



# UESHIRO SHORIN-RYU KARATE USA

UNDER THE DIRECTION OF HANSHI ROBERT SCAGLIONE

*FOUNDED BY GRANDMASTER ANSEI UESHIRO*

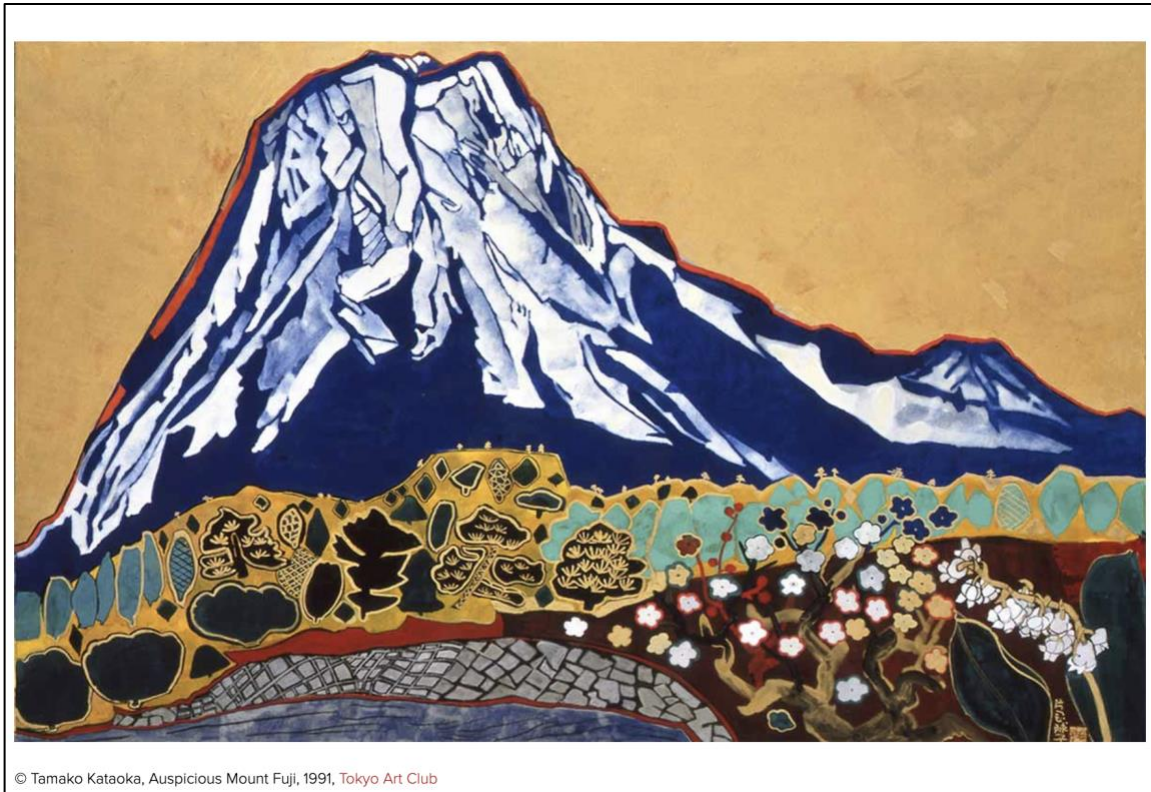
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# SPRING 2022 NEWSLETTER

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© Tamako Kataoka, Auspicious Mount Fuji, 1991, Tokyo Art Club

*Although there are many paths which lead up a mountain, there is only one moon to be seen by those who achieve its summit."*

~Zen saying from Master Nagamine's Tales of Okinawa's Great Masters

## **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



### WELCOME ALL MEMBERS OF UESHIRO SHORIN- RYU KARATE USA WORLDWIDE!

This is our 60<sup>th</sup>-year celebration of Master Ueshiro's arrival in the U.S. from Okinawa for the purpose of propagating the Art of Karate for its wonderful benefits of hard work, sweating and practice to develop the Body, Mind and Spirit.

Master Ueshiro introduced us to this awesome art of "To-Te" "Okinawa-Hand".

Since 1962 many books such as *Okinawan Karate-Do* by Shoshin Nagamine 1972, describe in detail all the subtleties, basics and "secrets" of karate, which complement Gichin Funakoshi's book and the writings of many greats such as Anko Itosu and Miyamoto Musashi.



We also have more recent writings as by Stephen R. Donaldson, University studies and other publications, DVDs, film footage, photos, apps -- literally a myriad of information.

Continue to practice physically in our Dojo and study the traditional legitimate written words of the "*Masters who came before us*".

*"Keep training!"*

We have only just begun!

Sincerely,

-Hanshi Robert Scaglione.




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# UESHIRO MIDTOWN KARATE DOJO

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

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

## News

The Midtown (“Hombu” – Headquarters) Dojo has persevered valiantly as winter conditions descended on our classes in Central Park. Supplemental in-person training continued at Dag Hammarskjöld Plaza while bi-weekly Zoom classes brought students together across state lines.

## Rank Promotions

Midtown Deshi focused these past six months on earning their current rank, and so did not formally test. (Just “showing up” is the biggest test!) However, Black Belts from the Midtown Dojo participated in both the Ueshiro Bay Ridge/Pelham Manor joint promotion (below) and the inaugural Ueshiro Downtown Dojo promotion. Sensei Gamiel Ramson served as center judge in the latter.



## Events

November brought a large group of Dan Ranks to Great Falls National Park for our annual Black Belt workout, with Hanshi Robert Scaglione presiding. Domo arigato gozaimasu to Kyoshi Sal Scaglione and Sensei Lisa Markowitz for hosting the event.



Marathon Sunday found a small group of Midtown Deshi performing a katathon at the 25-mile mark in Central Park.



As per tradition, we released our “Year in Review” [video](#) in early January to celebrate highlights of the prior year and the “No man is an island” concept.



Several migratory students travelled to Florida for the annual February event. Sensei Ron Ballin led the Friday morning bo seminar and Kyoshi Mackay led several formal and informal workouts on the Cocoa Hilton Beach.





*silhouettes  
fighting through  
the bonfire's smoke*

*Haiku by Jolie Oakman (18), Yon-Kyu  
Ueshiro Okinawan Karate Family Dojo*

It was truly exhilarating to train on the sand with Hanshi and all the Kyoshi of USRKUSA. Just as rewarding were the many informal workouts with small groups of deshi from our Dojo nation-wide.



## UESHIRO MIDTOWN KARATE DOJO

We are now back to training at Rumsey Field in the heart of New York City, and are pleased to welcome three enthusiastic Fordham University students to our ranks. When questioned, “What single word in the English language can save your life in a confrontation?” they came up with “Sorry”, “Help” and “Stop”. Such wisdom to be gained from the white belts of Ueshiro Shorin-Ryu! Domo arigato gozaimasu to Sempai(s) Lisa Rosenberg and Anna Sweeney for mentoring these deshi.



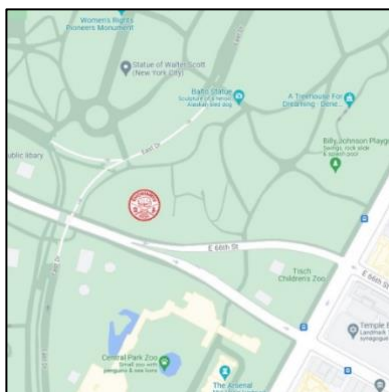
## Closing

Hombu is extremely fortunate to have a core group of students who have consistently supported the Dojo through what feels like two years of exile. Those who can show up and work hard, whether in rain, sleet or snow. Those who can't attend regular classes make an extra effort to train via Zoom, participate in special events, and/or keep the dojo solvent through their generous financial contributions. The Shihan is both humbled and inspired by your dedication.

All are encouraged to celebrate the approach of spring by attending our classes in Central Park or Hammarskjöld Plaza (near the UN). We're open for business five days a week (schedule below). A special “Domo arigato gozaimasu” to Hanshi Robert Scaglione for his leadership forward despite all obstacles, and to Grand Master Ansei Ueshiro for reaching this milestone year of Shorin-Ryu USA.

- Kyoshi Michael Mackay  
Shihan, Ueshiro Midtown Karate Dojo

## Central Park

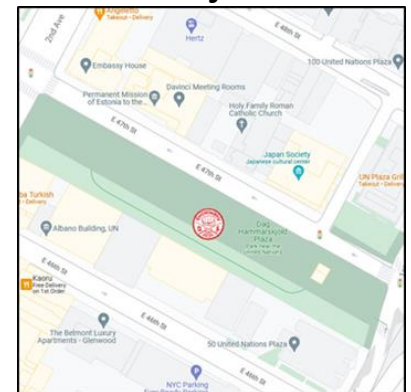


Wednesday,  
4:30 – 6:00 PM



Sunday,  
10:00 AM – 12:00 Noon

## Hammarskjöld Plaza



Monday, 4:00 – 5:45\*  
Tuesday, 4:00 – 5:45\*  
Friday, 4:00 – 6:00 PM (bo)  
\* By appointment





# UESHIRO VIERA SHORIN-RYU KARATE DOJO

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

## News



I humbly wish to thank all the visitor Members who traveled from near and far to participate in the "February in Florida Event."

And thank you to all the Florida Shihan, Karateka and Deshi for hosting and creating the Florida Event with their spirit and efforts of Karate-Do.

Sincerely,

-Hanshi Robert Scaglione



# UESHIRO PINE FOREST KARATE SCHOOL

*Kyoshi David Seeger, Shihan, Ku-Dan  
Palisades, NY*



© Julie Lawrence

*Kyoshi Seeger's Friday Night Class- Viera Florida  
February 4, Year of the Tiger*

## News

### ***An important message from Kyoshi Seeger regarding the KataGuide App for iPhones***

The KataGuide App is currently **not for sale** at the Apple App Store.

We have been working hard to solve this, hiring programmers to overcome some technical issues that have caused these long and unacceptable delays.

If you already have the KataGuide App on your iPhone it will continue to work without any issues. However, for new students with iPhones this has been a big inconvenience.

Therefore, starting today, and until the issues are resolved, **you may watch the**

**Complete KataGuide within our USRK55 App that you already own.**

Just scroll down in the USRK55 App menu, and you will find the Complete KataGuide.



**CLICK HERE TO SUPPORT OUR USRKUSA APPS AND WEBSITE**



Onegai shimasu Kyoshi,

Thank *you* for the continued gifts of knowledge via the apps. I work in IT myself, though on the infrastructure and security side rather than development. My teammates in development have made it no secret, though, that making something work on Android and Apple is no simple task. I know it takes a lot of time and a lot of effort, and that none of it's free. Adding the kata guide to the USRK55 app is a huge boon to the entire system, especially for those of us still fresh in the saddle. Being able to pull up the guide anywhere, any time is incredibly valuable.

Domo arigato gozaimasu,  
*Austin Hatch, Sho-Dan*  
*Northampton Ueshiro Karate Dojo*



**USRK55** 4+  
**David Seeger**  
Designed for iPad  
★★★★★ 5.0 • 6 Ratings  
\$24.99  
[View in Mac App Store ↗](#)



## Events

It's been an eventful and exciting time for the Palisades Dojo thanks to Kyoshi Seeger's inspired leadership. The ability to continue training throughout the pandemic has been a crucial source of stability for all of us, and being back in the dojo—barefoot on the wooden deck with makiwara, heavy bag, weights, and mirrors-- felt like returning home.

Preparing for the Florida event—my first Florida event—was inspiring, and the event exceeded all my expectations. The opportunity to be with so many other dedicated deshi was an incredibly energizing experience. I felt deeply connected to a group of people I might otherwise never have known. Connected through the training, practice, and history of Shorin-Ryu Karate. All of us brought together by the inspired leadership of Hanshi.

In my professional life as a conductor and musician, I am often called on to lead and motivate large groups, and watching the way Hanshi's presence transformed the energy of the entire group through the sheer lifeforce he brought to the event was a masterclass in the art of leadership that I will not soon forget.

I think we all returned from Florida with a renewed commitment to train even harder as we continue the lifetime journey that is the study of Ueshiro Shorin-Ryu Karate.

*Sempai Rob Kapilow, Sho-Dan*  
*Ueshiro Pine Forest Karate School in Palisades, New York*





Two weeks ago, our dojo welcomed three new students. One was a teen, the other two were his grandparents. What else does one need to know about karate to be inspired? We can start at any age. We can practice and learn to harness power to protect and keep peace. The benefits of practicing Shorin-Ryu Karate have proven to be infinite. When I stopped teaching woodworking 5 years ago, I never thought I'd teach again. But here I am at the Palisades dojo, along with my Kyoshi, Sensei and Sempai, being given that gift once again along with so many others.

Our Ueshiro Shorin-Ryu Karate is an all-encompassing art due to the special group of leaders world-wide. There is an intellectual aspect, particularly at the book club that meets every two months. There are the gifted teachers who we get to sample at our events. This was a highlight for me—to learn from masters who have practiced karate for so many years. There is of course, above all, Hanshi, who not only imparts wisdom both in person and in writing but who can do deep knee bends as low as anyone of any age.

At 52 years old, looking around me at my karate family, I'm feeling like this isn't the end—it's just the beginning.

Arigato.  
*Sempai Sharona Levine San- Kyu*  
*Ueshiro Pine Forest Karate School in Palisades, New York*



## Closing

Thank you Master Ueshiro and Hanshi Scaglione for 60 years of empowering all the deshi in their study of Ueshiro Shorin-Ryu Karate. Let us all continue this journey under the direction of Hanshi for the next 60 years and beyond.

*Potter Sensei, Roku-Dan  
Chief Instructor, Ueshiro Pine Forest Karate  
School in Palisades, New York*

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Ueshiro Pine Forest Karate School,  
Palisades, New York

Classes M 3p T W TH 6:30p Sun10a

Private Lesson in person and via zoom /  
what's app

Shihan, Kyoshi Seeger motobu@aol.com  
917-593-6455

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# UESHIRO OKINAWAN KARATE FAMILY DOJO

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

Onegai shimasu Hanshi, Kyoshi, Shihan, Sensei, and Sempai of USRKUSA,



## News

Our Dojo and deshi have been practicing karate and doing kata all over the place as of late: outdoors, at the park, under the pavilion, in Florida, on the beach at sunrise, under the stars by lanternlight, indoors at Dragonfly, at home, in others' dojo, in the snow, in the rain, and basking in the sun. Among the more memorable moments were the fall NoVA workout along the Potomac River, breaking boards at our recent chilly-but -spirited belt promotion, and a few weeks ago in February when six of us -- our largest contingent yet -- made it to the Florida Karate Weekend workouts and finally got do yakusoku kumite in the Atlantic.

Sempai Rob Grossman applied his videography and editing skills to create an advertisement for our dojo as part of a school assignment. It's so well done we hope to add it to our website soon.



Not only have we explored new places and technologies, we have also continued to expand our experiences and individual karate journeys. Some of our deshi have graciously shared aspects of their journeys and perspectives with us here.



## Karate Perspectives

## 空手には先手無し

## San-Kyu

The teaching that I have been working with the most over the last few months has been the idea that, “In karate, there is no first strike.” Or, in Japanese: 空手には先手無し (*karate ni wa sente nashi*).

What does it mean to study a martial art from a mental and philosophical orientation such as this one, which reminds us that preemptive violence – the ‘first strike’ – violates the essence of what it means to be a practitioner of karate, the ‘empty hand’ that moves through life without a weapon?

As I practice kata and as I train oyotanren, I have been taking a moment before beginning each repetition to take stock of the fact that the first thing I will do is to block, rather than to strike.

As I practice kata and as I train oyotanren, I have been taking a moment at the end to take stock of the fact that the last thing I will do, before bowing, is usually, once again, to block or to parry or, as at the end of fukyūgata 2, to survey the space with my fist out in front of me, placed upon my open palm.

As I practice kata and as I train oyotanren and prearranged, I have come to think of each strike, too, as an invitation to my imaginary opponent. The invitation is to be done fighting. The invitation is to see one another as someone worth bowing to.

Charlotte Eubanks, San-Kyu

Head, Department of Comparative Literature

Professor, Comparative Literature and Japanese

Penn State University



## Ni-Kyu

Although I had heard of how things change when you're a brown belt I didn't quite understand what that meant until I recently got mine. Having passed other tests before, I thought I knew the feeling of learning new kata and having more responsibility but this promotion feels different. The naihanchi kata are much different from anything I have done. Previously, I relied on direction to help me remember the moves but naihanchi keeps your body facing forward and I'm having to rethink the way I memorize.

I have started handling bo which requires a whole different mindset. Up until now I have always been told to make a tight fist, keep your fingers together, and make sure your hand could break boards. This is no longer the case and it feels very vulnerable not to have my hands to hit with. Instead I have to channel that energy into a weapon and rely on that weapon to do what my hands cannot.

Finally I have begun to understand what it means to truly be a teacher. Although I do not have nearly as much experience as the black belts in my dojo, I now have a better respect for what they do. Until now the focus has often been helping *me* and making sure *I* get to work *my* kata. But now, I don't always get to do that. Sometimes I work in groups with junior ranks or teach new students. I have learned so much more about my karate through this. By knowing that people are watching me, and copying me during workouts it forces me to work harder. I am excited to see how earning this new belt helps me improve my karate and makes me train even harder.

Lydia Geiger (16), Ni-Kyu







### Ni-Kyu

- A few classes after I first started doing karate, I realized that karate becomes a part of one's life if they choose to embrace it. Every night after a karate class I always had this really good feeling of accomplishment, but I feel that Karate totally became a part of me while I was in Florida.
- The Florida training really pushed me to try harder and learn more through trial and error. One really beneficial thing about the Florida trip was there were back-to-back classes where you could get more repetitions of what you learned before therefore making it even better.
- My favorite kata is probably fukyugata san because it is all about the difference in height. This kata, I feel, is so powerful and has a lot of room to get better.
- Cat stance always just seemed like a place to me, until one of the Sensei in Florida helped me by saying this, *"Imagine a bubble of water in front of you. Cut that bubble in two."*
- To prepare for testing, I tried to focus on mainly harnessing my power. Sometimes I tend to go too hard and too fast and I will sometimes hurt myself or tire quickly. In Florida they were always stressing how important it is to breathe in between every move in order to stay focused and calm. This piece of advice greatly helped.
- I know that being a brown belt is going to be a lot harder than being a green belt, but I am ready to try my hardest!

Elsa Krol (12), Ni-Kyu



## Rank Promotions

Promotions since our last newsletter include:

### Yon-kyu

- Jolie Oakman
- Rene Oakman

### San-kyu

- Maren Eubanks\*
- Charlotte Eubanks
- Gabe Geiger\*
- Ethan Krol\*

### Ni-kyu

- Lydia Geiger\*
- Elsa Krol\*
- Pam Lohr (in FL)
- Traci Richardson  
\*youth



## Events

Our Florida contingent was especially delighted to be able to visit with Hanshi over dinner before heading back to the snowy north again. We also enjoyed reconnecting with Sempai Pam Lohr who is testing out the snowbird lifestyle and was reviewed for promotion in Florida in February. Congrats, but please come north again, we miss you!



## Closing

We are grateful for both our local dojo members and our broader karate community, as well as Grandmaster Ansei Ueshiro, Hanshi Scaglione and the many karateka who have come before us.

Domo arigato gozaimasu,  
Sensei Barb Schaefer, San-Dan  
on behalf of Kyoshi Matt Kaplan, Shihan  
Ueshiro Okinawan Karate Family Dojo  
State College, PA

<http://familykarateclub.com/>



# UESHIRO DOWNTOWN SHORIN-RYU KARATE DOJO

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

New Downtown  
location at  
281 Broadway!



*"Karate needs your willingness to share your knowledge..."  
~Hanshi Robert Scaglione*

## News

Onegai Shimasu Hanshi, Kyoshi, Sensei and Fellow Deshi,

On November 1, 2021 the Ueshiro Shorin-Ryu Downtown Karate Dojo opened our new location at 281 Broadway in downtown Manhattan. We are excited about our new dojo and look forward to growing our student base and training with joy and vigor for many years.

Over the past six months we have (a) conducted Zoom classes every Wednesday and Friday mornings, (b) provided one-on-one training sessions, (c) moderated three meetings of the Ueshiro Shorin-Ryu Karate Book Club, and (d) issued twenty-six editions of the weekly "Keep Training" emails that included training tips and readings from "Building Warrior Spirit", (e) travelled to Florida to participate in the system-wide training event and (f) held our first belt promotion and tip test at our new location.

## Rank Promotions

On March 6<sup>th</sup> 2022 we held our first belt promotion. Prior to the formal start of the promotion, groups by rank performed many repetitions of kata. Kyoshi Reymond then led the group through a vigorous workout including kihon and kata. The Board of Judges included Sensei Gamel Ramson as center judge (Midtown), Sensei Michael Margulis (Midtown), Sensei Nancy Owen (Northampton), Sensei John Bottega (Midtown) and Sensei Ron Ballin (Midtown).

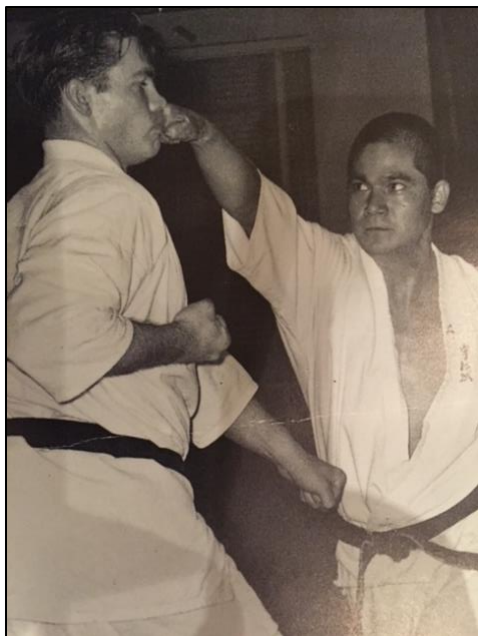


Congratulations to the following deshi:

- Max Feil – advanced to Ni-Kyu
- Steve Mumford – advanced to Yon-Kyu
- Brenda Ray – advanced to Ro-Kyu (at tip test held separately last week)

## Events

The Ueshiro Shorin-Ryu Karate Book Club has scheduled its next meeting for Thursday, April 28, 2022 when we will be discussing “*Tales of Okinawa’s Great Masters*” by Shoshin Nagamine. The meeting will be held by Zoom (log in info to follow) and run from 7:00 to 8:00 pm.



### ***Always Moving Forward***

*“I am a soldier, I fight where I am told, and I win where I fight.”*

~General George S. Patton

## Closing

Domo arigato gozaimasu Hanshi for your support and encouragement to be our best and keep moving forward. We are looking forward to training with you as we celebrate the 60<sup>th</sup> Anniversary of Master Ueshiro bringing Ueshiro Shorin-Ryu to the United States.

Kyoshi Kevin Raymond, Hachi-Dan  
Denshi-Shihan, Ueshiro Downtown Shorin-Ryu Karate Dojo

Dojo Address: 281 Broadway; New York, NY; 646-745-6172; [www.downtownkaratedojo.com](http://www.downtownkaratedojo.com)

### **Class Schedule**

Monday and Wednesday: 5:45 PM to 7:15 PM (In Person)

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

Saturday: 9:00 to 10:00 AM (In Person)



UESHIRO SHORIN-RYU KARATE WOMEN WARRIORS  
Florida Karate Weekend - Women's Class



FEBRUARY 2019



FEBRUARY 2020



FEBRUARY 2022

The February in Florida Karate Weekend includes a Women's Only class, taught by **Sensei Kim Garon, San-Dan**, of Ueshiro Downtown Dojo in New York.

Attendance has grown — so much power in this group of strong women. Keep training!

Domo arigato,  
Sensei Jennifer Sangalang, San-Dan  
Ueshiro Suntree-Melbourne Dojo

女武者

じよむしや "jomusha"

WOMEN WARRIORS



# NORTHAMPTON UESHIRO KARATE DOJO

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

## News

Given Commonwealth of Massachusetts Board of Health recommendations, on August 11, 2021 the City of Northampton enacted the MASK MANDATE requiring all indoor human activity like “Martial Arts” to wear protective masks. We continue to train together and move forward.

## Rank Promotions

Performing “On the Spot” with a mask on is a challenge in itself. BREATHE!! On February 19, 2022 we gathered as a group of 12 deshi to test with scrutiny 4 karateka on their journey forward in our art. We reviewed mandatory kata from Ro-Kyu to Ik-Kyu ranks. We performed many, many repetitions of Kihon (basic) techniques. We challenged each other with Yakusoku Kumite (prearranged fighting). The test candidates demonstrated Tameshiwari (board breaking) techniques. And the Board of Judges unanimously agreed to promote these deshi to their next rank.



*The “Year of The Tiger” holds much more for us!*

### TEST CANDIDATES PROMOTED TO:

IK-KYU	Thomas Dejesus
YON-KYU	Clara Shoemaker Adam Chartier
RO-KYU	Bowen Kirwood

### BOARD OF JUDGES

- Chris Barnes, Shichi-Dan
- Daniel Gobillot, Shichi-Dan
- Nancy Owen, Yon-Dan
- Robert St George, Ni-Dan



I would also like to thank those who attended to offer their help, on and off the deck, before and after this event.

- Tracy Magdalene, San-Dan
- Singwen Gobillot, Sho-Dan
- Austin Hatch, Sho-Dan
- James Feeley, white belt



## Closing

Special Thanks to Sensei Barnes for traveling up to Northampton to assist in this event.

Domo arigato gozaimasu, Hanshi Scaglione - Your spirit fuels us forward year after year!



# UESHIRO KARATE DOJO BA'KFAR

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

## News

We setup a new joint web site for our Ueshiro Israel Dojo[s] at [www.IsraelKarate.com](http://www.IsraelKarate.com) to help our marketing to capture new deshi, educate our current deshi, and preserve our developing history of Ueshiro SRKUSA in Israel since 1987; this year of the Tiger we celebrate both our 35<sup>th</sup> anniversary in Israel as well as our 60<sup>th</sup> anniversary in the USA. Moreover, Sho-Dan Eyal Elnir has returned to training with us. Having another strong dedicated Black Belt on deck is improving the quality of our workouts.

## Rank Promotions

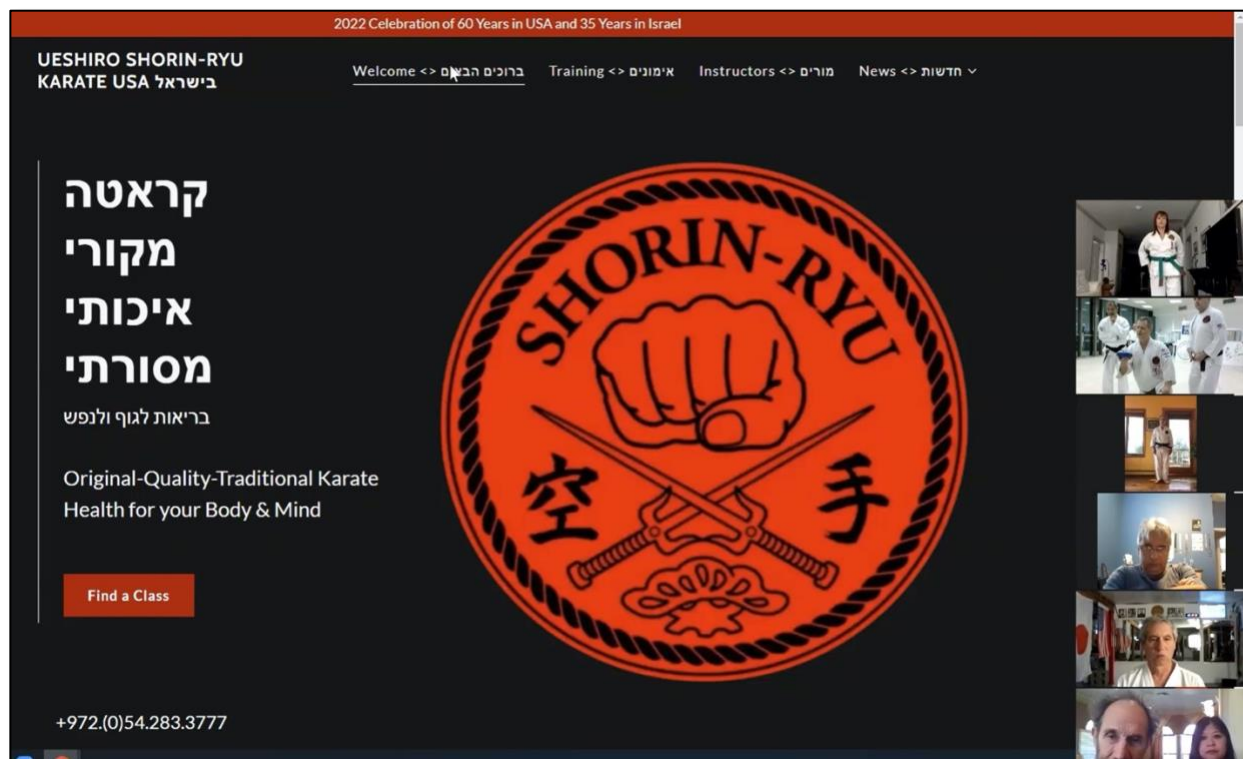
Our Sempai Meir Amarin was promoted in early February to Yon-Kyu [Green Belt]. He has been tenaciously attending all our workouts, working hard with a strong warrior spirit. In the photo below standing from left to right are Sempai[s] Reuven Orenstein (San-Kyu), Eyal Elnir (Sho-Dan), Meir Amarin (Yon-Kyu), and Sensei David Tamir (Shichi-Dan). We also supported our karateka testing later in February at the Ueshiro Herzliya Dojo under Denshi-Shihan Nir Zamir.





## Events

We finished 2021 with a great joint celebration workout and Cumpai including Hanshi Scaglione, Kyoshi Seeger, several Sensei[s] and Sempai[s] joining us from the USA via zoom. The Cumpai was led by our three Israel-based Sensei[s]: David Tamir, Nir Zamir, and Shlomo Dadon. More details and photos can be seen at: <https://israelkarate.com/2020-2021-news-%3C%3E-%D7%97%D7%93%D7%A9%D7%95%D7%AA>.



In celebration of Master Ueshiro's 89<sup>th</sup> Birthday coming up on April 20<sup>th</sup>, and the 60<sup>th</sup> and 35<sup>th</sup> anniversaries of his Karate in the USA and Israel, respectively, we are planning a Spring Masada workout overlooking the Dead Sea, to take place in April. This will be a joint event of our three leading



Sensei[s] in Israel and our combined deshi from Ueshiro Karate Dojo ba'Kfar and Ueshiro Karate Herzliya Dojo.



## Closing

We look forward to learning about the upcoming 60<sup>th</sup> anniversary celebration plans in the USA, so we may arrange our travel to join in person. We look forward to training with all of you soon.

Domo Arigato Gozaimasu,

Tamir Sensei, Shichi-Dan, Denshi-Shihan

Ueshiro Karate Dojo ba'Kfar, Kfar-Saba, Israel



# TO-TE UESHIRO KARATE DOJO

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

Onegai Shimasu! Hanshi, Kyoshi, Sensei, Sempai, Deshi & ALL USRKUSA Karateka!  
Greetings from Nyack.



## News

The To-Te Ueshiro Karate Dojo held its belt and tip promotion Thursday, February 17th. The board of judges consisted of Sensei Bryan Markiet, Sempai Ed Abreu, Sempai David Calligeros and Powell Sensei presiding over the group.

After a formal bow in, warm ups, kihon basics and numerous kata the promotion began. All candidates took on warrior spirits and stepped up to the challenge and performed our Shorin-Ryu kata with grace & Power.

## Rank Promotions

I'm proud to announce that the following Nyack deshi were promoted to NEW Ranks:

Alexander Josuweit*	Go-kyu
Olive Josuweit	Go-kyu
Ben Daly*	Yellow belt
Simon Josuweit*	Yellow belt
Cindy Mazariego	Yon-kyu
Andrew Calada*	Orange belt
Emilia Pescher	Ni-kyu

\*youth



## Closing

With new rank comes more responsibility, more decorum, more joy and vigor. Join me as we continue down the path as laid down by Ansei Ueshiro and cemented and held firm by Hanshi Robert Scaglione.

Respectfully,  
Powell Sensei Roku-Dan

*... "do not strike others, and do not allow others to strike you.  
The goal is peace without incident".*

Powell Sensei  
Denshi Shihan | To-te Ueshiro Karate  
Nyack, NY

85 Piermont Ave, Nyack, NY 10960  
Classes: Tue 6 - 7:15P, Thur 6 - 7:15P, Sat  
10A - Noon

<http://www.karatenyack.com>



# UESHIRO NORTHERN VIRGINIA KARATE CLUB

*Kyoshi Salvatore Scaglione, Hachi-Dan*  
*Sensei Lisa Markowitz, Shihan, Roku-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 60th Year of USRKUSA, the Year of the Water Tiger, which coincidentally occurs ever 60 years.

Characteristics of the water tiger include **power, courage, confidence,** and **leadership,** and the NoVA deshi have committed to emulate those characteristic in our karate training and everyday life.



## News

We marked several key milestone throughout the fall and winter.



**November 6 Black Belt Workout:** The NoVA Dojo had the honor of hosting the annual black belt workout at our sacred outdoor training hall—Great Falls Park! Led by Hanshi and the Kyoshi, blackbelt warriors traveled across the country, and even as far as Israel (Sensei David Tamir), to work out together and became energized by the powerful backdrop of the falls, appreciating the ebb and flow of the current and how that translates into our karate practice. Not missing a beat, Hanshi reminded us of how we need to use full extension, speed, and power while relaxing between each move to tap into our own infinite sources of energy.



**February 4-6 Florida Workout:** Kyoshi Sal, Sensei Lisa, and Sempai Fred Bagagli traveled to Florida for our annual respite from the cold February weather in the DC metropolitan area. As always, the numerous workouts and Florida climate did not disappoint. Highlights included the early morning Friday class led by Kyoshi Sal, the Saturday morning beach workout led by Kyoshi Mackay and overseen by Hanshi, and the Saturday evening weapons workout conducted around a firepit (also led by Kyoshi Mackay).



**UESHIRO NORTHERN VIRGINIA KARATE CLUB**

**In-person Training:** Ueshiro NoVA is grateful to be able to offer in-person training at our Centreville dojo on Saturday mornings, as the pandemic finally is losing momentum. There, we enjoy traditional USRKUSA classes in a fully equipped, wooden floored dojo. Nothing quite beats the nuances and comradery of in-person training.



**Great Falls:** On the last Saturday of each month, you will find us at Great Falls Park, year round! The fresh air, scenic beauty, and power of the falls invigorate our training, especially when the mercury dips to 18 degrees!





## Closing

**Zoom Classes:** Sensei Lisa continues to teach classes on Mondays and Thursdays via Zoom. They are a great way to supplement in-person training until all dojos are able to resume their in-person training.

Domo arigato Hanshi for your tireless efforts in serving as the keeper for Shorin-Ryu Karate USA and ensuring that it continues to be practiced as it was so generously passed on to us by Grand Master Ueshiro, 60 years ago.

Respectfully submitted,

Sensei Lisa Markowitz, Roku-Dan  
Shihan, Ueshiro NoVA Karate



  
**Date Saver**  
**April 23, 2022**  
**NoVA's Cherry Blossom Workout**  
*Celebrating Grandmaster Ueshiro's 89th Birthday*  
**★ Join us! ★**



# UESHIRO HONG KONG KARATE DOJO

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

## News

Greetings! Due to COVID restrictions throughout Hong Kong, training has been shifted to a mode more on an online or individual basis. We also emphasize on everyday training as a way to staying healthy and strong. Hong Kong's COVID situation seems to be now more open to the "coexisting policy," and if it works out, we hope to see the light at the end of the tunnel in three to six months. Now we hope for the best and keep moving forward.



*Living proof that the joys of karate are boundless!*



# BOSTON CHINATOWN UESHIRO SHORIN-RYU KARATE CLUB

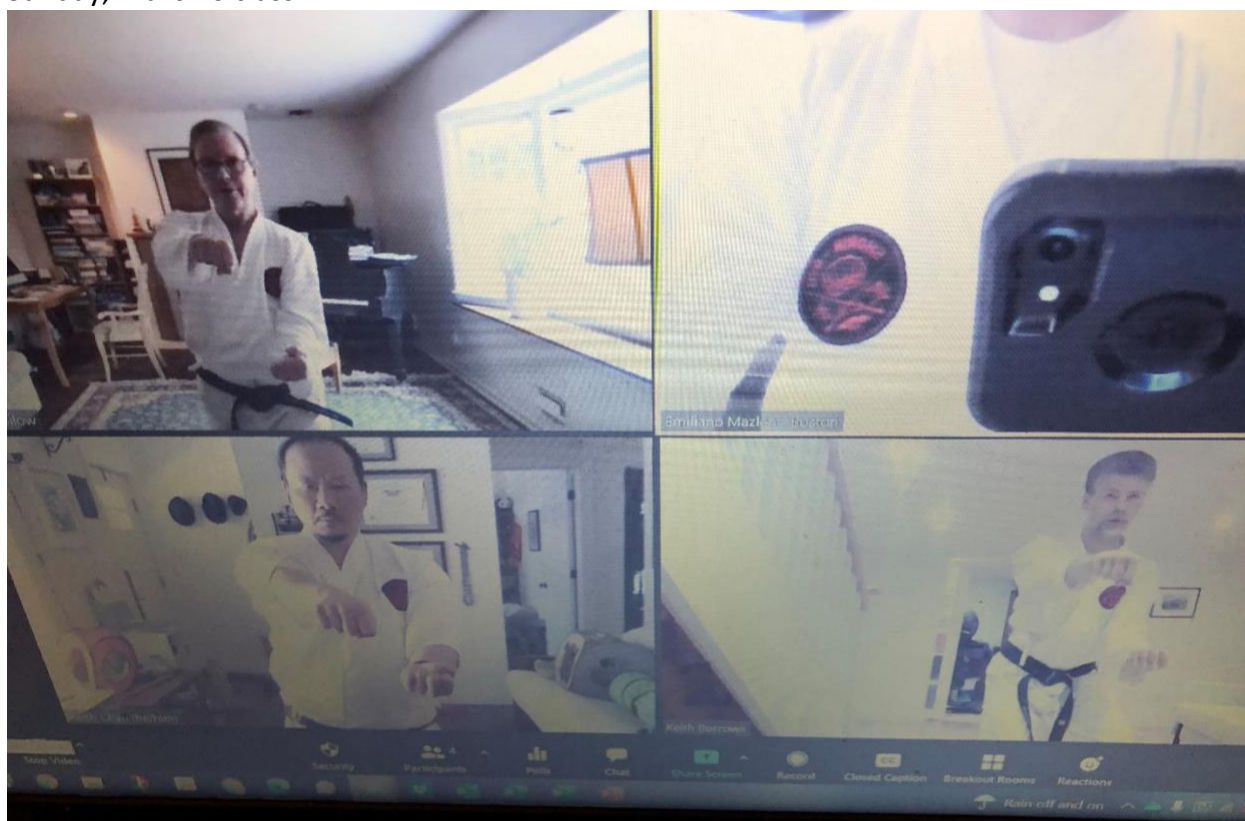
*Sensei Emiliano Mazlen, Shihan, Go-Dan*

*Boston, MA*

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

## News

We are moving forward and continuing to train. We continue to appreciate the chance to train with 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 recent, and long-standing, acquaintance across state and international borders. The following photo is from the Sunday, March 6 class:



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

I was honored to participate in the October black belt workout in Northern Virginia. Domo arigato gozaimasu Hanshi and Kyoshi for the extensive sugar. Domo arigato gozaimasu to Sensei[s] Markowitz and all the other Northern Virginia karateka for hosting the glorious event.



## Closing

We hope to increase in-person training in Boston when conditions improve in the Spring. 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



# HERZELIA UESHIRO DOJO

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

## Rank Promotions



On February 27 we held our periodical tip test, in which 3 Deshi tested and passed: one for first green tip, and two others for brown tips. We were fortunate to have Sensei David Tamir, Shichi-Dan, prevail over the test, and had students from both the Herzeliya and Kfar Saba Dojo attend and share the event.





## Events

Separate from our usual Dojo training, I have been invited to teach a special program based on the Budo principals to middle-school kids in one of the schools in Herzelia. The program includes introduction to Karate training and techniques, including Kata, and is taught to 7<sup>TH</sup> and 8<sup>TH</sup> grade students. For most of the students this is the first encounter with martial arts philosophy and training. I named the program "Youth with Vigor", and I keep changing and adapting it as we go forward, so it is a fantastic learning experience for me as well.

Arigato,

Nir Zamir, Go-Dan  
Herzelia, Israel



# UESHIRO BAY RIDGE KARATE DOJO

*Sensei Robert Neff, Shihan, Yon-Dan*

*Brooklyn, NY*

Onegai shimasu Hanshi, Kyoshi, Sensei & fellow Deshi,

## News

The Bay Ridge Dojo continues to train outdoors weather permitting, but have also begun to train inside at Bay Ridge Jewish Center, the home of our dojo. It has been amazing to train under the Shihan, barefoot on a wood deck and in front of mirrors again!

## Rank Promotions

On Sunday February 13<sup>th</sup>, 2022 the Bay Ridge and Pelham Ueshiro Shorin-Ryu dojo(s) held a joint promotion. The test was held at the Bay Ridge Dojo in Brooklyn, NY.

An extremely dedicated and strong group of deshi gathered at 11 am and were led by Kyoshi Michael Mackay (Kyu-Ranks) and Kyoshi David Baker (Dan-Ranks) through many repetitions of kata prior to the official class starting. At around noon Kyoshi Mackay bowed the group in and led them with the support of Sensei Neff through a traditional workout comprised of warm-ups, basics, oyo-tan-ren, and many repetitions of kata prior to the test.



The board of judges for the tests was comprised of Sensei Robert Neff, Sensei John Bottega, Sensei John Adams, and Sempai Brian Heese (Shihan of the Pelham Dojo). Sempai Lisa Rosenberg called the test for the candidates.



The test candidates performed all aspects of their respective tests. Candidates testing performed oyo-tan-ren, yakusoku-kumite and breaking, and of course performed all their kata. The entire group was asked historical questions as well. The group testing rose to the occasion showing tremendous spirit, joy and vigor throughout the day! Kyoshi David Baker led the group through many more repetitions of kata as the board of judges deliberated the candidates.

There to lend support of their fellow Deshi included: Ethan Neff and many family members of those testing. Ethan showed great spirit during the workout as the lone kyu-rank and demonstrated a break, too.

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

**Yon-Kyu:**

Everitt Cummings\*

**San-Kyu:**

Jeff Ratner\*

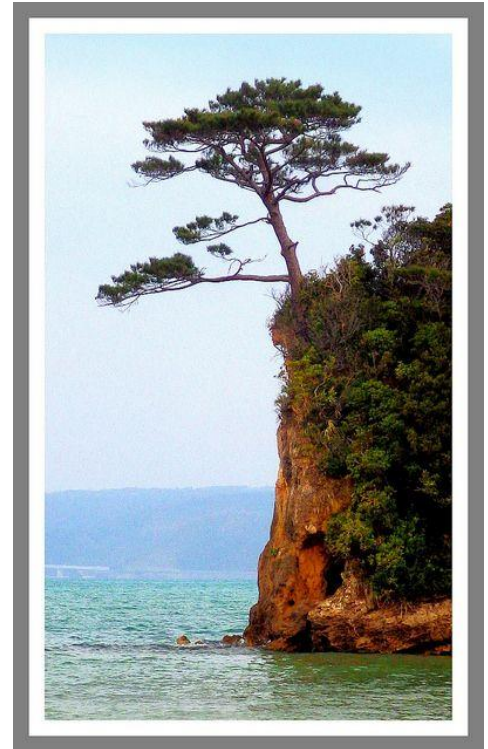
Misha Ratner

Jon Cummings

**Ni-Kyu:**

Olivia Vikman\* (Pelham Dojo)

\*youth



*Okinawan pine tree on Oh-Shima*

## Closing

We look forward to celebrating 60 years of USRKUSA with all of you this fall. Moving forward in Hanshi's childhood backyard while following as closely as possible in his footsteps!

Domo arigato gozaimasu, Hanshi

Sensei Neff, Shihan, Yon-Dan

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





# UESHIRO SHORIN-RYU KARATE DOJO - NEW ROCHELLE

*Sensei Tzvi Bar-Shai, Shihan, Yon-Dan*

*New Rochelle, NY*

Onegai Shimasu Hanshi, Kyoshi, Sensei, and Deshi,

## News

The Ueshiro Shorin-Ryu Karate Dojo-New Rochelle continues to build within the Knockout Boxing Gym, owned and operated by Sempai Mark Kogan, Ni-Kyu. We have 4 regular deshi that with the waning pandemic have come to train.

Shihan Tzvi Bar-Shai, Yon-Dan drove down to Virginia and participated in the annual Black Belt workout this past November hosted by the Ueshiro Northern Virginia Karate Club, *Kyoshi Salvatore Scaglione, Denshi Co-Shihan and Hachi-Dan Sensei Lisa Markowitz*. Along with over 50 other Black Belts we trained with joy and vigor along the Potomac River.

Both Shihan Tzvi Bar-Shai, Yon-Dan and Sempai Mark Kogan, Ni-Kyu flew down to Florida to participate in a fantastic 5-day February in Florida workout with deshi and Black Belts from around the country. It was a great workout, learning and bonding event for all ranks taking

place both inside and outside many of the various area dojo led by Hanshi and all the Kyoshi.



## Rank Promotions

We had our first rank promotion for Sempai Luis Isaias to Ro-Kyu, and he will shortly be testing for Go-Kyu. Sempai Luis has been working hard and is a dedicated student with great potential. We are looking forward to his continued growth in Shorin-Ryu Karate.

We have been honored by visits of a number of fellow deshi from the area such as Sensei Richy Glassberg, Yon-Dan, Sensei Henri Waelbroeck, San-Dan, Sempai Brian Heese, Ni-Dan, and the assistance of Sempai Rob (Maestro) Kapilow, Sho-Dan, who has substitute instructed when the occasion arises. Domo Arigato



## Closing

All in all, with the continued guidance and support of Kyoshi Seeger, Ku-Dan, and other deshi of the Pine Forest Karate School in Palisades NY we are looking forward to great things happening at our dojo.

Classes will continue on a regular basis on Mondays and Wednesdays at 6:30 pm. The Ueshiro Shorin-Ryu Karate Dojo is located in the Knockout Boxing Gym at 236 North Ave New Rochelle 10801 and has a dedicated dojo space.

**All members of Ueshiro Shorin-Ryu Karate USA are welcome.**

Domo Arigato Gozaimasu,  
Shihan Tzvi Bar-Shai, Yon-Dan  
The Ueshiro Shorin-Ryu Karate Dojo-New Rochelle



# EASTON CONNECTICUT UESHIRO SHORIN-RYU KARATE CLUB

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

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

## News

This past year Easton deshi have made trips to Virginia, Florida, and New York to train under the guidance of Hanshi and the Kyoshi. We look forward to a strong 2022 and the 60<sup>th</sup> anniversary. All are welcome to train with us in Connecticut.

## Events

Class schedule:

Tuesday 5:30 PM – 6:45 PM

Sunday 8:15 AM – 9:30 AM

## Closing

Domo arigato gozaimasu,

Adam Dunsby, Yon-Dan

Easton Connecticut Ueshiro Shorin-  
Ryu Karate Club



# UESHIRO WEST MELBOURNE SHORIN-RYU KARATE DOJO

*Sensei Rick Cupoli, Shihan, San-Dan*

*West Melbourne, FL*

## News

Now that the country is slowly being released from the clutches of the COVID-19 pandemic things are returning to normal. Here in Florida things have been more normal for some time longer than other locations but the effects that it brought about and the worry that it inflicted on people were still felt here. We did lose some students to the pandemic and other reasons and are now trying to recover. I am encouraged by a recent visitor to our dojo indicating that the family would be interested in beginning karate. We do have a deshi body of about 20 students ranging from Ro-Kyu to Sho-Dan; not including myself, Sensei Rick Cupoli (San-Dan) and Sempai Miranda Aiken (Ni-Dan).



To try and recruit new students I placed flyers in the entryway of our Rec Center. Many flyers have been taken but that has not translated into new students. However, we persist forward and look forward to welcoming new students.

We recently held our first belt test in quite some time. The promotion results are included below. We were excited to promote six students to their next rank. All in all the West Melbourne Dojo is going strong.



## Rank Promotions

### Go-Kyu

- Julia Ridgley\*
- Christy Ridgley

### Ro-Kyu

- Christian Ridgley\*

### Yon-Kyu

- Jaden Ridgley\*

### Ni-Kyu

- Merlyn McDonald

### Ik-Kyu

- Caroline Frahm

\*youth



## Closing

Karate is a lifelong marathon. The riches are lavished on those who stick with it and don't give up. Moving forward to your next rank is exciting but be sure to blossom in your current rank. Of course, be aware and look forward to the things to come, but put that aside and focus on the tasks at hand. The work you do now plants the seeds for the growth to come. The better the seed, the stronger the growth.



# UESHIRO SUNTREE/MELBOURNE SHORIN-RYU KARATE DOJO

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

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

## News

It's the Year of the Tiger, and we're  
ramping up our training in preparation for  
USRKUSA's 60th anniversary in September.



Lawrence



© Julie Lawrence

We learned so much from Karate  
Weekend in Florida in February — a  
heartfelt Domo Arigato to the Kyoshi,  
Sensei, Shihan and Sempai who traveled  
to Florida to share their knowledge with  
us. The Suntree dojo was proud to host  
two of the training sessions, the opening  
and closing events, from Karate Weekend.





## Rank Promotions

In December and February, the Suntree dojo held green tip promotions. We also teamed up with Shihan Rick Cupoli, San-Dan and Sempai Miranda Aiken, Ni-Dan, both of Ueshiro West Melbourne Dojo, for a belt test in February. It's been a pleasure to watch these students grow in their karate training:

- Sempai Michael Fort\*
- Sempai Jace Clark\*
- Sempai Veronica Bussey
- Sempai Tom Bodiker

\*youth





Interestingly, Sempai Tom has returned to USRKUSA after thirty-some years — he said he joined then-Sensei Robert Scaglione’s dojo in New York. Though it’s been decades, you can hear the cadence in Sempai Tom’s count, almost like a chant, that energizes and motivates the group. It’s something he said he learned from Hanshi’s dojo as a white belt, and he never lost it.



## Events

We’re fortunate that our training hall is close to Ueshiro Viera Dojo and West Melbourne. We’ve seen an uptick in attendance from visiting students, and we’re grateful for the opportunity to learn from them.





Since the pandemic, the Ueshiro Florida Book Club has been on hiatus. However, thanks to Zoom (and warrior spirit), we've tuned in to the NYC Metro Area Ueshiro Shorin-Ryu Karate Book Club. Hanshi has attended the past three virtual book club meetings, and we *always* learn something that we can bring back to our own dojo.



The book club is hosted every other month (typically 7 to 8 p.m. EST on the last Thursday of the month — please check Kyoshi Mackay's Zoom schedules for specifics) by Kyoshi Kevin Reymond, Denshi-Shihan of Ueshiro Downtown Karate Dojo. Kyoshi Reymond says "all members of USRKUSA qualify as NYC Metro Area residents. Just show up!"



## Closing

The Ueshiro Suntime-Melbourne Dojo hosts classes from 7 to 8:15 p.m. EST Wednesdays and noon to 1:30 p.m. EST Sundays at Wickham Park Community Center, 2815 Leisure Way, Melbourne.

If you're an Ik-Kyu or above and are working weapons, please visit our dojo:

- Sensei Matt Reed can offer kama training
- Sensei Jennifer Sangalang, San-Dan, trains with nunchucku
- Sempai Kevin Hutchenson, Ni-Dan, trains with the sai
- Sempai Krystyn Clark, Sho-Dan, trains with the bo



For more information about our dojo, please call Shihan Matt Reed at 321-213-3124 or email [rpd197@yahoo.com](mailto:rpd197@yahoo.com).

Domo arigato, Hanshi, for your continued guidance.  
Respectfully submitted,

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

Sensei Jennifer Sangalang, San-Dan



# UESHIRO NORTHFIELD SHORIN-RYU KARATE DOJO OF MINNESOTA

*Sensei Steve Hatle, Shihan, San-Dan*

*Northfield, MN*



## News

The Northfield Dojo continues to move forward during the Year of the Tiger.

The Northfield dojo continues with three classes a week, and the Carleton Karate Club holds an additional two classes each week. The senior students in the dojo continue to teach classes and expand their knowledge and practice of Ueshiro Shorin-Ryu through the attendance of Zoom classes.





## Rank Promotions

Congratulations the following students promoted since our last newsletter:

### RO-KYU

Jimmy Lin  
Coral Outwater  
Rowan O'Cooper  
Joseph Cavellier  
Dorothy Chou  
Angel Garcia-Ramirez  
Rhusel Rivera  
Amadau Toure

### GO-KYU

Eliza O'Cooper  
Kristin O'Connell  
Adela Melby  
Jacob Melby  
Nana Akyianu  
Dak Blagburn  
Kevin Bui  
Shannon Liu  
Thomas Gatewood  
Jackson Walker

### YON-KYU

Ania Hoang  
Victor Huang  
Cailin Huyck Orr

### SAN-KYU

Oscar Huyck\*  
Nicolas Bell  
Adele Dujsikova  
JoJo Zhang

\*youth

## Closing

As we move into spring we look forward to resuming outdoor classes – everyone is eager to be able to breath the warm air and feel the grass underneath our feet!

Domo arigato to Master Ansei Ueshiro and Hanshi Scaglione for bringing us the gift of karate and continuing to move our practice forward in our 60<sup>th</sup> year and beyond!

Sempai Steve Hatle  
Ni-Dan/Shihan  
Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota



# UESHIRO MERRITT ISLAND KARATE DOJO

*Sensei Trevor Tezel, Shihan, San-Dan*

*Merritt Island, FL*



Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

The Ueshiro Merritt Island Karate Dojo has continued “moving forward” with zenshin, to quote a recent email from Hanshi. The spirit of our fellow karateka, country(wo)men, and citizens of the world are moving us past the pandemic and on to brighter days.

## Events

On Wednesday, November 10, 2021, we hosted a workout celebration marking the 10-year anniversary of the Ueshiro Merritt Island Karate Dojo! Hanshi bowed in the class, and a vigorous workout was held, with refreshments following. This was a great opportunity to celebrate 10 years of a dedicated dojo in the Brevard County area.



## UESHIRO MERRITT ISLAND KARATE DOJO

Later that month, on November 25, 2021, the Florida schools held their annual Black Friday Beach workout. Domo arigato, especially to our newest and youngest Deshi and State College Dojo guests, who “rose and shined” early in the morning for this wonderful annual event. Friends and family joined after the workout for breakfast at a local restaurant.



After a one-year hiatus, the annual highlight for us locals returned with the February-in-Florida weekend. Domo arigato Kyoshi, Sensei, and all Deshi who traveled from near and far to participate in the week’s events. Our karate and kata are better off for it!

The Merritt Island Dojo was once again honored to host the final formal event of the weekend.

On Monday, February 7, 2022, Hanshi led a class and Q&A session to round out an energetic and high-spirited weekend. Hanshi and the Kyoshi delved deep into varying topics, including the importance of "stacking" (body alignment). Hanshi reminded us of Precept #18: "Perform Kata exactly; actual combat is another matter."





## Closing

The Ueshiro Merritt Island Karate Dojo continues to hold classes on Mondays at 6pm, Wednesdays at 7am and 6pm and Fridays at 7am. In addition to myself, classes are taught by Sensei Kurt Tezel (Roku-Dan) and Sensei Carla Eddy (San-Dan). Please visit our (and the other Florida dojos') webpages at <https://www.ueshirofloridakarate.com/merritt-island.html> for the most up-to-date schedule. Domo arigato, Kyoshi Baker, for your diligent maintenance of our webpages!

Domo arigato, Hanshi, for your continued leadership of the Florida schools and the entire USRKUSA organization.

Domo Arigato Gozaimasu,

Sensei Trevor Tezel, Shihan  
Ueshiro Merritt Island Karate Dojo



# UESHIRO SHORIN-RYU NASHVILLE FAMILY KARATE CLUB

*Sensei Sean M. Paus, Shihan, San-Dan  
Nashville, TN*

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

## News

We are excited about the prospects of safer training in the hopes we are seeing an end to the global pandemic.

We have had some challenges recently as the church where we train is undergoing a renovation. We are also losing a little bit of space, but there should still be plenty for us moving forward.

## Rank Promotions

On February 25th, we held a Kyu-level test. We had the following promotions:

- Levi Hecht\*                      Yellow Belt
- Heaven Benjamin\*            Yellow Belt
- Mathew Pasta\*                Yellow Belt
- George Ghally\*                Yellow Belt
- Kevin Benjamin\*              Ro-Kyu                              \*youth



Sensei Sean M. Paus, San-Dan  
Ueshiro Shorin-Ryu Nashville Family Karate Club





# UESHIRO OKINAWAN KARATE CLUB OF PELHAM MANOR

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

## News

The Okinawa Karate Club of Pelham Manor continues to thrive. Due to issues surrounding the pandemic which makes it difficult to train in our traditional dojo in Sensei Nichuals' home, we have been training outside in my backyard.

We train each Monday at 5:30pm under the guidance of Kyoshi Mackay and Sempai Brian Heese. All are welcome to join us. Please call Brian at 914-602-9010 to arrange a visit.

## Rank Promotions

We were privileged to attend the February promotion held by the Bay Ridge dojo. Olivia Vikman attained the rank of Ni-kyu. Although she achieved the belt on the February promotion, she will earn the belt in subsequent years with many hours of practice.

Below please see the artwork that Olivia submitted with her request to test.  
Domo arigato to Hanshi for leading us.

Respectfully  
submitted,  
Brian Heese  
Ni-Dan, Shihan



# CENTRAL FLORIDA UESHIRO SHORIN-RYU KARATE

*Sempai Justin Thompson, Shihan, Sho-Dan Ho  
Maitland, FL*

New Club  
Opened!

## News

After searching throughout COVID for a location – gyms, YMCAs, offices, hotels, anywhere with floorspace – we found a warm welcome in a local school and classes began in January. We quickly had several showing some interest in karate and soon settled on three steady and dedicated young men showing up to every class with joy and vigor, eager to absorb techniques and kata. Their excitement for our art has proven to be such an encouragement to their Shihan, renewing my joy and vigor to teach them the courtesy, discipline, physical training, and self-defense of our art, Ueshiro Shorin-Ryu.



## Rank Promotions

Our first tip test was held on February 24, 2022 where Central Florida Ueshiro Shorin-Ryu Karate promoted its first three white belts to Ro-Kyu. The Deshi demonstrated strong joy and vigor as they demonstrated their basics and Fukyugata Ichi. Now they begin the journey of demonstrating the skill commensurate with their rank and continuing to grow and develop in their knowledge of our art.

## Closing

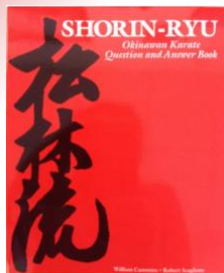
We are looking forward to growing Central Florida Ueshiro Shorin-Ryu Karate over time, developing the Deshi we have into stronger and stronger karateka, adding new Deshi over time, and showing Central Florida in the Orlando Metro Area the value of karate to develop character, mental and physical strength, and a sense of community and courtesy that is so desperately needed in today's world.



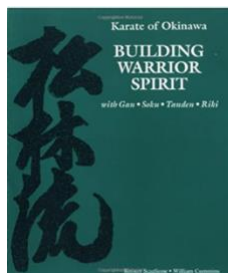
# USRKUSA RESOURCES

## RECOMMENDED READING

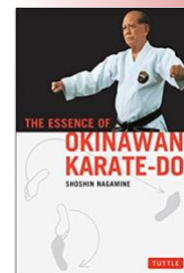
### “Red book”



### “Green book”

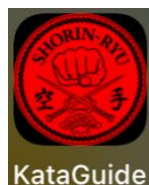


### “White Book”

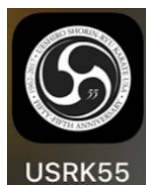


- Sempai William Cummins & Hanshi Robert Scaglione's *Shorin-Ryu: Okinawan Karate Question and Answer Book*, and Hanshi's *Karate of Okinawa: Building Warrior Spirit through Gan, Soku, Tanden, Riki* are available through your Shihan.
- Our *USRKUSA 50<sup>th</sup> Anniversary Journal*; Master Nagamine's *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:
  - iPhone & iPad via the App Store [*currently unavailable, under redevelopment as of 3/2022*]
  - Android via Google Play Store



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?

- 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!” -GICHIN FUNAKOSHI



## ACKNOWLEDGEMENTS

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*Sensei Lisa Markowitz, Shihan, Roku-Dan, and our ranking woman karateka, doing kata Gojushiho at the February 2022 Florida Weekend Workout*

For previous 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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