

USRKUSA: Joint Virginia & Israel Dojo Workouts



Ueshiro Herzliyya Dojo Workout

We were honored to join the warriors of Ueshiro-Herzliyya Dojo for a spirited workout under the direction of Sensei/ Shihan Nir Zamir, followed by a lovely evening overlooking the Tel Aviv skyline while enjoying warm hospitality and delicious local cuisine, and trading stories of past adventures and memorable karate experiences.

Eilat Ueshiro Dojo Workout

After traveling to southern Israel, we enjoyed a spirited workout with Sensei/ Denshi Shihan Shlomo Dadon on the terrace of his lovely home with the lights of Eilat and Aqaba, Jordan in the background. Afterward, we dined on fresh grilled Red Sea fish and enjoyed some spectacular Israeli wine while hearing stories of Sensei's adventures as a merchant mariner.





TOP:

A quick photo atop Masada (had to rush since the authorities chased us off two other walls!) Note the Dead Sea off to the East in the lower-right portion of the photo.

CENTER:

Overlooking the *Old City* of Jerusalem with the absolute best guide one could ever wish for. Sensei Zamir's knowledge of Israel's history is rivaled only by his ability to navigate his Dodge NITRO through streets that would make Jason Bourne squeamish.

BOTTOM: Overlooking the Negev Desert from Mitzpe Ramon...the sign below us reminds that, "*In Mitzpe Ramon, we do NOT feed the Ibex!*"