



Chito-ryu Karate-Do



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March 17th, A Birthday Party to Remember in Chito-ryu

On March 17th, 2007, the annual USCK karate seminar and dinner were held in honor of Hanshi William Dometrich's birthday. The seminar was held at Northern Kentucky University. Over 87 karate-ka and guests gathered in the Regents Hall gymnasium to participate.



Hanshi demonstrates Shiko Dachi dos and don'ts

Class began with warm ups conducted by a fellow budoka Kamau Akil Chukwueneka, a Gojo-Ryu stylist and DNBK member. We warmed up further with renzoku waza, moving up and down the deck. After basic warm-ups concluded, the class was split up with Renshi Jerry Beshears and Sensei Don Schmidt teaching the white through green belt adults, and the kids working with Renshi Jim Matthews, Sensei Connie Kramer and Sensei Cindy (Webster) Roszell. Seeing Renshi Matthews teaching again was also a treat. Recovering from serious injuries due to a car accident, he has finally been able to train and teach in his new location in North Carolina. Before the seminar, he had a gaggle of kids around him, already conducting a mini-seminar. If you want to find Renshi Matthews, just look for a crowd of kids surrounding a big strong guy with a heart of gold.

Renshi Beshears had his class working on moving their center and feeling how to generate power from the center. What stood out in the minds of the Florida mudansha who have just started karate training was the idea of working on hips to punch, keeping the elbows in and the stomach tight; great concepts for any belt level. Another student was impressed with the kicking - as it was only his second karate class ever, he was thrilled by it all.

The brown and black belts were instructed by Hanshi Dometrich; with assistance from Kyoshi Hawkins and Shihan Khalily. These advanced students worked on kicks; using the kicking sequence from Kihon Kata Ni (front, side, round and back kicks). Then we paired up to help focus these kicks on proper target area, and continued kicking deck drills in this manner. All the while Hanshi challenged us to do better, keep better balance, have better target awareness and use more speed. We then worked Seisan kata with Hanshi giving a lot of teaching points during the session. As this is our signature kata in Chito-ryu, it is always good to take away points of refinement. Each of us internalize the instruction a bit differently, but for me, some key points were keeping straight posture, making sure seisan stance has proper distancing, and keeping body offsets correct (don't overrotate for example).

The next segment focused on fighting techniques, first using different stepping movements to effect speed and distancing. This was a great drill to practice moving in on an opponent while delivering kicking techniques (building on the earlier kicking segment). We then expanded that to practicing counter techniques as our partners attacked. Of course no Chito-ryu advanced class would be complete without some dachi no waza drills. Special emphasis in the instruction was placed on precision of stances, including posture, how the weight is distributed, and the position of our feet and the offset of our bodies.

After four hours of great training, the seminar was concluded with our traditional group photo. As we all huddled together, I couldn't help but notice how many mudansha and kids we had at the seminar. With several new schools having opened in the past year sending students, as well as strong attendance from the core schools in the area, our next generation of Chito-ryu attendees were numerous,



Kyoshi discusses proper use of koshi

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EDITORIAL:
40th Anniversary of the United States Chito-kai

Forty years ago Dr. Chitose recognized a small dojo in a back alley as the headquarters for the U.S. Chito-kai (USCK). In 1967 the dojo was located in an alley off of Madison Avenue in Covington, KY. The dojo was known as Kushin-kan; O-Sensei renamed the school Yoseikan and gave his blessings on the newly founded organization. When O-Sensei visited the small but thriving dojo, he was impressed with the dedication of it's proprietors to develop a successful school and of the hard working students. Therefore, O-Sensei entrusted Hanshi and Okusan Dometrich as the founders of the U. S. Chito-kai.

Their mission was to continue the teachings of O-Sensei and to develop dedicated and skilled karate-ka. Over the first 40 years, the organization has grown to include successful branch schools throughout the United States and Canada. Success in this case is not measured in the amount of money that fills the coffers, but in the measure of the characters of the persons involved. One can be certain that the dojo that are currently part of the U.S. Chito-kai are of top quality in instruction, ethics, and perseverance.

Throughout the years the members of the USCK have been afforded the opportunity to travel, compete, and train with some of the top martial artists in the world. The USCK members would not have been given that gift if it were not for the efforts of Hanshi and Okusan. The experiences have helped to enrich the members' knowledge and respect for others as well as for Chito-ryu.

The USCK is considered a family. Many members have been guided and literally reared by Hanshi and Okusan. Shared experiences in the past 40 years have produced many happy memories of weddings, births, awards and the sharing of stories and experiences, as well as many sad times of losing loved ones through death and departure from the organization. Many members consider Hanshi and Okusan to be some of their closest family members; just as Hanshi considered O-Sensei and his family as his own. This personal connection has helped to guide the efforts of all members of the USCK to strive for excellence. Parents always wish the best for their children and want them to work to their fullest potential and this is true for our founders.

Just as with all families, the USCK has not been immune to strife. While the departure of past members has caused disappointment, it is a sign of growth. Each time a separation occurs in an organization it can strengthen the bond within its members and improve overall quality and development. The goal of family members is to always try to improve themselves and, as an organization, we have worked to improve everyone one within it.

The future of the United States Chito-kai looks bright. Not only are we continuing to work to keep O-Sensei's goals and dreams alive, we are doing so by training hard and living his dream. We might be a small organization but we are mighty and steadfast. Let no man stand in the way of our dreams. Let the Endless Quest continue.

By: Sherry Kembre
Vice Charman USCK

養成館=道場 国千唐流空

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and their opportunities to learn from great teachers endless.

Afterwards there was a terrific potluck dinner that included mass quantities of food. Kyoshi Dwight Holley and his wife and one of his students attended, as well as Kamau from the clinic. Attending one of these events is always a bit like a

company included), it's always great to see the people and events throughout USCK history that have helped shape our art and our organization.

*By: Jamie Binkley
Yoseikan of Orlando III*



Paul Knecht Kamayama dojo

class reunion, with visits from some of those students who are no longer training coming to pay their respects to Hanshi. Following the dinner, everyone gathered around Hanshi to watch him open presents. It was a wonderful way for the USCK family to pay tribute to this amazing man.

No matter how many times I visit the honbu, I always take time to walk around and look at all the pictures. The story contained on the walls of the honbu is rich and unique, documenting a man and his family who made history by bringing Japanese/Okinawan martial arts back to the United States. And while we never want to find a picture of ourselves with an 80's mullet hairdo (present



Justin Morris of Goju-ryu with Eric Ernest





FOUNDER'S FORUM

Sports verses Budo

I have written on the subject of "Sport Karate" and the idea of "Budo Karate" or Karate-do on many occasions. I feel so strongly about this that I am once again attempting to put into words what can't really be put into words. These are my experiences and feelings about Karate-do (Budo Karate) vs Sport Karate.

In sports karate we have "good sportsmanship", at least I hope so. In the Budo aspect of karate we have a code of ethics (and once again I hope this is true). The main difference lies in that sports karate people want to win (and this is natural for any young person) while in the karate-do (budo) aspect we strive towards a never ending goal of self perfection, self dedication. It is a practice that is not going anywhere; it is just here and now. Many times I have young sport karate enthusiasts question me regarding sport karate vs karate-do. They are very curious. Several young people who have achieved Black Belt in sports karate and who have become burnt out on the martial arts have come to me, joined my dojo and started over again. They have become good students and once again found their enthusiasm for martial arts training.

In sports karate it may be all right to arrive at the dojo late after the formal class has begun. And while anyone may be late once in awhile, the persons I am speaking of here are the ones who always come to class late so they can make their Grand Entrance. It is considered very impolite to be chronically late for class. Once a martial arts teacher asked one of his constantly late students "if you can't learn to get to class 20 minutes early, how do you expect to learn to block an attack 2 hundredths of a second early?" (*The Bujin* F.J.Lovert)

When most sports karate students hear the wooden blocks struck together at the beginning and end of class, they hear the sound they make. The experienced traditional martial arts (Budo) student and instructor hear the silence between the clicks. Therein lies the difference between the sport aspect and the martial arts aspect (*The Bujin*, F.J Lovert)

In true budo no one who has mastered himself refers to himself as "Master", only those who have not mastered themselves refer to themselves as "Master". (*The Bujin*, F.J Lovert)

Students of the martial arts may be divided into two categories. Group 'A' comes to class as often as they can. Group 'B' comes to class.

In sports karate there is a student-teacher relationship between dojo owner and those who pay to attend.

In a more traditional school it is the same as the sports oriented school *at first*. Even after many years the relationship may not change, and usually the student is at fault, for not understanding the innermost teachings of their Sensei. For those few students who do; they transcend the student-teacher relationship and enter a master-disciple relationship.

One of the major roadblocks that the western student of the oriental martial arts faces if their excessive goal orientation. This constant striving to achieve certain levels of training is more of a hindrance when it comes to the spiritual aspects of their chosen art. (*The Bujin*. F.J. Lovert)

There should be a certain "timelessness" to the method of the advanced student. In other words, they are not going anywhere, they are just going, they should have the feeling that they have always been in the dojo and will always be in the dojo. Their training is without beginning and without end. Like breathing, they do it without thought but can never stop.

Sport karate can be very interesting and has done a great deal to make karate training popular. The majority of sports competitors are between the ages eight and thirty. It is true that there are a few who compete in the senior divisions, but they are rare and in many cases gifted individuals. Karate-do can start at eight years and continue right into the eighties. There is no end.

While you may be a sports karate advocate now, sooner or later you should plan on becoming an advocate of karate-do (Budo) if you hope to obtain all that this wonderful art has to offer.

I have taken a few passages from the magazine *The Bujin* by F.J. Lovert. To my knowledge this magazine is now out of print. The issues I have are very old I have never had the pleasure of meeting Mr Lovert. I however do feel a great respect for the man, because he is a budo-ka, a man who knows, and a man who is my brother in the way.

By: William J. Dometrich Hanshi



Hanshi referees a famous match between Victor Moore and Joe Lewis at the 1970 USKA Grand Nationals



**INSTRUCTOR PROFILE:
RENSHI MICHAEL COLLING**



Name: Michael Robert Colling

Born: August 17, 1950 Halifax Nova Scotia to Arthur and Marie Louise Colling

Children: Two Son's Arthur (26) and Robert (24) both serving in the Canadian Navy.

E d u c a t i o n : Business Degree/ Certificates within the Telephone Industry.

Retired: 32 years employed by Aliant/ Meritime Tel. Co. Ltd.

Years in Chito-Ryu: Begin Training January 14, 1971 Atlantic Karate Club under Shane Higashi Hachidan, Kyoshi.

Was accepted as a member of the United States Chito-kai 1995 under William J. Dometrich Hanshi

Rank and Title: Go Dan, Renshi

Hobbies: Reading, listening to music especially older material, collecting budo books, expanding my ability to write on karate themes, travel and researching Chito-Ryu to expand my knowledge on Chitose O-Sensei's teachings.

Now in my fifth year of retirement I look forward to many trips to the Hombu to spend time training and seeing old friends. The feeling of family is what keeps us continuing in our chosen path.

What is on your Night Stand? My Bible, *Unante II* (for research purposes) *Okimawa Karate* by Mark Bishop, A new book by Joseph Svinth titled *Getting a Grip* covering 1900-1950 Judo in Western Canada and the USA.

Michael is a member of the *Karate-do Newsletter* staff. Over the years has done extensive research on Chito-ryu and Dr. Chitose. Michael travels at least twice a year from Nova Scotia to KY for training. He has a karate club in Marion Bridge Nova Scotia. In 2002 Michael traveled to Kyoto Japan with the DNBK. It is always educational and enjoyable time to visit with Michael. He is a good asset to The United States Chito-kai.

**INSTRUCTOR PROFILE:
SHIHAN WILLIE ELLIOT, EDD**



Name Willie L. Elliott

Children: Wymanette, Willye, Courtney

Wife: Deloris

Education: BA (Kentucky State University) MSW (University of Kentucky) D.Min. (Ashland Theological Seminary)

Current Employment: Northern Kentucky University Associate Professor 19 year

Years in Chito-Ryu: Began training 1966 under George VanHorne in Frankfort, KY

Rank and Title: Yon-Dan, Shihan

Hobbies: Reading, Weightlifting,

What is on your Night Stand? *The Secret; The Dream Giver; The Bible; The Best of Dave Lowry, Metu Neter*

Other Information: Elected to Who's Who Among America's Teacher 2000; Sustained Excellence in Teaching Award 2007

Shihan Elliott has been a member of the United States Chito-kai for 40 Years. He is the Chief Instructor of the Northern Kentucky Karate Club at Northern KY University. Dr Elliott is also on the teaching staff of the Hombu Dojo. He is very instrumental in helping to organize National Seminars/ National Board Meetings, and monitors and sets up criteria for the Instructors course for the USCK.

Florida Winter Getaway 2007

The cold grip was on the nation with 25 states having blizzard conditions. Okusan and Hanshi were snowed and iced in their log cabin for two weeks during the cold snap. It was in the interest of Hanshi's health not to travel during this difficult weekend but it was difficult enough at home. Hanshi started the "Winter Getaway in Florida" tradition before I started Karate training in 1981. Okusan and Hanshi's presence were missed this year and we look forward to resuming The "Winter Getaway"



event after Kyoto '08 (winter of 2009). Shihan Khalily and Cyrus made every attempt to get to Clearwater but planes were grounded and no flights were available anywhere in Florida.

The backdrop was the Hilton on the Beach, Clearwater. It was one of the warmest places in the nation but not what was hoped for. Some students took a couple of hours for indoor skydiving in Orlando. Truly a novel experience and like most things I would say our karate training helped. Back at Clearwater the usually calm Gulf of Mexico looked like the North Atlantic Sea with wind and cold. Our sunset workout on the beach we had planned for Friday night was moved inside where Kyoshi Hawkins taught an excellent class including Kihon Kata Ichi and many fundamentals. It was truly an excellent workout and training session.



Dinner party in Clearwater

Saturday morning was a cold one (in the 30's and windy) and it looked like a bleak prospect for our outdoor clinic. It was definitely something I didn't expect. Some quick adjustments were made and we obtained a ballroom from the Hilton. The clinic started at 10:00am Saturday and at noon the weather had recovered enough (in the 60's) that we went outside to the Pier

60 Pavilion as originally intended. The weather cooperated and everyone enjoyed the afternoon workout on the beach . At 2:20 we ended the clinic and began a test for 7 kyu rank students. The testing surface was rough wood (I was told later some students had splinters). The test lasted until after 5:00 pm. It was a thorough test where all students had a lot of quality time in front of the Test board. The test board consisted of Shihan Ludwig, Sensei Binkley, Sensei Acampora, and was led by Kyoshi Hawkins who taught many of the finer points of the testing process.

Dinner at a local Italian restaurant finished off the evening. Shihan Ludwig and Sensei Matt Scott were presented with t-shirts in appreciation of their efforts. At dinner Kyoshi Hawkins was presented with the "2007 Shihan Art Rott Benevolence Award" from all the Orlando area Dojo.

Kyoshi Hawkins' outstanding commitment and kindness to the southeast region has been in place for many years and it was what made the event a great success! The intangible thing that makes every U.S. Chito-ryu event great is the spirit of O-Sensei and the direct link we have through Hanshi Dometrich and Kyoshi Hawkins. Thank you Okusan and Hanshi for your support and dedication to the US Chito-kai.

By: James Acampora
Yoseikan of Orlando II

WABI SABI: KANGEIKO 2007

As I was preparing myself both physically and mentally for my first National Kangeiko, I was still unsure of the expectations and requirements of this traditional winter training. The one thing I was certain of was that I would gain valuable experience and insight from the intensive training in the unfavorable conditions.

侘 寂

This year's Kangeiko was attended by karate-ka from different schools with various levels of experience and age. We gathered around a nice dinner the night before training (courtesy of Okusan and Kathy), becoming acquainted with our traveling brothers and sisters, exchanging humorous tales and receiving some words of wisdom about winter training. As has become a tradition, Shihan Khalily spoke to us on deck about our time together and toasted each of us in turn with sake or mizu (water). By 10 o'clock the lights were out and we slept in the brisk cold, some with our gi on, anxiously awaiting the moments to come.

Wabi Sabi, translated as "the beauty of impermanence", was the theme of this year's Kangeiko. We started off with warm-up exercises with Sensei Mike Messinger. We completed hundreds and hundreds of punches and kicks. After a couple rounds of push ups, the count was perfect every time. We worked on various kata, including a new one for me - Ananko, but we concentrated on Sanchin kata and worked on using the lowest





stomach muscles to power our techniques. Going over several application ideas gave the kata new life. Not to mention, what better time to go over all 28 Henshuho several times. The instructors of Kangeiko covered a wide array of techniques incorporating both creativity and effectiveness in their teaching methods, which proved successful especially when the time had come to do the traditional outdoor barefoot run a bit after sunrise. Now it wasn't mandatory to run barefoot, but since the moment was 'impermanent' I couldn't imagine doing it any other way. Training concluded with a warm cup of green tea, which was very relaxing.

We knew this time together and our journey was coming to an end soon only from the smell of breakfast cooking (courtesy of Okusan and Kathy). As we performed Sanchin one last time, we enjoyed a surge of new energy running through our minds and bodies. Kangeiko had in fact an invigorating affect on our physical and mental states. We had undergone a training that



honed our fighting spirit and allowed us to purify the mind, overcome hardships and enjoy the moments – each one fleeting and beautiful in its impermanence.

*By: Nazanin Turk
Yoseikan II Cincinnati*

WEST VIRGINIA BIRTHDAY!

Michael Messinger turned 50 on April 5th; Jackie Cross and Kevin Drummond planned a surprise birthday party. Many students and friends along with Hanshi and Okusan attended the party on April 14th. Michael was one of the pioneers of the Clarksburg/ Bridgeport West Virginia Yoseikan. James Matthews started the original dojo in 1970 at the Clarksburg YMCA.



Renshi Matthews relocated to West Palm Beach Florida in 1979 and Michael, Kevin Drummond, and David Ash continue to carry on with Chito-ryu in West Virginia to this day.

Ten members of the Honbu traveled to West Virginia to attend the birthday party. Jackie Cross planned the party. but a few days before the party she was bucked off a horse and ended up in the hospital with back injuries. Kevin Drummond and his wife Cindy and his parents went ahead with the party plans. After the party we all went to the hospital to see Jackie, she was in pain but seemed to enjoy the visit. Jackie is going to be OK, but faces a long and painful recovery. The story doesn't end there, David Ash fell off a rock wall and broke his back a few days after Jackie's injuries. Good luck to you both.

*By: Barbara E. Dometrich
Hombu Dojo*

**“WHEN THE STUDENT IS READY
THE TEACHER WILL APPEAR”**

- Lao Tsu





BACK IN THE SADDLE AGAIN

On March 9, 2006, five of Hawkins Kyoshi's students along with Hanshi and Okusan, Kembre Renshi and Schmidt Sensei traveled to Chicago to attend the Windy City tournament. It was Yoseikan II Cincinnati's first time in attendance.



Mens Kata team

Furthermore, it had been quite some time since I or Matthew Scott Sensei had participated in any tournament....15 - 20 years by our estimations. We took with us two first-time competitors, and a student who had only ever been in one tournament. In some ways, after so long, the tournament scene had changed a lot. The essence and lifeblood of tournament competition remains the same however.

New for me and, frankly, not so very fabulous, was scoring by flags and elimination. The judges were all extremely courteous and experienced; however, the system itself is fraught with inconsistent results. No one's fault, just not an ideal system. For one thing, many of the strongest competitors were eliminated because, by bad luck of the draw, they came up against the other strongest competitors. Rather than taking second, or even third, some great talent was eliminated outright. This is trivial, however, as compared to what has remained consistent and uplifting. The spirit of shiai is stronger than ever.

One of my favorite sports competitors, Mia Hamm, said "You can't just beat a team, you have to leave a lasting impression in their minds so they never want to see you again." Well, we definitely left a lasting impression. A crew who has never, or almost never, ever competed with anyone but themselves stood shoulder to shoulder with very skilled and experienced tournament competitors. Some of our new friends compete in 10 to 15 tournaments a year. They'll remember us not just as fierce competitors, but also as ambassadors for the USCK. As always, we extended the hand of friendship to one and all - even meeting a couple of Japanese Pride fighters who were passing through on their way back to Tokyo.

Some guy I've never heard of said: "Live daringly, boldly, fearlessly. Taste the relish to be found in competition - in having put forth the best within you." It was in this spirit that Matt and I decided to tuck three of our brown belt kohai firmly under our wings and venture to the Windy City to get a taste of a tournament long supported by our co-founders. Okusan has all fifteen Windy City Tournament sweatshirts/t-shirts. One for

every year attended. In fact, the high point of the tournament had nothing to do with competition at all. Gonzales Sensei honored his friend and fellow budoka, Dometrich Hanshi, with a commemorative plaque. In his presentation, Gonzales Sensei expressed his appreciation for Hanshi's contribution to karate in the United States, and for his and Okusan's support of the Windy City tournament from the start. He also reminisced about how they had a kumite match or two in the good old days. Hanshi got his standard standing O, Okusan got another opportunity to look appropriately proud, and Kembre Sensei got her chance to get misty. Life was fairly complete at that point. But wait! There's more!

What was the final tally? Men's kumite team took silver thanks to team captain Scott Sensei and his nubile brown belt crew: Doug Lutterloh and Brad Hill. Hill and Lutterloh each took bronze for their heat in kata. Nazanin Tork took bronze in kumite, and gold in her heat in kata. All three brown belts weathered a very competitive storm. They all had to kumite with some very experienced black belts. Poor Mr. Hill had to fight at least one go-dan in the so called 'geezer' division (Hill's description, not mine). No one backed down, and all displayed great heart. Kembre Renshi and I got a sincere "You looked good out there kid!" from Hanshi and Okusan, which is better than any trophy/dust collector certainly.

It's best to remember that "Competition is the spice of sports; but if you make spice the whole meal, you'll be sick." So we won't be turning into tournament rats, but it was good to knock the dust off and show some folks what we're made of. Most of all, we enjoyed the camaraderie with the other competitors, and later with the judges and tournament officials. Everyone proved to be extremely worthy, both in and out of the tournament ring.

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

DISNEY + KARATE = FUN!

Mina Ludwig visited the Yoseikan of Orlando II while on Easter vacation with her family. A class of 16 showed up including Alan Regel from Clearwater and Jamie Binkley along with Chris Sturm from Yoseikan of Orlando III. The class lasted 3/1/2 hours and was more of a clinic than a regular workout, thanks to Shihan Ludwig's expertise. She also held sunrise workouts before hitting Disney with the family! Now that is mixing business with pleasure (you decide which is which).



At the Yoseikan of Orlando II



**NEW LOCATION FOR
KAMAYAMA DOJO**



Byers Renshi holds a scroll presented by Hanshi

WOW! What an exciting time for all the students of the Yoseikan Kamiyama Karate School. We have our own school! When Byers Renshi first told us that we were moving to a new location and knowing that this was a long time dream of his, my heart jumped into my throat and I choked-up with pride and like a kid at Christmas couldn't wait to open the big gift waiting for us.

Renshi took Sensei Dawkins, Sensei Knecht, Ik kyu Suzie Schlegel and me to the new dojo and my thoughts reverted back to our first training hall – the old firehouse and council room in Woodlawn (which was carpeted). Renshi talks about muscle memory – it's amazing how much your feet remember carpet! My personal belief is that it is harder to practice on carpet than wood flooring. Which is worse – splinters or rug burns? Hmmmm.

Our last class at the Springdale Community Center was December 20th. It was sad saying goodbye to our friends and we gave them a true karate bow with a “Domo Arigato Gozaimasu”. They will be missed, but oh we had some major plans for our new dojo.

From the first day we got together and explored the inside of our new dojo, the ideas were coming from every direction and they were awesome. We saw great potential for our new home. The walls of bright yellow were turned into a sandy brown and the wood trimmings from a dingy to a glossy white. Every time you looked around and saw the wonderful transformation, you just shook your head and said “yea, this is our new home”. The bathroom window and sink and changing room have had a transformation to Japanese culture. Deep red accent walls compliment the dojo.

When I walked into the dojo one night to hang some inspirational pictures and saw the photos of O-Sensei and Hanshi now displayed on the wall, I was without words. I bowed and it made my heart feel good. Now that we have started practicing karate in our new home it feels like we never left.

Renshi, thank you for making your dream a reality and for allowing your students to be a part of it.

*By: Theresa Wardrup
Yoseikan Kamayama Dojo, Woodlawn, OH*

**KENTUCKY SHOTOKAN
INVITATIONAL**

January 13 Dwight Holley Kyoshi and Melvin Lewis Shihan hosted the First Annual Karate of Japan Federation Invitational in Louisville, KY. Holley Kyoshi and Lewis Shihan are long time friends of the USCK so it came as no big



Yoseikan Taka no ko tournament participants

surprise when Holley Sensei invited USCK members to the tournament, but he did have a surprise in store. None of the members of the Louisville Dojo had ever participated in a tournament, and since we knew that this would be a traditional karate style shiai, with fair rules and competent officiating, we felt it was an excellent opportunity for first timers.

As expected the majority of the participants were Shotokan stylists, but there was an eager and willing crew of 4 from Chito-ryu. For their debut tournament they represented themselves and Chito-ryu quite well, each of them came home



with a medal. Jonathan Weston earned silver in junior kata, his brother Chris came away with Gold in intermediate kata, Andrew Pyle won Silver in Kumite and Cyrus Khalily garnered Gold in Kata. At the insistence of Holley Kyoshi, I performed Sanshiryu Kata and NiSeiShi Bunkai to thunderous applause and endless accolades (just kidding about that last part).

Halfway through the festivities Dometrich Hanshi was honored by the Karate of Japan Federation with the **Ningen Kokubo** - National Living Treasure Award. Citizens who have made significant cultural contributions to the country are recognized with such an honor in Japan, Holley Sensei and the Karate of Japan Federation felt that Dometrich Hanshi was singularly deserving of this award for his contribution to Karate and the martial arts community here in America.

Thanks to Holley Kyoshi and Lewis Shihan and congratulations to Hanshi and all the tournament participants.

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



FT. BRAGG YOSEIKAN VISIT

There are very few students who practice Chito-ryu karate under the direction of Hanshi Dometrich who can say that they never flunked a promotion test. The reason promotion tests are not easy is because Hanshi Dometrich wants the best out of his students and he does not want to mislead students into thinking that they are farther along than what they are. The high standards of the United States Chito-ryu Karate Federation are in place at Ft. Bragg. The students at Ft. Bragg Yoseikan can



stand tall and be proud that they are part of a martial arts system that will enable them to be a better person and to defend themselves should the need arrive. A total of 10 students tested on Saturday, January 20, 2007 and they all passed.

The best surprise of all was the reaction of Sensei Pochinski's students when their sensei arrived with four black belts in tow to work with them at Friday night's class prior to the Saturday morning test. Without a doubt, each black belt was looking forward to the opportunity to assist Sensei Pochinski with his students and train with them. Students were broken down into groups to receive individual instruction.

On the test day, Renshi Mathews arrived. Now the students, who were eager to test, were facing reality that they had a Renshi and 5 black belts to scrutinize their every move. The students were seemingly undaunted by the test board because they went about their test and performed their kata without "choking". They completed them and did them in good fashion to earn a promotion. Kudos to Sensei Pochinski for getting his students ready for the test.

One particular student, Alex Ordillas, was present because his departure for Iraq was delayed by one day. Sensei Pochinski tested him a few days earlier and promoted him from 6th kyu to 3rd kyu. Since his deployment was delayed by a day, Alex was able to watch the test and to be present when his son A.J. earn his orange belt. It was an honor to wish Alex well as he left the dojo.

Sixth kyu Mack Bailey and Renea Dunn were promoted to 4th kyu. Paul Hovey was promoted from 9th kyu to 7th kyu. Ninth kyu Shauntel Glover, Dustin Byrd and Cory Harmanson were promoted to 8th kyu. Eighth kyu Hailey Phillips and Steven

Smith-Coleman were promoted to 7th kyu. Gary Isaacs was promoted from 7th kyu to 6th kyu.

As a backdrop, Sensei Pochinski had invited Sensei Mathews, Sensei Gage and I to assist him with the test. Sensei Messenger had been longing to visit with Sensei Pochinski so he decided to arrive unannounced and he brought Sensei Drummond with him. The first surprise was sprung on Sensei Pochinski when he saw me climbing out of the back seat of an automobile he did not recognize. Sensei Drummond climbed out of the car which staggered Sensei Pochinski and then Sensei Messenger. Sensei Pochinski was happier than a hog in the mud. The second surprise occurred when Sensei Gage arrived on Friday and was stunned at seeing Sensei Drummond and Sensei Messenger. Soon, these three would be on a test board with their original sensei, Renshi Mathews.

Rest easy Ft. Bragg karateka, because there are others like you who train and do the same basics and kata as you perform. Coincidentally, the hombu had a test for kyu ranks on the same day you tested and not everyone passed muster. Hopefully, we can stand alongside one another in the future and continue our training together. HOOAH!!

*By: Don Schmidt
Yoseikan Hombu*

WEDDING BELLS



On May 19th, Renshi Jerry Wellbrock and Connie Kramer, Yon dan from the Honbu dojo were married

The ceremony was held at their home, in the gazebo in the backyard. The service was attend by immediate family members, Hanshi Dometrich and I were invited along with Linda Gage, After the ceremony a reception with a live band was held at the Oriental Wok on Buttermilk Pike. There were about 150 or more family and friends in attendance, the newlyweds left the following morning for Hawaii. The theme of the wedding and reception was island attire.

*By: Barbara E. Dometrich
Yoseikan Hombu*

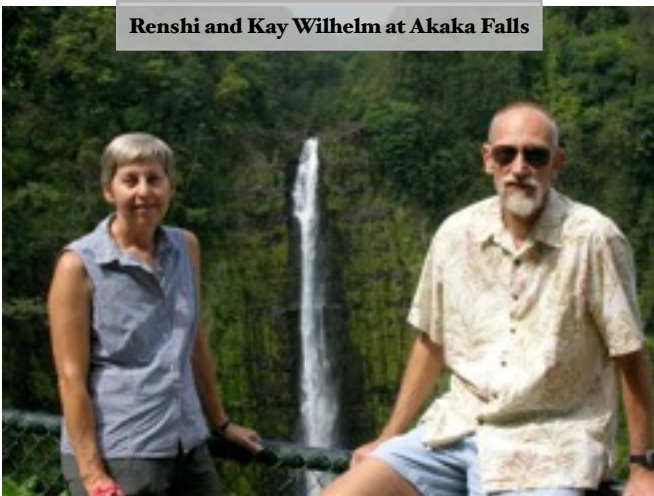


Renshi Steve Wilhelm and his wife Kay closed up their house in Batavia, Ohio in mid January and headed for Hilo Hawaii. Their plan is to try it out for six months and check out possibilities of either building or buying a home. It's been Steve's dream to live in Hawaii. We here at the Honbu miss Steve and his teachings. Before he left he and Eric Ford completed a booklet on the Bo kata Sakagawa no kon sho, and break falls for Hanshi. This project took a lot of time and effort and is greatly appreciated by Hanshi and myself. Steve sends us articles to let us know what they are doing in Hawaii; they are informative and sometime very humorous. Here's the first one:

INVASION OF THE KANAPI

Loud shouting emanating from the rear room of the house, I raced down the hall with utmost martial valor and tiger like reflex to find my beloved spouse confronting the dreaded Kanapi, the Hawai'ian Centipede armed and armored. It was a moderate sized specimen of about 4 inches in length and bent upon home invasion.

Drawing upon years of austere training and difficult martial training for this moment I assumed the immovable stance of Karate-do. My adversary remained unimpressed and executed a counter scuttle along the base boards.



Renshi and Kay Wilhelm at Akaka Falls

Instantly adopting alternate strategy I countered his counter, which he also countered. We each moved through a series Kamae stances. I immediately realized that unarmed, even my utmost determination and bravery would be to no avail against the awesome weaponry of my noble foe.

Drawing upon the lessons so ably demonstrated in the renowned martial arts classic film "Kungfu Mahjong", I seized the nearest available weapons: a toilet brush with the holder as a shield. Although the shield was effective in its purely defensive role, enabling me execute the philosophy of Go no Sen with utmost precision and effectiveness, the brush was inadequate to the task at hand.

Now, continuing the lesson of Mahjong Kungfu, I discarded the brush and shield in favor of the awesome weaponry capability of the fabled SpongeMop. Through the assiduous application of martial skill known as Sen no Sen I sensed an opportunity and employed the teachings of the fabled master of olden times and teacher in the direct lineage of Chito-ryu Karate-do, Sensei "Tode" Sakugawa.

Drawing on my years of intensive practice in the arts of Kon and Bo, I recalled the Kata of Sakugawa no Mop-sho, and deflected the vigorous advance of my implacable adversary by dropping my center into a deep stance and executing a sweeping block, sending him reeling into the closet. Without conscious thought I knew that he would not retire in humiliation and defeat, and that he would once again advance, and using the idea of Sen Sen no Sen, I humbly modified the teaching of Sakugawa and employed the stance "a crane standing upon a rock with one leg raised" and without blocking or flinching took the utmost risk and thrust strongly downward with vigorous and strong Kiai, pinning my foe to the floor. With utmost vigilance I steadfastly maintained an attitude of Zanshin.

The desperate struggle was far from done: his armor had proved effective in preventing the fatal blow, and though grievously wounded he continued the struggle. The valor and determination of such a worthy opponent could only arouse my greatest admiration of his martial values! However, I could not abandon my noble cause and with a series of skirmishing blows I forced him from the sacred precepts of our domicile, where I administered the *coup de gras* with the heel of my shoe.

By: Steve Wilhelm,
Yoseikan Hawaii

editors note : I added that Yoseikan Hawaii part - CK



ANNOUNCEMENTS

Married: May 19, Jerome Wellbrock, Renshi and Connie Kramer of the Honbu dojo

Birthdays:

James Acampora February 2, Orlando Fl.

Peter Rosssini February 21, Orlando Fl

Shawna Lingo- March 14, Anderson Yoseikan

Hanshi Dometrich , March 15th Honbu Dojo

Mina Ludwig- March 21st, Yoseikan II, Cinti, Oh.

Joseph Petty, April 4, Honbu Dojo

Matthew Scott, April 5th, Yoseikan II Cinti Oh.

Michael Messinger, April 5th, Bridgeport Yoseikan

Get Well Wishes:

Hanshi Masami Tsuruoka recovering from triple bypass.

Devorah (Dometrich) Herbst right shoulder surgery.

Jackie Cross suffered a back injury when bucked off a horse.

David Ash from a back injury, fell off rock wall.

John Wellbrock left knee arthroscopy

Congratulations:

Jamie Binkley Orlando II dojo, One year February 2007.

Mark and Shawna Lingo: Yoseikan Anderson One Year March 2007.

These new dojo have survived a one year probation period in The United States Chito-Kai. Opening a new dojo isn't an easy task and we are glad to have them as members representing the United States Chito-Kai.

Dr. Willie Elliott was honored with the NKU Teachers excellence award on April 27

Prayers are with you: Steve Nassano left for a second tour of Iraq on May 20th , 07. our prayers are with you Steve, come home safe.

Regional Testing:

FL: Karen Ruperto-Ik-Kyu

WV: Michael Farhart: Sho-Dan

Cinti, OH: Ronald Emery, Kathy Emery, Carol Hays - Ni-Dan.
Evelyn Hill, Abby Hayes, Lauren Hawkins - Sho-Dan

New Dojo:

James Matthews. Yoseikan of Kernersville North Carolina

Dojo Visits / Travel:

Kyoshi Hawkins and Shihan Ludwig visited Yoseikan Taka no Ko Louisville April 5

Mina Ludwig visited the Yoseikan Orlando II Fl.,

Linda Gage from Charlottesville Yoseikan visited the Yoseikan Honbu- May 19th

Ohio AAU State Tournament: February 24, 2007

Eric Ernest, Yoseikan Honbu - Gold Kata, Silver Kumite

Adam Kramer, Yoseikan Honbu - Gold Kata, Gold Kumite

Adrian Banks, Yoseikan Honbu - Silver Kata, Bronze, Kumite

Jasmine Johnson, 9th Dist. Yoseikan - Silver Kata

Michael Cripe, Kama Yama Yoseikan - Gold Kata, Gold Kumite

Deina Cameron, Kama Yama Yoseikan - Gold Kata , Gold Kumite

Eric Sellers, Kama Yama Yoseikan - Bronze Kumite

Virginia AAU:

Several members of the Charlottesville Yoseikan participated in the State and Regional AAU qualifying tournaments. Many came home with the Gold.

KY State AAU Tournament: March 24, 2007

Michael Cripe, Kama Yama Yoseikan - Gold Kata, Silver Kumite

Deina Cameron, Kama Yama Yoseikan - Gold Kata, Gold Kumite

Zak Eils, Kama Yama Yoseikan - Bronze Kumite

Josh Richardson, Kama Yama Yoseikan - Gold Kata, Silver Kumite

Taylor Manahan, Kama Yama Yoseikan - Gold Kata, Gold Kumite

Taylor Manahan, Kama Yama Yoseikan - Gold Kata, Gold Kumite

Windy City 15, Chicago IL: March 10, 2008

Brad Hill, Yoseikan II, Cinti - Bronze Kata

Doug Lutterloh, Yoseikan II Cinti - Bronze Kata

Matt Scott, Brad Hill, Doug Lutterloh, Yoseikan II Cinti - Silver team kata

Nazanin Tork, Yoseikan II Cinti - Gold Kata, Bronze kumite

Coming Events:

AAU Nationals: June 25/ 30th, Winston Salem North Carolina

Shochugeiko July 21, 2007- Big Bone Park Ky

West Va, summer camp: August 10/11th 2007 - Audra State Park

Black Belt Test, Board Meeting & National Seminar: October 20, 2007, Northern KY University

The United States Chito-ryu Karate-do Federation

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