

# Autumn 2018 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.

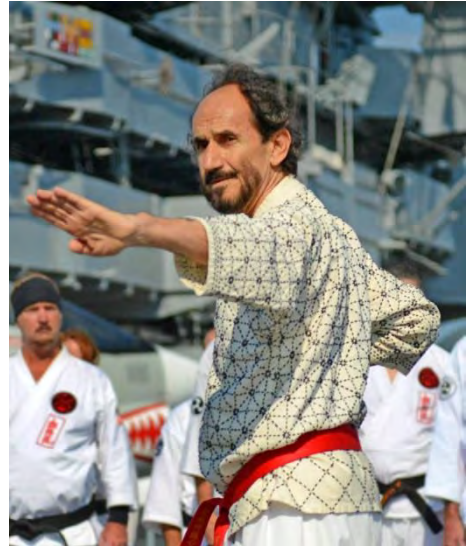
# Greetings From Hanshi

*Greetings to all members of USRKUSA,*

We recently completed the August 2018 Kyu rank reviews worldwide. Congratulations to all those who were promoted and to all of those who participated, especially the hardworking Shihan whose efforts made it all possible.

We are looking forward to the 56th Annual Black Belt Event in NYC in October and on to 2019 for our 57th year of karate-do.

Continue to set high goals for yourself both in karate and for your dojo so that we may pass on to others what was so generously passed on to us by those who came before us, especially by Grand Master Ansei Ueshiro. May we all honorably follow in his footsteps.



"Do not stop studying. Karate is a lifelong pursuit!" - Hanshi Ansei Ueshiro, *30th Anniversary Journal* interview.

"Discard the trap of self-limitation." Enjoy "The ecstasy of sweating in hard work in our Dojo worldwide."  
- Shoshin Nagamine

Sincerely yours,  
Hanshi Robert Scaglione.

"Keep training!" - Gichen Funokoshi



# Ueshiro Midtown Karate (Hombu) Dojo

*Kyoshi Michael Mackay, Shihan, Ku-Dan*

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

## **2018 – A milestone year for Hanshi and USRKUSA**

As we prepare for Fall, redouble your efforts to be here in New York City for Hanshi's 80<sup>th</sup> Birthday weekend, which we'll celebrate officially on Sunday, Oct. 14 at the Ueshiro Bay Ridge Karate Dojo. All ranks are strongly encouraged to participate in this huge milestone in our organization's 56 year history!

Congratulations to everyone system-wide who participated in last month's promotions. Hopefully a Black Belt at each test quoted Hanshi in saying "We start earning our rank the moment we receive it." "Earn" has been defined as "Gain deservedly in return for one's behavior or achievements." The concept applies not only to the belt we currently wear, but to the dojo where we train. Every USRKUSA dojo has to "earn" the honor of being called a "Ueshiro Shorin-Ryu Karate Dojo," and the task falls upon Shihan and students alike. Make sure you're "polishing" your dojo (and there are thousands of ways to do so) as much as you're polishing your kata.

Domo arigato gozaimasu to Hanshi for strengthening each deshi and dojo through the concept that "The whole is greater than the sum of its parts." The perfect way to turn concept into practice is for all of us to show up for Hanshi's birthday. The link to register or contribute to the event is here:

<http://www.midtownkaratedojo.com/56Anniversary.html>

The Midtown Dojo has been busy since last April with a number of special events.

## **Master Ueshiro Birthday Celebrations**

The Ueshiro Midtown Karate Dojo celebrated Grand Master Ansei Ueshiro's birthday with multiple katathons during the week of Apr. 20. Non-stop repetitions of Fukyugata San began with the Friday evening class (Master Ueshiro's birthday), continued through Tuesday's 5:30 class, and ended with 56 repetitions of all three Fukyugata kata during the Wednesday White Belt emphasis class. The high mark of the celebrations was an outdoor workout/hike near Orchard Beach on Saturday, Apr. 21. Many repetitions of bo and empty hand kata were performed along the water's edge re-creating the beauty of Okinawa's coast line. Domo arigato gozaimasu to those deshi who made the trip and showed an extraordinary amount of "Just do it" spirit. They are:

Kyoshi Michael Mackay  
Sensei Rob Neff  
Sempai Lisa Rosenberg  
Sempai Anna Sweeney  
Lydia Roman



### **Sensei Garcia Memorial Workout and Compai**

On Monday, June 18 we held a special workout marking the 10<sup>th</sup> Anniversary of Sensei Eddie Garcia's passing. Special thanks to Sensei Kevin Reymond for joining us and to Sensei Gamiel Ramson and Ron Ballin for running the workout. Afterwards the group went to Wild Ginger's for sushi and many endearing stories of lessons learned from Sensei.



## June Tip Test

The Midtown Dojo conducted its June tip test on June 27, enjoying nearly two hours of high heat, high humidity, and high intensity training. Class started with multiple repetitions of Fukyugata Ichi demonstrated by groups of Kyu ranks and Black Belts. The Board of Judges convened at approximately 6:15 PM comprised of Sensei Gamiel Ramson, John Adams, Ron Ballin, Luz DeLucia and Dawood Emmenual. Sempai Anna Sweeney called the candidates up and Sempai Lisa Rosenberg lead the workout during the judges' extended deliberations.

After completing all aspects of the test, including kata, kihon, pushups and questions, the following deshi were promoted to Ro-Kyu:

- Tsitsi Matewe
- Laura Kammermann
- Jamie Rucinski

We are indebted to Master Ueshiro and Hanshi for the past 56 years of traditional karate-do in the United States. Theirs is a legacy still unfolding in every dojo as we teach each new white belt to "Step first."

## 2018 Sherwood Is. Beach Workout

On Sunday, July 22, students from the Midtown, Northampton, Palisades, Nyack, Brooklyn, Downtown and Easton Dojo convened at Sherwood Island State Park for our annual beach workout. Wind-driven rains could not dampen the deshi's spirits, as groups formed to work weapons and white belt kata in front of a full high tide. After an extended session of seiza by the water, the traditional workout got underway highlighted by much physical conditioning (pushups, arm-training) and a focus on Fukyugata Ichi, Pinan Sho-Dan and Naihanchi Sho. An enthusiastic shout-out to our visitors who came all the way from Northampton: Sensei Dan Gobillot and Sempai Singwen Mientka, Palisades: Sensei Daniel Lax, and Nyack: Sempai David Calligeros. Congratulations also to our brave white belts for enduring the four hour marathon: Richard Padron, Laura Kammermann, and Anna Fidz.



After the workout students car pooled back to Sensei Adam Dunsby's home for a traditional BBQ. Sensei and Cathy Dunsby have been hosting these gatherings since 2005, and their hospitality is unsurpassed.

### Midtown and Bay Ridge Dojo August Promotions

On Sunday, Aug. 12, the Ueshiro Midtown Dojo and Ueshiro Bay Ridge Dojo held a joint tip test/full belt promotion in the St. Bart's Athletic Center. The event was preceded by a review class conducted by Sensei Jon Cohen from 11:00 to 12:00 noon, followed by a vigorous workout conducted by Kyoshi Mackay starting at 1:00 PM. The formal tip test was held in the Dojo under the supervision of Sensei Rob Neff (center judge), Sensei Dawood Emmenuel, and Sempai Lisa Rosenberg. Concurrently, a test for green belt and above was held in the gym, with Sensei Gamiel Ramson serving as center judge and Sensei Larry Link, Ron Ballin, Luz DeLucia, and John Adams completing the Board. Kyoshi David Baker was also on hand to supervise the day's activities.

After a thorough review of all requirements, the following deshi from Midtown were promoted:

- Yon-Kyu           Richard Padron
- San-Kyu           James Moskie
- Ik-Kyu             Kathy Chin

Congratulations to those who received their new rank, and everyone else who showed up and continued earning their current rank.



### Other training opportunities

A special shout-out to Sensei Dan Gobillot and Sempai Steve Hatle for hosting system-wide workouts celebrating their dojo's 20<sup>th</sup> and 10<sup>th</sup> anniversaries, respectively. You and your deshi set the bar very high, and it was an honor to have Midtown Black Belts participate in your events.

We continued to offer "Special Emphasis" classes geared to specific ranks. All are welcome to attend:

White Belt emphasis:	1st, 2nd, and 4th Wednesday each month conducted by Sempai Anna Sweeney
Green Belt emphasis:	3rd Wednesday each month conducted by Sensei Kevin Reymond
Brown Belt emphasis:	1st Friday each month conducted by Sensei Ron Ballin
Black Belt only:	First Thursday each month conducted by Kyoshi Michael Mackay

We also offered several "Focus Seminars" during the first Wednesday class of each month.

- Informal Partner Exercises
- Traditional Body Conditioning
- Uraken Arm Conditioning
- Self-Corrections

The Self-Corrections seminar included videotaping on the rooftop of St. Barts. Domo arigato gozaimasu to Sempai Sweeney for organizing and conducting these sessions.



## USRKUSA Fall 2018 Newsletter

A final "Domo arigato gozaimasu!" to the dedicated Hombu instructors who keep showing up, make our new students feel welcome, and share their unique insights into Ueshiro Shorin-Ryu. Their names and class times are as follows:

### **Monday**

7:15 - 8:15 am      Henri Waelbroeck, Erik Sanner  
5:30 - 6:30 pm      Gamiel Ramson, Ron Ballin

### **Tuesday**

5:30 - 6:30 pm      Michael Mackay  
7:15 - 8:15 pm      Michael Mackay

### **Wednesday**

5:30 - 6:30 pm      Anna Sweeney

### **Thursday**

5:30 - 6:30 pm      Larry Link, John Adams

### **Friday**

7:30 - 8:30 am      Erik Sanner, Henri Waelbroeck  
5:00 - 5:30 pm      Michael Mackay (bo)  
5:30 - 6:30 pm      Ron Ballin, Gamiel Ramson

### **Saturday**

10:45 - 11:45 am      Dawood Emmenuel, Anna Sweeney  
12:00 - 1:00 pm      Lisa Rosenberg, Dawood Emmenuel

### **Sunday**

11:00 - 12:00 am      Jon Cohen, Ibrahima Jalloh

They all emphatically agree with Hanshi that "To teach is to learn."

Photos of the above events may be seen at our photo Gallery:

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

Domo arigato gozaimasu to Hanshi Robert Scaglione for preserving and propagating the art of Ueshiro Shorin-Ryu, even as you enter your 9<sup>th</sup> decade.

Kyoshi Michael Mackay, Shihan, Ku-Dan  
Ueshiro Midtown Karate Dojo  
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New York, NY 10022

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[midtownkaratedojo.com](http://midtownkaratedojo.com)



# Ueshiro Viera Shorin-Ryu Karate Dojo

## *Hanshi Robert Scaglione, Shihan*

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

As we near Hanshi's 80<sup>th</sup> birthday celebration in New York, we at the Viera Karate Dojo are particularly lucky to be the eternal recipients of Hanshi's guidance and mentorship, and we are looking forward to the celebration in New York in October, as many of us will make the trek to be part of what promises to be a very special occasion.

The Viera instructors and students have participated in the following activities during these past six months:

- May 28 – Annual Memorial Day Beach Workout in Cocoa Beach, FL.
- June 19 – Viera Dojo Tip Test – Led by Sensei Dale Adamson.



- August 12 – Combined FL Dojo Full Belt Promotion at the Suntree/Melbourne Dojo, led by Hanshi Robert Scaglione. The following children from Viera were promoted to Yellow Belt:
  - Luke Nistorenko
  - Armaan Motivala
  - James Sanders
- August 25 – Viera Dojo Tip Test, led by Hanshi Robert Scaglione.

In addition to these events, we have had some of the Viera Deshi traveling for summer leisure and business, and in the process visiting and training with our karate brothers and sisters from around the country and the world.

## USRKUSA Fall 2018 Newsletter

- On July 25, the Nistorenko family – Youjian (Ni-Dan), Maurice (Sho-Dan), John (Ni-Kyu), and Luke (Go-Kyu) visited and trained at the Hombu Dojo under the direction of Kyoshi Michael Mackay, and at the Ueshiro Pine Forest Karate School in Palisades, NY, under the direction of Kyoshi David Seeger.
- On August 19, David Norman, Sho-Dan, visited and trained in Hong Kong for the second time this year.

The Ueshiro Shorin-Ryu Viera Karate Dojo holds classes at the Viera Recreation and Community Center in Viera, FL, according to the following schedule:

<b>Class Times</b>	<b>Instructor</b>	<b>Remarks</b>
Tuesdays 5:30pm - 7:00pm	Hanshi Robert Scaglione	Formal class starts promptly at 6:00pm
Saturdays 10:00am - 11:30am	Sempai David Norman (Sho-Dan)	Formal class starts promptly at 10:00am
2 <sup>nd</sup> Saturday of each month 8:30am – 9:45am	Hanshi Robert Scaglione	Monthly weapons class for Ik-Kyu and above of all FL locations. Class held at the lakeside pavilion, outside the Viera Recreation & Community Center

New and established students of any and all ages (6 years and up) are welcome to attend our regular classes, as we continue to develop body, mind, and spirit according to the guidance and leadership provided by Hanshi Robert Scaglione.

Domo arigato Hanshi, Kyoshi, Sensei, Sempai, and all Deshi of USRKUSA.

Respectfully submitted,

Sempai David Norman, Sho-Dan  
Ueshiro Viera Shorin-Ryu Karate Dojo  
Located at the corner of Judge Fran Jamieson Way and Lake Andrew Drive, Viera, FL 32940

[hanshi.srkusa@gmail.com](mailto:hanshi.srkusa@gmail.com)  
[vierakarate.com](http://vierakarate.com)

# Pine Forest Karate Dojo

*Kyoshi David Seeger, Shihan, Ku-Dan*

HAPPY 80TH BIRTHDAY HANSHI - THANK YOU FOR TEACHING US!

Always be ready to demonstrate your karate.

We are always ready to show what we are working on. You may have an opportunity to do a demonstration at Hanshi's birthday, or the Black Belt event or our February workout in 2019, or maybe on the street to defend yourself, your friends and family.

TIME TO RAMP IT UP!

In Celebration of Hanshi's 80th Birthday we have added Kata Fukyugata Ichi from our KataGuide App to this NEW FREE APP: GoView360™ YOGA Wellness for the mind, body and soul.

Now everyone who walks in the dojo can learn about the first kata from Hanshi Robert Scaglione. Share it with everyone interested in karate and a healthy lifestyle.

FREE Download Link for iPhone: <https://itunes.apple.com/us/app/goview360-yoga/id1228004856?mt=8>

FREE Download Link for Android: <https://play.google.com/store/apps/details?id=com.GoView360.freeYOGA>

NOW on our USRK55 app. 50th Anniversary demonstration of Kata Fukugata San-Dan: Six years ago on February 2012 Hanshi Robert Scaglione lead the group to honor Master Ueshiro. Download the App Today!



USRK55 app for iphone and android:

iPhone: <https://itunes.apple.com/us/app/usrk55/id1225047720?mt=8>

Android: <https://play.google.com/store/apps/details?id=com.GoView360.USRK55a&hl=en>

**Special Exercise Oyo-tan-ren** is now on the KataGuide App.



KataGuide app download here:

iPhone: <https://itunes.apple.com/us/app/kataguide/id1214569483?mt=8>

Android: <https://play.google.com/store/apps/details?id=com.todayvideo.NewView&hl=en>

Here are some images since our last publication:

Ni-Kyu promotion in Palisades.



Robert Kapilow Promoted to Ni-kyu August 9, 2018  
Ueshiro Pine Forest Karate School, Palisades New York

Nistorenko family came to visit and train with us.



Ueshiro Pine Forest Karate Dojo in Palisades New York  
Kyoshi David Seeger, Shihan, Ku-Dan [motobu@aol.com](mailto:motobu@aol.com)  
Classes Tuesday , Wednesday, Thursday 7pm Sunday 10am

# Ueshiro Okinawan Karate Family Club

*Kyoshi Matt Kaplan, Shihan, Hachi-Dan*

Onegai Shimasu, Hanshi, Kyoshi, Sensei, Sempai, and all Deshi,

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

On September 12, 2018, we added a fourth class to our weekly schedule. It takes place on Wednesdays at 1:00 p.m. in the movement studio at the Dragonfly Spa at 1526 N. Atherton Street (State College, PA, 16803). We anticipate drawing families who are homeschooling their children as well as local professionals and retirees needing an active-living lunch break. The class is taught by Sempai Anne Burgevin, Ni-Dan, who has years of experience teaching children as well as a loyal following in the local homeschooling community.

We continue to enjoy visits from fellow members of Ueshiro Shorin-Ryu Karate USA who stop by during their travels heading west or north. We have the good fortune of being located just 15 minutes south of U.S. Route 80, a major East-West Interstate highway for crossing the U.S. It worked out perfectly when Sensei Bob Neff and his son, Ethan, took a break on their way to Ohio to train with us.

We also get some welcome North-South traffic. Andre Gross, an Ik-Kyu student from the Ueshiro Cocoa Shorin-Ryu Karate Dojo, visited our dojo as part of a June 2018 family trip to Harrisburg, PA.

We look forward to deepening our cross-dojō training experiences with fellow USRKUSA members.

Domo arigato gozaimasu,

Kyoshi Matt Kaplan, Shihan, Hachi-Dan  
Ueshiro Okinawan Karate Family Club  
State College, PA

[familykarateclub.com](http://familykarateclub.com)

# Ueshiro Northern Virginia Karate Club

*Kyoshi Salvatore Scaglione, Shihan, Shichi-Dan*

*Sensei Lisa Markowitz, Co-Shihan, Yon-Dan*

Onegai shimasu Hanshi, Kyoshi, Sensei, and World-wide SRKUSA Deshi,

The Ueshiro Northern Virginia (NoVA) Karate Club continues to move forward in this 56<sup>th</sup> Year of SRKUSA and our Black Belt contingent all anxiously await the Black Belt workout in October and of course celebrating Hanshi Scaglione's 80<sup>th</sup> Birthday!

This past Spring and Summer have been very exciting for the Ueshiro NoVA Karate Club as we continued to build our club from within and work to hone our karate skills. Here are the highlights contributing to our club's success as we strive to keep moving forward:

Spring got off to a great start with the 2018 Annual Ueshiro NoVA Karate Cherry Blossom/Spring Workout in Great Falls National Park. A huge Domo Arigato Gozaimasu to Kyoshi Mackay and Kyoshi Kaplan for leading us through an intense day of joy and vigor in the great outdoors. The collective generosity of sharing knowledge and interpretation of moves and techniques was greatly appreciated. All who participated, both local and those traveling in from afar, left the workout richer in knowledge and eager to share what we had learned and explore our karate more.

Special thanks as well to the visitors from Hombu Dojo, State College, Florida, Boston, Albany, and Easton. The camaraderie of the visiting Deshi only served to enrich our experience. Sharing the deck with our visitors encouraged everyone to dig deeper, get lower, and generate more power. The energy was palpable and we all benefited from it. The day was truly a vigorous/serious training session paired with warm fellowship/peacefulness.

Here is a list of the visiting Deshi. We hope to have many more next year!

Kyoshi Mackay, Ku-Dan, Hombu Dojo  
Kyoshi Kaplan, Hachi-Dan, State College, PA  
Sensei Tezel, Roku-Dan, Merritt Island, FL  
Sensei Mazlen, Go-Dan, Boston, Mass  
Sensei Reed, San-Dan, Suntree, FL  
Sensei Eddy, San-Dan, Merritt Island, FL  
Sempai Pletcher, Ni-Dan, State College, PA  
Sempai Chan, Ni-Dan, Albany, NY  
Sempai Forni, Ni-Dan, Easton, Conn  
Sempai Musser, Ni-Dan, State College, PA  
Sempai Culp, Ni-Dan, Merritt Island, FL  
Sempai Sweeney, Sho-Dan, Hombu Dojo  
Sempai Hutchenson, Suntree, FL  
Sempai Brownhill, Suntree, FL



Continuing a long-standing tradition of visits from NoVA to Minnesota, Sempai Bill Briedenbach, Ni-Dan, made the journey in May to help the Minnesota Deshi celebrate 10 years of SRKUSA in the land of 10,000 lakes! Kyoshi Sal also will make the journey in early October, just ahead of the Black Belt Workout and Hanshi's birthday celebration.

Rounding out the summer months, the Ueshiro Northern VA Karate Club and Ueshiro Dulles Karate Club conducted a joint summer Kyu-level promotion on 18 August 2018. Kyoshi Sal led an energy-charged traditional workout followed by Black Belt demos with each rank group to energize the participants for the promotion. Candidates from the NoVA area demonstrated their abilities to move forward SRKUSA-style following Hanshi Scaglione's example.

**Board of Judges:**

Kyoshi Sal Scaglione, Hachi-Dan, Presiding Judge  
Sensei Patrick Markowitz, Go-Dan, Observing Judge  
Sensei Lisa Markowitz, Go-Dan, Observing Judge  
Sensei Shabbir Kazmi, San-Dan, Side Judge  
Mr. Bill Breidenbach, Ni-Dan, Side Judge  
Ms. Bonnie Langendorff, Sho-Dan, Side Judge  
Mr. Anthony Patrick, Sho-Dan, Side Judge/Callout

Congratulations to the following Deshi:

**Yon-Kyu**

Katie (Dulles)

**Ni-Kyu**

Rhea James (Centreville/Reston)

**Ik-Kyu**

Allen Thomson (Centreville/Reston)





We welcome all Deshi from the Ueshiro Shorin-Ryu Karate family to visit us in Northern Virginia. We have classes on Monday and Thursday in Reston, VA, and Saturday in Centreville, VA. In you are in town for business or pleasure, we'd love to host you. Domo arigato gozaimasu to Hanshi Robert Scaglione for leading and guiding us down the path Master Ansei Ueshiro started for us in 1962.

Kyoshi Sal Scaglione, Hachi-Dan  
Denshi Shihan, Ueshiro NoVA Karate

Sensei Lisa Markowitz, Go-Dan  
Co-Shihan, Ueshiro NoVA Karate

[ueshironova.com](http://ueshironova.com)

# Ueshiro Merritt Island Karate Dojo

*Sensei Kurt Tezel, Denshi Shihan, Go-Dan*



Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

The Ueshiro Shorin-Ryu Merritt Island Karate Dojo has classes on Mondays and Wednesdays at 6pm and Fridays at 6am.

In addition to myself, classes are taught by Pat Marchetti (San-Dan) with an assist by Sensei Carla Eddy (San-Dan) and Sempai Travis Culp (Sho-Dan).

Our dojo hosts monthly Kyu and Dan level classes in addition to advanced classes twice a month led by myself and Sensei Pat Marchetti. These classes pull in students from all six Florida dojo and are always well attended.

In celebration of Grand Master Ansei Ueshiro's birthday on April 20, the Ueshiro Merritt Island Karate Dojo held its annual Katathon. This awesome event was well represented by all ranks and ages.



Tip Test - Congratulations Kaiden Poulin on earning your second green tip, Go-Kyu!



The Brevard County Florida Dojo held its semi-annual promotion event on Sunday, August 12, 2018 at the Melbourne/Suntree Recreation Center. The event was hosted by Sensei Matt Reed's Dojo and all six Brevard County Dojo were invited to attend. The event started at 9:00am and ran for about six hours!



The following Merritt Island student advanced in rank:

Phong Nguyen – Ik-Kyu

Domo arigato gozaimasu, Hanshi,

Sensei Kurt Tezel, Denshi Shihan, Go-Dan

Ueshiro Merritt Island Karate Dojo

[mikarate.com](http://mikarate.com)

# To-Te Ueshiro Karate Dojo

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

Onegai Shimasu Hanshi, Kyoshi, Shihan & all USRKUSA Deshi!



## **NYACK, NY TO-TE UESHIRO KARATE DOJO HOLDS ITS FIRST SHO-DAN TEST FOR A MINOR (CHILD) Thursday, September 6, 2018.**

Denshi Shihan Preston Powell (Go-Dan) conducted his first Sho-Dan test at the Nyack, NY Dojo. I would like to thank the To-Te Ueshiro Black Belts - Sempai Gemini Watanabe, Ed Abreu, Bryan Markiet and Jacquelyn Abreu - for their continued support in running the Dojo. Many thanks to the Palisades Pine Forest Dojo for taking time to come and support this historic Sho-Dan testing and promotion of Ethan Markiet, one of the youngest Sho-Dan in our USRKUSA system. Domo arigato to Kyoshi Seeger for presiding over the entire event.



The Board of Judges consisted of Center Judge Sensei Elliott Potter (Roku-Dan), Sensei Daniel Lax (Go-Dan), Sensei John Seeger (San-Dan), and Sempai Ed Abreu (Ni-Dan). A special thanks to Sempai Art Forni, Sho-Dan, for making the long trip from the Easton Ct. Dojo and for calling the Deshi up on the spot. Finally, a huge "Domo arigato!" to Kyoshi David Seeger, Ku-Dan, for encouragement and moving the promotion along according to all USRKUSA Black Belt procedures.

After a sweat-filled workout of kata full speed and power as a warm up, candidates were called up on the spot. Spirited and focused the karateka displayed full speed and power kata, three-point arm training, yakusoku kumite, ju kumite, weapon demonstrations, and ending with tameshi wari (breaking technique).

Promoted to Sho-Dan:

- Ethan Markiet (child 12)
- David Calligeros



### **OTHER NYACK DOJO NEWS**

For our 2018 Karate Outreach Program we taught karate every Wednesday this spring at the Blue Rock School in West Nyack, NY in an effort to bring Ueshiro Shorin-Ryu to the community at large and to area farmers' markets.



Also, I would like to thank Kyoshi Seeger for allowing our two schools (Nyack and Palisades) to continue to meet the first Thursday of every month at the Palisades Dojo for Advance training and sugar. Arigato Kyoshi Seeger! We look forward to these sessions as we move forward and continue to learn from other's polish.

### **SUMMER BELT PROMOTION**

On a humid Sunday, August 5th with a 95 degree heat advisory the To-Te Ueshiro Karate Dojo held its Annual Summer Belt Promotion. All deshi testing and all those supporting those testing arrived at 3:00 PM for a 5:00 PM scheduled promotion. The event lasted until 7:50 PM.

Sempai Ed Abreu, Ni-Dan, and Bryan Markiet, Sho-Dan, led the Deshi through slow moving and spirited kata which built gradually from half speed, to three quarter speed to and finally full speed and power repetitions of kata. Everyone on the deck counted loud, proud and with amazing spirit! The sacred training hall was filled with much joy and vigor!

Two hours later, with every window fogged and the deck wet with steam lifting off every student, the formal promotion began with a formal bow in followed by traditional warm ups, across-the-deck kihon, and full speed kata, motivated by inspirational words of wisdom shouted out by Powell Sensei.

After a short water break followed by light stretching and a quick adjustment of the gi, on the spot testing began. The Board of Judges was comprised of Center Judge Sensei Preston Powell, Go-Dan, Sempai Ed Abreu, Ni-Dan, Bryan Markiet and Jacquelyn Abreu, Sho-Dan.

Ethan Markiet, Ik-Kyu, called the candidates up on the spot, assisted by David Calligeros, Ik-Kyu, who demonstrated the test. Both were role models for those testing.



Promotion results:

**Go-Kyu**

Dylan Quagliata  
Vincent Chen  
Eleanor Findlay  
Eileen Evonn

**Yellow Belt**

Joseph Goshen  
William Chappell  
Eissa Findlay

**Yon-Kyu**

Mattan Goshen  
Orion Murphy  
Gavin Gabai

**San-Kyu**

Emilia Faulkner



A great day of Shorin-Ryu Karate for all that attended!



In closing, I would like to thank all the Nyack Deshi that showed support and help with the promotion. Thank you Grand Master Ueshiro for bringing us a gift in the form of Ueshiro Shorin-Ryu Karate. And, Domo Arigato Gozaimasu Hanshi! for your nonstop polishing and leadership of your Karateka near and far.

Respectfully Submitted  
Sensei Preston Powell, Denshi Shihan, Go-Dan  
To-Te Ueshiro Karate Dojo Nyack, NY

**NYACK FALL SCHEDULE:**

Saturday 10:00 AM - 11:30 AM, Tuesday 5:00 PM - 6:30 PM, Thursday 8:00 PM - 9:30 PM

[preston@to-te.org](mailto:preston@to-te.org)

[Karatenyack.com](http://Karatenyack.com) | 845 353 8505

# Ueshiro Okinawan Karate Club of Pelham Manor

*Sempai Brian Heese, Shihan, Ni-Dan*

The Ueshiro Okinawan Karate Club of Pelham Manor is a vibrant club with eight spirited deshi ranging from Yon-Kyu to white belt. We train Monday nights at 6:30 PM. We love to have visitors. Please text me at 914-602-9010 if you plan to visit.

We ended the 2017-18 training season in June with a spectacular outdoor workout in Davenport Park in New Rochelle. It was a wonderful way to end eight months of vigorous training. Kyoshi Mackay prepared an inspiring album of photos that you can find [here](#).



Consistent with prior years, our students took the summer off to travel and pursue other activities. Training commenced again in September.

The Ueshiro Okinawan Karate Club of Pelham Manor is grateful to Hanshi, Kyoshi Mackay and the Black Belts of the Midtown Karate Dojo and all the dojo in the metropolitan New York City area who willingly travel to Pelham Manor for classes, belt tests, and special events.

Thank you Barbara Nichuals for allowing our club to train in the dojo built by Sensei Dan Nichuals 17 years ago. Domo arigato!

Sempai Brian Heese, Shihan, Ni-Dan  
[bheese123@gmail.com](mailto:bheese123@gmail.com)

# Northampton Ueshiro Karate Dojo

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

Onegai shimasu Hanshi, Kyoshi, Sensei and Deshi - USRKUSA

During July of 1998 over 20 years ago we began to carve out space and build the Northampton Ueshiro Pine Forest Karate here at the Arts & Industry Building in Florence MA. Many of you who are still alive and training came here to help us put some of the finishing touches on our sacred training hall. Thank you for your dedication and support.

This past July we celebrated our 20th Anniversary by having an outdoor workout at Chapel Falls. A large contingent of local and visiting deshi traveled from NY, NJ, PA, CT and MA to scale Pony Mountain and practice our Art in the "Mountain Top Pine Grove," as handed down by Master Ansei Ueshiro to Hanshi Robert Scaglione and all of us. We trained hard in typical Shorin-Ryu Karate fashion, then jumped in and slid down the 30 foot rock slide into the falls to cool off. After the dip in the falls we headed back to Sempai Tracy Magdalene's home for a BBQ and swim in her pool. Thank you everyone who contributed to the event, especially Sempai's husband and chef David (the pilot) for feeding us. There was still some kata to be performed and pool side seemed just the spot. Kyoshi Mackay, never one to miss an opportunity, lead this group of warriors, as he had done the night before by tiki torches in my backyard, into the sunset. Domo arigato Kyoshi for this and everything else that you inspired that weekend. I will remember and cherish the time forever. Thanks to all of you who were able to make the trip.



Also we had our 2018 summer rank promotion moving five dedicated deshi into the next phase of their training. After a vigorous workout and review of kata and yakusoku kumite on the spot the following deshi earned and received the following new rank. I am very proud of all the hard work and persistence that these deshi are showing.

- Ro-Kyu - Brooke Moye
- Yon-Kyu - Ivonne Vidal
- Ni-Kyu - Eliza Wilmerding
- Ik-Kyu - Austin Hatch, Jefferson Pitcher



Thank you to the board of judges, Nancy Owen, Yon-Dan, Tracy Magdalene, Ni-Dan, and Robert St George, Sho-Dan. Sensei Mary McKittrick, Yon-Dan, seamlessly slipped in and out of the event capturing photographic moments. Domo arigato Sensei and also to everyone who "SHOWED UP" to add their spirit and energy to this event. This cannot happen without you all.

I contacted our local newspaper “The Daily Hampshire Gazette” to inform them about our 20th Anniversary. There is a little spot in the paper where they put in a paragraph on past events that have happened in the area. 100 years ago, 50 years ago, 25 years ago etc. They sent a reporter to the dojo to interview me and some of our deshi. A couple of days later, they sent a professional photographer and he took an hour and a half of pictures to go with the article. It was an amazing story covering a couple of pages. The article may be viewed [here](#).

Domo arigato gozaimasu, Hanshi. We will see you soon in NYC.... Also, almost Happy Birthday!

Daniel Gobillot  
Denshi Shihan, Shichi-Dan  
Northampton Ueshiro Pine Forest Karate  
[Pineforestkarate.com](http://Pineforestkarate.com)



**LED BY A SPIRITED SENSEI, PINE FOREST KARATE MARKS 20 YEARS IN FLORENCE**

Ivonne Vidal of Hatfield, from left, Nancy Owen of Northampton, Jefferson Pitcher of Florence and Mary McKittrick, of Florence, practice Ueshiro Shorin-Ryu karate at Pine Forest Karate. Owen and McKittrick are both fourth-degree black belts. STAFF PHOTO/JERREY ROBERTS

By Hannah Nelson  
For the Gazette

# Ueshiro Downtown Shorin-Ryu Karate Dojo

*Sensei Kevin Reymond, Denshi Shihan, Hachi-Dan*



***“Grand Master Ansei Ueshiro is known for his statement, ‘One kata executed ten times, that is all one needs.’ One kata executed ten times, even at slow motion speed is better than performing ten different kata one time each.”***

*- Hanshi Robert Scaglione*

Onegai Shimasu Hanshi, Kyoshi, Sensei and Fellow Deshi,

We continue to work on growing the Ueshiro Downtown Shorin-Ryu Karate Dojo and we are moving forward to expand our student base and awareness in the community.

Some recent events include our June and August promotions. Congratulations to Roland Cummins, Jonathan Rivera and Kevin Saulsbury for earning the rank of Ro-Kyu, and Reginald Washington for earning the rank of Yon-Kyu. The Boards of Judges consisted of Sensei Ellin Moore, Kim Garon, Henri Waelbrock and Sempai Michael Gallagher. After the tests demonstrations of kata were performed by the different ranks. These were followed by a compai at a local Japanese restaurant, Tokyo Bay.

In May we visited Minnesota and celebrated the ten year anniversary of the Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota. Sensei Bob Dobrow



founded the dojo and handed the reins off to Sempai Steve Hatle. We enjoyed two days of spirited workouts conducted by Kyoshi Michael Mackay and amazing hospitality from the Northfield deshi.

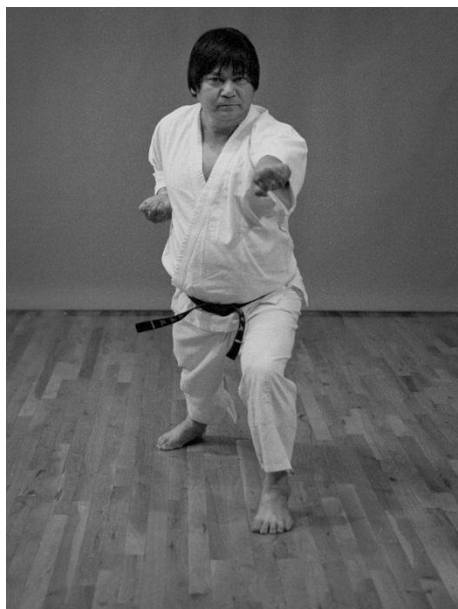
In August we visited the Hong Kong Ueshiro Karate Club under the direction of Sensei Alan Lai. Sensei Lai hosted a dinner at a traditional Shanghai restaurant. The following morning we trained at a park in the Mai Foo district of Hong Kong. Kata and weapons demonstrations were performed at the end of the workout. Arigato to Sensei Lai for being a terrific host.



In September we took part in the annual 9/11 workout in Central Park in New York. The workout was conducted by Kyoshi Michael Mackay at Nutter's Battery, an historic sight dating back to 1776 when it was established by the British. We look forward to participating in other events throughout the rest of the year.

*Always Moving Forward*

We have also worked on new avenues to promote our dojo and Ueshiro Shorin-Ryu including enhanced use of social media. In the coming months we will be hosting Open Houses for the general public and conducting workouts at outdoor venues. Kata, basics, prearranged, bunkai and weapons are all demonstrated along with a discussion of our style of karate and the history of Shorin-Ryu.



Domo arigato gozaimasu Hanshi for your leadership, sharing, support and inspiration! We are looking forward to many more years of training with you.

Sensei Kevin Reymond, Denshi Shihan, Hachi-Dan  
Ueshiro Downtown Shorin-Ryu Karate Dojo  
107 Chambers Street  
New York, NY 10007  
[downtownkaratedojo.com](http://downtownkaratedojo.com)  
646-745-6172

Class Schedule

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Monday	5:30 pm – 7:00 pm
Wednesday	6:45 am – 8:15 am
Thursday	5:30 pm – 7:00 pm
Sunday	9:00 am – 10:00 am



# Ueshiro Cocoa YMCA Shorin-Ryu Karate Dojo

*Sempai Dennis Flynn, Shihan, Ni-Dan*

Onegai shimasu Hanshi, Kyoshi, Sensei and USRKUSA Deshi,

The Ueshiro Cocoa Shorin-Ryu Karate Dojo, located at the Eastern Florida State College (formerly Brevard Community College) Campus in the Cocoa YMCA, is moving forward with great joy and vigor, and continues with the following schedule:

<b>Mondays and Wednesdays</b>	7:00 PM to 8:30 PM
<b>Thursdays</b>	7:00 PM to 8:30 PM
<b>Saturdays</b>	11:00 AM to 12:30 PM

In addition to our regular classes, we participated in the **YMCA Healthy Kids Event**. This event was held on April 21<sup>st</sup> from 10:00 AM to 1:00 PM. It was an opportunity for us to showcase our students, perform demonstrations, and attract new students. A table was set up and manned by Richard Gross, the father of Andre Gross, Ik-Kyu.

I am also very proud of our students to attend and help support the 6:00 AM Friday morning Merritt Island Dojo class led by Sensei Kurt Tezel. Cocoa students include Sempai Dakota Flynn, Cheyenne Flynn, David Koenig and Andre Gross, all of whom attend regularly. This is a great way to start the day and a lot of valuable training is shared by all.

I am also encouraged by our students who regularly attend the various advanced classes offered at our other dojo in Brevard County. Hanshi encourages us to attend others dojo and we have several students who take advantage of this opportunity.

I currently lead our group of teachers at the Cocoa YMCA: **Sempai Rob Weaver**, Sho-Dan, **Sempai David Koenig**, Ik-Kyu, and **Sempai Lloyd Brownhill**, Sho-Dan, **Sempai Dakota Flynn**, Sho-Dan, Sempai **Andre Gross**, Ik-Kyu, and **Sempai Cheyenne Flynn**, Junior Ik-Kyu. We are grateful for all of these dedicated deshi who are willing to teach others. All of our teachers continue to remain committed to growing and participating in the growth of our organization.

We continue to have a solid core group of students that attend regularly, along with some wonderful students that have joined us in the past few months. Their progress is very encouraging as shown by our recent promotions, described below:

Promotions awarded in August 2018 include:

### **Promoted to Yon-Kyu**

Dimitri Tossios  
Gavin Clark

### **Promoted to San-Kyu**

Alex Rodriguez  
Chris Clark

**Promoted to Orange Belt**

Rustin Clark  
Cordelia Case

**Promoted to Yellow Belt**

Jaden Howard

**Promoted to Ro-Kyu**

Kenith Sloan  
Sasha Pittman  
Tyren Pittman



We are very excited and encourage by the continued growth of our Cocoa YMCA Dojo students!

Domo arigato to Master Ansei Ueshiro for bringing Shorin-Ryu Karate to the United States and domo arigato to Hanshi Robert Scaglione for his continued leadership and inspiration!

Sempai Dennis Flynn, Shihan, Ni-Dan  
321-631-2233  
[cocoadojo@gmail.com](mailto:cocoadojo@gmail.com)  
<http://www.ueshirococoa.com/>

## Ueshiro Suntree/Melbourne Shorin-Ryu Karate Dojo

*Sensei Matt Reed Shihan, San-Dan*

Onegai-shimasu, Hanshi, Kyoshi, Sensei, and the worldwide Deshi,

“Keep training” and “Joy and vigor!” These phrases, affectionately used at Ueshiro Shorin-Ryu Karate USA dojo across the country, represent the Ueshiro Suntree/Melbourne philosophy of training. We “keep training” beyond the walls of our dojo with “joy and vigor.” From white belts to Dan level, many of us seek guidance and instruction from Hanshi Robert Scaglione. We’re fortunate to be the closest dojo to his Viera Karate Club, and many of us get a lot of extra sugar at his Tuesday night classes. Our solid (and growing) group of senior ranks - Ik-Kyu and Dan levels - train with Hanshi and Sensei Kurt Tezel of the Ueshiro Merritt Island Dojo, a few times every month.



In August, the Ueshiro Suntree/Melbourne Dojo hosted the Florida dojo(s) full belt test, welcoming the shihan and deshi from the six Florida dojo. More than 100 people attended the seven-hour celebration.

January 2019 will mark the one year anniversary of our new location. We have a lot of great karate memories from our previous location at the Suntree YMCA - dozens of people crammed into the room every February for the special weekend workout, for example - but we would never have been able to host a combined full belt test there. We’re thankful for the bigger, beautiful space at the Wickham Park Community Center, and we’re excited about the growth of our school that this new setting affords.



All are welcome to join us for class, which is from noon to 1:30 PM Sundays and 7:00 PM Wednesdays.

Domo arigato and "Keep training!"

Submitted by Sempai Jennifer Sangalang, Ni-Dan,  
Ueshiro Suntree/Melbourne Dojo

Sensei Matt Reed, Shihan, San-Dan,  
Ueshiro Suntree/Melbourne Dojo  
[suntreekarate.com](http://suntreekarate.com)



# Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota

*Sempai Steve Hatle, Shihan, Ni-Dan*

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

With the beginning of the new school year, the Northfield Dojo has received a fresh infusion of white belts, in both the community and college classes. We move forward rejuvenated by the new white belts, looking forward to the progress to be made and lessons to be learned by both students and instructors.

This spring started off with the highly anticipated Minnesota in May event (May 11 - 13, 2018). Black Belts travelled from New York, Florida, Virginia and Duluth to attend the event which coincided with the 10th Anniversary of the Northfield Dojo. It was a wonderful weekend full of spirited karate as well as fellowship and compai with Kyoshi Mackay, Sensei Reymond and Sensei Dobrow, as well as other Sensei and deshi from across the country.

The weekend began on Friday night with a "by-the-book" workout led by Kyoshi Mackay. Using the 50th Anniversary Journal as our guide, Kyoshi led a traditional class that included kihon, kata, and yakusoku kumite. During the workout emphasis was made on using correct stances, and the fact that the benefits of foundation in stepping first are lost if the stance is unstable or incorrect.

Sensei Kevin Reymond led the warmups and basics on Saturday morning. The class continued with work on Fukyugata Ichi and Fukyugata Ni and the many important building blocks these kata offer for the rest of our training. This included concepts such as making sure we engage our opponent through their centerline and "Cut them in half" (as Hanshi would say). Also that we should "Take off the emergency brake" and deliver our techniques without tension, staying fluid to deliver maximum speed and power.

Saturday night brought a wonderful chance for everyone to meet and share a meal and compai in a beautiful setting at Carleton College. Along with the "build your own" Mexican food bar, Northfield deshi provided a wide range of desserts – just the thing to cap off a long day of training!

Sunday morning brought our last session, including an invigorating outdoor workout near Spring Creek at the edge of the Carleton campus. This portion of the workout concluded with an inspiring uphill charge – all karateka executing zenkutsu-dachi gedan barai in a line straight up a significant hill – showing great spirit and power all the way up!



The group then assembled at a different outdoor locale, where Sensei Reymond described and then demonstrated nunchuka kata, something all the bo practitioners here in Northfield watched with great interest. Then Kyoshi Mackay led the rest of the group in a bo kata demonstration for the deshi who have not yet taken up weapons training.

Finally, the group adjourned to the Carleton Japanese Garden of Contemplation for our final farewells and presentations. The Northfield deshi presented Sensei Dobrow with a bonsai as a symbol of the continuing growth of the karate seed he planted here ten years ago. Kyoshi Mackay presented the Northfield Dojo with a fabric print of Master Gichin Funakoshi's 20 precepts of karate-do, as found in the 50th Anniversary journal. Rest assured this will be framed and find a place of honor here in Northfield!



Domo arigato gozaimasu to Kyoshi Mackay for once again leading an inspiring and informative weekend of karate! Along with Sensei Reymond, he gave us much to absorb and incorporate in our practice moving forward, along with the energy and drive to make it happen.

On June 2nd the dojo held a workout in conjunction with the opening celebration of the East Cannon River bike trail at the local Babcock Park in Northfield. Several martial arts groups were present. The dojo made a strong presentation of warm-ups and kata to a small but animated crowd.

Testing and promotion for the Ueshiro Northfield Karate Dojo of Minnesota was held on Wednesday, August 15th. Testing began with traditional warmups, basic techniques, and kata as outlined in the 50th Anniversary Journal. All students on the deck showed great enthusiasm and energy throughout the session! Each candidate brought impressive spirit to their test, and demonstrated knowledge of Shorin-Ryu karate history and philosophy in the question and answer session.

Deshi promoted:

**Ro-Kyu**

Nicholas Dickinson

Gabriel Dickinson

**Go-Kyu**

Joel DeBuse



On August 25th, the dojo held a shortened workout and interactive session at the 2nd Northfield Martial Arts Festival. The dojo made a strong presentation of warm-ups, kata demonstrations, and yaku-soku kumite for about 30 spectators. This was followed by an interactive session where some deshi performed kata and answered questions while other deshi walked spectators thru F1.

**Class schedule:**

<p><u>Monday</u> Regular Workout All Ranks 6:45 – 8:00 pm Longfellow School Gym</p>	<p><u>Wednesday</u> Regular Workout All Ranks 6:45 – 8:00 pm Longfellow School Gym</p>	<p><u>Friday</u> Black Belt Workout 6:00 – 7:00 am Northfield Dance Academy</p>	<p><u>Saturday</u> Regular Workout All Ranks 10:00 – 11:00 am</p> <p>Advanced Workout 11:00 am – 12:00 pm Carleton Cowling Dance Studio</p>
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As we look forward to the October and February events coming up, and use our anticipation to heighten our training, we invite anyone who may be traveling thru the Twin Cities to stop in for a workout and to experience our warm Northland hospitality. Our doors are always open.

Domo arigato gozaimasu to Hanshi Robert Scaglione for your leadership and example, and for guiding us as we move through the 56th year of Shorin-Ryu Karate as brought to us by Grand Master Ansei Ueshiro.

Submitted by Sempai Guy Lawrence, Sho-Dan

Sempai Steve Hatle, Shihan, Ni-Dan  
Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota  
[northfieldkarate.com](http://northfieldkarate.com)

# Boston Chinatown Ueshiro Shorin-Ryu Karate Club

*Sensei Emiliano Mazlen, Shihan, Go-Dan*

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

We are moving forward. We continue to train at the Wang YMCA of Chinatown, 8 Oak Street West, Boston MA. Classes are on Monday and Wednesday nights at 7:30 pm and Sundays at 11:30 am. The YMCA is near downtown Boston. We are honored when visitors train with us. If you may be able to do so, please let me know.

Domo arigato gozaimasu to Hanshi for leading us down the path that Grand Master Ueshiro laid out for us.

In June, the Boston club held a tip test. Congratulations to Diane Tshikudi who was promoted to Go-Kyu. Domo arigato to Mr. Keith Chan and Caroline Margolies who traveled all the way from Albany to participate in the event and join the board of judges. Domo arigato to Theo Panagakos from the Boston club for completing the board of judges. Domo arigato to the other deshi who also added their spirit and sweat to the event even though they were not testing: Jason Noon-Damiani and Sai Fei Wu, with special thanks for Jason having also made the long trip from Albany for the event. We also took the occasion to present Mr. Chan with the certificate from his recent promotion to Ni-Dan.





In July, I was greatly honored to participate in the 20th Anniversary Celebration for the Northampton Dojo. Congratulations to Sensei Gobillot and the fellow deshi of the Northampton Dojo and best wishes for the next 20 years! Domo arigato gozaimasu to Kyoshi Mackay for leading the outdoor workout. Domo arigato gozaimasu to Sensei Gobillot for his crucial support of the Boston club across its 15 years.

In August I was honored to attend the belt test at the Albany club. Domo arigato to Mr. Keith Chan, Shihan, for the honor of participating in the event and server on the board of judges. Thank you also to all the fellow deshi of that club for a great event. Congratulations to those who received new rank.

At all the tests we remember, especially with new ranks awarded, that we only earn our current (or new) rank when we receive the next one or, in other words . . .

Keep training.

Domo arigato gozaimasu to all,

Sensei Emiliano Mazlen, Shihan, Go-Dan  
Boston Ueshiro Shorin-Ryu Karate Club  
857-234-7350  
[emazlen@hotmail.com](mailto:emazlen@hotmail.com)

# Ueshiro West Melbourne Shorin-Ryu Karate Dojo

*Sensei Rick Cupoli, Shihan, San-Dan*

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

Joy, vigor and warrior spirit continue to abound at the West Melbourne Dojo. Our school has been open for over 7 years and many great times have been had. At our recent promotion in August we were proud to advance seven deshi to their next belt and nine deshi to green tip ranks.



I am please do report that we have a very healthy distribution of ranks in our dojo. We have deshi representing every rank with many holding the rank of Ni-Kyu and Ik-Kyu. Within the last few months we have also enjoyed a surge of new students. At our most recent class we taught approximately ten white belts kata Fukyugata Ichi.

I am pleased that our student retention is high. Many who begin training are sticking with it. We offer lots of encouragement to our deshi as they work hard to gain proficiency in their karate. We are privileged to have a roster of 38 students. I am assisted by Sempai Miranda Aiken (Sho-Dan) who is a great instructor and help to the dojo.



Domo arigato, Hanshi,

Sensei Rick Cupoli, Shihan, San-Dan  
Ueshiro West Melbourne Shorin-Ryu Karate Dojo

# Wilton Connecticut Ueshiro Shorin-Ryu Karate Club

*Sensei Keith Eng, Shihan, San-Dan*

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

The Wilton Connecticut Ueshiro Shorin-Ryu Karate club under the auspices of USRKUSA is still moving forward with training in our new space. The new training schedule allows for less rescheduling and stronger attendance as opposed to the "Monday holidays" that keep people away from the dojo.

The spirit and kiai of our class outsize its small physical size. We look forward to our second kampai of 2018 (date TBD).

The best of training to all of you! We will be with you on the deck!

Domo arigato gozaimasu,

Keith Eng, Shihan, San-Dan  
Wilton CT Ueshiro Shorin-Ryu Karate Club

## **Class Schedule**

Tuesday	7:30 - 8:30 AM
Thursday	7:30 - 8:30 AM

# Ueshiro Shorin-Ryu Nashville Family Karate Club

*Sensei Sean M. Paus, Shihan, San-Dan*

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

The Ueshiro Shorin-Ryu Nashville Family karate club has had a great Summer! We've added six new students since the Spring, and tested a large number of students in August!



Congratulations to the following Deshi and their new ranks:

## **Patches**

- Avion Collier
- Kayleen Brito

## **Ro-Kyu**

- Omari Collier
- Monserrat Tornez
- Ayslin Brito
- Kevin Brito
- Ayannah Collier
- Kennedy Brito
- Stephanie Tornez

## **Go-Kyu**

- Daniel Peterson

## **Yon-Kyu**

- Alexandria Panther
- Mackenzie Stanley
- Adam Peterson
- Pamela Thomas

## **San-Kyu**

- Kathryn Richardson
- William Richardson
- Charles Richardson

At the end of September we will be participating in a local small business expo called "Smyrna Depot Days." We will hold a class, perform demonstrations, and promote our club and Ueshiro Shorin-Ryu Karate USA. It should be an exciting event. We attracted a lot of interest at last year's event, and look forward to showing off our warrior spirit again this year!

If anyone is interested in visiting our dojo, whether you just happen to be in town, or if you would like to plan a trip, please contact me at [spaus@paushaus.net](mailto:spaus@paushaus.net). We would love to train with you!

Domo arigato gozaimasu Hanshi, and Kyoshi for your continued leadership.

Domo arigato Sensei and Shihan for your commitment to propagating the Art.

Domo Arigato all Deshi for without you we would not be here.

Sensei Sean M Paus, Shihan, San-Dan  
Ueshiro Shorin-Ryu Nashville Family Karate Club  
[shorin-ryu.paushaus.net](http://shorin-ryu.paushaus.net)

# University at Albany Ueshiro Shorin-Ryu Karate Club

*Sempai Keith Chan, Shihan, Ni-Dan*

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

The Albany Ueshiro Shorin-Ryu Karate Club celebrates its fifth year of sweat, joy and vigor in New York's capital district!

We are now training at a new location at the community room of the Damien Center (12 S Lake Ave., Albany, NY 12203). On August 18th we held a test for Jason Noon-Damiani, who was awarded the rank of Ni-Kyu, and Jessie Rosenthal, who was awarded the rank of Yon-Kyu.

Domo arigato to Sensei Mazlen for traveling to Albany, to share your wisdom and experience, and oversee the promotion event at our new location. Congratulations to all who were awarded new ranks this year, including Jessie Rosenthal, Yon-Kyu, Jason Giambruno, Yon-Kyu, Caroline Margolies, Ik-Kyu, and Keith Chan, Ni-Dan.



Domo arigato to all sensei, sempai and deshi who hosted us at various events!

Sempai Keith Chan, Shihan, Ni-Dan

# Ueshiro Titusville Karate Dojo

*Sempai Edward Bauder, Shihan, Sho-Dan*

Onegai shimasu Hanshi, Kyoshi, Sensei and SRKUSA Deshi,

It is hard to believe that I am finishing up nearly my 7<sup>th</sup> year as Shihan of the Ueshiro Shorin-Ryu Titusville Dojo. I was humbled and felt extremely honored when I was asked to be sponsored as Shihan of this Dojo by Sensei Kurt Tezel, (Roku-Dan and Denshi) when I was still a mere Ni-Kyu. It has been such a pleasure and an honor to train and grow along side of the men, women, and children that make up our ranks. And our growth has been evidenced by recent activities, tests and promotions.

Members of our dojo participated in tests and a recent Labor Day beach workout in 2018, where we reaped the harvest of plentiful knowledge and refinement of techniques which were provided by Hanshi Robert Scaglione and various Sensei and Deshi .

On August 12, 2018, the Titusville Dojo combined with the Brevard County Dojo for our semi-annual full belt promotion at the Wickham Park Recreation Center. It was a fantastic opportunity to train with Hanshi, Sensei, Shihan and other Deshi from several Florida dojo.

On August 31, 2018 we held our Tip test at the Titusville YMCA. Results from the Titusville Dojo are as follows:

**Promoted to San-Kyu:**

Kevin Worhide  
Travyana Rucker  
Giovanini Madonado

**Promoted to Go-Kyu:**

Ari Sadri  
Aubrey Tagtow





Our Monday and Friday evening classes are held in the Group Exercise room at the Titusville YMCA located at 2400 Harrison St., Titusville FL on Monday from 5:00 pm to 6:00 pm and Fridays from 5:30 pm to 6:30 pm.

Continuous emphasis is given to both the personal development of each Deshi and team spirit. All members work together as a family as many of our Deshi members are brothers and sisters bound not only by blood ties but by the strong ties instilled by working toward a common objective of perfect technique. I am proud of their initiative, drive, motivation and work ethic and proud to be their Shihan. In my 62 years on this earth I consider it one of the high points of my life.



Sempai Ed Bauder, Shihan, Sho-Dan  
Titusville YMCA Family Center  
2400 Harrison St., Titusville, FL 32780  
321-222-8889  
[telisin49@yahoo.com](mailto:telisin49@yahoo.com)

# Ueshiro Bushi Dojo

*Sensei Chris Barnes, Denshi Shihan, Shichi-Dan*

ARIGATO HANSHI and HAPPY BIRTHDAY (Yes I'm YELLING!)

Ueshiro Bushi Dojo is gearing up for an extremely exciting and historic event. The 56th Annual Black Belt Weekend and Hanshi's 80th Birthday Celebration. We have been practicing our Tonfa Kata and look forward to sharing wonderful times on and off the deck.



Sensei Chris Barnes, Denshi Shihan, Shichi-Dan  
9085 Santa Monica Blvd, Los Angeles, CA 90069  
570-856-3423  
[laugh@comedydojo.com](mailto:laugh@comedydojo.com)

# Dulles Ueshiro Shorin-Ryu Karate

*Sensei Patrick Markowitz, Shihan, Go-Dan*

Onegai-shimasu Hanshi, Kyoshi, Sensei and all Deshi around the world!

The students of Dulles Ueshiro Shorin-Ryu Karate continue to move forward through vigorous training as we continue to unwrap the gift that is Ueshiro Shorin-Ryu Karate. Ueshiro Dulles students are excited for the upcoming celebration and workout in NYC in October.

## **RANK PROMOTIONS**

In August, we joined forces with the warriors of Ueshiro NoVA for our regular testing. Promoted to Ik-Kyu was Sempai Allen T. In light of his deep commitment to learning and sharing the art of Shorin-Ryu, Allen is now the Chief Instructor for Ueshiro Dulles. Also promoted during this test was Sempai Katie L. to Yan-Kyu. A special domo arigato to Sempai Zhilwan J. for his support and to the Shihan and instructors of Ueshiro NoVA for their service as the board of judges, and of course to Kyoshi Sal for overseeing the test.

Here's wishing every member of the Ueshiro Shorin-Ryu Karate USA family peace and strength in this, our 57th year!



Arigato gozaimasu Hanshi!  
Sensei Patrick Markowitz, Shihan, Go-Dan  
Ueshiro Dulles Shorin-Ryu Karate



## Easton Connecticut Ueshiro Shorin-Ryu Karate Club

*Sensei Adam Dunsby, Shihan, Yon-Dan*



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



The summer has brought multiple occasions to train with other dojo in the area. In July we participated in vigorous training at the annual Sherwood Island Beach Workout led by Kyoshi Mackay, and our dojo hosted the traditional barbecue afterwards.

We had representation at the Northampton Dojo 20<sup>th</sup> Anniversary celebration/mountaintop workout several weeks later, as well as the annual Central Park 9/11 Memorial workout hosted by the Hombu Dojo. Sempai Art Forni was also honored to participate and assist in the September Black Belt promotion held at the Nyack Dojo under the supervision of Kyoshi Seeger and Sensei Powell.

We recently were visited by Sensei Daniel Lax from the Ueshiro Pine Forest Karate School (Palisades, NY) who led a spirited training session one evening. We welcome all other USRKUSA deshi who wish to visit us in Connecticut.

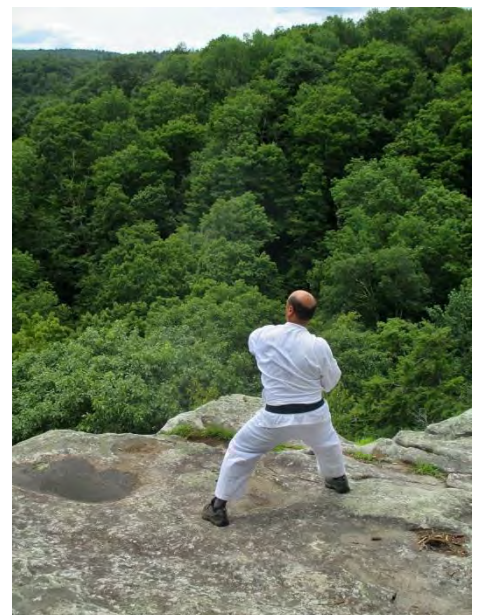
We now look forward to the most important system-wide event of the year, the upcoming Black Belt workout and celebration of Hanshi's 80<sup>th</sup> birthday in October. We are grateful to Hanshi Robert Scaglione for preserving the teachings of Master Ansei Ueshiro and keeping the organization moving forward with joy and vigor!

### **Class schedule:**

Tuesday 5:45 PM - 7:00 PM

Sunday 8:00 AM - 9:15 AM

Domo arigato gozaimasu,  
Adam Dunsby, Shihan, Yon- Dan  
Easton CT Ueshiro Shorin-Ryu Karate Club



# Ueshiro Bay Ridge Karate Dojo

*Sensei Robert Neff, Shihan, Yon-Dan*

Onegai shimasu Hanshi, Kyoshi, Sensei & fellow Deshi,

We here in Bay Ridge have been very busy for the past six months, especially this summer. We had many firsts, as described below.

A small group of Midtown, Bay Ridge and Minnesota Deshi celebrated July 4th with a workout in Owls Head Park, Brooklyn, on Sunday, July 1<sup>st</sup>. The event was a very traditional workout. It consisted of a bow-in and warm-ups overlooking New York Harbor. Basics followed were we worked our balance up and down the hill exploring how our stances adjusted based on whether taking the hill or seizing the harbor. We then performed repetitions of Fukyugata ichi through Gojushiho. We worked the Fukyugata and Pinan kata on the hill as well. We then worked Naihanchi kata on a wall at the top of the hill. Bo kata, arm training and yaku-soku kumite one through four were performed on a beautiful terrace at the top of Owls Head as well. We each had the chance to lead a stretch and the bowed out. The workout was followed by a sushi lunch at a nearby restaurant.

Hanshi Scaglione grew up in this neighborhood and played in this park often as a child. I know both he and Grand Master Ansei Ueshiro were with us throughout the day.



On Sunday, Aug. 12, the Ueshiro Midtown Dojo and Ueshiro Bay Ridge Dojo held a joint tip test/full belt promotion in the St. Bart's Athletic Center. The event was conducted by Kyoshi Mackay. A formal tip test was held in the dojo under the supervision of Sensei Rob Neff (center judge), Dawood Emmenuel, and Sempai Lisa Rosenberg.

After a thorough review of all requirements, the following deshi from Bay Ridge was promoted:

**Ro-Kyu**

Misha Ratner

Domo arigato gozaimasu to Kyoshi Michael Mackay for teaching all of us, holding this promotion and allowing my students to attend. This was all of my students first time at Midtown Ueshiro Karate Dojo. I know they learned a tremendous amount from all of the teachers and students they trained with.

A small group gathered for a Labor Day Weekend workout on Sunday, Sept. 2, at Jacob Riis Beach in the Rockaways, Queens. While it was an "informal workout" without gi, the workout itself was a strictly traditional USRKUSA. This was also my students' first beach workout. They showed true warrior spirit; I know they will enjoy many more!



Domo arigato gozaimasu to Hanshi Robert Scaglione who is turning 80 years young this coming October. Please join us at Bay Ridge Jewish Center, 405 81st St., Brooklyn, NY 11209 on **Sunday, October 14<sup>th</sup>** to work out and celebrate Hanshi's Birthday!!! We look forward to seeing everyone then.

Domo arigato gozaimasu Hanshi,

Sensei Robert Neff, Shihan, Yon-Dan  
Ueshiro Bay Ridge Karate Dojo  
405 81st Street, Brooklyn, NY 11209  
[robneff@hotmail.com](mailto:robneff@hotmail.com)

# Ueshiro Dojo baKfar

*Sensei David Tamir, Shihan, Shichi-Dan*

Onegai-shimasu Ueshiro Shorin-Ryu Karate USA Worldwide,

As of August 1st, the Ueshiro Neve Dojo has relocated and been renamed to the “Ueshiro Dojo baKfar” [“Dojo in the Village”]. With Hanshi’s approval, we have relocated to the adjacent city of Kfar-Saba, translated as “Grandfather’s Village.” Kfar-Saba was a village long ago before the modern count, mentioned in historical records involving the Roman occupation of Israel as far back as 86 before the count. Today it is a city of over 100,000 people.



Our new dojo is housed in the city’s Etzion Community Center serving all ages from children to the elderly with various activities. The Etzion facility was built in the early 1960s, right around the time Master Ueshiro brought our Karate-Do to the USA. We train in a large exercise room fitted with mirrors and a wood-like floor. Sempai Avi David (Sho-Dan) and I relocated our “Dojo in a Box” to this new facility. Sempai David has been a tremendous help and leads classes at the dojo along with me.

We developed new advertisement and are going to have it published professionally all around the City’s community advertisement boards. You may visit our new website - in its infancy - at [www.DojoBaKfar.com](http://www.DojoBaKfar.com). We offer formal dojo training three times a week, twice at the Community Center (Mondays and Wednesdays), and once a week at the city’s nearby beautiful Central Park (Fridays).

Our long range plan is to work with the city to build a traditional dojo structure in the park to house various Zen-exercise arts, surrounded by a Zen garden including a rock garden, bamboo trees, koi-fish pond, etc. We have already briefed the concept to the park’s management and will be forming a not-for-profit entity to make this happen within the next 5 years; hopefully in time for my now one-year-old twins to start their karate training.

A colorful advertisement for Ueshiro Shorin-Ryu Karate USA. At the top left is a red circular logo with a white torii gate and the Hebrew word 'דוג' (Dojo) and 'בכפר' (BaKfar). To the right, the word 'KARATE' is written in large, bold, black letters. Below this, there is Hebrew text: 'קראטה במרכז הנוער והקהילה עציון' and 'ופארק כפר-סבא'. The advertisement lists class schedules for different age groups: 'יום ב' 21:00-19:00 במרכז עציון', 'יום ד' 20:00-18:00 במרכז עציון', and 'יום ו' 9:00-8:00 בפארק'. There are three black silhouettes of karate practitioners in various stances. On the right side, there is a circular logo for 'SHORIN-RYU' and text: 'Ueshiro Shorin-Ryu Karate USA (and Israel)'. At the bottom, there is more Hebrew text: 'מורה החוג מסג'י דוד תמייר 7 דאן', 'מחיר לנבחרים, נשים, ומעור מגיל 10 ומעלה', '180 ש"ח לחודש', and '054-283-3777'. The website 'www.DojoBaKfar.com' is also listed.





Looking forward to visiting and training in NYC in October in honor of Hanshi's 80th birthday.

Domo Arigato Gozaimasu  
Tamir Sensei, Denshi Shihan, Shichi-Dan  
Ueshiro Dojo baKfar [Dojo in the Village]  
City of Kfar-Saba, Israel



# Ueshiro Harbour Karate Club

*Sensei Tytus Michalski, Shihan, San-Dan*

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

The rainy season of 2018 was unusually intense, with a mix of heavy typhoon rains and extra humidity. This provided an enhanced training environment during the past several months. The passing of a single season with so much variety of weather was an additional reminder about the enduring stamina and strength of spirit exemplified by Hanshi through his continued leadership and training to age 80 and beyond!

With the backdrop of intense weather changes, we welcomed visitors to Hong Kong from the US on two occasions during August.



Sensei Kevin Reymond brought much joy and vigor from New York City for an outdoor training session on August 17. The training was conducted amidst typhoon rains with plenty of splashing through puddles.

We received treasures of wisdom from Hanshi through a visit by Sempai David Norman from Florida for training on August 19. This time, the heat and humidity brought sweat levels up to a maximum in our outdoor training.

Off the deck, we made progress during the summer for a new partnership opportunity with Sprouts Foundation Hong Kong, which supports students from lower income backgrounds, with a target for first student outreach during the closing months of 2018.



Domo arigato gozaimasu to Hanshi for leading the rock-solid foundation to train regardless of the external environment!

Domo arigato gozaimasu,

Tytus Michalski, Shihan, San-Dan  
Ueshiro Harbour Karate Club  
Hong Kong, China

## **Hong Kong Ueshiro Karate Club**

*Sensei Alan Lai, Shihan, Roku-Dan*

Greetings,

This is our privilege that Sensei Kevin Raymond, his wife, and Sempai David Norman came on the deck and trained with us. Their presence was so encouraging to all of us, letting us feel like being back in the States, the olden days.

Now we are moving forward, hoping to see more visitors train with us soon.

Domo Arigato,  
Alan Lai, Shihan, Roku-Dan  
Hong Kong Ueshiro Karate Club

# Herzelia Ueshiro Dojo

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

The Herzelia Israel Dojo continues to train with joy and vigor despite the season interruptions to our regular schedule caused by the multiple holiday events common to the month of September.

We invite any and all Shorin-Ryu USA organization members to visit us in Israel at your convenience for shared training and touring, any time!

Arigato,

Sensei Nir Zamir, Denshi Shihan, Go-Dan  
Herzelia Ueshiro Dojo  
Herzelia, Israel

## *Acknowledgements*



The Ueshiro Shorin-Ryu USA Newsletter is a bi-annual publication for the Dojo and Deshi of USRKUSA. This *Fall 2018* Edition was compiled and edited by Sempai Steve Hatle, Shihan of the Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota, with assistance from Kyoshi Michael Mackay, Shihan of the Ueshiro Midtown Karate Dojo.

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

