



# Chito-ryu Karate-Do



Published in the Interest of Chito-ryu Karate by the U.S. Hombu

## THE CHITO-KAI KAN



Probably about ten years ago, my teacher started talking about the dojo that he wanted to give us. The facilities he spoke of were dreamlike, unreal, and fairly ridiculous in scope. He kept saying that all of his students deserved it and, in particular, he wanted to give his black belts the very best facilities that were within his means. Our reply was that we would happily train in his backyard, year round. The best dojo is wherever your teacher is. We still feel that way. Nevertheless, my teacher kept dreaming and more than that, he kept planning. Unbeknownst to us, he had made a decision to aim high, wait for the perfect timing and then launch.

We moved into our new home and training hall in December, 2007. Unfortunately, the move delayed our regularly scheduled annual Open House which we generally hold in November. Instead, the Yoseikan II annual open house was held on February 9, 2008. Because of the new location, the event took on a life of its own and folks began to refer to it as a 'grand opening.' It ended up being quite grand, but only because of the incredible guests who came out to join us.

Tops on the list of guests were Hanshi and Kyoshi Dometrich. Anticipation and excitement were sky high

leading up to this special class. Knowing that the co-founders would be there really raised everyone's spirits and, in some cases, their stage fright. But as always, Hanshi and Okusan's easy going and benevolent demeanor won everyone over. They sat in seats of honor on the high side of the main training deck. They brought with them, as a gift for Kyoshi Hawkins, an enormous portrait of O-Sensei. The significance of this gift was deeply felt by all in attendance, most of all, Kyoshi Hawkins.

In addition, Hanshi told the students and the audience many stories, all gifts in and of themselves. Among these was the story of how his teacher asked him not only to call the Hombu 'Yoseikan', but also asked him to build another school and name it the 'Chito-kai Kan'. The purpose of this facility was primarily to be for the benefit and development of instructors. Whereupon Hanshi dubbed this new facility on Taconic Terrace not just Yoseikan II, but also the new Chito-kai Kan. In so doing, Hanshi entrusted Kyoshi Hawkins to share in the fulfillment of his promise to O-Sensei. Certainly the senior Yudansha in attendance understood the great

*continued next page...*



*continued from cover...*

honor that teacher bestowed upon student that day.

There was beauty in the simple recognition that we reach our goals not just by our own deeds and effort. We achieve greatness by sharing and entrusting others, tried and true, to help shoulder our burden. Together, we achieve unprecedented goals beyond any one or two person's capability.

Kyoshi gave a short presentation of gratitude along with tokens of his esteem. He thanked Hanshi and Okusan for gifting him with over forty five years of instruction, influence and leadership. He gave emphasis to the level of his gratitude by pointing out that the co-founders had whole heartedly welcomed him back in 1961, before the Civil Rights Act. How remarkable. Hanshi accepting a man of color as a student prior to the Civil Rights Act just as O-Sensei had accepted Hanshi, a Caucasian American, as a student in the Post World War II era. It just goes to show, if the form is straight, the shadow will also be straight.

Like his teacher, Kyoshi Hawkins has always encouraged and welcomed guests. The people who attended the Yoseikan II / Chito-kai Kan open house, however, were family more than 'guests'. In addition to the co-founders, from the Hombu came National Chief Instructor, Jerry Beshears; Gerald Meade; Don Schmidt and Adam Kramer. From Napoleon Kentucky came Mark Chisenhall who gave Kyoshi a beautifully illustrated version of Musashi's Go Rin No Sho. From the dojo of our friend Kyoshi Terry Valentino came Tessa McAnnaly. Linda Gage could not join us from Charlottesville, but she sent a beautiful flower arrangement along with her well wishes. From Yoseikan Takanoko Dojo came Deputy Chief Instructor, Cyna Khalily along with his students: Cyrus Khalily, Andy Pyle, Brandon Welch, Melissa Welch and Jim Miller. Shihan Khalily presented to his teacher a beautiful scroll bearing original calligraphy "Hawk soars higher." This is an apt reference to how our teacher, by his urging and by his own example, has taught us to aim high and to always seek greater achievement.

The day was filled with the great gift of mutual training and benefit, of friendship and brotherhood. It was a day of overwhelming optimism and joy. On behalf of my teacher, thank you. Thank you for your fond wishes, for the gifts of focused training and soaring spirit. Thank you for joining with us in our highest hopes for the future. Through peace and perseverance and austere discipline, we will reach our goal without fail.

*By: Mina K. Ludwig, Yoseikan II Cincinnati*



Dometrich Hanshi christens Yoseikan II the "Chito-kai kan" with a very special (and very BIG) portrait of O-Sensei

**THE KARATE-DO STAFF**

**Barbara Dometrich**

Okusan@chito-ryu.com



Editor-in-Chief  
Yoseikan Hombu  
Covington, KY

**Cyna Khalily, MD**

Cyna.Khalily@chito-ryu.com



Assistant Editor  
Yoseikan Taka no ko  
Louisville, KY

**CONTRIBUTORS**

- William J. Dometrich
- Mina K. Ludwig
- Mark Chisenhall
- Gerald Meade
- Karen Ruperto
- Linda Hexter
- Reg Corbett
- Eric Ford

**The United States  
Chito-ryu Karate-do  
Federation**

22 Martin Street  
Covington, KY 41011  
859-291-7232  
www.chito-ryu.com



## FOUNDER'S FORUM

### KATA: THIS WAY OR THAT WAY

Some karate systems have very few karate kata such as Uechi-Ryu, which at one time had three kata, but later enlarged their curriculum to include to five. On the other hand, Shito-ryu founder Kenwa Mabuni taught well over 60 kata. Most Okinawan and Japanese styles of karate have approximately eighteen kata in their systems. The United States Chito-ryu has seventeen formal kata and nine informal (exercise not for formal testing) kata.

During the time I was with O-Sensei Dr. Tsuyoshi Chitose various kata had minor changes introduced into them, for example I know five variations of Niseishi-sho. As such, when you watch some of the older students practice a specific kata you can tell the time frame when they were taught the kata. Because of this, over the years there have been discussions among students as to "This way" or "That way" regarding kata. Who is right and who is wrong? "That is the old way you are doing it. I am teaching the new way". We are not alone with this problem; every mature organization has it to various degrees.

I plan to meet with the senior students of the United States Chito-kai and we are going to establish a norm (established method) for the performance for all kata within our system. We hope to retain as much of the historical method of kata performance as was done by our Founder Dr. Tsuyoshi Chitose in the past. We are then going to have all kata and basics filmed and made available to all students. This will solve some of the problems with "Your way or my way" we have experienced in the past. All kata will be placed on film for purchase by all instructors and students for future reference.

Bear with us as we have to deal with time constraints and an independent film corporation. Until then, just train as hard as you can and do as your instructor says.

*William J. Dometrich, Hanshi  
Founder and National Technical Director  
United States Chito-ryu Karate Federation.*



Dometrich Hanshi presents Hawkins Kyoshi with a calligraphy from O-Sensei for the new Yoseikan II location during the USCK March Clinic



## YOSEIKAN II DEDICATION



February 9, 2008 at 0930 a commemoration was held for the new location of Yoseikan II in Cincinnati, OH. I am 1 of 3 people asked to write an article for this most auspicious occasion, so I decided to take you on a very different journey. I will approach writing this article much like approaching how to make an effective technique; it's not what occurs at the end of the technique, like the fist or the front kick, but what takes place in the body for the end result to be effective. The same is true with life and events in history.

In the autumn of 1962, a young black man named Lawrence C. Hawkins Jr. decided to take the first step in a long journey. Hawkins had heard of karate teacher named William Dometrich in Covington, KY., and decided he was going to visit and inquire about joining the school. Anyone reading, you must understand the key information in the preceding 2 sentences because that will be the impetus of this article.

First of all, traveling from Ohio to Kentucky, a journey many Ohioans' avoid to this day. 100 years prior Kentucky was considered a Border State during the Civil War, what an oxymoron, but it was still considered the south. Secondly, the year, 1962 is relatively early in the Civil Rights Movement. In 1962, Martin Luther King Jr. had met with JFK to urge support for the Civil Rights Movement. Earlier in 1962 Kennedy had to send Federal

troops to the University of Mississippi because James Meredith had enrolled as the 1<sup>st</sup> black student and riots had broken out leaving 2 dead and many injured. Thirdly, Karate...isn't that a violent undertaking? Practically anyone at that time had to really question the intelligence of joining something that you know will bring some level of pain to you. I think karateka are all masochistic anyway, but I digress. Lastly, who is teaching the deadly art? Isn't it very possible that Hawkins could be entering a very dangerous place for him especially, based on the color of his skin, because that is how people determined who you were in 1962. Given all of these variables, Hawkins made the journey.

What he found on the other side was admittedly quite surprising and refreshing. His first encounter was with Barbara Dometrich, Okusan, as she is commonly known. He was greeted and made to feel welcome from "Hello". His next big step would be to meet Sensei Dometrich. A brief timeline for karate in the U.S. in 1962; Dometrich Sensei was approximately the third person to start a karate school in the U.S. Robert Trias was first in 1946 with a school in Phoenix, Arizona, Ed Parker is credited with being second with a karate school Brigham Young University in 1954, then Dometrich Sensei who originally returned to his hometown of Clarksburg, West Virginia in 1954 to start a school. By 1962 there had been a great amount of extremely qualified karate instructors arrive in the U.S. such people as Oshima, Nishiyama, Okazaki, just to name a few. Later that year Tsuroka Sensei would hold the 1<sup>st</sup> Canadian Karate Tournament in Toronto. However, karate was still small.

Hawkins would begin training with Dometrich and enjoyed success in the few opportunities for tournaments that they would encounter. Hawkins left to join the U.S. Air Force in 1967 for 3 years. However, he would return to find Dometrich Sensei still "kicking butts and taking names." Upon his return, Hawkins was greeted with "I don't need anymore tournament champions, I need teachers." Hawkins began working for Proctor and Gamble in Cincinnati. While working during the day he would begin his pursuit of a Law degree in the evening. However, karate classes conflicted with Tuesday and Thursday night Law School classes. Thus, Hawkins asked for a permission to start his own school in 1971. It is very difficult to imagine the humble beginnings of that first school in 1971 after visiting the Taj Mahal of dojo's in the Yoseikan II / Chito-Kai Kan. By the way, the Kodokan, main Judo hall in Japan, started out as a 10 mat dojo and today is a 514 mat dojo. The following is a brief timeline of locations for the Yoseikan II compiled by Hawkins Kyoshi, Morris Sensei and Deck Sensei (dates approximate):



1971 – 1972 = Mont Michel Apartments (Clifton)

The first location of Yoseikan II was in the apartment of one of the initial students. Training took place in the living room and bedroom. When there were too many students to train there (about 6), training moved to the clubhouse of the apartment complex. It was an excellent place to train.

1972 – 1973 = Woodburn Avenue

The dojo made the bold, daring move to its first public domain. There was no locker room, but there was a small bathroom (4x6ft.) in which 2 (or maybe 3 close friends) could change. It was an excellent place to train.

Spring 1973 – 1982 = Peebles Corner

This dojo location was on the second floor at the corner of McMillian and Gilbert, across from a bus stop and TV store. There were two small rooms with a common stairwell between them; one room had a tiny office attached. We used to change in a mop closet in the stairwell. In the winter, sometimes the pipes would freeze, resulting in no heat, and the floors would become covered with ice. Once, Kyoshi Hawkins delivered a kiai and cockroaches actually fell off the wall. It was very hot in the summer. One morning, we arrived to find one of the two doors kicked in. Someone had broken in and stolen some training tools. The street was all around us. It was an excellent place to train.

1982 – 1983 = Day Care Center

Before class we would move all the tiny chairs and tables aside, stack the primary colored rubber mats against the wall and begin our meditation facing a chalk board surrounded by toys, ABCs and the feint scent of potty training in progress. Sometimes we trained in the grass beside the parking lot. It was an excellent place to train.

1983 – 1984 = Alms Hotel

The historic Alms Hotel (Walnuts Hills) then home of WAIF community Radio and various hypnotists, divorcees and novelists became a dojo dwelling. Our training space was a single windowless room with a small adjoining office. It may have had carpeting and it definitely had air conditioning. There was a pop machine in our space which was convenient when my brother (Keith Morris) broke Kyoshi's nose during knife defenses (pop cans make good impromptu ice packs). This was where a precocious 11-year old named Cindy Mulvey joined our dojo. It was an excellent place to train.

1981 – present = Burnett Woods

A field atop a hill, amid standing stones and giant trees...grass stains, curious passersby, bees, bugs, dirt,

uneven ground and glaring Sun was always a good place for a dojo. This location near the "Stonehenge" of Burnet Woods is an outdoor dojo enjoyed by Yoseikan II students on many Saturday mornings. It is an excellent place to train.

Fall 1984 – November 2007 = Reading Road

This was the first building that was owned by our Teacher. It started out as an empty warehouse with concrete floors, and broken tiles. Over more than 2 decades, it was transformed into a dojo with a wood floor, Japanese garden, locker rooms, social center (with a beer tap!), fitness center, and sauna. It was an excellent place to train.

November 2007 – Present = Taconic Terrace

The newest location is a former television studio transformed into dojo and law office. Two studios have become training areas with wooden decks. It is an excellent place to train.

And so you see that when you walk into the Chito-kai Kan/ Yoseikan II it is not the now that is of sole importance, just like it is not the fist at the end of the technique that you should look at, it is not how "lucky" Hawkins Kyoshi is in acquiring such a magnificent training hall, rather it is years and years of blood, sweat and tears that went into it. It represents something much bigger, much stronger and much louder. That is a story about not judging people based on what you see on the outside, about being genuinely happy for people who achieve great things in their life and about accepting your own setbacks and working past them to make the best of your life.

It is no surprise to any of us that Hawkins Kyoshi was welcomed by Hanshi and Okusan on his first visit with open arms. Hanshi, has always been very vocal about issues of equality in religion and race. He is vehemently opposed to discrimination and helps to spread that message. In the course of almost 5 decades these men have seen many changes, some we will never know the extent of, but be assured of one thing and that is that through karate training they were brought together and forged a bond as strong as any. O-Sensei made it a point in his book; Kempo Karate-do translated by Chris Johnston, "Karate is for the betterment of society."

Congratulations to Hawkins Kyoshi and his new dojo. I look forward to losing lots of sweat and maybe a little blood on the nice new deck.

*By: Mark Chisenhall  
Yoseikan of Napoleon.*



## CONTINUITY

I wasn't quite sure what to expect when we turned off Taconic Terrace on an early Saturday morning into a parking lot surrounded by industrial complexes that made me feel as if I should clock in somewhere and set my lunchbox down with my hard hat.

Although somewhat quieted by the weekend, being in the middle of all these large manufacturing facilities and businesses gave me a definite feeling that it sure is nice to be an American. There was a lot of sweat and tears that went into this part of the country that made our USA as great as it is. 30 years of being in manufacturing from one end of this country to another has given me an appreciation of the superhuman effort it takes to create an organization capable of prospering those within and those without.



Well, I sure didn't lose any of that swell of appreciation after entering the Yoseikan II dojo that Saturday morning. People were greeting people, completing tasks and moving back and forth in purposeful activity uniquely familiar to those who haunt traditional martial arts centers. You could tell that their work was driven by a smidgen of pride in what they were working on, what they had accomplished and why all this came to be.

It certainly was a large facility. After doing the traditional shoe drop at the entrance, hard flooring and carpet in all the right places followed me all the way to the changing area. The tiled showers and water closets were university grade. Somebody is expecting some heavy duty training.

I had passed a large training deck on my way to change into my gi and thought that this was nice, a large training deck close to the showers and entrance. Nicely placed.

Until I found out this was not the main deck. But a short walk later and I entered a curtained passage way that opened up into a huge auditorium like deck area. Oh, this was a big deck, and I had a digressing moment where I wanted to run around the deck with my arms extended, making airplane noises, but it was a short moment.

There was a carpeted area that surrounded the blonde wood finished flooring, a desk in a corner and chairs for those who would drop by an watch with their children or to see if joining up here is what they really wanted to do. The chairs came in handy. As many as there were, they were all being used during the workout with just those that I described, wall to wall.

An absolute crowd on the deck as well. I should have stopped gawking at my surroundings for a minute and took a head count , but didn't take a number to see that row after row after row of karateka were filling this immense training area. I didn't know that his was going to be such a huge event! But an event it was as our workout class began. It was the normal workout, Chito Ryu basics, interspersed with some advanced techniques (just like them, whetting the appetite, making you eager to be adept as those who are instructing you). A crowd pleaser demonstration was given by sensei Ludwig where her back was against the wall against a bigger opponent. A drop to the floor and an upwards kick finished him off, I reckon.

Too many of those to list them all, but the best part came when Kyoshi Hawkins dedicated the opening and freedom of use of the facility to Hanshi Dometrich. This cavernous facility, replete with weight room, social center, administrative offices and more, done in fine fashion and workmanship showcases the dedication and commitment of the members who participated in the building of Yoseikan II. Yet the people of this immense project seemed to take little credit for their part, choosing to honor Hanshi and Kyoshi Dometrich for all their sacrifice as the root of the USA Yoseikan existence, noting that without them, there would be no Yoseikan II. From the beginners who were unsure of whom to bow in respect to, to those who have achieved years of study, it seems that the higher in rank this training hall has, the more humble they were, the deeper they bowed. I felt a little more at peace with something rare in todays world, witnessing people as they should be

*By: Gerald Meade  
Yoseikan Hombu*

## A VISITING GIFT

I joined the USCK 7 years ago and I am still in awe of the generosity of everyone in the organization. On my first visit to the Hombu I was treated like an old friend by everyone I met and I had the opportunity to share spaghetti dinner at Hanshi and Okusan's house. I was amazed that the founders of this organization would take the time to get to know me. I had just recently joined and I wasn't even sure if I would make karate not just something I did but part of who I am. Since that day I have been shown hospitality and generosity over and over again. Sensei James Acampora has shared his time, knowledge and his home so I can train. And Sensei Wes



Ernest and his family always open their home so I can attend clinics at the Hombu. I was shown this kind of gift again by Kyoshi Lawrence Hawkins this February.

On February 12<sup>th</sup> Kyoshi Hawkins, on his way to a business meeting in Pompano Beach, Florida diverted his trip to visit the Chito Ryu karateka in Orlando. Sensei Acampora picked up Kyoshi so he could join our regularly scheduled Wednesday night class. Kyoshi was given an official Yoseikan of Orlando II t-shirt and a tour of our dojo. The tour took all of five minutes since it is a 20' x 20' garage type building in the back yard. Sensei James explained that although the building is small it is of great significance and holds very special memories for him. He shared, that after the death of his teacher Shihan Art Rott, the dojo fell to disrepair. Sensei James repurposed the wood it was made from and built his dojo in honor of Shihan Rott. The spirit of Shihan Art lives on in Yoseikan of Orlando II. Sensei James also shared with Kyoshi the new requirements of his students to be able to perform chin ups on the newly installed chin up bar. When the tour was complete we changed into our gi for class. Sensei Jamie Binkley with her students from Yoseikan of Orlando III attended class with Sensei Chris Strum.

Sensei Binkley's children presented Kyoshi with a gift upon meeting him. Sensei Acampora ran class as Kyoshi observed and offered help and guidance. All the karateka participated in warm-ups, basics and kata under the watchful eye of Kyoshi. Kyoshi Hawkins clarified the finer points of kata that we miss due to our distance from the Hombu. He always spoke eloquently and had complimentary and constructive criticism for each of the students to help them on their martial arts journey. He explained the art of Chito Ryu and how for those who just apply extreme strength with every technique miss the artistry of the style. He used Destiny Acampora, Sensei James daughter, as an example. Although Destiny is petite, she uses speed and smooth technique. With that she is more powerful than her small frame might let you believe. The men in class are much larger and apply technique with extreme power but are not so smooth therefore missing the artistry. The art is in the application of a correct technique more so than just delivering a hard technique. After 2 hours of training and before bowing out Kyoshi Hawkins treated everyone to a demonstration of a Kusanku Dai type kata that he trains. We were all in awe as we watched him demonstrate his artistry. I personally thought it was beautiful. I could not have asked for a better gift.

We were not ready to let Kyoshi get back to his hotel so we headed to the nearest seafood restaurant. Kyoshi, Sensei James and his daughters, Sensei Gordon Levin and I enjoyed good



food and conversation with some laughs. After our meal we finally let him get back to his hotel so he could get a good night sleep for his business meeting in south Florida the following morning. No words can express how much I and the Florida karateka appreciate Kyoshi Hawkins gift. For him to change his plans to be with us is more than generous and we thank him. All of us in Florida hope he enjoyed his visit and returns for another.

*By: Karen Ruperto  
Yoseikan of Orlando II*

**INSTRUCTOR PROFILE:**  
**LINDA GAGE**



**Name:** Linda M. Gage

**Born:** January 28, 1952  
Monongahela,  
Pennsylvania

**Married:** Patrick J.  
Gage

**Children:** Emma Anne  
Gage, 16 years old,  
Junior in HS, Shodan in  
Chito-Ryu

**Education:** Graduate  
of "Washington School  
of Ballet"

Holds FAA certificates:  
CFI, CFII, MEI, ATP  
and FE

**Employment:** Albemarle County Parks & Recreation

**Martial Arts Experience:**

Chito-ryu Karate-do 1997-present

Aiki-kai Aikido-do 1999

American Kenpo Karate 1994-1997

**Karate Rank and Title:** San Dan and Chief Instructor  
of Charlottesville Yoseikan

**Extra Curricular activities:** Tending to five acres and  
our gardens / Reading

**Things that are important to you:** My family and  
students, spirituality, and helping people and animals in  
need

**Professional Affiliations:** Former member of:  
ALPA (Airline Pilots Association)  
AGMA (American Guild of Musical Artists)  
AFTRA (American Federation of TV and Radio)  
SAG (Screen Actors Guild)

**What's on my nightstand?** "The Bible," "The Field"  
by Lynn Mc Taggart, "The Great Gatsby" by F. Scott  
Fitzgerald, and Bengay

**Summary:** I have been blessed throughout my life to  
have had two careers that were both passions and not just  
a way to pay the bills. However, there has never been a  
table that I didn't waitress or a house I didn't clean if that  
is what it took to put food on the table. My karate-do is  
now my passion but moreover, it is a way of life.

**GIVING BACK:**

Virginia Karate Students Perform For the Elderly

"We are training ourselves not only to become better at the physical aspect of karate, but also to become better people." These are the first few words beginners at Charlottesville Yoseikan hear from Sensei Gage. She asks them not only not consider these words in class but also in the rest of their lives. As a group Sensei Gage and her students realized that they are truly blessed to have the homes they live in, wonderful people in their lives, and their recently remodeled dojo. They felt it was their turn to give back to the community. The only problem was: How? As it turned out, their very own ni-kyu, Jack Little, had just taken a job at the local Mountainside Senior Living Center. The group decided on entertaining the residents at Mountainside with a demonstration.

The club split up into several groups and performed katas from Taikyoku Ichi to Chinto, as well as knife techniques, kumite, and Niseishi Kaisetsu. The residents were very impressed with the performance and one man even commented that he would love to start training with them!

The demonstration brought smiles to the residents' faces, and the Charlottesville Yoseikan left Mountainside Senior Living with smiles on their faces as well, from the wonderful feeling of knowing they had made someone else's day.



*By: Linda Hexter  
Charlottesville Yoseikan*



## KANGEIKO

First off I would like to thank Sensei Messinger and Sensei Schmidt for a memorable first Kangeiko.

Whoever said “Kangeiko is just the same the same as last year, we do the same old stuff”, is full of 1%. I never really knew what I was getting myself into. Having heard comments about Kangeiko. I quickly came to the conclusion that it was merely a six hour training session on basics. I was greatly mistaken.



Friday night started with a belly full of spaghetti and anticipation for somewhat of a good nights sleep. Well between the snoring and not being in my bed at home I never slept a wink.

Cold and tired, I slipped into my gi. We lined up, bowed in and were told of what was expected. The theme was PASSION, if we don't have that, we don't have what it takes to practice Chito-Ryu. 103% was explained, and we were also expected to give that the whole night, too.

I really don't know what other people were doing or what they were being told, but I have never be so elegantly scolded, with that soft whisper in my ear, “Keep that heel down!!”.

The room was full of energy and that is what kept us going. I was running on pure adrenaline and nothing else, well maybe that soft whisper may of helped a little too.

Basics and kata were worked through out the night among other secret things. Like I said I had no idea what other people were doing, I was in my own world, working on the things that were pointed out to me by my instructor. Now all I have to do is teach myself to do them.

Gripping the floor was emphasized throughout night, I must have been doing it right because I had sore muscles

in my feet that I didn't know I had. The sun came up without me even noticing, the next thing I know we are going for a run and having cup of tea.

The whole class seemed to slip by in no time. It was all really a blur but with subliminal messages slipped in, that is what it was like for me anyways. We were broken down with sleep deprivation, hunger and lack of heat. Only to help us learn, and I loved it.

After all said and done I am really disappointed that I missed all the previous Kangeiko. It truly was a good informative training experience. And definitely something I will always remember.

The session was ending with a lovely and well appreciated breakfast prepared by Okusan and Mrs. Webster.

P.S. Hope to see you all here again next year 103 club.

*By: Reg Corbett  
Yoseikan Hombu*

## UKEME WAZA

Early in the year 2006, Sensei Steve Wilhelm and Sensei Don Schmidt volunteered to help review a preliminary draft of a roll/break fall lesson plan which I had been working on. The rough plan had the basic front roll and standard left side fall.

By the end of the review, we added several applications to the Henshuho and Nisei Shi Bunkai. Several weeks later, Sensei Wilhelm said, “Do you still have that lesson plan on the falls? Hanshi Dometrich has assigned us a project!” Starting with the previous plan, we expanded it to include



back rolls and forward falls. Over the next several months, we experimented with photos and written explanations. Finally, this project was finished in written form with pictures and several bunkai. With a special thanks to Greg Beers for taking the presentation and prepping it for final printing.

Books are available for purchase at the Yoseikan Honbu.

*By: Eric A. Ford  
Yoseikan Hombu*

# 2008 MARCH CLINIC



Sensei Chisenhall has some words of advice for the young USCK members

Tasha Payne in the foreground demonstrates excellent knee lift





Renshi Sherry Kembre and Cindy Roszell

Beshears Renshi helps keep the front leg rooted



Sensei Warren Pochinski

## ANNOUNCEMENTS

### Birthdays:

Don Schmidt January 10<sup>th</sup>  
 Joe Petty April 4<sup>th</sup>  
 Matthew Scott April 5<sup>th</sup>  
 Beverly Banks April 9<sup>th</sup>  
 Russell Banks May 20<sup>th</sup> 60 years old!  
 Willie Elliot July 17<sup>th</sup> 60 years old!

### Anniversary:

Hanshi and Okusan Dometrich June 6<sup>th</sup> 53 years!

### Get well wishes:

Terry Valentino, Koshin ha Chito-ryu, recovering from shoulder surgery

### Condolences:

Alex Mackenzie, Koshin ha Chito-ryu passed away February 20<sup>th</sup>  
 Cherie Stapaniak Reed. Yoseikan Hombu Ni Dan from the 60s and 70s passed away October 5<sup>th</sup>, 2007  
 Elmer Wellbrock, Father of John and Jerry Wellbrock, May 30<sup>th</sup>

### Congratulations:

Eric Ernest, Graduated from Northern KY University on May 10<sup>th</sup>, 2008 Bachelor of Arts in Psychology & Political Science.

Hanshi William J. Dometrich, was promoted to 9<sup>th</sup> Degree Black belt in a ceremony in Kyoto Japan on April 30<sup>th</sup>, 2008 in conjunction with the World Butoku Sai at the Butokuden in Kyoto. The promotion was announced by Tesshin Hamada International director of the DNBK and endorsed by the DNBK Honbu Sosai Higashi Fushimi Jijo through his son Deputy Sosai Higashi Fushimi Jiko. Hanshi Dometrich is the first ever non Japanese to receive this unprecedented honor by the Dai Nippon Butoku Kai.

### Dojo Visit:

Tessa McAnnaly, from Terry Valentino's Koshin ha dojo in Pittsburgh visited the honbu and participated in Black Belt class on February 2<sup>nd</sup>.

Shahryar Tork, Sho-dan of Yoseikan II Cincinnati trained and help teach at Yoseikan Taka no ko Dojo in Louisville over summer break from medical school during the month of May.

Cyna Khalily and Mina Ludwig visited Terry Valentino's Koshin-ha Dojo in Pittsburgh June 20-22

### Regional Test Board:

#### January 10, 2008 - Cincinnati, OH

San Dan: Paul Knecht Kama Yama Yoseikan  
 Ni Dan: Theresa Wardrup Kama Yama Yoseikan  
 Sho Dan: Nazanin Tork, Yoseikan II  
 Sho Dan: Sharhyar Tork Yoseikan II  
 Doug Lutterloh: ShoDan, Yoseikan II

#### March 15, 2008 - Yoseikan Hombu

Ni Dan: Shawna Lingo Yoseikan Anderson  
 Sho Dan: Adam Kramer Honbu Dojo  
 Sho Dan: Chad Bauer NKU Yoseikan  
 Ik Kyu: Renea Dunn Ft. Bragg Yoseikan

### Travel:

36 DNBK members and three companions traveled to Kyoto, Japan. These members participated and demonstrated in the Third World Dai Nippon Butoku Sai. There were 30 Chito-kai members, 4 Shotokan, 1 Goju-ryu and 1 Shito-ryu stylist.

### AAU State Tournament:

#### Honbu Dojo:

Adrian Banks: 3<sup>rd</sup> Place Kumite Brown Belt Youth Division  
 Jasmine Johnson: 1<sup>st</sup> Place Kata. 2<sup>nd</sup> Place Kumite Green Belt Youth Division

### 9th District Yoseikan:

Dominique Rone: Placed in Green Belt Division  
 Diontae Rone: Placed in Green Belt Youth Division

### Yoseikan of Napoleon:

Keith Rewcke: 1<sup>st</sup> Place Novice Kata, 1<sup>st</sup> Place Novice Kumite

### Chicago Regionals:

Keith Reweke: 3<sup>rd</sup> place Novice Kumite.

### Future Events:

Shochugeiko July 26<sup>th</sup>  
 West Va Camp August 30<sup>th</sup>  
 U.S. Chito-kai Annual seminar, Yudansha testing, Banquet October 18, 2008

*In the announcement section, we can only include the events that we are aware of. If there is something that needs to be announced please bring it to the attention of the Editor.*