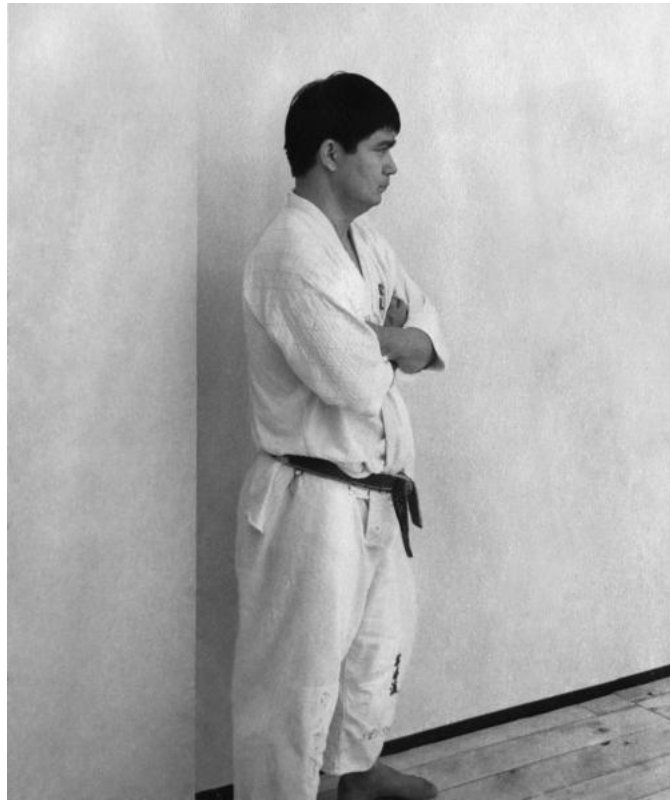


# SPRING 2025 NEWSLETTER



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

*FOUNDED BY GRANDMASTER ANSEI UESHIRO*



## **MISSION STATEMENT:**

To propagate the art of Ueshiro Shorin-Ryu Karate USA, its kata and techniques as handed down by our founder, Grandmaster Ansei Ueshiro. To preserve and protect the history, traditions, methods and integrity of USRKUSA. To develop students to their maximum potential in body, mind and spirit, through courtesy, propriety, self-discipline and the ecstasy of hard work, fostered by our dojo – the sacred training halls – of Ueshiro Shorin-Ryu Karate USA.



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## GREETINGS FROM HANSHI

Greetings, Kyoshi, Shihan, Sensei and all USRKUSA Deshi,

Let me begin by saying thank you — all of your efforts to attend class, to motivate your brethren and keep the art of karate alive, it's much appreciated.

As an organization, no matter the title, the rank, the amount of time training — let's strive to work on two very simple, yet very challenging things:

- Get lower
- Step first

Step first before the technique hits the target.

It is still a principle we need to continue to work and perfect.

At the end of every Black Belt test, Master Ansei Ueshiro would tell the Shihan: "Teach them to step first!"

At every class, every instructor tells you to get lower and step first. They say it because they see it.

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

These are moments, opportunities to suit up and show up from your home and your most comfortable easy chair, to participate and contribute to your Ueshiro Shorin-Ryu Karate USA organization.

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

Sincerely,  
Hanshi Robert Scaglione, CEO  
Ueshiro Shorin-Ryu Karate USA





## NOTE TO SHIHANS

Thank you for keeping the art of USRKUSA going! You are the backbone of our system.

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

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

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

As it relates to Karate training, the model Shihan running a dojo is a representation of USRKUSA at its finest. Too often, students become preoccupied with rank. The Mission Statement starts: **“To propagate the art of 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 SRKUSA.”**

The focus on propagation and preservation should be the orientation of all members – whether it be the Shihan redoubling on marketing/outreach efforts, someone thinking of opening a new dojo, or a senior student willing to take the initiative to teach a regular class.

Successfully propagating, preserving and protecting means continuing to provide a high-quality service to the community, namely, karate instruction that will keep students stimulated, motivated, and better off for having done it. It forces you to stretch as the teacher/Shihan. It is no coincidence that the preeminent work of a USRKUSA martial arts practitioner is also the hardest – propagating the art.

Whether it be as complicated as managing personalities and relationships in the dojo, or as seemingly mundane as cleaning the floors, the responsibilities of a Shihan are many and varied. As with all things related to our karate training, though, we personally benefit the greatest. It is the fact that we are engaged in that tough work of propagating, through the management of various responsibilities, that we further build our character and spirit beyond the physical training itself.

We’ve heard this before, so one more time won’t hurt: “Karate is a lifelong marathon. It’s 10% physical and 90% mental.”

But 100% worth it.

Sensei Trevor Tezel, Yon-dan  
Shihan of Ueshiro Merritt Island Karate Dojo  
excerpts from a May 2023 essay



## Recommended Reading

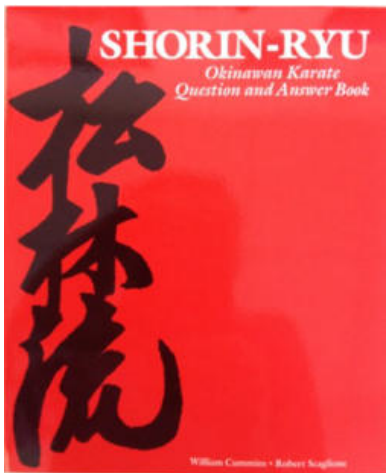
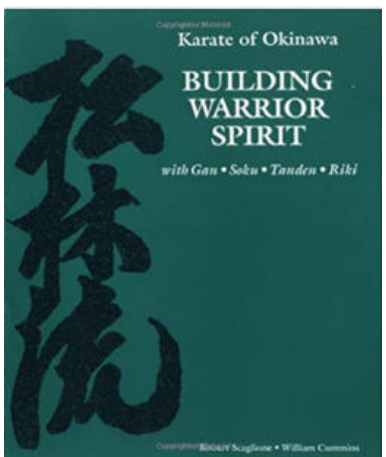
Throughout all martial arts history the Masters from Miyamoto Musashi (1600s) to Ansei Ueshiro(1900s) were knowledgeable about the important details and subtleties of their art, learned via study and research, via reading and re-reading the available literature many times.

Today (2000s) we have most valuable informative literature found in the 30th and 50th Anniversary Journals printed, produced and published. If you are not reading and studying the content and the photos found in the 30th and 50th Journals, you are not knowledgeable about the published information. It is that simple.

"Keep training!" "Keep learning!" "Keep trying!" "Keep reading!" "Keep studying!"

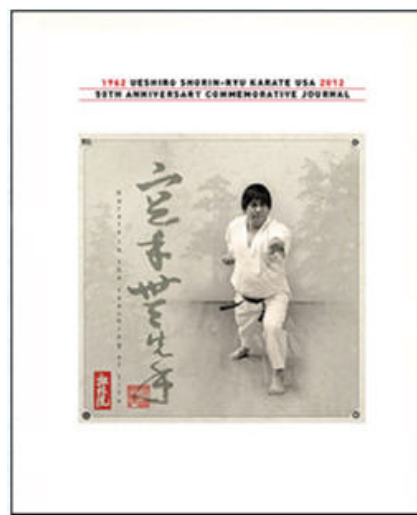
Sincerely,

-Hanshi Robert Scaglione

	<p>Sempai William Cummins &amp; Hanshi Robert Scaglione's <i>Shorin-Ryu: Okinawan Karate Question and Answer Book</i>, available from your shihan and on Amazon.</p>
	<p>Hanshi Scaglione's <i>Karate of Okinawa: Building Warrior Spirit through Gan, Soku, Tanden, Riki</i>, available from your shihan or on Amazon.</p>



The 30th Anniversary Journal, available from your Shihan. This volume includes photos, interviews, press, and letters of admiration for and about Grandmaster Ansei Ueshiro's decades of training and propagating the art of Shorin Ryu karate in the USA upon date of publishing. A *must-have* for history buffs and anyone interested in the legacy of our founder and the first thirty years of karate-do in the USA. There are *very limited* copies available - ask your shihan for yours before they're gone!

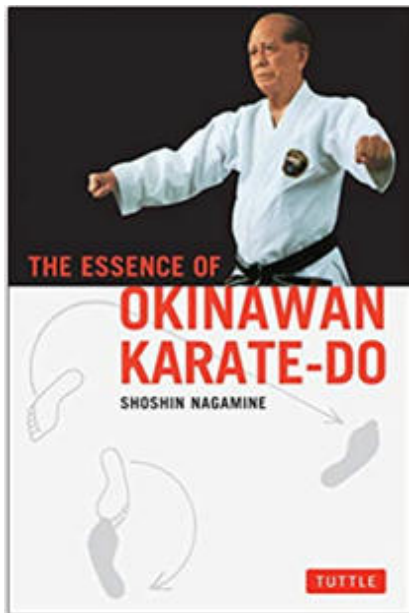


The 50th Anniversary Journal, available from your Shihan. Includes interviews with Grandmaster Ansei Ueshiro, Hanshi, and high ranking Kyoshi and Sensei on karate-do, our traditions, and our history.




This volume includes every step of our traditional workouts, a must-have for aspiring and new instructors. Like the 30th Journal, there are limited copies available - ask your shihan for yours before they're gone!

*A note from this edition's editor: This is my favorite volume in USRKUSA's library of publications. There's so much in here, ranging from details about kata and techniques to lengthy discussions on the art and living the path of karate-do, that provide valuable historical context and inspiration for our own training. Here's to 50 more years!*



	<p><i>The Essence of Okinawan Karate-Do</i> by Shoshin Nagamine, available on Amazon or from your local bookstore. An invaluable technical manual with poignant reflections on the philosophy and values that underpin karate-do.</p>
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## Apps & Online Resources

	<p>Developed by Kyoshi David Seeker, this brings Hanshi's Kataguide DVD to your smartphone. On iOS and Android in the app stores.</p>
	<p>Developed by Kyoshi David Seeker, this brings new and archival footage of USRKUSA from the earliest days to recent events to your phone, including 360 view technology. On iOS and Android in the app stores.</p>
	<p>Developed by Sensei Adam Dunsby, the Kata Counter is available on iOS and Android in the app store. Keep track of your kata with the Kata Counter!</p>
<p><a href="#">USRKUSA Technical Specification Sheets</a></p>	<p>The critical differences in technique that help set Ueshiro Shorin-Ryu apart.</p>





## Preserving Our Legacy

### Ueshiro Shorin-Ryu Karate USA Video Project



For over four decades, we have been capturing the spirit of our dojo — the dedication, the discipline, the milestones — on videotape. Even earlier, in the 1960s and 70s, the pioneers of our art preserved glimpses of their journey, leaving us a precious record of Shorin-Ryu history. [Donate to the cause today.](#)

*Honor the Past, Inspire the Future.*





**Today, these moments, once recorded on fragile tapes and aging formats, are at risk of being lost to time. In honor of Hanshi's 88th birthday, we have launched a mission to rescue, restore, and digitize this priceless footage.**







**Through tireless effort, and with the guidance of Hanshi and the Kyoshi, these historical recordings will soon be available for all to experience through our USRK55 app —a living bridge connecting our past, present, and future.**



**This project is a labor of love — but it also comes with significant costs.**

We invite you to join us in preserving our legacy by making a donation to support this effort. Your contribution ensures that the wisdom, spirit, and tradition of Ueshiro Shorin-Ryu Karate USA will live on for generations to come.

**Click the link below to donate:**

**[Donate to Today Video Inc.](#)**

***Honor the Past, Inspire the Future.***

**Domo Arigato Gozaimasu,  
Kyoshi David Seeger**

**Thank you to the following members for supporting this cause so quickly:**

**Hanshi Robert Scaglione  
David Seeger  
Elizabeth Richardson  
Bill Breidenbach  
Thomas Jacoby  
Jonathan Cohen  
Preston Powell  
Austin Hatch  
Stephen Mumford  
Matt Reed  
David Huyck  
John Adams  
Anna Sweeney  
Lila Hancock  
Adam Dunsby  
Daniel Lax  
Henri Waelbroeck  
Diana Hang  
Scott Sijan**

**Kevin Reymond  
Robert Neff  
Steve Hatle  
Robert Kapilow  
Richy Glassberg  
John Bottega  
Ron Ballin  
Lisa Markowitz  
Bryan Markiet  
Rick Cupoli  
Brian Heese  
David Calligeros  
Bob St George  
Michael Kliegman  
Elliot Potter  
John Seeger  
Lisa Rosenberg  
Trevor Tezel  
Jennifer Sangalang**





## UESHIRO VIERA SHORIN-RYU KARATE DOJO

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

We USRKUSA members want to express our gratitude to Shihan Elizabeth Richardson and Chuck Richardson of the Nashville Dojo for hosting the magnanimous 2024 Nashville Karate Weekend Event. Domo arigato to Sensei Chris Barnes for the stellar organization.

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

### Special events and special guests

**Saturday, Oct. 12, 2024:** A big group of dedicated USRKUSA karateka showed up to Ueshiro Viera Karate Dojo, the first class in Florida open after Hurricane Milton. From senior Sensei to white belts, Hanshi Robert Scaglione motivated everyone through warmups and Kata. It was most important for this group to regroup and focus on karate after a somewhat stressful week w/Hurricane Milton.



**Nov. 1-3, 2024:** Hanshi, the Kyoshi, Sensei Chris Barnes and Shihan Sempai Chuck and Elizabeth Richardson hosted Karate Weekend in Nashville, Tennessee. The highlight? 40 Black Belts trained in front of the Parthenon at Centennial Park with Athena, goddess of war, and other Greek statues overlooking the scene. Don't miss the next Karate Weekend!



**Saturday, Dec. 21, 2024:** The USRKUSA Florida Dojo held its annual cumpai celebration under sunny skies and cool breezes at the Viera Lakeside Pavilion. Sensei Rick Cupoli, Yon-dan and Shihan of Ueshiro West Melbourne Karate Dojo, conducted the workout with Hanshi presiding.





**Jan. 31-Feb. 2, 2025:** Karate Weekend in Florida w/Hanshi, the Kyoshi, Shihan, Sensei and Deshi from Dojos worldwide



**Saturday, March 15, 2015:** Sempai Gabe Geiger, Ik-kyu, from Ueshiro Okinawan Karate Family Dojo (in State College, Pennsylvania under Shihan Kyoshi Matt Kaplan) traveled from Naples, Florida, on the West Coast to Melbourne/Viera on the East Coast — a trip just under 3 hours for a class that was just over 90 minutes. And ... Sempai Gabe got to the dojo early.





**Saturday, March 22, 2025:** “If not now, then when?” Sensei Robert St. George, San-dan, of Northhampton Ueshiro Karate Dojo in Massachusetts attended all 3 of Hanshi’s classes. His biggest takeaway that he’ll bring back to his own Dojo? *Step first. Step first. Step first.*

**Tuesday, April 1, 2025:** Ueshiro Viera Karate Dojo kicked off the birthday month of Master Ueshiro the best way possible ~ w/a spirited workout and special guest, Kyoshi Sal Scaglione, son of Hanshi Robert Scaglione. The visit was appropriate because Kyoshi Sal is one of the few active USRKUSA members to have actually trained with Master Ueshiro since Sal was 9 years old, as documented in the photographs of bunkai, kata and weapons workouts with Master Ueshiro published in the 30th Anniversary Journal.







Also, Kyoshi Sal and his brothers Robert Scaglione Jr. and Dion Scaglione not only trained with Master Ueshiro for many years but also were employed by Master Ueshiro's trucking company Andokan, named after Ando, Master Ueshiro's son, who also worked for the company.

Kyoshi Sal shared some of his experiences and stories about Master Ueshiro's training methods and vibrant personality during karate class, a most informative and enlightening training session.

**Saturday, April 19, 2025:** Continuing w/the Master Ueshiro birthday celebrations, Hanshi led a "one kata for one hour" class workout. Students focused on the details and, of course, stepping first.

**Sunday, April 20, 2025, Easter holiday:** Hanshi conducted a brief workout and "Master Ueshiro talkathon" at the beautiful lakeside pavilion. We learned a lot about Master Ueshiro in the best way possible — Hanshi answered questions and told stories about this Okinawan who gave so much to so many. Though the talkathon lasted 3 1/2 hours, time really flew by. It was an unforgettable event!

Avail yourself to Hanshi to continue the conversation about Master Ueshiro, how he lived, how he trained and how he left his mark on the world.





## Rank Promotions

**Sunday, Feb. 2, 2025:** During a Karate Weekend in Florida workout at Ueshiro Viera Karate Dojo, it was my honor to promote:

- Sensei Emiliano Mazlen, Shihan of Chinatown Ueshiro Shorin-Ryu Karate Club in Boston, Massachusetts, to Rokyū-Dan Black Belt
- Sempai Sandra Morian of Ueshiro Viera Karate Dojo to Sho-Dan Black Belt

**Thursday, Feb. 13, 2025:** Ueshiro Viera Karate Dojo, Ueshiro Suntree/Melbourne and Ueshiro Merritt Island Dojo held a combined kyu rank test and promotion on Merritt Island with Hanshi presiding. Congratulations to Sempai Joseph Konathapally for advancing to Go-kyu.







**Sunday, Feb. 16, 2025:** Ueshiro Suntree/Melbourne Karate Dojo hosted a tip test for students from Ueshiro Viera Karate Dojo. The testing candidates showed immense joy and vigor — and childlike wonder — when it came to questions, the history of Ueshiro Shorin-Ryu Karate USA and applications of Kata. One young student said, “I do karate because Hanshi inspires me.”

We’re pleased to announce these spirited Sempai earned the rank of Ro-kyu:

- Ryan Aguayo\*
- Enzo Sanchez\*
- Leonardo Sanchez\*

•Elsy Aguayo

\*denotes child

### Classes

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

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



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



### Closing

To move forward in your training:

Amplify your karate by reading the literature. There's a suggested reading list on [shorinryu.com](http://shorinryu.com) or join us on Zoom for Ueshiro Book Club.

Use and support the Kata Guide app. The videos are priceless and made just for us.

If you have a question on technique, consult the Kata Guide app, Master Ansei Ueshiro's videos, Hanshi's videos and Master Shoshin Nagamine's book, "The Essence of Okinawan Karate-Do." Discuss the technique w/your Sensei and classmates. Encourage the dialogue.

Karate begins and ends w/courtesy: *Arigato, Hanshi. Arigato, Kyoshi.* Emphasize the person when saying thank you. That's public speaking. That's Kiai.

"Teach them to step first."





If we all do "10 kata every day" as suggested by Master Ansei Ueshiro, we will make the world a better place.  
Domo arigato, Hanshi, for your lessons in mastery ~

Respectfully submitted on behalf of Hanshi Robert Scaglione,  
Sensei Jennifer Sangalang, Go-dan  
Executive Secretary to the CEO



## UESHIRO MIDTOWN KARATE DOJO

*Kyoshi Michael Mackay, Shihan, Ku-Dan*

*129 West 67th St., New York, NY 10023*

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

Congratulations to all the Dojo system-wide on your numerous celebrations of Grand Master Ansei Ueshiro's 92nd birthday. What better way to keep both the classical art (karate-do) and a classical composer of that art (Master Ueshiro) alive than by performing and perfecting his kata. (Like musicians keeping Beethoven and classical music alive by performing "Moonlight Sonata.") Domo arigato gozaimasu to Hanshi Robert Scaglione for his tireless efforts in keeping the strings of this organization finely-tuned and interconnected.



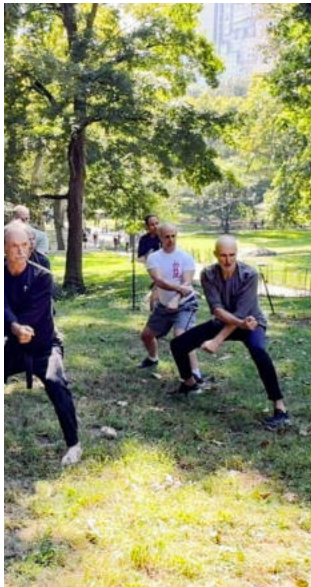
Since autumn of 2024, the Midtown Dojo has enjoyed substantial growth at home and numerous adventures abroad. A brief recap:

### **911 Memorial Workout**

On Sunday, September 15, we hosted nearly two dozen deshi from various Northeast Dojo at the Pinebank Arch in Central Park. The workout, now in its 22nd year, commemorates the warrior spirit of those who have gone before us. The class was held on a sloping bank of pine trees behind the arch. Visiting Shihan Kyoshi Kevin Raymond, Sensei Emiliano Mazlen and Sensei Rob Neff reviewed the group's kata and offered corrections. Students demonstrated kata in smaller groups by rank, followed by one-on-one bunkai. The workout concluded with yakusoku kumite and light stretching.



Afterwards deshi formed a circle and shared thoughts of the 911 attacks. We were reminded once again of the countless struggles Master Ueshiro endured in post WWII Okinawa, and the huge impact his survival had on the proliferation of traditional karate-do worldwide.



### October Tip Test

The Ueshiro Midtown and Crown Heights Dojo held a joint tip test on Saturday, October 19, at the Kaufman Center in NYC. The event was preceded by a traditional workout on a packed deck, with an emphasis on using subtle hip and height changes in specific moves. The Board of Judges then convened, comprised of Sensei(s) Gamiel Ramson and Lisa Rosenberg, and Sempai(s) Anna Sweeney (Shihan of the Crown Heights Ueshiro Dojo), John Lee and Sergio Flores. We were honored to have Sensei John Adams participate via Zoom from Peru, who offered many unique insights.

After careful deliberation the following students were promoted to Ro-Kyu, one Green Tip:

- Yosef Tovshteyn - Crown Heights
- Olive Zachowiski - Crown Heights
- Carlos Diaz - Midtown

Congratulations to all three deshi on their hard work in reaching this milestone.

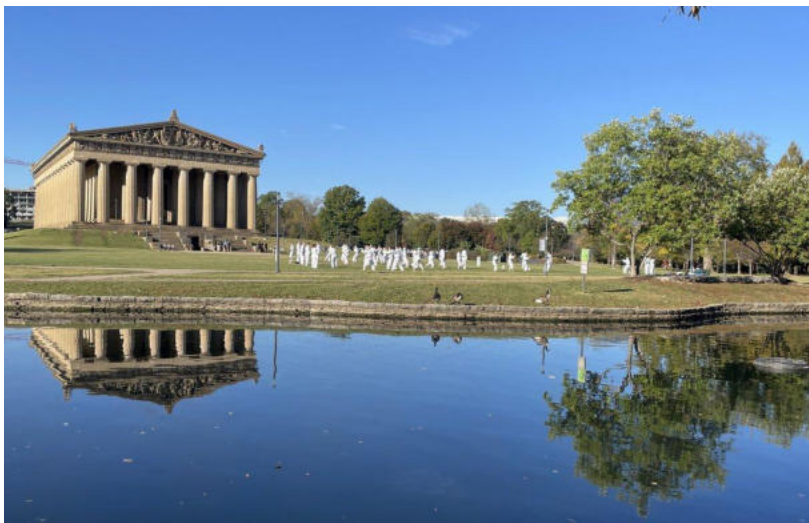






### Annual Black Belt Workout Weekend - Nashville

Six Midtown-based deshi traveled to Nashville for the Annual Black Belt Weekend in early November. The high point was the Saturday AM workout in front of the Pantheon led by Hanshi with nearly 50 Black Belts plus kyu ranks. A huge “Domo arigato gozaimasu!” to Sensei Chris Barnes, Sempai Liz Richardson and the deshi of the Ueshiro Nashville Family Karate Club for organizing a spectacular gathering for our system! A shout out as well to Asmau Ahmed, Ro-Kyu, for making the trip to help represent Midtown.



## Thanksgiving Zoom Workout

On Friday, November 29, I was joined by Sensei Robert Kapilow and Sempai Tara Lee Hunter for a virtual Fukyugata San Katathon as a special Thanksgiving celebration honoring Master Ueshiro. We performed 20 repetitions of Master Ueshiro's kata at various speeds and power, emphasizing getting in, under and through the opponent.

## Annual Weapons Workout

December 8 saw the return of the Annual Kobudo Workout hosted by Kyoshi Kevin Reymond and the Ueshiro Downtown Karate Dojo. A dozen bo practitioners showed up from multiple dojo to compare notes on Master Ueshiro's bo kata. The Midtown Dojo also had representatives of the sai via Sensei Lisa Rosenberg and nunchaku via Sempai Victoria Baughman.



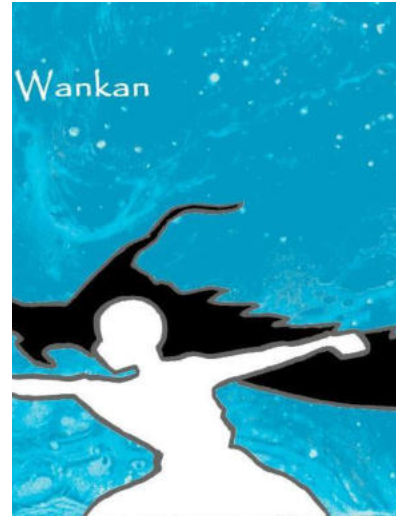
## Year-end Workout and Kampai

On Saturday, December 21, the Midtown Dojo held its annual year-end workout and kampai. We trained with much joy and vigor for over two hours, then adjourned to the Kaufman Center cafeteria for refreshments, reflections, and informal demonstrations of kata. Domo arigato gozaimasu to all the Midtown Deshi for your thoughtful words of appreciation for your Sensei(s) and Dojo. As per tradition, we released our "Year In Review" video celebrating the many memorable moments of 2024, and reinforcing the concept of "Two second pause." The link is here:

[https://www.midtownkaratedojo.com/images/Videos/2024\\_Highlights.html](https://www.midtownkaratedojo.com/images/Videos/2024_Highlights.html)







## February in Florida Weekend

The annual gathering of the dojos in Florida began on Friday, January 31, with a spirited sunrise and weapons workout at the Merrit Is. Dojo, followed by a sunset workout under the direction of Hanshi and Kyoshi David Seeger. The traditional beach workout followed the next morning at the Hilton Cocoa Beach Oceanfront attended by over 50 deshi of all ranks. Domo arigato gozaimasu to Midtown representatives Sensei(s) Gamiel Ramson, John Bottega, Brian Heese, Jon Cohen and Sempai Tom Jacoby for your warrior spirit. Highpoints of the weekend included Wanshu practice in the surf with the Minnesota deshi, informal weapons training on the beach Saturday night, and the weekend recap with Hanshi Monday morning. Many thanks to the Florida Shihan and Deshi for their hospitality and organizational skills in making the entire weekend a success.



## February Belt Promotion

The Ueshiro Midtown and Crown Heights Ueshiro Dojo held a joint belt promotion on Saturday, February 22, at the Kaufman Center in NY. More than 28 attended, including family and friend supporters. The workout and test were dedicated to the memory of Sempai Sylvester Huyck, Sho-Dan from the Ueshiro Northfield and Carleton dojo, who passed away on Friday, February 14, at the age of 16.

The workout focused on basics performed in jigotai dachi with corrections as passed down by Hanshi Robert Scaglione during system-wide workouts in Florida. Formal testing got underway with a Board of Judges comprised of Kyoshi Mackay, Sensei(s) Gamiel Ramson, Rob Neff and Lisa Rosenberg, and Sempai Anna Sweeney, Shiha of the Crown Heights Ueshiro Dojo. After a thorough review of kata, oyo-tan-ren, yakusoku kumite and board breaking, the following students advanced in rank:

### *Yon-Kyu*

Jeff Lowell - Crown Heights  
Kanus Lei - Crown Heights  
Dmitrii Voronoi - Midtown

### *San-Kyu*

Daniela Naranjo-Zarate - Midtown  
Katrina Lambert - Midtown

### *Ni-Kyu*

Tom Jacoby - Midtown

The Q&A portion of the test focused entirely on the candidates' knowledge of Master Ueshiro and their ability to place details of his life in a broader historical context. Domo arigato to Sensei Gene Turok for leading the group through multiple repetitions of kata while the judges set up and deliberated. After the promotion the group adjourned for a celebratory brunch at the public atrium nearby on Broadway.





## February Tip Test

Building on the momentum of our full belt promotion, the following weekend the Midtown Dojo held its Tip Test at the Kaufman Center, attended by representatives of the Midtown, Crown Heights, Bay Ridge, and Downtown Karate Dojo. Domo arigato gozaimasu to the 20 plus people who showed up for the spirited event. After a thorough review of all requirements for rank, the following deshi were promoted to Go-Kyu:

- Felipe Flores
- Asmau Ahmed
- Maheli Noy

Domo arigato to the distinguished Board of Judges: Sensei(s) Gamiel Ramson, Rob Neff, Lisa Rosenberg, Gene Turok and Sempai Anna Sweeney. Thanks as well to Sempai(s) Sergio Flores and Steve Mumford for pushing the deshi through the paces while the judges deliberated.

Promotion to Go-Kyu means permission to learn Master Ueshiro's kata Fukyugata San. What an honor... and challenge... and responsibility!







### Cherry Blossom Workout – Great Falls National Park

In celebration of Master Ueshiro's 92<sup>nd</sup> birthday, a small but dedicated group of deshi assembled near the banks of the Potomac River for a deep dive into Ueshiro Sensei's Bo kata and kata Fukyugata San. The "moving forward" philosophy of those kata was then applied to yakusoku kumite. Domo arigato gozaimasu to Sensei Lisa Markowitz for organizing the event and mustering up her deshi. Thanks also to Dmitri Voronoy, Yon-Kyu at the Midtown Dojo, for making the journey to participate.



Additional photos of these and many other events may be seen at our website gallery:  
<http://midtownkaratedojo.com/Gallery.html>.



## Moving forward

We look forward to a line-up of special events this Summer and Fall to supplement our day-to-day training and rub *hiji* with our fellow deshi in other schools. Mark your calendars:

- Friday to Sunday, May 16 – 18: Minnesota in May event, including Black Belt testing on May 17.
- Sunday, July 20: Sherwood Island Beach Workout
- Sunday, September 14: 911 Memorial workout in Central Park.

## Class Schedule

In-person classes are offered four days per week at the Kaufman Center located at 129 West 67<sup>th</sup> St.

Monday, 7:00 – 8:30 PM	Sensei John Robbins
Tuesday, 7:15 – 9:00 PM	Kyoshi Michael Mackay
Friday, 6:30 – 7:45 PM	Sensei Gene Turok
Saturday, 1:00 AM – 1:00 PM*	Kyoshi Michael Mackay

\* Starting July 1 through August 31 classes will be held on Sunday from 10:00 AM to 12 Noon in Central Park.



We're also continuing our Friday 5:30 PM Zoom classes (link [here](#)). Domo arigato to the tenacious Black Belts who show up every week for inter-dojō training:

- Sensei Ron Marchetti – Merritt Island
- Sensei Brian Heese - Pelham Manor
- Sensei Lisa Rosenberg - Midtown
- Sensei Bill Breidenbach - NoVa
- Sensei Rob Kapilow - Palisades
- Sempai Tara Hunter - NoVa



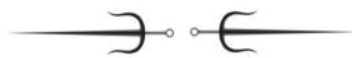


We just passed the four-year anniversary of this class!

A special note of gratitude to all the Midtown Black Belts and Deshi who assist in covering classes, working with new students, and keeping the Dojo doors open.

Domo arigato gozaimasu, Hanshi, for your unwavering commitment to Grand Master Ansei Ueshiro and the traditions of Shorin-Ryu he so diligently strived to pass on.

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



# UESHIRO PINE FOREST KARATE SCHOOL

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

**Thank you Hanshi Robert Scaglione for teaching us!**



February in Florida weekend

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

Shihan, Kyoshi Seeger, Ku-Dan • [motobu@aol.com](mailto:motobu@aol.com) 917-593-6455

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

The annual February in Florida weekend charged ahead with a spirited, power-filled class conducted by Kyoshi Seeger and overseen by Hanshi Scaglione at the Viera Lakeside Pavilion on Friday at 5pm.





*Kyoshi Seeger used the kata to teach multiple lessons. Among the highlights were:*

***"Throw your body into it!"***

*While maintaining proper body alignment, we need to make more of an effort to put our whole body into techniques - particularly those in the Pinan kata involving two arms. Kyoshi explained the physics (force = mass x acceleration).*

*Domo arigato, Hanshi and Kyoshi! Domo arigato gozaimasu.*

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

Hanshi Robert Scaglione taught us as he always has—encouraging us to give our all, to *Step First*, and to root down in the stance before striking. This particular class happened to fall on Groundhog Day, and, much like the movie where the same day repeats over and over, we found ourselves working on the same corrections Hanshi has given us time and again. But just as the film's protagonist finds growth through repetition, so too did the students who showed up—refining the basics with joy and vigor.



Sending love to Shihan David Huyck and Family

Rest in Peace Sempai Sylvester.



# UESHIRO DOWNTOWN SHORIN RYU KARATE DOJO

*Kyoshi Kevin Reymond, Shihan, Ku-Dan*

*New York, NY*

## News

Over the past six months we have (a) held four meetings of the Ueshiro Shorin-Ryu Karate Book Club; (b) co-hosted, with the Ueshiro Midtown Shorin-Ryu Karate Dojo, the Annual Weapons workout; (c ) hosted three Roundtable discussions with Hanshi and the Kyoshi; (d) issued twenty-six editions of the weekly Keep Training emails; (e) travelled to Florida and Nashville to participate in system wide training events; and attended and held several promotion events.

## Rank Promotions

Since our last newsletter we have held several tip tests and a full belt promotion. The February full belt promotion was dedicated to the memory of Sempai Sylvestor Huyck. The following deshi advance their next rank:

Stanislas Conze - Go-kyu  
Zoe Kortes - Yon-kyu  
George Levitte - Ni-kyu  
Ron Ballin - Go-dan



to

to



## Events

The next Roundtable discussion with Hanshi and the Kyoshi will be held via Zoom on Thursday, May 22, 2025 from 8:00 to 9:00 pm.

The next meeting of the Ueshiro Shorin-Ryu Karate Book Club will be held via Zoom on Thursday, June 12, 2025 from 7:00 to 8:30 pm. The book up for discussion is Chapter 4, "Matsumora Kosaku Okina, The Bushi Who Emphasized Morality" of Master Nagamine's book, "Tales of Okinawa's Great Masters"

## Closing

Domo arigato gozaimasu Hanshi for your never ending inspiration and encouragement to be our best, research our art and keep moving forward. We look forward to training with you always.

Our class schedule is as follows:

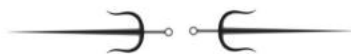
Monday 5:45 to 7:00 PM

Wednesday 8:00 to 9:00 AM (Zoom)

Thursday 5:45 to 7:00 PM

Friday 8:00 to 9:00 AM (Zoom)

Saturday 9:00 to 10:00 AM





# UESHIRO OKINAWAN KARATE FAMILY CLUB

*Kyoshi Matt Kaplan, Shihan, Hachi-Dan*

*State College, PA*

## Reflections

### ***Connections between aspirations and achievements – on and off the deck:***

In our dojo, we often reflect on how the habits and values developed through karate—like focus, motivation, and resilience—carry over into everyday life. We make space to recognize this connection, and at the end of some classes, we invite students to share personal milestones, whether it's a new job, an acceptance into the college of choice, an academic award, a published article, or a workplace promotion. These moments of sharing—and the supportive applause that follows—help reinforce a sense of community and shared growth. They remind us that the work we put in on the deck can have a positive impact well beyond it.

### ***Underpinning***

During a walk in a Japanese garden today, I discovered a sprawling mulberry tree whose low limb has been propped up by a post and rope. Apparently, a craftsman aided this beautiful mulberry.



Someone executed this traditional solution and has enabled the tree to grow in its own unique way, instead of unnecessarily pruning it. Supporting a limb in this artful way allows it to move laterally in strong winds. Winds coming straight off of Lake Michigan, where I now live, are forceful and ocean-like this morning.

Life can take us in unexpected directions. Fortunately, I have 14 years of karate training to buoy me during this transitional phase. Karate props me up in an artful way and allows me to be me, bend in the wind, and experience friction. I am continually grateful to my teachers, students, fellow karateka...and the winds of change.

traditional cedar gate  
a child's red trike  
parked in the shade

~ Sensei Anne Burgevin, San-Dan

## Perseverance

Our Women & Girls Class is grateful to Sensei Tracie Pletcher and her colleagues at Dragonfly Therapeutic Massage for generously sharing their movement space with us for more than fourteen years. Following a recent change in ownership, we've now relocated our Tuesday sessions to the racquetball court at North Club Health & Fitness. Our thanks to everyone for staying flexible and committed through these changes. When



storms led to a temporary power outage at the Club, we quickly adapted by holding class in the Catherine family basement.



Just two weeks after the storm that disrupted our Tuesday class, an even stronger thunderstorm swept through the area, leaving 35,000 homes without power. The blackout also impacted Grays Woods Church in Port Matilda, where we hold our Thursday sessions. Once again, students showed their perseverance – this time training outside the church. We incorporated a series of blindfolded group kata to help deepen focus and internal awareness. The practice also served as a way to block out the surrounding distractions that often come with extended outages—like school closures, traffic disruptions, and food spoilage. [See the photo on the right.]







## Rank Promotions

We are pleased with our students' progress from the fall through spring. Rank promotions for deshi across October & December, 2024, and February, 2025 include:

### **Ni-Kyu**

Elizabeth Fowler\*  
Maya Dombroskie

### **Ni-Kyu, Jr.**

Jack Brightbill\*  
Abram Foster\*  
Cameron Lundin\*

### **San-Kyu**

Clara Spak\*  
Emma Catherine\*

### **Yon-Kyu**

Rebecca Lundin  
Aden Wertz  
Santiago Alvis Ruiz\*

### **Yon-Kyu, Jr.**

Donald Christian\*

### **Go-Kyu**

Vinay Tharigopula  
Nikhil Tharigopula\*  
Riley Alvis Ruiz\*  
William Israelsen\*  
Bodhi Webster\*  
Colin Haynes\*  
Jun Shinosaka\*

### **Ro-Kyu**

Leah Spencer\*  
Lily Catherine\*  
Yu Tai Chung





Group photo following the October 2024 tip test.

## Events

### ***Celebrating Master Ueshiro's birthday:***

We honored Grand Master Ueshiro's birthday this year with two katathons. The first took place on Wednesday, April 16th at Tudek Park, where a small group of students completed 55 kata. The second was held on April 20th during a larger class, which included a family new to our dojo. It was inspiring to see the new students take on the challenge with enthusiasm. Their presence also served as a reminder to all deshi of the importance of returning to the fundamentals. Through repeated practice of basic techniques and forms, we not only strengthened our own understanding of kata but also carried forward the memory of Master Ueshiro and his enduring precept: "Step first!"







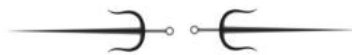
Group photo following the April 20, 2025 Katathon (celebrating Master Ueshiro's birthday).

***Upcoming events:***

On Sunday, May 25, 2025, starting at 11 a.m., we'll hold an outdoor workout followed by a picnic at Lederer Park in State College, PA. As this gathering falls on Memorial Day weekend, it's also a chance to quietly acknowledge those who came before us – both in our martial arts tradition and in the wider community. We look forward to a meaningful day of training and time together. Students from all dojos are welcome to join us. If you plan to attend, please just drop a line to Kyoshi Kaplan beforehand (at [msk15@psu.edu](mailto:msk15@psu.edu) – or 814-441-9188).

--

Domo arigato gozaimasu,  
Kyoshi Kaplan, Shihan  
Ueshiro Okinawan Karate Family Dojo  
State College, PA



# Northampton Ueshiro Karate

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

## News

Onegai shimasu USRKUSA,

With the passing of 2024, The Year Of The SNAKE is upon us. The past 6 months have been very busy. We are lucky and very thankful for all the opportunities to travel and train and learn from our fellow deshi.



## Rank Promotions

**OCTOBER 18, 2024** - TIP TEST here at NUK (Northampton Ueshiro Karate)

Cynthia Tolson from Holyoke Ueshiro Karate and Peter Hobbs from NUK tested and passed for their Ro-Kyu rank. Congratulations!





**DECEMBER 16, 2024** - TIP TEST - Peter Hobbs tested for Go-Kyu

**DECEMBER 30, 2024** - TIP TEST - Jason Stovall tested for Ro-Kyu

**NOVEMBER 17, 2024** - BLACK BELT RANK PROMOTION

Domo arigato gozaimasu Hanshi Scaglione for authorizing this very memorable event and Kyoshi Kevin Reymond for conducting the proceedings. It was a great workout and test!

The following Deshi were tested and have begun to earn their new ranks. Congratulations and thank you for your continued training and dojo support.

**Go-Dan**

Mary McKitrick  
Nancy Owen

**Sho-Dan**

Thomas Dejesus  
James Feeley

**San-Dan**

Singwen Gobillot

Domo arigato to the BOARD OF JUDGES and all who traveled to help make this event happen





## BOARD OF JUDGES

Kyoshi Reymond, Hachi-Dan - New York, NY  
Daniel Gobillot, Shichi-Dan - Northampton Ueshiro Karate  
Elliot Potter, Roku-Dan - Palisades, NY  
Daniel Lax, Yon-Dan - Palisades, NY  
Calling the test - Bryan Market, Yon-Dan - Nyack NY

As always it is wonderful to have visitors to our dojo and to train together. There is no end to our learning.



## FEBRUARY 23, 2025 - WINTER RANK PROMOTION

We hosted a full rank promotion here and had several visitors arrive from New England and beyond, (Boston, Holyoke and Albany).

After a rigorous and exhaustive workout we conducted our rank test and review. The following deshi moved on to their next step in our system.

### San-Kyu

Kevin Strange - Boston Chinatown Dojo

### Ro-Kyu

Victoria Croshier - Northampton Ueshiro Karate

### Yon-Kyu

Cynthia Tolson - Holyoke Ueshiro Karate  
Peter Hobbs - Northampton Ueshiro Karate

## BOARD OF JUDGES



Sensei Emillano Mazlen, Roku-Dan, Shihan - Boston Chinatown Dojo  
Sensei Austin Hatch, San-Dan, Shihan - Ueshiro Holyoke Karate  
Sensei Singwen Gobillot, San-Dan - Northampton Ueshiro Karate

Congratulations to all deshi who tested and Domo Arigato Gozaimasu to all who traveled and joined in to make this event possible.

## Events



### NOVEMBER 1st - 4th, 2024

Nashville Tennessee - USRKUSA gathering and workouts. Domo Arigato Gozaimasu Sensei Chris Barnes for all the work that you did to organize and put this event together.

For me "IT WAS AMAZING" !! I hadn't been to Nashville in many years and this was the first time that I did kata in Tennessee. USRKUSA!! We occupy the world!













**JANUARY 30th - FEBRUARY 2nd, 2025 (THE YEAR OF THE SNAKE)**

Cocoa Beach Florida - Domo Arigato Gozaimasu to Hanshi Robert Scaglione, the Executive Committee, Sensei Kurt Tezel and the Florida Shihan (to name a few) for organizing and hosting this yearly event. It is one of our biggest gatherings each year and has been for many many years. I love the ocean and I love karate!



What more can I say! It is very important for our training to touch base with as many fellow deshi as we can each year. This makes it happen.





**APRIL 19, 2025**

2025 Cherry Blossom Workout - Great Falls National Park NOVA



Domo Arigato Gozaimasu Sensei Lisa Markowitz, Shihan, Shichi-Dan for organizing and hosting this event ... again. I love it down there. Thank you Kyoshi Michael Mackay for conducting an incredible workout, you always bring a new dish to the table. I've been attending for many years and I am never disappointed. I look forward to the future!

I would also like to extend a huge THANK YOU to Nishu & Reshma Shah for their gracious hospitality as they hosted Singwen and I as overnight guests. We owe you!!

## Closing

KEEP TRAINING !

..... Find Your Path ..... but,  
KEEP TRAINING!!

Domo arigato gozaimasu Hanshi,  
Sensei Daniel Gobillot, Denshi-Shihan, Shichi-Dan  
Northampton Ueshiro Karate





## TO-TE UESHIRO KARATE DOJO

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



Nyack's tribute to Master Ansei Ueshiro began with Sensei Powell, Denshi Shihan arriving at the dojo early Thursday, April 10th to burn incense and hang the Shinden. As I looked at the Shinden I reflected on my life and the training I received over the years at Person To Person Karate at the Lexington Ave dojo beginning in 1982 with Hanshi Scaglione and John Pezzulli Sensei and continuing my training with Kyoshi Baker and Kyoshi Mackay after Hanshi moved to Florida and currently now with regional guidance and fellowship with Kyoshi Seeger.

As I was blessed in Karate I want to also Congratulate Sensei Blue Calvo from our dojo for stepping up to run and be the NEW Shihan of the Ueshiro New Rochelle Dojo, which was founded by Sensei Bar-shai. We all wish Sensei Calvo the best of luck moving forward in New Rochelle.



Circa 1990's: I thought about the time I raised my hand and Kyoshi Baker asked me to sit in the office and answer the phones. At that time we would take turns answering the phone and stuffing envelopes, (whatever needed to be done). I remember sitting there and the phone rang. I answered hello you've reached the Ueshiro Midtown Karate Dojo, how may I help you?

...there was a pause, then the caller asked me "How was my training going? and I stated excellent we are a Shorin-Ryu Karate-do Dojo, I then asked whom am I speaking to and may I answer any questions for you about our dojo, It was Master Ueshiro! He wanted to thank me for answering the phone and if Kyoshi Baker was available. As I put him on hold, I thought to myself, Wow Master Ueshiro! I went quickly to tell Kyoshi Baker he had a call from Ansei Ueshiro.

As I continued setting up the Dojo for tonight's Katathon, I pulled out the sign-in sheets and could only think about that call from Master Ueshiro so many years ago. Suddenly, my cell phone rang. I received a phone call from one of the dance instructors that share the Dojo with us, asking if we could please end our class early tonight so the dancers could prepare for a recital which was scheduled tomorrow.

As I was about to kindly tell them NO, "I'm sorry, but tonight is our Katathon tribute to our teacher Master Ueshiro..." but before I mentioned those thoughts, this is what came to me...

"no matter how you excel in the art of 'te and in your scholastic endeavors, nothing is more important than your behavior and your humanity as observed in daily life" (quote from Teijunsoku as mentioned on pg. 20 chapter 3 of the Essence of Okinawan Karate book by Nagamine).

...so what actually came out of my mouth to the dance instructor was YES, yes we will end class early to accommodate you and thank you for your call. By this time students were filing in and Ben Daly (Orange Belt) 12 years old overheard me telling his father Senpai Tom Daly that we will end class early to accommodate the dance group and would need to have a shorter katathon we all had hoped for and discussed all week. Ben, Said "Sensei, why don't we calculate how many years of Master Ueshiro's life and we try and do 69 kata within the short time we will have tonight." Arigato Senpai, I stated to Ben and that's what we did. 69 Fukyugata San kata non stop, no talking, only the count and the fabric snap of the gi.

As 7pm approached and the women from the dance class entered the dojo, there was a silence in the room, a mystical feeling! As we bowed out and left the dojo, one by one all the dancers mentioned that there was a very special feeling in the room and what a powerful demonstration. Such love, joy and vigor. I thanked them and smiled to myself. I knew in my heart that Master Ueshiro approved and was with us in spirit that evening, 100%









Respectfully Submitted  
Arigato Goziamasu Hanshi

Powell Sensei, Shichi-dan  
To-Te Ueshiro Karate Dojo  
Nyack, NY  
917-627-8199  
karatenyack.com  
preston@to-te.org

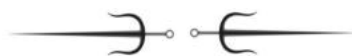
### Classes:

**Tuesday:** 6 - 7:15P

**Thursday:** 6 - 7:30P

**Friday:** Kata & Meditation 7A - 8A

**Saturday:** 10A - 12P



# UESHIRO NORTHERN VIRGINIA KARATE CLUB

*Sensei Lisa Markowitz, Shihan, Shichi-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 63d Year of USRKUSA, the Year of the Wood Snake, as we marked several key events in the Fall and Winter.



**Annual Black Belt Workout:** Over the weekend of November 2-3, 2024, Sensei Lisa, Sensei Shabbir Kazmi (Yon-Dan), and Sensei Bill Breidenbach (San-Dan) joined fellow USRKUSA black belt warriors in Nashville, Tennessee for the annual black belt workout. The iconic weekend, highlighted by the Saturday workout at the Pantheon, was filled with gold, platinum, and diamonds as we reviewed kata in focus groups and as a whole, as well as key teaching points for warm-ups, kihon techniques, and Yakusoku kumite. All this done under the watchful eyes of Hanshi and the Kyoshi as the crowds gathered around in awe and Master Ueshiro smiled down on us. We came back to Virginia energized, motivated, and eager to share the wisdom imparted over the weekend with our fellow deshi.





**Compai:** On Saturday, January 11, 2025, the NoVA Ueshiro Dojo held its annual Compai. After a spirited traditional class, deshi broke off in small groups to perform kata demonstrations. We then broke bread together, raised a toast, and discussed training and dojo goals for the year—recruiting more deshi to the dojo was chief among them!







**Florida Workout:** Over the long weekend of January 30 – February 2, 2025, Sensei(s) Lisa, Shabbir and Bill and Sempai Matthew Gregory (Ik-Kyu) joined USRKUSA Deshi from around the country for 4 days packed full of workouts led by Hanshi and the Kyoshi. Highlights included the Saturday beach workout, moon-lit bo workout (both led by Kyoshi Mackay), and the Sunday morning outdoor workout at the Viera Recreation Center (led by Kyoshi Seeger and overseen by Hanshi.) We came back riding high on a karate wave and spent numerous classes reviewing the corrections, finetuning, and platinum we received.













**February Test:** On Saturday, February 15, 2025, the Ueshiro NoVA Karate Dojo conducted a black tip test, which was dedicated to our founding Master, Master Ansei Ueshiro, and to Hanshi Robert Scaglione for providing us with the life-long gift of Ueshiro Shorin-Ryu Karate.

The morning began with a weapons class, led by Sensei Shabbir, followed by a vigorous, traditional class, led by Sensei Lisa z, which consist of warm-ups, kihon techniques, and many repetitions of kata, performed at half, three-quarters, and full speed and power, with minimal instructions.

Following the class, the test commenced. Sensei Bill (center judge) and Sempai(s) Fred Bagali and Nishu Shah served on the board of judges, and Sensei Shabbir called the test candidate to the spot and directed the test. Sensei Lisa presided over the test and ran the test candidate through Yakusoku kumite.

Congratulations to **Matthew Gregory**, who showed great spirit and fortitude on the deck and was promoted to the rank of **Ik-Kyu**.

A big shout out to our newest member of the dojo, Gaitee Kazmi, for supporting and performing kata with the test candidate during the board deliberations.

After the test, we spoke of the importance of earning a new rank and of having a support system in place.





**Cherry Blossom Workout:** On Saturday, April 19, 2025, karateka from the Ueshiro NoVA, Midtown, Northampton, and Pennsylvania State Karate Dojo convened at Great Falls National Park for the Annual USRKUSA Cherry Blossom workout. The workout was dedicated to Grand Master Ansei Ueshiro and the immense spirit and energy he brought to the USA in propagating the art of Shorin-Ryu Karate.

In preparation for the workout, on the evening of Thursday, April 17, 2025, Sensei Lisa Markowitz (Shichi-Dan) and Sempai Fred Bagali (Sho-Dan) of the Ueshiro NoVA Karate Dojo marked Master Ueshiro's upcoming 92<sup>nd</sup> birthday by performing 92 kata. The kata were performed in sets of 10 repetitions, beginning with Fukyugata Ichi through Pinan Godan, and then moving on to Rohai and finishing up with 2 more Fukyugata San.

On the morning of the Cherry Blossom Workout, Kyoshi Michael Mackay (Ku-Dan), Shihan of the Ueshiro Midtown Karate Dojo, treated students to a pre-class bo clinic, focusing on the application of techniques, use of different bo lengths, and soft versus hard execution. Students left the clinic feeling invigorated and curious to explore their weapon more.

The formal class began by meditating in seiza to the powerful sound of the Potomac Falls, a reminder of the Yin/Yang duality of great bodies of water. A traditional class then followed that focused on many repetitions of Fukyugata San, with each karateka taking turns to call out a technique/area to work on in the kata, culminating in bunkai. Students then paired off for Yaku Soku Kumite Sho and Ni, focusing on the attacker setting the





distance, hard versus soft blocks, and timing. Next, forming two rotating lines for Yaku Soku Kumite Sho, karateka honed their skills of never taking their eyes off an opponent until the fight is truly over. After cooling down and a formal bow-out, students continued to discuss the topics and corrections imparted by Kyoshi Mackay throughout the workout.

Master Ueshiro's presence was felt throughout the day, particularly as the resident Blue Heron, fondly named Master Ueshiro by the NoVA Deshi, gracefully flew overhead several times.

Special thanks to the following karateka from visiting dojo: Sensei(s) Singwen (San-Dan) and Dan (Shichi-Dan) Gobillot; Sempai Gabe Geiger (Ik-Kyu), and Sempai Dmitri Voronoi (San-Kyu), who, to quote Hanshi Robert Scaglione, "Just did it!" by driving many miles to join this most memorable workout, and to Kyoshi Mackay, for leading us through a class packed full of nuggets of gold and platinum.







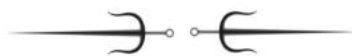




Domo arigato Hanshi for your tireless efforts in serving as the keeper for Shorin-Ryu Karate USA and ensuring that it continues to be practiced as it was so generously passed on to us by Grand Master Ueshiro.

Respectfully submitted,

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



# **BOSTON CHINATOWN UESHIRO SHORIN-RYU KARATE CLUB**

*Sensei Emiliano Mazlen, Shihan, Roku-Dan*

*Boston, MA*

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

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

We were honored to participate in the karate in Florida events in early February. Domo arigato gozaimasu to Hanshi, Kyoshi and all the Sensei, Shihan, karateka and deshi from Florida who made the event possible and from around the country who added their spirit to the event.

We were also honored to join the February belt test in Northampton. Domo arigato gozaimasu to Sensei Gobillot for including us and to all the Western Mass Sensei, karateka and deshi for welcoming us. Congratulations to all who tested, including Boston's Kevin Strang who received his sankyu.

We held tip tests in December and February. Congratulations to Wes Boudreau and Alicia Reines-Leo who received their gokyū. Domo arigato to the other deshi who, as is proper, lent their spirit to the event even though they were not testing on the spot.

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

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

Keep Training.

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





# EASTON CONNECTICUT UESHIRO SHORIN-RYU KARATE CLUB

*Sensei Adam Dunsby, Shihan, Go-Dan*

*Easton, CT*

## News

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

We continue to train with joy and vigor! We thank Hanshi and the Kyoshi for all the opportunities to train and learn!

## 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 MERRITT ISLAND KARATE DOJO

*Sensei Trevor Tezel, Shihan, Yon-Dan*

*Merritt Island, FL*



Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

As we've moved into the Year of the Snake, the Ueshiro Merritt Island Karate Dojo has played host to a variety of different regional and system-wide events. Some are annual mainstays, like the Friday and Monday morning "February in Florida" events and our annual Katathon. Others are special treats (Domo arigato, Kyoshi Sal!). Regardless, the walls of the dojo continue to team with "the ecstasy of sweating and hard work" (to quote Master Shoshin Nagamine). If you're in the area, come to one of our regularly-scheduled classes, or contact me at 321-806-9164 so that we can train. Domo arigato, Hanshi!

## Rank Promotions

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**October 28, 2024 – Green Tip Test**





A big congratulations to the following deshi for earning their new rank during our October green tip test!

Promoted to Ro-kyu:

Sebastian Moler

Promoted to Go-kyu:

Ezra Schroeder

After the traditional kihon and Yakusoku kumite, Sempai Lisa Miller (Sho Dan, Viera USRK Dojo) led the group through kata while the Board of Judges – Sensei Trevor Tezel, Yon Dan, Shihan, M.I. Dojo; Sensei Carla Eddy, Yon Dan, Shihan, Cape Canaveral USRK Dojo; Sensei Youjian Nistorenko, San Dan, Cape Canaveral Dojo; and Sempai Tracy Ridout, Sho Dan, M.I. Dojo – convened. Arigato, Sempai Zuzu Sorenson, Yon-kyu, M.I. Dojo for demonstrating the test! Thanks also to Sensei Eddy for agreeing to hold her regularly-scheduled 6pm at our dojo to support our test.

We dedicated the test to the memory of Grand Master Ansei Ueshiro. Domo arigato, Hanshi, for continuing his legacy! As we celebrated our new ranks, we were reminded to thank our “support people” – those who, directly and indirectly, make sure we’re consistently showing up to the dojo to train.





## December 30, 2024 – Green Tip Test



Congratulations to Sempai Sebastian Moler on his promotion to Go-kyu (second green tip)! Domo arigato to Sensei Jennifer Sangalang, Go Dan, Ueshiro Suntree/Melbourne Karate Dojo and Sensei Matt Reed, Yon Dan, Denshi Shihan, Suntree/Melbourne Dojo, for serving on the Board of Judges, and Sempai David Carr, Yon-kyu, for demonstrating the test.

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## February 13, 2025 - Combined Kyu Rank Test





On February 13, 2025, the Ueshiro Viera Shorin-Ryu Karate Dojo, the Ueshiro Suntree/Melbourne Karate Dojo, and the Ueshiro Merritt Island Dojo held a combined kyu rank test and promotion at the Merritt Island Dojo with Hanshi Scaglione presiding. The class began with the traditional warm-ups, light calisthenics and the kihon, exactly as described in the 50th Anniversary Journal.

Congratulations to the following candidates on their rank promotions!

To Ro-kyu:

Amare Anderson (Merritt Island)

To Go-kyu:

Joseph Konathapally (Viera)

To Yon-kyu:

Zainab Hussain (Suntree/Melbourne)

Sebastian Moler (Merritt Island)



To San-kyu:

Zuzu Sorenson (Merritt Island)

Mike Sorenson (Merritt Island)

Randy Hancock (Merritt Island)

Great spirit was displayed by this very hardy bunch!

Sensei Kurt Tezel, Roku-Dan, led the group while the board of judges, Sensei Jennifer Sangalang, Go Dan, Suntree/Melbourne Dojo; Sensei Carla Arvelaos-Eddy, Yon Dan, Shihan, Cape Canaveral Ueshiro Shorin-Ryu Karate Dojo; Sensei Matt Reed, Yon Dan, Denshi Shihan, Suntree/Melbourne Dojo; Sensei Trevor Tezel, Yon Dan, Shihan, Merritt Island Dojo, convened; Sensei Kevin Hutchenson, San Dan, Suntree/Melbourne Dojo.

Kyu rank tests, and the questions asked of them are always a great reminder for us to consult our foundational literature (the Red Book, the Green Book, Master Nagamine's first book). They're also an opportunity to watch great breaking demonstrations from some of our testing candidates – domo arigato!

We dedicated this test to the memory of Grand Master Ansei Ueshiro. Domo arigato, Hanshi, for continuing to teach us to "step first."

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## **"February in Florida" Annual Karate Weekend**

**January 31, 2025 (AM) - Class at the Merritt Island Dojo**







As part of the “February in Florida” weekend, Kyoshi Reymond conducted the Friday morning workout at the Merritt Island Dojo. Some of the highlights from this morning’s training included:

- Working on fully twisting the hips, particularly when performing chudan-zuki (chest punch) from zenkutsu-dachi and jigotai-dachi.
- Getting the knee up first when executing mae-geri.
- Focusing on pulling the elbow back with the punch.

Kyoshi Reymond focused kata training on Naihanchi Shodan, working on full foot sweeps and bringing the knee up while we travel; making the block “work for us” on the square punch move; rotating the body on an axis; and much, much more. After the formal workout, groups convened for a kobudo workshop.





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### January 31, 2025 (PM) - Class at the Viera Rec Center Lakeside Pavilion

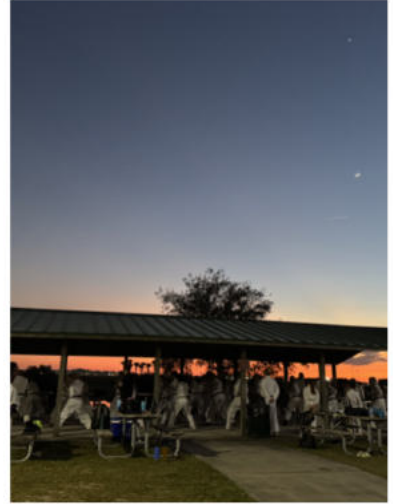
The annual February in Florida weekend charged ahead with a spirited, power-filled class conducted by Kyoshi Seeger and overseen by Hanshi Scaglione at the Viera Lakeside Pavilion on Friday at 5pm.

Kyoshi Seeger used the kata to teach multiple lessons. Among the highlights were:

- “Throw your body into it.” While maintaining proper body alignment, we need to make more of an effort to put our whole body into techniques – particularly those in the Pinan kata involving two arms. Kyoshi explained the physics ( $\text{force} = \text{mass} \times \text{acceleration}$ ).
- Turn the head and neck – all the way.
- Get low...and stay low!
- Shoulders down and back. Pulverize with the punch, but don’t reach!

Many of these lessons were distilled through kata with a notable emphasis on Naihanchi Shodan. Hanshi and Kyoshi exhorted us – “one more time!” – as we practiced the kata repeatedly, visualizing our imaginary opponent and focusing on getting low and generating power, as the sun gradually faded from the horizon.





## February 1, 2025 - Saturday Beach Workout

Naturally, much of the morning beach workout focused on stepping first, as the group practiced this concept through multiple repetitions of Fukyugata-Sandan, navigating the incline of the beach.





The crux of the class was centered around yakusoku-kumite with Hanshi and the various Kyoshi expounding on particular aspects, such as releasing muscular tension. Hanshi explained the importance of studying, practicing, and teaching prearranged fighting with attention to detail. Much of the discussion was in the context of Chapter 6 of Master Nagamine's *The Essence of Okinawan Karate-Do*, including:

- The development of yakusoku-kumite by Sokon Matsumura, who refused to teach Choki Motobu, lest he utilize it outside the dojo.
- Master Motobu preaching against “dead kumite.”
- The pictures of the chishi, kami jar, and other weapons, which communicate the importance of strength training to karate training.
- “The realization that you hold life and death in your hands....”

Other corrections during the day included drawing in the chin, getting the full extension/rotation on our uraken (backfist punch) and many more!

Domo arigato to Sempai Julie Lawrence for the beach workout photograph and to Sempai Tina Moler for the weapons pictures!





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February 2, 2025





At the Sunday workout of Karate Weekend in Florida at Ueshiro Viera Karate Dojo, Hanshi promoted Sensei Emiliano Mazlen, Shihan of Chinatown Ueshiro Shorin-Ryu Karate Club in Boston, Massachusetts, to Roku-Dan Black Belt, and Sempai Sandra Morian of Ueshiro Viera Karate Dojo to Sho-Dan Black Belt.

At the end of *every* Black Belt test, Master Ansei Ueshiro would tell the Shihan: “Teach them to step first!”

This is true.

We must and will emphasize setting both feet *before* we throw our techniques, and as Sensei Emiliano Mazlen says in his July 23, 2023, Technique for the Week, it is still a principle we need to continue to work and perfect.

With joy and vigor!

Both feet are rooted down before the technique lands ... seamlessly! “Even a fraction of a second *BEFORE* the technique hits the intended target.” Simply stated, “step first (seamlessly rooting down without PAUSE), then punch!”

Take all the corrections you’ve learned from Karate Weekend and pass them on to your students at your Dojo. Practice mindfulness — which is another term for Zanshin or “moving forward.”

Above all else, “step first!” Keep training!





February 3, 2025



The 2025 edition of our annual event concluded with Monday morning's Q&A with Hanshi and the Kyoshi. Coming away from this weekend with a "full cup," this session gives us an opportunity to evaluate and reinforce what we learned.

The following is just a sampling of the topics covered:

- The reasoning behind the reordering of the kata sequence from (Gojushiho-Chinto) to (Chinto-Gojushiho).
- The importance of practicing striking a particular target – using visualization to attain pinpoint accuracy.
- Stepping first, using as an example, the fourth move of Fukyugata Sandan (combination move). Not twisting the back foot during the move, but having it in the final position prior to executing the technique.
- Discussion around the importance of keeping the chin drawn, which led to a broader conversation around the importance of proper breathing and James Nestor's book *Breath*.

One of the highlights in these Q&As is hearing a story from Hanshi or the Kyoshi of personally interacting with Master Ueshiro.

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## Other Special Events



## November 21, 2024 – Guest instructor, Kyoshi Sal Scaglione, Hachi-Dan



Domo arigato, Kyoshi Sal Scaglione, for guest-teaching November's monthly black belt class! Great spirit, in particular, Sempai Sebastian Moler who was in attendance representing the M.I. Dojo! Thank you, Sempai Tracy Ridout, for making sure our floors were clean!

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## November 29, 2024 - Black Friday workout





A small group of dedicated Florida deshi convened on the beach for our annual Black Friday morning beach workout! (Not pictured: Sensei Matt Reed, Yon Dan) Per tradition, Deshi broke bread at a local breakfast establishment following the workout.

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**December 21, 2024 – Compai workout and celebration**







The Florida Dojo of Ueshiro Shorin-Ryu Karate USA held their annual compai celebration under sunny skies and cool breezes at the Viera Lakeside Pavilion (Viera Ueshiro Shorin-Ryu Karate Dojo) during Hanshi Robert Scaglione's regularly-scheduled 10am class. Sensei Rick Cupoli, Yon Dan, Shihan, Ueshiro West Melbourne Karate Dojo conducted the workout with Hanshi presiding.

After the workout, Deshi grabbed some snacks/drinks and convened under the pavilion to toast to the new year and share some thoughts regarding karate-do, from the newest white belt to Hanshi himself. Below are some additional pictures from the event.






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## April 16, 2025 – Merritt Island Dojo's 14th Annual Katathon







The Ueshiro Merritt Island Karate Dojo hosted its 14th annual Katathon. The event was dedicated to the memory of Grand Master Ansei Ueshiro and what would have been his 92nd birthday on April 20.

The deck was packed by students of all ranks, ages, and sizes – a beautiful cross-section of this organization that Master Ueshiro launched nearly 63 years ago. In his honor, the last kata performed were Master Ueshiro's favorite kata (Rohai and Pinan Yondan) and, of course, Fukyugata Sandan (Ueshiro Kata).

A big congratulations to all the resilient Deshi who participated in this special event!





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## Closing

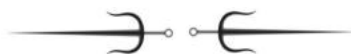
The Ueshiro Merritt Island Karate Dojo class schedule is: Monday - 6pm (Sensei Trevor); Wednesday - 6:30am (Sensei Trevor), 6pm (Sensei Kurt Tezel); Friday - 6:30am (Sensei K. Tezel). Additionally, the Merritt Island Dojo hosts the monthly Ik-kyu class (first Monday at 7pm - Sensei Trevor) and black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

We encourage you to check out our website at [mikarate.com](http://mikarate.com). It is where we post photos/write-ups of all our events. You can also visit our Facebook page at ([facebook.com](https://facebook.com), search for "Merritt Island Karate") and the Merritt Island webpage on the Florida Dojo website at [ueshirofloridakarate.com/merritt-island.html](http://ueshirofloridakarate.com/merritt-island.html).

Domo arigato, Hanshi, for continuing to shepherd the Florida schools of the USRKUSA organization.

Domo Arigato Gozaimasu,

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



## UESHIRO CAPE CANAVERAL SHORIN-RYU KARATE DOJO

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

Cape Canaveral Ueshiro Shorin Ryu Karate Dojo kept our wheels rolling in 2024. Following the *BIG* August 17<sup>th</sup> promotions and the Saturday morning Labor Day workout, we moved forward to participated in our sister dojo's promotion in Merritt Island on their October 28<sup>th</sup>.



Merely a few days later, on November 3, 2024, the Cape Canaveral Dojo hit the road to attend the Annual Black Belts event, where we practiced karate on the grass in front of the Parthenon at Centennial Park in Nashville~overlooked by Athena, the goddess of war, and other Greek statues.





During the weeks surrounding Thanksgiving, we were grateful for the opportunity to have Kyoshi Salvatore Scaglione (Hachi-Dan) lead our monthly black belt class. With MUCH JOY and VIGOR, we opened the training to all ranks giving them the ability to absorb as much knowledge as possible. Thank you Kyoshi Sal 😊 !!







Soon after the Thanksgiving celebration, and the Florida System's time-honored tradition, Mike Yother (Ni-Kyu) represented the Cape Canaveral Dojo by attending and participating in the infamous Black Friday Beach Workout on November 29<sup>th</sup>, 2024.



On Thursday night, December 26, 2025, we held our final Black Belt working for the year~~closing out 2024 strong... come on 2025!





With spirits high and eyes set on the challenges ahead we welcome 2025 .....



2025 is the year of the Snake based on Chinese zodiac. This is a year of Wood Snake, starting from Jan. 29, 2025 to Feb. 16, 2026. Snake is the sixth in the 12-year cycle of the Chinese zodiac sign. The years of the Snake include 1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013, 2025, 2037... People born in these years are considered rational, calm, thoughtful, and loyal to the loved ones.

Oddly enough, the year of the Snake also happens to be the Year I began my journey in Ueshiro Shorin Ryu Karate. Coincidentally, the year of the snake is most compatible with the Rooster. It just so happens that Master Ansei Ueshiro being born in 1933.

As January came to a close, the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo, seized every opportunity to train during the February Florida Karate Celebration.







Bright and early the next morning, Friday, January 31<sup>st</sup>, Sensei Youjian Nistorinko (Yon-Dan) of the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo attended the training session as part of the February Florida Karate Celebration, followed immediately by weapons training.





Later that evening, we powered through the women's class led by Kim Garon (Yon-Dan) at the Viera Dojo. This marks the last opportunity we will have to train with Sempai Sylvester, who passes away suddenly on February 14, 2025, of natural causes. They will be missed...



It turns out by the end of Kyoshi Seeger's (Ku-Dan) Friday night class on January 31<sup>st</sup>, it was too dark outside to capture a group photograph. However, we continued to train, guided by our inner light and our love of karate....

The next morning, Saturday, February 1<sup>st</sup>, began with a spirited beach workout led by Kyoshi Mackay (Ku-Dan).



Following the beach workout, Saturday evening ended with informal food and drink at the restaurants by the central fountain at the Viera Outdoor Mall.



Sunday February 2<sup>nd</sup>, training continued with the Viera Dojo outdoor workout.



Days later, on Wednesday, February 5<sup>th</sup>, Cape Canaveral Ueshiro Shorin Ryu Karate Dojo conducted our bi-annual full and tip belt promotion for Mike Yother and John Hogg.







***Mike broke his brick.***



Then, on Monday, March 17<sup>th</sup>, the Cape Canaveral Ueshiro Shorin Ryu Karate Dojo celebrated St. Patrick's Day with an outdoor workout, following a formal bow-in inside the air-conditioned gym. We wanted to embrace the last cool days of spring here in Florida.







On April 1<sup>st</sup>, no one wanted to be “foolish” on April Fool’s Day and miss out on a chance to train with Kyoshi Salvatore Scaglione (Ku-Dan), who made a surprise visit to town.



The following week, on Wednesday, April 16<sup>th</sup>, Cape Canaveral Ueshiro Shorin Ryu eagerly participated in the Florida System Katathon celebrating Master Ansei Ueshiro's birthday.



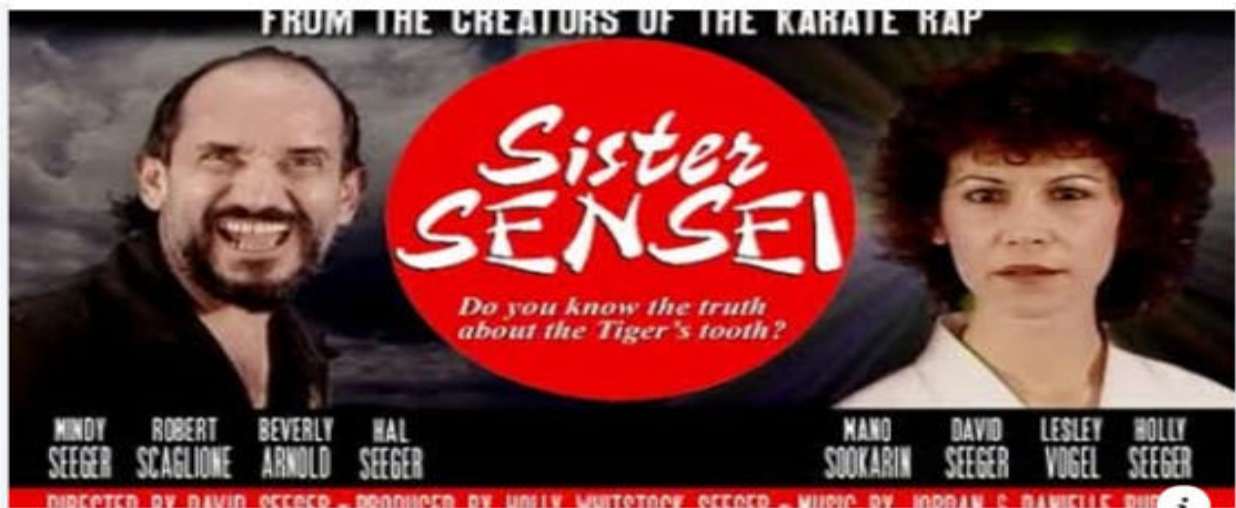
Our Florida System Women Warriors proudly endured 100 repetitions of our various kata~demonstrating strength, focus and perseverance.







As a finale for this article, I'll close with the Ueshiro Karate Women's special viewing of our own Kyoshi Seeger's film, "*Sister Sensei*", accompanied by our beloved BB Karate pup!!



We extend our sincere thanks to Kyoshi Seeger for producing this film, which offered us an evening filled with inspiration and entertainment.

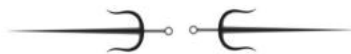






Domo arigato gozaimasu to Hanshi Robert Scaglione (Ju-Dan and Shihan of Ueshiro Viera Karate Dojo) and Grand Master Ansei Ueshiro for and AMAZING fall and spring of 2025 and for preparing us with Shorin Ryu Karate, to face whatever changes and challenges lie ahead.

Domo arigato gozaimasu Hanshi,  
Sensei Eddy,  
Yon-Dan, Shihan  
Cape Canaveral Ueshiro Shorin Ryu Karate Dojo



# UESHIRO SUNTREE/MELBOURNE SHORIN-RYU KARATE DOJO

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



## News

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

For Denshi-Shihan Sensei Matt Reed, Yon-dan, it's the familiar phrase we've come to know and love: "Step first."

Or, as he says in his words ...

*"Over the years, I've demonstrated the qualities necessary to move forward on my karate journey. I am continuously surprised when I am given the opportunity to advance."*

*"Karate is to live in the moment and not chase the next thing. Strive to get better at what you have without chasing the next kata or the next rank."*

*Before you get to the next level, one must step first. If you think you know the Kata, think again. If you think you know the moves, guess again."*



*We will always be reminded to step first, to be humble, to serve and teach others.*

*“There is nothing more rewarding than being a Shihan. It has been an incredible opportunity to teach and bring students up through the ranks. Hanshi Robert Scaglione has said it countless times, ‘the best way to learn something is to teach someone.’ I can’t think of a greater gift than to pass on the art to another person.*

*“Hanshi has said to look around when you’re out and about and imagine if the people around you could perform Fukyugata-Ni. That really resonates with me. It is a tremendous gift that we have been given.”*

*~ Sensei Matt Reed, May 2023*



## Rank Promotions

Ueshiro Suntree/Melbourne Karate Dojo had two significant promotions, one at the tail end of 2024 and the other at the first full belt test of 2025.







On Dec. 26, 2024, Hanshi Robert Scaglione, Ju-dan and Shihan of Ueshiro Viera Karate Dojo, promoted Sensei Jennifer Sangalang of Suntree to Go-Dan Black Belt.

Over the years, Sensei Jennifer has assisted Hanshi w/various tasks and duties related to USRKUSA, eventually earning the title of Executive Secretary to the CEO. She began training at Suntree w/Denshi Shihan Sensei David Tamir, Shichi-dan, before his relocation to Ueshiro Karate Dojo ba'Kfar in Israel, then w/Denshi

Shihan Sensei Matt Reed. She's also been training at Ueshiro Viera Karate Dojo since 2011.



On Feb. 13, 2025, the Ueshiro Viera Shorin-Ryu Karate Dojo, Suntree/Melbourne and Ueshiro Merritt Island Dojo held a combined kyu rank test and promotion at the Merritt Island Dojo with Hanshi Robert Scaglione presiding.



Congratulations to Sempai Zainab Hussain for advancing to Yon-kyu! Interestingly, Sempai Zainab's last test was in August 2016 for the rank of Go-kyu, when she and her dad, Sempai Hyder Hussain, Ik-kyu, were training under Sensei Rick Cupoli, Yon-dan and Shihan of Ueshiro West Melbourne Karate Dojo. The Hussains returned to USRKUSA after a hiatus and joined Suntree dojo in fall 2024.

## Classes

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

Call Sensei Matt Reed at 321-213-3124, email [rpd197@yahoo.com](mailto:rpd197@yahoo.com) or visit [www.ueshirofloridakarate.com](http://www.ueshirofloridakarate.com).







## Closing

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

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

Domo arigato, Hanshi, for your continued guidance and constant revision of the instructor for his students.

Respectfully submitted on behalf of Sensei Matt Reed, Denshi-Shihan and Yon-dan, Ueshiro  
 Suntree/Melbourne Karate Dojo  
 Sensei Jennifer Sangalang, Go-dan  
 Executive Secretary to the CEO  
<http://www.instagram.com/ueshirofloridakarate>











# UESHIRO WEST MELBOURNE SHORIN-RYU KARATE DOJO

*Sensei Rick Cupoli, Shihan, Yon-Dan*

*West Melbourne, FL*



## News

The Ueshiro West Melbourne Dojo continues to run strong. We have been at our location since 2011. It is hard to believe that we have been propagating our style in West Melbourne for 14 years. We have a consistent attendance of 9 to 12 deshi regularly on the deck. We most recently welcomed three new students since the beginning of this year. We have a great mixture of adults and children on the deck, including the parents of children. Teaching these marvelous students alongside me is Sempai Tony McDonald, Ni Dan.







## Rank Promotions

At our February belt test we promote the following students:

### Yon-Kyo

Jennyfer Dela Rosa

### Go-Kyu

Jynalle Dela Rosa (Junior)

Adelyn Dela Rosa (Junior)

### Ni-Kyu

Eric Tillman

Eli Rosa (junior)

At our most recent green tip test we were proud to promote Maximus Ramos to Ro-Kyu.



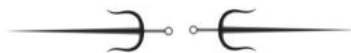


## Closing

Training in Ueshiro Shorin Karate USA is a wonderful thing. It is only surmounted by teaching Ueshiro Shorin Ryu Karate USA. The rewards are boundless. The privilege of meeting such wonderful kids and families never grows old. Watching them blossom into karateka never ceases to amaze me.

As I watch them perform their kata at their various levels with skill, it is very humbling and rewarding to realize that I have been teaching them. I, and Sempai Tony McDonald, put our heart and soul into teaching and investing in them and it works. I will sometimes joke with my younger students. When they perform really well I will say to them, "That was awesome, who is your teacher?"

Of course, I am having fun with them and we get a laugh from it. We, the instructors of USRKUSA, are their teachers. But I, we, cannot learn for them. They have to put in the work and they do. If I may steal a phrase from Hanshi, "This is gold!".



# UESHIRO SHORIN RYU LONG ISLAND KARATE DOJO

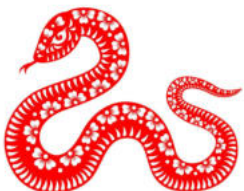
*Sensei Kim Garon, Shihan, Yon-Dan*  
*Massapequa Park, NY*



LONGISLANDKARATE@YAHOO.COM (516) 313-3228 | [HTTP://WWW.LONGISLANDKARATEDOJO.COM](http://WWW.LONGISLANDKARATEDOJO.COM)

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

The Ueshiro Shorin-Ryu Long Island Karate Dojo ushered out the Year of the Dragon with a tip test and year-end kampaï on December 12th. Alex Penagos was promoted to Ro-Kyu (one green tip) and the group shared their thoughts on karate and personal highlights as we wrapped up the second year in our dojo.



The Year of the Snake brought new students and opportunities to extend the line. Sensei Garon taught another 3-week introduction course of Ueshiro Shorin-Ryu Karate to adults at the Brentwood Public Library in January, which gave an economically disadvantaged group the chance to be exposed to our art.







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



The Long Island Dojo participated in the Ueshiro Downtown full belt promotion on March 2nd.



Our dojo held a tip test on April 3rd and promoted Hasan Ali to Ro-Kyu (one green tip). We were honored to have Sensei Margulis train with us and sit on the board of judges.



We recently welcomed new students, David Anderson on March 27th and Devin Damien on April 8th.



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

Domo arigato gozaimasu,

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



# UESHIRO NORTHFIELD SHORIN-RYU KARATE DOJO OF MINNESOTA

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



NORTHFIELD, MN SHATLE@NFLDINET.COM (507) 654-2270 [HTTPS://NORTHFIELDKARATE.COM](https://northfieldkarate.com)

Greetings from the Midwest to Hanshi, Kyoshi, Sensei and fellow Deshi. The Ueshiro Shorin Ryu Northfield, Minnesota, Dojo continues to "Step First" practicing the teachings brought to us by Master Ansei Ueshiro, under the continued direction of Hanshi Robert Scaglione.

It has been a busy Fall/Winter, as we have now expanded to two Dojos in Northfield. Our Community Dojo continues to be led by Sensei Steve Hatle, Shihan. The new Carlton College Dojo is now being led by Sempai David Huyck, Shihan. Both groups dedicate themselves to rigorous training several days a week, coming together for a combined class every Saturday.

We are fortunate to have now reached a place where we have a diverse range of ranks within both dojos, including a high number of Black Belts. Our students continue to pass along what they have learned to the newer Deshi, showing respect to those who came before us. We have expanded our training, adding an additional "Black Belt" class at 6 a.m. on Friday mornings. Domo Arigato to Sensei Lawrence for providing such a great space for us to use.

We also want to express our heartfelt gratitude to Kyoshi McKay for his visit during this time, it was truly an honor.







## Rank Promotions

### ***Ro-Kyu:***

Ian Holden (child)

### ***Go-Kyu:***

Deb Anderson

Scott Godfrey

### ***Yon-Kyu:***

*Mia Kakitani-Sanford (child)*

*Asuka Kakitani*

### ***Ni-Kyu:***

Caitlin Sommer (child)

Anthony Chou





A group of seven from the Northfield Dojo traveled to Coco Beach for the February Karate weekend. We take pride in consistently attending these events and are always grateful for all the sugar that is shared by Hanshi, Kyoshi, Sensei and fellow Deshi. Each time we return, we carry with us renewed energy and deepened knowledge, working diligently to pass these teachings on to all our students.



Closing

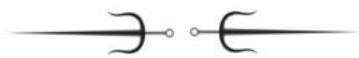
We are excited to host our upcoming “Minnesota in May” event, from May 16-18, 2025. This special gathering will feature Kyoshi, alongside several high-ranking Black Belts, offering an incredible opportunity for training and camaraderie. We welcome all Dojos and ranks to participate, leading up to a weekend that will culminate in formal Black Belt testing.

Class Schedule

Mon/Wed	Friday	Sat Combined Carleton & Northfield
6:30 -8pm All Ranks	6-7am Brown Belt+	9am-11am - non-school dates 10am-noon – when college is in session First hour, all ranks. 2 <sup>nd</sup> hour Green belt+
Northfield High School 1400 Division St Northfield, MN	Lawrence residence 11190 Ibson Ave Northfield, MN	Carleton College Cowling Gymnasium 714 Evans Dr Northfield, MN



*Respectfully compiled and submitted by Scott Sijan, Ni-Dan*





# UESHIRO BEAVERTON KARATE DOJO

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

## News

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

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

Despite our success with promotions, we have issues with student retention and skills development. This is because the current model divides classes into one day per week sessions. We offer three different Beginning Karate classes for White Belt through Yellow Belt (two on Tuesdays, and one on Thursdays), and an Intermediate Karate class for Yellow Belt and beyond on Thursdays. We occasionally have students who sign up for two Beginning Karate classes per week, but most only sign up for one. Additionally, the handful of adults that have signed up for the class in the past have dropped once they see a room full of 8 to 12 year old children.

This has caused a couple of problems: student retention is low, and skills development is lower than where I'd like to see it. I would also like to see more teenagers and adults engaging with the program. As such, we are making changes to our current format for Fall 2025. In addition to our Karate Kids and Beginning Karate classes, we will be offering a two-class per week Family Karate option. We hope this will positively impact student retention and skills development, and encourage more teens and adults to participate.

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

## Rank Promotions

On March 11th and 18th, we held Kyu level promotions, and awarded the following ranks:

### Promoted to the rank of Ro-Kyu:

Aylin Guinto  
Luis Guinto  
Mia Perez  
Pranavi Doddigarla

Pranilth Doddigarla  
Soren Shroetke  
Calvin Taylor  
Nora Waid



**Promoted to the rank of Go-Kyu:**

Sasha Johnson  
Paige Lucaks  
Drew Russo

Adalynn Steven  
Kelton Grinstead  
Joe Saxton

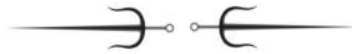
**Promoted to the rank of Yellow Belt:**

Daphne Asbroc

**Closing**

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

Sensei Sean Paus  
Yon-Dan, Shihan  
Ueshiro Beaverton Karate Dojo



# UESHIRO NEW ROCHELLE KARATE DOJO

*Sensei Blue Calvo, Shihan, San-Dan*

*New Rochelle, NY*

## Ueshiro Shorin-Ryu Karate New Rochelle: Continuing a Legacy of Excellence

I am honored to announce my transition as Shihan of Ueshiro Shorin-Ryu Karate New Rochelle, succeeding Sensei Tzvi Bar-Shai, who has been instrumental in building the strong foundation of our dojo.

A note on succession from Bar-Shai Sensei:

*I am exceedingly pleased that Sensei Calvo will pick up where I left off and continue to instruct and train with the existing deshi, and with time will continue to expand the dojo. As I've written previously to the deshi, you couldn't ask for a better Sensei than Sensei Calvo.*

*I will continue in my karate practice and plan to establish a dojo closer to my home. My deepest gratitude to Hanshi Robert Scaglione and Kyoshi David Seeger for their continuing guidance and leadership and example in karate-do.*

*Domo Arigato,  
Sensei Tzvi Bar-Shai*





While this is not a grand opening, it marks a heartfelt commitment to preserving and advancing the traditions he established. I extend my deepest gratitude to Hanshi Robert Scaglione and Kyoshi David Seeger for their unwavering guidance and trust during this transition. Domo Arigato Hanshi Scaglione for allowing me to become a Shihan of Ueshiro Shorin-Ryu Karate in the United States.

Thank you, Kyoshi Seeger, for the years of guidance you have given to me and all the students Of Ueshiro Shorin ryu. A special acknowledgment goes to my Sensei, Preston Powell, whose encouragement and mentorship have been pivotal in inspiring me to step into this role. His belief in my path has been the driving force behind this new chapter.



I would also like to thank my students, without you there would be nobody to teach.

Keep training and thank you for your dedication to Ueshiro Shorin Ryu.

Please come and train with us anytime. All are welcome both new and old together we get stronger.

Finally, we celebrate the enduring legacy of Grand Master Ansei Ueshiro on his birthday. His vision brought Shorin-Ryu Karate to the United States, and we honor his teachings by striving for excellence in every technique and every moment of our practice.

### **What is one of the best reasons to be a Shihan?**

Certainly, watching your students evolve in their karate training ranks high on the list — from white belt to Black Belt, kyu rank to Kyoshi, student to Shihan.

On Tuesday, May 6, Ueshiro Viera Karate Dojo held a tip test overseen by Hanshi Robert Scaglione, Ju-dan and Shihan. The board comprised of center judge Sensei Jennifer Sangalang, Go-dan, of Ueshiro



Suntree/Melbourne Karate Dojo, Sensei Blue Calvo, San-dan and Shihan of Ueshiro Shorin-Ryu New Rochelle Karate Dojo in New York, and Sensei Miranda Aiken, San-dan, and Sempai Rob Weaver, Ni-dan, both of Viera. A big domo arigato to Sempai Mason Shirley, San-kyu, of Viera for demonstrating the tip test with such prowess and Sempai Sandra Morian, Sho-dan, of Viera for leading the class as the board convened.



With great pleasure, we announce two promotions to the rank of Go-kyu:

- Enzo Sanchez
- Leonardo Sanchez

The testing candidates emphasized stepping first during Kata and impressed the judges with their knowledge of USRKUSA history — at such a young age.



*Sensei Blue of New York told the students he has trained in Shorin-Ryu off and on since he was 11 years old. Hanshi especially noted his cadence and command voice and power in his kicks and strikes. It was a battle to see who learned more from who — Sensei Blue from visiting Hanshi and the Viera dojo or the students gleaned knowledge from a high-level Sensei. (There is no correct answer!)*

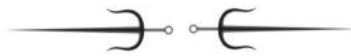
Visitors are always welcome, and visits to other Dojo are especially encouraged.

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

I would like to express my sincere gratitude to Hanshi Scaglione, Kyoshi Seeger, and Sensei Powel for their trust and support in allowing me to take over the Ueshiro Shorin Ryu Karate New Rochelle Dojo. It is a true honor to continue the tradition and teachings of this esteemed dojo. Thank you for your guidance and encouragement.

Thank you Hanshi Robert Scaglione for continuing Master Ueshiro's legacy.

Domo Arigato,  
Shihan Blue Calvo  
Ueshiro Shorin-Ryu Karate New Rochelle  
646-210-5012





## UESHIRO CROWN HEIGHTS KARATE DOJO

*Sempai Anna Sweeney, Shihan, Ni-Dan  
Crown Heights, NY*

The Crown Heights Ueshiro Karate Dojo is continuing to grow and develop as a school and community. We have been honored to have visitors from multiple dojos share their spirit and knowledge with us since the last newsletter: Kyoshi Michael Mackay (Ueshiro Midtown Karate), Sensei Robert Neff (Bay Ridge Karate), Sensei David Calligeros (To-te Ueshiro Karate), Sempai John Lee (Ueshiro Midtown Karate).



We have participated in multiple joint Green Tip and Full Belt tests with Kyoshi Mackay at both the Ueshiro Midtown Karate Dojo and the Crown Heights Ueshiro Dojo and we now boast two Green Belts, five Go-Kyu and two new white belts. We also have been fortunate to welcome a new one-on-one karate student with developmental differences, working on focus, confidence, and fitness through the traditional karate curriculum. And lastly, we have introduced a new weekly dedicated comprehensive Self-Defense class to the schedule, open to both deshi and community members.



Traditional Ueshiro Shorin-Ryu Karate classes are offered four times per week. As always, Domo arigato gozaimasu to Hanshi Robert Scaglione for his enthusiastic support, to Kyoshi Michael Mackay for serving as Kyoshi sponsor and constant support, and all the Deshi of USRKUSA. Our full class schedule is:

Traditional Karate:

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

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

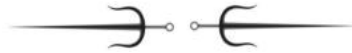
Self-Defense:

Wednesday 7:30-8:30 PM

Sempai Anna Sweeney,

Shihan, Ni-dan,

Crown Heights Ueshiro Karate Dojo



## CENTRAL FLORIDA UESHIRO SHORIN RYU

*Sempai Justin Thompson, Shihan, Ni-dan*

*Maitland, FL*

### News

On April 22, 2024, we had the grand opening of our Casselberry location in honor of Master Ueshiro – just two days after his birthday. Fast forward one year to April 21, 2025 and we held a katathon to celebrate Master Ueshiro's birthday and our one-year anniversary at the Casselberry Rec Center.



*Figure Casselberry Dojo Anniversary and Master Ueshiro's Birthday Celebratory Katathon - April 21, 2025*

Since our grand opening, we've made a couple of changes. Our Monday classes have moved a half-hour later, now starting at 6 PM & meeting in the ballroom (dance hall with mirrors), and we've added bōjutsu training most weeks after our regular class.

Our after-school karate club for upper school students (middle and high school) at Orangewood Christian School continues with two faithful students during the school year – but will soon break for the summer, allowing these students to continue training at the Casselberry Dojo.





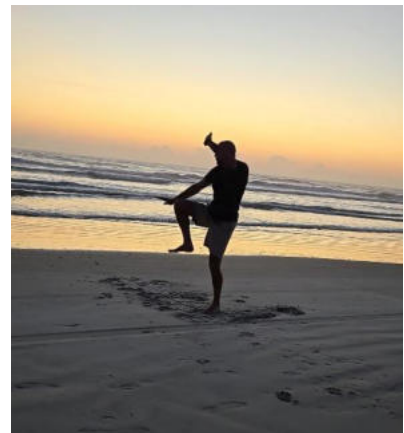
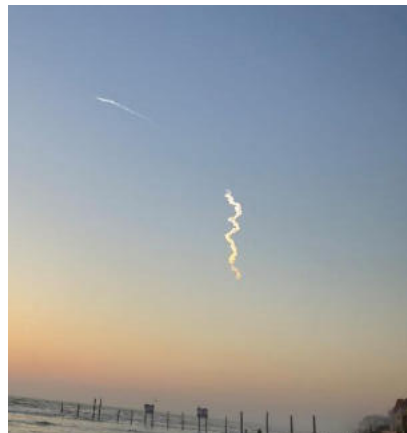
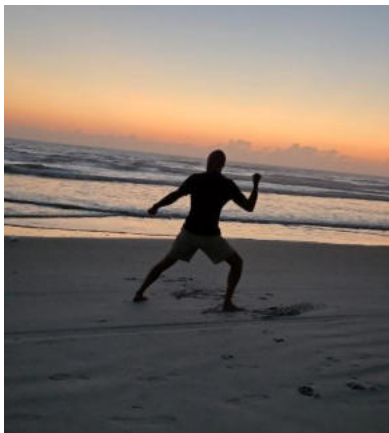


*Figure 2 Kobudō Demonstration at Spring Katathon*

Shihan Justin Thompson and Tino Shaffer (youth), Ni Kyu, joined the February in Florida karate event, enjoying much spirited workouts. Tino greatly enjoyed seeing Hanshi and the Florida Sensei again and especially getting to meet each of the Kyoshi and many Sensei, Sempai and Deshi from out of state.



In March, Shihan Sempai Justin had the opportunity to visit New Smyrna Beach and enjoy sunrise kata on the beach with rhythmic sounds of the surf, several birds, and a surprise rocket launch taking place midway through Pinan Godan.



*Figure 3 Sunrise Kata, Nature, and Rocket Launch - only on Space Coast USA*

In April, Shihan, Sempai Justin joined Denshi Shihan Sensei Matt Reed (Yan Dan, Suntree/Melbourne, Sensei Jennifer Sangalang (Go Dan, Viera), and Sempai Sandra Morian (Shodan, Viera) for a visit to a PFL mixed-martial arts tournament event at Universal Studios featuring several fights with fighters from around the globe. Most of the fights involved more jujitsu than karate, but several of them did demonstrate familiar blocking and striking techniques.







*Figure 4 Sensei Matt, Sensei Jennifer, Sempai Sandra and Sempai Justin on ESPN+ during PFL broadcast*

One fighter, in particular, demonstrated very familiar techniques. She was an American who grew up in Okinawa, was in her 40s and still quite competitive, and was the only fighter of the evening who paused to show courtesy (rei) when stepping onto the deck (octagon). Both fighters in this matchup began sticking with familiar nose and chest punches almost immediately. Several jodan uke and a couple clear chudan uke were noticed – then, something surprising and exciting happened. The American used a very familiar technique, very effectively. Her opponent stepped in to attack and before she planted her foot, the American used the same foot sweep we learn in Naihanchi Sho, along with arm movements that strongly resembled those we practice in Naihanchi Sho, resulting in her opponent being flung onto the floor. A few seconds later the match was over by submission. It was thrilling and gratifying to see our kata in practice with such efficient and effective results, and it bolstered my desire to proactively pull these effective moves from the kata and apply them.



*Figure American Fighter with Okinawan Karate Background*

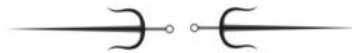


## Rank Promotions

In the February promotions we had four students promoted to new ranks – Makayla Poole (child), our youngest student, Mateo (child) and Brandon Arguelles were each promoted to Ro Kyu, and Isaiah Smith (youth) was promoted to San Kyu. In our April tip-test promotions, Mateo and Brandon Arguelles were promoted to Go Kyu.



*Figure . April Tip-Test Promotions*



# UESHIRO SHORIN-RYU NASHVILLE FAMILY KARATE CLUB

*Sempai Liz Richardson, Shihan, Sho-Dan*

*Smyrna, TN*

## News

What an amazing six months! We were honored to be the host city for the 2024 Blackbelt workout. Special thanks to Sensei Chris Barnes for organizing the event, and to all those who attended and made the weekend one to remember.



## Rank Promotions

At our February belt test, Levi Hecht was promoted to San-kyu and John Hutton was promoted to Ni-kyu.

At our April tip test, Hunter Thaw was promoted to Ro-kyu.

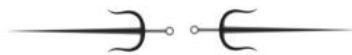




## Closing

It has been an exciting season of change in Nashville as students have graduated from high school and college. Sensei and Sempai have taken new jobs, and we have even moved homes. Through it all we continue to train and move forward.

Domo Arigato to Master Ueshiro, Hanshi, Kyoshi Sal, Sensei Paus, and Sensei Barnes. They all remind us that in all of life's chaos we should "Step First" and "Keep moving forward."





# Ueshiro Carleton Karate Dojo

*Sempai David Huyck, Shihan, Sho-Dan  
Northfield, MN*

## News

Onegai shimasu Hanshi, Kyoshi, Sensei, and all Deshi. I am honored to write the first newsletter for our new Ueshiro Carleton dojo, founded in the fall of 2024. Our group is unusual in that we were formerly part of the Ueshiro Northfield dojo, but our size and logistics meant it was time to split up the responsibility for the dojo. I was honored to be asked by Sensei Steve Hatle to take up the reins, and I am learning a lot about our karate, my teaching, and about managing a lively group of curious college students.



Our group is also unusual in that we are made up of students earning their physical education credits at the college, as well as dedicated students who have completed their requirements, but wish to keep training with us. Each new 10-week term brings another 20 or so white belts onto the deck. We start from the foundation: learning basics, training the body, and focusing the mind, and doing hundreds of repetitions of Fukyugata-Ichi. When school is in session, we meet Tuesday and Thursday from 4pm-5:10pm, and together with the Northfield dojo on Saturdays, 10am-noon. We welcome guests from all across USRK!

This being our third term, I now have a core group of six to eight dedicated students who have continued their training with me since I began teaching in the fall. We have introduced three-point arm training, yakusoku



kumite, and we held a katathon in honor of Master Ueshiro's birthday this term, reaching 30 kata in our hour together. The students have taken to it with focus and self discipline, and it has been inspiring to watch them grow. I look forward to having many of them back next fall, when I intend to get them working towards their green belts.

## Rank Promotions



We have held two tests for promotion with the Ueshiro Carleton dojo, combined with deshi from the Ueshiro Northfield dojo. In the fall, we had three of the Carleton students on the spot, and another two joined them as Ro-Kyu at our winter full-belt promotion.

### Ro-Kyu

- Trixie Aguas
- Jimmy Carlson
- Luke Heschel
- Sophie Newmark
- Jeremy Rault-Wang

## Events

As Shihan of the dojo, my own continued training is critical to support the teaching I do for my students. For my regular training, I continue to attend classes with my family at the Ueshiro Northfield dojo. I was also able to attend both the Black Belt event in Nashville last October, and Sylvester, my oldest, and I trained hard in Florida this past February.



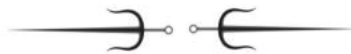


This May, I am looking forward to helping host our 2025 Minnesota in May event, on the 16th, 17th, and 18th. Most of our sessions will again be in the beautiful Cowling Gymnasium on Carleton's campus, and we look forward to welcoming all who come to train, sweat, and celebrate our karate together.

## Closing

I am deeply grateful to all of the dojo around our system who have dedicated workouts in honor of the life of Sempai Sylvester Huyck, and to the karateka who have reached out with personal notes, love, and support for our family. Sylvester is the reason I began my training, and in their honor, I continue to train and teach, and to keep a welcoming space for all who wish to train Ueshiro Shorin-Ryu Karate with us.

Domo arigato gozaimasu to Hanshi, Kyoshi, Sensei, and all deshi of Ueshiro Shorin-Ryu Karate. I look forward to joining you all on the deck, whenever our paths might cross.





# Holyoke Ueshiro Karate

*Sensei Austin Hatch, Shihan, San-Dan*  
*Holyoke, MA*

## News

Onegai shimasu Hanshi, kyoshi, sensei, and fellow deshi of USRKUSA,

Holyoke Ueshiro Karate **officially opened its doors on December 14th, 2024** with a full deck of visitors from Northampton Ueshiro Karate, family, old friends, and prospective students in attendance. A hearty “domo arigato gozaimasu” to all the deshi of Northampton Ueshiro Karate and Holyoke Ueshiro Karate who helped get the new dojo ready for training, from wiring to painting or mopping the deck, it takes a community to open a dojo. A special thank you to Sempai Matthew DeSouza for his tireless efforts just before moving abroad. He helped build a dojo even though he knew he wouldn’t get to train within its walls for long.

We had the great fortune of a visit from Sensei Matt Reed, denshi shihan of the Suntime / Melbourne Dojo, in February. Sensei Reed made a three hour drive across the state in an ice storm to share his training with us. Domo arigato gozaimasu, sensei! Your strong spirit persists on the deck here in Holyoke and we’re all working on catching with the heel.

## Rank Promotions

Holyoke Ueshiro Karate had the honor of joining the rank promotion held at Northampton Ueshiro Karate in February, training alongside visitors from Boston and Albany. Congratulations to Cynthia Tolson of the Holyoke dojo for her strong showing at the test and for her new rank of yon-kyu. Domo arigato gozaimasu to Sensei Gobillot for hosting a fantastic event!



## Events

Just prior to opening the Holyoke Dojo, Hatch Sensei traveled to Nashville for the annual black belt workout with Sensei Nancy Owen, Go-Dan, of the Northampton dojo. Their trip together was one of countless highlights afforded to Hatch Sensei in his time training with Sensei Nancy Owen. Domo arigato gozaimasu, Sensei, for the opportunity to travel together, for your wisdom, instruction, and your encouragement.



## Closing



While the Holyoke dojo is new, we are working hard to honor the legacy of Master Ueshiro each day on the deck. Domo arigato gozaimasu to Hanshi for the honor and privilege of opening a dojo and propagating the art of Shorin Ryu in a new city, to Kyoshi Seeger for your guidance, support, and instruction, and Sensei Dan Gobillot for your patient instruction and wisdom over the years, the opportunity to learn and grow as a student of Shorin Ryu, and your support in opening this new dojo.

Domo arigato gozaimasu,

Hatch Sensei  
San-Dan, Shihan  
Holyoke Ueshiro Karate  
Under the Direction of Hanshi Robert Scaglione  
and Regional Guidance of Kyoshi David Seeger



## UESHIRO BA'KFAR DOJO

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

Onegai-shimasu Ueshiro SRKUSA Worldwide,

These past 6 months we have continued moving forward on our Karate-Do path, while still in a state of war; including 2024 year-end events (e.g., December green-tip testing, Israel Shodan promotion of Sempai Meir Amarin, Hanukkah and Cumpai celebration), the launching of 2025 with participation in the Florida special weekend of training in early February, our February testing in Israel, and most recently our special training events in honor of Master Ansei Ueshiro's birthday and Katathon in remembrance of Israel's Holocaust and Memorial days leading up to our 77<sup>th</sup> Israel Independence Day celebration. Included below are some photos from these past months summarized above.

Since our February testing, we have had a large batch of new Green Belts at our dojo, learning the beginning of the Pinan-series of kata – through Pinan Shodan. What a great opportunity for all of us to improve this very important and challenging kata. We currently have a mixture of ranks on the deck, spanning various levels from white belt through green belt, brown tips, brown belt, and black belt. This is good; however, we are now in need of beginners to keep the cycle going!

At the end of May we are traveling to the fortress on Mount Masada, for our special spirited annual karate training there, where we are reminded of those who came before us and struggled for their freedom in the face of colonial empires trying to conquer our homeland (e.g., Egyptians, Babylonians, Persians, Greeks, Romans, Muslims, Turks, British, Iranians and their proxies).

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







2024 End-of-year karate training cumpai celebration during Hanukkah; including joint Zoom candle lighting and punching exercise with Kyoshi Seeger and his Ueshiro Pine Forest Palisades Dojo in New York



Sempai Meir Amarin promoted to Shodan this past December; has been faithfully serving as my deputy during my travels away from the dojo; upholding Ueshiro SRKUSA standards in an exemplary fashion







Eight of our dojo's deshi were promoted this past February:

1. Anat Lagon - Promoted to Go-Kyu (2nd Green Tip)
2. Nira Bydeh - Promoted to Yon-Kyu (Green Belt)
3. Adi Ziv - Promoted to Yon-Kyu (Green Belt)
4. Carlos Dyk - Promoted to Yon-Kyu (Green Belt)
5. Mike Landa - Promoted to Yon-Kyu (Green Belt)
6. Shay Kraim - Promoted to Yon-Kyu (Green Belt)
7. Motti Cohen - Promoted to San-Kyu (Brown Tips)
8. Aliza Barzily - Promoted to San-Kyu (Brown Tips)







Visiting and training with our Ueshiro SRKUSA family gathering in Florida first week of February; doing Yaku-Soku Kumite with my dear karate brother Sensei Kurt Tezel at Cocoa Beach, overlooked by Kyoshi Matt Kaplan; I remember Tezel's oldest son 30 years ago training in-between us at the initial Merritt Island Dojo; he was a small 5 years old then; now he is a tall and strong Sensei/Shihan Trevor Tezel

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

Sensei David Tamir, Denshi-Shihan

Ueshiro Karate Dojo ba'Kfar [Village Dojo]

Kfar-Saba, Israel

Ueshiro Shorin-Ryu Karate USA [in Israel]

Under the Direction of Hanshi Robert Scaglione

and Regional Guidance of Kyoshi David Seeger



# HONG KONG UESHIRO KARATE CLUB

*Sensei Alan Lai, Shihan, Roku-Dan*

*Hong Kong, China*

## News

Onegai shimasu Hanshi, Kyoshi, Sensei, and Deshi,

The Ueshiro Hong Kong Karate Club is proud to announce the results of October 2024 belt test: Sempai Jason Lee successfully passed the brown belt test.



We are also hopeful in welcoming more white belts in coming months.

Domo Arigato Hanshi, Kyoshi and Sensei.

Sensei Rayvel Tang, San-Dan

On behalf of Sensei Lai



# HERZELIA UESHIRO DOJO

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

## News

We continue to train with joy and vigor as Israel continues to be in a state of war, unfortunately, and our Shorin Ryu Karate serves as great source of strength to all of us. Our Deshi will join Tamir Sensei's fantastic initiative to hold a special training session in the historic site of the Masada mountain-top in the Judea desert' where a few years ago we were fortunate to have Hanshi and several US-based Sensei including Barnes Sensei and others in this special and dramatic location.

## Rank Promotions

Rank promotion was held earlier in the year, and four of our Deshi tested and were promoted to higher Kyu rank.

## Events

Last week we held a Katathon event in honor of Master Ueshiro's birthday. With multiple repetitions of Fugikata San.

## Closing

The gift of Shorin Ryu Karate continues to be an empowering and key element in the lives of everyone at the Herzelia Dojo.

Domo Arigato Hanshi, Kyoshi, and Sensei!  
Sensei Nir Zamir  
Go-Dan, Shihan  
Herzeliq Ueshiro Dojo  
Herzeliq, Israel





## Acknowledgements

The Ueshiro Shorin-Ryu Karate USA Newsletter is a bi-annual publication for the Dojo and Deshi of USRKUSA. This *Spring 2025* edition was compiled and edited by Sensei Austin Hatch, San-Dan, of Holyoke Ueshiro Karate under the guidance of Kyoshi David Seeger, Ku-Dan, of Pine Forest Karate, Palisades, NY and Kyoshi David Baker, Ku-Dan, of Midtown, NY.

徒らに	itazura ni
過す月日は	sugosu tsukihi wa
多けれど	okeredo
道をもとむる	michi o motomuru
時ぞすくなき	toki zo sukunaki

Though we idle away  
Many days and nights  
the times we seek the way  
are so rare  
-Eihei Dogen

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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