



FEATURING

GRAND MASTER UESHIRO:
62 YEARS IN AMERICA

62ND ANNUAL BLACK BELT
WORKOUT IN NASHVILLE

HISTORY: JAMES K. WAX



USRKUSA

FALL NEWSLETTER 2024



TABLE OF CONTENTS

A MESSAGE FROM HANSHI ROBERT SCAGLIONE	04
USRKUSA 62ND ANNUAL BLACK BELT WORKOUT, NASHVILLE, TN	05
FEATURE: GRAND MASTER ANSEI UESHIRO	07
HISTORY: JAMES K. WAX	10
UESHIRO MIDTOWN KARATE DOJO	14
UESHIRO VIERA SHORIN-RYU KARATE DOJO	20
UESHIRO PINE FOREST KARATE SCHOOL	22
UESHIRO DOWNTOWN SHORIN RYU KARATE DOJO	24
UESHIRO OKINAWAN KARATE FAMILY CLUB	26
NORTHAMPTON UESHIRO KARATE DOJO	29
TO-TE UESHIRO KARATE DOJO	31
UESHIRO NORTHERN VIRGINIA KARATE CLUB	35
BOSTON CHINATOWN UESHIRO SHORIN-RYU KARATE CLUB	39
UESHIRO NEW ROCHELLE KARATE DOJO	40
EASTON CONNECTICUT UESHIRO SHORIN-RYU KARATE CLUB	42

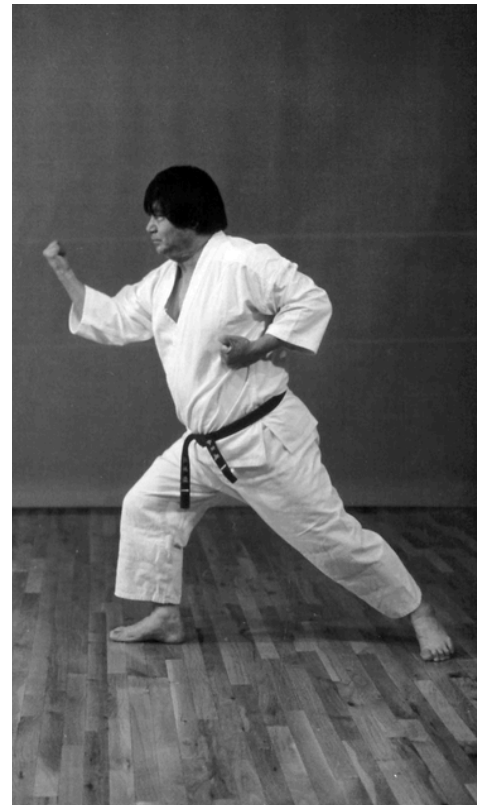


TABLE OF CONTENTS



UESHIRO BAY RIDGE KARATE DOJO	43
UESHIRO MERRITT ISLAND KARATE DOJO	45
UESHIRO CAPE CANAVERAL DOJO	48
UESHIRO SUNTREE/MELBOURNE SHORIN-RYU KARATE DOJO	55
UESHIRO WEST MELBOURNE SHORIN-RYU KARATE DOJO	56
UESHIRO SHORIN-RYU LONG ISLAND KARATE DOJO	58
UESHIRO NORTHFIELD SHORIN-RYU KARATE DOJO OF MINNESOTA	60
UESHIRO SHORIN-RYU BEAVERTON KARATE CLUB	63
THE ALBANY UESHIRO SHORIN RYU KARATE DOJO	64
UESHIRO CROWN HEIGHTS DOJO	65
CENTRAL FLORIDA UESHIRO SHORIN RYU KARATE	66
UESHIRO SHORIN-RYU NASHVILLE FAMILY KARATE CLUB	68
UESHIRO BA'KFAR DOJO	69
UESHIRO HONG KONG KARATE CLUB	71
HERZELIYA UESHIRO SHORIN RYU DOJO	72
USRKUSA RESOURCES	75
CLOSING REMARKS BY POWELL SENSEI	77

A MESSAGE FROM HANSHI ROBERT SCAGLIONE

Greetings, USRKUSA Members,

How are you doing in your karate journey? Are you committed? Commitment in karate is directly related to courtesy to others and consistent attendance at karate workouts, events and training sessions.

We karate practitioners, students of the Art of Te at Ueshiro Shorin-Ryu Karate USA, must be responsible to diligently, constantly, consistently, tirelessly, study, research, practice and strive to perfect every aspect of the myriad of important nuances, postures and techniques of karate, or we are moving backward.

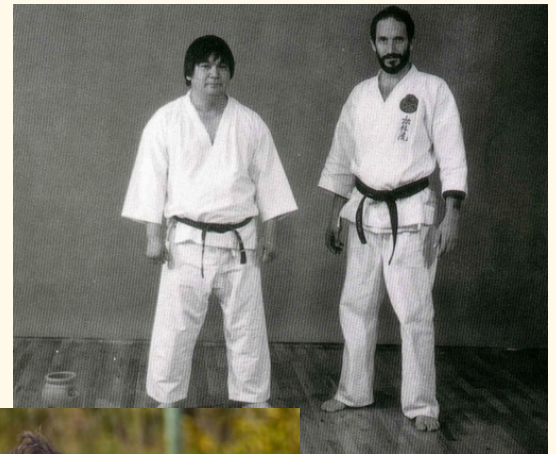
We move *forward* by the performance and practice of kata, which is **continually revised** by the instructor.

We must also develop "timing," the most important and elusive aspect of kata. This takes years of diligent physical practice to develop.

It can't be said enough: The hardest part about karate is showing up.

But you'll be glad you did.

Let us remember our founder and my friend and master, whom I often compare to Superman, Grandmaster Ansei Ueshiro.



Keep training!"

Sincerely,

Hanshi Robert Scaglione, Ju-dan
CEO, Ueshiro Shorin-Ryu Karate USA

Sensei Jennifer Sangalang, Yon-dan
Executive secretary to the CEO
Ueshiro Suntree/Melbourne Karate Dojo

Welcome to

NASHVILLE

UESHIRO SHORIN-RYU KARATE USA

USRKUSA 62ND ANNUAL BLACK BELT WORKOUT, NASHVILLE, TN

The Great City of Nashville Awaits You All!!! We Will Train on The Grounds of The Parthenon, The Temple of Wisdom and Warfare

All USRKUSA Black Belts are strongly encouraged to attend this most important event. Thanks to the many of you that have already made donations for this event. As noted previously, to assist with the cost of the event, we are encouraging all Black Belts to make a donation in the amount of \$50 to USRKUSA via the link below, whether you are able to attend or not. The donation/event fee will also aid with the USRKUSA apps and our website. Shihan, please pass this along to your local students as any USRKUSA Kyu-level Deshi may also make a donation to support the Black Belts of our organization as desired.

If you haven't already started, NOW is the time to kick your training into high gear!!! If you've already amped up your training--double it!!!

Domo Arigato to Sensei Chris Barnes and the Nashville Club Shihan, Sempai Liz and Chuck Richardson for organizing this event! Please direct any questions to me at my e-mail with a cc: to Barnes Sensei and Liz/Chuck Richardson (cc'd here)

Keep Moving Forward...

The USRKUSA Executive Committee
u/d/o Hanshi Robert Scaglione

Itinerary:

THURSDAY	Informal w/o for all ranks. Time/location TBD
FRIDAY	6pm Informal w/o for all ranks at the BBWO hotel (Hyatt House Nashville)
SATURDAY	9-11 am (All-ranks w/o at the Parthenon (walking distance from hotel) 2-3pm BB w/o at the Parthenon 3:30pm BB Compai at BBWO hotel 4pm Shihan at BBWO hotel 6pm Dinner/sightseeing
SUNDAY	9am BB w/o. Location TBD

There may still be some discounted accommodations at the sponsor hotel still available, please [see this link](#) to book a room if you haven't already done so. There are many other area hotels with great accommodations throughout Nashville.



62nd Annual Black Belt Workout – Participants / Event

Donations

All USRKUSA Black Belts are strongly encouraged to attend this most important event.

Domo Arigato to Sensei Chris Barnes and the Nashville Club Shihan, Sempai Liz and Chuck Richardson for organizing this event!

Hanshi Robert Scaglione, David Seeger, Michael Mackay, David Baker, Kevin Reymond, Matt Kaplan, Salvatore Scaglione, Guy Lawrence, Austin Hatch, Richy Glassberg, John Bottega, Michael Santoro, Daniel Lax, Scott Sijan, Matthew Reed, Lisa Thompson, Lisa Rosenberg, William Breidenbach, Preston Powell, Bryan Markiet, Emiliano Mazlen, Robert Kapilow, Adam Dunsby, Brian Heese, Kim Lembo, Tzvi Bar-Shai, Henri Waelbroeck, Keith Burrows, Elizabeth Richardson, Gamiel Ramson. Daniel Gobillot, Anna Sweeney, Shabbir Kazmi, Richard Cupoli, Boris Grossman, Sean Paus, Steve Hatle, Elliot Potter, John Seeger, David Tamir, David Huyck, Ben Kaplan, Blue Calvo, Nancy Owen, Justin Thompson, David Calligeros, Gene Turok, Jennifer Sangalang, Miranda Aiken, Vincent Sommer, Jonathan Cohen, Robert Neff, Robert St George, Youjian Nistorenko. Ron Ballin, Ann Burgevin, Kevin Hutchenson, James Rothermel, Noah Kaplan, Tony McDonald, Nisha Shau, John Robbins, Rob Weaver.

Thank you for your support.

It's not too late to donate!

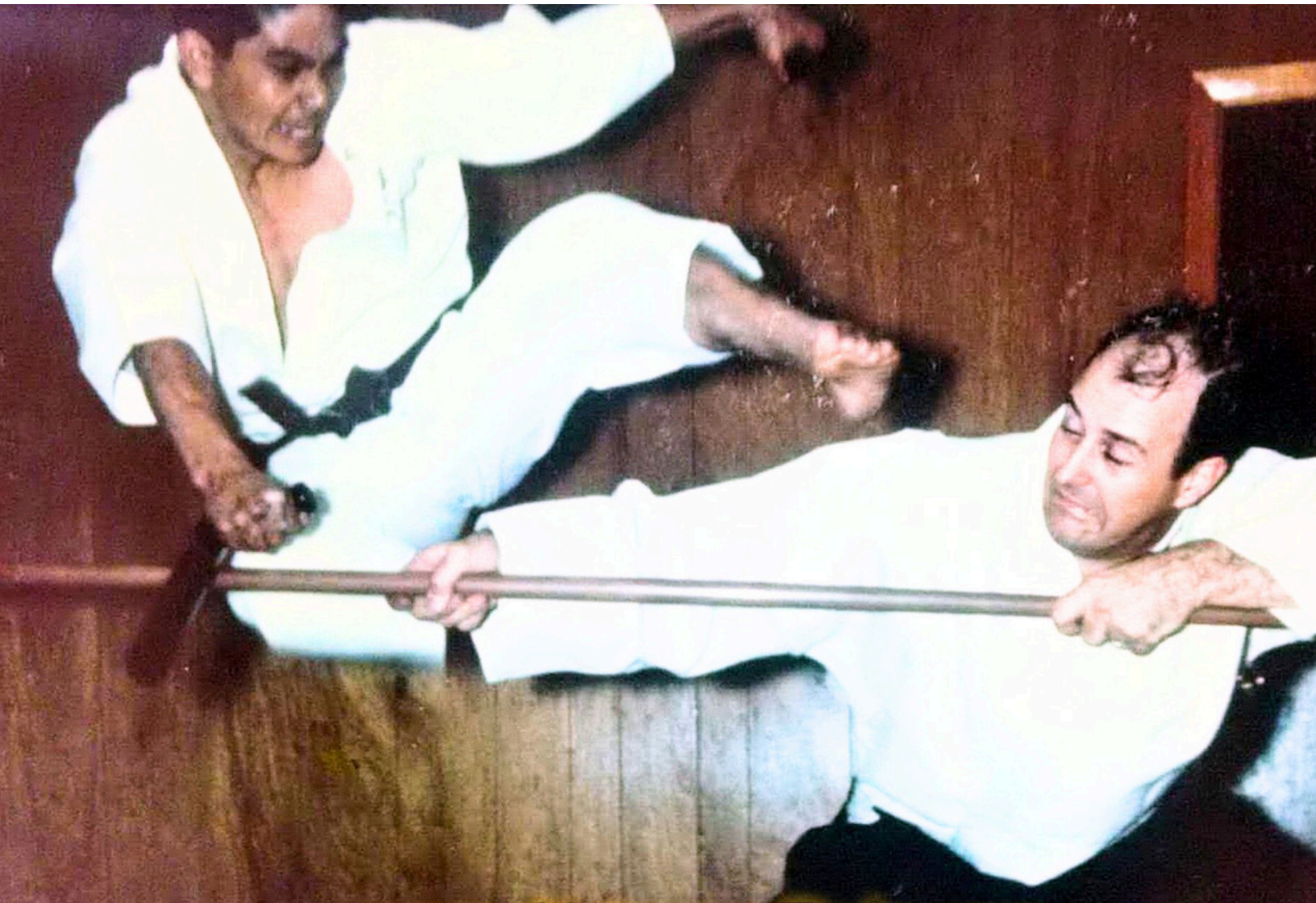


MASTER UESHIRO

(April 20, 1933 – May 11, 2002)

*“He was most honorable, hard working,
motivating, magical and mystical...”*

~ Hanshi Robert Scaglione







May he always be remembered
through our consistent efforts
in the practice of Ueshiro
Shorin-Ryu Karate USA

~ Hanshi Robert Scaglione

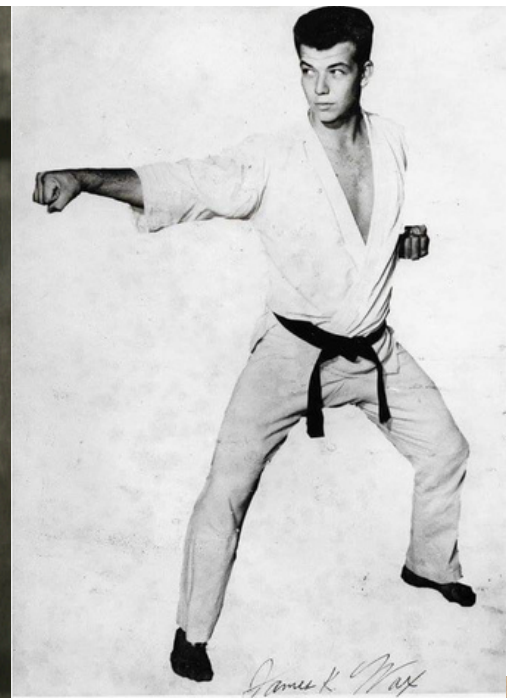


JAMES K. WAX

1960 - James K. Wax an United States Marine was the first American Matsubayashi Shorin-Ryu Black belt promoted to Sho-dan by Master Shoshin Nagamine and Ansei Ueshiro, who at the time was Chief Instructor of the Nagamine Hombu dojo. After his Military service with the US Marine Corp, James remained in Okinawa training with Ansei Ueshiro at the Nagamine dojo and soon married Shoshin Nagamine's niece Ayako Nagamine and lived in Naha, Okinawa,



JAMES WAX & MASTER UESHIRO



James K. Wax



1960 - 1961 James and his new wife Ayako and their son moved back to the States and James started teaching Matsubayashi Shorin-Ryu Karate in the Dayton and Cincinnati, Ohio areas. Some of his students notably Robert Yarnell, Parker Shelton and Sam Palmer. Shorin-Ryu grew quickly in Ohio, it was decided, Nagamine Sensei would dispatch his senior student/chief Instructor Ansei Ueshiro to the United States with the intent of firmly establishing Shorin-Ryu, Matsubayashi-Ryu karate in North America.



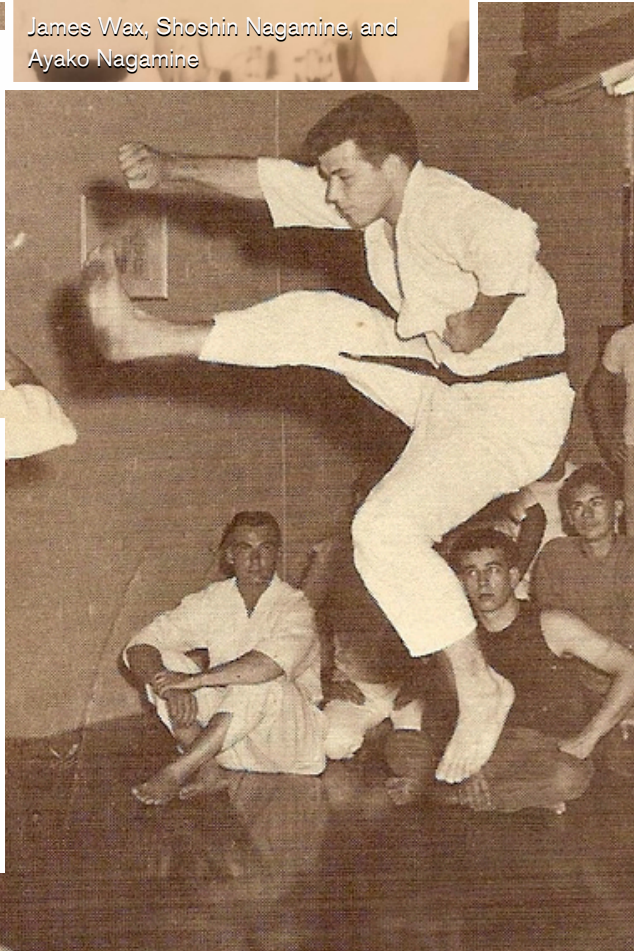
Master Ueshiro (top left), Shoshin Nagamine (center), James Wax (center left), Ayako Nagamine (center right)



Ueshiro (bottom left), Nagamine (center), James Wax (center left), Ayako Nagamine (second from left)



James Wax, Shoshin Nagamine, and Ayako Nagamine



1962 - Wax and Robert Yarnell helped organize the Visa and Master Ueshiro arrived in America on Sept 14th 1962. James Wax had Robert Yarnell his chief Instructor take over the Ohio dojo's and Wax traveled to New York to meet and help his teacher Ansei Ueshiro spread Shorin-Ryu Karate in the United States. James K. Wax passed away June 6th 2010 at the age of 70.



**USRKUSA
DOJO UPDATES**



UESHIRO MIDTOWN KARATE DOJO

NEW YORK, NY KYOSHI@MIDTOWNKARATEDOJO.COM (646) 761-0683 [HTTPS://WWW.MIDTOWNKARATEDOJO.COM/](https://www.midtownkaratedojo.com/)

KYOSHI MACKAY, SHIHAN, KU-DAN

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

Congratulations to all members of the USRKUSA organization for “Showing up.” Your participation and support of your dojo and fellow students has brought much stability and positive energy during these past tumultuous months. Considering what lies ahead in the next six months, now is not the time to fall back! Moving forward from today, immerse yourself in the concepts of respect, imperturbability, camaraderie and “Karate ni sente nashi” that form the bedrock of our system!

The past six months at the Midtown Dojo have been a time of growth as we build our white and green belt ranks and see our more seasoned deshi move forward.

Celebrating Grand Master Ansei Ueshiro’s 91st Birthday



We celebrated Master Ueshiro’s 91st birthday throughout April with a series of historic black and white photos reimaged in color thanks to AI software



Our formal celebrations started on Saturday, April 20, with the annual Cherry Blossom workout in Great Falls, VA. Master Ueshiro’s presence was felt throughout the day, not just in the fearlessness of the training but in the genuine expressions of “Rei” exhibited by all participants. Special thanks to Sensei Lisa Markowitz, Shihan of the Ueshiro NoVA Dojo, Sensei Shabbir Kazmi, Chief Instructor of the NoVA Dojo, and the NoVA deshi for their magnanimous hospitality throughout. Special recognition as well to the Black Belts who drove hundreds of miles to attend.



On Tuesday evening, April 23, ten karate-ka from the Ueshiro Midtown Dojo trained at the historic Strawberry Fields in Central Park to commemorate Master Ueshiro's prodigious contributions to martial arts in America. Overlooking Central Park's Lake, students formed a circle for meditation and warm-ups followed by kihon based on the moves in Fukyugata San. The group then advanced to multiple repetitions of Master Ueshiro's kata, with each student offering a

"Point of Emphasis". Training continued well after sunset with Yaku-Soku kumite, followed by demonstrations of Master Ueshiro's bo kata and the USRKUSA nunchaku kata. Class ended with reflections on Master Ueshiro - his kindness, his sacrifices, his example of the "American Dream" - as a full moon rose behind the lights on Fifth Avenue.

Class ended with reflections on Master Ueshiro - his kindness, his sacrifices, his example of the "American Dream".



JUNE FLORIDA TRAINING AND BLACK BELT TEST

An elite group of Midtown deshi traveled to the Space Coast for a system-wide reunion, culminating on Sunday, June 2, with 15 hours of formal workouts. Training began at 9:00 AM on the beach of the Hilton Oceanfront Hotel under clear skies. The class included slowing down the count during warm-ups, practicing basics with full range of motion, and reviewing all kata through Naihanchi Sho. The class ended with a demonstration of traditional partner exercises to develop trust in one's training partner and dealing with the chaos of combat. Special shout-out to Asmau Ahmed, white belt, for making the trip to Florida and training with us.

A vigorous formal pre-Black Belt test workout began at 1:00 PM at the Ueshiro Merritt Island Dojo. Black Belts from around the world trained in squatting-room-only conditions for 3½ hours as Hanshi Robert Scaglione offered high-level corrections and words of encouragement. After a short break, formal testing began at 4:30 PM. Candidates from 13 USRKUSA Dojo demonstrated kata and, keeping with the spirit of "The Year of the Dragon", were tested on their knowledge of karate history and reading materials.

Domo arigato gozaimasu for representing the highest standards of our organization, both on and off the deck. I couldn't be more proud of you. As a post script, on average these four Black Belts waited ten years before testing.

The test concluded at 1:30 AM with the following Midtown representatives receiving their next rank:

Lisa Rosenberg – San Dan

Gene Turok – San Dan

John Bottega – Go Dan

Gamiel Ramson – Shichi Dan

JUNE TIP TEST

On Saturday, June 22, the Ueshiro Midtown and Crown Heights Dojo held a joint tip test at the Kaufman Center. The event was preceded by a vigorous workout with many demonstrations of kata. At noon the Board of Judges convened consisting of Kyoshi Michael Mackay, Sensei(s) Gamiel Ramson and John Adams, and Sempai Anna Sweeney.

Domo arigato gozaimasu to Sensei Lisa Rosenberg for putting the candidates through the test, and Sensei Gene Turok for leading the group during the judges' deliberations. After the test participants adjourned to a nearby plaza for refreshments and a performance of Fukyugata Ichi during an impromptu rainstorm. A perfect ending to an outstanding USRKUSA event.

Later, a make-up test was held for Enriqueta Somarriba, who tested for and received the rank of Go Kyu. Enriqueta's test paragraph consisted in part of Spanish composer Manuel De Falla's "Ritual Fire Dance", performed with great virtuosity in gi after the formal test. (Yes, the Midtown Dojo has its own grand piano.)

Congratulations to the Midtown deshi who were promoted:

Jeanne Prisyazhnaya – Ro Kyu

Asmau Ahmed – Ro Kyu

Dmitrii Voronoy – Go Kyu

SHERWOOD ISLAND BEACH WORKOUT

On Sunday, July 21, 17 deshi gathered at Sherwood Island State Park for our annual beach workout. The workouts have been a tradition of the Midtown Dojo since Hanshi initiated them back in the 1970s at Long Beach, Bayville Beach and other maritime settings.

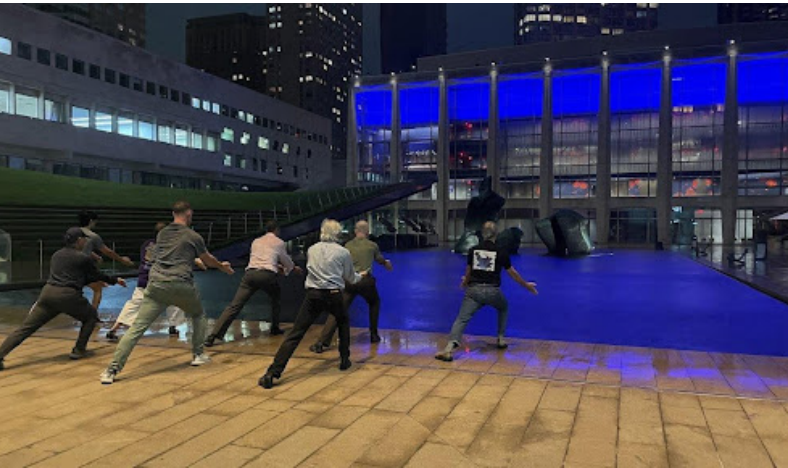
Reminiscent of Okinawa 400 years ago, the day began with Park authorities banning the use of all weapons, in particular, our bo. Undaunted, students gathered in small groups to work empty-hand kata informally, followed by a formal bow-in, warm-ups, kihon, kata and yaku-soku-kumite at the water's edge. Black Belts performed the three Naihanchi kata in the water as a final demonstration. Festivities concluded with the presentation of Black Belt certificates to those who tested in Florida last June. The entire day was documented by professional photographer Michael Bottega, who graciously donated his services. Please visit his on-line gallery [here](#). If these images don't inspire you to pick up your training, nothing will!

A huge "Domo arigato gozaimasu!" to the kyu-rank students of the To-Te Ueshiro Karate Dojo (Nyack) who showed up in full force, and to Sensei(s) Daniel Lax and Boris Grossman from the Ueshiro Pine Forest Karate School (Palisades). Much gratitude as well to Sensei Adam Dunsby, Shihan of the Easton CT Ueshiro Shorin-Ryu Karate Club, and his two Black Belts, Frank Mowka and Michael Kliegman, for their spirited participation both on the beach and at the BBQ pool party afterwards.



AUGUST BELT PROMOTION

On August 11 the Midtown Dojo joined the Downtown Dojo for a joint green tip and belt promotion. After a two-hour pre-test workout, a Board of Judges was convened consisting of Kyoshi Mackay, Sensei Gamel Ramson, Sensei Ron Ballin, Sensei John Adams and Sensei Kim Garon. Kyoshi Kevin Reymond administered the test. Congratulations to Felipe Flores from the Midtown Dojo who was promoted to Ro-Kyu.



SEND-OFF WORKOUT FOR SENSEI JOHN ADAMS

On August 26 Midtown and Crown Heights students showed up in force for a special send-off workout conducted by Sensei John Adams, who is relocating to Peru and eventually Spain. Sensei has been teaching the Monday class since we moved to the Kaufman Center, and has been a staunch supporter of the Midtown Dojo for over 20 years. After the formal class, participants strolled to the Reflecting Pool at Lincoln Center for a compai and encore training in light rain. After a group performance of kata Rohai, Sensei Adams and the new Monday night instructor, Sensei John Robbins, demonstrated Yaku-Soku kumite before the post-opera crowd.



Photos of the above events may be seen at our [website gallery](#). And updates to our “Karate-Go” page may be enjoyed [here](#). All deshi are encouraged to contribute photos of their training outside the dojo!

MOVING FORWARD

The Midtown Dojo is picking up the pace in preparation for early November's Annual Black Belt Workout in Nashville. Our 9/11 Memorial Workout is scheduled for Sunday, September 15, in Central Park starting at 10:00 AM. We'll also be celebrating the 62nd Anniversary of Master Ueshiro's arrival in the United States with special outdoor workouts. Please come and join us. While you're at it, enjoy some of the cultural gems New York City has to offer.

Class Schedule

I am pleased to announce the addition of a new Friday evening class at the Kaufman Center conducted by Sensei Gene Turok. The class will run from 6:30 to 7:45 PM. Domo arigato gozaimasu to Sensei for seizing this opportunity to start earning his new rank and title!

Monday, 7:00 – 8:30 PM Sensei John Robbins
Tuesday, 7:15 – 9:00 PM Kyoshi Michael Mackay
Friday, 6:30 – 7:45 PM Sensei Gene Turok
Saturday, 1:00 AM – 1:00 PM Kyoshi Michael Mackay

By popular demand, we're continuing our Tuesday and Friday 5:30 PM Zoom classes ([link here](#)). Domo arigato gozaimasu to Sensei Ron Marchetti for leading the Tuesday workouts, and to the other tried-and-true Black Belts who show up every week for inter-dojō training:

- Sensei Brian Heese - Pelham Manor
- Sensei Lisa Rosenberg - Midtown
- Sensei Bill Breidenbach - NoVa
- Sensei Rob Kapilow - Palisades
- Sempai Tara Hunter - NoVa

A special note of gratitude to all the Midtown Black Belts who assist in covering classes, communications and, of course, keeping the Dojo doors open. Sensei Gamiel Ramson, Chief Instructor, Shichi Dan, deserves a huge shout-out for always filling in when I am unavailable. The Midtown students benefit enormously from his unique perspective on our Art.

Domo arigato gozaimasu, Hanshi, for your wisdom and guidance in encouraging us to always expand our boundaries via the gifts of Ueshiro Shorin-Ryu Karate-Do.

Kyoshi Michael Mackay, Ku-Dan

Shihan, Ueshiro Midtown Karate Dojo



UESHIRO VIERA KARATE DOJO

MELBOURNE, FLORIDA HANSHI.SRKUSA@GMAIL.COM (321) 848-3197 [HTTPS://WWW.VIERAKARATEDOJO.COM](https://www.vierakaratedojo.com)

HANSHI ROBERT SCAGLIONE, SHIHAN, JU-DAN

News

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

Our classes are from 5:30 to 7 p.m. Tuesdays and Thursdays and 10 to 11:30 a.m. Saturdays at the Viera Regional Community Center, 2300 Judge Fran Jamison Way, Viera. Hanshi teaches the Tuesday and Saturday classes, and Sensei Miranda Aiken, San-dan, Sempai Rob Weaver, Ni-dan, and Sempai Sandra Morian, Ni-kyu, alternate with teaching.

Events

From May 30 to June 3, 2024, the Ueshiro Florida schools hosted a Black Belt weekend that culminated with an epic Dan test. The Black Belt promotion was a 16-hour feat of strength by all those involved. It ended at 1:30 a.m. at Ueshiro Merritt Island Karate Dojo, and the Monday morning debriefing was at the same location 6 1/2 hours later. Hanshi encourages everyone to read the writeup from Kyoshi Mackay and congratulate our newest ranks from Sho-dan to Shichi-dan from 13 dojos worldwide.

Congratulations to these Ueshiro Viera Karate Dojo students for earning their next rank:

- Sensei Miranda Aiken, San-dan
- Sempai Lisa Miller, Sho-dan



Students of Ueshiro Shorin-Ryu Karate USA, ranging from white belt to black belt, practice kata at Viera Regional Park. (Photo courtesy of Trevor Tezel)

On Aug. 17, the Florida schools held a combined kyu-rank test at Ueshiro Merritt Island Karate Dojo. Hanshi presided, guiding the students in attention to detail – from the way they execute the mae-geri ("snap it back" and "show balance") to how they should smartly line up.

Congratulations to these Viera students for earning their next rank:

- Sempai Camellia Westwell, Yon-kyu
- Sempai David Mercier, San-kyu
- Sempai Mason Shirley, San-kyu*
- Sempai James Sanders, Ni-kyu*
- Sempai Sandra Morian, Ni-kyu

*denotes a child

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

Closing

To move forward in your training:

- Amplify your karate by reading the literature. There's a suggested reading list on shorinryu.com or join us on Zoom for Ueshiro Book Club.
- Use and support the Kata Guide app. The videos are priceless and made just for us.
- If you have a question on technique, consult the Kata Guide app, Master Ansei Ueshiro's videos, Hanshi's videos and Master Shoshin Nagamine's book, "The Essence of Okinawan Karate-Do." Discuss the technique w/your Sensei and classmates. Encourage the dialogue.
- Karate begins and ends w/courtesy: Arigato, Hanshi. Arigato, Kyoshi. Emphasize the person when saying thank you. That's public speaking. That's Kiai.
- "Teach them to step first."

If we all do "10 kata every day" as suggested by Master Ansei Ueshiro, we will make the world a better place.

Domo arigato gozaimasu,

Hanshi Robert Scaglione, Ju-dan
Shihan, Ueshiro Viera Karate Dojo

Sensei Jennifer Sangalang, Yon-dan
Executive secretary to the CEO
Ueshiro Suntree/Melbourne Karate Dojo





UESHIRO PINE FOREST KARATE SCHOOL

PALISADES, NY MOTOBU@AOL.COM (917) 593-6455 [HTTP://SHO-GO.COM/](http://sho-go.com/)

KYOSHI SEEGER, SHIHAN, KU-DAN



Formal Classes:

MON 4p

TUE/WED/THU 6:30p

SUN 10a

**Come and train with us as we
ramp up for Nashville!**

62nd Annual Black Belt Workout - Participants / Event Donations

All USRKUSA Black Belts are strongly encouraged to attend this most important event.

Domo Arigato to Sensei Chris Barnes and the Nashville Club Shihan, Sempai Liz and Chuck Richardson for organizing this event! Hanshi Robert Scaglione, David Seeger, Michael Mackay, David Baker, Kevin Raymond, Matt Kaplan, Salvatore Scaglione, Guy Lawrence, Austin Hatch, Richy Glassberg, John Bottega, Michael Santoro, Daniel Lax, Scott Sijan, Matthew Reed, Lisa Thompson, Lisa Rosenberg, William Breidenbach, Preston Powell, Bryan Markiet, Emiliano Mazlen, Robert Kapilow, Adam Dunsby, Brian Heese, Kim Lembo, Tzvi Bar-Shai, Henri Waelbroeck, Keith Burrows, Elizabeth Richardson, Gamiel Ramson. Daniel Gobillot, Anna Sweeney, Shabbir Kazmi, Richard Cupoli, Boris Grossman, Sean Paus, Steve Hatle, Elliot Potter, John Seeger, David Tamir, David Huyck, Ben Kaplan, Blue Calvo, Nancy Owen, Justin Thompson, David Calligeros, Gene Turok, Jennifer Sangalang, Miranda Aiken, Vincent Sommer, Jonathan Cohen, Robert Neff, Robert St George, Youjian Nistorenko. Ron Ballin, Ann Burgevin, Kevin Hutchenson, James Rothermel, Noah Kaplan, Tony McDonald, Nisha Shau, John Robbins, Rob Weaver.

Black Belts may still register / [donate](#) for the event.

Thank you for your support.

Black Belt Certificate Presentations



Go-Dans: Grossman Sensei, Glassberg Sensei



Kapilow Sensei, San-Dan / Sharona Levine, Sho-Dan / Sempai Diana Hang, Ik-kyu



Ik-kyu board of Judges: Owen Sensei, Nistorenko Sensei, Kapilow Sensei, Hatch Sensei, Sempai Sharona Levine



Black Belts in attendance for August Ik-kyu Promotion



Waelbroeck Sensei and Sempai Sharona prepared Sempai Diana for Ik-kyu

Support our apps and website. Please click below to donate in any amount:

DONATE NOW

Thank you Hanshi Robert Scaglione for teaching us!



UESHIRO DOWNTOWN SHORIN RYU KARATE DOJO

NEW YORK, NY KEVINLREYMOND@GMAIL.COM (646) 745-6172 [HTTPS://WWW.MIDTOWNKARATEDOJO.COM/](https://www.midtownkaratedojo.com/)

KYOSHI KEVIN REYMOND, SHIHAN, KU-DAN

Onegai Shimasu Hanshi, Kyoshi, Sensei and Fellow Deshi,

Over the past six months we have:

- conducted Zoom classes every Wednesday and Friday mornings
- provided one-on-one training sessions
- moderated meetings of the Ueshiro Shorin Ryu Karate Book Club,
- issued twenty six editions of the weekly “Keep Training” emails that include training tips and readings from “Building Warrior Spirit” and the “Shorin-Ryu Okinawan Karate Question and Answer Book”
- travelled to Florida for the Black belt Promotion and Karate Weekend of training
- travelled to Northern Virginia to participate in a belt test and the Annual Cherry Blossom Workout
- held a joint belt test with the Ueshiro Midtown Dojo, and
- hosted 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.

***“We do one more kata when we thought we had no more left within ourselves. This principle is carried over and weaves into the fabric of life.*”**

~ Hanshi Robert Scaglione

The next Roundtable Discussion with Hanshi and the Kyoshi will be held on Thursday, September 25, 2024 from 7:00 to 8:00 pm.

The Ueshiro Shorin Ryu Karate Book Club has scheduled its next meeting for Thursday, October 17th, 2024, when we will be discussing, “The Afterword” chapter of Gichin Funakoshi’s book, “The Twenty Guiding Principles of Karate.”

Domo arigato gozaimasu Hanshi for your continued encouragement, inspiration and leadership for which we are all grateful. We are looking forward to training with you in the years ahead.

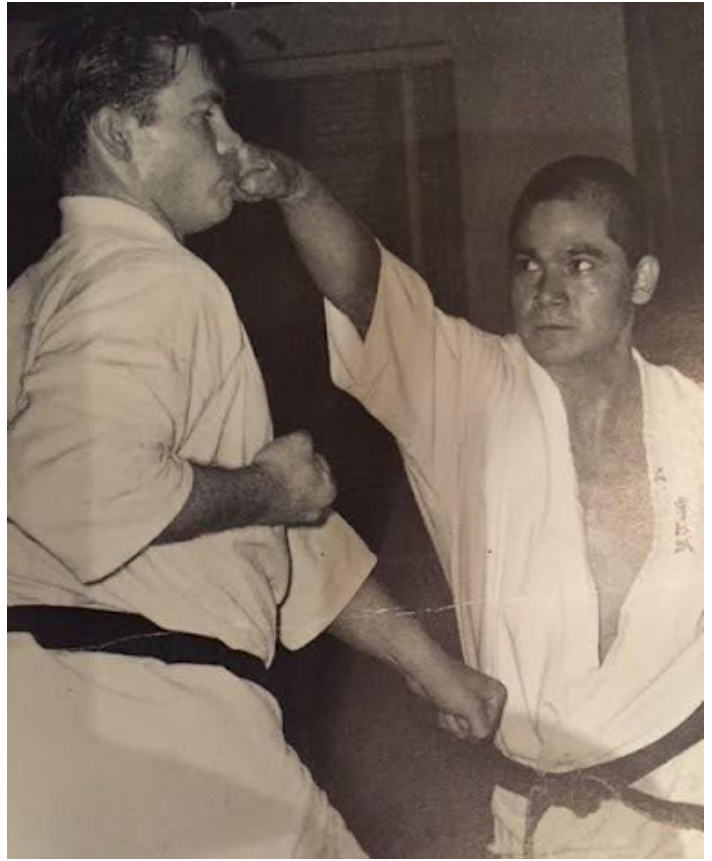
Kyoshi Kevin Reymond, Ku-dan
Shihan, Ueshiro Downtown Shorin Ryu Karate Dojo
Under the direction of Hanshi Robert Scaglione

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)



***“When you have to
protect your life, you
must use all your
strength and skill.”***

~ Master Ansei Ueshiro



UESHIRO OKINAWAN KARATE FAMILY DOJO

STATE COLLEGE, PA [HTTP://FAMILYKARATECLUB.COM/](http://familykarateclub.com/)

KYOSHI MATT KAPLAN, SHIHAN, HACHI-DAN

All is well with the Ueshiro Okinawan Karate Family Dojo. We continue to hold 5 classes a week and are gearing up to move our Wednesday – 4:15 p.m. class back to our favorite spot at Tudek Park, just next to the entrance to the Butterfly Garden.

In keeping with our tradition of holding at least one summer potluck & workout event each year, we gathered at Sensei Tracie Pletcher's new home on July 21, 2024 for an intensive workout, smorgasbord, and compai immersed in the many gifts of nature. This included being able to do push-ups on an uneven terrain and being able to witness, up close, an exquisite example of how keen observation and communication skills contribute to survival. We had front-row seats to the intricate interplay between predator – a couple of red-tailed hawks – and prey – a group of Tracie's chickens. The hawks tried several tactics to scare the chickens out of their safety spot under a group of shrubs. The chickens maintained a high state of alert, keenly observing and chattering with one another (we presume to share information about the hawks' shifting positions and movements). A perfect example of how awareness of our surroundings, and neighbors we can rely on, can keep us out of trouble.



WHAT DOES IT MEAN TO BE A “FAMILY DOJO”?

We continue to enjoy the wonders and benefits of our “family dojo”. Here’s our latest example.

Recently, we celebrated the fifth birthday of the middle daughter of one of our member families by presenting her with her very own gi, and officially welcoming her onto the karate deck. Until then, she had been a familiar presence, observing her mom, big sister, and other members during class. As her birthday approached, she would mimic our moves and warm-up exercises from the sidelines, eagerly preparing for her debut.

In this family’s case, we see how older family members can serve as effective karate models, mentors, supporters, and skills developers for younger family members. Conversely, we have seen younger members inspire and encourage their older family members to get involved in karate, driving interest and participation across generations.

Our family-friendly approach is reflected in our policies and practices. We offer special membership plans for families and organize family demonstrations on the deck to highlight and celebrate family achievements. We aim to create an environment where family members can enjoy a rewarding physical activity together, fostering individual skills, family cohesion, and a strong sense of community.

If you’re interested in reading more about the philosophy, benefits, and examples of family training, we encourage you to take a look at a 2007 report written by Hanshi Robert Scaglione and Kyoshi Matt Kaplan, entitled: [“The Family that Trains Together Stays Together: Karate Training as a Pathway Toward Family Unity.”](#)

The progression of the younger daughter’s entry into the dojo ecosystem is illustrated below:

1



Watching big sister workout with mom

2



Being gifted a brand new gi on her birthday, with big sister looking on.

3



Day 1: Stepping on the deck, showing how she’d respond to a face punch.

4



Day 14: Showing how she’d respond to a face punch!

RANK PROMOTIONS

We congratulate our deshi who successfully moved up in rank at our 2-segment August 2024 karate test! [Pictured are participants from the Aug. 29th workout & test, and an image from the breaking component.]

We are pleased to share that all testing candidates demonstrated remarkable growth in their karate skills, as well as a commendable level of humility and respect both on and off the deck. This consistent observation was noted by all Board of Judges members.

Domo arigato gozaimasu!

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



Promoted to Yon-kyu (green belt)

Emma Catherine*

Promoted to San-kyu (green belt)

Christina Catherine
Jennifer Dombroskie
Cameron Lundin *
Maria Spencer

Promoted to Ni-kyu (brown belt)

Bryan Brightbill
Drew Foster
Rene Oakman

Promoted to Ik-kyu (black tips)

Jolie Oakman

* youth



NORTHAMPTON UESHIRO KARATE

FLORENCE, MA DWGOBILLOT5@GMAIL.COM (413) 320-5945 [HTTPS://WWW.NORTHAMPTONUESHIROKARATE.COM/](https://www.northamptonueshirokarate.com/)

SENSEI DANIEL GOBILLOT, SHIHAN, SHICHI-DAN

Onegai shimasu USRKUSA,

What a spring and summer it's been, full of hard training, travel, study, and plenty of sweat here in the Pioneer Valley during a particularly hot and humid season.

Events

At the end of May, Sensei St. George and Sensei Hatch traveled to Florida for six days of training with local deshi and visitors from all over the world. Beginning the trip with a class instructed by Sensei Reed at the Suntree-Melbourne dojo, Sensei Reed and his students set the tone for what would be a nearly weeklong test of endurance and keeping one's cup empty, to be ready for instruction by making sure we have an open mind on the deck. Domo arigato gozaimasu, sensei, for your thoughtful instruction, and to your dojo for its hospitality. I have brought home the correction regarding my crooked wrist in jodan-uke, graciously given to me, and am working on it individually as well as with my students.

The subsequent days of training were like a highlight reel that wouldn't stop. Classes led by Hanshi and the Kyoshis provided a variety of perspectives on karate-do, our training, individual techniques, and the intersection of karate-do and our daily lives. The capstone of the week was a lengthy black belt test, held that Sunday after a morning of powerful training on Cocoa Beach as the waves broke around us.



The test, like much of the week, was a reminder of the uniqueness of our association and our peers in the art, as judges, candidates, and deshi there to support them trained for over twelve hours, late into the night. Kyoshi Kaplan astutely noted that we were creating memories and stories together, a strong reminder that community doesn't just "happen." We have to make it by showing up, participating, and making the stories, memories, and communities we want to be a part of. An important memory that I made with the support of my fellow practitioners was my promotion to San-Dan, and the bestowal of new responsibilities and opportunities to serve my fellow deshi at home and elsewhere.

As we packed up to leave well after 1 AM, I remembered a word from some recent reading: 修行 (shugyo), which translates to "deep mind-body training," characterized by long stretches of intense, physical, spiritual, and mental training. A fading tradition in many martial arts in 2024, USRKUSA sets a standard for practitioners of all kinds by keeping it alive. We don't just talk about training hard, we do it.

In August, Sensei Owen and Sensei Hatch traveled to Palisades, NY for Kyoshi Seeger's birthday celebration. In a lesson in teaching by example, we visitors were the ones who received gifts that day, with lots of detailed instruction, encouragement to train harder, and reminders about the power karate can bring to our lives. Followed by a birthday lunch (the bagels in New York really are the best, accept no substitute), deshi from all over the New York area gathered to celebrate and be grateful for the gift of training together for another year. Domo arigato gozaimasu, Kyoshi Seeger and your dojo for your hospitality and continued support in our training here in Northampton.

Closing

It has been an exciting season for our dojo, from travel and events to welcoming new and returning deshi to our deck. As Hanshi noted in Florida, it's up to us to show up, to train hard, and share what we learn with others.

If we travel and train with others, learn something new, but don't take it home and share it with our dojo at home, what was it for? Training in karate gives us the opportunity to serve others every day. We can begin by sharing what we know, as Hanshi, the Kyoshi, and our Shihan have done, day in, day out, for decades.

Domo arigato gozaimasu Hanshi,
Sensei Hatch
San-Dan
Northampton Ueshiro Karate





TO-TE UESHIRO KARATE

NYACK, NY PRESTON@TO-TE.ORG (845) 353 8505 HTTP://WWW.TO-TE.ORG

DENSHI SHIHAN SENSEI PRESTON POWELL (SHICHI-DAN)

Onegai-Shimasu Hanshi!, Kyoshi, Sensei & all USRKUSA Karateka

On Thursday, August 29th, the To-Te Ueshiro Karate Dojo, Nyack, NY held its August Belt Promotion

...traveling down Piermont ave and approaching the dojo, I didn't see many cars, but I could hear Kiai's of Joy & Vigor! and the robust count of Ichi, Ni! As i walked in the dojo Senior Sensei Bryan Markiet shouted Chotto Matte!!, and after the customary bow (I acknowledged), bowed and requested that the group carry on. As I adjusted my obi, I could sense the deshi here tonight were ready! with that thought, I pulled out a stick of Incense to burn in memory of Master Ansei Ueshiro and told the group we will train Kata, no talking, just the sound of the fabric of the gi until this ceremonial stick of Incense burns out, and then, and only then will we start the actual promotion. An hour and ten minutes later one of the Kyu ranks let me know the incense had burned out, I shouted Chotto Matte!!, Shago! and we sat for a formal bow in and dedicated the promotion to Master Ueshiro and began the test which lasted a little over three and a half hours.

The Testing board consisted of Denshi, Shihan, Powell Sensei (Shichi-Dan) running and calling the deshi up, Sensei Bryan Markiet (San-Dan) center judge and rounding out the board Sensei David Calligeros (San- Dan), Sensei Blue Calvo (San-Dan) and Sempai Mike Santoro (Sho-Dan). Sempai Olive Josuweit, (San-Kyu) assisted with the the Kyu ranks and ran the group when the Black belts convened in the back to discuss the test and check score notes.

August Belt Promotion Results:

Promoted to Go-Kyu
Carl Palitti

Promoted to San-Kyu
Simon Josuweit, Child 11 Yrs old

Promoted to San-Kyu
Tom Daly
Tomomi Trudell

Promoted to Orange Belt
Ben Daly, Child 11 yrs old



A visit from Sensei Potter & Sensei Kapilow



Kyoshi Reymond visit





All students tested showed amazing warrior spirit, courtesy and focus, especially in Kata and Yakusoku Kumite. We ended the promotion with customary breaking of boards. Thank you Sensei David Calligeros for your leadership and supplying the wooden boards.

I would also like to thank all my Senior black belts and those Kyu ranks that came down trained and supported those testing. Big shout out to Dana Daly for blessing us with photos taken during the promotion.

Before leaving the deck I reminded the deshi about OUR commitment of training and what that means, to keep training regardless of injury (how to work around them), if you pass or fail, but to keep training, keep learning, researching and helping others and that with rank comes responsibility, read and re-read the red book, know our golden history and keep the Kata guide-app handy for references off the deck, and practice, practice, practice... then maybe you'll begin to understand that Karate-do is not a contest, but a life long marathon of improving ones self and helping others and truly being a shining light where darkness prevails.

Domo Arigato Goziamasu Hanshi! for preserving the gift of Karate as it was given to you by Master Ueshiro. It is our job now to pass it on to a new generation of USRKUSA Karateka.

Sensei Ed Abreu we miss you! and best of luck with the NEW house. The Nyack Black belts will come visit this Fall for one of our monthly fellowship Compai dinners.

Respectfully Submitted,

Powell Sensei, Denshi, Shihan
To-Te Ueshiro Karate Dojo
Nyack, NY

NYACK WEEKLY CLASSES

Tue 6p - 7:15p

Thur 6p - 7:30p

Fri (Morning Kata & Zazen) 7a - 8a

Sat 10a - 11:30a

(Visitors from other dojos are always welcome)





UESHIRO NORTHERN VIRGINIA KARATE CLUB

RESTON, VA, MD INFO@UESHIRONOVA.COM (703) 407-2154 HTTP://WWW.UESHIRONOVA.COM/

SENSEI LISA MARKOWITZ, SHIHAN, SHICHI-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 62nd Year of USRKUSA, the Year of the Water Dragon, marking several key events in the Spring and Summer.



Sho-Dan Test

On Friday, April 19, 2024, a Sho-Dan test was conducted at the Ueshiro NoVA Dojo. The test was attended by a dedicated group of black belts, some of whom traveled from as far as Massachusetts and New York to participate. Prior to the test, black belts and the test candidate worked in small groups drilling down key concepts in their kata, which included breaking down sequences of moves to focus on intermediate moves, foot placement, and vertical and horizontal use of the hip. A rigorous traditional class then followed, which was led by Kyoshi Michael Mackay (Ku-Dan, Ueshiro Midtown Karate Dojo, NY) and consisted of warm-ups, kihon techniques, and kata.

Immediately before the test, the board of judges broke off to review the order of events as the group continued to work on kata. The official test then began. Kyoshi Mackay presided over the test, while Kyoshi Kevin Reymond (Ku-Dan, Ueshiro Downtown Karate Dojo, NY) served as the center judge and Sensei Daniel Gobillot (Shichi-Dan, Northampton Ueshiro Dojo, MA), Sensei Lisa Markowitz (Shichi-Dan, Ueshiro NoVA Karate Dojo), and Sensei Kim Garon (Yon-Dan, Ueshiro Long Island Karate Dojo, NY) rounded out the board. Sensei Shabbir Kazmi (Yon-Dan, Ueshiro NoVA Karate Dojo) called the test candidate to the spot and directed the test.

A HUGE congratulations to Sempai Tara Lee Hunter, who traveled from Ontario, California for the test and proved Grand Master Ansei Ueshiro's tenet correct that anyone with the desire and commitment can learn karate. At 82 years young, Sempai Tara impressed the entire board of judges, who were unanimous in awarding her the rank of Sho-Dan. Sempai Tara showed indelible warrior spirit, tenacity, and fortitude, not only in her commitment to complete her kata, ending on a high with a most impressive demonstration of kata Ananku, but also in her ability to defend herself.

A big Domo Arigato to the board of judges and the following black belts who showed up to lend their support and spirit:

- Sensei Ron Balin, Yon-Dan (Ueshiro Midtown Karate Dojo, NY)
- Sempai Bill Breidenbach, Ni-Dan (Ueshiro NoVA Karate Dojo)
- Sempai Singwen Gobillot, Ni-Dan (Northampton Ueshiro Dojo, MA)
- Sempai Nishu Shah, Sho-Dan (Ueshiro NoVA Karate Dojo)
- Sempai Reshma Shah, Sho-Dan (Ueshiro NoVA Karate Dojo)
- Sempai Fred Bagagli, Sho-Dan (Ueshiro NoVA Karate Dojo)

In addition, Domo Arigato to the group of Black Belts from the Florida Dojo, which included Sempai Kristen Clarke, and the Ueshiro NoVA Deshi, who sponsored the event to cover the cost of Sempai Tara's test and travel.



Cherry Blossom Workout

On Saturday, April 15, 2024, the NoVA Dojo hosted our annual Cherry Blossom workout at Great Falls National Park. Prior to the formal workout, which began at 10am, Deshi trained in groups led by Kyoshi and senior black belts that focused on bo kata and Gojushiho performed at the edge of the Potomac River.

The formal workout was dedicated to Grand Master Ueshiro and the spirit of renewal, as experienced every spring and every time we step onto the deck. Kyoshi Mackay led the group through warmups, followed by Kyoshi Matt Kaplan (Hachi-Dan, Ueshiro Okinawan Karate Family Dojo, PA), who directed the group through kihon techniques. Next, Kyoshi(s) Reymond and Mackay taught many repetitions of Fukyugata-San, emphasizing the explosive power of the wind up and saving the hip for the final move in combinations, and Pinan Sho-Dan, exploring the nuances of Kyoshi Reymond's Keep Training Bulletin 213. Students then paired off for bunkai and a review of Yaku Soku Kumite. The workout concluded with a demonstration of Ananku by newly-promoted Sho-Dan, Sempai Tara Lee Hunter.



San-Dan Test

On May 31, 2024, Sempai Bill Breidenbach traveled to the Merritt Island Dojo in Florida to join other black belt warriors from USRKUSA Dojo across the country and world to test for their next rank. The test, which took place over the weekend of June 1-2, 2024 and concluded in the early hours of Monday, June 3, was led by Hanshi Robert Scaglione. After a marathon 15 hour test, Sempai Bill, who showed impressive mental and physical strength, stamina, tenacity, and all-round warrior spirit was awarded the rank of San-Dan. A HUGE congratulations to our new Sensei, who exhibited incredible patience and commitment, waiting out the Pandemic before testing for his new rank. Sensei came back renewed and invigorated, passing on the many gold and platinum nuggets that he gleaned throughout the test weekend. We are incredibly proud of Sensei Bill!



Black Workout

The black belts of the NoVA Dojo are ramping up our training in anticipation for the Black Belt workout in Nashville, Tennessee this November. We are looking forward to rubbing shoulders with fellow black belts from around the globe and are dusting off our cowboy boots in anticipation for some Nashville-style hospitality.

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, Shichi-Dan
Shihan, Ueshiro NoVA Karate Dojo



BOSTON CHINATOWN UESHIRO SHORIN-RYU KARATE CLUB

BOSTON, MA EMAZLEN@HOTMAIL.COM 857-234-7350

SENSEI EMILIANO MAZLEN, SHIHAN, GO-DAN

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

We are moving forward and continuing to train.

We are very happy to have restarted a second weekly class in person (back) at the Wang YMCA of Chinatown, 8 Oak Street West, Boston MA. Classes are now on Tuesday and Thursday nights. This YMCA branch is near downtown Boston. We are honored when visitors train with us. If you may be able to do so, please let me know.

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

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

Keep Training.

Domo arigato gozaimasu to all,
Sensei Emiliano Mazlen
857-234-7350 (c)
emazlen@hotmail.com



UESHIRO SHORIN RYU KARATE NEW ROCHELLE

NEW ROCHELLE, NY SSENSEINRKARATE@GMAIL.COM (914) 772-0204 HTTP://UESHIRONRKARATE.COM/

SENSEI TZVI BAR-SHAI, SHIHAN

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

Ueshiro Shorin Ryu Karate New Rochelle continues to grow. We have two new deshi, one who tested at this August's promotion and one who just started two or three weeks previous. It seems that we have a good foundation with which to promulgate Master Ansei Ueshiro's art.

Our advanced deshi; Christian Lopez, Ni-kyu and Moises Antonio, Ni-kyu have started working on Naihanchi kata and Erica Rosado, Yon-Kyu has started working on Pinan kata. Our Yon-kyu is working on the first two Yakusoku kumite and our Ni-kyu are perfecting the three Yakusoku kumite and everyone is leaning the stances practiced in Oyo-tan-ren.

On August 21st Ueshiro Shorin Ryu Karate New Rochelle held its semi annual promotion. We started with the traditional bow-in and then did various Kihon (basics). Then after numerous kata we set up for testing of two deshi. The Board of Judges was composed of Sensei Calvo, Sensei Kapilow, both San-Dan and myself, Sensei Bar-Shai, Go-Dan, Shihan and Sempai Diana, Ni-Kyu, stood for the first time calling up the deshi testing. Erica Rosado tested for Yon-Kyu (Green Belt) and Souleyman Traore tested for Go-Kyu (two green tips). Both deshi performed well and passed. They will now go on to earn their new ranks. Christian Lopez and Moises Antonio, both having earned their Ni-Kyu at the last promotion, and New White Belt Elizabeth Ingram-Stanton, were there to support the deshi testing and added much energy to the event. Domo Arigato to Sensei Calvo, Sensei Kapilow and Sempai Diana for showing great spirit by making the effort to participate in Ueshiro Shorin Ryu New Rochelle's promotion yesterday. They all added much energy and sugar to our event demonstrating great dedication and setting an example for the deshi.

We are all looking forward with great excitement to the Black Belt event that will take place in Nashville during the first week of November 2024.

The following candidates were reviewed for advancement:

- **Erica Rosado** - promoted to Yon-Kyu
- **Souleyman Traore** - promoted to Go-Kyu



Domo arigato to Hanshi Robert Scaglione for his leadership, dedication, and example.

Domo arigato to Kyoshi Seeger for his dedication to us and our dojo. For setting the bar high and making us work hard to learn the art of Master Ueshiro.

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.

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.

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

Domo arigato gozaimasu,
Sensei Tzvi Bar-Shai, Shihan





EASTON CONNECTICUT UESHIRO SHORIN-RYU KARATE CLUB

EASTON, CT ADUNSBY@OPTONLINE.NET (203) 292-3692

ADAM DUNSBY, SHIHAN, GO-DAN

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

We continue to train with joy and vigor! We thank Hanshi
and the Kyoshi for all the sugar we received at June's
Florida black belt event and all the other training
opportunities over the past half year. We are also grateful
that we were able to help with this July's Sherwood Island
beach workout.

Class schedule:

Tuesday 5:30 PM – 6:45 PM

Sunday 8:15 AM – 9:30 AM

Domo arigato gozaimasu,

Adam Dunsby

Easton Connecticut Ueshiro Shorin-Ryu Karate Club



BBQ after the Sherwood Island Beach workout with Kyoshi
Mackay



UESHIRO BAY RIDGE DOJO

BROOKLYN, NY ROBNEFF@HOTMAIL.COM (917) 549-4218 HTTP://WWW.BAYRIDGEKARATE.COM/

SENSEI ROB NEFF, SHIHAN, YON-DAN

Onegai shimasu Hanshi, Kyoshi, Sensei & fellow Deshi,

On Thursday, March 21, 2024, the Ueshiro Bay Ridge Dojo held a tip-test and full belt promotion. The workout and test were held at Bay Ridge Jewish Center in Bay Ridge, Brooklyn. We were extremely excited to hold our first promotion on our newly renovated floor. Prior to the formal test, deshi gathered and trained kata in small groups.

Sensei Rob Neff presided over the workout. After Sensei Neff formally bowed-in the group, he conducted the traditional warm-up exercises, kihon, and many repetitions of various kata.

A formal test was conducted including kata, kihon, push-ups and squat punches, historical questions regarding USRKUSA history, yakusoku kumite, and breaking. The Board of Judges consisted of Sensei Rob Neff as the center judge, Mr. John Lee, Ms. Lisa Rosenberg. Sempai Ethan Neff called the test and put the candidates through the paces.

A special thank you to Mr. John Lee and Ms. Lisa Rosenberg of the Midtown Dojo for coming out to Brooklyn to lend their support and guidance to my deshi. All the participants greatly appreciated it. Thank you to Semapi Misha Ratner and all the extended family who came to lend a hand and support the deshi testing.

The following deshi were promoted:

Ro-Kyu

Ariel Migirov (Youth)
Bogdan Vasilenko (Youth)

Go-Kyu

Devon Craw (Youth)
Eve Chan

San-Kyu

Nasar Abdurrahman

Ni-Kyu

Jeff Ratner (Youth)

A special thank you to Mr. John Lee and Ms. Lisa Rosenberg of the Midtown Dojo for coming out to Brooklyn to lend their support and guidance to my deshi. All the participants greatly appreciated it. Thank you to Semapi Misha Ratner and all the extended family who came to lend a hand and support the deshi testing.

I had an amazing summer at Birch Rock Camp instructing young men and boys USRKUSA for seven weeks this summer. USRKUSA was an activity choice again this summer at camp. Campers were able to earn a karate badge based on their dedication and skill in karate during the summer. The Birch Rock Camp library has a copy of The Shorin-Ryu Okinawan Karate Question & Answer Book (Sensei Eddie Garcia's copy given to me by Kyoshi Mackay) and Karate of Okinawa: Building Warrior Spirit by Hanshi Robert Scaglione & William Cummings for campers to refer to and read for pleasure.

Five campers earned their Junior Karate Badge which consisted of learning the basic blocks, punch, and front snap kick along with other basic USRKUSA curriculum.

Junior Karate Badge

- Eli Zigman
- Tom Crovitz
- Grahm Fritts
- Alden West
- Charlie Coughlin

Two campers earned their Senior Karate Badge. This would be the equivalent of a first green tip. These two students were able to perform Fukyugata ichi in front of the whole camp. They were even able to do the bunki as defenders. In addition, they read parts of both the red and green book, and we had many detailed conversations on karate philosophy, techniques, and history.

Senior Karate Badge

- Charlie Lacovera
- Brennan Garcia

Looking forward to training with everyone soon.

Domo arigato gozaimasu, Hanshi,

Sensei Neff, Shihan, Yon-Dan

Ueshiro Bay Ridge Dojo



UESHIRO MERRITT ISLAND KARATE DOJO

MERRITT ISLAND, FL TREVORTEZEL@GMAIL.COM (321) 806-9164 [HTTP://MIKARATE.COM/](http://MIKARATE.COM/)

SENSEI TREVOR TEZEL, SHIHAN, YON DAN

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.

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. (1)

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.



1) 90th Anniversary of Grand Master Ansei Ueshiro

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)



2) Kyu rank test with the other Florida dojos led by Hanshi

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.



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! (7)



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](https://www.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



CAPE CANAVERAL UESHIRO SHORIN RYU KARATE DOJO

CAPE CANAVERAL FL CEDDY@BELLSOUTH.NET (321) 223-0060 [HTTPS://WWW.CANAVERALKARATE.COM/](https://www.cana-veralkarate.com/)

SENSEI EDDY, SHIHAN, YON-DAN

Lunar New Year

The Lunar New Year started on February 10th, 2024 and ushered in the beginning of “the year of the Dragon”. With eager anticipation last year, we began the year with a group viewing of a movie starring Bruce Lee, “Enter the Dragon” (mentioned in the early 2024 newsletter). Chinese proverbs say this is a year of optimism, ambition, and adventure. We were to explore new ideas and challenge ourselves. We are to be generous, compassionate, and loyal to our friends. Therefore, the Year of the Dragon is typically marked spikes in the birth rates of countries. These increased births are considered to be lucky and have desirable characteristics that supposedly lead to better life outcomes.



Someone had suggested at one point, to take pictures of kata on vacations. Here on April 14, 2024, is Rohi on a cruise from Panama and the port of call, Aruba. In Aruba, stacked rock formations, particularly at sites like the Ayo Rock Formations, are significant both for their geological wonder and their potential historical importance as sacred sites for the island's original inhabitants. The tradition of stacking stones, carries a rich cultural history, having served as human-made landmarks and guideposts for travelers throughout ancient times, helping them navigate and preventing them from losing their way in the natural world. These carefully assembled rock piles have long held both spiritual and practical significance, connecting people with the landscape and their journey through it.



Then in June, I went to Epcot for my birthday, June 6th .



Friday, April 19, 2024, the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo (in addition to the entire Florida System) participated in assisting with a Sho-Dan test was conducted at the Ueshiro NoVA Dojo. “A HUGE congratulations” was said to Sempai Tara Lee Hunter, who traveled from Ontario, California and was tested for and promoted to the rank of Sho Dan.

Tara Lee began her training here in the Titusville Dojo under Sempai Ed Bauder (Sho-Dan). When the school closed during the COVID crisis, Tara Lee continued her training that was notice by several high-ranking Zoom class instructors, for her determination and big spirit on the deck.

While Tara Lee tested in Virginia, the entire Florida system is proud to be the steppingstone on which her Shorin Ryu Karate journey began. BIG Congratulations Tara Lee!!



We then commemorated the milestone of the Year of the Dragon (2024) with several events during the course of the year, including a long, marathon and “record setting” weekend of training and a Black Belt review that started on Thursday May 30th, 2024 and ran through Monday June 3rd, 2024. Thursday night because with class at the Ueshiro Suntree Melbourne Dojo, led by Kyoshi David Seeger (Ku-Dan and Shihan of Ueshiro Pine Forest School in Palisades), supervised by Hanshi Robert Scaglione (Ju-Dan and Shihan of Ueshiro Viera Karate Dojo).

Friday evening, May 31st, 2024, class at Viera Recreations Center was led by Kyoshi David Seeger and supervised by Hanshi. This was then followed on Saturday, June 1st, 2024, by an additional workout, again at the at Viera Recreations Center and led by Kyoshi David Seeger (Ku-Dan and Shihan of Ueshiro Pine Forest School in Palisades) and supervised Hanshi Robert Scaglione (Ju-Dan and Shihan of Ueshiro Viera Karate Dojo).



As with a tradition, no full-belt promotion would be complete without a Warrior Women's photo without Florida's very own Hanshi Robert Scaglione (Ju-Dan and Shihan of Ueshiro Viera Karate Dojo).



Sunday morning June 2nd commenced with a Workout on Cocoa Beach located behind the Cocoa Beach Hilton led by Kyoshi Michael Mackay (Ku-Dan and Shihan of Ueshiro Midtown Karate Hombu Dojo) and supervised by Hanshi Robert Scaglione (Ju-Dan and Shihan of Ueshiro Viera Karate Dojo).



Then, Sunday, June 2, a workout began in Florida in the water behind the Cocoa Beach Hilton at 9:00 culminated into the start as Hanshi spoke words of encouragement. After a short break, formal testing began at 4:30 PM. Candidates from 13 keeping with the spirit of "The Year of the Dragon", were tested on their knowledge of karate-do history and reading materials.



Deshi world-wide are encouraged to seek out those who attended the Florida weekend and glean from the wealth of knowledge shared therein. What began as a day of "mopping the sweat off the deck", ended with a celebration of the Florida warriors on the successful weekend of Black Belt review of early June 2024.



Thursday June 20, 2024, Sensei Lax (Raju-Dan, Ueshiro Palisades Karate Dojo) conducted class at the Viera Dojo, overseen by Hanshi Robert Scaglione ((Ju-Dan and Shihan of Ueshiro Viera Karate Dojo), which the Cape Canaveral Dojo was pleased to be able to attend and take part in the joy and vigor. Thank you for the sugar, Sensei Lax, and we look forward to welcoming you back to sunny Florida in the near future!!



July 5th, 2024, the women of Shorin Ryu Karate, decided to have a play date on the Carnival Cruise Line ship Glory, or at least lunch. So we boarded with the Diamond and Suite passengers for a day of “Fun in the Sun”, oh and lunch too. After we had our fill of Guy Fiori burgers, Shaquil O’neal chicken tenders and trips to the buffett for prime rib, salad, seafood Paella and desserts, it was time to take a nap in the breeze, or play in the many pools and slides.

But of course we managed to find time between the ice cream cones and gelato to practice a few kata. My favorite picture here was our version of Rohai. Maybe, just maybe... someday down the road, we could plan a “Kata Cruise”, just a thought.



With eager anticipation of the upcoming August full belt promotion, the Cape Canaveral Ueshiro Karate Dojo, began stepping up their training with additional classes to obtain extra “sugar”. Sempai Melisa Gonzales, even visited our sister Viera Recreation Center to train with Hanshi Robert Scaglione (Ju-Dan and Shihan of Ueshiro Viera Karate Dojo).



As is customary, the test was dedicated to the memory of Grand Master Ansei Ueshiro. AND.... Meli broke her board!!



September 4th, Sensei Youjian Nistorenko (San-Dan and Chief Instructor of the Cape Canaveral Shorin Ryu Karate Dojo) received the certificate for the rank of Yon-Dan.



Saturday, August 17, 2024, Hanshi Robert Scaglione (Ju-Dan and Shihan of Ueshiro Viera Karate Dojo) presided over a combined kyu-rank test and promotion hosted at the Ueshiro Merritt Island Karate Dojo. The event resulted in 16 participants being promoted.

In the last weeks of this newsletter, Cape Canaveral participated in Labor Day holiday workout that consisted of nearly the entire Florida system. It was said that “a solid contingency of Deshi” were on hand and present on the deck to kick off Labor Day weekend in the best possible way by attending Hanshi Robert Scaglione’s ((Ju-Dan and Shihan of Ueshiro Viera Karate Dojo) Saturday morning class. While the deck was packed, it was a perfect start to the holiday.



So, from the Labor Day weekend of the past to the present, the holiday would not be the same without a workout with Hanshi Robert Scaglione (Ju-Dan and Shihan of Ueshiro Viera Karate Dojo).



Domo arigato gozaimasu to Hanshi Robert Scaglione (Ju-Dan and Shihan of Ueshiro Viera Karate Dojo) and Grand Master Ansei Ueshiro for and AMAZING spring and summer of 2024 and for preparing us with Shorin Ryu Karate for whatever changes and challenges may come our way.

It is our job now to pass it on to a new generation of USRKUSA Karateka.

Sensei Eddy, Yon-Dan and Shihan, Cape Canaveral Ueshiro Shorin Ryu Karate Dojo.





UESHIRO SUNTREE/MELBOURNE KARATE DOJO

MELBOURNE, FLORIDA RPD197@YAHOO.COM (321) 213-3124 [HTTP://WWW.UESHIROFLORIDAKARATE.COM/SUNTREE.HTML](http://www.ueshirofloridakarate.com/suntree.html)

SENSEI MATT REED, SHIHAN, YON-DAN

News

In the spirit of Zan-shin, the Ueshiro Suntree/Melbourne Karate Dojo strives to move forward and polish. We've been spoiled with instruction by Hanshi and several special guests from USRKUSA dojos throughout the world.

Guests are always welcome!

Rank Promotions

Suntree kicked off its summer supporting two of its own with the epic 16-hour Black Belt test at Ueshiro Merritt Island Karate Dojo on June 2. Sensei Jennifer Sangalang earned the rank of Yon-dan, and Sensei Kevin Hutchenson earned the rank of Sandan.

At Suntree/Melbourne, it's not enough to stay stagnant, we try to "do more" and "be more" to further our karate training. We're very lucky to be close to the Viera, West Melbourne, Merritt Island, Cape Canaveral and Central Florida Dojos.

Classes

Suntree classes are from noon to 1:30p.m. Sundays with Sensei Kevin Hutchenson and 7 to 8:15 p.m. Wednesdays with Sensei Matt Reed, Denshi Shihan and Yon-dan, at the Wickham Park Recreation Center, 2815 Leisure Way, Melbourne. We offer weapons instruction for the Kama, Sai and Nunchaku.

Closing

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

Domo arigato,
Sensei Jennifer Sangalang, Yon-dan
Ueshiro Suntree/Melbourne Karate Dojo

Sensei Matt Reed, Denshi-Shihan and Yon-dan
<http://www.instagram.com/ueshirofloridakarate>





UESHIRO WEST MELBOURNE DOJO

WEST MELBOURNE, FL RCUPOLI@GMAIL.COM (917) 426-8345 [HTTPS://WWW.UESHIROFLORIDAKARATE.COM/WEST-MELBOURNE.HTML](https://www.ueshirofloridakarate.com/west-melbourne.html)

SENSEI RICK CUPOLI, SHIHAN, SAN-DAN

Onegai shimasu Hanshi, Kyoshi, Sempai and Deshi,

News:

The Ueshiro West Melbourne Dojo continues to press forward. We conducted our first class in August of 2011. It is hard to believe that we have been actively propagating our style for thirteen years. I am proud and pleased to announce that, as of this past summer, Sempai Tony McDonald, Ni Dan, is now instructing with me. He brings tremendous passion and power to our class.

Over these thirteen years I have seen dozens of students pass through our class. The only original member of our class from 2011 is myself. We now enjoy a healthy body of deshi with all new faces. I find this encouraging and exciting. As long as we have been open, we have maintained a student body. Sometimes we would have lean periods, but all in all, the rewards that come with persistence and resolve are evident. We have a great mixture of adults and junior students that are realizing the value that karate adds to their life. I am still amazed when I witness new students begin, knowing nothing at all, progress into proficient karateka. The system works.

When I read the essays that participating parents write about their karate experience, they regularly state how they feel so much better now that they are moving. They are also thrilled that they can enjoy this amazing experience with their kids.



RANK PROMOTIONS

In June of this year Sempai Tony McDonald was awarded his Ni Dan rank.

In August we proudly promoted:

Ro Kyu

Jennyfer Dela Rosa
Aldrin Dela Rosa

San Kyu

Eli Rosa (Junior)
Adam Voisard (Junior)

Closing:

Karate is a lifelong pursuit. In my opening I stated that all of the students I started out with are no longer training. Many remained for years and decided to pursue other things. All those who were promoted to Dan level several years back are no longer with me. I grew very fond of these students and was very sad to see them go. I can thrillingly report that a former Ik Kyu student who, about seven year back, dropped from karate has now returned with two sons he did not have when he had stopped. He is very enthusiastic and happy to share with his kids. I can tell by his energy and countenance that he is very happy to be back.

Students will come and go. The objective of the mission is to keep moving forward. We don't dwell on those who decide to discontinue their training. Instead we continue to train and look forward to teaching those who want to learn and know that we are making a very valuable investment into their lives.





UESHIRO SHORIN-RYU LONG ISLAND KARATE DOJO

MASSAPEQUA PARK, NY LONGISLANDKARATE@YAHOO.COM (516) 313-3228 [HTTP://WWW.LONGISLANDKARATEDOJO.COM](http://www.longislandkaratedojo.com)

SENSEI KIM GARON, SHIHAN, SAN-DAN

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

The Ueshiro Shorin-Ryu Long Island Karate Dojo recently welcomed new students, Alex Penagos on August 6th, and Hasan Ali on September 3rd.

The Long Island Dojo participated in the Ueshiro Midtown and Downtown full belt promotion on August 11th.



We are booked to teach another 3 week introduction of Ueshiro Shorin-Ryu Karate at the Brentwood Public Library this winter. Teaching karate in local libraries is a great way to introduce the art to many people at once and obtain new students for your dojo.

The Long Island Karate Dojo held its first full belt review on August 20th and was pleased to promote Jerry Wiggins to the rank of Yon-Kyu (green belt).



Domo arigato to Master Ansei Ueshiro and Hanshi Robert Scaglione for teaching this art and way of life to us.

Domo arigato gozaimasu,

Sensei Kim Garon, Shihan, Yon-Dan
Ueshiro Shorin-Ryu Long Island Karate Dojo



UESHIRO NORTHFIELD SHORIN-RYU KARATE DOJO OF MINNESOTA

NORTHFIELD, MN SHATLE@NFLDINET.COM (507) 654-2270 [HTTPS://NORTHFIELDKARATE.COM/](https://northfieldkarate.com/)

SENSEI STEVE HATLE, SHIHAN, YON-DAN

News

It was a busy spring and summer in Northfield! Along with the newest white belts on the deck, many of our core group of deshi made great strides in their Karate practice. In the spring, we were honored with visits from Sensei and Kyoshi from around the country, and one of our green belts paid a visit to a New York dojo. In the summer months we primarily train outdoors, and we recently held our last evening session of the outdoor season with a final full-speed, full-power kata facing a colorful sky painted by the setting sun.

On April 13th, we were honored to host Kyoshi Sal Scaglione, visiting from Wisconsin. After going through our traditional warm-ups, Kyoshi led us through kihon, taking time to make corrections and to highlight those aspects that are the legacy of Master Ueshiro. These included getting - and staying - low, and always projecting and moving our energy forward. A week later, on April 20th, we celebrated Master Ueshiro's birthday with a two-hour marathon, reaching 65 kata in the allotted time. All students, including and especially our white-stripes, completed the task with joy and vigor!



Then, in May, Kyoshi Raymond visited the dojo on a sunny Saturday morning. His visit happily coincided with a visit from Sensei Anne Burgevin, visiting from Pennsylvania. After warm-ups and kihon, we broke into groups by rank to work kata, with Kyoshi reviewing and providing corrections. The Black Belts were able to review and ask questions on the advanced kata, which was greatly appreciated! The visiting Kyoshi and Sensei all graced us by being excellent examples of our style, and we look forward to hosting all who wish to visit us.

Rank Promotions

In the past six months, we have promoted deshi from up and down the ranks - from Ro-Kyu up to Yon-Dan. Our core group of returning deshi continues to warmly welcome new students to the deck throughout the year, always providing a good reminder to keep our “beginner’s mind” open.

Ro-Kyu (One Green Tip)

Ezreal Fredrickson (youth)

Go-Kyu (Two Green tips)

Mia Kakitani-Sanford (youth)

Asuka Kakitani

Ik-Kyu (Brown Belt)

Oscar Huyck (youth)

Izabella Lawrence

Cailin Huyck Orr

San-Dan

Guy Lawrence

Yon-Dan

Steve Hatle, Shihan



June Black Belt Test

The Minnesota dojo sent Steve Hatle and Guy Lawrence to the June 2024 Black Belt Test in Cocoa Beach, Florida. Each returned home after the marathon testing sessions with a new rank.



Closing

With the fall comes the return of the Carleton College students and the return of our shared training each Saturday. We will continue to pass down our traditions as they have been passed down to us, and we are excited for the coming months of hard work and progress. Domo arigato gozaimasu to Hanshi, Kyoshi, Sensei, and all deshi of Ueshiro Shorin Ryu! Thank you for always making us better, one step at a time.

Respectfully compiled and submitted by David Huyck, Sho-Dan



USRKUSA BEAVERTON KARATE CLUB

BEAVERTON, OR

SENSEI SEAN PAUS, SHIHAN, YON-DAN

Onegai shimasu Hanshi, Kyoshi, Sempai and Deshi,

News:

Unfortunately, there is not much to report this season. Due to scheduling conflicts, we were unable to hold our regular classes this Summer.

However, we are gearing up for the Fall season with two Beginning Karate classes and an Intermediate Karate class each week until the middle of December! I look forward to announcing new promotions before the end of the year.

Domo Arigato Hanshi, and Kyoshi for your continued support and leadership!



ALBANY UESHIRO SHORIN-RYU KARATE CLUB

ALBANY, NY GREYSTAR999@GMAIL.COM (617) 818-7255

KEITH CHAN, SHIHAN, NI-DAN

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

The Albany Ueshiro Shorin-Ryu Karate Club continues training in New York's Capital District as we prepare for the fall season inspired by the joy and vigor of kata. We look forward to the opportunity train with everyone again soon! Domo arigato to Hanshi, the Kyoshi, Sensei, Sempai and Deshi.

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.

San-kyu

Andriana Prifti

Ik-kyu

Justin Giambruno

Jessie Rosenthal

Sho-dan

Caroline Margolies





CROWN HEIGHTS UESHIRO KARATE DOJO

BROOKLYN NY 47MARTIALARTS@GMAIL.COM (917) 426-8345 [HTTP://WWW.CROWNHEIGHTSKARATE.COM](http://www.crownheightskarate.com)

ANNA SWEENEY, SHIHAN, NI-DAN

The Crown Heights Ueshiro Karate Dojo is officially a year old and is continuing to slowly but surely gaining momentum. A huge thank you to Sensei John Adams, Monday evening instructor at the Ueshiro Midtown Karate Dojo, and Crown Heights students Senpai(s) Kanus Lei, Brandon Hensgens and Jeff Lowell for working together to cover all classes for two weeks in March while I was out for ACL surgery. We were very honored to have Sensei Mazlen from the Boston Chinatown Ueshiro Shorin-Ryu Karate Club visit us in April and share his spirit and knowledge with our school. And in June we participated in a joint Green Tip test with Kyoshi Mackay and the Ueshiro Midtown Karate Dojo, and now boast three Go-kyu and two white belts. Classes are offered four times per week and all are welcome to participate! As always, domo arigato gozaimasu to Hanshi Robert Scaglione for his enthusiastic support, to Kyoshi Michael Mackay for serving as Kyoshi sponsor, and the Deshi of USRKUSA who have supported us by participating in classes and referring students. Our full class schedule is:

Saturday and Sunday: 10:00 - 11:00 AM

Wednesday and Thursday: 6:00 - 7:00 PM

Domo arigato gozaimasu,

Anna Sweeney

Ni-Dan

Crown Heights Ueshiro Karate Dojo





CENTRAL FLORIDA UESHIRO SHORIN RYU KARATE

MAITLAND, FL JUSTIN@2XALT.COM (321) 430.4258

JUSTIN THOMPSON, SHIHAN, NI-DAN

The big news since February is the grand opening of our Casselberry location on April 22, now holding classes Mondays and Wednesdays at 5:30PM. Several of our after-school program students have become regular attendees for the Casselberry classes, and we've added a couple of families to the dojo as well.



The afterschool program broke for the summer but resumed classes Tuesdays and Thursdays just after school. In Central Florida, we now have classes four days each week – two open to OCS students in the afterschool karate club and two open to anyone and everyone in our Casselberry Dojo

Rank Promotions

This June, Shihan Justin Thompson participated in the epic black belt promotions that lasted deep into the night, being promoted to Ni Dan, and Deshi Skyler Wilson (Go Kyu) participated in the Saturday workout led by Hanshi. Those who attended this Saturday workout may recall the young girl spectator on the bleachers mimicking Hanshi's upper block demonstration. This child, Abi Cottet, started training in Casselberry shortly thereafter, and was promoted to Ro Kyu in August. Also in August, Central Florida joined other Florida Dojo for joint full-belt promotions at the Merritt Island Dojo in which we added a Yon Kyu (Skyler Wilson) and our first Ni Kyu (Tino Shaffer).





UESHIRO SHORIN-RYU NASHVILLE FAMILY KARATE CLUB

SMYRNA, TN SPAUS@PAUSHAUS.NET (615) 542-9431

SEMPAI LIZ RICHARDSON, SHIHAN, SHO-DAN

The Nashville family dojo continues to promote and grow with a core group of advanced students. This year we have been lucky to have Sensei Barnes as Chief Instructor for our Saturday morning advanced classes.

We also continue to have new students participating in the Monday and Wednesday night classes.

We are extremely excited that the City of Nashville will be hosting a Black Belt event in November.

Arigato,

Chuck Richardson
Liz Richardson





UESHIRO KARATE DOJO BA'KFAR ISRAEL

KFAR-SABA, ISRAEL TAMIRSENSEI@GMAIL.COM +1.321.473.4533 [HTTPS://ISRAELKARATE.COM/WELCOME](https://israelkarate.com/welcome)

SENSEI DAVID TAMIR, DENSHI SHIHAN

Onegai-shimasu Ueshiro SRKUSA Worldwide,

The past 6 months have continued to challenge us in Israel with the ongoing war on 7 fronts and struggle to free our hostages. However, we continue to train our Karate-Do on a regular basis to keep us sane and strong. Perhaps for this reason, a good number of new students have joined us over these past months; looking to grab hold onto something SOLID that will give them stability in their lives. Ueshiro SRKUSA in Israel is providing this needed stability and strength. Our deck used to have less than 10 students per class; now we are more than 10 per class. This more crowded space is good, producing extra spirited workouts and developing better our "Gan", as we need to be more aware of who is next to us. We often think about the Gan that our soldiers must use every minute of the day, while battling their way through Gaza, searching for our hostages, while Hamas terrorists pop-out of tunnels and their hideouts attacking with RPGs, Kalashnikovs, grenades, etc.. Every morning we wake up to learn of precious faces on the news, of our brave warriors and hostages, who have fallen in battle overnight. Consequently, during these tough months, the comradery in the dojo has climbed much higher.

Of special note, these past few months included a unique trip to the USA for me, bringing my long-time deshi and candidate for San-Dan testing, who is now Sensei -- Eyal Elnir. We did not know if we could travel, due to the war's constraints, until

a few days earlier. Sensei Elnir's journey to becoming San-Dan was very challenging, as he suffered what was initially thought to be a stroke, which severely impacted him for months prior to the test. He fought like a warrior, laser focused on regaining his karate abilities to travel and test strong -- and so he did and prevailed. However, upon his return home, he had to be hospitalized for immediate brain surgery and six weeks of harsh treatments that followed. He has been fighting for his life and karate is helping him; although he has lost much of his memory of his katas[. He recently visited the dojo and we were able to honor him with his San-Dan certificate and a new Black Belt Obi. One of our up-and-coming white belts, Adi Ziv, printed photos from the Florida event and mounted them onto wood with the words "Warrior Spirit" to strengthen Sensei Elnir on his continuing Karate-Do path forward.



Karate has sunk its roots even deeper into my soul, over these past months, as a result of being there for Sensei Elnir: supporting him through his mental and physical battle to prepare for the test after his stroke; accompanying him in Florida during the days of special workouts leading to the test; introducing him to his American Karate-Ka brothers and sisters and Kyoshi and Hanshi (most of whom he met for the first time); having a most memorable dinner with him and Hanshi and Kyoshi Seeger at Hooters; persevering the all-day-night test with him together and watching him perform his Kata successfully and answer the deep questions from the Board of Judges; giving him a big hug after he was promoted and feeling a deep love for him as my Karate Brother; searching for his favorite McDonald's Chocolate Milkshake at 2 AM in the morning right after the test and ravaging a Big Mac together in the rental car after so many hours of training; walking back to the hotel room from the parking lot with our bodies hurting from the long karate marathon, knowing we only had a couple of hours to sleep before driving back to the airport; and then providing encouragement and support after his return home to unforeseen surgery and treatments that essentially erased his memory of his precious Kata[s]. I saw Elnir struggle with just the first two kata, when he showed up to the dojo recently after his treatments; and then I saw him a few days later back in the dojo conquering those two kata and moving to the third – our Ueshiro Kata. Sensei Eyal Elnir is a remarkable warrior who I cherish!!!!

I admire Sensei Elnir's warrior spirit and we all are awaiting his return to the dojo to continue training together with all of us on the path of Ueshiro SRKUSA in Israel. Please see recent photos below from Elnir's visit to the dojo and our August promotion of 5 white belts. Since this test just a few days ago, two new students have joined us.

Special Domo Arigato to Hanshi Robert Scaglione and Kyoshi David Seeger for their ongoing guidance to our Karate-Ka in Israel, and also a special thank you to Kyoshi Michael Mackay for arranging the successful shipment of Sensei Elnir's San-Dan certificate and Obi to Israel.

I hope to have several of us from Israel visit you all in Florida this coming February for the continuation...

Domo Arigato Gozaimasu

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



UESHIRO HONG KONG KARATE CLUB

HONG KONG [HTTPS://WWW.SHORINRYU.HK/](https://www.shorinryu.hk/)

SENSEI ALAN LAI, ROKU-DAN

Onegai shimasu Hanshi, Kyoshi, Sensei, and Deshi,

The Ueshiro Hong Kong Karate Club is proud to announce the results of August 2024 belt test: Sempai Jason Lee successfully passed the brown tips test and Jonathan Ho passed his green belt test.

We are also hopeful in welcoming more white belts in coming months.

Domo Arigato Hanshi, Kyoshi and Sensei.

Sensei Rayvel Tang, San-Dan



HERZELIYA UESHIRO SHORIN RYU DOJO

HERZELIYA, ISRAEL

SENSEI NIR TAMIR, SHIHAN, GO-DAN

Our Herzelia Dojo group continues to align as much as possible our training opportunities with our Dojo B'kfar brothers and sisters under Shihan Tamir Sensei, in order to maximize value and Ki.

As our society and community continues to be challenged with the ongoing war launched at us from almost 360 degrees – our Shorin Ryu is certainly a source of stability and empowerment to all of us.

We look forward to calmer times ahead.

Domo Arigato.

Shihan Nir Zamir

Go Dan

Herzelia' Israel.





TO-TE

The Ryukyu Kingdom, which included Okinawa and nearby islands, was a cultural exchange hub in the 15th century. During this time, Chinese martial arts, or "kung fu", were introduced to Okinawa.

Okinawans combined these Chinese martial arts with their own fighting methods and other Asian martial arts. The result was a distinctive martial art form called *to-te*, which translates to "China Hand".

KARATE & ZEN ARE ONE

Ken Zen Ichiniyo



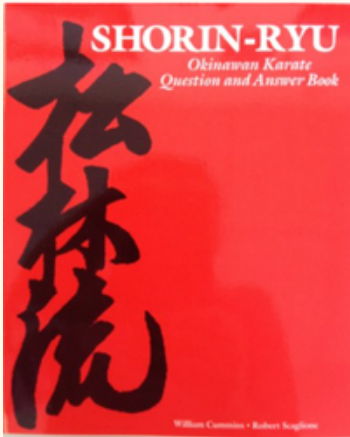
*“The only wrong way to meditate,
is to not do it at all”*

~ Hanshi Robert Scaglione

USRKUSA RESOURCES

BOOKS

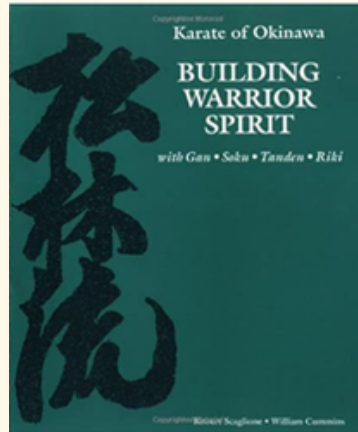
Required reading—and re-reading—for all deshi. Learn more at <https://www.shorinryu.com/>



The “Red” Book

Sempai William Cummins & Hanshi Robert Scaglione’s Shorin-Ryu: Okinawan Karate Question and Answer Book.

(order from your Shihan)



The “Green” Book

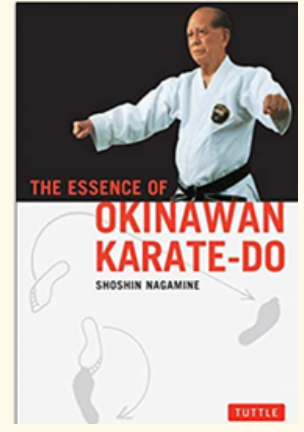
Hanshi's Karate of Okinawa: Building Warrior Spirit through Gan, Soku, Tanden, Riki

(order from your Shihan)



The “White” Book

Our USRKUSA 50th Anniversary Journal



The Essence of Okinawan Karate-Do

Master Nagamine’s The Essence of Okinawan Karate-do.

GET THE APPS

Get the Kata Reference Guide & USRK55 developed by Kyoshi Seeger



Kata Guide

[iPhone](#)
[Android](#)



USRK55

[iPhone](#)
[Android](#)



Kata Counter

[iPhone](#)

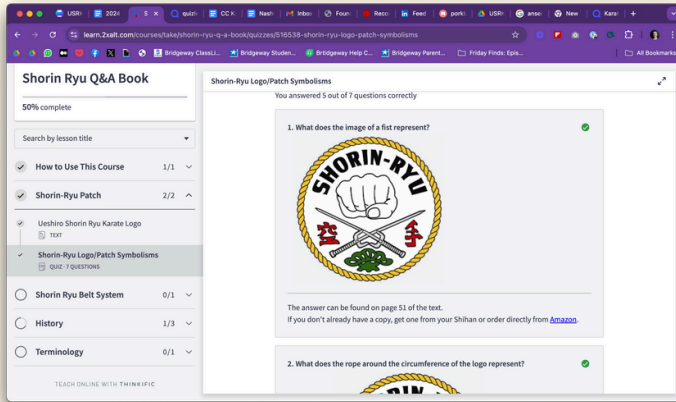
Get the Kata Counter created by Sensei Adam Dunsby

Kyoshi Mackay’s USRKUSA’s Hombu Dojo Website

- USRKUSA Technical Specification Sheets: <http://www.midtownkaratedojo.com/Specs.html>
- Focus Seminars on special topics: <http://www.midtownkaratedojo.com/FocusSeminars.html>
- Technique/Thought of the Week [TOTW] Archives:
<http://www.midtownkaratedojo.com/TFTW/thought.library/Index.htm>

USRKUSA RESOURCES

Just Getting started? Want to quiz yourself on BASIC or ADVANCED “Red Book” topics?



Shorin-ryu “Red Book” Quiz

An online course/quiz to help learn the “Red Book” material is available in Learn2xalt

Stay Connected!

- Itching to travel? Find the addresses and Shihan contact information for USRK USA dojos here: <https://www.shorinryu.com/about-shorin-ryu-dojos>
- Your Shihan can add you to our USRKUSA-Deshi email google group so you receive all notices and Techniques/Thoughts of the Week (TOTW)
- Don't forget the bookclub and Hanshi's new round table discussion meetup on Zoom!
- On Facebook? Join the [Ueshiro Shorin-Ryu Karate USA Students group](#)

There Is More Work To Be Done

There is more work to be done to continue on the path to excellence, our footprint in life must be traveled consistently and vigorously. The ancient Masters understood this completely. These Masters were known to train and polish To-Te all day and all night. This severe training was the difference between life & death, living or dying.

Today, in our personal lives **there is so much work to be done.**

Whether it be pulling weeds in the garden or finding time to care for a elder relative, loved one or child. We must consistently create a balance that flows, counter attacking the up & down pace of life, we must consistently step up and move forward with the ancient principals/precepts of Karate-do.

There will always be more work to be done and that's OK. That is actually the prime principal, enjoy it, embrace it, and challenge it. Especially, as we begin to understand patience and how our training contributes a unique finger print of our life and the things that flow around us and how we flow through life.

There must be more work to be done as our path becomes clear, representing a clean heart, coming close enough to feel and see the void, that empty state between mind and matter, that place we hear about, that place where many attempt to go, but many never

come close, that edge of the rainbow we chase in our minds, being ONE with self and the Universe.

Yes, there is more work to be done. More work to hold your head up with pride, to always step forward with love, training not only harder, but more intelligently, working around injury, and understanding family first! Focusing and balancing all the various elements of our daily lives into a moving zen, a constant ongoing cycle that polishes and creates who we truly are. **There is so much work to do.**

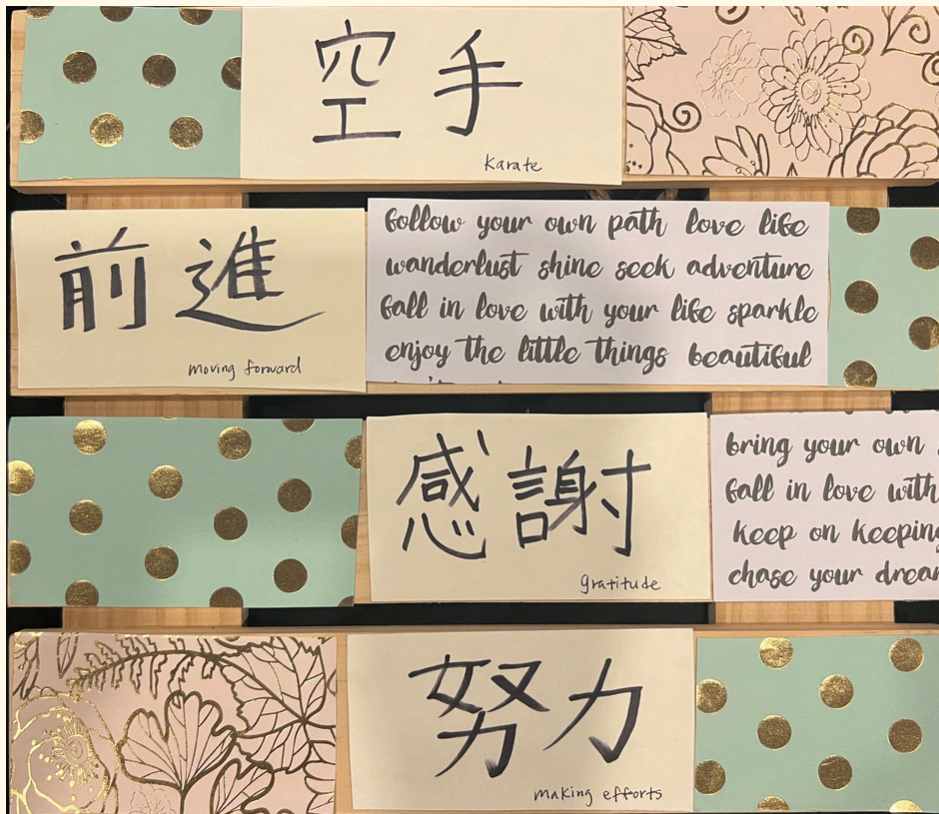
In closing, factor in the work to be done on the deck and off, challenge the "as we teach, we learn principal", grasp and listen to the ancient voice within the Kata, open your view, trust your instincts, find courtesy and mutual respect for your fellow deshi and loved ones around you. KEEP TRAINING, "Karate practice without study is "like a baby splashing water in a bathtub". (Ansei Ueshiro)."

There is more work to be done...

Respectfully submitted

Powell Sensei, Denshi Shihan

To-Te Ueshiro Karate Dojo, Nyack NY



Artwork created by Sempai Tomomi Trudell for her San-Kyu promotion (To-Te Ueshiro Nyack Dojo)

This edition of the Fall USRKUSA 2024 Newsletter was Produced by the To-Te Ueshiro Karate Dojo, Nyack, NY Designed, formatted and edited by Sempai Thomas Daly (San-Kyu) & Sensei Preston Powell (Shichi-Dan).

Arigato Sensei Austin Hatch for allowing the organization to use his personal Google Drive and thank you Kyoshi Seeger for your guidance.

Domo arigato gozaimasu Hanshi for your leadership!

Arigato