



# YOSEIKAN II DOJO NEWSLETTER



Volume 1, No. 4 (Quarterly Newsletter)

Late Summer 2002 / September 2002

## U.S. CHITO-KAI ANNUAL SHOCHUGEIKO HELD

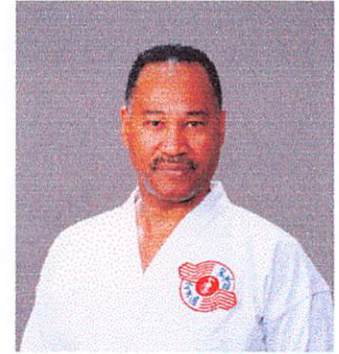
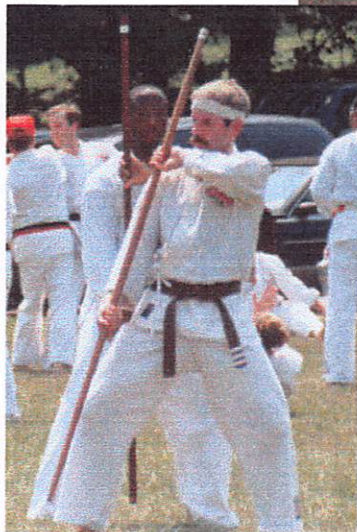
The Annual Shochugeiko (Summer Camp) was held on July 20, 2002 in Big Bone Park, KY. This was another great event conducted by the U.S. Chito-Kai.



above: It doesn't look good for the person who tried to attack Sensei Khalily.

left: Mr. Emery and Mr. Hill receive instruction in bo kata.

below: Dr. Emery and fellow students practice bo kata.



## A MESSAGE FROM RENSHI HAWKINS

### *Personal Transformation* (Reprinted from Spring 2002 Edition)

As a traditional Japanese martial art, with a Zen philosophy foundation, Chito-Ryu Karate-do facilitates an individual student's becoming a more self-actualized and more fully functioning person. Our system inevitably addresses each student in a personal way, challenging her/him to reach beyond physical and psychological comfort zones to stretch and grow.

While the developmental opportunities differ for each individual, common recurring themes involve our learning to reduce our egocentrism. For some, this self-consciousness manifests itself as deficiency in assertiveness, low self esteem, absence of clear personal goals, victim mentality, etc. Others are

(Continued on page 3)

"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:**

• Bradley Hill	5th Kyu	5/8/02
• Becky Corstanje	Ni Kyu	5/9/02
• Lisa Woodbury	6th Kyu	5/13/02
• Esper Wadih	Yellow tip	6/1/02
• Nabil Wadih	Yellow tip	6/1/02
• Ron Emery	Ni Kyu	7/25/02
• Kathy Emery	San Kyu	7/25/02
• Evelyn Disher Hill	San Kyu	7/25/02
• Doug Emery	Green I	
• Tony Kirk	Orange II	8/2/02
• Robert Marshall	Orange III	8/2/02
• William Menton	8th Kyu	9/7/02
• Maegdlyn Morris	Yellow tip	
• Maxwell Bowdon	Orange II	8/2/02
• Gus Stewart	Orange III	8/2/02
• Darren McCarthy	4th Kyu	9/7/02
• Jason Portwood	4th Kyu	9/7/02
• Abby Haynes	5th Kyu	9/7/02
• Ken Friedhoff	7th Kyu	9/7/02
• Keonta Virge	8th Kyu	9/7/02
• Alex Pacak	Green I	9/14/02
• Cyrus Khalily	Yellow III	9/28/02
• Gloria Herrera	Yellow tip	10/9/02
• Anthony Wallace	Yellow III	10/12/02

**Welcome to the following new students:**

Dexter Adams, Jr.	6/02
Keonta Virge	6/02
William Menton	6/02
Gloria Herrera	7/02
Sandra Pacak	9/02
Jamie Ellison	9/02
Terri Ellison	9/02
Bob Ellison	9/02
Leon Tils	9/02
Frank Tils	9/02

**NEWS TO USE**

Sensei Jansak is teaching a weekly Kobudo Class at Yoseikan II. Kobudo refers to weapons training.

Classes are held

every Wednesday 5:30pm - 7:00pm

Detailed brochures are available in the Dojo. Contact Sensei Jansak for additional information.

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....



Yoseikan II students are planning a trip to China in the June of 2003. Details are posted on the board in the Dojo. This plans to be an awesome trip .... Contact Shawna Lingo for more information.

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

Visit us on the WWW at [Yoseikan2.com](http://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.

## A MESSAGE FROM RENSHI HAWKINS

*(Continued from page 1)*

*challenged by conceit/arrogance, hostile-aggressive interpersonal attitudes, attention-getting exhibitionist tendencies, disrespect for authority, etc. As a matter of degree, all of these issues present themselves in us in terms of insufficient patience (with ourselves and with others), insufficient courage to cope fully in stressful situations, unnecessary pride/need to save face and ultimately, disingenuous expressions of filial piety toward our Instructors.*

*Fortunately, Chito-Ryu Karate-do is designed to cause substantial changes in each of us, across all these spectra. If we stay the course, we will assuredly grow and become better human beings. Our waza are the MEANS to the end: personal character development. The waza are not an end unto themselves. Thus, maintaining a beginner's mind, we need not concern ourselves about belt grade, rank, martial titles, organizational titles, preferred status with the Instructor, etc. All of these are transitory and irrelevant to our goal of self-development. In fact, attaining the former things actually seems to obstruct many of us from seeing ourselves as we really are (in terms of always still needing to improve our character). These "rewards" often seem to reverse whatever progress some might otherwise have made. Net, yield yourself to the transformation process. Avoid being distracted by rank and titles. Remember why you began the journey and expect to grow continually.*

Lawrence C. Hawkins, Jr., Renshi

## Welcome back Sensei Broadus

We are honored to have Sensei Carlton Broadus back with us after several years of absence. Although always present at Yoseikan II in some way, it's good to have him teaching and training with us more regularly. Sensei Broadus has located back to Cincinnati from St. Louis, MO. He is the Director of Guest Services at the Omni Hotel. He and his wife have two sons.

## Yoseikan II Conducts "Self-Defense for Women"

Yoseikan II recently held its first "Self-Defense for Women" class on September 29, 2002. Sensei Mina Ludwig is the instructor for this class. The focus is to enhance practical self-defense strategies for women by emphasizing/practicing what we've already learned in existing classes so that they are "second nature"/ effective.

The class culminated in the Sensei Mulvey Social Center with food and allowed time for additional questions that many of the women had regarding their safety concerns.

This class will meet bi-monthly. The next scheduled class is Sunday, November 10, 2002 from 1:00 - 3:00 p.m.

## Teen Classes Conducted

A special class for teens has started to allow for targeted instruction by age. This class is for students 13 through 17 years of age. While these students continue to attend existing classes, this monthly class provides additional teaching designed for their age group. Renshi Hawkins is the instructor. The next scheduled Teen Class is Sunday, November 17, 2002.



### TEST YOUR KNOWLEDGE:

- 1 What is significant about the timing/dates for the annual October and March National U.S. Chito-Kai Clinics?
- 2 Who is the founder of Chito-Ryu in Canada?
- 3 What is the difference between budo and bushido?
- 4 What Japanese word do we use for "stance"?
- 5 What Japanese word do we use for "bow"?

*Answers will appear in next newsletter edition. Answers from 4/02 Edition: 1) "spirit, harmony, benevolence"; 2) "The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants."; 3) basic; 4) hajime; 5) yame.*

*Kamae*



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## What I've Learned About My Comfort Zone

By Dianne Brown, Ni Kyu

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Many choices we make are often based on what feels most familiar, most comfortable to us at the time. However, if we don't push this "comfort zone", we cannot fully stretch, never realizing our full potential and ultimately limiting our future choices.

I didn't truly recognize this concept until I began my karate training in 1983. I began with the assumption that since I was reasonably athletic, karate shouldn't be too difficult, it would come easy to me, no problem. This was the first of many misassumptions

It didn't come easy to me, at all (and still doesn't). As a matter of fact, it was downright hard, frustrating, and certainly tested my patience. I wasn't as flexible as I thought I was, I couldn't seem to remember any of the movements or their names (in English or Japanese), or even why doing these blocks and kicks was important in the first place. I struggled, I stumbled, I got bruised, but I stuck with it ... for a while at least. I slowly progressed to the rank of Green III before I decided I was not able to devote the amount of effort into my training that I thought was required to succeed at the next level. Another misassumption, or perhaps an easy excuse.

Actually, I now realize that I had reached the outer edge of my then-comfort zone and I wasn't comfortable. Of course, I didn't realize at the time that any forward progress would not happen unless I was willing to **stretch my comfort zone**.

After a ten year absence, and many changes in my life (a different job, a newly obtained college degree, a new husband, and two small children), I again became an active member of Yoseikan II five years ago. During my absence, of course, my comfort zone continued to transform, stretching in many directions to accommodate my life changes. However, I now understand that it is a continuous process and occurs in all areas of my life – professional and personal. It's how I choose to deal with it that provides the biggest learning opportunity.

I still struggle with some of the same issues in my karate training, but there's a difference. The difference is I know that if I persevere, I'll begin to feel more comfortable about more things. Being somewhat older and hopefully wiser, I now realize that facing uncomfortable situations is a part of life, and learning from them makes future challenges seem less difficult.

## Congratulations!



Congratulations to Andrew White, IV, Ni Kyu, on his graduation from Roger Bacon High School. Mr. White is now attending college at Morehouse College in Atlanta, GA. He is studying International Affairs.



Congratulations to Ayrenne Adams, San Kyu, for receiving the Summit Middle School "Character Award" on June 4, 2002. This award is described as "given to the student who has shared fully the gifts given by God, grown in grace and wisdom, and become a person of character who values and improves the world". Miss Adams also won a \$3,000/year scholarship for 4 years from Summit based on her High School Entrance Test.



Congratulations to Sensei Laura Deck and her husband Steve on the birth of Nickolas Deck (born June 26, 2002). Nickolas joins older brother "Mitch". Sensei Deck was greatly missed during her absence and we are glad she is back in the Dojo.



Congratulations to Abby Haynes, Alex Pacak and Nicholas Pacak on their performance during the last Regional AAV Tournament. All received Gold in an event. A special congratulations to Alex Pacak who went on to compete in the National AAV Tournament in Salt Lake City, UT. She received Gold in Sai competition and also placed in Kumite, Kata and Bo competition.



## FOR A SMILE....

Sensei: "Renshi, I've got some good news and bad news..."

Renshi: "Let's hear the bad news first."

Sensei: "We need a new heavy bag."

Renshi: "What's the good news?"

Sensei: "Mr. Friedhoff's *mae gerri keage* is really coming along..."

**YOU MAY OR MAY NOT REMEMBER WHEN/WHO....** (Can you identify these people?)



## Kid's Kamp Held

The 4th Annual Kid's Karate Kamp was held on June 11-13, 2002. This was a three day, half day event. Basic training was complimented with lots of games to enhance the workout. The last day was held in Mt. Airy Forest and culminated with a cookout. This continues to be a popular event enjoyed by all attendees.



*"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. (Special Kobudo Class from 5:30pm - 7:00pm)

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, Renshi  
President, U.S. Chito-Ryu Karate-Do Federation**

**Instructors:**

**Cyna Khalily, M.D., Yon Dan**

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

**Mina K. Ludwig, Esq., Yon Dan**

**Carlton G. Broadus, San Dan**

**Matthew E. Scott, San Dan**

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

**Gregory A. Scott, Ni Dan**

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

**LaVida Dowdell, Sho Dan**

**Keith J. Morris, Sho Dan**

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

**Gregory A. Morris, Sho Dan**

**Bryan A. Parks, Sho Dan**

**Mark R. Lingo, Sho Dan**

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