



Shorin-Ryu Karate U.S.A.

Founded by Grand Master Ansei Ueshiro

Under the direction of Hanshi Robert Scaglione

December 2003/New Year's 2004 Newsletter

Karate Creed

“I come to you only with karate. My hands are empty, but I fear no man. Should I be forced to defend myself, my honor, or my principles; should it be a matter of right or wrong, life or death – then here are my weapons, my empty hands.”

HANSHI

Greetings to all. I wish everyone a most joyous holiday season and a most wonderful New Year 2004 for you and your families.

We will be having Blackbelt testing this December 2003 at various locations throughout the world. In Florida the test will be held on 14 December 2003 Cocoa Beach/Indian Harbor Beach location for Sho-Dan level, all are invited.

We plan a February 2004 test and revue for all levels of Dan rank in Florida. All Dan levels are invited.

Also the next kyu level test will be February 2004 for all locations worldwide at various locations. We are planning a trip to Israel in the spring of 2004, all invited.

I hope to see you soon at your location or in Florida.

Arigato,
Hanshi Scaglione.

[Boston Chinatown Ueshiro Shorin-Ryu Karate Club](#)
[Emiliano Mazlen Shihan, Wang YMCA of Chinatown, 8 Oak Street West,](#)
[Boston MA, 02116. \(617\) 524-0005](#)

Onegai-shimasu Hanshi, Kyoshi, Sensei, Sempai and fellow Deshi.

We are moving forward. Under Hanshi's direction, we have had the honor of adding Grandmaster Ueshiro's name to the name of our club. Domo arigato gozaimasu Hanshi.

We will also be holding our first test on December 7 and thank Hanshi, Kyoshi, Sensei and Sempai for their support. Domo arigato gozaimasu.

We look forward to the honor of having visitors for our test and for our classes, which are held on Monday and Wednesday nights at 7:30 pm at the Wang YMCA of Chinatown, 8 Oak Street West, Boston MA, 02116.

Thank you to Hanshi, Kyoshi, Sensei, Sempai and fellow Deshi for your direction, encouragement and support.

Domo arigato gozaimasu,
Emiliano Mazlen
(617) 524-0005
emazlen@hotmail.com

Greetings Hanshi, Kyoshi's, Shihans', Denshi, Sensei and all deshi of Ueshiro Shorin-Ryu Karate U.S.A.

[Bushi Dojo](#)
[Sensei Chris Barnes, Denshi/Shihan, 716 Colorado Ave. Santa Monica Ca. 90401 \(310\) 393-6686 \(Home\)](#)

We here at the Bushi Dojo, wish all Happy Holidays and a great New Year. The dojo is going strong it is our first year with freshman shodan teaching the bulk of classes and it has been a wonderful time to see the growth of understanding all of the lesson's Hanshi has imparted on all of us, as being taught by our shodan.

This passing down of tradition never ceases to amaze me. Hanshi's bushi code of honoring this ethic is unwavering and we are all the benefactors.

We here at the Bushi Dojo look forward to another year, a new year, to once again have the opportunity to be part of this passing on of Master Ueshiro's vision of this system.

We all must cherish this as an opportunity or we dishonor Master Ueshiro, that would be the most selfish act and most disgraceful act, let's keep our dojo's pure, we need only ask Hanshi for guidance of what that purity is

to be. Peace to all USRKUSA members, and their families.

Arigato, Barnes Sensei
Denshi/Shihan
Bushi Dojo.
Santa Monica, CA.

[Cocoa Beach Ueshiro Shorin-Ryu Karate Dojo](#)
[Hanshi Robert Scaglione, \(321-799-1503\); Sensei Des Chaskelson Shihan/Director \(321-693-7831\). Located at the Cocoa Beach Health & Fitness Club- 1355 N. Atlantic Ave.,/A1A \(across from the Holiday Inn\) Coca Beach, FL 32931 \(321-868-7933\)](#)

In August the Cocoa Beach Ueshiro Shorin-Ryu Karate Dojo held our first full belt kyu rank test and promotion. Dom Arigato to Hanshi Scaglione who presided over the event and whose support and leadership are the foundation on which we and the other Ueshiro Shorin Ryu Dojos around the world are building upon. Arigato Hanshi! Congratulations to the following deshi who tested and were promoted today by Hanshi Scaglione: Carla Alveros-Eddy, Iky-kyu; Christopher Iannaccone, Ni - Kyu; Kelsea Besaw, Yon kyu; Stever Turner, Yon kyu; John Hurdle, Yon kyu; Russ Rose, Yon kyu; Jim Ferguson, Yon kyu; Suzanne Dorman, Go Kyu; Bill Davis, Go Kyu; Joey Mccarron, Ro Kyu; Max Morton, Green Stripes (children's rank). The paragraphs and photos can be found online at: (http://www.scri.com/current_aug24.html).

We would also like to welcome Sensei Tamir who has returned to train with us in Cocoa Beach after a working hiatus in Los Angeles.

We are all training hard for the upcoming promotions -- black belt test in December, and kyu test and dan level reviews in February. All are invited to sunny Florida for these events.

New Shodan(s) promoted after a 4 1/2 hour workout/test presided over by Hanshi on December 14, 2003: Connie Rutkowski-Shodan (Blackbelt); Kashe Oscarson-Shodan (white stripe-Blackbelt); Kenar Oscarson-Shodan (white stripe-Blackbelt).

Results of the white belt test held on December 16, 2003: Chris Minnis promoted to Go-kyu and Trevor Tezel promoted to Ro-kyu.

Cocoa Beach/Indian Harbour Beach Dojos will also be hosting the upcoming Dan level promotions & review on 29 February 2004. All levels are invited to attend the Florida workouts and training. We will be posting an itinerary and list of social events and hotels soon. We look forward to seeing everyone here in Florida on 29 February 2004, including the days before and after.

Arigato,

Sensei Des Chaskelson

Shihan, Cocoa Beach Ueshiro Shorin-Ryu Karate Dojo

[Downtown Karate Dojo](#)
[Sensei Lorenzo Aguon](#)
[725 Kapiolani Boulevard #101](#)
[Honolulu, Hawaii 96813](#)
[808-533-1111](#)
[email: dkdojo@aol.com](mailto:dkdojo@aol.com)

Mele Kalikimaka (MERRY CHRISTMAS) to all and Happy New Year! The Entire dojo at the Downtown Karate Dojo want to wish everyone the most energetic and fruitful 2004.

2003 came and went with many classes under our belts. We only strive to add more and more classes under our belts for 2004.

This year symbolizes one of our strong years with the addition of 10 green belts in our August promotion test. The dojo continues to create a strong backbone to carry itself through the year.

Current Class Schedules:

Tuesday: 5:45pm to 7:00pm

Thursday: 5:45pm to 7:00pm

Saturday: 9:00am to 10:30 am (Kakaako Beach Park)

We invite all to come out to Oahu and visit and train with us. Our doors are always open to all who are vacationing or simply passing through. Let us know ahead of time so that we may arrange for a fantastic get together with the entire Downtown Karate Dojo.

Congratulations to Stephanie Aguon for her 2003 promotion to Black Tips

Congratulations to the following Green Belts who have also received their official Shorin Ryu Karate USA Certificates:

Sean Tomlinson
Allison Horimoto
Daniel Bonilla
Kristen Cabral
Treena Guerrero
Edgar Ambrosio
Patricia Choy
Allison Ong

Wishing everyone the best new year!

Aloha from Hawaii,
Sensei Lorenzo Aguon and the entire Downtown Karate Dojo

[Hertzlia Ueshiro Dojo](#)

[Sensei Nir Zamir, Shihan- 12 Tzamarot St., Hertzlia, Israel Phone numbers: HOME: + 972 9 958 4342 / MOBILE: + 972 58 444 506](#)

AN ART, AND A PORTABLE ART AT THAT!

Shorin Ryu is an art, rather than a mere series of self-defense exercises. As such, it enriches us with dual advantages: the PHYSICAL manifestation of it (body conditioning, improved health, stamina and balance, the know-how to defend ourselves) and the SPIRITUAL and EMOTIONAL manifestation as well: the ability to conduct ourselves with confidence, the knowledge to defeat fear in all its forms, an overall sense of empowerment, and the freedom to interact effectively & respectfully with other people).

Indeed, this is an art of PEOPLE: those who teach us, those we teach, and in general the privilege of benefiting from our fellow Deshi on the deck. Much of what we GIVE as well as GET – comes from the other PEOPLE.

But at the same time, Shoring Ryu Karate is a PORTABLE art, one that does not NEED the presence of OTHERS in order to benefit the practitioner.

This is a blessing, since for many of us the proximity to other Deshi is not always an option.

To me, there is great value to the fact that my Karate spirit is always with me – and that work-related travel only means that I can practice my art anywhere I am. IN fact, going out and practicing Kata in a foreign city, one of many I get to in the course of my business-related travel, is a thing that minimizes the negative effect of travel: it is a piece of my normal life's routine that I can always carry with me.

I give this advise to anyone who may find himself or herself without a Dojo, or fellow-deshi, for a while: it does not matter. Just like a musician can play their instrument anywhere if they have it with them, just like a painter can appreciate a view of beauty and apply it to their canvass – so can Karateka practice their art anywhere in the world, indoors or out, in any environment.

Taking it a step further – and from my own personal experience again – being in a place where there is no higher Shorin Ryu authority above me, is a challenge I have been faced with for years, in Israel. I have learned to accept the fact that, unlike the years I was a member of the New York CITY Dojo, I was able to receive 'sugar' every time I stepped on the deck, practically – here I am the one who's expected to GIVE this sugar to my students, while taking care of my OWN development as a Yon Dan.

Hence, I have been able to appreciate the incredible reward associated with TEACHING others, over the years, at the cost of de-prioritizing my own advancement, in terms of Kata level. This, too, is related to the PORTABILITY of the art: an artist can spend several years perfecting ONE part of his craft, and then switch and focus on an entirely different set of values – and all the time be developing complementing sides of himself in the process.

Arigato,
Nir Zamir.

Hong Kong Karate Club

**Sensei Alan Lai, Shihan- Sear Roger International School 110-118 Caine Road, Central,
Hong Kong +011 (852) 9419-9124 or +011 (852) 2773-1593**

Greetings,

HKKC has added a new lesson on Wednesday night class from 9 pm to 11 pm. We are now offering two lessons a week. We plan to offer two lessons a week within a year's time.

HKKC welcomes visitors. To save your traveling expenses, visitors can choose to stay in Sensei Lai's apartment. First come first serve!

Domo Arigato
Sensei Lai
Yon-Dan
Hong Kong Ueshiro Karate Club
Hong Kong
China

Midtown Karate (Hombu) Dojo

Kyoshi David Baker, Shihan ,465 Lexington Avenue, New York, NY 10017 (212) 599-1966
Happy New Year to everyone.

Congratulations to all the new Sho-Dan level Deshi, including Michael Kliegman and Stefan Grant from our Dojo.

We are pleased to announce that Sensei Eddie Garcia, Sensei Kevin Reymond, and Sensei Steve Lott (all Yon-Dan) have been designated Directors of Midtown Karate Dojo, in recognition for their untiring assistance in running this Dojo and for helping with our brother Dojo and Deshi throughout the system.

Congratulations too to Sensei Emiliano Mazlen for the promotion of his Deshi at the Boston club to the ranks of Ro-Kyu and Go-Kyu. Congratulations to Mr. Boris Grossman and Mr. Rob Neff for their fledgling clubs in the New York metropolitan area. There will be a demonstration at Mr. Grossman's club in Rockville Centre, Long Island, on Saturday January 17 at 10am. All are invited.

Good luck to everyone during the upcoming February Promotions. A Happy and Healthy New Year and a prosperous Year of the Monkey.

Domo arigato gozaimasu,
Kyoshi David Baker,
Shihan
Midtown Karate Dojo
New York, NY

[Nassau County Ueshiro Shorin-Ryu Karate Club](#)
[Founded by Grand Master Ansei Ueshiro](#)
[Under Direction of Hanshi Robert Scaglione](#)
[Shihan / Director / Boris Grossman](#)
[At Sky Athletic Club](#)
[310A Merrick Rd., Rockville Centre, NY 11570](#)
[H: 516-764-1330](#)
[C: 646-331-8493](#)
aristotle4plato@yahoo.com

LESSON LEARNED

A few words of encouragement from you friend in Nassau County:

Be competitive within your own organization, as well as, within other martial art disciplines. You never know the opponent you may face. The higher your rank, the harder you must train in order to maintain or continue to develop the integrity of the martial art within yourself.

I only speak these words, as I find myself by myself. Being out here on the Long Island in the process of developing a foundation for a Club, I spend a lot of time training and teaching new students basics over and over again. As a black belt, it's really great to have the opportunity, and even more so, be forced to train the basics to the point of exhaustion. As a black belt, I am also reminded that I can not get lost in the basics, and convince myself that I am doing enough, as there must be a reason why I was taught all the other kata. Therefore, the only conclusion that I can draw is that I need to dedicate more time to training advanced techniques. Not having senior rank to push me, my responsibility to the organization as Shihan, is to push myself.

CLUB UPDATE

We have been in operation for almost 3 months. Approximately 30 individuals have taken at least one class. Many came back for the second and third class, and few have stayed. We now have 3 serious students who have just purchased their first Gi's and patches. We anticipate our first tip test to be held in February. We have trained hard, and maintain traditional principals that were taught to me at the Hombu Dojo. The students love to engage in serious discussion over a 2-minute wall sit, followed by knuckle pushups, and squats. We've learned fukugata ichi, first prearranged, special exercise oyu-tanren (sorry for the spelling), and three-point arm training. The group is really coming along and I am very proud of their progress.

Class Schedule:

Thursdays at 8:30 pm (1 hour class)

Saturdays at 11:00am (1 ½ hour class)

Starting January 27th, we will introduce Tuesdays at 8:30pm (1 hour class)

UPCOMING EVENTS

We are looking to conduct a **demonstration** to promote the school. The date has been set for **Saturday, January 17, 10:00am**. We need support and all ranks are welcome. The demo will be 20 minutes, demonstrating kata, weapons, and breaking, followed by a regular class.

Please call me or email if you are able to attend.

In addition, we are working with the health club management to implement a marketing campaign to offer the karate classes to individuals outside of the health club's field of membership. Currently only those who are members of the health club get to experience Shorin-Ryu karate, but we have never turned away anyone walking in off the street. Therefore, a comprehensive marketing strategy to open the karate school to those outside of the health club will help our efforts of building the school on Long Island.

Keep moving forward
Domo Arigato Goizaimasu

[Ueshiro Okinawan Karate Family Club](#)
[Sensei Matt Kaplan, Denshi/Shihan, Mt. Nittany Institute of Natural Health 301 Shiloh Road State College PA. 16801 \(814\)-278-1997](#)

Our club continues to move forward. We held a Green Tip Test, which we conducted over the course of a two-day period (November 16 and 23, 2003). We are all quite proud of all those who tested. The following individuals moved on to their next levels:

To 1-Green Tip:

Dana Douglas
Jason Douglas
Alex Li
Karen Li
Kimble Li
Steven Li
Mike Ma
Ruilong Ma
James Song
Lu Sun
Reed Tang
Zhong Tang
Brandon Witmer

To 2-Green Tips:

Noah Kaplan
Andrew Lembeck-Edens
Matthew Lembeck-Edens
James Pletcher

Tracy Pletcher
Jeffrey Zhao
Patrick Zhao

We continue to enjoy the "Happy Valley" experience and look forward to sharing that experience with visitors, particularly during potluck dinners on the first Sunday of each month.

Domo Arigato Gozaimasu,

Matt Kaplan, Go-Dan
Shihan, Ueshiro Okinawan Karate Family Club

**[Ueshiro Pine Forest Karate School of Palisades New York:
Kyoshi David Seeger, Shihan, Palisades, NY 10964 914- 359-5330](#)**

MERRY CHRISTMAS & HAPPY NEW YEAR TO HANSHI AND ALL UESHIRO SHORIN-RYU
SCHOOLS WORLDWIDE
WISHING ALL THE BEST TO MRS. UESHIRO AND THE UESHIRO FAMILY.

Hanshi's 65th birthday party was a wonderful event to see old friends and celebrate.
Happy 65th & many more. Arigato Hanshi you inspire us all.

The black belt workout conducted by Hanshi was very spirited and informative.
Heartfelt compais followed the workout from the deshi who were in attendance.
The annual black belt dinner was at Japonica restaurant.
There was great camaraderie, food, drink and respect.
Kyoshi, Mr. Robinson, Ms. Glassman and Mr. Potter wish to thank Baker Kyoshi for
Hosting and setting up this great event.

It was our pleasure to train with Mr. Grant, Shari and their two sons who came to our school in
November.
The children displayed a natural ability, All the best to the Grant family.

Seeger Kyoshi is looking forward to seeing and training with all the blackbelts in Florida at the Dan
Level Promotion.

"I will be in the best condition of my life on that day."

Virginia Dojo

Greetings from Virginia,

Our club continues to move forward. We have added two new students to the club: Len and Kelly Tran. It is interesting how many people find our club who've trained in Okinawan karate before. They were touched at some point by the karate and it meant enough to them that they are seeking it out again later in life. What a wonderful gift we've received from Master Ueshiro.

We have had many special visitors to the club this fall. In September, Sensei Robert Hodes lead a Tuesday evening workout. Sensei Hodes was the Shihan at the East Meets West Karate Dojo in NYC, where Teresa and Joe Knight trained for over four years. It was great to train and reminisce with Sensei again. He brings so much spirit to the deck.

We were also privileged to have Sensei Matt Kaplan, Shihan of the Ueshiro Okinawan Karate Family Club train with us in October. We also had Haven Pell (Bushi Dojo) and Mary McKittrick. (Pine Forest Dojo) train with us. Domo Arigato for the big spirit these Shorin-Ryu visitors/ambassadors have brought.

Hanshi was not able to visit us in November due to travel constraints but we did have three Virginia Deshi travel to the Hombu Dojo in New York to train with Hanshi on November 23rd- Sensei Sal, Yuri Kuznetsov, and Len Tran. After the holidays, we plan to participate in the Cocoa Beach Dojo Belt promotions. We will also have deshi visiting Sensei Kaplan's Club in Pennsylvania.

Domo Arigato-
Sensei Joe Knight

<u>Class Schedule</u>	
Tuesday	6:30 pm, 8:00 pm,
Thursday	6:30 pm, 8:00 pm, (San-Kyu & up)
Saturday	9:00 am

[Wilton Connecticut Ueshiro Shorin-Ryu Karate Club](#)
[AIG Financial Products Corp.](#)
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[Wilton, CT 06897-4444](#)
[Mr. William Kolbert, Club Director, Ni-Dan](#)
[\(203\) 563-1901\(work\)](#)
Kolbert@aigfpc.com
[Mr. Keith Eng, Instructor, Sho-Dan](#)
[\(203\) 221 4810 \(Work\)](#)
Eng@aigfpc.com
[Kyoshi David Baker, Roku-Dan, Sponsor](#)



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

All is well in Connecticut! Enrollment has increased as a result of our annual membership drive. We continue to move forward and train diligently. Visitors are always welcome at our small dojo and we encourage anyone in southern New England to join us. We look forward to training with you!

<u>Class Schedule</u>	
Tuesday	6:30 pm
Thursday	7:15 am, 6:30 pm

Let's all continue to move forward in 2004



Shorin-Ryu Karate USA

Founded by Grand Master Ansei Ueshiro

Mission Statement

To propagate the art of Shorin-Ryu Karate USA, its kata and techniques, as handed down by our founder Grand Master Ansei Ueshiro.

To preserve and protect the history, traditions, methods and integrity of SRKUSA.

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 Shorin-Ryu Karate USA."