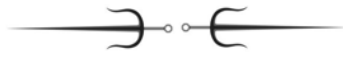


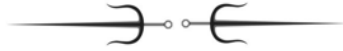


UESHIRO SHORIN-RYU KARATE USA

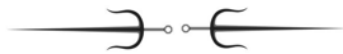
UNDER THE DIRECTION OF HANSHI ROBERT SCAGLIONE



FOUNDED BY GRANDMASTER ANSEI UESHIRO



SPRING 2021 NEWSLETTER



Master Ueshiro was born in Naha, Okinawa. Here we see vivid pink Ryukyu winter cherry blossoms at Nago Castle ruins to the north of Naha. These blossoms are among the earliest in Japan, seen here from the castle's viewing tower, and contrast with the emerald green Okinawan sea that Master Ueshiro would have known so well. Photo from <https://www.nippon.com>

USRKUSA MISSION STATEMENT:

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



GREETINGS, WORLDWIDE USRKUSA MEMBERS!

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

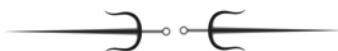
As Hanshi reminded us a few weeks ago, *"Karate begins and ends with courtesy."* The turmoil and historic events since our last Newsletter couldn't confirm this more. At no time in recent memory has the need to propagate courtesy through the art of Shorin-Ryu been more evident. And judging by the roster of deshi who renewed their memberships in 2021, we are accomplishing just that. *"The list is AMAZING, an understatement, I am sure,"* Hanshi wrote after seeing the names submitted by the Shihan:



"The USRKUSA Organization is well organized as evidenced in the very real list of its participants. I thank Grand Master Ansei Ueshiro for starting it all with his inspiration, vision, guidance, and so much more. I know he is still with us exercising the greatest of all virtues – teaching us from afar."

"Teaching from afar" refers to time and stature, not Zoom. To learning the hard lessons from those who have gone before, and offering *"due regard and consideration"* to those who follow. Domo arigato gozaimasu, Hanshi, for your countless examples of *rei* that encompass self, others, the moment, and generations, as captured in the pages below.

Respectfully submitted,
Kyoshi Michael Mackay
Ueshiro Midtown Karate Dojo



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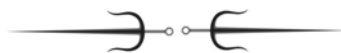
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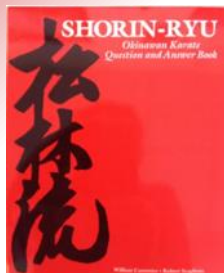
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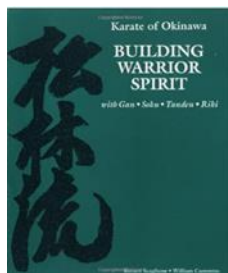
USRKUSA RESOURCES

RECOMMENDED READING

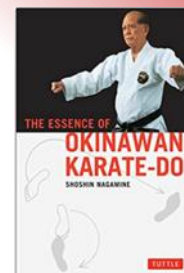
“Red book”



“Green book”

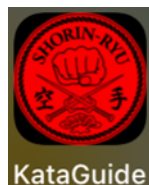


“White Book”

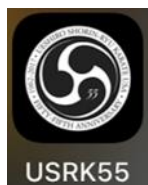


- Sempai William Cummins & Hanshi Robert Scaglione’s *Shorin-Ryu: Okinawan Karate Question and Answer Book*, and Hanshi’s *Karate of Okinawa: Building Warrior Spirit through Gan, Soku, Tanden, Riki* are available through your Shihan.
- Our *USRKUSA 50th Anniversary Journal*; Master Nagamine’s *The Essence of Okinawan Karate-do*.
- See USRKUSA’s website for more details: <https://www.shorinryu.com/>

MOBILE APPS

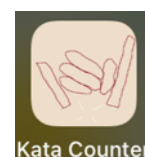


KataGuide



USRK55

- Get the *Kata Reference Guide* & *USRK55* developed by Kyoshi Seeger, and Sensei Adam Dunsby’s *USRK Kata Counter* for:
 - Android via Google Play Store
 - [iPhone & iPad via the App Store once updated; see page 13]



Kata Counter

KYOSHI MACKAY’S USRKUSA’S HOMBU DOJO WEBSITE

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

JUST GETTING STARTED? WANT TO QUIZ YOURSELF ON BASIC OR ADVANCED “RED BOOK” TOPICS?

- Online Ueshiro Shorin-ryu flashcards on Japanese terminology, questions, stances, strikes, blocks, & kicks are available in Quizlet here: <https://quizlet.com/join/h594WuqT2>
- An online course/quiz to help learn the “Red Book” material is available in Learn2xalt at: <https://learn.2xalt.com/courses/shorin-ryu-q-a-book>

STAY CONNECTED!

- Itching to travel? Sometime soon it will be safe to visit and train at other dojos! Find their addresses and Shihan contact information here: <https://www.shorinryu.com/about-shorin-ryu-dojos>
- Your Shihan can add you to our USRKUSA-Deshi email google group so you receive all notices and Techniques/Thoughts of the Week (TOTW)
- On Facebook? Join Sensei Barnes’ Ueshiro Shorin-Ryu Karate USA Students group



“KEEP TRAINING!” -GINCHIN FUNAKOSHI



UESHIRO MIDTOWN KARATE DOJO

*Kyoshi Michael Mackay, Shihan, Ku-Dan
New York, NY*

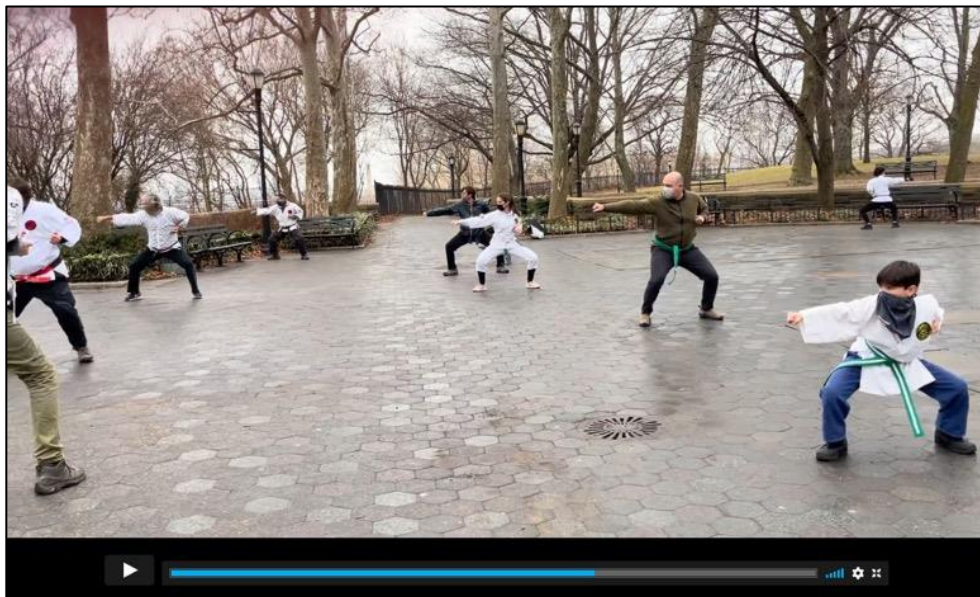
News

The Hombu Dojo continues to offer formal in-person classes on Wednesdays and Sundays in Central Park, Artic conditions notwithstanding, with Zoom classes on Tuesdays and Fridays. Informal workouts are also held at Dag Hammarskjold Plaza – right across from the United Nations – most Mondays, Tuesdays, Thursdays and Fridays under the supervision of Sensei Ron Ballin. The value of our in-person training can't be overstated. To quote Kyoshi David Baker from last Fall, *"The camaraderie, social interaction, sweating, the sharing of experience [in person] is vital for our health and well-being."*

Rank Promotions

The Midtown Dojo joined forces with the Ueshiro Bay Ridge Dojo on Sunday, February 28th, to hold a full belt promotion. Big spirit was shown by the Hombu Deshi: Kyoshi Baker, Sensei(s) Gamiel Ramson, John Bottega and Ron Ballin, and Sempai(s) Lisa Rosenberg, Gene Turok and Anna Sweeney, while persevering through daunting weather conditions. A special bonus was learning from Hanshi that, *"The exact testing site in Owls Head Park Brooklyn was my childhood backyard where I visited every day to train various physical endeavors until I joined the U.S. Navy on my 17th birthday."* No wonder the group had the spirit of service men and women battling a typhoon!

Congratulations to Sasha Turok on her promotion to Green Belt/White Stripe after a grueling workout and test. Special thanks to Sensei Rob Neff for hosting the event, and Sensei Kevin Reymond of the Ueshiro Downtown Karate Dojo for his leadership on the Board of Judges and beyond. A video of kata Fukyugata San performed at the event may be seen [here](http://midtownkaratedojo.com/images/Videos/2021_OwlsHead.html):



http://midtownkaratedojo.com/images/Videos/2021_OwlsHead.html



Events

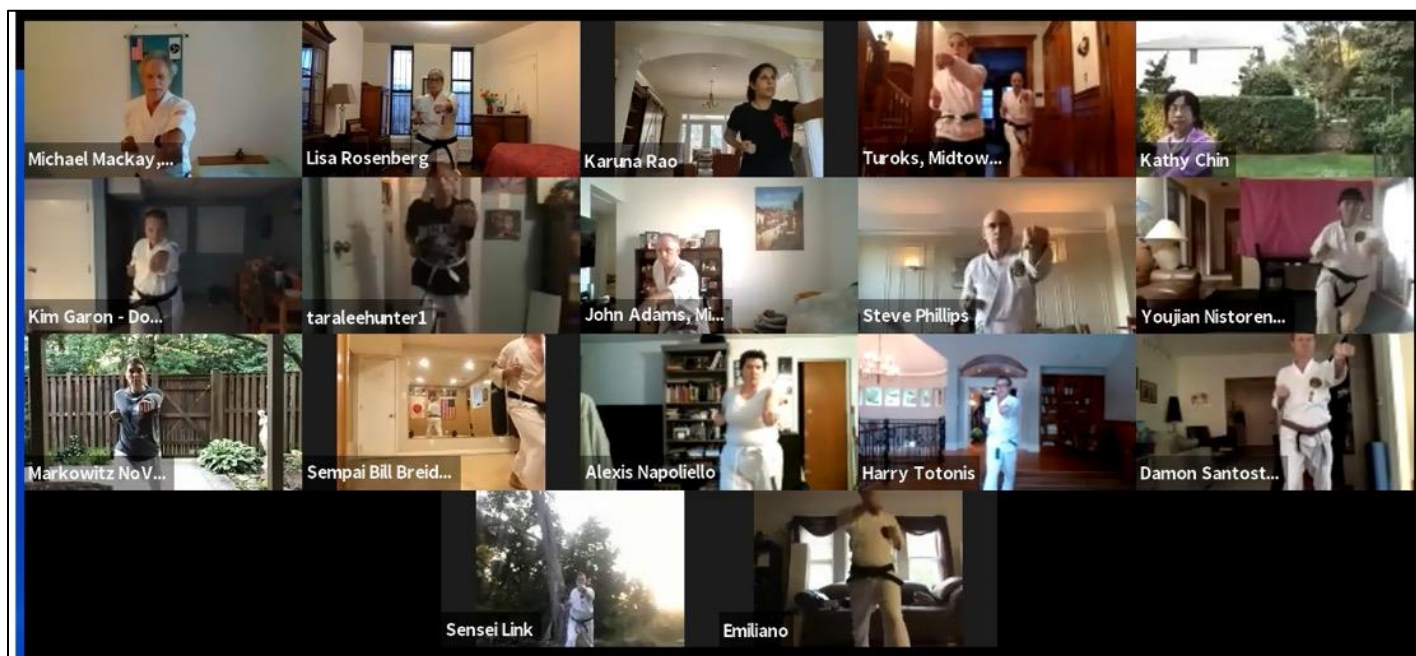
On September 13, 2020, 26 deshi gathered at the Arthur Ross Pinetum in Central Park for our Annual Memorial workout. The event was to honor those who served or perished in the tragedy of 9/11. The grove of pine trees is near the NYPD Central Park Precinct, the site of our traditional summer get-togethers 40 years ago while Hanshi (then Kyoshi) was Shihan of the Midtown Dojo. This was the first large in-person meeting of deshi since the start of the pandemic. In gathering *safely* we also paid tribute to the hundreds of thousands lost to COVID-19, the heroic efforts of our essential workers, and the adaptability of New Yorkers during any crisis.



One week later, on September 20, 2020, we hosted a special Zoom class with 17 students from across the country to celebrate Grand Master Ansei Ueshiro's arrival in the United States. The occasion also marked the 60th anniversary of Kata Fukyugata San, composed in 1960. Students took turns giving a spirited count, then an even more spirited "*Hajime!*" We reflected on how hundreds of students' lives have been impacted by learning this powerful testament to the "*moving forward*" concept. Domo arigato gozaimasu to Grand Master Ansei Ueshiro for creating this *tour de force*, and to Hanshi Robert Scaglione for keeping the kata alive in the numerous training halls of Ueshiro Shorin-Ryu Karate-Do.



UESHIRO MIDTOWN KARATE DOJO



In January the Hombu Dojo sponsored former Sho-Dan Katie Roche in conducting an online Shorin-Ryu physical education course for children with special needs in grades 2 through 7. Within eight short weeks all students were able to do Fukyugata Ichi no count by themselves. Ms. Roche reports, *"The 3rd graders were superstars and were able to do the entire kata with Japanese commands only."* She added, *"It was very interesting to see how such a traditional style of teaching and training is extremely effective with kids from this special needs population, I guess due to the straightforwardness and simplicity, it worked very well."* Domo arigato gozaimasu, Katie, for planting the seeds of Shorin-Ryu in the next generation!

- 🕒 Stills and videos from our many other classes over the past six months may be seen here, including an impromptu kata with a member of the New York Police Department:
 - <http://midtownkaratedojo.com/Gallery.html>
 - <http://midtownkaratedojo.com/GalleryVideos.html>

- 🕒 Special thanks to Sempai Lisa Rosenberg for serving as Hombu photographer/videographer!

Closing

We've received encouraging news on the dojo space in St. Bart's. While the Athletic Facilities remain closed, plans are under way for a phased reopening. Upgrades will be made to the air system throughout the basement and UV lighting in the locker rooms. The pool should be open within a few months, followed by the gym and the dojo. At that time, we'll offer classes to approximately four deshi at a time, adding more classes as needed.



UESHIRO MIDTOWN KARATE DOJO



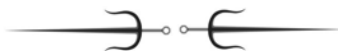
Final shout-outs to:

- 🌐 Our high-ranking Zoom instructors who keep the organization knitted together across many miles.
- 🌐 Everyone system-wide for your 2021 memberships to support the Ueshiro Shorin-Ryu Karate USA organization in the Year of the Ox.
- 🌐 Those who submitted “Thoughts/Techniques of the Week” over the past six months.
- 🌐 All who participated in the three Metro Area Book Club meetings, hosted by Sensei Kevin Reymond.

None of the above, nor any of what follows in this Newsletter, could have happened without the strong, consistent, and compassionate leadership of Hanshi Robert Scaglione, CEO of Ueshiro Shorin-Ryu Karate USA.

Domo arigato gozaimasu, Hanshi, for your unwavering commitment to Grand Master Ansei Ueshiro and perpetuating the art of Ueshiro Shorin-Ryu Karate-Do!

- Kyoshi Michael Mackay, Shihan/Ku-Dan
Ueshiro Midtown Karate Dojo
Midtownkaratedojo.com
kyoshi@midtownkaratedojo.com
(646) 761-0683



UESHIRO PINE FOREST KARATE SCHOOL

Kyoshi David Seeger, Shihan, Ku-Dan

Palisades, NY



In a year where everything was a no--karate was a yes.

In a year where training together in the dojo was impossible, we discovered – thanks to Kyoshi Seeger's warrior spirit – that a dojo can be anywhere we come together to train--even in two feet of snow in Kyoshi's backyard. In a year of separation and isolation, karate provided connection and community. In a year where so many were forced to retrench, we continued to move forward. In a year where no black belt test seemed possible, Kyoshi Seeger made it possible, and one sub-freezing evening, barefoot in the pouring rain, in a COVID-19-bubble with Sempai Forni for kumite, trying to step first on impossibly slippery terrain, 39 years after I began Shorin-Ryu karate in Midtown, New York City, I received my black belt. In a year of trials, we persevered and trained. In a year where everything was a no--karate was a yes.

-Sempai Robert Kapilow, Sho-Dan



UESHIRO PINE FOREST KARATE SCHOOL



Congratulations Sempai Rob Kapilow, Sho-Dan.



*We opened a New Dojo in New Rochelle, NY.
Congratulations to Bar-Shai Sensei.*





We had our Year-End Compai. Thank you, Sempai Art Forni (a.k.a., Sempai Doc), for making sure we stayed healthy!



We had our Formal February Promotion. Congratulations to Sempai Diana Hang, Go-Kyu and Sempai Sharona Levine, Yon-Kyu.



UESHIRO PINE FOREST KARATE SCHOOL

It has now been a year since I have been practicing karate. Thank you so much for opening your home (and mostly backyard) to us. Had I known that karate was an all-encompassing sport and way of life, I would have done it years ago. Karate is what has gotten me through this pandemic, and most importantly, cancer. It gave me something for which to look forward and has strengthened my body, mind and spirit. Furthermore, this dojo has provided me with a community of friends and teachers who have truly improved my quality of life.

Thank you so much for this gift, Kyoshi.

Sincerely,
Sharona Schlein Levine, Yon-Kyu



We are back in the dojo. Come and train with us!





**Next Event, Florida July 2021, Time to Ramp it UP!
Thank you, Hanshi Robert Scaglione, for teaching us.**

Kyoshi David Seeger, Shihan, Ku-Dan motobu@aol.com 917-593-6455
160 Washington Spring Road. Palisades, New York 10964
Classes Monday 3 PM Tuesday, Wednesday, Thursday 7 PM Sunday 10 AM
Private Lessons on-line and in person.



ALL USRKUSA MEMBERS with an iPhone --
The Kataguide app is no longer available at the app store.
Your iPhone app will continue to work!!!
Android version is still for available at the Google Play Store.
Android: <https://play.google.com/store/apps/details?id=com.todayvideo.NewView&hl=en>

Contact Kyoshi Seeger if you can assist with updating the code on the KataGuide app.



HERZLIYA UESHIRO DOJO

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

News

As COVID-19 lock-down regulations ease up, we have regained our normal training schedule in Israel.

Herzliya Dojo training days continue to be Sunday and Tuesday, 18:30 to 20:00.

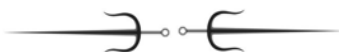


*Kyoshi Seeger, Tamir Sensei, and Zamir Sensei and our Deshi celebrate our
Year End Compai and end to the lockdown!*

Our Ueshiro Shorin-Ryu Karate USA / International Organization continues to grow and flourish. Please come and visit us here in Israel.

Thank you Hanshi Robert Scaglione, Grand Master Ansei Ueshiro, Kyoshi Seeger, and all members worldwide for your support and leadership.

Domo Arigato Gozaimasu Hanshi!
Denshi Shihan, Zamir Sensei
Ueshiro Herzliya Dojo



UESHIRO KARATE DOJO BA'KFAR

*Sensei David Tamir, Denshi Shihan, Shichi-Dan
Kfar-Saba, Israel*

News

Onegai-shimasu Ueshiro SRKUSA Worldwide,

Due to the Coronavirus closure of our Country Club facility housing our dojo, we have been training for the past months outdoors under the darkness of winter evenings, at the Kfar-Saba Central Park. We have maintained our regular schedule of three classes per week (Sun-Tue-Thu 6:30-8:30 PM). We have had to double and triple-up on our layers of clothing under and over our gi including shoes, due to cold and wet weather conditions. At times when the park was closed due to stricter Coronavirus quarantines, or when there was strong rain, we continued our training without disruption via Zoom. Our deshi have been diligently training towards the recent February testing. Sensei Nir Zamir's deshi from the Ueshiro Herzliya Dojo, namely Sempai Ran Sheinman and Miki Gotlieb, have joined us on various occasions.

With the massive mobilization of COVID-19 vaccinations across Israel's population, most of our deshi including myself have already been vaccinated. The government restrictions have just been lifted in late February on the Country Club, and we have been allowed to return to train at our dojo on February 28th. Only vaccinated individuals, or those who have healed from Coronavirus and have developed their own antibodies, are allowed to enter the Country Club at this time. This presents a challenge for one of our younger teenage deshi, for whom vaccination is not approved yet. Hence, she is continuing her training via Zoom, leveraging our on-going US-based classes.

Rank Promotions

On February 21, Sensei Nir Zamir, Sensei Shlomo Dadon, and I (Sensei David Tamir) conducted joint testing for 7 Israeli candidates and promoted all as listed below. Congratulations!

- 🌀 Zachi Orenstein to Yon-Kyu, Ueshiro Dojo Ba'Kfar, Denshi-Shihan David Tamir
- 🌀 Shir Orenstein to Yon-Kyu, Ueshiro Dojo Ba'Kfar, Denshi-Shihan David Tamir
- 🌀 Gil Eran to Yon-Kyu, Ueshiro Dojo Herzliya, Denshi-Shihan Nir Zamir
- 🌀 Mickie Gottleib to Yon-Kyu, Ueshiro Dojo Herzliya, Denshi-Shihan Nir Zamir
- 🌀 Reuven Orenstein to San-Kyu, Ueshiro Dojo Ba'Kfar, Denshi-Shihan David Tamir
- 🌀 Moshe Ashkenazi to San-Kyu, Ueshiro Dojo Ba'Kfar, Denshi-Shihan David Tamir
- 🌀 Amir Eyal to Ni-Kyu [based in Australia], Ueshiro Dojo Herzliya, Denshi-Shihan Nir Zamir

The testing was conducted in two parts, one starting at "High Noon" over Zoom, and the second in the evening outdoors at the Kfar-Saba Central Park. Both parts started with our traditional full workout and ended with wooden board breaking.



UESHIRO KARATE DOJO BA'KFAR

The Zoom portion was of Sempai Amir Eyal from Sensei Nir Zamir's Ueshiro Herzliya Dojo; Sempai Amir did the test all the way from Australia; testing for Ni-Kyu. Sempai Amir started training with Sensei Zamir back in 2002. This past year's Zoom training, offered across our worldwide organization, helped prepare Sempai Amir well. He did a great job and we hope to see him continue and grow our presence in Australia.

The second portion in the park involved near freezing temperatures in the dark, but our Karateka persevered. Three of those testing represented three generations of the Orenstein family; grandfather, son, and granddaughter, as shown in close contact in the attached photo.



Special thank you to Sensei Shlomo Dadon who drove over 5 hours from Israel's southernmost city of Eilat to join us on the Board of Judges, to Ni-Dan Ofer Sinai who also assisted on the Board of Judges, and to our two non-testing brown belts, Sempai Ran Shineman (Ik-Kyu) and Guy Shlomo (Ni-Kyu), who trained and participated in the event. Sempai Sinai and Shineman are from Nir Zamir's Ueshiro Herzliya Dojo.

Events

Our deshi, led by San-Kyu Reuben Orenstein, organized a very special token of appreciation, which they granted me (their Sensei), upon our return to train at the Kfar-Saba Country Club facility during the first week of March. The following are words kindly offered by Sempai Reuben for this newsletter along with photos.





TRIBUTE TO TEACHER AND EDUCATOR SENSEI DAVID TAMIR

By Sempai Reuben Orenstein on behalf of the Ueshiro Dojo Ba'Kfar Deshi in Israel

We are the Dojo Kfar-Saba group, studying the martial arts "Ueshiro Shorin-Ryu Karate USA" in Israel under the direction of Hanshi Robert Scaglione and the guidance of our teacher and educator, Sensei David Tamir, express our thanks for your initiative to open the karate industry in the Country Club of Kfar-Saba.

After about 18 months of studying, that includes the history of karate, physical training and learning basic exercises, we have acquired a great deal of knowledge. Our thanks for your initiative to open the karate branch at Kfar-Saba Country Club and to praise your personal and consistent guidance including your great contribution in meetings wherever you can use the Zoom app. Your mission and contribution is very important for our health, affects and helps children and adults strengthen our muscles and bones and thus improve our confidence that is so needed in the toolbox for the rest of our lives.





Closing

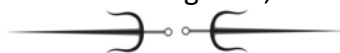
Domo Arigato to Hanshi Robert Scaglione for leading our way through this Corona "Storm", to Kyoshi David Seeger for keeping our region connected to our worldwide organization, and to my Deshi for teaching me and keeping me on the path of Karate-Do.

Domo Arigato Gozaimasu

Tamir Sensei
Denshi-Shihan

Ueshiro Dojo Ba'Kfar
Kfar-Saba, Israel

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



UESHIRO NEW ROCHELLE KARATE DOJO

*Sensei Tsvi Bar-Shai, Shihan, Yon-Dan
New Rochelle, NY*

GRAND
OPENING

Onegai Shimasu Hanshi, Kyoshi, Sensei, and Deshi,

On Monday January 18th, Martin Luther King Day, we had the Grand Opening of the Ueshiro New Rochelle Karate Dojo.

We dedicated the first formal class to Grand Master Ansei Ueshiro and Hanshi Robert Scaglione.



We had the honor of the participation and support of Kyoshi Seeger, Potter Sensei, Sempai Art Forni of Ueshiro Easton Connecticut, and Sempai Sharona of the Pine Forest Karate School in Palisades NY.

In addition to my first student, Sempai Mark Kogan, Ni-Kyu we signed up two new students at the Grand Opening!

We are on our way to propagating the art of Ueshiro Shorin-Ryu Karate USA under the direction of Hanshi Robert Scaglione. Classes will continue on a regular basis on Mondays and Wednesdays at 6:30 pm. The Ueshiro New Rochelle Karate Dojo is located in the Knockout Boxing Gym at 236 North Ave New Rochelle 10801 and has a dedicated dojo space.

All members of Ueshiro Shorin Ryu Karate USA are welcome.



UESHIRO NEW ROCHELLE KARATE DOJO

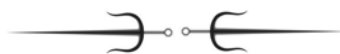
Domo arigato gozaimasu, Hanshi!
Bar-Shai, Sensei Shihan

For more info:
SenseiNRKarate@gmail.com or
call 914-772-0204.



*'I am so proud of Bar-Shai Sensei, on opening a
Storefront Dojo'*

-Kyoshi Seeger



TO-TE UESHIRO KARATE DOJO

*Sensei Preston Powell, Denshi Shihan, Go-Dan
Nyack, NY*

News

Onegai Shimasu Hanshi, Kyoshi, Shihan, & all USRKUSA Karateka!

Hoping the entire USRKUSA family near and far are continuing to move forward despite the COVID-19 pandemic. Our Dojo has continued to stay open during the pandemic and our Deshi have continued to extend the line while taking all necessary precautions to social distance, wear masks, and be safe.

Rank Promotions

The To-Te Ueshiro Karate Dojo had its annual Winter Promotion Saturday, February 27th. We began at noon with a formal bow in, warm ups and basics, followed by two hours of Kata full speed and power and over 100 push-ups. With a short water break the actual promotion began at 2pm.

The Board of Judges consisted of Center Judge Sempai Bryan Markiet (Ni-Dan), Sempai David Calligeros (Sho-Dan) and rounding out the Board Sempai Ethan Markiet (Sho-Dan).

Sensei Powell (Go-Dan) called the candidates up on the spot and conducted the testing.

Testing Results:

- 🌀 Eileen Evonn promoted to Green Belt
- 🌀 Shane Encalada promoted to San-Kyu
- 🌀 William Chappell promoted to Orange Belt
- 🌀 Joseph Goshen promoted to Orange Belt
- 🌀 Dylan Quagliata promoted to Orange Belt



TO-TE UESHIRO KARATE DOJO



To-Te Ueshiro Karate deshi show excellent kime and form.



Events

Fall training was outdoors on the Hudson River. I'd like to thank Sempai David Calligeros for allowing us to train in his majestic backyard. And thank you goes to Kyoshi Seeger for visiting our young warriors and giving feedback and sugar to our Nyack group.



Closing

All is well in Nyack. It's been a challenging year! I'm glad we were able to find a way to just do it: continuing to train, propagating the art handed down by Master Ueshiro, and following the lead of Hanshi Robert Scaglione to just show up and train in our sacred Shorin-Ryu Karate.

Domo Arigato Hanshi!

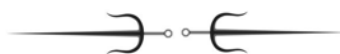
Respectfully submitted,
Sensei Preston Powell, Denshi/Shihan
To-Te Ueshiro Karate Nyack, NY
preston@to-te.org
karatenyack.com
845 353 8505

WINTER/SPRING CLASS SCHEDULE:

Saturday 10 AM – 11 AM

Tuesday 6 PM – 7 PM

Thursday 6 PM – 7 PM



UESHIRO BAY RIDGE KARATE DOJO

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

Onegai shimasu Hanshi, Kyoshi, Sensei & fellow Deshi,

We are moving forward with joy, vigor, and warrior spirit here in Brooklyn. The Bay Ridge Dojo has been training outdoors, socially distanced with classes at Owl's Head Park twice a week. It has been an honor to join the Midtown and Downtown Dojo(s) for classes in Central Park as well.

I'd like to share a portion of my son Ethan's San-Kyu essay that sums up our training during the past year:

My thoughts on karate during COVID:

I think that it is a tricky time during COVID with online learning and social distancing, but karate gives me something to do. I am on a screen for 7 hours five days a week. It is a lot, but karate gives me something to do, to see my friends, and get some exercise. It helps a lot with balance.

My thoughts on working-out outside:

I actually like working-out outside even more than inside. One reason is because it is nice to see nature. In the fall I used to see squirrels and birds when I was working-out. You could see the sun set on Thursdays and see the bright sun on Sundays. It was cool to see everything change through summer, fall, winter, and spring. For example, the leaves falling in fall, the snow in winter, and the flowers in spring. I do know you should love the dojo, but where ever you go the dojo follows.



On Sunday February 28th, 2021 the Bay Ridge and Midtown Ueshiro Shorin-Ryu dojo(s) held a joint full belt and tip test. The event took place in Owl's Head Park, Bay Ridge, Brooklyn. Cold rainy weather made the day a bit of a challenge, but you wouldn't have known it as all who participated showed tremendous joy and vigor!

Deshi gathered at noon and were led by Kyoshi Michael Mackay. Kyoshi took the winter warriors through the traditional workout comprised of warm-ups, basics, and many repetitions of kata prior to the test.

The Board of Judges then convened, comprised of Kyoshi Mackay, Kyoshi Baker, Sensei Kevin Reymond (Shihan of the Downtown Dojo) and Sensei Robert Neff (Shihan of the Bay Ridge Dojo).



UESHIRO BAY RIDGE KARATE DOJO

The candidates went through all aspects of their respective tests. Those testing for Yon-Kyu performed oyo-tan-ren, yaku-soku kumite with an imaginary opponent, and breaking, in addition to demonstrating all their kata. The entire group was asked historical questions as well. Each and every Deshi rose to the occasion by showing exemplary spirit throughout the day. Sensei Gamiel Ramson, Chief Instructor of the Midtown Dojo, led the group through repetitions of kata as the Board of Judges deliberated.



There to lend support of their fellow Deshi included:

- Sensei John Bottega
- Sensei Ron Balin
- Sempai Lisa Rosenberg
- Sempai Gene Tukor
- Sempai Anna Sweeney
- Misha Ratner

At the end of a long day the following students were promoted:

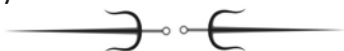
- Go-Kyu:
Everitt Cummings
- Yon-Kyu:
Sasha Tukor (Midtown)
Jon Cummings
- San-Kyu:
Ethan Neff

Congratulations to all – especially the youth candidates – for your tenacity and grit.

We look forward to training in a traditional dojo, but continue to take advantage of the great outdoors in the heart of Brooklyn. Until we are able to move back into our dojo, we will move forward in Hanshi's childhood backyard following closely in his footsteps!

Domo arigato gozaimasu, Hanshi,
Sensei Neff, Shihan, Yon-Dan

Bay Ridge Ueshiro Shorin-Ryu Karate U.S.A.



UESHIRO DOWNTOWN SHORIN-RYU KARATE DOJO

*Sensei Kevin Reymond, Denshi Shihan, Hachi-Dan
New York, NY*



“The spiritual side of the warrior is considered to be his most significant quality.”

~Hanshi Robert Scaglione from “Building Warrior Spirit with Gan-Soku-Tanden-Riki”

News

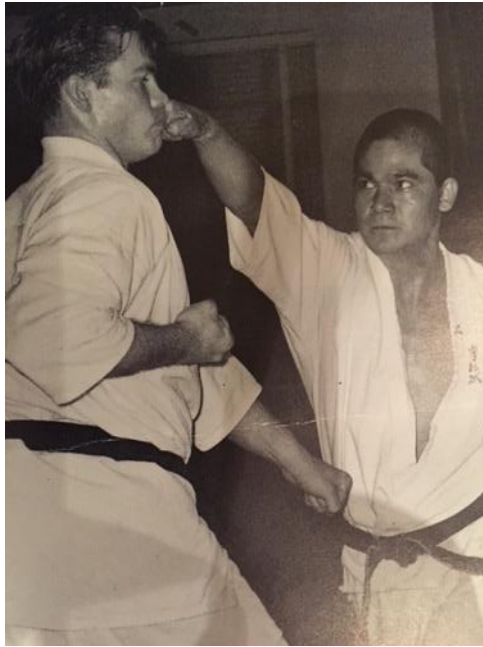
Onegai Shimasu Hanshi, Kyoshi, Sensei and Fellow Deshi,

Over the past six months we have (a) conducted Zoom classes every Wednesday and Friday mornings, (b) provided one-on-one training sessions, (c) participated in workouts in Central Park with deshi from the Ueshiro Midtown and Ueshiro Bay Ridge dojos, (d) moderated three meetings of the NYC Metro Area Ueshiro Shorin Ryu Karate Book Club, and (e) issued twenty-seven editions of the weekly *“Keep Training”* emails that included training tips and readings from *“Building Warrior Spirit”*. We will continue these efforts as well as initiate our outdoor training schedule. In addition, we will organize with Ueshiro Midtown Zoom and outdoor weapons workshops in the coming months.

In February, we participated in a joint promotion with the Ueshiro Midtown Karate Dojo and Bay Ridge Ueshiro Dojo held in Owl’s Head Park, Brooklyn. Prior to the formal start of the promotion, groups by rank performed many repetitions of kata. Kyoshi Mackay then led the group through a vigorous workout including kihon and kata. Congratulations to all the deshi who earned their next rank and domo arigato to those who braved the weather to lend their support to the event.

The New York City Metro Area Ueshiro Shorin Ryu Karate Book Club has scheduled its next meeting for April 21, 2021 when we will be discussing, *“My Art and Skill of Karate”* by Choki Motobu. Deshi from all dojo are welcome to attend. The meeting will be held by Zoom (log in info to follow) and run from 7:00 to 8:00 PM.





ALWAYS MOVING FORWARD

"It is not enough to fight. It is the spirit which we bring to the fight that decides the issue."
~General George C. Marshall

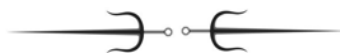
Domo arigato gozaimasu, Hanshi, for your encouragement and inspiration! We are looking forward to training with you soon.

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

Dojo Address: 107 Chambers Street; New York, NY; 646-745-6172;
www.downtownkaratedojo.com

Class Schedule

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



EASTON CONNECTICUT UESHIRO SHORIN-RYU KARATE CLUB

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

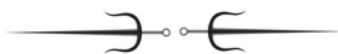
Onegai shimasu Hanshi, Kyoshi, Sensei and all USRKUSA Deshi,

We have safely continued our formal classes throughout the winter at our outdoor training site. We look forward to more regular interaction and training with other dojo this year, guided by the leadership of Hanshi Robert Scaglione and the legacy of Master Ansei Ueshiro.

We welcome all USRKUSA deshi who wish to visit us and train in our Connecticut barn.

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

Class schedule:
Tuesday 5:30 PM – 6:45 PM
Sunday 8:15 AM – 9:30 AM



UESHIRO NORTHFIELD SHORIN-RYU KARATE DOJO OF MINNESOTA

*Sempai Steve Hatle, Shihan, Ni-Dan
Northfield, MN*



News

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

The Northfield dojo has been very fortunate this last fall and winter since we had available space for both the Northfield Dojo and the Carleton Karate Club to train indoors with masks and social distancing.

We have been having three classes a week: Monday and Wednesday evenings and on Saturday morning. We continue to follow the standard workout as given to us in the 50th Anniversary Journal, minus the close contact drills and kumite. Our Black and Brown belts have stepped up to lead classes and work with our newer students on training and technique.

We continue to be grateful to the Kyoshi and Sensei that have been dedicated to leading Zoom classes during this time! It has been very valuable for us to train and learn from the high-ranking members of our system.



Rank Promotions



Students promoted since our last newsletter are:

🌀 Ro-Kyu:
Thomas Gatewood
Alice Garlinski
Andrew Garlinski
Edie Pellinen

🌀 Go-Kyu:
Ania Hoang

🌀 San-Kyu:
Oscar Huyck
Nicolas Bell
JoJo Zhang
Adele Dujsikova



Closing

The hints of spring we are seeing in Minnesota have us looking forward to resuming outdoor workouts when we can. Also, with the advent of increasing vaccinations, we are hoping that we will be able to reach out into the community and encourage more students to join us as everyone is ready to shake off their winter confinement and enjoy the outdoors, as well as each other's company!

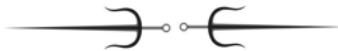
Domo arigato to Master Ansei Ueshiro and Hanshi Scaglione for bringing us the gift of karate and helping it to continue to move forward despite our current circumstances!

Domo arigato gozaimasu,

Sempai Steve Hatle

Ni-Dan/Shihan

Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota




Date Saver
July 16-19, 2021
Florida Weekend Workouts
★ Join us! ★



UESHIRO OKINAWAN KARATE CLUB OF PELHAM MANOR

*Sempai Brian Heese, Shihan, Ni-Dan
Pelham Manor, NY*

News

The Ueshiro Okinawan Karate Club of Pelham Manor continues to train via Zoom.

We train each Monday at 5:00pm under the guidance of Kyoshi Mackay and Sempai Brian Heese. Now that the weather in New York is getting brighter and warmer we have re-commenced training together outside.

The following deshi diligently train with us each week: Olivia Vikman (San-Kyu) and Arya Gauba (Yon-Kyu).



I have enjoyed the opportunity via Zoom to train and learn from Sensei across the U.S.

Domo arigato to the indomitable spirit of this community of warriors.

Respectfully submitted,

Brian Heese
Ni-Dan
Shihan



UESHIRO VIERA SHORIN-RYU KARATE DOJO

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

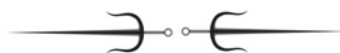


- 🌀 Viera dojo has weathered the COVID-19 period with outdoor workouts from day one and some indoor workouts possible with social distancing.
- 🌀 We host a monthly Outdoor Weapons workout and a monthly Outdoor Blackbelt workout for the four continuing Florida Dojo (i.e., Viera, Merritt Island, Suntree and West Melbourne). See their inserts in this newsletter.
- 🌀 We have 14 active Viera members as of this date.
- 🌀 We look forward to hosting a world-wide Dan test and promotion in July 2021 at the Viera Dojo Outdoor Lakeside Pavilion.
- 🌀 Our schedule is as described below
 - Tuesday 5:30 PM - Indoor Rec Center
 - Thursday 5:30 PM - Outdoor Lakeside Pavilion
 - Saturday 10 AM - Indoor Rec Center
- 🌀 A complete list of all Florida Dojo is available on our Ueshiro Florida Dojo Website hosted by Kyoshi David Baker here: <https://www.ueshirofloridakarate.com/>

Arigato gozaimasu.

Sincerely,

Hanshi Robert Scaglione



UESHIRO SUNTREE/MELBOURNE SHORIN-RYU KARATE DOJO

Sensei Matt Reed, Shihan, San-Dan
Melbourne, FL

News

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



"Karate is hard. But the hardest thing is showing up."

A year after the coronavirus became a pandemic, we can all agree — the world looks different. Face masks, social distancing, no handshakes at the end of a tip test ...

However, the fundamentals of our karate training will never change. The camaraderie among classmates, the knowledge gained from Hanshi, the sense of accomplishment after each class — it's all gold.

But to experience all this is to show up.

We're grateful to have many opportunities to practice our karate via in-person classes, outdoors, Zoom, or small groups. And we are very excited about the upcoming Florida Weekend Workout in July.

Someday, we'll go back to those times where we could practice Yakusoko Kumite and Bunkai without social distancing. Until then, we will do what we can and "just show up."

Classes at the Ueshiro Suntree-Melbourne Dojo at Wickham Park Community Center, 2815 Leisure Way, Melbourne, FL 32935, are at noon Sundays and 7 PM Wednesdays.



Rank Promotions

Our most recent belt promotion was a combined effort with the Ueshiro West Melbourne Dojo with Sensei Rick Cupoli. It is with great pride that we announce these promotions:

- 🌀 Mary Salazar, Yon-Kyu
- 🌀 Orin Salazar, Orange Belt

A special domo arigato to Hanshi and the Florida shihan ~



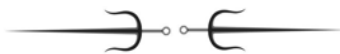
UESHIRO SUNTREE/MELBOURNE SHORIN-RYU KARATE DOJO



Respectfully submitted,

Sensei Matt Reed
San-Dan, Shihan
Ueshiro Suntree-Melbourne Dojo

Sempai Jennifer Sangalang
Ni-Dan



UESHIRO MERRITT ISLAND KARATE DOJO

*Sensei Kurt Tezel, Denshi Shihan, Roku-Dan
Merritt Island, FL*

News

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

The Ueshiro Merritt Island Karate Dojo continues to move forward in the face of many challenges. We are very grateful to have an outside deck which has been in heavy, heavy use as of late. We have also been fortunate to have some members of the Cocoa Dojo transfer their membership to our dojo while they search for a new location. Their presence on the deck has been a joy.



Our class schedule is as follows:

- 🌀 Mondays: 6 PM led by Sensei Carla Eddy
- 🌀 First Monday of every month at 7 PM: 1k-Kyu class led by Sensei Kurt Tezel
- 🌀 Wednesdays: 7 AM led by Sensei Trevor Tezel
- 🌀 Fridays: 7 AM led by Sensei Kurt Tezel
- 🌀 Fridays: 5:30 PM led by Sempai Ed Bauder
- 🌀 First and third Friday of every month at 6 PM: Advanced class led by either Sensei Rick Cupoli or Sensei Carla Eddy

Our special classes pull in students from all six Florida dojos and are always well attended.

We hosted another great Black Friday beach workout under excellent conditions. We worked up a big appetite and continued the karate conversation at a local breakfast joint with a large outdoor dining patio area.



On December 12, Hanshi presided over the Florida dojos' annual compai. Several Merritt Island Deshi were present. In a departure from years past – the compai was held at the Viera Outdoor Pavilion and began at 10 AM. We started the morning with a spirited karate class before taking a break and resuming with the compai.

Hanshi kicked off the toasts by honoring the memory of Grandmaster Ansei Ueshiro. He reminded us of the hardships Master Ueshiro had to endure in bringing us this art. This was timely and inspirational as many karateka expressed the fact that karate helped them enormously as they too experienced their own hardships off the deck in 2020.

Everyone had the opportunity to offer a toast and demonstrate a kata or two.



Rank Promotions

We held a promotion on February 7, 2021 on the outside deck of our dojo. Candidates trained under changing weather conditions that began as heavy rain and ended three hours later with the sun shining bright creating extremely humid conditions...in other words perfect weather for karate.



The following students earned a new rank:

- 🌀 Lucas Calero* promoted to Go-Kyu
 - 🌀 Kevin Wilkinson promoted to Yon-Kyu
 - 🌀 Doug Reindl promoted to Yon-Kyu
 - 🌀 Vincent Keenan promoted to Yon-Kyu
 - 🌀 Diana Calero promoted to San-Kyu
- *youth candidate*

A big domo arigato goes out to those students who were not testing yet attended the test anyway to support their karate family. This aspect of any test cannot be overestimated. Your enthusiasm and energy propelled the testing candidates to the top of their game.

Domo arigato to Sensei Carla Eddy (San-Dan), Sensei Matt Reed (San-Dan), Sensei Trevor Tezel (San-Dan), Ms. Jennifer Sangalang (Ni-Dan) and Mr. Ed Bauder (Sho-Dan) for serving on the Board of Judges. Your observations and comments were invaluable to everyone in attendance and will be taken to heart. Domo Arigato to Ms. Cheyenne Flynn (Sho-Dan) who called the candidates up to the spot.

Domo arigato to Hanshi Robert Scaglione for your continued leadership. I had the good fortune of training with Hanshi the day before our promotion. I absorb so much any time I have the opportunity to learn from Hanshi. Hopefully, I was able to impart some of the wisdom and spirit I captured on Saturday to those on the deck Sunday.



UESHIRO MERRITT ISLAND KARATE DOJO



Every promotion we make sure to remember Master Ueshiro. His spirit was with us throughout the promotion and his contributions were highlighted through the questions from the Board of Judges.

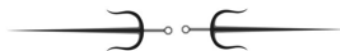
Domo Arigato Gozaimasu,

Denshi/Sensei Tezel, Roku-Dan

Shihan Ueshiro Merritt Island Karate Dojo

Ueshiro Shorin-Ryu Karate USA

Under the Direction of Hanshi Robert Scaglione



UESHIRO WEST MELBOURNE SHORIN-RYU KARATE DOJO

*Sensei Rick Cupoli, Shihan, San-Dan
West Melbourne, FL*



News

Onegai shimasu Hanshi, Kyoshi, Sensei and all Deshi,

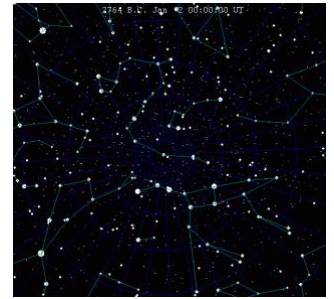
As it has been for the country and the world, the WM dojo has experienced challenging times. As we have turned the corner into 2021, we are still confronted with the obstacles posed by the pandemic but we are still vigorously moving forward.

The final months of 2020 presented us with some interesting conditions. As the sun retreated for the winter months our evening workouts found a dark and cold dojo. We trained outside under the soft amber glow of the Rodes Park night lights. Temperatures dropped down into the 40s. Regardless, many continued to show up to train. Quite honestly, I think those were some of my favorite training sessions. Training under the soft glow of the park lights was very peaceful. Above our heads we could see the winter constellations revolving around the North Star. On occasion



UESHIRO WEST MELBOURNE SHORIN-RYU KARATE DOJO

we would pause to take in a constellation or notice a satellite move across the sky to disappear into the earth's shadow. The weather was brisk, but our traditional workouts and training regimen made quick work of the cold. Soon after beginning our class we were warmed by our exercise and kata. The rewarding feeling of having accomplished something worthwhile was shared by all who trained when the workout concluded.



Where we once trained exclusively outdoors, after the New Year we transitioned back to training indoors and are doing our best to observe the pandemic protocols. We began by accommodating those who still preferred to remain outdoors. Those who wished to remain indoors would be taught by one of higher-ranking sempai. I would then accompany anyone who preferred to train outdoors. Now it seems that all have become comfortable training indoors. We have also resumed testing and held our first belt/tip test of 2021 in February together with the Suntree/Melbourne dojo.

We did lose a few deshi through the pandemic. We are now light on beginners and are working to gain new students. I am proud to say that West Melbourne has retained many students who now hold the 1k-Kyu rank. Several of these are eager to demonstrate for promotion at the upcoming Dan test to be held in July.

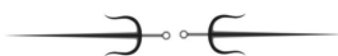
Closing

USRKUSA continues to be an invaluable asset to life's experiences. In both calm and challenging times, it continues to provide a means to maintain a notably healthy life style. With just a little bit of space a community of motivated individuals can gather and enjoy life together in a meaningful way.

Keep training!

Domo Arigato,

Sensei Rick Cupoli
San-Dan
Shihan West Melbourne Dojo



UESHIRO OKINAWAN KARATE FAMILY DOJO

*Kyoshi Matt Kaplan, Shihan, Hachi-Dan
State College, PA*



News

Onegai shimasu Hanshi, Kyoshi, Sensei, and Sempai!

Our training sessions shifted to online and outdoor options just about one year ago. We have diligently followed Ginchin Funakoshi's exhortation to "Keep training!" indoors and outdoors at home, as well as physically distanced at 'our corner' of Tudek Park in State College. This spot has a great view across Happy Valley to Mt. Nittany and the southern ridge, and it has given us visibility in the community with any number of individuals walking the paths with their kids, or friends, or dogs stopping to observe. We try to keep an eye out for them and have one of our deshi step off the deck every now and then to offer a welcoming connection ready to answer questions, and to share a flyer or business card for the dojo.

In encouraging our deshi to be observant and ready for anything, we have also spotted other wildlife visitors: migrating monarchs last fall, swallows and bats dancing in the early evening sky to keep the insects away from us, squirrels pelting us from the oak trees and toughening our feet with acorns,



UESHIRO OKINAWAN KARATE FAMILY DOJO



turkey vultures circling, red-tailed hawks perching, and even a bald eagle soaring overhead on the valley's convection currents. When the snows came, we used our footprints to evaluate our consistency with stances and positional coincidence from start to finish, and the slippery footing worked to challenge our balance, flexibility, and responsiveness. When the snow iced over, the icy sheets positioned as body parts of attackers converging from all directions proved to be excellent targets for punching and kicking.



Photo by [Mathew Schwartz](#) on [Unsplash](#)

Rank Promotions

Our February promotion comprised our usual warm-ups, basics, and calling individual candidates. The Board of Judges included Sempai Barb Schaefer (Ni-Dan), Anne Burgevin (Ni-Dan), and Ben Kaplan (Ik-

Kyu), and candidates were called and led on the deck by Kyoshi Kaplan, with slight modifications to account for department of health requirements.

🌐 Go-Kyu:
Gabe Geiger*
John Meier

🌐 Yon-Kyu:
Ethan Krol*

**youth candidates*

🌐 San-Kyu:
Robbie Grossman*
Pamela Lohr
Lydia Geiger*
Benaiah Krol*
Elsa Krol*
Charlotte Krol*
Erin Krol



UESHIRO OKINAWAN KARATE FAMILY DOJO

Events

Our outdoor fall movie showing of the new *Mulan* (2020) movie gave us a chance to enjoy karate family time (socially distanced) around a backyard firepit, warm our hands with hot fall beverages, and make s'mores together. The Chinese character messages on Mulan's family sword: 忠勇真 (Loyal, Brave, & True) resonated closely with our own karate principles and virtues of a warrior.

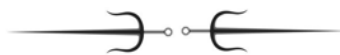


Closing

We are so looking forward to shedding our winter layers and joining our barefoot winter warrior Benaiah in the grass again!

Domo arigato gozaimasu!
Respectfully submitted,

Sempai Barb Schaefer, Ni-Dan
Kyoshi Matt Kaplan, Shihan, Hachi-Dan
Ueshiro Okinawan Karate Family Dojo



UESHIRO HONG KONG KARATE CLUB

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



News

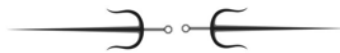
Greetings! Due to COVID-19, our training is currently limited to an individual basis. That being said, everyone continues with their own training schedules. Now the opportunity is many times training in a home environment or the “extra sugar of close-quarter battle.” No matter what, karate creates space.

Case in point, one of our karateka in Hong Kong manages to keep up his Sai training at home. Attached is a photo of Senpai Rayvel Tang, Ni-Dan, who demonstrated a Sai Kata in Jordon, Hong Kong.

Domo arigato gozaimasu,

Alan Lai, Roku-Dan

Ueshiro Hong Kong Karate Club



UESHIRO HARBOUR KARATE CLUB

*Sensei Tytus Michalski, Club Director, San-Dan
Hong Kong, China*

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

We have continued to adapt to ongoing restrictions for events in Hong Kong with modified training schedules. After-school activities, including our karate training, continue to be suspended. We have encouraged students to maintain their home training schedules according to their capabilities and resources. We have also shared online content for support, while keeping in mind that these students are from lower income families who have been particularly hard hit by current events.

Fortunately, during the dry season Hong Kong weather opens up an abundance of stunning outdoor training locations.

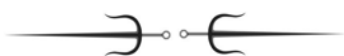


Although we were not able to gather in groups to celebrate the Year of the Ox, there was still an opportunity to enjoy extra training with this backdrop.

The Year of the Ox is a clear signal for us to focus on training both physical plus mental health, strength, and endurance. We are greatly inspired by Hanshi for leading with all of these qualities and more!

Domo Arigato Gozaimasu,

Tytus Michalski, San-Dan
Ueshiro Harbour Karate Club
Hong Kong, China



UESHIRO NORTHERN VIRGINIA KARATE CLUB

Kyoshi Salvatore Scaglione, Denshi Co-Shihan, Hachi-Dan

Sensei Lisa Markowitz, Co-Shihan, Go-Dan

Centreville, VA & Reston, VA



STEP FIRST

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

The Ueshiro Northern Virginia (NoVA) Karate Dojo continues to move forward in the 59th Year of USRKUSA, the Year of the Ox, by digging deeper and embracing Grand Master Ansei Ueshiro's philosophy of stepping first during these dystopian times of the COVID-19 pandemic. The ox is the ideal zodiac character to carry us through 2021; its characteristics—**honest, diligent, dependable, determined, and strong**—pretty much sum up how the Ueshiro NoVA Deshi conduct our training.

- 🌀 **Honest**—We remain honest and true to our art, leaving our egos at the dojo door, always showing courtesy, and practicing our techniques and katas as they were passed on to us by Hanshi, Master Ueshiro, and the great masters before them.



- 🌀 **Diligent**—We adopt a conscientious, attentive, and diligent approach to our training, continually looking for areas for improvement, gratefully accepting and applying all corrections given by the many instructors that we enjoy, never resting on our laurels, and always knowing that we can get lower and hit harder.



UESHIRO NORTHERN VIRGINIA KARATE CLUB



🕒 **Dependable**—We are steadfast in our training, turning up to as many classes as our schedules allow and capitalizing on the rich source of classes that are available to us, many of us taking 5+ classes per week. Our Deshi are known and dependable faces on Zoom screens week after week.

🕒 **Determined**—We are resolute in not letting the pandemic define us, but rather defining ourselves through the pandemic; never letting a virus, or bad weather for that matter, interfere with our training. There is nothing more leveling than some ice to reinforce Master Ueshiro's mandate to step first! Through determination and perseverance, we prevail.

As a side note, Sensei Lisa is embracing her fourth season of training in her outdoor dojo!



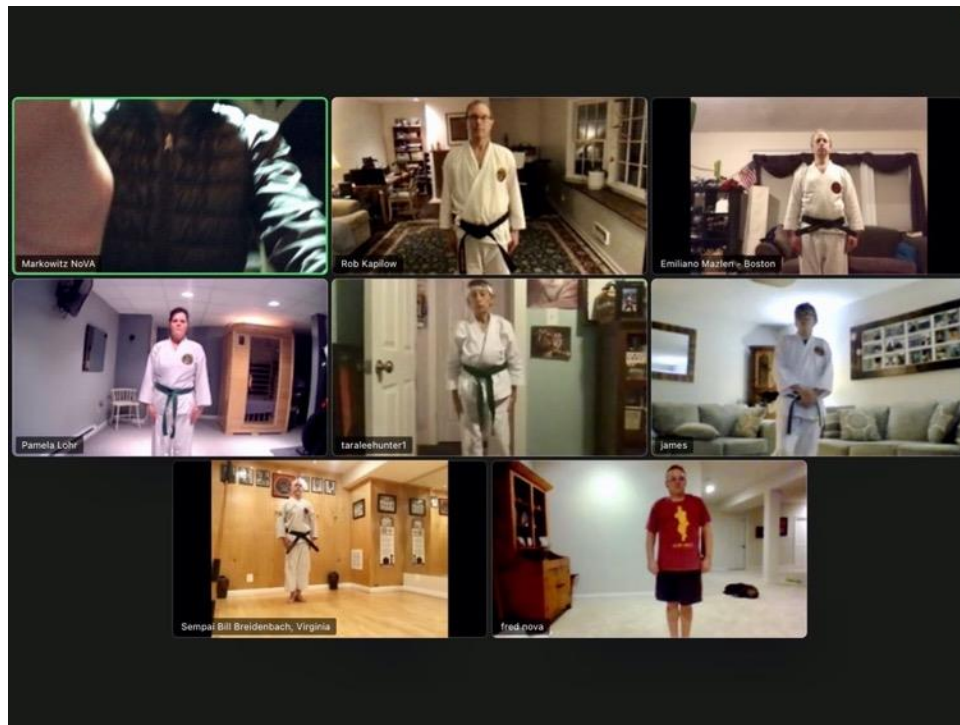
UESHIRO NORTHERN VIRGINIA KARATE CLUB

- 👊 **Strong**—We dig deep and show strength of character in each of our classes, taking great comfort in knowing that this situation will soon pass, that our karate training is keeping us healthy and strong, and that we will be training in person again very soon with our karate sisters and brothers from around the globe.



UESHIRO NORTHERN VIRGINIA KARATE CLUB

Zoom Classes—Kyoshi Sal and Sensei Lisa have been privileged to be part of the USRKUSA Zoom teaching roster this past year and have grown very fond of the loyal group of Deshi who join our classes each week. Their warrior spirit and comradery lifts our spirits and inspires us to train harder.



HONORARY STUDENT – SEMPAI TARA LEE HUNTER

The NoVA Deshi feel particularly honored to welcome Sempai Tara Lee Hunter from Florida into our dojo as an honorary student. At 79 years young, Sempai Tara, who takes Zoom classes 6 days a week and trains in person with Hanshi on the 7th day, not only holds black belts in Shotokan, Isshin-Ryu, and Kenpo Karate but also championship titles from competitions in the US, South America, and Europe. She is a continual inspiration to us all.

Sempai Tara was recently promoted to Yon-Kyu by Hanshi.



UESHIRO NORTHERN VIRGINIA KARATE CLUB

In-Person Training at Great Falls—We continue our love affair with Great Falls National Park, seeking solace in the safe and expansive outdoor training environment it provides against the beautiful, yet dynamic and powerful backdrop of the falls. Such commanding scenery helps remind us of our place in the ecosystem!

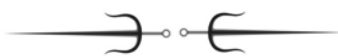


We are looking forward to seeing and training with many of you in Florida this July!

Domo arigato Hanshi for your tireless efforts in serving as the gatekeeper for Ueshiro Shorin-Ryu Karate USA and ensuring that it continues to be practiced as it was so generously passed on to us by Grand Master Ueshiro.

Respectfully submitted,

Sensei Lisa Markowitz, Go-Dan
Co-Shihan, Ueshiro NoVA Karate
Kyoshi Sal Scaglione, Hachi-Dan
Denshi Shihan, Ueshiro NoVA Karate



ALBANY UESHIRO SHORIN-RYU KARATE CLUB

Sempai Keith Chan, Shihan, Ni-Dan
Albany, NY



🕒 San-Kyu

Andriana Prifti

🕒 Ik-Kyu

Justin Giambruno

Jessie Rosenthal

🕒 Sho-Dan

Caroline Margolies

🕒 Ni-Dan/Shihan

Keith Chan

Contact:

Greystar999@gmail.com

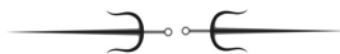
617-818-7255



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

The Albany Ueshiro Shorin-Ryu Karate Club continues training in the cold seasons inspired by the joy and vigor of kata in New York's Capital District. Since the start of the pandemic, we have been training outdoors, now for a whole year. We are staying strong and have persevered in heat, rain, ice, and snow! Andriana Prifti was promoted from Yon-Kyu to San-Kyu, and Justin Giambruno and Jessie Rosenthal were promoted to Ik-Kyu. We look forward to the opportunity train with everyone at events when it is safe. Domo arigato to Hanshi, the Kyoshi, Sensei, Sempai, and Deshi!

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



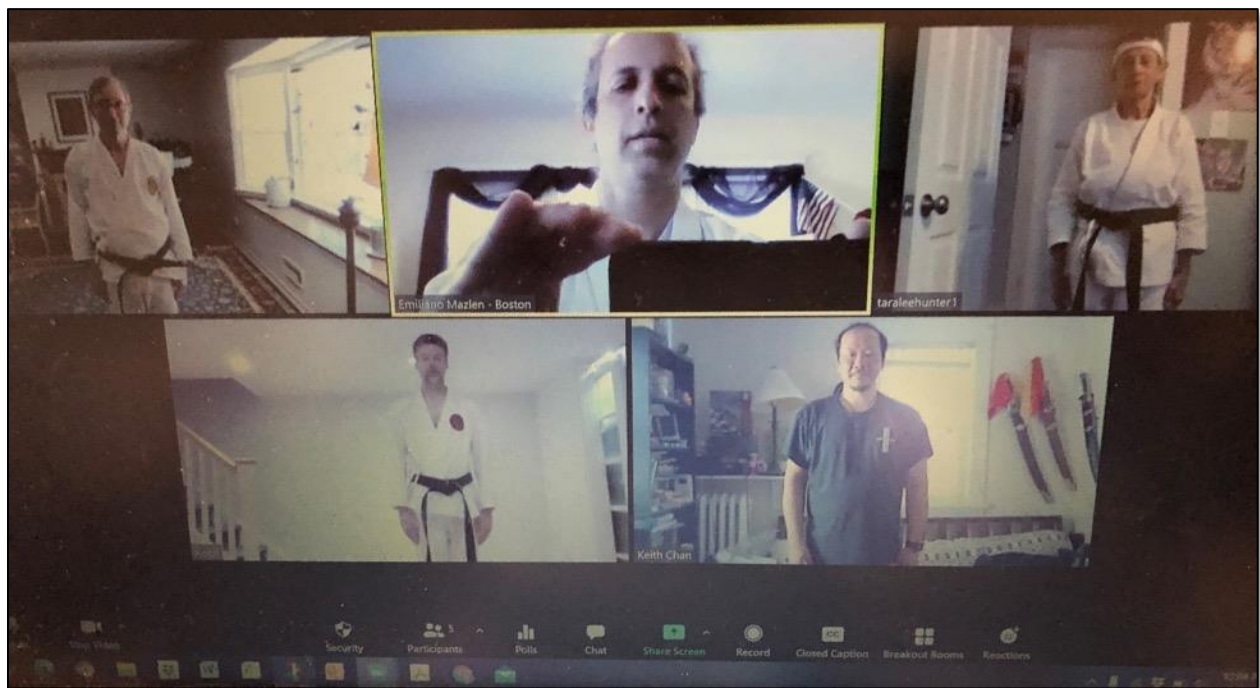
BOSTON CHINATOWN UESHIRO SHORIN-RYU KARATE CLUB

*Sensei Emiliano Mazlen, Shihan, Go-Dan
Boston, MA*

News

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

We are moving forward and continuing to train. We have appreciated the opportunity to train with many Kyoshi, Sensei and deshi from around the country through the Zoom classes. I have been honored to lead Zoom classes on Sunday with fellow deshi of both very recent, and long-standing, making acquaintance across state and international borders. This photo was from after today's class:



We hope to increase in-person training as conditions improve. We look forward to progressing along the path as we . . .

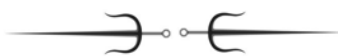
Keep Training.

Domo arigato gozaimasu to all,

Emiliano Mazlen

857-234-7350 (c)

emazlen@hotmail.com



UESHIRO SHORIN-RYU NASHVILLE FAMILY KARATE CLUB

*Sempai Elizabeth & Chuck Richardson, Co-Directors, Ik-Kyu
Sensei Sean M. Paus, Shihan, San-Dan
Nashville, TN*

News

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

This past year has been very challenging, but Shorin-Ryu Karate continues to thrive and grow in Nashville.

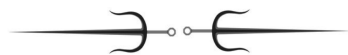
We continue to meet regularly at Cornerstone United Methodist Church, but have had a couple of close brushes with COVID-19, and have had to handle that by postponing classes for quarantine. Thankfully, we have avoided spreading the virus through the club, but a few families have contracted it from other sources and we instituted measures to keep our students safe.

That being said, we have had several new students join us over the past few months, and even had the opportunity to promote one, Carol Michael, to Ro-Kyu in October.

We still meet regularly with Sensei Sean over Zoom for advanced classes, and are hoping we can train with him in person later this year.

- 🌀 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!

Chuck Richardson, Ik-Kyu and Co-Director
Elizabeth Richardson, Ik-Kyu and Co-Director
Sean M Paus, San-Dan and Shihan
Ueshiro Shorin-Ryu Nashville Family Karate Club



NORTHAMPTON UESHIRO KARATE DOJO

*Sensei Daniel Gobillot, Denshi Shihan, Shichi-Dan
Northampton, MA*

News

Onegai shimasu Hanshi, Kyoshi, Sensei and Deshi of USRKUSA

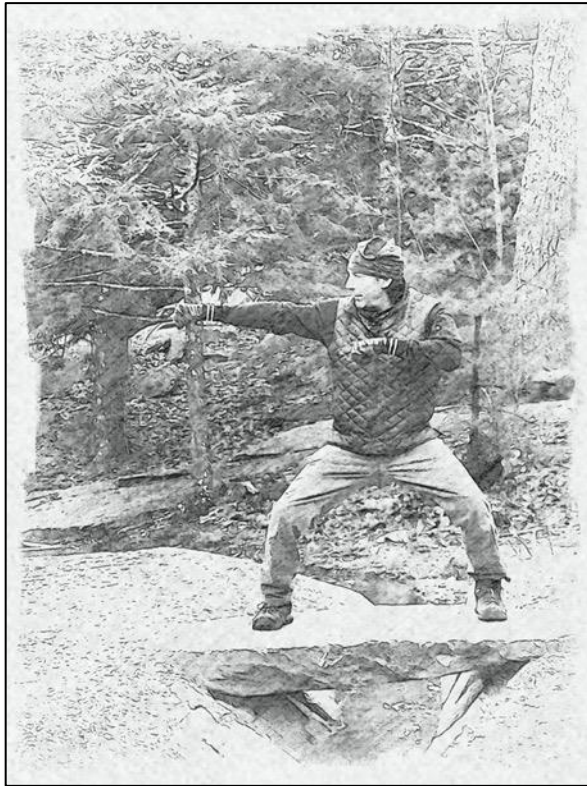
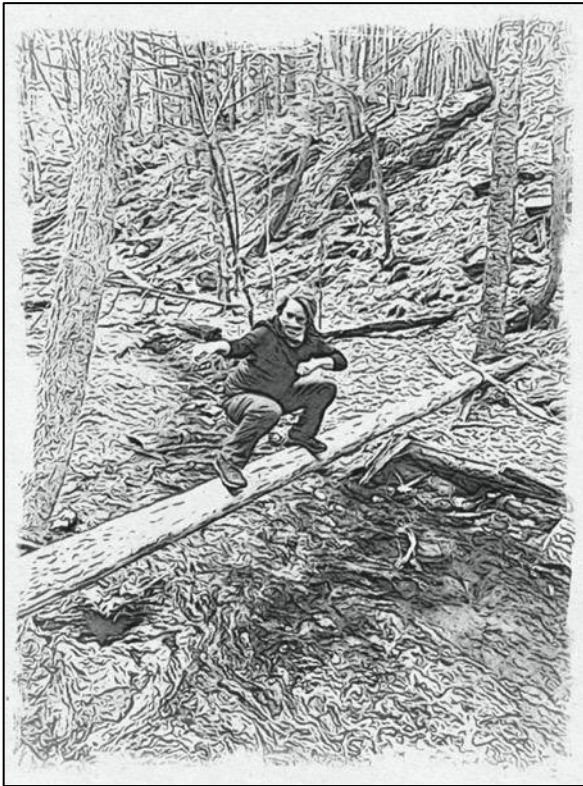


I returned from Austria after performing Nihanshi katas on one of the highest peaks in Kitzbuhel (in ski boots) just 3 hours before the US borders closed to the world. My dojo, founded in 1998...changed.

- 🌐 **May 10, 2020** - First Indoor training (in dojo), just me and Singwen Mientka, Sho-dan.
- 🌐 **June 15, 2020** - First outdoor "GROUP" workout at Sensei Magdalene's Estate, our new dojo. Domo arigato Sensei (and your husband David) for this magnificent opportunity.



🌐 **September 6, 2020** - We did kata on the beach in The Outer Banks NC. I asked Singwen Mientka to marry me.



I can't change the direction of the wind but I can adjust my sails to always reach my destination. We continued to train 2 to 4 times a week at our outdoor dojo or on our roofs or in our homes.

🌐 **December 2020 to January 2021** - We continued to train outdoors. The temperature often dropped into the teens and the sky was very dark when there was no full moon. We listened for the "nearby Church Bell" to ring and tell us when the hours have passed. We trained by the Bell.



And to Thomas: Congratulations on the birth of your new daughter Phoibe Mae 3/31/20!



Rank Promotions

🌐 **October 21, 2020** - Tip test, Luke Dyson and Jenna Grossbarth tested for Go-Kyu under the stars.



🌐 **November 8, 2020** - BLACK BELT RANK PROMOTION - Austin Hatch was tested like no deshi ever.



NORTHAMPTON UESHIRO KARATE DOJO



🌀 February 21, 2021 - 2021 WINTER RANK

PROMOTION. I awoke to several inches

of snow and then it began to rain. Our outdoor dojo driveway was in no condition to hold a

Rank Promotion. We went in!! Luke Dyson and Jenna Grossbarth tested for Yon-Kyu. Thomas

DeJesus tested for Ni-Kyu. Congratulations to all! Very strong performance.

🌀 GANBATTE KUDASAI!

Domo arigato gozaimasu Hanshi Scaglione - You have shown me the way!

Sensei Daniel Gobillot

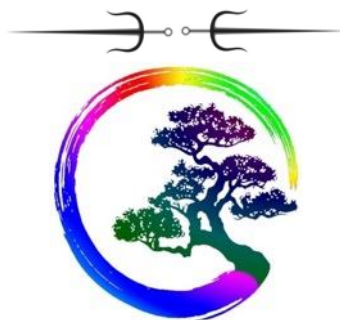
Shihan, Denshi, Shichi-dan

Northampton Ueshiro Karate Dojo

Under the direction of Hanshi Robert Scaglione

Visit us @ Pineforestkarate.com

413-320-5945





KARATE KIDS' CORNER

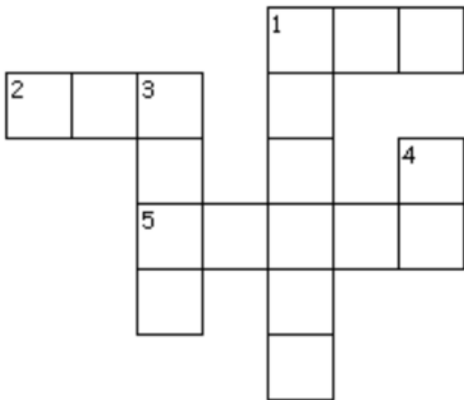


We've added this new feature to our biannual newsletter to help some of our newer, younger, and young-at-heart dojo members to have some fun becoming more familiar with karate terms and questions from the Red Book. *STUDY YOUR RED BOOK* to learn and find the answers 😊

We also welcome karate-related artistic and written work from karateka of all ages – please forward these to Sempai Barb Schaefer at barbs819@gmail.com for our next newsletter. Arigato gozaimasu!

A. 1 Numbers in Japanese

A.2 Name this stance:



- Across
- three
 - four
 - eight
- Down
- seven
 - one
 - two



B. Titles & ranks in the USRKUSA system

Unscramble each of the clue words in Japanese. Take the letters that appear in the circles, and unscramble them to answer the final message.

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How do we show respect & appreciation to our red belt USRKUSA leader?

“

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 !”



C. Kata are the key to Shorin-Ryu Karate. Find the nineteen kata below.

Words can be oriented: ↑ ↓ ← → ↖ ↗

Ueshiro Shorin-Ryu Karate USA - Kata Search

G O J U S H I H O Z M M P N O Q D M S B H U Z N C K R L L W
 S K G Y D B Y W F W X X M F Y J B O Y O R X H F V B C K W L
 V E R K C Q O Y P E G S J U O M V N X Z G C E Q F N Q I V O
 D I P H D N Q V G T O D B H I B Y S H E F V V H U T J R I W
 Z E I C W G D W V D F U K Y U G A T A N I D A N K I P Z X S
 Z A V S A N L F J A D U I F L I J Z N U K B D U Y S Z H H P
 S F K E N L U F I B A E K V F Q I R E C L P X V U R W C F A
 B K X F S D D P C F E Z K Y H O D O K Q I P Q E G G D Y M S
 N Z P H H D O H I Y R O E X U C I P C I O T U Y A E B O Y S
 A J K T U N W U G N I Q Y J V G I O N X Z J Y X T M A G J A
 U B S R X W I H Y U A V F H P X A L I A F P W W A O D K N I
 B O M O K I Q N H M V N I V A N G T D O P M C C S R C Q A H
 Q U W H A I S Z X X Q Y N O Y W X H A U Z P G A A A G W D S
 O J R A M M P F K X E D U I P X G T Y I N X S U N X C J O W
 A R Y I J A Q S T B E I E I D M P N P A C X Z H D K W E H V
 W Z U A C I K O V S V L N K O A A K D I S H U L A D Q A S B
 R X S B R C O B S E A A V G Z D N N U M N Y I D N R U A I Y
 X C Q X U X D F G K N G Z P I M A R W S M A W B P V S G H V
 S D Q R W O C X V Y Q O U N R S A X E X A A N A H J T D C C
 J T P O E R I D O O T L I C N H R S Z P L N T G N P F D N C
 L T P U Q M N N D N R H Q A B M O K P B Y T K B O F P F A L
 A A X G I A D D I Z C M N C E A N C N C J X I U Y D Y U H L
 N R E Q H A E H I N P I N A N S H O D A N C A H O N A D I J
 U B C Q N Q C C A N P M Z P L K T U K G N T J I X G F N A K
 T Q K F W P J H W B Z H N B V X G G B X R L O W O Q N C N A
 H R M C U Q I E X J F B I T S V Y I W D D C Z R A T A W B J
 V I T D R A O Y R W I F L M R X G K M A A V G L R N K Q C A
 H Y Z Z N A N A N K U V P D J Z N K K D Y W R V W Q N G C H
 R V L D P D F R P C A W B M A S K M S D W N U R B E A H O U
 P M O F D A B Z Z F O N A I H A N C H I S A N D A N W P O X

- | | | | | |
|-----------------|----------------|-----------------|-----------------|----------------|
| FukyugataIchi | FukyugataNidan | FukyugataSandan | PinanShodan | PinanNidan |
| PinanSandan | PinanYondan | PinanGodan | NaihanchiShodan | NaihanchiNidan |
| NaihanchiSandan | Ananku | Wankan | Rohai | Wanshu |
| Passai | Chinto | Gojushiho | Kusanku | |

D. What are these called? → 

And how many of them are there in this newsletter?

- a. _____
 b. _____



E. **Master Ansei Ueshiro** brought Shorin-Ryu Karate from Okinawa to the United States in 1962. Here he is dressed in a traditional Japanese kimono, holding a folded fan. He's also seen punching on page 27. Draw your own picture OR color this picture, then send a JPG photo of your work with your name, age, and dojo to barbs819@gmail.com for inclusion in our next USRKUSA newsletter!



F. Questions (Not sure? Check your Red Book!):

F1. When was Shorin-ryu karate founded?

F2. Who was Master Ueshiro's first male Sho-Dan? _____

F3. Who was Master Ueshiro's first female Sho-Dan? _____

F4. What was Chotoku Kyan's main teaching?

F5. Name the five categories of basic movements. _____,

_____, _____, _____.

F6. What is the most important thing when demonstrating kata?

F7. Is it necessary to learn every kata? _____

F8. What is the general rule for breathing in kata? _____

G. Can you complete the Karate Creed? [one letter per space]

"I come to you only with _____. My hands are empty, but I _____ no one. Should I be forced to defend myself, my _____, or my _____; should it be a matter of right or _____, life or _____ - then here are my _____, my empty hands.

Can't figure something out? Need a hint? Want to check your answers?
Go to: https://drive.google.com/drive/u/0/folders/1B8gsO6_6c4LVyY4JkHtjMAS2zewCXJnr

— 〰 — **ACKNOWLEDGEMENTS** — 〰 —

The Ueshiro Shorin-Ryu Karate USA Newsletter is a bi-annual publication for the Dojo and Deshi of USRKUSA. Grateful appreciation is shared with the Shihan and Deshi who shared updates with us for this newsletter. This *Spring 2021* edition was compiled and edited by Sempai Barb Schaefer, Ni-Dan, with assistance from Kyoshi Matt Kaplan and Sempai Anne Burgevin of the Ueshiro Okinawan Karate Family Dojo in State College, PA.



Hasegawa Tōhaku, *Flowers and Birds of Spring and Summer*, ca. 1580s (Momoyama period).

For previous USRKUSA Newsletters, visit: <http://midtownkaratedojo.com/Newsletters.html>. Domo arigato gozaimasu to Hanshi Robert Scaglione for his supervision and guidance with these newsletters, and every other facet of the USRKUSA Organization.



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