

USRKUSA Fall Newsletter 2014



Greetings from Hanshi Robert Scaglione	6
Easton Connecticut Ueshiro Shorin-Ryu Karate Club Easton, Connecticut	7
Ueshiro Cocoa Shorin-Ryu Karate Dojo Cocoa, Florida	8
Ueshiro Shorin-Ryu Merritt Island Karate Dojo Merritt Island, Florida	11
Ueshiro Shorin-Ryu Suntree Dojo Suntree, Florida	15
Ueshiro Titusville Karate Dojo Titusville, Florida	16
Ueshiro Viera Shorin-Ryu Karate Dojo Viera, Florida	17
USRKUSA West Melbourne Dojo Melbourne, Florida	18
Ueshiro Hawaii Karate Dojo	19
Boston Chinatown Ueshiro Shorin-Ryu Karate Club Boston, Massachusetts	20
Northampton Ueshiro Pine Forest Karate Dojo Northampton, Massachusetts	21
Ueshiro Mesabi Karate Dojo Aurora, Minnesota	22
Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota Northfield, Minnesota	27
Ueshiro Downtown Shorin-Ryu Karate Dojo New York, New York	30
Ueshiro Midtown Karate Dojo New York, New York	32
Ueshiro Uptown Harlem Karate Club New York, New York	39
Wingspan Arts Afterschool Ueshiro Karate Club & Poly Prep Summer Experience Ueshiro Karate Club - New York, New York	40
To-Te Ueshiro Karate Club Nyack, New York	41
Ueshiro Pine Forest Karate Palisades, New York	44
Ueshiro Okinawan Karate Club of Pelham Manor Pelham Manor, New York	46
Ueshiro Okinawan Karate Family Club State College, Pennsylvania	47
Ueshiro Shorin-Ryu Nashville Family Karate Club Nashville, Tennessee	49
Dulles Ueshiro Shorin-Ryu Karate Dulles, Virginia	50

Ueshiro Northern Virginia Karate Club Centreville/Reston, Virginia	53
Ueshiro Hong Kong Karate Club Hong Kong, China	59
HSMC UESHIRO Karate Club Kowloon, China	61
Ueshiro Chinese University Karate Club Shatin, Hong Kong, China	62
Ueshiro Harbour Karate Club Hong Kong, China	63
Ueshiro Neve [Oasis] Karate Dojo Neve Yamin, Israel	64



Shorin-Ryu Karate
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Greetings from Hanshi Robert Scaglione

Greetings All USRKUSA Kyoshi, Shihan, Sensei, Sempai and Deshi Worldwide,

I am honored to be part of this great karate organization. One of the greatest virtues in life is to help other people. We of USRKUSA are in a unique position to do just that and propagate this art so that many others like ourselves can benefit from training karate. In this energetic training, we grow in body, mind and spirit.

The best way for us as karate people to share this growth is to welcome new faces into our Dojo's doors and help them progress through the ranks. Ultimately they will achieve Kyu and Dan level within USRKUSA. The greatest measure of progress is the growing number of new ranks in our Dojo so that this gift of karate can perpetually touch others the way it has us.

We thank Master Ueshiro who exemplified exactly that when he made the journey from Okinawa to the States in 1962. Due to his dedication this art is here for us all to enjoy. This is documented worldwide. This is the history of our organization.

"KEEP TRAINING!"- Gichin Funakoshi

Hanshi Robert Scaglione



Easton Connecticut Ueshiro Shorin-Ryu Karate Club
Easton, Connecticut



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

In Easton, we continue to follow Hanshi's directions to show up and step first. We honor Master Ueshiro's memory by performing many repetitions of basics and kata in this 52nd year of Ueshiro Shorin-Ryu Karate USA. And then we step up our training further with an eye towards the upcoming Annual Black Belt Workout and Kanpai. As the New England Fall arrives, we look forward to the upcoming USRKUSA events throughout the system and welcome any deshi who wish to visit and train with us in Connecticut.

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

Class schedule:

Tuesday 5:45 PM - 7:00 PM
Sunday 8:00 AM - 9:15 AM



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SOKU

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Ueshiro Cocoa Shorin-Ryu Karate Dojo

Cocoa, Florida

(April 2014 through August 2014)
Sensei Ron Marchetti Godan, Shihan (321-412-3021)
Sempai Dennis Flynn Shodan, Co-Shihan

Onegashimasu Hanshi, Kyoshi, Sensei and SRKUSA Deshi,

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

Monday and Wednesday – 7:00 PM to 8:30 PM (All ranks – adults and children)
Saturday – 11:30 AM to 1:00 PM (All ranks – adults and children)

The Ueshiro Cocoa Dojo Dan Level Deshi (Sensei Ron Marchetti – Godan, Sensei Pat Marchetti – Sandan, Sempai Dennis Flynn – Shodan, Sempai Youjian Nistorenko-Shodan, and Sempai Maurice Nistorenko – Shodan Ho continue to lead the dojo in instruction of classes, along with Ik Kyu/Ni Kyu Deshi that continue to assist. The Ik Kyu instructors are Sempai Don Carter, Sempai Rob Weaver and Sempai Robert Hunt. The Cocoa Dojo goal is to provide karate instruction to the Cocoa Deshi as brought to the United States by Grand Master Ansei Ueshiro and as currently taught by Hanshi Scaglione and the Kyoshi.

The Cocoa Dojo conducted Kyu level green tip tests on 28 April, 23 June and 27 August. The tip test results for the three spirited events were:

28 April - Receiving the rank of Ro Kyu (one green tip)

Jackie Lewis

23 June - Receiving the rank of Go Kyu (two green tips)

Jackie Lewis

27 August - Receiving the rank of Ro Kyu (one green tip)

Sabrina Knear
James Knear
Aaron Glover
Chris Knear

All green tip tests adhered to the USRKUSA guidelines where each of the deshi testing performed their required kata individually, and after all kata were performed basic techniques were demonstrated by the entire testing group. The physical portion of the test was followed by questions from the boards of judges to establish the importance of our karate heritage. All of the green tip tests were conducted at the typical class evening time starting at 7:00 PM and continuing until 8:30 PM.



The Cocoa Dojo participated in the Dan Level promotion held at the Merritt Island Dojo on 10 August that started at 7:00 AM and continued until 4:30 PM. Hanshi Scaglione presided over the promotion which was an exciting event. Cocoa Dojo Karateka that were promoted were:

Sensei Ron Marchetti-Go Dan
Sensei Pat Marchetti-San Dan
Ms. Youjian Nistorenko-Sho Dan
Mr. Maurice Nistorenko-Sho Dan Ho

Cocoa Kareteka that tested and will receive their rank in the near future were:

Dakota Flynn-Cocoa Dojo

The Ueshiro Cocoa Dojo hosted the combined Florida Dojo Kyu level belt test which was held on 24 August. Hanshi Scaglione conducted the promotion which first began as always with courtesy, warm-ups, basics and kata. Hanshi emphasized engraving the techniques we work so that they become perfect. Hanshi also admonished all Deshi to get lower, especially when performing squat punches and other blocking and striking techniques, and to not rise between techniques. Hanshi also stated that it is okay to practice at home, in fact, it is recommended, especially if we want to engrave our techniques accurately. After the formal class, the promotion began and continued until all 27 Deshi had performed all of their required kata. The Ueshiro Cocoa Dojo Deshi that were promoted included:

Promoted to the rank of Yon Kyu (green belt)
Morgan Murdick

Promoted to the rank of Orange Belt
John Nistorenko
Ayania Smiley
Cheyenne Flynn

Promoted to the rank of Ik Kyu (two black tips)
Rob Weaver
Robert Hunt



Domo Arigato Gozaimasu
Sensei Ron Marchetti
Shihan, Ueshiro Cocoa Dojo

Ueshiro Shorin-Ryu Merritt Island Karate Dojo Merritt Island, Florida



Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

The Ueshiro Shorin-Ryu Merritt Island Karate Dojo has classes five days a week: Mondays, Tuesdays and Thursdays at 6pm and Wednesdays at 8am and Fridays at 6am.

In addition to myself, classes are taught by Sensei Ron Marchetti, Sempai Travis Culp (Sho-Dan) and Sempai Shelly Lopez (Ik-kyu). Sempai Carla Eddy (Ni-Dan) assists and substitutes when needed.

We continue to host advanced classes twice a month led by myself and Sensei Ron Marchetti. These classes pull in students from all six Florida dojos and are always well attended.

April 15, 2014 we held a tip test in which Zachary Rife, James Rife and Robbie Thomas-Ward were promoted to Ro-Kyu and Tim Bond was promoted to Go-Kyu (see below).



In celebration of Grandmaster Ansei Ueshiro's birthday on April 20, the Ueshiro Merritt Island Karate Dojo held its annual Katathon Monday night. Great spirit and energy was in abundance throughout the evening. Some deshi arrived early to get a jump-start on the katathon and some deshi needed be practically pulled off the deck after the katathon had formally ended (see below).



We had our annual Memorial Day Beach workout out on May 26th. We had a great turnout and a long class both on the beach and, for those who chose to do so, in waist-deep water.



June 24, 2014 we held a tip test in which Brianna Lewis was promoted to Ro-Kyu and James Rife to Go-Kyu (see below).



On the Fourth of July we had the pleasure of hosting a special class led by Hanshi and Sensei David Tamir who was visiting us from Israel. It was a great workout and packed deck (see below).



On August 11, 2014 the Merritt Island Dojo was host to a blackbelt test. Ten students tested over the course of 9 ½ grueling hours (see left).

At the Florida dojo promotion held August 24, the following Merritt Island students tested and were awarded the following ranks: James Rife – Yon-Kyu, Larry Geiger – Yon-Kyu and Kacy Bauman – Ik-kyu.

Two days later we held a tip test and promoted to Ro-kyu were: Bishop Lewis, Braydon Leatherman, D.J. Leatherman, Hailey Greer, Ermelinda Egge and Dwight Leatherman (see below).



Domo Arigato Gozaimasu,

Denshi/Sensei Tezel, Shihan Ueshiro Merritt Island Karate Dojo
Ueshiro Shorin-Ryu Karate USA
Founded by Master Ansei Ueshiro

Under the Direction of Hanshi Robert Scaglione



Ueshiro Shorin-Ryu Suntree Dojo

Suntree, Florida

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

It is hard to believe that I am finishing up my second year as Shihan of the Ueshiro Shorin-Ryu Suntree Dojo. It has been such a pleasure to train and grow along side of the men, women, and children that make up our ranks. We continue to build upon the solid foundation that Sensei David Tamir laid out for us. Our location is in an ideal spot. We are centrally located between five other neighboring dojo and within a few miles of the Viera Rec Center where Hanshi conducts his classes.

I am very pleased to share that one of our Suntree deshi, Jennifer Sangalang, was promoted to Sho-Dan on August 10th. We are fortunate to have such a dedicated member of the Ueshiro Shorin-Ryu organization at the Suntree Dojo.

On August 24th the Suntree Dojo participated in our combined semi-annual full-belt promotion held at the Cocoa Dojo. It was a great event and a fantastic opportunity to train with Hanshi, Sensei, Shihan and other deshi from all of the Florida Dojo.

On August 31st we conducted a separate green tip test at the Suntree Dojo. It was a very spirited event attended by several Suntree deshi that came out to support those who were testing.

The Suntree Dojo offers classes four days per week. Sunday's 11:00 A.M. until 12:30 P.M., Monday and Wednesday's 7:45 P.M. until 9:00 P.M., and Friday's 4:30 P.M. until 5:30 P.M. Offering all of these classes would not be possible without the commitment of our advanced ranks. I would like to recognize Sempai Kevin Hutchenson (Sho-Dan), Sempai Jennifer Sangalang (Sho-Dan), and Sempai Christell Bodrick (Ik-Kyu). Without their assistance we would not be able to offer this variety of class options.

Please find the below list of recent Suntree Dojo promotions from our combined August 24th Florida Dojo semi-annual promotion and the August 31st green tip test.

Promoted to Ro-Kyu

Charlie Pepin

Brian Arriagada

Tom Pepin

Promoted to Yon-Kyu

Jane Zhang

Jorge Carbajosa

Promoted to Ni Kyu

Ada Yumiceva

Domo Arigato Gozaimasu,

Sempai Matt Reed, Ni-Dan

Shihan Ueshiro Shorin-Ryu Suntree Dojo

321-213-3124, rpd197@yahoo.com



Ueshiro Titusville Karate Dojo

Titusville, Florida

Onegashimasu Hanshi, Kyoshi, Sensei and SRKUSA Deshi,

The Ueshiro Titusville Shorin-Ryu Karate Dojo is growing and moving forward with joy and vigor in two locations! We will be moving both scheduled classes to The YMCA Family Center on the corner of Harrison and Park Ave in Titusville. With this move classes will no longer be held at the YMCA Tennis and Racquetball Center located on 3050 Satterfield Rd. However the dates and times for classes will remain the same.



Class Schedule:

Classes are currently conducted at the Titusville YMCA Tennis and Racquetball Center located on 3050 Satterfield Rd., Titusville, Florida on Mondays at 6:00 pm and at the Titusville YMCA Family Center located at 2400 Harrison St., Titusville on Fridays at 5:30 pm. Both classes are comprised of all ranks, including adults and children, as we are fortunate to have multiple family members (children and adults) who are learning karate together.

Roster of Instructors:

Instructor is Ed Bauder, Sho-Dan (Ho). Instruction to Titusville residents is as brought to the United States by Grand Master Ansei Ueshiro and as currently taught by Hanshi Robert Scaglione.

We have experienced growth in members thanks to the opening of the school year and our high exposure at the Titusville YMCA family center. We also look forward to continuing to participate in events and other activities to be held throughout Brevard County.

Domo Arigato Gozaimasu,

Edward A. Bauder, Sho-Dan (Ho)
Shihan, Titusville Dojo
Denshi/Go -Dan, Sensei Kurt Tezel, Sponsor

Ueshiro Viera Shorin-Ryu Karate Dojo Viera, Florida

Greetings USRKUSA Members,

It has been an honor to watch the steady progression in the six Brevard County, Florida dojos over the past months and years. We, Shihan & Deshi of Florida work closely together with the common goal to keep each location strong.

Our Viera Dojo/Club location alone this past August tested and promoted 27 Deshi. For this we are thankful for the efforts of the Viera Dojo/Club: Sempai, Deshi, parents, spouses and support people.

Tests of August 17th & 18th 2014:

Receiving the rank of Ro-Kyu (one green tip) are:

Kermani Brightman	Robert Ringsmith
Destiny Brown	Julia DiValerio
Carla Cummins	Jason DiValerio
Bodhi Ringsmith	

Receiving the rank of Yellow Belt are:

Abigail Bohannan
Emma Bohannan
James Bohannan

Receiving the rank of Yon-Kyu (Green Belt) are:

Hannah Bohannan	Melody Bohannan
John David Bohannan	Lisa Miller
Jordan Lopez	

Also for Green Stripes are:

Violet Bohannan, Ashton Gross, Nicholas DiValerio and Luke Henderson.

Receiving the rank of San-Kyu:

Juliana Boggs	Justin Thompson
Jeanne Boggs	Joshua Thompson

Receiving the rank of Orange Belt:

Sonya Rao	Lauren Norman
Ezekeil Lopez	

Receiving the rank of Ni-Kyu:

Joshua Boggs

We also conducted a Black Belt test on August 10th 2014 for ten Dan Level candidates from the six Florida locations. Tested and reviewed were Sho-Dan to Go-Dan ranks. All results are reflected in this newsletter.

A special thanks to Grand Master Ansei Ueshiro for bringing Shorin-Ryu karate to our country, despite great personal hardships, for our betterment and enjoyment through Shorin-Ryu Karate USA.

Domo arigato gozaimasu.
"Keep training!"

Sincerely,
Hanshi Robert Scaglione



USRKUSA West Melbourne Dojo Melbourne, Florida

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

I am proud and humbled to report that the USRKUSA West Melbourne Dojo is running strong. Of course we are so fortunate to have Hanshi Robert Scaglione, Sensei Kurt Tezel, Sensei Ron Marchetti, and Sensei Pat Marchetti in very close proximity to offer guidance and support. Our dojo meets three times a week on Tuesday and Thursday @ 7:00 PM and on Saturday at 10:00 AM. I am very thankful that our classes are well attended and we are able to effectively carry out the USRKUSA mission. We have many strong students who are sticking with the training and advancing nicely. I am so honored to be able to train along side these deshi as I learn so much from them and I am so fortunate to be able to instruct them. I receive invaluable support from Sempai Miranda Aiken (Ik-Kyu). She instructs our Thursday class with joy and vigor and is essential to our mission.

Domo Arigato,

Sempai Rick Cupoli
Shihan West Melbourne Dojo
Ni-Dan



Ueshiro Hawaii Karate Dojo

Join us in our new training location right at the base of Diamond Head Crater in the beautiful Kapiolani Beach Park.

The Aerial map above shows Kapiolani Beach Park



Coming From Waikiki, the areas marked with yellow indicate parking areas. The Red Star marks the training Area.



In order for a gem to shine it must be polished. Let's all continue to train harder and harder each day to perfect and polish our techniques.
Arigato Hanshi for all your guidance.

Arigato to our Kyoshis for their hard work and leadership.

From all of us here in Hawaii, A big Aloha to our fellow Sensei, Sempai and deshi throughout the world.

Build Confidence. Build Strength. Build Warrior Spirit.

Ueshiro Hawaii Karate Dojo

www.uhkdojo.com

email: info@uhkdojo.com

Boston Chinatown Ueshiro Shorin-Ryu Karate Club

Boston, Massachusetts

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

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

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

We were honored most recently to participate in the Northampton Dojo's August rank promotion.

Domo arigato gozaimasu to Denshi-Shihan-Sensei Gobillot for leading the board of judges (and for permitting me the honor of calling the test), to Sensei Mary McKittrick and Mr. Keith Burrows for joining the board of judges and to Northampton's other Sensei and deshi for, as is proper, adding their spirit and sweat to the event even though they were not testing on the spot and for including us in their test.

Congratulations to the Northampton and Albany deshi who tested. Congratulations to Boston deshi who tested: Sean Jones (ikkyu), Theo Panagakos (nikyu), Steven Ochsner (sankyu), M. Wiggins, Sr. (gokyu) and M. Wiggins, Jr. (rokyu).

We were also honored by a visit from Sensei Dobrow in August. Domo arigato gozaimasu Sensei for a memorable, vigorous and extended class.

The Boston club also held a tip test in June and was honored to have deshi from the University at Albany club join us for the test.

Congratulations to Junrong Shi (from the Albany club) and M. Wiggins, Sr. (of the Boston club) who were promoted to rokyu.

Domo arigato to Mr. Keith Burrows, Nidan, who called the test and to Joseph Cheung, ikkyu, and Keith Chan, ikkyu and director of the Albany club, who completed the board of judges. Arigato as well to Sean Jones, Theo Panagakos and Steven Ochsner, who added their spirit and sweat to the event even though they were not testing on the spot. Arigato to Jason Noon-Damiani, then white belt from Albany, showing big spirit to make the trip from Albany also to support his fellow deshi.

With new ranks awarded, we remembered that we only earn our new (or current) rank when we receive the next one, or, in other words ...

Keep Training.

Domo arigato gozaimasu to all,
Emiliano Mazlen
Yon-Dan
[857-234-7350](tel:857-234-7350)
emazlen@hotmail.com

Northampton Ueshiro Pine Forest Karate Dojo Northampton, Massachusetts

Onegai Shimasu, Hanshi, Kyoshi, Shihan, Sensei and deshi of Ueshiro Shorin-Ryu Karate USA,

The training days for this year are quickly racing to their end. This year started out as a dojo member-building year coming in with a strong children's program. Special thanks to Tracy Magdalene and Glen Moon for all their leadership. Also I would like to point out the dedication and effort that is being shown by others in instructing and covering scheduled classes. Sensei Jean Gobillot, Sensei Mary McKittrick, Sensei Vern Fath, Sensei Nancy Owen, Michele Mastroianni, Robert St George and Peter Mitchell and Cyn McDonald (her first class) have continued to pass on this art in the way we have been shown by Hanshi Robert Scaglione.

On August 23rd we hosted a multi dojo full-rank promotion. Many deshi from the Boston club headed by Sensei Emillano Mazlen and the Albany club just started up and run by Keith Chan attended. Congratulations to all those who grew through the vigorous workout and testing that followed. It was a very strong show of strength, skill and spirit. We broke bread and shared kanpai afterward. I've always thought it good to get to know karateka on and off the deck. Seeing deshi throughout the years that I do not train with everyday is inspiring.

Please feel free to contact me anytime you are in the area and would like to train.

Domo arigato gozaimasu,

Daniel W. Gobillot

Shihan, denshi, schichidan - Northampton Ueshiro Pine Forest Karate Dojo
413-320-5945 (c)



Ueshiro Mesabi Karate Dojo

Aurora, Minnesota

Onegaishimasu Hanshi, Kyoshi, Sensei, Senpai and Deshi worldwide,

2014 has been an amazing year for the Ueshiro Mesabi Karate Dojo. We continue to grow as we move forward, diligently sharing what we have learned with the good folks of Northern Minnesota. Arigato Hanshi, Kyoshi, Sensei and Senpai for teaching us!!! Sensei Kleusch continues to encourage his highest ranking students to 'spread their wings' as assistant instructors. Senpai Sam MacGregor, Senpai Hannah MacGregor, and Senpai Craig Johnson, our adult Senpai, are showing exceptional leadership and commitment in everything they do. Our dojo owes them the deepest debt of gratitude and most humble thanks. Arigato Senpai!!!

In addition, our junior Senpai, Senpai Odin MacGregor, Senpai Patrick Douglas, Senpai Ben Gornic, Senpai Dylan Erickson, Senpai Jack Johnson and Senpai Tristan Erickson all continue to exemplify the virtues of bushido and leadership with our newer students. Arigato Senpai!!! You are a shining example to all our new white belts. Keep up the good work.

Our ranks are growing, but Sensei Kleusch is doing his best to moderate this growth in order to maintain quality control. We have done very little advertising as we are in negotiations for a larger space in Aurora in order to accommodate any potential large influx of students. Unlike most urban areas where commercial martial arts studios abound, up here in Northern Minnesota there are virtually no martial arts studios, dojo or clubs. But instead of taking advantage of this vacuum and multiplying rapidly, he is being calculating and cautious, developing assistant instructors before moving forward with any expansion plans.

Also true to the path set before us by Master Anko Itosu, Sensei Kleusch continues to develop his relationship with with the Iron Range public school systems, currently with Mesabi East. When the time is right (i.e., more assistants available) the plan is to expand our school outreach program into other public school venues on the Iron Range. Arigato Master Itosu!!!

We have participated in and conducted many events this year. Please enjoy the following review of what we have done.

In February of this year, Sensei Kleusch traveled to Florida for the Annual February workout hosted by our Florida dojo. We owe a big Arigato Senpai to Richard Cupoli for hosting Sensei Kleusch during his visit. You opened your home and your hearts to our Sensei and his son. You and your family are the best! Arigato Senpai! Sensei's training partner, Sensei Dobrow was there also. Please see their composite photo created by Sensei Dobrow below.



In May of this year, Sensei Dobrow hosted the 'Minnesota in May' event most magnanimously. He invited Sensei Kleusch to stay in his home and also helped arrange transportation, accommodations and dining for all visiting karateka. Arigato Sensei!!! Hanshi Scaglione, Kyoshi Kaplan, Kyoshi Scaglione and Sensei Raymond also graced the event with their presence. It was an awesome experience and was the first contact of the UMKD students with Hanshi, Kyoshi Kaplan, Koshi Scaglione and Sensei Raymond. The UMKD students showed great spirit in overcoming their nervous anticipation and drank in every correction on the deck. Arigato Hanshi, Kyoshi and Sensei!!! Please see our composite picture below.





A few months later, on the Fourth of July, the UMKD group marched in the 4th of July parade in

Aurora. All of our deshi rose to the occasion, a grueling three-hour event that required their best effort. Arigato Deshi!!! Several new students joined soon after. See picture below.



A week later, on July 12th, the Ueshiro Mesabi Karate Dojo held the first annual 'Lake Superior Beach Workout'. Besides our huge turnout, Sensei Dobrow, accompanied by a host of students from his dojo, helped make our event a huge success. The lake was flat, the weather calm and the karate hot!!! Arigato to all who turned out. See pic below.

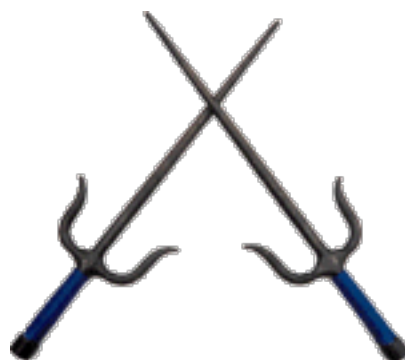


More recently, The UMKD conducted our August belt testing with fantastic results. Please refer to our previous August promotions post for details but suffice it to say that everyone who tested passed with flying colors! Arigato to all our Senpai who served on the board of Judges. Your continued efforts are what make our dojo great. Please see our promotion picture below.



Itsu Demo Gambatte Kudasai! (*Please keep giving your best effort!*)

Domo Arigato Gozaimasu Hanshi, Kyoshi, Sensei, Senpai and Deshi!



Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota Northfield, Minnesota

Ueshiro Shorin-Ryu Karate is stepping first and moving forward in southern Minnesota. The Northfield, Minnesota dojo has made big strides. The highlight of the past six months was the visit of Hanshi, Kyoshi and many others to our third annual Minnesota in May weekend training. Domo arigato to Hanshi, Kyoshi Sal Scaglione and Matt Kaplan, Sensei Kevin Reymond and Lyle Kleusch, Sempai Bill Breitenbach, Liz Evison, Lief Esbenshade, and the students of the Mesabi Ueshiro club in upstate Minnesota who visited us at the end of May, making this an extra special karate event. This is the fourth year in a row in which senior black belts have visited our dojo in late Spring. In addition to the regular class schedule, which meets three times a week in the summer, and four times a week during the academic school year, we had many special events. These included:



- April 20: All-kata workout to celebrate Master Ansei Ueshiro's birthday
- June 22: Bo training for advanced students
- July 12, Saturday, Lake Superior Beach Workout in Duluth, Minnesota. The following deshi traveled to Duluth to join with the Mesabi Ueshiro dojo: Sensei Bob Dobrow, Steve Hatle, Scott Sijon, David and Leaf Pennock, Lori and Sam Folland, Brenda Hellen
- July 20: Early morning outdoor workout in street clothes
- July 27: Three-hour early morning advanced brown and black belt training on Lakeville Beach at Antlers State Park.
- August 10: Katathon -- all-kata workout
- Sept 13: Advanced brown and black belt training



Congratulations to Mr. Peter Holocher, currently living in Chicago, who was awarded his black belt, sho-dan.

In the past six months our dojo was honored by the visit of Sempai Carla Eddy, ni-dan, who joined and helped teach a class on the evening of July 30.

Domo arigato gozaimasu to our dedicated Desh, to Kyoshi and Hanshi Robert Scaglione, our inspired teachers, and to Master Ansei Ueshiro for sharing with us the special gift of karate-do.

Respectfully submitted,
Sensei Bob Dobrow, Shihan
Ueshiro Shorin-Ryu Karate Dojo of Minnesota



Ueshiro Downtown Shorin-Ryu Karate Dojo New York, New York

Onegai Shimasu Hanshi, Kyoshi, Sensei and Fellow Deshi,

Always Moving Forward

The Ueshiro Downtown Shorin-Ryu Karate Dojo continues to grow as we move forward to expand our student base and increase awareness of Ueshiro Shorin-Ryu Karate in the community.

We are grateful to everyone who has contributed to the Ueshiro Downtown Dojo, including Black Belts Kim Garon, Michael Gallagher, Candace Morgan, and Henri Waelbrock, as well as Lief Esbenshade (Ik-kyu), Liz Evison (Ik-kyu), Lisa Rosenberg (Ik-kyu) and David Idell (Ni-kyu).



Specialty Workshops

We continued our workshop program downtown and have a number of new workshops scheduled over the next several months. We believe these workshops allow us to focus on one kata, bunkai, weapon, or yaku-soku exercise and thereby provide an opportunity to more fully explore specific techniques that improve our overall knowledge and skills.

Open Houses

We have developed a program of Open Houses conducted for the general public every quarter. Kata, basics, prearranged fighting, bunkai and weapons, are all demonstrated along with a discussion of our style of karate and the history of Ueshiro Shorin-Ryu. Once again we will be conducting our annual outdoor katathon in April commemorating Master Ueshiro's birthday.

“My statement is simply ... if one pursues any goal with dedication, any art can be grasped and made to manifest in near perfection. There are no limits to what can be accomplished.”

Hanshi Robert Scaglione

From Building Warrior Spirit

Domo arigato gozaimasu, Hanshi, for your leadership, support and inspiration! Arigato as well to Kyoshi(s) Seeger, Mackay, Baker, Kaplan, and Scaglione for your contributions and unwavering spirit. A final “Domo arigato” to all loyal deshi for bringing Master Ueshiro’s vision forward into its 53rd year.

Class Schedule

Monday	5:30 - 7:00 pm
Wednesday	7:00 - 8:30 pm
Thursday	5:30 - 7:00 pm
Sunday	4:15 - 5:45 pm

Sensei Kevin L. Reymond
Denshi-Shihan, Ueshiro Downtown
Shorin-Ryu Karate Dojo



Sumo - Bill Cummins

力 胆 足 眼 藝 士

Ueshiro Midtown Karate Dojo New York, New York

Onegai shimasu, Hanshi, Kyoshi and USRKUSA Deshi around the world,

The Ueshiro Midtown Dojo continues to move forward in the Year of the Horse with the joy and vigor of a mustang that has just kicked down the barn door. Domo arigato gozaimashita to Hanshi, my fellow Black Belts, and all kyu ranks up to and including our most recent sign-ups for creating the environment of mutual support that makes Ueshiro Shorin-Ryu karate possible. Below are a few of the brighter highlights in our past six months of training:

Katathon week celebrating Grand Master Ansei Ueshiro's Birthday

During the last week of April the Midtown Dojo hosted numerous katathons and special events.

On Sunday, April 27, Sensei Hend El-Sayed organized a karate exhibition for nine children from the Islamic Society of Manhattan along with their parents. The demonstrations were led by Messrs. Jon Cohen and Ibrahim Jalloh, with assistance from Sensei John Robbins, his daughter Keely, Sensei Ron Ballin, Mr. Dawood Emmanuel, Muhammad Jalloh, Anso Bangura and Anna Sweeney. The demonstrations started with kihon across the deck followed by kata for each belt level. The group then performed pre-arranged fighting one through four. After the formal demonstrations the nine guests attempted Fukyugata Ichi accompanied by the three children deshi, with Muhammad Jalloh leading the count. The workout ended with an outstanding example of the power behind "beginner's mind."



On Tuesday, April 29, the Midtown Dojo held a green tip test in honor of Grand Master Ansei Ueshiro's 81st birthday. The workout preceding the test consisted of marathon repetitions of all basics performed from jigotai-dachi. The formal test included the traditional Go-kyu and Ro-kyu requirements, followed by multiple demonstrations of Fukyugata Ichi and Ni by the green and brown belt students. The Board of Judges consisted of Sensei(s) Gamiel Ramson, Luz DeLucia, Hend Elsayed and Mr. Henri Waelbroeck. Sensei Ellin Moore presided over the deck while the judges deliberated. Domo arigato gozaimasu to all the Black Belts for their

constructive criticism to the group: "Hit makiwara. Work on tight fist. Slow down. Gan concept." Based on their performances during the test and on their willingness to "Keep training," the following deshi were promoted:

- Janu Subramanan (Ro-kyu)
- Eric Baber (Go-kyu)

Congratulations to the many deshi and family supporters for making this milestone possible.

Hanshi's Advanced Seminars in New York City

In early May we were honored to have Hanshi Robert Scaglione return to New York and offer two special classes. The first was conducted in the early evening of May 7 and was restricted to Black Belts only. A much larger workout took place the following evening in the St. Barts gymnasium and was open to all ranks. Both training opportunities led to numerous high-level corrections from Hanshi, plus a great deal of sweat left on the decks. The training on Thursday continued nearly to midnight, with Hanshi showing no sign of slowing down. Domo arigato gozaimasu, Hanshi, for so much sugar and for dedicating these invaluable blocks of time to help the deshi of Ueshiro Shorin-Ryu move farther along the path of karate-do.



June Tip Test

On Thursday, June 26, the Midtown Dojo conducted its mid-summer tip test. Two candidates were promoted based on their demonstrations of strong body, mind and spirit:

- Keelin Robbins (Ro-kyu)
- Sandy Rodriguez (Ro-kyu)

Domo arigato gozaimasu to the Board of Judges, Sensei(s) Larry Link and Luz DeLucia, Ms. Kim Garon and Mr. John Draghi, and to the other participants who came down for the workout and to offer moral support.

Children's Summer Class

As a follow-up to the April demonstration led by Mr. Cohen, the Midtown Dojo offered two noon-time classes per week between June and August for children from the Islamic Society of Manhattan. The classes were taught by Sensei Bruce Silver, Sensei Ellin Moore, and Kyoshi Mackay, and emphasized the concept of mixing fun with hard work to achieve any goal. Domo arigato gozaimasu to both students and instructors for their patience and "Never give up" attitude.



Sherwood Is. Beach Workout

On Sunday, July 27, over 30 students from the Metropolitan area dojo and clubs gathered at Sherwood Is. State Park for our annual beach workout. Training commenced under the direction of Kyoshi(s) Michael Mackay and Dave Seeger, supplemented by Sensei(s) Elliot Potter and Larry Link. The workout was dedicated to Grand Master Ansei Ueshiro for traveling to our shores, and to Hanshi Robert Scaglione for following in Master Ueshiro's footsteps. While the exercises followed the traditional order of warm-ups, basics, kata and yaku-soku kumite, the conditions were anything but normal: students trained through wind, rain, sun, sand, gravel and broken shells (plus an occasional step into Long Island Sound) to cultivate warrior spirit. The concepts of foundation and using hip were addressed repeatedly. Students also experienced performing kata inside a "fox hole" dug into the beach the day before. Domo arigato gozaimasu to all the participants from the Midtown, Palisades, Downtown, Nyack, Harlem, Brooklyn, Pelham Manor and Easton Ct. dojo for reenacting the long history of Ueshiro Shorin-Ryu beach workouts. Domo arigato also to everyone's spirit of camaraderie in offering travel assistance, hydration, first aid and moral support to their fellow deshi. A final "Domo arigato Kyoshi!" to Kyoshi Seeger for leading the group from start to finish, demonstrating every move and correction with his "platinum" standard of commitment.

After the workout students adjourned to Sensei Adam Dunsby's spectacular home in southern Easton for a BBQ picnic and pool party. The group shared many entertaining stories from the "old days" while savoring the simple joys of a summer afternoon. Domo arigato gozaimasu to the entire Dunsby family, as well as deshi Frank Mowka and Art Forne, for their generous hospitality all these years.



August Full Belt Promotion

The semi-annual full belt promotion at the Midtown Dojo was held on Sunday, August 10 in the gym of the St. Barts Athletic Center. The test was dedicated to those who served our nation, particularly in the Navy and Coast Guard, which played a pivotal role in the Battle of Okinawa and ultimately set the stage for Master Ueshiro to bring Shorin-Ryu to the USA. During the workout that preceded the test students were encouraged to make each technique better in an effort to increase their odds of success in a self-defense situation. Regardless of age, physical condition, or level of expertise, each deshi was reminded to improve upon whatever skill set he or she wakes up with each morning. Formal testing got underway with a board of judges comprised of Sensei(s) Gamiel Ramson, Larry Link, Ellin Moore, Rob Neff and Mr. Frank Mowka of the Ueshiro Easton Karate Club. After a thorough review of all kata, yaku-soku kumite, bunkai and breaking, the following deshi were promoted in rank:

- Sherin Bennitt - San Kyu
- Anna Sweeney - Ni Kyu
- Sam DiGiaro - Ni Kyu
- Jermiah Emmenuel - Ik Kyu

Congratulations to all the candidates for demonstrating two-second pause throughout their kata and thereby showing the judges the maximum effect of each technique. Domo arigato to Sensei(s) Hend Elsayed, Ron Ballin, Mr. Dawood Emmenuel and Ms. Candace Morgan for leading the group in marathon training during the judges' deliberations. Thank you also to Ni-Kyu Muhammed Jalloh (who shows up for every Sunday class) for conducting the warm-ups. The test concluded approximately 4-1/2 hours after it began with many words of encouragement from the Judges: utilize the mirror and video equipment to critique your kata; visit other dojo; a kata is always a simulation of a life-and-death battle; honor those who came before us; continue to grow in body, mind and spirit while endeavoring to keep all three in balance. After the formal bow-out, each participant received a red 50th Anniversary Commemorative cap in appreciation of their "showing up."



911 Memorial Workout in Central Park

On Sunday, Sept. 14, a large group of deshi from the Tri-state area travelled to a secluded glade in the Northwest corner of Central Park to celebrate the resilience of New Yorkers shown after the tragedy of 911. Under clear skies similar to the morning of Sept. 11, 2001, students assembled in small groups to warm up with their favorite kata or yaku-soku kumite. Formal training began with an extended period of meditation, followed by warm-ups conducted by one of our Sunday assistant instructors, Ansumana Bangura. The ensuing three hours of basics and kata focused on exploring balance and foundation on the uneven terrain, and integrating rather than fighting any obstacles (such as large boulders) that presented themselves. As per tradition, students wore informal workout clothes and avoided loud kiais to reduce the risk of intimidating other New Yorkers enjoying the park. The casual attire also showed the public that martial artists come from all age groups and walks of life. As the date marked the anniversary of Grand Master Ansei Ueshiro's arrival in the United States, we especially appreciated the large turnout of white belts. They more than any other group demonstrated the courage it takes to start on a new journey. Towards the end of the workout students moved to separate areas to train in focus groups: Brown Belts adjourned to a natural stone amphitheater to work Naihanchi kata; Black Belts moved to a stand of American elms for advanced kata training. Domo arigato gozaimasu to all the Black Belts for stepping up to assume leadership roles throughout the day. The workout ended with demonstrations from all students, including some weapons kata performed without the weapon, showing once again the determination and adaptability of seasoned karate-ka. In closing remarks, it was suggested that progress in making the world a more sane and peaceful place - especially in the wake of 911 - depended as much on individuals as on governments. We are especially indebted to individuals such as Grand Master Ansei Ueshiro and Hanshi Robert Scaglione for giving us the tools to become stronger citizens in body, mind and spirit.



Photos of these and other events are available on the Gallery page of our website: <http://midtownkaratedojo.com/Gallery.html>

Additional "Thoughts"

A large "Domo arigato gozaimashita" to the authors of the many inspired "Thoughts/Techniques of the Week" over these past six months. They always provide the USRKUSA Organization with fresh perspectives on established karate principles. Whether it's the comments from Admiral William McRaven on "10 Lessons to help change the world," or Kyoshi Baker's "Acceleration = change in velocity divided by time," these thoughts invariably lead to techniques that make us better karate-ka. We also must thank Hanshi Robert Scaglione for the many hours he puts in to reviewing each "Thought," often adding a subtle yet crucial detail or correction to ensure the proper information gets disseminated.

Based on the prior six months, the rest of the Year of the Horse is bound to end on a magnificent note. Please make a point of coming to Manhattan to train with us (and take in a little culture). Contact me via:

Kyoshi@MidtownKarateDojo.com
646-761-0683

Or better still, just show up.

109 East 50th St. (at Park Ave.)
New York, NY 10022

Class schedule

A big "Thank you!" to the Midtown Black Belts instructors and their assistants for their on-going commitment and sense of loyalty. As Hanshi so eloquently states, "To teach kata is to learn

kata, and from that maxim applied to life, an unbroken cultural chain is created and sustained.” Those who show up to conduct classes at the Midtown Dojo – whether at 7:15 am or 7:15 pm - are the ones forging new links that will extend our cultural chain into the future.

In addition to the regular classes listed below, each month we offer the following “Special Emphasis” classes:

- Black Belts – First Thursday of each month (Kyoshi)
- Brown Belts – First Friday of each month (Sensei Gamiel Ramson and Sensei Ron Ballin)
- Green Belts – Second or third Wednesday of each month (Sensei Kevin Reymond)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:45 – 8:30am	–	–	–	7:45 – 8:30am	10:45 – 11:45am	11:00 am - 12:00 noon
--	–	12:00 – 1:00pm	--	–	12:00 – 1:00pm	–
5:30 – 7:00pm	5:30 – 7:00pm	5:30 – 7:00pm (informal)	5:30 – 7:00pm	5:30 – 7:00pm	–	–
–	7:15 – 8:45pm	–	–	–	–	–

Domo arigato gozaimasu, Hanshi!

Kyoshi Michael Mackay, Ku-Dan
Ueshiro Midtown Karate Dojo

Ueshiro Uptown Harlem Karate Club New York, New York

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

The Harlem Karate Club would like to welcome two new white belts to our ranks. Mabel Bejar has been training since April and Ferdinand "Josh" Almodovar started with us this month. We continue to train with joy and vigor working the basics and performing many repetitions of kata and yakusoku kumite. We have recently been focusing on waiting for the count before moving or performing a technique; not anticipating an attack. Working on remaining calm and responding at the last moment. All deshi have shown tremendous focus and their dedication to our club allows us to keep moving forward. Thank you for making my job as your Shihan a little easier every week and for keeping our club strong.

Any Deshi is more than welcome to train with us on Saturdays from 2:00 to 3:00 pm. The Harlem Holistic Center is located at 115 West 128th St. between Lenox and 7th Ave. It is a few blocks up Lenox Ave. from the 125th St. stop off the 2 or 3 train. Please call or email me before you come to let me know you plan to visit. I can be reached at (917) 843-7871 or at jhq.adams@gmail.com

Domo Arigato Gozaimasu Hanshi,

Sensei John Adams, Shihan

San-Dan

Wingspan Arts Afterschool Ueshiro Karate Club & Poly Prep Summer Experience Ueshiro Karate Club - New York, New York

Onegai shimasu Hanshi, Kyoshi, Sensei and fellow Deshi,

This past Spring I had many students in my Wingspan Arts afterschool program at P.S. 748 in Bensonhurst, Brooklyn. We trained hard and worked basics & Fukygata Ichi. This past week I once again started with a new group of students in my afterschool program. We have a few returning students and many new students ranging from 1st to 5th Graders.

This summer I started working at a new camp Brooklyn Poly Prep Summer Experience. I taught two to three basic karate classes a day to both boys and girls groups. Campers ranged in age from 4th to 7th Graders.

It is exciting to be teaching karate where Hanshi Robert Scaglione grew up. I feel very lucky to be passing down traditions, techniques and forms that were given to us by the Shinden.

Domo arigato gozaimasu,
Sensei Neff

Midtown Ueshiro Karate

Wingspan Afterschool Ueshiro Karate Club (Wednesdays from 3:15 – 4:45 please call first if you want to visit: 917-549-4218.)



**To-Te Ueshiro Karate Club
Nyack, New York**

Onegai Shimasu!
Hanshi, Kyoshi, Shihan, Sensei & All USRKUSA Deshi



To-Te Ueshiro Karate Club, Nyack, NY held its Summer Belt promotion Saturday, August 16th beginning promptly at 1P with a vigorous workout followed by a formal testing of all candidates.

Congratulations to the following deshi who advanced and received NEW ranks:

**Dave Calligeros - Yon-Kyu | Green belt
Aaron Das - Yon-Kyu | Green belt**

Jon Peltz - San-Kyu | Brown Tips

**Eugene Calligeros - Orange belt
Ethan Markiet - Orange belt
Grace Abreu - Orange belt
Gabriel Abreu - Orange belt**

Jacquelyn Abreu - Ni-Kyu | Brown belt

Bryan Markiet - Ik-Kyu | Black tips

Mike Santoro - Ik-Kyu | Black tips

Mr. Dave Boykin - Sho-Dan ho | Black belt,
(tested 8/21 at Ueshiro Pine Forest Palisades Karate School)

I would like to personally thank Sensei Elliot Potter and Sensei Richard Vachino for being present and assisting with the initial workout and presiding as judges for the promotion along with Mr Ed Abreu who called the candidates up on the spot.

The testing ended at 6:33p with a formal bow out. A great day for all. I give thanks to Hanshi Robert Scaglione for his leadership and Master Ueshiro for the gift of Shorin-Ryu Karate.

Respectfully,

Powell Sensei
Shihan, To-Te Ueshiro Karate Club
Nyack, NY | 917 627 8199

WEEKLY CLASS SCHEDULE

Monday | After School Ryukyu Boot Camp 5P - 6P
Thursday | Adults 8P - 9:30P
Wednesday & Friday | Mid Day Karate 12P - 1P
Saturday | Karate Kids 10A - 11A
Sunday | Morning Advance Kata/Weapons 10A – 11A

Personal Instruction by appointment 845 353 8505

To-Te Ueshiro Karate Club
located 82 S Franklin St, Nyack, NY 10960
845 353 8505 | preston@to-te.org | www.to-te.org

**From all of us in Nyack! We hope to see many of you at the 52nd
Black Belt Celebration & Workout**



Ueshiro Pine Forest Karate Palisades, New York

UESHIRO PINE FOREST KARATE PALISADES NEW YORK
Shihan Kyoshi David Seeger motobu@aol.com
Class times: Tuesday 7p Potter Sensei / Wednesday 7p Kyoshi Seeger
Thursday 7p Lax Sensei / Sunday 10a Kyoshi Seeger

The 52nd Annual Black Belt Weekend Saturday and Sunday October 25-26, 2014



Click on link to sign up:

http://sho-go.com/52nd_USRK_Black_Belt_Invitation.htm

Schedule will be updated as needed with additional details to follow

Friday, October 24, 2014

5:30pm - If you are arriving at the Holiday Inn on Friday-
Kyoshi Seeger, Powell Sensei and the Black Belts from Ueshiro Pine Forest Karate School of Palisades,
and To-Te Ueshiro of Nyack will be there to welcome you and give you your
Event Package / VIP Goodies Bag

We are all here to assist you with any and all issues- big or small and to make your first night memorable.

If you have any questions or need assistance contact Kyoshi Seeger at motobu@aol.com

Saturday, October 25, 2014

7am - 9am - Free Hot Buffet Breakfast for Hotel Guests

Free Transportation to and from IBM Center (1 minute)

8am - 9:45am - Registration for Event, Locker Room to get in Gi, informal workout.

10am - 12:30pm - Formal Black Belt Workout - Dan Levels Only / IBM CENTER

12:40pm - 1:45pm - Informal Buffet Luncheon

2pm - Workout / Training in Groups under Hanshi's Supervision / Demonstrations

5pm - Shihan Meeting

7pm - 52st Annual Black Belt Dinner

Sunday, October 26, 2014

7am - 9am - Free Hot Buffet Breakfast for Holiday Inn Hotel Guests

9:30am - 12:00pm - Formal Black Belt Workout - Dan Levels Only / IBM CENTER

Visit the Hosting Dojos before you head home.

Ueshiro Pine Forest Karate School (1 minute by Car from IBM Center)



To-Te Ueshiro of Nyack (10 minutes by Car from IBM Center)



UESHIRO PINE FOREST KARATE SHIHAN KYOSHI DAVID SEEGER

Class times:

**Tuesday 7p Potter Sensei
Wednesday 7p Kyoshi Seeger
Thursday 7p Lax Sensei
Sunday 10a Kyoshi Seeger**

Ueshiro Okinawan Karate Club of Pelham Manor Pelham Manor, New York

Onegai shimasu, Hanshi, Sensei and Deshi,

The Okinawan Karate Club of Pelham Manor moved forward this spring and summer with a dedicated group of core students. Two of our deshi tested for Go-kyu on April 25 and received rank:

- * Sid Jain
- * Sachet Jain

Congratulations to these and all our students for their patience and persistence between ranks. The average length of stay at any level in our humble club is almost two years.

We also continued to be honored with guests from other dojo, in particular Mr. Lee Justo and Mr. Dave Boykin. Congratulations to Mr. Boykin on his recent promotion to Sho-dan Ho. This summer also saw Hannah Mackay, Yon-Kyu and Zoë Mackay, Shiro-Obi, on the deck as occasional participants.

The high-point of the past six months was our end-of-summer celebratory cruise out to Execution Rock on Long Island Sound. Chief Instructor Brian Heese demonstrated his characteristic generosity with his time and spirit in arranging this event. Domo arigato to the deshi for practicing foundation on the bow of the boat, as seen in the attached photographs. A video of kata Naihanchi Sho performed on the seas is available [here](#).



This Fall the Okinawan Karate Club of Pelham Manor approaches its 15th year in the Ueshiro Shorin-Ryu USA organization. Supported both financially and emotionally by Barbara Nichuals and her family, each class in the dojo brings back strong memories of Sensei Dan Nichuals and his love of traditional karate-do. Please join us any Monday evening to pay tribute to his “hard” style of karate, and his enduring loyalty to the USRKUSA Organization as preserved by Hanshi Robert Scaglione.

Class schedule

Monday, 6:30 to 7:30 pm
504 Wynnewood Road in Pelham Manor, NY

Contact: bheese123@gmail.com or Kyoshi@MidtownKarateDojo.com

Domo arigato gozaimasu,

Kyoshi Michael Mackay, Acting Shihan,
Okinawan Karate Club of Pelham Manor

Ueshiro Okinawan Karate Family Club State College, Pennsylvania

Onegai shimasu Hanshi, Sensei and Deshi of USRKUSA,

Our dojo is a welcoming place: Late summer is the time when our dojo reaches out to our community in search of new members. As summer winds down and families begin to plan for the new school year we welcome visitors to our dojo. Each deshi has her or his own way of making newcomers feel welcome. Barb always extends her hand for a friendly handshake and introduces herself. Ben is ever willing to help newcomers learn our warm-up routine. Sempai Noah and Sempai Tracie take charge of the more senior students, while Kyoshi Kaplan sets his sights on working with newcomers to make sure they get off on the right footing and to answer questions they might have. Finley is eager to help teach the basics to our visitors and we can tell they appreciate the fact that the younger students in our dojo feel confident enough to instruct.

We held our August Belt promotion on Sunday, August 31, 2014.

The following students tested and advanced in rank:

Yellow belt:

- Finley Musser

Green belt/ Yon-kyu:

- David Pacchioli
- Daniel Pacchioli
- Johnny Yao

Brown belt/ Ni-kyu:

- Mike Musser

Special thanks to the board of judges: Tracie Pletcher (Sho-Dan), Noah Kaplan (Sho-Dan), and Anne Burgevin (Ik-kyu).

Domo arigato gozaimasu to Hanshi Scaglione for his continued leadership, inspiration, and support in our pursuit of karate as a pathway for growing in body, mind and spirit.



Shorin Ryu
Karate USA



In a college town such as ours, the beginning of a new semester provides fortuitous timing for receiving a promotion in rank. It is a great time for new beginnings and a renewed commitment to learning, whether in school, at work, or on the karate deck.

We are enjoying the journey.

Sincerely,

Kyoshi Kaplan

Shihan, Ueshiro Okinawan Karate Family Club

State College, PA



Ueshiro Shorin-Ryu Nashville Family Karate Club Nashville, Tennessee

Onegai Shimasu Hanshi, Kyoshi, Shihan, Sensei and Desihi of Ueshiro Shorin-Ryu Karate USA,

Things continue to move slowly here in Nashville, but we continue to move forward.

If you recall from our Spring newsletter submission, we started offering free classes exclusively at Cornerstone United Methodist Church in Smyrna, TN. Since then we have had several inquiries into our club, and continue to actively seek new members.

In April, we promoted one of our new students, Josh Curtis, to Ro-Kyu.

For our August test, we promoted our first Yon-Kyu, Adam Gaines. Adam has worked very hard and is an excellent example of the spirit that Yon-Kyu represent on the Ueshiro Shorin-Ryu deck.



Thank you to Pastor Beth Ezell and the congregation of Cornerstone United Methodist Church for their continued support of our club.

Thank you Hanshi and the Kyoshi for your continued leadership and guidance.

Domo Arigato Gozaimasu!
Sensei Sean Paus, San-Dan!
Shihan, Ueshiro Shorin-Ryu Nashville Family Karate Club!

Dulles Ueshiro Shorin-Ryu Karate Dulles, Virginia



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

The students of *Dulles Ueshiro Shorin-Ryu Karate* continue to move forward and develop warrior spirit through dedication and commitment to training. Since the last newsletter, we've welcomed two new students—Zhilwan and Brian. Both have brought great energy, humility, and openness to the principles and techniques of Shorin-Ryu Karate.



(Dulles students: Bonnie—*founding member of Dulles dojo who's now a formal member of NoVA dojo*, Amit, Catherine, Jenny, Anthony, and Zhilwan, *not-pictured is Todd who also tested*)

We were again honored by the generous hospitality and welcoming spirit of the warriors of *Ueshiro NoVA Karate* for our 16 August joint promotion testing. The students of *Dulles Ueshiro Karate* and I extend our heartfelt thanks to Kyoshi Salvatore Scaglione for leading and supervising the event and to Sensei Lisa Markowitz, Sensei Shabbir Kazmi, and Sempai Jim Davis for their service on the board of judges and insightful individualized feedback for each student. We also thank Sempai Jonah Markowitz for once again marshalling the candidates to/from “the spot,” and all of the deshi of Ueshiro NoVA Karate for sharing their support and big warrior spirit!

Promoted to *Ni-Kyu*: Todd L.
Promoted to *San-Kyu*: Amit P., Anthony P., Catherine M., and Jenny D.
Promoted to *Ro-Kyu*: Zhilwan J.



Dulles Ueshiro Karate was honored to share in a joint workout with the students of Ueshiro NoVA on the occasion of Sensei David Tamir's August visit to the DC area. We enjoyed a spirited outdoor workout where Sensei Tamir sprinkled much sugar on all present. We extend a hearty "Domo Arigato!" to Sensei Tamir for his visit and as-usual generosity of spirit.



Sensei Lisa and I marked our 20th wedding anniversary this past May with a trip to Morocco. We were honored and excited to carry *Ueshiro Shorin-Ryu Karate* to the Western Sahara Desert!



As we mark the passing of summer, we are excited by all that lies ahead in this 53rd year of *Ueshiro Shorin-Ryu Karate USA*. We extend our warmest wishes to all our fellow karateka around the globe, and a special “Domo arigato!” to Hanshi Robert Scaglione for his continued leadership of USRKUSA and the inspirational example he provides through his commitment to “*Just do it!*”



Arigato gozaimasu!

[Sensei Patrick Markowitz](#)

Shihan, *Dulles Ueshiro Shorin-Ryu Karate*

Ueshiro Northern Virginia Karate Club Centreville/Reston, Virginia

Kyoshi Sal Scaglione, Shichi-Dan, Denshi, Shihan

Onegaishimasu Hanshi, Kyoshi, Sensei, and World-wide SRKUSA Deshi-

The Ueshiro Northern Virginia (NoVA) Karate Club continues to move forward under the Direction of Hanshi Scaglione and following the path initially blazed by Master Ueshiro.

The past few months have been quite active for us here in Northern Virginia with several visitors coming to town and several visits of our own to Israel and Minnesota. We've welcomed Sensei David Tamir, Roku-Dan, from Israel; Sempai Carla Eddy, Ni-Dan, from Florida; and Sempai Liz Everson, Ik-Kyu, from Minnesota/New York.



Spring was also a time for us to travel to other Dojos across the globe. Kyoshi Sal joined Hanshi, Sensei Barnes, Shichi-Dan; Sensei Gamiel Ramson, Roku-Dan; and Sensei Luz Delucia, San-Dan; from New York on a trip to Israel to visit Sensei David Tamir and Sensei Nir Zamir. Among the many highlights from the journey were Hanshi-led workouts at the Dead Sea and on Masada. Many of us climbed up Masada with the sunrise and Sensei Tamir and I enjoyed doing a few repetitions of Kusanku off one of the many dramatic ledges overlooking the beautiful Dead Sea region. Hanshi then led class and provided a seminar on Yoko-soku training. The Israeli Deshi provided outstanding hospitality and the memories from the trip will last a lifetime. Sempai Bonnie Langendorff also visited Israel on a separate trip and trained with Sensei Tamir at the Neve Dojo—she came back with great stories and memories as well.





The NoVA Deshi travelling continued with Kyoshi Sal & Sempai Bill Breidenbach, Ik-Kyu joining Hanshi, Kyoshi Kaplan, and Sensei Kevin Reymond, Shichi-Dan in a visit to see Sensei Bob Dobrow, San-Dan, in Northfield Minnesota. We all enjoyed a great weekend of Karate and great hospitality from all of the Minnesota Deshi. The trip to Minnesota has become an annual event for us!





Sensei Lisa Markowitz, Yon-Dan, kept the travelling theme alive with a visit to Hombu Dojo and Kyoshi Mackay in July. A visit to Hombu Dojo is a must do for all to enjoy!

The Ueshiro NoVA Club celebrated its 16th year in August and we held our annual August promotion. The day was full of joy and spirit as we joined forces with the Ueshiro Dulles Club for a spirited promotion following a joyous and vigorous workout led by Kyoshi Sal. Congratulations to the following Dulles and Northern VA students who were promoted:

Ni-Kyu:
Todd L.

San-Kyu:
Bonnie Langendorff (Centreville)
Catherine M. (Dulles)
Amit P. (Dulles)
Jenny D. (Dulles)
Anthony P. (Dulles)

to Go-Kyu:
Anu Altankhuyag (Centreville)
Temuulen Altankhuyag (Centreville)

to Ro-Kyu:
Steve Kasulaitis
Alec Kasulaitis
Alaina Kasulaitis
Anand Bum-Erdene (Centreville)
Zhilwan J. (Dulles)

Special thanks to the Board of Judges:
Sensei Patrick Markowitz, Go-Dan (center judge)
Sensei Lisa Markowitz, Yon-Dan (side judge)
Sensei Shabbir Kazmi, San-Dan (side judge)
Sempai Jim Davis, Ni-Dan (side judge)
Sempai Jonah Markowitz, Sho-Dan (callouts)



Rounding out the summer we had our monthly outdoor workout at Great Falls National Park and annual picnic. We celebrated by performing our favorite Kata and shared stories from all of our Deshi from all of our visits throughout the year.



We welcome all Deshi from the Ueshiro Shorin-Ryu Karate family to visit us in Northern Virginia. We have classes on Monday in Reston, VA and Thursday/Saturday in Centreville, VA. In you are in town for business or pleasure, we'd love to host you.

Domo Arigato Gozaimasu,
Kyoshi Sal Scaglione, Shichi-Dan
Denshi Shihan, Ueshiro NoVA Karate

Ueshiro Hong Kong Karate Club Hong Kong, China



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

The past season was filled with consistent and meaningful training by deshi.

Assault Prevention Seminar:

Drawing on the teachings from Hanshi and Kyoshi Kaplan, Sensei Lai conducted a seminar on assault prevention on March 5th, 2014, at Chinese University of Hong Kong about how to stay street-smart in order not to put ourselves in a dangerous situation.

The seminar emphasized effective time management, allowing us to enjoy each moment rather than hurrying all the time. It also highlighted that the path to better time management requires both discipline and staying relaxed, two obvious benefits of our traditional style of karate training.

In addition, there was specific advice about avoiding dangerous situations, including being confident because victims are often those who look like victims. It was also noted that the highest skill in karate is to end a fight without even starting it and that it takes a lot of courage and self-control to walk away from confrontation.

August 2014 Belt Test:

Ueshiro Hong Kong Karate held a promotion test for Hong Kong deshi on Sunday, August 24, 2014. The workout started with a spirited warm-up and kata training before proceeding to testing.

Successful deshi receiving promotion:

Catherine Li promoted to San-Kyu

Samuel Khiatani promoted to San-Kyu

Peter Cheng promoted to San-Kyu

Jason Lo promoted to Go-Kyu

Domo arigato to Hanshi for generously sharing his wisdom, spirit and courage as per the traditional legacy handed down by Master Ueshiro!

Domo Arigato Gozaimasu,

Tytus Michalski

Sandan

(On behalf of Lai Sensei)

Ueshiro Hong Kong Karate Club

China

HSMC UESHIRO Karate Club

Kowloon, China

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

The SISHK UESHIRO Karate club has temporarily suspended activity for the reconstruction of the after-school programs. For HSMC UESHIRO Karate club, we currently have one each of San-Kyu and Roku-Kyu deshi. Looking forward to participating in upcoming karate events in the near future.

Domo Arigato,
Sensei Wong



Ueshiro Chinese University Karate Club
Shatin, Hong Kong, China



Onegaishimasu Hanshi, Kyoshi, Sensei and all Deshi of USRKUSA,

Ueshiro Chinese University Karate Club continues to move forward with karate spirit. We would like to congratulate the following Deshi for their success in their promotion tests and advance in karate:

Senpai Catherine: brown tips

Jason Lo: two green tips

Our workout is Thursday afternoon in Shatin, HK. Looking forward to seeing everyone of you on the deck!

Domo Arigato Gozaimasu,

Senpai Tang

Ueshiro Harbour Karate Club Hong Kong, China

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

Club Launch:

The Ueshiro Harbour Karate Club held its first training on Friday, March 28th, 2014.

The word “Harbour” in the name serves two purposes:

- To highlight the club training location beside a famous landmark of Hong Kong, Victoria Harbour.
- To reflect the metaphor of the Harbour as a way connecting people across cultures, reflecting the history of traditional Okinawan karate and also of Hong Kong.



Schedule:

The club has started with training on Fridays starting at 4pm in the Kowloon Park Sports Centre, a convenient location connected by strong transportation links and situated in the urban oasis of Kowloon Park.

Domo arigato to Hanshi Scaglione, Kyoshi Kaplan and Sensei Lai for their guidance, encouragement and leadership in making this new club a reality!

Domo Arigato Gozaimasu,

Tytus Michalski
Sandan
Ueshiro Harbour Karate Club
Hong Kong, China

Ueshiro Neve [Oasis] Karate Dojo

Neve Yamin, Israel

Greetings from Israel to Ueshiro SRKUSA Worldwide,

We have been continuing to train diligently and kept our dojo's schedule intact, through the past challenging months with incoming rockets from Gaza. Thank God for the Iron Dome anti-missile system protecting us, developed by Israel with US assistance. Iron Dome uses the same principles we use in karate, as it blocks (i.e., strikes down) the incoming strikes from our opponents.

Our two and-a-half years-old dojo, in Neve Yamin Israel, now has indigenous Brown Belts for the first time, who will help lead and preserve the regular schedule of training classes going forward (especially during my demanding business travels). Our Brown Belts are getting the privilege of fine-tuning their growing karate skills, by leading classes of deshi along the rewarding path of our Ueshiro Shorin-Ryu Karate-Do, in the foot steps of Hanshi Robert Scaglione and Master Ueshiro. Our Brown Belts (Ni-Kyu), who were recently promoted this past August are Sempai Avi David and Sempai Boaz Goldenberg. We also have two solid Green



Belts promoted this past August; Jacob Rass (San-Kyu), and Eyal Elnir (Yon-Kyu) closely supporting our dojo and advancing along our path.

Immediately following our August testing, we honored the sponsor of our precious dedicated Dojo space, Mr. Sasson Yaminy (my father in-law), with a gift of the 50th Anniversary Journal including our inscription of sincere gratitude. Our deep gratitude also goes out to Master Ansei Ueshiro, Hanshi Robert Scaglione, and our overall Ueshiro SRKUSA family worldwide for making all of this real in Israel. Moreover, we give special thanks to the encouragement we receive from our significant others, starting with my lovely wife, Michal, who brought us good food to nourish ourselves after the intense test and took photos of us (please see photo below) to record this history in the making.

Other exciting news from our dojo is the soon to open physical strengthening equipment room below our dojo's training deck. This first-floor addition to our dojo (dojo karate deck is on second floor), includes a variety of weights training and aerobic exercise equipment, including another punching bag (a.k.a., Makiwara). Our Deshi will be able to utilize this additional exercise space before and after our regularly scheduled classes. This complementary space also consists of a wrap-around sofa for visitors and observers.



During my recent business travels, I have had the privilege of visiting and training at our Ueshiro SRKUSA dojo[s] in Florida and Washington DC. This October I plan to visit and train with Sensei Barnes in Los Angeles, with Kyoshi (Sal) Scaglione in Washington DC, and with Hanshi and nearly 100 Black Belts in New York. We have also had our recent share of visitors to the Ueshiro Neve Dojo including Sensei Nir Zamir (Godan) and Sempai Shlomy Quartler (Shodan) and new Black Belt Ofer Sinai (Shodan), all from the Israeli Ueshiro Herzliya Dojo, and Green Belt Bonnie Langendorff (recently promoted to San Kyu) from the US Ueshiro Northern Virginia Dojo. A few more months further back (in April), we had the incredible privilege of Hanshi,



Robert Scaglione, leading in person a delegation of visiting Ueshiro SRKUSA Karateka to Israel and our dojo, including Kyoshi (Sal) Scaglione, Sensei Barnes, Sensei Ramson, Sensei DeLucia, Sempai (Shane) Scaglione, and Sempai (daughter) Ramson and respective family members (please see photos below).

We keep training and stand by to welcome and host all of you, any time.

Domo Arigato Gozaimasu

Tamir Sensei

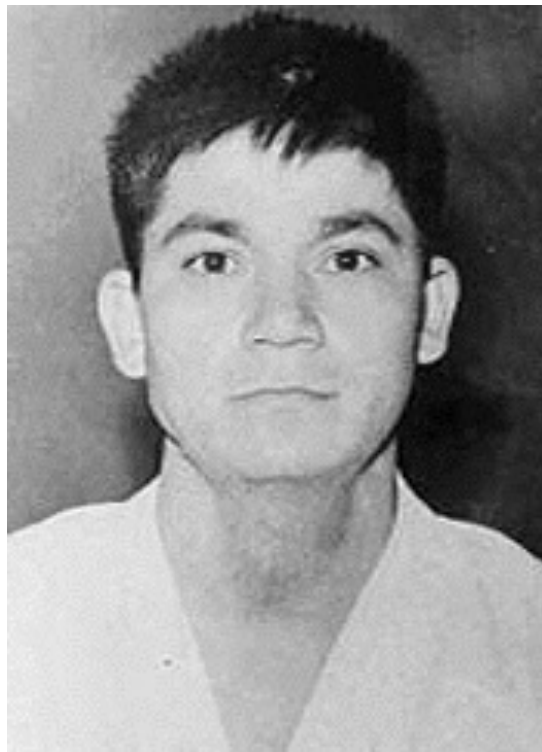
Denshi-Shihan, Roku-Dan
Ueshiro Neve [Oasis] Karate Dojo
Neve Yamin, Israel

www.NeveKarate.com

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



松林流



松林流

Shorin Ryu
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