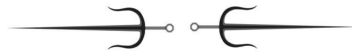


SPRING 2023 NEWSLETTER



UESHIRO SHORIN-RYU KARATE USA
UNDER THE DIRECTION OF HANSHI ROBERT SCAGLIONE



FOUNDED BY GRANDMASTER ANSEI UESHIRO



"The Little Dojo on the Prairie" - 2023 original painting by Suki Huyck, ik-kyu, of Northfield, MN

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.



TABLE OF CONTENTS

USRKUSA RESOURCES	6
UESHIRO MIDTOWN KARATE DOJO	8
UESHIRO VIERA SHORIN-RYU KARATE DOJO	16
UESHIRO PINE FOREST KARATE SCHOOL	20
UESHIRO OKINAWAN KARATE FAMILY CLUB	28
UESHIRO NORTHERN VIRGINIA KARATE CLUB	33
UESHIRO DOWNTOWN SHORIN RYU KARATE DOJO	37
NORTHAMPTON UESHIRO KARATE DOJO	39
UESHIRO MERRITT ISLAND KARATE DOJO	44
TO-TE UESHIRO KARATE DOJO	49
BOSTON CHINATOWN UESHIRO SHORIN-RYU KARATE CLUB	54
UESHIRO SUNTREE/MELBOURNE SHORIN-RYU KARATE DOJO	56
UESHIRO WEST MELBOURNE SHORIN-RYU KARATE DOJO	62
UESHIRO NORTHFIELD SHORIN-RYU KARATE DOJO OF MINNESOTA	66
UESHIRO SHORIN-RYU NASHVILLE FAMILY KARATE CLUB	70
THE ALBANY UESHIRO SHORIN RYU KARATE DOJO	76
EASTON CONNECTICUT UESHIRO SHORIN-RYU KARATE CLUB	78
UESHIRO BAY RIDGE KARATE DOJO	80
UESHIRO OKINAWAN KARATE CLUB OF PELHAM MANOR	83
UESHIRO NEW ROCHELLE KARATE DOJO	87
CENTRAL FLORIDA UESHIRO SHORIN RYU KARATE	89
UESHIRO ISRAEL DOJOS	93
HONG KONG UESHIRO KARATE CLUB	98
KARATE KIDS' CORNER	100



— 〰 — GREETINGS FROM HANSHI — 〰 —



Greetings, USRKUSA members,

"Karate is confined not to the time we are practicing in the dojo; instead, it must penetrate into day to day life and effect a qualitative change."

In this Spring Newsletter, you'll see dojos worldwide doing just that — practicing karate on and off the deck. Read on for updates at each location, the various tests for Kyu ranks and Dan levels, grand openings for new dojos, and special events.





Avail yourself to further your karate in other ways:

- Read, reread and share the TOTW.
- Read, reread and share Kyoshi Kevin Reymond's weekly Keep Training tips. Discuss them with your Sensei, practice the moves.
- Join a Zoom class. Kyoshi Mackay sends a weekly schedule.
- Attend an Ueshiro Book Club meeting.
- Travel to other dojos. Visitors *always* amplify the energy of the class.

It's the Year of the Rabbit 2023 — 36 years of Ueshiro Shorin-Ryu Karate in Florida since 1987. We recently hosted the 36th February-in-Florida Karate Weekend event with USRKUSA Members from worldwide locations attending. Here's to many more!

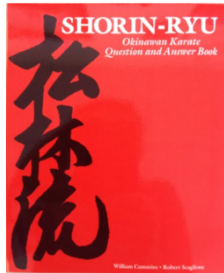
Let's continue to "move forward" in the spirit of Zen-Shin.

With gratitude,
Hanshi Robert Scaglione

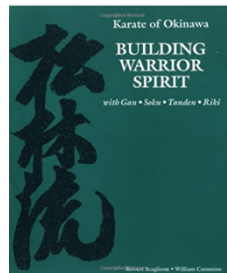


Recommended Reading

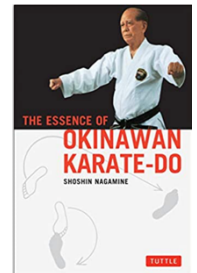
“Red book”



“Green book”



“50th Year Journal”

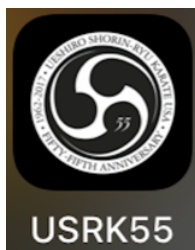


- Sempai William Cummins & Hanshi Robert Scaglione’s *Shorin-Ryu: Okinawan Karate Question and Answer Book*, and Hanshi’s *Karate of Okinawa: Building Warrior Spirit through Gan, Soku, Tanden, Riki* are available through your Shihan.
- Our *USRKUSA 50th Anniversary Journal*; Master Nagamine’s *The Essence of Okinawan Karate-do*.
- See USRKUSA’s website for more details: <https://www.shorinryu.com/>

Mobile apps



KataGuide



USRK55

Get the *Kata Reference Guide* & *USRK55* developed by Kyoshi Seeger, and Sensei Adam Dunsby’s [USRK Kata Counter](#) for:
iPhone & iPad via the App Store
Android via Google Play Store



Kata Counter

Kyoshi Mackay’s USRKUSA’s Hombu Dojo Website

- USRKUSA Technical Specification Sheets: <http://www.midtownkaratedojo.com/Specs.html>
- Focus Seminars on special topics: <http://www.midtownkaratedojo.com/FocusSeminars.html>
- Technique/Thought of the Week [TOTW] Archives:
<http://www.midtownkaratedojo.com/TFTW/thought.library/Index.htm>



Just Getting started? Want to quiz yourself on BASIC or ADVANCED “Red Book” topics?

- Online Ueshiro Shorin-ryu flashcards on Japanese terminology, questions, stances, strikes, blocks, & kicks are available in Quizlet here: <https://quizlet.com/join/h594WugT2>
- An online course/quiz to help learn the “Red Book” material is available in Learn2xalt at: <https://learn.2xalt.com/courses/shorin-ryu-q-a-book>

Stay Connected!

- Itching to travel? Find the addresses and Shihan contact information for USRK USA dojos here: <https://www.shorinryu.com/about-shorin-ryu-dojos>
- Your Shihan can add you to our USRKUSA-Deshi email google group so you receive all notices and Techniques/Thoughts of the Week (TOTW)
- Don't forget the book club and Hanshi's new round table discussion meetup on Zoom!
- On Facebook? Join the Ueshiro Shorin-Ryu Karate USA Students group



“Keep training!” -*Gichin Funakoshi*



UESHIRO MIDTOWN KARATE DOJO

Kyoshi Michael Mackay, Shihan, Ku-Dan

129 W 67th St, New York, NY 10023

News

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

The Midtown (“Hombu” / Headquarters) Dojo finished the Year of the Tiger with a full schedule of outdoor classes in Central Park and Dag Hammarskjöld Plaza, plus bi-weekly classes via Zoom.

The highlight of our outdoor training was a “Progressive Workout” on Nov. 13 (the original date of the 60th Anniversary Celebration in Florida) in which different parts of the traditional class were performed at various landmarks, including the Poets’ Walk, Wisteria Pergola, Naumburg Bandshell and Bethesda Fountain Terrace. Three intrepid deshi from the Ueshiro Okinawan Karate Family Dojo joined us to celebrate a perfect autumn day in Manhattan. Domo arigato gozaimasu to Sensei Barb Schaefer, Sempai Anne Burgevin, and Lydia Geiger for their infectious “We can do this!” energy.



Inspired by the PA deshi's trek to New York, plus Hanshi's "I strongly encourage you all to visit other USRKUSA dojo often," the Midtown Dojo traveled to the newly-opened Ueshiro Shorin-Ryu Long Island Karate Dojo for a Black Belt test on Dec. 18.

Domo arigato gozaimasu to Sensei Kim Garon for hosting the event, and the Midtown Black Belts who showed up to lend support: Sensei(s) Gamiel Ramson, Ron Ballin, John Bottega and Jon Cohen, and Sempai(s) Lisa Rosenberg, John Lee, and Anna Sweeney



Dropping temperatures brought classes indoors at 4 West 43rd Street, culminating in our year-end compai on Dec. 21st. Domo arigato gozaimasu to all the Midtown deshi for their heart-felt compai and perennial support. Such support takes many forms – opening the dojo, covering classes, bringing in new students, photographing special events, financial backing – all of which confirm the "It takes a whole village" concept in keeping a dojo vibrant and moving forward.





Our traditional “Year In Review” video celebrating the many wonderful moments of 2022 was released soon thereafter, and can be enjoyed [here](#):



Starting Tuesday, January 3rd, the Midtown Dojo began holding classes at the Kaufman Music Center, located at 129 West 67th St. near Lincoln Center. We are still “The Ueshiro Midtown Karate Dojo”, only we’ve moved to the West Side pending more permanent headquarters. Domo arigato gozaimasu to Mr. Robert Kapilow, Ni-Dan of the Ueshiro Pine Forest Karate School, for being instrumental in helping us secure this space.





Above: January 7, 2023 inaugural workout. Below: The Kaufman Center.



Early February brought the February in Florida event and non-stop, high level workouts with deshi from across the country and around the world. Domo arigato gozaimasu to Hanshi and the Florida Shihan for their



incredible hospitality. Midtown deshi in attendance included: Kyoshi David Baker, Sensei(s) Gamiel Ramson, Ron Ballin, John Robbins, Jon Cohen, Sempai Lisa Rosenberg and Reese Cohen.



Above: Friday AM Bo seminar led by Sensei Ron Ballin and Kyoshi Mackay.

Below: Saturday AM Beach workout led by Hanshi and Kyoshi Mackay.



Below: Saturday PM Kobudo group en route to Cocoa Hilton Beach.



Rank Promotions

On February 25, 2023 we held our first tip test at our new location. The Board of Judges consisted of Kyoshi David Baker, Kyoshi Mackay, Sensei Gamiel Ramson and Ms. Lisa Rosenberg. Ik-Kyu Kathy Chin called the test. Congratulations to Katrina Lambert and Daniela Naranjo-Zarate on their promotion to Ro-Kyu.





We also participated in tests held at the Ueshiro Shorin-Ryu New Rochelle Karate Dojo on Feb. 22, hosted by Sensei Tzvi Bar-Shai, Shihan, and at the Ueshiro Downtown Shorin-Ryu Karate Dojo, on February 26, co-hosted by Kyoshi Kevin Reymond, Shihan, and Sensei Rob Neff, Shihan of the Ueshiro Bay Ridge Karate Dojo. It is truly inspiring to meet so many new students training under their respective Kyoshi and Sensei united by a shared passion for Shorin-Ryu Karate-do.

Congratulations to all the Shihan on your promotions this past February. And much gratitude to Hanshi Robert Scaglione for carrying the torch of Ueshiro Shorin-Ryu into the 21st Century.

Closing

Please join us for classes three times a week at the Kaufman Center, located at 129 West 67th St., Studio 409.

Monday, 7:00 – 8:30 PM

Sensei John Adams

Tuesday, 7:15 – 9:00 PM

Kyoshi Michael Mackay

Saturday, 1:00 AM – 1:00 PM

Kyoshi Michael Mackay



By popular demand, we're also continuing our Friday 5:30 PM Zoom class ([link here](#)), and Central Park workouts at the Rumsey Playfield on alternate Sundays, starting at 10:00 AM.

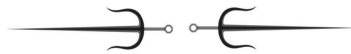
Keep training! Looking forward to seeing much progress in everyone at the upcoming Cherry Blossom workout at Glenn Falls (April 15) and at the "May in Minnesota" weekend starting Friday, May 5.

Domo arigato gozaimasu,

Kyoshi Michael Mackay,

Ku-Dan

Shihan, Ueshiro Midtown Karate Dojo



UESHIRO VIERA SHORIN-RYU KARATE DOJO

Hanshi Robert Scaglione, Shihan, Ju-Dan

Viera, FL

News

Onegai-shimasu, Kyoshi, Sensei, Shihan and all USRKUSA deshi,

If you're training, you're winning — keep training, often!



At the Ueshiro Viera Karate Dojo, we continue to enjoy the ecstasy of sweat and hard work. Our classes are from 5:30 to 7 p.m. Tuesdays and Thursdays and 10 to 11:30 a.m. Saturdays at the Viera Regional Community



Center, 2300 Judge Fran Jamison Way, Viera. I teach the Tuesday and Saturday classes, and Sempai Rob Weaver, Ni-dan, teaches on Thursdays.



Everyone from all dojos is invited to visit Viera or any of the Florida schools. We welcome you with open arms.

Rank Promotions

In February, the Viera dojo, the Central Florida Ueshiro Shorin-Ryu Karate Dojo, and the Ueshiro Merritt Island Karate Dojo held a combined Kyu-rank test and promotion.

These Viera students earned their next rank:

Ro-kyu:

Derek Eisenga (Viera)

Kit Eisenga (Viera)

Yon-kyu:



Mason Shirley (Viera)

Bryant Lopez (Viera)

San-kyu:

Sandra Morian (Viera)



The workout was dedicated to the memory of Grandmaster Ansei Ueshiro. In 2022, we celebrated 60 years of this karate style. We'll continue to spread the teachings of Master Ueshiro in 2023 and beyond.



Closing

When training, please keep in mind this excerpt from Page 48 in “The Essence of Karate-Do” by Master Shoshin Nagamine: “When we pursue Karate-Do we try to learn the theory and its application from our predecessors and senior karate men with respect and courtesy. On their part they teach us with due regard and consideration, yet with strictness. We must respect this sort of mutualism in which an open-minded relationship between senior and junior karatemen is observed. This, too, is what we call courtesy.”

Domo arigato,

Hanshi Robert Scaglione,

Ju-dan

Shihan of Ueshiro Viera Karate Dojo

www.shorinryu.com

www.ueshirofloridakarate.com



UESHIRO PINE FOREST KARATE SCHOOL

Kyoshi David Seeger, Shihan, Ku-Dan

Palisades, NY

News



Formal Classes

Monday - 3 PM

Tuesday, Wednesday, Thursday - 6:30 PM

Sunday - 10 AM

Come and Visit!

Private Lessons in person and via zoom

Shihan, Kyoshi Seeger, Ku-Dan • motobu@aol.com 917-593-6455





It is my opinion that every time a kata is done on the deck or off the deck, formal or informal, the bowing should never be skipped. It is never worth saving time by the removal of the bow, and it confuses students and does not build spirit. *Kyoshi Seeger*



Hanshi & Kyoshi Seeger's Friday Night Class - Viera Florida - February 3, Year of the Rabbit





Now Playing in the USRK55
app

Master Ueshiro DVD

Narrated by Hanshi Robert
Scaglione

Plus many USRKUSA
Demonstrations

Support our apps and website. Please click below to donate in any amount:

https://www.paypal.com/donate/?hosted_button_id=DB7DLMZAEQDGY





One of the highlights for me at each and every Florida event is being able to learn from karateka of both Dan and Kyu levels and at all ages. Karate gifts us having the role of teacher and student in every class. Thank you, Hanshi, for orchestrating such a comprehensive and informative event!

Arigato, Hanshi.

Sempai Sharona Levine, Ik- Kyu

Ueshiro Pine Forest Karate School in Palisades, New York





Thank you, Hanshi & Master Ueshiro and congratulations on 60 years of propagating Ueshiro Shorin Ryu Karate. There were numerous highlights throughout the weekend. What resonates the most and what I am working on for the next year is what we learned on the beach with Yakusoku Ni. I look forward to February 2024. Always moving forward.

Domo Arigato,

Daniel Lax Sensei, Go-Dan

Ueshiro Pine Forest Karate School, Palisades NY





Thank you, Master Ueshiro and Hanshi Scaglione, for 60 years of empowering all the deshi in their study of Ueshiro Shorin-Ryu Karate. Looking forward to training with everyone in November. As we move onward towards 61 years and beyond, thank you Hanshi for your encouraging words and thank you Master Ueshiro for bringing this martial art to the United States.

Potter Sensei, Roku-Dan

Chief Instructor, Ueshiro Pine Forest Karate School in Palisades, New York





As I begin each Kata, I can hear Kyoshi Seeger's voice. Breathe, Step first, every block is a strike, big step, be grounded. There is so much more to learn.

Arigato Hanshi, Kyoshi Seeger, Sensei and Sempai to allow me to be a part of this family.

Thank you Sensei Waelbroeck for training me.

Diana Hang, Yon-kyu in Florida and then promoted later that month.



Rank Promotions



Closing

Thank you Hanshi Robert Scaglione for teaching us!

Kyoshi Seeger,

Ku-Dan

Shihan, Pine Forest Karate,

Palisades, NY

motobu@aol.com

917-593-6455



UESHIRO OKINAWAN KARATE FAMILY CLUB

Kyoshi Matt Kaplan, Shihan, Hachi-Dan

State College, PA

News



At the 60th Anniversary Workout in Florida, Lydia Geiger, Ik-Kyu, finally got to meet Hanshi Scaglione, to work bo by moonlight with Kyoshi Mackay, and to reunite with Sempai Pam Lohr for Naihanchi Sho!





Junior instructor Jack Brightbill, Yon-Kyu, and Sensei Schaefer taught a 9-week “Introduction to Karate” class at Mt. Nittany Elementary School as part of the district’s Community Education Extended Learning after-school programming. We ended our session with practice-board breaking and an Okinawan Snacks Party!



]Deshi Saahie and Noorie Siddiqui, Go-Kyu, shared their favorite karate book “Three Ninja Pigs” with us after class.



Rank Promotions

Our February 12th rank promotion was held at our TriYoga location with Sempai Anne Burgevin, Ni-Dan, Sempai Tracie Pletcher, Ni-Dan, and Sensei Barb Schaefer, San-Dan, serving as the board of judges.



Congratulations to our newly promoted deshi:

Ro-Kyu

Noorie Siddiqui *
Saahie Siddiqui *
Samia Siddiqui

Junior Yon-kyu

Abram Foster *

Yon-Kyu

Jack Brightbill *
Drew Foster

Ni-Kyu

Gabe Geiger *
Jolie Oakman

Ik-Kyu

Kirsten Purdy
Lydia Geiger *

*youth members

Arigato gozaimasu to our fellow deshi who stayed in support of those testing: Elizabeth & Lara Fowler, Bryan Brightbill, Graham Drew, & Rene Oakman, as well as several parents and siblings.

Kudos to all for your efforts!



Events

Kyoshi Kaplan is on a well-earned sabbatical in Granada, Spain so our black belts and senior students have stepped up keep the dojo running in his absence. Our classes are happening across the week and across the globe.

- Sempai Ben Kaplan, Sho-Dan, and teacher Bryan Brightbill, Yon-Kyu, are teaching karate to 20 students as part of the AREA open period at Mt. Nittany Middle School.
- While on sabbatical and in loose connection with his intergenerational studies work, Kyoshi Kaplan is teaching a 10-12 session “family karate class” at the K-12 Manjón School in Granada, Spain. Sempai Ben Kaplan conducted one of the classes while visiting Granada on March 7th.
- Sunday classes are being taught by Sempai Tracie Pletcher, Ni-Dan.
- Tuesdays our Women & Girls Class is with Sensei Barb Schaefer, San-Dan. We have a number of mother-daughter pairs (and a triple!) now attending, and integrate karate applications and self-defense principles throughout.
- Tuesday Brown Belt & Above advanced classes are with Sempai Anne Burgevin, Ni-Dan . She says, During Kyoshi Kaplan's sabbatical in Spain this semester, I have been leading a weekly advanced class, a class typically taught by Kyoshi Kaplan. As many of us know, teaching is also a pathway to learning, and I am having my share of lessons as I prepare workouts meant for students who are training at a higher level. This includes a more intense pacing of each class. The potential for camaraderie is notably greater, as is the quest for deeper understanding of the guiding principles behind the moves. I am grateful for this opportunity to help the higher-ranking students elevate their training.
- Wednesday class is outdoors at Tudek Park with Sempai Burgevin. The students and Sempai Anne continue to take inspiration from their natural surroundings, such as the fortitude needed to train in the snow, a mighty-but-silent owl flying overhead at dusk, and the full moon rising during ending meditation.
- Thursday class at Grays Woods is with Sensei Schaefer. We have benefited from having our new makiwara and are making efforts to recruit more students.



Closing

We are slowly building back up to our pre-COVID class sizes and are inspired by the energy that all our deshi bring on the deck!

Respectfully submitted on behalf of Kyoshi Matt Kaplan.

Arigato gozaimasu!
Sensei Barb Schaefer,
San-Dan
Ueshiro Okinawan Karate Family Dojo



Sempai Anne Burgevin's front yard "pop-up" class

Front to back: Deshi Elsa Krol, Kirsten Purdy Drew,
Lydia Geiger & Sensei Barb Schaefer



Sempai Tracie Pletcher leads warmups at TriYoga



Saahie & Saneen both love kicks!



UESHIRO NORTHERN VIRGINIA KARATE CLUB

Sensei Lisa Markowitz, Shihan, Roku-Dan

Centreville, VA



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 61st Year of USRKUSA, the Year of the Water Rabbit, marking several key events in the Fall and Winter.



New York: On October 23, Sensei Shabbir joined warriors from the New York Hombu Dojo for a Sunday workout in Central Park led by Kyoshi Mackay. Sensei reported that the workout was very high level and did not disappoint.



Compai: On Saturday, January 7th, the NoVA Ueshiro Dojo held its annual Compai. After our regular traditional class, we formed a large circle and went around, children first and then by rank order, toasting in the new year, each of us setting new training goals. Interspersed between the Compais, small groups of students demonstrated their favorite kata, with the last one—Fukyugata San—dedicated to Master Ueshiro in appreciation of him bringing this great art to the USA. We were particularly happy that our newest white belts, a mother and daughter team, were able to partake in this special event not long after beginning their training, which made a great impression on them.





Florida Workout: On February 3rd, Sempai Fred Bagagli represented the NoVA Dojo and traveled to Florida for the annual February workout. The numerous workouts and Florida climate lived up to their legendary expectations and Sempai came back riding high on a karate wave, graciously sharing the many corrections and pearls of wisdom gleaned over the weekend from Hanshi and the Kyoshi.



Cherry Blossom Workout: The NoVA dojo will be holding our annual Cherry Blossom workout at Great Falls National Park on **Saturday, April 15, 2023**, beginning at **10am**. Please join us for a very special and vigorous workout against the backdrop of the powerful falls. This is a great opportunity to train with deshi from other dojo and receive instruction from high ranking black belts, including Kyoshi. We look forward to training with you!



Closing

Domo arigato Hanshi for your tireless efforts in serving as the keeper 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,

Roku-Dan

Shihan, Ueshiro NoVA Karate Dojo



UESHIRO DOWNTOWN SHORIN RYU KARATE DOJO

Sensei Kevin Reymond, Denshi Shihan, Hachi-Dan

New York, NY



"Practice, Practice, Practice"

Hanshi Robert Scaglione

News

Onegai Shimasu Hanshi, Kyoshi, Sensei and Fellow Deshi,

Over the past six months we have (a) conducted Zoom classes every Wednesday and Friday mornings, (b) provided one-on-one training sessions, (c) moderated three meetings of the Ueshiro Shorin Ryu Karate Book Club, and (e) issued twenty six editions of the weekly "Keep Training" emails that included training tips and readings from "Building Warrior Spirit", (e) traveled to Florida to participate in the system wide training event, (f) held promotion and tip tests, (g) held a joint black belt test with Ueshiro Midtown and Ueshiro Long Island dojo this past December, and (h) hosted the Annual Weapons workout at Ueshiro Downtown.

Over the next six months we will be creating a new website with the assistance of Holly Seeger. We will continue stepping up our efforts to recruit new white belt deshi through the website, social media outreach and other initiatives.



The Ueshiro Shorin Ryu Karate Book Club has scheduled its next meeting for Thursday, April 20th, 2023, when we will be discussing, “The Aging Student of the Martial Arts - Why We Do It” by Stephen R. Donaldson. The meeting will be held by Zoom (log in info to follow) and run from 7:00 to 8:00 pm.



Always Moving Forward

“Karate is more than just a physical skill; it is a balancing of mind and body.”

Master Ansei Ueshiro

Closing

Domo arigato gozaimasu Hanshi for your leadership and encouragement always to do our best and keep moving forward. We are looking forward to training with you during this Year of the Rabbit.

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

Dojo Address: 281 Broadway; New York, NY; 646-745-6172; www.downtownkaratedojo.com

Class Schedule

Monday and Wednesday: 5:45 PM to 7:15 PM (In Person)

Wednesday and Friday: 8:00 – 9:00 AM (Zoom)

Saturday: 9:00 to 10:00 AM (In Person)



NORTHAMPTON UESHIRO KARATE DOJO

Sensei Daniel Gobillot, Denshi Shihan, Shichi-Dan
Northampton, MA

News

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

Another year has begun. Although our doors have opened we have not returned to normal here in Northampton MA.

On December 11, 2022, Kyoshi Seeger came into town from NY with a giant crew of deshi to host a seminar. It was one of the biggest and most intense events that we have had here for years. There were deshi from 5 different states sweating through an extensive workout followed by a *compai* and dinner. A small blizzard began as our guests were leaving. Everyone made it home safe.



On December 26, 2022, Sensei Kim Garon visited Northampton with her family and conducted an amazing and wonderful workout here in our dojo. We love visitors!



Rank Promotions

On October 23, 2022 a large group traveled to Palisades, NY to attend a Black Belt test hosted by Kyoshi Seeger. It was a long day and NO stone was left unturned. Sempai Singwen Gobillot and Sempai Austin Hatch were tested for Ni-dan. They passed this test and are moving forward with their new ranks. Very nice job!



Domo arigato gozaimasu Kyoshi Seeger for your excellent instruction.



On December 7, 2022, Matthew Desouza was tested for his first green tip - Ro-kyu. It was an exciting event.

On February 13, 2023, We conducted our Winter Rank Promotion. The following Northampton Deshi were tested and advanced:

Ni-kyu

Clara Shoemaker

James Feeley

San-kyu

Sara Rowan

Go-kyu



Matthew Desouza

Ro-kyu

Luke Gottzman

Board of Judges

Robert St George - Ni-dan

Singwen Gobillot - Ni-dan

Austin Hatch - Ni-dan



Our rank promotions are always wonderful and memorable events. They have been for many years and hopefully many more to come. You are welcome to visit!



Closing

Domo arigato gozaimasu Hanshi for your continued guidance, encouragement and instruction.

Sensei Daniel Gobillot

Shichi-dan

Denshi-Shihan, Northampton Ueshiro Pine Forest Karate dojo

221 Pine Street, Florence MA

413-320-5945

dwgobillot5@gmail.com



UESHIRO MERRITT ISLAND KARATE DOJO

Sensei Trevor Tezel, Shihan, San-Dan
Merritt Island, FL



Onegai Shimasu Hanshi, Kyoshi, Sensei and all Deshi,

The Ueshiro Merritt Island Karate Dojo enters the 61st year of USRKUSA with continued growth - by both the students and the dojo itself. The past six months have been characterized by disappointment over a postponed weekend, which turned to excitement and opportunities for “sugar” with the return of our annual February event.

Events

Below are photos that capture some of our recent events:

- (1) October 19, 2022 green tip test. Congratulations to Sempai Stella Stauffeneker (Go-kyu)!
- (2) & (3) October 27, 2022 Shodan test. Congratulations to Sempai Tony McDonald (Sho Dan)!





(1)



(2)

(3)



(4) November 25, 2022 annual Black Friday beach workout.

(5) December 28, 2022 green tip test. Congratulations to Sempai(s) Ezra Ramirez and Zander Ramirez (Ro-kyu), as well as Sempai Corey Brasher (Go-kyu)!



(4)



(5)

60th Anniversary & Return of “February in Florida” Annual Event

The unseasonably late arrival of Hurricane Nicole forced a postponement of the planned 60th Anniversary celebration of USRKUSA. One positive outcome of this was renewing the annual tradition of all Deshi gathering in Florida during the first weekend of February. Below are just a few photos from the memorable and spirited event:



(6) & (7) February 3, 2023 morning workout, led by Kyoshi Sal Scaglione, followed by a weapons seminar (courtesy of Julie Lawrence).



(8) February 4, 2023 beach workout, led by Kyoshi Michael Mackay, assisted by Hanshi Robert Scaglione (courtesy of Julie Lawrence).

(9) February 6, 2023 Q&A session, led by Hanshi Scaglione.





(9)

Finally, on February 25, 2023, the Merritt Island Dojo hosted a Kyu rank test with the Viera and Central Florida Dojos, which was led by Hanshi Scaglione. Over a dozen candidates tested and were promoted to their new ranks. Congratulations to the following Merritt Island Deshi: Mason Harnay (Ro-kyu), Ezra Ramirez (Go-kyu), Zander Ramirez (Go-kyu), Corey Brasher (Yon-kyu), and Rob Richardson (San-kyu).



Closing

The Ueshiro Merritt Island Karate Dojo has classes on Mondays at 6pm, Wednesdays at 6:30am and 6pm and Fridays at 6:30am. Classes are taught by me, and by Sensei Kurt Tezel (Roku-Dan). The Florida monthly Black Belt class takes place the fourth Thursday of every month and is led by Hanshi Scaglione.

We encourage you to check out our website at mikarate.com. You can also visit our Facebook page at (facebook.com, search for “Merritt Island Karate”) and the Merritt Island webpage on the Florida Dojo website at ueshirofloridakarate.com/merritt-island.html.

Domo arigato, Hanshi, for your continued leadership of the Florida schools and the entire USRKUSA organization.

Domo Arigato Gozaimasu,

Sensei Trevor Tezel
San Dan
Shihan, Merritt Island Karate Dojo



TO-TE UESHIRO KARATE DOJO

*Sensei Preston Powell, Denshi Shihan, Roku-Dan
Nyack, NY*

News

Onegai Shimasu- Hanshi, Kyoshi, Sensei, deshi, and all USRKUSA Karateka

The To-Te Ueshiro Karate Dojo (Nyack) held it's February Promotion Tuesday, February, 7th just hours from our Senior Black belts, (gleaming and beaming), just returning from the "February in Florida Weekend" of training in Cocoa Beach with Hanshi, (priceless).

Rank Promotions

Our Belt & Tip promotion began promptly at 6P with a formal bow in, traditional warm ups, push ups, kihon

basics across the deck and marathons of Kata! ...sweaty gi's and echoing calls of step first, get low, eyes and spirit up! By 7:15p we were able to seat all the parents and with a small break for water and stretching the promotion began.





The board of Judges comprised of Sensei Ed Abreu (San-Dan), Sensei Bryan Markiet (San-Dan) and Powell Sensei (Roku-Dan) calling and running the test comprised of: Kata, Oyo Tan Ren, Ueshiro Shorin Ryu History, Yakusuku kumite and Board breaking.





Promoted:

Blake Sakoff (child) | Ro-kyu

Simon Josuweit (child) Yellow Belt

Olive Josuweit | Yellow Belt

Benjamin Daly (child) | Yon-kyu

Emilia Pescher (child) | Ik-kyu





All in all it was a great evening of Shorin-Ryu Karate with many parents and grandparents in attendance. In fact one Dad signed up on the spot to train with his 9 year old son Benjamin who just tested! This is the joy and vigor, the love of training that was handed down by Grand Master Ansei Ueshiro and preserved/protected by Hanshi Robert Scaglione.



Closing

I'll end with a quote or two from Hanshi, "practice, practice, practice...", "...be yourself everybody else is taken!", "Keep training!".

Domo Arigato Goziamasu Hanshi

Respectfully Submitted,

Sensei Preston Powell

Denshi Shihan, To-Te Ueshiro Karate Nyack, NY

<http://www.to-te.org>

preston@to-te.org

917 627 8199



BOSTON CHINATOWN UESHIRO SHORIN-RYU KARATE CLUB

*Sensei Emiliano Mazlen, Shihan, Go-Dan
Boston, MA*

News

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

We are moving forward and continuing to train. We continue to appreciate the chance to train with Kyoshi, Sensei, karateka and deshi from around the country through the Zoom classes. I have been honored to lead Zoom classes on Sunday with fellow karateka and deshi of both recent, and long-standing, acquaintances.



Closing

Domo arigato gozaimasu to Hanshi for leading us down the Path that Grandmaster Ueshiro laid out for us. I was honored to join in the extensive and memorable 60th Anniversary events in Florida in February.

We hope to resume in-person training in Boston in coming months. We look forward to progressing along the path as we . . .

Keep Training.

Domo arigato gozaimasu to all,

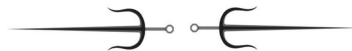
Sensei Emiliano Mazlen

Go-Dan

Shihan, Boston Chinatown Ueshiro Shorin-Ryu Karate Club

857-234-7350 (c)

emazlen@hotmail.com



UESHIRO SUNTREE-MELBOURNE SHORIN-RYU KARATE DOJO

*Sensei Matt Reed, Shihan, San-Dan
Melbourne, FL*

News



Onegai-shimasu, Hanshi, Kyoshi, Sensei, Shihan and USRKUSA deshi,

Things are looking up at Ueshiro Suntree/Melbourne Karate Dojo — we regularly see visitors from Florida dojos, and it helps our training so much.

We were delighted to open and close the 2023 Florida Karate Weekend at our dojo — giving space to almost 40 people at the Thursday class, including Hanshi, the Kyoshi, Sensei and Kyu ranks. About 40 Dan students trained together at the Sunday Black Belt class led by Hanshi and the Kyoshi. We were given so much sugar throughout the weekend, it's given us food for thought. We

are lucky to have the tools — and high-level instructors close by — to research our training even further.





Sensei David Tamir, Shichi-dan and Denshi-Shihan of Ueshiro Dojo bakfar in Israel, was a frequent visitor to the Suntree dojo this year. His teaching style is one of a kind, and we can't wait to train with him again.





Our classes are from 7 to 8:15 p.m. Wednesdays with Sensei Matt Reed, San-dan and Shihan, and noon to 1:30 p.m. Sundays with Sempai Kevin Hutchenson, Ni-dan, at the Wickham Park Community Center, 2815 Leisure Way, Melbourne.





We offer weapons training:

Kama with Sensei Matt

Nunchucks with Sensei Jennifer Sangalang, San-dan

Sai with Sempai Kevin

Bo with Sempai Krystyn Clark, Ni-dan



Rank Promotions

Recently, the Suntime dojo and Ueshiro West Melbourne Karate Dojo hosted a belt test together.

These students were
given their next rank:

San-kyu

Michael Fort (Suntime)

Nigel August (Suntime)

We look forward to what
the Year of the Rabbit
will bring.





Closing

Domo arigato, Hanshi, for teaching us, for pushing us to be the best we can be, and for leading by example.

Domo arigato,

Sensei Matt Reed,

San-dan,

Shihan, Ueshiro Suntime/Melbourne Karate Dojo

www.ueshirofloridakarate.com

www.instagram.com/ueshirofloridakarate

Sensei Jennifer Sangalang,

San-dan,

Suntime/Melbourne



UESHIRO WEST MELBOURNE SHORIN-RYU KARATE DOJO

Sensei Rick Cupoli, Shihan, San-Dan

West Melbourne, FL

News

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

The West Melbourne Dojo is still moving forward with joy and vigor. We are in our twelfth year as a dojo, and I am very happy to say that we still have a strong consistent student base. I am very fortunate to have Sempai Miranda Aiken, Ni Dan, teaching along with me. Joining us as assistant teachers are Sempai Tony and Merlyn McDonald. Tony achieved his shodan rank in July of last year. He comes to us after having been very involved in Shotokan many years ago. He brings to us much spirit, power and passion. His wife Merlyn, Ni Kyu, is a great help to our dojo.



Rank Promotions

This past February we teamed with the Suntree-Melbourne Dojo directed by Sensei Matt Reed. The West Melbourne dojo was proud to award promotions to Humza Fieldhouse, Go Kyu; Julia Ridgley, Yellow Belt and Christy Ridgley, Yon Kyu. I would like to spotlight Christy Ridgley. Not too long ago she joined our class with three of her children: Jaden, Christian and Julia. I find that it takes a big spirit for a mom to embrace karate and train.





Moms are very busy people and often work miracles. And I have great admiration for a mom who not only gets their kids to karate, which is an amazing feat, but also jumps onto the deck to learn this great art along with them. All on the board of judges noted the power and energy she demonstrated during her performance. I am certain that all in attendance and observing had to be motivated by her demonstration.





Closing

I am hard pressed to think of anything more rewarding than investing time in wonderful people and watching them flourish and grow stronger. All of them, like all of us, start awkwardly attempting moves and forms that are foreign to them. The thought may cross their minds: What did I get myself into and what am I doing here?





But, for those that stick with it class by class, not fully realizing their seemingly undetectable progress, they begin to realize that they are doing things they thought they could never do. They are not so awkward anymore. In fact, they are quite coordinated. As the teacher you realize that all you did was try to teach them, but they are the ones who made the accomplishments. As the teacher you look at the students and wonder in amazement: Did I really have something to do with this? To quote Hanshi: "This is gold."

Domo Arigato,

Sensei Rick Cupoli

San Dan

Shihan, Ueshiro West Melbourne Dojo



UESHIRO NORTHFIELD SHORIN-RYU KARATE DOJO OF MINNESOTA

Sempai Steve Hatle, Shihan, Ni-Dan

Northfield, MN



Photo: Carleton College Jōryō-en (the Garden of Quiet Listening) in spring bloom.

News

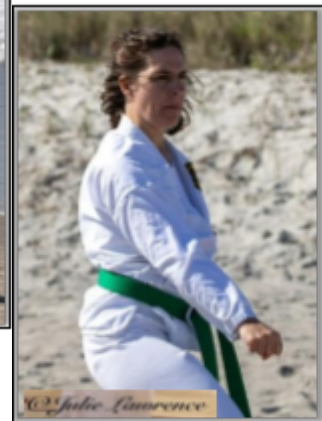
The Northfield Dojo continues to move forward during the Year of the Rabbit!

The Northfield dojo holds three classes a week, and the Carleton Karate Club maintains an additional two classes each week. The senior students in the dojo continue to teach classes and expand their knowledge and practice of Ueshiro Shorin-Ryu through the attendance of Zoom classes.



Minnesotans Invade Florida

Eight members of the Northfield Dojo were able to make it down to Florida in February. It was a fantastic opportunity to bring back “the sugar” to the Minnesota Dojos after working with Hanshi, Kyoshi, Sensei, and Deshi from across the whole of Ueshiro Shorin-ryu!



Rank Promotions



The Northfield Dojos held numerous promotions throughout the Fall and Winter. Congratulations to the following students promoted since our last newsletter:

RO-KYU	GO-KYU	YON-KYU	SAN-KYU	Orange Belt
Sam Marroquin*	Jonathan Nguyen	<u>Lotem Fearing*</u>	Cailin <u>Huyck Orr</u>	Oscar <u>Huyck*</u>
Zachary Soltis*	Ryan Son	<u>Addysen Moreno*</u>		
Isaac Marroquin*	Hannah Anderson-Brownlee	Caitlin Sommer*		
	Lee Camp	<u>Yina Zhang*</u>		
		<u>Jemsy Mathew</u>		
		<u>Rhusel Rivera</u>		
		Jackson Walker		
		Amadou Touré		
		Thomas Gatewood		

**Denotes minor*



Event Coming!

The traditional Year of the Rabbit Minnesota in May event will be held from Friday, May 5, 2023 through Sunday, May 7, 2023 in Northfield, MN. Kyoshi Michael Mackay and other high-ranking Black Belts will lead us in a full weekend of karate training. The weekend is open to **all** Ueshiro Shorin-Ryu students of all ranks.



Closing

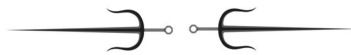
As we move into spring we look forward to resuming outdoor classes – everyone is eager to be able to breathe the warm air and feel the grass underneath our feet!

Domo arigato to Master Ansei Ueshiro and Hanshi Scaglione for bringing us the gift of karate and continuing to move our practice forward in our 61st year and beyond!

Vincent Sommer

Sho-Dan

Ueshiro Northfield Shorin-Ryu Karate Dojo of Minnesota



UESHIRO SHORIN-RYU NASHVILLE FAMILY KARATE CLUB

*Sempai Elizabeth & Chuck Richardson, Co-Shihan, Sho-Dan
Nashville, TN*

News

Oneigaishimasu!

So much has happened in Nashville since the fall newsletter. Sensei Sean Paus, San-Dan visited in October to conduct our formal black belt test.

We were able to attend the 60th Anniversary Event in Florida in February where we soaked up as much Hanshi sugar and Florida sunshine as possible! We also officially assumed the role of Shihan at that time. We connected with Sensei Chris Barnes in Florida, and were thrilled to learn that he has relocated to Nashville! Since then, we have been so fortunate to have him teach several classes as his schedule has allowed. We continue to add new students as our current students constantly spread the word and invite their friends and family. We are looking forward to training in the upcoming months with much joy and vigor!

Rank Promotions

It is my pleasure to announce the following promotions.

Promoted to Sho-Dan:

Chuck Richardson

Elizabeth Richardson





Their review started on Wednesday, October 5th over a Zoom session that included Kyoshi Sal Scaglione, and myself. Kyoshi was very pleased at their progress, and gave the go ahead for a formal test the following weekend.

I flew to Nashville the following Friday, and on Saturday morning conducted class, followed by the formal Sho-Dan test.

We had a wonderful reunion, and a vigorous two hour workout, with several students joining us. It's been almost three years since I last visited the Nashville dojo, having conducted classes over Zoom since late 2019 after my move to Oregon. It was great to witness the incredible progress the students and instructors at the Nashville dojo had made since then, as well as an opportunity to give corrections in person, and answer many questions.



After the workout, I conducted the formal black belt test. Chuck and Elizabeth showed excellent skill and endurance as we progressed through the three hour test. They demonstrated the degree to which they have taken ownership of their own karate training.

-Sensei Sean M. Paus, San-Dan

On October 27, 2022, we held a tip test. Congratulations to Elina Shalaby, promoted to Go-kyu. We held our February promotion tests over the course of three classes.





On Saturday, February 25th, our founding Shihan, Sensei Sean Paus led us through our pre-test workout via Zoom. The candidates then demonstrated kata, kihon, yakuso-kumite, and breaking technique, as well as knowledge of Ueshiro Shorin-Ryu History. Sempai Elizabeth Richardson & Sempai Chuck Richardson served on the board of judges, along with Sensei Paus.

Congratulations on the following promotions:

Dale Hecht to Ni-Kyu

Levi Hecht to Yon-Kyu

Kevin Benyamin to Go-Kyu



On Monday, February 27th, we conducted a tip test following our traditional Monday night class. Sensei Sean Paus joined via Zoom, to serve on the board of judges. The pre-test class was led by Sempai Chuck Richardson and the test was called by Sempai Elizabeth Richardson.

Congratulations on the following promotions:

Elina Shalaby to Go-Kyu

Ereni Shalaby to Ro-Kyu



On Saturday, March 3rd, we were privileged to have Sensei Chris Barnes lead a very spirited 2 1/2 hour workout, followed by one more promotion. Sensei Barnes presided over the test, and Sempai Chuck and Sempai Elizabeth served on the board of judges.

Congratulations to Kathryn Richardson, promoted to Ik-Kyu





Closing

We would like to thank Cornerstone United Methodist Church for their generosity in hosting our karate club.

Domo Arigato to our Sensei, Sean Paus, for his continued faithful guidance and support of our club over many miles!

Domo Arigato to Sensei Chris Barnes for graciously offering his time and high level instruction to our club.

What a privilege!

Domo Arigato to Hanshi for his leadership, guidance and encouragement!

Sempai Elizabeth & Chuck Richardson

Sho-Dan

Co-Shihan



THE ALBANY UESHIRO SHORIN RYU KARATE DOJO

*Sempai Keith Chan, Shihan, Ni-Dan
Albany, NY*

News

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

The Albany Ueshiro Shorin-Ryu Karate Club continues training in the cold seasons inspired by the joy and vigor of kata in New York's Capital District. We started to train outdoors at the beginning of the pandemic, and we have recently moved to a new indoor space! We are staying strong and have persevered in heat, rain and ice, and snow! Please come visit. We look forward to the opportunity to train with everyone soon.



Closing

Domo arigato to Hanshi, the Kyoshi, Sensei, Sempai and Deshi.

If you are in the area, please join us for training at the Albany Ueshiro Shorin-Ryu karate club every Tuesday and Thursday, 6:30pm to 7:30 pm (this has varied based on weather and changing schedules, please call or email ahead).



Domo arigato,

Keith Chan

Ni-Dan

Shihan, Albany Ueshiro Shorin-Ryu Karate Club

13 Bancroft St

Albany, NY 12208

Contact:

Greystar999@gmail.com

617-818-7255



EASTON CONNECTICUT UESHIRO SHORIN-RYU KARATE CLUB

Sensei Adam Dunsby, Shihan, Yon-Dan

Easton, CT

News

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

It was an honor to train with so many at the 60th anniversary. Thank you to Hanshi and the Kyoshi. We look forward to our next training opportunity and welcome you to Connecticut anytime.



Events

Class schedule:

Tuesday 5:30 PM – 6:45 PM

Sunday 8:15 AM – 9:30 AM

Closing

Domo arigato gozaimasu,

Adam Dunsby

Yon-Dan

Shihan, Easton Connecticut Ueshiro Shorin-Ryu Karate Club



UESHIRO BAY RIDGE KARATE DOJO

*Sensei Robert Neff, Shihan, Yon-Dan
Brooklyn, NY*

News

Onegai shimasu Hanshi, Kyoshi, Sensei & fellow Deshi,

The Bay Ridge Dojo is officially training back indoors on a brand-new wooden deck. The floor at Bay Ridge Jewish Center is complete and we are very thankful for the space. We put a new banner outside the building to attract new students and have placed ads on the local Facebook parents' page. We have several new students thanks to the effort.

We were thrilled to visit Florida this February. All of my veteran students (those training over a year) made the trip. Unfortunately, one of my students tested positive for COVID upon arrival. He did not let that stop him. He trained in his hotel room and on the beach taking the



corrections he had previously been given and applying them. He expressed how he is already looking forward to heading back to Florida next year. We feel grateful to have trained with Hanshi, the Kyoshi, other high-level Sensei and Sempai during this trip and other training opportunities in the NYC area.



Rank Promotions

On Sunday, February 26, 2023 the Ueshiro Midtown, Ueshiro Downtown and Ueshiro Bay Ridge dojos held their annual February promotion. The event was located at the Ueshiro Downtown Dojo. Prior to the formal test, deshi gathered and trained kata and weapons in groups. After the formal bow-in, Kyoshi Kevin Raymond conducted the traditional warm-up exercises. Kyoshi Michael Mackay then conducted vigorous training focused on kihon, Fukyugata Ichi and Fukyugata Sandan.



The Board of Judges included Kyoshi Mackay as center judge, Sensei Robert Neff, Sensei Gamiel Ramson, Sensei Michael Margulis, & Sensei Luz Delucia. Kyoshi Raymond conducted the test. The candidates performed all kata required at their rank, special exercise oyo-tan-ren, yakusoku kumite, and demonstrated breaking.



Congratulations to the following deshi who were promoted:

George Levitte to Go-Kyu (Downtown)

Nasar Abdurrahman to Yon-Kyu (Bay Ridge)

Ethan Neff to Ni-Kyu (Bay Ridge)

Steve Mumford to Ni-Kyu (Downtown)

Closing

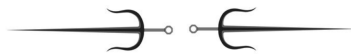
We here in Brooklyn feel blessed to have received the gift of Ueshiro Shorin Ryu Karate. We continue to move forward and look forward to the next sixty years.

Domo arigato gozaimasu, Hanshi,

Sensei Neff,

Yon-Dan

Shihan, Ueshiro Bay Ridge Dojo



UESHIRO OKINAWAN KARATE CLUB OF PELHAM MANOR

Sempai Brian Heese, Shihan, Ni-Dan

Pelham Manor, NY

News

This will be the last newsletter submission from the Okinawa Karate Club of Pelham Manor for the foreseeable future because I am leaving the area and moving to Virginia.



First tip test August 2002

The dojo opened in 2001 under the direction of Sensei Dan Nichuals, who served as Shihan until his untimely death in 2006. Dan would be proud of his lasting impact. Over the past 22 years, more than 50 students have learned the art of Ueshiro Shorin-Ryu Karate and the courtesy associated with karate-do in the Pelham Manor Dojo.





45th Anniversary workout Washington DC 2007 (above)

First Glen Island Beach Workout, 2007 (below)





Year-end photo 2018 (above)

Training with Connor Nichuals, Sensei Nichuals' oldest son, 2019. (below)





Training with Olivia Vikman, Ni Kyu, 2023

Closing

Domo arigato to Hanshi for leading us!

Brian Heese,

Ni-dan

Shihan, Pelham Manor Dojo



UESHIRO SHORIN-RYU KARATE NEW ROCHELLE

Sensei Tzvi Bar-Shai, Shihan, Yon-Dan

New Rochelle, NY

News

Classes continue on a regular basis on Mondays and Wednesdays at 6:30 pm. The Ueshiro Shorin-Ryu Karate New Rochelle dojo is located in the Knockout Boxing Gym at 236 North Avenue, New Rochelle 10801 and has a dedicated dojo space.

All members of Ueshiro Shorin Ryu Karate USA of any rank are welcome.

Rank Promotions

Ueshiro Shorin-Ryu Karate-New Rochelle had its first full belt promotion on February 22, 2023

The promotion was made exceptionally special as we had the honor and pleasure of two Kyoshi present.



Kyoshi Seeger of the Ueshiro Pine Forest School of Palisades, NY added his energy and guidance to the many kata and exercises before and after the test. Kyoshi Mackay of the Hombu Dojo in NYC led the formal workout before the promotion with his exuberance and leadership.

In addition, we enjoyed the participation of a number of senior Black Belts and Deshi from Kyoshi Seeger's dojo who set the example of what a phalanx of Karateka should look like. Domo Arigato to the Board of Judges, Potter Sensei, Lax Sensei, Waelbroeck Sensei, and Sempai Kapilow who called up the candidates. Thank you to Glassberg Sensei, Sampei Sharona, & Sempai Diana for your support. Thank you to Sempai Mark Kogan who did a lot behind the scenes getting everything ready.

Two of our Go-kyu, a father and son team, after much hard work and consistency

Promoted to the rank of Yon-kyu.:

Moises Antonio

Christian Lopez

Closing

Domo Arigato Gozaimasu,

Shihan Tzvi Bar-Shai,

Yon-Dan

Shihan, The Ueshiro Shorin Ryu Karate Dojo-New Rochelle

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



CENTRAL FLORIDA UESHIRO SHORIN RYU KARATE

*Justin Thompson, Shihan, Shodan
Maitland, FL*

News

Central Florida Ueshiro Shorin Ryu has grown to eight regularly attending students ranging from 6th to 9th graders including one white belt, two Ro-Kyu, one Go-kyu, two yellow belts, and two Yon-kyu. We recently launched an advanced class for students with full-color belts and 100% of our yellow & green belt students showed up.

This class immediately follows the regular class and focuses on their newest kata, bunkai for all kata that they know, exploring the practical applications of kata, and yakusoku kumite, while mixing in some three-point arm training and other basic conditioning exercises. Our regular classes continue to be well received and attended, and our more advanced students are required to attend these if they are to participate in the advanced classes.

Rank Promotions

The February rank promotions were very special for our dojo as we conducted two tests. The first was a tip-test conducted in our dojo that included an emotional first promotion of a female student and our youngest student to receive a promotion. You can see the joy & vigor on all the faces in the photo!!





Promoted to Ro-Kyu:

- Julie Godshall
- Sam Broughton

Promoted to Go-Kyu:

- Ethan Denhim

The second was a joint test with the Viera and Merritt Island dojo, hosted by Sensei Trevor in Merritt Island. Four candidates taking the test, and one who was not testing, made the ~70 min drive from Maitland to Merritt Island and all arrived more than 30 minutes before the test began. During those 30 minutes they soaked up the history and ambiance of Florida's only dedicated dojo and the specialness of practicing their kata on a dedicated karate deck. Most of us have



grown to taking this honor for granted, but it was invigorating to see the joy & vigor of their first experience with this.

Another honor we too often take for granted is that of training with Hanshi. These students were awestruck and full of excitement to meet Hanshi and told me later that they learned a lot from his valuable corrections. There was a moment when Hanshi asked them if they could identify their sensei, and if they knew who his sensei was. The excitement they conveyed when they put things together that their sempai was their sensei, and his sensei was Hanshi, and Hanshi's sensei was Master Ueshiro, was priceless.

Promoted to Yellow Belt:

- Cody Cowan
- Isaiah Smith

Promoted to Yon-Kyu

- Iaian Engilis
- Tino Shaffer

Events



The “Karate in Florida” weekend was filled with the usual excitement and several days of wonderful training. It was a joy to participate in this spectacular event once again and train with many experts traveling from around the country – and world. It all seemed to pass by too quickly!!





Closing

We are filled with joy & vigor over our humble dojo and look forward to seeing it grow over time.

Domo arigato gozaimasu,

Justin Thompson,

Shodan

Shihan, Central Florida Ueshiro Shorin Ryu Karate



UESHIRO ISRAEL
ba'Kfar & Herzliya Dojo
Sensei David Tamir, Denshi Shihan, Shichi-Dan
Sensei Nir Zamir, Denshi Shihan, Go-Dan
Kfar Saba & Herzliya, Israel

News

Greetings from Israel to Ueshiro SRKUSA Worldwide,

Over the past 6 months we continued our journey along the path of Karate-Do with Green Tip Testing in October, Hanukkah/Cumpai in December, and a busy month in February with the 60th Anniversary training in Florida, Sensei Kurt Tezel's visit to Israel, February testing and promotions, and a visit by Sensei Carla Eddy (see photo collection below). These events involved jointly our Ueshiro Karate Dojos in Kfar-Saba and Herzliya. More details on these events can be found on our www.ISRAELKARATE.com website under the news sections for 2022 and 2023:



These events were shared with our sister dojo — Ueshiro Karate Herzliya Dojo under Sensei Nir Zamir. More details on these events can be found on our www.ISRAELKARATE.com website under the news sections for 2022 and 2023: <https://israelkarate.com/2023-news-%3C%3E-%D7%97%D7%93%D7%A9%D7%95%D7%AA>

I was fortunate to align business travel to help fund my travel to Florida for the 60th Anniversary training. It allowed me to also visit and train at several of our Florida dojo[s], just a few days prior to the anniversary event; I was warmly welcomed to lead classes at the Ueshiro Suntree-Melbourne, Cape Canaveral, and Merritt Island Dojo[s] on Sunday, Monday, and Wednesday respectively, essentially “warming-up” for the anniversary training spanning Thursday through Monday.



A BIG Domo Arigato to Hanshi Robert Scaglione and Kyoshi David Seeger for taking care to provide me with corrections during my visit, by filming in slow motion several of my kata and providing respective visual guidance.



I was also fortunate to be warmly hosted by Sensei Kurt Tezel and his wife at their lovely Cocoa Beach home during this visit. Coincidentally, Sensei Tezel and his wife traveled to Israel midway through the 60th Anniversary, where Sensei Tezel was able to visit my home dojo in Kfar-Saba to lead Sunday evening training there, in parallel to me attending the 60th anniversary Sunday morning training in Suntree-Melbourne, Florida.



Wrapping-up February, Sensei Carla Eddy, Shiha of the Cape Canaveral Florida Dojo, visited Israel as part of her church tour group. She arrived one day early for karate training, before meeting up with her tour group. Shodan Ran Shineman of Ueshiro Herzliya Dojo and Sensei David Tamir of Ueshiro Dojo ba'Kfar welcomed Sensei Carla Eddy with a unique outdoor sunset workout at the Pisgah Park in Jaffa, overlooking the beach and City of Tel-Aviv. We worked several black belt kata with joy and vigor. Afterwards we walked the unique alleys



of the historic City of Jaffa, to enjoy a traditional Middle Eastern dinner at the Old Man & the Sea Restaurant, located at the ancient Port of Jaffa.

We look forward to the 2023 spring rejuvenating our karate training, including planned beach and Mount Masada workouts. Please visit us for karate training and camaraderie at historical biblical sites of your choice across the historic holy land of Israel. Last photo attached is a beautiful sunset captured by Sensei Carla Eddy on her way to visit Israel.



Closing

Best Regards and Domo Arigato Gozaimasu,

Tamir Sensei, Denshi-Shihan
Ueshiro Karate ba’Kfar Dojo [Village Dojo]
City of Kfar-Saba, Israel

Zamir Sensei, Denshi-Shihan
Ueshiro Karate Herzliya Dojo
City of Herzliya, Israel



Under the Direction of Hanshi Robert Scaglione
and regional guidance of Kyoshi David Seeger



HONG KONG UESHIRO KARATE CLUB

Sensei Alan Lai, Shihan, Roku-Dan

Hong Kong, China

News

The Ueshiro Hong Kong karate club is delighted to announce that, since May last year, with the government lifting all bans and restrictions due to COVID, we can finally train together face to face.



Regular workouts are held and new recruited students are coming. International flights are gradually resuming, we look forward to training with you together.





Closing

Arigato Hanshi, Kyoshi, Sensei and Senpai,

Senpai Rayvel Tang,

Ni-dan

On behalf of Sensei Alan Lai

Roku-dan

Ueshiro Hong Kong Karate Club



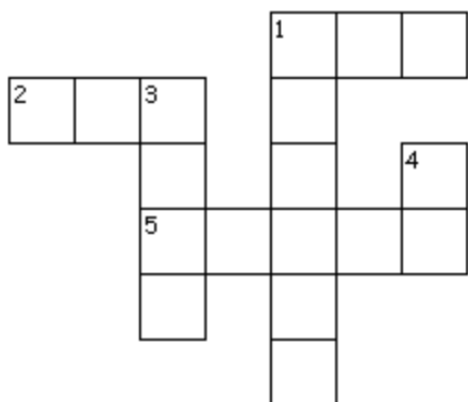


We've added this new feature to our biannual newsletter to help some of our newer, younger, and young-at-heart dojo members to have some fun becoming more familiar with karate terms and questions from the Red Book. *STUDY YOUR RED BOOK* to learn and find the answers ☺

We also welcome karate-related artistic and written work from youth of all ages – please forward these to Sempai Barb Schaefer at barbs819@gmail.com for our next newsletter. Arigato gozaimasu!

A. 1 Numbers in Japanese

A.2 Name this stance:



Across

1. three
2. four
5. eight

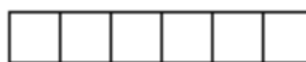
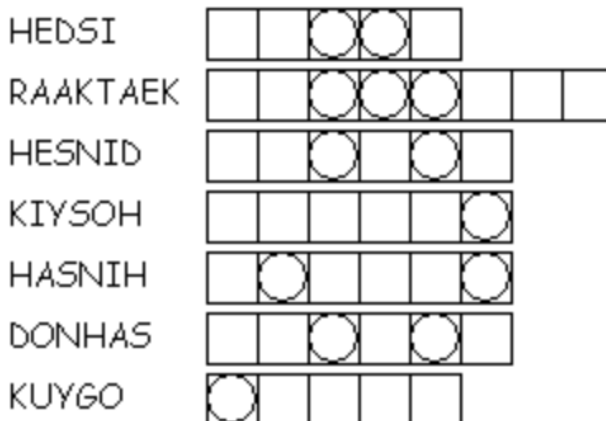
Down

1. seven
3. one
4. two



B. Titles & ranks in the USRKUSA system

Unscramble each of the clue words in Japanese. Take the letters that appear in the circles, and unscramble them to answer the final message.



How do we show respect & appreciation to our red belt USRKUSA leader?

“

!”

C. *Kata are the key to Shorin-Ryu Karate. Find the nineteen kata below.*

Words can be oriented: ↑ ↓ ← → ↖ ↗

Ueshiro Shorin-Ryu Karate USA - Kata Search

G O J U S H I H O Z M M P N O Q D M S B H U Z N C K R L L W
S K G Y D B Y W F W X X M F Y J B O Y O R X H F V B C K W L
V E R K C Q O Y P E G S J U O M V N X Z G C E Q F N Q I V O
D I P H D N Q V G T O D B H I B Y S H E F V V H U T J R I W
Z E I C W G D W V D F U K Y U G A T A N I D A N K I P Z X S
Z A V S A N L F J A D U I F L I J Z N U K B D U Y S Z H H P
S F K E N L U F I B A E K V F Q I R E C L P X V U R W C F A
B K X F S D D P C F E Z K Y H O D O K Q I P Q E G G D Y M S
N Z P H H D O H I Y R O E X U C I P C I O T U Y A E B O Y S
A J K T U N W U G N I Q Y J V G I O N X Z J Y X T M A G J A
U B S R X W I H Y U A V F H P X A L I A F P W W A O D K N I
B O M O K I Q N H M V N I V A N G T D O P M C C S R C Q A H
Q U W H A I S Z X X Q Y N O Y W X H A U Z P G A A A G W D S
O J R A M M P F K X E D U I P X G T Y I N X S U N X C J O W
A R Y I J A Q S T B E I E I D M P N P A C X Z H D K W E H V
W Z U A C I K O V S V L N K O A A K D I S H U L A D Q A S B
R X S B R C O B S E A A V G Z D N N U M N Y I D N R U A I Y
X C Q X U X D F G K N G Z P I M A R W S M A W B P V S G H V
S D Q R W O C X V Y Q O U N R S A X E X A A N A H J T D C C
J T P O E R I D O O T L I C N H R S Z P L N T G N P F D N C
L T P U Q M N N D N R H Q A B M O K P B Y T K B O F P F A L
A A X G I A D D I Z C M N C E A N C N C J X I U Y D Y U H L
N R E Q H A E H I N P I N A N S H O D A N C A H O N A D I J
U B C Q N Q C C A N P M Z P L K T U K G N T J I X G F N A K
T Q K F W P J H W B Z H N B V X G G B X R L O W O Q N C N A
H R M C U Q I E X J F B I T S V Y I W D D C Z R A T A W B J
V I T D R A O Y R W I F L M R X G K M A A V G L R N K Q C A
H Y Z Z N A N A N K U V P D J Z N K K D Y W R V W Q N G C H
R V L D P D F R P C A W B M A S K M S D W N U R B E A H O U
P M O F D A B Z Z F O N A I H A N C H I S A N D A N W P O X

FukyugataIchi
PinanSandan
NaihanchiSandan
Passai

FukyugataNidan
PinanYondan
Ananku
Chinto

FukyugataSandan
PinanGodan
Wankan
Gojushiho

PinanShodan
NaihanchiShodan
Rohai
Kusanku

PinanNidan
NaihanchiNidan
Wanshu

D. *What are these called?*



a. _____



And how many of them are there in this newsletter?

b. _____

E. Master Ansei Ueshiro

brought Shorin-ryu Karate from Okinawa to the United States in 1962. Here he is dressed in a traditional Japanese kimono, holding a folded fan. Color the picture and send a photo of your work with your name, age, and dojo to barbs819@gmail.com for inclusion in our next USRKUSA newsletter!



Acknowledgements

The **Ueshiro Shorin-Ryu Karate USA Newsletter** is a bi-annual publication for the Dojo and Deshi of **USRKUSA**. This *Spring 2023* edition was compiled and edited by Sempai Austin Hatch, Ni-Dan, of the Northampton Ueshiro dojo in Northampton, MA, with the assistance of Kyoshi David Baker and Kyoshi Sal Scaglione. Domo arigato to all the shihan for their submissions and continued hard work as stewards of this art throughout the world.



For previous Newsletters visit <http://midtownkaratedojo.com/Newsletters.html>.

Domo arigato gozaimasu to Hanshi Robert Scaglione for his supervision and guidance with these Newsletters, and every other facet of the USRKUSA Organization.



Copyright © 2021 Ueshiro Shorin-Ryu Karate USA
All rights reserved.



**“It would be extremely regrettable for those of us who study to
pass our days in only going halfway, letting the deepest
principles of the martial arts slip through our grasp, becoming
confused by our incomplete understanding, and inevitably
leading ourselves and even others afield.”**

-Daidoji Yūzan (~1725)

