



shorinryu.com



Spring 2012 Karate News

Ueshiro Shorin-Ryu Karate USA
Dojo/School Listings
(Listed Alphabetically)

California:

Los Angeles

Ueshiro Bushi Dojo

Sensei Chris Barnes, Denshi-Shihan, (570) 856-3423

Co-Shihan: Sensei Haven Pell, (310) 629-3838

716 Colorado Ave. Santa Monica CA. 90401

Connecticut:

Easton

Easton Connecticut Ueshiro Shorin-Ryu Karate Club

Sensei Adam Dunsby, Shihan, (203) 292-3692

Easton, CT 06612

Wilton

Wilton Connecticut Ueshiro Shorin-Ryu Karate Club

Sensei Keith Eng, Shihan, (203) 221 4873 (work)

50 Danbury Road Wilton, CT 06897-4444

Florida:

Cocoa Beach

Ueshiro Cocoa Beach Shorin-Ryu Karate Dojo

Sensei Ronald A Marchetti, Shihan, (321) 452-9135

Cocoa YMCA Family Center

attached to Brevard Community College

1519 Clearlake Rd., Bldg. 18 Cocoa, Florida, 32922

(321) 433-7770

Melbourne

Ueshiro Suntree Shorin-Ryu Karate Dojo

Sensei David Tamir, Denshi-Shihan, (321) 474-4087

Suntree YMCA, 6300 N. Wickham Road, Suite 114, Melbourne, FL 32940

Merritt Island

Ueshiro Merritt Island Karate Dojo

Sensei Kurt Tezel, Shihan

Titusville

Ueshiro Titusville Shorin-Ryu Karate Dojo

Sempai Ed Bowder, Shihan, (321) 536-6516

YMCA Titusville Family Center, 2400 Harrison St., Titusville, FL 32780.

Viera

Ueshiro Viera Shorin-Ryu Karate Dojo

Hanshi Robert Scaglione, Shihan/Director, (321) 433-1533

Corner of Judge Fran Jamieson Way and Lake Andrew Drive, Viera, FL 329403

West Melbourne

Ueshiro West Melbourne Dojo

Mr. Rick Cupoli, Shihan

Rodes Park Rec Center, West Melbourne, FL

Hawaii

Honolulu

Ueshiro Hawaii Karate Dojo

Sensei Lorenzo Aguon, Shihan, (808) 375-6688

Aloha Activity Center, 725 Kapiolani Boulevard Suite 101 Honolulu, Hawaii 96813

Massachusetts:

Boston

Boston Chinatown Ueshiro Shorin-Ryu Karate Club

Sensei Emiliano Mazlen, Shihan, (617) 879-9928

Wang YMCA of Chinatown, 8 Oak Street West, Boston MA, 02116.

Northampton

Northampton Ueshiro Karate Dojo

Sensei Daniel Gobillot, Denshi Shihan, (413) 320-5945

Arts & Industry Building, 221 Pine Street, Northampton, MA 01062 (413) 587-4200

Minnesota:

Minneapolis

Ueshiro Okinawan Karate Club of Minneapolis

Sensei Lyle Kleusch, Shihan, (612) 412-3848

Northfield

Ueshiro Northfield Shorin-Ryu Karate Club

Mr. Robert Dobrow, Shihan, (612) 216-1206

Northfield, MN 55057

New York:

Mohawk Valley

Mohawk Valley Karate Club

Sensei Dale Adamson, Shihan, (315) 823-8631

167 Lakeview Dr. Little Falls, N.Y.

New York City

Ueshiro Midtown Karate (Hombu) Dojo

Kyoshi Michael Mackay, Shihan, (212) 909-6440

St Bartholomew's Church Athletic Center, 109 E 50th street

(between Park and Lexington Avenues), New York, NY 10022

Ueshiro Downtown Shorin-Ryu Karate Dojo

Sensei Kevin Reymond, Shihan, (914) 953-7065

Tribeca Health & Fitness, 107 Chambers Street, New York, New York

Palisades

Pine Forest Karate School

Kyoshi Dave Seeger Shihan/Director, (212) 307-0707

Palisades, NY 10964

Pelham Manor

Okinawan Karate Club

Kyoshi Michael Mackay, Acting Shihan/Director, (212) 909-6440

PelhamManor, NY 10803

Rockland County
To-Te Ueshiro Karate Dojo
Sensei Preston Powell, Shihan, (845) 367-7454
Nyack, NY (Rockland County)

Pennsylvania:

State College
Ueshiro Okinawan Karate Family Club
Kyoshi Matt Kaplan, Shihan, (814) 278-1997
Mt. Nittany Institute of Natural Health, 301 Shiloh Road, State College, PA 16801

Virginia:

Centreville
Ueshiro East Meets West Karate Club of Northern Virginia
Sensei Sal Scaglione- Denshi-Shihan, (703) 922-6204
Sensei Joe Knight- Shihan/Director (571) 239-3007 Centerville, Virginia

International:

China:

Hong Kong
Ueshiro Hong Kong Karate Club
Sensei Alan Lai, Shihan, Club Coordinator- Mr. Patric April, +011 (852) 9272-1891
Located at 5/F, Shek Tong Tsui Sport Centre, 470 Queen's Road West, Hong Kong

Ueshiro Chinese University Karate Club
Mr. Rayvel Tang, Shihan
Chinese University of Hong Kong
Shatin, New Territories, Hong Kong

Israel:

Eilat

Eilat Ueshiro Dojo

Sensei Shlomo Dadon, Denshi-Shihan

+011 (972) 8-633-7762 (h), +011 (972) 54-551-1111 (c)

P.O. Box 824, Eilat, Israel 88000

Tel Aviv

Hertzlia Ueshiro Dojo

Sensei Nir Zamir, Denshi-Shihan,

Tel: +011 (972) 9958-4342 (h), +011 (972) 5443-0429 (c),

12 Tzamarot St., Hertzelia

Table of Contents

Greetings from Hanshi Robert Scaglione.....	1
Santa Monica, California.....	1
Easton, Connecticut.....	1
Wilton, Connecticut.....	1
Cocoa, Florida.....	1
Melbourne, Florida.....	1
Merrit Island, Florida	1
Titusville, Florida	1
Viera, Florida.....	1
West Melbourne, Florida.....	1
Honolulu, Hawaii	1
Boston, Massachusetts	1
Northhampton, Massachusetts	1
Minneapolis, Minnesota	1
Northfield, Minnesota	1
New York City, New York.....	1
New York City, New York.....	1
Palisades, New York.....	1
Rockland County, New York.....	1
State College, Pennsylvania.....	1
Centreville, Virginia.....	1
Hong Kong, China.....	1
Shatin, New Territories Hong Kong, China.....	1
Eilat, Israel	4
Auckland, New Zealand	5

Greetings from Hanshi Robert Scaglione

Greetings to all Ueshiro Shorin-Ryu Karate USA Members,

In September 1962, fifty years ago, our founder Grand Master Ueshiro brought Okinawan Karate, Shorin-Ryu to the USA.

"In January 1953," fifty-nine years ago, "realizing his dreams" Grand Master Shoshin Nagamine "built his dojo in Naha, Okinawa."



"In 1947," sixty-five years ago, Master Nagamine "adopted the name Matsubayashi-ryu", Shorin-Ryu Karate.

In 1922, ninety years ago, Gichin Funakoshi relocated from Okinawa to Japan at the request of the Japanese government and founded the Shotokan Karate style.

In 1907, one hundred and five years ago, Master Anko Itosu composed the Okinawan Karate Pinan Kata.

In 1901, one-hundred and eleven years ago, Master Itosu brought Karate into the Okinawan Public School system.

Over the centuries in Okinawa the To-Te Karate styles were developed and composed by Masters Kusanku, Karate (To-Te) Sakugawa, Soken "Bushi" Matsumura, and many other great Karate Masters.

In the 20th and 21st centuries you became part of the history of Okinawan Karate by joining and continuously practicing Ueshiro Shorin-Ryu Karate USA. This style is currently celebrating it's 50th year in the United States of America, with branches in Hong-Kong, Israel, and now in New Zealand.

Welcome to the celebration of your journey, our Shorin-Ryu Karate journey, training in the dojo(s) which Master Nagamine describes as "the places where courage is fostered and superior human nature is bred through the ecstasy of sweating in hard work. The sacred places where the human spirit is polished."

"Keep Training".
Hanshi Robert Scaglione

Santa Monica, California

Ueshiro Bushi Dojo



Onegai shimasu Hanshi, Kyoshis, Senseis, Sempai and all Ueshiro Shorin Ryu Karate Deshi. Under the direction of Barnes Sensei, Shihan, Denshi, Ro-Kyu Dan, Senseis Mark Tongret, Rebecca Scott and Haven Pell, San Dans hold it down on the West Coast. Sensei Tongret, who lives in Santa Cruz with his fiancé Marina, teaches beach workouts twice per week to a handful of faithful karateka in the famed town. Sensei Tongret's words for this newsletter just moments ago: "Root in. Step first. Stay humble. Respect your training partner. Respect everyone. Feel how blessed we are before you step on the deck and carry that with you throughout the class. We're the chosen few. This is not a small deal... Lifelong marathon... Step first.... Stay humble, courteous, at all times." Meanwhile, Senseis Scott and Pell keep the spirit alive in Southern California, with a focus on beach workouts coming up, now that we have daylight savings hours. And recently, I have heard from some senior students who are looking to "get back on the deck," so the roster



looks promising. Finally, in April, we will be hosting Mr. Brian Reese, Chief Instructor, Ueshiro Shorin Ryu Karate Dojo, Pelham Manor, NY with a special beach workout on the

identical sands of the 40th Anniversary. We welcome all students if your travels take you through Los Angeles. Domo arigato, Sensei Pell



Easton, Connecticut

Easton Connecticut Ueshiro Shorin-Ryu Karate Club

Onegai shimasu Hanshi, Kyoshi, Sensei and Sempai,

Thankfully the weather was mild this winter enabling us to step up our training. We are building toward the 50th anniversary, doing repetitions and working on our demonstrations.

GAN - SOKU - TANDEN - RIKI

Thank you Hanshi for all your support and leadership. We will see everyone on the deck in NYC.

We always welcome having visitors come and train with us here in Easton, CT. Classes are as follows:

Thursday - 6:00pm to 7:00pm

Sunday - 11:30am to 12:30pm

Domo arigato gozaimasu

Adam Dunsby, Shihan

Wilton, Connecticut

Wilton Connecticut Ueshiro Shorin-Ryu Karate Club



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

Happy 50th Anniversary!!! Our small spirited group continues to make a big kiai despite our small numbers. We are excited to announce that since the last newsletter, we have added a new deshi to our ranks. The Wilton Connecticut Ueshiro Shorin-Ryu Karate Club also held its semi-annual kampaï in February, enjoying the company of both new, present day, and former deshi.

In honor of Master Ueshiro's birthday 50 years ago, we are incorporating 50 and travel into our training. We endeavor to perform kata, push-ups, sit-ups, deep knee bends, etc., and any technique in repetitions of 50. We are also planning on traveling to other schools over the course of the year. We continue to preserve and ensure the vitality of traditional Okinawan karate-do with our morning, pre-work classes. We wish all of our karateka brethren the best of training! See you on the deck!

Domo arigato,

Keith Eng

<u>Class Schedule</u>	
Monday	7:30 AM
Wednesday	7:30 AM

Cocoa, Florida

Ueshiro Cocoa Shorin-Ryu Karate Dojo

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

The Ueshiro Cocoa Shorin-Ryu Karate Dojo located at the Central Brevard Community College Campus in the Cocoa YMCA Facility is moving forward with great joy and vigor, with a modified schedule that has moved some classes to the Merritt Island Dojo. The modified schedule is as follows:

Monday and Wednesday – 7:00 PM to 8:30 PM (All ranks – adults and children)

The Cocoa Dojo Saturday class has changed locations to the Merritt Island Dojo, and the advanced (Green Belt rank and higher) 6pm training is now conducted on the first and third Friday every month with Hanshi conducting the first Friday and Sensei Marchetti conducting the third Friday also located at the Merritt Island Dojo.

The Ueshiro Cocoa Dojo Dan Level Deshi (Sensei Ron Marchetti and Sempai Pat Marchetti continue to lead the dojo in instruction of classes, along with Ik Kyu/Ni Kyu Deshi that continue to assist. The Ik Kyu instructors are Sempai Travis Culp, Sempai Matt Reed who is assisted by his son Luke Reed and Sempai Dennis Flynn who is assisted by his daughter Dakota Flynn (Ni Kyu). Ni Kyu deshi, Youjian and Maurice Nistorenko, recently promoted are now also assisting with instruction. The Cocoa Dojo goal is to provide karate instruction to the Cocoa Deshi as brought to the United States by Grand Master Ansei Ueshiro and as currently taught by Hanshi Scaglione and the Kyoshi.

The Cocoa Dojo conducted Green Tip tests on October 26th and December 14th. Many of our new students are diligently learning the fundamentals of Shorin Ryu Karate as they progress forward in rank. The Dojo location at the Central Brevard YMCA provides excellent exposure to many children and adults who would like to learn karate with many families training together.



A combined Cocoa Dojo, Merritt Island Dojo and Titusville Dojo belt promotion was conducted at the Merritt Island Dojo on February 18th. The Deshi from all three dojo demonstrated significant progress in both technique and kata.



Melbourne, Florida

Ueshiro Suntree Shorin-Ryu Karate Dojo

Onegai-shimasu Ueshiro SRKUSA,



The Ueshiro Suntree Dojo continues training regularly while Tamir Sensei is away on extended business travel to Israel. Shodan Rick Cupoli is doing a great job leading his new dojo at West Melbourne while also overseeing the Suntree Dojo with the close support from Ik-Kyu Sempai

David Laderwarg and Ik-Kyu Sempai Kevin Hutchenson. While working from Israel, Tamir Sensei continues his training with the Hertzelia Dojo of Shihan Nir Zamir. Tamir Sensei was fortunate to be able to visit back home for the special weekend of training in February led by Hanshi Scaglione and Kyoshi Seeger, followed a week later by joint testing of the Deshi from both West Melbourne and Suntree Dojo[s]. The growth with our Karate handed down to us from Master Ueshiro via Hanshi Scaglione, continues to be exciting and vigorous. Looking forward to participating in the 50th anniversary event in NYC in August.

Best Regards and Domo Arigato Gozaimasu

Tamir Sensei

Merritt Island, Florida

Ueshiro Merritt Island Karate Dojo



Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

As most of you know by know I opened up a dedicated facility in October 2011 on Merritt Island. As most of you probably aren't fully aware this was not accomplished alone.

I'd like to take this opportunity to thank those who made this school possible.

- *Hanshi*: Without your vision, ideas and most of all constant enthusiasm, there is no way I would have undertaken this project.
- *Sensei Marchetti*: For treating the school as your own in the very best sense of the word. For all your work on the floor and contribution of beautiful benches for the changing room, shoe racks and for teaching every Thursday night.
- *Sempai Bill Alderman*: My senior student at Merritt Island who designed and built the floor, created the weapons wall, contributed a beautiful poster of Oyo Tan Ren and so much more.
- *Sempai Matt Reed*: For all of your support and teaching every Monday night.
- *Sempai Travis Culp*: For you help in building the floor and installing some much needed shelves.
- *Sempai Ed Bauder*: For making sure that the Titusville school continues to run smoothly and thrive.

I know I'm forgetting the contributions of many more of you and for that I apologize.



We held our inaugural class on October 18, 2011!



We have had the honor of hosting many events since we opened our doors. The first event was the annual Compai for the Florida schools on December 22, 2011.



We also had the honor of hosting many out of town visitors during the first week-end of February. On February 3rd Hanshi and led by Kyoshi Seeger led a full deck of students through class. Kyoshi Seeger broke down Fukyukata Ich and Ni into great detail. He demonstrated the application of each individual technique and its devastating impact if done properly.

The following afternoon we continued to train a little less formally, with various groups formed to work on rank specific katas. High ranking visitors graciously taught the white belts while Kyoshi Seeger took everyone else through the Pinan Katas. After training and working up a sweat everyone adjourned to the back to enjoy some barbecue. Hanshi began by offering a compai to Grand Master Ansei Ueshiro recognizing the 50th anniversary of his bringing our style of karate to the United States. Moving toasts were also offered by Kyoshi Seeger, Sensei Sal Scaglione, Sensei Kevin Reymond and Sensei Chris Barnes. Each offered a unique perspective on their many, many years of karate training.

On February 18, 2012 we hosted a combined test with the deshi of Ueshiro Cocoa Shorin-Ryu Karate Dojo, Ueshiro Titusville Karate Dojo and a few visitors from West Melbourne. It was at this test that we had the honor of promoting the first group of students that call the Ueshiro Merritt Island Karate Dojo home. They are: Sean Dahl (three green stripes), Sebastian Dahl (Ro-Kyu), Neil Dahl (Ro-Kyu), Olga Dahl (Ro-Kyu), Kacy Bauman (San-Kyu), Max Alderman (Ni-Kyu), Sarah Alderman (Ni-Kyu), Jennifer Alderman (Ni-Kyu) and Bill Alderman (Ni-Kyu).

Domo Arigato Gozaimasu,

Sensei Tezel, Shihan Ueshiro Merritt Island Karate Dojo
Ueshiro Shorin-Ryu Karate USA
Under the Direction of Hanshi Scaglione

Titusville, Florida

Ueshiro Titusville Shorin-Ryu Karate Dojo

Onegai-Shimasu Hanshi, Kyoshi, Sensei and all Deshi, from The Ueshiro Shorin-Ryu Titusville Dojo.

The Titusville Dojo meets at the Titusville Y.M.C.A. Outback Tennis and Racquetball Center on Mondays and Wednesdays at 6:00 pm to 7:00 pm. Additional training and guidance is provided by the instructor who stays for up to a half hour after class as requested by students. We have had a good past six months with tip tests, a full belt test, and special events.



On February 18, we attended a belt and tip test at the Merritt Island Dojo where ten students earned a new rank. Three students earned new tips and seven earned new belts. What was also encouraging is we had some students who showed support of the

candidates that were testing by attending.



On February 10 we attended a seminar at the Merritt Island Dojo which was led by Hanshi Robert Scaglione, Kyoshi David Seeger and several high ranking Black Belts from all over the country. The Seminar included: an early morning work out on Friday at the Merritt Island Dojo, a beach work out on Saturday at Lori

Wilson Park in Cocoa Beach followed by a Bar-B-Q at the Merritt Island Dojo. This was concluded on Sunday with a workout at the a work out at the Cocoa YMCA. There was much joy and vigor and a fun time of training and fellowship was had by all. The Seminar provided the deshi with the opportunity to experience different teaching styles, emphasized the importance of basics, and provided them with plenty of practice for their next test which was soon to follow.

The testing on February 18 was combined with the Merritt Island and Cocoa Dojos and took place at the Merritt Island Dojo. The following students from the Titusville Dojo earned new Ranks : Jacob White (Ni-Kyu), Conrad White (Yan-Kyu); Logan Griffo, Mackenzie Griffo, Bernadette Bergamini, Sophie Bergamini, and Phoebe Bergamini (Yellow



Belt); Axelrave Dominguez, and Devin Russ, (Go-Kyu) and Tyler Mintoh (Ro-Kyu)

At Titusville Dojo, as always we, continue to make sure that each parent who brings a child to karate is asked and encouraged to join us and support their child. We currently have four parents or guardians who attend with their children.

Domo Arigato Gozaimasu,

Edward A. Bauder Ni Kyu
Shihan of the Titusville Dojo
Sponsored by Sensei Kurt Tezel, Yon Dan

Viera, Florida

Onegai Shimasu Kyoshi, Sensei and all Deshi,

The Viera Ueshiro Shorin-Ryu Dojo, Melbourne Florida and the other Florida locations were honored to host the Annual Florida Weekend described by Sensei Kurt Tezel, Shihan of the Ueshiro Merritt Island Dojo, below with attached photo of all who participated from around the USA. Thank you all participating Ueshiro SRKUSA members who made the trip to Florida and all the Florida members who made the "car ride" to the super locations of the workouts and fun.

Sincerely,

Hanshi Robert Scaglione,

Shihan Ueshiro Viera Dojo, Melbourne, Florida.

"The 2012 Florida Karate Weekend got off with a rousing start on Friday evening at the Merritt Island Dojo. A large and enthusiastic class was overseen by Hanshi and led by Kyoshi Seeger. The class began with warm-ups which served as a reminder that despite the diversity of schools represented, the students in every school perform the stretches in a uniform manner. There was a heavy emphasis on perfecting the across the deck exercises. Kyoshi Seeger broke down Fukykata Ich and Ni into great detail. He demonstrated the application of each individual technique and its devastating impact if done properly.



Students continued to work with each other long after the formal class had ended.

The training continued Saturday morning at 9am on the beach. Kyoshi Seeger lined up the deshi along I Dream of Jeanie Lane as Hanshi made his entrance to lead us with another day full of training. Domo Arigato Hanshi for beginning the class with an extended meditation, which allowed us to fully enjoy the sound of the gently lapping waves. The Shihan flanked Hanshi as he led us through a wide variety of challenging techniques from a jigotai-dachi stance. Hanshi exhorted the Shihan to not only set a good example, but to encourage all the deshi to give their maximum effort. Here we were treated to many repetitions of Fukykata San. Hanshi asked each of us to visualize the photographs of Master Ueshiro demonstrating Fukykata San in the Red Book. Master Ueshiro's chambered arm was straight back. After bowing out around noon, many enjoyed further training in the ocean. Kyoshi Seeger videotaped F 3 for the 50th Anniversary archives.

By 2pm the training was in full swing again at the Merritt Island Dojo. The training was a little less formal with various groups forming to work on rank specific katas. High ranking visitors graciously taught the white belts while Kyoshi Seeger took everyone else through the Pinan Katas. After training and working up a second sweat everyone adjourned to the back to enjoy some barbecue. Hanshi began by offering a compai to Grand Master Ansei Ueshiro recognizing the 50th anniversary of his bringing our style of karate to the United States. Moving toasts were also offered by Kyoshi Seeger, Sensei Sal Scaglione, Sensei Kevin Reymond and Sensei Chris Barnes. Each offered a unique perspective on their many, many years of karate training. Domo Arigato to Sempai Kevin Hutchenson (Ik-kyu) for all of his efforts in ensuring the success of the barbecue.

Sunday morning offered another chance to continue to train. This time the venue was the Cocoa YMCA gymnasium. Domo Arigato Sensei Marchetti for securing such a large and quiet (at least until our kiai's filled the air) facility. Prior to bowing in, Ueshiro Shorin-ryu camaraderie was on full display as the different schools quickly and enthusiastically integrated with one another to work in small groups. There was an emphasis on weapons training as we had the chance to compare notes and techniques with one another. After bowing in and basics, Hanshi broke the deshi into three groups: Blackbelts, YonKyu to Ik-Kyu and White Belts. Kyoshi Seeger, Sensei Sal Scaglione and Sensei Kevin Reymond were each assigned a group to work kata. Hanshi had each of them work with one of the three groups for about 15 minutes before rotating to work with a different group of students. Hanshi oversaw the entire training and made sure that we adhered to the principals of each

kata as was taught to him by Grandmaster Ueshiro. The class was then combined to work on Yakusoku Kumite. Each of us was reminded that it is important to show proper form and that, as an attacker, if we are moved off balance or in an awkward position we need to return to the proper technique. Hanshi emphasized the difference between learning and practicing pre-arranged fighting with a training partner versus its possible application in a street situation. As the morning wound down Sensei Sal Scaglione reminded all white belts that everyone training was once a white belt.

The sheer volume of corrections or “sugar” over the entire week-end was so great that it could fill volumes. It is always humbling to rub shoulders with fellow deshi who have accumulated such vast reservoirs of knowledge over 30 or 40 years of continuous training. It seems as if no question goes unanswered no error uncorrected.

Domo Arigato to all of the kyu ranks that traveled far and wide to train with us. The prospect of training with so many high level blackbelts can be an intimidating prospect, but you did it! I’m sure most of you realize by now that your training took a mighty leap by participating.

Domo Arigato to all of the Dan ranks – your high level of dedication and spirit infused our decks and permeated our walls. It will last a long, long time. A special Domo Arigato to Kyoshi Seeger for your insight into each technique. Your insight coupled with your great sense of humor will keep our students buzzing for quite awhile.

And finally, to Hanshi Robert Scaglione for making sure that we always keep Master Ueshiro in our hearts, in our minds and in our karate. Domo Arigato Hanshi for making sure we always remain true to The Path and for your unwavering leadership and guidance. The spirit and energy from the past week-end will not only carry us through our February promotions but are a great start to the 50th anniversary celebrations August 9 through August 13, 2012 in New York City."

Domo arigato gozaimasu,

Sensei Kurt Tezel, Shihan

West Melbourne, Florida

Ueshiro Shorin Ryu Karate USA



Ueshiro Shorin Ryu Karate USA is moving forward with joy and vigor in the our new dojo located in West Melbourne, FL. We are very privileged and fortunate to be in close proximity to Hanshi Robert Scaglione, Sensei David Tamir, Sensei Ron Marchetti, and Sensei Kurt Tezel here in Brevard County. We began in August 2011 with a class of approximately 10 to 12 beginners meeting twice a week on Tuesdays and Thursdays. Since then we have added a third class that meets on Saturdays and we regularly have in the neighborhood of 20 students that come to class during the week. I am proud to say that we have a good number of families that are training together and we now have adults that

are working hard. Those who began with us and have kept showing up have earned their yellow belts and green belts and show fantastic spirit and new students continue to get involved. We are very fortunate to conduct our class in a beautiful recreation center. I am privileged to have great Sempai to help me with the weekly classes. Sempai Miranda Aiken, Ni Kyu, teaches our Thursday class and our new Ni Kyu, Shelley Lopez, who came to us from Hanshi's dojo, has begun to help with the Tuesday and Saturday classes. I would like to express my gratitude to Hanshi and all the Sensei I mentioned earlier for their teaching and great encouragement and support. Domo Arigato - Sempai Rick Cupoli

Honolulu, Hawaii

Ueshiro Hawaii Karate Dojo

Aloha from Hawaii,

We are excited to announce that we will be able to make the journey out to New York this year and join in the 50th Anniversary celebration of Ueshiro Shorin Ryu Karate U.S.A. We look forward to training with all our fellow Dojos and Deshi traveling from around the United States and the world. We look forward to Big Energy, Big Spirit, and gaining a wealth of knowledge to carry on our karate training for another 50 years.

We would also like to announce our two newest members to the Ueshiro Hawaii Karate Dojo and our organization, Phillip Looney and Ryan Putt. We continue to move forward and train hard.

Let's all continue to build our warrior spirit as we get closer and closer to our 50th Anniversary celebration.

Sensei Lorenzo Aguon



Boston, Massachusetts

Boston Chinatown Ueshiro Shorin-Ryu Karate Club

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



We are moving forward. We continue to train at the Wang YMCA of Chinatown, 8 Oak Street West, Boston MA. Classes are on Monday and Wednesday nights at 7:30 pm and Sundays at 12:30 pm. The YMCA is near downtown Boston. We are honored when visitors train with us. If you may be able to do so, please let me know.

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

We were honored to participate in the Northampton Dojo's winter rank promotion.

Domo arigato gozaimasu to Denshi-Shihan-Sensei Gobillot and, indeed, all of the Northampton Sensei and deshi for their kind hospitality to all the Boston deshi and for their strong spirit. Domo arigato to the Boston deshi who traveled to Northampton not to test but to train with and support their fellow deshi who were testing: Mr. Keith Burrows, Sean Jones and Keith Chan. Congratulations to all of the Northampton deshi who tested.

We were also honored to have Sensei and deshi from the Northampton Dojo join us for our February rank promotion. Domo arigato gozaimasu to all of the Northampton deshi who honored us by making the trip and helped make the event so special: Sensei Jean Gobillot, who led the workout and acted as center judge, Dr. Nancy Owen who also sat on the board of judges and Robert St. George who performed yakusoku kumite with testing deshi.

Domo arigato the Boston deshi who, as is proper, added their spirit and sweat to the event even though they were not testing: Mr. Keith Burrows who called the test, On Nai Lai and Joseph Cheung.

Congratulations to Sean Jones who was promoted to Nikyu, Keith Chan who was promoted to Sankyu, Kevin Strang who was promoted to Yonkyu and Theo Panagakos who was promoted to Gokyu.

We greatly look forward to more training with other Dojo in this auspicious 50th Anniversary Year.

Domo arigato gozaimasu to all,
Emiliano Mazlen
San-Dan

Northhampton, Massachusetts

Northhampton Ueshiro Pine Forest Karate Dojo



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

At our October tip test the following were tested and promoted:

Children:

Go-kyu

Keegan Burrows

Gabriel Moon

Adults:

Go-kyu

Justin Routhier

Glen Moon

Congratulations to all!

Our dojo held an Open House on Saturday **12 November 2011**, with a workout and demonstrations of empty hand and weapons kata, as well as bunkai and yakusoku kumite. We had well over 50 visitors, several of whom joined in with great spirit.

Sensei Jean Gobillot, Dr Mary McKitrick, Mr Steve Parsons and Ms Cathie Parsons traveled to Hombu Dojo on Sunday **4 December 2011** to participate in the annual black belt workout. This is always a profound learning experience and we were deeply honored to participate. Domo arigato Hanshi!

Our annual New Year's workout and compai was held on **30 December 2011** with most deshi in attendance. This is our opportunity to train together one last time before the new year and to share food and our thoughts about our training. It was a tremendous workout led by Sensei Gobillot, followed by much good will and cheer! Domo arigato Sensei!

Our February rank promotion test was held on Saturday **11 February 2012**. The following deshi tested and were promoted:

Children: Yonkyu -
Keegan Burrows
Gabriel Moon

Adult: Yonkyu -
Glen Moon
Nikyu -
James Robinson
Robert St George

Congratulations to all!

We were honored that day by a visit from Sensei Chris Barnes, who conducted the workout and served on the board of judges. He focussed on breathing during kata. His blindfolded demonstration of kusanku was one of the highlights of the day. Domo arigato Sensei!



Sensei Barnes demonstrating kusanku



Rank Promotion 11 February 2012

Sensei Jean Gobillot, Dr Nancy Owen and Robert St George traveled to Boston Chinatown Karate Club on **26 February 2012** and were honored to participate in the rank promotion test there. Sensei Gobillot and Dr Owen served on the board of judges. Domo arigato Sensei Mazlan for your hospitality.



Domo arigato gozaimasu Hanshi, Kyoshi, Sensei, Sempai, and all fellow Deshi for your motivating spirit, for continuing to support all of us in our training and helping us to move forward in the martial way.

Northampton Ueshiro Pine Forest Karate Dojo

Please visit and train with us in Northampton.

Our doors are always wide open to you.

Respectfully submitted,

Mary McKittrick, Ni-Dan

Minneapolis, Minnesota

Ueshiro Okinawan Karate Club Of Minneapolis

Onegaishimasu Hanshi, Kyoshi, Sensei, Senpai and Deshi,

Our small club is back to its outdoor training schedule now that our early spring has arrived.

Classes are:

Tuesdays – 4:30pm to 5:30pm at Robinson’s Bay Beach

Fridays – 3:30pm to 4:30pm at Robinson’s Bay Beach

Please feel free to join us any time.

Ueshiro Okinawan Karate Club (Minnetonka)

Sensei Kleusch, San-Dan, Shihan

(952)-378-0704



Northfield, Minnesota

Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota



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

The Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota continues to grow in numbers and spirit! Our regular classes meet on Monday and Wednesday night and Saturday afternoon, with more and more individuals and families taking part.

Likewise, the Carleton College Karate Club is thriving with a solid core of members led by officers Lief Esbenshade, San-Kyu, Tristan Zimmerman, Yon-Kyu, and Zach Wood-Doughty, Yon-Kyu. The club meets on Monday and Thursday evening.

Joint workouts between the two groups are held on Saturday, along with regular advanced belt and special “50 Kata Sunday” training. Combined workouts are a great opportunity for deshi of all ranks to learn and train together.

The past six months have been busy. Northfield is a college town, with two nationally known schools here—Carleton and St. Olaf. We think of September as the start of the year. This year we began with late August-early September testing which saw three students advance in rank. During October tip-testing, 11 students tested for one- and two-green tips.



The Year of the Dragon 2012 had an auspicious start with a special New Year's Day morning workout dedicated to Master Ueshiro to kick off our 50th anniversary year. Domo arigato to those who braved the freezing cold on that early New Year's morning to train.

In January we received prominent news coverage of our dojo in the *Northfield News*, the local newspaper. The story was featured in the paper and included many pictures and news of the upcoming 50th anniversary celebrations. Link to the feature from our web page at <http://northfieldkarate.wordpress.com>.

In February, the dojo sent five members—Shihan Bob Dobrow, Steve Hatle, Ni-Kyu, Lief Esbenshade, San-Kyu, Peter Holocher, San-Kyu, and Scott Sijan, Yon-Kyu—to Florida to participate in the annual special training there. For many students, it was the first opportunity to meet Hanshi, Kyoshi and other top-level black belts. The training was memorable, the “sugar” was plentiful, and we all came back with much to work on and many warm memories. Domo arigato gozaimasu to our Florida hosts for organizing such an exceptional event.

The month also saw one of our dojo's largest testing and promotions, held on Feb. 18. Thank you Sensei Lyle Kleusch for joining us in that workout and testing and sitting on the board of judges with Shihan Dobrow. The three-hour workout and testing was followed by demonstrations of kata, bunkai, and weapons, and ended with a large gathering at a local Japanese restaurant for dinner and compai.



Just last week, our dojo members met to discuss organizing plans for the 50th anniversary in New York City. Members have raised close to \$1,000 to pay for special gifts, ads, and other expenses related to the anniversary. Already many deshi have made their reservations in New York to be part of that great weekend.

Please visit our Facebook page at <http://www.facebook.com/NorthfieldKarateDojo> where you can follow our dojo activities including our recent “Winter Kata” session after a timely Saturday morning snowfall. Look closely for the bare feet!

Congratulations to all students who advanced in rank over these past six months. They are:

Ro-Kyu: Hillary Barbeta, Clara Falcon-Geist, Edward Heo, Crystal Lai, Kevin Liao, Bibek Pokhavel, Wenth Wang

Go-Kyu: Elizabeth Acheson, Grace Acheson, Will Acheson, Will Balaam, Adrienne Falcon, Celine Falcon-Geist, Jonathan Huerta, Lasondra Kern, Shail Mehta, Quinn Radich, Emily Sturman

Yon-Kyu: Shadi Bayedsy, Miles Harmelink, Brenda Hellen, Oen McKinley, Scott Sijan, Zach Wood-Doughty, Tristan Zimmerman

San-Kyu: Peter Holocher

Domo arigato Hanshi for guiding us in the footsteps of Master Ueshiro as we continue to learn and grow in our practice of Shorin-Ryu karate! Domo arigato Kyoshi Mackay, our dojo sponsor, for your leadership and support! Domo arigato to all USRKUSA members for everything you do to keep the flame burning.

Respectfully submitted,

Steve Hatle, Ni-Kyu

Shihan Bob Dobrow, Ni-Dan

Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota



New York City, New York

Ueshiro Midtown Karate (Hombu) Dojo

Welcome

Onegai shimasu, Hanshi, Sensei and Deshi of Ueshiro Shorin-Ryu Karate, USA. It is hard to believe we are finally on the cusp of the 50th Anniversary Celebration honoring Grand Master Ueshiro and his epic journey to the United States. For decades I've heard Hanshi allude to this far-off event, always confident we would reach this date with a solid following. Now, with 100 active Black Belts training across the country and around the world, we see that Hanshi was right – that Master Ueshiro's success in establishing traditional Shorin-Ryu karate-do in this country has withstood the tests of time. The Hombu Dojo is both humbled and honored to be a part of this long history.

Below are some of the more recent events that have brought us to this momentous occasion.

911 Memorial Workout



Our annual Central Park workout was held on Sunday, September 11. A large group of Karateka gathered north of the Sheep's Meadow in Central Park to recognize the 10th anniversary of the 911 attacks. Over thirty students ages four and up performed multiple repetitions of

kata in tribute to the resilience of the American people. Domo arigato to everyone who turned out in sweats, t-shirts and/or gi pants to show that Shorin-Ryu is effective regardless of one's rank or uniform. Special thanks to Sensei(s) Ramson, Bottega and Link for co-hosting the workout, and to Capt. Robin Islam of the US Army for his surprise visit.

Many in attendance had been on leave for a variety of reasons, and their sudden appearance was a testament to bushido spirit. The tenacity of the children during the three

hour workout was an even more impressive show of endurance. Hundreds of spectators stopped dead in their tracks to observe (from a safe distance) the kata demonstrations, proof of the power and focus with which we train.

30th Anniversary Journal on-line



Last September we published a digital copy of the *Shorin-Ryu Karate USA 30th Anniversary Journal* at MidtownKarateDojo.com. The historic document contains a wealth of information about Ueshiro Shorin-Ryu Karate USA, and is a benchmark of how far we've come in the past 20 years. To view or download the document Google "USRKUSA 30th Journal."

Master Ueshiro Commemorative coin

On September 15 the Hombu Dojo released a silver-plated coin to commemorate the arrival of Grand Master Ansei Ueshiro in the USA on September 15, 1962. The newly-minted keepsake was designed by Sho-Dan Jonathan Cohen and features Master Ueshiro on the front and the USRKUSA seal on the reverse. The 1.5 inch coin was produced in a limited edition of 99 and is almost sold out. All proceeds will be used to offset the cost of printing the 50th Anniversary Journal. This work of art reminds us to continually polish our karate-do, lest it becomes tarnished from disuse, like fine silver.



October 2011 tip test

Our Fall tip test was held on October 18 in a packed dojo.

Promoted to Ro-Kyu:

Christopher Draghi

Jack Draghi

Shailesh Singhal

Promoted to Go-Kyu:

Jermiah Emmenuel

Domo arigato to the distinguished board of judges, Sensei(s) Ramson and DeLucia and Messrs. Adams and Draghi for their comments and corrections, and to the large number of black belts and kyu ranks who showed up to lend support. The main correction offered to the group was to work on "better focus," whatever the task may be, both on and off the deck.

Hanshi workout at Hombu Dojo

We were honored to have Hanshi visit New York City on October



30 and lead an in-depth seminar for students from the Midtown, Nyack, Palisades, Pelham Manor and Downtown dojo. Among the nearly 100 corrections offered by Hanshi, three specific and far-reaching concepts were emphasized repeatedly:

- "Train to win." - Every technique, especially the first technique, needs the focus and commitment as if your life was on the line. Do not train without purpose.
- "Win the fight with yoi." Setting the feet, fixing the gaze, showing warrior spirit as in the yoi position - particularly the yoi at the end of a kata - will win the fight every time. No opponent will dare attack.
- "There is no power in the step or wind-up." Any power expended in stepping first or chambering only detracts from the explosive power of the actual block, punch or kick. Rooting down and fully chambering is used to gather power, not expend it.

Domo arigato gozaimasu to Hanshi for making the long trip, and for keeping us challenged, motivated and inspired to win the battle.

Colgate-Palmolive "Live Better" program

The Hombu Dojo teamed up with the St. Barts Athletic Center to co-host the Colgate-Palmolive "Live Better Challenge" for the month of November. We introduced Shorin-Ryu to nearly a dozen employees of the company, including a core group of five who attended most of the 10 classes. Domo arigato to the lunchtime crowd for serving as instructors and

role models, in particular, Sensei(s) Bruce Silver and Richard Vachino, Mr. Felipe Flores, Michelle Napoli, Barry Perlman and Kathy Chin.

Annual Black Belt year-end workout / compai

On Sunday, December 4 over 50 Black Belts from across the country gathered at the St. Bart's gymnasium to train together for nearly five hours. Hanshi provided an over-the-top marathon of instruction spanning everything from mastering the key basics to delving below the surface of the most difficult moves in the black belt kata. The training was supplemented by individual seminars offered by Kyoshi(s) Mackay, Seeger, Baker and Kaplan. Domo arigato to our out-of-town guests for braving the holiday mania of New York, and to the numerous black belts who contributed in large and small ways to organizing the event. After the workout everyone adjourned for sushi and many a compai at the local restaurant Japonica. The dinner carries on a dojo tradition established long before Shorin-Ryu came to these shores.



Midtown Dojo year-end compai

Our own modest compai and year-end workout was held on December 15. The collective energy and spirit on the deck gave us a strong head start on 2012 - the year of the Dragon. Domo arigato to all who attended. Everyone's hard work in keeping the Dojo running is greatly appreciated.

Sensei Ramson appointed Chief Instructor

Sensei Gamiel Ramson, Go-Dan, assumed the role of "Chief Instructor" at the Ueshiro Midtown Karate Dojo effective December 15. Sensei Ramson's 25 plus years of training at

Midtown have made him an invaluable member of the Hombu Dojo community. His dedication to rigorous training, his commitment to the high standards of our kata, and his ongoing efforts to improve both his own karate and that of every student makes Sensei Ramson eminently qualified for this role. Sensei has also exhibited great loyalty to Hanshi and Ueshiro Shorin-Ryu USA both on and off the deck. Please join me in congratulating Sensei Ramson on his most deserved and somewhat over-due title.

December 26 tip test results

The year at Hombu Dojo ended on a strong note as the following students were promoted:

Promoted To Ro-kyu

Kathy Chin

Promoted to Go-kyu

Shailesh Singhal

Barry Perlman

James Moskie

Congratulations to the candidates for their solid performance/two second pause during kata, and for the dramatic progress made since you began training. Domo arigato to the board of judges, Sensei(s) Gamiel Ramson and Rob Neff and Messrs. John Adams and Ron Ballin, for their insights into ways to strengthen our technique. Domo arigato gozaimasu also to the small but dedicated group of Sho-dans and kyu-ranks for balancing out the group and serving as role models.

As noted by the Board of Judges, this test was an important "head start" on the new year, where every student in the USRKUSA organization will be making great strides. Domo arigato gozaimasu to Grand Master Ansei Ueshiro and Hanshi Robert Scaglione for bringing us to this doorstep.

Full Belt Promotion – February 2012

On Sunday, February 12, the Hombu Dojo conducted its semi-annual review of kyu ranks. The workout and test were dedicated to the memory of Grand Master Ansei Ueshiro and the next 50 years of Ueshiro Shorin-Ryu Karate USA. St. Barts gave us special permission to use the gymnasium - which was closed for renovations - because of our track record of responsible conduct in the Athletic Center. Domo arigato to all for earning our positive reputation.

After 1-1/2 hours of basic training the formal test got under way. Each group of test candidates warmed up under Black Belt supervision in the Dojo studio, while senior Black Belts led the remaining students through kata. By the time we finished six hours later, every student had performed over 150 repetitions of kata. Congratulations to the group for this heroic display of endurance. Special mention is due to the children participants: Jermiah Emmenuel, Muhammad Jalloh, Ansumana Bangura and Joëlle Ramson - powerhouses beyond their years.

After a thorough review by a panel of five Black Belt judges, the following deshi were promoted in rank:

Promoted to Yon-kyu	Promoted To San-kyu	Promoted To Ni-kyu
Shawn Nemoto	Neil Nemoto	Joëlle Ramson
Sam DiGiario	Pino Villablanca	
Dhrubani Paul	Antonio Gonzalez	
Stephanie Topper	Solomon Ayub	
Alex Zemnitkiy	James Rothermel	
Jermiah Emmenuel	Ashwin Venkatraman	
Matthew Emmenuel	Alden Rothe	

The boards of judges were seated as follows:

- Yon-kyu: Messrs. Chris Memoli, Ron Ballin and Jonathan Cohen, Ms. Hend Elsayed and Ms. Kim Garon
- San-kyu: Sensei(s) John Bottega, Rob Neff and Rebecca Scott and Messrs. John Robbins and John Lee
- Ni-kyu: Sensei(s) Luz DeLucia, John Bottega, Michael Mackay, Gamiel Ramson and Ellin Moore

Domo arigato to judges for their careful deliberations and to the non-testing students for their assistance with yaku-soku kumite and bunkai. One broad suggestion for all was to revisit Hanshi's classic, *Building Warrior Spirit*, and work on our corrections as they relate to the principles of gan, soku, tanden and riki. This offers a fresh perspective on the basic corrections we receive regarding form, balance, speed and power.

Domo arigato gozaimasu as well to our out-of-town visitors, Sensei Rebecca Scott from the Bushi Dojo in Santa Monica, and Mr. Frank Mowka and Art Forne from the Easton, Ct. Karate Club.



As stated in the closing remarks, the February promotions system-wide are only the beginning. The true test is our resolve to become worthy of our current rank in the months leading up to our celebrations in August and

December. Domo arigato gozaimasu to Grand Master Ansei Ueshiro and Hanshi Robert Scaglione, for paving the way to this challenge before us.

2012 Commemorative Banner

One of our Ni-Dans, Mr. Ron Ballin, designed and produced a commemorative banner which now hangs proudly in the Hombu Dojo. The artwork is inspired by traditional Japanese scrolls and copies will hang in various dojo and clubs across the country. Domo arigato gozaimasu to Mr. Ballin for his creative efforts, more of which we shall see in the 50th Anniversary Journal.



Weapons Workshop

A Kobudo Workshop co-sponsored by the Ueshiro Midtown and Downtown dojo was held on March 16 on the rooftops of St. Barts Cathedral. Kyoshi David Baker gave an in-depth review of the sai while Sensei Kevin Reymond worked mirror image kata with the nunchuka group. Mr. Sam Suzuki represented the tonfa and Kyoshi Mackay led the bo students through basics and kata. Domo arigato gozaimasu to all the black belt and brown belt participants who are shouldering the task of preserving these ancient forms.



New Uptown USRKUSA Club

Mr. John Adams, Ni-Dan, will be opening a Ueshiro Shorin-Ryu Karate Club uptown at the Harlem Holistic Center (115 West 128th St. and Lenox Ave.) starting Sunday, March 25. Classes will run from 2:00 to 3:00 pm and emphasize family-oriented training. Any and all deshi from the tri-state area are encouraged to show up and serve as examples for the new students. Domo arigato, Mr. Adams, for your initiative in bringing Shorin-Ryu to yet another Manhattan community.

Midtown Dojo website

We continue to update and improve midtownkaratedojo.com with fresh material. Visit our on-line gallery (www.midtownkaratedojo.com/Gallery.html) for photos of the above events and for the latest technical spec sheets (www.midtownkaratedojo.com/Specs.html). Hanshi continues to closely supervise the technical specs, and we expect to publish more this spring. The website also now offers on-line credit card payments for membership fees.

Preparations for the 50th Anniversary

We are all feverishly working to be ready for Hanshi's arrival, along with many deshi from afar, for the celebratory weekend of August 10 – 12. One hundred black belts, their

students and families are expected to attend. A block of rooms has been reserved at the nearby Doubletree Hotel thanks to the efforts of Mr. Richy Glassberg. Work continues on the 50th Journal by Messrs. Ballin and Cohen, which will be printed in full color. We are still seeking literary and artistic contributions honoring Grand Master Ueshiro's legacy as founding father of karate-do in the United States.

The dojo walls have been repaired and repainted in anticipation of April's katathons. A renovation party will be held in the near future to further improve the dojo's appearance. Meanwhile, dan and kyu-level students are polishing their demonstrations and the pace of training is picking up in all the classes. Our newest white belts are making great efforts to keep up with the excitement, and this summer promises to be a triumphant success. Domo arigato gozaimasu to Grand Master Ansei Ueshiro for bringing this priceless art to our shores nearly 50 years ago, and to Hanshi Robert Scaglione for inspiring us to carry the gift into the future.

Kyoshi Michael Mackay
 Hachi-Dan, Ueshiro Midtown Karate Dojo
www.MidtownKarateDojo.com

Class schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:45 – 8:30am	–	--	7:45 – 8:30am	7:45 – 8:30am	10:45 – 11:45am	11:00 am - 12:00 noon
12:00 – 1:00pm		12:00 – 1:00pm	1:15 - 2:00pm	10:30 - 11:30am	12:00 – 1:00pm	
5:30 – 7:00pm	5:30 – 7:00pm	5:30 – 7:00pm	5:30 – 7:00pm*	5:30 – 7:00pm	--	
--	7:15 – 8:45pm				--	

New York City, New York

Ueshiro Downtown Shorin-Ryu Karate Dojo



We passed our one year anniversary with great joy and vigor. We are excited about the foundation we have laid at Downtown and our prospects for growing the number of deshi dedicated to Shorin Ryu Karate USA . We are grateful to the efforts of everyone who has contributed to the Downtown Ueshiro Shorin Ryo Karate Dojo during this formative period including Sempai Ron

Ballin, Sempai Kim Garon, Sempai Candace Morgan, Sempai Mike Gallagher and Sempai Henri Waelbrock.

We continued our workshop program and have a number of new workshops scheduled over the next several months. We believe that by drilling down for an entire class on one kata, bunkai, prearranged fighting or kicking allows us to more fully explore techniques and improve our knowledge and skills. We also conduct workouts in street clothes where we work on kata, pre arranged and various techniques in every day clothes and simulated distraction packed surroundings. Please look for announcements for future work shops and come and join us.

Our class schedule is as follows:

Monday 5:30 - 6:30 pm (informal training starts at 5:00 pm)

Wednesday 6:45 am to 8:30 am

Thursday 5:30 pm to 6:45 pm (informal training starts at 5 :00 pm)

Sunday 4;15 pm to 5:45 pm

Congratulations to Steve Cere for his recent promotion to yon-kyu.

Thank you Hanshi for conducting class at Downtown this past December during black belt weekend. We were all inspired by your sharing and dedication.

We are looking forward to hosting deshi from other cities in the upcoming 50th Anniversary celebration and workouts. See you in August if not sooner!!

Arigato

Sensei Kevin Reymond

Shihan, Downtown Ueshiro Shorin-Ryu Karate Dojo

Under the direction of Hanshi Robert Scaglione

*" See to it that you temper
yourself with one thousand
days of practice, and
refine yourself with ten
thousand days of training"*

Miyamoto Musashi



Palisades, New York

Pine Forest Karate School

Happy 50th Year of Ueshiro Shorin-ryu Karate in this Year of the Dragon.

The past year ended strong with our December Black Belt Workout Lead by Hanshi. The Demonstration of Kata Fukyugata Sandan by all the Black Belts is at our website as a tribute to Grand Master Ansei Ueshiro.

Florida Weekend of Seminars and Karate Training

Hanshi invited all Ueshiro Shorin-ryu members to Florida for this annual event. All those in attendance demonstrated Kata Fukyugata Sandan on the beach and this video will be released to coincide with Master Ueshiro's Birthday on April 20th.

Special thanks to Northampton Ueshiro Pine Forest Karate Dojo for hosting Kyoshi Seeger's Kata Seminar and Workout March 31,2012.

We are all looking forward to training with everyone in August at the big celebration!

New York, Pelham Manor

Ueshiro Okinawan Karate Club of Pelham Manor

Onegai shimasu, Hanshi, Sensei and Deshi,



Sensei Dan Nichuals, Founder, Pelham Manor Dojo

The Okinawan Karate Club of Pelham Manor has been training regularly since last Fall on Monday evenings from 7:00 to 8:00 pm. We have a solid group of five students, including Ik-kyu Brian Heese and Ni-kyu Connor Nichuals. If you would like to join us please contact either Kyoshi (kyoshi@midtownkaratedojo.com) or Brian (bheese123@gmail.com).

Special thanks to Barbara Nichuals for her gracious hospitality and generous support of Ueshiro Shorin-Ryu Karate these past eleven years.

Domo arigato gozaimasu, Hanshi,

Kyoshi Michael Mackay, Acting Shihan,
Okinawan Karate Club of Pelham Manor

Rockland County, New York

To-Te Ueshiro Karate Dojo

On February 23rd 2012 our full belt testing began promptly at 7pm and ended 4.5 hours later at 11:30pm

**Promoted to
Yon-Kyu**

Derrick Peltz
Ed Abreu

**Promoted to
San-Kyu**

Bryan Markiet
Colin Upton

**Promoted to
Ni-Kyu**

David Boykin

**Promoted to
Ik-Kyu**

Lee Justo

I'd like to thank the board of judges: Potter Sensei, Bracken Sensei , (bringing spirit and wisdom from the Pine Forest Karate Dojo) and our Sensei Blue Calvo for assisting me and running the group and discussing the importance of having a dojo sponsor.



I want to mention our visiting guest sempai Brian Heese and our To-Te Ueshiro deshi Colin Tennyson for sweating right along the test group as we pushed through the night.

Arigato Hanshi and the spirit of Master Ueshiro as we all look forward to the 50th Anniversary Celebrations.

Respectfully,

Powell Sensei
ueshiro srkusa

State College, Pennsylvania

Ueshiro Okinawan Karate Family Club

What does it mean to be celebrating the 50th Year Anniversary of Ueshiro Shorin-Ryu Karate U.S.A.?

To help us get our minds around the enormity of the fact that it has been 50 years since Master Ueshiro brought our style of karate to the U.S., we asked some of our deshi to reflect on their karate practice and how they feel to be part of our proud and resilient organization.

Several of our adult deshi said that they especially appreciate being a part of the tradition of Shorin-Ryu karate because it has a vibrant history. To them it is like sharing a branch on the same family tree, and this sense of belonging bolsters their individual practice, their self confidence and their leadership abilities. In their actual words:

“I’ve reached a goal and at the same time I’m a beginner”,

“I’m honored and humbled”,

“I love the discipline”,

“Our karate system is solid”

One of our young deshi commented, “We’re training and getting bigger, taller and stronger.” When asked about his favorite kata, he replied, “Fukyugata san, I like the double moves.” Like the double moves in Fukyugata san, learning karate involves practicing as well as reflecting on what we are learning and its broader family, community, and societal significance.

Another young deshi of the Ueshiro Okinawan Family Karate Club insightfully noted, “I know I’ll keep learning a lot because I have already learned so much”. Here she uses her own past experience with her karate practice to its fullest advantage. She has gained enough from her karate and from viewing the karate training of others to know she can only gain more as she continues to practice. And even though she may learn only something small in each workout, “all that learning adds up to help me be a better person.”

A common feeling in our dojo is that we belong to something bigger than a singular karate dojo in central Pennsylvania. We relish our history, our traditions, and the deep bonds and

relationships between all dojo and clubs within Ueshiro Shorin-Ryu Karate U.S.A. We find strength from this sense of belonging each and every time we step onto the dojo deck.

Kyoshi Matt Kaplan (Shihan) and Anne Burgevin (San-kyu)
Ueshiro Okinawan Karate Family Club
State College, PA

Centreville, Virginia

Ueshiro East Meets West Karate Club of Northern Virginia

Sensei Sal Scaglione, Roku-Dan, Denshi, co-Shihan

Sensei Joe Knight, Go-Dan, co-Shihan

Sensei Sal and Sensei Joe welcomed a new club in New Zealand to the Ueshiro Shorin-Ryu Karate family. Mr. Sean Paus, Ni-Dan, moved his family last summer and recently stepped up and moved forward in a big way by starting a Karate Club in Auckland, NZ. The new club is the first satellite club formed from Northern Virginia Ueshiro Karate and we all wish the Paus family good fortune in their endeavors. We all also have a new location to travel to and share in our Karate spirit.

In December, the NoVA Ueshiro Karate Club sent 5 Black Belts to the spirited Annual Black Belt workout and dinner. Sensei(s) Sal, Joe, Lisa Markowitz led the way with Mr. Jim Davis and Jonah Markowitz attending as well. The weekend was another classic Ueshiro Karate event and the NoVA contingent came away with great exuberance and spirit to share with the Virginia Deshi. We all also set our focus on moving forward in the upcoming Year of the Tiger 2012.

In February, Sensei Sal and Bill Briedenbach, Yon-Kyu, took part in the Florida Winter Break festivities hosted by Hanshi Scaglione. The Florida Ueshiro Shorin-Ryu Karate Family, along with Kyoshi Seeger, provided a weekend full of Karate training and excellent hospitality. Sempai Briedenbach demonstrated his Warrior Spirit by attending each training session starting on Friday morning and ending on Monday afternoon.

On the promotion front, NoVA's youngest Deshi, Owen Tucker, was promoted to Yon-Kyu in February. Sensei Sal also visited Kyoshi Kaplan at the Ueshiro Family Karate Club at State College, PA for their February promotion. Sensei Sal had a great visit with Kyoshi Kaplan and his family sharing many Karate and family stories. As always, the State College Karate Club put on an amazing demonstration of Karate spirit executed family style.

Looking forward, we are busily getting ready for the upcoming 50th Anniversary weekend and celebrating Master Ueshiro's arrival here in the U.S. and of course pay homage and

respect to him for the Karate and life lessons we've all been privileged to receive as a result of his courage and desire to share. We will also celebrate Hanshi Scaglione's loyalty and perseverance to maintain the Ueshiro Karate family and Ueshiro-style Karate.

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

Domo Arigato,
Sensei Sal Scaglione, Roku-Dan
Denshi co-Shihan
Ueshiro Northern VA Karate

Hong Kong, China

Ueshiro Hong Kong Karate Club.

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

This past season has been unique for Ueshiro Shorin-Ryu Karate in Hong Kong. In addition to the regular schedule of spirited training and learning, we had the combination of Hanshi and Kyoshi Kaplan visiting in December 2011 as part of the 15 year anniversary of Ueshiro Shorin-Ryu Karate in Hong Kong.

Hanshi arrived in the evening of December 6th and showed great spirit in accepting a dinner invitation after the long flight. Karate training began the next day in full force as Hanshi covered everything from basic warm ups to black belt kata. Training continued on Thursday with further wisdom from Hanshi, including stories about black belt testing under Master Ueshiro.

Kyoshi Kaplan arrived in the evening of December 8th and, following Hanshi's example, was more than ready for a late dinner after his long journey. Training continued on Friday, December 9th, as Kyoshi Kaplan led the workout while Hanshi provided additional guidance.



On Saturday, December 10th, the grand opening of the Ueshiro Chinese University Karate Club, launched by Sempai Rayvel Tang, was attended by Hanshi, Kyoshi Kaplan, Sensei Lai, Sensei Wong and many other deshi. We wish Sempai Tang great success in the new club! Sunday, December 11th,

was a marathon session that began at 12 noon and finished at 6pm. It started with black belt training and testing led by Hanshi and Kyoshi Kaplan. This was followed by Hanshi leading the entire group of deshi in a spirited session of warm-ups, kihon and kata with plenty of extra sugar for everyone who attended. Kyu rank testing was then conducted with plenty of sweat and energy. After that, everyone participated in demonstrations of kata, bunkai, weapons, yakusoku kumite and breaking in front of an audience composed of friends and family.

The following deshi received promotions from Hanshi and the board of judges consisting of Kyoshi Kaplan, Sensei Lai and Sensei Wong:

Promoted to Ro-Kyu:

Jonathan Ho

Promoted to Yon-Kyu:

Kenny Tse

Promoted to Ni Dan:

Tytus Michalski

Promoted to Go-Kyu:

Sunny Ko

Promoted to Ni-Kyu:

Janet Hsiao

Throughout the week, Hanshi and Kyoshi experienced a wide variety of cuisine ranging from Chinese vegetarian to Korean barbecue in addition to plenty of sight seeing. There was a large compai on Sunday, December 11th, at a Japanese restaurant with deshi, family and friends.

Hanshi left Hong Kong early morning Monday, December 12th. In Hong Kong, training has continued with Kyoshi Kaplan throughout the week, maintaining the theme of covering everything from warm-ups to black belt kata.

Looking forward, the 50th Anniversary of Ueshiro Shorin-Ryu Karate USA and the Year of the Dragon combine to make this upcoming season another timeless and unique experience!

Domo arigato gozaimasu to Hanshi, Kyoshi, deshi and all supporting family and friends for continuing to grow this enduring forest from the pine seeds planted by Master Ueshiro!

Tytus Michalski
Ni Dan (On behalf of Lai Sensei)

Hong Kong, China

Ueshiro Chinese University Karate Club.

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

A new page of Ueshiro Karate Hong Kong began on 10th December 2011: the grand opening of Ueshiro Chinese University Karate Club.

It is our utmost honor to have the presence of Hanshi and Kyoshi Kaplan. First, we had a



compai and Black Belt meeting in a Chinese dim-sum restaurant in the campus. After that, Hanshi and Kyoshi co-taught a wonderful workout at the United College of the Chinese

University of Hong Kong in chilling breeze at a beautiful sunset, which was all truly a historical moment.

This is by now a small yet growing club; we are sure that when Hanshi and Kyoshi visit us again, they will see a large group of great spirit deshi.

A picture of 5 generations:
Hanshi, Kyoshi, Sensei Lai,
Senpai Tang, Carol Tang
(first student of the club)





Beautiful sunset at the campus

Domo Arigato Gozaimasu,

Rayvel Tang, Shodan/Shihan
Ueshiro Chinese University Karate Club

Eilat, Israel

Eilat Ueshiro Dojo

Onegashimsu Hanshi, Denshi, Sensei and Karatek

I came back to my house, I am training alone but very soon I will have some students. Anyway we are in Israel; Sensei Zamir and I are planning to be with you in New York in August. We are training hard to be ready all the time.

Domo Arigato Hanshi for all and see you all very soon.

Shlomo Dadon

Eilat, Israel

Auckland, New Zealand

Ueshiro Shorin-Ryu North Shore, NZ Family Karate Club



Onegai shimasu Hanshi, Kyoshi, Sensei and Sempai,

Greetings from New Zealand! Kia Ora!

This year saw the inaugural session of the Ueshiro Shorin-Ryu North Shore, NZ Family Karate Club. There was much joy and vigor on the deck as we were relieved to finally find a home for our club. Thanks to the Red Cross Society for the use of their 2nd floor hall at their Browns Bay facility.

After several months living in a foreign country, that class truly felt like a homecoming. We held occasional workouts at Long Bay Regional Park, but the weather did not permit a regular schedule. In fact, our very first workout in the park was filled with gray clouds and high winds, culminating in an angry black cloud bearing freezing rain

We have grown from four members to seven, and are preparing for our very first test at the end of March. We have two dedicated deshi who are ready to test for Ro-Kyu, and are excited about the prospect of introducing friends and family to Shorin-Ryu karate with a spirited workout, promotion, kata demonstration and a celebratory picnic.

In June we have planned a fundraising event to help cover the cost of the hall rental and to help advertise our club. In the local tradition of club fundraising, we will be holding what is called a Sausage Sizzle: selling grilled sausages and onions on sliced bread with tomato sauce and mustard.

We look forward to the prospect of training with visitors, and invite any and all of you to come to New Zealand as you are able.

Domo Arigato Gozaimasu,

Sean M. Paus, Ni-Dan
Ueshiro Shorin-Ryu North Shore, NZ Family Karate Club
Auckland, New Zealand



Karate News is a semi-annual publication produced in turn by volunteering Shihan of the Shorin-Ryu Karate USA Dojo and Clubs. Current and previous issues of *Karate News* can be found at our web site www.shorinryu.com.

This issue was published by Haven Pell, Co-Shihan, Ueshiro Bushi Dojo, Santa Monica and edited by Hanshi Robert Scaglione.

