



YOSEIKAN II DOJO NEWSLETTER



Volume 1, No. 3 (Quarterly Newsletter)

Spring 2002 / April 2002

YOSEIKAN II ANNUAL OPEN HOUSE HELD

We started off the new year with our Annual Open House (held on January 5, 2002). This was a combined adult and children's class. We had a overflow crowd of students, family, friends and perspective students. Approximately 50 Yoseikan II students practiced that day. Immediately following class a reception was held in the Sensei Mulvey Social Center.



Yudan sha in attendance(l-r): Sensei Scott, Sensei Ludwig, Sensei Khalily, Renshi Hawkins, Sensei Jansak, Sensei Deck, Sensei Hawkins and Sensei Lingo.



A MESSAGE FROM RENSHI HAWKINS

Personal Transformation

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 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

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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:**

| | | |
|-------------------|------------|---------|
| • Nathan Brown | Green III | 1/5/02 |
| • Warren Hill | Green III | 1/5/02 |
| • Ben Emery | Green III | 1/5/02 |
| • Alex Pacak | Green II | 1/5/02 |
| • Doug Emery | Green II | 1/5/02 |
| • Gus Stewart | Yellow II | 1/5/02 |
| • Max Bowdon | Yellow II | 1/5/02 |
| • Camille Khalily | 1 tip | 2/16/02 |
| • Cyrus Khalily | 1 tip | 2/16/02 |
| • Doug Lutterloh | 3rd Kyu | 4/6/02 |
| • Kathy Emery | 3rd Kyu Ho | 4/6/02 |
| • Evelyn Hill | 3rd Kyu Ho | 4/6/02 |
| • Lisa Potter | 6th Kyu | 4/6/02 |

Sensei Hawkins on leave?!

Sensei Hawkins, III recently bid a temporary farewell to Yoseikan II. Sensei Hawkins is now in San Diego, CA pursuing career opportunities on the West Coast. During his last day with the Kid's Klass, students reflected on things they valued and appreciated about him... He is missed by all and we look forward to his safe return....

HE WAS HERE... and we hear he's coming back... Sensei Carlton Broadus was recently spotted working out in the Dojo during a brief visit from St. Louis. It was good to have him back at Yoseikan II. Rumor has it he will be back and forth for awhile before returning permanently this summer....



Welcome to the following new students:

| | |
|------------------|---------------|
| Maegdlyn Morris | January 2002 |
| Nola Morris | January 2002 |
| Josh Kloenne | January 2002 |
| Robert Marshall | January 2002 |
| John Penaranda | January 2002 |
| Marley Spaulding | January 2002 |
| Ketorah Parks | February 2002 |
| Rebekkah Parks | February 2002 |

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 Spring of 2003. Details are posted on the board in the Dojo. 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 This site has a wealth of information about our history ... events. Copies of this newsletter and archived copies are also available on the site.

Questions, concerns, literary contributions, to the Yoseikan II Dojo Newsletter, should be addressed to Evelyn Disher Hill, Editor.
(Newsletter@Yoseikan2.com)

A MESSAGE FROM RENSHI HAWKINS

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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

CHITO-KAI CLINIC HELD

Chito-Kai karateka from across the U.S. met at Northern Kentucky University on March 16, 2002 for a day of training in Chito-Ryu. Training was lead by Hanshi Dometrich and U.S. Chito-Kai head instructors. This proved to be another great day of learning and training for all in attendance. Students from Yoseikan II were able to meet and revisit with students from other dojos. We were also able to see a preview of the demonstration that DNBK members will present at their meeting in April 2002.

That evening an informal dinner was held at the Hombu. We joined in celebrating Hanshi's birthday (March 15). **HAPPY BIRTHDAY HANSHI!!!**

YOSEIKAN II participates in AAU Tournaments



Thirteen Yoseikan II students participated in various recent AAU Tournaments in the tri-state area including the Ohio Pre-Season Tournament in Columbus, OH; the Ohio State Championship in Cincinnati; the Kentucky State Championship in Lexington, Ky; and the Indiana State Championship in Indianapolis, IN.

Congratulations to Max Bowden, Ben Emery, Doug Emery, Abby Haynes, Warren Hill, Alex Pacak, Gus Stewart, Sensei Jansak, "Skip" Collier, Ron Emery, Kathy Emery, Evelyn Hill and Darrin McCarthy. All of these individuals, in a minimum of one event, placed in the top three in their respective Divisions in either Kata, Kumite or Kobudo. Here is what some students had to say about the experience.

"At tournaments, it felt good. I like the sparring. I want to go to many more tournaments." Ben Emery

"The first time I had a tournament, I was nervous, but then I got used to it. Tournaments are really fun. I would like to go to the Regional Tournament in Chicago." Doug Emery

"Tournaments are scary, but also really exciting. I worked really hard to be ready for them and it is such an honor to earn the medals. It's a great experience!" Abby Haynes

"It's really fun!" Warren Hill

"Tournament competition (like belt testing) challenges me to really focus on some particular kata or sparring techniques. After the tournament, I remember what this intensity felt like and apply it to different areas of my karate training." Sensei Jansak

"I competed in the Indiana Tournament which was dominated by Shotokan participants and judges. I enjoyed seeing some of the other styles and watching the kids' competition since there were more competitors in those Divisions. Despite some pre-tournament nerves, I found I was able to compete well and stay focused. Attending Sensei Jansak's tournament preparation classes was very helpful since they were mainly focused on kumite skills and strategies." Kathy Emery

"A great sense of accomplishment and personal growth!" Evelyn Disher Hill





The Sun Rises on West Palm Beach

by Lisa Potter, 6th Kyu



In February, ten members of the Yoseikan II Dojo attended Sensei Matthew's Karate Clinic in West Palm Beach, Florida. This was my first "traveling" clinic and my third Chito-Ryu clinic since I began my training in March, 2001. The clinic was my first introduction to the Ni Sei Shi Chito-Ryu kata. In attendance from Yoseikan II, Renshi Hawkins, Sensei Lingo, C. Hays, S. Lingo, R. Emery, Dr. Emery, D. Emery, B. Emery, D. McCarthy and L. Potter.

The sunrise training on the beach outside the hotel reminded me of the stories of the early Karate masters training on the shores of Okinawa. I could sense the spirits of Matsumura Sensei and Funakoshi Sensei as the salty air filled my lungs and I felt the cool, firm sand under my feet.

The sunrise training focused on breathing and centering techniques, which would be built upon during the clinic later in the day. I had the honor of being paired with Kyoshi Dav-enport for the centering techniques.

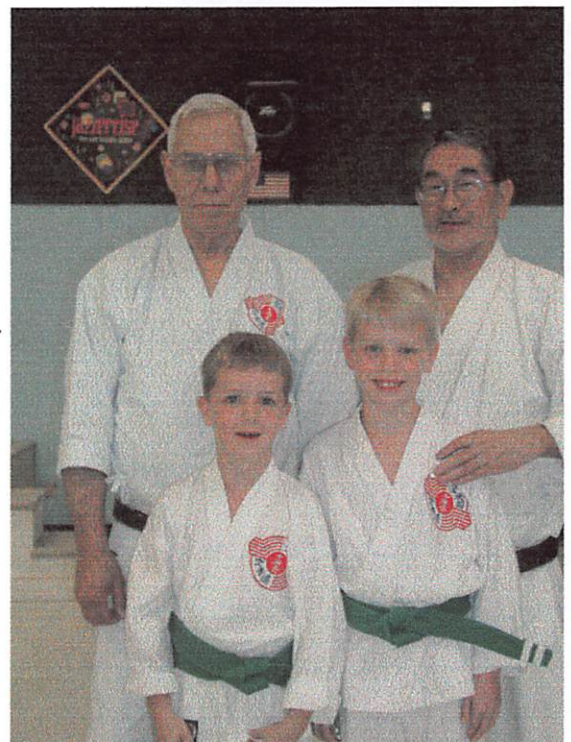
He reminded

me to lower my center of gravity to my tanden and control my stance to achieve better balance. We experimented with seisan stances, gripping our toes into the sand and forcing the direction of energy in our legs the correct way so as not to be thrown off balance when defending against an attack. Towards the end of the morning training, I was able to work with my instructor, Renshi Hawkins, on these same techniques. What a great opportunity for a new karate-ka to learn from her Sensei's.

The afternoon clinic built upon the morning's breathing and balance training by incorporating it into the Ni Sei Shi Sho and Dai Chito-Ryu katas. The clinic was well organized and rigorous. Deck drills and Taikyoku kata peppered the Ni Sei Shi training. This caused each karate-ka to constantly remember which stance to use, seisan or zenkutsu dachi. Hanshi Dometrich led the Ni Sei Shi training. With sand still between my toes, it was easier to remember the morning's lessons to focus my breathing and balance. All were exhausted by 3:30pm and the delicious meal provided by Sensei Matthew's dojo was a welcome sight. The potluck meal provided the perfect opportunity to make new acquaintances and renew old ones with my Chito-Ryu brothers and sisters.

The Clinic alone was worth the travel. However, traveling with my dojo brothers and sisters helped to foster stronger bonds amongst our Yoseikan II community. Sharing life and karate experiences with each other over a nightly game of Euchre or a walk along the beach gave us each a greater

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Hanshi Dometrich and Tsuruoka Sensei with Ben and Doug Emery.

Yoseikan II Enjoys Annual Banquet

What else does one crave after a long day with fellow karateka? How about an evening with fellow karateka?! That's what we did following our Annual Open House on January 5, 2002. It was a great time to come together again in a relaxed adult atmosphere. Renshi Hawkins spoke about the mission and direction of Yoseikan II. Our keynote speaker was Sensei Mina Ludwig. Sensei Ludwig provided thought provoking information as she shared input on key areas of karate training.

Renshi Hawkins was presented with gifts of appreciation including a first edition hardcover copy of "Moving Zen" by C.W. Nichol. Awards were also presented to teachers and students for their efforts and work in 2001.



Renshi Hawkins shares the Yoseikan II organization direction.



Sensei Mina Ludwig enlightens group.



*2001 Annual Award Winners:
(L to R) Sensei Laura Deck - Leadership, Renshi Hawkins, Lisa Potter
- Most Improved, Evelyn Disher Hill - Initiative.*



The Sun Rises on West Palm Beach

by Lisa Potter, 6th Kyu

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sense of closeness, trust and respect for each other. We all had such a wonderful time, there was only one outstanding question to be answered?

When will Sensei Matthew's start holding monthly West Palm Beach Clinics?

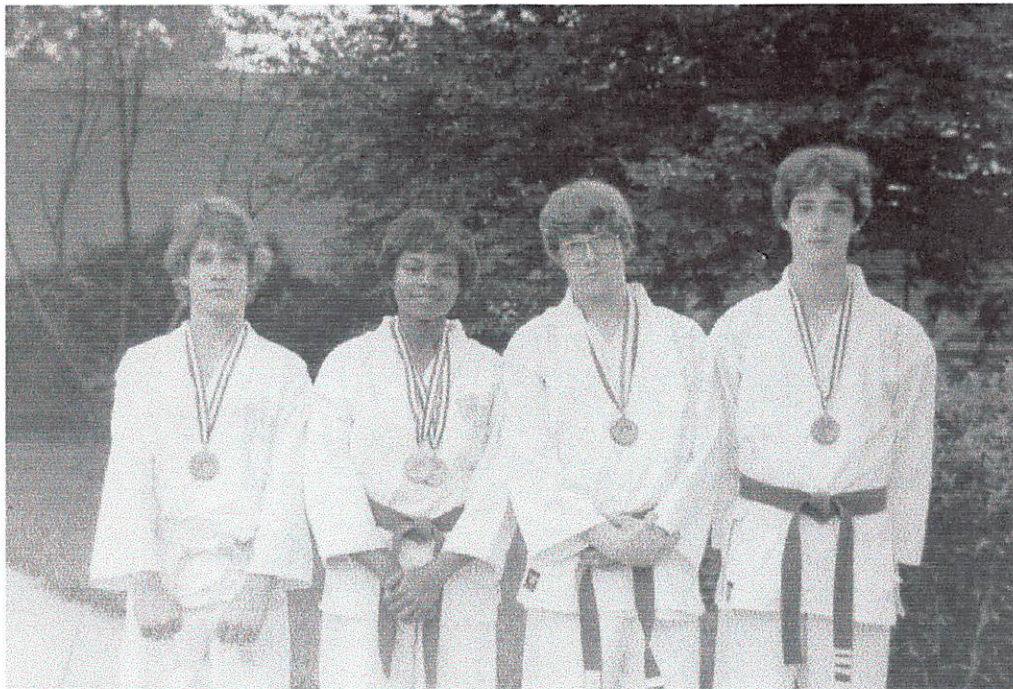


Ms. Hayes; Renshi Hawkins, Mr. McCarthy and Mrs. McCarthy relax on the beach.



Mrs. Lingo and Dr. Emery make and reveal a dinosaur in the sand.

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





2001 Awards Given

Congratulations to the following young karateka who were recognized at the Annual Open House on January 5, 2002 ...



Kids Klass award winners 2001
(L to R) Alex Pacak - Courage, Nicholas Brown - Wisdom, Ben Emery - Sincerity, Warren Hill - Most Improved

4th Annual Kids' Kamp Scheduled

Mark your calendars for the 4th Annual Kids' Kamp. This year's event will be three half-days.

Wednesday, June 12, 2002 - Friday, June 14, 2002

Registration forms and requirements will be available within the next month.

From Sensei Deck:



One very important aim of martial arts training is to resolve conflict non-violently.

Terrence Webster Doyle in Maze of the Fire Dragon: Tales of the Empty Handed Masters said, "They both go together; self-defense for physical confidence; non-violent alternative for mental confidence. Using these together, you can end conflict without hurting yourself or another." Do you know ways to end conflict non-violently? How can conflict be resolved so everyone wins?

TEST YOUR KNOWLEDGE:

- 1 What do the words "Chi Jin Zen" mean? Where do you see these words together at our Dojo?
- 2 What is the ultimate aim of karate?
- 3 What does kihon mean?
- 4 What Japanese word do we use for "ready"?
- 5 What Japanese word do we use for "stop"?

Answers will appear in next newsletter edition. Answers from 12/01 Edition: 1) Chito-Ryu; 2) Dr. Tsuyoshi Chitose (O Sensei), 10th Dan; 3) used as a salutation, acknowledgement; 4) "please honor me with your teaching"; said when bowing into class; 5) migo no hoo - right side, hidari no hoo - left side, and naha no hoo - middle.

Suggested Reading for All...

- * *Kempo Karate-do* by Tsuyoshi Chitose
- * *The Endless Quest: An Autobiography of an American Pioneer*, William J. Dometrich Hanshi



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

1957-1958
1958-1959
1959-1960



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 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
Chairman Emeritus, 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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