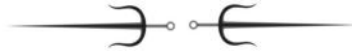
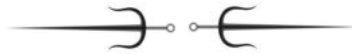


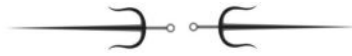
SPRING 2024 NEWSLETTER



UESHIRO SHORIN-RYU KARATE USA
UNDER THE DIRECTION OF HANSHI ROBERT SCAGLIONE



FOUNDED BY GRANDMASTER ANSEI UESHIRO



Bodhidharma, wood block painting by Tsukioka Yoshitoshi

MISSION STATEMENT:

To propagate the art of Ueshiro Shorin-Ryu Karate USA, its kata and techniques as handed down by our founder, Grandmaster Ansei Ueshiro. To preserve and protect the history, traditions, methods and integrity of USRKUSA. 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 Ueshiro Shorin-Ryu Karate USA.

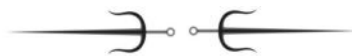


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— GREETINGS FROM HANSHI —



Greetings, USRKUSA Members,

Is kata like bicycle riding, once learned, never forgotten?

No, without constant practice one's kata deteriorates drastically.



Soken Matsumura, who trained, practiced physically and relentlessly, strongly advises us to study the literature, the art — not just read about it, but to "study" karate ... the history, postures and Kata as described by Sempai James Moskie, Ni-Kyu, Midtown Karate Dojo, in his Commitment essay from Nov. 4, 2023 (excerpt below):

Do you truly “know” and understand the kata or do you just know the moves of the kata? How much time and effort have you committed to really understanding the principles and applications underlying the kata? If you only knew one kata, how could you use that kata to defend yourself in any situation?



Relentless practice is demanded by Soken Matsumura, if we are not practicing, we are doing nothing. On the day of no practice, we are no longer Green Belts or Black Belts, we have surrendered our rank, as implied by Sempai Austin Hatch, Ni-Dan, Northampton Karate Dojo, in his essay from Sept. 6, 2023 (excerpt below):

The idea that any diligent student would quit at the result of a test — whether they pass or fail — is astonishing.

The karate is what "gets" the belt, and the only way that belt is maintained is by training more.

I am a karateka as long as I am training. That means today, yesterday and tomorrow. If I do not train, I am not a Black Belt, nor any belt at all. Karate-do is like a bucket with a hole in it: we must continue to pour the water of our training into the bucket to keep it full, or it will be empty when we need it most.



Ask yourself "what am I deserving of?" Then do something for yourself and for others: Study karate, relentlessly practice with purpose and gain knowledge of the subtleties and details of each movement, technique and Kata.

Become the belt, honor the belt you are wearing! Know and understand the literature, and, most importantly, pass that information on.



© Sensei Margulis

A positive attitude is GOLDEN!

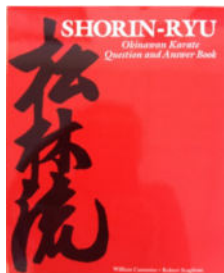


Respectfully submitted on behalf of Hanshi Robert Scaglione,

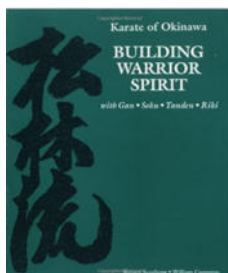
Sensei Jennifer Sangalang, San-Dan
Ueshiro Suntree/Melbourne Karate Dojo
Executive Secretary to the CEO

Recommended Reading

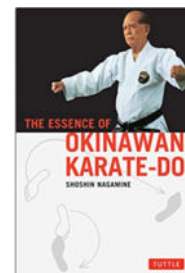
“Red book”



“Green book”

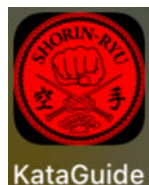


“White Book”

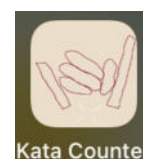


- Sempai William Cummins & Hanshi Robert Scaglione’s *Shorin-Ryu: Okinawan Karate Question and Answer Book*, and Hanshi’s *Karate of Okinawa: Building Warrior Spirit through Gan, Soku, Tanden, Riki* are available through your Shihan.
- Our *USRKUSA 50th Anniversary Journal*; Master Nagamine’s *The Essence of Okinawan Karate-do*.
- See USRKUSA’s website for more details: <https://www.shorinryu.com/>

Mobile apps



- Get the *Kata Reference Guide* & *USRK55* developed by Kyoshi Seeger, and Sensei Adam Dunsby’s [USRK Kata Counter](#) for:
 - o iPhone & iPad via the App Store
 - o Android via Google Play Store



Kyoshi Mackay’s USRKUSA’s Hombu Dojo Website

- USRKUSA Technical Specification Sheets: <http://www.midtownkaratedojo.com/Specs.html>
- Focus Seminars on special topics: <http://www.midtownkaratedojo.com/FocusSeminars.html>
- Technique/Thought of the Week [TOTW] Archives: <http://www.midtownkaratedojo.com/TFTW/thought.library/Index.htm>

Just Getting started? Want to quiz yourself on BASIC or ADVANCED “Red Book” topics?

- Online Ueshiro Shorin-ryu flashcards on Japanese terminology, questions, stances, strikes, blocks, & kicks are available in Quizlet here: <https://quizlet.com/join/h594WugT2>
- An online course/quiz to help learn the “Red Book” material is available in Learn2xalt at: <https://learn.2xalt.com/courses/shorin-ryu-q-a-book>

Stay Connected!

- Itching to travel? Find the addresses and Shihan contact information for USRK USA dojos here: <https://www.shorinryu.com/about-shorin-ryu-dojos>
- Your Shihan can add you to our USRKUSA-Deshi email google group so you receive all notices and Techniques/Thoughts of the Week (TOTW)
- Don't forget the bookclub and Hanshi's new round table discussion meetup on Zoom!
- On Facebook? Join the Ueshiro Shorin-Ryu Karate USA Students group

“Keep training!” -*Ginchin Funakoshi*



UESHIRO MIDTOWN KARATE DOJO

Kyoshi Michael Mackay, Shihan, Ku-Dan

129 W 67th St, New York, NY 10023

News

Onegai shimasu, Hanshi, Kyoshi, Sensei, and Karate-Ka of Ueshiro Shorin-Ryu USA,

Congratulations to all the Dojo system-wide on your promotions held since last August. It's been an exhilarating time for USRKUSA, carried forward by Hanshi Robert Scaglione's unwavering leadership and the wealth of information gleaned from inter-dojō training, book clubs, roundtable discussions and inspirational emails. During the past six months the Midtown Dojo has been caught up in the waves of excitement and energy, as described below.

911 Memorial Workout

On Sunday, September 10, two dozen deshi from six dojos convened just north of the Imagine Circle in Central Park for our 22nd Annual 911 Memorial Workout. Deshi trained informally in small groups before the formal class and torrential rains began. We then adjourned to the shelter of a tunnel under the entrance to the Park and proceeded to train for over two hours in conditions reminiscent of the caves in Okinawa.



Special shouts out to Sensei Carla Eddy of the Cape Canaveral Dojo and Sempai Pam Lohr of the Viera Dojo for making a surprise visit all the way from Florida. And kudos to the Kyu ranks for braving the weather and rising to the challenges of "The Cave". Middle School students Ethan Neff and Ripley Garon deserve special praise for their upbeat youthful spirit despite the difficult conditions.

Workout with visiting Sensei Candace Morgan

Two weeks later, on another soggy Sunday, Sensei Candace Morgan visited from North Carolina to attend a special training session in Central Park. Sensei's sharp technique and long history of contributions to the USRKUSA organization inspired both junior and senior deshi alike.



Black Belt Workout at Daytona Beach, Florida

October brought the Annual Black Belt Weekend on Daytona Beach. Friday's training included an impromptu sunset seminar on the Hard Rock Hotel beach with Black Belts from across the country. The next morning we continued in full force as over 50 Black Belts assembled for a four hour beach workout battling high surf and tides.



The day was capped with a formal dinner with representatives at each table offering excerpts from a classic text on Bushido. Our final workout of the weekend was held indoors at the Schnebly Rec Center with much sugar from Hanshi on the core principles of USRKUSA.

Weapons Workshop

The Annual Kobudo Workshop was held on December 17 featuring seminars in the Bo, Nunchaku and Sai led by Kyoshi Mackay, Reymond and David Baker, respectively. Participants travelled from as far as Florida and Virginia to polish their not-so-empty hand techniques.



Year-end Celebrations

Preparing to put the Year of the Rabbit into hibernation, we held our year-end workout and pot luck compai on December 19 at the Kaufman Center. A big shout out to the Shihan of the Downtown, Bay Ridge, and Crown Heights Dojo (Kyoshi Reymond, Sensei Rob Neff, and Sempai Anna Sweeney) for coming back to Hombu to celebrate their humble origins.



Final outdoor workouts were held first on the evening of December 28 in 33 degree rain, attended by diehards Sensei Gamiel Ramson and Sempai Lisa Rosenberg and John Draghi,



followed by a New Year's Eve morning class with deshi from the Midtown, Downtown, and Bay Ridge Dojo. Domo arigato gozaimasu to those who showed up and channeled the Star Trek energy of "boldly going forth where none of gone before" (Big walking idea). After the workout the group trekked to the site of Grand Master Ansei Ueshiro's iconic photograph taken in 1962. The old beech tree still stands as a testament to the resilience of Ueshiro Shorin-Ryu USA, and the group celebrated yet another growth ring added to our great organization's history.



Finally, as per tradition, we released our annual "Year in Review" video documenting the many amazing moments and marathons of training at the Midtown Dojo in 2023. Watch [here](#):



February Weekend in Florida

Midtown Black Belts traveled to the Space Coast of Florida from February 1 to 5 for five full days of training with Hanshi and fellow deshi from around the world. Special thanks to the Midtown voyagers: Sensei Ramson, John Bottega, Jon Cohen and Sempai Rosenberg and Noah Kaplan, plus honorary alum from Pelham Manor, Sensei Brian Heese. The high levels of commitment and camaraderie system-wide surpassed the storm surges of Hurricane Idalia. Domo arigato gozaimasu to Hanshi, the Kyoshi, and the Florida Shiha for their Category 3 level of leadership and hospitality.



Rank Promotions

February Full Belt Promotion

On Saturday, February 17, we conducted our bi-annual belt test at the Kaufman Center, starting with a vigorous workout and ending with formidable demonstrations of breaking. Advancing in rank were:

* Ro-Kyu

Dmitry Voronoy

Enriqueta Somarriba

* San-Kyu

Daniela Naranjo-Zarate

Katrina Lambert

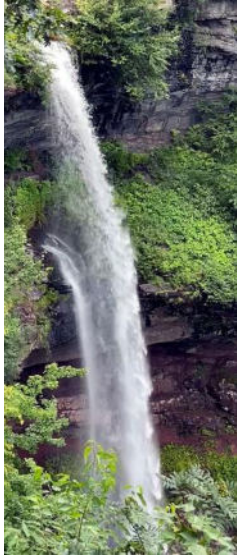
The Board of Judges consisted of Sensei Ramson, Sensei Neff and Sempai Rosenberg. Interrogatories provided by Sensei Ron Ballin and Sempai Kaplan and John Lee. Ik-Kyu Kathy Chin marshaled the group during the judges' deliberations. Congratulations to all who advanced in rank, and "Domo arigato gozaimasu!" to those who showed up to lend support during the 2.5-hour marathon.



Photos of these and many other events may be seen at our website gallery:

<http://midtownkaratedojo.com/Gallery.html>.

Our “Karate Go Videos” webpage has also been updated with a video of kata Wankan performed at Kaaterskill Falls last August: http://midtownkaratedojo.com/images/Videos/2023_Wankan.html.



Other Belt Promotions

At Hanshi's encouragement, we traveled to other dojo for training and testing this winter. First stop was the newly-opened Crown Heights Ueshiro Karate Dojo, under the direction of Sempai Anna Sweeney, then at the Ueshiro Shorin-Ryu New Rochelle Karate Dojo, under the leadership of Sensei Tzvi Bar-Shai. Congratulations to these Shihan on their students' progress and for expanding Ueshiro Shorin-Ryu into uncharted territory.

Moving forward

We look forward to a line-up of special events this Spring and Summer to supplement our day-to-day training. Outdoor workouts include:

- Memorial Day Weekend – Central Park workout honoring the visiting delegation of Black Belts and students from the Ueshiro Bakfar and Hertzlia Dojo in Israel.
- Saturday, April 20 – Cherry Blossom Workout at Great Falls National Park, Northern Virginia.
- Sunday, April 28 – Progressive workout in Central Park in honor of Grand Master Ansei Ueshiro's 91st birthday.
- Sunday, July 14 – Annual Sherwood Island Beach Workout (date to be confirmed).

Deshi system-wide are invited to attend all events or just show up for a regular class. Your presence helps to nudge us off our plateaus. Come enjoy some of the many cultural gems the City has to offer while you're at it.

Class Schedule

In-person classes are offered three days per week at the Kaufman Center located at 129 West 67th St.

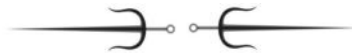
Monday, 7:00 – 8:30 PM	Sensei John Adams
Tuesday, 7:15 – 8:45 PM	Kyoshi Michael Mackay
Saturday, 1:00 AM – 1:00 PM	Kyoshi Michael Mackay

Zoom classes continue on Fridays at 5:30 PM (link [here](#)). Sunday Central Park workouts will resume in April.

A special note of gratitude to all the Midtown Black Belts who assist with covering classes, communications and, of course, keeping the Dojo doors open.

Domo arigato gozaimasu, Hanshi, for your leadership and always encouraging us to strive for more as we seek to weave the benefits of Shorin-Ryu into the fabric of our daily lives.

Kyoshi Michael Mackay, Ku-Dan
Shihan, Ueshiro Midtown Karate Dojo



UESHIRO VIERA SHORIN-RYU KARATE DOJO

Hanshi Robert Scaglione, Shihan, Ju-Dan

Viera, FL



News

Practice timing, movement and delivery of attacking and defensive techniques. These are paramount to your training.

Use your command voice, ask questions, train with Hanshi. Classes are from 5:30 to 7 p.m. Tuesdays and Thursdays and 10 to 11:30 a.m. Saturdays. Hanshi teaches the Tuesday and Saturday classes, and Sempai Rob Weaver, Ni-Dan, Sempai Pam Lohr, Sho-Dan, and Sempai Sandra Morian, San-Kyu, alternate teaching at 5:30 p.m. Thursdays.



Rank Promotions

On Feb. 24, the Ueshiro Viera Karate Dojo held its February belt test, presided by Shihan Hanshi Robert Scaglione, Ju-dan.



Before the test, Sensei Matt Reed, Yon-Dan, Denshi Shihan of Ueshiro Suntree/Melbourne Karate Dojo, led the class in a spirited workout, emphasizing stepping first and staying with the group when performing Kata without a count. Hanshi reminded us to work our shuto hand, from Yoi to Yame to chudan shuto uke (chest blocks) so that when we attempt to break a stack of boards or a concrete block, our shuto hand will go through it like butter.

Sensei Reed served as the senior judge on the board, which included Sensei Jennifer Sangalang, San-Dan, of Suntree, Sempai Tracy Ridout, Sho-Dan, of Ueshiro Merritt Island Karate Dojo, and Sempai Pam Lohr, Sho-Dan, of Viera. Sempai Kevin Hutchenson, Ni-dan, of Suntree, led the group in Kata and stretches.

At this test, we saw representation young and old from Merritt Island, Melbourne and Cape Canaveral.

It is with great pleasure that we announce these promotions:

Sempai Bryant Felix to
San-Kyu (child)
Sempai David Mercier to
Yon-Kyu



Closing

To further our karate journey, Hanshi recommends we balance physical training with metaphysical study. You have the books, read them, discuss what you learned with your Sensei and pass it on.

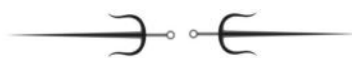
As a “bonus” Karate Weekend in Florida approaches in May 2024, avail yourself to more classes, in-person at the Dojo and via Zoom. Attend the Karate Book Club with Hanshi and Kyoshi Kevin Reymond. Prepare your questions for the Karate Q&A sessions with Hanshi and the Kyoshi.



Everyone benefits from the energy you give.

Respectfully submitted on behalf of Hanshi Robert Scaglione, Shihan and Ju-Dan, Ueshiro Viera Karate Dojo

Sensei Jennifer Sangalang, San-Dan, Ueshiro Suntree/Melbourne Karate Dojo
Executive Secretary to the CEO
www.ueshirofloridakarate.com



UESHIRO PINE FOREST KARATE SCHOOL

Kyoshi David Seeger, Shihan, Ku-Dan
Palisades, NY

Thank you Hanshi Robert Scaglione for teaching us!



Formal Classes M 4p T W TH 6:30p Sun10a - Come and Visit.

Shihan, Kyoshi Seeger, Ku-Dan • motobu@aol.com 917-593-6455

The Year of the Dragon.



In kumite you must commit yourself totally, and from that commitment arises the realization that your blow could easily kill your opponent, the karateman holds life and death in his hands.- Master Shoshin Nagamine.

On Thursday, February 1, 2024 That's what we did.

Denshi Shihan, Reed Sensei, Yon-Dan

Attacking and defending with full power fosters a very special friendship and respect.

In June we will take it up a notch.

Kyoshi Seeger

We are all at our best when Hanshi is on the deck.



Class in the Viera Rec Center Gym led by Kyoshi Seeger and supervised by Hanshi Robert Scaglione. February 2, 2024 - Groundhog Day



Congratulations to Sempai Diana on her promotion to Ni-kyu. It was great preparing Sempai Diana for her promotion in my new home.

"...Spirituality in karate is not related to religion but is more related to mental attitude, commitment to one's training, the will and drive of the karateka to strive for perfection in the art of karate." -Hanshi Scaglione, "Building Warrior Spirit."

Respectfully submitted by Sempai Sharona Levine, Sho-Dan

Congratulations to Sempai Diana on Ni-Kyu



*Feel exhilarated being promoted to Ni-Kyu, getting closer to being able to train with a weapon.
Looking forward to Cocoa Beach workout in 11 weeks.
Sempai Diana Hang, Ni-kyu*

Congratulations Shihan, Bar-Shai Sensei on Go-Dan.



Domo Arigato to Master Ansei Ueshiro for bringing this martial art to the US and passing on its treasured knowledge. Domo Arigato Hanshi for setting the bar and giving us an example to follow. Domo Arigato Kyoshi Seeger for keeping the dojo open and making it truly “a place of the way (of karate)”.

Respectfully submitted,

Shihan, Sensei Tzvi Bar-Shai, Go-Dan

Congratulations to Lax Sensei on Roku-Dan.



Roses are red. Violets are blue. For Valentine's Day we did Kusanku.

Onegai-shimasu Hanshi & Kyoshi. Thank you for the great honor and opportunity to be reviewed by you for the rank of Roku-Dan. I hope to demonstrate my understanding and knowledge I have accumulated under your tutelage over these many years.

The transformation of my journey in Karate has been profound and probably has saved me many times. I will continually keep training and assist my Sensei Kyoshi Seeger who I am grateful and thankful for guiding us at the Palisades dojo, and who keeps pushing and fostering our ascent up those steps heading into the abyss. I want to express my gratitude and thank you Hanshi for this Honor to be reviewed but more importantly thank you for this gift you have given to me. Lastly, I would like to thank Master Ueshiro for without our great Master none of this would be possible and no one would have this precious gift.

Daniel Lax Sensei, Roku-Dan

Ueshiro Pine Forest Karate School, Palisades NY

Congratulations to Denshi Shihan, Powell Sensei on Shichi Dan.



I wanted to take a moment to thank Hanshi and the Executive committee for bestowing upon me the surprised NEW rank of Shichi-Dan I received during the February in Florida Weekend. I am truly honored and will live up to the responsibility that will come with this new rank. Domo Arigato Gozaimasu Hanshi!

Below please find a personal note from me to Kyoshi Seeger.

Kyoshi we've both climbed those stairs at Lexington Ave, rubbed elbows, egos and learned to step first! and after class we each sat alone outside on that wooden bench, tied our shoes, wondering where Karate would lead us.

For decades, (24 and 7), you've been my Sensei, taking my calls, being there before class or after, for one more question, or suggesting how about one more kata?

Kyoshi Seeger thank you for believing in me, polishing me, allowing me to develop and have my own signature, on and off the deck. Your faithful student and friend.

*Powell Sensei
Shichi-Dan*

Denshi Shihan
To-Te Ueshiro Karate Dojo
Nyack, NY

Please consider a donation to support our apps and website.

https://www.paypal.com/donate/?hosted_button_id=DB7DLMZAEQDGY

We are now working on the iPhone apps. Android apps are all updated.

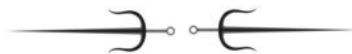
Thank you Sempai Austin Hatch, Ni-Dan



Sempai Sharona, 11/15/2022

Priceless

This KataGuide app is the reason I know I have a chance to always improve in my karate. I use it as a reference almost on a daily basis. The learning is endless. Thank you to Hanshi Robert Scaglione and Kyoshi David Seeger. This app ensures the continuation of Shorin Ryu Karate.



UESHIRO DOWNTOWN SHORIN RYU KARATE DOJO

Kyoshi Kevin Reymond, Shihan, Ku-Dan

New York, NY



"In karate, it is recognized that the mind is the catalyst to perfection."

Hanshi Robert Scaglione

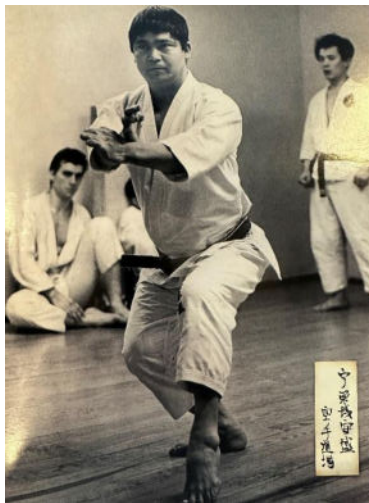
Onegai Shimasu Hanshi, Kyoshi, Sensei and Fellow Deshi,

Over the past six months we have (a) conducted Zoom classes every Wednesday and Friday mornings, (b) provided one-on-one training sessions, (c) moderated three meetings of the Ueshiro Shorin Ryu Karate Book Club, (e) issued twenty six editions of the weekly "Keep Training" emails that include training tips and readings from "Building Warrior Spirit" and the "Shorin-Ryu Okinawan Karate Question and Answer Book", (e) traveled to Florida for two weekends of training, (f) held promotions and tip tests, (g) traveled to the Midtown, New Rochelle, Nyack and Palisades dojo to participate in workouts and belt tests; (h) hosted the

Annual Weapons Workshop and (i) hosted two Roundtable Discussions with Hanshi and the Kyoshi.

Congratulations to the following deshi who advanced to their new rank: Henri Li, promoted to Yon-kyu; Brenda Ray, promoted to San-kyu; and George Levitt, promoted to San-kyu. We will continue stepping up our efforts to recruit new white belt deshi through the website, social media outreach and other initiatives

The Ueshiro Shorin Ryu Karate Book Club has scheduled its next meeting for Thursday, April 18, 2024, when we will be discussing, "Chapter 12, "Ken Zen Ichinyo (Karate and Zen are One)" of Master Nagamine's book, "Tales of Okinawa's Great Masters."



"Karate is more than just a physical skill; it is a balancing of mind and body."

Master Ansei Ueshiro

Domo arigato gozaimasu Hanshi for your continued encouragement to strive for perfection through the joy of hard work and sweat. You have set the example to which we all should aspire.

Kyoshi Kevin Reymond, Ku-dan
Shihan, Ueshiro Downtown Shorin Ryu Karate Dojo
Under the direction of Hanshi Robert Scaglione

Dojo Address: 281 Broadway; New York, NY; 646-745-6172; www.downtownkaratedojo.com

Class Schedule

Monday and Wednesday: 5:45 PM to 7:15 PM (In Person)

Wednesday and Friday: 8:00 – 9:00 AM (Zoom)

Saturday: 9:00 to 10:00 AM (In Person)

UESHIRO OKINAWAN KARATE FAMILY CLUB

Kyoshi Matt Kaplan, Shihan, Hachi-Dan
State College, PA

News

It has been an exciting time in the dojo lately. While we sadly had to say goodbye to the sunny and airy yoga studio space we had enjoyed for many Sunday classes, we have happily landed in our new location down the street at the Boalsburg Fire Company's community room. 'Boal Hall' was properly broken in with our February 25th, 2024 tip- and belt-test replete with a tremendous amount of energy and excitement, and plenty of pushups, too. With 31 deshi advancing, we even surpassed the size of our pre-COVID February 2020 promotion!



Tuesday night's highly collaborative women and girls' class with Sensei Barb Schaefer (San-Dan) continues to be active with 7-14 deshi each week. Often co-taught with Sensei Tracie Pletcher (San-Dan) and/or Sensei Anne Burgevin (San-Dan), this week our class recognized six new colored belts from yellow through brown on the deck. We were especially proud of Krol sisters Cora (Yon-kyu jr.), Alanna (Yon-kyu), and Charlotte (Ni-kyu) who showed their fierce determination and kime. Deshi opting to attempt breaking on Sunday showed full karate spirit, and those successfully doing so with authority were impressive. Kudos! Our amazing sets of mom-daughter pairs Lara & Elizabeth Fowler (San-kyu), Jennifer & Maya Dombroskie (Yon-kyu & San-kyu), Maria & Leah Spencer (Yon-kyu & Yon-kyu jr.), Christina & Emma Catherine (Yon-kyu & Yon-kyu jr.), and Hui & Eva Huang Zhao (Ro-kyu) showed us just how much learning, working out, and accomplishing goals together can mean. Well done, all!



Celebrating its fifth year, Sensei Burgevin's Wednesday afternoon class continues to meet the needs of after school programming for children and teens. In addition, several adults, all of whom are very skilled at and invested in helping children learn, are present and willing to assist. A new cadre of young adult student teachers is emerging from this class. With proper nurturing and coaching, these teens are gaining confidence, teaching skills, and an ever-deepening understanding of the learning process. We are very proud of all her Wednesday class students, including seven new white belts.

Sensei Burgevin and Schaefer did not one but TWO road trips to Florida for USRKUSA karate events in October 2023 and February 2024: terrific karate workouts, Naihanchi on the railing, 4000+ miles, Chinto at rest stops, near misses with a falling mailbox and red-tailed hawk, and COVID souvenirs were all part of their excellent adventure together. We loved catching up with karateka from both near and far there.



Rank Promotions



We congratulate our deshi who successfully moved up in rank at our February 2024 karate test!

Promoted to Ro-kyu (1st green tip)

- Josiah Booz *
- Abel Contreras-D. Szabo *
- William Israelsen *
- Leah Spencer *
- Hui Zhao
- Eva Zhao *

Promoted to Go-kyu (2nd green tip)

- Mathis Foster *
- Aden Wertz
- Imogen Wertz *

Promoted to Yon-kyu Junior (Yellow belt)

- Emma Catherine *
- Cora Krol *
- Valentina Lorenzoni-Ferroroni *

Promoted to Yon-kyu (green belt)

- Malachi Booz *
- Christina Catherine
- Jennifer Dombroskie
- Beth Gumble
- Alanna Krol *

- Cameron Lundin *
- John Meier
- Clara Spak *
- Maria Spencer

Promoted to San-kyu (brown tips)

- Jack Brightbill *
- Maya Dombroskie *
- Abram Foster *
- Elizabeth Fowler *
- Lara Fowler

Promoted to Ni-kyu (brown belt)

- Benaiah Krol *
- Charlotte Krol *
- Ethan Krol *

Promoted to Ik-kyu (black tips)

- Graham Drew *
- Gabe Geiger *

* youth

We are also deeply grateful to the gallery of family members who came in support of their candidates!

Learning from our students: As we teach our students, we simultaneously learn from them. Case in point, Maya, a 17-year old student who had previously studied ballet for 7+ years, helped us see another dimension of how serious karate training can have a big influence on a teenager's life. In her testing paragraph for San-kyu consideration, she shared some profound insights about how she views, engages in, and benefits from karate:

Karate is a form of self expression to me, as it allows me to channel my passion and my emotions into movement. Through karate, I can transfer my emotional energy into physical energy, which helps me relax and feel in control of my mind. I also enjoy karate because I can see my improvement very clearly at every practice, when moves start feeling stronger and muscle memory starts kicking in. It's a very liberating feeling, to be so in control of my body and using it for a purpose beyond my basic needs, and to know that I'm engaging with other people in an art form that venerates strength and virtue. Karate has changed the way I walk through the world, making me a more confident person and allowing me to feel harmoniously at peace with my surroundings. I'm so grateful for the Dojo and karate at large, for opening up a new window in my life.

Arigato gozaimasu!

Respectfully submitted,
Sensei Barb Schaefer, San-Dan
on behalf of Kyoshi Matt Kaplan, Shihan, and our Black Belt team
Ueshiro Okinawan Karate Family Dojo
State College, PA



NORTHAMPTON UESHIRO KARATE

*Sensei Daniel Gobillot, Denshi Shihan, Shichi-Dan
Northampton, MA*



News

Spirits are high at Northampton Ueshiro Karate. Since the fall, Northampton deshi have traveled to Daytona for the annual Black Belt Weekend, read and relished books thanks to the USRKUSA book club, welcomed new students, and said “welcome back” to old friends joining us on the deck once again.



The class schedule at Northampton Ueshiro changed slightly in February, with our Friday night classes now offered at 6 PM rather than 6:30 PM. After nearly 15 years instructing the Friday evening classes, Sensei Owen passed the torch to Sempai Hatch, a longtime attendee of Friday night karate in Northampton. To say the least, this is a tremendous honor for him, as well as big shoes to fill!

Sensei Owen’s Fridays have been foundational to the training of many fortunate karateka in Northampton over those years, and Sempai Hatch will do his utmost

to honor her diligence and attention to detail in his own classes on Friday nights.

Events

We’re gearing up for the “bonus” Cocoa Beach weekend at the end of May, putting in extra time and intention polishing our technique to prepare. Join us at any class - we love to host visitors, and the spring is one of the Valley’s most beautiful seasons. We’ve had visitors from Florida and New York in the past year, and we’ve learned immensely from their experience and insights. A highlight this fall was a visit from the Women Warriors group: Sensei Carla Eddy, Shihan of the Cape Canaveral Dojo, of the Suntree/Melbourne Dojo, Sensei Barb Schaefer, San-Dan and Sempai Tracie Pletcher, Ni-dan of State College Pennsylvania Dojo and Sempai Pam Lohr, Sho-dan, of the Viera Dojo.



Closing

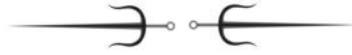
We have a number of deshi with very rigorous schedules of training. They provide a strong example of living Hanshi’s instruction to show up.

As one of our kyu ranks has said a few times: “If something in your training isn’t working for you, go to more classes.” Why not? And when you do, bring a friend - if you do, they may end up on the deck with you in another 20 years, but perhaps not without an invitation.

Domo arigato gozaimasu,
Sempai Austin Hatch, Ni-dan

Class Schedule:

Monday	6:15 PM
Wednesday & Friday	6 PM
Saturday	3 PM



TO-TE UESHIRO KARATE DOJO

*Sensei Preston Powell, Denshi Shihan, Shichi-Dan
Nyack, NY*

Nyack News



Onegai-Shimasu Ueshiro Shorin-Ryu Karate USA, Hanshi, Kyoshi, Denshi, Shihan, Sensei, Sempai and all USRKUSA KARATEKA!

The Nyack To-Te Ueshiro Karate Dojo, in the Year Of The Dragon, continues to move forward in the spirit of Karate-do and the teachings of Master Ansei Ueshiro and Hanshi Robert Scaglione. During the “February in Florida training” last month, Bryan Markiet, one of our Nyack senior instructors was promoted to Yon-dan and surprisingly, I was promoted to the NEW rank of Shichi-Dan the final day of training Sunday afternoon at Hanshi’s dojo in Viera.

On Saturday, prior to the open court dinner, Hanshi walked over and presented to the large group of us a bat. Not any bat but a Louisville slugger, (the real deal). Inscribed on the bat was a thank you note to Hanshi from the Lexington ave Sho-dan class of 1991, and signed by me and the other members of our August 1991 Sho-dan test. When Hanshi handed me the bat, emotions and memories filled my head, reminding me of the golden days training under Hanshi and John Pezzulli at the Midtown Person to Person Lexington Ave New York Dojo thirty three years ago! I still have a copy of the original key to the Lexington Ave Dojo, something I will always cherish.

The KEY to training is showing up! making an effort consistently over a lifetime.









NYACK BELT PROMOTION 3/15/2024

On Thursday, Feb 15th, the To-Te Ueshiro Karate Dojo, Nyack, NY held its annual February belt promotion.

As students arrived prior to the promotion, Sensei Bryan Markiet (Yon-dan) welcomed all deshi and pulled each one onto the deck as they all arrived, which added up to a feverous katathon of all our Fukyugata kata 1,2 & 3.

What could be heard from the street outside as I arrived with 12 inch boards cut every 10 inches, emotional kiai's of spirit! everyone counting and echo's of step first, breath!, can you get lower, eyes up, step first!!!, shortly the deck warmed up and after a formal bow-in followed by warm ups and kihon

basics across the deck the testing began.

Powell Sensei, Denshi, Shihan (Shichi-dan) called the students up on deck and the board of judges consisted of: center Judge Sensei Ed Abreu (San-dan), Sempai Mike Santoro (Sho-dan) to the right and Sensei Bryan Markiet (Yon-dan) to the left rounding out the board and Emilia Pescher (Child) Ni-Kyu, assisting with conducting the warm ups and also demonstration of the basics and helping with lining up the students during Yakusoku Kumite and running the group while the Black belt board convened in the back room to discuss all aspects of the test.

The Nyack To-Te Ueshiro February Promotion Results:

Promoted to Go-Kyu Richard Reimann (Child)

Promoted to Go-Kyu Aaron Benjamin (Child)

Promoted to Yellow Belt Yumi Trudell (Child)

Promoted to Yon-Kyu Green Belt Tomomi Trudell

Promoted to San-Kyu Green/Brown Tips Olive Josuweit

All in all we had a very positive promotion! Before leaving the deck Powell Sensei and the board reminded the deshi about **the commitment of training and what that means, to keep training regardless of injury (how to work around them), if you pass or fail, but to keep training, keep learning and helping others and that with rank comes responsibility, read and re-read the red book, know our golden history and keep the Kata guide-app handy for references off the deck and practice, practice, practice... then maybe you'll begin to understand that Karate-do is not a contest, but a lifelong marathon of improving one's self and helping others and truly being a shining light where darkness prevails.**

Domo Arigato Goziamasu Hanshi! for preserving the gift of Karate as it was given to you by Master Ueshiro. It is our job now to pass it on to a new generation of USRKUSA Karateka.

Respectfully,

Powell Sensei

Visiting Dojo's



The Nyack Black belts always look forward to visiting Kyoshi Seeger. Thank you Kyoshi Seeger for getting us ready for the Florida promotion and polishing us!

Kyoshi Reymond visits Nyack! Arigato Kyoshi and all the troops that joined you for a wonderful class in Nyack March 9th! Kyoshi Reymond, thank you for your kind words. *"You have a very dedicated and awesome group of deshi. I really enjoyed the class. It was great to see Sensei Brian and Sensei Blue as well. Domo arigato for the opportunity to train at your dojo!"*
Domo arigato gozaimasu Kyoshi Reymond



KARATE IS ART.

The sliding of feet, and hands like whips.

KARATE IS SOUND.

The Kiai like Lion roars big and small all for one & one for all.

KARATE is Soul.

The Soul in which you learn that small accomplishments are big.

KARATE IS CONNECTION.

Connections to Okinawa long ago, the repetitions of kata's next to the crashes and spaces is how we know.

KARATE IS TOLERANCE.

Tolerance with myself, because everything happens for a reason.

KARATE IS ME. (Written by: Yumi Trudell (Child/Go-kyu) Feb 2024 Essay submission).

In Closing

Karate-do touches your heart. When you don't listen, it will talk to you, ...especially when you are not training, not being *honest*, giving up. Years of Karate-do helped me to understand why Master Ueshiro stated, "*for those who are not studying, I have nothing to say*", because the heart will speak volumes to you, because in your heart you know... you know personally...



Respectfully Submitted,

Powell Sensei / Shichi-Dan

Denshi Shihan | To-te Ueshiro Karate

Nyack, NY

<http://www.karatenyack.com>

85 S. Piermont Ave

917 627 8199



UESHIRO NORTHERN VIRGINIA KARATE CLUB

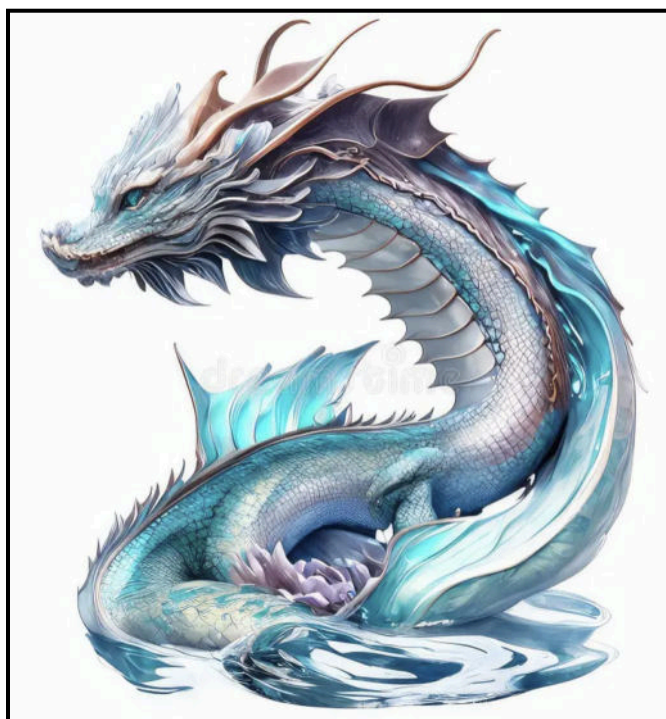
Sensei Lisa Markowitz, Shihan, Shichi-Dan

Centreville, VA



Onegai-shimasu Hanshi, Kyoshi, Sensei, Sempai and all Deshi of USRKUSA,

The Ueshiro Northern Virginia (NoVA) Karate Dojo continues to move forward in the 62nd Year of USRKUSA, the Year of the Water Dragon, as we marked several key events in the Fall and Winter.



Annual Black Belt Workout: Over the weekend of October 28-29, 2023, Sensei Lisa, Sensei Shabbir Kazmi (Yon-Dan), and Sempai Bill Breidenbach (Ni-Dan) joined fellow USRKUSA black belt warriors in Daytona Beach, Florida for the annual black belt workout. The weekend did not disappoint and was filled with platinum as we reviewed numerous black belt and weapons kata in focus groups and as a whole, as well as key teaching points for warm-ups, kihon techniques, and Yakusoku kumite. All this done under the watchful eyes of Hanshi and the Kyoshi while Master Ueshiro smiled down as the sun shone. We came back to Virginia energized, motivated, and even more committed to our karate training.





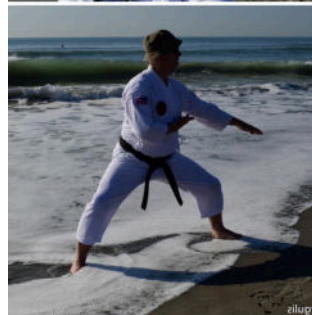
Compai: On a snowy Saturday, January 20, 2024, the NoVA Ueshiro Dojo held its annual Compai. After a spirited traditional class, we formed a circle and discussed our dojo goals for the year—*commitment* to our karate training; building a stronger *community* within and outside the dojo; and *consistency* in our weekly training and in taking on corrections—after which, each of us toasted in the new year and set new goals centered around the three Cs.





Florida Workout: Over the long weekend of February 1-4, 2024, a large contingency of NoVA warriors took to warmer climes to partake in the annual Florida workout and rub shoulders with our fellow karateka. Sensei(s) Lisa and Shabbir and Sempai(s) Bill, Fred Bagagli (Sho-Dan), Reshma Shah (Sho-Dan), Nishu Shah (Sho-Dan), and Matthew Gregory (San-Kyu) enjoyed the numerous workouts run by Hanshi and the Kyoshi over the four days and came back riding high on a karate wave, putting into action the numerous corrections, finetuning, and pearls of wisdom we received.

Sensei Lisa was truly humbled and honored to be promoted to Shichi-Dan on Sunday by Hanshi and Kyoshi, a rank that she must now work hard to earn.





February Test: On Saturday, February 19, 2024, the Ueshiro NoVA Karate Dojo conducted a belt test, which was dedicated to Master Ueshiro and Hanshi Scaglione for providing us with the gift of Ueshiro Shorin-Ryu Karate—the gift that keeps on giving.

The morning began with a vigorous, traditional class, led by Sensei Shabbir, consisting of warm-ups (during which the importance of correct body alignment and execution was stressed), kihon techniques (where leg strength and cardiovascular capacity were emphasized), and many repetitions of the Fugyugata kata, performed at half, three-quarters, and full speed and power, with minimal instructions.

Following the class, the test commenced. Sensei Lisa presided over the test and Sensei Shabbir (center judge) and Sempai(s) Fred and Reshma served on the board of judges. Sempai Nishu called the test candidate to the spot, directed the test, performed Yakosoku kumite with the test candidate, and led the candidate through kata during the board deliberations.

Congratulations to **Matthew Gregory**, who showed great spirit on the deck and was promoted to **Ni-Kyu**.

Before concluding the test, Sensei Lisa spoke of the importance of earning our new/current rank by upping our training and showing up to more classes. It's that simple!



Cherry Blossom Workout: The NoVA dojo will be holding our annual Cherry Blossom workout at Great Falls National Park on Master Ueshiro's birthday, **Saturday, April 20, 2024**, beginning at **10am**. Please join us for a celebratory and vigorous workout against the backdrop of the powerful falls. This is an abundant opportunity to train with deshi from other dojo and receive instruction from high ranking black belts, including Kyoshi.

NoVA Deshi are offering up our homes for anyone in need of a place to stay. We look forward to training with you!



Domo arigato Hanshi for your tireless efforts in serving as the keeper for Shorin-Ryu Karate USA and ensuring that it continues to be practiced as it was so generously passed on to us by Grand Master Ueshiro.

Respectfully submitted,

Sensei Lisa Markowitz, Shichi-Dan
Shihan, Ueshiro NoVA Karate Dojo



BOSTON CHINATOWN UESHIRO SHORIN-RYU KARATE CLUB

Sensei Emiliano Mazlen, Shihan, Go-Dan

Boston, MA

Onegai-shimasu Hanshi, Kyoshi, Sensei, Shihan and fellow Karateka and Deshi,

We are moving forward and continuing to train. We are very happy to have restarted classes in person in the Fall at the Wang YMCA of Chinatown, 8 Oak Street West, Boston MA. Classes have started on Tuesday nights, and we hope to add another weekly in-person class. The YMCA is near downtown Boston. We are honored when visitors train with us. If you may be able to do so, please let me know.

Domo arigato gozaimasu to Hanshi for leading us down the Path that Grandmaster Ueshiro laid out for us.

We look forward to progressing along the path as we . . .

Keep Training.

Domo arigato gozaimasu to all,
Sensei Emiliano Mazlen
857-234-7350 (c)
emazlen@hotmail.com



UESHIRO NEW ROCHELLE KARATE DOJO

Sensei Tzvi Bar-Shai, Shihan, Go-Dan

New Rochelle, NY

Onegai-shimasu Hanshi, Kyoshi, Shihan and Deshi of USRKUSA:

Sensei Tzvi Bar-Shai, Shihan of Ueshiro Shorin Ryu Karate New Rochelle, flew down and participated with other deshi and sensei from around the country and even overseas with “Joy and Vigor” in the events of the February 2024 Florida Workout. After review by Kyoshi David Seeger back in Ueshiro Pine Forest Karate School, Sensei Tzvi Bar-Shai was awarded the rank of Go-Dan and given his Certificate by Hanshi.



On Monday, February 29th, Ueshiro Shorin-Ryu Karate New Rochelle conducted a combined tip and belt test. We were honored and grateful to have had the participation of both Kyoshi Mackay and Kyoshi Raymond in addition to four other Black Belts: Senseis Ballin, Glassberg and Markiets and Sempai David Calligeros.

Both Kyoshi Mackay and Kyoshi Raymond took leads in different parts of the pre-test events beginning with a formal bow-in, then warm-ups and various kihon. The group, both dan and kyu ranks, went on to do numerous repetitions of katas.

Additional sugar was received when the deshi testing were brought up to do hand held breaks which takes more effort and trust. All deshi broke cleanly.

The formal test was administered by Kyoshi Mackay with the board of judges consisting of Senseis Ballin, Glassberg and Markiets and Sempai Calligeros. Also on the board of judges was Sensei Bar-Shai, Shihan of the Ueshiro Shorin Ryu Karate of New Rochelle

The following candidates were reviewed for advancement:

Erica Rosado - promoted to Go-kyu
Stephen Winters - promoted to San-kyu
Christian Lopez - promoted to Ni-kyu
Moises Antonio - promoted to Ni-kyu

Before awarding the testing candidates their certificates and tips and belts, Sensei Bar-Shai spoke about the meaning of Karate-Do and how it is a way of life and not just a martial art. How an example of Karate-do is the fact that these high-ranking black belts came to participate and support them on this important step on their path in karate.



Domo arigato to Hanshi Robert Scaglione for his leadership, dedication, and example.

Domo arigato to Kyoshi Seeger for his dedication to us and our dojo. For setting the bar high and making us work hard to learn the art of Master Ueshiro.

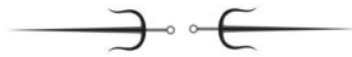
Classes continue on a regular basis on Mondays and Wednesdays at 6:30 pm and a special children's class at 4:30 on Fridays.

The Ueshiro Shorin Ryu Karate Dojo is located in the Knockout Boxing Gym at 236 North Ave New Rochelle 10801 and has a dedicated dojo space.

All members of Ueshiro Shorin Ryu Karate USA of any rank are welcome.

Domo arigato gozaimasu,

Sensei Tzvi Bar-Shai, Shihan
Ueshiro Shorin-Ryu Karate New Rochelle



EASTON CONNECTICUT UESHIRO SHORIN-RYU KARATE CLUB

Sensei Adam Dunsby, Shihan, Yon-Dan

Easton, CT

News

Onegai shimasu Hanshi, Kyoshi, Sensei and all USRKUSA Deshi,

We continue to train with joy and vigor! We are grateful for the sugar we have received from Hanshi and the Kyoshi at all our wonderful events including Daytona, Cocoa Beach, and New York City!



Class schedule:

Tuesday 5:30 PM – 6:45 PM

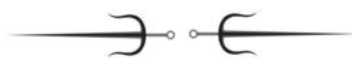
Sunday 8:15 AM – 9:30 AM

Closing

Domo arigato gozaimasu,

Sensei Adam Dunsby,

Easton Connecticut Ueshiro Shorin-Ryu Karate Club



UESHIRO BAY RIDGE KARATE DOJO

Sensei Robert Neff, Shihan, Yon-Dan

Brooklyn, NY

Onegai shimasu Hanshi, Kyoshi, Sensei & fellow Deshi,

On October 8 th , 2023, the Women Warriors of USRKUSA visited Bay Ridge Brooklyn. Sensei Carla Eddy, Shihan of the Cape Canaveral Dojo, Sensei Jennifer Sangalang, Yon-Dan of the Suntree/Melbourne Dojo, Sensei Barb Schaefer, San-Dan and Sempai Tracie Pletcher, Ni-dan of State College Pennsylvania Dojo and Sempai Pam Lohr, Sho-dan, of the Viera Dojo came to Brooklyn with a huge amount of joy and vigor! They gave my students and I so much sugar. We all felt blessed to be part of their historic trip.

The class included traditional warm-up exercises, kihon, repetitions of Fukyugata Ichi, break out groups working kata with the various women Sensei and Sempai giving sugar and corrections, arm training, yaku-soku kumite and weapons demonstrations. We worked out in 3 distinct locations. This included the top of Owl's Head Park, my "COVID dojo." Challenging ourselves on a hill overlooking the Narrows and enjoying a picturesque pier with a view of Manhattan, One World Trade Center, and Lady Liberty. Class was followed by a compai and warming of local Brooklyn pizza and drinks. Students from the Bay Ridge Dojo that were part of this amazing class included:

Ethan Neff
Misha Ratner
Jeff Ratner
Nasar Abdurrahman
Eve Craw
Devon Craw
Ariel Migirov
Bogdan Vasilenko

I will be heading back to Birch Rock Camp this summer to instruct young men and boys USRKUSA. USRKUSA will be an activity choice again this summer at camp. Campers will be able to earn a karate badge based on their dedication and skill in karate during the summer. The Birch Rock Camp library now has a copy of The Shorin-

Ryu Okinawan Karate Question & Answer Book and Karate of Okinawa: Building Warrior Spirit by Hanshi Robert Scaglione & William Cummings for campers to refer to and read for pleasure.

The new floor at BRJC is almost complete. We have postponed our February tests until the floor is complete. We look forward to our upcoming promotions and learning our new kata while of course polishing all the kata we have been working on. We look forward to training with everyone soon. Moving forward as always!

Domo arigato gozaimasu, Hanshi,
Sensei Neff, Shihan, Yon-Dan
Ueshiro Bay Ridge Dojo



UESHIRO MERRITT ISLAND KARATE DOJO

*Sensei Trevor Tezel, Shihan, Yon-Dan
Merritt Island, FL*



Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

The Ueshiro Merritt Island Karate Dojo welcomed some new students at the beginning of 2024, and continues to train with great “joy and vigor” into the Year of the Dragon with all its accompanying auspiciousness. We are open 24/7 (with key card access). If you’re in the area, come to one of our regularly-scheduled classes, or contact me at 321-806-9164 so that we can train. Domo arigato, Hanshi!

Rank Promotions

December 20, 2023 – Green Tip Test



On Wednesday, December 20, 2023, the Merritt Island Dojo conducted a green tip test, and Sempai David Carr was promoted to Ro-kyu! Great spirit was shown by Sempai Zander Ramirez (Yellow Belt) in demonstrating the test.

January 20, 2024 – Sho Dan Test



On Saturday, January 20, 2024, following the regularly-scheduled class at the Ueshiro Shorin-Ryu Viera Karate Dojo, Hanshi Scaglione presided over a black belt test and promotion. Congratulations to Sempai Tracy Ridout (Ueshiro Merritt Island Karate Dojo) for receiving the rank of Sho Dan (1st degree black belt)! Sempai Ridout successfully demonstrated all Fukyugata, Pinan, and Naihanchi kata, as well as Ananku and Sakugawa Bo Kata.

Ms. Ridout began her Karate training in 2014 and attained the rank of Ik-Kyu in February 2020.

Domo arigato, Hanshi, for continuing to push us toward developing our maximum potential in

body, mind, and spirit.

February 26, 2024 – Merritt Island Kyu Rank Test



On Monday, February 26, 2024, the Ueshiro Merritt Island Karate Dojo held a kyu-rank test. The following students received new ranks:

Promoted to one green stripe:

- Selene Parrish
- Emma Williams

Promoted to Ro-kyu:

- Zuzu Sorenson
- Michael Sorenson
- Randy Hancock

Promoted to Go-kyu:

- David Carr

Promoted to Yon-kyu:

- Zander Ramirez

Promoted to San-kyu:
– Ezra Ramirez

All participants showed great spirit and “joy and vigor” in performing their kata for the Board of Judges. Special shout-out to young Sempai Zuzu who showed bravery in (successfully!) attempting a break.

We dedicated this promotion to the memory of Grand Master Ansei Ueshiro. Domo arigato, Hanshi, for empowering each of us to strive for our maximum potential in the art of karate-do.

Events

September 11, 2023 – 9/11 Commemoration Workout



On September 11, 2023, in commemoration of the lives lost 22 years ago to the day, the Florida dojo of Ueshiro Shorin-Ryu Karate USA conducted a special workout under the supervision of Hanshi Scaglione at the Merritt Island Dojo. The workout coincided with the monthly Ik-kyu class. Hanshi shared with attendees Grand Master Ansei Ueshiro’s close personal connection with the City of New York and the importance of his obtaining American citizenship (“the happiest day of his life”).

November 15, 2023 – Guest Instructor: Kyoshi Sal Scaglione, Hachi Dan



Kyoshi Sal Scaglione, Hachi-Dan, guest-instructed the regularly-scheduled 6pm class at the Ueshiro Merritt Island Karate Dojo. Students from the other Florida-area dojos participated in this special class. Among Kyoshi Sal's points of emphasis were keeping the chudan-uke tight to the body and exhorting the Deshi to incorporate the principles from Chapter 6 of Master Nagamine's, *Essence of Okinawan Karate-Do*, into their yakusoku-kumite training. Even our newest deshi, Sebastian Scaglione, Shichi-Kyu, took part in the training!

Other Annual Events

November 24, 2023 – Annual Black Friday beach workout



December 9, 2023 – Annual Kanpai celebration



Annual Florida Karate Weekend

February 2, 2024 – Kyoshi Reymond Morning Class



Over 25 Ueshiro Shorin-Ryu karate students representing schools spread throughout the country descended on our humble dojo in Merritt Island on Friday, February 2, 2024 for Kyoshi Reymond's 6:00am class.

Kyoshi was very generous with his corrections. After the workout, the group moved to the

outside deck where we broke into groups to work our respective weapons under the watchful eye of the large herons in the pine trees across the canal.

February 5, 2024 – Question and Answer Session



Monday marked the capstone of an exciting weekend of high-level Karate training.

The most discussed technical question was regarding the gedan shotei-uke, or lower palm-heel block, combined with a jodan shuto-uke, or upper knife-hand block move executed from ippon-ashi-dachi, or one-legged stance in kata Rohai (aka the “universal block”).

Hanshi shared multiple anecdotes from his time as an officer with the New York City Police Department, and his experience in traveling to Okinawa, as well as visiting the Shaolin Temple and the nearby cave where Bodhidharma meditated. Also, the discussion touched on the metaphysical, a significant theme of the weekend’s events. Hanshi and Kyoshi Seeger shared this in the context of Grand Master Ansei Ueshiro and his mystical ability to get a student back on his feet or to heal an injury in a seemingly effortless way.

Domo arigato, Hanshi, Kyoshi for the great session and an incredible weekend of events.

Closing

The Ueshiro Merritt Island Karate Dojo class schedule is: Monday - 6pm (Sensei Trevor); Wednesday - 6:30am (Sensei Trevor), 6pm (Sensei Kurt Tezel); Friday - 6:30am (Sensei K. Tezel). Additionally, the Merritt Island Dojo hosts the monthly Ik-kyu class (first Monday at 7pm - Sensei Trevor) and black belt class (fourth Thursday at 6:30pm - Hanshi Scaglione).

We encourage you to check out our website at mikarate.com. It was recently updated and is where we post photos/write-ups of recent events. You can also visit our Facebook page at (facebook.com, search for “Merritt Island Karate”) and the Merritt Island webpage on the Florida Dojo website at ueshirofloridakarate.com/merritt-island.html.

Domo arigato, Hanshi, for your guidance and example of karate-do for the Florida schools of the USRKUSA organization.

Domo Arigato Gozaimasu,

Sensei Trevor Tezel, Yon Dan
Shihan, Ueshiro Merritt Island Karate Dojo



UESHIRO CAPE CANAVERAL DOJO

*Sensei Carla Eddy, Shihan, Yon-Dan
Cape Canaveral, FL*

September began with a bang when the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo was thrown a curve ball resulting in a postponement of our planned Aug. 30 promotion. The arrival of Hurricane Idalia making landfall in Florida on the day of our scheduled promotion. So finally, after the hurricane passes and a gym closure for the Labor Day holiday, the Cape Canaveral Ueshiro Shorin-Ryu Karate Dojo conducted our rescheduled “bimonthly” tip promotion a full week later and on September 6th, 2023.



In between all the madness of life, the women of the Florida system took timeout of our schedule to enjoy an evening and relax with a movie night screening of Bruce in “Enter the Dragon”.



Merely a few days later, the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo began with a series of trips to see other fellow Deshi, Dojo and other schools around the country beginning on September 9th.

Sempai Pamela Lohr (Sho-Dan, Viera) traveled to New York City for the annual 911 Memorial training with Kyoshi Mackay and 24 fellow Deshi in beautiful Central Park. The workout was dedicated to those who went before us on that horrific day 22 years ago. As the class began, so did the torrential rains which prompted the class to adjourn to the shelter of a nearby tunnel under the entrance to Central Park. The 24 Deshi proceeded to train for over two hours in conditions reminiscent of the caves in Okinawa. Finally, we convened north of the Imagine Circle for a photo.



Next month, on a Thursday evening (10/5) Pam and I traveled Pennsylvania to visit the Ueshiro Okinawan Karate Family Dojo for a full class including warmups, kata and yakusoko kumite. Thank you, Kyoshi Matt

Kaplan's (Hachi-Dan, center below) and fellow Sensei/Sempai who made the effort to join us, for the warm reception we received.



Bright and early the next morning, Friday (10/6), accompanied by Sensei Barb Schaefer (San-Dan) and Sensei Tracie Pletcher (San-Dan), we traveled from Pennsylvania through NYC on our pilgrimage to northeastern USRKUSA dojo.

Denshi Shihan Sensei Gobillot's (Shichi-Dan; center below) Northampton (MA) Ueshiro Karate Dojo is a gorgeous facility, complete with a *torii* gate, heavy bag, *kami*, and a large pot with beans for use in strengthening *yubi* (finger) techniques. Following our workout, we enjoyed *kampai* over a hibachi dinner at Osaka's.



The next morning, early Saturday (10/7), we drove through Connecticut's rain and morning mist, to find Sensei Adam Dunsby (Yon-Dan; third from the left below) and his colleagues working *bo* outside. His barn-based Easton CT Ueshiro Shorin-Ryu Karate Club (originally the Maple Gate Farm) had several historic pieces from the original Lexington Avenue dojo in New York City including the black and yellow logo and *makiwara*.



Next, we continued southwest to Nyack NY, and joined Denshi Shihan Preston Powell (Roku-Dan; center below) at his To-Te Ueshiro Karate Dojo. At this workout we were inspired to learn about integrating traditional *hojo undo* (weight-based exercises) within workouts. We were delighted to have Sensei Jennifer Sangalang (San-Dan; from the Melbourne/Suntree Dojo) join our travel crew at this point.



After training at To-Te Dojo, we were treated to a light buffet provided by Sempai Sharona Levine (Sho-Dan) and Sempai Diana Kang (San-Kyu). A seminar on applications of techniques and a subsequent workout focusing on effective defensive applications built into each kata with Kyoshi David Seeger, Ku-Dan (center below) at the Ueshiro Pine Forest Karate School in Palisades, NY followed (all on October 7th). We then re-joined Sensei Powell's dojo at their barbeque *kampai* gathering at Sempai David Calligeros' lovely home along the Hudson and got to know some of the other *deshi* in the area.



Then Sunday (10/8) we were at Owl's Head Park in Brooklyn, NY with Shihan Robert Neff, Yon-Dan (Seiza center below), and deshi of his Ueshiro Bay Ridge Karate Dojo. We worked out in this open-space location where they practiced throughout the COVID lockdown years, as well as the pier next to the Brooklyn 9/11 Memorial. There we took a moment to appreciate the amazing views of the Statue of Liberty, Manhattan, Staten Island and the Verrazano-Narrows bridge.



Sensei Eddy, Pletcher, and Sempai Lohr, were joined by Sensei Luz De Lucia (Yon-Dan) and Shihan Anna Sweeney (Ni-Dan, Shihan of the newest USRKUSA Crown Heights Ueshiro Karate Dojo in Brooklyn) to traversed into Manhattan together to Kyoshi Kevin Reymond's (Hachi-Dan, center below) Ueshiro Downtown Shorin Ryu Karate Dojo for our final workout (also on October 8th). The evening's focus was on working legs with squats and *keri*, as well as fine-tuning our highest *katas*. Kyoshi Reymond

emphasized the use of *mushin*, an empty mind, to help make each technique stand alone as a finish-the-fight technique.



On October 25th, the Cape Canaveral Ueshiro Shorin-Ryu Karate Dojo conducted our “bimonthly” tip promotion. The big “spirit” of Melisa Gonzalez, our newest Ro-Kyu pictured below (also behind Kyoshi MacKay on pg 8 of the group photo), was the first to arrive and one of the last to leave the Thursday night workout in Melbourne during the February 1st.



Merely a couple days later, we enjoy the training and comradery and training with our fellow dojo worldwide participating in the Daytona Beach Black Belt Weekend, October 27th thru the 29th.



My personal favorite portion of the amazing BB weekend was the focus on our weapons training.



Next, on Wednesday, November 15, 2023, with Kyoshi Sal Scaglione, Hachi-Dan, we attend a guest-instructed 6pm class at the Ueshiro Merritt Island Karate Dojo, where students from all the other Florida-area dojos participated in this special class.



While most student (all) disappeared from the deck during the holidays due to prior commitments, the Cape Canaveral Ueshiro Karate Dojo kept up our training both on and off the deck, to even including a 5k run fundraiser for the Police Athletic League (PAL).



Thursday, Feb. 1, Ueshiro Shorin-Ryu Karate USA kicked off its annual Karate Weekend. With inspiration focused on getting low, mushin and deciding whether we are practicing karate for self-defense or for ourselves and our health. Something to ponder throughout your karate journey.



During this weekend event, students gathered at the Avenue Viera fountain to break bread and socialize, while Hanshi shared many war stories. Later in the evening, Women of Shorin Ryu got up and performed Pinan Shodan with true focus and warrior spirit, oblivious to the astonished non-USRKUSA spectators.



After the amazing weekend of training with much joy and vigor, Sensei Youjian Nistorenko (San-Dan and Chief Instructor of the Cape Canaveral Karate Dojo) and myself (Shihan) eagerly went back to share the wonderful sugar (knowledge) we gained from the Ueshiro Shorin-Ryu Karate USA annual Karate

Weekend. Now back in the dojo, on Saturday, February 26, 2024, the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo conducted a combined tip and full belt promotion.

Also, pictures below is Mike Yother performing a successful break, after obtaining his Yon-Kyu rank at the full belt promotion on February 26, 2024.



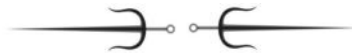
On the final eve of our February training, before going our separate ways, a group of us gathered to perform Naihanchi Kata on the rail of the boardwalk to our familiar and beloved Lori Wilson beach.



As a reminder, classes at the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo are held on Monday and Wednesday of the week at 6 PM, at the Cape Canaveral Community Center at 7920 Orange Avenue, Cape Canaveral, Florida 32920, only a few blocks from the beach, so please come visit anytime if you are in the area.

Domo Arigato Gozaimasu,

Sensei Carla Arevalos-Eddy,
Shihan, Yon-dan,
Cape Canaveral Ueshiro Shorin Ryu Karate Dojo



UESHIRO SUNTREE/MELBOURNE SHORIN-RYU KARATE DOJO

*Sensei Matt Reed, Denshi Shihan, Yon-Dan
Melbourne, FL*



News

Karate Weekend in February was epic. Suntree Dojo kicked it off with a vigorous workout led by Kyoshi David Seeger, Ku-Dan and Shihan of Ueshiro Pine Forest School in Palisades, New York, and overseen by Hanshi Robert Scaglione, Ju-Dan and Shihan of Ueshiro Viera Karate Dojo.



Specifically, Kyoshi Seeger highlighted Yakosoku Kumite with Sensei Matt Reed, Yon-Dan and Denshi-Shihan of Suntime, and Sensei Trevor Tezel, Yon-Dan and Shihan of Ueshiro Merritt Island Karate Dojo. As discussed in Chapter 6 of Master Shoshin Nagamine's book, "The Essence of Okinawan Karate-Do," you hold your training partner's life in your hands when you perform pre-arranged fighting. To make your karate exponentially better, understand Yakosoku and really work it.

Domo arigato, Kyoshi Seeger, for focusing a big part of Karate Weekend on Yakosoku Kumite.

Rank Promotions

Suntime Dojo and Ueshiro West Melbourne Karate Dojo held a combined belt test on Feb. 28.

Sensei Rick Cupoli, Yon-Dan and Shihan of West Melbourne, is a master at motivating his young students. As he put it, "Be prepared to present your very best performance. Blow us away!"

This year, we welcomed Hanshi Robert Scaglione. He made observations and recognized some outstanding students. With Sensei Cupoli as his training partner, he demonstrated the proper way to block the strikes in Yakosoku Kumite. We're not going to lie: Hanshi blew us away.

Congratulations to the students who earned their next rank:

- Sempai Bilal Fieldhouse to Go-Kyu, West Melbourne (child)
- Sempai Camellia Westwell to Ro-Kyu, Viera
- Sempai James Robinson to Yon-Kyu, Suntree (child)
- Sempai Eli Rosa to Yon-Kyu, West Melbourne (child)
- Sempai Adam Voisard to Yon-Kyu, West Melbourne (child)
- Sempai Sofia Voisard to Yon-Kyu, West Melbourne (child)
- Sempai Humza Fieldhouse to Yon-Kyu, West Melbourne (child)
- Sempai Jenny Buckley to Yon-Kyu, Suntree
- Sempai Eric Tillman to San-Kyu, West Melbourne
- Sempai Merlyn McDonald to Ik-Kyu, West Melbourne



Closing

Suntree classes are from noon to 1:30 p.m. Sundays and 7 to 8:15 p.m. Wednesdays at Wickham Park Community Center, 2815 Leisure Way, Melbourne.

We offer weapons training with the Kama, nunchucks, Sai and Bo.

To further our karate journey, Hanshi recommends we balance physical training with metaphysical study. You have the books, read them, discuss what you learned with your Sensei and pass it on.

Other ways to amp up your training:

- Visit other Dojo. Often.
- Participate in a Zoom class.
- Read, reread and discuss Kyoshi Kevin Raymond's weekly Keep Training bulletins.
- Attend Karate Book Club and the Karate Q&A Zoom events with Hanshi and the Kyoshi.
- Attend class. If you think you can't, don't. Just do. Just try. Just show up.

Domo arigato, Hanshi, for your corrections and constant encouragement for perfect form!

Respectfully submitted,

Sensei Jennifer Sangalang, San-Dan
Executive Secretary to the CEO
www.instagram.com/ueshirofloridakarate

Sensei Matt Reed, Denshi-Shihan, Yon-Dan, Ueshiro Suntree/Melbourne Karate Dojo
321-213-3124 or rpd197@yahoo.com
www.ueshirofloridakarate.com



UESHIRO WEST MELBOURNE SHORIN-RYU KARATE DOJO

Sensei Rick Cupoli, Shihan, San-Dan

West Melbourne, FL

News

The spring of 2024 finds the Ueshiro West Melbourne Dojo running strong. I and Sempai Miranda Aiken (Ni Dan) have been fulfilling the USRKUSA mission for 13 years. Just prior to the New Year we experienced a surge of new students. Sadly, some disappeared, but some hard core students stayed and have been making their mark.



On Feb 28th we held our full belt promotion and it turned out to be a memorable event. Much transpired that was not shared in the promotion announcement. This is the rest of the story.

Rank Promotions

Leading up to this event we had four potential candidates for junior green belt. One candidate, Humza Fieldhouse, had attempted green belt at our August 2023 test and was awarded a yellow belt instead. He was disappointed but his parents pushed him to keep going and not to quit because something did not go his way. Sophia and Adam Voisard, siblings, in my view possessed the capability to earn green but their training was lacking that winning spirit; tanden. The forth, Eli Rosa, entered the dojo from day one fully committed. He does not say much, but he listens and takes correction. He often comes to class a little early. During that time I will share some pointers with him and before too long he is executing the corrections with confidence.

As we approached the test date, I was confident in Eli. Sophia and Adam I was planning to put up for yellow belt and hoping they would be pushed up to green by demonstrating at the green level; but I was not certain. As for Humza, though I know he had what it took, I was not expecting a stellar green belt demonstration. But, as we trained for the upcoming test we kept on pushing them to step first, perform with power and win the battle. About one week before the test date magic happened. My three questionable candidates were crushing it; stepping first, getting low and throwing their moves with power. I did not know where these kids came from. They were completely different students. I was now faced with a

question: Do I put the siblings up for yellow and then promote them to green based their performance, or do I just put them on the spot for green. At our final class before the test all of them were crushing it! Eli was consistently at the top of his game; Sophia, Adam and Humza were now blowing me a way. I was in awe of all of them. It was beautiful to watch. That evening when I got home I contacted Sensei Matt Reed who was keeping the testing roster and put the siblings up for green belt. I had no choice.



On the evening of the test I was hoping they would deliver as they did in class. I must admit I was still a little nervous. During our formal training before the test, my four little superstars caught the attention of Hanshi. When the judges conferred just prior to the formal testing Hanshi asked about the four West Melbourne kids and what they are testing for. I affirmed that they were testing for green and Hanshi concurred with approval.

Our four green belt candidates did not disappoint. They performed their kata with speed, power, competence and confidence. I was asking myself, did they really

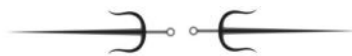
learn this from me and Sempai Miranda. The answer is yes, I and Sempai Miranda did teach them, but we could not perform for them. Their performance was all theirs and we were all so proud.

There is another child promotion that must be mentioned. Bilal Fieldhouse, the younger brother of Humza, six years old, told me that he wanted to test for his first green tip. Bilal had been training with us for about a year. My challenge to him was that he had to have his first kata memorized and perform all the proper moves of the kata. At the end of each class he would have me watch his kata and at some point in the kata he would get lost. With encouragement I stressed to him he had to know the kata. I also encouraged him to practice at home with his brother. This continued until the week before the test when Bilal was finally able to perform the kata correctly on his own. When he tested he performed even better than in his training before the test. We are proud to promote Bilal to Ro Kyu. He demonstrated to himself that if he is determined he can accomplish what he sets his mind to. I affirmed in myself that it is good to maintain a high expectation and stick to it.

In addition to the promotion of these students we promoted adult karateka Merlyn McDonald to Ik Kyu and Eric Tillman to San Kyu; both demonstrating that age is not a factor to successfully practice karate. Sempai Merlyn did not pass her first Ik Kyu test attempt but she did not let that defeat her. She continued to train and has now defeated the test. Sempai Eric Tillman is a heart transplant recipient. He has the heartbeat of a lion and inspires all of us immensely. These promotions are well deserved.

Closing

At the beginning of each class we utter: Onegai Shimasu. The instructor and students say to each other, "Please teach me." It is in the experiences like what I just shared where this statement is revealed as more than just recital of words; a ritual. We say it so often that over time it loses its zest. But, then, when you least expect it, in situations just like this we discover it has been lurking in the metaphysics of our training as an intangible reality that is invisibly and transparently impacting everyone in the class. Whether we recognize it or not, we are indeed equally learning from each other.



UESHIRO SHORIN RYU LONG ISLAND KARATE DOJO

Sensei Kim Garon, Shihan, San-Dan

Massapequa Park, NY

Onegai-shimasu Hanshi, Kyoshi, Sensei and Deshi of USRKUSA:

The Ueshiro Shorin-Ryu Long Island Karate Dojo finished up the Year of the Rabbit with a consistent group of students ranging in age from 7 to 60.

A tip test was conducted late in the fall and we proudly promoted the following students to the rank of Ro-Kyu:

Jay Wiggins

Ripley Lembo

Kaysen Gonzalez

Lukas Gonzalez



The Long Island Dojo participated in the Ueshiro Midtown Karate Dojo's annual Central Park Work Out in honor of those who lost their lives in the 9/11 tragedy.



A year-end traditional work out and kanpai was enjoyed on Thursday, December 21st. All deshi shared thoughts on karate and life.



I had the unique opportunity of teaching karate to larger amounts of newcomers by offering multi-week workshops at local libraries in the hopes of acquiring new students and extending the line.

I started with my local library in Lindenhurst, and recently I completed 3 weeks at the Brentwood Public Library where the participants ranged in age from 18 to 91 years old! I have been asked to return in the fall.



The Annual Cocoa Beach black belt weekend in February offered many training opportunities and I am honored to continually lead the women's only class.



The Long Island Karate Dojo held a tip test on February 15 and was pleased to promote Mariah Fonseca to the rank of Ro-Kyu (one green tip) and Jay Wiggins to Go-Kyu (two green tips).

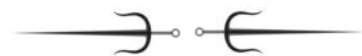


We look forward to the Year of the Dragon, continuing our training and acquiring new students so that we may all learn and grow together.

Domo arigato to Master Ansei Ueshiro and Hanshi Robert Scaglione for sharing this art and their lives with us!

Domo arigato gozaimasu,

Sensei Kim Garon, Shihan, San-Dan
Ueshiro Shorin-Ryu Long Island Karate Dojo



Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota

*Sensei Steve Hatle, Shihan, San-Dan
Northfield, MN*



February rank promotion

News

As the Ueshiro Northfield dojo enters its 16th year, we continue to thrive with a core of dedicated deshi, while regularly welcoming new students through the Carleton Karate Club and the Northfield Community dojo. The Community dojo continues to meet three times a week, and the Carleton dojo has come up from two classes to three, with an added class on Mondays. We are excited to celebrate the return of our joint Saturday meetings, Carleton together with the Community deshi, in Carleton's wonderful Cowling Gymnasium.

Rank Promotions



We have held three promotions since the last newsletter, resulting in the promotion of twenty deshi. In our extremely-late-August promotion, we welcomed back dedicated Carleton karatekas with a full-belt promotion event, and in the same week, the Community dojo welcomed three new Ni-Kyu. In our December tip test, we honored the hard work of our newest students in the Community dojo. And in our February full-belt promotion event, the Community and Carleton dojos gathered together to promote eleven deshi to new ranks.



December tip-test

Ro-Kyu (One Green Tip)

Mia Kakitani-Sanford (youth)

Asuka Kakitani

Reo Pratt

Go-Kyu (Two Green tips)

Malcolm Parnall

Zoe Kortez

Josh Lecuyer

Marcus Ho

Yusef Ismail

Yon-Kyu (Green Belt)

Aaron Bronstone

Jonathan Nguyen

Ryan Son

Anthony Chou

Andrew Chou

Isaac Marroquin (youth)

Sam Marroquin (youth)

San-Kyu (Brown Tips)

Addysen Moreno (youth)

Caitlin Sommer (youth)

Ni-Kyu (Brown Belt)

Oscar Huyck (youth)

Izabella Lawrence

Cailin Huyck Orr



February full-belt promotion

Events

The Minnesota dojo sent groups to both the October Black Belt event in Daytona Beach, and to the February gathering in Cocoa Beach. We continue to harvest the sugar offered by Hanshi, the Kyoshi, and others who gathered from across the world to reconnect and share our love of Ueshiro Shorin Ryu Karate. Toward the end of 2023, Sempai Sylvester Huyck (Junior Sho-Dan) conducted a Fukyugata-San Katathon class, performing 50 kata in just over an hour.

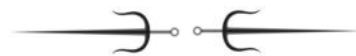


Closing

The Ueshiro Northfield Dojo continues to enjoy exploring our strong traditions in new spaces, including Sempai Guy Lawrence's (Ni-Dan) new home dojo on his farm at the edge of town. We celebrate the versatility and adaptability of our Shorin Ryu Karate, as we practice it in our dojos, in our homes, on the grass, in the sand, and everywhere we find a moment to contemplate an idea, step first into a new practice, and we can always remember to "get lower!"

Domo arigato gozaimasu to Hanshi, Kyoshi, Sensei, and all of our fellow deshi who constantly put in the work to make our traditions stronger in our ever-changing world!

Respectfully compiled and submitted by David Huyck, Sho-Dan



Ueshiro Shorin-Ryu Beaverton Karate Club

*Sense Sean M. Paus, Shihan, Yon-Dan
Beaverton, OR*

News

Onegaishimasu Hanshi, Kyoshi, Sensei, and Deshi of Ueshiro Shorin-Ryu Karate USA!

In our last newsletter, I mentioned that we had been steadily growing, and were offering an Intermediate/Advanced level course through the Conestoga Recreation and Aquatic Center. On September 14th, 2023 we held our first such class. At that time, we had a total of three students at the rank of Yellow Belt, and have grown to five this season. I am preparing to promote three more students to the rank of Yellow Belt, and hope to have all eight training with me this coming Spring season.

Since we are continuing our steady growth, the rec center has offered the use of one of their larger rooms. Our current room can accommodate about 12 students comfortably, and this new room will be much bigger. I look forward to filling it in the not too distant future!

We currently offer classes for ages eight and up, but I have had very few students over the age of 12. I've opened up a class for ages 13 and higher, but we have not had enough students sign up. I'm looking for ways we can get the word out, and make that class more attractive to older students, including raising the age minimum for those classes to 18.

Rank Promotions

In the Fall season, we held testing on December 19th and 21st for students in our Beginning Karate classes. We had the following promotions:

Promoted to the rank of Ro-Kyu

- Angel Lal
- Austin Brown
- Laylie Israel
- Tyler Anderson
- Nicholas Karcher
- Sofia Zuniga

- Orion Atkins
- Jacob Ceccarelli
- Angel Lewczuk
- Amitvikram Sircar
- Ander Barron
- Danya Saleh
- Eddie Harn

Promoted to the rank of Go-Kyu

- Kai Fujimori
- Kiana Alavichee
- Benjamin Brewster
- Ruby Weyeneth

Promoted to the rank of Yellow Belt

- Nishitha Tumati
- Alexandra Quinn

We are getting ready to hold our Winter season promotions on March 19th and 21st, where I am happy to announce we will have promoted our first Yon-Kyu!

Events

Our Spring season starts April 2nd, and we have several students returning for both Beginning and Intermediate karate.

Domo arigato gozaimasu,
Sensei Sean Paus,
Shihan, Yon-dan
Ueshiro Shorin-Ryu Beaverton Karate Club

THE ALBANY UESHIRO SHORIN RYU KARATE DOJO

Sempai Keith Chan, Shihan, Ni-Dan

Albany, NY

San-kyu

Andriana Prifti

Ik-kyu

Justin Giambruno

Jessie Rosenthal

Sho-dan

Caroline Margolies

Ni-dan/Shihan

Keith Chan

Contact:

Greystar999@gmail.com

617-818-7255

Location:

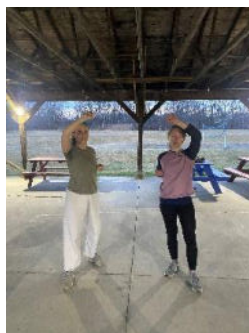
13 Bancroft St

Albany, NY 12208



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

The Albany Ueshiro Shorin-Ryu Karate Club continues training in New York's Capital District as we prepare for the spring season inspired by the joy and vigor of kata. Shihan Sempai Chan (Nidan) attended the Annual Black Belt event in November and did his best to pass on the wisdom shared from Hanshi, the Kyoshi, Sensei and Sempai of the system. We would look forward to the opportunity to train with everyone again soon! Domo arigato to Hanshi, the Kyoshi, Sensei, Sempai and Deshi.



If you are in the area, please join us for training at the Albany Ueshiro Shorin-Ryu karate club every Tuesday and Thursday, 6:30pm to 7:30 pm.



UESHIRO CROWN HEIGHTS DOJO

Sempai Anna Sweeney, Shihan, Ni-Dan

Crown Heights, NY

The Crown Heights Ueshiro Karate Dojo officially opened its doors in September 2023 and is slowly but surely gaining momentum. After our first Green Tip test we now boast two Yon-kyu, one Go-kyu and two white belts. Classes are offered four times per week and all are welcome to participate.



A special "Domo arigato gozaimasu!" to Hanshi Robert Scaglione for his enthusiastic support of this new venture. Thank you as well to Kyoshi Michael Mackay for serving as Kyoshi sponsor, Sensei Rob Neff for breaking ground in Brooklyn with the Bay Ridge Ueshiro Karate Dojo in 2017, and the many Deshi of USRKUSA who have supported us by participating in classes and referring new students. Our full class schedule is:

Saturday and Sunday: 10:00 - 11:00 AM

Wednesday and Thursday: 6:00 - 7:00 PM

Domo arigato gozaimasu!

Anna Sweeney, Ni-Dan

Shihan - Crown Heights Ueshiro Karate Dojo

CENTRAL FLORIDA UESHIRO SHORIN RYU

Sempai Justin Thompson, Shihan, Sho-dan

Maitland, FL

News

Our four core deshi remain strong in their dedication and attendance, and in January we added a new Shiro Obi (white belt) to our after-school karate program. We continue to hold two regular classes each week, plus an advanced class for Yon-Kyu and above. Additionally, we've held two special events on Saturdays, and all five deshi attended at least one of these two Saturday events. I'd like to congratulate Isaiah Smith (Yon Kyu) for eagerly participating in both.

Our first Saturday event was a katathon held on my 53rd birthday in which we performed 53 repetitions of kata. We focused on stepping first, good posture/alignment, and proper form with the first 30 repetitions at ½ speed & power, 20 more repetitions at ¾ speed & power, and the final three repetitions at full speed and power. Our newest deshi, still a Shiro Obi at the time, performed 53 repetitions of Fukyugata Ichi, while the rest of us mixed in all three of the fukyugata kata, dedicating the 53rd kata, Fukyugata San at full speed & power, to Grandmaster Ansei Ueshiro.

Our second Saturday event was an outdoor workout on the lawn of the school that serves as our host. Half of the workout focused on kata repetitions and making as many corrections to form and technique as possible. The other half of the workout focused on yakusoku kumite with many repetitions at half-speed as well as full speed and power, making sure we all made (controlled) arm contact. We also mixed in some three-point-arm training to keep us loose.

Our ongoing advanced classes continue to provide time for focusing on the Pinan katas, bunkai for all kata, and yakusoku kumite.



*Saturday Katathon
53 Kata Repetitions*

Rank Promotions

Our February promotions included a combined tip-test and full kyu-rank evaluations and was the first full-belt kyu rank test to be conducted at "home" – in our dojo (we visited Merritt Island for prior kyu rank promotions). We were honored to host three sensei from Brevard County dojo to serve on our board of judges: Sensei Carla Arevalos-Eddy (Yon-Dan, Shihan-Cape Canaveral Dojo), Sensei Youjian Nistorinko (San-Dan and Lead Instructor-Cape Canaveral Dojo), and Jennifer Sangalang (San-Dan, Ueshiro Suntree/Melbourne Karate Dojo, Executive Secretary to the CEO). I frequently tell our deshi, "If you want to be more, you have to do more," as a way to encourage continuous practice and effort both on and off the deck. The quote Kyoshi

Mackay recently shared in an email resonated with this thought, so I wrote it on the whiteboard in the classroom that serves as our training hall to further encourage them (and me), to do more, so that they can be more:

Do more than belong: participate.

Do more than care: help.

Do more than believe: practice.

Do more than be fair: be kind.

Do more than forgive: forget.

Do more than dream: work.

--William Arthur Ward (quoted by Kyoshi Mackay)



Dojo Picture in Front of "Do More..." Quote at Feb Promotions

Please join me in congratulating the following deshi on their new rank:

- Skyler Wilson, Ro-Kyu
- Cody Cowan, Yon-Kyu
- Isaiah Smith, Yon-Kyu
- Iain Engilis, San-Kyu

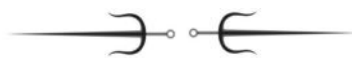
Closing

We are excited to announce the opening of a second location (about 5½ miles from the current location) that will be open to the public and we hope will ultimately serve as the main dojo for Central Florida with both adult and student deshi, and the after-school program supporting as a satellite training hall. We will be launching classes 5:30PM on Mon & Wed at the Casselberry Recreation Center in Secret Lake Park in the coming months. A “Grand Opening” announcement will be provided soon as the details are ironed out with the Rec. Center.

Domo Arigato Gozaimasu,
Sempai Justin Thompson, Shodan
Shihan | Central Florida Ueshiro Shorin Ryu Karate
O: +1.321.430.4258 | M: +1.407.902.9901
Justin@2xalt.com | karate.2Xalt.com



CFL Dojo February Promotions



Ueshiro Shorin-Ryu Nashville Family Karate Club

*Elizabeth Richardson, Shihan, Sho-Dan
Nashville, TN*

News

Onegai-shimasu!

Since the last newsletter, the construction at the church where we hold classes was completed, and our training space is now bigger than before. We are able once again to welcome new students, including children, to our club. We are growing again and excited for the future. We are especially looking forward to hosting the 2024 Black Belt Weekend in Nashville this November!



The Nashville black belts all enjoyed the February in Florida event!

Kata Wankan on the beach. (Photo by Sensei Margulis)

Rank Promotions

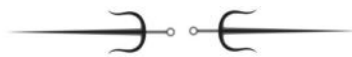
On Saturday, March 2, 2024, the Ueshiro Shorin-Ryu Nashville Family Karate Club held a belt promotion event. Congratulations to John Hutton, promoted to San-kyu. Board of Judges: Sempai Elizabeth Richardson, Sensei Chris Barnes, Sempai Chuck Richardson.



Closing

We would like to thank Cornerstone United Methodist Church for their generosity in hosting our karate club.
Domo Arigato to Sensei Chris Barnes, Shichi-Dan, for graciously offering his time and high level instruction to our club.

Domo Arigato to Hanshi for his ongoing leadership, guidance and encouragement!



UESHIRO BA'KFAR DOJO

*Sensei David Tamir, Denshi Shihan, Shichi-Dan
Kfar Saba, Israel*

News

Since October we have kept training at our dojo[s] in Israel, during a state of war on multiple fronts; Hamas from the Gaza strip (southwest border), Houthis from Yemen (southern border at Eilat), Hamas and Hezbollah from Lebanon (northern border), Palestinians from Judea & Samaria (east central border), and world-wide public opinion. Continued Karate training helps keep us sane, strengthens our warrior spirit, and maintains our resolve to continue living freely in our ancestral homeland between the Jordan River and the Mediterranean Sea.



Our Kfar-Saba Dojo is only a couple of miles from the east central border of Judea & Samaria (a.k.a., the “West Bank” of Jordan), where Hamas and other terrorist factions are active. My home community, of Neve-Yamin, is less than a mile away. In addition to leading our dojo through these dangerous times, I also serve in our community’s local defense force, which involves developing proficiency with a military issued rifle, tactical

training, wearing an identifying uniform to prevent self-inflicted casualties, guard duty in the face of a potential attack, and constant readiness to scramble to defensive positions around our community.

I want to take this opportunity to thank my two highest rank Sempai[s] in the dojo: Eyal Elnir (Nidan) and Meir Amarin (Ik-Kyu) for stepping up at times to lead our scheduled classes, when I have had to attend to my community's defensive duties. I also want to thank Sempai Ran Sheinman (Shodan) from Sensei Nir Zamir's Ueshiro Herzliya Dojo, who has stepped up to lead their dojo, while Sensei Zamir has been recovering from shoulder surgery. Moreover, Sempai Sheinman has led the Herzliya deshi in visits to our dojo and has hosted visits by us. Furthermore, I want to thank Sensei Shlomo Dadon for visiting us all the way from Eilat (5 hour drive) and supporting our February joint testing and promotion event.

I want to thank Kyoshi David Seeger, who has kept in close communication with us on a weekly and even daily basis at times; even while I was on night guard duty. His support, on behalf of Ueshiro SRKUSA, has been steadfast. I also want to thank several of our Ueshiro SRKUSA members in the US, who sent us most helpful monetary aid to purchase protective gear such as bullet proof vest, helmet, etc. Last but not least, I want to thank Hanshi Robert Scaglione, Sensei Kurt Tezel and His wife Trish, and various Ueshiro SRKUSA members for warmly hosting me during my recent visits. Being able to participate in the annual February karate training event in Florida, was uplifting and energizing. In closing, thank you to the large majority of the US population (over 80%), who stand with Israel.



Rank Promotions

On February 13th, thirteen (13) of our Israeli Karateka gathered for our February joint test and promotion event, conducted at our Kfar-Saba Country Club dojo location (see photo below). Sensei Shlomo Dadon drove

5 hours from Eilat to support this event. His presence and participation on the Board of Judges was much appreciated. Sensei Nir Zamir was unable to attend, as he is recovering from shoulder surgery.

Congratulations to the following promoted Ueshiro SRKUSA/Israel Deshi:

1. Yifat Almog Zeevi, promoted to Go-Kyu (Two Green Tips); from Ueshiro Herzliya Karate Dojo
2. Ben Bardugo, promoted to Go-Kyu (Two Green Tips); from Ueshiro Herzliya Karate Dojo
3. Shoshana Bialer, promoted to Yon-Kyu (Green Belt); from Ueshiro Herzliya Karate Dojo
4. Aliza Barzilay, promoted to Yon-Kyu (Green Belt); from Ueshiro Karate Dojo ba'Kfar
5. Motti Cohen, promoted to Yon-Kyu (Green Belt); from Ueshiro Karate Dojo ba'Kfar
6. Philip Vitkovsky, promoted to Yon-Kyu (Green Belt); from Ueshiro Herzliya Karate Dojo
7. Eduardo Tartacovsky, promoted to Ni-Kyu (Brown Belt); from Ueshiro Karate Dojo ba'Kfar



Events

On December 10th, Ueshiro SRKUSA in Israel conducted Green-Tip Testing. Sensei Nir Zamir, Denshi-Shihan of the Ueshiro Herzliya Karate Dojo, hosted this special joint event with visitors from Ueshiro Dojo ba'Kfar, led by Denshi-Shihan David Tamir. This was a unique event as it occurred during our Hanukkah celebration of light overcoming darkness, during a stressful period of war currently being fought at Israel.

Helping us celebrate this event, making it extra special, was Kyoshi Seeger's Ueshiro Pine Forest Dojo. We connected over zoom video web conferencing and recorded the event. Sempai Sharona, on behalf of the participating US Karateka, shared meaningful words in Hebrew, in a show of support for us in Israel.



We then lit Hanukkah candles in tandem over zoom at our respective dojo[s] on both ends of the world. Prior to the test performance, we turned the dojo lights off and trained in our Ueshiro Karate to the light of the Hanukkah candles, overcoming the dark; commemorating the workout to our hostages and soldiers currently fighting and those who have fallen to protect our freedom and right to live in our homeland, dating back thousands of years; as did the Jewish Maccabees in ancient times.

We concluded with a Compai and viewing of the 1989 DVD, while enjoying some traditional Hanukkah pastries, drinks, and fruit. Sensei Nir Zamir, who appeared in portions of this historic 1989 video, filmed during his days training at the NYC Lexington Ave Dojo, provided first hand commentary



Lighting Hanukkah candles in parallel over Zoom across the world – connecting Kyoshi Seeger with his karateka from the Ueshiro Pine Forrest Dojo in Palisades New York, with Sensei[s] Tamir & Zamir with their karateka at the Herzliya Dojo in Israel.



On December 16th, Tamir Sensei had the opportunity to visit Hanshi and participated in his Saturday morning Ueshiro Viera Dojo class. At the end of the workout, Sensei Tamir presented a special gift and letter of appreciation from his Israel-based Shihan, Sempai, and Deshi. The gift was planned for Hanshi's recent

October birthday, but was delayed due to the war in Israel. The gift was a pair of special Kama that are each collapsible into a small form factor, like large pocket knives stored in compact cases, which may be worn on one's belt. Sensei Tamir decorated the two Kama cases with tactical flags of the USA and Israel (i.e., red on black -- Hanshi's colors); in recognition of the special alliance between both our countries in Karate as well as military defense.



While visiting again in February, for the annual Florida Karate weekend, Sensei Tamir brought another such pair as a gift for Kyoshi Seeger. The Kama are the weapons of choice for both Hanshi Scaglione and Kyoshi Seeger. Our own Sempai Meri Amarin (Ik-Kyu) has selected the Kama as his weapon of choice as well. I am now teaching Sempai Amarin the Kama Kata, as demonstrated by Hanshi on the Kata Guide DVD.

On February 27th, we conducted a weapons introductory workshop for our deshi, especially our new Brown Belts. Our sister dojo, Ueshiro Herzliya Dojo hosted the workshop. As shown in the photos, I brought a

collection of my karate weapons from over the years. I described each of the weapon types we have, its original farm tool application, as well as its inherent characteristics as a weapon.



I showed some variations within each weapon type including a special “biblical” version of the Kama, as shown in the photo on the following page. Some of you may have heard of the story of Samson from the bible, who defeated about 1000 Philistine soldiers by using a donkey’s jawbone, split to two; one in each hand. The version shown in the photo below is similar, from a buffalo’s jawbone, made by Native Americans in Colorado. This connection of the bible story with a Kama-like weapon, is quite special for us in Israel, where Samson lived and died fighting for our freedom in our ancestral homeland. It is also a unique coincidence that the Philistines Samson fought, were originally from the Greek Island of Create, who settled in the Gaza strip area and fought many wars with Israel; including the famous David vs Goliath battle. It is important to note that today’s Palestinians are a different people from the Philistines of the bible. The history of wars in Israel, is a long and painful one. Nonetheless, we continue to move forward with Zen-Shin warrior spirit.



Closing

We planned to have a delegation of us visit you all in the US in late May – early June, for special week of karate training leading up to a Black Belt test including several of our Israeli dan-level candidates. Unfortunately, with the imminent expansion of full-scale war with Hezbollah from Lebanon, armed with 200,000 missiles pointed at us, we must remain close by to protect our families. We hope to visit and train with you all at the earliest opportunity.

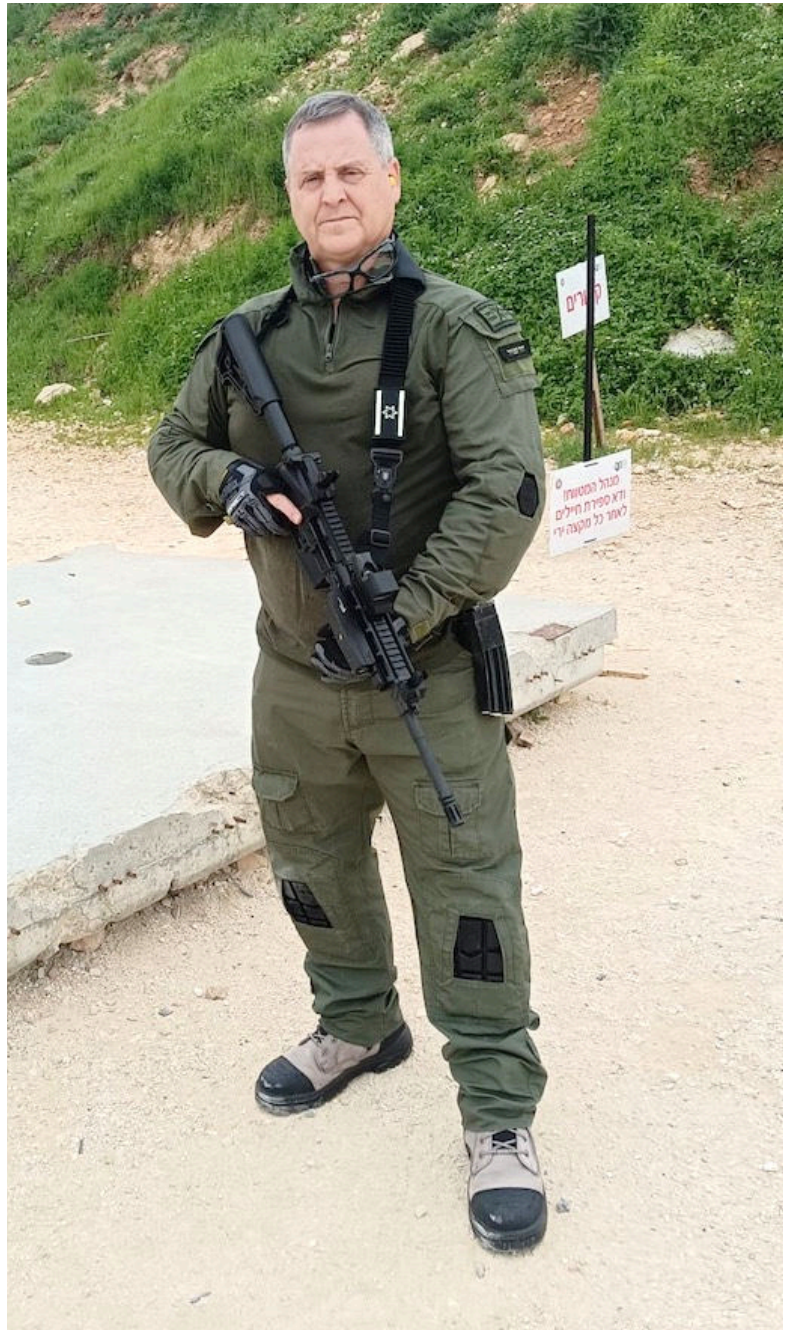
Karate-Do has always been a fortress for me, especially through turbulent times in life. We have new deshi arriving to discover the same at our dojo. Let us all keep training during the good times and hard times, without pause. Ueshiro's Karate should always be a constant part of us, as breathing – Joy & Vigor!

Domo Arigato Gozaimasu,

Tamir Sensei, Denshi-Shihan

Ueshiro Karate Dojo ba'Kfar [village dojo]

Kfar-Saba, Israel



Ueshiro Shorin-Ryu Karate USA in Israel

Under the direction of Hanshi Robert Scaglione and regional guidance of Kyoshi David Seeger.



October 2023

Dear Hanshi Robert Scaglione,

As we extend our heartfelt birthday wishes to you on your special day, we want to acknowledge that, unfortunately, we couldn't physically participate in the celebration. Despite the miles that separate us, please know that our thoughts and well-wishes are with you as you mark another year of wisdom, strength, and leadership.

In these challenging times, where our world faces uncertainties and complexities, your support and guidance have been a source of strength for all of us here in Israel. We want to express our sincere gratitude for the unwavering support you've provided to our karate community and, more broadly, to the state of Israel. Your commitment to fostering unity and excellence within our martial arts family transcends geographical boundaries, and we feel fortunate to be part of a global community under your leadership.

Your encouragement and mentorship come at a time when our nation is navigating through various challenges. Your steadfast dedication to the principles of Ueshiro Shorin-Ryu Karate USA serves as a beacon of inspiration for us to overcome obstacles, both on and off the dojo's deck. We appreciate your recognition of the broader context in which we practice, and your support resonates deeply with us as we strive for personal and collective growth.

As we reflect on the newsletters and other communications you graciously contribute, we find not just Karate guidance, but also a sense of unity and connection. Your words bridge the physical distance between us, creating a virtual dojo where we all gather to absorb the wisdom you share. Your messages serve as a reminder that, despite the miles that separate us, we are bound by a common purpose and a shared commitment to the art of Ueshiro Shorin-Ryu Karate USA.

Your direction and focus, transmitted through our Kyoshi[s] and Sensei[s], have been invaluable in shaping our karate journey. The challenges we face as a nation only strengthen our resolve to embrace the discipline and resilience instilled by your teachings. We are immensely grateful for your role in nurturing a sense of community within our dojo, fostering an environment where we can support each other not only as martial artists but as individuals facing the complexities of life.

Hanshi, your leadership is not just about molding skilled karate practitioners; it's about inspiring individuals to embody the principles of Ueshiro Shorin-Ryu Karate USA in their daily lives. Your emphasis on integrity, humility, and ongoing practice is a testament to the holistic nature of our system, and we are privileged to learn not only the physical techniques but also the values that define a true martial artist.

As we strive to train as much as possible, we do so with rigor and joy, and the aspiration to mirror your commitment and dedication. Your example motivates us to push our limits, overcome challenges, and embody the spirit of perseverance that is synonymous with Ueshiro Shorin-Ryu Karate USA.

On this joyous occasion of your birthday, we want to express our deepest appreciation for the profound impact you have had on our lives. Your support and mentorship reach beyond the dojo, touching our hearts and minds in ways that extend far beyond the physical practice of karate. May your special day and new year be filled with joy and vigor, surrounded by the warmth of the gratitude and respect we feel for you.

On behalf of the Ueshiro Shorin-Ryu Karate USA practitioners in Israel, we wish you, Hanshi Robert Scaglione, a Happy and Healthy Birthday and New Year of the Dragon!

Sincerely, Sempai Meir Amarin
Ueshiro SRKUSA Israel Ik-Kyu
and Israeli Navy Special Operations Security Official

松林流

Domo Arigato Gozaimasu Hanshi !!!

Ueshiro SRKUSA Israel Based Denshi-Shihan:

Sensei David Tamir – Sensei Nir Zamir – Sensei Shlomo Dadon

Acknowledgements

The Ueshiro Shorin-Ryu Karate USA Newsletter is a bi-annual publication for the Dojo and Deshi of USRKUSA. This *Spring 2024* edition was compiled and edited by Sempai Austin Hatch, Ni-Dan, with assistance from Kyoshi Sal Scaglione and Sensei Daniel Gobillot of Northampton Ueshiro Karate.



“Martial ways without truly realizing the ‘Mind’ is nothing but beastly behavior. All our students, strive diligently!” - Omori Sogen, Roshi

For previous Newsletters visit <http://midtownkaratedojo.com/Newsletters.html>.

Domo arigato gozaimasu to Hanshi Robert Scaglione for his supervision and guidance with these Newsletters, and every other facet of the USRKUSA Organization.



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