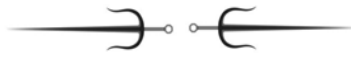
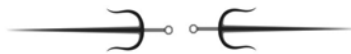


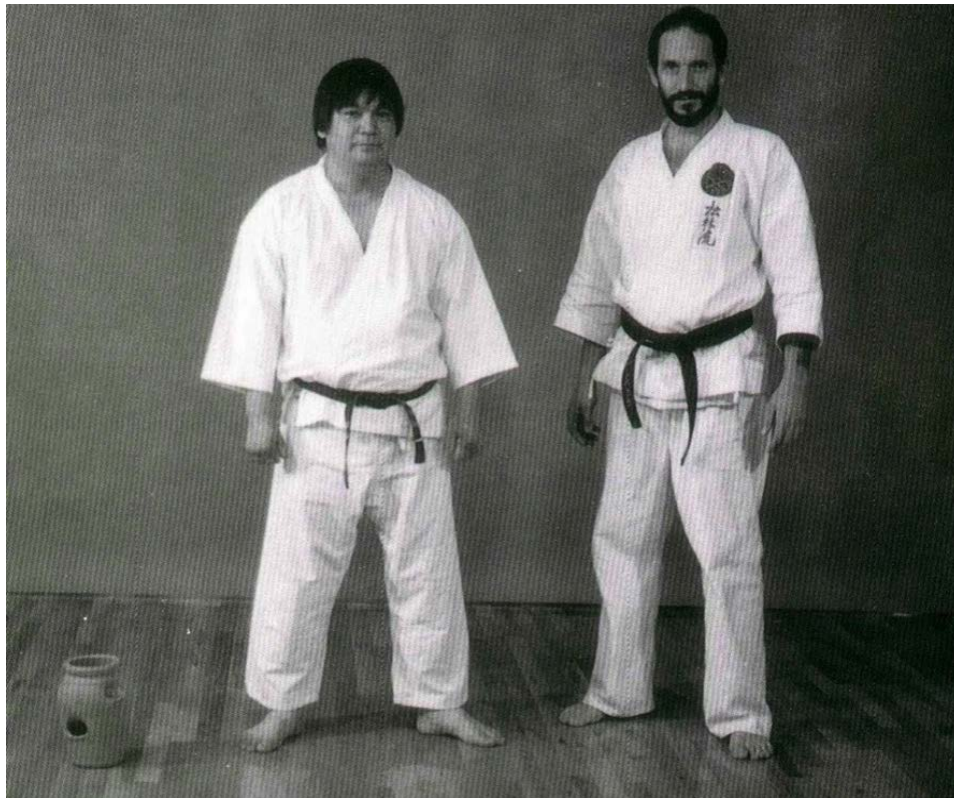
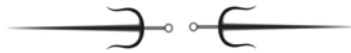
FALL 2022 NEWSLETTER



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



FOUNDED BY GRANDMASTER ANSEI UESHIRO



Grand Master Ansei Ueshiro & Hanshi Robert Scaglione - 1992

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

Greetings USRKUSA Members-

Looking back since the last Newsletter many exciting events transpired. See contents of this newsletter for detailed descriptions and photos of Green tip-tests, Kyu tests, Dan tests, promotions, including many people earning their new rank by consistent attendance, Dojo grand openings, much information via scheduled Dojo workouts, Book Clubs, TOTWs, Keep Training bulletins, productive encouraging interactions, communications and conversations- gathered amongst ourselves-before and after workouts via asking and answering questions regarding technique, history, health, keeping fit, avoiding injuries and illnesses. We also enjoyed the general well-being via the "ecstasy of sweating and hard work in our Dojo(s)- training hall's". We especially appreciate the information passed on to us by the Dan level instructors conducting work-outs in our Dojo(s) Worldwide!

I strongly encourage you all to visit other USRKUSA dojo often.

Looking forward, we have the November-in- Florida event coming soon. All are invited to participate! Our annual Blackbelt event happens over the same November 11th weekend.

We look forward to more tests and promotions of all ranks from Ro-kyu to various levels of Dan ranks which will be scheduled in 2023 (the Year of the Rabbit)- 125 years since Anko Itosu, at 77 years of age, penned his "Ten lessons of TO-TE "(Karate)- the art of the hand!

We are remembering our founder Grand Master Ansei Ueshiro in 2023 which is the 90th Anniversary of his birth April 20, 1933!

Keep showing up, in our Dojo(s).....often.

Sincerely,

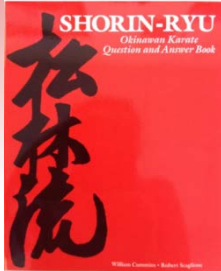
-Hanshi Robert Scaglione



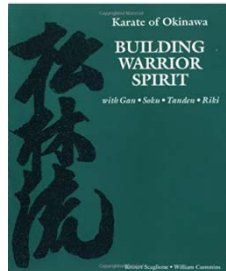
USRKUSA RESOURCES

Recommended Reading

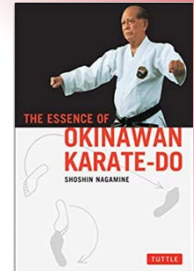
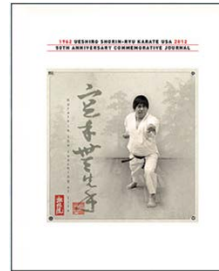
“Red book”



“Green book”

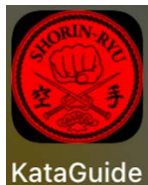


“White Book”

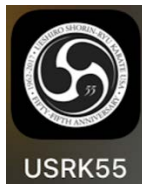


- Sempai William Cummins & Hanshi Robert Scaglione's *Shorin-Ryu: Okinawan Karate Question and Answer Book*, and Hanshi's *Karate of Okinawa: Building Warrior Spirit through Gan, Soku, Tanden, Riki* are available through your Shihan.
- Our *USRKUSA 50th Anniversary Journal*; Master Nagamine's *The Essence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

Mobile apps



KataGuide



USRK55

- Get the *Kata Reference Guide* & *USRK55* developed by Kyoshi Seeger, and Sensei Adam Dunsby's USRK Kata Counter for:
 - iPhone & iPad via the App Store
 - Android via Google Play Store



Kata Counter

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 dojo's and Shihan contact information 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)

- On Facebook? Join the Ueshiro Shorin-Ryu Karate USA Students group



UESHIRO MIDTOWN KARATE DOJO

Kyoshi Michael Mackay, Shihan, Ku-Dan
New York, NY

News

Onegai shimasu, Hanshi and Karate-ka of Ueshiro Shorin-Ryu USA,

The Midtown (“Hombu” / Headquarters) Dojo enjoyed a vibrant spring and summer of outdoor training in historic Central Park and Dag Hammarskjöld Plaza in NYC, plus advanced training via Zoom with Black Belts and Kyu Ranks from across the country. Led by email guidance from Hanshi Robert Scaglione and weekly newsletters from Kyoshi Kevin Reymond, we focused our attention on meticulous technique and exploring the principles of combat explained in Chapter VI of “The Essence of Okinawan Karate Do.”

Rank Promotions

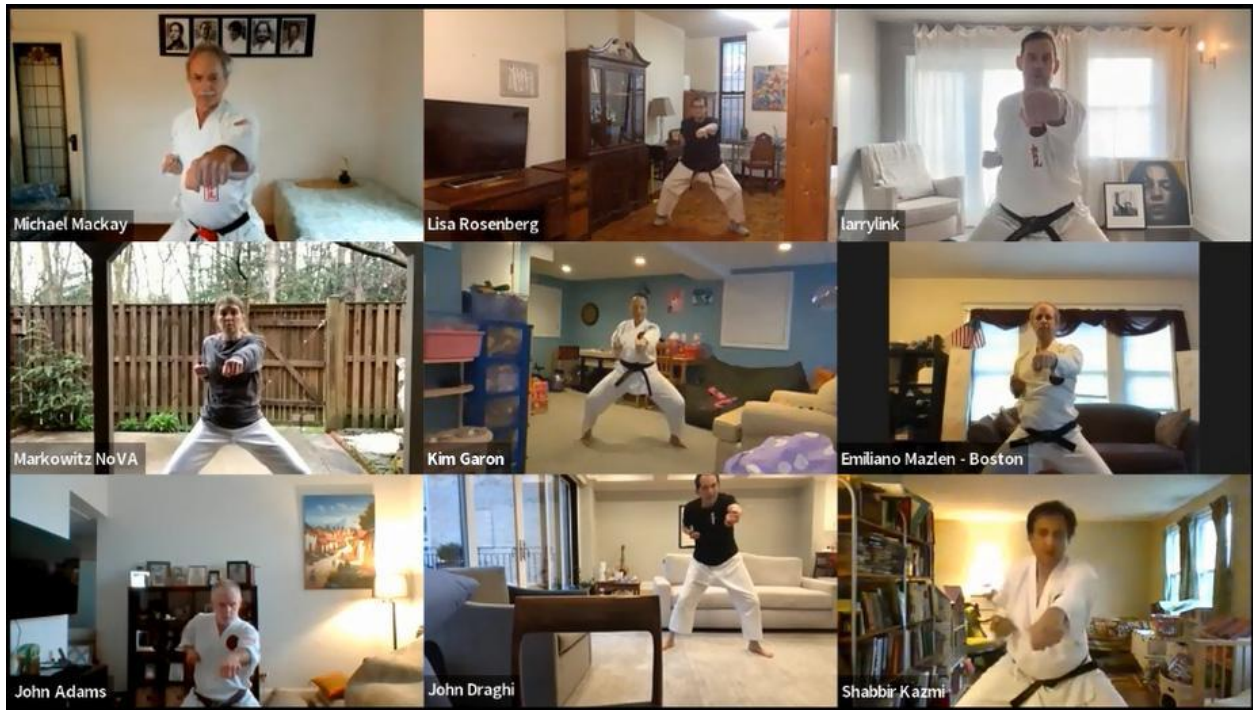
Midtown Deshi continued their emphasis on earning their current rank, and so did not formally test. That said, those who consistently showed up three or more times per week remain prepared to test at a moment’s notice. Sensei Ron Ballin, Yon-Dan, traveled to the Ueshiro Northampton and Downtown dojo(s) to assist with their August promotions. Congratulations to all promoted this past August and the many deshi who supported them.

Events

Staying nimble - We continued our in-person training throughout the spring, adjusting our location as needed when many large-scale events returned to Central Park.



Katathon to benefit Ukranian Refugees - Meanwhile, our virtual classes continued with much join and vigor twice per week. On April 4th the Zoom class participated in a katathon to raise funds for Ukrainians displaced by the war. The class was part of a month-long Fitness Challenge sponsored by the law firm of Debevoise & Plimpton, and raised over \$68,000.



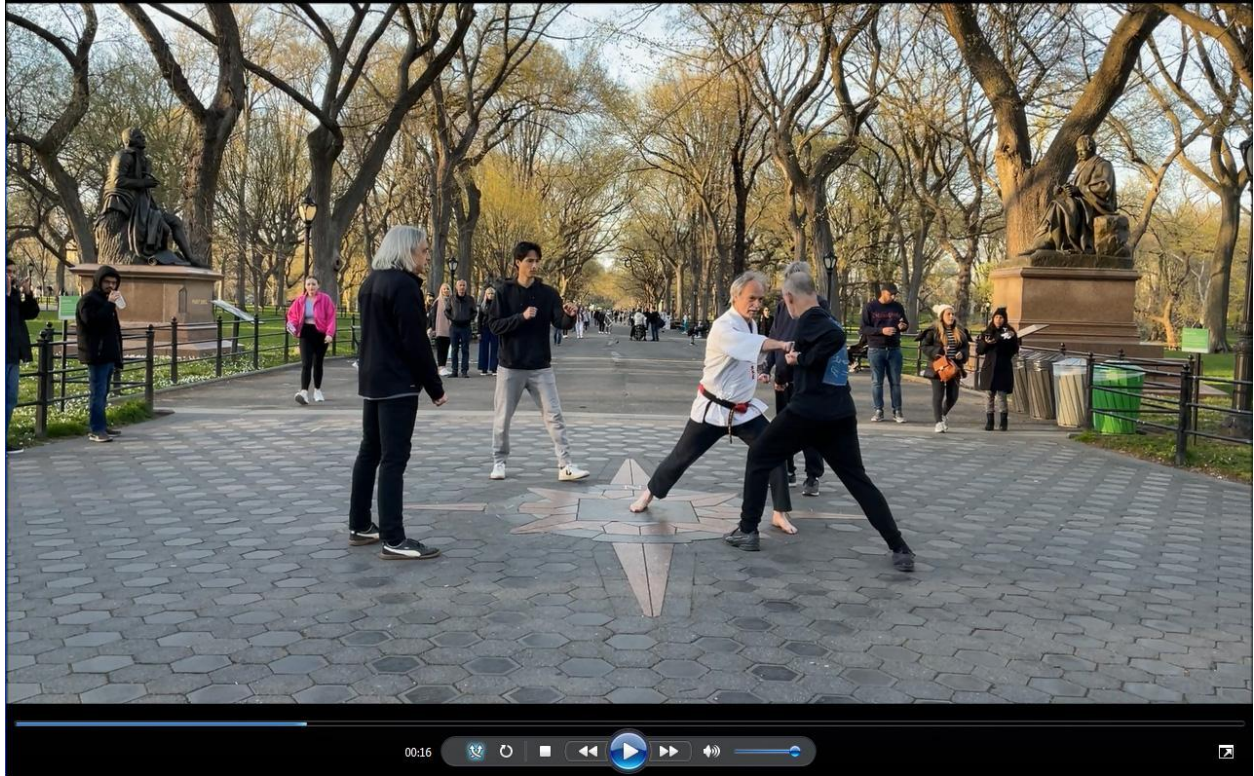
"The Face of Bravery" project - To combat the late winter doldrums the Midtown Dojo assembled a collection of images and thoughts from USRKUSA members on the theme of "Courage". Nine deshi from the Ueshiro Midtown, Downtown, NoVa, and Florida dojo participated. Iconic images such as "Raising the Flag on Iwo Jima" were expected, but responses also included personal photographs of unsung heroes who had greatly impacted the student's life. The project affirmed that bravery, while transcending time and culture, can also arise from the humblest roots and close to home. The full portfolio may be seen [here](#).

GRAND MASTER ANSEI UESHIRO
DEPARTING FOR THE UNITED STATES
SEPT. 14, 1962



This photo is a major inspiration to me. Bravely going out in order to connect and share. Being brave enough to be the "first".

Grand Master Ansei Ueshiro Public Demonstration – In celebration of Grand Master Ansei Ueshiro's birthday, Midtown deshi participated in a public demonstration at the entrance to the Poet's Walk in Central Park. Domo arigato gozaimasu to Sensei(s) Gamiel Ramson, Ron Ballin, John Adams, Luz DeLucia, Mr. Noah Kaplan and Kathy Chin for joining in this 89th birthday celebration. Black Belts demonstrated the bo kata and a spirited Fukyugata San bunkai. A video of the bunkai is [here](#).



Fordham Univ. Pre-Graduation Workout – On May 15 we held a farewell workout for three graduating seniors from Fordham33333393 University who had trained with us during much of the academic year.



Congratulations to Katrina Lambert, Maia Nunez and Royall McMahon Ward on their academic achievements, and for polishing basics even on graduation day (see photo). Domo arigato gozaimasu to Ms. Lisa Rosenberg, Ms. Anna Sweeney, and Brenda Ray for mentoring these students.



Sherwood Island Beach Workout – July 17 saw the return of our traditional Sherwood Island workout after a three year hiatus. Starting with bo kata on a sandy island at low tide, the group trained with much diligence and delight despite the rising waters which eventually engulfed them.



Special shout-out to first-time participant Nasar Abdurrahman, who kept up with everything that was thrown at him. After the workout Sensei Adam Dunsby and his wife Cathy hosted a BBQ pool party at their home. Domo arigato gozaimasu to the Dunsbys and Easton Ct. Black Belts Frank Mowka and Michael Kliegman for their gracious hospitality.



Gojushiho Seminar – On August 24 the usual Wednesday class turned into an impromptu seminar on kata Gojushiho attended by Roku-dan Gamiel Ramson, Go-dan Larry Link, Yon-dan John Adams, and Kyoshi Mackay. Over the course of two hours the group explored many of the nuances surrounding this kata. Follow-up discussions on Hanshi’s kata DVD as well as photographs from “The Essence of Okinawan Karate-Do” were held via email the following day.



911 Memorial Workout – On Sunday, September 11, a large group of Black Belts and kyu ranks marked the 21st Anniversary of 911 by training in a secluded glen in Central Park. Kyoshi David Baker and Kyoshi Kevin Reymond assisted with the class, which was situated behind the famous statue of a mountain lion called “Still Hunt”.



Special thanks to Ethan Neff and Sasha Turok for their maturity and tenacity, and to all the other karate-ka for gathering to acknowledge this tragic day in history. The event proved once again how we derive much strength and stability by simply showing up and training, even (or especially) during times of adversity.



Closing

As we set our sights on this Fall's "Year of the Tiger" 60th Anniversary Celebration, we offer a huge "Domo arigato gozaimasu" in advance to Hanshi and the Florida Shihan for welcoming us. Such gatherings are the foundation of new traditions we'll look back on with immense appreciation and awe. A recent post from [ueshirofloridadojo's Instagram account](#) reflects this sense of continuity in traditional training.

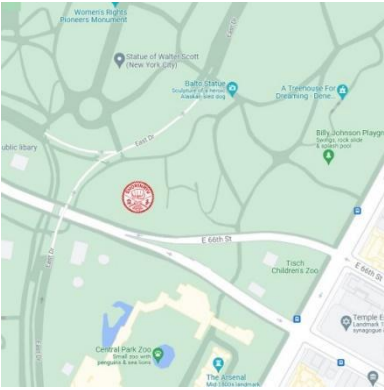


Hombu greatly appreciates its core group of students who consistently supported the Dojo no matter what. They keep the dojo solvent through their generous financial contributions and demonstrate a level of commitment that is truly exemplary.

All Deshi are encouraged to attend our classes in Central Park or Hammarskjöld Plaza (near the UN). We're open for business five days a week (schedule below). A special "Domo arigato gozaimasu" to Hanshi Robert Scaglione for his leadership forward and to Grand Master Ansei Ueshiro for his example of perseverance against all odds.

- Kyoshi Michael Mackay
Shihan, Ueshiro Midtown Karate Dojo

Central Park

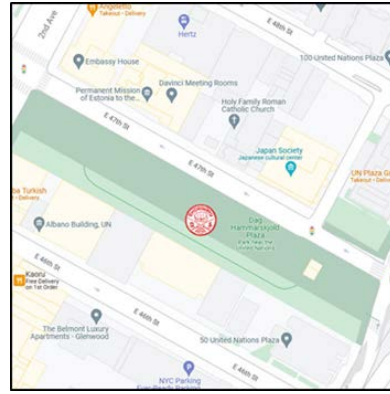


Wednesday,
4:30 – 6:00 PM
Kyoshi Michael Mackay



Sunday,
10:00 AM – 12:00 Noon
Kyoshi Michael Mackay

Hammarskjöld Plaza



Monday, 4:00 – 5:45*
Tuesday, 4:00 – 5:45*
Friday, 4:00 – 6:00 PM (bo)
Sensei Gamiel Ramson and
Sensei Ron Ballin
* By appointment

Zoom



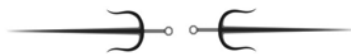
[Link to join](#)

Tuesday,
5:30 – 6:45 PM
Kyoshi Michael Mackay



[Link to join](#)

Friday,
5:30 – 6:45 PM
Kyoshi Michael Mackay



UESHIRO VIERA SHORIN-RYU KARATE DOJO

*Hanshi Robert Scaglione, Shihan, Ju-Dan
Viera, FL*

Greetings USRKUSA Members-

See below two photos and brief description of many Viera Events over the past six months.



We have had visitors from as nearby as 10 miles away i.e. other Florida Dojo(s) and as far away as Israel, Sensei David Tamir, Denshi- Shihan, ba'Kfar Dojo and...

also visiting, Sempai Sharona Levine-Ik-kyu from the Ueshiro Palisades Dojo, NY.

We always welcome, as all USRKUSA Dojo do welcome, visitors of all ranks from Ro-kyu to Kyoshi at any of our scheduled workouts and/or for informal training/& discussions....or both!

Keep showing up..in our dojo(s) Worldwide!

Sincerely,

-Hanshi Robert Scaglione,

Shihan Ueshiro Shorin-Ryu Karate Dojo Viera, Florida.

UESHIRO PINE FOREST KARATE SCHOOL

Kyoshi David Seeger, Shihan, Ku-Dan

Palisades, NY



Formal Classes M 3p T W TH 6:30p Sun10a - Come and Visit.

Private Lessons in person and via zoom

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

RAMP UP YOUR TRAINING AND THEN... WE WILL DO IT AGAIN!

November 11, 2022 Veterans Day Join Hanshi and Kyoshi Seeger at 6pm



Hanshi & Kyoshi Seeger's Friday Night Class- Viera Florida - February 4, Year of the Tiger



“Ueshiro Pine Forest Karate School” in Palisades, NY under the leadership of Kyoshi David Seeger has produced the growth and development of some very impressive Karateka over the years like Powell Sensei; Potter Sensei, Lax Sensei and Glassberg Sensei to mention a few. This extraordinary process of developing strong Karateka is attributed to the unwavering principles of passing down the knowledge from Teacher to Student. These principles can only stand the test of time due to the humble nature of the Ueshiro organization’s leadership. Hanshi continues to study the ways of the

Shindin, passing it down to the Kyoshi, who then pass it down to us. It is this principle that fosters growth and maintains the unbroken lineage of Ueshiro Shorin- Ryu.

*Domo Arigato Gozaimasu Hanshi, Kyoshi, Sensei, and Deshi
Grossman Sensei, Yon-Dan*



Ueshiro Pine Forest Karate School, To-Te Ueshiro Karate Dojo, Ueshiro Shorin-Ryu New Rochelle Karate Dojo 9.8.22

Thank you Sensei Anil Jaising, San- Dan and Sempai Austin Hatch Sho-Dan for helping to keep our apps working.

To support our apps and website please click here to donate in any amount:

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



techniques.

I have always dreaded breaking.

I am a conductor and a pianist, and playing the piano is central not only to my entire career but to my entire life. Any injury to my hands would be monumentally damaging to my livelihood and my ability to perform.

Kyoshi Seeger, understanding my situation, proposed that I break two concrete blocks with my foot instead of my hands for my Ni-Dan test.

I cannot describe how liberating and effortless it was to break the two blocks.

What's more, as the blocks exploded, I saw how powerful a foot stomp can be which gave me a completely new understanding of the self-defense value of all of the foot stomps in our Naihanchi Katas, and the extraordinary power of our Ueshiro Shorin-Ryu



Black Belt Promotoion September 8, 2022
Sensei Ed Abreu, San-Dan
Sempai Rob Kapilow, Ni-Dan

Ueshiro Pine Forest Karate School
To-Te Ueshiro Karate Dojo
Ueshiro Shorin-Ryu New Rochelle Karate Dojo

Sempai Rob Kapilow, Ni-Dan

Ueshiro Pine Forest Karate School in Palisades, New York



It has been almost a month since I visited Hanshi and attended his class. I have thought about and tried to practice everything I learned. My ideas about SLOW went from “Slow is painful” to “slow is the best teacher you can have.” I have discovered that in moving slowly, you can see where a move gets its power and where to fix it. In doing slow knee bends to bottoming out, you can build more leg strength than you could ever imagine. Add that to Naihanchi kata, and you become immovable. I learned that from a true Master. Every lesson was a jewel. I am blessed to be surrounded by so many great teachers of Ueshiro Shorin-Ryu karate, and I can’t wait to train and learn with them all. What a gift it is to be able to gather and train in November to celebrate our 60th anniversary.

Arigato.

Sempai Sharona Levine, 1k- Kyu

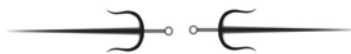
Ueshiro Pine Forest Karate School in Palisades, New York



Thank you Master Ueshiro and Hanshi Scaglione for 60 years of empowering all the deshi in their study of Ueshiro Shorin-Ryu Karate. Looking forward to training with everyone in November.

Potter Sensei, Roku-Dan

*Chief Instructor, Ueshiro Pine Forest
Karate School in Palisades, New York*



UESHIRO OKINAWAN KARATE FAMILY CLUB

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

Greetings from the Ueshiro Okinawan Karate Family Club in State College, PA!!

All is well in Happy Valley* and with the Ueshiro Okinawan Karate Family Dojo.

We are running 4 classes a week – two of which are outdoors (with one about to go indoors), one currently at an indoor location, and one online.

Our Women and Girls class – which is led by Sensei Barb Schaefer (San-Dan), with Sempai Tracie Pletcher (Ni-Dan) and Sempai Anne Burgevin (Ni-Dan) – continues to be both joyful and vigorous.

Students from White belts to Brown belts, periodically trade off instruction among our Black belt women. Our teen Brown belts Lydia, age 17, and Elsa, age 13, have taken a strong role leading class and warmups, as well as providing supportive instruction to our newest cadre of white belts, of ages 5 to adult.

Class participants make good use of the mirror in Dragonfly's movement room for self-correction during kihon and kata. Time spent fine-tuning kata is supplemented with kihon practice of specific kata-based block & counter combinations. Class instructors increasingly utilize padded striking targets to help get deshi accustomed to making solid contact, as well.

One reason that the Women and Girls class has been growing steadily has to do with its culture of building community and spending time together outside as well as inside class. For example, as a way of celebrating women warriors of old, a group of students attended the opening movie night of Viola Davis' "The Woman King" together in our local theater. While the moves and weapons were somewhat different in Africa in the 1800s, the fierce fighting spirit of the all-women Dahomey force of martial artists was easily recognizable as that which our karate nurtures. It's a moving and inspiring movie worth seeing. Kiai!

Another distinctive aspect of our Dojo is that all of our Black Belt instructors have extensive teaching experience in a variety of contexts and this is reflected in some of the creative ways they find to stimulate and connect with all students.

For instance, at the end of one of Sempai Burgevin's kata-intensive classes, she asked each student to "choose one word to embody something they experienced and/or learned" from the day's class. Words like "power," "enlightenment," and "form" came up. William, age 8, thought of three words: "best kicks ever." Another student came up with "no chicken wings."

At the end of another class, Sempai Burgevin asked students to reflect on the question, "How do you think karate training might help prepare you for anything that comes your way?" Ethan, age 15, mentioned how is no longer afraid of the frisbee coming at him quickly. He blocked one with his Shuto hand and avoided injury. Benaiah, age 15, mentioned how he was able to be assertive with a large draught horse that would have intimidated him before he began training in karate. William shared that he has more strength and endurance when shoveling snow.

With a healthy dose of community spirit, we continue to train, learn, and train, as we move forward, together, with our karate journeys.

Domo arigato, Hanshi.

Kyoshi Matt Kaplan, Shihan

Ueshiro Okinawan Karate Family Club

State College, PA

<http://familykarateclub.com>



Photo blurb (Our Black Belts): From left to right (above): Sempai Anne Burgevin (Ni-Dan), Sempai Tracie Pletcher (Ni-Dan), Kyoshi Matt Kaplan, Sensei Barb Schaefer (San-Dan), and Sempai Michael Musser (Ni-Dan).
Pictured left is Sempai Ben Kaplan (Sho-Dan, our latest Black Belt addition)

Class schedule:

Sunday: 2:30 p.m. – Outdoor workout (at Tudek Park). As of Oct. 1st, we will shift this class to indoor training (at the TriYoga-Boalsburg studio – 106 N. Church St., Boalsburg, PA), 5:30–7:00 p.m.

Tuesday: 6:00 p.m. – Women and Girls class – Indoors (at the Dragonfly Therapeutic Massage community room, 1526 North Atherton Street, State College, PA).

Wednesday: 4:30 p.m. – Outdoor workout (at Tudek Park).

Thursday: 5:00 p.m. – Online via Zoom. All USRKUSA students invited. [Zoom sign-in address:

<https://us04web.zoom.us/j/5183592354?pwd=cnF2WWNNZ0Qva0ZER3IGVDQvTENwZz09>

* Happy Valley” is a nickname given to the State College, PA area since the Great Depression of the 1930s as the area was generally not hit hard financially because of the presence of Pennsylvania State University.



UESHIRO NORTHERN VIRGINIA KARATE CLUB

*Sensei Lisa Markowitz, Shihan, Roku-Dan
Centreville, VA*



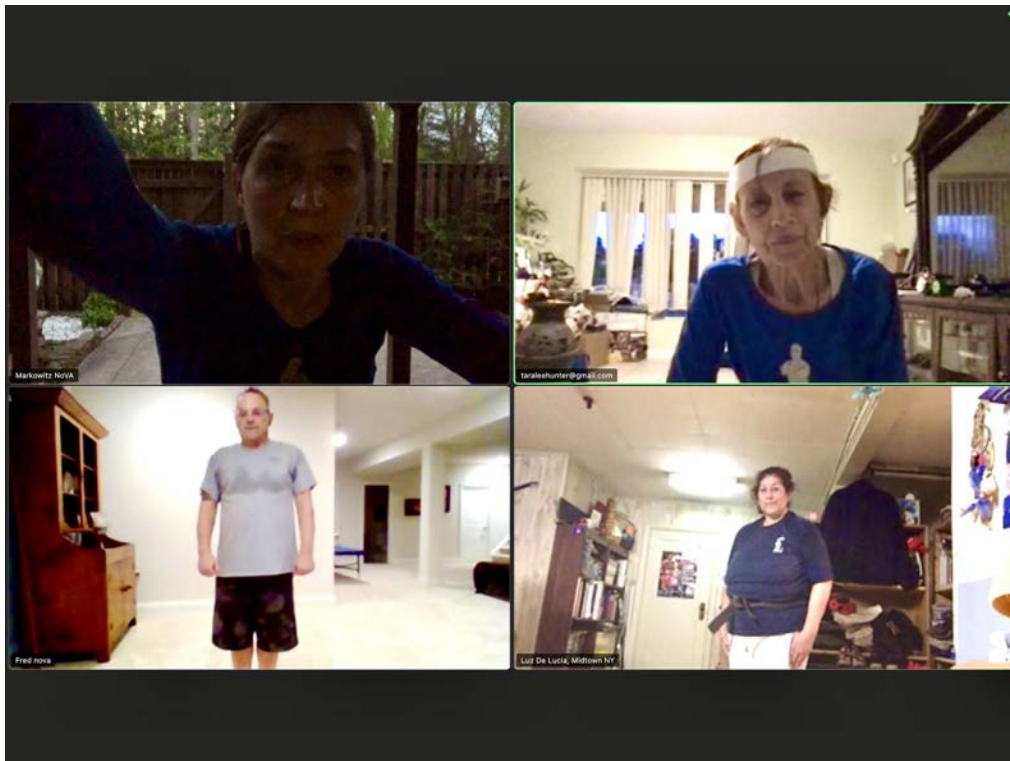
STEP FIRST

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

The Ueshiro Northern Virginia (NoVA) Karate Dojo continues to move forward in the 60th Year of USRKUSA, the Year of the Water Tiger, marking several key milestones in the Spring and Summer, to prepare for the upcoming 60th Anniversary Workout.



Katathon: On April 21, 2022, the NoVA Dojo held a katathon in honor of Master Ansei Ueshiro's 89th birthday. A small group of dedicated warriors met via Zoom and performed 89 kata, beginning with Fukyugata San. Each person took turns counting a set of 9 kata and leading the group through the 10th kata denzok, maximum speed and power, Master Ueshiro style! We finished the last set of 9 kata (Naihanchi San) just as the sun was setting and took the time to reflect how lucky we are to have been given this truly amazing art by Master Ueshiro and preserved through the dedicated teaching of Hanshi Robert Scaglione. Deshi in attendance were Sensei Lisa Markowitz, Sensei Luz De Lucia, Sempai Fred Bagagli, and Sempai Tara Lee Hunter.



Cherry Blossom Workout: On April 23, 2022, the NoVA Dojo hosted the annual Cherry Blossom workout at Great Falls Park. Beginning at 10am, Deshi worked out in small groups led by senior black belts from New York, Pennsylvania, Northampton and Florida. The formal workout ran from 11am to 3pm and was led by Kyoshi Matt Kaplan, Kyoshi Sal Scaglione, Kyoshi Kevin Reymond, and Sensei Lisa Markowitz. Run in a traditional class format, ample time was allotted to warm-ups, kihon techniques, an intensive leg workout (kicks and squats), kata (performed in large and then small focus groups) and weapons training. Kyoshi Kaplan noted how the powerful backdrop of the falls provided a special oasis for refreshing our karate training and promoting camaraderie and inter-dojos solidarity.



Black Belt Promotion: On April 24, 2022, the Ueshiro NoVA Karate Club hosted a black belt test at our Centerville Dojo. Sho-Dan and Ni-Dan candidates from Virginia, Pennsylvania, and Florida were put through their paces during a rigorous 2 hour class followed by testing in small groups led by Kyoshi(s) Matt Kaplan, Sal Scaglione, and Kevin Reymond with black belts from New York (Sensei Ron Balin), Florida (Sensei(s) Matt Reed and Jennifer Sangalang) and Virginia (Sensei(s) Lisa and Shabbir Kazmi) on the board of judges. After a full and vigorous day, the following Deshi were promoted:

Ni-Dan

Krystan Clark (FL)

Sho-Dan

Ben Kaplan (PA)

Om Shah (VA--Youth)

Maya Shah (VA--Youth)

Fred Bagagli (VA)

Nishu Shah (VA)

Reshma Shah (VA)



60th Anniversary Workout Fundraiser: During the months of May and June, the NoVA Dojo coordinated a 60th Anniversary step first shirt fundraiser to help offset the cost of the anniversary workout that will be held in Florida this November. The fundraiser garnered a great deal of traction with support from USRKUSA Deshi worldwide. A total of 85 shirts were sold and \$1,140 was raised! Thank you to everyone who participated.

A special thanks to the very generous donations of:

Chris Barnes

Scott Sijan

Singwen Gobilot and Deshi of the Northampton Dojo



Kyoshi Sal Farewell Workout: On July 9, 2022, the Ueshiro NoVA Dojo held a special workout at Great Falls Park to bid farewell to Kyoshi Sal, who has been the foundation of our dojo for the past 24 years, first as our Sensei, then our Shihan, and finally our Kyoshi. The traditional workout concluded with kata demonstrations that honored Kyoshi Sal's ever present guidance, tutelage, calming spirit, and direct connection to Master Ueshiro and Hanshi Scaglione. The workout was followed by a celebratory luncheon at Great Falls Village, during which we presented Kyoshi Sal with a shadow box that documented his time as the head of our dojo and a Shorin-Ryu karate placard to display in his new dojo in Wisconsin. Each of us reflected on the profound impact that Kyoshi Sal has had on our karate training, as well as his great friendship. We can't wait to be the first visiting Deshi to train on the deck of the Ueshiro Wisconsin Dojo!



August Promotion: On Saturday, August 27, 2022, the Ueshiro NoVA Dojo held its biannual Kyu-rank test at our favorite Zen dojo—Great Falls National Park! The test was preceded by a

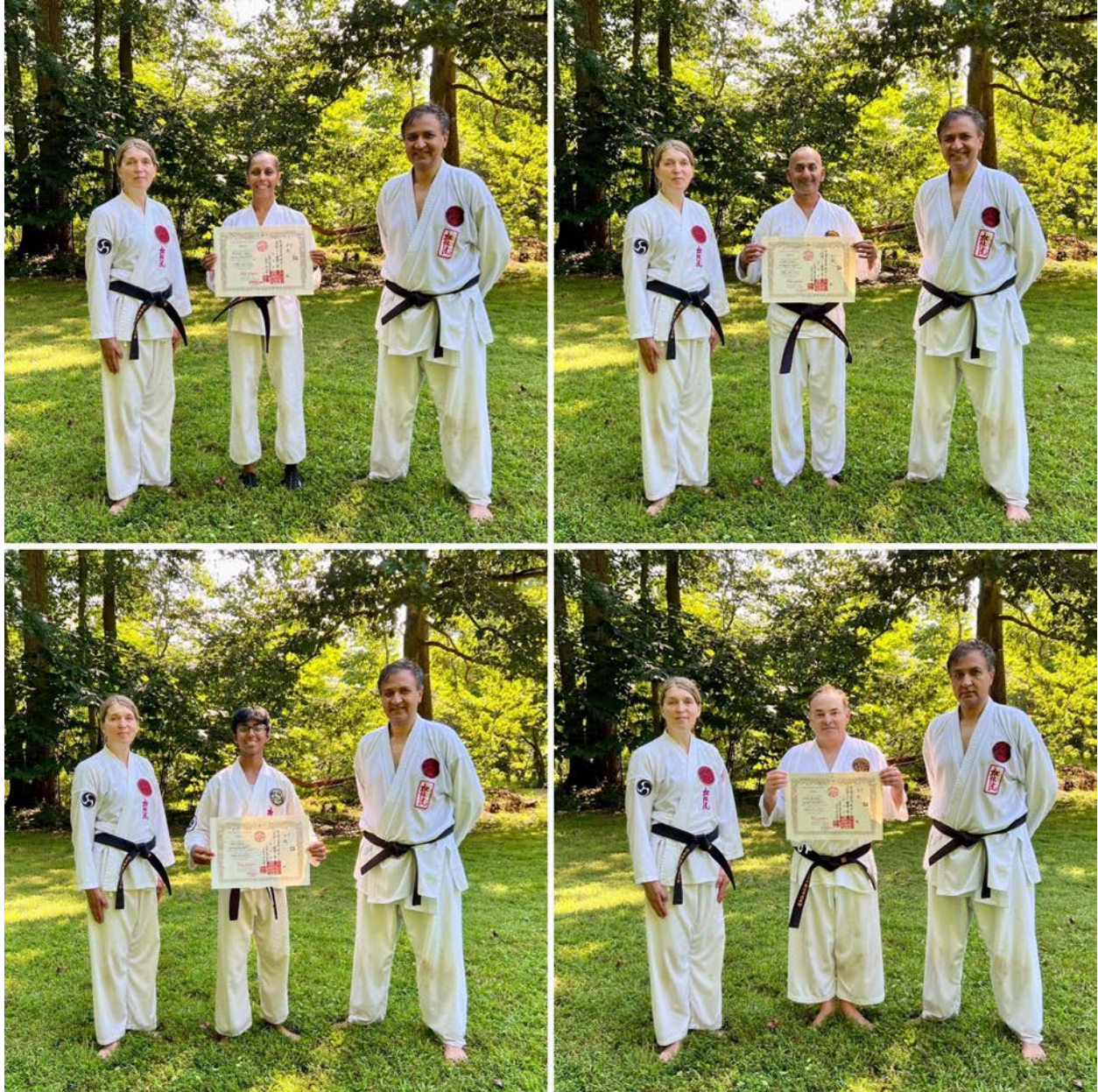
rigorous 2 hour workout, led by Sensei(s) Lisa Markowitz and Shabbir Kazmi, that consisted of warmups, kihon techniques, kata, and some Naihanchi body testing by Sensei Shabbir.

Following the class workout, the formal test began. The board of judges consisted of Sensei Shabbir (center judge), Sempai Bill Breidenbach, and Sempai Reshma Shah. Sensei Lisa presided over the test, while Sempai Fred Bagagli administered it. A big Domo Arigato to Sempai(s) Anthony Patrick, Nishu Shah, and Om Shah for showing up to support the test candidate and demonstrating and participating in the Yakusoku Kumite.

Congratulations to Matt Gregory for attaining the rank of San-Kyu.



Following the test, a special presentation of USRUSA black belt certificates was made to four of the NoVA Karateka who were recently promoted to Sho-Dan.

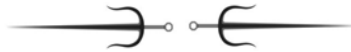


Lastly, many of the Ueshiro NoVA Deshi have committed to attending the 60th workout celebration in Florida and we are ramping up our training in preparation. We are looking forward to rubbing shoulders with our fellow USRKUSA sisters and brothers during the many classes that will be held on the beach and in the dojo.

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, Roku-Dan
Shihan, Ueshiro NoVA Karate Dojo



UESHIRO DOWNTOWN SHORIN RYU KARATE DOJO

Kyoshi Kevin Reymond, Denshi-Shihan, Hachi-Dan

New York, NY



“Train every day; even if it’s only for five minutes, do something every day”

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, and (e) issued twenty six editions of the weekly “Keep Training” emails that included training tips and readings from “Building Warrior Spirit”, (e) traveled to Virginia to participate in the system wide training event, (f) held promotion and tip tests at our new location, (g) attended a promotion event at the Northampton Dojo, and (h) participated in the 9/11 Anniversary Workout conducted by Kyoshi Mackay in Central Park.

Over the3 next six months we will be creating a new website with the assistance of Holly Seeger. As we recover from the pandemic, we will be stepping up our efforts to recruit new white belt deshi through the website, social media outreach and an open house.

The Ueshiro Shorin Ryu Karate Book Club has scheduled its next meeting for September 29th 2022 when we will be discussing, “The Ueshiro Shorin-Ryu Karate 50th Anniversary Commemorative Journal”. The meeting will be held by Zoom (log in info to follow) and run from 7:00 to 8:00 pm.



Always Moving Forward

“It’s not the plan, it’s the planning.”

General Dwight D. Eisenhower

Domo arigato gozaimasu Hanshi for your leadership and encouragement to always do our best and keep moving forward. We are looking forward to training with you this November as we celebrate the 60th Anniversary of Master Ueshiro bringing Ueshiro Shorin Ryu Karate to the United States.

Kyoshi Kevin Reymond, Hachi-dan
Denshi-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)



NORTHAMPTON UESHIRO KARATE DOJO

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

News

Onegai shimasu hanshi, kyoshi, sensei, shihan, and deshi of USRKUSA,

Northampton Ueshiro is training hard as the air changes and the leaves turn. We've been grateful to receive visitors, welcome new students, and see increased attendance from many of our deshi during the past year.

Our kyu ranks have shown a demonstrated interest in the principle of 文武不岐 (*bunbufuki*), or "scholarship and the martial arts are inseparable," by reading from and asking thoughtful questions about their findings in the *Red* and *Green* books, *The Essence of Okinawan Karate*, *Tales of Okinawa's Great Masters*, and other valuable texts like *Moving Zen* and *The Karate Way*.

We had the pleasure of hosting Sensei Neff in August, who joined us on a beautiful, summer Sunday morning for a hard workout. He brought enthusiasm and inspiration, and offered a great example of how to get lower in your stance when you think you already hit your limit.



Rank Promotions

Northampton Ueshiro held a full rank promotion in August. We had the honor and good fortune of having Kyoshi Reymond and Sensei Ballin visit from New York, with Kyoshi leading the workout. Following a traditional



workout full of valuable insights from kyoshi, a test was held for several candidates for yon-kyu and san-kyu. While the board of judges deliberated, many more reps of kata were performed. *All* deshi were tested on the deck that day.

After results were announced, weapons demonstrations were

made by Kyoshi Reymond, Sensei Ballin, and the Northampton black belts. Every weapon in our system was demonstrated, including a one-handed adaptation of the sai kata due to an injury. Big spirit, Sensei Magdalene! The following deshi passed their rank tests: Clara Shoemaker & Jim Feeley for san-kyu, Bowen Kirwood & Sara Rowan for yon-kyu.

For her test essay, Sara Rowan (go-kyu testing for yon-kyu) submitted the following, which is worth a close read by all:

While studying Kyudo in an old temple in Kyoto, Japan, I experienced a zen moment. The one where I was so dialed in that there was complete silence, calm and it was just me, my bow and my arrow. Nothing moved, nothing was around me, my

mind was completely quiet and I was just going through the flow of Kyudo. I don't even remember where I hit the target. It didn't matter. It only happened once, but I still remember it as if it happened yesterday.

Walking into a dojo brings back a similar feeling. It is my happy place, but more than that it is the place where I most feel like my true self. It is where I feel calm, at peace, and at home. It is where I let go of all other worries and can just be. It combines the physical with the spiritual unlike any other athletic activity. Perhaps it is because of the years that I spent with my family and then living alone in Japan, that it so feels like home to me. But it is also the small and simple things, from the martial arts weapons, to the wood floor, to the simple bamboo that all resonate with me.

It is the repetition, the striving for perfection but knowing that it is the journey that is so key. The getting to learn (at least) one new thing every day to work on. The constant tweaking interspersed with a few a-ha moments. Having a good day one minute and then a disaster the next, but knowing that it is all part of the learning and the process, and that I will just be back the next day to try again. It is not something that can be learned in a month or a year or even 10 years so there is no pressure and no competition other than with oneself. It is the perfect environment to just breathe and to be. To try your best knowing that there is still more to come. To feel grounded and better at the end of practice than when I walked in the door. And to know that this will happen everytime that I walk into the Dojo.

Closing

We look forward to continued training, visits to other dojos and from other deshi, and the opportunity to continue polishing the tile of our practice into a mirror by showing up and training with intention.

Domo arigato hanshi, for your continued guidance, and to the kyoshi, sensei, and all deshi in our system for your inspiration and companionship on our path.

Domo arigato,

Sempai Austin Hatch

Sho-Dan

Northampton Ueshiro Karate



UESHIRO MERRITT ISLAND KARATE DOJO

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



Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

As the Ueshiro Merritt Island Karate Dojo enters its second decade of existence, our school mirrors the beaches of the Atlantic Ocean, located a mere four miles away, just over the Banana River. What the tide carries away is replaced by what the tide brings in - new students eager to learn the art of Okinawan Karate-do.

Events

Following the 2022 February weekend, the Merritt Island Dojo hosted a series of events, beginning with our annual Katathon celebration in honor of the 89th anniversary of Grand Master Ansei Ueshiro's birth. (See photo below.)



Participants earned a place on the Dojo's wall for posterity, which includes photos from earliest days of Ueshiro Shorin-Ryu Karate USA on the Space Coast. The Merritt Island Dojo also conducted a green tip test on April 27, 2022. (See photo below.)



In other news, there have been recent improvements to our outdoor deck. Most notably, we have recently installed four new makiwara, per the specifications outlined on page 249 of Master Shoshin Nagamine's Essence of Okinawan Karate-Do. You are welcome (and encouraged) to come and try them out, 24/7/365.

Below are additional photos:



New makiwara



2022 Memorial Day workout led by Sensei Youjian Nistorenko (San Dan)

Closing

The Ueshiro Merritt Island Karate Dojo has slightly-adjusted its class times on Wednesday and Friday mornings. We now hold classes on Mondays at 6pm, Wednesdays at 6:30am and 6pm and Fridays at 6:30am. Classes are taught by myself and Sensei Kurt Tezel (Roku-Dan).



We have recently updated our website at mikarate.com and encourage you to check it out.

Additional website updates will be forthcoming. You can also visit the Merritt Island webpage on the Florida Dojo website at ueshirofloridakarate.com/merritt-island.html.

Domo arigato, Hanshi, for your continued leadership of the Florida schools and the entire USRKUSA organization.

Domo Arigato Gozaimasu,

Sensei Trevor Tezel, Shihan

Ueshiro Merritt Island Karate Dojo



TO-TE UESHIRO KARATE DOJO

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

Greetings Hanshi, Kyoshi, Shihan, Sensei, Deshi all Karateka of USRKUSA!

The To-Te Ueshiro Dojo is proud to announce the promotion of Sensei Ed Abreu, promoted to San-Dan September 8th 2022 at the Ueshiro Pine Forest School.

On this special day. Kyoshi Seeger allowed our Kyu ranks to come together for a formal workout prior to the Black belt test. Talking about Joy & Vigor! Our Kyu ranks loved the energy, and for the first time trained together with other Schools within our system: Ueshiro Pine Forest Karate School, To-Te Ueshiro Karate Dojo & Ueshiro Shorin Ryu New Rochelle Karate Dojo.

I'd like to thank Kyoshi Seeger for allowing our Kyu ranks, some as young as 9 to train with the group and for his hospitality, words of wisdom and who knows how many deep knee bends!

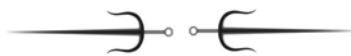
Domo Arigato Hanshi! Thank you for your emails, letters and phone calls, always positive and motivating. I look forward to training with the flock in Florida for the 60th Anniversary.

Respectfully Submitted,

Powell Sensei, Roku Dan

Denshi Shihan To-Te Ueshiro Karate Dojo

Nyack, NY Cell 917 627 8199



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 continue to appreciate the chance to train with Kyoshi, Sensei, karateka and deshi from around the country through the Zoom classes. I have been honored to lead Zoom classes on Sunday with fellow karateka and deshi of both recent, and long-standing, acquaintance across state and international borders.

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

We look forward to joining the 60th Anniversary events in Florida in November.

We hope to increase in-person training in Boston in coming months. 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 SUNTREE/MELBOURNE SHORIN-RYU KARATE DOJO

*Sensei Matt Reed, Shihan, San-Dan
Melbourne, FL*

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

It's the Year of the Tiger, and Ueshiro Shorin-Ryu Karate USA recently marked its 60th anniversary.

We're very fortunate that Master Ansei Ueshiro made the trip from Okinawa to the States and arrived here on Sept. 14, 1962.



Here's to more milestones!

STEVE FISHER
California Representative



4925 W. IMPERIAL HWY
LENOX, CALIF. 90304
(213) 672-1441

To: Master Ansei Ueshiro,
Congratulations for 30 years
of Okinawan Karate-Do
in the United States.
Respectfully,
Cynthia Rothrock 6/4/92



The spring and summer brought forth familiar faces, new promotions and opportunities to amp our training.



Rank promotions

In April, Sempai Krystyn Clark was promoted to Ni-Dan during the Master Ueshiro Birthday Celebration and Spring Workout weekend, hosted by the Ueshiro Northern Virginia Karate Club in Centreville, Virginia.



Over the summer, these Suntree students advanced in rank:

Yon-kyu

- *Sempai Michael Fort
- Sempai Veronica Bussey
- Sempai Nigel August

San-kyu

- *Jace Clark
- Ken Howell

*child





Special training opportunities



We want to give a shoutout to Sensei Carla Eddy, San-Dan and Shihan of Ueshiro Cape Canaveral Dojo, and chief instructor Sensei Youjian Nistorenko, San-Dan, for opening the first female-led dojo in Florida. The location's about 30 minutes from Suntree, and we encourage our students to train w/other sensei in our system. We learn from each other. Here's to more women warriors of USRKUSA paving the way for others ~

Sensei David Tamir, Shichi-Dan, Denshi Shihan, Ueshiro Karate Dojo ba'Kfar, traveled to Florida twice this summer for special workouts — the first was at Ueshiro Viera Dojo, under the direction of Hanshi Robert Scaglione, Ju-Dan and Shihan. Our dojo recently hosted Sensei Tamir for a 4-hour workout.

We're looking forward to Karate Weekend in November.



Classes

The Ueshiro Suntime/Melbourne Dojo hosts classes from 7 to 8:15 p.m. EST Wednesdays and noon to 1:30 p.m. EST Sundays at Wickham Park Community Center, 2815 Leisure Way, Melbourne.

If you're an Ik-kyu or above and are working w/weapons, please visit our dojo:

- Sensei Matt Reed offers kama training
- Sensei Jennifer Sangalang, San-Dan, trains w/nunchucks
- Sempai Kevin Hutchenson, Ni-Dan, trains w/Sai
- Sempai Krystyn Clark, Ni-Dan, trains w/the Bo

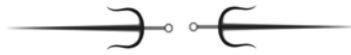
For more information about our dojo, please call Shihan Matt Reed at 321-213-3124 or email rpd197@yahoo.com.

Domo arigato, Hanshi, for your continued guidance and pushing us to be the best we can be.

Respectfully submitted,

Sensei Matt Reed

Sensei Jennifer Sangalang, San-Dan
Ueshiro Suntree/Melbourne Dojo
www.instagram.com/ueshirofloridakarate



UESHIRO WEST MELBOURNE SHORIN-RYU KARATE DOJO

Sensei Rick Cupoli, Shihan, San-Dan

West Melbourne, FL

Greetings Hanshi, Kyoshi, Sensei, Sempai and Deshi,

All is well and moving forward at the Ueshiro West Melbourne Dojo in West Melbourne, FL. Over this past year our numbers have dwindled a bit. Though many flyers have been taken and several people and families have visited and tried the class, most have not stayed to continue training. Learning karate requires passing through a lot of work and repetition and I believe new visitors are unable to see the treasure that awaits them if they venture to pass through that seemingly daunting entry way. But irregardless of this challenge, we still maintain a good core of dedicated deshi who, like me, see and experience the riches that training USRKUSA several times a week have to offer.

Our newest students are Ayaz Nemat and his son Sean. Ayaz has achieved his Ro Kyu rank and his son, who is six years old, is still pushing forward to achieve his first green tip. I am so inspired by him. The Ridgley family, comprising three kids and their mother, have continued to train since the later part of last year. The mother, Christy, who started just to participate with her kids, finally saw the treasure and is now committed to her training. I was proud to watch as her two sons, Sempai Jaden (16) and Sempai Christian (12) both earned their San Kyu and Yon Kyu ranks, respectively. Sempai Christy and her daughter, Sempai Julia (8), both earned their Go Kyu rank.

Also continuing to keep our dojo strong is Sempai Caroline Frahm, Ik Kyu. She started several years ago with her sons. They stopped training but she has continued to train and achieve things she never thought she could achieve and serves a vital role in our dojo. Tony and Merlyn McDonald, Ik Kyu and Ni Kyu respectively joined us several years back. Tony formerly trained quite extensively in Shotokan in Jamaica. The story of their joining is an interesting one. I typically arrive to class early to train on my own before the formal class begins. I always make sure to open any closed window blinds hoping that someone might see our class from the outside and be enticed to give it a try. This is how Tony came to know our class. He and his wife would walk in the park in

the evening and see our class through the window. They eventually joined our class and have been remarkable karateka and great inspirations in our class.

Our dojo has now been in operation for 11 years. I am privileged and proud to say that Sempai Miranda Aiken, Ni Dan, has been teaching our class alongside me for all these years. She is an excellent teacher and karate



practitioner. Our class would not be what it is today if she had not been with us. She is a great inspiration to me and the class.

So while the number of students in our dojo has dwindled, the West Melbourne Dojo is still running very strong. Our energy is high and our comradery as a body of deshi is genuine. We continue to put our treasure on display

for those outside our class to see. If curious people who walk into our class are true treasure seekers, our numbers will grow.

Domo Arigato,

Sensei Rick Cupoli

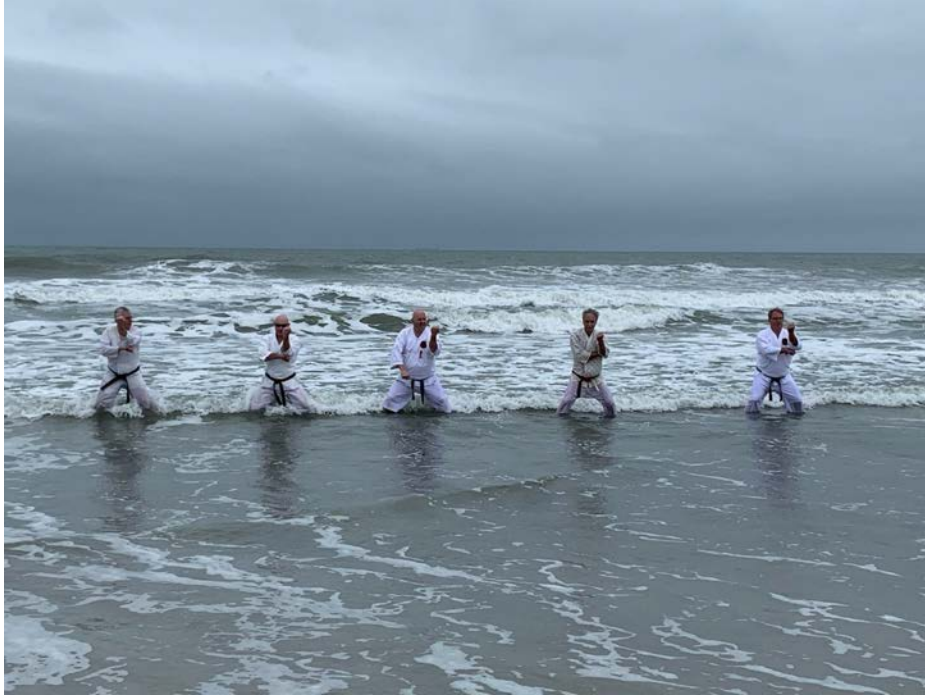
San Dan

Shihan, West Melbourne Dojo



UESHIRO NORTHFIELD SHORIN-RYU KARATE DOJO OF MINNESOTA

*Sempai Steve Hatle, Shihan, Ni-Dan
Northfield, MN*



The Northfield Dojo continues to move forward during our 60th Anniversary year!



The Northfield dojo held outdoor classes during the summer months, with an influx of new students that will be ready to advance in rank at our fall testing in October.

With the start of the new school year, there is a group of over 30 students that are training at Carleton College as part of the Carleton Karate Club and PE class. It's a dynamic group with a great mix of returning

Kyu rank members and new students as well.

Congratulations to Sempai Vincent Sommer, who was promoted to Sho-Dan on August 27th! Sensei Bob Dobrow joined us in Northfield for an advanced workout with the Dan ranks before the testing event. Afterward the testing, the dojo gathered for compai and fellowship with Sensei.

Also promoted since our last newsletter were Caitlin Sommer and Berlyn Berghuis, both promoted to Ro-Kyu.

As we move into fall we are amping up our training in anticipation of the 60th Anniversary weekend in Florida! Minnesota is planning to bring a large group to take advantage of the sugar and gold that will be shared by Hanshi, Kyoshi, and the senior students of Ueshiro Shorin-Ryu!



Domo arigato to Master Ansei Ueshiro and Hanshi Scaglione for bringing us the gift of karate and continuing to move our practice forward in our 60th year and beyond!



Sempai Steve Hatle
Ni-Dan/Shihan
Ueshiro Northfield Shorin-Ryu Karate Dojo of
Minnesota

UESHIRO SHORIN-RYU NASHVILLE FAMILY KARATE CLUB

*Sempai Elizabeth & Chuck Richardson, Co-Shihan, Ik-Kyu
Sensei Sean M. Paus, Shihan Emeritus, San-Dan
Nashville, TN*

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

Our club has grown a little more since the Spring. We've had a few new students join us, and it's wonderful to have fresh white belts on the deck!

On Monday, August 29, and Thursday, September 1, we held our Kyu-level testing. Sensei joined over Zoom for a review on Monday, and the formal testing was held on Thursday.

We had the following promotions:

- Heaven Benjamin, Yon-Kyu
- Matthew Pasta, Yon-Kyu

We are looking forward to the 60th Anniversary event this November!

Sensei Sean M. Paus, San-Dan

Ueshiro Shorin-Ryu Nashville Family Karate Club



UNIVERSITY AT ALBANY UESHIRO SHORIN-RYU KARATE CLUB

*Sempai Keith Chan, Shihan, Ni-Dan
Albany, NY*

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

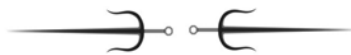
The Albany Ueshiro Shorin-Ryu Karate Club continues training in the cold seasons inspired by the joy and vigor of kata in New York's Capital District. We started to train outdoors at the beginning of the pandemic, and we have recently moved to a new indoor space! We are staying strong and have persevered in heat, rain and ice and snow! Please come visit and we would look forward to the opportunity to train with everyone 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 (this has varied based on weather and changing schedules, please call or email ahead).



Keith Chan
Ni-dan/Shihan
Contact:
Greystar999@gmail.com
617-818-7255



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,

This past year Easton deshi have made trips to Florida, New York, and the Connecticut shore to train under the guidance of Hanshi and the Kyoshi. We look forward to celebrating the 60th with you in Florida. All are welcome to train with us in Connecticut.

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 BAY RIDGE KARATE DOJO

*Sensei Robert Neff, Shihan, Yon-Dan
Brooklyn, NY*

Onegai shimasu Hanshi, Kyoshi, Sensei & fellow Deshi,

We are moving forward stepping first in Brooklyn. The Bay Ridge Dojo continues to train outdoors for the most part. The floor at Bay Ridge Jewish Center is being redone due to damage. We hope to be back indoors before winter.

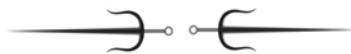
We have also taken our training on the road visiting other dojo(s) as Hanshi suggests. It has been an honor to join the Midtown, Downtown, Northern Virginia and Northampton Ueshiro dojo(s) for classes. I feel gratitude to have trained with Hanshi, the Kyoshi(s), other high-level Sensei and Sempai during the past six months.

We look forward to training with our karate family again this November as we celebrate sixty years of USRKUSA! We here in Brooklyn feel blessed to have received the gift of Ueshiro Shorin Ryu Karate. We continue to move forward and look forward to the next sixty years.

Domo arigato gozaimasu, Hanshi,

Sensei Neff, Shihan, Yon-Dan

Bay Ridge Ueshiro Shorin-Ryu Karate U.S.A.



UESHIRO OKINAWAN KARATE CLUB OF PELHAM MANOR

*Sempai Brian Heese, Shihan, Ni-Dan
Pelham Manor, NY*

The Okinawa Karate Club of Pelham Manor continues to thrive. Due to issues surrounding the pandemic which makes it difficult to train in our traditional dojo in Sensei Nichuals' home, we have been training outside in my backyard.

We train each Monday at 6pm under the guidance of Kyoshi Mackay and Sempai Brian Heese. All are welcome to join us. Please call Brian at 914-602-9010 to arrange a visit.

Olivia Vikman, Ni-kyu, continues to train diligently. We expect to continue to train outdoors through the winter, similar to 2021-22 winter season.

Domo arigato to everyone for promoting the excellent resources available to us. I have learned much from the old anniversary journals and the keep training emails.

Domo arigato to Hanshi for leading us.

Respectfully submitted,

Brian Heese
Ni-Dan, Shihan



UESHIRO NEW ROCHELLE KARATE DOJO

Sensei Tsvi Bar-Shai, Shihan, Yon-Dan

New Rochelle, NY

News

Onegai Shimasu Hanshi, Kyoshi, Sensei, and Deshi,

The Ueshiro Shorin Ryu Karate Dojo-New Rochelle continues to grow within the Knockout Boxing Gym, owned and operated by Sempai Mark Kogan, Ni-kyu. We now have a strong cohort of 9 regular deshi in addition to Shihan Sensei Bar-Shai.

While Sensei Tzvi Bar-Shai was on vacation abroad for an entire month we were honored to have guest instructors volunteer to pick up the slack and keep our deshi engaged and give them the sugar of their karate experience. Domo Arigato to Sensei Henri Waelbroeck, San-Dan, Sempai Brian Heese, Ni-Dan and Sempai Rob Kapilow, Sho-Dan (now Ni-Dan) for bringing their spirit, vigor, and joy to our dojo.

Both Shihan Sensei Tzvi Bar-Shai, Yon-Dan and Sempai Mark Kogan, Ni-kyu expect, with great excitement, to fly down to Florida to participate in what we are sure will be a fantastic 60 th anniversary workout in November with deshi and Black Belts from around the country.

Rank Promotions

We had our second Tip-Test in which our newest deshi earned his Ro-Kyu tip and 5 deshi advanced from Ro-Kyu to Go-Kyu and are working hard preparing for the full belt promotion to be held in February. We are very proud of these young people (ages 10-14) who demonstrate real enthusiasm and fortitude.



Closing

With the continued guidance and support of Kyoshi Seeger, Ku-dan, and other deshi of the Pine Forest Karate School in Palisades NY we are looking forward to continued growth both in the number of deshi and practice of Shorin Ryu karate at our dojo.

Classes will continue on a regular basis on Mondays and Wednesdays at 6:30 pm.

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,

Shihan Tzvi Bar-Shai, Yon-Dan

The Ueshiro Shorin Ryu Karate Dojo-New Rochelle

Under the Direction of Hanshi Robert Scaglione, Ueshiro Shorin-Ryu Karate USA



UESHIRO BA'KFAR DOJO

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

Onegaishimasu Ueshiro SRKUSA Worldwide,

In the spirit of Zen-Shin, we continue to move forward at Ueshiro Karate Dojo ba'Kfar through lows and highs.

Over the past few months we experienced a drop-out of several multi-year deshi, who did not have the right attitude about continuing to learn our Karate-Do. When they did not qualify to test for the next rank due to sporadic attendance and consequent poor karate quality, they chose to leave. It is better this way, to weed out those who are not fit, rather than sacrifice our quality to try and hang onto them; doing so drags us all down. It is critical to hold the line of quality, established by Master Ueshiro and managed by Hanshi Scaglione, Kyoshi, Sensei, and Sempai. Without quality our Karate will be lost.

On the other hand, we have also experienced over the past few months several uplifting examples of quality through the hard work and deserved promotions of Sempai Eyal Elnir to Nidan, and Deshi Meir Amarin to San Kyu. Moreover, we had a new deshi join us recently, demonstrating on day one his quality attitude to learn. He is a previous practitioner of many years and Sensei of Shotokan. He showed up to our dojo wearing a WHITE BELT, demonstrating his commitment to learn our style from the ground floor upwards.

We must continue moving forward with Zen-Shin, showing up at the dojo to train regularly at least three times per week, or we will lose this precious gift of Karate-Do. Life brings with it various turns and ups and downs, like a "roller coaster". Grab tightly onto the "handle-bars" of your Karate-Do through this wild ride of life and don't let go!



Karate will strengthen and empower you to prevail through this ride. We see many let go through the tough times, but that's when karate is needed most! You must not give up and hang on! I have been fortunate to take this to heart and continue on the path forward.

To help strengthen our grip onto our Karate-Do, I recommend that each of you fight to find a way to visit our Hanshi and the Kyoshi[s] as often as possible. Where there is a will, there is a way. Looking forward to training with you all in Florida this coming November at our 60th gathering.

Domo Arigato Gozaimasu

Tamir Sensei

Denshi-Shihan

Ueshiro Karate Dojo ba-Kfar

Kfar-Saba, Israel

Under the Direction of Hanshi Robert Scaglione
and Kyoshi David Seeger



HONG KONG UESHIRO KARATE CLUB

*Sensei Alan Lai, Shihan, Roku-Dan
Hong Kong, China*

Greetings from Hong Kong,

Ueshiro Karate Hong Kong keeps moving forward. In light of all Sensei not being available in the territory due to work and traveling restrictions of COVID between China mainland and Hong Kong, now Senpai Rayvel Tang, Ni-Dan, is taking the wonderful lead to keeping up our weekly workouts. Senpai Tang'e superb spirit of keeping everything up is greatly appreciated. Below are some photos showing his workouts with Senpai Catherine on the deck in Hong Kong.



Domo Arigato,

Alan Lai

Roku-Dan

Ueshiro Karate Hong Kong

HERZELIA UESHIRO DOJO

*Sensei Nir Zamir, Denshi Shihan, Go-Dan
Herzeliya, Israel*

Onegaishimasu Ueshiro SRKUSA Worldwide,

Over the past few weeks we have steadily been building back our training schedule, following a long period of Covid-19 interruptions.

Under Tamir Sensei's leadership and direction we have enjoyed several joint training sessions with his Dojo and Deshi, as well as joint testing events, culminating in the recent Dan level test for Sempai Eyal Elnir.

Keeping in ongoing contact with Kyoshi Seeger we enjoy consistent guidance and corrections on all levels of our Shorin Ryu art.

Domo Arigato,

Nir Zamir

Go Dan

Ueshiro Herzeliya Dojo, Israel



Under the direction of Hanshi Robert Scsglione and Kyoshi David Seeger.




C. Kata are the key to Shorin-Ryu Karate. Find the nineteen kata below.

Words can be oriented: ↑ ↓ ← → ↖ ↗

Ueshiro Shorin-Ryu Karate USA - Kata Search

G O J U S H I H O Z M M P N O Q D M S B H U Z N C K R L L W
 S K G Y D B Y W F W X X M F Y J B O Y O R X H F V B C K W L
 V E R K C Q O Y P E G S J U O M V N X Z G C E Q F N Q I V O
 D I P H D N Q V G T O D B H I B Y S H E F V V H U T J R I W
 Z E I C W G D W V D F U K Y U G A T A N I D A N K I P Z X S
 Z A V S A N L F J A D U I F L I J Z N U K B D U Y S Z H H P
 S F K E N L U F I B A E K V F Q I R E C L P X V U R W C F A
 B K X F S D D P C F E Z K Y H O D O K Q I P Q E G G D Y M S
 N Z P H H D O H I Y R O E X U C I P C I O T U Y A E B O Y S
 A J K T U N W U G N I Q Y J V G I O N X Z J Y X T M A G J A
 U B S R X W I H Y U A V F H P X A L I A F P W W A O D K N I
 B O M O K I Q N H M V N I V A N G T D O P M C C S R C Q A H
 Q U W H A I S Z X X Q Y N O Y W X H A U Z P G A A A G W D S
 O J R A M M P F K X E D U I P X G T Y I N X S U N X C J O W
 A R Y I J A Q S T B E I E I D M P N P A C X Z H D K W E H V
 W Z U A C I K O V S V L N K O A A K D I S H U L A D Q A S B
 R X S B R C O B S E A A V G Z D N N U M N Y I D N R U A I Y
 X C Q X U X D F G K N G Z P I M A R W S M A W B P V S G H V
 S D Q R W O C X V Y Q O U N R S A X E X A A N A H J T D C C
 J T P O E R I D O O T L I C N H R S Z P L N T G N P F D N C
 L T P U Q M N N D N R H Q A B M O K P B Y T K B O F P F A L
 A A X G I A D D I Z C M N C E A N C N C J X I U Y D Y U H L
 N R E Q H A E H I N P I N A N S H O D A N C A H O N A D I J
 U B C Q N Q C C A N P M Z P L K T U K G N T J I X G F N A K
 T Q K F W P J H W B Z H N B V X G G B X R L O W O Q N C N A
 H R M C U Q I E X J F B I T S V Y I W D D C Z R A T A W B J
 V I T D R A O Y R W I F L M R X G K M A A V G L R N K Q C A
 H Y Z Z N A N A N K U V P D J Z N K K D Y W R V W Q N G C H
 R V L D P D F R P C A W B M A S K M S D W N U R B E A H O U
 P M O F D A B Z Z F O N A I H A N C H I S A N D A N W P O X

- | | | | | |
|-----------------|----------------|-----------------|-----------------|----------------|
| FukyugataIchi | FukyugataNidan | FukyugataSandan | PinanShodan | PinanNidan |
| PinanSandan | PinanYondan | PinanGodan | NaihanchiShodan | NaihanchiNidan |
| NaihanchiSandan | Ananku | Wankan | Rohai | Wanshu |
| Passai | Chinto | Gojushiho | Kusanku | |

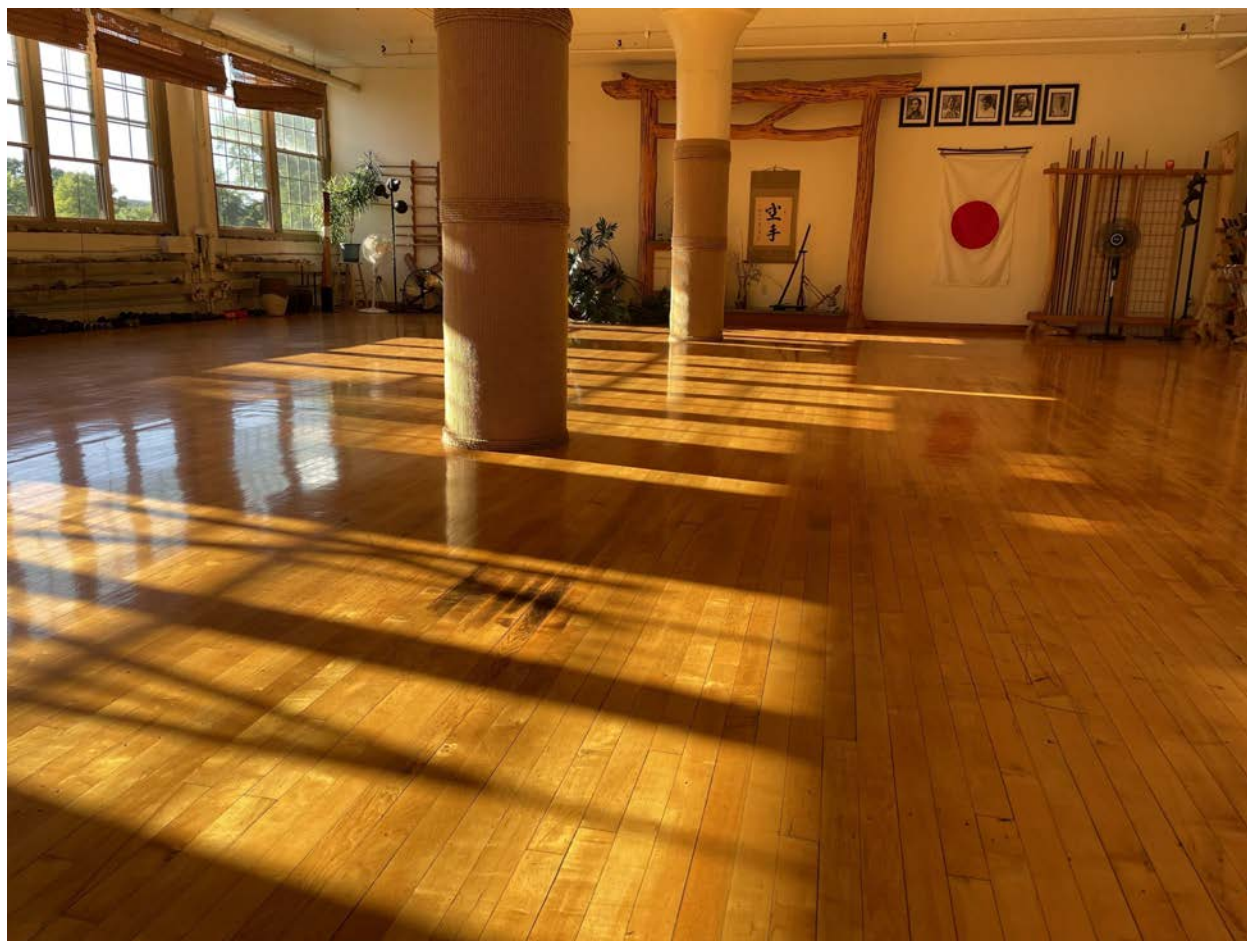
D. What are these called?  a. _____
 And how many of them are there in this newsletter? b. _____

E. **Master Ansei Ueshiro** brought Shorin-ryu Karate from Okinawa to the United States in 1962. Here he is dressed in a traditional Japanese kimono, holding a folded fan. Color the picture and send a photo of your work with your name, age, and dojo to barbs819@gmail.com for inclusion in our next USRKUSA newsletter!



Acknowledgements

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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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