



YOSEIKAN II DOJO

NEWSLETTER



Volume 1, No. 1 (Quarterly Newsletter)

August 2001

YOSEIKAN II PARTICIPATES IN SHOCHUGEIKO 2001

What do you call a four hour outdoor workout, in 90 degree heat, with a gi on?
Answer: An opportunity of a lifetime when spent instructed by the head instructors of the U.S. Chito-Kai. Many of us were fortunate enough to participate in the U.S. Chito-Kai Summer Camp held on July 21, 2001 at Big Bone Lick Park in Kentucky. Students from all across the country attended — old acquaintances were renewed and new friendships were made. Over 100 students participated and Yoseikan II was well represented.

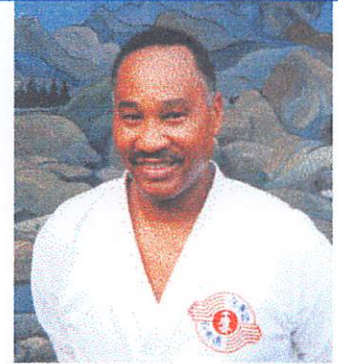
One cannot place a value on seeing demonstrations and hearing words of wisdom from the founders of the U.S. Chito-Kai. Hanshi Dometrich's lessons are invaluable. The group sessions led by his highest ranking students (i.e. Renshi Hawkins) left us with much to practice, think about and aspire to...



The event culminated with a cookout where no taste buds went unsatisfied ...

NEWS FLASH: HE'S BAAACK!!!

Sensei Cyna Khalily, M.D., Yon Dan is back in Cincinnati and back in Yoseikan II! He returns to Cincinnati after completing his residency in orthopedic surgery in Louisville, KY. He is now working with the Wellington Group (Orthopedic Surgery Practice). He is married to Shawna and they have two children.
He is the highest ranking Dan at Yoseikan II (other than Renshi).
Welcome back Sensei!!!



A MESSAGE FROM RENSHI HAWKINS

This extends my welcome to all readers of our First Edition of the Yoseikan II Dojo Newsletter. This publication, creative product of its Editor, Ms. Evelyn Disher Hill, Go Kyu, promises to provide outstanding information as to recent accomplishments of our Dojo and its students, as well as to announce our near term plans.

Yoseikan II Dojo's twelve (12) black belt instructors assist me in delivering an unprecedented level of high quality instruction. We take very seriously our responsibility to ensure a prudent level of safety, in the context of a physically and intellectually challenging traditional martial arts curriculum.

In the future I plan to use this column to report on our progress in carrying out the organizational strategies and action plans developed by our Dojo Leadership Team. At Yoseikan II, we are very energized about reaching unprecedented levels of overall progress.

L.C. Hawkins, Jr., Esq. 6th Dan, Renshi

"Today is victory over ourselves. Tomorrow is victory over lesser (persons)." Miyamoto Musashi

**Congratulations on the following promotions:**

- Carol Hays to 2nd Kyu (7/29/01)
- Shawna Lingo to 2nd Kyu (7/29/01)
- Ayrenne Adams to 3rd Kyu (7/29/01)
- Ron Emery to 3rd Kyu (7/29/01)
- Brahm Corstanje to 3rd Kyu (7/29/01)
- Doug Lutterloh to 3rd Kyu Ho (7/29/01)
- Kathy Emery to 4th Kyu (6/30/01)
- Emily Baehr to 4th Kyu (7/14/01)
- Sonuel Ivery- Smith to 6th Kyu (6/30/01)
- Mark Cruise to 6th Kyu (7/14/01)
- Lisa Potter to 7th Kyu (6/30/01)
- Adrienne Prairie to 7th Kyu (7/14/01)
- Lisa Woodbury to 8th Kyu (7/14/01)
- Mara McGarrigle to 8th Kyu (8/15/01)
- Thomas Schulman to 9th Kyu 1 Yellow Tip (8/16/01)

Sensei Dowdell visits Dojo

We enjoy visits from members who have moved away — especially Sensei! But we were especially pleased to have Sensei LaVida Dowdell work out with us a couple of days this past July. Sensei Dowdell was the first Yoseikan II student to achieve the rank of Dan (Black Belt). Several current instructors studied under her tutelage.

Sensei Dowdell currently lives in Brooklyn, NY and has been there many years now. She still continues to support our Dojo and attend special events.

We look forward to seeing her again soon!

**Welcome to the following new students:**

- Mr. Darrin McCarthy
- Mr. Nicholas Pacak
- Mr. Tom Schulman
- Mr. Ken Friedhoff
- Ms. Mara McGarrigle
- Ms. Xandrea Rapiere

We need your input for future newsletters!

Distant friends can contact us and let us know what you're doing...All members are encouraged to share news, accomplishments, stories, etc...

Contact: Evelyn M. Disher Hill, Editor

NEWS TO USE

Mark your calendars and plan to attend the:

United States Chito-Kai Seminar and Banquet

October 27, 2001

Drawbridge Inn in Northern KY

The cost is \$50 for the seminar and \$25 for the banquet if paid by 10/1/01.

This year's event will also celebrate Hanshi Dometrich's 50th year in Karate.

Applications are available in the Dojo.

Please note the following changes in our normal class schedule:

- ⇒ Monday, 9/3/01 6pm class will be held at 10am because of the holiday.
- ⇒ Saturday, 10/27/01 No classes due to aforementioned National Event.
- * And don't forget our monthly brunch on 2nd Saturdays at noon. All are encouraged to sign-up...



As you enter the dojo, have you noticed the beauty of the garden? Have you noticed the profusion of fish in the pond? Contact Mrs. Dianne Brown if you'd like to take one home as a pet.

Congratulations to Ms. Alex Pacak on her performance at the National AAU Tournament in New Orleans, LA:

- Gold Medal - Sai Kata
- Bronze Medal - Bo Kata
- 4th Place Ribbon - Kumite
- 6th Place - Karate Kata

BANZAI!



3rd Annual Kids' Kamp Held in July

"I like the games!" "I like working on the katas." "I like the food." These are just a few of the comments made by the children attending Yoseikan II Kids' Kamp from July 30 - August 3, 2001. Some of the games and drills that were identified as favorites were: "tug-of-war"; the "Gauntlet"; leg wrestling (watching Renshi was a treat in itself); "Dragon Dodge Ball"; "Octopus Tag"; and "Giants-Wizards-Elves". These were all part of join-up exercises that helped develop camaraderie among the kids. With great instruction, each child was able to focus on their own development needs during the week. Sensei Deck and Sensei Hawkins did an awesome job in coordinating this event!

And special thanks to Renshi and the Hawkins family for the culminating swim party on Friday!



Kids Kamp 2001

Congratulations on the following promotions:

Nicholas Brown to Green I (8/4/01); Zak Klonne to Green II (8/16/01); Nick Klonne to Green II (8/16/01); Abby Haynes to

Green III (8/4/01); Kalya Corstanje to Green III (8/4/01); Doug Emery to Green III (8/4/01); Christina Horace to Green III (8/4/01); Ben Emery to Orange I (8/4/01); Nathan Brown to Orange I (8/4/01); Warren Hill to Orange I (8/4/01); Tony Kirk to Yellow II (8/4/01); Max Bowden to Yellow III (8/11/01); and Gus Stewart to White with 2 Yellow Tips (8/4/01).



From Sensei Deck:

Kids' Summer Camp was a great success! We had nearly 20 kids participating during a very hot (90+ degrees) week. It was great to watch the skills and camaraderie develop among all the kids. The spirit and participation remained high all week long. I would like to thank all the adults for their assistance - Renshi Hawkins, Sensei Ludwig, Dianne Brown, Becky Corstanje, Shawna Lingo, Ron Emery, Kathy Emery and Evelyn Hill. We couldn't do it without you. I would like to extend an especially big thanks to Sensei Hawkins. He adhered to a strict schedule in order to achieve maximum skill development, and at the same time provided energy and enthusiasm for the youth during the entire week. His leadership, coaching, and motivational skills with youth are superb.



TEST YOUR KNOWLEDGE:

- 1 What is the English translation of "karate"?
- 2 What is the Japanese word for "training hall"?
- 3 What is the name of our "karate school"?
- 4 What is the translation of "doomo arigatoo gozaimasu" ?
- 5 What is the translation of "sensei"? How does it differ from "senpei"? And "yudansha"?

Answers will appear in next newsletter edition.

Kid's Recent Book Selections...

- * *Facing the Double Edged Sword* by Terrence Webster Doyle
- * *DK Superguides — Martial Arts* by David Mitchell
- * *Illustrated History of Martial Arts - Karate* by Kevin Casey



"IN OUR PRACTICE OF KARATE MAY WE DEVELOP PATIENCE, SINCERITY, COURAGE, HUMILITY, BROTHERHOOD, LOYALTY AND WISDOM."



ABOUT YOSEIKAN II DOJO...



Yoseikan II Dojo is a member of the:

**United States Chito-Ryu
Karate - Do Federation**

Normal Class Schedule:

Monday 6:00 - 8:00 p.m. (special instruction for ages 35 and over)

Tuesday 10:00 - 11:30 a.m.

Wednesday 7:30 - 9:00 p.m.

Thursday 10:00 - 11:30 a.m.

Saturday 9:00 -10:00 a.m. Children's Class; 10:00 - noon Adult Class

**Head Instructor: Lawrence C. Hawkins, Jr., Esq., Roku Dan, Renshi
Chairman Emeritus, U.S. Chito-Ryu Karate-Do Federation**

Instructors:

Cyna Khalily, M.D., Yon Dan

William A. Jansak, R.N., Yon Dan

Carlton G. Broadus, San Dan

Mina K. Ludwig, Esq., San Dan

Matthew E. Scott, San Dan

Laura S. Deck, Ph.D., Ni Dan

LaVida Dowdell, Sho Dan

Keith J. Morris, Sho Dan

Kevin R. E. Greenwood, M.A., Sho Dan

Gregory A. Scott, Sho Dan

Gregory A. Morris, Sho Dan

Lawrence C. Hawkins, III, J.D., Sho Dan

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