



Ueshiro Shorin-Ryu Karate USA

Founded by Grand Master Ansei Ueshiro
Under the direction of Hanshi Robert Scaglione



2015

The Year of the Goat

Spring 2015
Newsletter





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Greetings to All USRKUSA Kyoshi, Shihan, Sensei, Karateka, Sempai and Deshi Worldwide

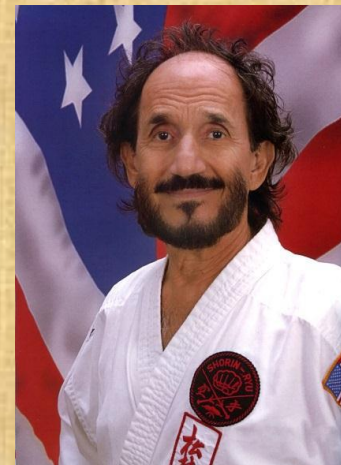
We had a super Florida Karate Weekend 2015 on the beaches and Dojo of Florida in February. Thank you all participants for showing up. Many descriptions and photos of the event are found in this Newsletter.

For us the best way to improve ourselves in Body, Mind and Spirit is by regular Karate training in our Dojo(s). Those who are participating know and practice that ethic.

In Major League Sports and Little League Sports, as in the Boy or Girl Scouts or the Corporate World, there is "Zero" tolerance for missing training, workouts or events. In Karate it is the same principle that applies. Slackers pay the price of missing workouts by lethargic feelings, malaise, loss of energy and lack of enthusiasm. Simply stated "Keep training!" -Master Gichen Funakoshi.

It is much easier to suit up and show up for a scheduled workout than it is to make excuses and do nothing. It takes commitment, strength and dedication to continue on a martial path. We all know the benefits and how to achieve the rewards. However it is the few who "Just Do It". The respect of wearing a karate belt is given only to those wearing the belt in practice while enjoying the "ecstasy of sweating and hard work in our Dojo(s)"

Sincerely,
Hanshi Robert Scaglione



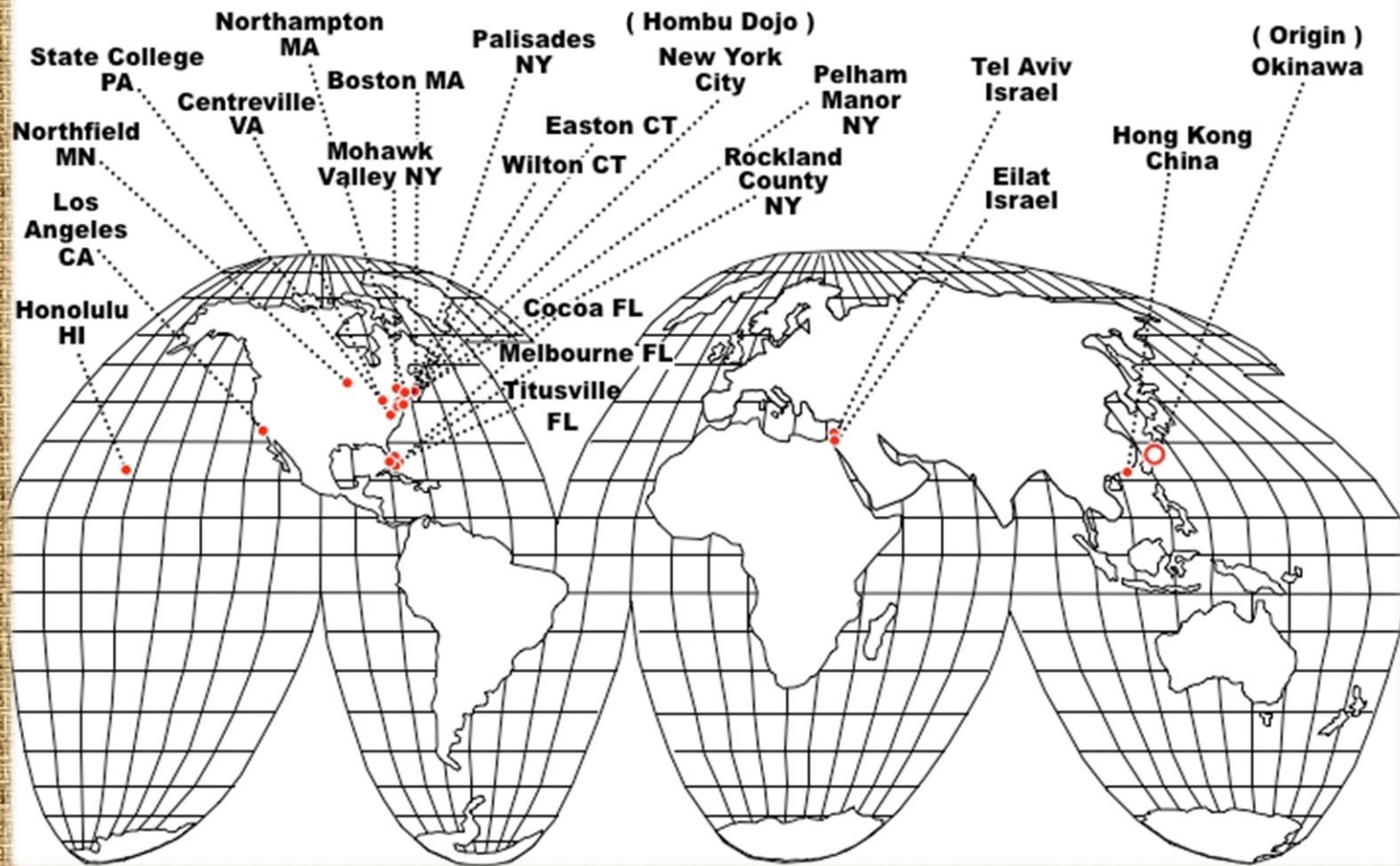
Ueshiro Shorin-Ryu Karate USA

Founded by Grand Master Ansei Ueshiro 1962



International System of Dojos

Under Direction of Hanshi Robert Scaglione



Ueshiro Bushi Dojo

Onegai-shimasu Hanshi, Kyoshi, Denshi, Shihan, Sensei and All USRKUSA Deshi,

Ueshiro Bushi Dojo in Beverly Hills, California, is up and operating. Many exciting events and plans are in the making. But right now the 18 Kata, Pre-Arranged Fighting, Crossing The Deck exercises, Calisthenics and bare knuckle push-ups are being executed in repetition in our West Coast dojo where courage is being fostered and superior human nature is being bred through the ecstasy of sweating in hard work. It is our sacred place where the human spirit is polished in The City of Angels.

We welcome all visitors and this is just the beginning of something wonderful. Arigato Hanshi and Kyoshi for your patience and support.

We welcome back Sensei Edye Harkinrider, Sensei Rebecca Scott, Sensei Neal Talbot, Deshi Natalie Ferry, Dorothy Dillingham, Lori Schwartz, and Midtown transplant Sherin Bennett.

Arigato Barnes Sensei
DENSHI/SHIHAN/SHICHI DAN

Each and every master, regardless of the era or the place, heard the call and attained harmony with heaven and earth. There are many paths leading to the top of Mount Fuji, but there is only one summit -- love.

-- Morihei Ueshiba



Easton Connecticut Ueshiro Shorin-Ryu Karate Club



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

We enter the Year of the Goat full force. The path we take is the one given to us by Master Ueshiro, taught to us by Hanshi. Our classes continue in the traditional manner, starting with warm ups, then strength training, basics across the deck, and multiple repetitions of kata.

We look forward to participating in many upcoming USRKUSA events, including the Hombu Dojo Belt Promotions, the Sherwood Island Beach Workout, the 9/11 Memorial Central Park Workout, and the Annual Black Belt Workout and Kampai in this the 53rd year of Ueshiro Shorin-Ryu Karate USA.

We welcome any deshi who wish to visit and train with us in Connecticut.

Domo arigato gozaimasu,
Adam Dunsby, Yon-dan
Easton CT Ueshiro Shorin-Ryu Karate Club

Class schedule:

Tuesday 5:45 PM - 7:00 PM

Sunday 8:00 AM - 9:15 AM



Wilton Connecticut Ueshiro Shorin-Ryu Karate Club

50 Danbury Road
Wilton, CT 06897-4444
Mr. Keith Eng, Shihan, San-Dan
(203) 221 4873 (Work)



Kyoshi David Baker, Shichi-Dan, Sponsor

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

We still train with our spirit out-sizing our small numbers. 2015 has started strong with bold spirit. To share a vignette, there was a personal interruption which caused one of our Deshi to miss a February promotion, but in warrior spirit and tenacity he continues on forward to the August promotion despite the hurdle. We hope to embody this strong spirit, “just do it” and “move forward” (as Hanshi often coins) and incorporate it into our karate training and lives.

We will continue to preserve and ensure the vitality of traditional Okinawan karate-do with our morning, pre-work classes. Our goal is to intensify our training and we hope to continue our tradition of visiting our sister clubs and schools in order to share karate and spirit. The best of training to all of our karateka brethren! See you on the deck!

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

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

We wanted to share a personal haiku; the reflection is not new but speaks personally to us:

*Do perfect kata.
Follow the path of shinden.
Learn. Repeat again.*

Ueshiro Cocoa Shorin-Ryu Karate Dojo

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

The Ueshiro Cocoa Shorin-Ryu Karate Dojo, located at the Eastern Florida State College (formerly Central Brevard Community College) campus in the Cocoa YMCA facility, is moving forward with great joy and vigor, and continues with the following class schedule:

Monday and Wednesday: 7:00pm-8:30pm

(All ranks-adults and children)

Saturday: 11:30am - 1:00pm (All ranks-adults and children)

The Ueshiro Cocoa dojo is led by Shihan Dennis Flynn, Sho-dan, under the guidance of Sensei Ron Marchetti, Go-dan, and Sensei Pat Marchetti, Sandan. Sensei Ron and Sensei Pat continue to support and teach at the dojo while monitoring the progress of the students, especially those at the rank Ik-kyu and above. Several of our higher rank deshi have shown great progress and are now teaching classes on a regular basis. Domo arigato to Sempai Dakota Flynn, Sho-dan, Sempai Rob Weaver, Ik-kyu, Sempai Robert Hunt, Ik-kyu, Sempai Don Carter, Ik-kyu, and Sempai David Koenig, promoted to Ni-kyu on February 28th. All of these students have shown a great passion for teaching others and are part of our regular teaching roster. 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 Robert Scaglione and the Kyoshi.

Ueshiro Cocoa Shorin-Ryu Karate Dojo

The Cocoa dojo conducted kyu level green tip tests on November 1st and December 10th. The tip test results for these two spirited events were as follows:

November 1st:

Receiving the rank of Ro-kyu (one green tip):

Rafael Musseb-Valverdes

Receiving the rank of Go-kyu (two green tips):

Sabrina Knear

James Knear

Aaron Glover

December 10th:

Receiving the rank of Ro-kyu (one green tip)

Mia Musseb-Valverdes

Katelyn Fafard

Receiving the rank of Go-kyu (two green tips)

Ethan Fafard

Rafael Musseb-Valverdes

Dan Level Promotion Event

On August 10th, 2014 a Dan level promotion was held. The test began at 7:00am and lasted until 4:30pm. The test was held at Sensei Tezel's Merritt Island dojo and was led by Hanshi Scaglione.

Current members of the Cocoa YMCA Dojo promoted on that great day are as follows:

Promoted to Go-dan:

Sensei Ron Marchetti

Promoted to San-dan:

Sensei Pat Marchetti

Promoted to Sho-dan Ho:

Dakota Flynn (promoted to Sho-dan by Sensei Ron Marchetti on December 17th, during the annual kampaï)



Dan level promotion on August 10th

Ueshiro Cocoa Shorin-Ryu Karate Dojo

Full Belt Promotion - February 28

On February 28, at the Cocoa YMCA dojo a joint full belt/tip test promotion was held for the Cocoa and Titusville schools lasting from 9:00 am to 1:00 pm. The event was led by Cocoa YMCA Shihan Dennis Flynn together with Titusville YMCA Shihan Ed Bauder. In addition, a student from the Merritt Island dojo also tested. In attendance and providing direction were Hanshi Scaglione, Sensei Kurt Tezel, Sensei Ron Marchetti, Sensei Pat Marchetti, and Sensei Bob Dobrow, who was visiting us from the Northfield, Minnesota dojo.

This combined event was very exciting and had much joy and vigor! The event was held in the first floor gymnasium of the Cocoa YMCA. There were nearly 40 students in attendance and 20 of them testing for promotion. There were also many friends and family of those testing who came in support of the students. It was an event with great attendance and great participation!

The event included three testing areas, with three judging panels. As the testing was taking place, Hanshi Scaglione walked around the gym, observing and providing direction and encouragement to the judges while the 20 students were testing.

Immediately after demonstrating their kata, candidates were given the opportunity to answer questions about our history and techniques, followed by demonstrating the basic techniques required for their level as well as pre-arranged fighting.

All of those testing had the opportunity to attempt a break. Afterward the opportunities to demonstrate breaking technique was open to all those who desired to including children with permission from their parent or guardian. After we had reassembled in the middle of the gymnasium, demonstrations were given by those that were not testing. Demonstrations were led by Hanshi Scaglione and included brown to black belt level kata and weapons kata as well as Shihan Dennis Flynn and Shihan Ed Bauder demonstrating the breaking of concrete blocks.

Those promoted from the Cocoa YMCA on February 28th are as follows:

Promoted to Ro-kyu (one green tip):

Paige Altaffer
Ayden Altaffer
Seth Cauthan

Promoted to Yellow Belt:

James Knear
Ethan Fafard
Rafael Musseb-Valverdes

Promoted to Go-kyu (two green tips):

Katelyn Fafard

Promoted to Ni-kyu (Brown Belt):

David Koenig
Cheyenne Flynn
Ayania Smiley

Ueshiro Cocoa Shorin-Ryu Karate Dojo

Moving Forward at the Cocoa YMCA Dojo

Our on-going commitment at the Cocoa YMCA dojo is to deliver on the following mission statement:

To propagate the art of Ueshiro Shorin-Ryu Karate USA, its kata and its techniques, as handed down by our founder, Grand Master Ansei Ueshiro.

To preserve and protect the history, traditions, methods, and integrity of Ueshiro Shorin-Ryu Karate USA.

To develop students to their maximum potential in body, mind and spirit, through courtesy, propriety, self-discipline and the ecstasy of hard work fostered by our dojo-the sacred halls of Shorin-Ryu Karate USA.

Our goal is to attract new students, develop them to their fullest potential, and retain those students by demonstrating our commitment to them; as individuals; and our commitment to the organization, as a whole. We will accomplish this through creative marketing strategies, motivational teaching, and effective communication.

We are excited about the way 2015 has started for us! Thus far we have 9 new students that have joined us since January 1st. We are enthusiastic about where the New Year may lead us!

Domo arigato to Sensei Ron Marchetti for his continued support of the dojo and his continued support of our higher-ranking students!

Domo arigato to Sensei Pat Marchetti for her continued commitment to teaching and for taking care of the sewing and alteration needs of the dojo!

Domo arigato to Sempai Dakota Flynn for her passion for teaching new students and for the great job she does, assisting me with maintaining our website: www.ueshirococoa.com

Domo arigato to Sempai Rob Weaver, Sempai Robert Hunt, Sempai Don Carter, Sempai David Koenig, and Sempai Dakota Flynn for their commitment and for their ability to teach classes!

Domo arigato to Hanshi Scaglione for his great leadership, great training, and for always being there for advice and direction!

And domo arigato to Grand Master Ansei Ueshiro for bringing Shorin-Ryu karate to the United States of America!

Sempai Dennis Flynn, Shihan Cocoa YMCA Dojo (321-631-2233)

Sensei Ron Marchetti, Go-dan/Sensei Pat Marchetti, San-dan
Website: ueshirococoa.com E-mail: cocoadojo@gmail.com



Ueshiro West Melbourne Shorin-Ryu Karate Dojo

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

I am pleased to report that warrior spirit continues to abound at the West Melbourne Dojo. We have a healthy roster of students. Since opening in August of 2012 we are now proud to have students of all levels. We just celebrated our semi-annual February belt test promoting our highest-ranking students to Ni-kyu. We were privileged to conduct our test together with the Suntree Dojo directed by Sempai Matt Reed. He also had an impressive showing of students to be promoted.

But the excitement did not stop there. We were doubly privileged to have Sensei Bob Dobrow with us at this same event. He led all of us in a spirited workout prior to the test infusing us all with great joy and vigor. We were honored to have Sensei Dobrow in our company for a whole month as he spent his sabbatical here in Melbourne, FL.

We fondly remember Master Ueshiro. The great gift of Shorin-Ryu karate that he brought to the USA is still enriching many lives.

Domo Arigato,

Sempai Rick Cupoli, Ni-dan
Shihan West Melbourne Dojo



Ueshiro Shorin-Ryu Suntree Karate Dojo



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

The Ueshiro Shorin Ryu Suntree Karate Dojo is off to a great start in 2015. We continue to grow and move forward. I am so fortunate to have an outstanding and diverse core group of deshi to train with. Our location is in close proximity to the five other local Florida dojo. We are extremely lucky to have Hanshi and the Viera dojo within a few miles of our location.

At the end of December, we were treated to a visit by the original shihan of the Ueshiro Shorin Ryu Suntree Karate Dojo, Sensei David Tamir. Sensei Tamir spent time visiting with us, polishing our technique, and training at the other Florida dojo. It was a great to have Sensei Tamir and his enormous spirit back on the deck.

Over the past few weeks we have had the pleasure of having Sensei Bob Dobrow of Northfield, Minnesota on sabbatical in our area. Sensei Dobrow brings a tremendous amount of energy and spirit to the dojo and he will be missed.



Ueshiro Shorin-Ryu Suntree Karate Dojo

On February 21st the Suntree Dojo participated in a combined semi-annual full belt promotion with the West Melbourne dojo. The combined promotion was a great event and a fantastic opportunity to train with Hanshi, visiting Sensei Dobrow, Shihan and deshi from different dojo.



On March 8, deshi from the Florida schools, accompanied by visiting Sensei Bob Dobrow, performed a demonstration for the Jewish Federation of Brevard. This was a fantastic opportunity to demonstrate Ueshiro Shorin Ryu Karate to a group of people who may not be familiar with our style of karate.



I would like to recognize one of our most dedicated deshi, Lloyd Brownhill (Ni-kyu). Lloyd began his karate training a little later in life, at age 70 to be exact. In the three plus years that Lloyd has been training, he has become an integral part of our karate family. Lloyd attends nearly every class in Suntree, never misses a special event, and is a regular attendee of Hanshi's classes in Viera. Lloyd's spirit, dedication and perseverance are second to none.



Please find the below list of recent Ueshiro Suntree Shorin Ryu Karate Dojo promotions from our combined February 21st semi-annual promotion.

Go-kyu
Heidi Hinckley

Orange Belt
Savanah Zhang

Ni-kyu
Lloyd Brownhill

Yellow Belt
Charlie Pepin
Eugene Shackelford

Yon-kyu
Brian Arriagada

Ik-kyu
Jade Norton
Angie Bingham

San-kyu
Jane Zhang

Ueshiro Shorin-Ryu Suntree Karate Dojo



“If not now, when?”

- Hanshi Robert Scaglione

The Suntree Dojo offers classes four days per week. Sunday's 11:00 A.M. until 12:30 P.M., Monday's 7:30 P.M. until 8:30 P.M., Wednesday's 6:30 P.M. until 7:30 P.M., and Friday's 4:30 P.M. until 5:30 P.M. Offering all of these classes would not be possible without the commitment of our advanced ranks. I would like to recognize Sempai Kevin Hutchenson (Sho-dan), Sempai Jennifer Sangalang (Sho-dan), and Sempai Christell Bodrick (Ik-kyu). Without their assistance we would not be able to offer this variety of class options.

Domo arigato gozaimasu,

Shihan Matt Reed, Ni-dan
Ueshiro Shorin-Ryu Karate Suntree Dojo
321-213-3124, rpd197@yahoo.com

Ueshiro Merritt Island Karate Dojo



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

The Ueshiro Merritt Island Karate Dojo continues to flourish with classes being conducted four days a week – Mondays, Tuesdays and Thursdays at 6 pm and Fridays at 6 am. In addition to myself, classes are taught by Sensei Pat Marchetti, San-Dan, and Sempai Travis Culp, Sho-Dan. Sempai Carla Eddy, Ni-Dan, also assists with the teaching of classes.

We continue to host advanced (Yon-kyu and above) classes twice a month led by myself and Sensei Pat Marchetti. These classes pull in students from all six Florida dojo and are always well attended. We have also added Ik-kyu and Dan level classes once a month – these classes are led by Hanshi.

Ueshiro Merritt Island Karate Dojo

We hosted another great Black Friday beach workout. All in attendance demonstrated great spirit at 7 am in about 60 degree weather.



Phong Nguyen, Cameron Kelly, Leah Kerr and Angel Rivera earned the rank of Ro-kyu on December 9 of last year. We were also privileged to have two of Hanshi's students join us - Carter and Laura Hallet. They were also promoted to the rank of Ro-kyu

On December 18, Hanshi presided over the Florida dojo' annual compai. We began the evening with a spirited karate class before taking a break and resuming with the compai.



Hanshi kicked off the toasting by honoring the memory of Grand Master Ansei Ueshiro. He reminded us of the hardships Master Ueshiro had to endure in bringing us this art.

Everyone had the opportunity to offer a toast and demonstrate a kata or two. The evening concluded with Hanshi performing Passai.



In early February, the annual karate week-end kicked off on February 6th with the 6 am class held at the Merritt Island dojo. A packed deck showed up ready for a full day of karate. It was a fast paced class as we



worked through stretches followed by across-the-deck-exercises. At this point everyone was wide awake and their body alive as we moved into kata. The bulk of the class was spent on kata, giving everyone present a chance to work their highest and/or favorite kata. We then lined up with partners for some arm training

exercises as a prelude to Yakusoku kumite. Many stayed on the deck long after we formally bowed out.

Later that evening the karate action returned once more to the Merritt Island dojo where Kyoshi Seeger stepped on the deck bringing his trademark enthusiasm and energy. The focus of the class dealt with "making shapes". In other words, use the full chamber but do not stop once it is in movement. This challenged everyone's timing.



We were also strongly encouraged to use much more hip and when we do use it to save it. This enables us to have much more power in each technique. This was strongly worked in the kiai move of Fukyugata Ich. Kyoshi Seeger asked us to think of "throwing" our technique as opposed to either placing or pushing it through our intended target. Students were asked to throw a down block like your arm was a nunchaku. This helped us achieve the speed and power we should be employing with each technique.

Ueshiro Merritt Island Karate Dojo

On February 22, the Viera and Merritt Island Ueshiro Shorin-Ryu karate schools held a joint full belt promotion lasting over four hours. Merritt Island students promoted were: Marly Mutter (Ro-kyu), Phong Nguyen, Angel Rivera (Go-kyu) and Hailey Greer (Yellow Belt).



Phong Nguyen began training at the Merritt Island dojo in August 2014 and achieved the rank of Go-kyu at our most recent promotion. Phong is in the 4th grade. He is very quiet, but very quick with a robust "Arigato Sensei" when he receives a correction. Phong is extremely bright and quick to incorporate corrections into his techniques. In his karate paragraph for his latest rank advancement he said his favorite part of karate was learning and working with BOB (pictured left).

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



"Karate-do may be referred to as the conflict within yourself, or a life-long marathon which can be won only through self-discipline, hard training, and your own creative efforts."

– **Grand Master Shoshin Nagamine**

Ueshiro Titusville Shorin-Ryu Karate Dojo

Onegashimasu Hanshi, Kyoshi, Sensei and USRKUSA Deshi,

It is hard to believe that I am nearly finishing my 4th year as shihan of the Ueshiro Shorin-Ryu Titusville Dojo. I was humbled and felt extremely honored when I was asked to be sponsored as shihan of this dojo by Sensei Kurt Tezel (Go-dan and Denshi) when I was still a Ni-kyu. It has been such a pleasure and an honor to train and grow alongside of the men, women, and children that make up our ranks. And our growth has been evidenced by recent activities, tests and promotions.

Members of our dojo participated in the recent seminars and beach work outs on February 6th, 7th and 8th, where we reaped the harvest of plentiful knowledge and refinement of techniques which were provided by Hanshi Robert Scaglione, Kyoshi Mackay, Scaglione and Seeger, and the numerous other high ranking sensei and sempai.



Ueshiro Titusville Shorin-Ryu Karate Dojo

On February 28, 2015 the Titusville dojo joined with the Cocoa dojo to hold our semi-annual full-belt promotion at the Cocoa YMCA gymnasium. It was a fantastic opportunity to train with Hanshi, Sensei, Shihan and other deshi from several Florida dojo, and with Sensei Dobrow visiting from Minnesota. Promotion results from Titusville are as follows:

Promoted to Yon-kyu:

Devin Fields



Promoted to Yellow Belt:

Madison Fields
Noah Fields
Grace Fields
Lizzy Peterson
Sarah Peterson



Promoted to Ro-kyu:

Jessie Scroggins
Sydney Geiger

Our recent move to the YMCA Family Center has proven to be extremely advantageous to class growth as we have between 10-15 students for both our Monday and Friday evening classes. Classes are currently conducted at the Titusville YMCA located at 2400 Harrison St., in Titusville, Florida, on Monday at 6:00-7:00 pm in the group exercise room, and on Fridays at 5:30-6:30 pm in the conference room.

Continuous emphasis is given to both personal development of each deshi as well as to team and family spirit. All members work together as a family as many of our deshi members are brothers, sisters and cousins bound not only by blood ties but by the strong ties instilled by working toward a common objective of perfection of technique and method. I am proud of their initiative, drive, motivation, and work ethic toward development and am proud to be there shihan. In my 58 years on this earth I consider it one of the high points of my life.

Instruction to Titusville residents is as brought to the United States by Grand Master Ansei Ueshiro and as currently taught by Hanshi Robert Scaglione.

Domo arigato gozaimasu,
Shihan Ed Bauder, Sho-dan (Ho)
Ueshiro Titusville Shorin-Ryu Karate Dojo



Viera Ueshiro Shorin-Ryu Karate Dojo

Onegai-shimasu Kyoshi, Sensei and all Deshi,

On February 22, 2015 the Viera Ueshiro Shorin-Ryu karate school participated in a full belt promotion lasting over four hours. We of the Viera Dojo/Club are proud to announce that we had 22 deshi test.

Although not everyone testing received an increase in rank, true character is determined by one's response to what should be seen only as a momentary setback.

Those Viera students who tested at the promotion are as follows:

Green Stripes

Caden Jensen
Brady Jensen

Go-kyu

Carter Hallett

Yellow Belt

Gabriel Norman
Luke Henderson
Dennis Roscoe
Bodhi Ringsmith

San-kyu

Melody Bohannan
John David Bohannan
Hannah Bohannan
Lisa Miller

Yon-kyu

Abigail Bohannan
James Bohannan
Emma Bohannan
Julia DiValerio
Robert Ringsmith
Jason DiValerio

Ni-kyu

Lauren Norman
Sonya Rao

Ik-kyu

Carter Yaskovic
Mason Yaskovic
Karuna Rao

Domo Arigato to Master Ansei Ueshiro for enduring countless hardships in bringing our style of karate to the United States over 50 years ago.

Domo Arigato to Sempai David Norman, Ik-kyu for helping us achieve this goal, and the Sempai and Deshi of Viera Dojo/Club for your help.

Domo Arigato to all those deshi that helped with the test as either a member of the board of judges or assisted with the test: Sensei Kurt Tezel, Go-dan, Merrit Island dojo, Shihan/Sensei Bob Dobrow, visiting us from Minnesota, San-dan; Shihan Matt Reed, Ni-dan; Ms. Carla Eddy, Ni-dan; Sempai Isaiah Lopez, Sho-dan (Jr); David Norman, Ik-kyu, and Lloyd Brownhill, Ni-kyu.

Domo Arigato to all the support people that showed up to root everyone on. Be they parents, grandparents, spouses, siblings or friends it is important that we thank them for their support and encouragement.

Domo Arigato Gozaimasu,
Ueshiro Shorin-Ryu Karate USA
Hanshi Robert Scaglione



Ueshiro Hawaiï Karate Club

Aloha from Hawaii,

The Ueshiro Hawaii Karate Club is now training at Kapiolani Beach Park. We have a beautiful spot at the base of Diamond Head Crater.



Coming from Waikiki, follow Kapiolani beach park along the shore until you reach the fountain. The red star on the map indicates our training spot (known as the old archery range). The yellow circle on the map indicates where you can park and restrooms that are open until 7pm at night. Parking is also available along the street fronting the training area.

We welcome all who plan to visit Oahu, to come and join in on a great workout with lots of sunshine and fresh air.

We would like to welcome back Andrew Scott to our training once again. It's always a pleasure to see students return to karate after completing school and settling in to their careers. Job well done.

In addition, Sempai Roi Globen, Ni-dan, has a surf rental shop for anyone wanting to hit the waves while visiting the islands.



Classes: Tuesdays and Thursdays

Time: 5:30p.m. – 7:00p.m.

Website: www.uhkdojo.com

Email: info@uhkdojo.com





Boston Chinatown Ueshiro Shorin-Ryu Karate Club

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

We are moving forward. We continue to train at the Wang YMCA of Chinatown, 8 Oak Street West, Boston, MA. Classes are on Monday and Wednesday nights at 7:30 pm and Sundays at 11:30 am. The YMCA is near downtown Boston. We are honored when visitors train with us. If you may be able to do so, please let me know.

Domo arigato gozaimasu to Hanshi for leading us down the path that Grand Master Ansei Ueshiro laid out for us.

Domo arigato gozaimasu to all,
Emiliano Mazlen
Yon-dan
[857-234-7350](tel:857-234-7350)
emazlen@hotmail.com

Northampton Ueshiro Pine Forest Karate Dojo



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

We held our annual workout and doshakai on Friday, Jan. 9, 2015. A well attended and spirited workout was followed by food, fellowship and reflections on the past year. It was energizing to see so many new faces, newly committed to this great art. Compai!

It was our honor and privilege to host a workout and rank promotion on Saturday, Feb. 7, 2015, attended by visitors from Albany as well as our local members. After a vigorous display of spirit, vigor and knowledge, we promoted eight deshi to their next rank.

The following karateka were reviewed and promoted:

Ro-kyu - Ivonne Vidal
Alex Ramos

Yon-kyu - Jay Girard
Michele Sullivan

Go-kyu - Jason Noon-Damiani
(Albany)

San-kyu - John Bosco
Valerie Vignaux
Singwen Mientka

Northampton Ueshiro Pine Forest Karate Dojo

Special thanks and domo arigato to the board of judges: Sensei Nancy Owen, Ms. Tracy Magdalene, and Peter Mitchell. We thank Keith Chan (Shihan, Albany) for attending with Albany deshi despite the snowy weather.

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.

Respectfully submitted,

Mary McKitrick, San-dan
Northampton Ueshiro Pine Forest Karate Dojo, Northampton, MA
www.pineforestkarate.com

For further information please contact: Sensei Daniel Gobillot, Shihan
413.320.5945



Please visit and train with us in Northampton.
Our doors are always wide open to you.



Ueshiro Mesabi Karate Dojo

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

On Feb. 20, the Ueshiro Mesabi Karate Dojo held its bi-annual full belt testing. Sitting on the board of judges for the tip tests and Yon-kyu tests were Sensei Kleusch and Sempai Sam MacGregor, Hannah MacGregor, Odin MacGregor, Patrick Douglas and Ben Gornik. Arigato Sempai!

We started with a vigorous warm up, some basic kihon and then kata. Great spirit was shown by all students. Arigato Deshi!

The test results are as follows:

Promoted to the rank of San-kyu:

Craig Johnson
Ben Gornik

Promoted to the rank of Yon-kyu:

Cole Palmi
Aiden Johnson

Promoted to the rank of Go-kyu:

Matias Honkola

Promoted to Ro-kyu:

Alex Leete



All students demonstrated great spirit, joy and vigor in our new dojo space. We held a traditional Compai after the workout and everyone toasted Master Ueshiro and Hanshi Scaglione for passing on Shorin Ryu karate to us all. We discussed much of the history of Shorin Ryu as well.



On March 6 and 7, we held our Grand Opening and open house for our new dojo space. It was a huge success with lots of visitors and new sign-ups. All students did spectacular demonstrations and we held a great compai afterwards toasting Master Ueshiro, Hanshi Scaglione, Kyoshi and Sensei. Mesabi East school has graciously turned the space over to us as our dojo. Our new dojo space is a work in progress and we will fix it up little by little.

Domo Arigato Hanshi, Kyoshi, Sensei, Sempai and Deshi!

Sensei Lyle Kleusch
Shihan, Director
Ueshiro Mesabi Karate Dojo

Ueshiro Northfield Karate Dojo

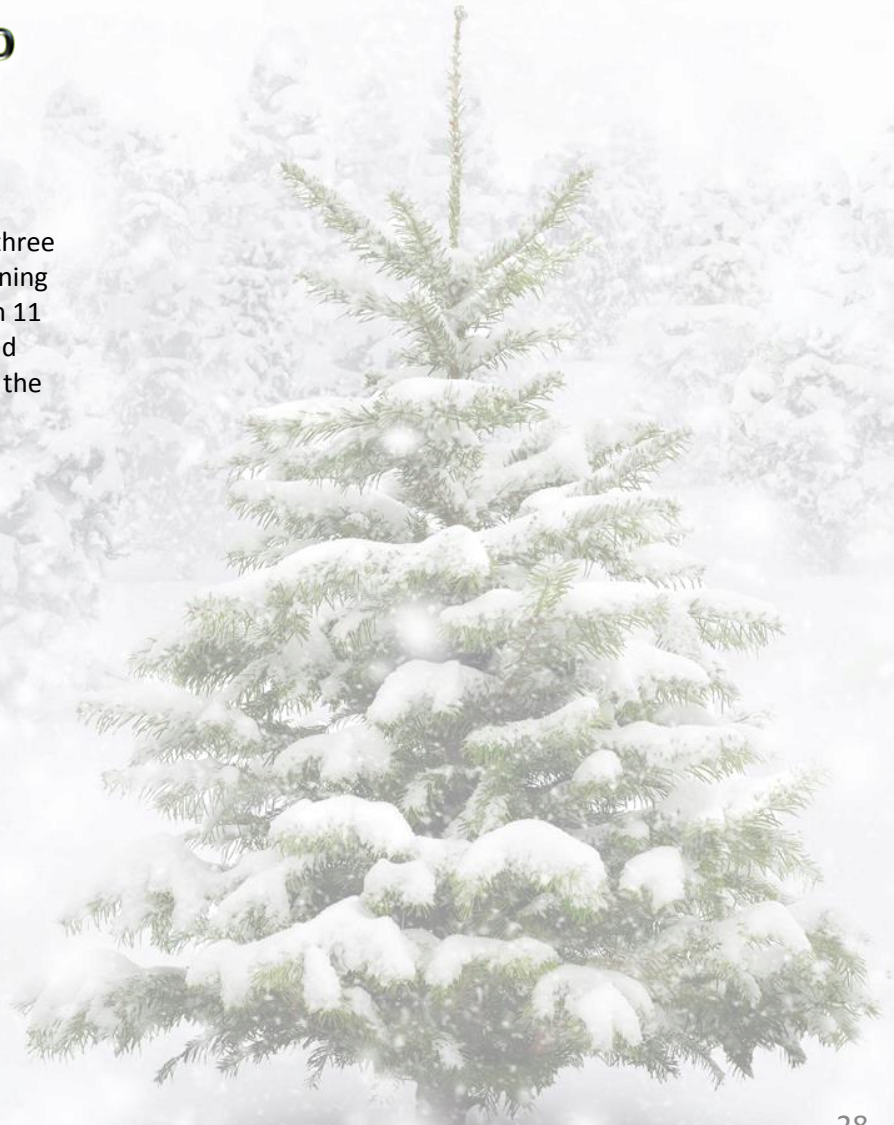
Onegai-shimasu Hanshi, Kyoshi, Sensei and all Deshi,

As winter turns to an early spring, the Northfield, Minnesota dojo continues to grow and train with joy and vigor. Classes are offered three times a week – Monday and Wednesday evening and Saturday morning 10:00 to 11:00 am, with advanced classes (Yon-kyu and above) from 11 am to noon. Additional classes for Carleton College students are held Wednesday evenings and the students join the community dojo for the Saturday morning class.

Moving Forward in Rank

Congratulations to all students who advanced in rank these past six months:

Carson Bechtel - Ro-kyu (one green tip)
Iris Harmelink - Ro-kyu (one green tip)
Vincent Sommer - Ro-kyu (one green tip)
Kelsey Sijan - Ro-kyu (one green tip)
Shradda Raghavan - Ro-kyu (one green tip)
Camille Braun – Go-kyu (two green tips)
Claire Su - Go-kyu (two green tips)
Sam Folland - Yon-kyu (Green Belt)
Adam Rutkowski - Yon-kyu (Green Belt)
Lori Folland - Yon-kyu (Green Belt)
Izabella Lawrence - San-kyu (Brown Tips)



Ueshiro Northfield Karate Dojo

Special Events

A number of deshi came out early on New Year's Day for a special "Welcome 2015" workout. Domo Arigato to attendees Brenda Hellen, Scott Sijan, Guy Lawrence, Bella Lawrence, Lori Folland, Sam Folland and Steve Hatle for showing big spirit on this special day!



Travels

Last November, Sensei Dobrow and his wife Angel left Minnesota for a cross-country trek during Sensei's sabbatical. Besides training at Big Sur and Joshua Tree National monument while staying in California, Sensei wound up his trip on the Space Coast of Florida. There he spent February and March training at all of the Florida dojo, participated in a number of full-belt tests, and gathered up a big bushel of "sugar" to bring back to the deshi of Minnesota! On the way home, he will stop in Nashville to train at the dojo of Sensei Paus. All of us here in Minnesota look forward to his return at the end of March!

Sempai Steve Hatle, Sho-dan, Scott Sijan, Ik-kyu, Guy Lawrence, Ni-kyu and Bella Lawrence, San-kyu travelled to Florida for the annual February workout. Domo Arigato to all of our karate brothers and sisters in Florida for another great weekend!



Sensei Dobrow and Sempai Hatle also travelled to Palisades, NY in October for the annual Black Belt Weekend.

Domo arigato to Hanshi Robert Scaglione for continuing to share the gift of karate with all of us, the Kyoshi and Sensei who are our teachers and examples, and our fellow deshi around the world who share our joy and vigor as we continue to learn the karate brought to us by Grand Master Ansei Ueshiro!

Respectfully submitted,
Sempai Steve Hatle, Sho-dan
Ueshiro Northfield Karate Dojo of Minnesota





Ueshiro Midtown Karate Dojo

Onegai-shimasu, Hanshi, Kyoshi, Sensei and Deshi World Wide.

The past six months at the Midtown Dojo have been filled with opportunities and challenges that brought out the best in each of us. Instead of hibernating all winter, students showed up in large numbers ready to further their own skills and bring newcomers into the fold. Many deshi took advantage of our back-to-back classes, training as much as three hours per day under the watchful eyes of Hanshi and the other Shinden. “A big walking knows no gate” was the mantra for trudging through ice, slush and snow, while “Stepping first” was the key to not breaking one’s neck in a fall. This winter we really learned how to use karate-do both on and off the deck! Below are some highlights:

October tip test – The Midtown Dojo kicked off the Fall season with a tip test on Oct. 21st. Two students were promoted to Ro-kyu - Sandy Rodriguez and Janu Subramanian – after a high-pressure, fast-paced workout. Domo arigato to all the Black Belts and kyu ranks who came down to assist with the test, and to those instructors/deshi who have guided these white belts along since they joined many months ago. (News update: these two deshi moved on to Yon-kyu in Feb. 2015!)

Ueshiro Midtown Karate Dojo

2014 Black Belt weekend – Turnout was high for the 52th Annual Black Belt weekend held on Oct. 25th at the height of autumn foliage. Special thanks to Kyoshi Dave Seeger who spent countless hours to ensure that everything ran smoothly and to Hanshi Robert Scaglione for keeping the instructors of USRKUSA on course. The multiple events were captured photographically by Chloe Margulis and are available [here](#) for viewing and/or purchase. Laurie Werner also documented the weekend, and a newly published [gallery](#) and [video](#) may be seen at the midtownkaratedojo.com website or via the preceding links. Domo arigato gozaimasu to both accomplished photographers for preserving our history for future generations.



December tip test - The Midtown Dojo held its December tip test on Tuesday, Dec. 9. After a spirited workout and formal testing, Caleb Barrett was promoted to Ro-kyu. Congratulations to everyone who was “put on the spot” for your seriousness and commitment to the traditions of Ueshiro Shorin-Ryu. Domo arigato gozaimasu to the Board of Judges: Sensei(s) Gamiel Ramson, John Adams and Ron Ballin, for their watchful eyes and words of wisdom after the test. Another one of our white belts, Tony Falcone, tested for his first tip the following evening at the Ueshiro Wingspan Karate Club of P.S. 748, presided over by Sensei Rob Neff.

Year-end workout and compai – Our annual year-end workout and celebration was held on Tuesday, Dec. 16 with all ranks represented. Special thanks to our courageous white belts in dealing with high-powered techniques delivered in close proximity. Domo arigato as well to everyone for your heartfelt compai and words of appreciation for Ueshiro Shorin-Ryu, not to mention a special thanks to those who brought refreshments for the group. In keeping with the holidays and to further propagate the art of Karate-do, the Midtown Dojo presented each student with a one-month gift certificate to offer a friend or family member. Several new white belts have joined through this program, and we’re hoping to see more before the certificates expire on April 20th, Grand Master Ueshiro’s birthday. A slideshow of the year’s events was released on Dec. 30th, and may be seen [here](#).

Winter training – As blizzards continued to pound the Northeast, St. Barts shut down the Athletic Center on Tuesday, Jan. 27th. In response, the Midtown Dojo held its first “Snow Training” contest where students were invited to submit an inspiring snap shot of themselves training outdoors. The winner was Caleb Barrett whose barefoot video of Fukyugata Ichi is published [here](#). Caleb won a high-end shirt from Ron Jons, the landmark surf shop on Cocoa Beach.

Ueshiro Midtown Karate Dojo

Florida Workout Weekend - A small, elite corps of Midtown Deshi made it down to Cocoa Beach (and back!) for the Annual February Workout, hosted by Hanshi Robert Scaglione and the Florida Shihan. New York City participants in the marathon training, which lasted from 6:00 AM Friday to 2:30 PM Sunday, included: Sensei(s) Kevin Reymond, John Bottega and Ron Ballin, Sempai(s) Henri Waelbroeck, Candace Morgan and Kim Garon, Lisa Rosenberg and Anna Sweeney. To all the students of Ueshiro Shorin-Ryu USA who train diligently week after week, showing up at the dojo, working with white belts, wiping down the deck after class: these three days in February are your reward: the big payout, the icing on the cake. Next year don't forget to claim it! Domo arigato gozaimasu to Hanshi, my fellow travelers and the magnanimous Florida Dojo for your warm hospitality and spirited karate.



February tip test - The Ueshiro Midtown Karate Dojo held its February green tip test on Feb. 11th attended by approximately 17 students. Class began with 30 minutes of basics practiced from jigotai-dachi and zenkutsu-dachi, followed by group demonstrations of Fukyugata Ichi. Formal testing got underway with a Board of Judges comprised of Sensei(s) Gamiel Ramson, Ellin Moore, Rob Neff and Luz DeLucia. After reviewing the traditional requirements for each level, the following deshi were promoted:

Ro-kyu

- Abhay Prasad

Go-kyu

- Caleb Barrett
- Tony Falcone

Congratulations to the candidates on their serious, focused demeanor throughout the test, and to their supporters, comprised of Sensei, fellow students, family and friends. Domo arigato to Grand Master Ansei Ueshiro and Hanshi Robert Scaglione for keeping this classical art form alive, and showing us its relevance today as it was 50 and 500 years ago.

Field trip to celebrate Chinese New Year - To recognize the arrival of the *Year of the Goat*, Midtown deshi from the Saturday noon class travelled on Feb. 20th to view the monumental "Phoenix" sculptures on display at the Cathedral of St. John the Divine. The two 6-ton suspended sculptures were created by the Chinese contemporary artist Xu Bing and evoked the tension between China's ancient myths and rapid modernization. Afterwards, the group enjoyed lunch and pastries across Amsterdam Ave. at V&T's Pizza and the Hungarian Pastry Shop.

Ueshiro Midtown Karate Dojo

Full Belt Promotion - The Midtown Dojo held its full belt promotion on Feb. 15th beginning with an extended workout in the St. Bart's gym followed by formal testing inside the Dojo. The day's events were dedicated to Grand Master Ansei Ueshiro for his incredible story of overcoming adversity and bringing Shorin-Ryu to the USA. After a thorough examination of kata, yaku-soku kumite and breaking, the following students advanced in rank:

Go-kyu

- Sandy Rodriguez
- Janu Subramanian

Ni-kyu

- Sherin Bennett

Many thanks to our boards of judges, overseen by Sensei(s) Gamiel Ramson and John Bottega, and all the deshi who contributed in countless ways to make the event run smoothly. Special mention to the Black Belts who stepped up to break the terracotta roofing tiles: Sensei(s) Bottega, John Adams, and Messrs. Jon Cohen and Dawood Emmenuel (slow motion video [here](#)). Among the many words of wisdom offered at the end of the test, everyone was encouraged to set aside their fear of failure and focus on their desire for success - however one defines "success."

Domo arigato gozaimasu to Hanshi Robert Scaglione for carrying on in Master Ueshiro's footsteps, and thereby keeping the path of traditional karate-do clear for us all.



Corporate seminar – On Mar. 18th the Midtown Dojo held a private group class to introduce traditional Shorin-Ryu karate-do and self-defense techniques to employees of Transwestern, a commercial real estate firm in the area. The class was designed to inspire self-confidence and street awareness in a population of potential students not quite ready to “take the plunge” into serious martial arts. We hope to attract more white belts through such out-reach group programs.

Future events – Deshi from around the world are encouraged to plan a visit to the Hombu (Headquarters) Dojo before the next Newsletter is published. The following are the major events which have already been scheduled, should you want to save the dates. Others will undoubtedly be added.

- Week starting Mon. Apr. 20 – Katathon training in honor of Grand Master Ansei Ueshiro's birthday
- Sun. July 26 – Sherwood Island Beach workout
- Sun. Aug. 9 – Full belt promotion
- Sun. Sept. 13 – 911 Memorial workout in Central Park
- Sat. and Sun. Oct. 18 and 19 – Annual Black Belt weekend in Palisades, NY
- Sun. Dec. 10 – Midtown Dojo Annual year-end Compai

Ueshiro Midtown Karate Dojo

A final “Domo arigato!” to all the Midtown instructors who show up seven days a week - rain, sleet or snow - to carry on this priceless art. Their “can do” spirit carries over from kata to caring for the dojo, whether by donating and installing a new exercise mat, polishing the mirrors, or bringing in new recruits. Their names and class times are listed below:

Monday	7:15 - 8:15 am 5:30 - 7:00 pm	Kim Garon, Henri Waelbroeck Gamiel Ramson, Ron Ballin
Tuesday	5:30 - 7:00 pm 7:15 - 8:45 pm	Michael Mackay Michael Mackay
Wednesday	12:15 - 1:00 pm 5:30 - 7:00 pm	Bruce Silver Anna Sweeney
Thursday	5:30 - 7:00 pm	Larry Link, John Adams (Black belts only 1st Thursday each month)
Friday	7:30 - 8:30 am 5:30 - 7:00 pm	Henri Waelbroeck, Kim Garon Ron Ballin, Gamiel Ramson (Brown belts only 1st Friday each month)
Saturday	10:45 - 11:45 am 12:00 - 1:00 pm	Rob Neff, John Robbins John Robbins, Dawood Emmenuel
Sunday	11:00 - 12:00 am	Jon Cohen, Ibrahima Jalloh

Please come by and train as our guest any time you are within 100 miles of midtown Manhattan. Or, follow Hanshi’s lead and hop on a plane. While Master Ueshiro considered New York City, “The center of the universe,” the center of your Shorin-Ryu world is the Dojo or Club nearest your home or place of work. Support your Shihan in every way possible. And if you ever get restless, visit the two or three USRKUSA dojo nearest by.

Domo arigato gozaimasu, Hanshi, for spreading the art of Ueshiro Shorin-Ryu across so many boundaries, while maintaining its core strength.

Kyoshi Michael Mackay, Ku-Dan

Ueshiro Midtown Karate Dojo
109 East 50th St.
New York, NY 10022

Kyoshi@midtownkaratedojo.com
646-761-0683

Ueshiro Downtown Shorin-Ryu Karate Dojo



“First rule – observe, second – set your foundation, third – winning attitude or stomach to do the job and fourth – strength to follow through... - whatever else we do, we just keep moving forward.”

Hanshi Robert Scaglione

(Building Warrior Spirit with Gan, Soku, Tanden, Riki,
“The Green Book”)

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

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

Ueshiro Downtown Shorin-Ryu Karate Dojo

We continued our workshop program and have a number of new workshops scheduled over the next several months. We believe the workshops allow us to focus on one kata, bunkai, weapons, or prearranged and thereby provide an opportunity to more fully explore techniques and improve our overall knowledge and skills.

Always Moving Forward

We have also worked on new avenues to promote our dojo and Ueshiro Shorin Ryu including Class Pass and Meetup. In the coming months we will be hosting Open Houses for the general public. Kata, basics, prearranged, bunkai and weapons, are all demonstrated along with a discussion of our style of karate and the history of Shorin-Ryu.



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

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

Class Schedule

Monday	5:30 pm – 7:00 pm
Wednesday	7:00 am – 8:30 am
Thursday	5:30 pm – 7:00 pm
Saturday	10:00 am– 11:00am
Sunday	4:15 pm – 5:45 pm

www.downtownkaratedojo.com



Ueshiro Uptown Harlem Karate Club

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

The Harlem Karate Club has been training vigorously since our last update in the fall due to some very dedicated students who show up every week and keep our club going strong. In order to keep us strong and propagating the art of Ueshiro Shorin-Ryu we are going to commit to some short and long term goals. Our goal within the next 6 months is to bring in at least between 5 and 10 new students. Our long-term goal within the next year is to promote at least 2 to 4 new students to the rank of Ro-kyu. I will be meeting with our current group of deshi to brainstorm ideas and develop a plan to accomplish these goals. In the meantime we will continue to train with great spirit and 110% commitment each week as we have been taught by Grand Master Ansei Ueshiro, Hanshi, and the Shinden.

Any deshi is more than welcome to train with us on Saturdays from 2:00 to 3:00 pm. The Harlem Holistic Center is located at 115 West 128th St. between Lenox and 7th Ave. It is a few blocks up Lenox Ave. from the 125th St. stop off the 2 or 3 train. Please call or email me before you come to let me know you plan to visit. I can be reached at (917) 843-7871 or at jhq.adams@gmail.com

Domo arigato gozaimasu Hanshi,
Sensei John Adams, Shihan
San-dan

University at Albany

Ueshiro Shorin-Ryu Karate Club

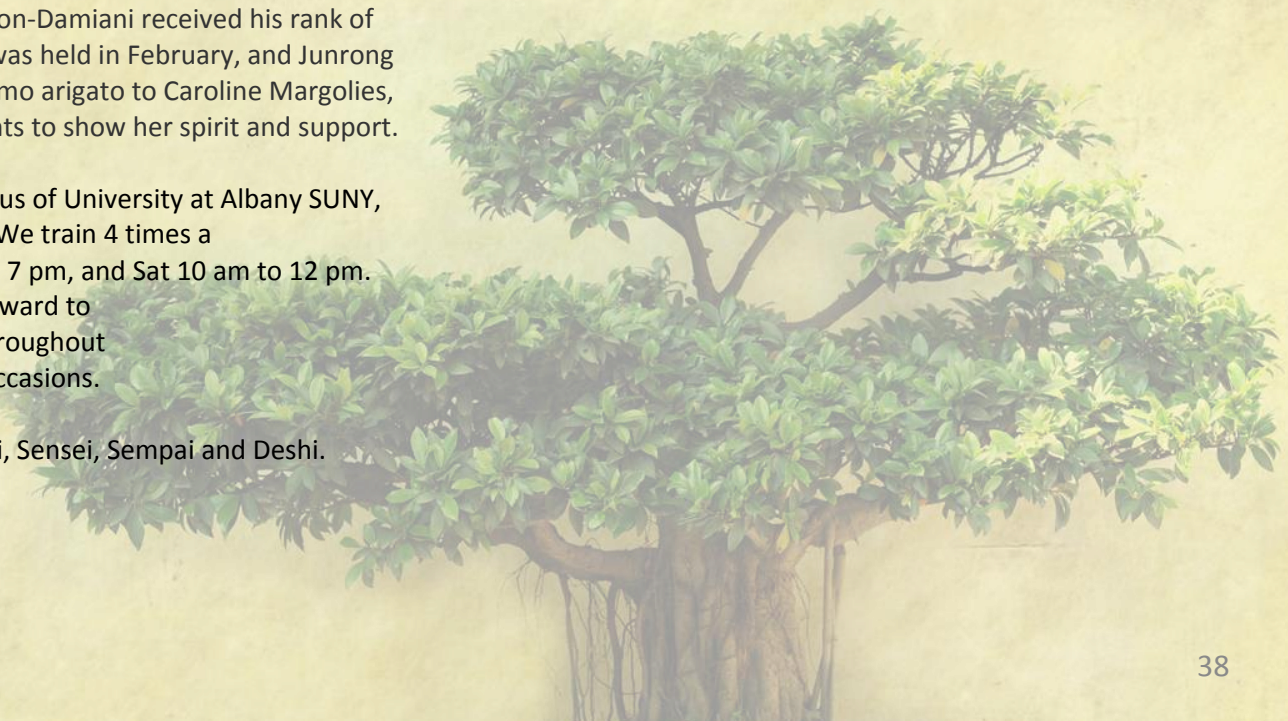
Onegai-shimasu, Hanshi, Kyoshi, Sensei, Sempai, and Deshi,

I am writing to report on updates to the Albany Dojo. We are a small group of myself and four students: Caroline Margolies, Yon-kyu, Jason Noon-Damiani, Go-kyu, Junrong Shi, Go-kyu, and Jiabin Huang, white belt. We train hard and perform the kata diligently as taught by Master Ueshiro, Hanshi, Kyoshi, and Sensei in our system. In February, we were honored to be invited to the testing event hosted by Sensei Gobillot and the Northampton Dojo, where Jason Noon-Damiani received his rank of Go-kyu. A later testing event at Albany was held in February, and Junrong Shi also received her rank of Go-kyu. Domo arigato to Caroline Margolies, Yon-kyu, for being present at these events to show her spirit and support.

We are located on the Downtown Campus of University at Albany SUNY, at 135 Western Ave, Albany, NY 12222. We train 4 times a week, Tues/Wed/Thurs from 5:30 pm to 7 pm, and Sat 10 am to 12 pm. We welcome visitors and would look forward to training with our sisters and brothers throughout the system at future events and other occasions.

Domo arigato gozaimasu, Hanshi, Kyoshi, Sensei, Sempai and Deshi.

Respectfully submitted,
Keith Chan, Ik-kyu
Shihan of Albany Dojo
617-818-7255



To-Te Ueshiro Karate Club



Onegai-shimasu Hanshi, Kyoshi, Sensei and all Deshi world wide.
Greetings All!

The To-Te Ueshiro Karate Club, Nyack, New York has progressively moved forward, step by step, kata by kata as we continue to offer traditional Ueshiro Shorin-Ryu Karate training 7 days a week.

SPRING 2015 CLASS SCHEDULE:

Monday: 5 - 6PM | *Ryukyu Boot Camp with Powell Sensei*

Tuesday: 8 - 9PM | *Evening Kata & Weapons w/ Mr. Lee Justo & Mr. David Boykin*

Wednesday: Noon - 1PM | *Afternoon Advance Kata w/ Sensei Vachino*

Thursday: 8 - 9:30PM | *Shorin-Ryu Karate w/ Powell Sensei*

Friday: Noon - 1PM | *Karate at Noon w/ Powell Sensei and Ms. Gemini Watanabe*

Saturday: 10 - 11:30AM | *Shorin-Ryu Karate - All Ranks w/ Sensei Vachino & Mr. Lee Justo*

Sunday: 10 - 11:30AM | *Basics, Kata, Stretching & Bo w/ Mr. Ed Abreu*

To-Te Ueshiro Karate Club

Here we FEATURE our Sunday 10am instructor Mr. Ed Abreu, Sho-dan. Sempai Ed's Sunday class focuses on basics, slowing things down, kata, yakusoku kumite, stretching and bo.

Mr. Abreu is 63 years young and has over 48 years of martial arts training, with dan ranking in Goju-ryu, Shotokan, TKD and Isshin-ryu. Mr Abreu came to us in Nyack looking for a traditional school in Rockland County.

I asked Ed: Why? Why keep training? This is what he said:

"Martial arts training is a journey, not a destination. It does not matter what style. The greatest martial art is still just punch, kick punch, punch. What matters is to keep training/polishing your art."

When asked, why so many styles? This is what he said:

"Traveling for business during most of my working career meant being away from home on long periods of time and finding the local dojo, whatever it happened to be, and putting on my gi and join in on the training. I always started as a white belt at each dojo I have ever visited, including finding Powell Sensei's Shorin-Ryu dojo".

What I love about Mr. Abreu is his understanding of the fundamental basics and his ability to just show up and get it done. As an added bonus he brings his entire family. His 11-year-old son Gabriel trains with us and is an Orange belt, and his 12-year-old daughter Grace is an Orange belt. To top it off his wife Jacquelyn also trains with us and she is a Ni-kyu!

Ed is also an accomplished artist and painted the commemorative portrait of Hanshi for his 75th birthday celebration. The painting now proudly hangs in the Florida Coco Beach Dojo.

We welcome Sensei Vachino to our dojo and [Saturday](#) 10 am classes. Sensei Vachino, and the sugar that he and Mr. Lee Justo bring to this wonderful weekend

Saturday morning class is very high level, traditional and covers a full spectrum of Shorin-Ryu training. The class is open to all ranks.

USRKUSA deshi visiting New York please stop by and train with us. All are welcome.



This year our dojo is back to training 7 days a week! I would like to thank Mr Lee Justo for stepping up with the assistance of NEW Sho-dan, Mr. Dave Boykin, and conducting and running the [Tuesday](#) evening 8pm class which focuses on rank level advance kata and weapons.



To-Te Ueshiro Karate Club

February 2015 Testing & Review Results:

On Sunday, February 15th, the To-Te Ueshiro Karate Club, Nyack, NY held its annual February Promotion and review.

This year only one candidate was formally tested and promoted.

However, ALL deshi were reviewed and put through a rigorous workout which started at 10:00am with traditional USRKUSA basics and progressing into a steamy and sticky deck of full speed and power kata followed by the testing and review which went on for 3.5 hours, ending this day at 1:30pm.



Sam Hill promoted to the rank of Yon-kyu (Green belt).

I would like to thank the Nyack students for creating an atmosphere of learning, stepping like tigers and always at the "ready" for what ever the Sensei and advance deshi threw at them.

It was an exciting day. Thank you Mr. Ed Abreu, Sho-dan, for calling the students up on the spot. Our board of judges were on point with interesting questions from our rich Shorin-Ryu history.



Ending the day, advance students performed kata expressing the hit hard, yet step first philosophy of our style as handed down from Grand Master Ansei Ueshiro and (cradled), polished by Hanshi Robert Scaglione.

Domo Arigato Hanshi for keeping the fire burning and providing the necessary fuel each and everyone of us need to propagate and preserve the tradition and signature of Master Ueshiro.



Here's to warm weather in New York! And all of us continuing down the path....

Domo Arigato Gozaimasu,
Denshi/Shihan Powell Sensei
To-Te Ueshiro Karate Club
Nyack, New York

**All photos courtesy: A. Das

Ueshiro Pine Forest Karate School

Shihan Kyoshi David Seeger, 9th Dan

motobu@aol.com

4 Formal Classes per Week

Tuesday 7pm Potter Sensei / Wednesday 7pm Kyoshi Seeger

Thursday 7pm Lax Sensei / Sunday 10am Kyoshi Seeger

GREAT KICK OFF TO 2015

OUR ANNUAL

FEBRUARY FLORIDA WEEKEND WORKOUT

Thank you Hanshi and Denshi Tezel Sensei and the Shihan

Directors, Sensei and Deshi of

Florida Ueshiro Shorin-Ryu Karate USA



Kyoshi Sal, Sensei Joe Roberts, Hanshi, Kyoshi Seeger

SAVE THE DATE!

UESHIRO SHORIN-RYU KARATE USA



**The 53rd Annual Black Belt Weekend
Saturday and Sunday Oct. 17-18, 2015**

\$125.00 FOR THE ENTIRE EVENT
(DOES NOT INCLUDE HOTEL)

RESERVE YOUR ROOM NOW AT THE IBM CENTER
CALL 845-732-6000 BOOKING CODE: USRK

**REGISTRATION FOR BLACK BELTS
AND SUPPORTERS
BEGINS ON MASTER UESHIRO'S
BIRTHDAY
APRIL 20, 2015**

Ueshiro Okinawan Karate Club of Pelham Manor

Onegai-shimasu Hanshi, Sensei and Deshi,

The Okinawan Karate Club of Pelham Manor continues to move forward with a dedicated group of core students. Last winter we added three new white belts to our ranks:

- Binu Sethi Gauba
- Serena Gauba
- Arya Gauba

We also continue to be honored with guests from the To-Te Ueshiro Karate Club of Nyack, NY. Domo arigato to Chief Instructor Brian Heese for juggling many responsibilities on and off the deck to keep the dojo up and running. This April we will be hosting an over-due paint party. All are welcome!

Please join us any Monday evening to pay tribute to Sensei Dan Nichuals' unique style of karate, and his enduring loyalty to the USRKUSA organization as preserved by Hanshi Robert Scaglione. We are only a half hour away from Grand Central Station by rail.

Class schedule

Monday, 6:30 to 7:30 pm

504 Wynnewood Road in Pelham Manor, NY

Contact: bheese123@gmail.com or Kyoshi@MidtownKarateDojo.com

Domo arigato gozaimasu,

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



Wingspan Arts After School Ueshiro Karate Club and Poly Prep Summer Experience Ueshiro Karate Club

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

This past Fall and Winter I have had many students in my Wingspan Arts after school program at P.S. 748 in Bensonhurst, Brooklyn. We are training hard and working basics and Fukyugata Ichi; and one student has moved on to Fukyugata Ni. We have students ranging from 1st to 5th grade, with one new 1st grader and a few students returning from last year.

On Wednesday, Dec, 10, we held our first tip-test. Domo arigato gozaimsu, to Kyoshi Mackay and Sempai Anna Sweeney, our guests who traveled far to the outskirts of Brooklyn in the snow to be on the board of judges for our test. In addition, arigato to Tony Falcone who tested as a guest of our dojo as well as an adult model for my students. Testing with Tony was 5th grader Login Ruzzier who was promoted to Ro-kyu along with Tony.

The test followed a very spirited workout led by Kyoshi Mackay enjoyed by eleven 1st-5th graders. Joy and vigor were felt by all on the deck.

Last summer I worked at a new camp -- Brooklyn Poly Prep Summer Experience. I taught two to three basic karate classes a day to both boys and girls groups.

Campers ranged in age from 4th to 7th graders. The camp's new brochure for this coming summer features a prominent picture of campers sitting seiza. Please click here to see it for yourself:

http://issuu.com/polyprep/docs/summerprograms2015lr-2_1_/11?e=6303893/10816197

It is featured on page 10. I hope to be back again this summer.

I am always excited to be teaching karate where Hanshi Robert Scaglione grew up. I feel very lucky to be passing down traditions, techniques and forms that were given to us by the Shinden.

Domo arigato gozaimasu,
Sensei Neff Yon-Dan
Midtown Ueshiro Karate
Wingspan Arts After School Ueshiro Karate Club
(Wednesdays from 3:15 – 4:45. Please call first if you want to visit 917-549-4218)
Poly Prep Summer Experience Ueshiro Karate Club



Ueshiro Okinawan Karate Family Club

This is the time of year when State College, Pennsylvania bustles with new life. Beyond the accelerated foliage and animal life activity, we are in the crest of the wave of returning Penn State University students.

Our February promotion test was conducted over two classes (Feb. 22 and Feb. 26) and this was followed with an additional review and announcements of test results on March 1.

The following students were promoted to their next rank:

Ro-kyu:

Nick Baptista
Alex Baptista
Elizabeth Baptista
Gregg Baptista

Go-kyu:

Mathes Miller-Priddy
Joel Priddy
Sara Miller
Jose Mendez
Amy Gustafson

San-kyu:

David Pacchioli
Daniel Pacchioli
Johnny Yao

Orange Belt:

Ben Kaplan

Ik-kyu:

Mike Musser

With this being one of our larger tests in recent years, we are excited by this opportunity to “take it up a notch.”

We continue to hold two classes a week – on Sundays (5:30 – 7:00 pm) at Windmere Hall (the *Independent Order of Odd Fellows* Bldg.) and Thursdays (6:00 – 7:30 pm) at Dragonfly Therapeutic Massage and Day Spa.

We are always happy to welcome USRKUSA members. For more information about our club, go to: [http://www.shorinryu.com/Flyer-State college karate club 7.pdf](http://www.shorinryu.com/Flyer-State%20college%20karate%20club%207.pdf) or call Kyoshi Kaplan (814-441-9188).

Domo arigato gozaimasu Hanshi,

Kyoshi Matt Kaplan, Shihan
Ueshiro Okinawan Karate Family Club
(State College, PA)

Ueshiro Shorin-Ryu Nashville Family Karate Club

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

Greetings from Music City, USA!

In December, we had one promotion: Isaiah Bailey was promoted to Rokyu. Shortly thereafter, Isaiah had to have a minor surgical procedure which kept him off of the deck for a few weeks.

However, our club has grown considerably since the Fall. Lovelyne Hatchet and her son Elijah joined us after attending a few services at our church, Cornerstone United Methodist. Upon Isaiah's return from his recovery, he was joined by his mother, Amy Steele, who has been with us for a couple of months and is enjoying working out with us. Finally, we have added two young boys, Clay and Landon Cook, to our ranks. They have shown excellent spirit on the deck, and we are very happy to have them join us.

Soon, we are expecting our first guest. Sensei Bob Dobrow will be joining us for a couple of classes while he is visiting Nashville. We are very excited, and hope to see more visitors in the future.



As always, a big thank you to Pastor Beth Ezell and the congregation of Cornerstone United Methodist Church for their continued support of our club and the use of their facilities.

Thank you Hanshi and the Kyoshi for your continued leadership and guidance.

Domo Arigato Gozaimasu,
Sensei Sean Paus, San-dan
Shihan, Ueshiro Shorin-Ryu Nashville Family Karate Club

Ueshiro Northern Virginia Karate Club

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

The Ueshiro Northern Virginia (NoVA) Karate Club continues to move forward under the Direction of Hanshi Scaglione and following the path initially blazed by Master Ueshiro.

The past several months have been very busy for Ueshiro NoVA Karate, the weather tested us many times, but opportunities to train remained steady throughout and the cold spell and occasional snow storm made the Florida trip a relief for those who were able to attend. Along with Kyoshi Sal, Bill Briedenbach (Ik-kyu), Bonnie Langendorff (San-kyu), Jason Ford (San-kyu), Kelly Ford (San-kyu), Skylar Ford (Yon-kyu), David Ford (Yellow belt) and, from the Dulles Club, Catherine M. (San-kyu), all showed great spirit and participated in a full slate of classes including Hanshi Scaglione's beach workout.

Several NoVA Black Belts made the trip to Palisades, NY for the annual Black Belt workout in October. Joining Kyoshi Sal were Sensei Patrick Markowitz (Go-dan), Sensei Lisa Markowitz (Yon-dan), and Jim Davis (Ni-dan). The shift to October from December allowed for several outdoor workouts and added to the experience with Hanshi Scaglione leading the way and offering all in attendance a great historical perspective and keen technical insight to bring back home to our Club.

Continuing the visiting theme, we were pleased to host Sensei David Tamir (Roku-dan) from Israel on several occasions and the information sharing during those visits remain at a very high level.

One of many students we'd like to highlight is Bill Breidenbach (Ik-kyu). Bill's dedication to Ueshiro Shorin-Ryu Karate is outstanding, He is pictured below during one of his many Florida trips. He has also been to Minnesota twice, and to New York for the 50th Anniversary Celebration and Hanshi's 75th Birthday Celebration. We have three scheduled classes each week and Bill's attendance at each of those classes is superb. Even during the worst of weather, Bill finds a way to open the doors to our club. At home Bill has built a Dojo in his basement complete with makiwara board and of course our Shinden. Bill continues to move forward and give our club every bit of energy and contributes on many levels including covering classes, rebuilding our makiwara board, designing and procuring a club banner, and provides boards for all of our promotions. Bill's attitude and work ethic is a great example for all of our students and his work with our youngsters is paying dividends. It is a pleasure having Bill as part of our Karate family.



Ueshiro Northern Virginia Karate Club

The Ueshiro NoVA Karate Clubs held a joint promotion on February 14. The day was full of joy and spirit as we joined forces with the Ueshiro Dulles Club for a spirited promotion following a joyous and vigorous workout led by Kyoshi Sal. Congratulations to the following Dulles and Northern VA students who were promoted:

San-kyu

Steve T. (Dulles)

Yon-kyu

Ritvik Kaki (Centreville)

Zhilwan Z. (Dulles)

Yellow belt

Anu Altankhuyag (Centreville)

Timulan Altankhuyag (Centreville)

David Ford (Centreville)

Go-kyu

Alan T. (Dulles)

Special thanks to the Board of Judges:

Sensei Lisa Markowitz, Yon-dan, Center Judge

Sensei Shabbir Kazmi, San-dan

Mr. Jim Davis, Ni-dan

Murtaza Rizvi, Ik-kyu, callouts



As noted, February provided Northern Virginia with Minnesota-like temps and snowfall. We took the opportunity for a snowy celebration of Master Ueshiro's Fukuyugata San-Dan. Pictured below are the hearty Deshi braving the frigid 15 degree temp and the first of the 7 inches to fall that day.



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 Gozaimasu,
Kyoshi Sal Scaglione, Shichi-dan
Denshi Shihan, Ueshiro NoVA Karate

Dulles Ueshiro Shorin-Ryu Karate

松林流

Onegai-shimasu Hanshi, Kyoshi, Sensei, and all Deshi around the world!

The students of Dulles Ueshiro Shorin-Ryu Karate continue to move forward through vigorous training and the exploration of new kata, stances, yakusoku kumite, and spirited bunkai. Since the fall newsletter we have welcomed our newest member, Alan, who brings a serious commitment to training, sharp wit, and good humor.



Dulles students: Catherine, Steve, San-kyu candidate, Zhilwan, Yon-kyu candidate, Allen, Ro-kyu candidate, and Anthony, now training with Ueshiro North Virginia. Not pictured are Dulles members Todd, Amit, and Jenny.

Dulles Ueshiro Shorin-Ryu Karate

In this auspicious *Year of the Goat*, which according to Chinese astrology heralds a year of promise and prosperity, we look forward to continued hard training and fellowship through the practice of Shorin-Ryu Karate. We especially welcome the end of a cold winter and the promise of many open-air workouts in Northern Virginia's inviting open spaces. As always, we extend our warmest wishes to all our fellow karateka around the globe, and a special "Domo arigato!" to Hanshi Robert Scaglione for his continued leadership of USRKUSA.

As has become our tradition, we were again honored by the generous hospitality and welcoming spirit of the warriors of Ueshiro NoVA Karate for our February 14 joint promotion testing. The students of Dulles Ueshiro Karate and I extend our continuing thanks to Kyoshi Salvatore Scaglione for leading and supervising the event and to Sensei Lisa Markowitz, Sensei Shabbir Kazmi, and Sempai Jim Davis for their service on the board of judges and insightful individualized feedback for each student. A special thank you is due to Sempai Murtaza Rizvi, Ik-kyu, for marshalling candidates to and from "the spot." We also thank all of the deshi of Ueshiro NoVA Karate for sharing their support and big warrior spirit!

Results of the February, 14 2015 Belt and Tip test:

Promoted to *San-kyu*: Steve T.

Promoted to *Yon-kyu*: Zhilwan J.

Promoted to *Ro-kyu*: Alan T.



Clockwise from top left: Sempai Alan, Sempai Zhilwan, Sempai Steve, and Sempai Catherine

Dulles Ueshiro Shorin-Ryu Karate

Ueshiro Dulles Featured Karateka



As our “featured karateka,” *Dulles Ueshiro Karate* is honored to recognize the true commitment, passion, and dedication of Sempai Catherine M., San-kyu. Catherine, a founding member of the *Ueshiro Dulles Dojo*, has been the most consistent student in terms of attendance at classes and attendance at karate gatherings, including group workouts with *Ueshiro NoVA* and the recent Florida workout. She typed up multiple pages of notes that she brought back from the Florida workouts and then graciously shared with her fellow students. Catherine demonstrates a continual thirst for karate knowledge and generously shares that knowledge on the deck. She asks high-level questions, always seeks feedback after testing, and is quick to help a fellow student when they are struggling with a move. She has grown into the role of “backbone” of the *Ueshiro Dulles Dojo*!



Arigato gozaimasu!

[Sensei Patrick Markowitz, Go-dan](#)

Shihan, Dulles Ueshiro Shorin-Ryu Karate



“Karate stands on the side of justice.”

- Master Gichin Funakoshi

Ueshiro Hong Kong Karate Club

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

In addition to regular training, there were several special events during this past season.

2014 Year End Beach Workout

Deshi from the Hong Kong clubs joined together for a group beach workout on December 28, 2014 to celebrate a productive year. The location was set on the beautiful Cheung Sha Lower Beach.

In addition to basics and kata, the 3-hour training focused on partner work in bunkai, taking advantage of working with the outdoor conditions, especially the sand. The workout was followed by an enjoyable compai.



Visit by Sempai Dave Norman

We were fortunate to enjoy a visit from Sempai Dave Norman from Florida to train in Hong Kong on January 31st, 2015.

The workout took place at Lai Chi Kok Park and was led by Sensei Wong. An open invitation remains for any visitors to Asia to spend time with us in Hong Kong for both training and compai.

February 2015 Belt Test and Welcoming the Year of the Goat

Ueshiro Hong Kong Karate held a promotion test for Hong Kong deshi on Sunday, February 22, 2015 and Catherine Li was successfully promoted to Ni-kyu.

As the first workout of the Year of the Goat, it was also a chance to celebrate the New Year. The training emphasized starting with the basics, especially working on breathing, both in terms of timing and fully using the hara.

Domo arigato to Hanshi for continuing to lead by example as originally set by Master Ueshiro!

Domo Arigato Gozaimasu,

Tytus Michalskig, San-dan
(On behalf of Lai Sensei)
Ueshiro Hong Kong Karate Club
China

Ueshiro Harbour Karate Club

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

It was an active year for the Ueshiro Harbour Karate Club, with the past season leading up to the first anniversary of the club.

Regular Schedule

The club continued with its regular schedule of training on Fridays starting at 4pm in the Kowloon Park Sports Centre, a convenient location in the heart of the city.

2014 Year End Beach Workout

Deshi from the Hong Kong clubs joined together for a group beach workout on December 28, 2014 to celebrate a productive year. The location was set on the beautiful Cheung Sha Lower Beach.

In addition to basics and kata, the 3-hour training focused on partner work in bunkai, taking advantage of working with the outdoor conditions, especially the sand. The workout was followed by an enjoyable kampai.



Welcoming the Year of the Goat

The first workout of the Year of the Goat took place on Sunday, February 22, 2015.

The training emphasized starting with the basics, especially working on breathing, both in terms of timing and fully using the hara.

Domo arigato to Hanshi for his inspiring leadership, motivating us all to strive for more in building on the legacy established by Master Ueshiro!

Domo arigato fozaimasu,

Shihan Tytus Michalski, San-dan
Ueshiro Harbour Karate Club
Hong Kong

Ueshiro CUHK Karate Club

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

We are delighted to celebrate the year of Goat with a workout of sweat, joy and vigour. You are most welcome to join us every Thursday 5-7pm in Shatin, New Territories, Hong Kong.

We would like to congratulate the following deshi for promoting to their respective ranks:

Catherine Li - brown belt.

Domo arigato gozaimasu Hanshi, Kyoshi and Sensei,

Shihan Rayvel Tang, Ni-dan
Ueshiro CUHK Karate Club

Ueshiro HSMC Karate Club

We are keeping a solid schedule of training every week. We are currently seeking opportunities for recruiting more students from the school of Hang Seng Management College and beyond. Also, our club is organizing a Nunchaku workshop for deshi who are interested in this weapon when they become Ni-kyu.

Last but not least, we were very glad to have a training with Sempai Dave Norman (please see photo) from Florida. We look forward to training with him again.

Domo Arigato gozaimasu
Shihan Stephen Wong, Go-dan
Ueshiro HSMC Karate Club



Ueshiro Neve Dojo

Onegai-shimasu Ueshiro SRKUSA Worldwide,

At the Ueshiro Neve [Oasis] Karate dojo in Israel, we are reaching our third year anniversary this April and continue training consistently with 90-minute formal workouts three times per week (Sundays and Wednesdays at 18:30, and Fridays at 14:30). On Sundays we focus on polishing technique, on Wednesdays on strengthening technique, and on Fridays on applying technique. All workouts include traditional warm-ups basics, and kata as passed onto us by Hanshi Robert Scaglione from Master Ansei Ueshiro.

We have recently held a joint testing and promotion with visitors from our sister Herzliya dojo under the direction of Sensei Nir Zamir. Ran



Sheinman (Ueshiro Herzliya Dojo) was tested and promoted to Go-kyu. Eyal Elnir (Ueshiro Neve Dojo) was tested and promoted to San-kyu. The historic photo below was taken at the completion of our joint testing, with black belts and brown belts presenting our white belts and green Belts.

We are looking forward to the upcoming visit to our dojo by Sensei Emiliano Mazlen from the Ueshiro Boston dojo. Sensei Mazlen will be leading a special workout on Sunday March 22nd. Our Israeli Ueshiro SRKUSA members will be assembling at our dojo to welcome Sensei Mazlen, train together, and learn from him.

Ueshiro Neve Dojo

For this Newsletter, we would like to highlight one of our dedicated deshi, Sempai Boaz Goldenberg (Ni-kyu / Brown Belt), shown in the photo below. Sempai Boaz has been with the Ueshiro Neve dojo the longest of our deshi, since its inception three years ago. He helped build the dojo and plays a major role in recruiting new deshi. He consistently attends all classes, and leads classes when the Sensei is away on business travel. He always shows up early to help deshi with kata and technique, before the start of the formal class. Boaz Goldenberg is a model Sempai.



On the other side of our dojo is a growing high-tech-park of office buildings of information technology development companies, part of the city of Kfar Saba.



Shown in the photo below, as one enters our dojo, exercise equipment is made available for those showing up early to warm up and strengthen their bodies before the formal workout. Arigato to Sempai Avi David and Boaz Goldenberg for recently cleaning and painting this exercise equipment area.



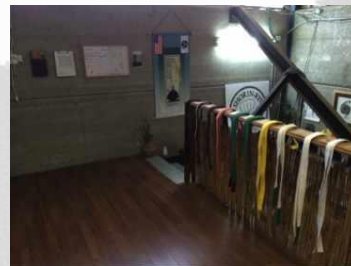
Shown in the photo below, this Harley Davidson Sportster 48, introduced to Sensei Tamir by Hanshi in Florida in 2010, welcomes the deshi at the entrance to our dojo in Israel with the symbolism of Joy and Vigor! It is an interesting coincidence that this motorcycle is modeled after the year when the State of Israel was founded in 1948. Also note the agricultural field growing adjacent to our dojo. Our dojo is built inside a subdivided corner of an agricultural warehouse of the Neve Yamin farming community. Karate was born in the farms of Okinawa, and is now continuing in the farms of Israel.



Shown in the photo right, stairs leading up to the formal dojo training deck upstairs.



Shown in the photos below, entrance to the dojo training deck and variety of Makiwara and training mirror, along with historic photos, charts, and art work.



Ueshiro Neve Dojo

Shown in the final photo below, dojo training deck in front of the Shinden wall, with our traditional weapons and historic photos and symbols including flags of the USA and Israel.



We hope that the above sampling of photos and descriptive words help give you a sense of our dojo. You are all welcome to visit and train with us any time.

Domo arigato gozaimasu,
Sensei David Tamir, Denshi-Shihan, Roku-dan
Ueshiro Neve [Oasis] Karate Dojo, Israel, www.NeveKarate.com
Under the Direction of Hanshi Robert Scaglione



**“Anyone Can Learn Karate”
- Grand Master Ansei Ueshiro**

The background of the image is a soft-focus landscape. A dirt path winds through tall, green grass in the foreground. In the middle ground, there are several trees with sparse foliage. The background is dominated by a bright, hazy light, likely the sun setting or rising, which creates a warm, golden glow across the entire scene.

The Karate Creed

I come to you with only Karate

My hands are empty, but I fear no man

Should I be forced to defend myself, my honor, or my principles

Should it be a matter of right or wrong, life or death

Then here are my weapons, my empty hands.



The USRKUSA Newsletter is a semi-annual publication produced in turn by the Shihan of the Ueshiro Shorin-Ryu Karate USA Dojos and Clubs.

Current and previous issues of the USRKUSA Newsletter can be found at: www.shorinryu.com

This issue published by the Ueshiro Northfield Karate Dojo

**Sensei Robert Dobrow - Editor
Sempai Guy Lawrence – Layout**

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USRKUSA, March, 2015

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