

SPRING 2018 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

2018 - Celebrating 56 years of Ueshiro Shorin-Ryu USA!

There have been several wonderful karate events since the last Newsletter and many more are planned for 2018. See descriptions and details in this Newsletter of all the events past, present, and future.

November 19, 2017 we celebrated the 15th Anniversary at the Boston Dojo. For 2018 we have had many, many workouts every day in all our dojo worldwide since January 1st and will continue every day until December 31, 2018. Show up at your home dojo. Also, you are always welcome to every Dojo, every class worldwide.

The Annual Florida in February Event was awesome. We also celebrated the Annual Cherry Blossom Washington DC workout in March and the combined No.VA and PA Dojo Blackbelt test at State College, PA on March 25th with candidates from many Dojo participating. There are more planned events; Minnesota 20 year Anniversary on May 10th and the 20 year Anniversary celebration in MA on August 20th. Keep posted on all events by following the shoryinryu.com website via our Deshi E-mail list. All of the above described would not be possible without your input, Thank You!

We want to recognize and thank our United States military personnel, Veterans, our local first Responders, and also numerous Security and Service people nationwide for keeping our Country safe and free. One way to show gratitude to these brave people is to tell them "Thank You for Your Service" whenever you cross their path.

Reminder to ALL:

Please make use of our texts '*The Essence of Okinawan Karate-Do*' by Master Shoshin Nagamine. Also, the *Red Book* and the *Green Book*, the 30th Anniversary Journal, and the 50th Anniversary Journal. Also, all of our DVD's, and most recently the USRK55 (360 App) and the Kata Guide App, all produced by Kyoshi David Seeger.

Please visit the Shorinryu website to see all the Dojo websites online, including thousands of historic photos at the Hombu Dojo site by Kyoshi Michael Mackay. All the Technique Of The Week going back to the year 1997 to 2018 are posted for your benefit. Also see 'Our History' available for your enjoyment on our website.

In addition to the pages at the USRKUSA and the Hombu website, the Florida area website has a low resolution archive of a 1992 book Master Usherio requested to memorialize all the locations of our Shorinryu Karate USA Dojo from 1962 to 1992. The original printed sheets were produced by Kyoshi David Baker. There is much, much more to see at the Shorinryu.com website.

"Research this well!" -Miyamoto Musashi. You will not regret it!!!

Sincerely,

Hanshi

Robert Scaglione



Ueshiro Midtown Karate

Kyoshi Michael Mackay, Shihan, Ku-Dan

2018 – A milestone year for Hanshi and USRKUSA!

News

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

The Midtown dojo continues to serve as World Headquarters for the Ueshiro Shorin-Ryu USA organization under the direction of Hanshi Robert Scaglione. We are honored to offer classes seven days a week in traditional Shorin-Ryu Karate-Do, as led by over a dozen qualified Black Belt instructors. Our dojo is located in the historic St. Bart's Community Center in the heart of Midtown Manhattan, and we invite you to stop by on your next pilgrimage to this vibrant city. At the very least, plan to be here for the weekend of Hanshi's 80th Birthday, which we'll celebrate on Sunday, Oct. 14. All ranks are invited to participate in this celebration, which promises much joy and vigor! Eighty is a big number, and as we also celebrate five, ten and twenty year anniversaries of dojo around the world, none of these would be possible without Hanshi's lifetime commitment to Grand Master Ansei Ueshiro and perpetuating the art of karate-do.

The Midtown Dojo has been busy since last September with a number of special events to help prime us for Hanshi's 80th. Highlights include:

911 Memorial workout

On Sept. 10, students gathered at Summit Rock in Central Park for a workout honoring the sacrifices of those affected by Sept. 11, 2001. It was also a celebration of the resiliency of Americans everywhere, from the hurricane-hit areas of Florida and Texas to every city across this country. Domo arigato gozaimasu to those who travelled great distances to participate: Sensei Dan Gobillot and Sempai Singwen Mientka (Northampton), Sensei Shabbir Kazmi (Northern Virginia), and Sempai Sai Fei Wu (Boston

Chinatown). Domo arigato gozaimasu also to the children deshi for their long spans of attention and respect for the somberness of the occasion: Sasha Turok and Ethan Neff. And of course to everyone who showed up and rose to the challenges of finding the workout and training on its unique terrain.

Rank Promotions

October Promotion

Our tip test was held on Tuesday, Oct. 17, in a packed dojo. The hour-long workout beforehand consisted entirely of kata practiced without corrections. Formal testing got underway at 6:30 with a Board of Judges comprised of Sensei(s) Ellin Moore, Luz DeLucia, Hend Elsayed, and Sempai Lisa Rosenberg. Sempai Anna Sweeney called the test, which was first demonstrated by Ni-Kyu Kathy Chin. After a thorough review of all requirements Matthew Palomeque was promoted to Go-Kyu.

Orchard Beach Black Belt Test

The Ueshiro Midtown and Downtown Karate Dojo held a joint Black Belt test on Sunday, Oct. 22, 2017 at Orchard Beach State Park. The pre-test workout began at 10:30 AM near the breakwater with repetitions of Naihanchi kata and Fukyugata San. After the formal bow-in Sensei Kevin Reymond led the charge with warm-ups, followed by Sensei Elliot Potter who reviewed kihon. Sempai Steve Hatle, who flew in from Northfield, MN, took us through Oyo-Tan-Ren. Kata Fukyugata Ichi through Pinan Go-Dan were then led by Sensei(s) Gamiel Ramson, Daniel Lax, and Kevin Reymond.

After a short break, the Board of Judges convened at the water's edge. Kyoshi Mackay, Sensei Reymond, Sensei Potter, Sensei Ramson and Sensei Larry Link put the candidates through the kata portion of the test. The group of 22 then trekked 3/4 of a mile to a remote part of the Hunter Island for a review of advanced kata, weapons, yako-soku-kumite and breaking. All non-testing Black Belts were given the opportunity to demonstrate kata as well. During the judges' deliberations participants broke off into small groups to work kata. After careful review the following were promoted in rank:

Anna Sweeney (Midtown) - Promoted to Sho-Dan

James Rothermel (Downtown) - Promoted to Sho-Dan

John Draghi (Midtown) - Promoted to Ni-Dan

Michael Gallagher (Downtown) - Promoted to Ni-Dan

The results were announced on a precipice overlooking Long Island Sound with Locust Valley, the resting place of Master Ueshiro, in the distant background.

February Promotion

The Midtown Dojo participated in a special workout and promotion held on Sunday, Feb. 18, at the newly-opened Bay Ridge Ueshiro Shorin-Ryu Karate Club. Sensei Rob Neff graciously offered his space to us, giving Hombu students the chance to “promote” Ueshiro Shorin-Ryu to the Brooklyn community. Domo arigato to the Black Belts and kyu ranks who showed up, many of whom participated in board-breaking demonstrations.



Events

Year-end kanpai

Our formal year-end workout was held on Dec. 19, followed by light refreshments and kata demonstrations. All participants demonstrated incredible warrior spirit during the class and much good will afterwards. Many students mentioned how 2017 was a year of unprecedented challenges, and how the camaraderie inside a USRKUSA dojo offers much support and strength. Special thanks to Sensei Luz DeLucia and Sempai Kathy Chin for catering the event, and Sensei Ron Ballin for organizing the dinner afterwards at Wild Gingers.

Final celebration of 55 years

To cap off an amazing 12 months honoring Master Ueshiro's arrival in the US, the Midtown Dojo produced a 55th Anniversary commemorative shirt. The back features a large rendering of the 55th Anniversary patch designed by Sensei Ballin, and the front shows a small design that translates to "Ueshiro Dojo / Shorin-Ryu Karate-Do." Domo arigato gozaimasu to everyone who purchased the shirts and raised over \$500 towards Hanshi's 80th birthday celebration this fall.

New monthly focus seminars

With the new year the dojo began offering focus seminars to all ranks during the first White Belt emphasis class of each month. The purpose of the seminars is to give students detailed explanations on a variety of topics not usually addressed in class. The first four seminars discussed:

Testing

Makiwara

Assault Prevention

Partner Exercises

Domo arigato gozaimasu to Sempai Sweeney for launching this initiative and preparing in-depth handouts on each topic.

Kobudo (weapons) workshop

The Ueshiro Midtown and Downtown Dojo co-hosted their annual weapons workout on Mar. 4 at the St. Bart's Athletic Center. The Manhattan deshi were joined by representatives from seven other dojo, including Palisades, Northern Virginia, Northampton, Nyack, Bay Ridge, Pelham Manor and Easton.

Seminars and demonstrations in all five traditional weapons were led by:

Kyoshi Seeger - kama

Kyoshi Mackay - bo

Kyoshi Baker - sai

Sensei Reymond - nunchuka

Mr. Robert St. George – tuifa

A special “Domo arigato gozaimasu” to Hanshi for his support of this seminar and encouraging everyone to attend. And a big “Thank you!” to Sensei Reymond for underwriting the event.

Training beyond Midtown

A shout-out to Hanshi and the Shihan who offered so many exceptional training opportunities around the world. Representatives from the Midtown Dojo enthusiastically travelled to and participated in:

Ueshiro Boston Chinatown 15th Anniversary celebration

Ueshiro Bay Ridge Brooklyn grand opening

February in Florida weekend

Ueshiro Pelham Manor February promotion

Ueshiro Bay Ridge Assault Prevention workshop

Great Falls Virginia Cherry Blossom workout

I encourage everyone to follow Hanshi's advice and visit other dojo within the USRKUSA organization. Be sure to ask your Shihan's permission first!

Photos and videos of the past six months' events may be seen on our web site at:

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

Closing

Technique of the Week Contributors

A word of thanks to those literary Black Belts from the Midtown Dojo who contributed Techniques of the Week during the past six months:

Sensei Steve Lott – Do not lead with the elbow

Kyoshi David Baker - Teach them to step first, then punch

Sensei Rob Neff – Kiai/Voice

Kyoshi Michael Mackay – Intent influences action

Sensei Larry Link – Take the stairs

Moving forward

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

Monday

7:15 - 8:15 am Henri Waelbroeck, Erik Sanner

5:30 - 6:30 pm Gamiel Ramson, Ron Ballin

Tuesday

5:30 - 6:30 pm Michael Mackay

7:15 - 8:15 pm Michael Mackay

Wednesday

5:30 - 6:30 pm Anna Sweeney

Thursday

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

Friday

7:30 - 8:30 am Erik Sanner, Henri Waelbroeck

5:00 – 5:30 pm Michael Mackay (bo)

5:30 - 6:30 pm Ron Ballin, Gamiel Ramson

Saturday

10:45 - 11:45 am Dawood Emmenuel, Anna Sweeney

12:00 - 1:00 pm Lisa Rosenberg, Dawood Emmenuel

Sunday

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

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

White Belt emphasis: First, second and fourth Wednesday each month

Green Belt emphasis: Third Wednesday each month

Brown Belt emphasis: First Friday each month

Black Belt only: First Thursday each month

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

Kyoshi Michael Mackay, Ku-Dan

Ueshiro Midtown Karate Dojo

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Ueshiro Viera Shorin-Ryu Karate Dojo

Hanshi Robert Scaglione, Shihan

News

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

This year, in addition to the 56th Anniversary of Ueshiro Shorin Ryu Karate USA celebration the combined Florida Dojo hosted, we are also celebrating Hanshi Robert Scaglione's 80th year. I imagine some meaningful philosophical conversations are being had around our karate community on what it means to reach this age, and how to do it in the exemplary way that Hanshi has.

Events

During the past 6 months, Viera students and instructors have participated on the followings events:

February: 56th Anniversary weekend, including the Sunday February 4th workout at the Viera Recreation Center gym, led by Hanshi Robert Scaglione



April: Sempai David Norman (the author) led a workout at our Hong Kong Dojo on April 7, courtesy of Sensei Alan Lai, who so graciously invited me to lead the workout. Thank you Sensei and Sempai of Hong Kong.



Rank Promotions

February: Tip Test – Led by Hanshi Robert Scaglione



March: Penn State Black Belt Test.

One of our own, Yujian Nistorenko, tested for and achieved the rank of Ni Dan

Closing

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

| Class Times | Instructor | Remarks |
|--|----------------------------------|---|
| Tuesdays 5:30pm - 7:00pm | Hanshi Robert Scaglione | Formal class starts promptly at 6:00pm |
| Saturdays 10:00am - 11:30am | Sempai David Norman (Sho-Dan) | 10:00am – 10:45am: Children 3-6 yrs 10:00am – 11:30am: Children 6 yrs, up to adults |
| 2 nd Saturday of each month 8:30am – 9:45am | Hanshi Robert Scaglione | Monthly weapons class for Ik-Kyu and above. Class held at the lakeside pavilion, outside the Viera Recreation & Community Ctr |

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

Respectfully submitted,

Sempai David Norman, Sho-Dan

Ueshiro Viera Karate Club

Under the direction of Hanshi Robert Scaglione

Pine Forest Karate School

Kyoshi David Seeger, Shihan, Ku-Dan

News

Hanshi Robert Scaglione's 80th Birthday workout: October 14th in NYC.

All levels - Get your demos ready!

-Kyoshi



On October 22, 2017 Sensei Daniel Lax and Chief Instructor of the Palisades Dojo Sensei Elliot Potter were honored to be part of the Black Belt test at orchard beach, NY. Sensei Potter was part of the board of Judges and Sensei Lax was able to demonstrate Sai of Tsuken Shitahaku Kata.



Rank Promotions

On March 25, 2018 Senior students from around the country descended upon State College, PA for the Sho-Dan/Ni-Dan belt test including our student Sensei Daniel Lax who in support of his student Sempai Art Forni Ni-Dan, was honored to be part of the board of Judges for the students testing for Ni-Dan.



Domo Arigato, Lax Sensei

Keep reading for additional photos of Pine Forest's travels and events in 2018!



Kyoshi Mackay & Kyoshi Seeger



| Kyoshi Seeger's 6pm Formal Class 56th Anniversary 02/02/18 Friday



Kyoshi Sal & Kyoshi Seeger - Yakusoku Kumite - Cocoa Beach, Florida, 2018

Onegai-shimasu Ueshiro SRKUSA Worldwide

About the New USRKUSA App!

The following Technique for the Week (TFTW) is made possible and simple for all of us to achieve now, by the efforts of Hanshi Robert Scaglione and Kyoshi David Seeger:

What is the 1st precept in Hanshi's "Green Book" of Building Warrior Spirit?

Gan

What is the 1st method by which we practice Gan?

Observe and imitate our Karate-Do teacher [Sensei]

Who is our 1st Sensei ("Head Honcho"), who we should all observe and imitate?

Hanshi Robert Scaglione

How can we observe and imitate Hanshi any minute of any day, 24/7, when ever we wish?

Buy the Kata Guide Smart Phone App, produced by Kyoshi Seeger.

If you wish to be a serious Karate-Do student (and teacher)... if you wish to be a Karateka, then you need to buy this App.

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

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

I remember buying the Kata Guide on VHS over 20 years ago, then some years later I bought it again on DVD, and now some more years later I bought it again as a smart phone App.

Every time technology changes, Kyoshi Seeger is right on top of it, providing us a higher quality experience. The new smart phone App provides much more than the previous DVD media, because it is in our pockets and continuously updated with additional videos such as from the recent Florida February training event; not to mention 360 degrees of viewing angles on newer videos, zoom in control, quick repeat, and much more. I also love seeing Hanshi doing his favorite kata, Passai, in our Ueshiro Neve Dojo, where he visited us four years ago in Israel.

I am now able to re-live that experience again, and be able to study it and apply corrections to my kata and technique from our #1 Sensei (Hanshi); leveraging our 1st lesson with Gan as discussed above.

This smart phone App is our most incredible Gan tool, other than visiting Hanshi in person. Do yourself a favor and make this wise investment for your Karate-Do. In Hanshi's words ... Just Do It!

Let's all get this App and use it (in addition to training at our respective dojo[s]), to prepare and shine for Hanshi's 80th Birthday Karate Event, coming later this year.

Domo Arigato Gozaimasu to Hanshi Scaglione and Kyoshi Seeger for making this possible.

Tamir Sensei

Shichi-Dan, Denshi-Shihan

Ueshiro Neve Karate Dojo

Neve-Yamin, Israel

tamirsensei@gmail.com

Ueshiro Okinawan Karate Family Club

Kyoshi Matt Kaplan, Shihan, Hachi-Dan

News

Onegai Shimasu, Hanshi, Kyoshi, Sensei, Sempai, and all Deshi. Greetings from the Ueshiro Okinawan Karate Family Dojo in State College, PA. Visit us online at <http://familykarateclub.com>

Rank Promotions

Here are some highlights from the recent Black Belt test hosted in State College, our February kyu-level test results, and a calligraphy/Japanese language writing activity conducted by Sempai Barb Schaefer.

Black Belt Test:

On Sunday, March 25, 2018, senior USRKUSA students from around the country descended upon State College, PA for a Sho-Dan/Ni- Dan level Black Belt test. It was everyone's great fortune to have Hanshi Scaglione present to preside over the test. Kyoshi Sal Scaglione and Kyoshi Matt Kaplan assisted.



The results from the Black Belt test are as follows:

Promoted to Sho-Dan:

- Lloyd Brownhill (Suntree, Florida)
- Bonnie Langdendorf (N. Virginia)
- Anthony Patrick (N. Virginia)

Promoted to Ni-Dan:

- Kevin Hutchenson (Suntree, Florida)
- Barb Schaefer (State College, PA)
- Michael Musser (State College, PA)
- Keith Chan (Albany, NY)
- Art Forni (Easton, CT)
- Youjian Nistorenko, (Viera, Florida)
- Travis Culp (Merritt Island, Florida)

Additional Black Belts in attendance:*

- Sensei Kurt Tezel* (Merritt Island, Florida)
- Sensei Patrick Markowitz* (N. Virginia)
- Sensei Lisa Markowitz* (N. Virginia)
- Sensei Emiliano Mazlen* (Boston)
- Sensei Daniel Lax* (Palisades, New York)
- Sensei Matt Reed* (Suntree, Florida)
- Sempai Tracie Pletcher (State College, PA)
- Sempai Bill Briedenbach (N. Virginia)
- Sempai Anne Burgevin (State College, PA)
- Sempai Maurice Nistorenko (Viera, Florida)

**On Board of Judges*

Kyu-level test:

Our dojo held a kyu-level test one month earlier (on February 25, 2018). Congratulations to the following students on being promoted to their next rank:



Promoted to Ro-kyu (1 green tip):

- Matt Ward
- Rowan Mazzara
- Traci Richardson
- Ellie Embser
- Milo Schmitt
- Nicolas de Warren
- Felix de Warren
- Promoted to Yon-kyu (Green belt):
- Graham Drew

- Kirsten Drew

Promoted to Orange (junior brown) belt:

- Nick Baptista
- Alex Baptista

Promoted to Ni-kyu (Brown belt):

- Jose Mendez

Events

Calligraphy activity:

On Sunday, April 8th, Sempai Barb Schaefer conducted a special calligraphy writing activity aimed at providing our deshi with a better understanding of the Japanese language.

Participating students learned about the written Japanese style in use today that includes: Kanji (~8,000 logographic characters), Hiragana (47 phonemic alphabet characters for Japanese words), and Katakana (47 phonemic alphabet characters for non-Japanese words).

See a table of Katakana letters on the next page:

Table of Katakana Letters

| gojūon | | | | | |
|--------|----------|----------|----------|----------|----------|
| | a-column | i-column | u-column | e-column | o-column |
| a-row | ア a | イ i | ウ u | エ e | オ o |
| ka-row | カ ka | キ ki | ク ku | ケ ke | コ ko |
| sa-row | サ sa | シ shi | ス su | セ se | ソ so |
| ta-row | タ ta | チ chi | ツ tsu | テ te | ト to |
| na-row | ナ na | ニ ni | ヌ nu | ネ ne | ノ no |
| ha-row | ハ ha | ヒ hi | フ fu | ヘ he | ホ ho |
| ma-row | マ ma | ミ mi | ム mu | メ me | モ mo |
| ya-row | ヤ ya | イ i | ユ yu | エ e | ヨ yo |
| ra-row | ラ ra | リ ri | ル ru | レ re | ロ ro |
| wa-row | ワ wa | イ i | ウ u | エ e | ヲ o |
| ン n | | | | | |

dakuon

| | | | | | |
|--------|---------|---------|---------|---------|---------|
| ga-row | ガ ga | ギ gi | グ gu | ゲ ge | ゴ go |
| za-row | ザ za | ジ ji | ズ zu | ゼ ze | ゾ zo |
| da-row | ダ da | ヂ ji | ヅ zu | デ de | ド do |
| ba-row | バ ba | ビ bi | ブ bu | ベ be | ボ bo |

han-dakuon

| | | | | | |
|--------|---------|---------|---------|---------|---------|
| pa-row | パ pa | ピ pi | プ pu | ペ pe | ポ po |
|--------|---------|---------|---------|---------|---------|

additional letters for foreign sounds

| | | | | |
|---|----|---|---|---|
| ヴ | アイ | ウ | エ | オ |
| e.g. ヴイ (vi), ファ (fa), テイ (ti), ドウ (du), ウェ (we), フォ (fo) | | | | |

| yōon | | |
|-----------|-----------|-----------|
| キャ kya | キュ kyu | キョ kyo |
| シャ sha | シュ shu | ショ sho |
| チャ cha | チュ chu | チョ cho |
| ニャ nya | ニュ nyu | ニョ nyo |
| ヒャ hya | ヒュ hyu | ヒョ hyo |
| ミャ mya | ミュ myu | ミョ myo |
| | | |
| リャ rya | リュ ryu | リョ ryo |
| | | |
| ギャ gya | ギュ gyu | ギョ gyo |
| ジャ ja | ジュ ju | ジョ jo |
| チャ ja | チュ ju | チョ jo |
| ビャ bya | ビュ byu | ビョ byo |
| | | |
| ピャ pya | ピュ pyu | ピョ pyo |

sokuon

| |
|-----------------------|
| ッ pause (no sound) |
|-----------------------|

© japanese-lesson.com
Learn how to read, write and type Katakana for free at http://www.japanese-lesson.com/characters/katakana/katakana_drill/index.html/

Students learned several ways to write “kata,” including in Hiragana (かた), Katakana (カタ), and Kanji (形 or 型), and then reviewed basic tables of Katakana and Hiragana letters. Next came a hands-on activity in which students were challenged to write out their names using Katakana letters. Sempai Barb concluded with a reminder that the key to gaining any skill – whether it is calligraphy, karate, or any art form – is constant practice.

Domo arigato gozaimasu,
Kyoshi Matt Kaplan, Shihan

Ueshiro Northern Virginia Karate Club

Kyoshi Salvatore Scaglione, Shihan, Shichi-Dan

Sensei Lisa Markowitz, Co-Shihan, Yon-Dan

News

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

The Ueshiro Northern Virginia (NoVA) Karate Club continues to move forward in this 56th Year of SRKUSA and the Year of the Dog under the Direction of Hanshi Scaglione and celebrating Master Ansei Ueshiro's gift to us all.

Events

This past Fall and Winter have been very exciting for the Ueshiro NoVA Karate Club as we continued to build our club from within and work to hone our Karate skills.

Here are the highlights contributing to our club's success as we strive to keep moving forward:

In early February several of the NoVA Deshi made the annual trek to Florida for a great weekend of Karate with Hanshi Scaglione and the Florida SRKUSA contingent led by Sensei Kurt Tezel. Many hours of karate and friendship were the highlights of this outstanding event. Many thanks to all of the Florida Deshi contributing to yet another perfect event in Hanshi's backyard! The NoVA Deshi enjoying the festivities: Kyoshi Scaglione, Hachi-DanSensei; Patrick Markowitz, Go-Dan; Sensei Lisa Markowitz, Go-Dan; Bill Briedenbach, Ni-Dan; Bonnie Langdendorff, Sho-Dan; Anthony Patrick, Sho-Dan; Fred Bagagli, San-Kyu



The Ueshiro Northern VA Karate Club and Ueshiro Dulles Karate Club conducted the Winter Kyu-level promotions in February. Kyoshi Sal lead an energy charged traditional workout in Centreville and Sensei Lisa Markowitz in Reston to start the day on both occasions followed by Black Belt demos with each rank group to prime the pump for the promotion. At both events candidates from the NoVA area demonstrated their abilities to move forward SRKUSA-style following Hanshi Scaglione's example.

We continue to move forward under the leadership of Hanshi Scaglione and continue following the ever present spirit of Grand Master Ueshiro. Special thanks to all local Deshi not testing, but present, for offering their support. Special thanks as well to all family members and friends in attendance offering their encouragement.

Board of Judges:

Kyoshi Sal Scaglione, Hachi-Dan, Presiding Judge

Sensei Patrick Markowitz, Go-Dan, Center Judge

Sensei Lisa Markowitz, Go-Dan, Center Judge

Sensei Shabbir Kazmi, San-Dan, Side Judge

Mr. Bill Breidenbach, Ni-Dan, Side Judge

Congratulations to the following Deshi:

Ro-Kyu

Justin (Dulles)

Go-Kyu

Katie (Dulles)

Yellow-Kyu

Nomen Altankhuyag (Centreville/Reston)

Caroline Sommers (Centreville/Reston)

Kate Thomson (Centreville/Reston)

San-Kyu

Fredrick Bagagli (Centreville/Reston)

Orange-Kyu

Temuulen Altankhuyag (Centreville/Reston)

Renee James (Centreville/Reston)

Maya Shah (Centreville/Reston)

Om Shah (Centreville/Reston)

Ni-Kyu

Anu Altankhuyag (Centreville/Reston)

Nishu Shah (Centreville/Reston)

Reshma Shah (Centreville/Reston)





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

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

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

Kyoshi Mackay, Ku-Dan, Hombu Dojo

Kyoshi Kaplan, Hachi-Dan, State College, PA

Sensei Tezel, Roku-Dan, Merritt Island, FL

Sensei Mazlen, Go-Dan, Boston, Mass

Sensei Reed, San-Dan, Suntree, FL

Sensei Eddy, San-Dan, Merritt Island, FL

Sempai Pletcher, Ni-Dan, State College, PA

Sempai Chan, Ni-Dan, Albany, NY

Sempai Forni, Ni-Dan, Easton, Conn

Sempai Musser, Ni-Dan, State College, PA

Sempai Culp, Ni-Dan, Merritt Island, FL

Sempai Sweeney, Sho-Dan, Hombu Dojo

Sempai Hutchenson, Suntree, FL

Sempai Brownhill, Suntree, FL





Celebrating Master Ueshiro's birthday many of our Deshi honored the day with 100 kata led by Sensei Lisa Markowitz on 21 April. Master Ueshiro no doubt was overseeing from the heavens as the event was marked by perfect weather and a welcome day of actual Spring weather as the Northeastern Winter has displayed amazing endurance.



Domo Arigato Gozaimasu to Hanshi Robert Scaglione for leading and guiding us down the path Master Ansei Ueshiro started for us in 1962. Looking forward to many more events throughout 2018 leading to Hanshi's 80th Birthday Celebration in NYC on 14 October 2018. Enjoy 2 pictures from the event attached, a link to the photo library will be sent out as well. Keep training...keep moving forward!

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

Domo Arigato Gozaimasu,

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

Sensei Kurt Tezel, Denshi Shihan, Go-Dan



News

Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

The Ueshiro Merritt Island Karate Dojo has classes on Monday and Wednesday at 6pm and Fridays at 6am. In addition to myself, classes are taught by Sensei Pat Marchetti (San Dan). We are ably assisted by Sensei Carla Eddy (San Dan) and Sempai Travis Culp (Ni Dan).

We also host advanced (Yon Kyu and above) classes twice a month led by myself and Sensei Pat Marchetti. These classes pull in students from all six Florida dojos and are always well attended. We also host Ik Kyu and Dan level classes once a month.

Rank Promotions

Chris Walker was promoted to Yon Kyu to cap off a busy February, and Sempai Travis Culp was promoted to the rank of Ni-Dan in State College Pennsylvania in March.

Events

We hosted another great Black Friday beach workout under great conditions.





On December 11 Hanshi presided over the Florida dojos annual cumpai. We began the evening with a spirited karate class before taking a break and resuming with the cumpai.

Hanshi kicked off the toasting by honoring the memory of Grandmaster Ansei Ueshiro. He reminded us of the hardships Master Ueshiro had to endure in bringing us this art.

Everyone had the opportunity to offer a toast and demonstrate a kata or two.









Our dojo hosted three events during the annual KarateFest February 1 through 4, 2018. We had a jam packed deck at 6am on Friday to Kyoshi Sal's annual class! Kyoshi Mackay and Kyoshi Kaplan were on hand to help and assist where needed. After stretches and the basics we moved on to kata.

Kyoshi Sal moved the group outside to the outside deck to greet the sunrise and the numerous wildlife waking up in the creek behind the dojo.

After the formal class we worked weapons in groups.









We returned to the dojo at 7:00 PM where Kyoshi Seeger conducted a workout and seminar at the Merritt Island dojo. The deck was packed with students, representing a wide variety ages and ranks. He emphasized the effectiveness of our blocks when executed with proper technique and power. Volunteers were used in demonstrating the effectiveness of these various techniques.



Three Merritt Island Karate Dojo members also participated in the Cherry Blossom Festival March 24 in the Washington DC area: Sensei Tezel, Sensei Eddy and Sempai Culp.



Domo Arigato Gozaimasu,

Denshi/Sensei Tezel Ro Kyu Dan

Shihan Ueshiro Merritt Island Karate Dojo

Ueshiro Shorin-Ryu Karate USA

Under the Direction of Hanshi Robert Scaglione

To-Te Ueshiro Karate Dojo

Sensei Preston Powell, Denshi Shihan, Go-Dan

News

Onegai Shimasu Hanshi, Kyoshi, Shihan & USRKUSA Karateka! What a exciting Year so far! Always moving forward.

Rank Promotions

The To-Te Ueshiro Karate Dojo Nyack, NY held its Winter Tip Test & Review Tuesday, February 27th 2018.



With a 5PM formal bow in, traditional warm ups, round robin squat punches with everyone counting around, followed by push ups and Kihon basics across the deck in the form of Oyo tan ren slow speed and power than with snap 3/4 speed and power. With many words of encouragement Fukyugata Itchi Kata was performed over and over again, building up a sweat with everyone counting in turn, counting loud with spirit the formal testing and review began.

The board consisted of Center Judge Powell Sensei (Go-dan) and Ms. Gemini Watanabe (Ni-dan), Mr Bryan Markiet (Sho-dan), Ms Jacquelyn Abreu (Sho-dan) & Mr. Ed Abreu (Ni-dan) calling up the testing deshi and explaining the test and procedures. Jade Powell (Ni-kyu) gave a demonstration of the test requirements and assisted in the Yakusoku Kumite review demonstration. Orian Murphy (Yellow Belt) and Emilia Faulkner (Yon-Kyu) were both reviewed and performed demonstration Kata for the group.

The following NEW students were promoted to Ro-kyu:

- Dylan Qualiata
- Eissa Findlay
- Eleanor Findlay
- Eileen Evonn

Promoted to Go-kyu:

- Mattan Goshen
- Adinda Chappell
- William Chappell
- Gavin Gabai

All in all it was a spirited workout followed by Tameshiwari and a full group Kata demonstration ending the evening with many words of encouragement for all who attended.

I would like to thank those students that sat in to support their fellow deshi. Thank you! Alex Powell

(Ik-kyu), David Calligeros Ik-kyu, Ethan Markiet, Ik-kyu, Sam Hill Ni-kyu and Joseph Goshen Go-kyu for your support, along with all family members present.

Closing

Domo Arigato Gozaimasu Master Ueshiro for paving the way for us so many years ago and Hanshi Robert Scaglione for your never ending leadership and guidance!

SPRING CLASS SCHEDULE:

Saturday 10A - Noon

Tuesday 5P - 6:30P

Thursday Evenings 7P - 8:30P

Respectfully,

Sensei Preston Powell, Go-Dan

Denshi Shihan To-Te Ueshiro Karate Dojo

85 South Piermont Ave, Nyack, NY

(South corner of Memorial Park),

overlooking the Hudson River.

www.karatenyack.com

845 353 8505 | preston@to-te.org

Ueshiro Okinawan Karate Club of Pelham Manor

Sempai Brian Heese, Shihan, Ni-Dan

News

The Okinawa Karate Club of Pelham Manor continues to thrive. We are incredibly grateful to Barbara Nichuals who allows us the privilege of training in her home and recently said that it “warms her heart to see Sensei Dan Nichuals’ dream kept alive” through the joy and vigor of deshi training in his dojo.

We are also grateful for the continued support from the neighboring dojos in New York. Without your help the Pelham Manor dojo would not survive. We have six deshi who train Monday at 6:30pm under the guidance of Kyoshi Mackay and Sempai Brian Heese.

Rank Promotions

We recently conducted our first belt test in many years, promoting the following deshi to Yon Kyu: Olivia Vikman, Aribah Fatima, Arya Gauba



Closing

Many thanks to Sensei Luz DeLucia and Sempai Lisa Rosenberg for attending and serving on the board of judges.

Brian Heese,

Ni-Dan

Shihan

Northampton Ueshiro Karate Dojo

Sensei Daniel Gobillot, Denshi Shihan, Shichi-Dan

2018 - 20th ANNIVERSARY of NORTHAMPTON UESHIRO PINE FOREST KARATE DOJO



News

This year in July marks the 20th Anniversary of the actual creation of the dojo. We trained before in several places but finally took the big step in renting and building out the space. Many of you out there still training will remember helping in the creation. On Sunday July 29th we will have a workout and celebration kanpai/cookout. YOU ARE INVITED!

We will meet at the dojo parking lot at 11:00 am and travel a few miles North to Chapel Falls at the base of Pony Mountain. We will summit the mountain and gather to practice our art in the pine grove there. All are invited to gather afterwards for a kanpai and cookout. If it is still snowing we can always use the dojo.

October - New Children's Program

We started a new children's program in October. We now have 5 dedicated deshi soon to take the system by storm.

New Website

Domo arigato gozaimasu to Jefferson Pitcher (ni-kyu) with the help of Sensei Mary McKittrick (yon-dan) for updating and creating our NEW website. It is still in the building stages but at this time offers a beautifully artistic and creatively aesthetic presentation. Check it out at Northamptonueshirokarate.com or pineforestkarate.com

Events

November - Open House

Twice a year, once in the Spring and again in the Fall the ARTS & INDUSTRY BUILDING where we have our dojo, coordinates an Open House for the public. We perform demonstrations while over 1500 people walk through the building looking at art. This year we pulled in over 50 people and got about a dozen of them in street clothes (men, women and children) to join in on the deck punching, kicking, and best of all getting them to kaia.

November - Pre-Boston 15th Anniversary Gathering in Northampton

November 18th, the day before the Sensei Mazlen Boston/Chinatown Celebration we were honored by several traveling karateka. The workout was lead by Kyoshi Mackay, Ku-Dan from Ueshiro Midtown Homu dojo and accompanied by an enclave of deshi from the Ueshiro Dulles dojo down south in Virginia. Sensei Patrick Markowitz and Lisa Thompson Markowitz, Bonnie Langendorff and Bill Breidenbach blew

out the kaia opening at the top of our entrance door. If you have been here you know what I speak of. Come see it.



A spirited class was held before heading out to Boston's 15th anniversary work out.

Rank Promotions

February Rank Promotion

Our winter rank promotion boasted a strong turn out. Despite the flu epidemic that effected us as well as the entire country, we shined. Sensei Mazlen (go-dan) traveled in from Boston as well as Sempai Chan (nidan) from Albany NY with many deshi. The following deshi were tested and received new rank to earn. Congratulations on your strong performance and achievements.



NI-KYU

- Jefferson Pitcher (Northampton)
- Austin Hatch (Northampton)

SAN-KYU

- Keri Smith (Northampton)
- Eliza Wilmerding (Northampton)
- Tilden Pitcher (Northampton)

YON-KYU

- Justin Gaimbruno (Albany)

RO-KYU

- Jessie Rosenthal (Albany)

The Board of Judges lead by Sensei Emilliano Mazlen (godan, Boston) included Sempai Keith Chan (now Ni-dan, Albany) and Sempai Michele Mastroianni (Sho-dan, Northampton).

Closing

Special Thanks

- To all of our deshi for making this community possible.
- Sensei McKitrick (yon-dan) for photography and organization.
- Sensei Owen (yon-dan) for financial assistance and continuous class support.
- All Kyoshi for showing me the way.
- Hanshi Robert Scaglione for making this all possible for us.

Sensei Daniel Gobillot - shihan, shichi-dan

Northampton Ueshiro Pine Forest Karate Dojo

221 Pine St. Northampton, MA 01062

Ueshiro Downtown Shorin Ryu Karate Dojo

Sensei Kevin Reymond, Denshi Shihan, Shichi-Dan



"One must change the imperfect habits through proper repetition and training. They will not change because of movements of an individual kata. The changes take place in the individual person. Kata is the essence of karate. The gate to development has no lock, that is the key."

- Hanshi Robert Scaglione

News

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.

Events

In November we travelled to Boston and celebrated the fifteen-year anniversary of the Boston Chinatown Ueshiro Shorin-Ryu Karate Club under the direction of Shihan Emiliano Mazlen.

This past February we experience another outstanding Florida weekend with classes led by the Kyoshi and Hanshi Robert Scaglione. We held a tip test this past February. Congratulations to Reginald Washington and Chris Shields both of whom earned the rank of Ro Kyu. The Board of Judges consisted of Sensei Ellin Moore, Sensei Kim Garon, Sempai Michael Gallagher and Sempai James Rothermel.

In March we co-hosted the Annual Weapons Workshop held at Hombu Dojo. After instructional sessions, demonstrations of the bo, nunchaku, kama, toifa and sai were performed. In April we held a katahon in honor of Master Ueshiro's birthday where we performed 100 repetitions of fukyugata san. We look forward to participating in other events throughout the rest of the year.



*"Karate is more than just a physical skill;
it is a balancing of mind and body."* - Grand Master Ansei Ueshiro

Rank Promotions

Congratulations to Mr. Michael Gallagher for earning the rank of Ni Dan and Mr. James Rothermel for earning the rank of Sho Dan in October. The promotion was held with the Hombo Dojo in October 2017 in Orchard Beach, New York City.

Closing

Always Moving Forward

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

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

Class Schedule

Monday: 5:30 pm – 7:00 pm

Wednesday: 6:45 am – 8:15 am

Thursday: 5:30 pm – 7:00 pm

Sunday: 9:00 am – 10:00 am

Sensei Kevin Reymond, Hachi-dan

Denshi-Shihan, Ueshiro Downtown Shorin Ryu Karate Dojo

Under the direction of Hanshi Robert Scaglione

www.downtownkaratedojo.com

646-745-6172

Note: The Hanshi Scaglione quote is from "Building Warrior Spirit." The Master Ueshiro quote is from the 50th Anniversary Journal.

Ueshiro Suntree Shorin-Ryu Karate Dojo

Sempai Matt Reed Shihan, Ni-Dan



"When one door closes, another one opens."

News

Onegai-Shimasu, Hanshi, Kyoshi, Sensei and the SRKUSA deshi,

The Ueshiro Suntree Dojo at the Suntree YMCA found a new home after the Y closed its doors 2 weeks before Christmas. For a few days, as Sensei Matt Reed (San-dan) and Sempai Lloyd Brownhill (Sho-dan) scouted out potential locations for our new dojo, we got invitations from our fellow SRKUSA karateka to "keep training" with them. The invites were from Sempai in Minnesota, New York, Florida and beyond.

We were touched by those invitations and support from our karate brethren.

In January, the new Ueshiro Suntree Melbourne Dojo opened at the Wickham Park Recreational Center, and it's just a few miles away from the old location.

But that's not the only good news ...

Rank Promotions

Along with a new dojo, we are proud to announce some new ranks. Congratulations to Sempai Lloyd and Sempai Kevin Hutchenson (Ni-dan) for their recent promotions! They practiced karate with a lot of joy and vigor and good old-fashioned hard work during the Cherry Blossom Festival workout March 24 in Washington, D.C. Then a day later, they tested for their respective ranks at the State College, Pa., dojo. The board of judges consisted of Sensei Kurt Tezel (Roku-dan), Sensei Pat Markowitz (Go-dan), Sensei Lisa Markowitz (Go-dan), Sensei Daniel Lax (Go-dan), and Sensei Reed. Hanshi Robert Scaglione (Ueshiro Viera Dojo) presided over the test with assistance from Kyoshi Matt Kaplan (Hachi-dan) and Kyoshi Sal Scaglione (Shichi-dan).

We commend Sempai Lloyd for earning his black belt at age 77 1/2 — proving age is nothing but a number, and that Florida probably is home to the fountain of youth! It should be noted that he is exactly 2 years younger than Hanshi, their birthdays are a day apart, and both have said repeatedly that they practice karate *every. single. day.*

That's warrior spirit, for sure!



Closing

Domo arigato gozaimasu Hanshi for your continued guidance and inspiration!

The hours for the Ueshiro Suntree Melbourne Dojo:

- Noon to 1:30 p.m. Sundays
- 7 to 8:30 p.m. Wednesdays

Sempai Jennifer Sangalang (Ni-dan)

Sensei Matt Reed, Shihan Ueshiro Suntree/Melbourne Karate Dojo

Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota

Sensei Steve Hatle Shihan, Ni-Dan

News

Onegaishimasu Hanshi, Kyoshi, Sensei, and all Deshi,[☞](#)

We continue to move forward with joy and vigor in Minnesota! We continue with steady enrollment at our dojo as well as additional new students, bringing a fresh infusion of “beginner’s mind” to ALL deshi in the dojo, helping us to polish our own karate as we learn from everyone on the deck! We celebrate the 10th Anniversary of the Northfield Dojo this year! Please come celebrate with us May 11th – 13th in Minnesota. Please contact me for details if you wish for more information.

Events

Seven Minnesotans traveled to Florida in February for an inspiring and educational weekend, celebrating our 56th anniversary year with intense training and fellowship. Thank you to our host Florida dojo for their hospitality, joy and vigor, and to Hanshi and the Kyoshi for all the gold. We will cherish not only what we learned on the deck, but also the memories and commemorations of past years, which inspire us to train even harder moving forward!



Rank Promotions

Congratulations to the following Deshi who advanced in rank over the last 6 months:

Ro-Kyu: Judi Bush, Gavin Peng, Muyang Shi, Ky Debuse

Go-Kyu: Rhea Saarang, Rohan Saarang, Sumathy Saarang, Saarang Sudarshen

Yon-Kyu: Susanna Huyck, David Huyck, Joseph Luther, Brent Pellinen

San-Kyu: Vincent Sommer, Joe Druckman, Renay Friendshuh



Closing

Domo arigato gozaimasu Master Ansei Ueshiro and Hanshi Robert Scaglione for perpetuating the gift of Ueshiro Shorin-Ryu karate and for being an inspiration to us all!

Sempai Steve Hatle, Ni-Dan, Shihan

Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota

Boston Chinatown Ueshiro Shorin-Ryu Karate Club

Sensei Emiliano Mazlen, Shihan, Yon-Dan

News

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.



Events

In November, we were deeply honored by an incredible celebration of our club's 15th Anniversary. Domo arigato gozimasu to Hanshi for directing the workout on that occasion and for making the long trip to lead the workout and the celebratory meal afterwards. Domo arigato gozimasu to Kyoshi Mackay and Kyoshi Sal Scaglione for their making their own long journeys to provide additional leadership for the events as well as their indispensable roles in preparing for the events.

Domo arigato gozaimasu to Sensei Reymond, Sensei Barnes, Sensei Gobillot, both Sensei Markowitz, Sensei Owens, Sensei Eddy, Sensei Burrows, Mr. Chan and all other visiting deshi for making their own trips from far and wide – five different states and two countries - to support the events. Domo arigato gozaimasu to all!



15th Anniversary workout at Boston Chinatown Ueshiro Shorin-Ryu Karate Club

In February, I was very honored to participate in the belt test at the Northampton Dojo. Domo arigato gozaimasu to Sensei Gobillot for the honor of participating in the event, the board of judges, and to all of the Sensei and fellow deshi of that Dojo and the Albany club for a great event. Congratulations to all those who received new rank.

In March, I was greatly honored to participate in the Northern Virginia Cherry Blossom workout and the black belt testing in State College, PA the following day. Domo arigato gozaimasu to Hanshi for directing the black belt test and for the honor of participating in a board of judges. Domo arigato gozaimasu to Kyoshi Mackay for leading the outdoor workout. Domo arigato gozaimasu to Kyoshi Kaplan and Kyoshi Sal Scaglione for the arranging and additional leading of both events and for the invitation to participate in both. Domo arigato gozaimasu to all the participating Sensei and fellow Deshi. Congratulations to all those who received new rank.

Rank Promotions

In April, the Boston club held a tip test. Domo arigato to Sean Jones who demonstrated the test and sat on the board of judges and to Theo Panagakos for calling the test. Domo arigato to the other deshi who also added their spirit and sweat to the event even though they were not testing on the spot. Congratulations to Diane Tshikudi who was promoted to Rokyu.

At all these promotions 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,

Sensei Emiliano Mazlen

Go-Dan

Boston Ueshiro Shorin-Ryu Karate Club

857-234-7350 (c)

emazlen@hotmail.com

Ueshiro West Melbourne Shorin-Ryu Karate Dojo

Sensei Rick Cupoli, Shihan, San-Dan



News

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

The Ueshiro West Melbourne Dojo is running strong in West Melbourne Florida. This year marks our seventh year of operation. I am assisted by Sempai Miranda Aiken, Shodan. Together we have the distinct privilege of sharing karate with a great group of people. We are happy to report that our dojo is growing up. By growing up I mean that our ranks are advancing and those who hold their ranks are strong and represent their rank well. Among our deshi are Ro Kyus all the way up to Ik Kyu. Sempai Miranda is the

first Shodan to be promoted from our dojo. We are anticipating several more shodan promotions in the not too distant future.

We also have an annex school, so to speak. I have had a karateka, Steve Mason, join our ranks from Spring Hill, TN. He is the father-in-law of my daughter who was married last June. He has been a friend of mine for many years and decided to join our organization. We train once a week together over Skype. I must say that Skype does work well for expanding a dojo's reach. About 40 minutes away from Spring Hill is Smyrna, TN. Sensei Sean Paus operates a fine dojo there. Upon discovering this I contacted him and now we are both involved with teaching Sempai Steve Mason.

In February he was promoted to Yon Kyu. One way to expand our reach over the US and further is to explore this idea of teaching over skype. It does take time and coordination, but it definitely works. The idea is that we can raise a student remotely and when they reach the appropriate rank they can be sponsored to open a school. Skype is not a substitute for direct hands on training. However, it can be used to teach effectively with patience and commitment. If you know of a friend or family member in an area where USRKUSA is not represented, contact them and see if they are willing to jump in. It is a big commitment and very rewarding for all involved.

Keep Training!

Arigato,

Sensei Rick Cupoli

San Dan

Shihan West Melbourne Dojo

Wilton Connecticut Ueshiro Shorin-Ryu Karate Club

Sensei Keith Eng, Shihan, San-Dan



News

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

Wilton Connecticut Ueshiro Shorin-Ryu Karate club under the auspices of USRKUSA is excited to announce that we have transitioned our classes from the top of the parking garage to a new space within the building. We also have a new training schedule which allows for less rescheduling when “Monday holidays” close the office.

Our small group has also grown with the addition of some colleagues who wish to become karateka and join tradition of learning Shorin-Ryu. It is always good to have new students on deck and we held our first kampai of 2018 on April 3rd in celebration! The following haiku express our excitement and refreshed spirit.

kata punch and block
perfect practice makes perfect
look forward to more

-Leslie Swan

Of Dojo it's said
Belts green spirit, brown power
White are the future

-Keith Eng

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

Domo arigato gozaimasu,

Keith Eng

San-Dan

Shihan of the Wilton CT Ueshiro Shorin-Ryu Karate Club

Ueshiro Shorin-Ryu Nashville Family Karate Club

Sensei Sean M. Paus, Shihan, San-Dan

News

Onegaishimasu 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.

Rank Promotions

After a slow holiday season, we held promotions in February.



I am pleased to announce the following promotions:

Ro-Kyu

- Daniel Peterson

Go-Kyu

- Pamela Thomas
- Adam Peterson
- Mackenzie Stanley
- Kierstan Rowles
- Alexandria Tastes

Yon-Kyu

- Elizabeth Richardson
- Stephen Mason

San-Kyu

- William Griggs

Closing

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.

Domo Arigato Gozaimasu!

Sensei Sean M Paus, San-Dan

Ueshiro Shorin-Ryu Nashville - Family Karate Club

University at Albany Ueshiro Shorin-Ryu Karate Club

Sempai Keith Chan, Shihan, Ni-Dan



News

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

The University at Albany Ueshiro Shorin-Ryu karate club celebrates its fifth year of sweat, joy and vigor in New York's capital district! Continuing with tradition, we sent the last of the cold weather on its way by warming things up with a katathon honoring Grand Master Ueshiro on April 17th.

Domo arigato to Sensei Mazlen and Sensei Burrows for traveling to Albany, to share your wisdom and experience with us this year.

Events & Rank Promotions

This past year, club members made trips to travel to Boston, MA on November 17th, and then to snowy Northampton dojo February 18th to participate in a testing event. On April 24th, we held a testing event for Andriana Prifti, who was awarded the rank of go-kyu.

Congratulations to all who were awarded new ranks this year, including Jessie Rosenthal, go-kyu, Jason Giambruno, yon-kyu, Caroline Margolies, ik-kyu and Keith Chan, ni-dan. Domo arigato to all sensei, sempai and deshi who hosted us at various events!



Please join us for training at the University at Albany Ueshiro Shorin-Ryu karate club every Tuesday and Thursday, 6:00pm to 7:30 pm, and Saturdays, 10:15am to 12 pm.

Keith Chan

Shihan

Ni-Dan

University at Albany Ueshiro Shorin-Ryu Karate Club

Ueshiro Bushi Dojo

Sensei Chris Barnes, Denshi Shihan, Shichi-Dan

News

Arigato Hanshi and all USRKUSA deshi!

Bushi Dojo, Beverly Hills is going strong.

One of our great fortunes at Bushi Dojo is that we have Four Tonfa Practitioner's: Sempai Neil Talbot, Damon Santostefano & Lindsay Carl. With that we have been able to do an entire class with weapons in hands, including Squat Punches, Crossing The Deck, Kata and Pre-Arranged Kata.



Our Other Great Fortune is being a destination location we can host visiting guest and create a class time even if not on the schedule. This past week we had the joy & vigor of IK-Kyu David Calligeros from my brother Sensei Powell's Nyack Dojo. He fit right in and brought the Powell Sensei Snow Leopard Grace and Dignity.

We are really looking Forward to NYC in October, until then



Arigato & Peace be With You All

Barnes Sensei

Denshi/Shihan

Shichi-Dan

Dulles Ueshiro Shorin-Ryu Karate

Sensei Patrick Markowitz, Shihan, Go-Dan



News

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 joy of sharing the gift of Shorin-Ryu Karate from Florida to Massachusetts (Northampton and Boston) and points in between. Ueshiro Dulles will achieve a noteworthy goal in May as we mark our 5-year anniversary as a club under the guidance of Kyoshi Salvatore Scaglione. We have a core group of students who continue to show their commitment to the Matsubayashi Pine Forest Style of karate.

Events



Members of Ueshiro Dulles demonstrated true warrior spirit in March as we helped host the annual Cherry Blossom-inspired workout at Great Falls National Park. Under the combined tutelage of Kyoshi's Michael Mackay, Matt Kaplan, and Salvatore Scaglione (together with visiting Sensei's Kurt Tezel, Emiliano Mazlen, Carla Eddy, and Matt Reed, as well as deshi from Florida, New York, Connecticut, and Pennsylvania), participants slipped the final clutches of winter and breathed fresh spring air while enjoying high-level karate training and warm fellowship. Domo arigato Kyoshi (x3) for making this Cherry Blossom workout somehow even better each year.



Rank Promotions

Ueshiro Dulles proudly reached a second major goal this spring with the promotion of our first two black belt karateka—Shodan Bonnie Langendorff and Shodan Anthony Patrick. These two warriors—both founding members of Ueshiro Dulles who split time with Ueshiro NoVA—are model students who are destined for great things as they continue to train and now teach this art.



A hearty Domo Arigato Gozaimasu to Hanshi Robert Scaglione for overseeing a magnificent Dan-Level test, to Kyoshi's Kaplan and Scaglione for organizing the test, to the Sempai of Ueshiro Okinawan Karate Family Dojo for their legendary hospitality, to Sensei's Tezel, Mazlen, Lisa Markowitz, Lax, and Reed for their service on the boards of judges, and to Sensei Lisa Markowitz, Sensei Shabbir Kazmi, and Sempai Bill Breidenbach for their time and devotion in preparing Bonnie and Anthony to test with confidence!



Here's wishing every member of the Ueshiro Shorin-Ryu Karate USA family—a family on which the sun never sets—peace and strength in 2018!

Arigato gozaimasu Hanshi!

Sensei Patrick Markowitz, Go-Dan

Shihan, Ueshiro Dulles Shorin-Ryu Karate

Easton Connecticut Ueshiro Shorin-Ryu Karate Club

Sensei Adam Dunsby, Shihan, Yon-Dan



News

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

Our dojo continues to move forward into the Spring in this 56th year of Shorin-ryu karate under the leadership of Hanshi Robert Scaglione, who continues to inspire, instruct, and keep alive the gift brought to us by Master Ansei Ueshiro. We look forward to joining our fellow deshi in this year's remaining USRKUSA events, including the annual Sherwood Island Beach Workout, the 9/11 Memorial Central Park Workout, and, most importantly, Hanshi's 80th birthday celebration in October.

Events & Rank Promotions

The winter has been an eventful one for the dojo. Last month, Sempai Art Forni traveled to the Cherry Blossom Festival workout hosted by the Ueshiro Northern Virginia (NoVA) Karate Club, and was promoted to Ni-Dan at the Black Belt test held the next day at the Ueshiro Okinawan Karate Family Club in State College, PA. Domo arigato to both dojo for their hospitality and their joy and vigor!



As always, we welcome all USRKUSA deshi who wish to visit us in Connecticut.

Class schedule:

Tuesday: 5:45 PM - 7:00 PM

Sunday: 8:00 AM - 9:15 AM

Domo arigato gozaimasu,
Adam Dunsby, Yon-Dan

Ueshiro Bay Ridge Karate Dojo

Sensei Robert Neff, Shihan, Yon Dan

News

Onegai shimasu Hanshi, Kyoshi, Sensei & fellow Deshi,

The Bay Ridge Ueshiro Shorin-Ryu Karate USA. held its first class on Sunday, October 15th. We followed up with an open house held on Thursday, October 19th at Bay Ridge Jewish Center the site of my new club. Kyoshi Michael Mackay and many high level black belts showed up for this grand opening event. I thank them all for their support.

Events

On Sunday March 18th I taught an assault prevention class for women with Ms. Lisa Rosenberg. It was a great experience for me as a teacher and student of Ueshiro Shorin Ryu Karate USA. We referred often to the concepts of Hanshi Robert Scaglione's Green Book, "Building Warrior Spirit." We had approximately a dozen women in the class and plan on building upon this class by offering a follow up class or series of assault prevention classes based upon interest.

Besides these special events we have been holding traditional Ueshiro Shorin Ryu Karate USA classes twice weekly on Sunday's and Thursday's. Please come and visit us soon!!

Rank Promotion

Bay Ridge Ueshiro Shorin-Ryu Karate Dojo held it's first ever promotion on, February 18. Kyoshi Michael Mackay conducted a traditional workout followed by demonstrations of kata, bunkai and breaking. Our three test candidates were not told prior to the event that they were being reviewed. All showed tremendous poise, spirit, and vigor throughout the day. Based on the students' performances, the Board

of Judges, comprised of Kyoshi Mackay and myself, decided to move them forward. They were warned, however, that the next time they test they will have a sleepless night studying the Red Book.

Promoted to Ro-Kyu:

Ethan Neff

Noah Ratner

Jeffery Ratner

Domo arigato gozaimasu to all who showed up on a snowy morning to lend support and promote the art and traditions of Ueshiro Shorin-Ryu:

Sensei John Adams

Sensei John Robbins

Mr. Ibrahima Jalloh

Mr. John Draghi

Ms. Lisa Rosenberg

Ms. Anna Sweeney

Sam DiGiario

Misha Ratner



A special shout-out to those family members who came down for the event, especially Mabel Adams, who offered her photography skills, and Arabella Neff, who observed from the sidelines with a broken ankle.

At the end of the ceremonies Kyoshi Mackay presented Mr. John Draghi with his Ni-Dan certificate, based on his performance at last October's Dan-Level test on Orchard Beach. It was an honor for me to host this historic event and celebrate the presentation of both green tips and a Black Belt certificate on the same day in my new dojo. On a personal note, I was extremely proud of my son Ethan for earning his first green tip one day before his seventh birthday. A small group of us convened at a local Bay Ridge restaurant for a compai after the official event.



Domo arigato gozaimasu, Hanshi,
Sensei Neff, Yon-Dan
Shihan - Bay Ridge Ueshiro Shorin-Ryu Karate U.S.A

Ueshiro Neve (Oasis) Dojo

Tamir Sensei, Shichi-Dan

News

Onegai-shimasu Ueshiro Shorin-Ryu Karate USA Worldwide,

Now that I have returned to Israel after a two year work assignment in Charlotte North Carolina, I'm beginning a new Deshi recruitment program via "summer workouts at the park" with the help of my two new Shodans, Sempai Avi David and Eyal Elnir.



Our weekly dojo classes are Sunday and Tuesday evenings from 7:00 till 8:30 PM, and Friday afternoons from 2:00 till 3:30 PM. Sunday and Friday workouts are outdoors at the "Central Park" of the city of Kfar Saba (see attached photo), while our Tuesday workouts continue at our previous location at the Neve Yamin community center, 5 minutes away. It is an exciting time to train in Israel, celebrating our 70 years of independence as a modern state. We look forward to recruiting new Deshi and upcoming beach workouts to cool off during the summer.



Best regards to all and look forward to visiting and training with you later this year for Hanshi's 80th birthday!

Domo Arigato Gozaimasu

Tamir Sensei, Shichi-Dan

Denshi-Shihan

Ueshiro Neve "Oasis" Dojo

Hong Kong Ueshiro Karate Club

Sensei Alan Lai, Shihan, Roku-Dan

News

Greetings! We are very grateful to Senpai Dave Norman, who just came to visit us. He gave all the Deshi on deck a lot of training and energies. We hope he is soon to come back Hong Kong. We can't wait to train with him again.



Our training has been on-going, with more classes to offer every Saturday and Sunday. If you come to Hong Kong, we will offer more classes to accommodate your schedule. Do let us know if you plan to visit us.

Domo Arigato Gozaimasu!

Alan Lai Ueshiro

Ueshiro Harbour Karate Club

Sensei Tytus Michalski, Shihan, San-Dan

News

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

2017 was a year to look forward with 20 years for our traditional style of karate in Hong Kong having been completed and now starting the third decade. Training on the deck continued to reflect all of the traditional teachings passed down by Hanshi from Master Ueshiro. A particular emphasis this past season has been on footwork and foundation.



We also welcomed the Year of the Dog in the Lunar New Year, with the associated key values of loyalty, persistence, and justice. These are of course extremely relevant for applying karate training on and off the deck.

For 2018, we will continue to explore new partnership opportunities for working with students in after school activities in Hong Kong, especially with an emphasis on trying to reach those from lower income backgrounds.

Domo Arigato Gozaimasu to Hanshi and Kyoshi for timeless and tireless leadership!

Herzelia Ueshiro Dojo

Sensei Nir Zamir, Denshi Shihan, Go-Dan

News

Following a period of interrupted training due to national holidays and members' travel & family obligations, we are happily resuming the normal training schedule. Given the wonderful weather conditions, we expect to integrate more outdoors training sessions as well.



Events

Earlier this quarter we had the wonderful opportunity to participate in the International Martial Arts for Peace Seminar orchestrated by the Budo for Peace non-profit organization. The event enabled shared training for hundreds of martial artists from diverse styles and countries - including Iran, Greece, Japan, Egypt, Jordan, Turkey and Israel.

