

# Fall 2025 Newsletter



UESHIRO  
SHORIN-RYU  
KARATE USA

UNDER THE DIRECTION OF  
HANSHI ROBERT SCAGLIONE



*Founded by Grand Master Ansei Ueshiro*

## **Mission Statement:**

To propagate the art of Ueshiro Shorin-Ryu Karate USA, its kata and techniques, as handed down by our founder, Grand Master Ansei Ueshiro. To preserve and protect the history, traditions, methods and integrity of 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, Kyoshi, Shihan, Sensei and all Deshi,

All of your efforts to propagate the art of Ueshiro Shorin-Ryu Karate USA, to attend class, to motivate your brethren and keep the art of karate alive — it's much appreciated.

Enrich your karate training by attending the Book Club and Zoom Q&A sessions — they are held monthly, and we have rich discussions on topics that cover yakusoku Kumite, Kata, meditation, the metaphysical, and so much more.



Read, reread and share Kyoshi Kevin Reymond's Keep Training bulletins and our long-standing TOTW. Discuss them in class. Ask your Sensei.

It is never too late to consistently suit up and show up, as did all of Okinawa's Great Masters and hundreds of "others" like YOU who consistently show up in our training halls, our Dojo(s) worldwide!

Michael Jordan made many mistakes, thousands of mistakes, but he learned from them and kept training.

Actress Jessica Alba, a self-made billionaire businesswoman, told her kids, "I don't care if you fail as long as you keep trying."

Or, simply said, "if you're trying, you're winning."

"Research this well." - Miyamoto Musashi

"Step first!" - Master Ansei Ueshiro

"Keep training!" - Gichen Funakoshi

Domo arigato to our instructors worldwide for passing these bits of gold along. Keep training!

Sincerely,

Hanshi Robert Scaglione, CEO  
Ueshiro Shorin-Ryu Karate USA





## Special note to the Shihan

Opening a Dojo is very special. But what does it take to be a Shihan?

We are looking for leaders in this organization, to propagate the art of USRKUSA, its kata and techniques, as handed down by our founder Grand Master Ansei Ueshiro.

The Dojo is the reflection of the Shihan, and that reflection carries over off the deck.

As a Shihan or teacher, our most important requirement is to research, study, learn and pass on to Deshi our knowledge of kata, technique, historical karate concepts, the importance of attendance, and information about our art.

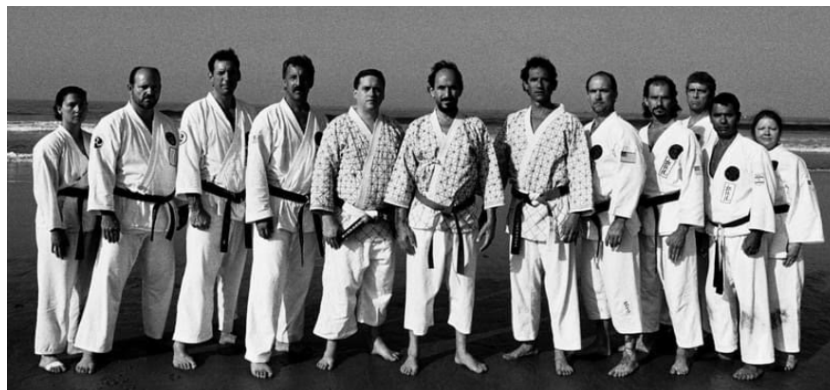
This is a major responsibility. We must participate in all worldwide meetings and discussions. We must show up as do the Kyoshi of Shorin-Ryu Karate USA. The Kyoshi *always* show up! Attendance or showing up is mandatory, or we fail.

### **From Denshi Shihan Sensei Matt Reed, Go-dan, Ueshiro Suntree/Melbourne Karate Dojo:**

*By my nature, I am not the most serious person, but I feel a deep responsibility to practice and pass on what I have learned in the strictest manner. I became a Shihan very early in my karate career. Over the last 13 years as a Shihan, I have done my best to grow and learn by the examples set before me and through a lot of trial and error.*

*Hanshi Robert Scaglione reminds us regularly that we must show up and we must research. I absolutely love the research! We are very fortunate to have the literature at our fingertips along with Kyoshi Reymond's Keep Training bulletins, the Kata Guide and the USRK55 app. I relish the opportunity to review techniques.*

*The highlight of a class for me is when I am asked a technical question. It gives me an opportunity to delve into our "tools" and give a correct answer. When I am asked a question, I find myself saying to the student, "This is what I do, but let me research it and I will get back to you." I take this approach, even when I think I have the right answer. Doing this strengthens my karate and inevitably leads me further in study.*





**From Sensei Sandra Morian, San-dan, Chief Administrator of Ueshiro Viera Karate Dojo:**

*Karate continues as a living tradition because of Sensei who embrace the role of teacher with a genuine passion. To become a Sensei who loves to teach is to honor the past, enrich the present, and secure the future of karate for generations to come.*

**From Shihan Sempai Justin Thompson, Ni-dan Central Florida Ueshiro Shorin-Ryu Karate Dojo in Casselberry:**

*Hanshi Scaglione recently asked me if there was one of the Shinden (forefathers) of our art that I most identified with or felt a connection to. I thought momentarily and then responded, "All the masters present something to aspire to. Still, I think I relate most to Master Anko Itosu because he is known for introducing the school systems to karate, and I've launched after-school karate programs at two schools so far and love the process of teaching this art to young minds, and also because he is the author of the Pinan Kata, which I find fascinating because of their fluid movements and focus on finesse over brute strength (though Master Itosu was known for his incredible strength).*

Thank you to our Shihan and worldwide instructors ~ you are the backbone of our system.

Keep training!

Respectfully submitted on behalf of Hanshi Robert Scaglione,

Sensei Jennifer Sangalang, Go-dan  
Executive Secretary to the CEO



# Ueshiro Viera Karate Dojo

**Hanshi Robert Scaglione, Shihan, Ju-dan**  
Melbourne, Florida

We USRKUSA members want to extend our gratitude to the Shihan ~ thank you for being the backbone of this system.

Thank you to the USRKUSA Executive Committee for the upcoming October Black Belt weekend in Florida, Zoom instruction and keeping things running smoothly — worldwide!



To the Kyoshi, Sensei, Shihan and all USRKUSA Deshi:

*I HUMBLY THANK YOU ALL for your efforts in our karate and the friendships you build here.*

*YOU, the person reading this note, are what makes Karate and life worthwhile!*

"Keep training!"

-Sincerely,

Hanshi Robert Scaglione

## Special events and special guests

*When you train or visit at Ueshiro Viera Karate Dojo, you will walk away with a cup full of knowledge and a thirst for more.*

*Avail yourself to Hanshi to continue the conversation about Master Ueshiro, all the great Okinawan masters, how they lived, how they trained and how they left their mark on the world.*





**May 27, 2025:** The Viera Dojo held a very special class led by Sensei Miranda Aiken, San-dan, for longtime student, Sempai Mason Shirley, San-kyu. Sempai Mason moved upstate, and the class would be his last in Florida for a while. Hanshi polished our kata by offering important reminders such as stepping first, tightening our core and using power. The class concluded with prearranged fighting but not before Sempai Mason selected and led the last kata, Pinan Go-dan. He used a powerful warrior voice to inspire fellow deshi.



**Saturday, July 12, 2025:** The Viera Dojo had a special visit by Sensei David Tamir, Denshi Shihan of Ueshiro Karate Dojo ba'Kfar (Village Dojo) in Kfar-Saba, Israel. One of our most senior students in USRKUSA with decades of training under Hanshi and the Kyoshi, he — like the rest of us — says he's still working on stepping first, visualization and perfect form. Thank you, Sensei Tamir, for your big warrior spirit and for making the trip!

**Tuesday, July 15, 2025:** In remembrance of the founder of Matsubayashi Shorin-Ryu Karate and the person Master Ueshiro refers to as “my Sensei,” Hanshi Robert Scaglione led a Master Nagamine-themed discussion on what would have been his birthday.

**Thursday, July 17, 2025:** Master Nagamine-themed Karate Roundtable Q&A with Hanshi and the Kyoshi over Zoom



**Thursday, Aug. 28, 2025:** Ahead of Labor Day, the holiday that encourages us to take time off, USRKUSA-Florida Dan-level students met for a Black Belt workout. Hanshi focused on leg work, calisthenics, knuckle pushups, warm-ups and strength-training in addition to Kata and Yakusoku Kumite. We built up a good sweat and focused on the details — we welcomed the hard work.



**\*USRKUSA Warrior Spirit\***

**The pilgrimage of Sensei Bob St. George, a voyage Hanshi affectionately labels, the "Motorcycle Diaries"**

In late March 2025, Sensei Robert St. George, San-dan, of Northampton Ueshiro Karate Dojo in Massachusetts attended all 3 of Hanshi's classes during his weeklong trip here. His biggest takeaway that he brought back to his own Dojo? "Step first. Step first. Step first." It was then he announced that he would visit each U.S. Dojo and travel there by motorcycle.

Through wind, torrential rain, the hot muggy Florida heat ... Sensei Bob pushed through. He started his quest Memorial Day weekend at Kyoshi Seeger's Palisades Dojo on Sunday, May 25, and rode across the U.S. — almost every corner — to visit several Dojo. Sensei capped off his trip at Hanshi Robert Scaglione's Saturday, Sept. 13, class.

He presented Hanshi with a gift — what seemingly looks like a rock had something beautiful inside: a geode. The rock symbolized the polishing in one's karate journey.



*As Hanshi says, I've been riding motorcycles since 1963, when bike riding was rather archaic due to brands of bikes, level of the bike's capabilities, maps (paper ones), no cell phones, poor inaccurate weather forecasts, and archaic riding apparel. "No excuses!" Simply a very different era.*

*My son Dion Scaglione has done several motorcycle rides, all mainland 48 states and all four corners, on a single-ride adventure not unlike Sensei St. George's travels.*

*Back to our hero Sensei St. George: After the 10 a.m. Saturday, Sept. 13, Karate workout in the Viera dojo, Sensei and I had a satsang (talk/discussion) for about 3 hours. We discussed our lives from birth, adolescence, grammar-, middle- and high school, parents, siblings, "yester-years" girlfriends, wives, military services - he/U.S. Army at 17 years old and me joining the U.S. Navy on my 17th birthday. See the parallels?*



*It was awesome and amazing!*

## Rank Promotions

**Tuesday, July 22, 2025:** The Ueshiro Viera Karate Dojo held a green tip test overseen by Hanshi. Sempai Faith James demonstrated, with great spirit, the required kata, Fukyugata Ichi, which was followed by basics, push-ups and squat punches. Afterward, she was asked rank-appropriate questions and she answered with much joy and vigor. We are pleased to announce Sempai Faith earned the rank of Ro-kyu.



**Saturday, Aug. 23, 2025:** All 6 Florida schools held a combined belt test at Ueshiro Merritt Island Karate Dojo. We're pleased to announce Viera student Sempai Camellia Westwell was promoted to the rank of San-kyu.





## Rank Promotions(cont.)

In addition, Sensei Sandra Morian was promoted to San-dan Black Belt by her Shihan, Hanshi Robert Scaglione. Sensei Sandra also is the Chief Administrator at Ueshiro Viera Karate Dojo, often assisting Hanshi with a myriad of tasks on and off the deck.

In Sensei Sandra's words ...

*The role of Sensei extends beyond the dojo floor. Karate is built upon values such as respect, discipline, humility and perseverance. A Sensei who loves to teach ensures that these values are transmitted alongside physical training. In doing so, they influence not only their ability to do karate but also their personal development and conduct in everyday life.*



*A Sensei's devotion to teaching shapes students into individuals who embody the principles of karate in their interactions with others.*

## Classes

Our classes are from 5:30 to 7 p.m. Tuesdays and Thursdays and 10 to 11:30 a.m. Saturdays at the Viera Regional Community Center, 2300 Judge Fran Jamison Way, Viera. Hanshi teaches the Tuesday and Saturday classes, and Sensei Miranda Aiken, San-dan, Sensei Sandra Morian, San-dan, and Sempai Rob Weaver, Ni-dan, alternate with teaching.

Weapons classes are held at the lakeside pavilion at 8:30 a.m. the first Saturday of the month, followed by Hanshi's class.

There is no better place to polish your Kata than at the Viera Karate Dojo with Hanshi. Everyone from all dojos (worldwide) is invited.

## Closing

To move forward in your training:

- Amplify your karate by reading the literature. There's a suggested reading list on [shorinryu.com](http://shorinryu.com) or join us on Zoom for the monthly events, Ueshiro Book Club and Roundtable Q&A with Hanshi and the Kyoshi.
- Use and support the Kata Guide app. The videos are priceless and made just for us.
- If you have a question on technique, consult the Kata Guide app, Master Ansei Ueshiro's videos, Hanshi's videos and Master Shoshin Nagamine's book, "The Essence of Okinawan Karate-Do." Discuss the technique with your Sensei and classmates. Encourage the dialogue.
- Karate begins and ends with courtesy: Arigato, *Hanshi*. Arigato, *Kyoshi*. Emphasize the person when saying thank you. That's public speaking. That's Kiai.
- "Teach them to step first."



If we all do "10 kata every day" as suggested by Master Ansei Ueshiro, we will make the world a better place.

Domo arigato, Hanshi, for your lessons in mastery ~

Respectfully submitted on behalf of Hanshi Robert Scaglione,

Sensei Jennifer Sangalang, Go-dan  
Executive Secretary to the CEO

### **MORE KARATE TRAINING IN FLORIDA**

Visitors from in state and out-of-state are *always* welcome! USRKUSA Florida class schedule:

#### **MONDAYS**

- 5:30 to 6:30 p.m. Mondays at Central Florida/Casselberry Rec Center with Shihan Sempai Justin Thompson, Ni-dan
- 6 to 7:15 p.m. Mondays at Merritt Island with Shihan Sensei Trevor Tezel, Yon-dan
- 6 to 7 p.m. Mondays at Cape Canaveral with Shihan Sensei Carla Eddy, Yon-dan

#### **TUESDAYS**

- 5:30 to 7 p.m. Tuesdays at Viera with Shihan Hanshi Robert Scaglione, Ju-dan
- 6:30 to 7:30 p.m. Tuesdays in West Melbourne with Shihan Sensei Rick Cupoli, Yon-dan

#### **WEDNESDAYS**

- 6:30 to 7:45 a.m. Wednesdays at Merritt Island with Sensei Trevor
- 5:30 to 6:30 p.m. Wednesdays at Central Florida/Casselberry Rec Center with Sempai Justin Thompson
- 6 to 7:15 p.m. Wednesdays at Merritt Island with Sensei Trevor Tezel
- 6 to 7 p.m. Wednesdays at Cape Canaveral with Shihan Sensei Youjian Nistorenko, Yon-dan
- 7 to 8:15 p.m. Wednesdays at Suntree/Melbourne with Denshi Shihan Sensei Matt Reed, Go-dan

#### **THURSDAYS**

- 5:30 to 7 p.m. Thursdays at Viera with Sensei Miranda Aiken or Sensei Sandra Morian, San-dan, or Sempai Rob Weaver, Ni-dan, and overseen by Hanshi
- 6:30 to 7:30 p.m. Thursdays in West Melbourne with Sempai Tony McDonald, Ni-dan

#### **FRIDAY**

- 6:30 to 7:45 a.m. Fridays at Merritt Island with Sensei Trevor

#### **SATURDAY**

- 10 to 11:30 a.m. Saturdays in Viera with Hanshi

#### **SUNDAY**

- 12 p.m. noon to 1:30 p.m. Sundays at Suntree/Melbourne with Sensei Kevin Hutchenson, San-dan

# Ueshiro Midtown Karate Dojo

**Kyoshi Michael Mackay, Shihan, Ku-dan**

New York, New York

## News

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

It seems like we just celebrated Grand Master Ansei Ueshiro's 92 birthday on April 20, yet here we are six months later celebrating the 63<sup>rd</sup> anniversary of his arrival in the USA. What have we accomplished during this time? What have we learned? What goals and challenges remain for both the near and distant future? Each Newsletter forces the Shihan to take stock of such questions. But perhaps **every** deshi could follow suit. How much did you put into your training [and job and family]? What did you get in return? Barring exceptional circumstances, the two are usually the same.

Below is a brief recap of highlights from the Midtown Dojo. We've enjoyed consistent formal classes at the Kaufman Center, as well as a number of special gatherings and workouts far afield. The two seem to balance out nicely.

## Minnesota in May Event

For the weekend of May 16 – 18 a small group of Black Belts traveled to Northfield, MN, to participate in the biennial Minnesota in May marathon. Training kicked off Friday night with assistance from Sensei John Bottega and Lisa Rosenberg, followed by a Saturday AM session focusing on basics. Saturday afternoon was devoted to a Black Belt test where the Midtown Dojo's Anna Sweeney (now Shihan of the Crown Heights Ueshiro Dojo) was one of two candidates promoted to San Dan, earning the overdue title of "Sensei". Sunday concluded with a Q&A session followed by formal presentations at Carleton College's iconic Japanese garden. Sensei Steve Hatle, Sempai David Huyck and their deshi provided over-the-top hospitality and quality training for the entire weekend. Domo arigato gozaimasu to our "North Star" affiliates!





### Visit from Sensei St. George

On June 12 we were honored to find Sensei Bob St. George and his motorcycle parked outside the Kaufman Center for the Tuesday night class. Sensei offered much sugar during the workout, and afterwards several Black Belts adjourned to the reflecting pool at Lincoln Center for more kata. Domo arigato gozaimasu to Sensei St. George for sharing his passion for "The Journey" and thereby inspiring all the deshi he encounters along the way.



### June Tip Test

On Saturday, June 28, 2025, deshi from the Ueshiro Midtown and Ueshiro Crown Heights Dojo assembled at the Kaufman Center for our mid-summer tip test. After a vigorous workout in a standing-room only deck, the following candidates were put through the paces and advanced in rank:

#### *Promoted to Yon-kyu*

Bea Perez (Crown Heights)

Pedro Leonardo Silva (Midtown)

Li Jiang (Crown Heights)

#### *Promoted to Go-kyu*

Carlos Diaz (Midtown)

Congratulations to our newest senior white belts! Domo arigato gozaimasu to the Board of Judges: Sensei(s) Gamiel Ramson, Lisa Rosenberg, Gene Turok and Anna Sweeney, for their keen feedback on areas of improvement. Domo arigato as well to students, family and friends for "shusseki suru" (showing up) and lending support.





### Special Weekend Training in Central Park

In addition to our three regular weekday classes at the Kaufman Center, during July and August we enjoyed outdoor training in Central Park near the 25-mile mark of the NYC Marathon. It was a great opportunity to experience uneven terrain, interact with the general public, and enjoy the beauty of Nature in the heart of NYC.



### Sherwood Island Beach Workout

On Sunday, July 20, the Ueshiro Midtown Dojo hosted its annual Sherwood Is. Beach workout joined by representatives of the Easton (CT), Nyack, Palisades, Bay Ridge, Crown Heights and State College (PA) dojo. Per tradition, training started in informal groups with Sensei Daniel Lax reviewing Fukyugata Ni and Sensei John Bottega leading a group in the Bo. After formal bow-in the class focused on basics and kata. As temperatures approached the 90s, a group of high-ranking Black Belts stepped off to test Mr. Frank Mowka of the Easton Dojo for San Dan. The Board of Judges consisted of Kyoshi Mackay (Midtown) and Sensei(s) Lax (Palisades), Adam Dunsby (Easton), Rob Neff (Bay Ridge), Brian Markiet (Nyack) and Lisa Rosenberg (Midtown). The Black Belt test included kata, yakusoku kumite, ju kumite and historical questions. Once the formal test was completed, Mr. Mowka and the judges rejoined the group at the water's edge where Mr. Mowka demonstrated breaking. [\[Video\]](#)



The formal workout concluded with light stretching in Long Island Sound, followed by the presentation of San Dan Rank to Sensei Frank Mowka. Congratulations, Sensei, and domo arigato gozaimasu for your consistent training and support of your Shihan all these years.



Informal training in the water ensued as per tradition, this year with a focus on yakusoku kumite.

After cooling off in the Sound, several students car-pooled back to Sensei Dunsby's for a BBQ picnic, pool party and informal Q&A session on Shorin-Ryu. Since several students had never seen Sensei's dojo (converted from a barn) the afternoon concluded with repetitions of Pinan San-dan in Sensei's unique training hall. Much gratitude to Sensei Dunsby for once again opening his beautiful home to USRKUSA practitioners.

A huge shout-out to all the deshi who travelled from afar, especially Gabe Geiger from Penn State, as well as first-time Crown Heights participants Kanus Cheng Lei and Kelli McAdams. Many thanks as well to the tried and true To-Te warriors from the Nyack Dojo who consistently show up and support this event



### **August Full Belt Promotion**

On Saturday, Sept. 6, the Ueshiro Midtown Karate Dojo held its full belt promotion at the Kaufman Center. The pretest workout consisted entirely of repetitions of Fukyugata Ichi, with each student picking up the count or "Yoi/Hagime!" Formal testing proceeded before a Board of Judges comprised of Kyoshi Mackay, Sensei(s) Gamiel Ramson and Lisa Rosenberg, and Senpai Sergio Flores. After a thorough review of all required kata, kumite, history and breaking, the following deshi were promoted:

*Promoted to Yon-kyu*  
Enriqueta Somarriba

*Promoted to Ni-kyu*  
Tom Jacoby

For her breaking demonstration, Enriqueta performed two high-impact pieces on the dojo's grand piano, the first involving downward elbow



strikes on the keyboard, the second requiring extreme levels of speed and precision. [\[Video\]](#)  
Tom followed up by breaking two hand-held boards with his own downward elbow smash, then two boards with a left hand, high speed shuto strike.

Congratulations to our newest Green Belt and Black Tip deshi. And a big "Domo arigato gozaimasu" to the white belts and San-kyu who showed up to break a sweat and cheer on the candidates.



### **August Tip Test**

On Sunday, September 7, students travelled to the Ueshiro Crown Heights Dojo in Brooklyn for a joint tip test. The packed deck included many members of the Midtown, Crown Heights, and Bay Ridge Karate Dojo. The Board of Judges included Kyoshi Mackay, Sensei Robert Neff, Sensei Lisa Rosenberg, and Sensei Anna Sweeney. Yon-kyu Kanus Cheng Lei demonstrated the test.

After a grueling review of all requirements, the following deshi were promoted:

#### *Promoted to Ro-kyu*

Mario Camacho (Crown Heights)  
Phuong Nguyen (Midtown)  
Barry Cohen (Midtown)

#### *Promoted to Go-kyu*

Bina Levy-Haim (Crown Heights)  
Jerry Laroque (Crown Heights)



Congratulations to all. Domo arigato gozaimasu to Ni-dan Noah Kaplan for taking the participants through many repetitions of kata while the judges deliberated, and a shout out to those who came down to lend their



support. As noted by Sensei Sweeney, "The takeaways from the day were the importance of community in sustaining life-long training and the fundamental connection between teaching and learning, among countless others!"

### 911 Memorial Workout

On Sunday, September 14, representatives of nine USRKUSA Dojo gathered for the annual 911 Memorial Workout in Central Park. Deshi assembled at the historic "Allée of Kwanzan Cherry Trees", a gift from the government of Japan in 1912, under clear skies reminiscent of September 11, 2001. The workout proceeded under the direction of Shihan:

- Kyoshi Michael Mackay (Midtown)
- Kyoshi Kevin Reymond (Downtown)
- Sensei Lisa Markowitz (Northern Virginia)
- Sensei Emiliano Mazlen (Boston Chinatown)
- Sensei Kim Garon (Long Island)
- Sensei Rob Neff (Bay Ridge)
- Sensei Anna Sweeney (Crown Heights)

and included deshi of every rank from brand new white belt to Ku-dan. In addition to the above dojo, the Palisades and Nyack Dojo were also represented by enthusiastic members.

Although the workout followed the traditional warmups, basics and kata, our training on the sloping hillside and narrow pathway created unique tests to our balance and adaptability. Many pedestrians passing through stopped to observe. The courtesy shown by karate-ka and the general public alike was truly impressive. Indeed, in keeping with the lasting spirit of the 911 tragedy, the main takeaway of the day was the indomitable spirit of people looking out for each other.

After three-point arm training and yakusoku kumite, the 3 ½ hour workout concluded with an improvised "Walk of Death" exercise utilizing the narrow Allée. [\[Video\]](#). Domo arigato gozaimasu to all who participated for your show of control and calm in the face of a most challenging test of reflexes and awareness.

Domo arigato gozaimasu as well to Grand Master Ansei Ueshiro, who was training in Central Park as early as 1962 [\[photo\]](#), and to Hanshi Robert Scaglione, who hosted my first "Person-To-Person" social gathering at the NYPD Central Park Precinct in 1981. We have a VERY long legacy. This year's workout lived up to it in every way!



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

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

### **Moving forward**

The Midtown Dojo continues to grow as its current members advance in rank and new white belts enroll. We also are honored to host visitors from around the world who practice a variety of martial arts and wish to train during their brief visit to New York City.

### **Class Schedule**

We are now back to four full-time classes at the Kaufman Center per week:

Monday, 7:00 – 8:30 PM

Tuesday, 7:15 – 9:00 PM

Friday, 6:30 – 7:45 PM

Saturday, 11:00 AM – 1:00 PM

Sensei John Robbins

Kyoshi Michael Mackay

Sensei Gene Turok

Kyoshi Michael Mackay

We're also continuing our Friday 5:30 PM Zoom classes (link [here](#)). Domo arigato gozaimasu to Sensei Ron Marchetti for assisting with these workouts, and to the other tried-and-true Black Belts who show up every week for inter-dojō training.

A special note of gratitude to all the Midtown Black Belts who always show up to assist. If not the "Backbone of the Dojo" you are certainly its heart!

Finally, our highest regard and gratitude to the Shinden - specifically Grand Master Ansei Ueshiro and Hanshi Robert Scaglione - for making our respective dojos a safe and inspiring place to flourish.

Respectfully submitted,

Kyoshi Michael Mackay, Ku-dan

Shihan, Ueshiro Midtown Karate Dojo

[kyoshi@midtownkaratedojo.com](mailto:kyoshi@midtownkaratedojo.com)

(646) 761-0683



**Kata Gojushiho**



# Ueshiro Pine Forest Karate School

Kyoshi David Seeger, Shihan, Ku-dan

Palisades, New York

Thank you Hanshi Robert Scaglione for teaching us!

Formal Classes M 4p T W TH 6:30p Sun 10:00a - Come and Visit.



Thank you to everyone in this photo for training with me on my 69th Birthday.

Congratulations to Sempai Caroline Dick, Yon-kyu.





Here comes the Bride.



Calvo Sensei, please share your vows.



You may now Kumite the Bride.

We have one more tradition, Board Breaking!



Mazel Tov! (Good Luck)





Fukyugata San  
First Kata as Husband and Wife.

The Wedding Party!



Wishing Shihan Calvo Sensei and Sempai Mary Calvo  
Many Years of Joy and Vigor!

Come and get married or just train with us in a formal  
class.

Ueshiro Pine Forest Karate School

**Kyoshi Seeger**  
motobu@aol.com  
917-593-6455

# Ueshiro Okinawan Karate Family Dojo

**Kyoshi Matt Kaplan, Shihan, Hachi-dan**

State College, Pennsylvania

## News

A snapshot of our dojo as we step into the fall is one of strengthening our core with a solid membership of approximately 50 deshi, including a recent influx of new students with the start of school. We feel fortunate to have excellent models on the deck to help lead our newcomers.

## Rank Promotions

On Thursday, August 28, 2025, the Ueshiro Okinawan Karate Family Dojo of State College, PA conducted our August Karate Belt test. The Board of Judges consisted of Sensei Barb Schaefer (San-dan), Sensei Tracie Pletcher (San-dan), Sempai Ben Kaplan (Sho-dan), with Kyoshi Matt Kaplan directing the test.

Dojo members turned out to enthusiastically engage in the pre-test workout and in support of those who were testing. Deshi showed up early and worked kata and yakusoku kumite prior to the beginning of class. Kyoshi Kaplan then led the class through traditional warmups followed by basics and kata. The class began with Fukyugata Ichi and worked up to Naihanchi Ni, with groups breaking off to work their highest kata as they were reached.

Initial warmups began at 5 pm, and the test was completed at 9 pm following the demonstration of breaking techniques. An inspirational moment during the breaking segment of the test was Sempai Drew Foster's request for a 5th board to be added to his stack. With intense concentration, commitment, and exhibited calmness and confidence, he readily swung through all boards. Sempai Drew, now an Ik-kyu, has past military training, and serves as Pastor of the Grays Woods Church in which we train on Thursdays.



Congratulations to the following students who were awarded their next rank:

Promoted to San-kyu

- Gabriel Drew\*
- Rebecca Lundin
- Santiago Alvis Ruiz\*
- Aden Wertz

Promoted to Ni-kyu

- Jennifer Dombroskie
- Lara Fowler
- Maria Spencer

Promoted to Ik-kyu

- Bryan Brightbill
- Drew Foster



\* Child/youth candidate



## Events

- *For the Wednesday, 4:15 p.m. class at Tudek Park:* Sempai Gabe Geiger (1k-kyu), who conducts this outdoor class shared the following: “After a summer with varying attendance, the fall has brought back a strong, regular attendance of young students for our Wednesday class. Each of these regular attendees—all of whom are currently in elementary school—is excited about karate and is eager to share their thoughts and feedback on techniques. It’s inspiring to work with motivated students who work to improve each other and offer fresh perspectives.”



- *For the Tuesday, 5:30 p.m. Women and Girls class:* Sensei Schaefer (San-dan) noted: “It’s been a terrific, energetic intergenerational mix of children, youth, and adults lately. This summer and early fall we welcomed white belts Zoey (who just turned 6:), and two new mom-daughter trios: Sempai Sree, Samhita (8), and our youngest deshi Mahati (who just turned 5!); and Sempai Lisia, Zoe (16), and Maxine (8). Our more experienced youth Emma (8; San-kyu) and Lily (6; Go-kyu) have shown much spirit and maturity in both working on their own kata and in teaching our new white belts, as have our Ni-kyu Sempai Elizabeth and Maya. We all admired the fortitude of — and silently cheered on — their mothers Sempai Lara and Jennifer, respectively, at our recent dojo belt promotion where they were successfully promoted to Ni-kyu.”

*Sempai Maya & mom Sempai Jen celebrated after their final class together for a while*

- *For our Saturday, 8:30 a.m. class:* What initially started as summer pop-up classes have developed into a formal class added to our scheduled offerings this fall. Sempai Bryan Brightbill (1k-kyu) and son Sempai Jack (Jr. Ni-kyu), in filling the void for a formal Saturday class, volunteered to run an 8:30 a.m. class at Circleville Park in State College, PA. The class has already established a steady following of five devoted students.

- *Special training in advance of a Sho-dan test:* In anticipation of our upcoming belt test for Sho-dan candidates, Sensei Schaefer conducted a series of five Zoom-based study sessions across July-September with our small cadre of Sho-dan candidates. Participating deshi explored the required readings, reviewed video of Master Ueshiro and Hanshi Scaglione, learned more about Shorin-Ryu history and our noted karate masters, practiced their Japanese terminology, drilled down into the required and recommended USRKUSA resources, and shared study strategies. [If other dojo are interested in the slides/handouts from these sessions, please contact Sensei Schaefer at [barbs819@gmail.com](mailto:barbs819@gmail.com)]

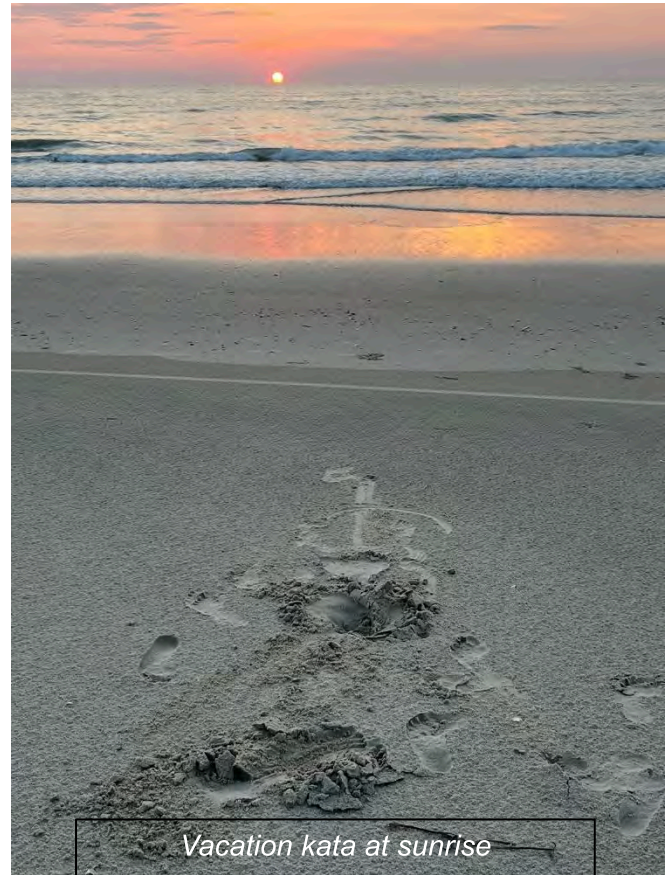


## Closing

Classes are going strong and we're enjoying our current constellation of children (40%), teens (20%), and adults (40%), with about an even split between males and females, as well as between ranks green belt and below and those brown belt and above. We're moving forward with positive energy and deshi are stepping into collaborative teaching and leadership roles on and off the deck which is fantastic.

Domo arigato gozaimasu Hanshi for your continued support and leadership for all of our dojo.

Domo arigato gozaimasu,  
Kyoshi Kaplan, Shihan  
Ueshiro Okinawan Karate Family Dojo  
State College, PA  
<http://familykarateclub.com/>





# Ueshiro Downtown Shorin-Ryu Karate Dojo

Kyoshi Kevin Reymond, Shihan, Ku-dan

New York, New York

“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, (d) 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) held promotions and tip tests, and (f) hosted three Roundtable Discussions with Hanshi and the Kyoshi.

Congratulations to the following deshi who advanced to their new rank: Sempai George Levitte, promoted to Ik-kyu and Sempai James Rothermel, promoted to San-dan. We will continue stepping up our efforts to recruit new white belt deshi through social media outreach and other initiatives

The Ueshiro Shorin-Ryu Karate Book Club has scheduled its next meeting for Thursday, October 30, 2025, when we will be discussing, "Chapter 3, "Bushi Matsumora Okin: Shuri's Bujin" 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](http://www.downtownkaratedojo.com)

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### **Class Schedule**

Monday and Wednesday: 5:45 PM to 7:00 PM (In Person)

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

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



# Ueshiro Northern Virginia Karate Club

**Sensei Lisa Markowitz, Shihan, Shichi-dan**

Centreville, Virginia



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

The Ueshiro Northern Virginia (NoVA) Karate Dojo continues to move forward in the 63rd Year of USRKUSA, the Year of the Wood Snake, marking several key events in the Spring and Summer.



**Tip test:** On Saturday, August 23, 2025, the Ueshiro NoVA Karate Dojo conducted a tip test, which was dedicated to our founder, Grand Master Ansei Ueshiro.

In the spirit of testing, Deshi showed up early and performed many repetitions of Fukyugata Ichi prior to the class. A rigorous, traditional class, led by Sensei Lisa Markowitz, then followed consisting of warm-ups, kihon techniques, and kata, performed at half, three-quarters, and full speed and power, with minimal instructions.

Following the class, the test commenced. Sempai Fred Bagali (center judge) and Sensei Bill Breidenbach and Sempai Nishu Shah served on the board of judges; Sensei Shabbir Kazmi called the test candidates to the spot and directed the test; and Sensei Lisa presided over the test.

Congratulations to the test candidates, Shyahn Frasier and Gaitee Ara Kazmi, who showed great spirit and determination on the deck and were promoted to the ranks of Go-kyu and Ro-kyu respectively.



After the test, we spoke of the importance of maintaining the century honed traditions of our karate system, such as never turning your back to the board of judges, how earning one's new rank begins AFTER the test, and of having a support system in place.

Coincidentally, both test candidates have prior history on our deck (Shyahn trained at the NoVA Dojo as a child under Kyoshi Sal Scaglione and Gaitee was introduced to kata subliminally as a baby), and it is very gratifying to have them back on the deck training with us again.

**Sensei Bob St. George Visit:** On September 4 2025, the Ueshiro NoVA dojo held a special class to train with Sensei Bob St. George as part of his motorcycle tour of USRKUSA dojo.

A rigorous traditional class was led by Sensei Lisa Markowitz, consisting of warm-ups, kihon techniques, and kata, focusing on Pinan Sandan (including bunkai), Naihanchi Sandan, and Chinto.

At the end of the class, we discussed the importance of visiting other dojo and attending system-wide events. We then enjoyed dinner with Sensei St. George at a local Japanese restaurant before wishing him safe travels for the next leg of his tour.





**9-11 Workout:** On Sunday, September 14, 2025, Sensei Shabbir and Sensei Lisa joined members of USRKUSA in a workout at Central Park conducted by Kyoshi Michael Mackay to honor the fallen of the 9-11 atrocities.

Key highlights of the workout included training on difficult terrain, such as an incline and mulch, and adjusting accordingly; guiding lower ranks through Yakusoku kumite; kata demonstration; and walking the gauntlet; all imparted Kyoshi Michael Mackay style! It was great to train with so many spirited warriors from the New York dojo and beyond, and we came back to NoVA invigorated and ready to share the gold that we gleaned with our fellow dojo members.





**Black Belt Workout:** The black belts of the NoVA Dojo are ramping up our training in anticipation for the Black Belt workout in Cocoa Beach, Florida this October. We are looking forward to rubbing shoulders with fellow black belts from around the globe, and Sensei Lisa plans on staying on to train at the Florida dojo the week after.

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





# Northampton Ueshiro Karate

**Sensei Daniel Gobillot, Denshi Shihan, Shichi-dan**

Florence, Massachusetts

Onegai shimasu USRKUSA,

It has been a short HOT summer here in western Mass. We continue training even through all the strange things that have been going on here in our building (dojo). After almost 30 years here I had to contact my landlord about the asbestos situation that I have been handling since I built the dojo. We were closed indoors for 6 weeks but we still gathered and trained. He finally had it removed and then called me to inform me that he is doubling my rent when my lease expires at the end of the month, (Sept). I hope and pray that this is not the end.

- NANA KOROBİ YA OKI -



One of our long-standing Black Belts, Sensei Robert St. George (a biker), has traveled to over 15 dojo here in the US. He finished up (I think!!) last week with Hanshi Scaglione at the Viera Dojo in Florida. What a trip! I am very Proud of him and happy that it has been a safe JOURNEY. KEEP TRAINING!!



### Rank Promotions

We have had no full rank promotions in the past few months, however Jason Stovall has achieved Go-kyu Rank and continues to show up and train.







### Events

I look forward to training again with everyone again soon  
"on the road"!



### Closing

KEEP TRAINING! ..... Find your path..... But, Keep training!

Domo arigato gozaimasu Hanshi

Sensei Daniel Gobillot

Denshi Shihan, Shichi-dan - Northampton Ueshiro Karate  
(413-320-5945)

[Dwgobillot5@gmail.com](mailto:Dwgobillot5@gmail.com)

[HTTPS://WWW.NORTHAMPTONUESHIROKARATE.COM/](https://www.northamptonueshirokarate.com/)



# BOSTON CHINATOWN UESHIRO SHORIN-RYU KARATE CLUB

**Sensei Emiliano Mazlen, Roku-dan**

Boston, Massachusetts

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

We are moving forward and continuing to train. Our classes at the Wang YMCA of Chinatown, 8 Oak Street West, Boston MA are on Tuesday and Thursday nights. This YMCA branch is near downtown Boston. We are honored when visitors train with us. If you may be able to do so, please let me know.

We held a tip test in June and a combined tip and belt test in August. Congratulations to Mibsum Wiggins, Sr. who received his Ni-kyu, Wes Boudreau who received his Go-kyu and Justice Wiggins who received his Ro-kyu. Domo arigato to Shihan Chan who traveled from Albany to act as the board of Judges at the August belt test. Domo arigato to the other deshi who, as is proper, lent their spirit to the event even though they were not testing on the spot.



We were also honored in September to be visited by Sensei St. George from the Northampton Dojo as part of his amazing tour of all continental U.S. dojo by motorcycle. He added his strong spirit to the group as well as sharing the sugar of corrections.

Domo arigato gozaimasu to Hanshi for leading us down the Path that Grand Master 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](mailto:emazlen@hotmail.com)





# Easton Connecticut Ueshiro Shorin-Ryu Karate Club

**Adam Dunsby, Shihan, Go-dan**

Easton, Connecticut

## News

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

This summer we were happy to participate in the Sherwood Island beach workout and to host the celebration afterward.

Arigato to Sensei St. George for visiting us on his cross-country karate tour. We look forward to seeing everyone in Florida!

## Events

Class schedule:

Tuesday 5:30 PM – 6:45 PM

Sunday 8:15 AM – 9:30 AM

## Closing

Domo arigato gozaimasu,

Adam Dunsby

Easton Connecticut Ueshiro Shorin-Ryu Karate Club



# Ueshiro Suntree/Melbourne Karate Dojo

**Sensei Matt Reed, Denshi Shihan, Go-dan**

Melbourne, Florida



## News

Karate is a lifelong marathon — in the spirit of that precept, what does it mean to be a Shihan?

For Denshi Shihan Sensei Matt Reed, it's the familiar phrase we've come to know and love: "Keep training!"

Or, as he says in his words ...

*The quality of life I hope to achieve by staying physically and mentally active will pay dividends.*



• *My weightlifting works on my strength and stamina while providing the benefit of stronger bones, muscles and tendons.*

• *My yoga practice increases my cardiovascular health, flexibility and provides an environment to enter a meditative state for an extensive length of time.*

• *My karate practice is where the magic of a multitude of health benefits comes together perfectly.*

*Karate practice provides fantastic cardiovascular benefits, muscle, tendon and joint strengthening, quick and precise whole body movement training, mental focus and training for velocity and power.*

*Karate is an amalgamation of whole body conditioning that I believe has no rival.*



### **Rank Promotions**

On Saturday, Aug. 23, 2025, all 6 Florida schools of Ueshiro Shorin-Ryu Karate USA held a combined belt test at Ueshiro Merritt Island Karate Dojo.

I am pleased to announce the following students from Suntree, who were promoted to the next rank:

San-kyu

Zainab Hussein (Suntree/Melbourne)\*

Ni-kyu

Ken Howell (Suntree/Melbourne)

*\*denotes a child*

In addition, a hearty congratulations are in order for Sensei Matt Reed, who was awarded the rank of Go-dan Black Belt by Hanshi. He performed a textbook demonstration of Kata Chinto.



## Classes

Suntree classes are from noon to 1:30 p.m. Sundays with chief instructor Sensei Kevin Hutchenson, San-dan, and 7 to 8:15 p.m. Wednesdays with Sensei Matt Reed, Denshi Shihan and Go-dan, at the Wickham Park Recreation Center, 2815 Leisure Way, Melbourne. We offer weapons instruction for the Kama, Sai and Nunchaku, and our Ik-kyu student Hyder Hussain trains with the Bo.



Call Sensei Matt Reed at [321-213-3124](tel:321-213-3124), email [rpd197@yahoo.com](mailto:rpd197@yahoo.com) or visit [www.ueshirofloridakarate.com](http://www.ueshirofloridakarate.com). Check out our Reels and Instagram posts, too: [www.instagram.com/ueshirofloridakarate](https://www.instagram.com/ueshirofloridakarate)





## Closing

We're very lucky to be close to the Viera, West Melbourne, Merritt Island, Cape Canaveral and Central Florida Dojos. And visitors are ***always*** welcome!

Avail yourself to all the opportunities (in Florida and beyond) to train.

Thank you, Hanshi, for your continued guidance and constant revision of the instructor for his students.

Domo arigato,

Sensei Matt Reed, Denshi Shihan and Go-dan, Ueshiro  
Suntree/Melbourne Karate Dojo

Sensei Jennifer Sangalang, Go-dan  
Executive Secretary to the CEO  
based in Suntree and Viera, Florida

<http://www.instagram.com/ueshirofloridakarate>

<http://www.ueshirofloridakarate.com>



# To-Te Ueshiro Karate

Sensei Preston Powell, Denshi Shihan, Shichi-dan  
Nyack, New York



## News

Our condolences go out to the Abreu family. We are sad to share the news that Sensei Ed Abreu born April 15th, 1952 passed away May 15th, 2025. A Marine, Sensei Abreu was a true warrior, built on old school training of various styles, a complete martial artist, father, painter and friend. He will be missed!



This Summer we expanded our class schedule to include a morning weekly "Silent Kata and Meditation" class on Friday mornings 7am - 8am. No talking, focused kata, visualization and followed by 15 minutes of mushin, zazen meditation. It's been a great way to start the day.





Thursday, June 5th 2025 Sensei Bob St. George visited Nyack on his motorcycle, part of his road trip of USRKUSA dojos. As a motorcycle tire grips asphalt on a hairpin turn, so did the 20 feet of our 10 deshi that had the joy and vigor to train with Sensei Bob St. George from Northampton Ueshiro Karate dojo. Visit other dojo often, make it infectious, (as Hanshi would say) "you'll be glad you did"!



Congratulations to Sensei Blue Calvo on his first New Rochelle Dojo promotion as a Shihan Monday, August 4th 2025. Our Dojo held a joint August promotion with Sensei Calvo's New Rochelle dojo.

Promoted to the following ranks:

Daniel Gallardo - Go-kyu  
Andrew Wiley - Go-kyu  
Mary Calvo - Yon-kyu  
Carl Palitti - Yon-kyu

Congratulations Sensei Blue! What a great way to kick off your dojo! And Congratulations on your marriage to Mary. We all wish you both the best of luck and good health.

I'd like to thank Sensei Bryan Markiet for establishing the morning "Silent Class" and Senpai Tom Daly for his expertise and putting this year's newsletter submission together and all the Nyack Karateka that keep showing up and helping me move the To-Te Ueshiro karate Dojo forward. In closing, Thank you Hanshi for your words of inspiration and keeping the USRKUSA flock together - soaring into what seems to be another great year of training, learning and helping others.

Respectfully Submitted,

Domo Arigato Gozaimasu Hanshi!  
Denshi Shihan  
Powell Sensei Shichi-dan  
To-Te Ueshiro Karate  
Nyack, NY  
917 627 8199  
[karatenyack.com](http://karatenyack.com)





Sensei Abreu will be missed by all. His teachings will live on in all of the deshi that trained on the deck with him over the years.







The To-Te Ueshiro Nyack & Ueshiro Shorin-ryu New Rochelle dojos joined forces to conduct the August promotion tests to break in Sensei Calvo's dojo.







# Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota

Sensei Steve Hatle, Shihan, Yon-dan

Northfield, Minnesota



## News

Spring started off with a bang when on Saturday April 19th the combined Northfield and Carleton Dojo held a katathon session to honor the birthday of Master Ueshiro!

Our small but spirited group completed 60 kata in the time we had available, with deshi working either Fukyugata Ichi, Fukyugata Ni, or Fukyugata San and Ananku depending on their rank.



May brought about the biennial Minnesota in May event. It was our pleasure to host a number of out of town guests, Kyoshi Michael Mackay, Sensei John Bottega, Sensei Bryan Markiet, Sensei Lisa Rosenberg, Sensei Austin Hatch, Sensei Bob Dobrow, and Sensei Anna Sweeney. Friday night, Sensei Bob Dobrow led warm-ups, Sensei John Bottega led basic moves, Sensei Austin Hatch led us through leg work and kicking, and Sensei Lisa Rosenberg and Bryan Markiet led the group through kata.





Saturday morning, with Kyoshi Mackay now in the lead, we began a full morning exploring many variations and fine points of our karate training. This included working on 3 point arm training and Yakusoku kumite, and how those exercises can lead into controlled one-step sparring, where we can refine blocking and countering.

We also explored how to apply power in our techniques by isolating specific moves in kata and using them to break boards. This included not only working on finding power in the technique, but also being able to adjust to variation in the position of the target and still be able to deliver a powerful punch, elbow, etc.



As the morning moved into kata, there was a healthy round of body-testing in Naihanchi kata for the Black and Brown belts on the deck.



Saturday afternoon was dedicated to a black belt test. The candidates were promoted after a full round of kata demonstration, Question and Answer session, Yakusoku kumite, weapons demonstration, and breaking.



Saturday evening, everyone gathered for a pot-luck dinner at the home of deshi Deb Anderson. Organized by Sempai Deb and Sempai Cailin Huyck Orr, we were treated to a huge variety of food and drink and had the opportunity to meet, socialize, and trade stories with each other.



Sunday morning brought our final training session, which included breaking into smaller groups to focus on specific kata. Those groups demonstrated their kata with the leader highlighting the areas in the kata where they emphasized or refined a movement or technique.

Then followed Q&A session with Kyoshi Mackay covering a wide range of subjects, from the evolution and refinement of the system from earlier times until the present, how to keep classes fresh and relevant when the students range from white to black belts.

As the sun finally peeked out for the morning, we adjourned for formal photographs for the weekend and then reluctantly brought the weekend to a close.





June graced us with hot and humid weather - Perfect Karate Weather!

It also graced us with another out of town visitor, Sensei Bob St. George, who joined us for our Saturday morning workout!

Pursuing his quest to visit all the US dojo by motorcycle, Sensei rode for hours in the rain through Canada to end up in Minnesota on a day with a 100+ degree heat index! Luckily we had some A/C to cut down on the heat and humidity as we went through a 2 hour workout.

Sharing insights and comments throughout, we went through traditional warmups and basics, with leg work and conditioning before moving into kata with all ranks.



For the advanced rank portion of our workout we continued with brown belt and black belt kata, with Sensei St. George working with our black belts. It was great to see and explore the small differences from dojo to dojo, but also to recognize how well our system has maintained uniformity through the efforts of Hanshi and the Kyoshi!

After our workout we continued the day with lunch, where we discussed karate, Sensei's motorcycle adventures, and many other things with a lot of laughter. When lunch was over, Sensei suited up and headed north on his way back home.

Domo arigato gozaimasu to Sensei St. George for making an epic trip out to visit us and share our karate together! We always look forward to visitors; we hope to see many more.

September greeted us with some sadness as we bid farewell to Sensei Scott Sijan. Sensei Sijan has relocated to Fort Meyers, Florida and continues to train.

## Promotions

### May 2025

#### Promoted to Ni-dan:

Vincent Sommer (Northfield)

David Huyck (Carleton)

#### Promoted to San-dan and the honorific "Sensei"

Anna Sweeney (Crown Heights)

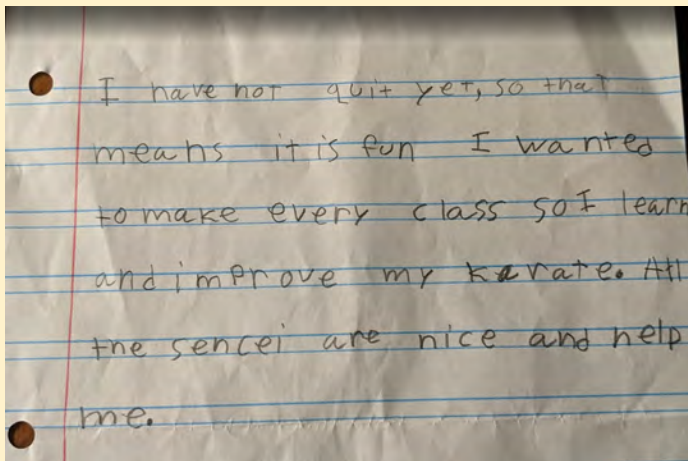
Scott Sijan (Northfield)

## Class Schedule

Mon/Wed	Friday	Sat Combined Carleton and Northfield
6:30 -8pm All Ranks	6-7am Brown Belt+	9am-11am - non-school dates 10am-noon – when college is in session First hour, all ranks. 2 <sup>nd</sup> hour Green belt+
Northfield High School 1400 Division St Northfield, MN	Lawrence residence 1190 Ibson Ave Northfield, MN	Carleton College Cowling Gymnasium 714 Evans Dr Northfield, MN

## Kid's Corner

I asked the 3 youth members of the dojo to submit something, from their perspective, for the dojo Newsletter submission. The lefthand column comes from deshi Freya, who has just completed her first month in karate. The righthand column comes from Sempai Oscar, Ik-kyu, who has around 5 years training. In their own words...



In June 2025, Northfield High School alum Ben Wang, the lead in the film Karate Kid: Legends, came to Northfield, MN and answered questions from Middle and Highschool theater students. Ben used to practice several martial arts including taekwondo. While he mostly performs Kung Fu in the movie, not karate, it was very interesting to see how someone who did martial arts as a kid turned that into something bigger. We had two white belts join the Northfield dojo after this event, who might have been hoping to learn a crane kick. While they were here they were very enthusiastic and engaged. I wouldn't have had such a personal connection without being a part of this karate community. I am very thankful to all the karateka that have supported me in doing karate. I would also like to say arigato to Hanshi for his leadership of the organization as a whole.

## Closing

Fall is upon us as we begin our new term. We have 2 new white belts and are looking forward to training in our native elements, the cold and snow. Domo Arigato Hanshi, Kyoshi and all fellow Deshi. We look forward to training with you.

Respectfully submitted  
Sensei Guy Lawrence, San-dan





# Ueshiro Merritt Island Karate Dojo

**Sensei Trevor Tezel, Shihan, Yon-dan**

Merritt Island, Florida

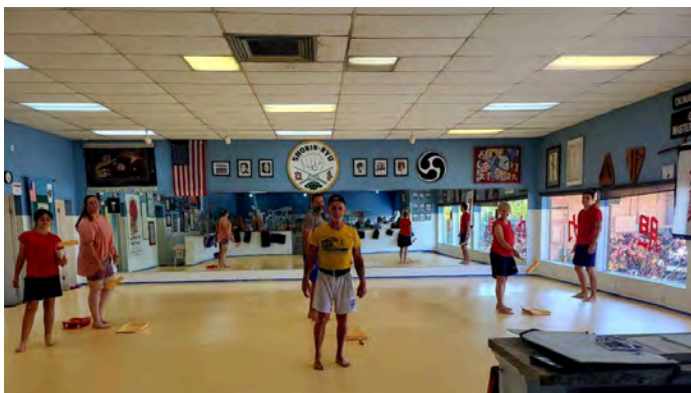


Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

The Ueshiro Merritt Island Karate Dojo continues going strong, having grown by several students over the course of this past year! Below are some brief snippets of the events we've had the fortune of hosting the past six months.

Come by some time to hit our makiwara and bags, use our weapons, or train some kata!

## Events



### May 26, 2025

On Monday, May 26, Memorial Day, a dedicated group of Deshi arrived at 10am to help paint the Merritt Island Dojo's deck. After many years of love and foot stomps, the deck needed a facelift. Domo arigato to Sempai(s) Alan LaBate, Selene Parrish (and mom, Lindsey!), Randy Hancock, Tracy Ridout, and Sensei Matt Reed. Nearly the whole group returned at 4pm for a second coat of paint and got some additional training in before the evening class.

Domo arigato to all participants!

### June 25, 2025

The Ueshiro Merritt Island Karate Dojo conducted a green tip test. Congratulations to Sempai Alan LaBate, 73 years old, for successfully passing and earning his Ro-kyu rank! Sempai LaBate is a testament to the principle that it's never too late to take on a new challenge! Domo arigato to Sensei Jennifer Sangalang (Go Dan, Suntree/Melbourne Dojo) and Sempai Tracy Ridout (Sho Dan, Merritt Island Dojo) for serving alongside me on the Board of Judges and to all Deshi who came out to support our testing candidate.



### August 23, 2025

On Saturday, Aug. 23, all 6 Florida schools of Ueshiro Shorin-Ryu Karate USA held a combined belt test at Ueshiro Merritt Island Karate Dojo.

It was a long day – and a great day.

The test was overseen by Hanshi Robert Scaglione, Ju-dan and Shihan of Ueshiro Viera Karate Dojo.

Sensei Trevor led the formal workout. Hanshi challenged us to step first and study foundation: Channel Master Gichin Funakoshi as he stood on the roof in the rain holding a tatami mat.

And speaking of rain, Domo arigato to the testing candidates who endured sporadic heavy downpours as they performed Kata on the outside deck.

In addition, a hearty congratulations are in order for Sensei Matt Reed, Denshi Shihan of Ueshiro Suntree/Melbourne Karate Dojo, who was awarded the rank of Go-dan Black Belt by Hanshi, and to Sensei Sandra Morian, who was promoted to San-dan Black Belt by her Shihan, Hanshi Robert Scaglione.





The following Merritt Island students were promoted to their next rank:

**Ro-kyu**

Tom Grajkowski

**Go-kyu**

Kevin Kupelian

**Yellow belt**

Ronin Box

Selene Parrish

**Yon-kyu**

David Carr

Jeffrey Carter

**San-kyu**

Robert Reed

**Ni-kyu**

Randy Hancock



The picture above shows the Merritt Island Deshi who tested for and received their new ranks at the August 2025 Kyu rank test/promotion!

**September 12, 2025**

The Merritt Island Karate dojo had the pleasure of hosting Sensei Robert St. George this morning at 6:30am as part of his karate/motorcycle pilgrimage to visit all U.S.-based dojos.

Nothing invigorates a class with a shot of adrenaline like a visiting student, and our dojo was the clear beneficiary.

The class began with stretches and stationary techniques before moving on to the Kihon. Many repetitions of kata were done before moving on to bunkai and hitting our Body Opponent Bag, or “Bob” as he’s affectionately known. The class ended with spirited yakusoku kumite.



## 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 7:15pm - Sensei Trevor) and black belt class (fourth Thursday at 6:30pm - Hanshi Scaglione).

We encourage you to check out our website at [mikarate.com](http://mikarate.com). A new layout will be coming soon! You can also visit our Facebook page at ([facebook.com](https://facebook.com), search for "Merritt Island Karate") and the Merritt Island webpage on the Florida Dojo website at [ueshirofloridakarate.com/merritt-island.html](http://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 West Melbourne Dojo

**Sensei Rick Cupoli, Shihan, Yon Dan**

West Melbourne, Florida

## News

The Ueshiro West Melbourne Dojo continues to run strong. We have been at our location since 2011. It is hard to believe that we have been propagating our style in West Melbourne for 15 years. We have a consistent attendance of 9 to 12 deshi regularly on the deck. We have a great mixture of adults and children on the deck, including the parents of children. Teaching these marvelous students alongside me is Sempai Tony McDonald, Ni Dan.



## Rank Promotions

At our August belt test we promoted the following students:

### San Kyu

Jennyfer Dela Rosa

### Yon Kyu

Aldrin Dela Rosa

Maximus Ramos (Junior)

Jynalle Dela Rosa (Junior)

Adelyn Dela Rosa (Junior)



## Events

This September we were very privileged to have Sensei Robert St George visit our dojo. It was a very special time and resulted in my favorite photo ever taken at the WM dojo.

## Closing

Training in Ueshiro Shorin-Ryu Karate USA is a wonderful thing. It is only surmounted by teaching Ueshiro Shorin-Ryu Karate USA. The rewards are boundless. The privilege of meeting such wonderful kids and families never grows old. Watching them blossom into karateka never ceases to amaze me. As I watch them perform their kata at their various levels with skill, it is very humbling and rewarding to realize that I have been teaching them. I, and Sempai Tony McDonald, put our heart and soul into teaching and investing in them and it works. I will sometimes joke with my younger students. When they perform really well I will say to them, "That was awesome, who is your teacher?" Of course, I am having fun with them and we get a laugh from it. We, the instructors of USRKUSA, are their teachers. But I, we, cannot learn for them. They have to put in the work and they do. If I may steal a phrase from Hanshi, "This is gold!"





# Ueshiro Shorin-Ryu Nashville Family Karate Club

**Sempai Liz Richardson, Shihan, Sho-dan**

Smyrna, Tennessee

Oniga shimas Hanshi , Kyoshi , Sensei and fellow Sempai

Through life's celebrations and tribulations , we continue to move forward.

We welcomed new student Hunter Thaw. And said goodbye to student John Hutton as his family relocated to Denver.

We saw the graduation of student Kathryn.

We celebrated a visit by Sensei Robert St. George.

We are reminded to celebrate Master Ueshiro's precept, " Step First !"

In life as in Karate we move forward always with a firm foundation.

Domo Arigato



# Albany Ueshiro Shorin-Ryu Karate Club

Sempai Keith Chan, Shihan, Ni-dan

Albany, New York



## San-kyu

Andriana Prifti

## Ik-kyu

Justin Giambruno

Jessie Rosenthal

## Sho-dan

Caroline Margolies

## Ni-dan/Shihan

Keith Chan

Contact:

[Greystar999@gmail.com](mailto: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 fall season inspired by the joy and vigor of kata. We had an exciting visit from Sensei Bob St. George on July 15, and Sempai Chan visited the Boston dojo on August 10. We 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 Shorin-Ryu Karate Dojo – New Rochelle

**Sensei Blue Calvo, Shihan, San-dan**

New Rochelle, New York

## Newsletter Submission

As the summer draws to a close, our dojo in New Rochelle continues to train with spirit, discipline, and gratitude in the tradition handed down to us through Grand Master Ansei Ueshiro, Hanshi Robert Scaglione, our Kyoshi, Sensei and Deshi. We continue our focused training and the opportunity to reflect on the growth and accomplishments over the past season and to begin training in preparation for our annual February Black Belt workout in Florida with Hanshi.

## Visit to Hanshi and Leadership Transition

Earlier this year, I traveled to Florida to visit Hanshi Robert Scaglione. With Hanshi's blessing, I officially assumed leadership of the New Rochelle Dojo as its Shihan. It was an honor and a responsibility I carry with deep gratitude to Grand Master Ueshiro, Hanshi, our Kyoshi and all our instructors and Deshi



*Shihan Sensei Blue Calvo with Hanshi Robert Scaglione in Florida, great class Step First!*

## Visit from Sensei Robert St. George

In the summer, we welcomed Sensei Robert St. George (San-dan) of the Northampton Dojo in Massachusetts, under Sensei Daniel Gobillot. On his epic motorcycle journey to visit every Ueshiro Shorin-Ryu Karate USA dojo, Sensei St. George reminded us of all of his inspiring motto: *"If not now, then when?"* I also had the pleasure of being at the Palisades Dojo with Kyoshi Seger during Sensei St. George's visit there.



*Sensei Robert St. George (San-dan) visiting New Rochelle during his Ueshiro dojo motorcycle tour. (Almost missed this historic photo)*



## Joint Promotion with To-Te Ueshiro Dojo, Nyack

In August, we held a joint promotion with To-Te Ueshiro Dojo, Nyack, under Shihan Sensei Preston Powell. Four students tested and advanced:

- From Nyack:  
Andrew Wiley (Go-kyu)  
Carl Palitti (Yon-kyu)
- From New Rochelle:  
Daniel Garllardo (Go-kyu)  
Mary Leon Calvo (Yon-kyu).



*Joint promotion with New Rochelle and To-Te Ueshiro Dojo, Nyack. All candidates passed successfully.*





## Marriage at the Palisades Dojo

In August, the most joyful and meaningful event of all took place: Sempai Mary and I were married at the Palisades Dojo, in a ceremony officiated by Kyoshi David Seger. To exchange vows within the walls of a dojo, surrounded by our karate family, our lineage, and the traditions that have shaped us, was a profound and unforgettable experience.

This was more than a wedding; it was the merging of two paths forged in the discipline, respect, and perseverance of karate and the Love between two people. The dojo, a place where we sweat, train, and grow, became the sacred space where we pledged our future together. Just like Karate, Marriage is a life long journey and just like Karate it takes hard work and discipline and just like Karate I have dedicated the rest of my life to Mary.



## Looking Ahead

### Welcome New Students



We also extend a warm welcome to our new students who have joined over the past months. We emphasize the importance of basics, the kihon of stances, strikes, and kata—which serve as the foundation of all progress in karate. Our students have been challenged to refine their Basic kata with greater precision, focusing on the balance between form and spirit. In addition, we have been working on applying these fundamentals and strengthening both confidence and humility.

We are proud to highlight the dedication of our students who continue to embody the values of discipline, respect, and perseverance inside and outside of the dojo. From dojo promotions, inspiring visits, and life milestones, the past months have been filled with spirit, energy and love. The New Rochelle Dojo continues to train hard and grow strong, united in gratitude to Grand Master Ansei Ueshiro, Hanshi Robert Scaglione, and all our Kyoshi, Sensei, and Deshi.

*Shihan Sensei Blue Calvo*

*Ueshiro Shorin-Ryu Karate Dojo, New Rochelle*



# Central Florida Ueshiro Shorin-Ryu Karate

Justin Thompson, Shihan, Ni-dan

Casselberry, Florida



Casselberry Aquatics  
Center and Park

806 Mark David  
Boulevard

Casselberry, FL 32707

## News

After about a year and a half in the Casselberry Rec Center, the City of Casselberry invited us to relocate from the rec center to another city park a couple of miles away. We are now located at the Casselberry Aquatics Center and Park (Wirz Park) – a 29-acre park with community pool, 2 outdoor pavilions, multi-purpose field, basketball court, volleyball court, exercise stations, 2 playgrounds, and a newly renovated community center that just reopened in August. Central Florida Ueshiro Shorin-Ryu is one of the first occupants of this newly renovated facility.



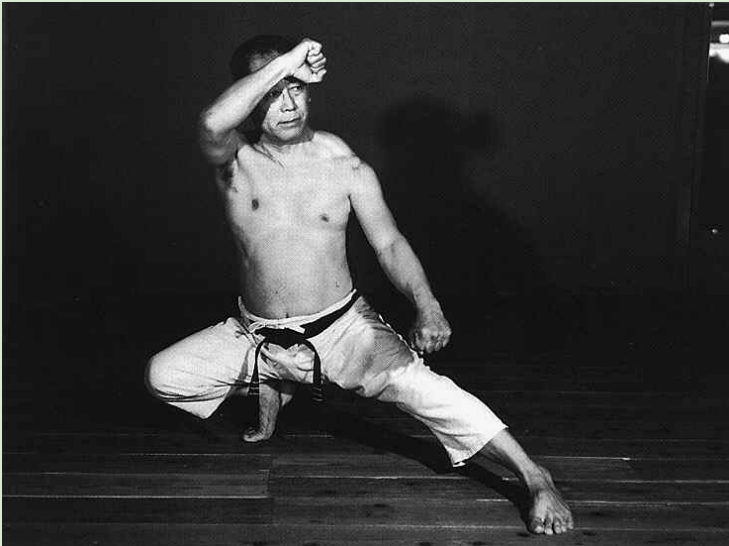
This move gives us the flexibility to have classes start at 6pm two days each week, and instead of having a 50min block of time sandwiched between a Zumba class and a ballroom dancing class – we now have 90 min for every class and, for now, no other groups immediately before or after ours.

Our first class at the new location was held on Wednesday, September 3 and in our second class in this facility we had a special guest as Sensei St. George rode in on his motorcycle dojo tour.

In addition to the regular classes, we've been holding kobudo training for the bo, one evening each week, weather permitting.

### **Rank Promotions**

In the August promotions, held in Merritt Island and presided over by Hanshi Scaglione, we had two promotions. Mateo Arguelles (child) earned his yellow belt, and Tino Shaffer earned his 1k Kyu.



"Karate-do may be referred to as the conflict within yourself, or a life-long marathon which can be won only through self-discipline, hard training, and your own creative efforts."

– Grand Master Shoshin Nagamine



# Cape Canaveral Ueshiro Shorin-Ryu Karate Dojo

**Sensei Carla Eddy, Shihan, Yon-dan**

Cape Canaveral, Florida



On Friday June 13<sup>th</sup>, a group of us from the Florida Ueshiro Shorin-Ryu Karate USA, eagerly attended and enjoyed a viewing of the Karate Kid: Legends movie.

Later in June, during my Monday night class, on June 16<sup>th</sup>, the Cape Canaveral Ueshiro Shorin-Ryu Karate Dojo conducted our bimonthly tip test. The event was led by Sensei Youjian Nistorinko (Yon Dan and Co-Shihan), who began the evening by bowing in the class performing warm-up and Kihon. The formal test was administered by myself, Sensei Carla Eddy (Yon Dan and Co-Shihan), while Sensei Nistorinko and Sempai Lisa (Sho Dan) composed the board of judges.

We then performed several repetitions of the respective kata. Following this, our candidate, Richard Baxter, was called forward to perform his required rank kata, which he executed with much joy and vigor, then continued with a demonstration of traditional basics, push-ups, and answered several rank-appropriate questions. At that time, our testing candidate Richard Baxter, was promoted to the rank of Ro-kyu (one green tips). The event was then dedicated in honor of Grand Master Ansei Ueshiro for sharing this art and Hanshi Scaglione for his tireless efforts of keeping Shorin-Ryu alive.



Next, at two different points in time, the Cape Canaveral Ueshiro Shorin-Ryu Karate Dojo proudly partnered with the local Community Center to take part in their annual Summer Camp—specifically during *Fitness (June 16<sup>th</sup>)* and *Safety Week (July 23<sup>rd</sup>)*. Students and instructors from our dojo led interactive sessions designed to promote physical activity, focus, and personal safety for community summer campers of all ages.

Throughout the seminars, campers learned basic martial arts movements, practiced fun fitness drills, and participated in hands-on demonstrations that emphasized discipline, respect, and self-confidence. Our team also shared practical safety tips, including how to stay aware of surroundings and respond confidently in unfamiliar situations.

The event filled with energy, empowerment, and community spirit. We're grateful for the opportunity to contribute to the camp's mission of keeping kids healthy, active, and safe—and we look forward to continuing this tradition in the summers to come!



Domo Arigato Master Ueshiro and Hanshi Scaglione, for graciously sharing the art of Shorin-Ryu and guiding us in the spirit of karate.

Domo Arigato Gozaimasu Hanshi, as always, for your tireless leadership and efforts are examples that continue to inspire us all.



On Saturday, Aug. 23, all 6 Florida schools of Ueshiro Shorin-Ryu Karate USA held a combined belt test at Ueshiro Merritt Island Karate Dojo.



Congratulations to Melisa Gonzalez who was promoted to the next rank of San Kyu. Domo arigato to Hanshi for leading by example and demonstrating — for decades — the meaning of commitment as it pertains to karate.





On Friday, August 29th, a group of women toured Urban Defense Advisory Group on North Merritt Island, a studio specializing in self-defense. We learned firsthand how their tools and training build confidence, practical skills, and true readiness for real-world situations.

With this I close and say until next time.....

Sensei Eddy, Co-Shihan, Yan Dan

Cape Canaveral Ueshiro Shorin-Ryu Karate Dojo



# Ueshiro Shorin-Ryu Long Island Karate Dojo

Sensei Kim Garon, Shihan, Yon-dan

Massapequa Park, New York



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

The Ueshiro Shorin-Ryu Long Island Karate Dojo keeps moving forward with new students, consistent training and forever challenging ourselves. Taking training outdoors, finding new ways to improve our techniques and inviting students to train on your home turf will forge the bond between student and instructor.



On June 5<sup>th</sup>, Sensei Bob St. George, on a quest to visit all of our dojos within the continental U.S. via motorcycle, honored us with a special visit. He took the group through warm-ups and shared memories of his original introduction to martial arts in the 70s while he was in the army. Visiting other dojos and having visitors is incredibly rewarding for all involved.





We welcomed a new student, Bill Simon, on July 10<sup>th</sup>. Bill formerly trained in Shotokan over 25 years ago and is very excited to be on the deck again, now training in Ueshiro Shorin-Ryu Karate. It was amazing to witness the staying power of muscle memory as blocks and strikes came flowing out of him after just one class!



On September 14<sup>th</sup>, the Ueshiro Shorin-Ryu Long Island Karate Dojo had the pleasure of participating in the annual Central Park 9/11 Memorial Work Out, hosted by Kyoshi Mackay who challenged us to truly step first as we wrestled with uneven terrain and various slopes. This event took place under the canopy of trees at the Allée of Kwanzan Cherry Trees. Nine dojo were represented, giving us precious time to train with deshi we don't see regularly which polish our techniques and spirit.



We look forward to cooler weather, upcoming promotions and events, and moving forward.

Domo arigato to Master Ansei Ueshiro and Hanshi Robert Scaglione for improving our lives by sharing this art with us.

Domo arigato gozaimasu,  
Sensei Kim Garon, Shihan, Yon-dan Ueshiro  
Shorin-Ryu Long Island Karate Dojo  
(516) 313-3228  
email: LongIslandKarate@Yahoo.com  
www.LongIslandKarateDojo.com

# Ueshiro Shorin-Ryu Beaverton Karate Club

**Sensei Sean M. Paus, Shihan, Yon-dan**

Beaverton, Oregon

## News

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

The Beaverton, Oregon dojo continues to move forward with joy and vigor.

This season we have made changes to the karate program at Conestoga Recreation and Aquatics Center. We have eliminated the Intermediate Karate class (ranks Yellow Belt and higher) and replaced it with a Family Karate class for all ranks. This class also meets twice per week instead of the former once per week. Hopefully, this new format will improve student retention and development.

I'm looking forward to sharing our experience with the new program at the end of the Fall season. Until then, keep moving forward.

## Rank Promotions

On August 19th and 21st, we held Kyu level promotions, and awarded the following ranks:

Promoted to the rank of Ro-kyu:

- Setayesh Sherzad
- Garrett Dunn
- Declan Boles
- Huiyou "Iris" Kao
- Huijun "Irene" Kao

Promoted to the rank of Yellow Belt:

- Ashley Lemus
- Jakelin DeLeon Ramos
- Lesly DeLeon Ramos
- Aman Haftu

## Closing

Domo Arigato Hanshi, Kyoshi, and Sensei of USRKUSA for your continued support and leadership.



# Crown Heights Ueshiro Karate Dojo

**Sensei Anna Sweeney, Shihan, San-dan**

Brooklyn, New York

The Crown Heights Ueshiro Karate Dojo is continuing to grow and develop as a school and community. We have been honored to have visitors from multiple dojos share their spirit and knowledge with us since the last newsletter including Ueshiro Midtown Karate, Ueshiro Bay Ridge Karate, and To-Te Ueshiro Karate Nyack. We have participated in multiple joint Green Tip and Full Belt tests with Kyoshi Mackay at both the Ueshiro Midtown Karate Dojo and the Crown Heights Ueshiro Dojo. We now boast two San-kyu, two Yon-kyu, two Go-kyu, six Ro-kyu and two new white belts. We are continuing with one-on-one instruction with our Karateka with developmental differences, as well as our weekly dedicated comprehensive Self-Defense class. As always, Domo arigato gozaimasu to Hanshi Robert Scaglione for his enthusiastic support, to Kyoshi Michael Mackay for serving as Kyoshi sponsor and constant source of support, and all the Deshi of USRKUSA. Our full class schedule is:

## **Traditional Karate:**

Saturday and Sunday: 10:00 - 11:15 AM

Wednesday and Thursday: 6:00 - 7:15 PM

## **Self-Defense:**

Wednesday 7:30-8:30 PM

Anna Sweeney, Shihan, San-dan,  
Crown Heights Ueshiro Karate Dojo



# Ueshiro Carleton Karate Dojo

**Sempai David Huyck, Shihan, Ni-dan**

Northfield, Minnesota



## News

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

As the buzz of activity on the Carleton College campus rises, I am excited to get back on the deck with my new and returning students. I'm expecting a handful of familiar faces, along with another 20+ white belts, looking to dip their toe into Ueshiro Shorin-Ryu Karate. I'm excited for those returning students to help show the new students what is possible after more time on the deck. And I'm excited to meet the new white belts, and watch them rise to the challenges and reap the benefits of our Karate traditions.

As Carleton College does not hold a summer term, things have been quiet for the dojo since June. However, we finished the last academic year with a tip promotion for nine of our deshi, the deck too full for our usual space. Most of those new Ro-kyu and Go-kyu will be joining us again, and I'm especially looking forward to introducing them to Master Ueshiro's kata, Fukyugata San. My goal is to help several of these students get ready for our February full-belt promotion, so we can put some green belts on the deck again.

## Rank Promotions

Roughly every other year, the Ueshiro Northfield dojo, now in partnership with our Ueshiro Carleton dojo, has held the "Minnesota in May" event, hosting USRK practitioners from around the system. During this year's event, described in more detail below, I was honored to be on the deck to test alongside fellow Minnesotans Sensei Scott Sijan and Sempai Vincent Sommer, and Sensei Anna Sweeney from New York.

### Promoted to Ni-dan:

- David Huyck (Carleton)
- Vincent Sommer (Northfield)

### Promoted to San-dan:

- Scott Sijan (Northfield)
- Anna Sweeney (Crown Heights)





At the end of our Spring Term, the Ueshiro Carleton Karate Dojo held a tip-test for nine students, six of whom were on the deck the entire academic year.

**Promoted to Ro-kyu, one green tip:**

- Dairen Castro
- Nathaniel Conroy
- Matthew Murashige

**Promoted to Go-kyu, two green tips:**

- Trixie Aguas
- Luke Heschel
- Jiao Jiao Nelson
- Sophie Newmark
- Jeremie Rault-Wang
- Dynamique Twizere



**Events**

As mentioned, we held our semi-annual “Minnesota in May” event in the spring. This year, we had guests from Massachusetts, three different New York dojo, and we were honored by a visit from our founder, Sensei Bob Dobrow, who came down from Duluth, MN. Domo arigato gozaimasu for the gold and sugar, hand delivered by Kyoshi Michael Mackay, Sensei John Bottega, Sensei Lisa Rosenberg, Sensei Bryan Markiet, Sensei Bob Dobrow, Sensei Austin Hatch, and Sensei Anna Sweeney.



I am especially grateful to the visitors for their kind attention to the Carleton students who attended workouts throughout the weekend. I heard many comments of appreciation from the students, and I observed thoughtful interactions and moments of invaluable individual feedback all across the deck.



After the Carleton students left for their summer break, I continued my training with the Ueshiro Northfield dojo. Since 2020, we have held our practices outdoors whenever the weather was accommodating, and this summer was no exception. In late June, we were honored by Sensei Bob St. George's visit as part of his motorcycle tour of the USRK dojo. I am grateful for his example of kindness, diligence, and fortitude.

### **Closing**

As October nears, I look forward with anticipation for another great visit to Florida for the Annual Black Belt weekend. Sharing the deck with so many of you has made my Karate stronger and my spirit more enriched.

Here in Minnesota, it is a joy to practice Karate alongside my family and friends. Fall classes have just begun at Carleton, and I am reminded of the distance I have come since my first months on the deck, nine years ago. I envy the white belts' position at the beginning of their training, full of anticipation and novelty, even as I remember the frustrations and aches of moving my body in new and different ways in those early days. I do my best to share the spirit of "sho shin" — beginner's mind — and to learn something new about Karate, myself, and my students each time I step onto the deck.

Domo arigato gozaimasu to Hanshi for keeping our traditions and foundations strong, and to the Kyoshi, Sensei, and all Deshi who keep exploring and learning together. This wonderful community is what keeps us strong in mind, body, and spirit, wherever we practice this beautiful art.

Respectfully submitted,  
Sempai David Huyck, Shihan, Ni-dan

[dhuyck@carleton.edu](mailto:dhuyck@carleton.edu)

<https://go.carleton.edu/karate>



# Holyoke Ueshiro Karate

**Sensei Austin Hatch, Shihan, San-dan**

Holyoke, Massachusetts

## News

This fall marks the one year anniversary of Holyoke Ueshiro Karate, and with it, a move to a new location at 532 Main Street, Holyoke, MA.

Deshi and friends of the dojo banded together over Labor Day weekend and, after concluding our regularly scheduled Friday evening class, packed up, moved, and set up the new dojo in time for class on Tuesday night. A big *domo arigato gozaimasu* to deshi and friends alike for all your help in making the move possible. Domo arigato gozaimasu, Hanshi for your guidance and the permission to share the art in Holyoke, and to Kyoshi Seeger for your instruction, encouragement, and support during our first year of operation. It is a privilege to be a link in the long chain of Shorin-Ryu karate.



## Rank Promotions

Three Holyoke deshi, Cynthia Tolson, Stephen Superba, and Matthew Desouza, were promoted to the rank of San-kyu in August, following tests consisting of kata, kihon, and yakusoku kumite demonstrations and discussions about the history and philosophy of our art. 頑張つて (*ganbatte*)!

## Closing

Please come visit and train with us. Our regular classes are scheduled on Tuesday, Thursday, and Friday evenings at 6, with a weekend class coming to the schedule this fall. We would be happy to schedule a special class to host visitors any time. Autumn is the best time of year in the Pioneer Valley - come see some foliage and do some karate!

Domo arigato gozaimasu,  
Hatch Sensei  
San-dan, shihan  
Holyoke Ueshiro Karate



# Ueshiro Karate Dojo ba'Kfar

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

Onegai-shimasu Ueshiro SRKUSA Worldwide,

These past 6 months we have continued moving forward on our Karate-Do path, as shown by the following photos.

In late May we climbed this path up to the fortress on Mount Masada, for our special spirited annual karate training there, where we are reminded of those who came before us and struggled for their freedom in the face of colonial empires trying to conquer our homeland.



Location 6 shown on the above map  
– overlooking the Dead Sea

We have had a large batch of Green Belts at our dojo, learning the first couple of Pinan-Kata. As a result of their hard work through many kata repetitions, we recently promoted them to brown tips (San-kyu rank). What a great opportunity for all of us to improve our performance of Anko Itosu's fundamental kata[s].

We also recently promoted the tenacious Sempai Eduardo Tartacovsky, a San-dan from Shotokan, who has humbly joined us on our path a few years ago. He brings us thunderous kiai and 40 years of karate experience.





Our Shodan, Sempai Meir Amarin, has been a great help to me leading the dojo during my business trips. He is an exceptional Sempai and I enjoy with vigor practicing with him his Black Belt Kata[s].

We shall keep training in our Karate-Do with warrior spirit, looking forward to the end of the ongoing war and the return of all our hostages still held by Hamas. We live in a turbulent part of the world, which has seen a long history of battles challenging us to live in freedom at our ancestral homeland of Israel, spanning a small special stretch of land between the River of Jordan and the Mediterranean Sea. We must train to be strong and vigilant.

Thank you to Hanshi Scaglione and Kyoshi Seeger for their continued support and guidance.

Domo Arigato Gozaimasu!

**Sensei David Tamir**, Denshi Shihan  
Ueshiro Karate Dojo ba'Kfar [Village Dojo]  
Kfar-Saba, Israel

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[www.ISRAELKARATE.com](http://www.ISRAELKARATE.com)



### **The Karate Creed**

I come to you with only Karate

My hands are empty, but I fear no man

Should I be forced to defend myself,  
my honor, or my principles

Should it be a matter of right or wrong, life or death

Then here are my weapons, my empty hands

# Ueshiro Hong Kong Karate Club

**Sensei Alan Lai, Shihan, Roku-dan**

Hong Kong, China

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

Our club is glad to announce that we are going to have a promotion test in October. It's great to see fellow Senpai(pl) making progress. Also we have regular Wednesday and Sunday workouts, and we have our arms open for everyone to train together with us.

Domo Arigato Hanshi, Kyoshi, Sensei,

Sensei Rayvel Tang, San-dan

Ueshiro Hong Kong Karate Club





# Herzelia Ueshiro Dojo

**Sensei Nir Zamir, Denshi Shihan, Go-dan**

Herzelia, Israel

The Herzelia Dojo maintains its training schedule of twice a week, currently Mondays and Thursdays, from 18:30 to 20:00.

Our group focuses on keeping the spirit of Joy and Vigor throughout, and we thrive on having joint-sessions with our extended Shorin-Ryu Ueshiro Karate Do family under Shihan David Tamir, our neighboring Dojo in the city of Kfar Saba.

Wishing a happy Jewish New Year to all, and hoping for peace in our region ASAP.





**The USRKUSA Newsletter is a semi-annual publication produced by  
Hanshi Robert Scaglione and the Shihan of the  
Ueshiro Shorin-Ryu Karate USA Dojo and Clubs.**

**Current and previous issues of USRKUSA Newsletters may be found [here](#)**

**This issue published by the Ueshiro Northfield Karate Dojo**

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**Final approval and editing - Kyoshi Michael Mackay**

**USRKUSA, October 2025**

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