of USRKUSA, the Year of the Water Rabbit, marking several key events in the Spring and Summer.



NEWS

CHERRY BLOSSOM WORKOUT: The NoVA Dojo hosted our annual Cherry Blossom workout at Great Falls National Park on Saturday, April 15, 2023. Prior to the formal workout, which began at 10am, Deshi trained in focus groups led by Kyoshi and senior black belts that focused on kata and bo.

The formal workout ran from 10am to 2:30pm and was led by Kyoshi Sal Scaglione, Kyoshi Kevin Reymond, and Sensei Lisa Markowitz. The workout took the form of a traditional USRKUSA class, with ample time



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allotted to warm-ups, kihon techniques (capitalizing on the ample dojo space that is Great Falls Park), and kata (performed in large and then smaller focus groups).

The vigorous workout was propelled by the powerful yang energy of the falls and made all the more special by the gentler yin energy of the occasional overhead heron and slight breeze.

A huge domo arigato to the following warriors who showed tremendous spirit in travelling many miles to join us and elevate the workout:

Wisconsin

- Kyoshi Sal

New York

- Kyoshi Reymond
- Sensei Ron Balin

Pennsylvania

- Lydia Geiger
- Jolie Oakman
- Gabe Geiger



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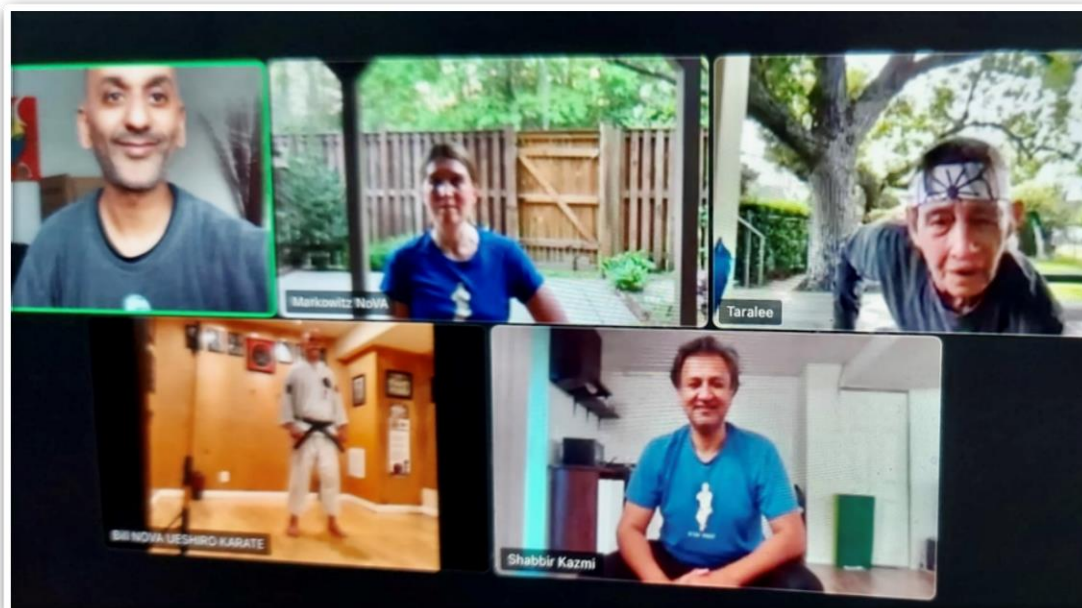
KATATHON: On Thursday, April 20, 2023, the NoVA Dojo held its annual katathon in honor of what would have been Grand Master Ansei Ueshiro's 90th birthday.

We performed a total of 90 kata to show our deepest respects and mark the special occasion, each person taking turns to count groups of 10 kata, with the last one being performed by the Hajime, maximum full speed and power, Master Ueshiro style. We began with Fukyugata Ichi and moved up through the kata to Pinan Godan, performing another round of Fukyugata San for the last 10, finishing in just under 2 hours!

We were honored to have Hanshi stop by on the Zoon screen before book club while we were performing the group of 10 Pinan Yondan!

The following 7 students participated, several leaving early for book club:

- Sensei Lisa (NoVA Dojo)
- Sensei Shabbir Kazmi (NoVA Dojo)
- Sempai Bill Breidenbach (NoVA Dojo)
- Sempai Nishu Shah (NoVA Dojo)
- Sempai Rob Kapilow (Pine Forest Dojo)
- Sempai Tara Lee Hunter (NoVA Dojo)
- Sempai Jessie Rosenthal (Albany Dojo)





RANK PROMOTIONS

YON-DAN TEST: On Saturday, May 20, 2023, Sensei Lisa and Sensei Shabbir traveled to the Merritt Island dojo in Florida, where Sensei Shabbir joined 9 other San-Dan warriors from USRKUSA Dojo across the country to test for the rank of Yon-Dan. After a long, but rewarding 10-hour test led by Hanshi and jam-packed with pieces of platinum, Sensei Shabbir was awarded the rank. Congratulations to Sensei who, after patiently waiting 11 years to test, is now earning his new rank by showing up to multiple classes each week, serving as the Chief Instructor of the NoVA dojo, and to coin Hanshi's phrase, "just doing it!"



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TIP TEST: On Saturday, June 17, 2023, the NoVA Dojo held a green tip test. The morning began with a vigorous, traditional class, led by Sensei Shabbir, consisting of warm-ups, kihon techniques, and many repetitions of Fugyugata Ichi, performed at half, three-quarters, and full speed and power, with minimal instruction.

Following the class, the test commenced. Sensei(s) Shabbir and Lisa presided over the test and Sempai(s) Anthony Patrick (Sho-Dan and center judge), Fred Bagali (Sho-Dan) and Reshma Shah (Sho-Dan) served on the board of judges. Sempai Nishu Shah (Sho-Dan) called the test candidate to the spot and directed the test. Sempai Maya Shah (Sho-Dan) led the group through kata as the board of judges deliberated, and Sempai Matt Gregory (San-Kyu) performed across the deck kihon techniques with the test candidate.

Congratulations to Harjeet Kaur for attaining the rank of Ro-Kyu.





BLACK BELT WORKOUT/CLOSING

The black belts of the NoVA Dojo are ramping up our training in anticipation for the Black Belt workout in Daytona in October. We are looking forward to working out with our fellow black belts from around the globe.

Domo arigato Hanshi for your tireless efforts in serving as the keeper 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.

Respectfully submitted,

Sensei Lisa Markowitz, Roku-Dan

Shihan

Ueshiro NoVA Karate Dojo





Ueshiro Downtown Shorin Ryu Karate Dojo

Kyoshi Kevin Reymond, Shihan, Hachi-Dan
New York, New York



“Train every day; even if it’s only for five minutes, do something every day.
Hanshi Robert Scaglione”

.....

NEWS

Onegai Shimasu Hanshi, Kyoshi, Sensei and Fellow Deshi,

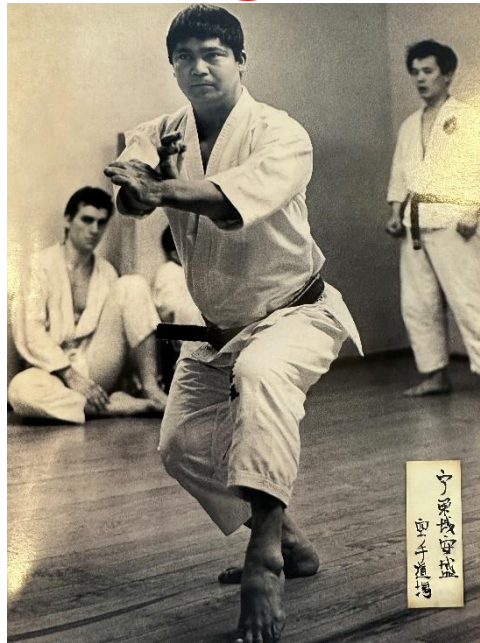
Over the past six months we have (a) conducted Zoom classes every Wednesday and Friday mornings, (b) provided one-on-one training sessions, (c) moderated three meetings of the Ueshiro Shorin Ryu Karate Book Club, (e) issued twenty six editions of the weekly “Keep Training” emails that include training tips and readings from “Building Warrior Spirit” and the “Shorin-Ryu Question and Answer Book”, (e) travelled to Florida to participate in the Yon-Dan review, (f) held promotions and tip tests, (g) held a joint belt test with Ueshiro Midtown Dojo (h) travelled to the Bay Ridge, Northampton and Palisades dojo to participate in workouts and belt tests; and (g) hosted two Roundtable Discussions with Hanshi and the Kyoshi.

Over the next six months we will be launching a new website with the assistance of Holly Seeger. We will continue stepping up our efforts to recruit new white belt deshi through the website, social media outreach and other initiatives. In addition, we will be hosting the Annual Weapons Workshop in December.

The Ueshiro Shorin Ryu Karate Book Club has scheduled its next meeting for Thursday, October 19th, 2023, when we will be discussing, “The Water Book” by Miyamoto Musashi. The meeting will be held by Zoom (log in info to follow) and run from 7:00 to 8:00 pm.



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“Karate is a lifelong pursuit.”
Master Ansei Ueshiro

Domo arigato gozaimasu Hanshi for your leadership and for setting an example to which we should all aspire. We are looking forward to training with you in the years ahead.

Kyoshi Kevin Reymond, Hachi-Dan

Shihan, Ueshiro Downtown Shorin Ryu Karate Dojo

Under the direction of Hanshi Robert Scaglione

Dojo Address: 281 Broadway; New York, NY; 646-745-6172; www.downtownkaratedojo.com

CLASS SCHEDULE

Monday and Wednesday: 5:45 PM to 7:15 PM (In Person)

Wednesday and Friday: 8:00 – 9:00 AM (Zoom)

Saturday: 9:00 to 10:00 AM (In Person)



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Northampton Ueshiro Karate Dojo

Sensei Daniel Gobillot, Denshi Shihan, Shichi-Dan
Florence, MA

NEWS

Our Annual Open House here at The Arts & Industry Building, 221 Pine Street, Florence, MA is scheduled for Nov. 11th and 12th this year. If you would like to attend and join in, please contact me. We perform demonstrations and invite visitors young and old onto the deck to test their skills, mental and physical. This year with the easing of COVID we have welcomed several new students into the dojo, as well as the return of many seasoned deshi who have been training in alternate ways.

OUR DOORS ARE OPEN!



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RANK PROMOTIONS

APRIL

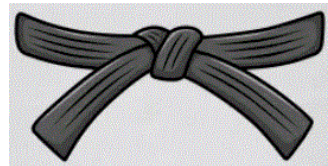
Kyoshi Mackay (Ku-Dan) traveled up to Northampton in the beginning of April to help conduct a workout, black belt test, and promotion to celebrate Grand Master Ansei Ueshiro's 90th birthday on April 20th. The following deshi received their new rank:

SHO-DAN

- James Robinson (Northampton)

SAN-DAN

- Robert St. George (Northampton)
- Brian Heese (Pelham Manor, New York)





August

Kyoshi Reymond (Hachi-Dan) traveled up to Northampton on August 13, 2023 to help conduct a workout and rank promotion. The following deshi received their new rank:

RO-KYU

- Trevon Bryant (Northampton)

GO-KYU

- Matthew DeSouza (Northampton)

IK-KYU

- Jim Feeley (Northampton)
- Clara Shoemaker (Northampton)



DOMO ARIGATO GOZAIMASU to all local deshi who helped and joined in to make this event happen, and to all those who traveled from NY, Boston, and Albany to share their huge spirit! These events cannot happen this way without you.



贈



CLOSING

Come train with us. The fall is a beautiful time of year in our dojo. The sun sets over the mountains across the Mill River and paints the deck crimson and gold.

Many deshi help in many ways to keep our organization thriving and growing. We do not always see or hear of these activities. I would like to thank Sempai Austin Hatch (Ni-Dan) and his brother, Adrian, who donated their time and expertise in assisting Kyoshi Seeger in updating code (tech stuff) in the USRKUSA apps.

Domo arigato gozaimasu HANSHI ROBERT SCAGLIONE for what YOU have continued to do with this organization, UESHIRO SHORIN RYU KARATE USA for many, many years. There is no one who could do what you have done and are doing!

Domo arigato gozaimasu,

Sensei Daniel Gobillot, Shichi-Dan

Denshi Shihan

Northampton Ueshiro Karate Dojo



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Ueshiro Merritt Island Karate Dojo

Sensei Trevor Tezel, Shihan, Yon-Dan
Merritt Island, FL



Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

The Ueshiro Merritt Island Karate Dojo enjoyed a spring and summer replete with events, high-level instructor visits, and consistent, high-level training. The pictures below capture some of the highlights from the last several months. Of course, the greatest highlights are from particular kata performed or corrections given, which cannot be fully captured in the post-event photos.

NEWS

90TH BIRTHDAY CELEBRATION: During our class on Wednesday, April 12, 2023, the Florida schools of USRKUSA celebrated the 90th anniversary of Grand Master Ansei Ueshiro's birth by performing 100 kata. Per dojo tradition, the 99th and 100th kata performed were Fukyugata-San.



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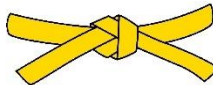


RANK PROMOTIONS

YON-DAN TEST: On May 20, 2023, the Merritt Island Dojo hosted a Yon-Dan review and promotion, in which several area Shihan earned fourth degree black belt rank. Per organizational policy, no pictures are being shared of this event.

KYU RANK TEST: On Saturday, August 12, 2023, the Merritt Island Dojo hosted a Kyu rank test with the other Florida dojos, which was led by Hanshi Scaglione. Congratulations to the following Merritt Island Deshi:

- Stella Stauffeneker (Yellow belt)
- Zander Ramirez (Yellow belt)
- Ezra Ramirez (Yon-kyu)! (2)





NOTABLE GUEST INSTRUCTORS

The last several months have been punctuated by high-level guest instructors at the Merritt Island Dojo. On Friday, May 19, 2023, Kyoshi Kevin Reymond, Hachi-Dan, Shihan, Ueshiro Shorin-Ryu Downtown Karate Dojo, led a spirited workout open to all ranks of USRKUSA. A large part of the class focused on leg work.



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On July 3, 2023, Sensei David Tamir, Shichi-Dan, Denshi-Shihan, Ueshiro Karate Dojo ba'Kfar (Israel), taught the Monday evening class. Much of the focus was on application of moves from Pinan-Shodan. This was the second class that Tamir Sensei taught at the Merritt Island Dojo this year. Domo arigato, Sensei!



CLOSING

The Ueshiro Merritt Island Karate Dojo class schedule is: Monday - 6pm (Sensei Trevor); Wednesday - 6:30am (Sensei Trevor), 6pm (Sensei Kurt Tezel); Friday - 6:30am (Sensei K. Tezel). Additionally, the Merritt Island Dojo hosts the monthly Ik-kyu class (first Monday at 7pm - Sensei Trevor) and black belt class (fourth Thursday at 6:30pm - Hanshi Scaglione).

We encourage you to check out our website at mikarate.com. A new layout will be coming soon! You can also visit our Facebook page at (facebook.com, search for "Merritt Island Karate") and the Merritt Island webpage on the Florida Dojo website at ueshirofloridakarate.com/merritt-island.html.

Domo arigato, Hanshi, for your guidance and example of karate-do for the Florida schools of the USRKUSA organization.

Domo Arigato Gozaimasu,

Sensei Trevor Tezel, Yon-Dan

Shihan, Ueshiro Merritt Island Karate Dojo



贈



To-Te Ueshiro Karate Dojo

Sensei Preston Powell, Denshi Shihan, Roku-Dan
Nyack, NY

NEWS

Onegai-shimasu Hanshi, Kyoshi, Sensei, Deshi, all Karateka!

Humble Greetings from Nyack, NY

The To-Te Ueshiro Karate Dojo held it's bi-annual Belt promotion & Review Thursday, August 24th.
Congratulations to the following Deshi on earning NEW Ranks!

RO-KYU

- Robert Arata
- Tomomi Arata
- Yumi Arata



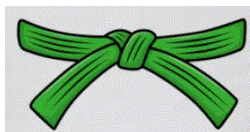
YON-KYU

- Tom Daly
- Simon Josuweitz
- Olive Josuweitz



SAN-KYU

- Ben Daly



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BOARD OF JUDGES

Sensei Preston Powell, Roku-Dan, Denshi Shihan Calling up all candidates;
Sensei Ed Abreu, San-Dan; Sensei Bryan Markiet, San-Dan;
Sensei David Calligeros, Ni-Dan rounding out the board.

With so many Summer travels and vacations, we were finally all able to meet for a beautiful promotion filled with joy & Vigor! Reflecting on the promotion, we all agreed that since COVID, we must and will work harder at person to person contact especially Yakusoku Kumite. DEAD KUMITE, no thank you!



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I would like to thank Kyoshi Seeger for allowing our orbit of Schools to come together and meet and exchange ideas and learn from each other. As we continue down the path it's so important to keep your cup empty and drink, refresh from the vast amounts of history, and training techniques which have been passed down by Master Ueshiro and preserved by Hanshi. It's our job as Black belts to pass on, teach, and practice what we've learned from our Sensei, teachers, the Okinawan Masters who have come before us and the ones still putting on a gi daily!



CLOSING

The To-Te Ueshiro Black belts look forward to training with all of you in Daytona, Florida this October.

Domo arigato gozaimasu Hanshi

Respectfully Submitted,

Sensei Preston Powell

Denshi Shihan, To-Te Ueshiro Karate

Nyack, NY

Classes: Tuesday 6 pm – 7 pm, Thursday 6 pm - 7:30 pm, Saturday 10 am - 11:30 am

85 Piermont Ave

South corner of Memorial Park, Nyack, NY 10960

www.karatenyack.com



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Boston Chinatown Ueshiro Shorin Ryu Karate Club

Sensei Emiliano Mazlen, Go-Dan
Boston, MA

Onegai-shimasu Hanshi, Kyoshi, Sensei, Shihan and fellow Karateka and Deshi,

We are moving forward and continuing to train. We are greatly looking forward to restarting classes in person in September at the Wang YMCA of Chinatown, 8 Oak Street West, Boston MA. Classes will start on Tuesday nights, and we expect to add classes on Thursday night in coming weeks.

We were honored to participate in the Northampton Dojo's August belt test. Domo arigato gozaimasu to Kyoshi Reymond for traveling to lead the workout and the board of judges, to Sensei Gobillot for leading and inviting us to join the event, to the other Sensei, karateka and deshi of the Northampton Dojo for welcoming us to their beautiful and spirited dojo and to the other Sensei, karateka and deshi who traveled from further away to add their spirit to the event. Congratulations to all who tested.

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

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

Keep Training.

Domo arigato gozaimasu to all,

Sensei Emiliano Mazlen

857-234-7350 (c)

amazlen@hotmail.com



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Ueshiro Suntree/Melbourne Karate Dojo

Sensei Matt Reed, Denshi-Shihan, Yon-Dan
Melborne, FL

NEWS

In the spirit of Zan-shin, the Ueshiro Suntree/Melbourne Karate Dojo continues to move forward. We have had quite a productive year, and things continue to get better.

RANK PROMOTIONS

YON-DAN

Suntree kicked off its summer supporting one of its own with the epic Yon-Dan review at Ueshiro Merritt Island Karate Dojo on May 20.

10 Sensei from Florida, New York, Northern Virginia and Portland, Oregon, earned their rank after a 10-hour test—and Sensei Matt Reed was among those promoted.



Photo gallery courtesy of Sensei Trevor Tezel, newly promoted Yon-Dan and Shihan of Merritt Island
[Facebook Page](#)



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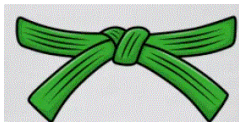
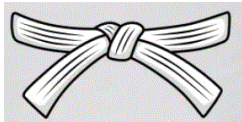


TIP TEST

Suntree/Melbourne students also moved up in rank over the summer.

On Father's Day in June, our dojo held a **green tip test**. Sempai James Robinson and his mom, Sempai Jenny Buckley, were promoted to **Ro-Kyu**. They tested for and passed **Go-Kyu** two months later at our August **green tip test**.

With Hanshi's permission and for religious purposes, Sempai David Mendelsohn tested for and achieved the rank of **Yon-kyu** on Sunday, Aug. 13.





Interestingly, about 14 or 15 years ago, Sempai David trained at the Ueshiro Suntree Karate Dojo under then-Shihan Sensei David Tamir, Denshi-Shihan of Ueshiro Dojo Ba’Kfar in Kfar-Saba, Israel. We are glad to have him back at Suntree!



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DENSHI-SHIHAN ANNOUNCEMENT

On July 22 at Ueshiro Viera Karate Dojo, Hanshi Robert Scaglione, Shihan and Ju-Dan, designated Sensei Matt with the title of Denshi-Shihan.

Hanshi explained that Master Ueshiro first used this term at the 30th anniversary USRKUSA workout. The title Denshi means “to train and polish your students” and “to train and polish the dojo.” Other martial arts organizations use the title Renshi for sixth-degree and above—Master Ueshiro used Denshi. Sensei Matt achieved this honor at Yon-Dan.





©Julie Lawrence



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CLASSES

Wickham Park Recreation Center, 2815 Leisure Way, Melbourne FL

Sunday: Noon to 1:30 pm | Sempai Kevin Hutchenson, Ni-Dan

Wednesday: 7 pm to 8:15 pm | Sensei Matt

(We offer weapons instruction for the Kama, Bo, Sai and Nunchaku)



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CLOSING

Something Sensei Matt likes to say, “if you’re persistent, you’ll get it. If you’re consistent, you’ll keep it.”

On to Daytona Beach, Nashville, New York, and all other opportunities (in Florida and beyond) to keep training.

Domo arigato,

Sensei Matt Reed, Yon-Dan

Denshi-Shihan

Sensei Jennifer Sangalang, San-Dan

Ueshiro Suntree/Melbourne Karate Dojo



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Ueshiro West Melbourne Shorin Ryu Karate Dojo

Sensei Rick Cupoli, Shihan, Yon-Dan
West Melbourne, FL



NEWS

The Ueshiro West Melbourne Dojo is running strong and has been propagating Ueshiro Shorin Ryu Karate USA for 13 years. We have enjoyed a large student body for many of our years and endured a reduction of our student body through the COVID-19 season. Our strong core of karateka kept us going during this time. I am pleased to share that our student body is now enjoying growth again. When I talk to interested callers I am pleased and proud to share with them that we are traditional karate school with a rich heritage that focuses on traditional kata training and karate do.

In May of this year, we reduced our weekly classes from three to two; eliminating our Saturday class. Our reduced student body made it difficult to cover the costs of the third class. While this was not an enthusiastic change, it did not change the training regimen for persistent students. Those with the motivation to adapt joined me in attending Hanshi's Saturday class, which met at the same time and is just a short drive from West Melbourne.



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EVENTS

West Melbourne is fortunate to be in close proximity to several dojos. Once a year we enjoy sharing our belt promotion event in August. Together with Merrit Island, Viera, Suntree/Melbourne, Cape Canaveral, and Maitland we conducted a combined belt and tip test.

West Melbourne was proud to promote:

Ro Kyu

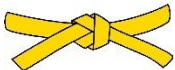
Sudiksha Nanda (child)

Eli Rosa (child)



Yellow Belt

Humza Fieldhouse



Yon Kyu

Eric Tillman

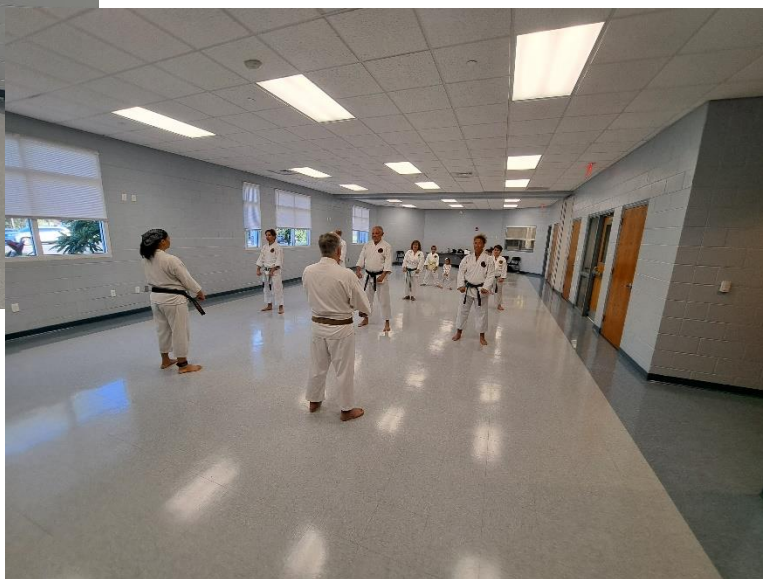


San Kyu

Christian Ridgley



In July of this year we held a spirited Yon-Dan promotion. I was proud and humbled to receive my Yon-Dan rank together with my fellow Florida Shihan Sensei Matt Reed, Sensei Trevor Tezel, and Sensei Carla Eddy.



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CLOSING

Sharing karate with others is nothing if not exciting. My experience as a Shihan and for that matter, a student, continues to teach me that persistence and commitment is the key. Karate training takes on a new life when reach out to others and share it. I am looking forward to all of our future challenges and triumphs as we keep moving forward.

Domo Arigato,

Sensei Rick Cupoli, Yon-Dan

Shihan

Ueshiro West Melbourne Dojo



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Ueshiro Northfield Shorin Ryu Karate Dojo of Minnesota

Sempai Steve Hatle, Shihan, San-Dan
Northfield, MN



Photo: Carleton College Jōryō-en (the Garden of Quiet Listening) in spring bloom

NEWS

The Northfield Dojo continues to move forward during the Year of the Rabbit!

The Northfield dojo holds three classes a week, and the Carleton Karate Club maintains an additional two classes each week. The senior students in the dojo continue to teach classes and expand their knowledge and practice of Ueshiro Shorin-Ryu Karate through the attendance of Zoom classes.



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MINNESOTA IN MAY EVENT

The Northfield and Carleton dojo hosted Kyoshi Michael Mackay, Sempai Anna Sweeney, and Sempai Bill Breidenbach for the return of our May event.

We celebrated the 15th anniversary of the Northfield dojo as well as a Black Belt test and promotion.



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AUGUST VISIT – SENSEI MARGULIS

In August we were honored to have Sensei Michael Margulis join us for an outdoor workout in Northfield! Sensei worked with us on proper placement of foundation and finding our tempo in working kata. We would love to have any of our Shorin-ryu brothers and sisters join us if you are in the Twin Cities area!



RANK PROMOTIONS



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Congratulations the following students promoted since our last newsletter

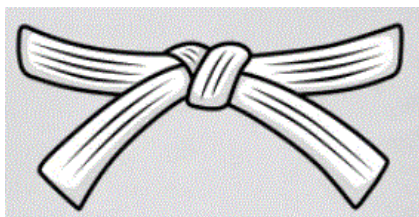
SHO-DAN

- Sylvester Huyck
- David Huyck
- Brent Pellinen



GO-KYU

- Aaron Bronstone
- Jackie Harris
- Sara Typrin
- Anthony Chou
- Andrew Chou



RO-KYU

- Jiao Jiao Nelson
- Yusuf Ismail
- Stephanie Baranov



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CLOSING

With the arrival of fall and school starting, it feels like a “new year” for our students. The Black Belts are looking forward to training in Daytona Beach this October, and everyone is ready to train hard as our full schedule of classes resume.

Domo arigato to Master Ansei Ueshiro and Hanshi Scaglione for bringing us the gift of karate and continuing to move our practice forward!

Sensei Steve Hatle, San-Dan

Shihan

Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota



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Ueshiro Shorin-Ryu Nashville Family Karate Club

Chuck Richardson, Shihan, Sho-Dan

Elizabeth Richardson, Sho-Dan

Nashville, TN

NEWS

Onegai-shimasu!

This spring, our host facility, Cornerstone UM Church, broke ground on a new sanctuary. While this has presented some challenges to our regular training schedule over the past few months, we are back up to our full schedule of classes as the new school year begins. Due to safety concerns and limited space, we focused primarily on adult and intermediate youth classes this summer. The gains in skill and training are evident, especially with the continued benefit and privilege of having Sensei Chris Barnes (Shichi-Dan)as our chief instructor for the advanced classes on Saturdays. The students and classes in this dojo are full of joy and vigor!



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RANK PROMOTIONS

On Saturday, August 26, 2023, the Ueshiro Shorin-Ryu Nashville Family Karate Club held our belt promotion event. Class began with warm-ups and basics led by Sempai Chuck Richardson, followed by several repetitions of kata, including bunkai, led by Barnes Sensei. Barnes Sensei presided over the formal reviews, with Sempai(s) Elizabeth Richardson (Sho-Dan) and Sempai Chuck Richardson (Sho-Dan) rounding out the board of judges. Arigato to Kathryn Richardson (Ik-Kyu) for demonstrating proper test protocol. Arigato to William Richardson (Ik-Kyu) who led the deshi through several repetitions of Fukyugata San while the judges deliberated. Domo arigato to all deshi and family members who attended and participated lending their support to the candidates.

Congratulations to the following deshi who advanced to their new rank:

YON-KYU

- John Hutton - Yon-kyu



IK-KYU

- Dale Hecht - Ik-kyu



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CLOSING

We would like to thank Cornerstone United Methodist Church for their generosity in hosting our karate club. Domo Arigato to Sensei Sean Paus, Yon-Dan, for his ongoing support and encouragement. Domo Arigato to Sensei Chris Barnes, Shichi-Dan, for graciously offering his time and high level instruction to our club.

Domo Arigato to Hanshi for your ongoing leadership, guidance and encouragement!

Sempai Elizabeth Richardson, Sho-Dan

Sempai Chuck Richardson, Sho-Dan

Shihan

Ueshiro Shorin-Ryu Nashville Family Karate Club



贈



The Albany Ueshiro Shorin-Ryu Karate Club

Keith Chan, Shihan, Ni-Dan
Albany, NY



NEWS

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

The Albany Ueshiro Shorin-Ryu Karate Club continues training in the cold seasons inspired by the joy and vigor of kata in New York's Capital District. In June, we were honored by a visit with Sensei Emiliano Mazlen who provided his wisdom. We were furthered heartened in August when we visited and trained at Sensei Dan Gobillot's dojo in Northampton, and received instruction from Kyoshi Kevin Reymond. We would look forward to the opportunity train with everyone again soon! Domo arigato to Hanshi, the Kyoshi, Sensei, Sempai and Deshi.



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CLOSING

If you are in the area, please join us for training at the Albany Ueshiro Shorin-Ryu karate club every Tuesday and Thursday, 6:30 pm to 7:30 pm (this has varied based on weather and changing schedules, please call or email ahead).



San-kyu

Andriana Prifti

Ik-kyu

Justin Giambruno

Jessie Rosenthal

Sho-dan

Caroline Margolies

Ni-dan/Shihan

Keith Chan

Contact:

Greystar999@gmail.com

617-818-7255

Location:

13 Bancroft St

Albany, NY 12208



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Easton Connecticut Ueshiro Shorin-Ryu Karate Club

Sensei Adam Dunsby, Shihan, Yon-Dan
Easton, CT

NEWS

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

We are upping our training in preparation for the 61st Annual Black Belt Workout in Daytona! Thank you to Hanshi and the Kyoshi. We welcome you to Connecticut anytime.



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CLASS SCHEDULE

Tuesday 5:30 PM – 6:45 PM

Sunday 8:15 AM – 9:30 AM

CLOSING

Domo arigato gozaimasu,

Adam Dunsby, Yon-Dan

Shihan

Easton Connecticut Ueshiro Shorin-Ryu Karate Club



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Ueshiro Bay Ridge Dojo

Sensei Rob Neff, Shihan, Yon-Dan
Brooklyn, NY

NEWS

Onegai-shimasu Hanshi, Kyoshi, Sensei & fellow Deshi,

I would like to thank Sempai Ms. Anna Sweeney, Misha Ratner, and Nasar Abdurrahman for conducting classes while I was in Maine at Birch Rock Camp this summer. It is great to be back in Brooklyn working out and conducting classes with my very dedicated students.

It was a wonderful experience working at Birch Rock Camp and exposing many young impressionable men to USRKUSA. USRKUSA was an activity choice for the two younger age groups. (There were four age groups.) There were several campers that were awarded a karate badge based on their participation in karate during the summer. The Birch Rock Camp library now has a copy of The Shorin-Ryu Okinawan Karate Question & Answer Book and Karate of Okinawa: Building Warrior Spirit by Hanshi Robert Scaglione & William Cummings for campers to refer to and read for pleasure.

RANK PROMOTIONS

JUNE TIP TEST



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On Sunday, June 25, 2023, the Ueshiro Midtown and Ueshiro Bay Ridge dojos held a joint tip-test. The workout and test were held at Owl's Head Park in Bay Ridge, Brooklyn Hanshi Robert Scaglione's childhood stomping grounds. Prior to the formal test, deshi gathered and trained kata and weapons in small groups.

Kyoshi Michael Mackay presided over the workout. Kyoshi Mackay formally bowed-in the group, conducted the traditional warm-up exercises, kihon, and repetitions of Fukyugata Ichi and Fukyugata Nidan.

A formal test was conducted including kata, kihon, push-ups and squat punches, as well as historical questions regarding USRKUSA history. The Board of Judges consisted of Kyoshi Michael Mackay as center judge, Kyoshi David Baker, Kyoshi Kevin Reymond, Sensei Robert Neff, and Sensei Gamiel Ramson.

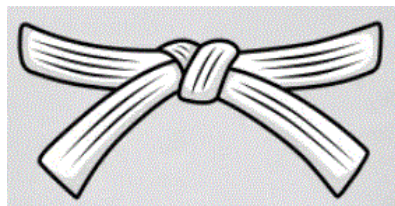
Congratulations to the following deshi who were promoted:

Ro-Kyu

- Devon Craw (Bay Ridge - Child)
- Eve Chan (Bay Ridge)
- Kanus Cheng Lei (Bay Ridge)

Go-Kyu

- Daniela Naranjo-Zarate (Midtown)
- Katrina Lambert (Midtown)



Thank you to those Sensei, Sempai, and deshi who came to lend a hand and support their fellow deshi:

Sensei Ron Balin

Mr. John Lee

Ethan Neff

James Moskie

Ariel Migirov

Looking forward to training with everyone soon. Moving forward as always!

Domo arigato gozaimasu, Hanshi,

Sensei Neff, Yon-Dan

Shihan

Ueshiro Bay Ridge Dojo



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Ueshiro Shorin-Ryu Karate New Rochelle

Sensei Tzvi Bar-Shai, Shihan, Yon-Dan
New Rochelle, NY

NEWS

Onegai shimasu Hanshi, Kyoshi, Sensei & fellow Deshi,

Ueshiro Shorin-Ryu Karate-New Rochelle held its second Full Belt promotion on August 28, 2023. We were honored to have several Ueshiro Pine Forest School deshi participate in our promotion. The formal class was led by Shihan Sensei Tzvi Bar-Shai and Sensei Henri Waelbroeck, Yon-Dan, in front of the group.

After the Kihon we trained the Fukyugata and Pinan Katas for an hour with each Black Belts calling out the kata and giving the count. The candidates then came up, one by one, to demonstrate the required kata for the ranks they were testing for.

Domo Arigato to the Board of Judges, Bar-Shai Sensei, Waelbroeck Sensei, Sempai Blue Calvo, and Sempai Rob Kapilow, and to Sempai Sharona Levine, who called up the candidates. Candidates then went on to demonstrate Yakusoku-Kumite with the assistance of Sempai Levine and Sempai River Keohane Glassberg.

The last event for the candidates was to demonstrate special exercise Oyo-ten Ran across the deck. While the judges went to deliberate, Sempai Sharona kept the group's spirit up by leading everyone through numerous kata.



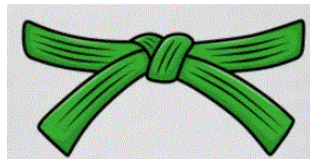
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The following candidates were promoted:

SAN-KYU

- Sempai Moises Antonio
- Sempai Christian Lopez



YON-KYU

- Sempai Stephen Winter

Sempai Mark Michael Kogan, Chief Instructor, who teste for Ik-kyu at Ueshiro Pine Forest School, Palisades, NY, was also awarded his dojo certificate.

CLOSING

The Ueshiro Shorin Ryu Karate Dojo is located in the Knockout Boxing Gym at 236 North Ave New Rochelle 10801 and has a dedicated dojo space.

Classes continue on a regular basis on Mondays and Wednesdays at 6:30 pm and a special children's class at 4:30 on Fridays.

All members of Ueshiro Shorin Ryu Karate USA of any rank are welcome.

Domo Arigato Gozaimasu,

Sensei Tzvi Bar-Shai, Yon-Dan

Shihan

The Ueshiro Shorin Ryu Karate Dojo-New Rochelle

Under the Direction of Hanshi Robert Scaglione, Ueshiro Shorin-Ryu Karate USA



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Central Florida Ueshiro Shorin Ryu Karate

Sempai Justin Thompson, Shihan, Sho-Dan
Maitland, FL

NEWS

Being a dojo of middle and high school students, our size shrunk over the summer months as families and kids went in different directions (albeit less summer shrinkage than last year). We went from eight regular attendees down to three who remained faithful throughout the summer months. As school has resumed, we have increased back to four—hopefully more will return as we get into the school year and we're actively marketing the program to attract new students as well. We are regularly holding 1-hr classes on Tues and Thurs afternoons, plus an extra advanced class for yellow-belt and above following our regular Thurs class. Recently, we've been focusing heavily on getting low in our stances, stepping first, and having precise movements by practicing our kata most often in "super-slow motion" –

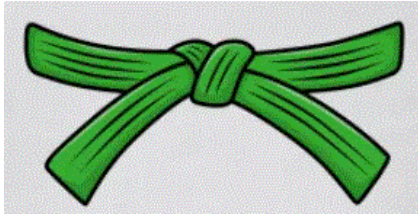
- To strengthen legs and core muscles by engaging slowly, methodically, and intentionally,
- To embrace the finer points of movements and stances slowly so that we build muscle-memory for when we need them quickly, and
- To train our bodies to seek out the proper mechanics and rooting down, naturally and instinctively, with mushin, no thought, that is unincumbered by overthinking, analyzing, fear, anger, or other emotion so that our mind and body can be free to be fully in the moment.





RANK PROMOTIONS

For the August promotion we again joined with the other Florida dojo, making the ~70 min drive to the Merritt Island dojo where candidates from West Melbourne, Merritt Island, and Central Florida were promoted. All three of our CFL students who regularly attended throughout the summer were on the deck for this event, and **Tino Shaffer** was promoted to **SAN-KYU**.

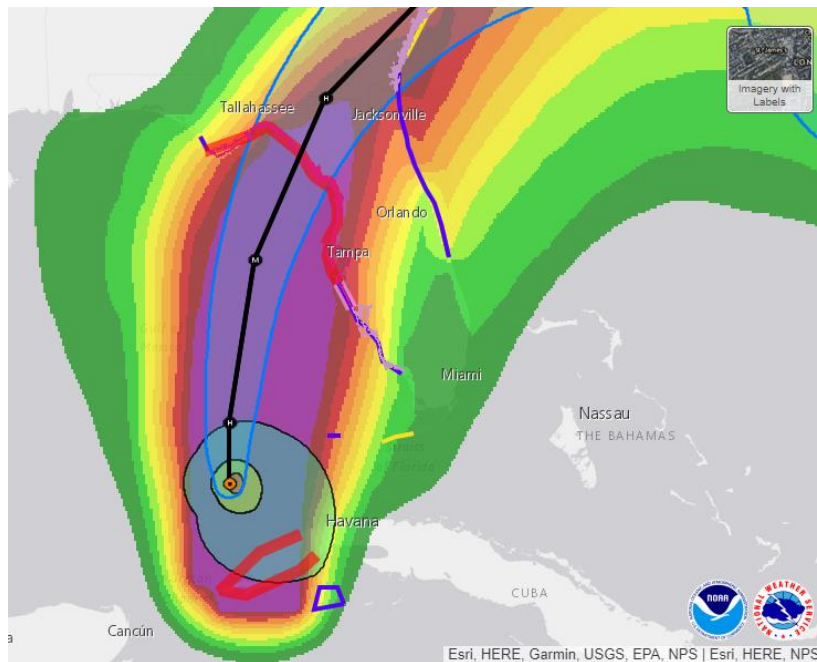


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CLOSING

We look forward to continued growth, both individually and corporately, as we push forward developing our art and sharing it with others. As I write this on 29 August 2023, we await the arrival of Hurricane Idalia sometime in the next 24-36 hrs. While it is predicted to make landfall as a fierce Category 3 hurricane, the eye of the storm will likely pass to the north of CFL allowing us to miss the worst of the storm but will most certainly provide us with a day of heavy wind, rain, and potentially flooding – and could still track south enough to hit us (by the time you're reading this it will have been long since finished).



As with all the storms we face in life, we face them with proper preparation and respect, rooting down to act intentionally and without fear. That's one of the key reasons we spend so much time on the deck. It teaches us to be disciplined and intentional in everything – preparing for what life will throw our way so that we act with purpose rather than react in fear.

Sempai Justin Thompson, Sho-Dan

Shihan

Central Florida Ueshiro Shorin Ryu Karate Dojo



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Ueshiro Shorin-Ryu Long Island Karate Dojo

Sensei Kim Garon, Shihan, Yon-Dan
Massapequa Park, NY

NEWS

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

The Ueshiro Shorin-Ryu Long Island Karate Dojo continues to keep moving forward with new students who work diligently and show tremendous respect for our art.



I had the privilege of visiting the Northampton Ueshiro Karate Dojo during their annual summer rank test and promotion with my family on August 13th and the honor of sitting on the board of judges. This event was incredibly special to me since it was my daughter's first time participating in a large group work out and promotion. Ripley started karate on July 13th and demonstrates massive enthusiasm and attention to detail



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(often begging to do Fukyugata Ichi and Yakusoku Kumite Sho at home after a long day for mom). Everyone at the Northampton Ueshiro Karate Dojo was kind, helpful and inspiring to Ripley. It makes me even prouder to be a part of USRKUSA!

Visiting other dojo is one of the most rewarding aspects of training in our Shorin-Ryu karate network, and I encourage all karateka to get out there and visit as many as you can.



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CLOSING

The owner of our karate studio gave me this helpful advice in regards to acquiring new students: “Tell everyone you know” and we are gaining traction now. New students tell their friends and it is catching. I am thrilled to be learning and bettering my own karate in the process of training white belts. Some of my students are unable to get to the studio to train because their parents are still at work, so I have become “the karate bus” to make it happen. I am following Hanshi’s advice to “Just do it!” We look forward to continuing our training so that we may all learn and grow together. We plan to hold a tip test in the coming months when my students skills are polished and ready for presentation.

Domo arigato to Master Ansei Ueshiro and Hanshi Robert Scaglione for sharing this art and their lives with us!

Domo arigato gozaimasu,

Sensei Kim Garon, Yon-Dan

Shihan

Ueshiro Shorin-Ryu Long Island Karate Dojo

www.longislandkaratedojo.com



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Ueshiro Shorin-Ryu Beaverton Karate Club

Sensei Sean M. Paus, Shihan, Yon-Dan
Beaverton, OR

NEWS

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

We are ramping up for a whole new level of karate instruction here at the Conestoga Recreation and Aquatic Center in Beaverton, OR. This Fall season, we are offering an Intermediate/Advanced level course for students ranked Yellow belt or higher. This will allow for deeper training than what I have been able to provide in the Beginner classes. It is my goal for this class to take students through the rest of their karate journey.

PROMOTIONS

For our spring session promotions, on Tuesday, June 13th, and Thursday, June 15th, we held Kyu level testing for students in our Beginning Karate classes, with the following results:

RO-KYU

- Taeyon Kang
- David Roshani
- Claudia Malonado
- Eonjun Kang
- Alexandra Quinn



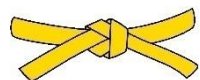
GO-KYU

- Nishita Tumati
- Emma Hughes
- Kaiyah Israel
- Saya Zada
- Hana Zada



YELLOW BELT

- Melanie Sanchez
- Bassem Fayed



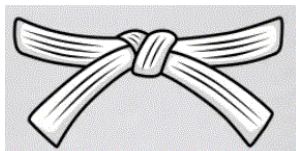
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For our Summer session promotions, we held Kyu level testing on Tuesday August 29th, and Thursday August 31st, with the following results:

RO-KYU

- Angel Jacinto
- Avery Gerhards
- Kiana Alavichee
- Lena Therien
- Nolan Foster
- Lucas Rosser
- Kai Fujimori
- Ruby Weyeneth
- Benjamin Brewster
- Ilay Jacinto



EVENTS

Our Fall season starts on September 12th, and we have several students returning for both Beginning and Intermediate karate.

Domo arigato,

Sensei Sean Paus, Yon-Dan

Shihan

Ueshiro Shorin-Ryu Beaverton Karate Club



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Ueshiro Cape Canaveral Shorin Ryu Karate Dojo

Sensei Carla Arevalos Eddy, Shihan, Yon-Dan
Cape Canaveral, FL



NEWS

Centrally located in the heart of the community, the newly opened modern Community Center at Canaveral City Park is designed for people of all ages to take part in heart-healthy activities. It's a perfect fit for Ueshiro Shorin-Ryu Karate USA.



Panoramic view from inside the dojo

Let's make our future now and let us make our dreams tomorrow's reality. Rebekah Lowin, 9/21/2021



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We did it, we made history in Florida or should I say “Made HERstory.” August 2023 marks the end of the first successful year for Cape Canaveral Ueshiro Shorin Ryu Karate Dojo. Our dojo is the first of its kind in Florida ~ with both a female Shihan (Sensei Carla Arevalos-Eddy, Yon[Dan) and a female Chief Instructor (Youjian Nistorenko, San-Dan).

It all began on Monday night, August 8, 2022, when the latest addition to the Florida system, Cape Canaveral Ueshiro Shorin-Ryu Karate Dojo, officially opened her doors. With guidance from Hanshi, we made use of the mirrors in her classroom space and checked to make sure our lower blocks were executed perfectly. The mirror held us accountable, and Hanshi reminded us why the mirror is one of the best ways to train.

We dedicated the grand opening workout to Master Ansei Ueshiro, who also made history when he traveled to the USA in September 1962 to bring this style of karate here.



RANK PROMOTIONS/SPECIAL EVENTS

The year began with some combined classes with a few children that trained at both Cape Canaveral Ueshiro Shorin Ryu Karate Dojo and the Merritt Island First Baptist Church. Towards the end of the fall term in December, the children left for winter break in 2022 and never returned. We did, however, continue with students who trained only at Cape Canaveral, to achieve our first full belt promotion, seen later.

I want to thank my fellow Florida Shihan, Sensei, and Sempai for their support, as running a dojo is a huge commitment, and I could not have made it through my first year without your support!





Florida women of Shorin Ryu (Black Belts) including Pam Lohr of Ueshiro Viera Karate Dojo (Sho-Dan), Sempai Krystyn Clark of Ueshiro Suntree/Melbourne Karate Dojo (Ni-Dan), Sensei Carla Arevalos-Eddy, Sempai Miranda Aiken of Ueshiro West Melbourne Karate Dojo (Ni-Dan), Sensei Youjian Nistorenko, Sensei Jennifer Sangalang of Suntree (San-Dan), and of course, Hanshi Robert Scaglione of Viera (Shihan and Ju-Dan) on October 27, 2022.

The following words echo volumes from the past, *“We wish to express our gratitude and appreciation for the many teaching that continue to bring out the very best in each of us... to now our future”*.



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Our first "Tip Promotion" October 27th, 2022, from the Merritt Island First Baptist Church.



December 16th, 2022, from the Merritt Island First Baptist Church.



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December 28th, 2022 from the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo. Our December Tip Promotions had to be split because the students training at church could not attend the promotion at the Cape Canaveral Dojo and the Cape Canaveral students could not attend the Merritt Island First Baptist promotion.



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February 22, 2023, from the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo.



April 26th, 2023, from the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo.



贈



June 28th, 2023 from the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo.



Cape Canaveral Ueshiro Shorin Ryu Karate Dojo held our first FULL BELT promotion on July 24th, 2023. **Note:** The event was ahead of the usual scheduled August Full Belt promotion because both students that were testing we moving to another state.



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Introducing the first two San-Kyu from the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo, Maxwell Nicklin and his big sister Ariella Nicklin.



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While most tip tests are usually performed in August, the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo was thrown a curve ball. Our planned Aug. 30 promotion was postponed in anticipation of the arrival of Hurricane Idalia. The storm made landfall in Florida on the day of our scheduled test.



So finally, after a visitation by Idalia and the gym closure for the Labor Day holiday, the Cape Canaveral Ueshiro Shorin-Ryu Karate Dojo conducted our rescheduled “bimonthly” tip promotion a full week later and on September 6th, 2023.



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Pictured above is the tree we have planted at our Lori Wilson Park in Cocoa Beach (the site of many Karate Weekend Workouts) in honor of those we trained with in the past. Though they are gone, they're still with us when we train...



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On May 20th, I had the honor and privilege of testing for the rank of Yon-Dan, with my fellow Floridian Karateka, Sensei Matt Reed (Denshi-Shihan, Ueshiro West Melbourne/Suntree), Rick Cupoli (Shihan, Melbourne), myself and Sensei Trevor Tezel (Shihan, Merritt Island).



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In between all the fun of our bimonthly promotions, we had the honor of having a visit from our very own Sensei Tamir (Denshi Shihan and Shichi-Dan, Ueshiro Dojo Ba'Kfar in Kfar-Saba, Israel), who conducted our class on January 30, 2023, at Cape Canaveral Dojo while he was in the area for work. Sensei Tamir provided much sugar for us to work and improve our kata.



Not long after his visit towards the end of February, 2023, I had the opportunity to visit and train on the beautiful coast and spectacular shores of Tel- Aviv, Israel. I would like to send a BIG shout out and thank you to Ran Shineman, Sho-Dan, of the Ueshiro Herzliya Dojo for taking the time and effort to join us at the unique outdoor sunset workout at the Gan Ha-Pisgah Park (see photo), in Jaffa (which means “beautiful” in Hebrew), the gateway to the Land of Israel overlooking the beach and the city of Tel-Aviv. We worked several black belt Kata with much joy and vigor.



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Cape Canaveral Shorin Ryu Karate Dojo showed a strong presence at the 12th annual Katathon on April 12, 2023 at the Merritt Island Dojo. This event commemorates the April 20th, 1933 birth of our founder – Grand Master Ansei Ueshiro. I'm proud of all the Kyu ranks that showed much joy and vigor and completed the 100 Fukyugata-Ichi Kata.



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Classes are held on Monday and Wednesday of the week at 6 PM, at the Cape Canaveral Community Center at 7920 Orange Avenue, Cape Canaveral, Florida 32920, only a few blocks from the beach, so please come visit anytime you are in the area.

Domo Arigato Gozaimasu,

Sensei Carla Arevalos-Eddy, Yon-Dan

Shihan

Cape Canaveral Ueshiro Shorin Ryu Karate Dojo



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Ueshiro Israel ba'Kfar Dojo

Sensei David Tamir, Denshi Shihan, Sichi-Dan
Kfar Saba, Israel

NEWS

Onegai-shimasu Ueshiro SRKUSA Worldwide,

We continue to train regularly at Ueshiro Karate Dojo ba'Kfar, at the Kfar-Saba Country Club in Israel. Our dojo uses a multi-purpose space that is located in the Country Club's bomb shelter. A couple of beginners joined us over these past months and are now Ro-Kyu rank. We also have one San-Kyu, one Ik-Kyu, and one Ni-Dan training at our dojo regularly. This provides a great variety of kata to work on. Our newly promoted Ik-Kyu, Sempai Meir Amarin, has selected the Kama (Sickle) as his weapon for continued growth with our Karate-Do, and he will be looking to Hanshi and Kyoshi Seeger as models to learn from the use of the Kama over the upcoming years. This will add another new dimension at our dojo.

We are frequently visited by members of Ueshiro Herzliya Dojo, under Denshi-Shihan Nir Zamir. We have just recently visited them in support of their August testing of two Ni-Kyu (Brown Belt) candidates, who were promoted; please see more details in Sensei Zamir's dojo newsletter submission. Moreover, Sensei Shlomo Dadon, from Eilat, visited our dojo recently (see photo below).



Photo taken at Ueshiro Karate Dojo ba'Kfar on August 10, 2023, in honor of Sensei Dadon's visit.

[from left to right: Sempai Meir Amarin, Miki Gotlieb (visiting from Herzliya Dojo), Eduardo Tartacovsky, Sempai Eyal Elnir, Sensei Shlomo Dadon (visiting from Eilat Dojo), and Sensei David Tamir]





We are now hosting a monthly advanced training for Ueshiro SRKUSA Israel Brown Belts and above, on the first Sunday of each month. This 75-minute advanced class, including weapons training, takes place after our regular 90-minute class involving all rank levels.



[Photos taken by Sensei David Tamir at Ueshiro Karate Dojo ba'Kfar during recent joint advanced monthly training with Ueshiro Herzliya Dojo, show Sensei Nir Zamir giving corrections during Yakusoku Kumite training; involving Sempai Eyal Elnir paired with Sempai Ran Sheinman (in the back), and Sempai Meir Amarin paired with Sempai Miki Gotlieb (in the front)]



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Through our bi-monthly green-tip testing and semi-annual major testing process, it is enlightening to review the paragraphs/essays submitted by test candidates and learn their thoughts about karate. For example, our two adult white belts each wrote in their recent test paragraphs about their respective dreams to learn karate since childhood. One of them wrote about getting money from his parents as a child to purchase his karate gi [uniform], which he then lost. He was ashamed to ask his parents for more money; hence, unable to attend karate class without a gi. He is now fulfilling his lost childhood opportunity and learning karate as an adult. The other wrote about growing up with rough brothers who learned karate, but was not deemed appropriate by her parents for her to learn as a girl. She always wanted to learn it, but did not find the opportunity until recently she saw karate classes offered as part of our Country Club's membership. Now she is fulfilling her dream. These uplifting paragraphs demonstrate the power of karate to help fulfill one's life aspirations.

Two other significant testing essays, which we are sharing with you below, were submitted by our recent August test candidates, Eduardo Tartacovsky (promoted to San Kyu) and Meir Amarin (promoted to Ik-Kyu). It is interesting to note that both of these deshi, after many years of training in other martial arts, have come to us seeking what is best described by Master Nagamine's quote and frequently echoed by Hanshi: "The dojo is the place where courage is fostered, and superior human nature is bred, through the ecstasy of sweating in hard work. It is the sacred place where the human spirit is polished." Both Eduardo and Meir have become dedicated to our USRKUSA style, as they continue to discover and cherish its values, preserved by Hanshi through us all.

The following essay was written by Eduardo Tartacovsky, who immigrated to Israel years ago from Argentina, where he learned Shotokan Karate and rose to the rank of San-Dan. Eduardo is very humble. After 37 years in Shotokan, he "emptied his cup" and put on a white belt to begin learning our style. He is also a professional family doctor and psychiatrist with many years of experience, qualifying him well to write the following:

The relationship between karate and health

Physical fitness: Karate includes a combination of aerobic and anaerobic exercises, such as punches, kicks, blocks and stances. Regular exercise can improve cardiovascular health, endurance, strength, flexibility and coordination. These physical benefits contribute to overall fitness and can help manage weight and reduce the risk of certain chronic diseases.

Mental health: Karate training emphasizes discipline, focus and self-control. Practitioners learn to focus their mind on the present moment, improve mental clarity and reduce stress. Practicing martial arts can also increase self-esteem, self-confidence, and self-discipline.

Stress reduction: Practicing karate can be used as a stress-relieving activity, allowing people to release pent-up energy and tension. The structured nature of the workout and the focus required during practice can provide a mental escape from everyday worries and stresses.

Self-defense skills: Learning self-defense techniques through karate can improve one's sense of security and confidence in potentially dangerous situations. Feeling more confident and capable in challenging situations can have a positive effect on mental well-being.





Social interaction: Joining a karate class or club provides an opportunity for social interaction, which can reduce feelings of isolation and loneliness. Building relationships with other practitioners can lead to a sense of community and support.

Balance and coordination: Karate includes various positions and movements that require balance and coordination. Regular practice can improve proprioception and body awareness, reducing the risk of falls and injuries, especially in adults.

Cognitive benefits: Karate requires learning and memorizing complex movements, sequences, and techniques. This mental engagement can improve cognitive functions, such as memory, problem solving, and decision-making.

Improving posture and alignment: Practicing karate involves maintaining proper posture and alignment during movements, which can improve overall body mechanics and reduce the risk of musculoskeletal problems.

However, it is essential to practice karate safely, especially for beginners or those with existing health conditions. Before starting any new exercise, including martial arts such as karate, it is essential to consult a health care professional, especially if you have health problems or medical conditions.

In conclusion, karate can have a positive effect on both physical and mental health, promoting general well-being and a healthier lifestyle. It combines physical fitness, self-defense skills, mental discipline, and social interaction, all of which contribute to a more balanced and healthy life.

Last, but not least, the following essay was written by Meir Amarin, who started learning martial arts as a child and continued into adulthood, to serve in an Israeli special forces military unit. He is also a high-level professional consultant and accomplished writer, helping grow technology start-up corporations.

Martial arts have been intricately woven into the fabric of my life ever since I took my first steps onto the training mat at the tender age of 5. My journey began with Judo, a journey that instantly captivated me within the enthralling realm of combat techniques and strategic maneuvers. At the age of 7, I embarked on a new path, venturing into the world of Krav Maga. Here, I meticulously honed my skills, which were put to the ultimate test as a member of a specialized naval team.

As the years unfolded, I found myself immersing deeply into various martial arts disciplines, each embracing its own distinct principles and philosophies. Presently, I have discovered a profound resonance within Ueshiro Shorin Ryu Karate USA—a gem among the systems I've encountered.

What truly distinguishes our system, in my humble perspective, is its unwavering dedication to resolving confrontations with a single, well-aimed, and definitive strike. Our training revolves around cultivating the ability to deliver a blow of unparalleled force, one that possesses the potential to conclude a battle in an instant. While we do indeed acquire an array of defensive strategies, the heart of our philosophy centers around the potency of the one-strike technique.

Drawing upon my background in Krav-Maga, a system acclaimed for its practicality, I can confidently attest to the distinctive differences in approach. Krav-Maga emphasizes swift and efficient strikes, aiming to unleash a flurry of blows in rapid succession. In contrast, our system places a premium on precision and timing, embracing the concept that a single well-executed strike can be enough.

It's worth mentioning that the incorporation of specific breathing techniques within our system not only enhances the velocity and strength of our strikes but also fosters mental composure and unwavering focus amid combat.





Another aspect that sets our system apart is the practice of kata. This foundational element forms the cornerstone of our training, nurturing muscle memory, coordination, and equilibrium. Through the disciplined practice of kata, we internalize the nuances of timing, the art of managing distance, and the intricacies of tactical thinking—all of which are pivotal for effective combat maneuvers.

Furthermore, our system gains distinction through Fukyugata-San, crafted by the very hands of Master Ansei Ueshiro himself. This embodiment stands as a testament to his warrior's spirit, attitude, and unyielding mindset.

A significant divergence between Shorin-Ryu Karate and Krav-Maga lies in the approach to sparring. While Krav-Maga practitioners engage in physical sparring to build resilience, our methodology veers away from live combat due to its potential dire consequences. Instead, our energy is channeled into rigorous training on Makiwaras and controlled practice sessions with fellow students. This ethos underscores the principle that we mustn't acclimate ourselves to absorbing hits. By eschewing actual combat and dedicating ourselves to refining techniques and defense strategies, we cultivate the capability to swiftly and effectively respond to threats. This approach ensures that we can neutralize potential dangers while minimizing risks to both ourselves and those around us.

CLOSING

Domo Arigato Gozaimasu to Hanshi's tenacious attention to improving our quality, through the preservation of the proven teachings from our Shinden, who developed our precious formidable style.

Respectfully,

Sensei David Tamir, Sichi-Dan

Denshi Shihan

Ueshiro Karate Dojo ba'Kfar, Kfar-Saba, Israel

Ueshiro Shorin-Ryu Karate USA under the Direction of Hanshi Robert Scaglione and regional guidance of Kyoshi David Seeger



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Ueshiro Israel Herzliya Dojo

Sensei Nir Zamir, Denshi Shihan, Go-Dan
Herzliya, Israel

NEWS

Onegai-shimasu USRKUSA Worldwide,

On Tuesday August 29 both Israeli Dojo held special training session followed by Ni-Kyu (Brown Belt) rank testing for two students: Mr. Miki Gotlieb and Mr. Gil Eran. The formal class was conducted by Sempai Ran Sheinman, Sho-Dan.

The board of judges, headed by Sensei David Tamir and including Sempai Sheinman and Sensei Nir Zamir, reviewed the two candidates' kata, technique performance, and yakusoku kumite, and passed both contenders to the next rank.

This means that in our next once-a-month advanced training group, led by Sensei David Tamir, we will have two more participants, which is great!



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CLOSING

Domo Arigato Gozaimasu and Best Regards

Zamir Sensei

Denshi Shihan

Ueshiro Karate Dojo Herzelia, Israel

Ueshiro Shorin-Ryu Karate USA under the Direction of Hanshi Robert Scaglione and regional guidance of Kyoshi

David Seeger



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Hong Kong Ueshiro Karate Club

Sensei Alan Lai, Shihan, Roku-Dan
Hong Kong, China

NEWS

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

Greetings from Hong Kong.

Our newly joined Deshi are showing dedication and progress in their training. Congratulations to them on their new ranks as below:

Ro-Kyu

- Kin Chan
- Jason Lee
- Ray Wong



Board of judges: Sensei Alan Lai, Sensei Stephen Wong, Sempai Rayvel Tang



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Domo arigato gozaimasu Hanshi, Kyoshi, and Sensei,
Sempai Rayvel Tang on behalf of Sensei Lai
Hong Kong Ueshiro Karate Dojo, Hong Kong, China



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ACKNOWLEDGEMENTS

The Ueshiro Shorin-Ryu Karate USA Newsletter is a bi-annual publication for the Dojo and Deshi of USRKUSA. A BIG domo arigato to Hanshi and the Kyoshi, Shihan, and Deshi who provided updates for this newsletter. The *Fall 2023* edition was compiled and edited by Sempai Nishu Shah, Sho-Dan, with assistance from Sensei Lisa Markowitz, Roku-Dan, of the Ueshiro Northern Virginia Karate Club. Special thanks to Sensei Anne Burgevin, San-Dan, for her haiku editorial skills.



STEP FIRST

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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