



YOSEIKAN II DOJO NEWSLETTER



Volume II, No. 1

January 2004

2003 – A YEAR IN REVIEW...

What a busy year! (Not that it's any different from any other year; and don't expect it to be much different in 2004!) But when you really sit back and reflect on all that's been happening over the last year (okay, year plus for those of you really tracking the Newsletter publication date), you wonder how you found the time and energy to be so productive. Guess what? Karate training helps enable us to get much done! But I digress...



above: (r-l) Hanshi Dometrich, Okusan (Kysoshi Dometrich), Kyoshi Daveport, and Kyoshi Hawkins attend the Yoseikan II Annual Dojo Banquet.

Here's a snapshot of what we've been doing:

We held our Annual Dojo Open House. We started off the 2003 year with our Annual Dojo Banquet in January. This celebration took place at Buca diBeppa in Cincinnati. We were honored to have Hanshi Dometrich, Kyoshi Dometrich and Kyoshi Davenport celebrate with us.

Some trained "hard and long" in the cold at Kangeiko in January.

We traveled to West Palm Beach in February for some intense training on the beach; (okay, we carved



Yoseikan II 2002 Award recipients: William Menton; Sensei Gregory Morris; Gloria Herrera; Darren McCarthy; Carol Hayes; and Shawna Lingo.

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A MESSAGE FROM KYOSHI HAWKINS

Yoseikan II Organizational Development

In 2003 Yoseikan II continued to meet or exceed all of its organizational goals as to enrollment, individual technical development, facilities development and participation in U.S. Chito-Kai national operations. In fact, we will need to set even more stretching targets for the future in order to ensure that we challenge our organization appropriately.

During December 2003, I updated and simplified our organizational design by establishing three (3) leadership focus areas:

- Technical Operations, including curriculum development and deployment; performance and written tests; coach and instructor qualifications; and safety/first aid training and administration. Sensei Mina Ludwig, Esq. is the Leader.

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"The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants." Gichin Funakoshi 1869-1957



Congratulations on the following promotions:

• Shihan Cyna Khalily	Go Dan	10/25/03
• Matthew Scott	Yon Dan	10/25/03
• Greg Morris	Ni Dan	10/25/03
• Ken Friedhoff	Green II	12/14/02
• Doug Emery	Brown III Ho	12/21/02
• Warren Hill	Green II	12/21/02
• Ben Emery	Green II	12/28/02
• Kalyn Corstanje	Green II	1/18/03
• Nicholas Pacak	Orange II	3/8/03
• Gus Stewart	Orange II	3/22/03
• Shawna Lingo	Brown I	3/29/03
• Dianne Brown	Brown I	3/29/03
• Tony Kirk	Green III	4/12/03
• Leon Tils	Yellow III	4/12/03
• Abby Haynes	Green I	4/19/03
• Cyrus Khalily	Orange II	6/7/03
• "D.J." Adams	Yellow III	6/7/03
• Sean Gray	Yellow II	6/7/03.
• Maxell Bowdon	Green III	6/21/03
• Kase Corstanje	Green I	6/28/03
• Lisa Woodbury	Green I	7/1/03
• Mara McGarrigle	Orange III	7/26/03
• Justin Wallace	Orange III	7/26/03
• Terri Ellison	Yellow I	7/26/03
• Gloria Herrera	Green III	8/28/03
• Jamie Ellison	Yellow II	9/6/03
• Andrew White IV	Brown I	10/25/03
• Taylor Mosley	Yellow III	11/22/03
• Isaiah Hill	tip	11/22/03
• Kathy Emery	Brown I	12/5/03
• Evelyn Disher Hill	Brown II	12/5/03
• Doug Lutterloh	Brown II	12/5/03
• Ayrenne Adams	Brown II	12/5/03
• Bradley Hill	Brown III	12/5/03
• Jason Portwood	Brown III	12/5/03
• Darrin McCarthy	Brown III Ho	12/5/03
• Alex Scott	Brown III Ho	12/5/03
• Gregory Tucker II	tip	12/6/03
• William Menton	Green I	12/13/03
• Sandra Pacak	Green I	12/13/03
• Frank Tils	Green III	12/13/03
• Pam Viscione	Green III	12/13/03
• Robert Ellison	Orange	12/13/03
• Thomas Schneider	Yellow	12/13/03
• Linda Clement-Holmes	Yellow	12/13/03
• Gregory Tucker	Yellow	12/13/03

NEWS TO USE

Teen Kangeiko (Winter Training) will be held at
Yoseikan II on

February 6, 2004—February 7, 2004

Students ages 13-19 need to sign-up if they
plan to attend. Sensei Matthew Scott will
instruct.

Don't forget our monthly brunch on 2nd
Saturdays at noon. Adult students (and
instructors) take turns demonstrating their
culinary skills.

All are encouraged to sign-up....

The West Palm Beach Clinic will be held on
February 14, 2004. Applications are available
in the Dojo.

Please note that Yoseikan II has it's own URL.

Visit us on the WWW at Yoseikan2.com

This site has a wealth of information about our
history ... events.

Copies of this newsletter and archived copies are
also available on the site.

Our site also links to our National website

www.chito-ryu.com

Address Yoseikan II Dojo Newsletter questions, concerns,
.... and literary contributions to
Evelyn Disher Hill, Editor.
(Newsletter@Yoseikan2.com)

A MESSAGE FROM KYOSHI HAWKINS

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- *Support Operations, including Office Administration; facilities development and maintenance; event planning and logistics; library and archives; garden maintenance and development; Mulvey Social Center activities; and Adams Fitness Center. Sensei Laura Deck, Ph.D. is the Leader.*
- *Strategic Planning and Marketing, including business plan development; objective and goal setting; strategy development and deployment; in-process effectiveness measurement. Sensei Lawrence C. Hawkins, III, Esq. is the Leader.*

I am confident that each of the three (3) Leaders will promptly enroll and empower dojo members, regardless of belt grade, having the requisite skills and passion to achieve our 2004 and 2005 goals. They will report their progress on a regular basis. Additionally, I will continue to consult with Shihan Cyna Khalily, M.D. and Sensei William A. Jansak, R.N. from time to time as to long term planning.

I encourage all Yoseikan II students who have an interest in making further contributions to our organization to volunteer their time and expertise directly with our three (3) Leaders. We are not yet what we shall become.

*Lawrence C. Hawkins, Jr., Esq.
Head Instructor, Yoseikan II Dojo
Chair, U.S. Chito-Kai*

Congratulations to Kyoshi Hawkins on his recent appointment to Chairman of the U.S. Chito-Kai.



TEST YOUR KNOWLEDGE:

- 1 Who is the Chairman of the U.S. Chito-Kai?
- 2 Who is the Chief Instructor of the U.S. Chito-Kai?
- 3 What does the Japanese word "do" mean?
- 4 What Japanese word do we use for "please"?
- 5 What Japanese word do we use for "begin"?

Answers will appear in next newsletter edition. Answers from 9/02 Edition: 1) October coincides with O Sensei's birthday and March coincides with Hanshi's birthday; 2) "Sensei Masami Tsuruoka; 3) budo is "way of war" / war like and bushido is "way of the warrior"; 4) dachi; 5) rei.

Shihan Khalily and Sensei Jansak Relocate

Over the last six months, Yoseikan II lost the "on-going" instruction of both Shihan Cyna Khalily, Go Dan, and Sensei William Jansak, Yon Dan. (I say "on-going" instruction because both continue to come back whenever possible). Both have moved from Cincinnati to pursue further career opportunities.

Shihan Khalily's move to establish his own orthopaedic surgery practice took him to Louisville, Kentucky. And Sensei Jansak's move to Akron, OH allows him to focus on his desired R.N. specialty.

We greatly miss them both; but wish them the best in their career and personal endeavors!!



Welcome to the following
new students:

- Sean Gray Nov 2002
- Nakita Green Dec 2002
- Carrie Wallace Dec 2002
- Justin Wallace Dec 2002
- Michael Bowen Jan 2003
- Jacob Lingo Jan 2003
- Alex Stewart Jan 2003
- Tim Lowry Jan 2003
- Rami Wadih Jan 2003
- Taylor Mosley Mar 2003
- Steven Miller Mar 2003
- Cortez Williams Apr 2003
- Isaiah Hill Jun 2003
- Gregory Tucker II Jun 2003
- Gregory Tucker Jun 2003
- Theotis Holmes Jun 2003
- Linda Clement-Holmes Jun 2003
- Phylicia Kirk Aug 2003
- Nathaniel Lowry Sept 2003
- Nita Neu Sept 2003
- Robert "Mitch" Neu Sept 2003



Gift Presentation in Honor of Hanshi's 68th Birthday

March 15, 2003

Presented by Sensei Mina K. Ludwig, Esq., Yon Dan

I am pleased and honored to represent Yoseikan II Cincinnati Dojo and my Sensei, Kyoshi Hawkins, in presenting a gift in honor and in celebration of Hanshi's 68th birthday.

My mother always says to her peers, on their birthday or on her own, "We're not getting older, we're getting better." In fact, I am certain she has said just that a time or two to both Hanshi and Okusan. I have come to realize that she is absolutely correct. Her statement is particularly true for the martial artist.

Critical skills do not diminish with age — quite the opposite. We have all heard one of Hanshi's favorite stories about the Kendo master in his eighties who could always whip his young student. How could he always defeat a younger, stronger, bigger and faster man? The Kendo master explained that he takes one step where the youngster takes two. With age and experience comes economy or efficiency of movement. But also, if I may be so bold as to add to the story and offer further explanation, the spirit and will intensify with age. There is a focusing, an acuity, of the determination and the spirit of the karateka that comes only with age and experience.

Gozo Shioda spoke with great reverence of his teacher, Ueshiba, in his book. He recalled one time in particular when his teacher was old and quite ill. Ueshiba suffered chronic liver problems and on this occasion, he was the most jaundiced and debilitated that Shioda had ever seen him. He could not even stand up independently. He could not consume water without throwing up. To make matters worse, they were committed to putting on a demonstration of Aikido before His Imperial Highness. So Shioda is looking at his teacher wondering what on earth he was going to do about this demonstration — the man could not even stand, how could he demonstrate Aikido?

The Shioda watched as his teacher walked out into view of His Imperial Highness. Before his very eyes, Ueshiba straightened and walked, with determination and his back erect, into the demonstration area. Two men were to serve as Ueshiba's uke, Shioda and a fellow student. Each was to serve as uke for 20 minutes. On the very first throw, "crack!" Ueshiba threw his student with such force that he broke the student's arm. He was incapacitated and had to be carried off. And so for forty minutes straight, Shioda served as uke to his teacher. We know from practicing Hen shu ho or Ni sei shi bunkai how exhausting it is to serve as uke, particularly when the bunkai involve being thrown. Shioda described Ueshiba's spirit as "fearsome", and by the end of the forty minutes Shioda was barely conscious. He could only remember his old teacher's glaring eyes. And so this old, sick man broke one man's arm and rendered his other young student, Shioda, profoundly ill. Shioda took to bed for three days with a high fever — so great was the spirit and will of his teacher.

This type of story is by no means exclusive to Aikido. We have all heard Hanshi speak with similar reverence of O Sensei. He was scarcely taller than me. In his latter years, he would fall asleep during the practice sessions only to awaken refreshed. He would proceed to soundly thrashing and throwing young students into the walls. It was seemingly effortless.

Does anyone have any doubt about what I am saying? If so, square off in front of Hanshi, Tsuroka Sensei or Kyoshi Hedderman. God help you if you are ever that stupid. You will see the force of will and spirit in their eyes and you will know mortal fear deep down in places we just don't talk about in public.

Why? What makes this so? I am not really sure, but I will offer my theory. I think it is all summed up in the concept of "i". The Japanese language is amazing. They pack so much meaning into nary more than a grunt—i. Roughly translated, I means "intent". It is a resonance of the mind, a firmness of objective and clarity of spirit. It is the ability to magnify or escalate one step beyond in order to achieve victory. Life vs. death, success vs. failure.

In the case of the warrior, "i" is epitomized thusly: "Cut my skin, I cut your flesh. Cut my flesh, I cut your bones. Cut my bones, and I'll kill you." Of course this can and should be taken literally. But that is merely the "omote", the literal and superficial meaning. The "ura", or the more obscure meaning, is far more broad. It per-

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tains to a resolute determination, a steadfast persistence and commitment to a course of action, to one's chosen path — to one's endless quest.

Endless quest — Kyodo mukyudo. "Kyu" meaning to pursue or search. "Do" meaning way. "Mu" meaning no. "Kyoko" meaning end, goal or limit. It is an endless quest but also a limitless one — no boundaries or parameters.

And so Hanshi, on behalf of the Yoseikan II dojo, I congratulate you on your journey thus far. Remembering that the point of the journey is not to arrive — this is but a mile marker — literally a mile marker, you now have a sign on the side of the road!

We thank you for embarking on your quest and for your unwavering loyalty and dedication of O Sensei's teachings. Of course you all should know that, at this point, we are the only organization that practices Chito-ryu in accordance with O Sensei's teachings. Who would have thought that it would be the gaijin to carry on in O Sensei's memory? Well, he knew. Perhaps that's why he wanted to adopt you Hanshi.

Thank you also for choosing the right travel companion. Or rather, being wily enough to be chosen by her! I mean really, I shudder to think what would have happened if you had chosen Wilma?! By the way, understand that when we refer to Okusan, this does not mean wife and mother "Oku" means inside, so this is the person who is most integral and privy to the innermost thoughts and emotions. So the choice of Okusan was and is critical.

Thank you for inviting us to come along for some small part of the ride, and we look forward to the next leg of the trip with you which will span many, many years.

Happy Birthday Hanshi.

Excerpts taken from *Aikido Shugyo*, Gozo Shioda and *Sword and Brush*, *The Spirit of the Martial Arts*, Dave Lowry.



YOSEIKAN II STUDENT EARNS EAGLE SCOUT RANK

Nicholas S. Pacak, son of Mr. and Mrs. Nicholas R. Pacak of Mason, was awarded the rank of Eagle Scout on October 5, 2003. This is Boy Scout's highest rank for youth. Nicholas is thirteen years of age and belongs to Boy Scout Troop 750. His court of honor took place at Heritage Presbyterian Church in Mason, Ohio, the second weekend in December.

Nicholas returned from summer camp in 2002 with a drive to make the Eagle trail his own. After completing six merit badges at camp in June, he returned home to complete five more by October of 2002. He even used time during a family vacation to work on merit badges. He then started thinking about his Eagle project. Because of a time requirement, he did not earn Life rank until February of 2003. By the next week's meeting, he had his project written up to present to his Scout Master. His service project, Books for Literacy, distributed 2500 new books to the Reach Out and Read program at Children's Hospital of Cincinnati, and to every Ronald McDonald House in Ohio and Louisville, Kentucky.

When not at a Boy Scout function, Nicholas can be found at the local ice rink, playing hockey. He is a defenseman for a travel Bantam A Junior Cyclone team. He is the second baseman for the Mason Cobra's Knothole Baseball team. He also is an orange belt at Yoseikan II Karate Dojo. He is a member of National Junior Honor Society and maintains a 4.0 grade point average. His other interests are dirt bike riding, paint ball wars, hunting, fishing, camping, golfing, and playing video games. His ambition in life is to become a lawyer and learn to fly an airplane.



2003 – A YEAR IN REVIEW...

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out a little time for some fun).



(Would you believe — I was too busy working out to take pictures at the actual Clinic? Check out the website for more...)

In March, we traveled to West Virginia to participate in the honoring of Hanshi by his hometown of Clarksburg and celebrate his 68th birthday. We also trained at the Annual U.S. Chito-Kai Clinic in March. *Meanwhile, we haven't stopped training locally at Yoseikan II.*

We conducted our Annual Kids Karate Kamp in June. We trained in the intense heat at Shochugeiko in July. We trained in the intense rain in West Virginia in September. We all trained at the October U.S. Chito-Kai Clinic and enjoyed the Annual



Banquet. And we've celebrated lots of personal accomplishments (births, promotions, retirements...). What will you do in 2004 ?!

United States Chito-Kai Annual Seminar and Awards Banquet By Sandy Pacak, 4th Kyu

On October 25, 2003, many Chito-Kai members gathered at the Drawbridge Inn and Convention Center, in Ft. Mitchell, Kentucky, to participate in the annual seminar. Members and guests bowed in at 1:00 pm and commenced with warm-ups. We were privileged to have Hanshi Tsuruoka, Sensei Doug Perry, and Sensei Charles Merriman, as instructors. Participants were divided into three groups according to rank. Each instructor rotated through the groups giving about 20 minutes of instruction. A wealth of information was passed along to the students. Examples of how to remain strong and stable, how to deliver a punch effectively by relaxing the shoulders, and how to remain strong in mind, were efficiently taught. Sensei Perry said that there is no effective karate without 'ki' or spirit. He said that each and every move you do is 'not worthless', it has a purpose.

Between the seminar and the awards banquet Kyoshi Hawkins hosted a gathering for Yoseikan II members and friends.

The awards banquet began at 7:00 pm. After our meal, certificates were presented to the following Yoseikan II students: For Ik-Kyu—Dianne Brown and Shawna Lingo. It was announced that Andrew White had been promoted to Ik-Kyu also. For Sho-Dan, Leamon Collier. For Ni-Dan, Gregory Morris. For Yon-Dan Matthew Scott, For Go-Dan, Cyna Khalily, M.D.. The Sempai (older sister) Award was presented to Sensei Laura Deck, Ph.D. (pictured herein) for being a role model and for her tireless dedication to the Organization. Congratulations!

We also had a 'Year in Review' by master of ceremonies, Renshi Sherry L. Kembre. It was a wonderful chance to look back and remember what 2003 entailed. The seminar and banquet truly celebrated our style's founder, Dr. Tsuyoshi's 105th birthday.





Kid's Kamp at Yoseikan II

June 18—20, 2003

By Alex Pacak

This years Kids' Kamp started out at a pleasant temperature. We all sat in a circle and waited to find out what team we were on. There were two, the Ninjas and the Dragons. The games were about to begin! I was placed on the Ninjas. Each team had about 12 members. Would the Ninjas win the Kids' Kamp title?



We had several ways in which to earn points for our team.



There were different games, all with a purpose to help us improve our karate skills, and questions that could be answered. The games were tough like kicking through a bucket, trying to punch a candle- light out, the rag game (pull rags out of another student's belt) and relay races. The scores stayed very close all week. It would come down to the last day at Sharon Woods.

The scores stayed very close all week. It would come down to the last day at Sharon Woods.



We all met at a picnic shelter in Sharon Woods Park, Sharonville, Ohio. The day was perfect and warm. Our kamiza was set up in the grass. We lined up barefoot to bow in. The final day of games and work out. We got a talk on safety from Dr. Emery. Then it was time for the last event, the tug-of-war. Whoever won it would be the victor of Yoseikan II Kids' Kamp 2003. Each team pulled back and forth until finally the Ninja's clinched the game!

Now it was time to celebrate a great week of karate. Mr. McCarthy sponsored a very tasty picnic of hamburgers and hot dogs, baked beans, vegetables, potato salad, fruit, drinks, and great deserts. We ate and ate. I think everyone had a great time. Most of the students had fun playing in the sand volleyball court, too. I thought it turned out to be a very successful Kids' Kamp. I am very glad I had the chance to attend.

"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 5:30 - 7:30 p.m. (special instruction available for ages 35 and over)

Tuesday 9:15 - 10:45 a.m.

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

Thursday 9:15 - 10:45 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, Kyoshi
Chairman, U.S. Chito-Ryu Karate-Do Federation**

Instructors:

Cyna Khalily, M.D., Go Dan, Shihan

Gregory A. Morris, Ni Dan

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

LaVida Dowdell, Sho Dan

Mina K. Ludwig, Esq., Yon Dan

Keith J. Morris, Sho Dan

Matthew E. Scott, Yon Dan

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

Carlton G. Broadus, San Dan

Bryan A. Parks, Sho Dan

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

Mark R. Lingo, Sho Dan

Gregory A. Scott, Ni Dan

Leamon Collier, Sho Dan

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

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