

FALL 2017 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.

Greetings from Hanshi



Gratitude to all of you ~

I would like to take this opportunity during 2017 to express my gratitude.

Thank you: Much gratitude respectfully thanking Grand Master Ansei Ueshiro for his sacrifices and arduous journey for the purpose of bringing Shorin-Ryu Karate to the United States in September 1962.

Also Thank You to:

- Kyoshi David Seeger, Ku-dan
- Kyoshi Michael Mackay, Ku-dan,
- Kyoshi David Baker, Hachi-dan,
- Kyoshi Matt Kaplan, Hachi-dan
- Kyoshi Sal Scaglione, Hachi-dan

I thank you Kyoshi(s) for your 30-40 years each of continuous training, contributions, ideas and leadership, and making USRKUSA one of the leading karate organizations, with over 32 individual Dojo(s) worldwide.

Thank you to all the Shihan, Sho Dan to Ku Dan, for taking the initiative to open a Dojo or Club to bring our art to so many people worldwide.

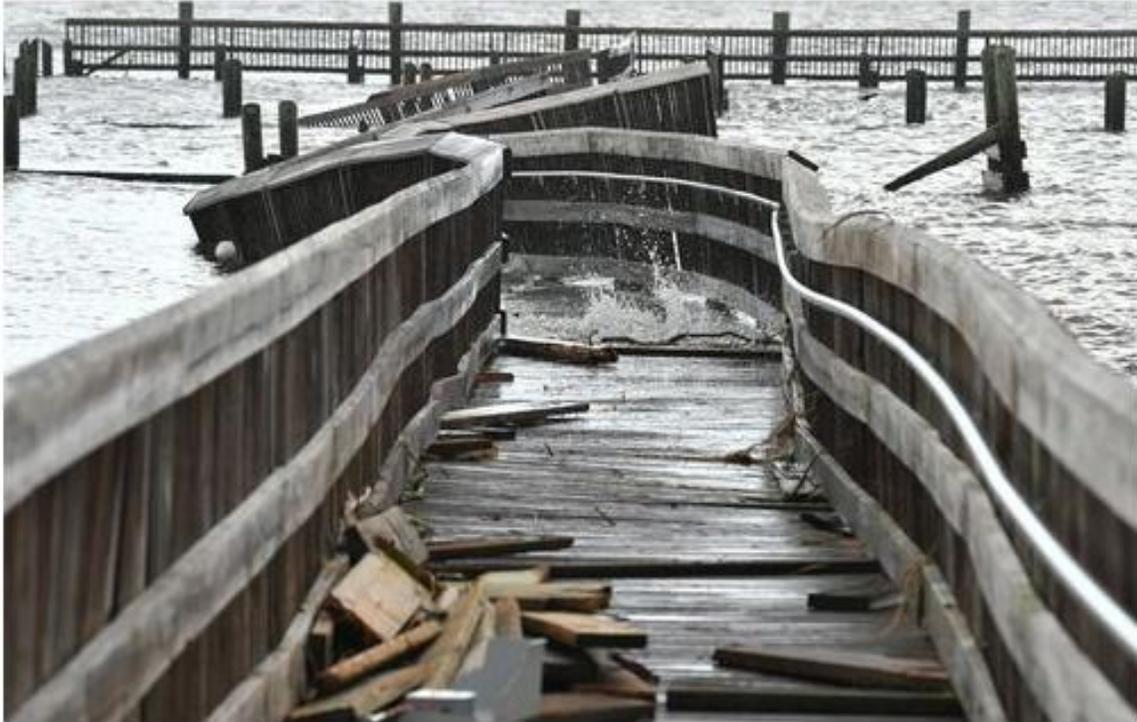
Thank you to the Dan Level Blackbelts and Sensei for your continued efforts in bringing hands-on instruction to your respective Dojo.

Thank you to the Sempai Kyu levels for your hands-on assistance, motivation and inspiration to all the Deshi in your dojo worldwide.

*Sincerely,
Hanshi Robert Scaglione*



Hurricane Irma

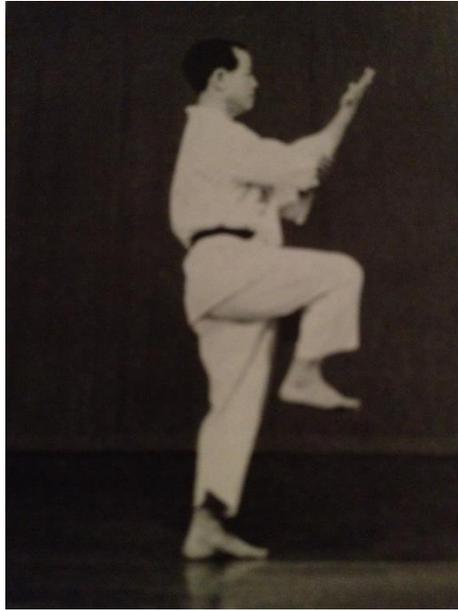


On Sept. 10, Hurricane Irma made landfall in Brevard.

Several days before that, many members of Ueshiro Shorin-Ryu Karate USA reached out to Hanshi Robert Scaglione, the Florida Senseis and the Florida Deshi as a means of support, unsure of what effect Hurricane Irma would have here. Classes were canceled, evacuation plans were set, and storm prep was under way.



As Hanshi would say, we prepared for battle.



Here's a reprint of the thoughts and prayers sent to Florida during that time...

Sept. 9, 2017, email to USRKUSA

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

Our thoughts and prayers go out to Hanshi and all the Florida deshi as they brace for Hurricane Irma. Your resourcefulness and tenacity as karateka will serve both you and your communities well during the upcoming battles. I keep thinking about the Okinawan people – and Grandmaster Ansei Ueshiro in particular – surviving typhoons, world wars, and countless other hardships without losing their dignity and appreciation of life's daily gifts.

The Hombu Dojo stands ready to offer assistance in any way should the need arise.

Domo arigato gozaimasu, Hanshi. Always moving forward.

Kyoshi Mackay

Sept. 9, 2017, response from Hanshi

Thank you, Kyoshi, and our karate family for your thoughts, prayers and encouragement. We appreciate your words and support. At this time we are all doing well. Some of us have decided to ride it out at home and some have evacuated. There is no right or wrong way. All decisions are respected as individual choices. We follow our heart, gut feeling, which never betrays us.

God Bless!

*Sincerely yours,
Hanshi*



Flooding at the Brevard Government Complex in Viera, which is just up the street from the Ueshiro Viera Dojo, on Sept. 11, 2017. (Tim Shortt, FLORIDA TODAY)

Sept. 11, 2017, email from Hanshi (day after Hurricane Irma's landfall)

Just an update from Florida – I cannot speak for everyone, of course, but to my knowledge – we are all safe – just some property damage and loss of electricity and water in some cases. Curfews are still in place and we will be training together in our training halls real soon.

Thank you all for your support, concerns and prayers.

Moving forward! Keep training!

*Sincerely,
Hanshi Robert Scaglione*



*In spite of this ecard's misspelling, it's very true. "Awesome" is a frequent word used by Hanshi.



Sept. 15, 2017, email from Hanshi, during Hurricane Irma recovery

On Sept. 10, 2017, during the 55th year of Grandmaster Ansei Ueshiro's arduous journey to the United States from Okinawa:

A group of our members met in New York City to honor the lives lost during 9/11 and celebrate the resiliency of those who endured 9/11, and of Americans everywhere.

A group of our members in Florida were battling the largest and most powerful hurricane ever recorded!

One of our brethren from NoVA completed a full Ironman in Madison, Wisconsin – 26-mile run, 112-mile bicycle, 2.4-mile swim

We are all united from near and far, linked together by our karate training, supporting each other in good times and bad, no matter what!

"Don't limit your challenges ... challenge your limits!" – Anonymous

*Sincerely,
Hanshi Robert Scaglione*

Sept. 15, 2017, response from Kyoshi Matt Kaplan

Thank you, Hanshi, for reminding us that in this world of widespread malaise, suspicion and fear, we stand for something. That true to our karate training and spirit of resiliency, we must put our “best selves” forward, prepared to meet any challenges that come our way.

*Domo arigato gozaimasu,
Kyoshi Kaplan*



Dojo News

In order as listed at shorinryu.com



Ueshiro Midtown Karate (Hombu) Dojo

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

Of the many exciting events and learning opportunities these past six months, the highlight for me was an email sent out by Hanshi on May 9. Hanshi reached out to the Kyoshi, blackbelts and Kyu ranks regarding his thoughts about moving the USRKUSA organization forward and preparing for our 60th anniversary (the Year of the Tiger). His email is reprinted below:

"Greetings Kyoshi, Sensei and all Deshi of Ueshiro Shorin-Ryu USA:

It is now three months since the 55th Anniversary celebration in Florida. I encourage Deshi of ALL levels to take an inventory of your respective activities in meeting the responsibilities of your rank. It need not be written down, only tallied as a list in your mind's eye -- a spot check inventory -- so you are aware of what is obvious to everyone around you. Specifically:

***If you're a Sensei:** What is the total number of students at each rank promoted under you from Ro-Kyu through Black Belt? How many of these occurred in the last 10 years? In the last 5 years? In the past 12 months?*

***If you're a Sho-Dan or Ni-Dan:** Same questions.*

***If you're current rank is between Yon-Kyu and Ik-Kyu:** Do you arrive early to help set up the dojo? Assist beginners before class? Work with your training partner before class? Conduct classes? Stay after class to answer or ask questions and clean up? Assist with closing the dojo?*

***In sum:** Are you earning your rank today? It is NOT too late! The future begins NOW and it lasts forever. There are many karate dojo and clubs waiting to be opened by YOU, one day. Your actions today (for better or worse) define what it means to be a green belt, or brown belt or black belt, in your own eyes and to the world at large.*

*Sincerely,
Hanshi*

This succinct message captures the true “Essence of Karate-do.” It’s not about titles or how many kata you know or how many boards or noses you can break. It’s about citizenship, responsibility, and giving back. In other words, a way of life that has a daily positive effect on yourself and others.

Domo arigato gozaimasu, Hanshi, for your clarity and guidance on what really matters.

The summer of 2017 was a busy and exciting time for students of the Midtown Dojo.

Great Falls National Park road trip

For the second year running, a small band of Midtown Deshi caravanned to Virginia for an outdoor workout on April 22 celebrating Grand Master Ueshiro's birthday. Kyoshi Sal Scaglione assembled a tenacious band of students who trained for many hours under extreme weather conditions. Attendees from the New York area dojo included Sensei Kevin Reymond, Sensei Ron Ballin, Anna Sweeney, and myself.

Domo arigato gozaimasu to the NoVa deshi for their generous hospitality, especially Sensei Shabbir Kazmi and Sempai Bonnie Langendorff.

April tip test

Continuing the celebration of Master Ueshiro’s birthday, our April tip test was held on Tuesday, April 25, under the supervision of Sensei(s) Gamiel Ramson, John Adams, Rob Neff and Sempai Lisa Rosenberg. Anna Sweeney called the test. After a thorough review of the requirements, Lydia Rodman was promoted to Ro-Kyu. Domo arigato to Kyoshi David Baker and all the advanced students who came down to lend Lydia their support, not just during the formal test but for the katathons before and after.

Kobudo/Weapons Seminar

The Ueshiro Midtown and Downtown dojos held their annual Kobudo (weapons) workshop on Sunday, May 7, in the Hombu Dojo and St. Bart's gym. The event was dedicated to Master Ueshiro for bringing all five traditional weapons with him from Okinawa 55 years ago, and to Hanshi Robert Scaglione for preserving each weapon's kata via the 2000 Kata DVD.

Seminars were offered in the Bo, Sai, Nunchaku and Tuifa by Kyoshi Mackay, Kyoshi David Baker, Sensei Kevin Reymond and Sempai Bob St. George, respectively.

The event was attended by about 22 students ranging from Ni-Kyu to Ku-Dan. Special thanks to those deshi who traveled all the way from Northampton, MA, to train with us: Sensei Nancy Owen and Sempai(s) Michael Mastroianni, Bob St. George and Singwen Mientka.

After the workout, many participants headed down to Vincent's in Little Italy (a favorite restaurant of Master Ueshiro and Hanshi Scaglione back in the "old days") for much revelry.



June tip test

Tuesday, June 13, marked our spring tip test. Congratulations to Richard Padron, who was promoted to Ro-Kyu after a rigorous workout and review. The Board of Judges consisted of Sensei(s) Gamiel Ramson, Ellin Moore, Rob Neff, John Adams and Ron Ballin. Domo arigato to Sensei Dawood Emmenuel for running the workout during deliberations, and to all the Kyu ranks who came down to lend support and demonstrate "beginner's mind" on the spot.

Second annual July 4 Prospect Park workout

A dedicated group of Midtown deshi celebrated July 4 with a workout in Prospect Park, Brooklyn, on Saturday, July 1. Sensei Rob Neff organized the event, which began at Nellie's Lawn, overlooking Battle Pass, the site of a major Revolutionary War battle.

After warmups and basics, the group moved to the abandoned Rose Garden for bo, naihanchi kata and bunkai in the empty fountains. The workout ended at Sullivan's Hill overlooking Long Meadow, where we performed Yakusoku Kumite and our favorite kata.



Sherwood Island beach workout

The Ueshiro Midtown Dojo held its annual beach workout on Sunday, July 15, at Sherwood Island State Park. We were joined by representatives from the Easton, Palisades, Downtown and Pelham Manor dojos, and trained under perfect blue skies from about 8:30 a.m. to 12:30 p.m.

The workout was dedicated to the concept of renewal, as demonstrated by the passing-on of Shorin-Ryu by Grand Master Ansei Ueshiro to Hanshi Robert Scaglione to the newest Kyu rank.

Domo arigato gozaimasu to all who showed up ready to train under scorching conditions, and go out of their way for their fellow deshi, whether by providing transportation, hydration, a shoelace for nunchuka, or simply a shout-out of encouragement.

Special domo arigato gozaimasu to Sensei Daniel Lax for his leadership and enthusiasm from start to finish.

After the workout, many of the participants returned to the homestead of Sensei Adam Dunsby for a BBQ and pool party. Domo arigato gozaimasu to Cathy Dunsby for her gracious hospitality, and to Messrs. Frank Mowka and Art Forne of the Easton, Connecticut, Dojo for manning the grill.

After cooling down, the group was treated to a tour of the Easton Dojo where we performed many repetitions of kata. It was a truly magnificent setting and the perfect ending to the day.



August full belt promotion and tip test

The Ueshiro Midtown Karate Dojo held its August belt promotion and tip test on Aug. 8 and 10, respectively. A special pre-"pre-promotion" class was led by Sensei Jonathan Cohen in the dojo at 11 a.m. The formal pre-test workout started at 1:30 p.m., with an emphasis on traditional basics and kata Fukyugata Ichi. About 2:30 p.m., the Board of Judges convened, comprised of Sensei(s) Kevin Reymond (center judge), Gamiel Ramson, Larry Link, Luz DeLucia, and Kim Garon.

After a thorough review of kata, history, Oyotanren, Yaku soku kumite and breaking, James Moskie was promoted to Yon-Kyu. Congratulations to James, who began training in 2006, for his persistence in Ueshiro Shorin-Ryu.

During the judges' deliberations, Kyoshi Baker led the deshi through multiple repetitions of kata. These were followed by special demonstrations performed by various groups, including:

- Nunchuka kata - mirror image
 - Chinto performed in parallel within a narrow track of bo
 - Sai kata
 - Wankan performed in defense against the bo
 - Fukyugata San performed in a straight line
 - Board breaking utilizing one or more techniques from various kata
- ... and many more.

Domo arigato gozaimasu to all in attendance for demonstrating Sensei Barnes' Technique of the Week – "poise, not panic" -- while on the spot. We were fortunate to have the event recorded by a professional photographer who produced some breathtaking images of bushido in the 21st Century.



Two days later, we reconvened for our August tip test. Serving on the Board were Sensei(s) Ellin Moore, Ron Ballin, John Adams, John Draghi and Gene Turok. Ik-kyu Anna Sweeney put the candidates through the test. The following students rose to the challenge of being on the spot and were promoted:

Promoted to Ro-Kyu:

- Sasha Turok
- Jim Thrapp
- Matthew Palomeque

Promoted to Go-Kyu:

- Lydia Roman
- Richard Padron

Congratulations to all who passed. “A black belt is just a white belt who never quit.”

Domo arigato gozaimasu to chief instructor Gamiel Ramson who led the group through over 30 repetitions of kata during the deliberations, and to the colored belts for showing up to lend support and demonstrate leadership by example.

Domo arigato gozaimasu to Grand Master Ansei Ueshiro and Hanshi Robert Scaglione for maintaining the high standards of excellence and tradition throughout the USRKUSA organization. We all have a tendency to "drift;" these two Masters of the Art keep us focused and on course.

New digital attendance form

Aug. 16 -- Further to Sempai Bill Breidenbach's excellent TFTW about "attendance," the Midtown Dojo recently released an attendance-keeping app for smartphones, desktops and laptops. This is an automated version of the attendance spreadsheet introduced by Hanshi in the 1970s.

Anyone wishing to monitor their attendance digitally may find the form and helpful Quick Start guides here: www.midtownkaratedojo.com/attendance.html

Park Avenue Street Fair exhibitions

Domo arigato gozaimasu to Kyoshi Baker, Sensei Neff, Sensei Emmenuel, Sempai Rosenberg and Sempai Sweeney for turning the Saturday classes on Aug. 12 and 19 into public exhibitions in front of St. Bart's. The group attracted a great deal of attention from passersby with their demonstrations of weapons and Black Belt kata. These public performances are one of the best ways to increase awareness of our Dojo and what traditional karate-do is really like.



Photos of the above events may be seen on our web site at:
<http://midtownkaratedojo.com/Gallery.html>

Technique of the week contributors

A brief shout-out to those Black Belts from the Midtown Dojo who contributed Techniques of the Week during the past six months:

- Sensei Larry Link - Use slow motion video to improve your kata
- Sensei Rob Neff – Mae-geri (front snap kick)
- Sensei Steve Lott – Before the class begins
- Kyoshi Michael Mackay – Linked reflexes
- Kyoshi David Baker - Some upper body principles

2017 - The Year of the White Belt

We've made great strides in bringing more white belts into the Dojo this year, and anticipate a fresh influx of students inspired by the "back to school" excitement of fall. A huge "Domo arigato gozaimasu!" to the dedicated Hombu

instructors who keep showing up and make our new students feel welcome. Their names and class times are listed below:

- 7:15 to 8:15 a.m. Mondays with Henri Waelbroeck, Erik Sanner
- 5:30 to 6:30 p.m. Mondays with Gamiel Ramson, Ron Ballin
- 5:30 to 6:30 p.m. Tuesdays with Michael Mackay
- 7:15 to 8:15 p.m. Tuesdays with Michael Mackay
- 5:30 to 6:30 p.m. Wednesdays with Anna Sweeney
- 5:30 to 6:30 p.m. Thursdays with Larry Link, John Adams
- 7:30 to 8:30 a.m. Fridays with Erik Sanner, Henri Waelbroeck
- 5 to 5:30 p.m. Fridays with Michael Mackay (bo)
- 5:30 to 6:30 p.m. Fridays with Ron Ballin, Gamiel Ramson
- 10:45 to 11:45 a.m. Saturdays with Rob Neff, John Robbins
- Noon to 1 p.m. Saturdays with John Robbins, Dawood Emmenuel
- 11 a.m. to noon Sundays with Jon Cohen, Ibrahima Jalloh

If you're ever in town, please join us! We also offer several "special emphasis" classes open to all ranks (except for the Black Belt class, which is for Black Belts only):

White Belt emphasis:

- First, second and fourth Wednesday of each month

Green Belt emphasis:

- Third Wednesday of each month

Brown Belt emphasis:

- First Friday of each month

Black Belt only:

- First Thursday of each month

Domo arigato gozaimasu to Hanshi Robert Scaglione for preserving and perpetuating the art of Ueshiro Shorin-Ryu through the many sacred training halls described in this Newsletter.

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

Ueshiro Viera Dojo



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

It is difficult to top the high we experienced during the 55th anniversary celebration in February earlier this year, hosting black belts from all over the U.S.

Since that event, our Viera Karate Club, under the direction of Hanshi Robert Scaglione, has been very active.

- April 20 – Grand Master Ansei Ueshiro’s birthday celebration, which consisted of a traditional karate workout, followed by kata and weapons demonstrations. The occasion was not only a celebration of the birth of Master Ueshiro, but also of his life, and of the gift of karate and karate-do that he passed on to Hanshi, the Kyoshi, and, in turn, the rest of us, the Deshi of USRKUSA.
- April 29 – Viera Dojo green tip test led by Hanshi
- May 30 – Annual Memorial Day Beach Workout in Cocoa Beach, led by Sensei Kurt Tezel
- June 17 – Viera Dojo green tip test led by Hanshi
- Aug. 12 – Viera Dojo green tip test led by Hanshi

- Aug. 19 – Combined Florida dojos full belt promotion at the Viera Dojo led by Hanshi at the Ueshiro Viera Dojo

The following Deshi from Viera were promoted:

Promoted to Yellow Belt

- Violet Bohannan

Promoted to Yon-kyu

- Gabriel Norman
- Samantha Manchur

Promoted to Ni-kyu

- Abigail Bohannan
- James Bohannan

Promoted to Ik-kyu

- Emma Bohannan



Our class schedule at the Ueshiro Viera Dojo:

- 5:30 to 7 p.m. Tuesdays, with the formal class at 6 p.m., taught by Hanshi
- 10 to 11:30 a.m. Saturdays (kids ages 3 to 6 train from 10 to 10:45 a.m.)
- 8:30 to 9:45 a.m. the second Saturday of each month at the lakeside pavilion, weapons training for Ik-kyu and above, led by Hanshi

Recently, Viera's Sempai Justin Thompson (Ik-kyu) held the first karate class – with more than 30 students! -- at his new location, Merritt Island Christian School, 140 Magnolia Ave. His class schedule:

- 3:30 p.m. Mondays

New and established students of any and all ages (3 years and up) are welcome to attend our regular classes as we continue to develop body, mind and spirit according to the guidance and leadership provided by Hanshi Robert Scaglione.

Sempai David Norman, Sho-dan
Ueshiro Viera Karate Club



Ueshiro Pine Forest Karate School



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

The Ueshiro Pine Forest Karate School in Palisades, New York, held its August belt promotion and tip test on Aug. 31.

Our formal scheduled Thursday class was conducted by Sensei Daniel Lax (Go-dan) at 7 p.m. At 8:30 p.m., the formal August promotion began.

Shihan Kyoshi Seeger (Ku-dan) supervised the proceedings in the tradition of Grand Master Ansei Ueshiro and Hanshi Robert Scaglione. Board of Judges comprised of Sensei Daniel Lax (center judge), Sensei Henri Waelbroeck (San-dan), Sensei John Seeger (San-dan), and calling the students up, Sempai Art Forni (Sho-dan).

Congratulations to the following students:

Promoted to Ro-kyu:

- Michal Woodbridge

Promoted to Yon-kyu:

- Gil Woodbridge

Thank you to the board of judges and chief instructor Elliot Potter (Roku-dan).

Domo arigato gozaimasu to Grand Master Ansei Ueshiro and Hanshi Robert Scaglione for teaching us.



“KataGuide” App – Instruction by Hanshi Robert Scaglione, USRKUSA, for Android and tablet, \$55 (iPhone and iPad coming soon!)

We celebrate the 55th year anniversary of Ueshiro Shorin-Ryu Karate USA with the release of the mobile app of our treasured “Kata Guide.”

What I enjoy most about this demonstration is, at that time, I was training under the guidance of Grand Master Ansei Ueshiro.

I dedicate this App to his memory. — Hanshi Scaglione

This instructional footage features Hanshi Scaglione demonstrating kata in the traditional Okinawan style of Matsubayashi Shorin-Ryu. It includes the three basic kata, five intermediate kata, three advanced kata, eight black belt kata; the weapons kata for sai, bo, kama and nunchaku; as well as the four prearranged kumite. The entire 90-minute “Kata Guide” has been remastered for your mobile device by Kyoshi David Seeger, who directed and produced the original DVD.

It takes only 1.03 GB once loaded – so no wi-fi connection is needed.

This is great to check techniques before and after class, on your commute or whenever you have time. Now you have no excuses.

(The “Kata Guide” in DVD format is also still available at your Dojo or online for \$60 plus \$5 shipping.)

Here's the link to the “KataGuide” app:

<https://play.google.com/store/apps/details?id=com.TodayVideo.VideoPlayer1>

Here’s the schedule of our classes:

- 7 p.m. Tuesdays
 - 7 p.m. Wednesdays
 - 7 p.m. Thursdays
 - 10 a.m. Sundays
- Try a free Skype/Facetime Kata review from Kyoshi Seeger: email motobu@aol.com to schedule a time, day.



Visitors from Florida



Onegai-shimasu Kyoshi Seeger,

Hey, it's Andre. I appreciate you allowing us to work out at your dojo. I look forward to working out with you again and wanted to thank you for the books and the techniques you guys showed me. Arigato, Kyoshi!

Sempai Andre Gross, Ueshiro Cocoa Dojo

Hi, Kyoshi Seeger,

I just want to thank you so much for your great hospitality when we visited. We all had a great time. Andre was so proud that he got to work out with the best. Andre has always thought very highly of you. Thank you so much for the journals. Andre will take great care of them.

Richard Gross



Sempai Dr. Art Forni gives Andre's dad, Richard, some health tips.



Andre and Lax Sensei working Kata.

The Nistorenkos of Ueshiro Viera Dojo – Sempais Maurice (Sho-dan), Youjian (Sho-dan), John (Ni-kyu) and Luke (Go-kyu) – trained with us twice this summer.



We had the best time training outside.



Kyoshi gets to pose while Sempai Luke Nistorenko smiles.



And we had time for pre-arranged Kumite. Thank you for training with us.



Kyoshi's birthday party workout on Aug. 3 at Lax Sensei's class



Thank you, everyone, for showing up! 61 years old and on the deck, life is good!

*Kyoshi David Seeger, Ku-dan
Shihan, Ueshiro Pine Forest Karate School*



Ueshiro Okinawan Karate Family Club



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

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

University towns generally get quiet during the summer. State College, PA, is no exception, so we were prepared when June rolled around. What took us by surprise, however, was the extent to which so many of our dojo members took to the road – for extended travel, sabbaticals, new jobs, etc.

We decided to embrace the flux and put added energy and focus toward strengthening our dojo infrastructure by:

- upgrading our website (visit <http://familykarateclub.com>)
- creating a new ad for the “family pages” section of our local newspaper
- conducting a training workshop for our Dan-level instructors in the use of biofeedback techniques as a teaching tool

In drawing inspiration from Sensei Larry Link’s post from July 30, 2017, Sempai Barb Schaefer (Sho-dan) reviewed Hanshi’s videos and conducted a slow-motion review of her own techniques.

After realizing how she benefited from this process (e.g., “discovering” ways to generate more hip), she developed and conducted an instructor training

workshop in how to use the slow motion feature of cell phones as a tool for providing students with immediate, concrete examples of exactly what they can work on to improve their basic forms and kata.

Domo arigato, Sensei Link and Sempai Schaefer!

Naturally, we would be glad to share these and other dojo-strengthening ideas with other dojos. We take solace in the fact that training and learning are lifelong endeavors.

Domo arigato gozaimasu,

*Kyoshi Matt Kaplan, Hachi-dan
Shihan, Ueshiro Okinawan Karate Family Club*



Ueshiro Northern VA Karate Club



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

The Ueshiro Northern Virginia (NoVA) Karate Club continues to move forward in this 55th year of SRKUSA and the Year of the Rooster under the direction of Hanshi Scaglione and celebrating Master Ansei Ueshiro's gift to us all.

Our spring and summer were very exciting for the Ueshiro NoVA – we continued to build our club from within and grow our student base. Following are the highlights contributing to our club's success and blazing the path for us all to keep moving forward.

Master Ueshiro's birthday workout

On April 20, Master Ueshiro's birthday, several of our Deshi honored the day with 100 kata. During the workout, within the friendly confines of our Centreville Club, the skies opened up and thunderclaps emphasized the power and spirit Master Ueshiro brought over from Okinawa. The spirited event was a prelude of things to come.

Cherry Blossom Festival workout

On April 22, we held our Great Falls workout celebrating Master Ueshiro, the Cherry Blossom Festival, and springtime in Washington, D.C., in the great outdoors beneath stormy skies.

We were honored to have Kyoshi Mackay lead the 4-hour rain-soaked class that was truly reflective of warrior spirit.

Kyoshi Mackay reminded us of the many warriors/soldiers that marched and fought on the very same grounds that we were training Ueshiro Shorin-Ryu karate. We, as modern day warriors, fought the elements and enjoyed a vigorous and powerful workout, learning survival and endurance lessons in the process.

After the workout, we celebrated the achievements of the day with a family-style picnic under cover in a pavilion. While the rain pounded down and the winds howled, we took in the moments and stayed the course in the name of Ueshiro Shorin-Ryu Karate USA. Again, not letting the wind and rain stop us, we enjoyed many stories of days past and began plans for more memories to come.

Many thanks to the visiting Deshi listed here and, of course, domo arigato gozaimasu to Kyoshi Mackay for leading the way on this great day.

Visiting Deshi from New York City:

- Kyoshi Michael Mackay, Ku-dan
- Sensei Kevin Reymond, Hachi-dan
- Sensei Ron Ballin, Yon-dan
- Anna Sweeney, Ik-kyu

Visiting Deshi from Florida:

- Sempai Dennis Flynn, Sho-dan

Visiting Deshi from Boston:

- Sai Fei Wu, San-kyu

Thanks as well to Sensei Patrick (Go-dan, Dulles Ueshiro dojo) and Sensei Lisa Markowitz (Go-dan) and the entire NoVA contingent for hosting this event and keeping the “fires burning” throughout the day.

NoVA Deshi:

- Kyoshi Sal Scaglione, Hachi-dan
- Sensei Patrick Markowitz, Go-dan
- Sensei Lisa Markowitz, Go-dan
- Sensei Shabbir Kazmi, San-dan
- Bill Briedenbach, Sho-dan
- Bonnie Langdendorff, Ik-kyu
- Anthony Patrick, Ik-kyu
- Reshma Shah, San-kyu
- Nishu Shah, San-kyu
- Om Shah, San-kyu
- Maya Shah, San-kyu
- Fredrick Bagagli, Go-kyu

April green tip test

Closing out April, we had a tip test on April 29, again using the outdoors as our dojo.

Many thanks to all the NoVA Deshi who participated and for making the day a special event.

Domo arigato to the board of judges: Kyoshi Sal, Sensei Lisa, Sensei Shabbir, and Sempai Bill.

Promoted to Go-kyu:

- Frederick Bagagli

August full belt promotions

Celebrating the end of summer, the Ueshiro Northern VA Karate Club and Ueshiro Dulles Karate Club conducted their joint summer kyu-level promotions on Aug. 5 in Centreville and Aug. 31 in Reston.

Kyoshi Sal led an energy-charged traditional workout to start the day on both occasions, followed by Black Belt demos.

At both events, candidates from the NoVA area demonstrated their abilities to move forward USRKUSA-style following Hanshi Robert Scaglione's example.

We continue to move forward under the leadership of Hanshi as well as honor the ever-present spirit of Grandmaster Ansei Ueshiro.

Special thanks to those Deshi who didn't test, yet they showed up and offered their support.

Special thanks to family members and friends who attended to offer their support and encouragement.

The board of judges (Centreville) consisted of Kyoshi Sal as presiding judge, Sensei Lisa as center judge, and Sensei Shabbir and Sempai Bill as side judges.

The board of judges (Reston) consisted of Kyoshi Sal as presiding judge, Sensei Patrick as center judge and Sempai Bill as side judge.

Congratulations to the following Deshi.

Promoted to Ro-kyu:

- Katie (Dulles)

Promoted to Go-kyu:

- Nomen Altankhuyag (Centreville)
- Kate Thomson (Centreville)

Promoted to Yon-kyu:

- Fredrick Bagagli (Centreville)

Promoted to Ni-kyu

- Allen Thompson (Centreville)
- Luke (Dulles)
- Zhilwan (Dulles)

Promoted to Ik-kyu:

- Steve (Dulles)

Domo arigato gozaimasu to Grandmaster Ansei Ueshiro for giving us the precious gift of Shorin-Ryu Karate and to Hanshi Robert Scaglione for keeping the Ueshiro Shorin-Ryu Karate USA flame burning brightly and keeping us all moving forward.

We were pleased to have Sensei Candace Morgan, of the Hombu Dojo in New York and the North Carolina dojo, join us for a class in June.

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

*Kyoshi Sal Scaglione, Hachi-dan
Denshi/Shihan, Ueshiro NoVA Karate*

*Sensei Lisa Markowitz, Go-dan
Co-Shihan, Ueshiro NoVA Karate*



Ueshiro Merritt Island Karate Dojo



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

Our class schedule:

- 6 p.m. Mondays and Wednesdays
- 6 a.m. Fridays

In addition to myself, classes are taught by Sensei Ron Marchetti (Go-dan) and Sensei Pat Marchetti (San-dan), with assistance by Sensei Carla Eddy (San-dan) and Sempai Travis Culp (Sho-dan). Our dojo hosts monthly Ik-kyu and Dan level classes in addition to advanced classes twice a month led by myself and Sensei Pat. These classes pull in students from all six Florida dojos and are always well attended.



Master Ueshiro's birthday workout

In celebration of Grandmaster Ansei Ueshiro's birthday on April 20, the Ueshiro Merritt Island Karate Dojo held its annual Katathon – where students perform 100 kata in one night. Sometimes it's Fukyugata Ich 100 times, sometimes it's 10 katas 10 times each etc., so long as the students perform 100.

This awesome event was well represented by all ranks and ages. At the end of the Katathon, Sempai Kevin Tezel (Sho-dan) was presented with his adult black belt.





Memorial Day workout



We had a great turnout on a glorious Florida morning for our annual Memorial Day workout. Just about every Florida school was represented.



We then moved on to the Tezel home for a light brunch. Afterward, some Deshi jumped in the ocean and some enjoyed the Tezel pool.





For the Memorial Day workout, students were given special permission to wear Ueshiro Shorin-Ryu Karate USA T-shirts, which come in a variety of colors, long-sleeve or short-sleeve. (Please contact Sensei Rick Cupoli of Ueshiro West Melbourne Dojo or Sempai Dennis Flynn of Ueshiro Cocoa Dojo to order yours).



June green tip test



On June 29, we teamed up with the Ueshiro Titusville Dojo and had a tip test.

Promoted to Ro-kyu:

- Justner Laurenvil

August full belt promotion

The six Florida dojos held its semi-annual promotion event on Aug. 19 at the Ueshiro Viera Dojo at the Viera Regional Community Center under the direction of Hanshi Robert Scaglione. Titusville, Cocoa, Merritt Island, Suntree, Viera, and the West Melbourne Dojo participated and had a large number of candidates.

The event formally started at 9 a.m., but many showed up early to train. The full belt promotion lasted until about 2:30 p.m. – joy and vigor indeed!



The following Merritt Island students received an advancement in rank:

Promoted to Yon-kyu:

- Chris Walker

Promoted to Ni-kyu:

- Angel Rivera
- Phong Nguyen
- Tracy Ridout

Sensei Kurt Tezel, Roku-dan

Denshi/Shihan, Ueshiro Merritt Island Karate Dojo

To-Te Ueshiro Karate Dojo



Onegai-shimasu Hanshi, Kyoshi, Shihan & all USRKUSA Deshi,

Hoping the entire USRKUSA family of Karateka near and far had a great summer and survived intact the hurricanes in the Florida region!

For our 2017 karate outreach program, we taught karate every Wednesday this spring at the Prestigious Blue Rock School in West Nyack, New York, in efforts of bringing our style of karate to the community. We will teach again in the spring.

I would like to thank Kyoshi Seeger for allowing our two schools (Nyack and Palisades) to meet on the first Thursday of each month at the Palisades Dojo for advance training and “sugar.”

Arigato, Kyoshi Seeger! We look forward to these sessions as we move forward. this winter.

On Thursday, Aug. 20, the To-Te Ueshiro Karate Dojo held its annual summer August promotion at 5 p.m. with a full hour-and-a-half workout of basics and Kata, full speed and power across a steamy, wet deck. The actual promotion started at 6:45 p.m. with Sempai Ed Abreu (Ni-dan) calling up the deshi testing for new rank.

The board of judges consisted of Sempai Bryan Markeit (Sho-dan), Sempai Gemini Watanabe (Ni-dan) and Sensei Preston Powell (Go-dan).

Promoted to Ni-kyu:

- Sam Hill

Promoted to Ik-kyu:

- Ethan Markeit

Thank you to those who showed up to assist with the promotion.



The Nyack Karate Dojo looks forward to the fall training ahead and keeping the high standards of USRKUSA burning. We thank Master Ansei Ueshiro for bringing this art to the U.S., and we strive to keep that high level of training and leadership, which is displayed daily by Hanshi Robert Scaglione.

Please visit us in Nyack, New York: All are welcome! Our fall class schedule:

- 10 to 11:30 a.m. Saturdays
- 5 to 6:15 p.m. Tuesdays
- 8 to 9:30 p.m. Thursdays

Powell Sensei, Go-dan
Denshi/Shihan, To-Te Ueshiro Karate Dojo

Ueshiro Okinawan Karate Club of Pelham Manor

The Okinawa Karate Club of Pelham Manor trains in the dojo built by Sensei Dan Nichuals, who passed away 11 years ago. Thank you to Sensei's wife, Barbara, for letting us train in the dojo each week.

Our final workout of the school year took place on June 12 with an outdoor demonstration of Kata Fukyugata San. Shihan Brian Heese participated via video all the way from Rwanda. After that, our school-aged students took the summer off. Classes resumed Sept. 11, and the Deshi are eager to start, having refreshed their memories of the first three kata via video during August.



Kyoshi and Sempai Brian had the privilege of training in July and August with Connor Nichuals (Ni-kyu), the college-aged son of Sensei Dan. There was much joy and vigor (and a ton of sweat) on the deck each night we trained.



Our class schedule:

- 6:30 p.m. Mondays

Visitors are always welcome. Please contact me for directions or details at 914-602-9010 or bheese123@gmail.com.

Domo arigato to Hanshi and all the Kyoshi for motivating us to carry on the traditions of Shorin-Ryu Karate in the spirit envisioned by Master Ueshiro.

*Sempai Brian Heese, Shihan
Ueshiro Okinawan Karate Club of Pelham Manor*

Northampton Ueshiro Karate Dojo



Onegai shimasu Hanshi, Kyoshi, Sensei and Deshi,

Northampton Ueshiro Karate dojo is strongly marching into the final months of 2017, "The Year of the Dragon." This has been a growth year for us as a dojo. We have 5 new deshi who have worked up to the prominent position of "backbone of the dojo" status. Congratulations to Jefferson, Austin, Keri, Tilden and Eliza. Also welcome back to Glen, who has found his way back to the States and the dojo.

We hosted the summer rank promotion here with some high-ranking visitors -- Sensei Chris Barnes (Shihan, Shichi-dan, Ueshiro Bushi Dojo) and Sensei Emiliano Mazlen (Shihan, Go-dan, Boston Chinatown Ueshiro Shorin-Ryu Karate Club). Thank you, both, for your support and as well as all other visiting deshi who showed up and trained hard to make this event so memorable. It is this dedication to the art that helps make this organization so strong.

All are invited to the “Arts and Industry” open house here on Nov. 11 and 12. There will be thousands of people walking through the building shopping and observing. We always get a big crowd when they hear the kiai.

The demonstrations are interesting, and it’s always fun to pull the young kids into the group to kick and punch and yell a little. Their facial expressions? Priceless.

If any deshi are planning a trip to New England, please contact me for information, directions or a place to stay.

Domo arigato gozaimasu, Hanshi, for your strength and leadership. For me, it is key.

Sensei Daniel Gobillot, Shichi-dan
Denshi/Shihan, Northampton Ueshiro Karate Dojo



Ueshiro Downtown Shorin-Ryu Karate Dojo



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

-- Hanshi Robert Scaglione, “Building Warrior Spirit,” affectionately called the Green Book

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

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

Some recent events include our August promotion. Congratulations to Tristin Lin for earning the rank of Ro-kyu. The Board of Judges consisted of Sensei Ellin Moore, Sensei Kim Garon and Sempai Michael Gallagher.

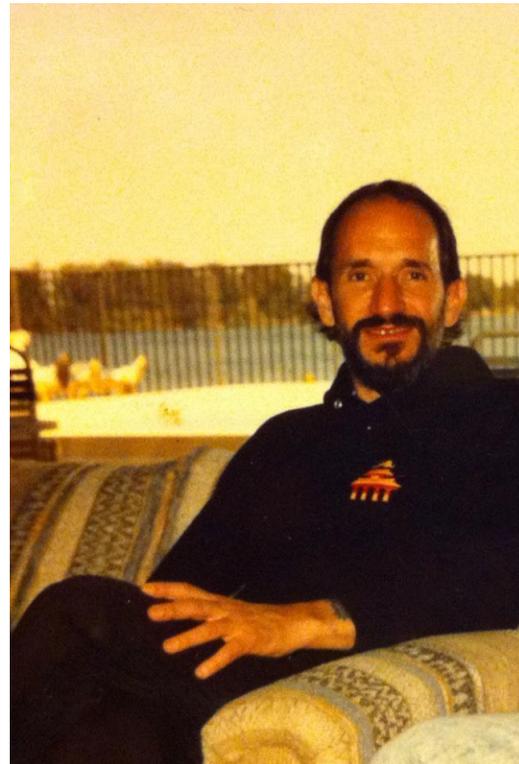
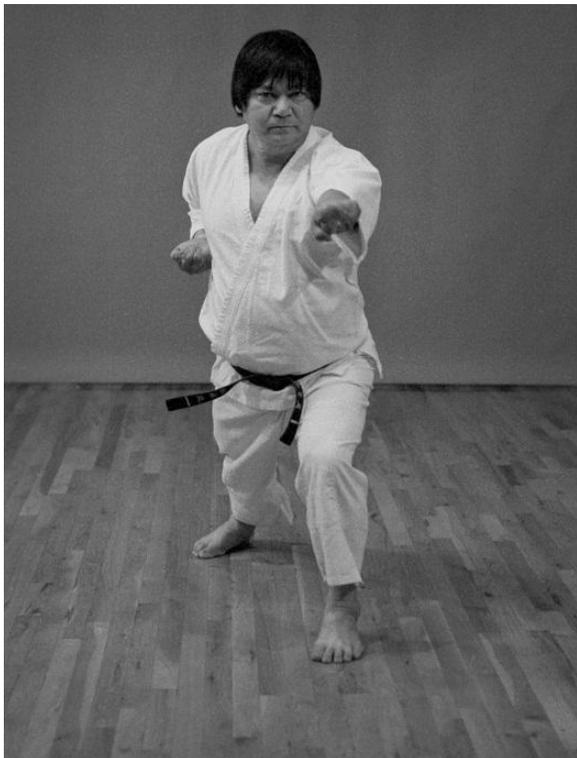
In May, we co-hosted the annual Weapons Workshop held at Hombu Dojo. After instructional sessions, there were demonstrations of the bo, nunchaku and sai.

In April, we traveled to Virginia to participate in the Great Falls workout hosted by the NoVA Dojo, celebrating Master Ueshiro's birthday, the Cherry Blossom Festival and springtime in Washington, D.C.

We look forward to participating in other events throughout the rest of the year.

Our class schedule:

- 5:30 to 7 p.m. Mondays
- 6:45 to 8:15 a.m. Wednesdays
- 5:30 to 7 p.m. Thursdays
- 9 to 10 a.m. Sundays



Always moving forward

We have also worked on new avenues to promote our dojo and Ueshiro Shorin-Ryu Karate USA with new signage, enhanced use of social media and outreach to nearby companies.

In the coming months, we will host open house events and conduct workouts at outdoor venues.

Kata, basics, prearranged fighting, bunkai and weapons – we'll demonstrate all of that and spark a discussion of our style of karate and the history of Shorin-Ryu.

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

*Sensei Kevin Reymond, Hachi-dan
Denshi/Shihan, Ueshiro Downtown Shorin-Ryu Karate Dojo*



Ueshiro Cocoa Dojo



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

The Ueshiro Cocoa Dojo at Eastern Florida State College in the Cocoa YMCA facility is moving forward with great joy and vigor. Our class schedule:

- 7 to 8:30 p.m. Mondays and Wednesdays
- 6:15 to 7:30 a.m. Tuesdays, taught by Sempai David Koenig (Ik-kyu)
- 7 to 8:30 p.m. Thursdays, taught by Sempai Rob Weaver (Sho-dan)
- 11 a.m. to 12:30 p.m. Saturdays

In addition to these classes, we participated in the YMCA Summer Program. These sessions were from 9:45 to 10:30 a.m. Tuesdays and Thursdays from June through August. These sessions were attended by as many as 40 students. The classes were taught primarily by Sempai Dakota Flynn with tremendous assistance from Sempai Andre Gross and Sempai Cheyenne Flynn. By the way: Happy birthday, Andre! He turned 18 in July.

These sessions earned rave reviews from the students, parents and YMCA staff.

The Ueshiro Cocoa Dojo Deshi continues to gain inspiration from Sensei Ron Marchetti (Go-dan, Ueshiro Merritt Island dojo) Sensei Pat Marchetti (San-dan, Merritt Island) who continue to teach and train with our Brevard County group, primarily at our Merritt Island dojo. The majority of our teachers and longterm students received their initial training from Sensei Ron when he was the Shihan of our dojo. They continue to receive training and guidance from him as they progress.

I currently lead our group of teachers: Sempai Rob Weaver (promoted to Sho-dan in February), Sempai David Koenig (Ik-kyu) and Sempai Lloyd Brownhill (Ueshiro Suntree dojo). We are assisted by Sempai Dakota Flynn (Sho-dan) and Sempai Cheyenne Flynn (junior Ik-kyu), and our newest teacher, Sempai Andre Gross (Ik-kyu). We are grateful for all of these dedicated students who are willing to teach others. All of our teachers continue to remain dedicated and committed to growing and participating in the growth of our organization.

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

April green tip test

On April 26, the Ueshiro Cocoa YMCA Dojo held a green tip promotion test. The test was from 7 to 8:30 p.m. The class/test was very well attended. In addition to the testing, 15 additional students showed up in support of those testing. There was much joy and vigor on the deck from all students! As part of the warm-ups, we all performed kata at half-speed and power, followed by the basics across the deck on the Hajime. I was impressed at how well everyone stayed together as a group: even those testing for their first green tip.

The panel of judges consisted of Shihan Sempai Dennis, Sempai Dakota, Sempai Rob and Sempai David Koenig (promoted to Ik-kyu in February).

Sempai Cheyenne called out those who were testing as well as those who were warming up prior to their opportunity to test.

Andre Gross was called on to demonstrate the test and did an outstanding job. Thank you, Andre!

All of the students testing did a great job of stepping out and showing respect and courtesy to the panel of judges. After each student performed their required kata, they were asked to approach the panel for questions. The students did a nice job of answering rank-appropriate questions. Following the kata and questions portion of the test, we gave everyone the opportunity to show us their pre-arranged fighting skills. Finally, each newly promoted student was called up to receive their green tip and congratulations, followed by a group photo.

The following students were promoted.

Promoted to Ro-kyu:

- Alex Rodriguez
- TJ Lakes

Promoted to Go-kyu:

- Rusten Clark

June green tip test

On June 28, the Ueshiro Cocoa YMCA Dojo held a green tip promotion test. The test was from 7 to 8:30 p.m. The class/test was very well attended. In addition to the testing, 12 additional students showed up in support of those testing. There was much joy and vigor on the deck from all students! As part of the warm-ups, we all performed kata at half-speed and power, followed by the basics across the deck on the Hajime. I was impressed at how well everyone stayed together as a group: even those testing for their first green tip.

The panel of judges consisted of Shihan Sempai Dennis, Sempai Dakota, who turned 18 on May 13 – Happy birthday, Dakota – Sempai Rob and Sempai David.

Sempai Cheyenne called out those who were testing as well as those who were warming up prior to their opportunity to test.

Andre was called on to demonstrate the test and did an outstanding job. Thank you, Andre!

All of the students testing did a great job of stepping out and showing respect and courtesy to the panel of judges! After each student performed their required kata, they were asked to approach the panel for questions. The students did a nice job of answering rank appropriate questions! Following the kata and questions portion of the test, we gave everyone the opportunity to show us their

pre-arranged fighting skills. Finally, each newly promoted student was called up one by one to receive their green tip and congratulations, followed by a group photo.

Promoted to Ro-kyu:

- Jaden Howard
- Nefertiti Gonzales
- Nick Crane
- Israel Espitio
- Cristian Lopez
- Xavier Park

Promoted to Go-kyu

- Alex Rodriguez
- TJ Lakes

August full belt promotion

The Florida dojos showed great warrior spirit on Aug. 19, 2017, for the semi-annual full belt test, led by Hanshi Robert Scaglione and assisted by Sensei Kurt Tezel (Roku-dan) at Hanshi's Viera dojo.

Sensei Rick Cupoli (San-dan/Shihan, Ueshiro West Melbourne Dojo), Sensei Matt Reed (San-dan/Shihan, Ueshiro Suntree Dojo), Sempai Dennis, and Sempai Ed Bauder (Sho-dan/Shihan, Ueshiro Titusville Dojo) helped lead the group in the Kihon or basics. A special domo arigato to Sensei Ron Marchetti, Sensei Dale Adamson (San-dan, Ueshiro Viera Dojo), Sensei Pat Marchetti, and Sensei Carla Eddy (San-dan, Merritt Island) for serving on the board of judges, their attendance and leadership. 10 additional black belts stepped up to assist as well.

About 100 students practiced kata over and over on the deck, always striving for perfect form. We were reminded to hit our targets, perform full speed full power, and most important, breathe "24 and 7" as Hanshi would say.

A core group of Ik-kyus kept the deck moving as the judges convened: Sempai Lloyd Brownhill (Suntree), Justin Thompson (Viera), David and Erin Ketchum (West Melbourne), Jeremy Adamson (Viera), Cheyenne Flynn (Cocoa), and Hannah and Melody Bohannan (Viera).

We got many corrections, and in return, many spirited responses of "Arigato, Hanshi!" The 7 1/2 hour event was a celebration, with the energy turned up at full volume. Even those who did not test but were there to show moral support for their karate brothers and sisters were encouraged to deliver their best.

Hanshi cited a recent Technique of the Week submitted by Sensei Chris Barnes (Denshi/Shihan, Shichi-dan) of Ueshiro Bushi Dojo in Santa Monica, California. The *gold* is worth repeating here: "The fusing of the mind and body, attained through breathing and movement and becoming one with the performance ... When called 'on the spot' to perform, there's nothing you can remember/think into action, you can only let go and allow the Kata to move from within ... You've done the work, now let the Kata be revealed."

Domo arigato to Master Ansei Ueshiro for bringing this so very special martial art to the United States.

Domo arigato gozaimasu, Hanshi, for your leadership and encouragement.

It is with great pleasure that we announce the Cocoa dojo promotions from this event.

Promoted to Yellow Belt:

- TJ Lakes
- Alex Rodriguez

Promoted to Yon-kyu:

- Rusten Clark
- Cordelia Case

Promoted to San-kyu:

- Chris Magee

Promoted to Ni-kyu:

- Ethan Fafard
- Katelyn Fafard

August green tip test

On Aug. 23, the Ueshiro Cocoa dojo held a green tip promotion test.

Promoted to Ro-kyu:

- Dimitri Tossios
- Niko Tossios
- James Knight



Promoted to Go-kyu

- Nick Crane
- Xavier Park
- Nefertiti Gonzalez
- Israel Espitio
- Cristian Lopez

Domo arigato to Master Ansei Ueshiro for bringing Shorin-ryu Karate to the U.S., and to Hanshi Robert Scaglione for his continued leadership and inspiration!

*Sempai Dennis Flynn, Ni-dan
Shihan, Ueshiro Cocoa Dojo*

Ueshiro Suntree Dojo



Onegai-shimasu, Hanshi, Kyoshi, Sensei and all Ueshiro Shorin-Ryu Karate USA deshi,

The Ueshiro Suntree Dojo has a solid group of dedicated students, led by Sensei Matt Reed (San-dan, Shihan), at the Suntree YMCA. It's a family atmosphere, and our dojo reflects that.

Many of the students are comprised of parents and their kids.

What's really interesting about our dojo is the Ik-kyu and Ni-kyu group. At Suntree, we have five Ik-kyus and one Ni-kyu. Of the six, five are women and one's a man in his mid-70s (Sempai Lloyd Brownhill, you are a testament!). The path to black belt can be long and tough – but it's so rewarding. I'm inspired by these moms, these young women in their teens, and Lloyd for their continued training – it's been a joy to watch them progress in karate.

August green tip test

We held a green tip test on Aug. 7, and I must share a tale of warrior spirit. Young Orin Salazar was the only testing candidate. We had a great turnout of supporting Deshi, and Orin's family (5 spectators, two of which have practiced martial arts in the past) attended, too.

It could be nerve-wracking to perform up on the spot as a sole testee ... Many of us are parents, and we want to see our younger students succeed. Admittedly, on occasion we get nervous for them, too. Orin, however, greatly impressed the Deshi, his family and the board of judges (Sensei Reed; Sempai Jennifer Sangalang, Ni-dan; Sempai Kevin Hutchinson, Sho-dan; and Sempai Luke Reed, junior Sho-dan).

Orin has a speech impediment and some challenges. He showed good speed and power, good form and, most importantly, a winning attitude. We are all very proud of him.



August full belt promotion

On Aug. 19, the six Florida dojos held a combined full belt promotion, under the direction of Hanshi Robert Scaglione. Congratulations to the Suntree students who advanced in rank – they delivered their best in a crowded room of karate students and performed well under pressure.

A special shout-out to the Zhang family: Sempai Savanna (Ik-kyu) originally started her training with Sensei David Tamir (Shichi-dan, Denshi/Shihan, Ueshiro Neve Dojo in Israel and Ueshiro Charlotte Dojo) when he was Shihan of the Suntree dojo years ago. Savanna's mom, Jane, would sit on the sidelines and watch Savanna train while she cared for Savanna's toddler brother, Terrence.

When Sensei Rick Cupoli (San-dan, Ueshiro West Melbourne Dojo) took over at Suntree as Sensei Tamir transitioned to Israel, Savanna trained under Cupoli, too.

As Terrence got older, Jane stepped on the deck and advanced in rank alongside Savanna.

When Sensei Matt Reed became Shihan of Suntree, Terrence – sans Binky – eventually started training in Ueshiro Shorin-Ryu Karate. Now the family trains weekly at Suntree.

This is one of many stories where karate students just didn't give up, when parents joined their kids to train with them, and when, with hard work, the rewards were great.

It is simply our pleasure to announce the promotions from the August full belt test.

Promoted to Yellow Belt:

- Caleb Clark

Promoted to Ni-kyu:

- Vishrut Paripally
- Zaine Clark

Promoted to Ik-kyu:

- Savanna Zhang
- Jane Zhang

Our class schedule:

- 7:30 to 8:30 p.m. Mondays
- 6:30 to 7:30 p.m. Wednesdays
- 6 to 7 p.m. Fridays
- 11 a.m. to 12:30 p.m. Sundays (advanced training from 12:30 to 1 p.m.)

Domo arigato, Master Ansei Ueshiro, for bringing Shorin-Ryu Karate to the States. You showed warrior spirit – moving from your homeland to a new country to propagate the art of karate-do. You found success in many ways, and inspired hundreds of people, most of all, Hanshi Robert Scaglione.

Many of us never met Master Ueshiro, but his memories live on through Hanshi. When Hanshi shares stories about training with Master Ueshiro, that's "gold."

Domo arigato, Hanshi, for teaching us. Like the Green Book's title suggests, we'll keep "Building Warrior Spirit."

*Sempai Jennifer Sangalang, Ni-dan
Ueshiro Suntree Dojo*

**“Kata is zen.
Kata is simple
yet difficult.”
– Hanshi Robert
Scaglione**



Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota



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

The Northfield dojo is moving through 2017 with a large number of new students – a great mix of families, adults and children that bring a lot of energy and “beginner’s mind” to the deck! At the same time, our senior students are cultivating that “beginner’s mind” to explore our karate and improve our bodies and spirit as we continue our journey on the path set out for us by Master Ueshiro.



At the end of the school year, Sensei Bob Dobrow retired from his teaching career and moved 3 hours north to Duluth, Minnesota. His teaching and wisdom are missed by all of us here in Northfield, but we are excited for his new chapter in life, and look forward to future training together “up North.”

We continue with our regular schedule of classes for all ranks on Monday, Wednesday and Saturday. Additional Brown/Black Belt training occurs bi-weekly. With the beginning of the new school year, the Carleton Karate Club will also have a class on Wednesdays, and share the Saturday morning class with the Northfield dojo.

The student leaders of the club are ready to hit the ground running with the new school year. They bring much enthusiasm to promoting Ueshiro Shorin-Ryu Karate within the Carleton college community.

The multitude of classes provide our higher Kyu-level students as well as our Black Belts the opportunity to learn and grow through teaching.

Congratulations to the students who advanced in rank over the past 6 months:

Promoted to Ro-kyu:

- Adrienne Huerta
- Rohan Saarang
- Rhea Saarang
- Sumathy Saarang
- Saarang Sudarshen

Promoted to Go-kyu:

- David Huyck
- Susanna Huyck
- Joseph Luther
- Brent Pellinen



2018 will mark the 10th anniversary of our dojo. To celebrate, we will host a special “Minnesota in May” event! All Ueshiro Shorin-Ryu karateka are invited to join us for an intense weekend of training and celebration. More details to come.

Domo arigato gozaimasu, Hanshi, for this gift of karate and for inspiring us!

*Steve Hatle, Ni-dan
Shihan, Ueshiro Northfield Shorin-Ryu Karate Dojo*

Boston Chinatown Ueshiro Shorin-Ryu Karate Club



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 St. West, Boston, Massachusetts. The Y is near downtown Boston.

Our class schedule:

- 7:30 p.m. Mondays and Wednesdays
- 11:30 a.m. Sundays

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.

In April, we were greatly honored to receive a shipment of high-level “sugar” from New York in the form of a visit by Hombu Dojo Shihan Kyoshi Mackay.

It was one the highlights of our club’s existence and a great way to continue to celebrate the 55th anniversary of Grandmaster Ansei Ueshiro bringing us the gift of Shorin-Ryu Karate, and following the 55th anniversary events in Florida in February.



We were also honored to participate in the August rank promotions in Northampton and Albany.

Domo arigato gozimasu to Sensei Gobillot for hosting the Northampton test and to Sensei Barnes for leading the invigorating workout and sitting as center judge on the board.

Domo arigato to Sempai Mastroianni for completing the board, which I was also honored to join.

Domo arigato gozaimasu to the other Sensei and Deshi of the Northampton dojo for welcoming the Boston group.

Domo arigato to the students from Northampton and Boston who attended to support their fellow Deshi even though they were not testing.

Congratulations to the Northampton and Boston Deshi.

Promoted to San-kyu:

- Sai Fei Wu

Promoted to Yon-kyu:

- M. Wiggins Jr.

Domo arigato to Shihan Keith Chan for hosting the Albany test.

Domo arigato to the Albany Deshi who joined the event, though they were not testing, to support their fellow Deshi who were.

Congratulations to all of the Albany Deshi who tested and received their new ranks.

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

Keep training.

*Domo arigato gozaimasu to all,
Emiliano Mazlen, Go-dan
Shihan, Boston Chinatown Ueshiro Shorin-Ryu Karate Club*

Ueshiro Shorin-Ryu West Mest Melbourne Dojo



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

The Ueshiro Shorin-Ryu West Melbourne Dojo is running strong.

I am pleased to report that we have a strong student body and a healthy number of students ranked Yon-kyu and above.

I have a special place in my heart for moms (mothers) who get out on the deck to train – we have several moms who are performing valiantly! Some have been training for some time even though their kids have discontinued (we will try to get them back!).

The perseverance of one mom, in particular, has paid off: In August during the combined Florida dojos full belt promotion, Sempai Sarah Cooper achieved the rank of San-kyu. Her continued training played a role in her own success – and it also inspired her son, Scott, to come back on the deck! He showed true warrior spirit and achieved his yellow belt at our August promotion.

We are very proud of our many karateka who were promoted to their next rank in August. We had the fortune of promoting 14 students!

Of special note, there were nine junior students who were promoted to the ranks of green belt and above. A mom was promoted to green belt and a dad promoted to Ik-kyu.

We are proud to have a great mix of adults and young people showing up on the deck to train. They are definitely moving forward.

I also have one very special and unique occurrence to report: A few months back, a friend of mine living in Tennessee expressed interest in learning karate. I started teaching Sempai Steve Mason karate online over Skype. This has worked quite well. A few weeks into his training, I decided to investigate dojos that might be in his area. I found that Sensei Sean Paus had a dojo about 40 minutes away in New Smyrna. Steve lives in Spring Hill, Tennessee.

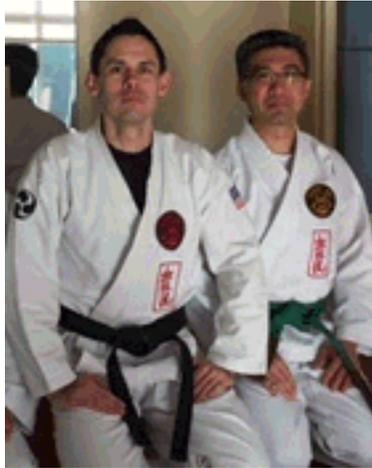
I connected Steve with Sensei Paus, and Steve now trains once a week with me over Skype and once a week with Sensei Paus. This has worked out really well, but it gets better.

It just so happens that my daughter recently married Steve's son back in June. We visited with my daughter in September and had the pleasure of training with Sensei Paus, Sempai Steve and many other deshi at Sensei Paus' dojo. It was a wonderful time.

The takeaway from my little story is that technology has brought the world much closer together. Effective communication can happen over long distances. Consider expanding your student base using Skype. It takes a huge commitment on both sides, but the rewards can be great. With a little creativity, we can develop students remotely and plant dojos in new places.

*Sensei Rick Cupoli, San-dan
Shihan, Ueshiro West Melbourne Dojo*

Wilton Connecticut Ueshiro Shorin-Ryu Karate Club



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

2017 has been a year of exciting transitions, challenges and changes.

Our dojo and workout space have been changed as the company has altered its footprint and removed the regular training space.

In the interim, the Wilton Connecticut Ueshiro Shorin-Ryu Karate Club has been practicing on the top floor of the parking garage. The concrete deck is not ideal and special care has to be taken to avoid injury.

The weather has cooperated and most of our workouts have been sunny and mild. Some workouts have occurred in the rain, however, it only steels our resolve and strengthens our bodies.

As we are outdoors to the open sky, one can imagine past karateka in Okinawa practicing in secrecy in all weather as the knowledge was passed from father to son in fishing and agricultural villages.

Separately, our beloved Sempai Ed has transitioned from USRKUSA. We will miss his spirit, energy and knowledge. We are thankful for his past contributions, commitment and wish him the best in his future endeavors and training.

Our humble small dojo has passed its 22nd year, and we are honored to be able to continue moving forward with the propagation of traditional and strong Okinawan Ueshiro Shorin-Ryu.

We are excited and look forward to the completion of the new space, testing and upcoming kumpai.

Our morning, pre-work classes continue under the gaze of the Shinden (albeit on the roof of the garage) and the spirit of our global karate brethren.

- 7:30 a.m. Mondays
- 7:30 a.m. Wednesdays

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

Sensei Keith Eng, San-dan

Shihan, Wilton Connecticut Ueshiro Shorin-Ryu Karate Club



Ueshiro Shorin-Ryu Nashville Family Karate Club



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

The Ueshiro Shorin-Ryu Nashville Family karate club keeps moving forward here in Tennessee.

We held promotions in the late spring and summer, and have added several new students.

Summer was slow, with lots of families enjoying the school break and traveling for their vacations, but we had a solid core of students who were able to train regularly over the break.

In April, we held a tip test. I am pleased to announce the following promotions:

Promoted to Ro-kyu:

- Steve Mason

- Elizabeth Richardson
- Jonathan Griggs

Promoted to Go-kyu:

- Charles Richardson
- William Griggs
- Nathaniel Ensor
- William Richardson
- Kathryn Richardson



In August, we held our summer tip and belt testing. We had a full workout, then proceeded with the formal testing and review. Afterward, we gathered for a celebratory potluck lunch. I am pleased to announce the following promotions.

For patches by performing techniques across the deck:

- Alexandria Eastes

Promoted to Go-kyu:

- Elizabeth Richardson

We trained with Sensei Rick Cupoli (San-dan), Shihan of the Ueshiro West Melbourne Dojo, on Labor Day weekend! Sensei Cupoli was our first out-of-town visitor since Sensei Bob Dobrow's visit in 2015.

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

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

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

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

Sensei Sean Paus, San-dan

Shihan, Ueshiro Shorin-Ryu Nashville Family Karate Club



Ueshiro Titusville Dojo



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

Well, the end of summer has brought about changes in the maturity of the Ueshiro Titusville Karate Dojo Deshi.

Our attendance has continued to average between 10 to 15 deshi per class at the Titusville YMCA. The attendance at the intermediate class for Go-kyu and above, from 6 to 7:15 p.m. Wednesdays at the Titusville YMCA Tennis and Racquetball Center, grows larger due to recent promotions.

This is how the students proved their maturity: While they were on summer vacation outings with their families, they continued to practice at their vacation destinations. We could tell by their performance at the combined Florida dojos' full belt test in August.

All of the intermediate class students displayed civic responsibility and spirit by participating in a demonstration for "The Addington House Assisted Living Home" here in Titusville.



The emphasis for the intermediate class is Bunkai and Yaku Soko Kumite training. It has been such a pleasure and an honor to train and grow alongside the men, women and children who make up our ranks.

Several of our Deshi tested at the Aug. 19 full belt test, led by Hanshi Scaglione, at Ueshiro Viera Dojo.

Promoted to Ik-kyu:

- Tim Tidwell

Promoted to Ni-kyu:

- Bianca Alaimo

Promoted to Orange Belt:

- Isabella Alaimo
- Sierra Banks

Promoted to San-kyu:

- Emely Jaramillo
- Gissell Jaramillo
- Jimmy Roberge

Promoted to Yon-kyu:

- Vivianna Alaimo

Promoted to Yellow Belt:

- Traviana Rucker
- Chase Atkins

We have also developed a Facebook profile (search “Titusville Ueshiro Shorin-Ryu”), where we’ll post pictures of our Deshi participating in events and tests.

We consistently emphasize personal development to our Deshi as well as foster a team and family spirit. Many of our deshi are fathers, mothers, brothers and sisters bound not only by blood ties, but by the strong ties instilled by working toward a common objective of perfection of technique and method.

I am proud of their initiative, drive, motivation and work ethic toward development, and I’m so proud to be their Shihan.

Domo arigato, Grand Master Ansei Ueshiro, for bringing this art to the United States, and to Hanshi Robert Scaglione for your instruction and inspiration.

*Sempai Ed Bauder, Sho-dan
Shihan, Ueshiro Titusville Dojo*



Ueshiro Bushi Dojo Beverly Hills



Onegai-shimasu, Hanshi, and all Ueshiro Shorin-Ryu Karate USA members,

Ueshiro Bush Dojo had a great summer welcoming Suntree Dojo deshi, Sempai Lindsey Carl, who tested and was promoted to Ni-kyu, as well as former Midtown deshi Damon Santostefano, who tested and was also promoted to Ni-kyu rank.



I was also fortunate to participate in Sensei Dan Gobillot's summer rank promotion at Northampton Ueshiro Karate Dojo on Aug. 13.



It is clear to see Ueshiro Shorin-Ryu Karate is solid and being taught, practiced and performed EXACTLY as it was handed down from Master Ueshiro to Hanshi Scaglione to all Kyoshi, to all Denshi, to all Sensei to all Sempai to all Kyu ranks. It's such a powerful movement to be a part of.

Domo arigato as we all move forward – doing our part to support the Mission Statement of Ueshiro Shorin-Ryu Karate USA:

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. 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 Shorin-Ryu Karate USA."

Domo arigato gozaimasu, Hanshi!

*Sensei Chris Barnes, Shichi-dan
Shihan, Ueshiro Bushi Dojo*

Ueshiro Dulles Dojo



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

The students of Dulles Ueshiro Shorin-Ryu Karate continue to move forward through vigorous training and the exploration of new kata. Now in our 5th year as a dojo, we are pushing the bar with students achieving the rank of Ik-kyu – they're experiencing the added commitment that comes with darker color on one's belt.

Since our last update, we've welcomed two new students — Sempais Katie and Justin, who have brought to the deck positive energy, humility and a strong willingness to learn.

Members of Ueshiro Dulles (and Dulles alumni who transitioned to the Ueshiro NoVA Dojo) were honored to join Kyoshi Mackay, Kyoshi Scaglione, Sensei Raymond, Sensei Balland and visitors from points far and wide for the Northern Virginia Memorial Cherry Blossom Workout at Great Falls National Park. The day featured equal measures of warrior spirit, natural beauty, lifegiving rain, and heartfelt fellowship. Domo arigato, Kyoshi, for making this a day to remember!



Continuing in the tradition of a unified Northern Virginia Ueshiro Karate collective, Ueshiro Dulles joined the warriors of Ueshiro NoVA for our August test. Thank you, Kyoshi Scaglione, for leading us through a classic Shorin-Ryu workout, and to Sensei Lisa Markowitz, Sensei Shabbir Kazmi and Sempai Bill Breidenbach (board of judges) for crafting their rich feedback to those testing.

Promoted to Ro-kyu:

- Katie L.

Promoted to Ni-kyu:

- Luke L.
- Allen T.
- Zhilwan J.

Promoted to Ik-kyu:

- Steve T.

*Sensei Patrick Markowitz, Go-dan
Shihan, Dulles Ueshiro Shorin-Ryu Karate*

Ueshiro Neve Dojo



Onegai-shimasu, USRKUSA worldwide,

The Ueshiro Neve Dojo Deshi has been training frequently at the Hertzeliyah Dojo, under Sensei Zamir, while Sensei Tamir is away on work assignment in North Carolina.

Sensei Tamir will lead workouts at the Ueshiro Neve Dojo during December through early January, and then about one week every month till his return.

Sensei Tamir and Sensei Zamir will conduct a special joint Black Belt testing during the latter part of December. The Neve Dojo's two Ik-Kyu candidates for Shodan are Sempai Avi David and Sempai Eyal Elnir. Hertzeliyah's Shodan, Sempai Ofer Sinai, is a candidate for Ni-dan.

In preparation for the testing, Sensei Zamir filmed the candidates performing kata and sent the videos to Tamir Sensei via WhatsApp.

Sensei Tamir supports the preparations by reviewing the videos with Deshi via GoToMeeting web-conferencing and provides polish.



On a special note, Sensei Tamir has lined up two new future Deshi from afar, who will participate at the end of the year joint Kompai in Israel.



Photos of these two new promising Deshi in their first natural karate moves (High Block and Hammer Fist) are included with this submission. They are twins – daughter (Ye'ela) and son (Gil'ad) – born to Sensei Tamir and his beloved wife, Michal, on Aug. 14.

*Domo arigato gozaimasu,
Tamir Sensei, Shichi-dan
Denshi-Shihan, Ueshiro Neve Dojo*

Ueshiro Charlotte Dojo



Onegai-shimasu, USRKUSA worldwide,

While in North Carolina on work assignment, Tamir Sensei is working to establish our new “outpost” in Charlotte. This dojo is located at the Charlotte JCC.

Sempai Page Lee (above) is now advancing as a Yon-kyu (Green Belt) and helping Tamir Sensei with the setup of a dojo website to help market the new location.

Recently, a women's self-defense workshop was conducted by Tamir Sensei with nearly 20 attendees. The workshop takeaway outline summarizes the exercises reviewed.

Self Defence Workshop Summary Take-Aways from Sensei David Tamir

4 principles to Remember and Practice:

- (1) "Gan" (Use your Senses)
 - a. Be vigilant and avoid risky situations before they may start
 - b. Maintain/increase distance
 - c. Don't close your eyes
 - d. Don't look into your opponent's eyes
 - e. Show fire in your eyes
 - f. Focus on target
 - g. Empty your mind and let your instincts react
- (2) "Soku" (Root Down)
 - a. Use natural stance
 - b. Step first, then strike with both feet firmly rooted
 - c. Drop weight if grabbed by squatting suddenly
- (3) "Tanden" (Hit from the Belly)
 - a. Tense stomach muscles on strike
 - b. Move from your hip
 - c. Breath out and yell with all your might while striking
- (4) "Riki" (Strike Target with Full Power)
Strike using simple hard technique to sensitive areas
 - a. Spear hand to eye
 - b. Straight wrist punch to nose (make fist tight like rock)
 - c. Palm heel to nose or chin
 - d. Head to nose
 - e. Elbow to stomach or ribs
 - f. Knee or instep to groin
 - g. Heel stomp to foot

"Practice Makes Perfect"

You may practice three times a week at our karate classes at the JCC
(See details on opposite side)

Weekly classes:

- 5:30 to 7 p.m. Sundays
- 7:30 to 9 p.m. Tuesdays and Thursdays

All are welcome to visit and train with us.

Tamir Sensei, Shichi-dan

Denshi-Shihan, Ueshiro Charlotte Dojo





Finding Ikigai in the Modern World

I didn't know that Karate originated in Okinawa until I started attending practices. I read an article a while back about Okinawa that stuck in my brain about how the islanders are some of the longest-lived people on our planet. Researchers wanted to know why people with so little material wealth seem so much happier and healthier than rich westerners.

So what is the Okinawan key to such long, healthy lives? Diet and exercise help, of course. But the real key might be the ability to find joy and purpose in daily living. Okinawans have a name for it, ikigai. The thing that makes you want to get up in the morning. The reason for living, not just existing. Playfulness. A feeling of intrinsic value, that your life has a purpose beyond material gain. Flow. Oneness. Resilience. Connection. Growth. Joy. What you do for love. What you do well, even when no one is looking. When researchers interviewed very old Okinawans, this thing they called ikigai seems to suffuse their lives.

War, weather, poverty and oppressive leaders have overrun Okinawa's strategically placed little slice of paradise repeatedly, yet they have so much of that thing that makes you want to get up in the morning that they outlive us all. My question is how do they do that and how can I learn to do it too? Western culture steers us toward more and faster, but that does not always seem to equal better. Perhaps practicing Okinawan Karate is a path toward that oneness called ikigai.

Page Lee
June 29, 2017

UF Law Karate Dojo



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

The UF Law Karate Dojo continues to meet at the Maguire Village graduate housing complex at the University of Florida in Gainesville. Our schedule for the remainder of 2017 is as follows:

- 6 p.m. Tuesdays at the Maguire Village Commons
- 6 p.m. Fridays at the Maguire Village Commons

Currently, our local Deshi consists of mothers and children. The location caters to a diverse population of foreign-born, Ph.D. candidates and their families. As mentioned in a recent email, we have students hailing from Guatemala, Thailand, Iran, India and other countries.

Domo arigato to Sensei Kurt Tezel (Denshi/Shihan, Roku-Dan, Ueshiro Merritt Island Dojo) for his organizational guidance in setting up the dojo. Domo arigato to Sensei, Sempai Jennifer Sangalang (Ni-Dan, Ueshiro Suntree Dojo) and Sempai Jade Norton (Ik-kyu, Suntree) for assisting in our Aug. 8 promotion.

To all Deshi worldwide, we are located 2½-3 hours from the Space Coast, driving northwest. We would be honored to have you join us for some Karate training in the future.

Domo arigato Hanshi Scaglione for devoting your life to the propagation of this art form. Your example is an aspiration for those of us who want to carry on that mission.

*Sempai Trevor Tezel, Ni-dan
Shihan, UF Law Karate Dojo*



“Keep training”



Compiled and published by Sensei Matt Reed and Sempai Jennifer Sangalang of the Ueshiro Suntree Dojo, Melbourne, Florida.

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