



Spring
Newsletter
2014



UESHIRO SHORIN-RYU KARATE USA
FOUNDED BY **GRAND MASTER ANSEI UESHIRO**
UNDER THE DIRECTION OF **HANSHI ROBERT SCAGLIONE**



2014

Year of the Horse

Contents

Greetings from Hanshi	1
In Remembrance	
Sensei Bill Cummins.....	3
Sensei John Pezzulli	4
U.S.A. Dojo	
CALIFORNIA	
Los Angeles - Ueshiro Bushi Dojo	6
CONNECTICUT	
Easton Ueshiro Shorin-Ryu Karate Club.....	8
Wilton Ueshiro Shorin-Ryu Karate Club	9
FLORIDA	
Cocoa Ueshiro Shorin-Ryu Karate Dojo	10
West Melbourne Ueshiro Shorin-Ryu Karate Dojo	14
Melbourne Ueshiro Suntree Dojo	15
Ueshiro Merritt Island Karate Dojo	16
Ueshiro Titusville Karate Dojo	20
Viera Ueshiro Shorin-Ryu Karate Dojo.....	21
HAWAII	
Ueshiro Hawaii Karate Dojo.....	22
MASSACHUSETTS	
Boston Chinatown Ueshiro Shorin-Ryu Karate Club	23
Northampton Ueshiro Pine Forest Karate Dojo.....	25
MINNESOTA	
Ueshiro Mesabi East Karate Club	27
Northfield Ueshiro Shorin-Ryu Karate Dojo	29



NEW YORK

Ueshiro Midtown Karate Dojo	30
Downtown Shorin-Ryu Karate Dojo	35
Ueshiro Uptown Harlem Karate Club	37
University at Albany Ueshiro Shorin-Ryu Karate Club	38
Ueshiro Karate Club of Brooklyn	39
Mohawk Valley Ueshiro Karate Club	40
To-Te Ueshiro Karate Club of Nyack	41
Ueshiro Pine Forest Karate School – Palisades	42
Ueshiro Okinawan Karate Club of Pelham Manor	45

PENNSYLVANIA

Ueshiro Okinawan Karate Family Club	46
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TENNESSEE

Ueshiro Shorin-Ryu Nashville Family Karate Club.....	48
--	----

VIRGINIA

Ueshiro Northern Virginia Karate Club	49
Dulles Ueshiro Shorin-Ryu Karate Club	52

International Dojo

CHINA

Ueshiro Hong Kong Karate Club	54
Ueshiro Singapore International School Karate Club	57
Ueshiro HSMC Karate Club – Kowloon	57
Ueshiro Chinese University Karate Club – Shatin	58

ISRAEL

Ueshiro Neve (Oasis) Dojo	59
Eilat Ueshiro Dojo	60
Herzlia Ueshiro Dojo	60



Greetings from Hanshi

Greetings all USRKUSA Members! It is with the utmost gratitude that I thank you all for your continued participation in the 52nd year of our karate in the United States of America: 2014 the Year of the Horse.

The 51st Annual Black Belt Dinner and celebration was awesome, orchestrated by Kyoshi David Seeger, and held at Palisades, New York in December 2013. It was a most memorable weekend of karate training, fellowship, and breaking bread together with visitors joining in from our Worldwide Karate Dojo(s). Thank you for the generous birthday gifts, words of kindness and camaraderie. The 51st Dinner marked the 1st Annual Black Belt workout of the second half century of USRKUSA. The weekend was well documented with classic photos taken by Sensei Michael Margulis and his photographer daughter, Chloe. These historic photos are still available to purchase from Chloe's website, available by clicking [here](#). Also, big thank you to Kyoshi Seeger for documenting on video many hours of kata, training, Shihan meetings and dedications. Heartfelt congratulations to Kyoshi David Seeger and to Kyoshi Michael Mackay for the highlight of the weekend as they were promoted to 9th degree Black Belt.



Much gratitude to all who participated in the Annual Florida Karate Weekend hosted by the Florida Shihan in the Cocoa Beach area. There was nonstop training and seminars from Thursday evening to Monday morning, including visits to the Suntime Dojo, the Merritt Island Dojo, the Cocoa Dojo and historic Cocoa Beach. The weekend was attended by Kyoshi Seeger, Kyoshi Mackay and Kyoshi Sal who each led respective workouts at three different locations. See the many priceless photos taken by Chloe Margulis who made the trip to Cocoa Beach to document the event for the archives of USRKUSA. Photos are available at Chloe's website [here](#).

I strongly encourage you to avail yourself of these historic images and support Chloe's tireless efforts.

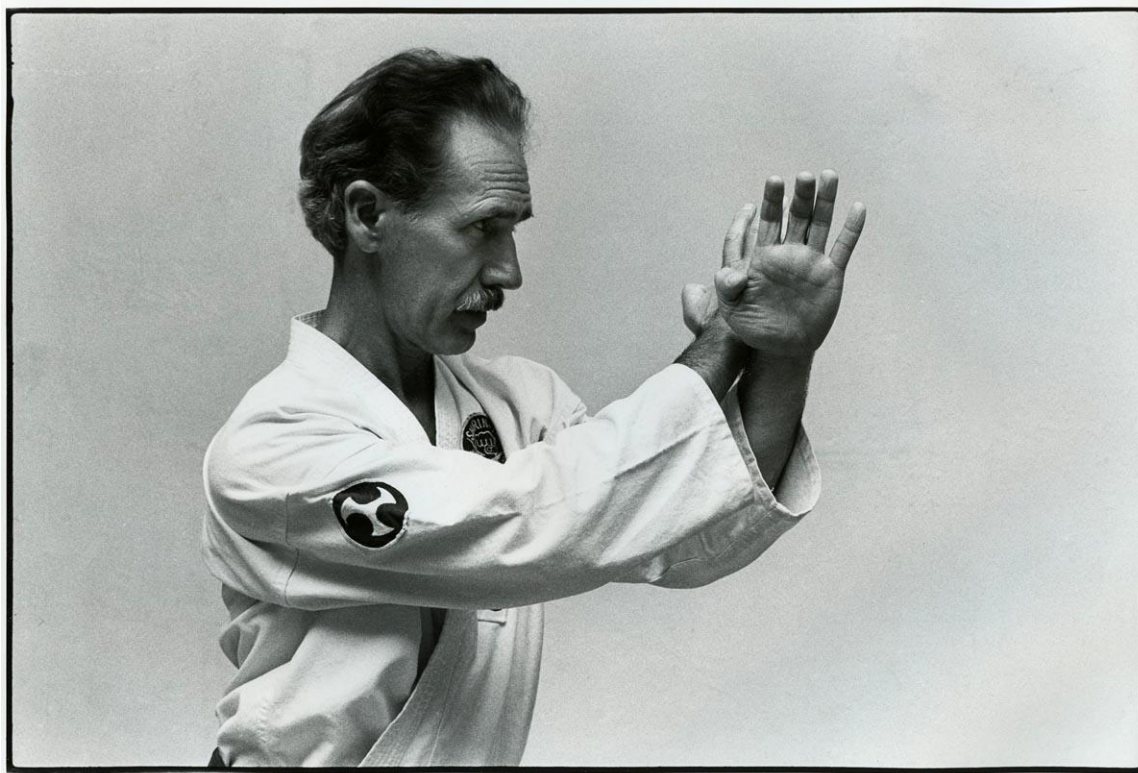
Sincerely,
Hanshi Robert Scaglione
March 2014



*I come to you only
with Karate.
My hands are empty,
but I fear no man.
Should I be forced
to defend myself,
my honor,
or my principles;
should it be a
matter of
right or wrong,
life or death -
then here are my
weapons,
my empty hands.*

In Remembrance Sensei Bill Cummins

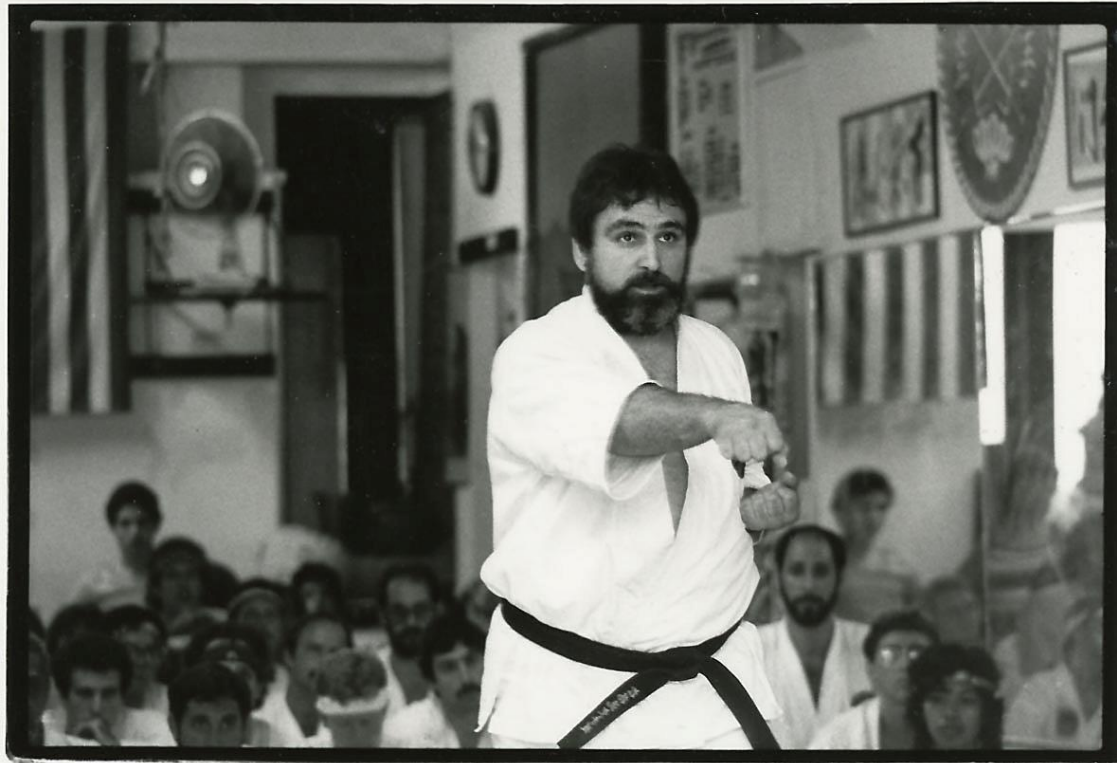
In early February Hanshi received word that Sensei Bill Cummins - artist, author, accomplished martial artist, ice skater and ballroom dance – passed away on February 5 from a stroke in Colorado Springs. Hanshi remembers Sensei Cummins for his vibrant and happy life, affecting everyone he encountered with his positive energy as expressed through his professional work, his many creative achievements, and his joyful personality. “Sensei Bill Cummins' Ik-kyu ‘paragraph’ was a version of the *Red Book* which he orchestrated,” Hanshi recently recalled. “I helped him complete the book after four years of research and work. We published it in 1984.” Others remember Sensei Cummins as a free thinker and free spirit, always ready to try something new, whether artistically or socially. His creativity and unconventional wisdom were balanced by a strong work ethic and a profound respect for the traditions of karate, family and friendship. He had a wonderful sense of humor - about himself and life - despite the many hardships life imposed. He was a prolific artist who threw himself into everything he did, as meticulous about his drawings as he was about his kata. The *Shorin-Ryu Question & Answer Book*, along with *Building Warrior Spirit*, are treasured examples of Sensei Cummin's genius and generosity to the students of Ueshiro Shorin-Ryu.



In Remembrance Sensei John Pezzulli

The Ueshiro Shorn-Ryu community received news in October that Sensei John Pezzulli passed away in New York City last March while undergoing quadruple bypass surgery. Sensei Pezzulli was Hanshi's Chief Instructor in the early 1980s when the dojo was located on Lexington Ave. He presided over dozens of green tip tests and was instrumental in preparing many Ik-kyu for their Sho-dan review. Sensei Pezzulli was famous for his traditional, no-nonsense approach to training. Students preparing for ju-kumite as part of their Dan review were drilled for hours in yaku-soku kumite and kata, particularly Nihanchi sho. His contempt for flashy techniques and tournament-style sparring was abundantly clear. Yet "tough" does not do Sensei justice, for beneath his gruff exterior was a man deeply committed to seeing his students become stronger, and thereby perpetuate Master Ueshiro's vision of karate-do in the United States.

Sensei Pezzulli will always be remembered for his encouragement, unique sense of humor, and unstoppable warrior spirit.





Ueshiro Bushi Dojo of Santa Monica

Greetings, Hanshi, Kyoshi(s), Denshi, Shihan and all Deshi of Shorin-Ryu Karate, USA,

New Location

The Bushi Dojo is proud to announce its new class location:



Beverly Hills Karate Academy
9085 Santa Monica Blvd.
Santa Monica, CA

Arigato Sensei Scott and Sensei Harkenrider for taking the lead on this exciting move.

Many of our core students are on board and we are very excited to post a new class schedule.

I will be in Los Angeles to conduct classes in two weeks and prepare for our trip to Israel with Hanshi.

Arigato
Sensei Chris Barnes, Denshi/ Shihan
Bushi Dojo

Art Deco window -
GE Building adjacent
to Hombu Dojo, NYC

Easton Connecticut Ueshiro Shorin-Ryu Karate Club

Domo arigato Hanshi and Kyoshi,

In Easton, we started the 52st year of Ueshiro Shorin-Ryu Karate USA on a strong note, embracing the prolonged cold spell in the Northeast this winter. Our warmth comes from performing many repetitions of kata. We mark our progress with the changing of the seasons, guided always by Hanshi's wisdom and leadership. As springtime comes, we look forward to the many upcoming USRKUSA events this year and we welcome any visitors who want to train with us in Connecticut.

Class Schedule

Thursday	5:45 - 7:00 pm
Sunday	8:00 - 9:15 am

Domo arigato gozaimasu,

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



Wilton Connecticut Ueshiro Shorin-Ryu Karate Club

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

Small Size – Big Spirit

We train with our spirit out-sizing our small numbers. 2014 has started strong with bold spirit. We are continuing to revel in the “sugar” that has been instilled into us from Hanshi, the Kyoshi, and Sensei. We are working to incorporate perfect technique into our karate training and our lives. We look forward to celebrating our semi-annual spring kampaï. All are welcome to attend.

We will continue to preserve and ensure the vitality of traditional Okinawan karate-do with our morning, pre-work classes. Our goal is to intensify the training and we hope to continue our tradition of visiting our sister clubs and schools in order to share karate and spirit.

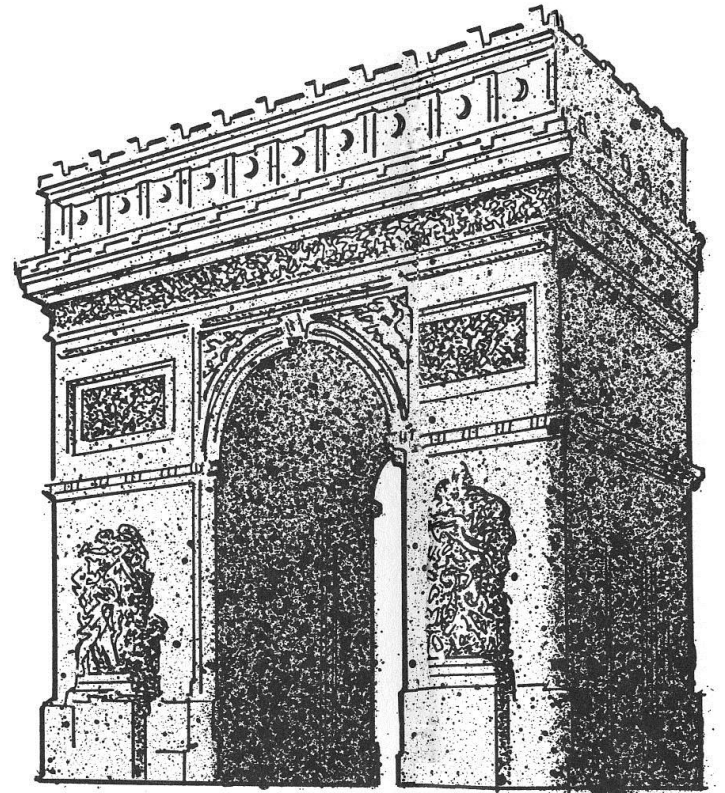
The best of training to all of our karateka brethren! See you on the deck!

Class Schedule

Monday	7:30 am
Wednesday	7:30 am

Domo arigato, Hanshi,

Sensei Keith Eng
Shihan, San-Dan
Wilton CT Ueshiro Karate Club
(203) 221 4873
Kyoshi David Baker, Sponsor



L'Arc de Triomphe – Bill Cummiins



Ueshiro Cocoa Shorin-Ryu Karate Dojo

Onegai Shimasu Hanshi, Kyoshi, Sensei and SRKUSA Deshi,

Outreach

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

Monday	7:00 to 8:30 pm
Wednesday	7:00 to 8:30 pm
Saturday	11:30 am to 1:00 pm

Adults and children of all ranks are welcome to attend all of the above classes. Classes at the Central Brevard YMCA provide excellent exposure to a wide range of prospective students since they are able to see many families training in karate together.

Instructor Roster

The Ueshiro Cocoa Dojo black belts - Sensei Ron Marchetti (Yon-dan), Sempai Pat Marchetti (Ni-dan) and Sempai Dennis Flynn (Sho-dan) - continue to lead the dojo in instruction of classes, assisted by Ik-kyu Youjian Nistorenko, Maurice Nistorenko and Don Carter and Ni-kyu Robert Hunt and Rob Weaver. The Cocoa Dojo's goal is to provide karate instruction to the Cocoa community as brought to the United States by Grand Master Ansei Ueshiro and as currently taught by Hanshi Robert Scaglione.

Green Tip Tests

The Cocoa Dojo conducted green tip tests on October 23 and December 11. Many of our new students are diligently learning the fundamentals of Shorin-Ryu Karate as they progress forward in rank.

October test results

Ro Kyu

Ethan Fafard

Emily Hollenback

Go Kyu

Morgan Murdick

December test results

Ro Kyu

Joseph Hollenback

Sara Berrean

Paige Hoffman

Go Kyu

Emily Hollenback



Ueshiro Cocoa
Shorin-Ryu Karate
Dojo

February System-Wide Training Event

The annual USRKUSA Florida Training Event was conducted from February 7 through 9 with workouts at many of the Florida Dojo and, of course, in the sands of Cocoa Beach. Hanshi, the Kyoshi and visiting deshi from the North brought an abundance of spirit along with significant technique and kata polishing. The event was fantastic! It was a *platinum* weekend with focus on chambering the hand, stepping first, and getting lower with each technique. We worked very hard for many hours in many locations and came away with elevated spirits that carried over into both our karate and our lives. It was a special honor for the Ueshiro Cocoa Dojo to host the closing workout on Sunday, February 9, which included weapons clinics, kata technique and demonstrations. At the end of the event Hanshi awarded Kyoshi Seeger and Kyoshi Mackay with their Ku Dan (9th degree) Certificates to vigorous applause from all in attendance.

February Full Belt Test

More recently, the Cocoa Dojo, Merritt Island Dojo and Titusville Dojo gathered on February 22 for a combined semi-annual full belt promotion held at the Merritt Island Dojo with Hanshi presiding. Students from the other area dojo were also allowed to test over an exhilarating hour marathon. The following Cocoa Dojo students were promoted:

Ro-kyu

Kaitlyn Fafard

Go-kyu

Ethan Fafard

Yellow belt

Morgan Murdick

Daniel Batista

San-kyu

Cheyenne Flynn

Ayania Smiley

John Nistorenko (tested at the Suntree Dojo on Feb. 16)

Orange belt

Ben Berrean

Aniah Combs



Beginner & Advanced – Chloe Margulis

Ueshiro Cocoa
Shorin-Ryu Karate
Dojo



Hanshi presiding over multi-dojo promotion, February 2014.

Congratulations to all deshi for continuing the line, and especially to Hanshi Robert Scaglione for reaching his milestone birthday of 75 years young.

Joy and Vigor!!

Domo Arigato,
Sensei Ron Marchetti, Shihan/Yon-dan
Ueshiro Cocoa Dojo
(321-412-3021)



Kami Jars – Bill Cummins

West Melbourne Ueshiro Shorin-Ryu Karate Dojo

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

Leadership Examples

I am humbled and proud to announce that the Ueshiro Shorin-Ryu Karate USA West Melbourne Dojo continues to move forward with joy and vigor in warrior spirit.

We have been in operation for over two and a half years now and we are privileged to have a great attendance of dedicated students.

We are also fortunate to be so close to other great dojos in Brevard County. Hanshi Robert Scaglione is a short ride away in Viera. Sensei Kurt Tezel is close by in Merritt Island and Sensei Ron Marchetti is close by in Cocoa. Their support and teaching are key to keeping the West Melbourne Dojo running smoothly.

I would like to offer my sincerest gratitude to Hanshi and all who have done so much to help me in my training and running the dojo. I must also not forget Sensei David Tamir, who was my primary Sensei when I was offered the high honor of becoming the Shihan of the West Melbourne Dojo. He is the dojo sponsor and his example of leadership is key as we continue to share the great gift of USRKUSA with all who want to learn.

Domo arigato gozaimasu,

Rick Cupoli, Ni-Dan
West Melbourne Ueshiro
Shorin-Ryu Karate Dojo



Chishi – Bill Cummins

Ueshiro Shorin-Ryu Suntree Dojo

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

I am very pleased to report that our ranks continue to grow and we are moving forward in the 52nd year of Ueshiro Shorin-Ryu Karate.

Visiting Other Dojo

We are extremely fortunate to be centrally located between the five other neighboring Florida schools. We are visited by deshi from the other schools very often. Having visitors always brings up the energy on the deck, and I encourage all of the Suntree deshi to visit other dojo and especially to train with Hanshi as often as possible.

Annual Florida Training Event

On Friday February 7th the Suntree Dojo hosted a class for the annual Florida training event. The deck was packed and the deshi in attendance were treated to a class conducted by Hanshi with Kyoshi Seeger and Kyoshi Sal, along with other high level black belts from around the country. It was a great opportunity for all who attended to have been able to train with such high level karateka.

Class Schedule

The Suntree Dojo offers classes four days per week:

Sunday	11:00 am - 12:30 pm
Monday	7:45 - 9:00 pm
Wednesday	7:45 - 9:00 pm
Friday	4:30 - 5:30 pm

Offering all of these classes would not be possible without the commitment of our advanced ranks. I would like to recognize Sempai Kevin Hutchenson (Sho-Dan), Sempai Christell Bodrick (Ik-kyu) and Sempai Jennifer Sangalang (Ik-kyu). Without them, and the other core Suntree deshi, our dojo would not be as strong as it is.

February Promotion

Please find the below list of recent promotions from our combined February 16 Florida Dojo semi-annual promotion.

Go-kyu

Jorge Carboza Sr.
Jane Zhang

Yellow Belt

Dhruvi Desai
Zaky El Lahial

Yon-kyu

Paul Kelemen
Saliha Almakhfi
Jim Eisenmann

San-kyu

Ada Yumiceva
Savannah Zhang

Ni-kyu

Jade Norton



Domo Arigato Gozaimasu,

Sempai Matt Reed, Sho-Dan
Shihan Ueshiro Shorin-Ryu

Suntree Dojo

(321) 213-3124, rpd197@yahoo.com

Ueshiro Merritt Island Karate Dojo

Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

The Ueshiro Merritt Island Karate Dojo now has classes five days a week. Domo Arigato to Hanshi for all of your help and advice in maintaining this dedicated facility.

Core of Dedicated Instructors

I would also like to thank Sensei Ron Marchetti who continues to teach classes at the dojo every Thursday at 6pm *in addition* to his Shihan duties at the Cocoa YMCA. Your spirit and dedication are remarkable. Domo Arigato to Sempai Travis Culp (Sho-Dan) who teaches class on Mondays and Sempai Shelly Lopez (Ik-kyu) who teaches a new class at 8:00 am on Wednesdays.



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

Black Friday Beach Workout

We hosted another great Black Friday beach workout. All in attendance demonstrated remarkable spirit at 7:00 am in about 60 degree weather.



Day-after-Thanksgiving beach workout.

December Tip Test

On December 16 we held a tip test and promoted two students to Ro-kyu:

- ◆ Pablo Ayala
- ◆ Jericho Ortiz

Congratulations to the young deshi on their first formal steps in a journey of 1,000 miles.

Hanshi Conducts Combined Year-end Workout and Kampai

On December 19 Hanshi presided over the Florida dojo's annual kanpai. The evening consisted of a 90 minute workout followed by the traditional celebration of the year gone by. Hanshi began the evening by honoring Grandmaster Ansei Ueshiro. He shared with us that Master Ueshiro carried himself with the same unique air of high intensity and confidence off the deck as he did on the deck.



Hanshi fine-tuning the opening move of Pinan Nidan.

After the workout, we assembled for the formal kanpai. Everyone toasted and demonstrated a kata or two. The evening concluded with Hanshi performing kata Fukykata Ni at half speed and power followed by Passai at full speed and power. The performance left everyone on the deck with the goal of someday replicating Hanshi's low stances and snap in the gi.



Hanshi welcoming in the Year of the Horse.

February Workout Weekend

On February 7 at 6:00 am the annual February karate weekend officially began! We had over 20 deshi hailing from Minnesota, Virginia and many of the Florida schools joining the regular hardcore 6 o'clock group. It was a cold morning (by Florida standards) so we kept moving. By the time we were finished with stretches and basics, everyone had a nice sweat going. We worked kata and then worked in small groups for bunkai. Everyone had an opportunity to practice with deshi that they do not normally get to train with. Many deshi stayed long after we bowed out to work on more advance kata.

Later that evening the karate marathon continued! An over flow amount of deshi were on hand at 6:00 PM to experience the privilege of being taught by Kyoshi David Seeger. Kyoshi Seeger led the group with his trademark high energy and good-humor. He exhorted us to focus on the hand that was chambering. Our chambering hand is not merely ornamental but a vital part of each technique; it is every bit, if not more important, than the striking hand/arm. Kyoshi encouraged us to explore each technique and not do them by rote. We should know what we are trying to accomplish with each strike/block.



February 7 workout with Kyoshi Seeger.

A special emphasis was also given to not giving away your intent. Keep the eyes focused on the current technique. If you look too early you are “throwing away” your next technique. As the various ranks finished their highest kata, they moved to the back to work with Sensei Boris Grossman. As Sensei Grossman acquired more students, he challenged them work their mai, while not short-changing technique and power. By the time we bowed out (three hours later) the mirrors and windows had steamed over, creating a totem of our hard work.



Combined February full belt promotion

On February 22, 2014 we hosted a combined test with the deshi of Ueshiro Cocoa Shorin-Ryu Karate Dojo, Ueshiro Titusville Karate Dojo and visitors from West Melbourne and Viera. It was at this test that we had the honor of promoting the following Merritt Island deshi:



Ro-kyu
Matthew Reinert
Tim Bond
Go-kyu
Madeline Ayala
Yon-kyu
Neo Mahan

Domo arigato gozaimasu, Hanshi, for your dedication and support of the Merritt Island Dojo, and all dojo world-wide.

Denshi/Sensei Kurt Tezel
Shihan Ueshiro Merritt Is.
Karate Dojo

Video – Kata Fukyugata San



Ueshiro Merritt Island
Karate Dojo



*Two men looked through prison walls,
One saw mud, the other stars.*

- Frederick Langbridge

- Chloe Margulis

Ueshiro Titusville Shorin-Ryu Karate Dojo

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

The Ueshiro Titusville Shorin-Ryu Karate Dojo is growing and moving forward with joy and vigor in two locations!

Class Schedule

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

Roster of Instructors

Our instructors are Matt Reed, Sho-dan and Ed Bauder, Shihan/Ik-kyu. The Titusville Dojo's goal is to provide Karate instruction to Titusville residents as brought to the United States by Grand Master Ansei Ueshiro and as currently taught by Hanshi Robert Scaglione.

February Promotion

We participated in the full belt promotion at the Merritt Island Dojo on February 22, 2014. At this promotion, Dakota Sloan was awarded the rank of Go-kyu.

December Tip Test

There was also a tip test held on December 30, 2013. Below are the results of this test.

Promoted to *Ro-kyu*:

Sarah Peterson
Elizabeth Peterson
Dakota Slone
Noah Fields
Grace Fields
Maddie Fields
Devin Fields
Jaden Vazquez



We continue to grow in members thanks to the continued posting on the Titusville YMCA Facebook page of events occurring at the Titusville Dojo. We also look forward to continuing to participate in events and other activities to be held throughout Brevard County.

Domo arigato gozaimasu,

Edward A. Bauder, Ik-kyu
Shihan, Titusville Dojo
Denshi/Sensei Kurt Tezel, Sponsor

Ueshiro Viera Shorin-Ryu Dojo

Onegai shimasu, all USRKUSA Members!

December Trip to New York

The Florida Shihan and Black Belts enjoyed participating in the 51st Annual Black Belt dinner in December 2013 at Palisades, NY. Thank you, Kyoshi Seeger and New York area Shihan, for hosting this memorable and historic event.

Annual Florida Karate Weekend

We celebrated the Annual Florida Karate Weekend from February 7 through 10. As always, it was a remarkable event. Highlights of the weekend have been documented by the following video, created by Kyoshi Dave Seeger.



February Promotions in Florida

The Florida February 2014 promotions were held on the 16th and 22nd the six Brevard County locations, including the Viera Dojo. Approximately 60 Kyu-level Deshi were reviewed and tested. We thank all the Florida Sensei, Shihan, Sempai and Deshi for their participation in the promotions. We also thank the friends and family of the candidates. See attached photos from the testing locations at the Suntree and Merritt Island Dojo(s).

Class Schedule

Tuesday	6:00 pm
Thursday	6:00 pm
Saturday	10:00 am

Sincerely,

Hanshi Robert Scaglione
Shihan, Ueshiro Viera Dojo
Melbourne, Florida



Ueshiro Hawaii Karate Dojo

Aloha from Hawaii,

Re-evaluating Goals

It's hard to believe we're three months into 2014. Every day our training continues to move forward. We strive to train harder every year than we did the previous year. The year is still young and it's the perfect time to analyze our training. Are we here to learn self-defense, lose weight, build self-esteem, or get in shape? We can use our way of karate to address all those reasons to train karate. Write your reasons down and at the end of 2014 ask yourself if you have achieved your goals, large or small. Continue to train in 2014 stronger than ever, always moving forward.

Inner Strength Trough Kata

Our focus these past few months has been on developing our inner strength through the kata. We've centered a lot of classes on making our karate feel as natural as possible. We continue to work on foot movement that is precise and rooted, starting and stopping in the same spot, and properly breathing as we execute every move.



Video – Celebrating 52 Years



Our tools always need sharpening to remain effective.

Always be ready.

Train to fight, not for a fight.

Domo arigato, Hanshi,

Sensei Lorenzo Aguon, Go-Dan
Ueshiro Hawaii Karate Dojo

www.uhkdojo.com

info@uhkdojo.com

(808) 375-6688

Boston Chinatown Ueshiro Shorin-Ryu Karate Club

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

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

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 are ever in town, please let me know.

October Tip Test

The Boston club held a tip test in October and were joined by deshi from the new University at Albany club. Congratulations to Laren Friedman from the Albany club and Jenn Davis of the Boston club who were both promoted to Ro-kyu. Domo arigato to Mr. Keith Burrows, Ni-dan, who called the test and to Joseph Cheung, Ik-kyu, and Keith Chan, Ik-kyu and director of the Albany club, who completed the board of judges. Arigato as well to Theo Panagakos, Kevin Strang and Steven Ochsner who, as is proper, added their spirit and sweat to the event even though they were not on the spot testing.



Hanshi's 75th Birthday Celebration

In December, Boston deshi were honored to participate in the celebration of Hanshi's 75th birthday in New York. Domo arigato gozaimasu, Hanshi, for including us in this momentous event, and giving *us* the gift of Ueshiro Shorin-Ryu at your birthday party. Domo arigato gozaimasu to Kyoshi Seeger, Sensei Powell, and the deshi of the Ueshiro Pine Forest and To-Te Karate schools for all their work in making the weekend a spectacular event.



February Promotion

We were honored most recently to participate in the Northampton dojo's February rank promotion. Domo arigato gozaimasu to Denshi-Shihan-Sensei Gobillot for overseeing the test, to Sensei Jean Gobillot and Ms. Magdalene for serving on the board of judges, and to Northampton's Sensei and other deshi for including us. Domo arigato to Mr. Keith Burrows (Ni-dan), Keith Strang (Yon-kyu) and Steven Ochsner (Yon-kyu) from Boston who traveled to Northampton not to test but to simply train and support their fellow deshi. Congratulations to all of the Northampton students who tested and to Boston deshi Jenn Davis who was promoted to Yon-kyu.

Boston Chinatown
Ueshiro

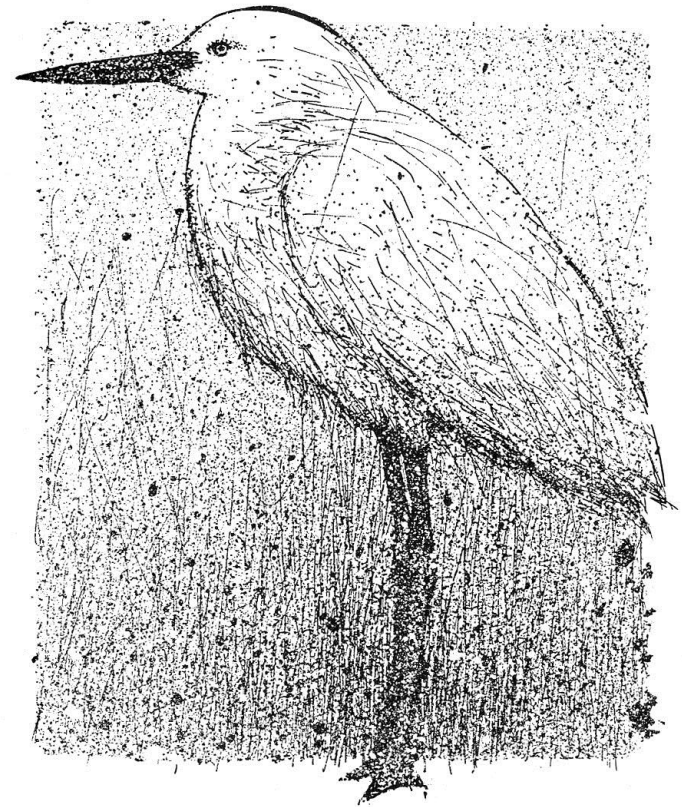


Boston deshi at the February 15 Northampton belt test.

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

Keep Training!

Domo arigato gozaimasu to all,
Emiliano Mazlen, Yon-Dan
857-234-7350
emazlen@hotmail.com



Young egret – Bill Cummins

Northampton Ueshiro Pine Forest Karate Dojo

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

Black Belt Weekend in New York

Shihan Dan Gobillot, Sensei Jean Gobillot and Sensei Nancy Owen attended the 51st Anniversary workout and Celebration in Palisades, NY in December. It was an intense and inspiring weekend of training and learning for all. Domo arigato gozaimasu to everyone who made this event incredible, and especially to Hanshi and to Kyoshi Seeger for all the hard work in organizing and hosting it.

December Tip Test

At our final tip test of the year, held on Saturday, December 14, the following deshi tested and were promoted:

Ro-kyu

Rosa Sullivan

Michelle Sullivan

Go-kyu

Karla Hathaway

Congratulations to all, and sincere thanks to the Board of Judges: Sensei Lou Ruvolo, Sensei Vern Fath and Ik-kyu Robert St. George.



Annual Workout and Doshakai

We held our annual workout and doshakai on Friday, January 10. The well-attended and spirited workout was followed by food, fellowship and reflections on the past year. We also marked the occasion by renewing our commitment to the art of karate for the year ahead. Kanpai!

Winter Rank Promotion

We held our annual winter rank promotion on Saturday February 15, joined by guests from Boston Chinatown Karate Dojo (Sensei Emiliano Mazlen, Shihan) and the new Albany Karate Club (Mr. Keith Chan, Shihan).

Congratulations to the following deshi who tested and were promoted:

Ro-kyu

Abigail Murphy

Go-kyu

Rosa Sullivan

Michelle Sullivan

Yon-kyu

Harlan Garrett

Margaret Garrett

Singwen Mientka

Jenn Davis (Boston)

San-kyu

Daniela Andrade (Albany)

Ni-kyu

Gabriel Moon

Ik-kyu

Peter Mitchell

Cyn McDonald

Glen Moon

Special thanks to the Board of Judges: Sensei Mazlen, Sensei Jean Gobillot, and Ms. Tracy Magdalene.



Rank promotion February 15, 2014

Domo arigato gozaimasu Hanshi, Kyoshi, Sensei, Sempai, and all fellow Deshi for your motivating spirit, for continuing to support all of us in our training, and helping us to move forward in the martial way.

Please visit and train with us in Northampton. Our doors are always wide open to you.

Mary McKitrick, San-Dan
Northampton Ueshiro Pine Forest
Karate Dojo
Sensei Daniel Gobillot, Shihan
(413) 320-5945
www.pineforestkarate.com



Seiza – Chloe Margulis

Ueshiro Mesabi Karate Dojo

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

Ueshiro Shorin-Ryu karate is thriving in northern Minnesota. As it is anywhere, those who recognize the wonderful benefits of this art are gravitating towards it. I feel so honored to be able to share the gift of this exceptional training with those willing to strap on their gi and step up on the deck.

Visiting Florida

Recently I traveled to Florida for the February Beach workout and felt so humbled by the level and commitment of the practitioners of our art that I encountered there. While I re-connected with old friends, I also bore witness to new blood rising through the ranks. It filled my heart with joy to kanpai at the Saturday night dinner in honor of the youth in our system. All of you youngsters with whom I interacted conducted yourselves with poise, humility and genuine karate-do. You are truly our future and I know that other instructors as well as myself hold it as our highest duty to pass on to you the essence and purity of our karate as it was passed to us by Master Ansei Ueshiro, Hanshi Robert Scaglione, the Kyoshi, Sensei and Sempai of USRKUSA.



Also, a big "Arigato!" to Sempai Cupoli and Sempai Flynn for going above and beyond the call of duty while hosting me and my family during our visit. You guys are awesome!

Bushido for a Good Cause

The United Way recently held its annual "Polar Plunge" event on Lake Vermilion in order to raise money for its outreach programs. The Ueshiro Mesabi Karate Dojo was honored to sponsor Sempai Jeff Hansen of our dojo with a \$150 pledge if he was willing to plunge into the icy cold water. With temperatures of 20 degrees below zero, Sempai Jeff showed true karate spirit as he stripped down, jumped through a hole in the ice, and released an ear-shattering "Kiai!" - all to help those less fortunate. Domo arigato Sempai! My ambition is to join in the fund-raiser next year, and I invite all the Florida Sensei to come see what "cold water" really feels like.

February Promotions

The Ueshiro Mesabi Karate Dojo held its belt and tip tests on February 24, 2014, and we are pleased to announce the following results:

Ro-kyu

Bailey Sickel
Aiden Johnson
Orian MacGregor

Go-kyu

Nate Tolrud
Avery Wallace
Grace Hansen
Ethan Douglas
Jack Johnson
Lydia Keskitalo
Ruby Keskitalo

Yon-kyu
Hannah MacGregor
Sam MacGregor
Odin MacGregor
Patrick Douglas
Ben Gornik

A big “Arigato” to Sempai Jeff Hansen and Sempai Brett Hansen for their continued leadership on the deck, and congratulations to all of those who tested successfully. Now is the time to earn that new rank!



Please consider coming to Minnesota from July 11 through 13 for the first annual “Lake Superior Beach Workout.” If you do, you will have an exceptional time and will be able to share your karate with the youth of Minnesota. (Us old folks will be sure to get something out of it too!) Please help perpetuate Ueshiro Shorin-Ryu Karate in an area that is so hungry for it. Our dojo is the only martial art available in this area, so we can use all the help we can get! Contact me if you need home stay, hotel/travel information or help with touring destinations. The Ueshiro Mesabi Karate Dojo promises to roll out the red carpet for this event.

Domo arigato Hanshi, Kyoshi, Sensei, Sempai and Deshi. See you in July, if not sooner!

Sensei Lyle Kleusch
Shihan, Director
Ueshiro Mesabi Karate Dojo



Ueshiro Mesabi
Karate Dojo

Ueshiro Northfield Shorin-Ryu Karate Dojo

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

Despite a record-breaking, brutal winter, our southern Minnesota dojo continues to grow and train with joy and vigor. Classes are offered three times a week – Monday and Wednesday evening and Saturday morning 10:00 to 11:00 am, with advanced classes (Yon-kyu and above) from 11 am to noon. Additional classes for Carleton College students are held Monday and Thursday evenings.

Sunday Katathons

Over the past six months, we've held several Sunday morning full-speed-and-power 100-repetition katathons, with excellent attendance from students of all levels. Our dojo goal is to continue these kata-only workouts until we've covered every kata in our system. To date the sessions have been dedicated to Fukyugata Ichi, Ni, and San, and Pinan Shodan.

Moving Forward in Rank

Congratulations to all students who advanced in rank these past six months:



Ro-kyu

Sam Folland
Joe Dobrow
Lori Folland

Go-kyu

Abhimanyu Lele
Adam Rutkowski

Yon-kyu

Leaf Pennock
Connor Shepherd,
Bella Lawrence
Grace Newman
Greg Sharpe
John Bromel
David Pennock

San-kyu

Guy Lawrence

Ni-kyu

Brenda Hellen
Scott Sijan
Zach Wood-Doughty
Shail Mehta

Ik-kyu

Peter Holocher

Celebrations and Gatherings Off the Deck

Our dojo sponsors several community-building events throughout the year. This past October, Sempai Brenda Hellen hosted a pot-luck dinner at her home following the October tip-test. During the last week of December, a special evening workout was followed by an on-the-deck kampai celebration.

Ueshiro Northfield
Shorin-Ryu
Karate Dojo



On the Road

Other highlights of the past six months include our participation in New York and the Palisades for Hanshi's 75th birthday (attended by Sempai Scott Sijan, Steve Hatle, and Sensei Dobrow) as well as the Florida workout in February. Sempai Scott Sijan, Brenda Hellen, Peter Holocher, Steve Hatle, and Sensei Dobrow traveled to Florida for this exceptional event.



Flash Update: Minnesota in May

We had earlier announced a "Minnesota in May" karate weekend this year during the weekend of May 30 to June 1 on the Carleton College campus in Northfield, Minnesota.

We are thrilled to announce that Hanshi Robert Scaglione and Kyoshi Sal Scaglione have confirmed that they will be attending and leading us on those days for what promises to be a super-charged weekend of karate workouts, seminars and activities.

We invite all Ueshiro Shorin-Ryu Sensei, Sempai and Deshi to join us for this event. We will be able to provide transportation to and from the airport, and hope to offer housing to all who want. Please let us know if you plan to attend. Zenshin!



Domo arigato gozaimasu Master Ueshiro for giving us the gift of Shorin-Ryu karate. Domo arigato gozaimasu Hanshi Robert Scaglione for inspiring us to "Just do it" and "Reach for the impossible" in our training.

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

Ueshiro Midtown Karate Dojo

Onegai shimasu, Hanshi, Kyoshi and USRKUSA deshi world-wide,

Domo arigato gozaimasu, Hanshi, for demonstrating the ageless benefits gained from practicing the art of Ueshiro Shorin-Ryu USA. As we celebrated your 75th birthday, it became apparent that the greatest of these benefits may very well be the spirit of perpetual youth.

October Tip Test

The Midtown Dojo celebrated the arrival of cooler weather with its October tip test held on Tuesday, October 22. Congratulations to Sherin Bennett on her promotion to Go-kyu and "Domo arigato" to the Tuesday night "regulars" who came down to lend their support.

Katathon Honoring Hanshi's 75th Birthday

In anticipation of Hanshi's arrival and the 75th birthday festivities, the dojo sponsored a number of special workouts. On December 5 we held a pre-weekend Black-Belt class starting with weapons training in the St. Barts gym. Domo arigato gozaimasu to a visiting Shihan (who wishes to remain anonymous) for donating funds to underwrite the event. The following night, Chief Instructor Gamiel Ramson and Sensei

Ron Ballin conducted an intense workout for our out-of-town visitors focusing on bunkai and advanced kata.

Annual Black Belt Workouts, Dinner and Special Promotions

As per tradition, on the first weekend of December Black Belts from around the globe convened in New York to commemorate Ueshiro Shorin-Ryu USA. This year was especially celebratory as we marked Hanshi's 75th birthday. Congratulations, Hanshi, on your demonstration of physical prowess, as shown by your kicks getting higher, your stances getting lower and your vision of Ueshiro Shorin-Ryu's future getting stronger. The Black Belt weekend proved time and again how fortunate we are to have a leader accessible to all students, and who relishes the opportunity to simply get out on the deck and train.

Congratulations also to Kyoshi David Seeger, who was promoted to Ku-Dan at the event, and "Domo arigato gozaimasu, Kyoshi!" for your extraordinary efforts in bringing the 51st Annual Black Belt Weekend to fruition. The USRKUSA organization is most fortunate to have someone of your energy and enthusiasm to perpetuate the traditions of Shorin-Ryu.



Nekoashi-dachi – Chloe Margulis



Midtown Year-end Workout and Kanpai

The Midtown Dojo held its own humble year-end celebration Thursday, December 12. A theme echoed throughout the kanpai was how the dojo provides a source of consistency and inspiration through the many ups and downs we all face. A special "Domo arigato gozaimasu" to those instructors and students who kept the dojo going just by showing up three or more times per week – rain or shine – with no students in attendance or a packed deck. A slide show of 2013's highlights may be seen [here](#). Note the two second pause!



Florida February Workouts

A small but dedicated group of Midtown Deshi traveled to Florida for many intense hours of training over the weekend of February 7 through 9. Hanshi continued to raise the bar by encouraging us to get lower and by the end of the weekend students from across the country were performing kata as if they trained together every day. Special thanks to Sensei(s) Kurt Tezel and Ron Marchetti for their gracious hospitality and high-level organizational skills. Domo arigato gozaimasu also to Chloe Margulis for providing over 300 images of classic Shorin-Ryu training on Lori Wilson Beach. Hanshi mentioned

repeatedly during the three days that we need to study these images and purchase same for our personal archive of karate memorabilia. Photographs such as these bring immortality to those who attended.

February Belt Promotion

The Midtown Dojo held its semi-annual promotion in the St. Barts gymnasium on Sunday, February 16. The workout and test were dedicated to the memory of Sensei Bill Cummins, co-author of *The Shorin-Ryu Question & Answer Book* and illustrator of *Gan, Soku, Tanden, Riki*. We were fortunate to have a large number of Black Belts in attendance, as well many children ages 4 to 17. The promotion started with a traditional workout emphasizing staying low, as taught by Hanshi during the Florida weekend. We then progressed to kata with a focus on stepping first, silently and with the back heel rooted down to transfer the force of the block or punch into the deck. When the formal test started, each candidate was required to perform all kata appropriate for his or her rank. After the review of kata, yaku-soku kumite and bunkai, the following deshi were promoted:

San-kyu

Kathy Chin

Ik-kyu

Ansumana Bangura



Ueshiro Midtown
Karate Dojo

Ueshiro Midtown Karate Dojo

Congratulations to the candidates on their excellent examples of endurance, etiquette and technique. Domo arigato to the standing boards of judges: Ik-kyu test - Sensei(s) Gamiel Ramson, Luz DeLucia and Ron Ballin, and Messrs. Dawood Emmenuel and Jon Cohen. San-kyu test - Sensei(s) Ellin Moore and Rob Neff, Ms. Candace Morgan and Messrs. Frank Mowka and Ibrahima Jalloh. Thank you as well to the non-testing students who helped review the candidates in yaku-soku kumite and volunteered to demonstrate board breaking. Domo arigato gozaimasu to Sensei Moore and Ms. Morgan for underwriting a portion of the event. Also many thanks to Mr. Emmenuel for bringing refreshments for the group, and to all the Black Belts for setting up and breaking down the gymnasium.



One of the concluding remarks challenged us to make greater use of the books created by Hanshi and Sensei Cummins. The amount of effort and meticulous detail that went into creating these resources demand a high level of focus and thoroughness from those who study them. It was also pointed out that ANY deshi can start with a simple concept - perhaps your first green tip paragraph - and develop it until it becomes a full-blown book, or leveraging the excitement of conducting your first class to someday opening your own club or dojo.

February Tip Test

Our first test in the Year of the Horse was held on Tuesday, February. 18. After an extended workout with multiple demonstrations of kata, the formal test got underway at approximately 6:30 pm. Following a thorough review of basics, kata and USRKUSA history, Mr. Eric Baber was promoted to Ro-kyu. Serving on the board of judges were Sensei(s) Ramson, Bottega, Adams and Elsayed, and Mr. Flores. Thank you to all the kyu ranks who performed admirably during the workout and the mini-katathon while the judges deliberated. As mentioned at the end of the test, in every class where we perform basics and Fukyugata Ichi, we are retesting for Ro-kyu alongside our newest students.

Wall of Honor

In early March we mounted a new name board/wall of honor listing all green belts and above who are active, paid-up members of USRKUSA. The artwork was created by Mr. Jon Cohen, Ni-Dan, and will be updated after every promotion as well as in December following the annual membership drive. This tradition goes back to at least the 1980s when Hanshi presided over the Hombu Dojo on Lexington Ave.



Ueshiro Midtown
Karate Dojo

Upcoming Events

Deshi from across the globe are invited to return to the Hombu Dojo and train in any of our regularly-scheduled classes (held 7 days a week), or for one of the special events listed below.

- ◆ April 20 - 26: Katathon week celebrating Grand Master Ueshiro's birthday
- ◆ July 13: Sherwood Is. beach workout
- ◆ August 10: Full belt promotion at Midtown
- ◆ September 14: 911 Memorial workout in Central Park
- ◆ December 11: Midtown year-end workout and kampa

Plus a slew of tip-tests, Black Belt, Brown Belt and Green-belt emphasis classes, weapons workouts, and numerous spontaneous opportunities to show excess joy and vigor. Keep your gi handy – visitors always welcome from near or far.

A final bow of gratitude to Hanshi Robert Scaglione for his extraordinary dedication and leadership over the years, which by now add up to many turns through the Chinese Zodiac. We are blessed to have such a beacon of loyalty and traditional martial arts to follow. Without him, we would surely wander off the path.

Domo arigato gozaimasu, Hanshi!

Kyoshi Michael Mackay
Ku-Dan, Ueshiro Midtown
Karate Dojo
Kyoshi@midtownkaratedojo.com



Open hand – Chloe Margulis

Ueshiro Downtown Shorin-Ryu Karate Dojo

Onegai Shimasu Hanshi, Kyoshi, Sensei and Fellow Deshi,

Moving Forward in 2014 and Beyond

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

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



Specialty Workshops

In October the Downtown Dojo co-hosted a weapons workshop at St. Barts with the Midtown Dojo. We also continued our workshop program downtown and have a number of new workshops scheduled over the next several months. We believe these workshops allow us to focus on one kata, bunkai, weapon, or yaku-soku exercise and thereby provide an opportunity to more fully explore specific techniques that improve our overall knowledge and skills.

Open Houses

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

Honoring Those who Led in WWI

This Memorial Day we commemorate the 100 year anniversary of the start of World War I. The following report made by Marshall Ferdinand Foch to his superiors while facing attack by vastly superior German forces, captures the essence of Ueshiro Shorin-Ryu:

*"My center is yielding. My right is retreating.
Situation excellent. I am attacking."*

Domo arigato gozaimasu, Hanshi, for your leadership, support and inspiration! Arigato as well to Kyoshi(s) Seeger, Mackay, Baker, Kaplan and Scaglione for your contributions and unwavering spirit. A final "Domo arigato" to all loyal deshi for bringing Master Ueshiro's vision forward into its 51st year.

Class Schedule

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

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



Sumo – Bill Cummins

Ueshiro Uptown Harlem Karate Club

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

Celebrating Our Two-year Anniversary

The Harlem Karate Club has now been in operation for two years as of March 2014. The spirit of our club when we train or socialize after a class is always high due in no small part to the core group of students that show up to sweat and continuously work on basics and kata. I feel honored to train with these deshi because of their strong work ethic, their dedication and loyalty, and because they have kept our club going through some very difficult times. I don't have to mention names. Every one of you knows who you are. The basic translation of the word "Samurai" is "those who serve." You have shown great service, humility, and friendship through your actions and I thank you!

Outreach in Harlem and Beyond

The Harlem Karate Club will continue to propagate the art of Ueshiro Shorin-Ryu Karate USA through our club website, Facebook page, and planned demonstrations in the months ahead. I will be announcing demonstrations as they are planned and encourage deshi from the local area dojo to join us.

Class Times and Location

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

Video – Kata Pinan Yondan and Rohai



Domo Arigato Gozaimasu Hanshi,

John Adams, Shihan
Ueshiro Uptown Harlem
Karate Club

University at Albany Ueshiro Shorin-Ryu Karate Club

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

Domo arigato gozaimasu, Hanshi, for your leadership, inspiring spirit, and support for the University at Albany Ueshiro Shorin-Ryu Karate Club, newly formed since August, 2013. We are located on the Downtown Campus of SUNY Albany, 135 Western Ave., Richardson 002, Albany, NY 12222.

Classes for Adults and At-risk Inner City Youths

We hold classes for adults on Tuesdays and Thursdays, from 5:30 pm to 7 pm, Fridays at 2 pm to 3:30 pm, and Saturdays at 12 pm to 1:30 pm. We also recently started a teen karate program in February, 2014, which meets Tuesday and Thursdays from 4:30 to 5:30 pm, in conjunction with the Liberty Partnership After School Program, which services at-risk, inner-city youths from the Capitol District Area.

Founding Students Advance in Rank

The Albany Club was honored to join the Northampton February belt test on February 15. Domo arigato gozaimasu to Sensei Golbillot, other Northampton Sensei and deshi for



hosting us at the event. Domo arigato gozaimasu to Sensei Mazlen and the Boston Dojo for their spirit and support. Daniela Leite Andrade was honored to receive her new rank of San-kyu during the Northampton promotion. The Albany Club also held its first tip test on February 28. Caroline Margolies received her rank of Ro-kyu at this event.



Domo arigato gozaimasu, Hanshi, Kyoshi, Sensei and all the deshi of USRKUSA.

Respectfully,
Keith Chan, Ik-kyu
University at Albany Ueshiro
Shorin-Ryu Karate Club Director

The School for Global Scholars Ueshiro Karate Club

Onegai shimasu Hanshi, Kyoshi, Sensei and fellow Deshi,

I am continuing to work with the Wingspan Arts after school program on Wednesday afternoons. This dedicated group ranges from first through fourth graders, and includes Special Education students. It has grown to thirteen participants for our second cycle of the year. The group, consisting of new and returning students, will be together through the end of June, giving us ample opportunity to hone their karate skills.

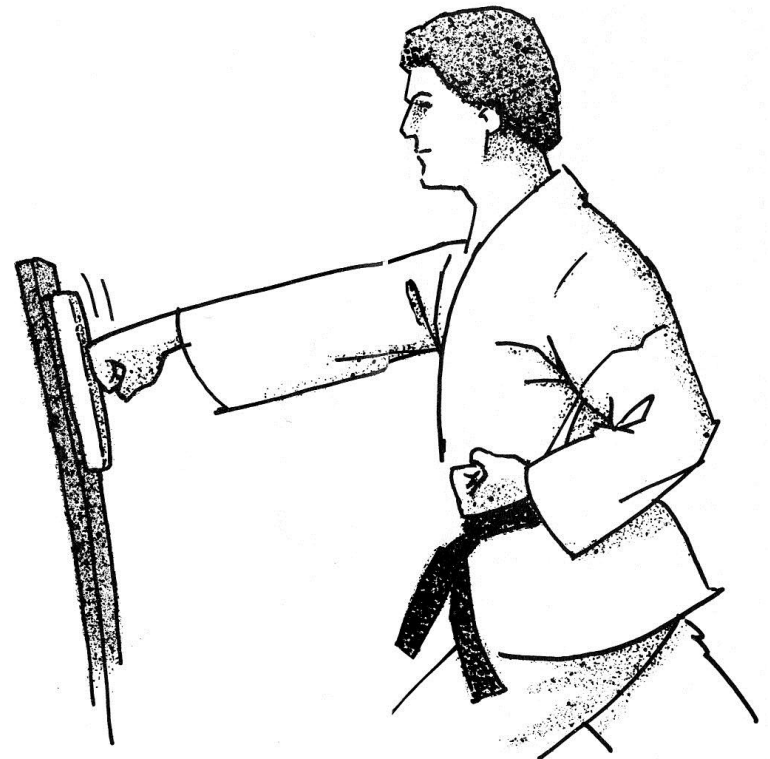
This has been a learning experience for me as well. Having students do basics across the deck is so important in teaching students to step first. Basics cannot just be done from jigotai-dachi. Even though jigotai-dachi will give students leg strength, they will not acquire the very important skill of stepping first.



Demonstration of the Wingspan Arts afterschool program during an assembly at the School for Global Scholars, performed January 29, 2014.

As always, we are moving forward one step at a time with much JOY and VIGOR!!!

Domo arigato gozaimasu, Hanshi,
Robert Neff, Yon-Dan



Kime – Bill Cummins

Mohawk Valley Ueshiro Karate Club Little Falls, NY

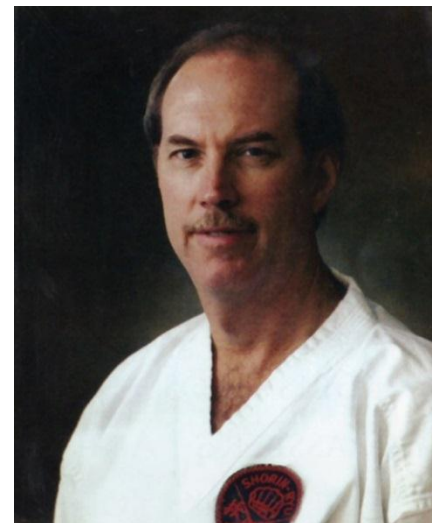
Onegai shimasu, Hanshi and Deshi of USRKUSA,

Congratulations, Hanshi, on your 75th Birthday, and best wishes for the next 75.

The Mohawk Valley Club continues to offer classes to any and all who happen to find themselves in upstate New York. Visitors welcomed!

Domo arigato gozaimasu, Hanshi!

Shihan, Dale Adamson, Ni-Dan
(315) 823-8631
daleba@aol.com



Class Schedule

Monday	6:30 am
Wednesday	6:30 am
Friday	6:30 pm
Saturday	4:00 pm



Yoi – Chloe Margulis

To-te Ueshiro Karate Club

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

Arigato Kyoshi Seeger and Potter Sensei for hosting the Black Belt testing/review at the Ueshiro Palisades dojo.

February Full Belt Test

Go-kyu

Arron Daz

Dave Calligero

San-kyu

Henchell Joesph

Eugene Calligero

Ni-kyu

Bryan Markiet

I would like to thank the judges who assisted with the promotion: Mike Santoro, Mr. Lee Justo and Mr. Ed Abreu.



Class Schedule

Monday After School Boot Camp	5:00 – 6:00 pm
Tuesday & Thursday Adults	7:30 - 9:30 pm
Wednesday & Friday Mid-Day Karate	12:00 – 1:00 pm
Saturday Karate Kids	10:00 - 11:20 am
Sunday Advance Adults/Weapons	10:00 am – noon

*The art of te is a never ending quest for perfection
... of developing the mind, body & spirit.*

Sensei Preston Powell
82 South Franklin St. Nyack, NY 10960
(845) 353-8505
<http://www.to-te.org>

Ueshiro Pine Forest Karate School

Dear Hanshi,

Thank you for being my Sensei and for accepting me as your student.

In this Year of The Horse, I will continue to train in 4 formal classes per week and perform 10 of my favorite kata each and every day.

Arigato Hanshi,

David

To My Fellow Deshi,

On August 8, 1982, I received the rank of Sho-Dan. On December 8, 2013, I received the rank of Ku-Dan. All I did was show up.

If it would inspire you, you may email every day you complete 10 of your favorite kata. Arigato,

Kyoshi David Seeger

New Class Schedule

Tues. 6:45 pm Sensei Elliot Potter, Go -Dan, Chief Instructor
Wed. 7:00 pm Kyoshi David Seeger
Thurs. 6:45 pm Sensei Daniel Lax, Yon-Dan
Sun. 10:00 am Kyoshi David Seeger



51st Annual Black Belt and Kyu Level Workout and Special Celebration in Honor of Hanshi Robert Scaglione

Thank you to everyone who participated and supported the event.



Ueshiro Pine Forest
Karate School



Oil Painting

Created for and given to Hanshi Robert Scaglione on the occasion of his 75th Birthday as a gift from the members of Ueshiro Shorin-Ryu Karate USA.

Artist:	Ed Abreu, Sho-Dan
Mahogany Frame:	Blue Calvo, Ni-Dan
Project Manager:	Sensei Preston Powell, Go-Dan Shihan / To-Te Ueshiro Nyack

Florida Training

We would like to thank Hanshi and all the Florida Shihan, Sensei and Deshi for hosting and training with us in Florida, a great start to our 52nd Year of Ueshiro Shorin-Ryu Karate. A special thank you to all those Ueshiro Shorin-Ryu members who traveled in from around the country. Thank you, Sempai Pat, for coordinating the most Wonderful Dinner Celebration. Congratulations to Kyoshi Michael Mackay, Shihan of Hombu Dojo on his well-deserved promotion to Ku-Dan.



February 27, 2014 Black Belt Test

Congratulations to:

- ◆ Mr. Ed Abreu – promoted to Sho-Dan
- ◆ Mr. Blue Calvo – promoted to Ni-Dan
- ◆ Sensei Anil Jasing – promoted to San-Dan



Attention all Black Belts

SAVE THE DATE!

52nd Annual Ueshiro Shorin-Ryu USA /Black Belt Workouts & Compai
will be held

Saturday, October 25 & Sunday, October 26, 2014
in this

THE YEAR OF THE HORSE

IBM Conference Center, 334 Rte. 9W, Palisades, NY 10964

Price \$125.00 per Black Belt

Registration (via PayPal) will begin
on

Master Ueshiro's Birthday

April 20, 2014

Black Belts will be listed at event in order of Sign-up.

Exciting new hotel options / free shuttle services
(Details and rates to follow in e-mails)

In addition to Newark, LaGuardia and JFK,
visitors traveling by air may want to consider
the Westchester County Airport (HPN),
just 20 minutes from the venue.

The event co-hosted by:
Ueshiro Pine Forest Karate School - Palisades, NY
To-Te Ueshiro Karate Club - Nyack, NY

Details clarifying this most exciting weekend to follow in emails.
For now, Black Belts, just save the date.

For additional information, please contact
Kyoshi David Seeger motobu@aol.com

(917) 593-6455

Ueshiro Okinawan Karate Club of Pelham Manor

Onegai shimasu, Hanshi, Sensei and Deshi,

Students of the Okinawan Karate Club of Pelham Manor continued to train regularly during the winter, despite dojo temperatures approaching that of our sister club in Easton, CT. Visitors are always welcome at our Monday classes held from 6:30 to 7:30 pm. Please contact Kyoshi if you wish to get on our mailing list (Kyoshi@midtownkaratedojo.com).

Domo arigato gozaimasu once again to Chief Instructor Brian Heese, who shows up 10 minutes early every class to sweep down the deck, and always gives 110 percent in every kata and technique. Mr. Heese recently organized a "Spring Cleaning" of the dojo in anticipation of our tip test and katathon next month in honor of Master Ueshiro's birthday.

A big "Domo arigato gozaimasu" to Barbara Nichuals and her family as well for keeping the dojo up and running these past eight years.

Domo arigato gozaimasu,

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

Video – Historic Footage

Please enjoy the video of Sensei Dan Nichuals during the formative years of the club, including the first class of Ando Ueshiro, Grand Master Ueshiro's son, and demonstrations by Sensei of kata Wankan and Fukyugata Ni.



Ueshiro Okinawan Karate Family Club State College, PA

Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

Here is the latest in terms of news and perspectives from our dojo:

February Test Results

The following students tested on Sunday, February 23 and were promoted in rank:

Ik-kyu

Barb Schaefer
Ann Burgevin

San-kyu

Ben Kaplan
Rhea Edathil
Mike Musser

Yon-kyu

Sheryl Groner
Rena Edathil

Go-kyu

David Paccioli
Daniel Paccioli

Potlucks and Our Dojo Culture

Sometimes the big news is in the little things. Like our potluck. In our dojo we get together once a month for potluck dinners. Everyone brings a dish to share and after karate practice the children and adults sweep out the tables and set up for potluck. We arrange the tables in a large rectangle so we can see and talk with one another. The conversations are wide ranging. For some members it is a chance to listen and watch. Others like to catch up on each other's lives.



February promotion at the State College Family Club.

We get to know one another in this easy exchange over a meal: where we grew up, a favorite book we read recently, our hobbies and interests. Then the next time we see one another we can ask, "How did that algebra test go?" "Is your mom recovering?" or "I found that book you recommended." These small moments are woven together to help create the fabric of our dojo. It really is big news when a dojo offers its members not only a place to practice and excel as Karateka, but also friendship and community.

- Anne Burgevin, Ik-kyu

Training Idea

During the summer last year, my sister and I were thinking about ways we could improve our kata. Eventually, we came up with the idea that if we recorded each other we could see what we were doing wrong and correct it or make it better. Once we were done with our recording we corrected each other's moves from the videos, and found that it actually really helped with

our technique. We started going in the right direction and we started doing the moves correctly. We found out that recording our kata so we could watch it and correct our mistakes would be really valuable in the future.

- Rhea James, San-kyu

Finding Meaning in Our Training

*Karate above all, is a paradox
It is open hand and closed fist.*

It is yin and yang.

It is balance and power.

*It is the same kata over and over again – and suddenly
something new is discovered in the folds.*

*In me, it is the young and the old, the warrior and the
peacemaker striving together.*

It is personal discipline and civic respect.

It is being prepared to fight so that you don't have to.

It is ready mind and relaxed body.

- Sheryl Groner, Yon-kyu



Domo arigato gozaimasu Hanshi,

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



Old Woman – Bill Cummins

*The wise person looks into space
and does not regard the small as too little,
nor the great as too big, for she knows that
there is no limit to dimensions.*

Lao Tzu

Ueshiro Okinawan
Karate Family Club
State College, PA

Ueshiro Shorin-Ryu Nashville Family Karate Club

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

Things are moving slowly but surely here in Nashville as we persevere and keep moving forward.

Family Trip to Train in New York

In December 2013, I traveled to Palisades, New York, for the Black Belt celebration and special Kyu-Level work out with my son Joshua. As he had been promoted to Junior Sho-Dan earlier in the year, this was Joshua's first Black Belt workout. We experienced much joy and vigor, and he made me proud with his spirit and enthusiasm both on and off of the deck.

December Tip Test

Our final tip test of 2013 was held in Smyrna, TN. Serving on the board of judges were three top-ranking members of the Paus family: Sensei Sean Paus, Sho-Dan Estelle Paus and Junior Sho-Dan Joshua Paus. After a thorough review of kata and basics, the following student advanced in rank:

Promoted to Go-kyu
Adam Gaines



Lauren Paus (Orange Belt) demonstrated the test procedures and called out the test.

Community Outreach Classes

In February of this year, in partnership with Cornerstone United Methodist Church, we began offering free classes as part of the church's community outreach program. These classes are offered on Mondays and Wednesdays from 6:30 pm to 8:00 pm. As of this date, we have acquired four new students, have had four visitors, and have received several inquiries into our club. As such, we look forward to a spirited tip test in April.

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

Thank you, Hanshi and the Kyoshi, for your perpetual leadership and guidance.

Domo arigato gozaimasu,

Sensei Sean Paus, San-Dan
Shihan, Ueshiro Shorin-Ryu
Nashville Family Karate Club

Ueshiro Northern VA Karate Club

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

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

October Celebrations of Hanshi's Birthday

During October, Kyoshi Sal celebrated Hanshi's birthday by accompanying him to Key West, FL for a weekend of Warrior Spirit training and kata on the beach.

Then, on October 14, 2013, Hanshi's official birthday, a group of deshi from the NoVA Ueshiro



Karate Club and Dulles Ueshiro Karate Club joined forces to perform 75 kata in Hanshi's honor.



NoVA Participation at the December Festivities

In December the NoVA Karate Club participated in the Black Belt weekend festivities celebrating Hanshi's 75th Birthday. Several Deshi made the journey including Kyoshi Sal, Sensei Patrick Markowitz, Sensei Lisa Markowitz, and Bill Breidenbach (Ik-kyu). We all were treated to a weekend full of karate complete with numerous corrections, powerful thoughts concerning training, and fuel to start off 2014 in great form. Hanshi challenged us all to work the basics hard and strive to do at least ten repetitions of our favorite kata each day—as Master Ueshiro inspired us all to do.

February Florida Workouts

In early February, Kyoshi Sal, Bill Briedenbach (Ik-kyu), and Jason Ford (San-kyu) attended the annual Winter Workout in Florida, hosted by Hanshi Scaglione, Sensei Kurt Tezel, Sensei Ron Marchetti, and the entire group of Florida deshi. The highlight was a beach workout on Saturday with Hanshi providing sugar to all in attendance. Here are some pictures capturing the beach workout.



February Promotions

NoVA Club promotions were held jointly with the Dulles Karate Club in February for Kyu-level students. Following a joyous and vigorous workout led by Kyoshi Sal Scaglione, the formal test commenced. Congratulations to the following Dulles and Northern VA deshi who were promoted:

Yellow belt

Krya Langendorff
Ritvik Kaki



Yon-kyu

Michael C. (Dulles)
Jenny D. (Dulles)
Sammi Darhele
Skyler Ford
Bonnie Langendorff
Amit P. (Dulles)
Anthony P. (Dulles)
Catherine M. (Dulles)
Steve T. (Dulles)

San-kyu

Simran Darhele
Jason Ford
Kelly Ford
Todd L. (Dulles)
Manoj Narayanan

Ni-kyu

George Kazepis

Ik-kyu

Bill Briedenbach

Special thanks to the Board of Judges: Sensei(s) Lisa Markowitz and Shabbir Kazmi, Sempai Jim Davis and Sempai Jonah Markowitz, Sho-Dan (callouts).

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

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

Video – Kata Passai



Ueshiro Northern VA
Karate Club



Yoi / Ready – Chloe Margulis

Dulles Ueshiro Shorin-Ryu Karate

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

Katathon Honoring Hanshi's 75th Birthday

In this Year of the Horse, the students of Dulles Ueshiro Shorin-Ryu Karate have hit their stride and continue to train at a strong pace!

Inaugural Tests

We recently held the school's first-ever belt test in which six of our seven students successfully advanced to Yon-kyu. Our seventh student, Todd, who reached the rank of Sho-dan in Shorin-Ryu as a teenager living in Okinawa, then became a Sho-dan in Shotokan after returning to the States, was promoted to San-kyu after resuming his Shorin-Ryu training as a founding member of Dulles Ueshiro dojo. Our new crop of green belts is now savoring the joy and vigor of getting low in nekoashi-dachi and kosa-dachi!



Dulles students: Amit, Bonnie (founding member of Dulles dojo and now a formal member of NoVA dojo), Anthony, Michael, Todd, Jenny, Steven, and Catherine.

February 15 Promotion

We were again honored by the generous hospitality and welcoming spirit of the warriors of Ueshiro NoVA Karate for our February 15 joint promotion testing. The students of Dulles Ueshiro Karate and I extend our heartfelt thanks to Kyoshi Salvatore Scaglione for leading and supervising the event and to Sensei Lisa Markowitz, Sensei Shabbir Kazmi, and Sempai Jim Davis for their service on the board of judges and individualized feedback for each student. We also thank Sempai Jonah Markowitz for marshaling the candidates to/from "the spot," and all of the deshi of Ueshiro NoVA Karate for sharing their big warrior spirit to make it a memorable testing event!



Anticipating Great Things

Our dedicated group of students is eager for several things:

- ◆ To visit other dojos around the world and share the collective *chi*
- ◆ The return of our 8th and 9th grade students who are on extended work assignments
- ◆ The arrival of spring so we can resume monthly workouts at Great Falls Park

Best wishes to all our fellow karateka around the globe,
and a special “Domo arigato!” to Hanshi Robert Scaglione for
his continued leadership of USRKUSA and the inspirational
example he provides of *how to live well through the practice
of Shorin-Ryu Karate*.

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

Dulles Ueshiro
Shorin-Ryu Karate



Jodan Uke – Chloe Margulis

Ueshiro Hong Kong Karate Club

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

The past season was filled with constant training opportunities for deshi in Hong Kong.

Katathon Honoring Hanshi's 75th Birthday

The 2013 katathon was held in Hong Kong on Sunday, October 13, in honor of Hanshi's 75th birthday. The purpose of the annual katathon is to raise funds for sponsoring visits from Hanshi and Kyoshi Kaplan to propagate the art of Shorin-Ryu Karate in Hong Kong. The katathon was held on breathtaking Cheung Sha Lower Beach starting in the early morning with a total of 19 deshi attending. As the sun grew hotter, everyone advanced from the beach and into the water with true warrior spirit. Afterwards, a traditional group kanpai was held.



Katathon, October 13, 2013 at Cheung Sha Lower Beach.

Year-end Demonstrations

All clubs from Hong Kong came together for annual demonstrations on Sunday afternoon, January 5.



After a traditional warm-up (as with every class), the following demonstrations were performed:

- ◆ Peter Cheng, Samuel Khiatani, David Lee and Max Tse performed a group demonstration of knuckle push-ups, kata Fukyugata Ichi, Fukyugata Ichi bunkai, kata Fukyugata Ni and Fukyugata Ni bunkai.
- ◆ Paul Khiatani and Charmian Li demonstrated kata Fukyugata Ni.
- ◆ Catherine Li demonstrated kata Fukyugata San.
- ◆ Sempai Elvis Lo demonstrated kata Pinan Shodan.
- ◆ Sempai Patric April demonstrated kata Pinan Godan.
- ◆ Sempai Janet Hsiao demonstrated Tuifa kata.
- ◆ Sempai Tytus Michalski demonstrated kata Passai with breaking.
- ◆ Sensei Stephen Wong demonstrated kata Nunchaku.
- ◆ Sensei Lai led a group demonstration with support from Sensei Wong and Sempai Tang performing kata Naihanchi Ni and Naihanchi Ni bunkai.

Training then continued with spirit in separate groups as students worked on basic techniques, kata and partner exercises.

February Promotion

Our February review was conducted for Hong Kong deshi on Sunday, February 9, 2014. The board of judges was composed of Sensei Lai and Sempai Michalski.

Deshi successfully advancing in rank:

Ro-kyu

Samuel Hui

Jason Lo

Go-kyu

Charmian Li

Yon-kyu

Catherine Li

Samuel Khiatani

Paul Khiatani

Max Tse

Peter Cheng

Ingrid Li

David Lee

Ueshiro Hong Kong
Karate Club



Visit from Kyoshi Kaplan

We had the honor of a visit from Kyoshi Kaplan starting with a group kanpai on Friday, February 28, 2014, then continuing with a four hour training session and Black Belt test on Sunday, March 2. The workout covered all aspects of Ueshiro Shorin-Ryu Karate- from kihon to kata to partner training, all delivered with extra sugar from Kyoshi. A Dan-level test (sanctioned by Hanshi earlier in the year) was then held with Kyoshi Kaplan, Sensei Lai and Sensei Wong serving as the board of judges.



Black belts advancing in rank:

- ◆ Rayvel Tang promoted to Ni-dan
- ◆ Tytus Michalski promoted to San-dan

After the test there was a hearty kanpai with both deshi and family.

Ueshiro Hong Kong
Karate Club

Video - Nihanchi Ni



Domo arigato to Hanshi and Kyoshi for their tireless leadership and to Master Ueshiro for his enduring legacy!

Domo Arigato Gozaimasu,

Tytus Michalski, San-dan
On behalf of Lai Sensei
Ueshiro Hong Kong Karate Club



Nihanchi – Bill Cummins

Ueshiro Singapore International School Karate Club

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

The new semester started on Feb. 11 this year. We have 12 students in this session. Class schedule is 1500-1630 every Tuesday. There are 11 classes this term and the last class is scheduled for April 29th. A huge "Arigato gozaimasu" to Sensei Lai for his continued sponsorship and guidance under the direction of Hanshi. Domo arigato gozaimasu,

Janet Hsiao, Sho-Dan
Ueshiro Singapore International
School Karate Club

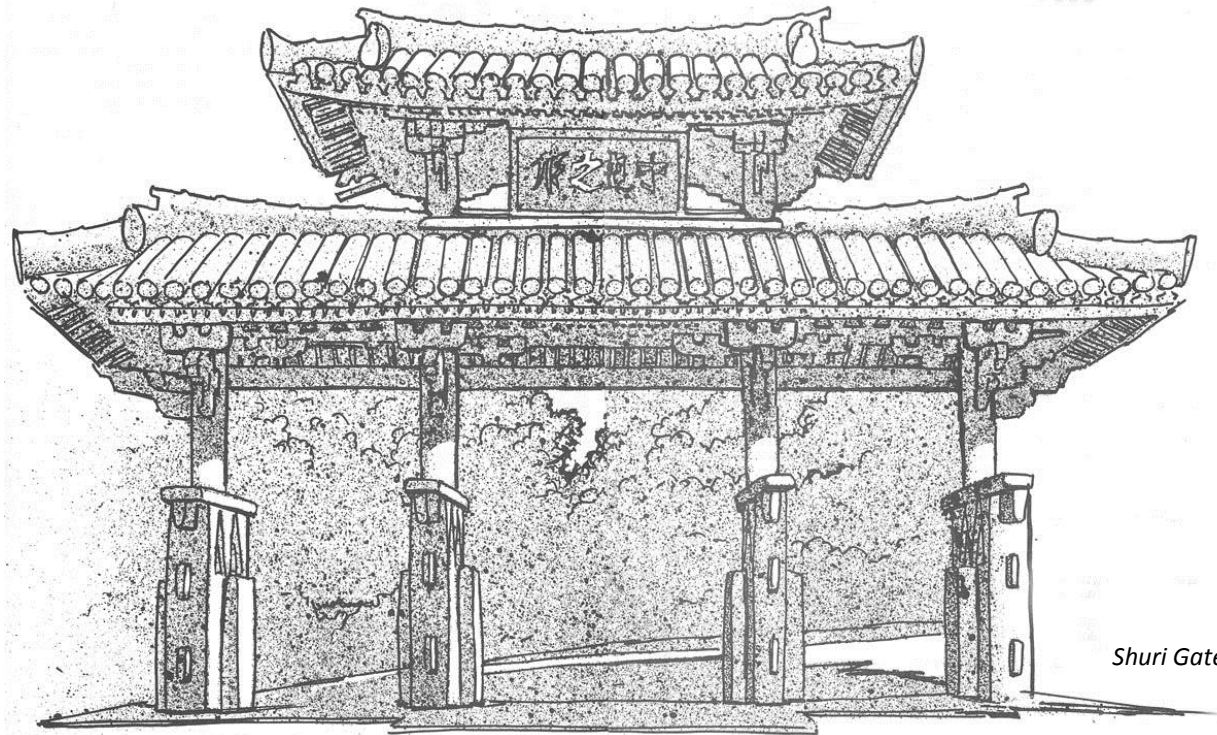
Ueshiro HSMC Karate Club

Onegai-shimasu Hanshi, Kyoshi, Sensei and Deshi,

We have one Yon-kyu and two Ro-kyu with the club. Projects and examinations did not keep them away from attending the weekly workout. We greatly appreciated the opportunity to participate in demonstrations with the Ueshiro CUHK Karate Club a while ago. We participated in the kata and yaku-soku kumite session. A big "Arigato" to Sempai Rayvel Tang for organizing the event.

Special appreciation to Sensei Lai for his leadership and guidance under the direction of Hanshi.

Stephen Wong, Go-Dan
Ueshiro HSMC Karate Club



Shuri Gate – Bill Cummins



Ueshiro Chinese University Karate Club

Onegai shimasu Hanshi, Kyoshi and Sensei,

Exhibitions at Annual Art Fair and Student Festival

The past six months were very fruitful and exciting for the Ueshiro Chinese University Karate Club. First of all, we held a booth during the annual Art Fair, during which up to a hundred clubs were promoting together. Many interested students left contact information and even signed up for our workouts.

In November, we were invited to demonstrate for 10 minutes at the annual Variety Show of the CUHK Medical Students' Festival. The exhibition was extremely well received and was the first time ever our club was literally brought into the spotlight.



Demonstrating basic punch at the CUHK Medical Students' Festival.

Recent Promotions

Over the past half-year, our club has enjoyed steady growth. We have several new students and our seasoned deshi have shown progress with time and sweat. The following students were promoted to the respective ranks:



Third yaku-soku kumite.

Yon-kyu

David Lee
Catherine Li
Ingrid Li

Go-kyu

Charmian Li

Ro-kyu

Jason Lo

Our regular workout is from 5 – 7 pm every Thursday at Shatin. We would like to welcome all of you to join us!

Domo arigato gozaimasu Hanshi, Kyoshi and Sensei,

Rayvel Tang, Shihan/Ni-dan
Ueshiro Chinese University
Karate Club

Ueshiro Neve (Oasis) Karate Dojo

Greetings from Israel to Ueshiro Shorin-Ryu Karate USA Worldwide,

December Tip Test and February Promotion

The Ueshiro Neve (Oasis) Karate Dojo is reinforcing its pillars (*i.e.*, Green Belts) in preparation for the highly anticipated Israel 1st Annual Ueshiro SRKUSA Spring Training Event. On February 28 we conducted a belt test and Jacob Rass received the rank of Yon-kyu. He joins three other San-kyu - Avi David, Boaz Goldenberg and Shlomo Abutbul – as the senior students at our dojo as we approach our third year of operation. So now we have four pillars to continue building upon.

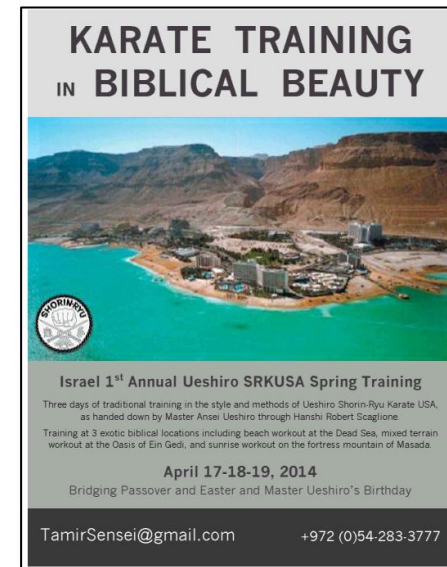
We continue to build up our group of white belts, including Amir Lavi (promoted in December to Go-kyu), Eyal Elnir (promoted in February Ro-kyu), and Keren Tenbaum (our newest beginner).



February 28 promotion at the Ueshiro Neve (Oasis) Dojo.

First Annual Ueshiro SRKUSA Spring Training Event in Israel

The following Ueshiro SRKUSA Karateka are scheduled to take part in our upcoming special event this April 17 through 20, to be led by Hanshi Scaglione. This event includes doing the lowest karate stances on Earth - on the shores of the Dead Sea. The event also includes training on the mount fortress of Masada and doing all-terrain kata at the Oasis of Ein-Geddi. We look forward to sharing with you photo highlights of this historic trip in the Autumn 2014 Newsletter.



Visiting Karateka

Hanshi Robert Scaglione, 10th Degree Black Belt
Kyoshi Sal Scaglione, 7th Degree Black
Yogi Shane Scaglione, High Level Yoga Instructor and 2nd Degree Black Belt
Sensei Chris Barnes, 7th Degree Black Belt
Sensei Gamiel Ramson, 6th Degree Black Belt (with wife and daughter)
Sensei Luz DeLucia, 3rd Degree Black Belt
Sempai Joelle Ramson, Black Tips (with parents)

Ueshiro Neve (Oasis)
Karate Dojo

Hosting Karateka

Sensei David Tamir, 6th Degree Black Belt (with family)
Sensei Nir Zamir, 5th Degree Black Belt
Sensei Shlomo Dadon, 5th Degree Black Belt
Sempai Shlomi Quartler, 1st Degree Black Belt
Sempai Ofer Sinai, Black Tips
Boaz Goldenberg, Brown Tips (with family)
Avi David, Brown Tips (with family)
Shlomo Abutbul, Brown Tips
Jacob Raz, Green Belt
Amir Lavi, 2 Green Tips
Chen Tzur, 1 Green Tip
Eyal Elnir, 1 Green Tip
Keren Tenbaum, beginner



Masada – Fortress built in the First Century BC and site of a USRKUSA workout this April.

Video



Various kata performed during New Year Celebration Kampai at Ueshiro Neve Karate Dojo in Neve Yamin Israel, December 2013.

Domo arigato gozaimasu, Hanshi, for spanning the globe to bring Master Ueshiro's art beyond United States shores.

Tamir Sensei, Denshi-Shihan
Ueshiro Neve (Oasis) Karate Dojo
Neve Yamin, Israel
www.NeveKarate.com

Herzlia Ueshiro Dojo

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

Following a period of Jewish/Israeli holidays, which interrupted our training schedule, plus much travel by various members of the team, we now aim to resume a more stable and consistent training agenda.

We have been fortunate to be able to host and train with our Neve Yemin dojo friends, under Tamir Sensei, and that is always a wonderful experience.

We send our collective best-wishes to Hanshi in celebration of his birthday, and wish everyone a wonderful summer.

Also, we look forward to the opportunity to host and welcome Hanshi and as many other Shorin-Ryu family members in Israel in the Spring of 2014. Arigato!

Class Schedule

Monday	7:00 pm (adults)
Tuesday	7:00 pm (kata)
Wednesday	6:00 pm (children)
Thursday	7:00 pm (adults)
Sunday	5:00 pm (children)

Denshi Nir Zamir, Go-Dan
Shihan, Herzlia Ueshiro Dojo

Eilat Ueshiro Dojo

Class Schedule

Monday	7:00 pm (adults)
Tuesday	7:00 pm (kata)
Wednesday	6:00 pm (children)
Thursday	7:00 pm (adults)
Sunday	5:00 pm (children)

Sensei Shlomo Dadon, Go-Dan
Denshi/Shihan
001-972-54-551-1111
shlomodadon@012.net.il





Spring
Newsletter
2014

The USRKUSA Newsletter is a semi-annual publication produced in turn by the Shihan of the Ueshiro Shorin-Ryu Karate USA Dojos and Clubs.

Current and previous issues of the USRKUSA Newsletter can be found at:

www.shorinryu.com

This issue produced by the Ueshiro Midtown Karate Dojo

Kyoshi Michael Mackay - Editor

Sensei Ron Ballin - Artwork

Final approval and editing - Hanshi Robert Scaglione

USRKUSA, March, 2014

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