

Spring 2020 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, Grandmaster Ansei Ueshiro. To preserve and protect the history, traditions, methods and integrity of USRKUSA. To develop students to their maximum potential in body, mind and spirit, through courtesy, propriety, self-discipline and the ecstasy of hard work, fostered by our dojo – the sacred training halls – of Ueshiro Shorin-Ryu Karate USA.

Greetings, All Members!

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

*"If I had it to do all over again I would change nothing,
not a single thing over 81 years."*

- Hanshi Robert Scaglione, October 6, 2019

Hanshi shared the above thought in an email to the Kyoshi filled with humor, wisdom and humility discussing (among other things), the high cost of storing and distributing 1,000 copies of the Green Book, the bestselling author James Paterson's inability to do Pinan Sho-Dan, and other examples of "the Yin-Yang of life's forces." A few days later he followed up with an email encouraging all deshi to re-read page 16 of Building Warrior Spirit re: "You only fail when you stop trying."

Hanshi's perspective and advice couldn't have been more timely. In these days of uncertainty and conflict we all need reminding that "High or low is unimportant because you are prepared for life, for the workout, for your job, for the myriad of whatever life delivers. You breathe and enjoy!" Domo arigato gozaimasu to Hanshi, as well as to the extended USRKUSA community, for creating so many opportunities to train and prepare for life's ebb and flow. Below are numerous examples as demonstrated over the past six months in the many "sacred training halls" of Ueshiro Shorin-Ryu Karate-Do USA.



Moving forward with joy and much vigor,

- Kyoshi Michael Mackay
Ueshiro Midtown Karate Dojo

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Ueshiro Midtown Karate Dojo

Kyoshi Michael Mackay, Shihan, Ku-Dan

News

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

"Karate is like boiling water" – One of the biggest takeaways from February's Florida weekend was Hanshi's reminder that we all need to keep checking the reference materials available to us. These include first and foremost the Red and Green books, The Essence of Okinawan Karate-Do, and the Kata Guide (app or DVD). These resources are not just to help us with new kata and techniques as we advance, but more importantly to keep us on the true path, one that by human nature we unconsciously wander from. Challenge yourself intellectually to find fresh insights into topics you've long taken for granted. Learn to formulate decisive questions, then go out and find the answers that carry the weight of truth. This skill will serve you well, especially when taken out of the dojo and into the world of fake news and false narratives.

If you haven't already done so, contact your Shihan on the best ways to purchase and use these materials. As often quoted, "To remain in ignorant silence is a lifelong shame," *especially* with so much valuable knowledge right at our fingertips. This includes the ongoing and unfolding history of Ueshiro Shorin-Ryu USA, as recorded in these Newsletters for you.

Annual Black Belt Weekend - The 57th Annual Black Belt workout and kanpai was held Saturday, November 16, 2019, at the HNA Palisades Conference Center in Palisades, New York. Hanshi Robert Scaglione presided over the full day of training, executive meetings and banquet celebration. Throughout the event Hanshi made multiple references to "Karate-Do, My Way of Life" by Gichin Funakoshi and "Tales of Okinawa's Great Masters" by Shoshin Nagamine. He encouraged us to re-read these classics over and over to gain insight into longevity and success in any endeavor. A special "Domo arigato gozaimasu" to Kyoshi David Seeger for organizing the event. The gathering of Black Belts was a most auspicious wrap-up to the Year of the Boar, as characterized by good fortune, hard work and gallantry.

Hombu Year-end Celebration - Our traditional end-of-year workout and kanpai took place on Tuesday, December 17. Special thanks to Sensei Ron Ballin, Ik-Kyu Kathy Chin and Ik-Kyu Sam DiGiario for providing refreshments and to Sensei Dawood Emmenuel and Sempai Anna Sweeney for their generous gifts: a Dragon/Tiger leather jacket for the Shihan and a pair of classical kami jars for the Dojo.



Year-In-Review - Also per tradition, the Dojo released a slide show of images capturing highlights from our training in 2019. The [video](#) tries to illustrate the importance of two-second pause during the non-stop enthusiasm displayed all year. Domo arigato gozaimasu to every Midtown Deshi for showing up at each and every class, outdoor workout, promotion and/or road trip to preserve our art.



February in Florida - A large contingent of Black Belts from Midtown celebrated the New Year by attending the Florida Workout Weekend from January 30 through February 3. Kyoshi David Baker led the kick-off session on Thursday at the Viera Dojo, followed by a sunrise workout taught by Kyoshi Mackay Friday AM. That class was followed by weapons seminars with Sensei Ron Ballin taking charge of the bo. Intense training continued Saturday morning with Kyoshi Mackay leading a group of 75 deshi on the Cocoa Hilton beach. Light rain ensured we had the beach to ourselves and that our gi remained drenched. Special thanks to Hanshi Robert Scaglione who joined to oversee yaku soku kumite and offer many words of advice. After a formal bow out many Midtown Black Belts continued working kata and foundation in the ocean waves.



Saturday evening a festive banquet was held in the Hilton Grand Ballroom honoring Grand Master Ansei Ueshiro. Afterwards a dozen Black Belts returned to the oceanside for weapons training under a clear night sky. At sunrise the following morning Kyoshi David Seeger filmed about 20 students performing Fukyugata Ni on the beach. Always at the forefront of video innovation, Kyoshi utilized drone technology to capture a unique view of group kata. Domo arigato gozaimasu, Kyoshi Seeger!

Sunday morning Hanshi led the keystone workout at the Suntime Melbourne Dojo followed by a recap seminar/workout Monday morning at the Merritt Is. Dojo. This weekend would not have been possible without the tireless efforts of Hanshi and the Florida shihan, especially Sensei Kurt Tezel and Sensei Matt Reed. Domo arigato gozaimasu for all your hard work, hospitality, and the joy and vigor that flowed in abundance therefrom.



Rank Promotions

October Tip Test - On Tuesday, October 29, the Ueshiro Midtown Karate Dojo and Bay Ridge Ueshiro Dojo held a joint tip test at the Midtown Dojo. Kyoshi Mackay led a spirited workout before hand addressing the theme of "Turning fear into excitement" either when alone or demonstrating kata as a group. The Board of Judges was comprised of Sensei(s) Gamiel Ramson, Rob Neff, Ron Ballin, John Adams and Luz De Lucia. Sempai Anna Sweeney put the candidates through the test, and Ethan Neff, Go-Kyu, demonstrated the test beforehand. After a thorough review of kata, kihon, and history, Martin Pyznar (Bay Ridge) was promoted to Ro-Kyu and Steve Phillips (Midtown) was promoted to Go-Kyu. Congratulations to our latest white belts on taking their first big step in a journey of 1,000 miles. Domo arigato gozaimasu to Sempai Lisa Rosenberg, Ni-Dan, who kept everyone in line before, during and after the test and to Sensei Rob Neff, Shihan of the Bay Ridge Ueshiro Dojo, for his initiative, organizational skills and "Just Do It!" spirit.



February Belt Test - On Sunday, February 9, the Midtown Dojo participated in a tip test and full belt promotion hosted by the Bay Ridge Ueshiro Shorin Ryu Dojo. Domo arigato gozaimasu to Sensei(s) John Adams, Luz DeLucia and Sempai Lisa Rosenberg for representing Hombu on the Board of Judges. Thank you as well to James Moskie for calling the tip test and running the candidates through the paces. Go-Kyu Tsitsi Matewe rounded out the deshi from Midtown lending support. After the traditional workout and formal test Steven Phillips was promoted to Yon-Kyu. Congratulations to Steve and the candidates from Bay Ridge for their tenacity and strong spirit throughout the long day. A special "Domo arigato gozaimasu, Sensei!" to Rob Neff and family for their hospitality and keeping up the strong USRKUSA presence in Brooklyn.

February Tip Test - On Tuesday, February 11, the Hombu Dojo held its first tip test of the new year. The test was preceded by a review of basics performed in jigotai dachi. Emphasis was placed on maintaining a consistent and spirited count passed from one student to the next, as mentioned by Hanshi and described on pages 43 to 45 of Peter Urban's "The Karate Dojo". Groups of kyu ranks and black belts then alternated demonstrating the Fukyugata kata. The extreme importance of proper footwork (Soku) was worked repeatedly. The formal test got underway with a Board of Judges

comprised of Sensei Larry Link, Luz DeLucia, Dawood Emmenuel, and Sempai John Draghi and Lisa Rosenberg. Sempai Anna Sweeney put the candidates through the paces. After a thorough review the following advanced in rank:

* Ro-Kyu

Harry Totonis

Carlos Santiago

Matt Zheleznyak

Max Hazan

* Go-Kyu

Tsitsi Matewe

Especially noteworthy were the high levels of courtesy and understanding of the "Shorin-Ryu Question & Answer Book" demonstrated by all five deshi. Domo arigato to Kyoshi David Baker for assisting with the proceedings, Sempai Gene Turok for leading the group during the judges' deliberations, and to Sam DiGiario and James Moskie as senior kyu ranks for offering moral support to the candidates.





Class Schedule – The doors of the Midtown Dojo could not, of course, remain open without the dedicated support of its instructors. They are the ones who keep our community a welcoming and vibrant place in which to train. Come train with us!

Monday

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

Tuesday

5:30 - 6:30 pm Michael Mackay
7:15 - 8:15 pm Michael Mackay

Wednesday

5:30 - 6:30 pm Anna Sweeney

Thursday

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

Friday

5:00 – 5:30 pm Michael Mackay (Bo)
5:30 - 6:30 pm Ron Ballin, Gamiel Ramson

Saturday

10:45 - 11:45 am Dawood Emmenuel, Anna Sweeney
12:00 - 1:00 pm Lisa Rosenberg, Dawood Emmenuel

Sunday

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

Closing

Domo arigato gozaimasu to Grand Master Ansei Ueshiro for pioneering Shorin-Ryu Karate-Do in the U.S.A., and especially to Hanshi Robert Scaglione for keeping our gaze clearly focused on the path towards excellence in our daily lives. I look forward to the exciting events this spring, including the Cherry Blossom workout at Great Falls, the Minnesota in May weekend, and many more.

Domo arigato gozaimasu, Hanshi!

Kyoshi Michael Mackay, Ku-Dan
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Ueshiro Viera Shorin-Ryu Karate Dojo

Hanshi Robert Scaglione, Shihan, Ju-Dan

News

Onegai-shimasu Hanshi, Kyoshi, Sensei and Deshi,

We want to thank and recognize the family members that support us to train. Thank you Hanshi for imparting your wisdom from the years you have spent training the art of karate. It is important to keep in mind that it is not passing a test but the journey that matters. In the words of Master Gichin Funakoshi – “Keep Training!”

Rank Promotions

On Saturday, February 22, 2020, the Viera Dojo held its tip and full belt promotion.

We want to remember Master Ansei Ueshiro for providing us with the wonderful art of Ueshiro Shorin-Ryu Karate!

While Hanshi presided over the event, the board of judges consisted of Sensei Dale Adamson (San-Dan, center judge), Sempai Karuna Rao (Ni-Dan) Sempai Youjian Nistorenko (Ni-Dan) and Sempai Maurice Nistorenko (Sho-Dan) who called candidates up and put each candidate through his/her test. Sempai Jennifer Sangalang (Ni-Dan, Suntree/Melbourne Dojo) offered her support by attending.

The tip test was demonstrated well by Hugo Baron (Yon-Kyu-child). Testing for and receiving the following ranks are:

Go-Kyu	Green Belt	Ni-Kyu
Benjamin, Mark, & Oliver Ryan	Benny Barthel	Carine Baron

Congratulations to all those who tested.

Closing

As Submitted By:

Karuna Rao, Ni-Dan

Pine Forest Karate School

Kyoshi David Seeger, Shihan, Ku-Dan

News

58th Year of Ueshiro Shorin-Ryu Karate USA



Ueshiro Merritt Island Dojo January 31, 2020

This year we are doing 10 Fukyugata Ni Everyday. History was made when we filmed Kata F2 with a Drone FUKYUGATA NI on YouTube and Our USRK55 app.



Sunrise, Cocoa Beach Florida. Second Kata Demonstrated on 02/02/2020. This is the first time we filmed a kata with a Drone. Watch it on Youtube by clicking this link:

<https://youtu.be/0Nhb-cc-beA> Or open our USRK55 app for iPhone and Android to zoom in see it in slow motion and super slow motion.



Hanshi Robert Scaglione and the students of Ueshiro Shorin-Ryu Karate USA Demonstrate 2nd Kata, Fukyugata Ni on 02/02/2020.

Watch it on Youtube by clicking this link: <https://youtu.be/EWaV0G4lnGg> Or open our USRK55 app for iPhone and Android, to view other angles including our Drone Shot. You can also zoom in and see it in slow motion and super slow motion.

Dont have the USRK55 app? Buy it here!

iPhone: <https://apps.apple.com/us/app/usrk55/id1225047720>

Android: <https://play.google.com/store/apps/details?id=com.GoView360.USRK55a&hl=en>



Here is our favorite Fukyugata Ni Performed by Hanshi Robert Scaglione
Ueshiro Neve Dojo Israel April 20, 2014

Closing

Formal Classes:

Tuesday, Wednesday, Thursday: 7- 8:30 PM

Sunday: 10 AM - 12 PM

As Submitted By,

Shihan, Kyoshi David Seeger, Ku-Dan

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Ueshiro Okinawan Karate Family Club

Kyoshi Matt Kaplan, Shihan, Hachi-Dan

News

Greetings from the Ueshiro Okinawan Karate Family Club in State College, PA (also known as “Happy Valley”).

Our Women & Girls class has slowly grown from 3 to as many as 18 participants over the course of the year, with a mix of youth ages 9 to 15, young adults, mom-daughter combinations, and solo women looking for a new challenge. We are fortunate to have three Ni-Dan women who have tag-teamed with formal instruction responsibilities but who work well informally on the fly to adjust and adapt to our class composition and needs. Strong tanden/spirit and camaraderie continue to build.



Sempai Anne Burgevin's outreach to the local homeschool cooperative, Solid Foundation Education Association (SFEA), resulted in two successful 13-week classes held from September to December 2019. All told, 19 families tried out Shorin-Ryu karate with us. Sempai Anne worked with the younger kids ages 5 to 7, which was quite an energetic handful with as many as 17 kids attending. In addition to the 17 children, a number of mothers also participated. With their adept assistance, Anne was able to help these young enthusiasts learn the basics of Shorin-Ryu karate, such as the formalities used when entering and leaving the deck and beginning and ending the class, as well as a how a traditional karate class is run, including warm-ups, basic kihon, and Fukyugata Ichi.

Sempai Barb Schaefer taught 19 older youth ages 8 to 13 and used various karate principles to guide each week's lesson (e.g., giri, kiai, kihon, waza, kata, riki, soku, tenshin, ju, zanshin). In January, we celebrated students' collective progress by doing a demonstration of basics, three-point arm training, prearranged #1, Fukyugata Ichi, and practice board breaking (by the oldest students) for all SFEA parents and students during their Lunar New Year Celebration. Our students were pleased to earn a Shorin-Ryu patch for their hard work! It has been especially rewarding to have some of these families subsequently join our Ueshiro Okinawan Karate Family Club to continue learning with us, and, as another positive outgrowth of these outreach efforts, our Wednesday midday class has tripled in attendance.

Closing

Domo arigato gozaimasu,

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

Ueshiro Northern Virginia Karate Club

Kyoshi Salvatore Scaglione, Shihan, Shichi-Dan

Sensei Lisa Markowitz, Co-Shihan, Yon-Dan



STEP FIRST

News

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

The Ueshiro Northern Virginia (NoVA) Karate Dojo continues to move forward in the 58th Year of USRKUSA, the Year of the Rat, by following in Grand Master Ansei Ueshiro's footsteps and stepping first! Since the last newsletter, our Dojo has been busy attending system-wide events, moving forward in rank, and preparing for our upcoming Cherry Blossom workout at Great Falls National Park later this month (March 28th).



On **Saturday, November 18, 2019**, Kyoshi Sal Scaglione, Sensei Lisa Markowitz, and Sempai Bill Breidenbach rubbed shoulders with our fellow blackbelts in Palisades, New York, as we participated in the 57th Annual Blackbelt Workout. Hanshi presided over a

traditional and vigorous USRKUSA workout, focusing on the warm-ups, proper body alignment and execution of techniques, and kata. Throughout, he shared his wealth of knowledge of the writings of our Grand Masters, encouraging us to rediscover these great classics. Domo arigato, Hanshi!



On **Friday, January 3, 2020**, the NoVA dojo welcomed its newest member of the USRUKUSA family, figuratively and literally! Sebastian Salvatore Scaglione made his way into the world, weighing 8lbs 5oz and measuring 22 inches long. Young Sebastian is already working on stepping first, and we can't wait until he will be stepping onto the deck!



During the first weekend in February, a small group of NoVA Deshi (Sensei(s) Patrick and Lisa Markowitz, and Sempai Bill Breidenbach) sought some well needed refuge from the political rhetoric Washington DC area to partake in the Annual Florida Weekend Workout. Domo arigato to the Florida Shihan and Deshi for organizing yet another cathartic weekend of training and to the Kyoshi(s) and Hanshi for providing us with so many outstanding training opportunities. We came home armed with technique refinements and training goals that we are eagerly putting into practice. We look forward to participating again next year!







Rank Promotions

On **Saturday, December 21, 2019**, the Ueshiro NOVA dojo conducted a tip test after a spirited 2-hour traditional class in which we covered the basics, kihon techniques (as outlined in the 50th journal), kata, and demonstrations. Sempai(s) Bill Breidenbach and Anthony Patrick served on the board of judges; Sempai Allen Thomson did the call outs; and Sempai Fred Bagali



demonstrated the kihon techniques and led the class through kata as the board of judges deliberated. Sensei(s) Lisa Markowitz and Patrick Markowitz presided over the test.

After performing a very spirited Fukyugata Ichi and strong kihon techniques, the board of judges were pleased to award Sempai Michelle McPherson the rank of Ro-Kyu.

On **February 29, 2020**, the NoVA dojo held their joint Kyu-level test at the Centerville dojo from 9am-1pm. Following a spirited and traditional USRKUSA class, consisting of warm-ups, kihon techniques, and kata, the testing took place.

Kyoshi Sal presided over the test as center judge and was assisted by Sempai Bill Breidenbach (left judge) and Sempai Anthony Patrick (right judge). Sensei Patrick Markowitz called the candidates to the spot, and Sensei Lisa photographed the event. Sempai Reshma Shah led the class through kata as the board of judges deliberated. After demonstrating tremendous warrior spirit in their execution of kata and pre-arranged fighting technique and their desire to propagate the art of Shorin-Ryu karate, the following candidates were promoted in rank:

Ro-Kyu	San-Kyu	Ik-Kyu
Dimitri & Sebastian Christophy	Katie Lazo	Om Shah, Maya Shah, Fred Bagagli

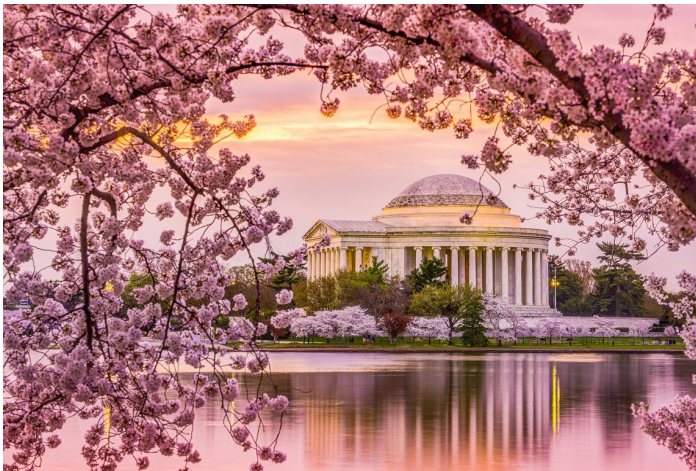
Congratulations to the test candidates.

A BIG domo arigato to the Deshi who were not testing but showed up in support of the candidates. In the closing remarks, we noted how unique the test date was, as it fell on a leap day, and that we would have to wait another 28 years before we could conduct our next test on a leap year Saturday!



Closing

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 Saturday, **March 28, 2020**, for our Annual Cherry Blossom Workout at Great Falls Park. Kyoshi(s) MacKay and Seeger have already committed to joining us along with other high ranking belts from our system. An additional pre-workout class will also be held on Thursday, **March 26, 2020** at the Centreville dojo.

Domo arigato Hanshi for your tireless efforts in serving as the gatekeeper for Shorin-Ryu Karate USA and ensuring that it continues to be practiced as it was so generously passed on to us by Grand Master Ueshiro.

Respectfully submitted,

Sensei Lisa Markowitz, Go-Dan

Co-Shihan, Ueshiro NoVA Karate

Kyoshi Sal Scaglione, Hachi-Dan

Denshi Shihan, Ueshiro NoVA Karate

Ueshiro Downtown Shorin Ryu Karate Dojo

Sensei Kevin Reymond, Denshi Shihan, Shichi-Dan



“Practice often and practice every day.”

Hanshi Robert Scaglione from the “50th Anniversary Commemorative Journal”

News

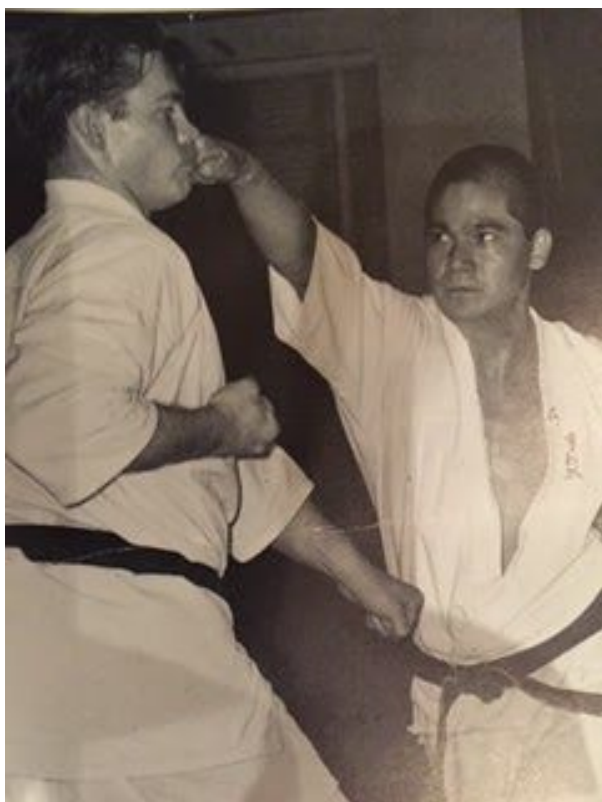
Onegai Shimasu Hanshi, Kyoshi, Sensei and Fellow Deshi,

The spread of the coronavirus has affected everyone and we wish all deshi and their families to be healthy and safe during this unprecedented period. Tribeca Health & Fitness, where our dojo is located, has been closed. Our plans going forward at this time are (a) conduct outdoor classes as the weather improves, (b) conduct classes via skype or zoom, and (c) enhanced email communication with training tips and encouragement to keep training and moving forward. As Hanshi wrote in the *50th Anniversary Commemorative Journal*, “Practice often and practice every day;” now more than ever we should train to maintain our healthy mind, body and spirit as we meet this challenge.

Class Schedule – Temporarily Suspended

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

The New York City Metro Area Ueshiro Shorin Ryu Karate Book Club meets every other month. In recent meetings we discussed, “The Essence of Okinawan Karate – Do” by Master Shoshin Nagamine and “The Art of War” by Sun Tzu. Our upcoming book club meetings are scheduled for Wednesday, April 15, 2020 and Wednesday, June 17, 2020. Both meetings will be held at Hombu Dojo and begin at 7:30 pm after the Green Belt Emphasis Classes. At the April 15, 2020 meeting we will be discussing *A Book of Five Rings* by Miyamoto Musashi and at the June 17, 2020 the featured book will be – *Hagakure - The Book of the Samurai* by Yamamoto Tsunetomo



In February we took part in the annual Florida trip and workouts. During the course of the weekend Hanshi underscored the importance of practicing pre-arranged kumite properly. Hanshi brought us back to basics by reminding us that “karate” is a martial art requiring full commitment against an adversary when required for self defense, while “karate-do” is a training of both mind and body towards further internal development of the practitioner with benefits both on and off the deck. We look forward to participating in other events throughout the rest of the year.

Closing

Domo arigato gozaimasu Hanshi for your leadership and wisdom! 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 Street; New York, NY; 646-745-6172;

www.downtownkaratedojo.com

Northampton Ueshiro Karate Dojo

Sensei Daniel Gobillot, Denshi Shihan, Shichi-Dan

News

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

Northampton Ueshiro Pine Forest Karate is once again charging forward into a new year of practice. 2020 offers us great hope of expanding our group up north here with THREE new white belts. New life/students in the dojo is new blood for our more experienced deshi to work with in perfecting our art. This can be one of the biggest challenges for any dojo's longevity. Keep the white belts coming.

Beginning is Easy - Continuing is Hard

Rank Promotions

We held our "Annual Winter Rank Promotion" the weekend after my return (with a bit of a sun burn) from the "Annual Florida Workout in Cocoa Beach". Wow! What an event! Domo arigato Sensei Tezel and your deshi for all your hard work and preparation to make this thing happen again. Sempai Mientka (Sho-Dan) and I stayed an extra few days this year making us able to



attend more gatherings. I must also acknowledge Robert St George (Nidan) who flew down on his motorcycle (in the winter) to attend. If anyone training has not taken advantage of this incredible opportunity to expand and grow your knowledge of our art and organization....YOU SHOULD! I will see you next year.

Promoted to Sankyu in February, Thomas DeJesus (Northampton) is chasing down our two active and seasoned Ikkyu, Jefferson Pitcher and Austin Hatch.



Promoted to Nikyu here in February, Diane Tshikudi (Boston), training under Sensei Emilliano Mazlen. Domo arigato Sensei Mazlen for continuously honoring us with your attendance. Congratulation to Diane and Thomas! Very strong performance.

Active Black Belts Northampton Ueshiro Karate

- Mary McKitrick (Yon-Dan)
- Nancy Owen (Yon-Dan)
- Tracy Magdalene (San-Dan)
- Robert St George (Ni-Dan)
- Singwen Mientka (Sho-Dan)

Closing

Domo arigato gozaimasu Hanshi,

You have inspired us to create a Lending Library here at the dojo. We have nearly 100 books available including ALL of the readings that you have been acknowledging as of late. This project was created by Austin Hatch who is organizing this Newsletter again this year.

As Submitted By:

Daniel Gobillot, Shihan, Shichi-Dan

Northampton Ueshiro Karate

413-320-5945

Ueshiro Merritt Island Karate Dojo

Sensei Kurt Tezel, Denshi Shihan, Go-Dan



News

Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

The Ueshiro Merritt Island Karate Dojo has classes on Monday and Wednesday at 6pm and Fridays at 6am. Sensei Kurt Tezel (Roku-Dan) teaches class on Wednesdays and Fridays while Sensei Carla Eddy (San-Dan) teaches class on Mondays.

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.







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



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



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



Our dojo hosted three events during the annual KarateFest January 31 through February 3, 2020.



Kyoshi Michael Mackay led a spirited 6am class on Friday morning. The class began with 20 to 25 repetitions of Fukukata Ich with muted lighting and a soft count. The group was challenged in different ways with different corrections made

in each kata. Deshi were instructed to step softly but explode with the technique, use the hip, take over their attacker's space, win the fight with kiai and so much more.

In perhaps the most memorable moment of the morning Kyoshi asked the group how it was that the smallest white belt child can succeed?

The answer of course is **COURAGE**. Kyoshi proceeded to ask and the group collectively responded:

What makes a King out of a slave? **Courage!**

What makes the flag on the mast to wave? **Courage!**

What makes the elephant charge his tusk, in the misty mist or the dusky dusk? **Courage!**

We explored Wankan, Rohai and Passai as well by breaking the count into one-move-one-count detail.

We then broke into groups to work our respective weapons.

Kyoshi David Seeger conducted the 6pm class on Friday evening, which set an energetic pace and technical focus for the Karate weekend to follow. The class began with opening stretches and kihon. The class proceeded to multiple repetitions and

refinements of Fukyugata Ni, Pinan Yondan and other kata.

Kyoshi Seeger challenged the class to "win the fight" in the first move of the kata and shared how Master Ueshiro could do so with ostensibly defensive movements (i.e. down block). Related focuses during the class included swinging the hips, capturing velocity in the blocking arm, and not



reaching.

The final recap seminar/workout of the trip was held Monday morning at the Merritt Is. Dojo. Hanshi focused meticulous attention on details such as how to bow in a group, perform warm-ups, etc, and also addressed a wide range of topics such as meditation, history, and the ki to longevity. Each time our cups filled to the brim, Hanshi helped us find a bigger cup!



Rank Promotions

On February 28, 2020, we held a full belt promotion. The following candidates received a new rank:

Ro-Kyu	Yon-Kyu	Ni-Kyu	Ik-Kyu
Vincent Keenan	Carol Cunningham	Michael Hensley	Tracy Ridout

Prior to bowing in for the formal class, the student were instructed that the class would be largely silent - no corrections, no exhortations...just strong kiai, counts and courtesy. Each student was given the opportunity to achieve mushin to the best of their abilities. The goal was to eliminate all extemporaneous thought and stay in the moment. Prepare for the test as if preparing for battle. The end result was that all students maintained their poise throughout the test and performed to the absolute best of their abilities.



Sensei Carla Eddy helped administer the test and ensured that it ran smoothly and with the somberness the occasion demanded.

Closing

Domo Arigato Gozaimasu,

Denshi/Sensei Tezel Roku-Dan

Shihan Ueshiro Merritt Island Karate Dojo

Ueshiro Shorin-Ryu Karate USA

Under the Direction of Hanshi Robert Scaglione

To-Te Ueshiro Karate Dojo

Sensei Preston Powell, Denshi Shihan, Go-Dan

News

Onegai-shimasu Hanshi, Kyoshi, Sensei, Deshi & All Karateka!

The Nyack Dojo is growing and moving forward. I'd like to thank Kyoshi Mackay from the Hombu NYC Dojo for visiting and training with us in Nyack during the Christmas break in

December. We hope to have more visiting guests in 2020 and hoping more USRKUSA Sensei/Deshi will come visit us in Nyack, NY.



Rank Promotions

Tuesday, February 18th 2020, the Nyack To-Te Ueshiro Karate Dojo held its tip and full belt promotion.

I presided over the event and called all deshi up on the deck, the board of judges consisted of Sempai Bryan Markiet (Ni-Dan) , Sempai Ed Abreu, (Ni-Dan, center judge) Sempai David Calligeros (Sho-Dan) & Sempai Ethan Markiet (Sho-Dan) rounding out the board.

The tip test was demonstrated by Emilia Pescher, (child) Orange belt.

The following deshi were tested and received NEW ranks:

Ro-Kyu	Go-Kyu	Yon-Kyu
Sera Amaran	Ariella Kahn	Andrew, Shane, and Danny

		Encalada
--	--	----------

Big spirit to all those that tested and all the Nyack Karateka that came down to support the group, especially the one hour and ten minutes of pure non stop kata prior to the the formal bow in and testing.



Closing

I want to personally thank Hanshi for his words of inspiration by way of his deshi posted communication, email(s). You may not physically be in a Dojo with Hanshi at all times, but his exact, pointed and helpful words as written are extremely enlightening and helps one (especially me) stay the course on the path.

Thank you all, Keep training. Showing up is half the battle!

Most Sincerely and respectfully,
 Denshi, Sensei Preston Powell
 Shihan, To-Te Ueshiro Karate
 Nyack, NY

Spring Class Schedule, To-Te Ueshiro Karate Dojo, 85 S. Piermont Ave, Nyack, NY

Saturday 10A - 11:30A, Tuesday 5P - 6:30P, Thursday 6P - 7:30P

Dulles Ueshiro Shorin-Ryu Karate

Sensei Patrick Markowitz, Shihan, Go-Dan



News

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

The students of Dulles Ueshiro Shorin-Ryu Karate continue to move forward through vigorous training and in close partnership with Ueshiro NoVA. While the winter here was mild, the political climate has been anything but. Thus, it was great to escape to Florida for another weekend filled with learning, training, sand, sweat, and fellowship. A hearty DOMO ARIGATO to the warriors of the combined Space Coast dojos for their signature hospitality and organizational prowess.



A few of us from Virginia got to be honorary NYC karateka, even if for a short while, for an impromptu beach workout coda led by Kyoshi Mackay. The Atlantic Ocean made a spectacular training partner.



On Leap Day, members of Ueshiro Dulles joined forces with Ueshiro NoVA for a traditional Shorin-Ryu Karate test. Sensei Lisa Markowitz led the combined dojos through a vigorous class, pushing all those present to dig deep and demonstrate commitment—whether testing or there to show support to those who were testing. Following



stretching, warm-ups, kihon, and extensive kata, Kyoshi Scaglione oversaw the test while serving as center judge.

Ueshiro Dulles karateka Katie L. was promoted to San-Kyu. Arigato to fellow Dulles students Zhilwan J., and Dulles alumni Anthony P. and Dimis C. for being there to support the test candidates.

As the ground begins to warm, the days get ever-longer, and birds sing different songs, we naturally think of our now-customary cherry blossom-inspired workout at Great Falls National Park (Saturday, 28 March). If you haven't experienced this workout, consult one of the warriors who has made the journey from their home dojos in Florida, Pennsylvania, New York, Massachusetts, Minnesota, Israel... The Park and the Potomac never fail to deliver exactly the right conditions (rain or shine).



Closing

Here's wishing every member of the Ueshiro Shorin-Ryu Karate USA family peace and strength in 2020!

Arigato gozaimasu, Hanshi!
Sensei Patrick Markowitz, Go-Dan

Shihan, Ueshiro Dulles Shorin-Ryu Karate

Boston Chinatown Ueshiro Shorin-Ryu Karate Club

Sensei Emiliano Mazlen, Shihan, Yon-Dan

News

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



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

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

Rank Promotions

We were honored to participate in the Northampton Dojo's February belt test. Domo arigato gozaimasu to Sensei Gobillot for inviting us to join the event and to the other Sensei and deshi of the Northampton Dojo for welcoming us. Congratulations to all who tested, including Diane Tshikudi from the Boston club who received her nikyu.

We also held a belt test in Boston in February. Domo arigato to Shihan Keith Chan, Ms. Caroline Margolies (both of the Albany club) and Sean Jones (of the Boston club) who comprised the Board of Judges. Arigato as well to the other deshi from both clubs, Diane Tshikudi, Andy Prifti and William Graham, who, as is proper, added their spirit and sweat to the event, even though they were not testing on the spot that day. Congratulations to Justin Giambruno and Jessie Rosenthal (both of the Albany club) who were promoted to nikyu and to Wiggins (of the Boston club) who was promoted to sankyu.

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

Keep Training.

Closing

Domo arigato gozaimasu to all,

Sensei Emiliano Mazlen

Go-Dan

Boston Ueshiro Shorin-Ryu Karate Club

857-234-7350 (c)

emazlen@hotmail.com

Ueshiro Bay Ridge Karate Dojo

Sensei Robert Neff, Shihan, Yon-Dan

News

Onegai shimasu Hanshi, Kyoshi, Sensei & fellow Deshi



Rank Promotions

On Tuesday, October 29, the Ueshiro Midtown Karate Dojo and Bay Ridge Ueshiro Dojo held a joint tip test at the Hombu Dojo in the St. Bart's Athletic Center. Kyoshi Mackay led a spirited workout before the test addressing the theme of "Turning fear into excitement" when either alone or with a group of fellow karate-ka demonstrating kata.

The Board of Judges was comprised of Sensei(s) Gamiel Ramson (Center Judge), Rob Neff, Ron Ballin, John Adams and Luz De Lucia. Sempai Anna Sweeney put the candidates through the test, and Ethan Neff, Go-Kyu, demonstrated the test for the group.

After a thorough review of kata, kihon, and history, the following two students were promoted:

Ro-Kyu	Go-Kyu
Martin Pyznar	Steve Phillips (Midtown)

Domo arigato gozaimasu to all the deshi and family members who came down to lend support, especially Sempai Lisa Rosenberg, Ni-Dan, who kept everyone in line before, during and after the test. This was an especially fun promotion for me (Sensei Neff) as it was my birthday. There is no better way to celebrate a birthday then by doing USRKUSA.

On Sunday, December 22nd the Ueshiro Bay Ridge Dojo held a tip-test. We had a spirited workout followed by Ethan Neff demonstrating the test. Javin Gasca tested and was promoted to Ro-Kyu. He showed much joy and vigor, as did the whole group throughout the day. A special arigato goes out to Sempai James Gasca (Sho-Dan) who helped out as a judge for the promotion.

On Sunday February 9th the Bay Ridge and Midtown Ueshiro Shorin Ryu dojo(s) held a joint full belt and tip test. This was a very exciting day as it was the Bay Ridge dojo's first full belt promotion.

An extremely dedicated and strong group of deshi gathered, and was led by Kyoshi Michael Mackay. Kyoshi Mackay led the group through a traditional workout comprised of warm-ups, basics and many repetitions of kata prior to the test beginning.

The board of judges for both tests was comprised of Ms. Lisa Rosenberg, Sensei Luz Delucia, Sensei John Adams and Sensei Robert Neff. Kyoshi Mackay oversaw the promotion, while Sempai James Moskie called the test and ran the candidates through the paces.

The test candidates performed all aspects of their respective tests. Candidates testing for Yon-Kyu performed oyo-tan-ren, yaku-soku and breaking while of course performing their kata. The entire group was asked historical questions as well. Everyone testing showed much joy and vigor throughout the day. Sempai James Moskie led the group through many repetition of kata with the help of Tsitsi Matewe (Go-Kyu) as the board of judges deliberated the candidates.

Kyoshi Mackay encouraged the group to polish their “old” kata rather than being concerned with learning a new one. He expressed the importance of refining and perfecting our foundational kata. Even the highest of rank are constantly trying to perfect their Fukyugata kata.

At the end of a long day the following students were promoted:

Ro-Kyu	Go-Kyu	Yon-Kyu
Everitt Cummings	Martin Pyznar, Jon Cummings	Jeffery Ratner, Noah Ratner, Misha Ratner, Ethan Neff, Steven Phillips (Midtown)

Events

The Bay Ridge dojo will be holding a Self Defense/Assault Prevention Seminar on Thursday March 19th from 7 – 9 pm. If you are around we would love to have you join us. We are looking forward to a strong 2020!

Closing

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

Shihan - Bay Ridge Ueshiro Shorin-Ryu Karate U.S.A.

Easton Connecticut Ueshiro Shorin-Ryu Karate Club

Sensei Adam Dunsby, Shihan, Yon-Dan

News

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



Under the guidance of Hanshi Robert Scaglione, our dojo moves forward into the Spring in this 58th year of Shorin-Ryu karate invigorated by our recent attendance at the annual Florida weekend.

We look forward to joining in this year's upcoming USRKUSA events, including this month's Cherry

Blossom/Spring workout hosted by the NoVA Ueshiro Karate Clubs, the annual Sherwood Island Beach Workout, and the 9/11 Memorial Central Park Workout.

And as always, we welcome all USRKUSA deshi who wish to visit us and train in our Connecticut barn.

Closing

Domo arigato gozaimasu,

Adam Dunsby, Yon-Dan

Easton CT Ueshiro Shorin-Ryu Karate Club

Class schedule:

Tuesday 5:30 PM – 6:45 PM

Sunday 8:00 AM – 9:15 AM



Ueshiro West Melbourne Shorin-Ryu Karate Dojo

Sensei Rick Cupoli, Shihan, San-Dan

News

Onegai shimasu Hanshi, Kyoshi, Sensei and all Deshi.



The West Melbourne Dojo (WMD) continues to move forward with spirit, power, joy and vigor. In August of this year we will be in operation for 10 years. The years just fly by. I count myself very privileged because during this time I have had the distinct honor of meeting many incredible people as a result of operating the dojo. This has become such a great dimension of my life and when I began my karate

journey I never would have predicted this.



Operating a dojo is not difficult, but it does require commitment and consistency. The people who come to your dojo, and stay, depend on you and you quickly learn that you depend on them also. There are countless rewards to enjoy that I never expected. These are the kinds of rewards that only come when you invest into others. It is a truly wonderful thing.

The WMD now has a student body of 28 active deshi. We have karateka representing every rank.

We hold classes 3 times a week on Tuesday, Thursday and Saturday. We have a very strong student core. We are now low on new students and we are working to attract more beginners. Sempai Miranda Aiken (Sho-Dan) has been assisting me from the beginning and is an integral part of everything we do.



Rank Promotions

On Feb 29, together with the Melbourne Suntime Dojo, we held our most recent belt promotion. As of that promotion we are comprised of 3 white belts through Go Kyu, 5 Yon Kyu, 6 San Kyu, 2 Ni-Kyu and 8 Ik-kyu. Not included in this number are four deshi who had stopped training and have returned to us. The parent once held the Ik Kyu rank and is working to restore that. Three of her sons are training with her. We are thrilled that they are back.

Closing

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

Ueshiro Suntree Shorin-Ryu Karate Dojo

Sempai Matt Reed Shihan, San-Dan



News

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

Another great February Karate Weekend has come and gone — and we're already looking forward to the next one! We received much sugar from Kyoshi David Baker, Ku-Dan, during his visit to our dojo. He emphasized working the hip, vertical and horizontal, in our training.



We're definitely spoiled in Florida, with such close access to Hanshi Robert Scaglione, and we soaked in all that extra time and attention from the Kyoshi and visiting Sensei. Many arrived days before the February Karate Weekend started, and we availed ourselves to learn from them. Can we be the first to suggest we start calling it "February Karate Week?"



Domo arigato to Sensei Kim Garon, San-Dan, of the Ueshiro Downtown Dojo in New York for once again leading the women's class. Left is a photo from 2019 and 2020, and we're very excited about the 2021 class.



One of the best parts about February Karate Weekend is reconnecting with deshi from all over the world. Sempai Lloyd Brownhill, Sho-Dan, moved to Thomaston, Georgia, in December — he got a new job at age

78, running a company in a very small town (population 9,170). Before he moved, Sempai Lloyd was a stable presence at all the Florida dojos (mainly Suntree/Melbourne, of course), often volunteering to teach at Ueshiro Titusville Dojo as Sempai Ed Bauder, Sho-Dan and Shihan, recovered from surgery. Sempai Lloyd plans to propagate the art of Ueshiro Shorin-Ryu Karate USA and hopefully open a dojo in Thomaston very soon. Best of luck to Lloyd, whom we miss very much in *all* the Florida dojos.

Finally, domo arigato to Kyoshi David Seeger, Ku-Dan, for mixing classic karate instruction with new and innovative ways of teaching. Drone videos! We cannot stress enough the importance of downloading the USRK55 app, rating it and writing a review. It's video-driven and gives us a chance to learn from the masters or see how we're doing. It's available in the App Store and Google Play Store. Hanshi often tells us that when he started karate more than 50 years ago, there was no "Karate Question-and-Answer Book" (another good resource), no Karate Book Club, no app. We have these available to us to enhance our training, so definitely take advantage.

Included in this submission is an article about a right whale sighting in Cocoa Beach. The mama whale and its calf weren't alone: a group of dolphins accompanied the pair, swimming alongside them as we practiced kata at the beach with Kyoshi Michael McKay, Ku-Dan and Shihan of the Ueshiro Midtown Dojo in New York. Sempai Miranda Aiken, Sho-Dan, of Ueshiro West Melbourne Dojo, and several others spotted the dolphins. She was quoted in the front-page article of the local newspaper *FLORIDA TODAY*: "The

Whale of a tale: Dolphins seen swimming with right whale, calf

Jennifer Sangalang Florida Today
USA TODAY NETWORK - FLORIDA

Thanks to his job, Jamie Glasner gets to see all kinds of wildlife – a whale shark, a great white shark – but seeing a right whale and its calf in shallow waters was a first.

On Friday, the owner of Fin and Fly Charters in Cocoa Beach, his captain Parker Miley, and their guests spotted the mammals at Jetty Park in Port Canaveral. The group also saw dolphins swimming close to the whales. Glasner recognized the adult whale as Halo – named because of white markings on her head.

In the past, Glasner's seen right whales swimming a couple miles offshore, but the beach sighting made this last encounter special.

"All the snowbirds and tourists in town that got to see the whales normally have to go to Alaska," Glasner said. "Everybody sees dolphins and manatees and alligators, but to go to the beach and be able to see two whales, that's a rare thing to see."

See WHALE, Page 8A

Video online
Go to floridatoday.com to see the drone footage of the right whale and its calf.

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dolphins moved through the water with great spirit and power, just as we practice our karate, polish our skills to be performed without thought but full of spirit and power."

Whale of a tale: Dolphins seen swimming with right whale, calf

<http://tinyurl.com/rbz4opy>

Closing

Classes at the Ueshiro Suntree/Melbourne Dojo at Wickham Park Community Center, 2815 Leisure Way, under the instruction of Sensei Matt Reed, San-Dan and Shihan, are welcome to anyone, starting with children ages 6 and up.

Wednesday 7-8:15 p.m.

Sunday 12- 1:30 p.m.



For more information, visit ueshirofloridakarate.com/suntree

Domo arigato,

Submitted by Sempai Jennifer Sangalang, Ni-Dan

Ueshiro Suntree/Melbourne Dojo

Shihan, Sensei Matt Reed, San-Dan

321-213-3124

Under the direction of Hanshi Robert Scaglione

Ueshiro Cocoa Karate Dojo

Sensei Trevor Tezel, Shihan, San-Dan

News

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

The Deshi of the Ueshiro Cocoa Shorin-Ryu Karate Dojo continue to ride the euphoria coming off a visit by our fellow Deshi in early February to celebrate the 58th year of USRKUSA.

Through the support of their parents, several of our students were able to attend the weekend's events coming away with valuable "sugar." Please see attached photos from the Saturday morning beach workout.



Ours is a small dojo that is defined by our relative lack of life experience, students and instructors alike. Collectively, the Cocoa Deshi have enthusiastically embraced this dynamic and tabula rasa to incorporate Karate fully into our lives through joyful and vigorous training.

Rank Promotions

Prior to ringing in the new decade, the Cocoa Dojo conducted a green tip test on October 30, 2019. Nathan Doty and Jon Crappas both received the rank of Ro-kyu. We followed this up with a Kyu rank test on February 22, 2020, where Ashly Laureano and Elizabeth Laureano-Jaquez and Jason Stapf received the rank of Ro-kyu, Katherine Vilchez received the rank of Yellow belt and Caleb Ayers and Gabriel Vilchez received their San-kyu rank.



Closing

Domo arigato Hanshi Scaglione for teaching us Karate-do through the power of your example. It is a continuing challenge to each of us to “do more.”

Domo arigato gozaimasu,
Sensei Trevor Tezel, Shihan
Ueshiro Cocoa Shorin-Ryu Karate Dojo

Wilton Connecticut Ueshiro Shorin-Ryu Karate Club

Sensei Keith Eng, Shihan, San-Dan



News

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

Wilton Connecticut Ueshiro Shorin-Ryu Karate club under the auspices of USRKUSA is excited to announce that it has entered its quadranscentennial year, that is to say its 25th anniversary (I had to look up the word)! Although small, we continue forward with vigor. Our goal is to outsize our kiai (気合) despite our numbers. We consider it a joy to forge our bodies into something stronger and better with training and sweat equity; much like one would forge soft iron to superior steel, with heat and pounding force.

Unfortunately given our location and an abundance of caution, it seems that the Covid -19 will force us to train independently for the near term.

Closing

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

Domo arigato gozaimasu,

Keith Eng, San-Dan - Shihan of the Wilton CT Ueshiro Shorin-Ryu Karate Club

Although presently suspended due to quarantine, our normal schedule: T & TH 7:30-8:30AM

Ueshiro Okinawan Karate Club of Pelham Manor

Sempai Brian Heese, Shihan, Ni-Dan

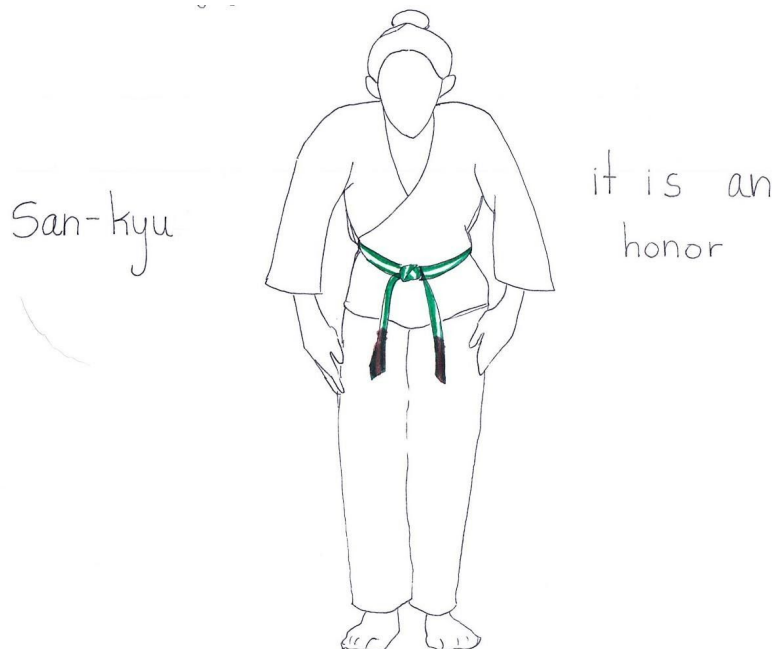
News

The Okinawa Karate Club of Pelham Manor continues to thrive. We are incredibly grateful to Barbara Nichuals who allows us the privilege of training in her home.

We train each Monday at 6:30pm under the guidance of Kyoshi Mackay and Sempai Brian Heese. All are welcome to join us. Please call Brian at 914-602-9010 to arrange a visit.

The following deshi diligently train with us each week: Olivia Vikman (San-kyu), Arya Gauba (Yon-kyu) and Giulia Rocha (Ro-kyu). Olivia recently submitted this artwork when she tested for San-kyu in February.

Thank you for the opportunity to learn and grow



Closing

As Submitted By,
Brian Heese, Ni-Dan, Shihan
Ueshiro Okinawan Karate Club of Pelham Manor

Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota

Sensei Steve Hatle Shihan, Ni-Dan

News

Onegaishimasu Hanshi, Kyoshi, Sensei, and all Deshi



We continue to move forward with joy and vigor in Minnesota! We continue with steady enrollment at our dojo as well as additional new Carleton College students, bringing a fresh infusion of “beginner’s mind” to ALL deshi in the dojo, helping us to polish our own karate as we learn from everyone on the deck!

Sempai Steve Hatle, Scott Sijan, and Guy Lawrence traveled to New York in the fall to participate in the annual Black Belt workout and take advantage of all the opportunities to train and learn from Hanshi, the Kyoshi, and many advanced belts.

Several Minnesotans were able to attend the annual “February in Florida” event. 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 hosting our sixth Minnesota in May event! Come join us May 15th – 17th. Please contact Sempai Hatle for details.

Rank Promotions

Congratulations to the following students who advanced in rank:

Ro-Kyu	Go-Kyu	Yon-Kyu	San-Kyu
Oscar Huyck, Max & Andrea Mazzariello, Spencer Moore, Isabella Pozzi	Nicolas Bell, Kyle Duplessis, Adela Dujsíková, Victor Huang, Sam Jarvis JoJo Zhang	Alec Wang	Joseph Luther



At our testing events all students, whether testing or not, displayed great spirit, power and vigor throughout the multi-hour sessions. During our February testing, 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.



Closing

Domo arigato gozaimasu to Hanshi Robert Scaglione for your leadership and example, and for guiding us to continue to train in Shorin-Ryu Karate as brought to us by Grand Master Ansei Ueshiro.

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

University at Albany Ueshiro Shorin-Ryu Karate Club

Sempai Keith Chan, Shihan, Ni-Dan



News

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



The Albany Ueshiro Shorin-Ryu karate club celebrates its seventh year of sweat, joy and vigor in New York's capital district! We continue our training at the community room of the Damien Center.

Rank Promotions



On February 2020, we joined with Sensei Mazlen at the Boston Dojo for a testing event, where Jessie Rosenthal and Justin Giambruno were awarded the rank of ni-kyu. Congratulations to all who were awarded new ranks this year. Domo arigato to all sensei, sempai and deshi who hosted us at various events!

Closing

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

Sempai Keith Chan, Ni-Dan
Albany Ueshiro Shorin-Ryu karate club
Damien Center,
12 S Lake Ave, Albany, NY 12203

Ueshiro Titusville Karate

Sempai Edward Bauder, Shihan, Sho-Dan

News

Onegashimasu Hanshi, Kyoshi, Sensei and SRKUSA Deshi,

Ueshiro Titusville Dojo continues in spirit and quality. 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. We are especially thankful to celebrate 11 years of existence. This Dojo was created in 2009 by Sensei Kurt Tezel and was passed to me (Sempai Ed Bauder) in 2010 under his sponsorship while I was just a Ni Kyu. I still feel honored and humbled to hold the position of Shihan over such an enthusiastic and motivated group of Deshi.



Members of our dojo participated in the recent seminars and beach workouts on January 30 through February 3, 2020, where we reaped the harvest of plentiful knowledge and refinement of techniques which were provided by: Hanshi Robert Scaglione, Kyoshis: Macky, Baker, Kaplin, and Seeger, as well as the numerous other high ranking Sensei and Sempai.

Due to expansion and present advancement of ranks, an intermediate class is established for Go-Kyu and above at the old location of the tennis racquetball center. The locations and schedules of classes are as follows: Monday From 5:00 pm to 6:00 pm and Friday 5:30 pm to 6:30 pm in the group exercise room at the Titusville YMCA family center address : 2400 Harrison St. Titusville , Fl. ,and Wednesday 6:00 pm to 7:00 pm Titusville YMCA Tennis and Racquetball center, address: 3050 Satterfield Rd. Titusville Fl. The class emphasizes: Fukyugata San, Pinan Kata, Bunkai, Yakasoko Kumite, and Oyotanran.



Continuous emphasis is given to both personal development of each Deshi as well as team and family spirit. All members work together as a family as many of our Deshi members are brothers' 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 their Shihan.

Rank Promotions

On February 21 , 2016 the Titusville Ueshiro Shorin Ryu Karate Dojo held our semi-annual Combination Tip Test and Full-Belt promotion at the Titusville Ueshiro Shorin Ryu Karate Dojo in the Titusville YMCA in the Group Exercise Room. It was a fantastic opportunity to demonstrate skills that had been learned throughout the past six months.



Promotions results from the Titusville Dojo are as follows, with congratulations to the following candidates:

Go-Kyu	Yellow Belt	Yan Kyu	San Kyu	Orange Belt
Joey & Aimee Albiton, Robbie Ward	Lily Easton	Alex Parrish	Aubey Tagtow	Ari Sadri



Closing

Roster of Instructors: Instructor and Shihan is Ed Bauder, (Sho-Dan) and Tim Tidwell (Sho-Dan). Instruction to Titusville residents is as brought to the United States by Grand Master Ansei Ueshiro and as currently taught by Hanshi Robert Scaglione.



Respectfully submitted,
Sempai Ed Bauder, Sho-Dan
Shihan, Ueshiro Shorin-Ryu Titusville Karate Dojo

Herzelia Ueshiro Dojo

Sensei Nir Zamir, Denshi Shihan, Go-Dan

News

At the Herzelia, Israel Dojo we were happy to welcome back our first Deshi promoted to Sho-Dan (back in 1994), Shahar Milis - for the special Black Belt training under Kyoshi Seeger.



This new tradition was started recently, set to occur every last Wednesday of each month. The session integrates live video

interaction, enabling us to benefit by direct guidance from Seeger Kyoshi. The training is enjoyed by Tamir Sensei, Zamir Sensei, and Dan level Deshi from both the Kfar Saba and Herzelia Dojo.



Regular training sessions in Herzelia continue every Sunday and Tuesday, from 18:30 to 20:00.

Closing

Submitted by,

Sensei Zamir, Go-Dan

Ansei Ueshiro's Shorin Ryu Karate, Herzelia, Israel, Dojo

Ueshiro Ba'Kfar Dojo

Sensei David Tamir, Shihan, Shichi-Dan

News

Onegai-shimasu Ueshiro SRKUSA Worldwide,

We continue to build our dojo at our new location, Kfar-Saba Country Club. Our dojo is still relatively small, but we have a regular contingent of 6 deshi attending classes led by me and/or Sho-Dan Avi David. We recently promoted all of our deshi through our February testing. In the first photo below are pictured from left to right: Sensei David Tamir, Sho-Dan Avi David, Ro-Kyu Arye Ben-Ezra, Go-Kyu Reuven Ornshtein, Go-Kyu Shir Ornshtein, Yon-Kyu Kata Albek, and Orange Belt Guy Shlomo.



Our regular schedule of classes is Sundays, Tuesdays, and Thursdays from 18:30-20:30. We also have a monthly Black Belt class together with our other Israeli based Black Belts, held at Sensei Nir Zamir's Hertzelia Dojo, during the last Wednesday of each month.



Kyoshi Seeger joins us via Video Conferencing for this class, to review and provide us corrections and guidance for improving our karate. Recently, Kyoshi Seeger has had us focus on improving our karate through repetitive daily training of Fukyugata-Ni.



This past January, we had Sensei Shlomo Dadon visit us, from Eilat, Israel (5 hours away).



Closing

Domo Arigato Gozaimasu

Sensei David Tamir, Denshi-Shihan, Shichi-Dan

Ueshiro Karate Dojo Ba'Kfar (Village Dojo)

Kfar-Saba, Israel

Under the Direction of Hanshi Robert Scaglione

Hong Kong Ueshiro Karate Club

Sensei Alan Lai, Shihan, Roku-Dan

News

Due to the current outbreak situation, many activities need to be cancelled. That being said, we move on by changing our regular workouts into home training. We also encourage each other to adopt the new kata counter app designed by Sensei Adam Dunsby. Besides, other ways to keep training together are being explored.

Closing

Domo Arigato!

Alan Lai, Roku-Dan

Shihan, Ueshiro Hong Kong Karate Club

Ueshiro Harbour Karate Club

Sensei Tytus Michalski, Shihan, San-Dan

News

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

We had another successful semester completed, our third in total, working with non-profit Sprouts Foundation Hong Kong teaching students from lower income backgrounds.



As part of a regular weekly schedule of training, the students also benefited from guest training by Sensei Wong during the term.



After the holiday season, we have had to deal with a prolonged shutdown of schools for the past several weeks because of COVID-19. While this has reduced the opportunity for in person training, we have of course emphasized that karate training is something the students can continue at home.

Closing

Although the current situation is challenging for many people, we are thankful for the wisdom and leadership from Hanshi to make clear that our style of traditional karate provides much needed physical, mental, and spiritual health for all of us to both continue training and to help others overcome challenges!

Domo Arigato Gozaimasu,
Tytus Michalski, San-Dan
Ueshiro Harbour Karate Club
Hong Kong, China

Good job training. Keep training hard.



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