

Ueshiro Shorin-Ryu

Karate USA

Spring 2016 Newsletter



Greetings All Members of USRKUSA,

We have arrived at 2016 from the 1960's via our founder Grand Master Ansei Ueshiro's efforts, who brought Shorin-Ryu Karate to the USA from Okinawa.

I reflect on the past journeys starting 1500 years ago when Bodhidharma traveled to bring Zen from India to China. While in China at the Shaolin Temple, he taught the first student of a martial art Hui-Ke, hand to hand combat which is a precursor to our Okinawan Karate.

Fast forward to the 20th Century - in 1922, Gichin Funakoshi brought Okinawan Karate to Japan founding the Shotokan Style. In 1962, Grand Master Ueshiro made his journey to the United States. Today, you continue to propagate Okinawan Karate in our Dojo and Clubs worldwide. Thank you for your continued efforts.

Sincerely,
Hanshi Robert Scaglione.



Table of Contents

Ueshiro Bushi Dojo	4
Easton Connecticut Ueshiro Shorin-Ryu Karate Club	5
Wilton Connecticut Ueshiro Shorin-Ryu Karate Club	6
Ueshiro Cocoa Shorin-Ryu Karate Dojo	7
Ueshiro Viera Shorin-Ryu Karate Dojo	8
Ueshiro Suntree Shorin-Ryu Karate Dojo	11
Ueshiro West Melbourne Shorin-Ryu Karate Dojo	14
Ueshiro Titusville Karate Dojo	16
Ueshiro Merritt Island Karate Dojo	18
Ueshiro Hawaii Karate Dojo	24
Boston Chinatown Ueshiro Shorin-Ryu Karate Club	25
Northampton Ueshiro Pine Forest Karate Dojo	26
Ueshiro Shorin-Ryu Karate Dojo of Minnesota	28
Ueshiro Mesabi Karate Dojo	31
University at Albany Ueshiro Shorin-Ryu Karate Club	33
Ueshiro Midtown Karate (Hombu) Dojo	34
Downtown Karate Dojo	40
Uptown Harlem Karate Club	43
Pine Forest Karate School	44
Okinawa Karate Club	47
To-Te Ueshiro Karate Club	50
Ueshiro Okinawan Karate Family Club	52
Ueshiro Shorin-Ryu Nashville Family Karate Club	54
Ueshiro Northern Virginia Karate Club	56
Ueshiro Dulles Karate Club	60
Hong Kong Ueshiro Karate Club	62
Ueshiro HSMC Karate Club	63
Ueshiro Harbour Karate Club	64
Ueshiro CUHK Karate Club	65
Eilat Ueshiro Dojo	66
Ueshiro Neve (Oasis) Dojo	67
Ueshiro Herzlia Dojo	69

Ueshiro Bushi Dojo

Los Angeles, California

Sensei Chris Barnes, Denshi Shihan, Shichi-Dan

Onegai Shimasu Hanshi, Kyoshi's, Denshi, Shihan, All Dan & Kyu Deshi.

Ueshiro Bushi Dojo, Beverly Hills California

Is Proud to Announce Our February Promotion, Which consisted of Heavy Training and Testing, Damon Santostefano, promoted to The Rank of San-Kyu and Sherin Bennett promoted to The Rank of Ik-Kyu, Ms. Bennett also scored highest scores possible receiving "Ichi ban" Status! Sempai Neil Talbot and I made up The Board of Judges. We are currently adding more classes and look forward to visiting Deshi from around the world. ARIGATO TO HANSHI for making the space in his life to add territory in our own lives. Barnes Sensei, Shihan, Denshi, Shichi-Dan



Easton Connecticut Ueshiro Shorin-Ryu Karate Club

Easton, Connecticut

Sensei Adam Dunsby, Director, Yon-Dan



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

The winter has been an eventful one for the dojo. Art Forni was promoted to Sho-Dan at the Black Belt test held in the Northampton Ueshiro Pine Forest Karate Dojo on December 12th. And our training hall was blessed with a new roof.

As always, we look forward to participating in this year's impressive lineup of USRKUSA events, including the Sherwood Island Beach Workout, the 9/11 Memorial Central Park Workout, and the Annual Black Belt Workout and Compai in October. With continued motivation from Hanshi Scaglione, we move forward with Joy and Vigor in this Year of the Monkey.

We welcome any USRKUSA Deshi who wish to visit and attend our classes 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

Wilton Connecticut

Sensei Keith Eng, Shihan, San-Dan



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

2016 has all the anticipation of being another great year. We are “heating up the forges to smelt iron to steel” in our continued training to ensure traditional, clean, and strong Okinawan Ueshiro Shorin-Ryu.

Our morning, pre-work classes continue. 2015 marked the passing of the 20th anniversary of Wilton Connecticut Ueshiro Shorin Ryu Karate and I am proud to be a part of the legacy. Now we are entering our 21st year, looking forward with enthusiasm. The best of training to all of our karateka brethren in 2016! We will be with you on the deck!

Domo arigato,
Keith Eng
San-Dan
Shihan of the Wilton CT Ueshiro Shorin-Ryu Karate Club
50 Danbury Road, 2nd Floor
Wilton, CT 06897-4444
(203) 529 9010 (Work)

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



Ueshiro Cocoa Shorin-Ryu Karate Dojo

Cocoa, Florida

Sempai Dennis Flynn, Shihan, Ni-Dan

Onegai Shimasu Hanshi, Kyoshi, Sensei, Shihan, and all SRKUSA Deshi.

The **Ueshiro Cocoa Shorin-Ryu Karate Dojo** is located at the Central Brevard Community College Campus in the Cocoa YMCA Facility. We are moving forward, as **Sensei Marchetti** would say, "With great joy and vigor!" The class schedule is as follows:

Monday and Wednesday - 7:00 PM- 8:30 PM (All ranks-adults and children).

Saturday - 11:00 AM -12:30 PM (All ranks-adults and children)

Domo Arigato,

Sempai Dennis
Ni-Dan
Shihan Cocoa YMCA Dojo

Ueshiro Viera Shorin-Ryu Karate Dojo Melbourne, Florida

Hanshi Robert Scaglione, Shihan/Director

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

The Viera Ueshiro Shorin-Ryu Karate Dojo/Club has gotten off to a great start for the year 2016. Under the direct leadership and gentle but firm guiding hand of Hanshi Robert Scaglione, our club continues to enjoy a very healthy membership of extremely dedicated karate men and women (both adults and children).

The annual combined Florida Compai for 2015 was held at the Merritt Island dojo in December as it's customary, and many Viera Deshi took part and celebrated with fellow Sempai, Sensei, Shihan, and with Hanshi. It was a great way to punctuate a momentous 2015 and set the tone and high bar for 2016.

A tip test was held on December 29 to close out 2015. Sempai Xiomara Dance of the Merritt Island Dojo was promoted to Go Kyu during this test.

The annual Florida gathering in February of this year almost coincided with the Chinese New Year (Year of the Monkey) which is also observed in Okinawa, birthplace of our art, as Hanshi informed the Viera students during regular class time. Our annual gathering offered the perfect "excuse" to elevate the training right out of the gate for 2016, as we prepared to receive Kyoshi, Shihan, Sensei, Sempai, and Deshi from around the country. The grandiosity and uniqueness of this event has been well documented, but it is worth to point out that the Viera Rec Center played host to the closing workout for this unforgettable event. Having this many karate brothers and sisters in our "home" dojo was a remarkable and humbling experience.



On Saturday February 27 the Viera club held another tip test in which five Viera Deshi were promoted to the next rank. These students are:

Ro-Kyu

Caleb Dillard
Eli Dillard
Micah Lopez
Manvith Dontineni

Go-Kyu

Eli Mizrahi
Jeff Dillard



The very next day, on Sunday February 28, a combined full belt promotion was held at the Merritt Island dojo, in which students from the Suntree, Titusville, and Viera clubs were tested for and promoted to their next Kyu levels. It is worth mentioning that the Viera club enjoyed a presence of Sempai that were not testing but showed up to support their fellow students. Those testing for and promoted from the Viera dojo are:

Ro Kyu:

Elijah Lopez

San Kyu:

Luke Henderson

Ni Kyu:

Julia DiValerio
Jason DiValerio

The Viera Ueshiro Shorin-Ryu Karate Dojo/Club holds classes according to the following schedule:

Class Times	Instructor	Remarks
Tuesdays 6:00pm - 7:00pm	Hanshi Robert Scaglione	Karate-ka are encouraged to show up promptly at 5:30pm for slow kata repetitions and warm-ups
Thursdays 6:00pm - 7:00pm	Sempai Karuna Rao (Ik-Kyu)	Karate-ka are encouraged to show up promptly at 5:30pm for slow kata repetitions and warm-ups
Saturdays 10:00am - 11:30am	Sempai David Norman (Sho-Dan)	Karate-ka are encouraged to arrive 15 - 20 minutes before formal bow-in for slow kata repetitions and warm-ups

Domo arigato Hanshi for your leadership, instruction, tutelage and overall guidance, that inspires us on and off the deck at the Viera Club, and system-wide! Domo arigato gozaimasu to Master Ansei Ueshiro for the sacrifices he endured to come to the United States to propagate Shorin-Ryu karate.

Also a big “thank you” to all support people of Viera Deshi (parents, grandparents, sons and daughters, siblings, friends, teachers, etc.) that make it possible for us to train and seek superior levels of body, mind, and spiritual strength through the “ecstasy of sweat and hard work”, in Master Shoshin Nagamine’s words!

Arigato gozaimasu Hanshi, Kyoshi, Sensei, and all USRKUSA Deshi.

Respectfully submitted,
 David Norman Sempai, Sho-Dan
 Viera Ueshiro Shorin-Ryu Karate Dojo

Ueshiro Suntree Shorin-Ryu Karate Dojo

Melbourne, Florida

Sempai Matt Reed, Shihan, Ni-Dan

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

With joy and vigor, we at Ueshiro Suntree Dojo, under the direction of Hanshi Robert Scaglione, quite simply call karate a gift.

We have a solid core of students who not only train -- we propagate and motivate. It's simply a pleasure to tell anyone, regardless of age, gender and ability, that "a black belt is a white belt that never quit."

A few of our students stand out for very different reasons.

-- Caleb Roberts, a white belt, was so excited about the special karate weekend in February that he attended every workout. He trained in Suntree, Merritt Island, five hours in Cocoa Beach, and then four in Viera. Kyoshi Seeger recognized this and was especially impressed. After all, Caleb is about 8 years old.

-- Lloyd Brownhill is equally impressive, for the newly minted Ik-Kyu shows what hard work and determination will get you. We call Lloyd "Mr. Congeniality" because he's popular at dojos in Brevard and beyond. He shows a true warrior spirit by stepping in to help when help is needed, he's quick to demonstrate at a tip test, and has been known to sponsor a student who might not be able to afford a new gi. Many in Ueshiro Shorin-Ryu Karate USA have heard of his generosity and positive attitude. His ultimate goal? To become a black belt before age 80. He received the rank of Ik-Kyu at 75, and he has a fan base to help cheer him on.

-- Charlie Pepin, a junior green belt, is an absolute sponge. We admire him for his curiosity about Ueshiro Shorin-Ryu Karate USA. Very often, he wants to know about its history and the principles behind the karate. Charlie loves to ask questions, and many times, we've had to tell him to "ask Hanshi" because, even though we've consulted the red book, the green book, the white book, online ... his questions have stumped us! He memorized the red book as a white belt, and he reminds us that there are many lessons to be learned just by asking questions.

We want to recognize Grandmaster Ansei Ueshiro for bringing this style of karate to the States more than 50 years ago. We also want to recognize Hanshi Robert Scaglione for his continued guidance in our karate training.

And speaking of training, with every class, every punch, every stance, every move, we at Ueshiro Suntree Dojo are well aware of one of Hanshi's favorite phrases: "Karate is hard work ... but what's wrong with hard work?"

Domo arigato gozaimasu,

Jennifer Sangalang, Sho-Dan,
Ueshiro Suntree Dojo

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. A very special domo arigato to Sempai Jennifer Sangalang who wrote this newsletter and took the action photographs.

Domo arigato gozaimasu,
Sempai Matt Reed, Ni-Dan
Shihan Ueshiro Shorin-Ryu Karate Suntree Dojo
321-213-3124, rpd197@yahoo.com





Ueshiro West Melbourne Shorin-Ryu Karate Dojo

Melbourne, Florida

Sempai Rick Cupoli, Shihan, Ni-Dan

The warrior spirit is strong in West Melbourne as we train vigorously each week with joy and vigor. Our dojo has been in operation for just under five years. Our five year anniversary will be August of 2016. During this time we are glad to say that we have had a steady attendance of karateka. Classes are held three times per week on Tuesday, Thursday, and Saturday. We are located in Rodes Park in West Melbourne, FL.

I am privileged to have Sempai Miranda Aiken, Ik-Kyu, assist me with the running of the dojo. She has faithfully served our dojo since it started in 2011. We are looking forward to her stepping up to earn her next rank as Sho-Dan in the very near future. This past February we promoted our first two Ik-Kyus, Takki Griggs and Dan Ketchum. Both have been dedicated students and assist regularly with conducting classes.

At the moment, I am pleased to say that we have karateka at all rank levels. This is quite a privilege and indicates that we are fortunate to be retaining great students. At the latter half of last year we experienced a bit of stagnation with our student core. Some students stopped showing up and no new students were joining. As of the beginning of this year and in recent weeks we have had a large number of students join our dojo. With these new students came both parents and children. Quite a few picked up their first kata quite quickly and were able to test for their first green tip in February. This includes some daunted Moms who apprehensively stepped on the deck and are now training strong. The transformation is marvelous to watch.

We were also happy to be able to promote several students to their new belt rank. In addition to Takki and Dan mentioned earlier, a mom in our group, Sarah Cooper, was promoted to green belt. Sarah is the wife of Jeff Cooper who is currently a Ni-Kyu. It is worth mentioning that Takki is also a mom and her son Cillian earned his brown tips. Her husband also recently joined and was promoted to Ro-Kyu in February. Dan is the father of Erin Ketchum who holds the rank of Ni-Kyu. Three children earned their yellow belt: Anna Harriman, Anthony Whitney, and Sean Gates. Anna's mom, Marty, earned her first green tip.

I now make a point to ask the parents if they would like to train with their kids. They don't all say yes, but some do and it is awesome to watch. All these wonderful people are enjoying karate and I am so pleased to have a part to play in all of it.

I must offer gratitude to Master Ansei Ueshiro for making difficult journey to America to bring us this great style of karate. In kind I also offer gratitude to Hanshi Robert Scaglione for keeping our school true to its origins and traditions. The fruit of this labor shows in the faces of students in West Melbourne Florida. I am very proud to be a part of this great organization.



Ueshiro Titusville Karate Dojo

Titusville, Florida

Sempai Ed Bauder, Sho-Dan

Onegashimasu Hanshi, Kyoshi, Sensei and SRKUSA Deshi,

Ueshiro Titusville Dojo continues to grow in quantity, quality and rank. It has been such a pleasure and an honor to train and grow along side 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 5th, 6th and 7th 2016, where we reaped the harvest of plentiful knowledge and refinement of techniques which were provided by: Hanshi Robert Scaglione, Kyoshi(s): Mackay, Scaglione and Seeger and the numerous other high ranking Sensei and Sempai.

On February 28, 2016 the Ueshiro Suntree, Titusville Dojos, and Viera Karate Dojo held our semi-annual full-belt promotion at the Ueshiro Merritt Island Dojo. It was a fantastic opportunity to train with; Sensei, Shihan and other Deshi from several Florida Dojos.

Promotions results from the Titusville Dojo are as follows:

Promoted to San Kyu:

Timothy Tidwell

Promoted to Yon-Kyu:

Claire Webb

Joey Jordan

Promoted to Yellow Belt:

Sierra Banks

The Ueshiro Titusville Karate Dojo also held our tip test on February 19, 2016 with the following results.

Promoted to Ro-Kyu:

Isabella Alamaio

Bianca Alamaio

Chad Shelton

Due to the recent expansion and present advancement of ranks, a new intermediate class is being established for yellow belts and above at the old location of the tennis racquetball center.

The locations and schedules of classes are as follows: Monday From 5:00 pm to 6:00 pm and Friday 5:30 pm to 6:30 pm in the group exercise room at the Titusville YMCA family center address : 2400 Harrison St. Titusville, Fl., and Wednesday 6:00 pm to 7:00 pm Titusville YMCA Tennis and Racquetball center, address: 3050 Satterfield Rd. Titusville Fl.

The new class will be emphasizing: Pinan Kata, Bunkai, Yakusoku Kumite, and Oyotanren.

Continuous emphasis is given to both personal development of each Deshi as well as team and family spirit. All members work together as a family as many of our Deshi members are brothers' sisters 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 proud to be their Shihan.

Roster of Instructors: Instructor and Shihan is Ed Bauder, Sho-Dan. Instruction to Titusville residents is as brought to the United States by Grand Master Ansei Ueshiro and as currently taught by Hanshi Robert Scaglione.



Ueshiro Merritt Island Karate Dojo

Merritt Island

Denshi/Sensei Kurt Tezel, Shihan



Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

The Ueshiro Merritt Island Karate Dojo continues to “move forward”. We have added a class, so we now have classes five days a week – Monday through Thursday at 6pm and Fridays at 6am. In addition to myself, classes are taught by Sensei Pat Marchetti (San Dan), Sempai Carla Eddy (Ni Dan) and Sempai Travis Culp (Sho Dan). We 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 dojos and are always well attended. We also host Ik Kyu and Dan level classes once a month. We hosted another great Black Friday beach workout under a beautiful rainbow.



Brianna Dance, Megan Selvidio, Brandon Lowe and Nick Vidoni earned the rank of Ro-Kyu and Scott Dance and Michael Kukura earned the rank of Go-Kyu on December 8 of last year.



On December 18 Hanshi presided over the Florida dojos 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 Grandmaster 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, Sensei Tezel and Marchetti demonstrating Fukyugata Ni.



The annual karate week-end "opening ceremonies" took place on Friday at 6am at our humble dojo. Kyoshi Sal Scaglione conducted a class of over 30 students (yes at 6am!). Kyoshi exhorted us to get lower and punch hard. Kyoshi also made sure that we always show balance in our techniques. We need to make sure that we don't lean or reach with techniques as this undermines our balance. Another way of undermining our balance is to have too narrow of a stance.

About 10 hours later another class was conducted. This time it was Kyoshi Seeger leading us (with a heavy assist by Kyoshi Mackay). Kyoshi Mackay had the lower ranks sweating and working hard amongst the gym equipment while Kyoshi Seeger demonstrated the meaning and applicability of several techniques. All of this was taught with Kyoshi Seeger's great sense of humor, enthusiasm and joy.



On February 10 Brianna Dance and Megan Selvidio earned the rank of Go-Kyu. The girls did a great job, as did all the students that were not testing.



The Merritt Island, West Melbourne and Cocoa dojo's held a combined promotion on Saturday, February 20, 2016.

The following Merritt Island students received an advancement of rank:

Yellow Belts:

Amelie Stacy, Xiomara Dance

Yon-Kyu:

Angel Rivera, Phong Nguyen, Michael Kukura, Scott Dance

Ni-Kyu:

John Nistorenko



Domo Arigato Gozaimasu,

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

Ueshiro Hawaii Karate Dojo Hawaii

Sensei Lorenzo Aguon, Shihan, Go-Dan

Aloha from Hawaii,

Ueshiro Hawaii karate club is enjoying the Hawaiian weather and we keep all of our training outdoors at Kapiolani Park.

Training under the elements is a great way to sharpen our karate skills, awareness of directions, rooting to the ground and developing our senses.

During the last year we were searching deep into our katas to gain an understanding of the meaning of techniques by showing different applications.

We always think forward but we move in all directions.

Aloha,

Ueshiro Hawaii Karate Club

Under the direction of Sensei Lorenzo Aguon, Go - Dan

808-375-6688

Boston Chinatown Ueshiro Shorin-Ryu Karate Club

Boston, Massachusetts

Sensei Emiliano Mazlen, Shihan, Yon-Dan

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 Grandmaster Ueshiro laid out for us.

We were honored most recently to participate in the Northampton Dojo's February rank promotion.

Domo arigato gozaimasu to Denshi-Shihan-Sensei Gobillot for leading the test. Domo arigato gozaimasu to Sensei Nancy Owen, Sensei Keith Burrow and Ms. Mastroianni for their efforts on the board of judges.

Congratulations to the Northampton Deshi who tested. Congratulations to Boston Deshi who tested: Theo Panagakos (Ik-Kyu), Steven Ochsner (Ni-Kyu) and Sai Fei Wu (Yon-Kyu).

With new ranks awarded, we remembered that we only earn our new (or current) rank when we receive the next one, or, in other words ...

Keep Training.

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

Northampton Ueshiro Pine Forest Karate Dojo

Northampton, MA

Sensei Daniel Gobillot, Denshi Shihan, Shichi-Dan



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

Greetings from Northampton Ueshiro Karate dojo in Massachusetts. If you came to train with us here last year, DOMO ARIGATO! If you were not able to be here, you are always invited.

In December of 2015 we hosted a Black Belt promotion. Congratulations to the following Deshi who were promoted. Thank you for your hard work and dedication to our organization.

Sho-Dan

1. Keith Chanrok Chan (Boston/Albany)
2. Liz Evison (New York)
3. Art Forni (CT)
4. Bryan Markiet (New York)
5. Peter Mitchell (Northampton)
6. Robert St George (Northampton)
7. Michele Mastroianni (Northampton)

San-Dan

1. Jon Cohen (NY)
2. Keith Burrows (Boston)

Yon-Dan

1. Nancy Owen (Northampton)
2. Mary McKitrick (Northampton)
3. Ron Ballin (NY)

Domo Arigato gozaimasu to Kyoshi Mackay who presided over this event and conducted the workout. Special thanks to the board of judges who traveled to attend and lend their spirit to this event.

JUDGES

1. Reymond Sensei
2. Powell Sensei
3. Mazlen Sensei
4. Dunsby Sensei

We conducted our Annual Winter Rank Promotion here on February 21,2016.
Congratulations to the following Deshi were tested and promoted. Now it is time to earn that rank that you have been given.

Yon-Kyu

1. Sai Fei Wu (Boston)

Ni-Kyu

1. Singwen Mientka (Northampton)
2. Steve Ochsner (Boston)

Ik-Kyu

1. John Bosco (Northampton)
2. Valerie Vignaux (Northampton)



3. Theo Panagakos (Boston)
4. Zach Wood-Doughty (Northampton)

Despite several economic hardships, Northampton continues to dig deep, take on the struggles, and continue to move forward with warrior spirit.

Domo arigato gozaimasu Hanshi Scaglione for your tireless efforts and commitment to Ueshiro Shorin Ryu Karate USA.

Daniel Gobillot, Shichi-Dan
Denshi, Shihan - Northampton Ueshiro Pine Forest Karate
221 Pine Street, Northampton MA
413-320-5945 (m)



Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota Northfield, Minnesota

Sensei Bob Dobrow, Shihan, San-Dan

Onegaishimasu Hanshi, Kyoshi, Sensei, and all Deshi,

We are excited to announce the addition of another weekly class offering on Friday mornings. This brings the number of classes offered per week to four—with weekly advanced training (for green belts and above), and a monthly brown/black belt class. Sempai Steve Hatle helped initiate the class and create a teaching schedule so all higher-ranking Kyu-level students will have an opportunity to teach.

Five Minnesotans (Sensei Dobrow, Steve Hatle, Scott Sijan, Lori Folland, and Brenda Hellen) were lucky to travel to Florida in February for an inspiring and educational weekend of intense training. Thank you to our host Florida dojo for the hospitality, joy and vigor, and to Hanshi and Kyoshi for all the sugar.

Congratulations to the following Deshi who advanced in rank over the past six months:

Go-Kyu: Joe Druckman, Renay Friendshuh, Yanshan Guo, Peter Mackenzie

Yellow Belt: Carson Bechtel

Yon-Kyu: Amy Chen

San-Kyu: Adam Rutkowski

Ni-Kyu: Lori Folland

Ik-Kyu: Guy Lawrence

Other highlights from the past six months: Sempai Kathy Chin, Ni-Kyu, from the New York Midtown dojo, and Zach Wood-Doughty, Ik-Kyu, from the Northampton dojo trained with us while visiting Minnesota.

We held our traditional end-of-the-year training and compai on December 30th. Sempai Guy Lawrence gifted us all with beautiful calendars he created full of pictures from the past year's training. (One of the picture compilations below is taken from this calendar.)

We are vigorously working to build, and are honored to host, the "Minnesota in May" event on May 13-15 in Northfield. The weekend training will be led by Kyoshi Michael Mackay along with Sensei Kevin Reymond, David Tamir, Chris Barnes, Kurt Tezel, Lyle Kleusch, and others. All Shorin-Ryu Deshi are invited to attend this year's event. We hope you can make it!

Domo arigato gozaimasu Hanshi for perpetuating the gift of karate and for being an inspiration to us all!

Respectfully Submitted,

Brenda Hellen, Ik-Kyu

Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota





Ueshiro Mesabi Karate Dojo

Mesabi, Minnesota

Sensei Lyle Kleusch, Shihan, San-Dan

The Ueshiro Mesabi Karate Dojo is moving forward with joy and vigor. Domo Arigato Hanshi, Kyoshi, Sensei, Sempai and Deshi for all your support and efforts!

On February 26th the Ueshiro Mesabi Karate Dojo held its tips and color belt promotions. The workout started with vigorous stretching and warm ups with the Sempai in front being excellent role models for the newer students.

Next we went through a series of kihon in preparation for kata, again with excellent leadership demonstrated by the Sempai through the application of excellent technique as no corrections are given on test day.

After this all students worked up through to their highest kata in preparation for the testing, training with joy, vigor and anticipation of the tests to come.

All the students who tested gave exemplary effort, leaving it all on the deck. After demonstrations of kihon, kata, yakusoku-kumite, breaking and questions, the dust settled and these are the results:

Promoted to Orange belt:

- Carl Levelwind
- Cole Palmi
- Orian MacGregor

Promoted to Go-Kyu:

- Jon Mount

Promoted to Ro-Kyu:

- Delani Laseung
- Dominic Laseung

Domo Arigato, Sempai Sam MacGregor and Alice Splawn for sitting on the board of judges and generating excellent questions about our system and our leaders, as well as for your leadership on and off the deck.

Just as many other USKUSA are doing, we are also focusing on recruitment this year. Our recruitment program is 2-fold. First is strategic advertising. These are planned for transitional times of the year. The most recent was New Years. We advertised in two local papers with a New Year's resolution add. This year we had a very positive response and we are tracking the number of sign-ups these produce.

The 2nd part of my recruitment program is demonstrations, press releases and community participation. Anytime there is a parade, we march in it with our banner and pauses for mini-demonstrations. Anytime there is a sports, wellness or health and fitness seminar we contact the organizers and offer to participate free of charge. The response so far has been unanimously 'yes'. We also try to demonstrate once a year in local schools that are near our dojo. Some schools allow it and some don't. We track the number of sign-ups from these as well.

We also have a scholarship program for any student who wants to train but can't afford it. It's not a free-for-all. Students have to demonstrate economic hardship and are required to participate in dojo maintenance and administrative duties (developing flyers for demonstrations, artwork for the dojo etc.)

We've managed to keep costs down by setting up the dojo through the local community education program in our public school system. We just pay a portion of tuition to use the space so we never run a deficit. It allows us to always have a budget for the aforementioned activities. So far it is working out well and we are moving forward with joy and vigor!

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

The Students of the Ueshiro Mesabi Karate Dojo



University at Albany Ueshiro Shorin-Ryu Karate Club Albany, New York

Mr. Keith Chan, Director, Sho-Dan

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

I am honored to submit a report for the Spring 2016 newsletter from the Albany Ueshiro Shorin Ryu Club. Since 2013, our group has trained with joy and vigor, under the permission of Hanshi to promote the art of Shorin Ryu karate in Albany NY.

The following is a list of promotions for our members this year:

Keith Chan, promoted to Sho-Dan in December 2015

Caroline Margolies, promoted to San-Kyu in August 2015

Jason Noon-Damiani, promoted to Yon-Kyu in August 2015

Since January 2016, our club has partnered with the Albany Police Athletic League (PAL) to promote the art to children from across the city of Albany who attend the afterschool program. We have recruited over 20 students who are age 8 to 16.

We wish to thank Hanshi for his direction and wisdom, and for leading us in our system. We are grateful for his support and from the Kyoshi, Sensei, Sempai, and other Deshi.

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

Respectfully submitted,

Keith Chan

Sho-Dan

Albany Ueshiro Shorin Ryu



Ueshiro Midtown Karate (Hombu) Dojo

New York City, New York

Kyoshi Michael Mackay, Shihan, Ku-Dan

Onegai shimasu, Hanshi, Kyoshi, Sensei and Deshi of USRKUSA. The past six months have flown by, especially for those of us who've picked up our training by adding one or more classes per week. Congratulations to all the Deshi promoted in the recent February reviews and to your Sensei and Sempai for bringing you so far. A special "Domo arigato gozaimasu" to Hanshi Robert Scaglione for motivating us to always strive harder, even as our busy lives offer up more and more distractions.

Year End Workout and Compai

Getting a jump on the holiday celebrations, the Midtown Dojo held its year-end workout and compai on December 10, starting with weapons training in the St. Bart's gym, then adjourning to the dojo for a full class followed by the traditional meeting/gathering afterwards. Ro-Kyu Ed Roche filmed the group performing Fukyugata Ichi in super slow motion, and the sound track captures the hidden power of Master Ueshiro's "stepping first" concept. It was especially gratifying to have white belts attend the compai, and the festive mood was greatly enhanced by h'orderves supplied by Kathy Chin. As mentioned at the close of the event, the Midtown Dojo owes its strong, positive energy entirely to the students and teachers who train there. I am deeply moved by their lasting commitment and support.



December Black Belt Test

On December 12 we participated in a Black Belt test at the Ueshiro Northampton Pine Forest Dojo. The test was sanctioned by Hanshi Robert Scaglione and hosted by Sensei Dan Gobillot. Congratulations to all who participated, as the journey to Black Belt rank in USRKUSA is a long, challenging one. I am honored to announce that two Midtown instructors were promoted at the event:

- Mr. Jon Cohen, promoted to San-Dan
- Sensei Ron Ballin, promoted to Yon-Dan

Congratulations to both Sensei for maintaining strong warrior spirit throughout the day, and in particular during their marathon demonstrations of kata. And domo arigato gozaimasu to Shihan Dan Gobillot for hosting so many Dan-level tests over the past 19 years.

December Green Tip Test

We wound up the calendar year with a tip test on December 29, preceded by a vigorous workout. After a thorough review of kata, kihon and history, Travis Kaufman was promoted to Ro-Kyu. Congratulations to Travis for his excellent display of courtesy and commitment to mastering the first kata. The board of judges was comprised of Sensei(s) Gamiel Ramson, Rob Neff, Ron Ballin and John Adams. Moral support was provided by a dedicated contingent of upper ranks, as well as white belts Steve Baginski and Ethan Neff. To celebrate the past year of training, we released a slide show of highlights from 2015 designed to illustrate the concept of “two-second pause.” Click the link below.



Florida Winter Weekend

The annual Florida Workout Weekend was held on Superbowl weekend, February 5 – 7, at the Merritt Island, Cocoa Beach, and Viera USRKUSA training centers. A quick shout-out to those who represented the Midtown Dojo:

Sensei(s)

Gamiel Ramson
 Larry Link
 John Bottega
 Ron Ballin
 Luz DeLucia
 John Adams
 Henri Waelbroeck
 Candace Morgan

Sempai

Lisa Rosenberg

Anna Sweeney

Domo arigato gozaimasu to Hanshi and all the Florida Shihan for keeping this celebration of "Old School" karate-do the high-point of our martial arts year. Special thanks to Hanshi, Kyoshi Seeger and Kyoshi Sal for their instructional leadership and to Sensei Kurt Tezel for his logistical expertise. From the 6:00 pm Friday white belt class, to the 9:30 pm weapons beach workout in the rain, to Sunday's yoga seminar with Shane Scaglione, I returned home with more "gold" than could fill Fort Knox.



February Tip Test

Fast on the heels of the Florida Weekend, our Winter Tip Test was held on Tuesday, February 16. After a thorough review of the first two kata, as well as basics and USRKUSA history, Ms. Emily Dabbs was promoted to Go-Kyu. Domo arigato to the board of judges: Sensei John Bottega, Messrs. Sergio Flores and John Draghi, and Ms. Lisa Rosenberg, and to Sensei John Adams for calling the test. Thanks also to the kyu rank supporters: Anna Sweeney, Sam DiGiario, and Kathy Chin. The biggest takeaway from the test was that if we all continue to show up and work hard - whatever our individual pace - progress towards mastery is inevitable.

Full Belt Promotion

Fast on the heels of our tip test, the February full belt promotion was held on Sunday, February 21 in the St. Bart's gym. Prior to formal bow in, Deshi split into two groups to work either the bo or empty hand kata. The official pre-promotion workout commenced with warm-ups and drills of basics across the gym floor. Students were encouraged to emulate Grand Master Ueshiro by stepping silently, "Like a panther," and striking hard, "Like a bull." We also tried to project and amplify the power of our techniques as much as the basketball court amplified the sound of our kiai.

Testing got underway at approximately 2:00 pm with a board of judges consisting of Sensei(s) Kevin Reymond, Gamiel Ramson, John Bottega, Ellin Moore, Rob Neff and Ron Ballin. Candidates were put through the paces on kata, history, etiquette, kumite and breaking. When the dust settled, the following three students received their new ranks:

Caleb Barrett – Ro-Kyu
Kathy Chin – Ni-Kyu
Sam DiGiario – Ik-Kyu

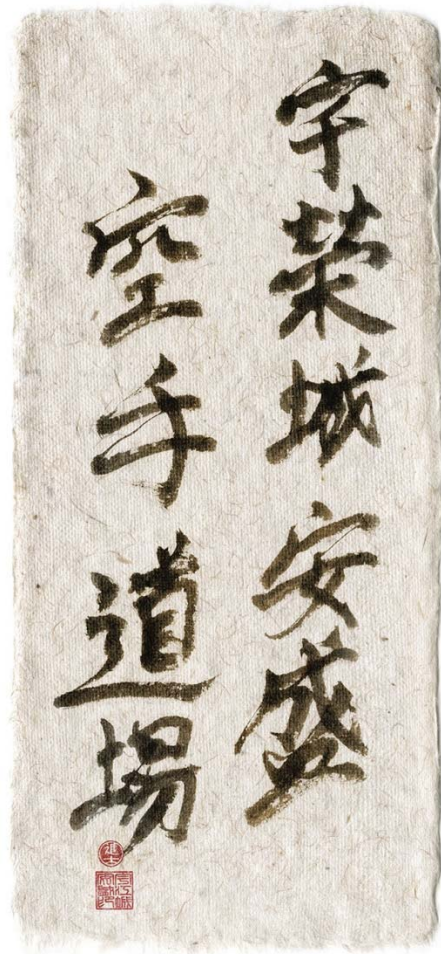
Congratulations to the candidates on all their hard work and for embracing the challenge of now earning their new rank.



Please visit our on-line [Gallery](#) for photos and videos of these and other recent events.

Polishing the Dojo

With the help of every student, we continue to keep the Dojo as attractive and inviting as possible given the challenges of a 113 year old mid-Manhattan community center/former brewery. We've also expanded our art collection with a hand-calligraphy rendering of "Ansei Ueshiro Karate Dojo" that hangs between the US and Japanese flags (see below). The work was a collaboration between Katie Roche (former Midtown Deshi), her father Ed Roche (Ro-Kyu) and Sensei Ron Ballin.



In addition, Sensei Jon Cohen is working on an ambitious 10 foot banner featuring the Seven Virtues of the Warrior, which we hope to have permanently installed for Grand Master Ueshiro's birthday this April.

Future events

On Sunday, March 20, 2016 the Ueshiro Downtown and Midtown Dojos will host the Annual Kobudo / Weapons Workshop from 1:00 pm to 3:00 pm in the St. Bart's gymnasium. Students will have an opportunity to work the basics of their weapon, practice kata and explore their weapon in depth over the course of this two hour seminar. The workshop will close with demonstrations of each weapon, including kata

and an explanation to the group on how the weapon is most effectively used. All Brown Belts and Black Belts system-wide are strongly encouraged to attend.

Backbone of the Midtown Dojo

A final “Domo arigato!” to the loyal Midtown instructors who continue to propagate the art of Ueshiro Shorin-Ryu by showing up and offering traditional instruction in karate-do. Each offers his or her unique perspective on this classical art, as proven by the loyal following of students they have nurtured over the many weeks.

Monday

7:15 - 8:15 am Henri Waelbroeck, Erik Sanner
5:30 - 7:00 pm Gamiel Ramson, Ron Ballin

Tuesday

5:30 - 7:00 pm Michael Mackay
7:15 - 8:45 pm Michael Mackay

Wednesday

5:30 - 7:00 pm Anna Sweeney

Thursday

5:30 - 7:00 pm Larry Link, John Adams

Friday

7:30 - 8:30 am Henri Waelbroeck, Erik Sanner
5:30 - 7:00 pm Ron Ballin, Gamiel Ramson

Saturday

10:45 - 11:45 am Rob Neff, John Robbins
12:00 - 1:00 pm John Robbins, Dawood Emmenuel

Sunday

11:00 - 12:00 am Jon Cohen, Ibrahima Jalloh

Please come and train as our guest any time you are in town. You're particularly encouraged to enjoy our special emphasis classes:

- Black belts only - 1st Thursday each month
- Brown belts emphasis - 1st Friday each month
- Green belt emphasis – 3rd Wednesday each month
- Bo seminar – every Friday at 5:00 pm

Domo arigato gozaimasu, Hanshi, for your tireless leadership and continuous loyalty to Master Ueshiro and the students of Ueshiro Shorin Ryu USA.

Kyoshi Michael Mackay, Ku-Dan
Ueshiro Midtown Karate Dojo

Downtown Karate Dojo

New York City, New York

Sensei Kevin Reymond, Denshi Shihan, Shichi-Dan



“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.”

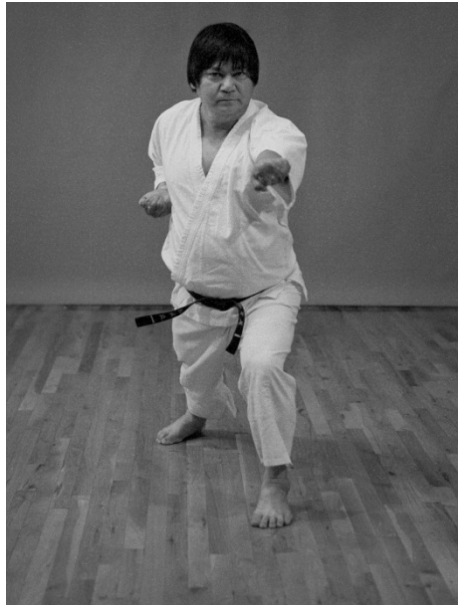
Hanshi Robert Scaglione

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.

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.

On December 12, 2015 Ms. Liz Evison was awarded the rank of Sho Dan after testing at the Northampton Ueshiro Pine Forest Dojo. Congratulations to Ms. Evison and all the other candidates that tested





Always Moving Forward

We have also worked on new avenues to promote our dojo and Ueshiro Shorin Ryu including Class Pass, Meetup and outreach to nearby companies. In the coming months we will be hosting Open Houses for the general public and conducting workouts at outdoor venues. 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, Shichi-Dan
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	8:45 am – 9:45 am
Sunday	9:00 am – 10:00 am

www.downtownkaratedojo.com
646-745-6172

Note: Hanshi Scaglione quote is from the Green Book

Uptown Harlem Karate Club New York City, New York

Sensei John Adams, Shihan, San-Dan

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

Ueshiro Harlem Karate has been training with joy and vigor and working Hanshi's corrections from the Florida weekend. In particular exaggerating stepping first in Rohai (and carrying that over into all of our kata) and making sure our ribs/side are covered before the double punches (turning our body and feet 45 degrees to the opponent if necessary to make sure we are protected). Since we do not have a makiwara we utilize the heavy bags available at the holistic center and supplement our makiwara training at the Midtown dojo. We will continue to work every kata carefully, adhering to our traditional Shorin-Ryu methods and techniques. We want to thank everyone in the New York area for your continued support and to those who visit on occasion from other dojo. We will continue to work towards gaining new students and white belts and will hopefully have some news to report for the Fall 2016 newsletter.

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



Pine Forest Karate School Palisades, New York

Kyoshi David Seeger, Shihan, Ku-Dan



Ueshiro Shorin-Ryu Karate USA 54 Years 1962 - 2016

Founded by Master Ansei Ueshiro

Under the direction of Hanshi Robert Scaglione

UESHIRO PINE FOREST KARATE PALISADES NEW YORK

Shihan Kyoshi David Seeger motobu@aol.com 212 307 0707

Class times: Tuesday 7p Potter Sensei / Wednesday 7p Kyoshi Seeger

Thursday 7p Lax Sensei/ Sunday 10a Kyoshi Seeger

Kyoshi Seeger is available to review your Kata via Skype / Facetime

SAVE THE DATE!

54th Annual Black Belt Workout

SUPPORTERS WILL BE LISTED IN ORDER OF SIGN UP

Click on PayPal Link

[http://sho-go.com/54th Black Belt Workout.htm](http://sho-go.com/54th_Black_Belt_Workout.htm)

Saturday and Sunday October 22-23, 2016

IBM Conference Center in Palisades, New York 10964

The cost for the entire weekend, not including hotel room, is \$125.

These Black Belts Have Already Signed Up

Kevin Reymond, Shichi-Dan • NY, NY, Downtown, • Gold Supporter

Richard Glassberg, San-Dan • Palisades, NY • Gold Supporter

Daniel Lax, Yon-Dan • Palisades, NY

Edwin Abreu, Ni-Dan • Nyack, NY

Hend Elsayed, San-Dan • NY, NY, Midtown

Nancy Owen, Yon-Dan • Northampton, MA • Silver Supporter

William E Breidenbach, Sho-Dan • Centerville/Reston, VA

Kim Garon, San-Dan • NY, NY, Downtown

Robert Neff, Yon-Dan • Brooklyn, NY

Jon Cohen, San-Dan • NY, NY, Midtown

David Tamir, Roku-Dan • Neve-Yamin, Israel

Sal Scaglione, Shichi-Dan • Centerville/Reston, VA
Matt Kaplan, Hachi-Dan • State College, PA
David Baker, Hachi-Dan • NY, NY
Michael Mackay, Ku-Dan • NY, NY, Midtown
David Seeger, Ku-Dan • Palisades, NY
Hanshi Robert Scaglione, Ju-Dan • Viera, FL
Bronze Supporter \$100
Silver Supporter \$250
Gold Supporter \$500
Platinum Supporter \$1,000
SIGN UP TODAY!

[http://sho-go.com/54th Black Belt Workout.htm](http://sho-go.com/54th%20Black%20Belt%20Workout.htm)

Kyoshi Mackay-

Sensei Michael Margulis has published over 450 photographs taken by his daughter, Chloe, at the 53rd Annual Black Belt workout held in Palisades, NY on October 17 and 18. The pictures capture the Joy and Vigor of training in the tradition of Grand Master Ansei Ueshiro, as meticulously handed down by Hanshi Robert Scaglione (see attached). Domo arigato gozaimasu to Hanshi and all the Black Belts who traveled from afar to attend, and to Kyoshi Dave Seeger for masterminding the retreat at the IBM Center.

The gallery is located at: <http://manre007.zenfolio.com/f667860875>

Hanshi encourages everyone to support Chloe's efforts by purchasing a minimum of \$15 in photographs - either prints, calendars, mugs or other accessories - from the Zenfolio website. A 10% coupon (code USRKUSA53) is available for all orders over \$15 placed by Dec. 25. Please step up and support an up-and-coming photographer.

2016 The Year of the Monkey

Kyoshi Seeger-

The February Event in Florida is my favorite Ueshiro Shorin-ryu event and it is open to all levels. I encourage all Ueshiro Shorin-ryu members to attend and not miss this opportunity to learn from Hanshi as you train on the beach in Florida.

Thank you Denshi Tezel Sensei and Hanshi and all the Florida Sensei and Sempai.

Denshi Tezel Sensei-

Domo Arigato Hanshi for another great karate week-end! Your leadership is truly inspirational and your attention to detail ensures we always stay on the path.

Domo Arigato Kyoshi Seeger, Kyoshi Mackay and Kyoshi Sal Scaglione for making the trip down to Florida and being so gracious as to share all of your accumulated wisdom with us.

Domo Arigato to all of the students, far and wide, who joined us for the weekend - you are what makes this event possible. I've had countless conversations with Florida students who were overwhelmed by the amount of knowledge and insight they acquired over the course of just three days.

First 360° Video of Kata Fukugata Sandan Composed by Grand Master

Hanshi, Kyoshi, Sensei and Deshi of USRKUSA,
please click on the link below to watch the
First 360° Video of Kata Fukugata Sandan
Composed by Grand Master Ansei Ueshiro.
Ueshiro Shorin-Ryu Karate USA
under the direction of Hanshi Robert Scaglione
Cocoa Beach, Florida February 6, 2016

https://www.youtube.com/watch?v=YMzBdl4_dlg&feature=youtu.be

Produced by David Seeger, Today Video360.

Looking forward to having all members in next year's video in Florida.

Thank you Hanshi, Kyoshi, Denshi, Sensei and Sempai,
Kyoshi David Seeger

Okinawa Karate Club

Pelham Manor, New York

Brian Heese, Ni-Dan, Director

Onegai shimasu, Hanshi, Sensei and Deshi,

The Okinawan Karate Club of Pelham Manor enjoyed a strong show of spirit during the brisk winter months, even as temperatures in the dojo dipped into the 50's. Inspired by our sister club in Easton, CT (who routinely train in sub-freezing temperatures), we applied the "moving forward" concept relentlessly to keep warm and focused. The dedication and hard work paid off in our recent tip test, where the candidates demonstrated great poise under pressure. Congratulations to the following on their promotion to Ro-Kyu:

- Arya Gauba
- Aribah Zaidi
- Olivia Vikman

These three students have progressed at a remarkable rate, and are well on their way to tackling the many challenges of Fukyugata Ni.



New Pelham Manor Dojo Director

I am pleased to announce that Sempai Brian Heese, Ni-Dan, has officially taken over the Directorship of the Ueshiro Okinawan Pelham Manor Karate Dojo, effective March 1, 2016. Mr. Heese trained under Sensei Dan Nichuals for five years until Sensei Nichuals passed away, and has continued training consistently at the Pelham Manor, Midtown, Palisades and Nyack dojo. He received his Sho-Dan rank at the Ueshiro 50th Anniversary Celebration in 2012, was promoted to Chief Instructor at the Pelham Dojo in 2013, and received his Ni-Dan rank in April of last year. Sempai Heese has been the driving force in keeping the Nichuals' Dojo going, supplementing his teaching responsibilities with recruitment, bookkeeping and capital improvements to the dojo. His enthusiasm and optimism set a distinctly positive tone at the school. Please join me in congratulating Sempai Heese on his well earned promotion.

On a more solemn note, April 14 marks the tenth anniversary of Sensei Dan Nichuals' passing. To this day he continues to teach by example, especially to family and friends who remember his integrity, deep loyalty, and love of life. A memorial workout was held on Glenn Island Beach the following summer attended by his sons and fellow students of all ranks.



Such moments of quiet reflection can't help but bring us into contact with those who have gone before. We owe them much gratitude.

Domo arigato gozaimasu, Hanshi,

Kyoshi Michael Mackay
Ueshiro Okinawan Karate Cub of Pelham Manor

Class schedule

Monday, 6:30 to 7:30 pm
504 Wynnewood Road in Pelham Manor, NY

Contact: bheese@optonline.net

To-Te Ueshiro Karate Club

Nyack, New York

Sensei Preston Powell, Denshi Shihan, Go-Dan

Class Schedule: USRKUSA Members Welcome!

Monday 5P - 6P

Tuesday 7P - 8P (Adv. Training @ PineForest Karate School, Palisades)

Thursday 8P - 9P

Saturday 10A - 11A

Sunday 10A - 11A

Onegai-Shimasu Hanshi, Kyoshi, Sensei, Deshi & All Karateka!

To-Te Ueshiro Karate Dojo News:

This October 17th and 18th 2015 we hosted the 53rd Annual Black Belt weekend with Kyoshi Seeger's Ueshiro Pine Forest Karate School in Palisades, NY. We thank all that attended and capped the weekend of training with a send off tea party with food, drink and rubbing elbows! SAVE THE DATE for this year's 54th Annual Black Belt Weekend again @ the IBM Center, Oct 22nd & 23rd 2016.

In December we promoted Bryan Markiet to Sho-Dan rank at a wonderful Black Belt Test in Northampton, MA sponsored by Sensei Gobillot's Dojo and gracious Students.

We started the New Year January 2nd with a 100 Kata Challenge to break in 2016! The youngest Deshi on the deck was 7 and the oldest 64 years old and 2.5 hours later we completed our task and bowed out with Joy & Vigor.

FULL BELT PROMOTION

We had our February Full Belt promotion February 29th, 2016. After a formal bow in and basics across the deck, we proceeded directly into Kata with the hopes to get the windows to fog up, and we did! After a short water break we started the formal Promotion with Powell Sensei calling the Deshi up on the spot. I'd like to thank the board of judges: Mr. Ed Abreu Ni-Dan, Ms. Gemini Watanabe Ni-Dan, Mr. Bryan Markiet Sho-Dan and big spirit from Sempai Mike Santoro for running the group while the board met to review the test results.

With Joy & Vigor we ended the day with breaking and demonstrations from our advance belts and senior Black belts.

Promoted to Ro-Kyu Orion Murphy
Promoted to Yon-Kyu Emilia Pescher
Promoted to Ni-Kyu Ethan Markiet
Promoted to Ni-Kyu Gabriel Abreu
Promoted to Ni-Kyu Jade Powell
Promoted to Ni-Kyu David Callegiros
Promoted to Ik-Kyu Jacquelyn Abreu

Domo Arigato Gozaimasu Hanshi!

Respectfully,

Denshi/Shihan
Preston Powell Sensei
(845 353 8505)

To-Te Ueshiro Karate Dojo
82 S. Franklin St.
Nyack, NY 10960
preston@to-te.org
www.to-te.org



Ueshiro Okinawan Karate Family Club

State College, Pennsylvania

Kyoshi Matt Kaplan, Shihan, Shichi-Dan

The State College Ueshiro Karate Family Dojo was fortunate to welcome seven visitors from the Northern Virginia Karate Clubs last month: Kyoshi Sal Scaglione, Sensei Patrick Markowitz (Go-Dan), Sensei Lisa Markowitz (Yon-Dan), Sensei Jim Davis (San-Dan), Sempai Bill Breidenbach (Sho-Dan), Bonnie Langendorff (Ni-Kyu), and Anthony P. (Ni-Kyu).

They brought with them energy, enthusiasm, and a willingness to assist us in our black belt test, kyu-level test and tip test. In addition, everyone who attended the tests also reaped the benefits of a large and vigorous group training. It is inevitable when training with Deshi from other dojos that everyone feels uplifted, energized and motivated to take their training to a new level.

There were many unforgettable moments. A young Deshi whose birthday fell on the testing day decided to spend his 8th birthday testing and working out.

We all sang a hearty happy birthday to him. Kyoshi Sal reminded us of the special place our dojo has in his heart. Sensei Patrick Markowitz made a magnanimously gracious toast to the State College dojo. During our potluck the State College Deshi made sure to sit with friends from Virginia and vice versa because everyone recognized that this was a special opportunity to get to know one another. And it was evident that we felt a common bond and purpose. We were there to train, to challenge and be challenged and support each other in our efforts to become ever more skilled karateka. A strong sense of community pervaded the entire day and set the stage for our next visit with the Virginia Deshi, something we all look forward to.



[Photo: After the February 27, 2016 karate workout and test, with visitors from the Northern Virginia Karate Clubs.]

Domo arigato gozaimasu,

Kyoshi Kaplan

Shihan, Ueshiro Okinawan Karate Family Dojo

State College, PA 16803

Ueshiro Shorin-Ryu Nashville Family Karate Club Smyrna, Tennessee

Sensei Sean M. Paus, Shihan, San-Dan

Onegaishimasu Hanshi, Kyoshi, Sensei, Shihan, and Deshi of Ueshiro Shorin-Ryu Karate USA!

The past several months have been pretty active in Tennessee. In November, I had the honor of working with Kyoshi Baker on the Fall 2015 newsletter. I hope you all enjoyed it. Domo Arigato Kyoshi Baker for all of your guidance and assistance!

In February, I was accompanied by my daughter, Lauren, to the Cocoa Beach workout. We enjoyed a beautiful morning and early afternoon on the beach with our fellow karateka. Dinner that evening gave us the opportunity to catch up with several people we had not seen in quite a while. It was a great day for karate, with many opportunities to both teach and learn, and inspiring words from our leadership. This was our first attendance at a Florida event, and we are sure to return again next year!

On Saturday, 20 February, the Ueshiro Shorin-Ryu Nashville Family Karate Club held our winter promotion. We had a full workout with joy and vigor, after which we proceeded with the formal testing and review.

I am very pleased to announce the following promotions:

To the rank of Go-Kyu: Arielle Bailey, and Amy Steele

To the rank of Yellow Belt: Isaiah Bailey

To the rank of Ni-Kyu: Lauren Paus



Domo Arigato Sempai Estelle Paus for sitting with me on the board of judges.

Domo Arigato to our Deshi. It was a long process from the moment you stepped on the deck, to the moment we bowed out, but you made it. I am very proud of you all.

Honorable mention goes to my daughter, Lauren Paus, who showed exemplary discipline and leadership on the deck during the workout, and the formal testing. In particular, her performance during the yakusoku kumite review, with myself as her demonstration partner, was especially noteworthy. She remained outwardly calm and focused despite her intense anxiety during the demonstration. She showed great mental fortitude, and was an inspiration to her fellow Deshi. Domo Arigato Lauren!

Domo Arigato Gozaimasu Hanshi, and Kyoshi for your continued leadership.

Domo Arigato Sensei, and Shihan for your commitment to propagating the art.

Domo Arigato all Deshi for without you we would not be here.

Domo Arigato Gozaimasu!
Sensei Sean M Paus, San-Dan
Ueshiro Shorin-Ryu Nashville
Family Karate Club

Ueshiro Northern Virginia Karate Club Centerville, Virginia

Kyoshi Salvatore Scaglione, Shichi-Dan, Denshi, Shihan
Sensei Lisa Markowitz, Co-Shihan, Yon-Dan

Onegaishimasu Hanshi, Kyoshi, Sensei, and World-wide SRKUSA
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 Fall and Winter have been very exciting for the Ueshiro NoVA Karate Club as we continued to explore travel opportunities and welcomed the challenge of grooming our cadre of new Ni-Kyu. All of the Black Belts Ueshiro NoVA are most appreciative for the increased reps of Nihanchi Kata. To facilitate the influx of new Ni-Kyu while maintaining and honing the Black Belt advanced Kata, Sensei Lisa Markowitz, Yon-Dan, has been leading an advanced class workout on Saturday morning focusing on Nihanchi work and polishing the Pinan Kata.

We also continue to seek out new students, two recent additions to our family are actually transplants from Kyoshi Kaplan's club in State College, PA. We welcome Rhea (San-Kyu) and Renee (Yon-Kyu) into our club and of course thank them for continuing with the SRKUSA family and helping us grow.

February was a great month for travel and many of our Deshi capitalized on several trips during the latter part of the Winter season. Our first group travel entailed a visit to Hanshi Scaglione and the Deshi of SRKUA-Florida. Sensei Tezel did an amazing job of orchestrating the Florida event, it was great catching up with many of the visitors from the SRKUSA globe and of course training with Hanshi and the group of Kyoshi present made for a spectacular weekend full of joy and vigor. The trip highlight was the beach workout that lasted over 3 hours. After a vigorous workout under perfect weather conditions, Hanshi Scaglione worked individually with several breakout groups led by each of the Kyoshi. Making the trip from NoVA were Kyoshi Sal Scaglione (Shichi-Dan); Mr. Bill Breidenbach (Sho-Dan); Bonnie Langdenforff (Ni-Kyu); and the Ford family: Jason (Ni-Kyu), Kelly (Ni-Kyu), Skyler (San-Kyu), and David (Yon-Kyu).



Our Club also paid a visit to Kyoshi Kaplan and Deshi of Ueshiro Family Karate Club in State College, PA. Kyoshi Sal, Sensei Patrick Markowitz (Go-Dan), and Mr. Breidenbach arrived on Friday evening, 26 Feb, for a workout with many local Deshi. All 3 assisted Kyoshi Matt Kaplan with a Black Belt promotion. Midday the remainder of the Ueshiro NoVA contingent arrived including Sensei Lisa Markowitz, Sensei Jim Davis (San-Dan), Bonnie Langdendorff and Anthony P. (Ni-Kyu from Dulles). The afternoon session included a spirited workout led by both Kyoshi Kaplan and Kyoshi Sal. A Kyu-level promotion followed with Ueshiro NoVA and Ueshiro Family Karate State College joining together for a SRKUSA-family celebration hosted by the gracious Deshi of State College.



February promotions locally were successful as several Deshi were selected to move forward during our Ueshiro NoVA Karate Club joint promotion. The day was full of joy and spirit as we joined forces with the Ueshiro Dulles Club for an energetic promotion following a vigorous workout led by Kyoshi Sal Scaglione. Special thanks to the Board of Judges and congratulations to the following Dulles and Northern VA students who were promoted:

Board of Judges:

Kyoshi Sal Scaglione, Shichi-Dan, Presiding Judge
Sensei Patrick Markowitz, Go-Dan, co-Presiding Judge
Sensei Lisa Markowitz, Yon-Dan, Center Judge
Sensei Shabbir Kazmi, San-Dan, Side Judge
Sensei Jim Davis, San-Dan, Side Judge
Mr. Bill Breidenbach, Sho-Dan, Side Judge

Congratulations to the following Deshi:

Orange Belt

Skyler Ford (Centreville)

San-Kyu

Allen T. (Dulles)

David C. (Dulles)

Jilvan Z. (Dulles)

Yon-Kyu

Anu Altankhuyag (Centreville)

Temuulen Altankhuyag (Centreville)

Ro-Kyu

Rohan Purohit (Centreville)



We are also very pleased to announce we'll be hosting a workout commemorating Master Ansei Ueshiro's Birthday and the DC Cherry Blossom Festival on 16 April. The workout will be conducted outdoors in Great Falls National Park alongside the historic Potomac River. We'll train hard with the Art that Master Ueshiro gave us as his present to us. All Deshi are then invited to a birthday picnic in honor of Master Ueshiro and then are welcome to visit the Nation's Capital to view the Cherry Blossom trees in bloom along the Tidal Basin. The Cherry Blossoms were a gift to the U.S. from the Japanese government and each the blooming period is celebrated. The closing ceremonies for the festival are on 17 April.

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. If 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
Sensei Lisa Markowitz, Yon-Dan
Co-Shihan, Ueshiro NoVA Karate

Ueshiro Dulles Karate Club

Dulles, Virginia



Sensei Patrick Markowitz, Director, Go-Dan

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 our last update, we've welcomed two new students—Sempai David and Sempai Dimis.

This winter was a time of returning to indoors workouts and getting 'back to basics'. We missed Sempai Steve on the deck while he recovered from shoulder surgery and we are excited to welcome later this spring a potential future karateka when Sempai Jenny delivers her baby!

As is now our tradition, the students of *Ueshiro Dulles* were honored to join the warriors of *Ueshiro NoVA Karate* for our 20 February joint promotion testing. Thank you to Kyoshi Salvatore Scaglione for leading and supervising the event and to Sensei Lisa Markowitz, Sensei Shabbir Kazmi, Sensei Jim Davis, and Sempai Bill Breidenbach for their service on the board of judges. Their keen eyes and thoughtful feedback for each student is already making a difference on the deck.

Results of the test were as follows:

- Promoted to *San-Kyu*: Allen T.
- Promoted to *San-Kyu*: Zhilwan J.
- Promoted to *Ro-Kyu*: David C.





Finally, we are excited to help host the April 16th commemorative workout in honor of Grand Master Ansei Ueshiro and the enduring friendship between the peoples of Japan and the United States as marked by the annual Washington, DC Cherry Blossom Festival. This event will give you the opportunity to share in the *Zen* that is a workout at Great Falls National Park. You've seen the photos, now you'll get to feel the grass under foot, smell the spring air, and hear the gentle roar of the Potomac.



Arigato gozaimasu Hanshi!
Sensei Patrick Markowitz, Go-Dan
Shihan, *Dulles Ueshiro Shorin-Ryu Karate*

Hong Kong Ueshiro Karate Club

Hong Kong

Sensei Alan Lai, Shihan, Roku-Dan

Greetings,

To celebrate the 20th anniversary of Ueshiro Hong Kong Karate, we are running a new campaign to recruit more Deshi. For example, we will offer a family discount, hoping to encourage parents and grandparents to join.

Besides, Sensei Tytus Michalski is going to organize a celebration event including video sharing, demonstration and Compai. We plan to have it in this coming August. Welcome to join us!



Ueshiro HSMC Karate Club
HSMC, Kowloon, Hong Kong

Sensei Stephen Wong, Go-Dan

Ueshiro Harbour Karate Club

Harbor, Hong Kong

Sensei Tytus Michalski, San-Dan

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

During this past season, karate training at Ueshiro Harbour Karate emphasized building a strong foundation and spirit. We also celebrated and welcomed the New Year of the Monkey for its reputation as a symbol of protection and safety just like our traditional style of karate.

Regular Schedule

The Ueshiro Harbour Karate Club continued with its regular schedule of training on Fridays starting at 4pm in the Kowloon Park Sports Centre. We have been fortunate that the location has renovated its wooden floor recently and the new facilities are definitely a noticeable improvement.

20th Anniversary of Ueshiro Karate in Hong Kong

2016 is a very special year for Ueshiro Karate in Hong Kong as we will be celebrating 20 years. This will include special events and promotions during the year, especially during August 2016. It is a perfect year for visitors from overseas to train with us to look back on the past 20 years in Hong Kong and prepare for the next 200 years.

Domo arigato gozaimasu to Kyoshi and Hanshi for being timeless leaders!

Domo Arigato Gozaimasu,

Tytus Michalski
San-Dan
Ueshiro Harbour Karate Club
China

Ueshiro CUHK Karate Club

CUHK, Shatin, Hong Kong

Sempai Rayvel Tang, Ni-Dan

The Ueshiro Chinese University Karate Club is in a transition period during a renegotiation process with the Chinese University administration. A couple of months ago we were assessed for eligibility for formal registration but did not fulfil their requirements. They suggested that we resubmit the application; follow-up action is still under way.

Once permission is granted, we will be able to re-initiate the student outreach process (targeting members of the students' union) thereby building upon our small group of CUHK members. To jumpstart the student outreach and recruitment process, we are planning special events to coincide with the next sign-up period.

Domo arigato gozaimasu,

Sempai Rayvel Tang, Director of the Ueshiro Chinese University Karate Club

--under the direction of Sensei Lai, Shihan of the Ueshiro Hong Kong Karate Club

Eilat Ueshiro Dojo

Eilat, Israel

Sensei Shlomo Dadon, Denshi/Shihan, Go-Dan

WE ARE MOVING TO OUR NEW SPACE. DETAILS TO FOLLOW SOON.
In the meantime we are enjoying training with Tamir Sensei and Zamir Sensei.
Thank you Hanshi, Kyoshi, Sensei and Sempai!

Sensei Shlomo Dadon
P.O. Box 824
Eilat, Israel 88000
Telephone:
Home 00972-8-6337762
Cell Phone: 00972-54-5511111

Ueshiro Neve (Oasis) Dojo

Neve Yamin, Israel

Sensei David Tamir, Denshi Shihan, Roku-Dan

Greetings from Neve Yamin, Israel, where we continue to train with joy and vigor!

Over these past few months we have had several exciting events including: flying to Palisades New York in October to participate and learn at the 53rd annual Black Belt training and dinner event; formal special training event at the ancient mount Masada fortress/palace in Israel, adjacent to the Dead Sea in November; informal training and BBQ at the Maccabee warrior's forest celebrating Hanukkah; Compai in December at our dojo celebrating the new year with visiting members from the Hertzelia Dojo; and rigorous formal full belt testing and promotions this past February. Please see a few select attached photos. Sensei Shlomo Dadon visited us a couple times from Eilat over these months, as did Sensei Nir Zamir and his Deshi from Hertzelia Dojo.

We also enjoyed in February a special treat from Kyoshi Seeger via iPhone FaceTime video conferencing technology. Kyoshi Seeger reviewed our kata and provided valuable feedback and new levels of awareness for us to work on and improve. Domo domo arigato Kyoshi!

Moreover, we have another exciting event late this month (March). Sensei Candace Morgan will be visiting us to train and teach, bringing us her high quality karate shaped by her Sensei, Kyoshi Mackay.

We continue to be inspired and guided along the path by Hanshi Scaglione and his Kyoshi[s], as set forth by Master Ueshiro. Our training continues with three regularly scheduled classes at the Ueshiro Neve [Oasis] Karate Dojo.

Best Regard and Domo Arigato Gozaimasu

Tamir Sensei
Denshi-Shihan
Ueshiro Neve [Oasis] Karate Dojo
Neve Yamin, Israel
tamirsensei@gmail.com
Tel: +972.54.283.3777
or +1.321.473.4533

Ueshiro Neve Karate Class Schedule:

Sundays and Tuesdays 19:00-20:30

Fridays 14:30-16:00

Location Map at <http://nevekarate.com/nevekarate/Training.html>

www.NeveKarate.com
www.ShorinRyu.com

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



Ueshiro Herzlia Dojo

Herzlia, Israel

Sensei Nir Zamir, Denshi Shihan

Together with our Neve Yamin Dojo family under Tamir Sensei we await the opportunity to meet and train with Sensei Candace Morgan, who's scheduled to be in Israel later in March.

In recent months, Israel has been introduced to a growing wave of violent & random terrorist attacks. This has heightened public awareness to the need, by practically everyone, to possess some basic self-defense skills so as to protect one's self and the life of those near you.

We have been inviting people to join our training on certain dates, so as to be introduced to basic self-defense options that we are fortunate to have learned from our Ueshiro Shorin-ryu Karate and over the years from Hanshi.

Many of the attendees to these sessions emerge from them feeling much more secure in their ability to defend themselves against such attacks. We are also hoping to recruit new students from among these one-off students.

If you would like to come and train with us, please e-mail at:
nir_zamir@dell.com

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 compiled by Boston Ueshiro Shorin-Ryu Karate Club

Editing and Layout — Sensei Emiliano Mazlen, Yon-Dan

Final approval and editing — Kyoshi Sal Scaglione, Shichi-Dan

USRKUSA, 2016

© Copyright 1962 – 2016

ALL RIGHTS RESERVED - USRKUSA