

Spring 2019 Newsletter

Ueshiro Shorin-Ryu Karate USA

Under the direction of Hanshi Robert Scaglione
Founded by Grand Master Ansei Ueshiro



Mission Statement:

To propagate the art of Ueshiro Shorin-Ryu Karate USA, its kata and techniques as handed down by our founder, Grand Master Ansei Ueshiro. To preserve and protect the history, traditions, methods and integrity of 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

Greetings to all members of USRKUSA,

We have had many opportunities to propagate our art. In October, we all met in New York City at the Hombu Dojo in Manhattan for the Annual Blackbelt Workout Meeting and Dinner over the weekend of October 12-14, 2018. Kyu ranks were invited to participate in the Sunday workout at the Ueshiro Bay Ridge Karate Dojo in Brooklyn. It was a major milestone, the 56th year of our organization.

Then in February, many participants from the world wide network of Dojo gathered in Cocoa Beach for the Florida Annual Weekend Workout.

Also in February, all Dojo worldwide conducted Kyu-rank testing. Please see the contents of this newsletter for the above mentioned events. On March 10, 2019, we will be conducting Dan-level testing and promotions at our North Hampton Karate Dojo in Massachusetts.



All of our regular Dojo training and participation embodies the spirit of giving to others as do annual events and promotions. A quote from Master Shoshin Nagamine's text in *The Essence of Okinawan Karate-Do*, Chapter VI, speaks of life or death training in Yakusoku Kumite, which embodies the warrior spirit of the Karateka. Paradoxically, this chapter encompasses helping others rather than oneself.

"In other words its significance lies in fighting down the inner enemies, which are greater than the external enemies, by building up a sound body and mind through painstaking discipline of body and mind by means of karate practice." (Page 253).

Chapter VI is a most important read that should be reviewed many times to capture the most significant aspect of life, defeating self-will or self-craving (our ego).

"This seems to be simple and ordinary, yet it is sometimes neglected and discarded even by the experts." (Page 250)

The truth inherent in karate has manifested itself through countless hours of practice and innumerable repetitions of kata and techniques throughout the decades and entire lifetimes. There is no shortcut to

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perfection. There may be those who think that they know all there is to know because they have practiced the outer forms of the art and had a glimpse of something beyond. However, this kind of finality is but a mirage.

"Keep training." – Gichin Funakoshi.

Sincerely,

Hanshi Robert Scaglione



Ueshiro Midtown Shorin Ryu Karate Dojo

Kyoshi Michael Mackay, Shihan, Ku-Dan

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

September 14, 2018, marked the 56th Anniversary of Grand Master Ansei Ueshiro's arrival in the United States of America. One month later to the day, on October 14, 2018, we celebrated Hanshi Robert Scaglione's 80th birthday. The first event took place nearly two generations ago, and marked the introduction of Shorin-Ryu Karate-Do to the Western hemisphere. The second event, even more profoundly, marks Hanshi's lifetime achievement as "The Protector of the Castle," the one who has preserved Master Ueshiro's vision, and developed Ueshiro Shorin-Ryu into the thriving organization that it is today.

The Midtown or "Hombu" Dojo is forever grateful to these two visionaries for establishing Shorin-Ryu in New York City many years ago. And we are honored to continue in their footsteps (or at least try), as described below.

911 Memorial Workout

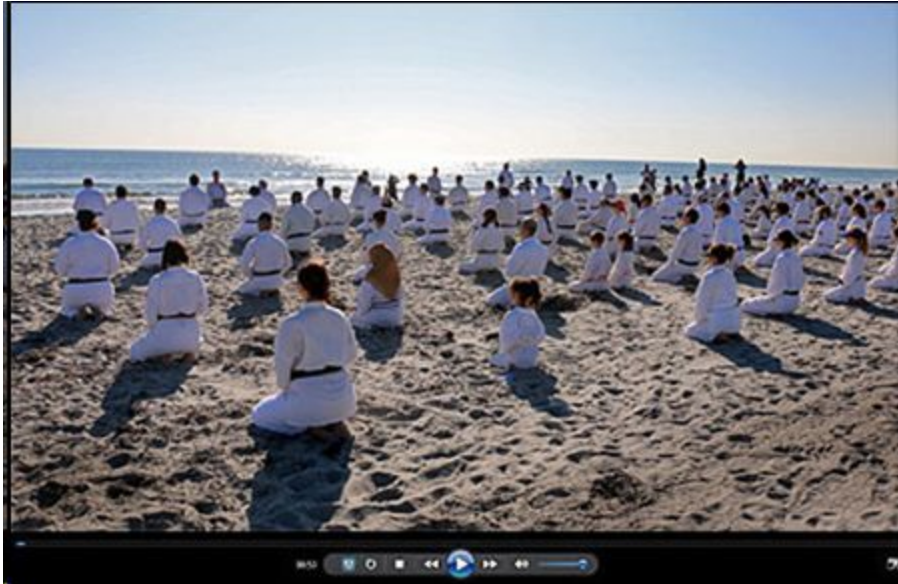
On Sunday, September 9, the Midtown Dojo hosted the annual 911 Memorial Workout in Central Park. The workout was held at Nutter's Battery, a military outpost established by the British in 1776 that has changed hands many times since. USRKUSA occupied the post for three brief hours, then returned it to the people of the City of New York. The workout began with repetitions of Naihanchi and Bo kata, followed by stretching, then a formal bow in. The group practiced basics in jigotai dachi (advanced students taking advantage of the fort's stone wall), then moved on to kata. Between the rocky terrain, low temperatures, and relentless rain, conditions were daunting. Fortitude was in great abundance, especially among the white belts from the Midtown and Bay Ridge dojo.



<http://www.midtownkaratedojo.com/images/PhotosGallery/2018CentralPark/index.htm>

Women in Shorin-Ryu video

At Hanshi's request, in mid-October we re-released a video celebrating "Women Karate-ka of Ueshiro Shorin-Ryu." The compilation of photographs and videos was produced in 2017 to inspire young female Deshi of the Ueshiro Pelham Manor Dojo, who had no idea how many strong women we have in our organization.



http://midtownkaratedojo.com/images/Videos/Women_Karateka.html

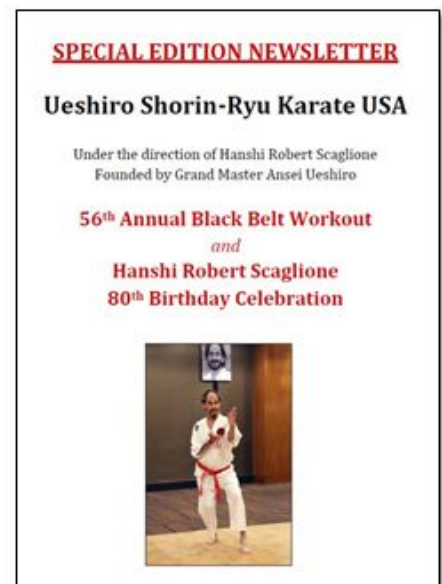
Following Hanshi's lead, USRKUSA is more committed than ever to empowering future generations of women through the art of traditional Shorin-Ryu karate-do.

56th Annual Black Belt Weekend

During the weekend of October 12 through 14, Black Belts from around the world gathered in New York City to celebrate Hanshi Robert Scaglione's 80th Birthday and enjoy our 56th Annual Weekend of training. Workouts and celebrations were hosted by Sensei Kevin Reymond (Ueshiro Downtown Karate Dojo), Kyoshi Michael Mackay (Ueshiro Midtown Karate Dojo), and Sensei Rob Neff (Ueshiro Bay Ridge Karate Dojo). The event warranted its own Special Edition of the USRKUSA Newsletter, which may be viewed here:

<http://www.midtownkaratedojo.com/October%202018Newsletter.pdf>

Domo arigato gozaimasu to Hanshi for sharing his 80th Birthday with the entire Shorin-Ryu USA extended family, and to each of you for making the gathering such a success.



Commemorative Tote bag honoring Hanshi's 80th Birthday



There are still a few custom-embroidered black canvas bags available. These commemorative totes feature the “Dragon vs. Tiger” motif found in the *50th Anniversary Journal*, and may be purchased here:

<http://www.midtownkaratedojo.com/DragonTigerGymBag.html>

October Tip Test

On October 23, we held a tip test for Ro-Kyu. After warm-ups and a review of kata, a Board of Judges convened with Sensei Reymond as Center Judge along with Sensei(s) Gamiel Ramson, Rob Neff, Ron Ballin and John Adams. Sempai Anna Sweeney called the candidates up on the spot. After demonstrating the traditional test requirements, the following Deshi advanced in rank:

Promoted to Ro-Kyu

Anna Fidz

Vyonne Trinidad

Wilfredo Trinidad

Congratulations to the above Deshi for their excellent show of spirit, preparedness, and courtesy on the spot. And a final heartfelt thanks to Grand Master Ansei Ueshiro and Hanshi Robert Scaglione for bringing the art of Shorin-Ryu Karate-Do forward to future generations of practitioners, as represented by the three candidates above.



Year End Kampai

On December 18, the Midtown Dojo celebrated the past year of training with its traditional year-end workout and kanpai. After a vigorous two hour workout the group gathered in a circle to reflect on the past year and toast in the new. Informal groups got up to perform kata and celebrate the wonderful gift of karate-do. A special “Domo arigato gozaimasu” to Kathy Chin for catering the event. At the end of evening the Midtown Deshi presented Kyoshi Mackay with an original woodblock print of tall pine trees overlooking the East China Sea. This subtle, serene landscape symbolized the growth we all can experience in our “sacred training halls” provided we have the tenacity to keep showing up. The framed print is displayed near the entrance to the dojo for all to enjoy, especially the Shihan.

As per custom, in December we assembled photographs and video clips to document the past 12 months (and illustrate two second pause!) The video is available here:



<http://www.midtownkaratedojo.com/images/Videos/2018Highlights.html>

December Tip Test

On Wednesday, December 19, the Midtown Dojo conducted its final tip test of the year. The test was preceded by the traditional warmups, basics, and kata as prescribed in the *50th Anniversary Journal*. A Board of Judges then convened with Sensei Ramson as Center Judge, supported by Sensei Luz De Lucia and Sempai Lisa Rosenberg. Sempai Sweeney called the candidates up and put them through the paces. After a thorough review of all test requirements, the following were promoted:

Promoted to Go-Kyu

Anna Fidz

Laura Kammermann

Thomas Roche

Congratulations to all the candidates on their strong showing, and also to the green and white belts who came down to lend their support.



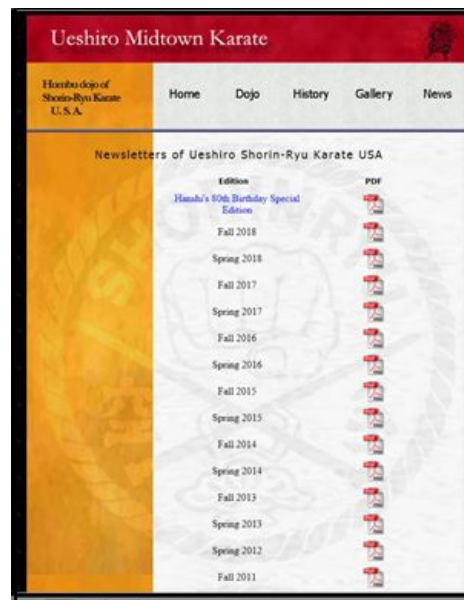
Archive of Ueshiro Shorin-Ryu Karate Newsletters

In January the Midtown Dojo reached out to USRKUSA Black Belts to collect back issues of the *USRKUSA Newsletter*. Domo arigato gozaimasu to the following for dusting off their files and forwarding their finds:

- Steve Hatle
- Bill Breidenbach
- Candace Morgan
- Keith Eng
- Tzvi Bar-Shai
- David Norman
- Keven Hutchenson

The online collection now spans 2003 through the present and offers a long-term perspective on how much “joy and vigor” we’ve generated over many, many years.

<http://www.midtownkaratedojo.com/Newsletters.html>



Archive of Ueshiro Shorin-Ryu “Techniques for the Week”

Further to preserving our rich legacy and knowledge base, the Midtown website recently posted more than 800 “Technique for the Week” submissions from 1997 to 2018. Domo arigato gozaimasu to Hanshi for originating the TFTW concept (and writing many of them back when he was a Kyoshi!), to Joe Knight for posting the TFTWs on the old shorinryu.com website, and to Sempai Anthony Patrick of the Northern Virginia Dojo for creating a full text search engine. Students are encouraged to take advantage of this vast database to research any topic relating to Ueshiro Shorin-Ryu.

Contents page:

<http://www.midtownkaratedojo.com/TFTW/thought.library/Index.htm>

Search engine:

<https://desolate-inlet-54874.herokuapp.com/>



February in Florida Workout Weekend

A huge “Domo arigato gozaimasu” to Hanshi Robert Scaglione, Kyoshi David Baker, and Sensei Kurt Tezel for hosting the Annual Florida Weekend last January 31 through February 4. Each workout provided unique training conditions (including night time beach weapons kata by firelight) and insights via different instructors’ perspectives. A shout-out to those Deshi who attended from Midtown, especially Sensei Ron Ballin for conducting the Bo workout on Friday morning, and Sempai Lisa Rosenberg for her photography.



<http://www.midtownkaratedojo.com/images/PhotosGallery/2019FlaFridayAM/index.htm>

<http://www.midtownkaratedojo.com/images/PhotosGallery/2019FlaBeach/index.htm>

February Tip Test

On February 19, the Midtown Dojo conducted its first tip test of the New Year. Serving on the Board of Judges were Sensei(s) Gamiel Ramson, Larry Link, Rob Neff, Ron Ballin, and John Adams. Sempai Anna Sweeney led the candidates through the test. After a thorough review of kata, kihon, and USRKUSA history, the following Deshi were promoted:

Promoted to Go-Kyu

Yvonne Trinidad
Wilfredo Trinidad

Congratulations to Yvonne and Wil for their humble yet powerful display of spirit and for using the occasion to celebrate their 25th wedding anniversary. Domo arigato gozaimasu to those Deshi who came down to lend support, especially Kyoshi David Baker, Sensei Luz DeLucia, Sensei Dawood Emmenuel, and Sempai Lisa Rosenberg. The entire evening was a strong reminder of the importance of “Beginner’s Mind,” as expressed in the February 18 TFTW by Sensei Kevin Reymond.



Other training opportunities

We continued to offer Special Emphasis classes geared to various ranks. Other than the monthly Black Belt class, all classes are open to all ranks.

White Belt emphasis: 1st, 2nd, and 4th Wednesday each month
conducted by Sempai Anna Sweeney

Green Belt emphasis: 3rd Wednesday each month
conducted by Sensei Kevin Reymond

Brown Belt emphasis: 1st Friday each month

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conducted by Sensei Ron Ballin and
Sensei Gamiel Ramson

Black Belt only: First Thursday each month
conducted by Kyoshi Michael Mackay

We also offered several “Focus Seminars” during the first Wednesday class of each month. Recent topics included:

“Stances and Stepping First”
“Preventing and Training Through Injury”
“Basics of Using Hip”

Domo arigato gozaimasu to Sempai Anna Sweeney for organizing and conducting these sessions.

Class Schedule

A final “Domo arigato gozaimasu!” to Chief Instructor Gamiel Ramson and the dedicated instructors of the Hombu Dojo who keep showing up, make our new students feel welcome, and share their unique insights into Ueshiro Shorin-Ryu. Visitors from out-of-town are always welcome.

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
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Thursday

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

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Sunday

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

In closing, please consider the following excerpt from Hanshi Robert Scaglione (then “Kyoshi”) retrieved from the USRKUSA Technique For the Week Archive:

MARCH 9, 1998
“Testing Oneself”

The technique of putting oneself to the test in every class motivates one to achieve daily rewards. The real test is showing up, suiting up and participating as if it was a Black belt test. The actual test and rank received every six months does not compare to the gift received during and after each workout. The only requirement is our energy and attendance. It is never accomplished by not showing up.

21 years later, to the month, “Domo arigato gozaimasu, Hanshi, for always encouraging us to move forward!”

Kyoshi Michael Mackay, Ku-Dan
Shihan, Ueshiro Midtown Karate Dojo 109 East 50th Street, New York, NY 10022
Kyoshi@midtownkaratedojo.com
646-761-0683

Ueshiro Viera Shorin-Ryu Karate Dojo

Hanshi Robert Scaglione, Shihan, Ju-Dan

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

On February 9, 2019, three of the Florida Dojo of Ueshiro Shorin-Ryu Karate USA (Viera, Merritt Island, and Cocoa) held a combined Kyu-Rank Test at the Merritt Island Dojo. Congratulations to the following students who received their new ranks:

Ro-Kyu (First Green Tip)

Sean Kiendra (Merritt Island)

Gabriel Vilchez (Cocoa)

Go-Kyu (Second Green Tip)

Hugo Baron (Viera)

Penn Lorraine (Cocoa)

Yellow Belt

Ryan Hensley (Merritt Island)

Phoenix Kiendra (Merritt Island)

Aayan Shah (Viera)

Bastien Baron (Viera)

Yon-Kyu (Green Belt)

Michael Hensley (Merritt Island)

Carine Baron (Viera)

San-Kyu (Brown Tips)

Gavin Clark (Cocoa)

Gabriel Norman (Viera)

Keith Callahan (Merritt Island)

Ni-Kyu (Brown Belt)

Michael Kukura

Ik-Kyu (Black Tips)

Jeffrey Carter

The Board of Judges consisted of Hanshi Robert Scaglione, Sensei Trevor Tezel, Sensei Ron Marchetti (Yon Dan, Merritt Island Dojo), Sensei Dale Adamson (San Dan, Viera Dojo), Sensei Pat Marchetti (San Dan, Merritt Island Dojo), and Sempai Trevor Tezel (Ni Dan, Shihan of the Cocoa Dojo). Sempai Jennifer Sangalang (Ni Dan, Melbourne/Suntree Dojo) assisted the board of judges by calling up and leading the testing candidates through the basics, yakusoku kumite, oyo-tan-ren, and push ups and squat punches. Sempai Justin Thompson (Ik Kyu, Viera Dojo) showed great spirit in demonstrating for the testing candidates. Domo arigato to each of these individuals for their role in the administration of the test.

As stated by Hanshi in his closing remarks, we remember the sacrifice of Grand Master Ansei Ueshiro, who underwent an arduous journey to a country whose language he did not know, all for the sake of bringing us this style of karate that we enjoy today.

Domo arigato Hanshi for carrying on Master Ueshiro's legacy and serving as a model of inspiration both on and off the deck.

Domo arigato gozaimasu,

Sempai Trevor Tezel, Ni-Dan

Shihan, Ueshiro Cocoa Shorin-Ryu Karate Dojo



Pine Forest Karate School

David Seeger, Shihan, Ku-Dan

160 Washington Spring Road. Palisades, New York 10964
Kyoshi David Seeger, Shihan, Ku-Dan motobu@aol.com 917-593-6455
Classes Tuesday, Wednesday, Thursday 7pm Sunday 10a

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

57TH Year Anniversary Celebration in Cocoa beach Florida

During the weekend of February 1, while the Northeast was experiencing some of the coldest winter days on record, Pine Forest Karate School headed to Sunny Cocoa Beach Florida with the rest of Ueshiro Shorin-Ryu Karate USA to train and gain perspective and insight with our karate through the Kyoshi and Hanshi.

February 1 – 6pm Formal Class taught by Kyoshi David Seeger

Kyoshi emphasized Step First, and then “*When you go, you go!*”



A record number of Deshi were in attendance for Friday evening's class led by Kyoshi Seeger. After warming up, we went directly into Kihon. Kyoshi explained the proper placement of each block not only in the chamber, but as it travels throughout the technique. He also explained the importance of adjusting your timing along with the placement of the feet. If you are rotating 270 degrees, the timing is different than if you are making a small step to the left. Kyoshi made many of the techniques come alive by demonstrating them with a variety of partners.

A well executed block should not only block a potential strike, but do damage to the attacker as well. Many repetitions of kata were done by the group emphasizing this principal. Kyoshi encouraged us to drop on each and every strike. He never saw Master Ueshiro execute a low technique without getting even lower on the strike or block.



Nothing is better than doing kata Fukyugata San on the Beach with Hanshi

Check it out in our USRK55 app!

Android:

https://play.google.com/store/apps/details?id=com.GoView360.USRK55a&hl=en_GB

iPhone:

<https://itunes.apple.com/us/app/usrk55/id1225047720?mt=8>

Attention all Members!

Please send Kyoshi Seeger your Traditional Arm Training Videos for our USRK55 app.



We had a fantastic time doing kata



Ueshiro Pine Forest Karate School and ToTe Ueshiro of Nyack



Thank you to Hanshi and all Florida members for hosting us



February 4th – 8am. Thank you Hanshi for teaching us



Ueshiro Pine Forest Karate School Promotion, February 27, 2019

The formal test began under the supervision of Kyoshi David Seeger, Ku-Dan, who dedicated the promotion to Grand Master Ansei Ueshiro.

Sensei Elliot Potter, Roku-Dan and Sensei Daniel Lax, Go-Dan coordinated the event. Sensei Don Bracken, Go-Dan, led the group in warm-ups and kihon basics. The group trained every kata that would be performed during the test by Ni-Kyu, Robert Kapilow, who was testing for and was promoted to Ik-Kyu. The Board of Judges consisted of Center Judge, Sensei Bracken, Sensei Tzvi Bar-Shai, Yon-Dan, and Sensei Anil Jaising, San-Dan. Sensei John Seeger, San-Dan, called up the candidate and gave the instructions. Sempai Art Forni, Ni-Dan, assisted with Yakusoku Kumite 1-3. Following the demonstration of kata, the Board of Judges asked Sempai Robert Kapilow a series of questions.

Domo arigato to Sensei Richy Glassberg, Yon-Dan, and the other Black Belts who attended to support their fellow student.

Special Thank you to Master Ansei Ueshiro and Hanshi Robert Scaglione for teaching us how to conduct a traditional belt promotion.

This Year We Relunched: <https://www.shorinryu.com/> Be sure to check it out.



ALL USRKUSA MEMBERS should have the Kataguide app on their phones.

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>

Domo arigato gozaimasu,

Kyoshi David Seeger, Ku-Dan
Shihan, Pine Forest Karate School

Ueshiro Okinawan Karate Family Dojo

Kyoshi Matt Kaplan, Shihan, Hachi-Dan

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

All is well in the Ueshiro Okinawan Karate Family Dojo in State College, PA.

Several months ago, we moved our Sunday class to the TriYoga Central Pennsylvania building. This is a serene space in the heart of the historic and eclectic town of Boalsburg. We are loving the wooden floors, huge windows, and spiritual feel of our new location.

Our recently added class on Wednesday afternoons at 1:00 p.m. (at our Dragonfly Spa location), which Anne Burgevin (Ni-Dan) teaches, has drawn a fervent following, mostly of home schoolers. All of these students just passed their first green tip test, which was conducted on February 28, 2019. Pure joy! This is the only way I know to describe the expressions on their faces upon experiencing and demonstrating the concrete benefits of their karate training.

Wherever and whenever we train, we try to live up to two guiding principles: 1) always maintain a ganbatte spirit; and 2) maintain a person-to-person orientation when working with students.

From childhood, the people of Okinawa and Japan are socialized to persevere and never give up no matter how hard challenges may be. This is reflected in their communities as a ganbatte spirit. As Sempai Barb Schaefer (Ni-Dan) shares:

The Japanese phrase – *がんばってください* ("*ganbatte kudasai*") doesn't readily translate to English except in a combination of multiple phrases -- "*please do your best*", "*keep it up*", "*I know you can do it*", "*go for it*", "*good luck*", and "*hang in there*." It is typically used when people are attempting to do something challenging like a test/exam or a talk in front of a lot of people.

The expression "*person-to-person karate*" is another meaningful phrase that resonates in our dojo in several ways. For me, it is a reminder of when I first signed up at the midtown Manhattan dojo (1981), which was known at the time as Person-to-Person Karate. At our dojo today, we continue to aspire to the goal of providing each and every student with genuine respect and steadfast encouragement, on and off the deck. We view this as laying a foundation for student success. We leave it to the students themselves to discover the spark—the motivation and determination—to continue training and working to raise the ceiling on their potential.

Domo arigato gozaimasu,

Kyoshi Matt Kaplan, Hachi-Dan
Shihan, Ueshiro Okinawan Karate Family Dojo
State College, PA
<http://familykarateclub.com>



Ueshiro Northern Virginia Karate Club

Kyoshi Salvatore Scaglione, Shihan, Shichi-Dan
Sensei Lisa Markowitz, Co-Shihan, Go-Dan



STEP FIRST

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

The Ueshiro Northern Virginia (NoVA) Karate Dojo continues to move forward in the 57th Year of USRKUSA, the Year of the Earth Pig, by first and foremost stepping first! Since the last newsletter, our Dojo has been very busy attending system-wide events, moving forward in rank, hosting visitors, and preparing for our upcoming Cherry Blossom workout at [Great Falls National Park](#) later this month (**March 31st**).

From **October 12-14, 2018**, a strong black belt contingent from the NoVA Dojo traveled to NYC for the 56th Annual Black Belt workout and, more importantly, Hanshi Robert Scaglione's 80th Birthday celebration! NoVA Black Belts who participated in the event were Kyoshi Sal Scaglione, Sensei Patrick Markowitz, Sensei Lisa Markowitz, Sempai Bill Breidenbach, Sempai Anthony Patrick, and Sempai Bonnie Langendorff. A great time was had by all, as we shared in the sweat and ecstasy of spirited workouts with our fellow Black Belts and participated in an unforgettable birthday celebration for Hanshi in Brooklyn, NY. Hanshi celebrated his birthday by leading us through a traditional USRKUSA workout with his ever editorial eye of ensuring consistency in our warm-ups, kihon techniques, and kata. This was followed by a trip down memory lane and a delicious birthday buffet (Domo arigato Sensei Rob Neff)!



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During the **first weekend in February**, a large group of NoVA Deshi sought refuge from the onslaught of ice and snow storms that assaulted the East Coast to join the Annual Florida Weekend Workout. Kyoshi Sal, Sensei Lisa, Sempai Bill, Sempai Nishu Shah, Sempai Reshma Shah, Sempai Fred Bagagli, and Sempai Katie Lazo partook in the numerous classes that were offered over the long weekend. Domo arigato to Hanshi, the Kyoshi, and the Florida Shihan and instructors for organizing what is fast becoming one of our favorite cathartic workouts of the year!





On Saturday, **February 23, 2019**, the NoVA dojo held its Kyu-level test at our Centerville dojo. Kyoshi Sal led a spirited and traditional 2 hour class prior to the test, consisting of warm-ups, kihon techniques, and kata. Sempai Allen Thomson led the class through kata as the board of judges reviewed the order of events and deliberated. A 2 hour test then followed. Kyoshi Sal presided over the test as the Judge at Large, Sensei Patrick called the testing candidates to the spot, and Sensei Lisa (center judge), Sempai Bill, and Sempai Anthony composed the Board of Judges.

We received a number of outstanding testing paragraphs by the candidates, but were particularly impressed by this creative submission by one of the junior student, Om Shah, in support of his recent promotion:

<https://drive.google.com/open?id=1rnppvINR1dpf2e93XserAmZbRw1FUqG1>

Congratulations to the following candidates who were promoted after demonstrating tremendous warrior spirit in their execution of kata and pre-arranged fighting techniques and their desire to continue propagating the art of Shorin-Ryu karate as it was passed down to us by Grand Master Ansei Ueshiro:

Ni-Kyu

Fred Bagagli
Om Shah (child)
Maya Shah (child)

Ik-Kyu

Nishu Shah
Reshma Shah



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The cold front did not deter visitors to the NoVA dojo. On **February 27, 2019**, we were honored to train with Sensei John Bottega of the Midtown dojo, who graciously led the class through an invigorating workout. Sensei focused on form and posture, height differences, balance, and of course stepping first!



The following Saturday, **March 2, 2019**, we had the great pleasure of training with a father and son team from the Penn State Dojo, Sempais David and Charlie Narewood. It was inspiring to have white belts on the deck again, and Kyoshi Sal led the class focusing on the basics and ensuring proper execution of techniques. The NoVA Deshi really benefited from a well needed tune-up!





We welcome all Deshi from the Ueshiro Shorin-Ryu Karate family to visit us in NoVA. We hold classes on Monday in Reston, VA and Thursday and Saturday in Centreville, VA, not to mention our legendary workouts at Great Falls Park, VA, on the last Saturday of each month. On that note, please consider joining us on **Sunday, March 31, 2019**, for our Annual Cherry Blossom Workout at Great Falls Park. Hanshi and Kyoshi Michael MacKay have already committed to joining us along with other high ranking belts in the system.

Domo arigato Hanshi for your tireless efforts to ensure that the teaching and practice of USRKUSA are preserved and continued as they were so generously passed on to us by Grand Master Ueshiro.

Sensei Lisa Markowitz, Go-Dan
Co-Shihan, Ueshiro NoVA Karate
Kyoshi Sal Scaglione, Hachi-Dan
Denshi Shihan, Ueshiro NoVA Karate



Spotlight – Women Warriors

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

Empowering Women Through Karate

At Hanshi's 80th birthday celebration in October in New York, an idea was born to help women help other women—creation of a women only self-defense class using the knowledge we've gained from USRKUSA.

The class, led by Sempai Karuna Rao, Sho-dan, of Ueshiro Viera Dojo, began in November. It meets at 5:30 pm every Friday at the Viera dojo, located on 2300 Judge Fran Jamieson Way, Melbourne, FL.

During the karate weekend in February, Sensei Kim Garon, San-dan, of Ueshiro Downtown Dojo in New York, led the class. A spirited group of warrior women—6 Dan-level Black Belts—was in attendance. Sensei Garon led the class through kihon, kata, and yakusoku kumite, emphasizing stepping first, the use of hip, and perfect form. Towards the end of the class, she honed in on strength-training exercises and stretches for the hara. After the formal class was over, the women discussed self-defense techniques, how women's intuition (that eerie feeling or sixth sense) could save a life, and how important it is to keep training in the dojo. Sensei Garon said she was honored to teach the class, and come next February, she will be there again! We all vowed to bring the sugar back to our own Dojo and spread the word to fellow female karate students in the USRKUSA organization.





Hanshi is our biggest champion! While the class may be for women only, we've asked the men in the Florida dojos to help us spread the word about the class. Every man in USRKUSA has a social network or knows a woman or young lady, sister, niece, girlfriend, wife, female neighbor, etc. Word of mouth goes a long way.

We hope to inspire other women in the USRKUSA organization and reach those women who have always wanted to practice karate but never started.





Domo arigato gozaimasu,

Sempai Jennifer Sangalang, Ni-Dan
Ueshiro Suntree-Melbourne Dojo

Ueshiro Cocoa Shorin-Ryu Karate Dojo

Sempai Trevor Tezel, Shihan, Ni-Dan

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

The past season has brought a great deal of change at the Cocoa Dojo. The Dojo is in its fifteenth year and continues to draw its membership from the YMCA located on the Eastern Florida State College campus. Domo Arigato Sempai Dennis Flynn, Ni-Dan, for your stewardship of the Dojo over the past few years. The Cocoa Dojo has benefited from great leadership in the past, including from Sempai Flynn and Sensei Ron Marchetti, Go-Dan. I am humbled by the opportunity to follow in their footsteps.

Of course, what defines the Cocoa Dojo is its students. We recently conducted a combined Kyu-rank test and promotion with the Viera Dojo and Merritt Island Dojo. Three Cocoa Deshi were promoted: Gabriel Vilchez (Ro-Kyu), Penn Lorraine (Go-Kyu), and Gavin Bade (San-Kyu).



The Cocoa Dojo was honored to welcome Kyoshi David Baker to our class on January 28, 2019, as we unofficially kicked off the Annual Florida Weekend Workout. Kyoshi Baker provided valuable sugar, such as formation of a proper fist.

USRKUSA Spring 2019 Newsletter

Directions to the Cocoa Dojo can be found on our webpage. We have also recently moved to a new, earlier schedule for weekday classes. Our current schedule is as follows:

Mondays: 6:30pm–Sempai Rob Weaver (Sho-Dan)/Sempai Dakota Flynn (Sho-Dan)

Wednesdays: 6:30pm–Sempai Trevor Tezel (Ni-Dan)

Thursdays: 6:30pm–Sempai Dennis Fynn (Ni-Dan)/Sempai Dakota Flynn (Sho-Dan)

Saturdays: 11:00am–Rotational instructor schedule

Domo Arigato Hanshi Scaglione for your time, energy and efforts to improve our Karate and inspiring us to propagate this art.

Domo arigato gozaimasu,

Sempai Trevor Tezel, Ni-Dan

Shihan Ueshiro Cocoa Shorin-Ryu Karate Dojo



Ueshiro Titusville Karate

Sempai Edward Bauder, Shihan, Sho-Dan

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

This year marks the 10 year anniversary. Titusville Ueshiro Shorin-Ryu Dojo. I was humbled and felt extremely honored when I was asked to be sponsored as Shihan of the Titusville Dojo by Sensei Kurt Tezel, (Denshi and Roku-Dan) when I was a mere Ni-Kyu. It has been such a pleasure and an honor to train and grow alongside the men, women, and children that make up our ranks. And our growth has been evidenced by recent activities, tests, and promotions.

Members of our Dojo participated in tests and the recent February karate festivities that took place throughout Brevard County, where we reaped the harvest of plentiful knowledge and refinement of techniques that were provided by: Hanshi Robert Scaglione, Kyoshis David Seeger, Michael Mackay, David Baker, Matt Kaplan, and Sal Scaglione, and various Sensei and Deshi. We even had a personal visit by Kyoshi Baker to our Dojo here in Titusville, during which he emphasized important points regarding basic techniques such as tight fists, balance, and rooting down in stances and movement.



USRKUSA Spring 2019 Newsletter

On February 22, 2019, the Titusville Dojo held a combined Full Belt and Tip Test.

Promotions results from the Titusville Dojo are as follows:

Promoted to Ik-Kyu

Isabella Alaimo
Jimmy Roberge

Promoted to Yan-Kyu

Ari Sadri
Isaac Tagtow

Promoted to Ni-Kyu

Kevin Worhide

Promoted to Go-Kyu

Alex Parrish

Promoted to Orange Belt

Travyana Rucker
Giovannini Madonado

Promoted to Ro-Kyu

Damien Zubowicz



Our Monday and Friday evening classes are held in the Group Exercise room at the Titusville YMCA located at 2400 Harrison St. Titusville FL from 5:00-6:00 pm on Mondays and from 5:30-6:30 pm on Fridays. We also have an intermediate class for Go-Kyu and above held at the Titusville YMCA Tennis and Racquetball Center on Satterfield Road.

Continuous emphasis is given to both personal development of each Deshi as well as a team and family spirit. All members work together as a family as many of our Deshi members are brothers and sisters bound not only by blood

ties but by the strong ties instilled by working toward a common objective of perfection of technique and method. I am proud of their initiative, drive, motivation, and work ethic toward development and proud to be there Shihan.

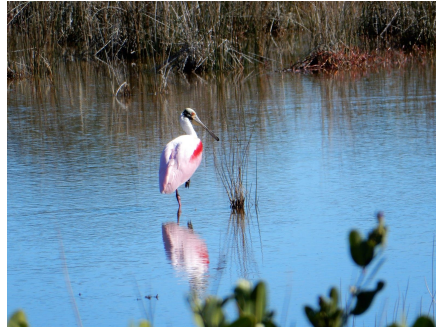


Domo arigato Grand Master Ansei Ueshiro for bring Shorin-Ryu Karate to the USA and to Hanshi Robert Scaglione for continuing Master Ueshiro's teachings.

Ed Bauder, Sho-Dan
Shihan, Titusville Ueshiro Shorin-Ryu Dojo

Dulles Ueshiro Shorin-Ryu Karate

Sensei Patrick Markowitz, Shihan, Go-Dan
Sempai Allen Thomson, Chief Instructor, Ik-Kyu



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

Together with our parent Northern Virginia (NoVA) Karate Dojo, the warriors of Dulles Ueshiro Shorin-Ryu Karate Club conduct twice-weekly workouts and strength training on Wednesdays, as we continue to move forward. Since the last newsletter, we have been busy attending system-wide events, supporting tests at the NoVA Dojo, training with visitors, and preparing for our upcoming Cherry Blossom Workout at Great Falls Park later this month (March 31st).

During the first weekend in February, Sempai Katie L. made the trip to Cocoa Beach to participate in the Annual Florida Weekend Workout. She showed great warrior spirit throughout the weekend, participating in the beach workouts and classes at the Florida dojo. Sempai Katie came back energized and full of joy and vigor! Domo arigato to Hanshi, Sensei Kurt Tezel, and the Shihan, Sensei, and Deshi of the Florida dojo for organizing a phenomenal weekend of training.





Together with our brothers and sisters in NoVA, we supported the February Kyu-rank test at the Centreville Dojo under the direction of Kyoshi Sal Scaglione and Sensei Lisa Markowitz. Sensei Patrick Markowitz assisted with the test by calling the test candidates to the spot and Sempai Allen Thomson led the class through kata as the Board of Judges reviewed the order of events and deliberated.

On February 27, Sensei Patrick and Sempai Allen had the opportunity to train with Sensei John Bottega from the Midtown Dojo. It is always a special treat for us to train with visiting Sensei, and we enjoyed a rich class in which we concentrated on good form and posture, making the most of height differences, maintaining balance, and stepping first.



Although few in number, our dojo is covered in mirrors—the most important piece of equipment in any dojo. The mirrors show us three enemies: what we were, what we are now, and what we could be. A balanced warrior is mindful of all three.

This was a year of perseverance for all of the Dulles warriors, who each battled illness or injury (not karate related!) to remain on the deck, stepping first. Despite the setbacks, they step on the deck with eagerness and

resolve. The men and women of the Dulles Dojo inspire me every day with their dedication, humor, and spirit of enthusiasm.

Domo arigato gozaimasu,
Sempai Allen Thomson, Ik-Kyu
Chief Instructor, Dulles Ueshiro Shorin-Ryu Karate Dojo



in gentle snowfall
sitting whisperless seiza
a karateka

Ueshiro Merritt Island Karate Dojo

Sensei Kurt Tezel, Denshi Shihan, Roku-Dan

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

The Ueshiro Merritt Island Karate Dojo holds classes on Monday and Wednesday at 6pm and Fridays at 6am. We have been fortunate to have Sensei(s) Ron Marchetti (Go-Dan) and Pat Marchetti (San-Dan) in town to help teach along with Sensei Carla Eddy (San-Dan).

We also host advanced (Yon-Kyu and above) classes twice a month led by myself and a variety of instructors. 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.

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



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On December 12, Hanshi presided over the Florida dojos annual kampai. We began the evening with a spirited karate class before taking a break and resuming with the kampai.

Hanshi kicked off the toasting by honoring the memory of Grand Master 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 Karate Fest February 1-4, 2019. The Friday morning class was something to behold; the deck was packed at 5:45am with students practicing repetitions of kata ranging from Fukyugata Ichi to Chinto. The formal class was led by Kyoshi Sal Scaglione with Kyoshi Michael Mackay. The biggest challenge we faced was trying to keep our feet quiet like Crane/Grasshopper (from the TV series Kung Fu) walking on rice paper. We worked Oyo-tan-ren at different speeds and power. Students were challenged to maintain proper mai throughout.



We then moved on to kata beginning with Fukyugata San. Gan was emphasized as we were encouraged to keep our eyes and head in concert with the body. We were reminded that the timing on the strikes and blocks will and must vary with our travel within each kata (i.e., moving linearly across the deck we will chamber quicker than if we are moving 270 degrees).

Many different aspects of kata Wankan were then discussed. Delving into the opening move of Wankan versus Ananku and the slide-step-punch from Wankan.

The best example of “Keep Training” was exhibited by Tim Tidwell, Ik-Kyu. Tim stayed the entire class and as he was leaving mentioned that he was getting married in a few hours!

After formally bowing out we went to the outside deck to continue training advanced and weapon kata under the watchful eyes of several very curious cranes.



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A record number of Deshi were in attendance for Friday evening's class led by Kyoshi David Seeger. After warming up we went directly into Kihon. Kyoshi explained the proper placement of each block, not only in the chamber but as it travels throughout the technique. Kyoshi also explained the importance of adjusting your timing along with the placement of the feet. If you are rotating 270 degrees the timing is different than if you are making a small step to the left. Kyoshi made many of the techniques come alive by demonstrating them with a variety of partners.

A well executed block should not only block a potential strike, but do damage to the attacker as well. Many repetitions of kata were done by the group emphasizing this principal. Kyoshi encouraged us to drop on each and every strike. He never saw Master Ueshiro execute a low technique without getting even lower on the strike or block.



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On February 9, 2019, three of the Florida Dojo of Ueshiro Shorin-Ryu Karate USA (Viera, Merritt Island, and Cocoa) held a combined Kyu Rank Test at the Merritt Island Dojo. The following Merritt Island students received new ranks:

Ro-Kyu (First Green Tip)

Sean Kiendra

San-Kyu (Brown Tips)

Keith Callahan

Yellow Belt

Ryan Hensley

Phoenix Kiendra

Ni-Kyu (Brown Belt)

Michael Kukura

Yon-Kyu (Green Belt)

Michael Hensley

Ik-Kyu (Black Tips)

Jeffrey Carter

Some of the test participants arrived as early as 8:15am. The formal test began under the supervision of Hanshi Robert Scaglione (Shihan of the Viera Dojo) at 9:00am. Sensei Kurt Tezel (Roku-Dan, Denshi Shihan of the Merritt Island Dojo) hosted the event and led the group in the opening stretches. Sensei Tezel then led the group in kihon (basics), as prescribed in the 50th Anniversary Journal.

Amid the gold that Hanshi shared with us (including repeated reminders to breathe), one particular correction stood out. Hanshi explained how during "step-and-slide" neko-ashi-dachi, many of us are stepping onto the ball of the foot, as opposed to the heel. To perform the move correctly, we must step forward onto the heel first (while maintaining a quiet, cat-like movement). Hanshi explained the different bone structures between the heel and the ball of the foot and how we risk injury by leading with the ball of the foot during these long stepping exercises.

Following kihon, we moved into kata, practicing each of the Fukyugata kata, several of the Pinan kata, and kata Wankan. While training, Hanshi convened the attending Black Belts for a brief meeting and subsequently convened the Board of Judges.

The Board of Judges consisted of Hanshi Scaglione, Sensei Tezel, Sensei Ron Marchetti (Go-Dan, Merritt Island Dojo), Sensei Dale Adamson (San-Dan, Viera Dojo), Sensei Pat Marchetti (San-Dan, Merritt Island Dojo), and Sempai Trevor Tezel (Ni-Dan, Shihan of the Cocoa Dojo). Sempai Jennifer Sangalang (Ni-Dan, Melbourne/Suntree Dojo) assisted the board of judges by calling up and leading the testing candidates through the basics, yakusoku kumite, Oyo-tan-ren, pushups, and squat-punches. Sempai Justin Thompson (Ik-Kyu, Viera Dojo) showed great spirit in demonstrating for the testing candidates. Domo arigato to each of these individuals for their role in the administration of the test.

Each of the candidates put their best foot forward and performed well. Following the kata demonstrations, the Board of Judges asked each of the candidates a series of questions.

Following this, the group reconvened on the outdoor deck for breaking. Despite only two students being required to break, many more (both testing candidates and non-testing Deshi) volunteered enthusiastically to attempt breaks.

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Domo arigato to these students and the other Deshi who attended to support their fellow students who were testing. Afterwards, the Board of Judges conferred, while the group performed more kata. The new ranks were then awarded.

As stated by Hanshi in his closing remarks, we remember the sacrifice of Grand Master Ansei Ueshiro, who underwent an arduous journey to a country whose language he did not know, all for the sake of bringing us this style of karate that we enjoy today. Domo arigato Hanshi for carrying on Master Ueshiro's legacy and serving as a model of inspiration both on and off the deck.

Domo Arigato Gozaimasu,

Sensei Kurt Tezel, Roku-Dan

Denshi Shihan, Ueshiro Merritt Island Karate Dojo



To-Te Ueshiro Karate Dojo

Sensei Preston Powell, Denshi Shihan, Go-Dan

Onegai Shimasu Hanshi, Kyoshi, Sensei, Deshi & All USRKUSA Karateka

The To-Te Ueshiro Karate Dojo Nyack, NY held its Annual Winter Promotion, February 26, 2019.

As Sensei Powell carried in water and prepared the Dojo, several advance students wiped the deck, hung the Shinden, and set up chairs for the promotion. As the students entered the training hall, small groups began training informally on various kata and built up to a nice cohesive group of Karateka working together. By 4:45pm, the individual groups formed one large group (two lines) reaching from one end of the dojo to the other.

With the emphasis on mushin, no thought, we built up to a feverish pitch of full speed and power with all students counting with spirit encouraging the entire group to go beyond the physical being and enter a higher state of consciousness. As the windows began to fog up and the sweet scent of Karate-Do lingered in the air, we all knew it was time to begin the 3 hour promotion.

With a final bow to each other, we finished the last kata full speed and power. We all lined up for a formal bow in followed by traditional Ueshiro Shorin-Ryu warm ups led by Sempai Ethan Markiet (13 year-old child, Sho-Dan). The group slowly went through basic warm ups with the idea of relaxing/stretching and getting ready for the training and promotion ahead.

The Board of Judges consisted of Sempai Ed Abreu (Center Judge; Ni-Dan), Sempai Gemini Watanabe (Ni-Dan), Sempai Bryan Markiet (Sho-Dan) and Sempai David Calligeros (Sho-Dan). Sensei Powell (Go-Dan) called the candidates up on the spot and Ethan Markiet (Sho-Dan) served as a role model for the promotion demonstrating the test where needed.

Promoted to Ro-Kyu

Andrew Encalada
Shane Encalada
Danny Encalada
Sophie Vanwambeke
Aoife Cahill

Promoted to Yellow Belt

Eileen Njie
Eleanor Findlay

Promoted to Yon-Kyu

Isadora Findlay
William Chappell
Joseph Goshen
Dylan Quagliata



All in all, it was another great day of Ueshiro Shorin-Ryu Karate. I would like to thank those Deshi that sat in to support the testing candidates and all the Black Belts and senior students that assisted with the promotion. It is so important to understand the depth and the true meaning of Shorin-Ryu Karate and what Master Ueshiro went through in his own life to bring us the gift of karate. It is my believe that we must embrace the NEW student and many times sacrifice our own advancement to assist and help new students stepping on the path to ensure that a new generation will protect and hand down our traditional style to future generations.

Domo arigato gozaimasu, Hanshi.

Respectfully submitted by
Sensei Preston Powell, Go-Dan
Denshi Shihan, To-Te Ueshiro Karate
Nyack, NY

..."no matter how you excel in the art of 'te,
and in your scholastic endeavors, nothing is
more important than your behavior as
observed in daily life."

<http://www.karatenyack.com>



Ueshiro Okinawan Karate Club of Pelham Manor

Sempai Brian Heese, Shihan, Ni-Dan

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

The Ueshiro Okinawan Karate Club of Pelham Manor is a vibrant club with seven spirited Deshi ranging from Yon-Kyu to white belt.

We train on Monday nights at 5:30pm (white belts) and 6:30pm (advanced students). We love to have visitors. Please text me at +1-914-602-9010 if you plan to visit.



The Ueshiro Okinawan Karate Club of Pelham Manor is grateful to Hanshi Robert Scaglione, Kyoshi Michael Mackay, and all the Black Belts from dojos in the metropolitan New York City area who willingly travel to Pelham Manor for belt tests and events. Thank you Barbara Nichuals for allowing our club to train in the dojo built by Sensei Dan Nichuals.

Domo arigato gozaimasu,

Sempai Brian Heese, Ni-Dan

Shihan, Ueshiro Okinawan Karate Club of Pelham Manor



Northampton Ueshiro Karate Dojo

Sensei Daniel Gobillot, Denshi Shihan, Shichi-Dan

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

The Northampton Ueshiro Karate Dojo is still alive and kicking.....and punching and doing kata.

Since last Fall we have welcomed a couple new Deshi to our dojo, Taylor Thompson and Thomas DeJesus. This is always good for our Dojo or any Dojo or club. It renews our pledge of “Onegai shimasu” to this organization and the world. Keep training, keep training hard.

In mid December, we started a new “All Women’s Class”, that is designed for women and instructed by women. It is free. Please stop by Sunday evening at 5:00 pm and bring your daughter. Domo arigato Hanshi for the recommendation and thank you Sempais Tracy Magdalene and Singwen Mientka for organizing, promoting, and instructing this opportunity. Lets see where it leads!

The Northampton Ueshiro Karate Dojo will be hosting a Black Belt promotion on Sunday, March 10, 2019. The doors will open at 9:00am with an open deck for warm up and the workout will formally start at 10:00 sharp. There will be 19+ Deshi testing (Sho-Dan, Ni-Dan, and San-Dan) and over 40 attending at this time. It will be a long but well planned day.

We will supply food and drink and there will be planned moments to refresh. Bring your big spirit and enjoy the day. I have installed a new Tokonoma weapons rack and other Dojo improvements for your enjoyment. If you helped build this Dojo in 1998 and have not been back you will see the changes.

Domo arigato gozaimasu Hanshi,

Daniel W. Gobillot, Shichi-Dan
Denshi Shihan, Northampton Ueshiro Karate Dojo
dwgobillot5@gmail.com





Ueshiro Downtown Shorin Ryu Karate Dojo

Sensei Kevin Reymond, Denshi Shihan, Shichi-Dan

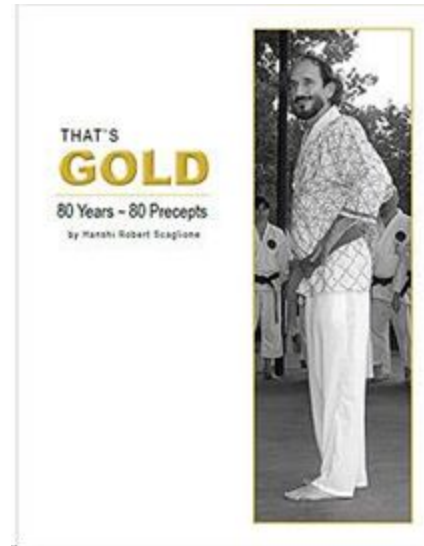
“Step First”

Hanshi Robert Scaglione

Onegai Shimasu Hanshi, Kyoshi, Sensei and Fellow Deshi,

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

Some recent events include our two promotions since the last newsletter. Congratulations to Jessie Gao for earning the rank of Ro-Kyu, Kevin Saulsbury for earning the ranks of Go-Kyu and Yon-Kyu, and Reginald Washington for earning the rank of San-Kyu. The Boards of Judges consisted of Sensei Ellin Moore, Sensei Kim Garon, Sensei Henri Waelbrock, Sempai Michael Gallagher, and Sempai James Rothermel. After the tests, demonstrations of kata were performed by the different ranks. These were followed by a compai at a local Japanese Restaurant, Tokyo Bay.



In October we kicked off the weekend celebration of Hanshi's 80th birthday by hosting the Friday evening Black Belt Workout. We performed many repetitions of Fukyugata San in honor of Grand Master Ansei Ueshiro. Kyoshi Michael Mackay then led the class through warm-ups, basics, and kata grouped by rank with Hanshi offering high level corrections. After the workout, over 35 participants headed over to Vincent's restaurant in Little Italy, the site of many dojo dinners from Hanshi's days in New York.

This past January, we expanded our class schedule to include a Tuesday morning workout from 7:00-8:00 am. Informal training begins at 6:30 am. Sempai Erik Sanner is taking the lead in conducting that class.

We continue to work on new avenues to promote our dojo and Ueshiro Shorin-Ryul including enhanced use of social media. In the coming months, we will be hosting Open Houses for the general public and as spring approaches conducting workouts at outdoor venues. Kata, basic techniques, prearranged fighting, bunkai, and weapons will be demonstrated along with a discussion of our style of karate and the history of Shorin-Ryu.



***“It is not enough to fight. It is the spirit which we bring to the fight that decides the issue. It is morale that wins the victory.”
- General George C. Marshall***

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

Sensei Kevin Reymond, Hachi-Dan
Denshi-Shihan, Ueshiro Downtown Shorin Ryu Karate Dojo
Under the direction of Hanshi Robert Scaglione

Dojo Address: 107 Chambers St.; New York, NY 10007 646-745-6172; www.downtownkaratedojo.com

Class Schedule

Monday	5:15 pm – 6:15 pm
Tuesday	6:45 am – 8:00 am
Wednesday	6:45 am – 8:00 am
Thursday	5:30 pm – 7:00 pm

Always Moving Forward

Ueshiro Suntree Shorin-Ryu Karate Dojo

Sempai Matt Reed, Shihan, San-Dan

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

Greetings from warm and sunny Florida!

After the spirited karate weekend in February—which officially started with a workout led by Kyoshi David Baker, Hachi-Dan, at our Dojo—we took all that sugar and brought it back to our students. We are always striving for perfect form, reminding each other to step first, breathe, and practice mushin.

Karate is a lifelong marathon, and we are in it for the long haul!

Not long after the karate weekend, Ueshiro Suntree-Melbourne Dojo and Ueshiro West Melbourne Dojo teamed up for our semi-annual full belt test in West Melbourne with Sensei Rick Cupoli, San-Dan, Shihan, Sempai Miranda Aiken, Sho-Dan, and their Deshi.

We are happy to announce the Suntree students who “achieved” their belt and will work to “earn” their next rank, as Kyoshi Baker has so artfully said:

Yon-Kyu

Lena Chen
Lily Chen
Linda Gamerl
Denny Chen
Tony Romano

San-Kyu

Terrence Zhang
Orin Salazar





Every weapon in USRKUSA has representation in the Suntree dojo:

Kama: Sensei Matt Reed, San-Dan, Shihan

Nunchaku: Sempai Jennifer Sangalang, Ni-Dan, and Sempai Jane Zhang, Ik-Kyu

Sai: Sempai Kevin Hutchinson, Ni-Dan

Tuifa: Sempai Lloyd Brownhill, Sho-Dan

Bo: Sempais Krystyn and Zaine Clark, both Ik-Kyu

We train from 7:00-8:15 pm on Wednesday and 12:00-1:30 pm on Sundays at Wickham Park Community Center, 2815 Leisure Way, Melbourne, and we welcome anyone and everyone from the USRKUSA family and beyond!

Domo arigato, Hanshi, for your continued guidance. We are lucky to have such close access to you and your Dojo.

Respectfully submitted,

Sempai Jennifer Sangalang, Ni-Dan
Ueshiro Suntree-Melbourne Dojo





Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota

Sempai Steve Hatle, Shihan, Ni-Dan

Onegaishimasu Hanshi, Kyoshi, Sensei, and all Deshi,

Karate has kept us warm all these extremely snowy and cold months! We hold classes four times a week—the Black Belts help Shihan Hatle with the teaching load by rotating the responsibility of teaching one class per week.

Highlights since our last newsletter:

Kyoshi Sal Scaglione paid us a visit in early October. He sent a spark through us with his impressive skill and teaching style—we were left inspired and forever grateful he took the time to travel to train with us! Kyoshi's visit was a prelude to the Annual Black Belt Workout in New York. Sensei Bob Dobrow and Sempai(s) Hatle, Sijan, and Lawrence made the trip to celebrate Hanshi's 80th birthday and take advantage of the opportunities to train and learn from Hanshi, the Kyoshi, and many advanced belts.

Through two testing events—one in October and one in February—the following students advanced in rank.

Ro-Kyu

Allie Clark
Yicheng Shen
Caroline Tsui
Zhihan Yang
Skylar Yu
Yifei Zhu

Go-Kyu

Alec Wang

San-Kyu

Rion Gillispie
Brent Pellinen
David Huyck
Susanna Huyck

Ni-Kyu

Vincent Sommer



At both events, all students, whether testing or not, displayed great spirit, power, and vigor throughout the multi-hour tests. During our February test, many students were able to experience breaking for the first time, exploring the necessary focus and power to be successful. All ranks demonstrated kata, kumite, and weapons kata appropriate to their level.

USRKUSA Spring 2019 Newsletter

Seven Minnesotans were able to attend the Annual Florida Weekend Workout. Not only were they invigorated by all the sugar they received, but also by the sand, sea, and sun! As always, the Florida Dojo were perfect hosts, and all enjoyed the opportunity to train and socialize with our friends from across the system.

As we move into springtime, we look forward to welcoming new students and new opportunities to hold classes. There are a few exciting possibilities for us to expand our class coverage and bring Ueshiro Shorin-Ryu karate to more members of our community—stay tuned!

Domo arigato gozaimasu to Hanshi Robert Scaglione for your leadership and example and for guiding us as we move through the 57th year of Shorin-Ryu Karate, as brought to us by Grand Master Ansei Ueshiro.

Submitted by Sempai Brenda Hellen, Sho-Dan

Sempai Steve Hatle, Ni-Dan
Shihan, Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota
northfieldkarate.com



Boston Chinatown Ueshiro Shorin-Ryu Karate Club

Sensei Emiliano Mazlen, Shihan, Go-Dan

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 Grand Master Ueshiro laid out for us.

In February, the Boston Chinatown Ueshiro Shorin-Ryu Karate Club held a belt test with fellow Deshi from the Albany club. Domo arigato to Shihan Keith Chan of the Albany club who sat as center judge and to Ik-Kyu Sean Jones (Boston), Theo Panagakos (Boston) and Caroline Margolies (Albany) who completed the Board of Judges. Domo arigato as well to William Graham who added his spirit and sweat to the event even though he was not testing on the spot that day. Congratulations to Jason Giambruno (Albany) who was promoted to San-Kyu and Andreana Prifti (Albany) and Diane Tshikudi (Boston) who were promoted to Yon-Kyu.

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
Shihan, 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

Onegai-shimasu USRKUSA Organization,

This coming August will mark our 9th year of sharing the great art of Ueshiro Shorin Ryu with our community. I am proud and privileged to direct such a wonderful group of karateka and I cannot overstate how fortunate I am to have Sempai Miranda Aiken assisting me. Over the years we have seen many students come and go, but we have been extremely fortunate to see so many come and stay. The resolve and staying power of the West Melbourne Deshi amazes me. I am inspired every time I stand in front of them to lead the class. We put our heart and soul into all we do and the rewards abound when you know you are offering something positive into the lives of so many. I feel so privileged to be a small part of the lives of these outstanding people.

We recently had the honor of sharing our belt test with the Suntree Melbourne Dojo. I was very proud of all the students who performed on the spot. We were fortunate to be able to promote eight students to the rank of Yo-Kyu; both children and adults. We also had an Ik-Kyu promotion. All the promotions were terrific, but one in particular deserves a special note. A young man named Wyatt Taylor (11) is on the autism spectrum. With his parents support, he has been training for several years and has not given up. He was one of the eight who were promoted to Yon-Kyu. It goes without saying that we are very proud of Wyatt.



Madison Ontiveros (17) was promoted to Ik-Kyu. I had the pleasure of speaking with her parents at the conclusion of our belt test. They shared with me that they involved her in karate to help her to become more social with people.

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This incredible young lady, who was so quiet when she started, is now a major presence in our Dojo. She is a model student and very outgoing and helpful as she helps with teaching our classes.



It is always great to see parents join our ranks. One of our more recent members is the Frahm family. Caroline joined with her three sons. All have achieved rank. Caroline, along with her son Gabe, earned the rank of Yon-Kyu. Her son Levi was promoted to Yellow Belt. Her youngest, Ben, holds the rank of Ro-Kyu. Our most recent fireball is Sean Merz. He is probably 7 or 8 and has earned his rank of Ro-Kyu. His father would often come and watch him. With a little gentle encouragement, I was able to get him to join his son on the deck. The same occurred with Rajith Paripally. He is the father of one of our Ni-Kyus, Vishrut. After some encourage he, too, joined his son on the deck.

I always arrive early to my Tuesday night class and always raise the blinds to make sure that people on the outside can see the class going on inside. Little did I know how this would pay off. Tony McDonald and his wife, Merlyn, would walk in the park in the evening and see the class through the window. Some years ago, Tony was training at the black belt level in Shotokan Karate. His looking through the window eventually brought him into our class. He was promoted to Yon-Kyu at this recent test. It is unmistakable that he is proficient in his former style. I am amazed at his humility as he accepts and adopts the variations that our style requires. His wife was promoted to Go-Kyu.

I could share much more about so many others that share our training floor. I am pleased to say that these days things are very exciting at the West Melbourne Dojo. I have to thank Hashi Robert Scaglione and Sensei David Tamir for introducing me to this wonderful opportunity 9 years ago. It is truly one of the greatest things I have had the privilege of doing.

Domo arigato gozaimasu,
Sensei Rick Cupoli, San-Dan
Shihan, West Melbourne Dojo

Wilton Connecticut Ueshiro Shorin-Ryu Karate Club

Sensei Keith Eng, Shihan, San-Dan



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

Wilton Connecticut Ueshiro Shorin-Ryu Karate Dojo under the auspices of USRKUSA continues forward with vigor, despite our relative small size. The new training schedule continues to promote stronger attendance and many optional training days, which bolster both our skills and morale. We held our second kumpai where we shared in fellowship and in the discussion of techniques and attracting future Deshi.

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

Domo arigato gozaimasu,
Sensei Keith Eng, San-Dan
Shihan Wilton Connecticut Ueshiro Shorin-Ryu Karate Club

Class Schedule

Tuesday: 7:30-8:30 am

Thursday: 7:30-8:30 am

Ueshiro Shorin-Ryu Nashville Family Karate Club

Sensei Sean M. Paus, Shihan, San-Dan

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

The Ueshiro Shorin-Ryu Nashville Family Karate Dojo had a productive Fall and Winter.



In December, we held a tip test and are pleased to announce the following promotions:

Ro-Kyu

Kayleen Brito
Basia Yossef
Kevin Zack
Mathew Zack

Go-Kyu

Mary Smith
Stephanie Tornez
Kennedy Brito
Kevin Brito
Montserrat Tornez
Ayslin Brito



In February, we held our Winter promotions and are pleased to announce the following promotions:

Ro-Kyu

Peter Bassily
Andrew Bassily
Levi Hecht

Ro-Kyu cont.

Kirolus Bassily
Dale Hecht
San-Kyu
Elizabeth Richardson

Anyone 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. Keep training!
Domo arigato gozaimasu!
Sensei Sean M Paus, San-Dan
Shihan, Ueshiro Shorin-Ryu Nashville Family Karate Club

University at Albany Ueshiro Shorin-Ryu Karate Club

Sempai Keith Chan, Shiban, Ni-Dan

728 Madison Ave. Albany, NY, 12208

Phone: 617-818-7255

Email: greystar999@gmail.com

Ueshiro Bushi Dojo

Sensei Chris Barnes, Denshi Shihan, Shichi-Dan

9085 Santa Monica Blvd, Los Angeles, CA 90069

Phone: 570-856-3423

Email: laugh@comedydojo.com

<http://www.comedydojo.com/>

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

Greetings From Ueshiro Bushi Dojo. Training has been at a very high level.

Ueshiro Bushi Dojo Beverly Hills, CA recently held its Kyu-rank promotions. Congratulations Damon Santostefano, for promotion to the rank of Ik-Kyu. Arigato Sempai Neil Talbot for helping conduct the testing, I am sure Mr. Santostefano will remember his body testing for months to come.



Domo arigato Hanshi and Kyoshi Scaglione for guidance and direction all year round. We look forward to working out with any and all traveling Deshi whose travels bring them to the West Coast.

Domo arigato gozaimasu,
Sensei Chris Barnes, Shichi-Dan
Denshi Shihan, Ueshiro Bushi Dojo

Easton Connecticut Ueshiro Shorin-Ryu Karate Club

Sensei Adam Dunsby, Shihan, Yon-Dan

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

Our dojo continues to move forward into the Spring in this 57th year of Shorin-Ryu karate. The Year of the Boar got off to a fast start with another successful Florida event, an awesome display of Shorin-Ryu joy and vigor led by Hanshi Robert Scaglione. Hanshi's words of wisdom, along with expert instruction by all the Kyoshi, continue to keep the spirit and precepts of Master Ansei Ueshiro alive.



We look forward to participating in this year's remaining USRKUSA events, including the upcoming Black Belt promotion in Northampton, the annual Sherwood Island Beach Workout, the 9/11 Memorial Central Park Workout, and the end-of-year Black Belt event. And as always, we welcome all USRKUSA Deshi who wish to visit us and train in our Connecticut barn.

Domo arigato gozaimasu,
Sensei Adam Dunsby, Yon-Dan
Shihan, Easton Connecticut Ueshiro Shorin-Ryu Karate Club

Class schedule

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

Ueshiro Bay Ridge Karate Dojo

Sensei Robert Neff, Shihan, Yon Dan

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

The Ueshiro Bay Ridge Karate Dojo has been very busy over the past 6 months. The highlight was celebrating Hanshi Robert Scaglione's birthday here in Bay Ridge, Brooklyn, Hanshi's childhood home. Domo arigato gozaimasu, Hanshi, who turned 80 years young on October 14th of this past year. Thank you so much for honoring my Dojo and me by making the trip out to us. It was beyond an honor to host this event. Domo arigato to all of you who joined us to train and help Hanshi celebrate his special day while giving my deck the sweat and ecstasy of hard work!!! I thank you all from the bottom of my heart.



On September 9th the Bay Ridge Dojo joined the Midtown Dojo for it's annual 911 Memorial Workout. It was a wonderfully wet and cold day for a September workout. My young students that joined us that day showed tremendous spirit and perseverance! Domo arigato, Kyoshi Michael Mackay for leading the charge, as always, with a workout we will all remember.

On December 27th the Bay Ridge Dojo held its end of year workout, promotion, and kampaï. A traditional USRKUSA workout was conducted followed by a tip-test. Our three testing students showed tremendous courtesy, spirit, joy, and vigor.

Promoted to Go-Kyu

Ethan Neff

Noah Ratner

Jeffery Ratner

Domo arigato gozaimasu to Ms. Lisa Rosenberg and Ms. Anna Sweeney who joined us and served on the Board of Judges. Jon and Evert Cummings (white belts) also joined us for the workout and gave moral support to the Deshi that were testing.

A small group of us convened at a local Bay Ridge sushi restaurant for an end of year kampai and warming. This was truly a great way to end the year.

On February 24th the Bay Ridge Dojo held a promotion. A traditional USRKUSA workout was conducted followed by the tip-test. Our two testing students showed tremendous spirit, joy, and vigor.

Promoted to Ro-Kyu

Jon Cummings

Promoted to Go-Kyu

Misha Ratner

Domo arigato gozaimasu to Sempai Anna Sweeney who joined us and was on the Board of Judges. Joining in the workout and lending moral support to their fellow Deshi were:

Ethan Neff
Noah Ratner
Jeffrey Ratner
Everett Cummings

A small group of us went for brunch and kampai afterwards.

Domo arigato gozaimasu, Hanshi,

Sensei Rob Neff, Yon-Dan
Shihan, Bay Ridge Ueshiro Shorin-Ryu
Karate USA



Ueshiro Neve (Oasis) Dojo

Sensei David Tamir, Denshi Shihan, Shichi-Dan

Greetings Ueshiro SRKUSA Worldwide,

We have been training at our new dojo location for 7 months now; the Etzion community center in the City of Kfar Saba, Israel. We maintain a regular schedule of classes three times a week: Mondays 7-9 PM, Wednesdays 6-8 PM, and Fridays 2-3 PM. Our Friday workouts are outdoors at the City's Central Park. In Israel, our weekend is Friday-Saturday. Sempai Avi David, Sho-Dan, has been training with me for 7 years and is my right-hand man in running the dojo.

In late February, we promoted the first Yellow Belts and Yon-Kyu at our new location. Our students are primarily teenagers who are very serious and committed to training and learning. I believe that if they keep training, they will go to serve in the Israeli Defense Force (IDF) as 18 year old Ueshiro SRKUSA Black Belts.

We look forward to continuing to grow our dojo and to an exciting planned visit in late August by Kyoshi David Seeger.

Domo arigato gozaimasu,
Sensei David Tamir, Shichi-Dan
Denshi Shihan Ueshiro Karate Dojo baKfar
Kfar-Saba, Israel

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



Hong Kong Ueshiro Karate Club

Sensei Alan Lai, Shihan, Roku-Dan

Onegaishimasu Hanshi, Kyoshi, Sensei, Shihan, and Deshi of USRKUSA!

Greetings from Hong Kong!

The vibrancy of Ueshiro Shorin-Ryu Karate in Hong Kong is kept up by a group of dedicated Black Belts and Deshi, who train hard regularly on and off the deck! Our regular indoor workouts are every Saturday morning and are led by Sempai Hsiao, Ni-Dan. Her son, Alvin, will soon be testing for Go-Kyu.

Other than training indoors, we like choosing places outdoors to train, such as community parks (in Meifoo) and private clubhouse areas (in Tung Chung or Lai Chi Kok), since we believe Dojo could be anywhere—karate creates time and SPACE!

If you happen to stop by Hong Kong, we encourage you to experience the different environments with us, thereby creating more time, space, and more FUN together! For those who have visited us, we can't wait to see and train with you again!

Domo arigato,
Sensei Alan Lai, Roku-Dan
Shihan, Ueshiro Hong Kong Karate Club



Ueshiro Harbour Karate Club

Sensei Tytus Michalski, Shihan, San-Dan

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

This past season we completed the first semester working with the non-profit Sprouts Foundation in Hong Kong, which supports students from lower income backgrounds. Nine students joined us for training, all from lower income families.



For most of these students, it was the first time they were exposed to traditional martial arts training and they responded with maturity beyond their age, enjoying the chance to work up a serious sweat. Since the training is conducted in a school classroom, the students get extra sugar at the end of every session by putting back all the chairs and desks into their original positions.

We welcomed the Year of the Pig (alternatively referred to as the Year of the Boar) in Hong Kong, an animal known for bravery, sincerity, and fairness. Of course these are all qualities we can practice every day through karate training.



Closing

Having received positive feedback after the first semester of working with these students, we will continue with this program during the next season.



Domo arigato gozaimasu to Hanshi for inspiring us to break through barriers, both physical and mental, to spread the art of Ueshiro Shorin-Ryu Karate!

Domo arigato gozaimasu,

Tytus Michalski, San-Dan
Shihan, Eshiro Harbour Karate Club
Hong Kong, China

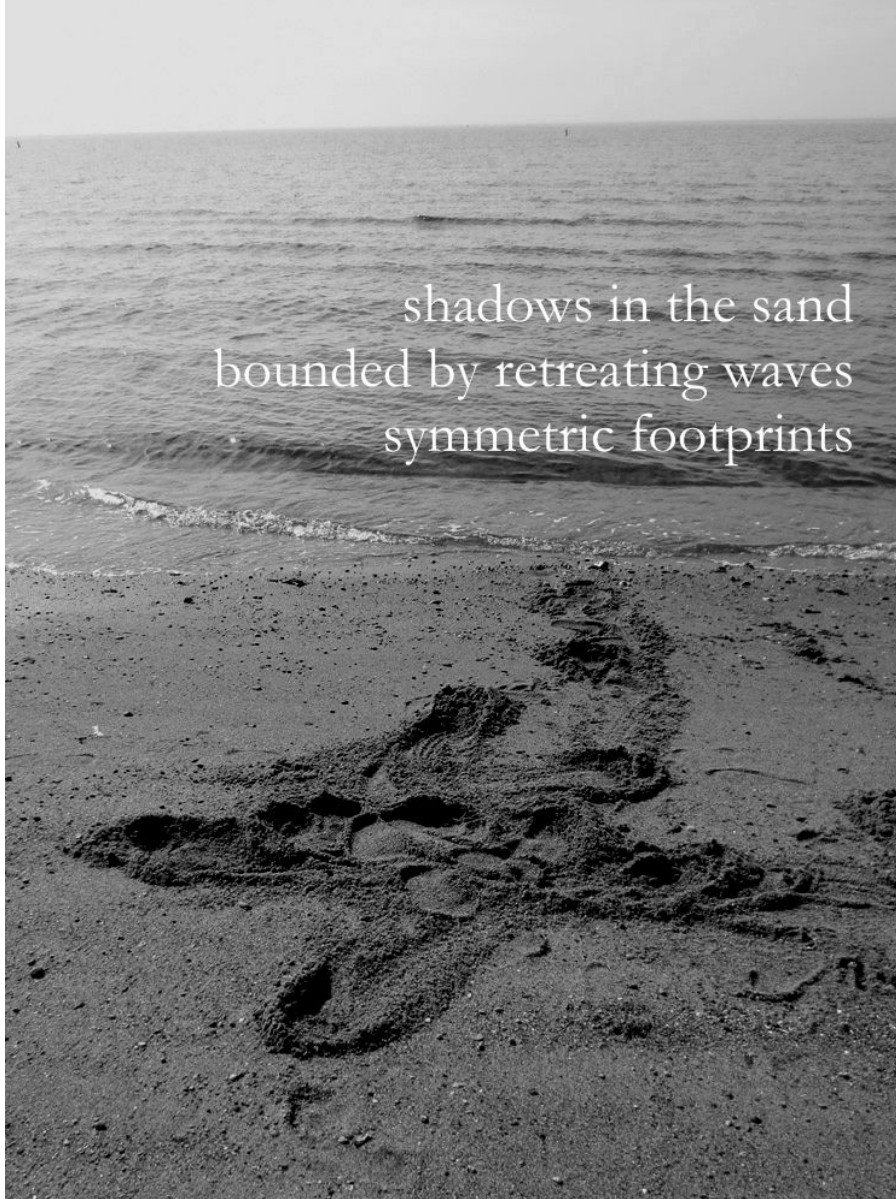


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The Spring 2019 Newsletter was produced by the Ueshiro Northern Virginia Karate Dojo: Sempai Allen Thomson (editing and design), Sensei Lisa Markowitz (editing and production), and Kyoshi Salvatore Scaglione (supervision).

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