



Chito-ryu Karate-Do



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

Spring Clinic 2005

A Special Celebration for Hanshi Dometrich's 70th Birthday



Every March the US Chito-kai holds a clinic and banquet in celebration of Hanshi Dometrich's Birthday. This year marked a special milestone in that Hanshi turned 70 years old. What better way to celebrate than a weekend of Karate training among extended family and friends?

The 80+ participants fit comfortably in the new multipurpose room on the NKU campus. This year there were a few special guests in attendance: Shihan Lloyd Johnson, with 6 of his students from Louisville and New Albany, Sensei Robert Brown, from Danville, KY, Sensei Ronald Beshers, of Elizabethtown, KY and Sensei Kamau Akil Chukwueneka of Louisville, KY.

Hanshi personally taught the entire clinic. He started the group off on a few basic drills for warm-up and then moved into basic Chito-ryu exercises and more advanced stepping drills such as hanten and rinten turns,

tsuki kaeshi and dachi no waza as well as the kihon dosa kata. The nature of these drills all had the common theme of "Tenshin" or body turning and pivoting. The remainder of the clinic was spent in partner drills. Hanshi explained that the pillars of karate are Kihon, Kata, and Kumite, and to that he adds Kai Setz. Expounding on the theme of body turning and kai setz we started with the hanten ho – or half body turns. From there we progressed to the rin ten ho – or full body turns and then onto te ho doki. The basic concepts of these exercises are universally applicable so that everyone had something to practice. The non-Chito-ryu practitioners caught on quickly and were able to get a taste of what Chito-ryu is all about. The partner drills also gave everyone the opportunity to train with each other, renew old acquaintances, and form new ones.

At the end of the clinic we were treated to kata demonstrations by a few of our guests as well as a reprise

of a couple of the Dai Nippon Butoku Sai performances. All participants received a comprehensive handout that illustrated everything covered in the clinic as well as the henshu ho. As a special birthday tribute to Hanshi, Sensei Mina Ludwig closed the clinic with a performance of Hanshi Dometrich's kata *Chokusen*.

That night we gathered for a catered banquet at Hombu, the place was definitely filled to capacity. There were many well wishes for Hanshi's birthday. Kyoshi Hawkins made a nice introduction with a plethora of factoids regarding 1935 – a lot of stuff happened that year, but most still agree the most significant event was Hanshi's birth. There were lots of gifts and cards, the theme this year seemed to be an effort to finance Hanshi and Okusan's wanderlust, with the rising price of gas these were good gifts. Always with a little bit of selfishness though, everyone wants them to visit their town and Dojo! All in good time!



EDITORIAL

We hope that you notice some changes (for the better) with this issue of the *Chito-ryu Karate-do*. Hanshi and Okusan's son William Dometrich, Jr started the paper 40 years ago and it has been a labor of love for Kyoshi (Okusan) Dometrich since that time. As with most things she has endured without complaint and without fail, but largely without a lot of help. This newsletter has been in continuous publication longer than I have been a member of the USCK, so it is with great humility that I have been afforded the opportunity to contribute in some small way to it's evolution.

The purpose of this Newsletter is simple: To enhance the exchange of information regarding Chito-ryu Karate-do and the US Chito-kai to members and interested parties in a paper based format. To that end we have instituted a few changes. The most obvious is a new format that we hope will be more aesthetically pleasing and user friendly.

Recurring features will include: Recent and upcoming events, Instructor and Dojo Profiles, Founders Forum, Hanshi's Corner, Chairman's Message, Points to Ponder, Historical Research, and any USCK happenings of interest. The Newsletter will be published quarterly to coincide with (and hopefully be available at) the Spring Clinic in March, Shochugeiko in July, the October Clinic/Banquet, and Kangeiko in January. Articles of particular interest may appear both on the national website www.chito-ryu.com and the Newsletter, but there will also be content unique to each.

The Newsletter will continue under the guidance of Okusan Dometrich as Editor-in-Chief with help from myself as Assistant and Managing Editor and Mina Ludwig as regular Staff Writer. In addition we encourage and expect contributions from any and all USCK membership, be it voluntary or proscribed. If you find it interesting it is likely that the rest of your organization will too! Your submissions should be emailed to Okusan or myself - no paper please.

This publication is meant to be inclusive, more is better, so let your voice be heard.

Let us know what you think.

*Cyna Khalily, MD
Assistant Editor
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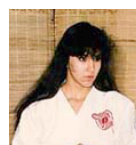
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HANSHI'S CORNER

WHAT IS YOUR MOTIVATION ?



It seems like a simple, straight forward question. Yet it is not as simple as you might imagine. What is your motivation for joining the United States armed services? What is your motivation for choosing your employment or profession? What is your motivation for choosing a certain neighborhood or a certain Martial Arts School?

The motivation to join the Service might be loyalty to the country or

you that have family member who served. To choose a profession or a specific employment could be that it seems like a good job that you would enjoy, or your father was one, etc. To select a certain neighborhood could be just chance or it could be because you like the schools, convenience to work, etc. Now what about a Martial Arts school? "It is close to my home" or "I know about the style" or "I have friends who go there" or "I met the Instructor and he seems like a no-nonsense type of person". How many of you have ever joined the Armed Services and wanted to be Chairman of the Joint Chiefs? How many of you ever started your employment in order to be the Chairman of the Board? How many of you moved into a new neighborhood because you planned to become the Mayor?

And how many of you joined a Karate school and said "I will be the Head Instructor in a few years"?

In most cases, the answer to all of the above is "almost never". We become what we become through a series of events of which our lives are eventually composed.

What if we do not become a general, a chairman of the board, the town mayor, or the head of the karate organization? Do we quit our job, quit the service, move out of town, or quit the karate school? Most don't. They stay, work, struggle and train: most do, but unfortunately, not all.

What is your motivation??

By: William J. Dometrich, Hanshi

Instructor Profile - Shihan James Matthews



- Born 1/12/42 Cincinnati, Ohio
- 1962 - Started Chito-ryu in Covington Ky.
- Instructor - William J. Dometrich, Hanshi
- 1968 - Married Katherine Smith of Clarksburg, WV.
- 1970 - Started his first Karate Dojo in Clarksburg, WV.
- 1979- Transferred to West Palm Beach, Fl with Pratt Whitney Aircraft Co.
- 1980 - Established Chito-ryu dojo in West Palm Beach, Fl.
- 2005 - Retired from Pratt Whitney and relocated to Kernersville North Carolina where he plans to continue Chito-ryu.

Shihan Matthews is a member of the United States Chito-kai board of Directors and is a permanent member of the Judicial Committee.

The United States Chito-kai and the Dometrich family are honored to have a student like Shihan Matthews in the organization for so many years. He has continually worked very diligently to assure the success of the organization. His loyalty and dedication has never wavered



AUSPICIOUS BEGINNINGS



'Auspicious' may be defined as 'giving promise of good fortune.' It is a good word to use around the Spring Equinox. At a time of renewal, reaffirmation and rebirth, one should look positively toward the future. Before the karate festivities on Saturday, however, there was business to attend to secure the future of the U.S. Chito Kai.

Friday evening eighteen Shihans and dojo heads and their guests were honored to attend a dinner hosted by the President of Northern Kentucky University in honor of Hanshi Dometrich.

The Dean of Professional Studies for Northern Kentucky University graciously welcomed us all. Among the presentations, the Vice President for Academic Affairs presented Hanshi with a plaque from the President of NKU which exulted Hanshi's fifty years of teaching and passionate devotion to passing on O-Sensei's legacy. The President and staff of NKU congratulated and thanked Hanshi for his lifelong contributions to his students, and for his civil service to the community and to the United States of America.

Kyoshi urged us to keep our cup empty. There is more to learn if you remain open and flexible. Shed the concept of 'entitlement' and devote yourself to training. Frustrations, plateaus, conflict and the like are inevitable. After all, the course of human relationships never runs smoothly. Each of us, however, is charged with the responsibility of self-mastery.

Our Vice Chairperson, Renshi Kembre, presented an antique DNBK medallion along with a letter of good

wishes and praise from Hanshi Hamada, Chairman of DNBK International Division.

We also heard from Shihan Matthews who echoed the sentiment that hard work and devotion have their own rewards. We are the beneficiaries of our own travails and can pass this wisdom and benefit on to the next generations.

We were all back at 8:30 am Saturday morning for a historic first meeting of the U.S. Chito Kai Board of Directors. The Board of Directors is a new entity which combines the Shihan kai and the Shibu kai. A quorum of the Board of Directors was present, with representatives of dojos from Kentucky, Ohio, Virginia, Florida and West Virginia.

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AUSPICIOUS BEGINNINGS CONT..

We spent two hours reading and discussing at length the new Constitution and By Laws. These governing documents will be made official in their final form in October. It was an extremely productive meeting in which questions and comments were welcomed and addressed, yielding genuine satisfaction for all in attendance.

The official business of the day was to vote on all persons currently holding office. Hanshi administered the oath of office to myself and Shihan Matthews, as members of the judiciary. I had the honor of administering the oath of office to my teacher, Kyoshi Hawkins for the office of Chairman. He, in turn, had the honor of administering the oath of office to his teacher, Hanshi, for the office of Chief Instructor. He also administered the oath to Okusan as Chief Administrator and to Renshi Kembre as Vice Chairperson. Finally, the entire Board gave their oath. Everyone recited the same

oath which stated in pertinent and memorable part "On this oath, I stake my honor."

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



POINTS TO PONDER - TECHNICAL PEARLS

MA-AI (MA) - Distance, or more accurately - correct distance

Judging distance is something we do unconsciously every day. You reach for a cup, door handle or keys and accomplish the act easily. How about parallel parking on the street? Miss going between other vehicles and you may have a few fenders dented and a nice repair bill. Misjudge a step going up or down stairs and prepare for a bruise or two, or worse.

Within our karate training a misjudged technique can cause injury to a fellow student. MA-correct distance, is vital

With the performance of our technical skills, be it a punch or kick, we have to keep in mind "is it effective, will it work"? One factor required in determining effectiveness of a technique is distance. Too close to a partner or opponent and we don't build up the speed within required distance to effectively stop our target: it is somewhat smothered. A bit too far, and no matter how strong our technique the power is dispersed on the surface, not into the target, as required. We are striving for about 4- 6 inches of penetration with the power we generate. Sanbon kumite is an excellent series to start working with partners on done slowly to start to teach proper distance. Always focus to a target point - head or solar plexus - giving your partner a good attack so they are able to practice good defensive skills. With time and practice pick up speed - always keeping in mind the goal. Ponder distance.

Just a point to ponder as we train in our Chito-Ryu.

*By: Michael Colling, Renshi
Yoseikan Nova Scotia*



LEARNING TO PLAY VIOLIN (A FISH OUT OF WATER)



For the last Black Belt class of the season, we had the pleasure of guest instruction from Master Mak Lau. Sifu Lau will celebrate his 80th birthday this year, and for well over 50 years he has been studying Chinese Gung fu – in particular Tai Chi Chuan and Chi Gong. There is a long standing friendship and mutual respect between Hanshi Dometrich and Sifu Lau, so this was a long overdue and welcome privilege for the US Chito-kai.

Master Lau drew the analogy that although we may all be concert pianists, and no one would argue that the piano makes beautiful music, he was a virtuoso violinist and would show us that the violin is also capable of producing a beautiful, albeit different, melody. He said that the mysterious and mythical connotations associated with Tai Chi Chuan are simply not true, and that Tai Chi Chuan is very straightforward. Tai Chi Chuan not only involves physical exercise, but also improves balance, breathing, strength, coordination, discipline, and most importantly sensitivity. Of course there is a Martial aspect also that is missing from other forms of exercise. Master Lau treated us to a short demonstration of a portion of a Tai Chi Chuan form, the untrained eye would perhaps be unimpressed, a fact that does not escape Master Lau. He elaborated that performing the techniques in a slow controlled manner, with the knees bent the whole time, will prove challenging to any well trained athlete. He also explained that the slow movements and concentration help develop sensitivity, both spiritually as well as physically, the Tai Chi Chuan adherent can “feel”. The Martial application of these “slow motion” techniques are summed up in the ancient Chinese saying “gather your power like pulling a bow, release your power like releasing an arrow”. So, points out Master Lau, the slow movement represents a gathering of power, like

continually winding a spring, and it the space of a heartbeat the power can be released.

Master Lau put to bed another mysterious connotation, that of Yin and Yang – no mystery explains Master Lau, it is simply convenient Chinese terminology for opposites – Light and Heavy, Up and Down, Bright and Dark. Only by knowing the Soft can one really know the Hard. The entirety of Tai Chi Chuan is based on the concept of Yin and Yang.

Master Lau then treated us to a demonstration of “Sticky Hands” exercise, with the assistance of his students Renshi Beshears and Mr. Ed Bunch. Master Lau briefly touched on the concept of circular power – deflect, redirect and return force. He also demonstrated a movement very similar to our own Tai Sabaki #2 with a counter attack. “It might not look like it, but Master Lau has a lot of power”.

Then came time for the class of well-trained, high ranking Karate-ka to try out the techniques. Fish out of water. Think it is easy to demonstrate “soft”? Not when the majority of your training has been about speed snap and kime. Think the steps of the Tai Chi Chuan form are simple? Do it slow, with correct posture and knees bent and your quadriceps muscles will tell you different. And think Sticky-Hands looks easy? Forget about it. A taste of Tai Chi Chuan not only gave us all more respect and insight for “playing the violin”, it also reinforces our humility and Sho Shin “beginners mind”. The Piano is great, but there is a whole orchestra out there, thanks to Hanshi Dometrich and Master Lau for introducing a bunch of fish out of water to the violin!



By: *Cyna Khalily, MD*
Yoseikan Taka no ko, Louisville, KY



ANNOUNCEMENTS

Wedding Anniversaries:

- *June 6* - Hanshi and Okusan Dometrich - 50 years - Founders of US Chito-kai
- *June 11* - Cyna and Shawna Khalily - 11 years - Yoseikan Taka no ko Dojo Louisville
- *July 17* - Russell and Beverly Banks -35 years - Honbu Dojo

Weddings:

- *April 2* - Carlton Broadus & Mariel Rodriguez Yoseikan II Cincinnati, OH
- *June 25* - Mark Chisenhall, & December McIntire - Honbu Dojo

Birthdays:

- *July 4*, Renshi Jerry Beshears - Honbu Dojo
- *July 5*, Renshi Manual Byers - Honbu and Kama Yama Dojo

Expecting:

- *August 2005* - Todd and Kari Dugan- Lincoln Ill.

Congratulations to Graduates:

- Kira Kembre, Daughter of Shihan Sherry (Dometrich) Kembre graduated June 4th, 2005 in the top percentile of the class of 560 students from Lakota West High School in West Chester Ohio. Out of many offers, Kira has chosen to attend the University of Cincinnati in the fall 2005 and will study Mechanical Engineering.
- Hing H. Cao graduated from Northern KY University May 4, 2005 and received the Presidents award from President James Votruba, Hing is a green belt and a member of the NKU Chito-Ryu Karate Club.

DNBK Certifications:

Presented by Hanshi William J. Dometrich, DNBK Midwest Representative, March 19, 2005

- Ronald Breshers - E-town Ky. - Shito-ryu - Ni-Dan
- Robert Brown - Danville, Ky - Goju- Ryu - Go-Dan

Dojo Visits:

- *May* - Jessie Hughes from the Honbu visited, Yoseikan Dojo II Orlando, FL
- *May* - Wes Ernest from the Honbu visited Yoseikan Dojo II, Orlando FL
- *May 19/20* - Renshi Wellbrock from the Hombu visited Charlottesville Yoseikan

- *June 3/4* - Kyoshi Hawkins and Sensei Mina Ludwig from Yoseikan II, Cincinnati visited Charlottesville Yoseikan
- *June 9 - 12* - Renshi Michael Colling from Nova Scotia Yoseikan visited the Honbu to attend Hanshi and Okusan Dometrich's 50th Anniversary celebration.

Regional Black Belt Test Results:

- *February 10* held at Yoseikan II, Cincinnati, Ohio: Promoted to Sho Dan Ron Emery, Carol Hays, Kathleen H. Emery, MD,

Tournament Results:

- The Charlottesville Yoseikan participated in this years AAU State and Regional tournaments. The following students were awarded Gold medals for Kata: John (Jack) Little, Richard Rike, Lindsay Middlemas, Emma Gage, Matthew Fornaro and Patrick Keese. Silver Medals were awarded to: Emma Gage and Patrick Keese in Kumite. Gold Medals went to Rebecca Cain, Shannon Cain, and Caitlyn Cain for Kata, and Colin Bruguere, Shannon Cain, Rebecca Cain, Patrick Keese and Matt Fornaro for Kumite.

New Dojo Chief Instructor:

- Sensei Ed Vitek has been appointed as the new Chief Instructor of the West Palm Beach Yoseikan by the National Organization since the dojo founder Shihan Matthews has relocated in North Carolina.

New Website:

- Sensei Linda Gage and the Charlottesville Yoseikan have a new website www.cvilleyoseikan.com

Upcoming Events

July 23 2005

Summer Camp

~ Big Bone Lick State Park, KY

August 12 -13 2005

West Virginia Camp-out

~ Audra State Park, WV

October 22 2005

Annual Clinic, banquet and National Test Board

~ Northern Kentucky University



YOSEIKAN TAKA NO KO HOSTS DAVE LOWRY

On April 2, a small group of budo-ka were all very excited to meet, greet and train with Dave Lowry. Sadly, given the confines of the small training area at Yoseikan Taka no ko Dojo in Louisville, we were able to fit only 16 participants. Those in attendance included Karate-ka, Aikido-ka and Jujutsu-ka making for an eclectic mix of experience. What a great opportunity to meet someone whose writing I have admired and enjoyed. Mr. Lowry is one of the least pretentious budoka I have ever had the pleasure of meeting. Perhaps some of you are cringing in that I refer to him as Mr. Lowry instead of Sensei Lowry. Having read a good bit of his work, I knew going into the seminar that he does not like to be called Sensei. His student, Jeremy, who made



the journey with him, calls him Dave. There are any number of reasons why Mr. Lowry would say we should not go around, willy-nilly, calling people 'Sensei' just because they wear a black sash around their waists. As with most of what I have read from Mr. Lowry, I tend to agree. This is just one example of his unpretentious and humble demeanor. It turns out that Mr. Lowry and his students train outside year round. He did not brandish as any big deal or at all illustrative of great discipline or perseverance. As Mr. Lowry's student Jeremy said, 'If it's really, really cold, we'll wear light shoes. We aren't stupid or anything!' Hanshi and Okusan also kindly made the trek from the Hombu after their morning class. Obviously, Shihan Khalily was more than honored by their first visit to his school. Everyone, from all disciplines, were pleased to see/meet them. The day began with a demonstration from Brian Barnes and

his Hontai Yoshin Ryu (jujitsu) students who train a couple nights a week at Taka no ko. Next, Yoseikan Taka no ko and Yoseikan II Cincinnati demonstrated a variety of kata and hen shu ho. We then moved on to instruction from Mr. Lowry. The subject of the clinic was "Budo principles, as applied with the bokken." My first problem was that I neither owned nor ever handled a bokken. I have enough difficulty with empty hands. I had my doubts about how much I would be able to benefit from a single session of practicing with a bokken. Wrong again.

As Mr. Lowry pointed out, use of a weapon can accentuate your empty handed technique. The weapon inevitably magnifies mistakes, making latent errors manifest. The entire session was a good opportunity to work on proper body alignment and footwork. Mr. Lowry had us working on very basic movements and techniques like shomen uchi. Keep in mind, words like 'basic' and 'simple' should be translated as 'nearly impossible to do consistently correct let alone well'. If it's any indication, I'm still trying to hold the bokken correctly. (But, there is a saying that it takes three years to simply learn how to properly hold the bokken). Throughout the training, Chito-ryu students were able to appreciate a familiarity with suri ashi, han ten, kosa and kagi dachi. Also familiar territory was the emphasis on basic principles of erect posture, as well as initiating and finishing techniques within the natural range of motion.

Mr. Lowry and Jeremy treated us to a demonstration of two koryu: Shinto Muso Ryu (jo) and Yagyū Shinkage Ryu (kenjutsu). Throughout the demonstrations, Mr. Lowry served as uke to Jeremy, thus allowing his junior to have the superior position and the spotlight so to speak. As he explained, he would be derelict in his duty if he put his junior in position of danger or harm. We certainly appreciate Jeremy making the trip to allow for this historic first demonstration of Yagyū Shinkage Ryu in the Commonwealth of Kentucky.

I think Mr. Lowry would want us to take away at least one prevailing concept: "Ichi go, ichi e" - one encounter one chance. We would be well served to remind ourselves that in each thing we do, there

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DAVE LOWRY CONTINUED ...



must be “mini perfection” and a mindset that it may be our only opportunity to do that one thing. Each interaction, communication, block, strike, attack and defense must be performed with commitment, integrity and credibility. Anything less

is hypocrisy in the context of the budo. Let’s strive to keep it real. This is our responsibility and the burden we accepted when we took up the budo. I constantly find myself in the presence of people who have seen, learned and done so much more than I have. It’s hard not to feel overwhelmed. At those times I try to think of the words of the brilliant 13th century Persian mystic Rumi:

*“Just because you can’t drink all that falls
doesn’t mean you give up taking sips
of rainwater. If the nut
of mystery can’t be held,
at least let me touch the shell.”*

Thank you Mr. Lowry and Jeremy for sharing with us just a bit more than we could hope to take in. The sips we took will surely last us until our next encounter.

By Mina K. Ludwig, Esq

TEACHING KARATE TO CHILDREN The Physical Aspect Part 1 of 3

As far back as documentation of martial arts exists, there is evidence of children participating in the martial arts. In fact, Dr. Tsuyoshi Chitose, the founder of our style, began his training at the age of seven. In his article, “Why Study Karate?”, William J. Dometrich recognized the suitability of Karate for a range of ages and the need for different curriculum and expectations based on development. He states, “It is erroneous to think that karate is only for the mature young man. There can be found in karate a curriculum suitable to both the very young whose bodies are not yet developed and for the elderly who wish to retain their flexibility.” Teachers of Karate should keep in mind that children move through a series of

developmental tasks, or stages. These stages include physical and emotional/mental achievements. Although children move through these developmental tasks at different rates, it is important that Teachers of Karate have a working knowledge of basic child development and structure the lessons for children accordingly. Karate training sessions can take



place either in a mixed child/adult format, or with children alone. A

class with children alone has the benefit of allowing the instructor to meet the unique needs of children. A mixed age class, on the other hand, allows children the benefit of being able to observe teenagers and adults executing the same techniques. Moreover, all youth need strong role models. Many adults in a Karate class can take on this responsibility. Because most youth under the age of 6 or 7 do not have the attention span or self-control, and physical coordination and stamina are still developing at this age, it is recommended that youth under the age of 7 not participate in adult classes. Not only will the class likely be difficult (and highly

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TEACHING CHILDREN CONT...

frustrating) for the child, the child's presence may very well take away from the training of everyone else in the class. It should be noted, however, that there will be exceptions. Some children develop these skills at earlier ages, whereas others develop them at later ages and may not be ready for an adult class until they are 9 or 10 or 11.

Like adult workouts, children's workouts should be filled with repetitions. In addition, Teachers should keep in mind that a child's ability to conjure up an imaginary opponent at all times may not be as well developed as an adult. A child should be given a target as much as possible to hone the sense of an imaginary (or real) opponent, experience the feeling of speed, power and focus, as well as to reinforce appropriate target areas.

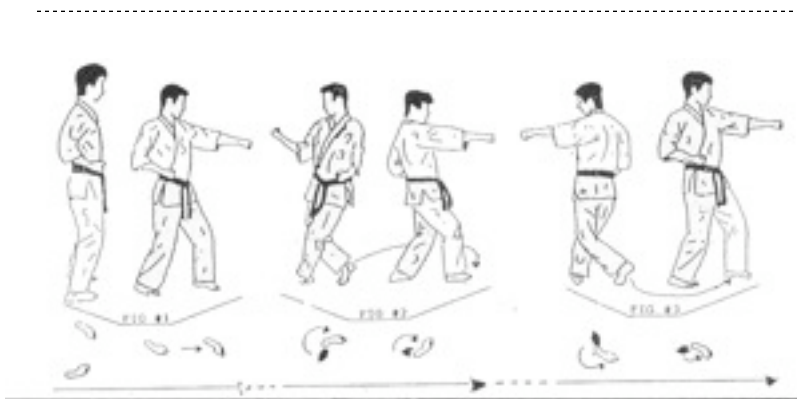
Hard physical training is imperative for the development of the proper psychological and spiritual mindset, but this hard physical training requires that it be framed and engaged in with the correct attitude, intensity, and objectives by the Teacher. While it is not healthy to push a child student to the point of physical collapse, a Teacher can stress developing the "non-quitting spirit" - doing that extra sit up, extra push up, or extra exercise, or holding a stance even when it is painful.

Children need frequent positive feedback. If a Teacher wants a child's technique to improve, she must shape it. For example, if a child is having a difficult time raising her foot to her knee prior to executing a front kick, the child should be told what the expectation is. If on the very next kick, the child raises her foot to 2 inches below the knee, the Teacher should loudly praise,

"Great job! Keep it up!" and offer further encouragement, "Make the next one even higher!" The closer the child gets to reaching the goal, the more exuberant the Teacher is with the praise.

Karate Teachers should keep in mind that children often begin Karate as they would begin any other "sport". However, there are distinct differences in Karate vs. traditional American sports. For example, there is not a season to Karate - it happens all year long. It may be difficult to maintain a child's enthusiasm and interest as a result. It is not unusual for youth to experience variations in their level of interest in participating in Karate over time. Some of the discussion in the next newspaper will focus on "training of the mind" which will aid in the youth's commitment to the martial arts.

*Laura Stith Deck, PhD
Yoseikan II, Cincinnati, OH*



TECHNICAL TIP

Rinten - Hanten (360 degree back turn) are performed using in-line (chokusen) Seisan dachi. The Rinten (full circle) begins with an oi tsuki followed by a turn in the direction of the rear foot (pivoting on the front foot) turning 360 degrees and then punching with the opposite hand. the Hanten (half circle) turn is then performed turning in the opposite direction.

- Keep the back straight at all times.
- Use the hips to implement turning of the body.
- Keep the weight (center) low, both physically and mentally.
- Lock the stance upon impact to increase Kime (kinetic energy).
- Use the torque of the hips to add speed and body mass to the technique.



FOUNDER'S FORUM

Today I would like to address the topic of Shibu (branch) dojo. Where do they come from? Do we keep them at any cost? And why aren't there more of them?

1 Where do they come from?
Often, members of the organization move to another location they seek permission to start a dojo. Sometimes former students of Chito-ryu "come home" to their historical roots and apply for membership. There are occasions when an Instructor of another style may have heard of our style or have observed and trained with us and would like to become Chito-ryu. Maybe their organization is no longer in existence or they lost their Instructor for one reason or another. Sometimes such individuals apply for membership to the United States Chito-kai.

2 Do we keep them at any cost?
The answer is NO! There are many reasons that we would not keep them in the United States Chito-kai: The Dojo Branch Chief Instructor does not follow protocol such sending in the monthly reports on time. Does not participate in special training sessions during the year such as Black Belt classes, Shochugeiko, or Kangeiko; you just never see them. Sometimes it becomes a financial burden and so the Instructors do not register their students with USCK. There are Instructors who just like to cause trouble and be a "devil's advocate" and it causes discontent in the organization. Lets face it, some Instructors are just not team players, so why have them around?

#3. Why aren't there more of them? Good question. Some Instructors quit training: some have personal problems, health issues, or family responsibilities. Sometimes once they establish a school the financial burden is too much and they can not pay the rent, utilities, insurance, etc. You might wonder what money has that to do with it? Well if you can't pay the rent or utilities, then there is no building, and no students.

It has been asked why more Hombu Instructors are not out starting dojo's. At this time we do have several of the Hombu Instructors who also teach outside of the Hombu. What isn't realized is at the Hombu many of our Instructors are older, nearing retirement age, and do not want the responsibility of their own Dojo at this stage of their lives. These Instructors give of their time to help maintain the Hombu, accepting responsibility to teach classes on a rotating schedule. If it was not for these senior Instructors the Hombu would not exist as it does today.

I don't think any of these senior students joined the Yoseikan Dojo with the idea that they wanted to run a Karate school, they came here just to learn a Martial Art and train. We do understand that the way to grow the organization is to establish new schools, and we are, but for the right reasons. There are junior instructors coming up, so there will be new dojo's opening in the future

We can not and will not order any student to go out and start a branch dojo. Some organizations do this, but we will not demand this of our students.

In the past, former students have faulted Hanshi and I for not opening up more branch dojo's yet some of these same people did not make any attempt to do so themselves!

Opening a dojo is not an easy task, you must locate a building, pay the telephone bill, utilities and insurance, go to class when you are not feeling well, you must be there regardless if any students show up or not, many times you are there all alone. It looks easy from the outside looking in. The United States Chito-kai is growing, we will continue to grow and grow soundly. Do we have goals? Yes we do! And when we reach them we will set new ones.

If anyone wants to start a branch school contact the Hombu. It isn't easy, but once we explain the benefits and pitfalls, if you are up to the challenge, perhaps we can help you establish a Shibu Dojo.



*By: Okusan Barbara E. Dometrich
Co-Founder United States Chito-kai*





COMMITMENT



Webster defines commitment as the state or instance of being obligated or emotionally impelled; also the act of committing to a charge or trust. Hanshi and Okusan Dometrich personify these definitions. For never have I seen anyone more committed the charge of loving and caring for each other than Hanshi and Okusan.

Their story begins on June 6, 1955 when Barbara Ellen Webster married William Joseph Dometrich in a small church in West Virginia. How amazing that these two people would know that they had found their life partner after such a short courtship. Their marriage has seen many joys and more than their share of sorrow, they moved from their home in West Virginia in search of work and traveled the world for karate, yet they have remained steadfastly committed to each other.

Sherry Kembre and Devorah Herbst felt that such commitment should be celebrated. So on June 11, 2005 they hosted a 50th Anniversary celebration at the Hombu. The dojo was transformed in a glitter of gold and white, tables and chairs were lent to the

school by Covington FOP, muscle was provided by available karate-ka. Spaghetti and meatballs, salad, antipasto and Italian bread came from Pompillio's and were served by Jean Davis, Kathy Webster, Cindy (Webster) Roszell and Mark Morita. To top everything off Yoseikan II Cincinnati provided a chocolate and white wedding cake (I understand that transporting the cake was a little nerve racking). Martha Ford again baked her award winning brownies. There was music and a special dance for Hanshi and Okusan as they danced to their song, Lara's Theme, from Dr. Zhivago. Presents were given as a token of love and respect for the happy couple and many stories were told about how they happened to start dating (it has something to do with a TV set) and their many adventures since marrying.



Sherry provided them with a Dometrich vacation survival kit amid a great deal of laughter. There were students from out of town, out of the country, and out of the past. It was a great opportunity to visit and share good times.

It was wonderful to witness such commitment between two such special people and to know that they have been as committed to us, their students in karate, as they have been to each other. My greatest dream would be to accomplish a part of what they have together. Happy 50th Anniversary to Hanshi and Okusan and may you have many more.

By Kathy Webster

"Watch your thoughts - they become words,
Watch your words - they become actions,
Watch your actions - they become habits
Watch your habits - they become your character
Watch your character - it becomes your destiny.

Be meaningful and focused!"

Dr. Ron Kluger
International Budo Academy, Israel

