



Chito-ryu Karate-Do



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INSPIRATION

Have any of you realized that you inspire people you haven't met? Inspiration can reach far and wide, without you even knowing it.

My father and my journey began on a beautiful crisp Nova Scotian morning of November 2nd. We packed the car, grabbed a coffee headed out of country. We arrived at the Canadian/USA border after 4 hours of driving in eager conversation of the events ahead. At the border we did get stopped, pulled over, and had to "declare our visit. I take it, going to a karate clinic" isn't what they hear everyday.

We arrived in our first stop for the night in Bangor Maine. Over the next 2.5 days, I had the pleasure of driving through the captivating countryside of Maine,



Jean Noel Blanchette, William Dometrich, Michael Colling, Robert Colling

New Hampshire, New York, Massachusetts, Connecticut, Pennsylvania, West Virginia, Ohio and our final destination Kentucky.

Upon arriving at the hotel in Kentucky Dad and I located the group by the pool and we were welcomed by the few that were there. As more people started showing up, they were greeted with hugs and delighted faces. There was a lot of catching up and filling in where people left off. After a few hours of palaver, it was off to the Yoseikan dojo for a much needed class. Being in a

car for 3.5 days made my body stiff and I needed to loosen up.

Passing into the honbu may be casual to you, however to me it was an historic event in my life. The authenticity, detail aroma, and knowing that many greats trained/train on this floor is poetic. To be able to train were O-Sensei himself stood is an honor! I took to my surroundings as much as I could.

Thursday night there were many in the dojo, Thanks to a friendly green belt's aid I was able to keep up with the class rituals. After a fantastic warm-up and exercises, the lesser belts headed up to the top floor for beginner training. We started off with Taikyoku-ichi and being a part of the International Chito-ryu we of course do not study these and I did my best to keep up. While performing this kata Sensei Ernest asked me if I was in hanmei or chokusen shiko-dachi, I straighten up my posture and go down another inch thinking this is what he was implying...I was wrong! I received my first lesson on hanmei and chokusen stances.

After going though Taikyoku-ichi a few times, I watched, impressed, as a green belt did Niseishi kata.

After class as we were all enjoying conversation and drinks in the back room, then it dawned on me...this isn't friends getting together this is family.

Saturday...time for the clinic. Hanshi Dometrich was very energetic that day, and showed me his true colors instructing. Kyoshi Jean Noel Blanchette took over for the second half and shared knowledge O-Sensei had passed to him. Before you knew it the clinic was over Time flies when you are having fun!

At the banquet, many prestigious honors were passed out, as well as many speeches of joyous events that have taken place over the year. It was a pleasure to be a part of this occasion and hear all the stories everyone had to tell.

Sunday afternoon. I had the distinct honor of sojourning at Okusan and Hanshi's home. We went out for sushi that evening and stayed above the home dojo, *Continued on page 3...*



FOUNDERS FORUM

EVERYONE HAS A FLAW- KARATE SENSEI TOO

Karate Sensei are just like the rest of us: they have their good points and their bad points. Some are excellent technicians but are not very personable. Others are very personable, but their technique may be lacking to some degree. We might be lucky enough to locate a Sensei who has had excellent training and who is personable but lacks some other attributes, or drinks to excess, mistreats his wife, doesn't work (a bum), etc. Some Sensei teach karate-"dough" instead of karate-do. The lure of the almighty dollar is strong to some. Sensei come in all shapes, sizes, colors, nationalities and styles (ryu). Some are "people persons" and some are not. It has been this way in history many times over and will continue to be so.

Recently, a student of one of my black belts had an opportunity to visit a very traditional dojo in a different state. This student did not start his karate training until he was sixty-two. Currently he is a brown belt and is now 68 years old; a feat to be admired when taking into account the age at which he started. The sensei that he visited was rather blunt with him concerning his training, asking who I was, etc, etc. This upset the student to some degree and after a short period of time I received word from his teacher regarding this event. "Tell him not to worry about it"

I suggested. "The teacher to my knowledge is an excellent teacher and has had excellent training from top notch Okinawan karate Sensei, for decades." The teacher may not have heard of me, but I have heard of him and I feel that he is one of the better teachers in the United States today. He may not be perfect, but he is a damn good karate teacher. If we have students travel to his area for work or vacation in the future we will inform them to visit another traditional dojo (as few and far between as good traditional dojo may be), where they might be accepted as a traditional fellow practitioner and brother karate-ka. This was the way my sensei Doctor Tsuyoshi Chitose taught me; to welcome all traditional karate-ka as brothers.

Sir Winston Churchill, summed it up during the end of World War II when he stated, "A riddle, wrapped inside a mystery, inside an enigma." Winston was speaking about Russia, but he could have just as well been speaking about General George S. Patton. General Patton was both revered and reviled, just like many modern karate Sensei. The most important thing about George Patton was remaining true to his creed, "Never

stop improving until you have reached the top or die." But whether it was a friend or foe observing and evaluating him, he had that special genius for war, which few men have. Older, traditional karate Sensei are similar in almost all respects. A riddle, wrapped inside a mystery, inside an enigma.

By: William J. Dometrich, Hanshi

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which Dad informed me that many people have slept there over the years. The next morning we had breakfast with Okusan and Hanshi, said our farewells and left Kentucky heading northwest to Wisconsin to pick up a new member of the family! A day and half later we arrive in Baldwin just outside of St Paul and picked up our 9 week old Laekenois puppy whom Dad named Ty. Wednesday afternoon we headed for home! We drove along the northern part of America, experiencing many new landscapes: Wisconsin, Indiana, Illinois, northern Ohio Pennsylvania New York, Connecticut, Massachusetts, New Hampshire, Maine and finally Canada! With Dad navigating and me driving, we had no problems getting to the border. It was a messy drive home, a lot of rain from the Hurricane Ida so we had to take our time. A lot of hydroplaning left many in the ditch or parked on the side of the road to let it pass over.

My father has been training in Karate for 31 years. Seeing his passion and devotion towards Chito-ryu, and after reading Hanshi Dometrich book "Endless Quest", seeing many similarities in our lives; such as joining the military at a young age, tossing ourselves out of "perfectly good airplanes" to name a few, were the deciding factor to dedicate my life to my own endless karate quest.

Since my father has been apart of the U.S. Chito-kai, if not all of your names have floated around in his conversations through the years. It was a pleasure to have met you. Train with you, and finally put faces to the names. I hope throughout my Karate quest, that we will meet many more times ahead. Osu U.S. Chito-kai!

*By: Robert Colling,
Nova Scotia Ca.*

Robert Colling is the son of Shihan Michael Colling, and is a member of the Chito-ryu International.

SIBLING DOJO VISIT

On the 4th Saturday in September, Yoshisu ventured down from Cincinnati to Louisville to visit Takanoko. Shihan Ludwig and seven of her little ducklings, as she likes to call us, took the day to train and be tourists in the city. The ducklings included Meredith Tabangin, Nikhil Balakumar, Nori Sakatsume, Tommy Chou, Erin Boesflug, Jessie Catenacci and Brittnee Strachan. The caravan left in the early morning and arrived in time to observe the younger class. Training included deck drills, kumite drills, medicine ball exercises and ended with a team kumite challenge. Two teams of mixed karateka

from each dojo competed in individual matches. The losing team at the end of all the matches let the other team hop on their backs and ran around the dojo in circles.

It was as embarrassing for the losers as I'm sure it was enjoyable for the winners!

After training, we all got cleaned up and went to lunch



next door at the very quirky Lynn's Paradise Café. Lunch amongst ugly lamps, brightly colored animal statues and karateka is always a good time. We were lucky enough to be able to visit the gallery of Shawna Khalily and check out some of her woodcuts and drawings. Then we took a field trip to the Muhammad Ali Museum. It was great to see the city and especially great to visit the dojo. We all enjoyed getting to know our karate cousins and seeing how they do things in Louisville!

*By: Jessie Catenacci
Yoseikan Yoshisu*





CELEBRATING O-SENSEI'S LIFE

Celebrating O-Sensei's birthday a bit late this year, on November 7, the USCK returned to the Drawbridge Inn for the annual Fall clinic and banquet. It was good to be back there because, for many of us, the place holds some fond memories. Behind the scenes, it was business as usual as Okusan furiously organized and executed the event from beginning to end.

The Fall clinic always begins with the annual Board of Directors meeting. The Board of Directors is comprised of the Shihan-kai and the head instructors of the Shibu dojo. We meet to discuss current issues, review the past year, and to discuss the future course of the USCK. Among the topics this year was the manner in which we will continue with our mission of promulgating Chito-ryu and putting the face and excellent reputation of the USCK out there among other martial artists and organizations. The founders will continue to consider such opportunities with the rest of the Board. As always, at all times, remember that you represent the USCK, your dojo and your teacher. So please continue to be courteous, honest and respectful. Further, all schools and students are encouraged to actively take part in growing the organization and through your dojo membership. Just as Chito-ryu has enriched our lives, there are others who would enjoy the practice of karate. For many, it would just be a matter of a heartfelt invitation.

The clinic itself got off to a great start in a spacious room with Hanshi at the helm. Spending about an hour and a half practicing and refining Chito-ryu basics, the kyu ranks in particular got some bite size instruction to really clarify the foundation of our basics. Dan ranks seemed to seize the opportunity to simply train hard,

but also to reinforce their understanding and, in particular, to learn some great instructional tools. It didn't hurt that we got a nice sheen of sweat going.

We were all pleased and honored to welcome Jean Noel Blanchette Sensei of Quebec Canada. Blanchette Sensei had very interesting and enlightening perspectives on the practice and benefits of Chito-ryu. Though they have not trained together extensively, sensei remarked on how what he does is the same as what Hanshi had been emphasizing the previous hour. He proceeded in the next couple hours to teach these broad principles in very simple one and two person exercises. Two really basic concepts to take away are that when you execute a technique, of course you must root to the ground and lower your center. If you think about executing the technique from the lowermost crease beneath your buttocks, this really helps to generate power from the appropriate portion of your anatomy. Also, as we know, the pulling in any technique is even more vital than the pushing. The hiki te, or separation of hands, for example should not be done haphazardly. Rather, the abdominal muscles should be utilized to pull sharply.



Sensei also apologized several times for referring to his religion in the context of his karate training. He actually wrote a 250 page thesis on the spirituality of Chito-ryu or karate training in general. For my own part, I viewed the depth of his knowledge and study with fascination. To me, it was yet another individual who sees that a



lifetime of karate leads to more than just great technique. For those who are willing, your training can touch you on a metaphysical level. Regardless of religion or personal beliefs, at some point, karate fuses with your 'soul', your spirit, your very essence. One more reason to keep at it for life.

Time flew by and before we knew it, we were fresh smelling and seated for banquet. I found the food was much improved in our time away from the Drawbridge, so that was nice. For future reference, please indicate any special dietary needs on your banquet reservation. The Drawbridge did accommodate some last minute changes, but next time we can be proactive, plan ahead and it will make life easier for Okusan. There were many awards, promotions and recognitions for 2009. Congratulations to all! But whether or not you got a promotion, award, a thanks, a door prize (dang it, I never win a door prize!) we do what we do because we love it, we see lofty purpose to it, and we want to do it. Gratification must be inward. One more reason to keep at it for life.

By: *Mina K. Ludwig*
Yoseikan Yoshisu

KANGEIKO IN CHARLOTTESVILLE

Held in different styles, on different days, and in various countries, Kangeiko is a long-established tradition in

martial arts. Meaning winter practice, Kangeiko is an intense training during one of the coldest times of the year. Though few outside of the martial arts have heard of Kangeiko, It is a time of training both the mind and body, rooted in history.

Most years, a few ranking belts of Charlottesville Yoseikan will head to Kentucky to take part in Kangeiko. This year, Charlottesville Yoseikan was given the opportunity to stay in town, participating in our own Inaugural Kangeiko. The Kangeiko was run by Sensei Linda Gage, Sempai Emma Gage, and Sempai Richard Rike. Approximately 20 members from age 11 to 68 participated on January 29, 2010.

Friday night we gathered for a spaghetti dinner and a birthday celebration for Sensei Gage. Family and friends enjoyed the time while the younger members played twister and other games. The evening ended with a traditional sake ceremony, introducing the theme of Kangeiko.

Rooted in Buddhist beliefs, our theme was *Hendoku Iyaku*, or "changing poison into medicine." Everyone was challenged to share a time in our lives when we had



changed poison into medicine. The moment was intense, leaving us with much to think about as we headed to our sleeping mats.

Waking up before 3 a.m. to get ready for training is an experience in itself. It is exhilarating and intimidating at the same time. Regardless, with the sound of the bell, we quickly change to our gi, roll up bedding, and run downstairs. We enter the dojo silently in anticipation.



As Sensei enters, we turn to bow and the sound of “osu” echoes through the dojo.

Sempai Emma Gage wasted no time as she led us through rigorous exercises for warm up along with intermittent waza such as San ju ko and Ju ni waza in a pattern we repeated many times. On the chilly dojo floor, we moved through the kata warming our muscles and finding our own rhythms. Sempei would pause to allow stretching and give corrections, then training would begin again. We worked through many katas, beginning with the Taikyoku katas and finishing with Seisan kata. Each kata was repeated at least three times under the watchful eyes of our ranking black belts.

From kata we moved to kihon and bag training, spending valuable time on basics. Sensei Gage emphasized the need to visualize each attack and to



treat each block as a strike as well as a block when needed. From kihon we moved to the Ju ni ko. Sensei Gage demonstrated every one of the two-man drills with Mr. Rike and led us through the techniques. We had a chance to work each one on the mats and gain a wonderful sense of the idea of destabilizing one’s opponent through destroying his balance. For several members, this was a revisit to these techniques introduced by Blanchette Sensei at the Fall Clinic. For all, this was an exciting opportunity.

After working on Ju Ni Ko, we moved to the highlight of our training, which had been held secret until that moment. Under the direction of Sensei Gage, we had the privilege of learning Chokusen Kata. Chokusen Kata is the Dometrich Family Kata and was created by Hanshi William Dometrich during his service as a police officer. This kata requires one to visualize multiple opponents in a tight space such as a hallway. Everyone worked earnestly to learn the movements, and when Sensei approved, the kata was filmed and sent to

Hanshi, to honor him and show our respect for everything he has done.

Sadly, our Kangeiko was cut short due to weather conditions. Unknown to students the snow had been building for several hours and would soon prohibit any driving. Reluctantly, we lined up, recited the Showa, received our certificates and hurried to get home before the worst of the weather hit. Proud of our very first Kangeiko T-shirts, they were only one of many things that we took home with us. Above all, there was the pride in our accomplishment and the renewal of our spirit in training.

There is no doubt that Kangeiko 2010 was a success that would not have been possible without the support of Hanshi and Okusan and the commitment of our members and their families. A special thank you to all who helped make our Inaugural Kangeiko a success.

*By: Erin Hagedorn,
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KANGEIKO 2010

This past January marked the 30th Kangeiko for the United States Chito-ryu Karate Federation. Wait... what? Shouldn't the 30th have been last year? Well, yes it should have, but Old Man Winter had too much fun laying down lots of snow and ice, and then topped it all



off with a bonus round of more snow. That prompted Okusan and Hanshi to reluctantly cancel the event, which was the first time ever.

If you are a part of this Organization you have undoubtedly heard about Kangeiko, though you may have some misconceptions. Let's clear the air for a moment. Do you get much sleep? Depends. We didn't, though from the snoring heard echoing in the dojo, some people did. Was it cold? The outside temperature was around 14° F and the deck was chilly at first, but after a few minutes of deck drills the cold all but disappears. Did the instructors tear you down physically and mentally? It was quite the opposite actually. Encouragement and helpful instruction was plentiful. Was it six hours of basic training? No, not at all. The basics were there, of course, but we also carried on the tradition of being taught "secret ninja techniques".

Speaking of tradition, we have heard tales of the pre-Kangeiko feast and the stories are true! The food was absolutely delicious (loved the pasta sauce) and never-ending. Many thanks to all who helped prepare the meal

especially Okusan and Paul and Kathy Webster. The evening was filled with wonderful conversation from new and old friends and concluded with a speech from Sensei Schmidt informing us of some of the rules: training would last six hours, no talking, and all clocks would be removed. The theme this year was Seiryoku Zenyo, roughly translated as "maximum efficiency with minimum effort".

At 2:30am the alarm clock rang and eighteen bleary-eyed karate-ka immediately began to quietly clear the decks of sleeping bags, air mattresses and fluffy pillows. After bowing in and what seemed to be five minutes in seiza the 30th Kangeiko was fully under way! To get the body warm we performed some light stretching and various deck drills such as blocks (several hundred), kihon dosas, and other basic kata. All of us moved through Sanchin and on to Seisan but Sensei Schmidt and Sensei Jansak surprised us by going over and thoroughly examining wrist releases and even an oldie but a goodie, Kihon No Empi, but with a twist. It was a wonderful experience working the various parts of the kata using a kicking pad. The transfer of your body's weight, the amount of hip snap and the speed of the elbow all played an important part in getting "maximum efficiency with minimum effort". With several of the students moving the "big boys", everyone soon realized how dangerous and even deadly an empi can be. Water breaks were given at regular intervals along with numerous stretching "intermissions". A tremendous honor was bestowed



upon all who attended by being given the opportunity to learn Chokusen. This is a kata developed by Hanshi with the purpose of revealing techniques that can be put to use in a confined area such as a narrow hallway. Going through it for the first time reminded us of



keeping a “beginner’s mind”, an ideal that may too often be forgotten.

Sooner than many expected, Sensei Jansak began informing us of the formation we would keep while running through the beautiful streets of Covington and shouting to a cadence written by Hanshi. The idea was that the words would help keep our minds from thinking about how cold it was, how tired we were, and what time it was. What time was it anyway? Well, Kangeiko always ends with a run so the end was near, right? Not so fast fellow karate-ka. After arriving back at the Hombu we adjusted to the slightly warmer temperature of the dojo by running some more but also noticing something was amiss...where was that sweet smell of breakfast? For the last hour or so we concentrated on kumite with both instructors giving each and every student expert instruction and guidance. By this time many were struggling both physically and mentally, but powered through it all. Eventually it was time to bow out. Tea was graciously offered to everyone by Sensei Meade and enough delicious food to feed an army was waiting for everyone in the kitchen.

We would like to thank everyone who participated in and worked hard to make the 30th Kangeiko a huge success. On a factual note, there were eighteen karateka on the deck this year and also eighteen the very first year. We would also like to mention a few aspects of the event that we really enjoyed. First was the pace of the training. It wasn’t too fast or too slow. It was just right. Second was the regular stretching breaks. We didn’t think we’d be able to walk after six hours of training, but that wasn’t the case at all. Apparently the leg massages really worked. Great idea Sensei Jansak! And finally we really enjoyed working with many different students. The frequent rotations provided the opportunity to train with students whom we’ve seen many times at other events of clinics. Hope to see everyone back at next year’s Kangeiko!

*Joe & Jenny Benzinger
Yoseikan Anderson.*

KAGAMI BIRAKI 2010

On Sunday, January 10th, the U.S. Chito-ryu Hombu hosted a group of 40 plus karateka for the 2010 edition of KAGAMI BIRAKI. A traditional martial arts gathering /workout to welcome in the new year.

An annual event coordinated by the D.N.B.K. (Dai Nippon Botoku Kai), all D.N.B.K. dojos throughout the world train on the same day and time to collectively gather a critical mass of positive energy for the purpose



of bringing peace, harmony and good will into the new year.

With the beginning of a new decade, and at a time when there is so much turbulence in the world, there could be no better time to promote good will toward all mankind, and to foster the development of the the positive characteristics which traditional martial arts aspire to produce in their participants.

The atmosphere at the Hombu dojo was absolutely electric. Black belts were lined up across the deck and four rows deep as Dometrich Hanshi led the formal bowing in to start the training session. The karateka represented several U.S.Chito-kai dojos from the tri-state area. Also present were Dwight Holley, Kyoshi with several members of his organization, and several karateka who had trained with Sensei Charlie Williams. (Oh yes! Let’s not forget, the future was represented by a nice sized row of kyu ranks).

Dometrich Hanshi, invigorated by not only the number but also the enthusiasm of the participants, saw to it that the energy level stayed at an extremely high state throughout the entire class. He led the way for the first hour, taking everyone on an energized journey of kihon and kata. With limited space on the deck, all present had ample opportunity to practice their in-line stances and turning. Thanks to Hanshi’s leadership, it wasn’t long before gi were soaked and the mirrors were steaming up.

The second half of Kagami Biraki was turned over to Kyoshis Hawkins and Beshears, and several other ranking yudansha who each led the group for a vigorous twenty minute session.

Great moments never seem to last, however if everyone who took part in this years’ Kagami Biraki dedicates themselves to maintaining the energy and attitude exhibited at the Hombu then the new year and decade will be off to a great start.



Dometrich Hanshi led the formal bowing out to end the training. Afterward one and all stayed to share a meal and to make new and to renew friendships. As always, the kitchen staff did a fantastic job. Thank you.

P.S. Due to the logistics of distance, time, and the economy not all D.N.B.K. members could gather at the Hombu this year, yet held their own Kagami Biraki locally.

Wishing all karateka a healthy and harmonious NEW YEAR.

*By: John Wellbrock
Yoseikan Hombu*

CAN'T FILL HIS SHOES BUT I WORE THE MAN'S PANTS

Intrigued? Of course you are. So Saturday morning, the first Saturday of the month, I followed my usual ritual. I went to my sensei's dojo to train, then to the Hombu dojo for black belt class. I almost always carry two gi in my bag, but when I opened my bag in the women's locker room at the Hombu, I had a bad feeling. Two gi tops – no gi pants. That's a problem.

It's been nearly 30 years, and to my recollection I have never forgotten any part of my gi.

Of all times, there I was bare-bummed at the Hombu. Time for plan B. Back on with the jeans and out to ask every single soul present "Got an extra pair of gi pants?" Really? Not a one. Defeated, I turned to Hanshi and jokingly asked, "You wouldn't happen to have an extra pair of gi pants I could borrow do you Sensei?" To my utter shock, "Yea, I got a pair back in my office, come on."

Five minutes later, rolled up three times and cinched as tight as I could get the drawstring, I had on Hanshi Dometrich's gi pants and was headed out to train. Oh, yea. That's the stuff of superheros. I even felt taller, like at least 5'5". (funny!) No question, I figured I'd have to bring it now. Got on the man's pants? At the very least, your kicks had better be rocking.

I bowed to Hanshi on the way to the deck, "What do you think Sensei?" To which he gave me his usual reply, "You look good kid." He joked with me that we might turn this event into an exam question, "Who is the only female go dan to wear Hanshi's gi pants?" He must have thought that I was embarrassed, and I'm sure I ought to be. Hanshi kindly assured me, "Don't worry kid, we'll

keep this as our secret." My reply? "Are you kidding Sensei? I'm telling e-v-e-r-y-one!"

And, yes, I washed them before returning them. And, yes, I was worried about splitting them once I got the sweaty gi cling and had to keep doing that drop in kusanku dai like 20 times in a row. No split, clean return, and if you are learning about this story for the first time, I cannot imagine how I missed you. I mean it, I'm telling e-v-e-r-y-one! I even took this picture for good measure. You can't pay for memories like that. Thanks again Hanshi.

*By: Mina Ludwig
Yoseikan Yoshisu*



A TEST TO REMEMBER

The mood was intense. Sweat brimmed on our foreheads. Our gi were crisp, tight on our warmed up muscles. The only noise was the breathing of our friends and karate-ka, each destined to their own fate. Then, “Mokuso yame... Rei.” And so the 2009 National Chito Kai Karate-do Karate Test had begun.

The ik-kyu test was first. For most of us, it was our first time appearing before the National Test Board. For some, it was their first time at the Honbu Dojo. For everyone, the sight of five of the most experienced martial artists in the world judging us is, to say the least, intimidating. As we start, all the corrections we have ever gotten start running through our heads. However, with every punch, every kick, every mowate, we start to go into the zone. We are completely focused, nothing else matters to us. The only thought on our minds is to deliver the technique.

As we go up to do our kata, the realization sets in that of a hundred thousand times we may do this kata, this one matters the most. The experience of performing an excellent kata isn't so much physical as it is mental. Rather than focusing on straightening out a punch or making a kick effective, one must focus their mind, relax, and just go. Once one is focused, everything else will fall into place.

The time comes for the black belt test, and the brown belts are ushered up to the upper deck. We wait in silence for what seems like an eternity, especially when we can't see what is going on in the test below us. We stay loose, not knowing whether there will be more that we have to do or not. Then, the black curtain opens and we are told to line up. Now we now the test is over, but that is not much relief when we realize what come next: the results. As they call my name, “Linda Hexter,” I stand up, trying to be confident. The word “pass” never sounded so sweet to my ears then it did at that moment.

The mood was celebratory. Sweat soaked through our gi, making them stick to our skin, as a reminder of our hard work. The noise of karate-ka congratulating each other and ordering sushi echoed through the dojo. My Sensei Linda Gage comes up to me and gives me the biggest hug ever. And so the 2009 National Chito-kai Karate-do Test came to a close.

*By: Linda Hexter
Charlottesville Yoseikan.*

THIRD ANNUAL KAGAMI BARAKI ALL DOJO TRAINING AT SHINDAI DOJO

The Orlando Yoseikan 3 dojo has operated out of a large Aikido school in Orlando, Florida for the past 5 years. The Shindai Dojo as it is called, hosts Aikido, Kendo, Tayama Ryu, Judo, Iaido and Karate schools under one roof. The opportunity to share a space with other serious budoka is of huge benefit to our students in terms of appreciating the commonalities of the various traditional martial arts.



On January 3rd, we held the third annual Kagami Baraki, with over 45 participants and dozens more family members. We followed a format of having each Chief Instructor offering a demonstration from their students as well as a short class for all budoka. The kids seemed to like the kendo segment the best, and what's not to love about whacking someone in full armor with a bamboo shinai! For our karate segment we showed some of the kicking drills practiced in the kid's class, and performed Seisan kata. Then we invited all participants to share our tai sabaki exercises, starting with the body shifting, then adding blocking and countering to build out the full sequence.

The cross training was followed by a big feast and a celebration of our hopes for the new year. It was a great way to start the year and commit ourselves to our training. It also gave me a great sense of appreciation for Dr. Chitose, who had a mastery of several martial arts. He incorporated such a broad range of technique and art into Chito-Ryu as a result of his lifetime dedication to the study of martial arts. To have reached such a level of understanding as he did is truly amazing.

Wishing you all a healthy and prosperous year in 2010 and many hours of great training!

*By: Jamie Binkley
Yoseikan of Orlando 3*



FALL SEMINAR

After an amazing weekend, it's no surprise that I have got karate on the brain. I was one of more than 20 members who made the annual pilgrimage from Charlottesville to Kentucky. Training at the 2009 United States Chito-kai Fall Clinic was held November 7, 2009 at the Drawbridge Inn in Fort Mitchell Kentucky. Over 100 karate-ka showed up for a memorable seminar.

This year we were honored to have Hanshi Dometrich along with Jean Noel Blanchette, Kyoshi of Quebec lead our seminar. Blanchette Sensei, known to most of us for his illustration in our manuals, proved to be an excellent instructor with a passion for karate and attention to all karate-ka, including our youngest members.

The session commenced with kihon (basics) and Hanshi emphasized the foundation skills such as stances, balance and breathing. We were led through multiple static and dynamic drills while explaining the significance to our practice. During the clinic, the importance of maintaining full intensity, purpose, and good focus was stressed.

After the kihon, we were provided the opportunity to work alongside dan ranks. We focused on katas, learning the applications and techniques, before moving to bunkai, allowing us to use these techniques. Blanchette Sensei introduced and led us through the two-man drills, Ju ni ko for the remainder of the clinic. In working these techniques we were able to train and receive feedback from many people that we don't normally get to train with.

Throughout the seminar Hanshi Dometrich spoke of the USCK curriculum and the future of Chito-Ryu. Returning to this idea, Hanshi concluded our seminar by asking Megan Payne, an 11-year old karate-ka from Charlottesville, to perform a kata of her choice. Megan did a wonderful demonstration of Seisan kata, evidence of hard training and a testimony to the dedication of our sensei, Linda Gage.

Exhausted but happy, participants left with new appreciation for the teachings of Blanchette Sensei and plenty to think about. Before we knew it we were back together for the annual banquet and awards ceremony. The banquet honored the birthday of our founder, Chitose and recognized the promotions and achievements, including the previous days National Test Board Results.

This weekend was a chance for members and their families to renew friendships, meet new people, and develop their skills. We returned recharged and ready to share our experience with our dojo members. A big thank

you for all the hard work put in to preparing everyone for the Clinic. In particular, kudos to Hanshi and Okusan for all the excellent work and an awesome seminar. This weekend proved that Chito-ryu is a family and it is bigger than our individual dojos. I, for one, feel fortunate to have found this wonderful family and look forward to my next visit.

*By: Erin Hagedorn,
Charlottesville Yoseikan.*

2010 CHITO-RYU WINTER GETAWAY

The event started off with a warm and sunny day (mid 70's). This was contrasted by the snow and ice storm gripping a large part the nation. That's the idea of a Winter Getaway! Hanshi and Okusan were not present but not far from our hearts as we trained through the day. The economy has taken its toll on the numbers of participants but there was a strong budo spirit.



Kyoshi Hawkins led us through a rigorous workout and examined intently the different people in attendance. The afternoon was a spent doing exercises, Kata and kumite and testing. Everyone learned something and progress and comradeship was achieved. The banquet dinner was an enjoyable and relaxed evening with some of my favorite clips from some old movies including Kung Fu. Kyoshi Hawkins was Crowned " Winter Getaway Laureate" with an asian peasant hat.

*By: James Acampora
Yoseikan of Orlando 2*



FROM THE EDITORS DESK

Why the Karate-do Newsletter is a Beneficial Tool

The Karate-do newsletter not only brings us together as an organization, it keeps those who are away from the Honbu informed on what is taking place in the organization, as well as friends and associates. This Newsletter was started by our son William J. Dometrich II, many years ago, as he owned a printing company and the expertise to produce the paper, since his death in 1994, I have strived to keep the newsletter alive with article contributed by you, the readers, and the dedication of Shihan Cyna Khalily who is the associate editor.

The Newsletter is also a very good source of information for prospective students. They can be used as a hand out for advertisement. There are many good articles that will become history of the organization. This Newsletter is also archived on the U.S. Chito-ryu web site www.chito-ryu.com

We welcome articles, if you have something to write about, send to: Okusan@fuse.net in Word format. They will be used as space allows and the discretion of the Editors.

By: Barbara E. Dometrich Editor

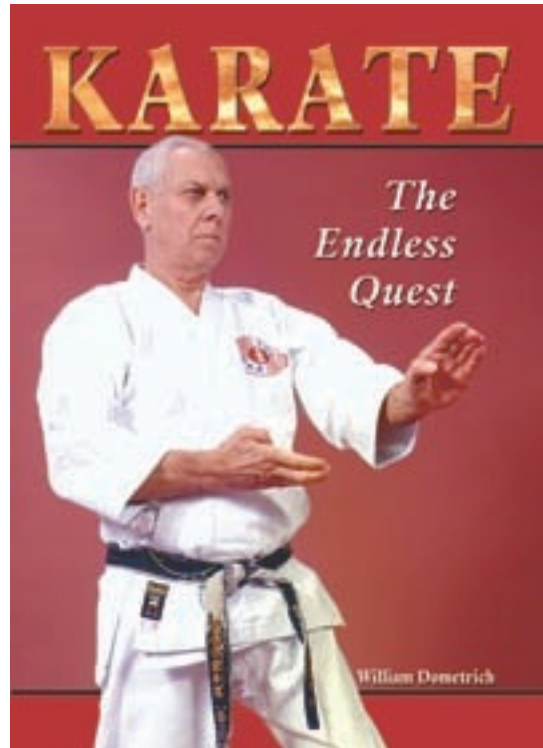
Future Events 2010:

Shochugeiko Big Bone Park. Ky July 17, 2010

Audra West Virginia Camp: Date to be announced

National Seminar/Banquet/ Yudansha Testing:
October 22/23 Drawbridge Inn, Ft Mitchell Ky..

DNBK Gasshuku: November 5-7th Virginia Beach, VA.



Second Printing with additional material

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