



Chito-ryu Karate-Do



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Celebrating Dr. Tsuyoshi Chitose: 1898-1984

Who shall be considered the greatest, one who conquers a thousand men in battle or one who conquers himself? He who conquers himself will have no need to conquer others. A skilled soldier is not violent; an able fighter does not rage; a mighty conqueror does not give battle; a great commander is a humble man who has placed self-mastery beyond all else. These are just a few ideals behind the philosophy of Chito-Ryu karate do as taught



by Tsuyoshi Chitose, who is the founder of Chito-Ryu karate. Karate taught and learned by teachers alike with the main goal that of self-improvement. Self-improvement is physical, spiritual and moral matters. An art of killing elevated to a code for living whereby if we follow this code we will become better human beings and thereby

in some small way be able to make this world we live in a better place in which to live, not only for ourselves but for all; mankind. This should be the real goal of all karate practitioners both teachers and students.

Doctor Chitose had a motto, which has become the motto of Chito-ryu karate, its teachers and students. This motto is the Japanese word "NIN", which means patience or perseverance..

If one is patient anything is possible, to learn karate you must be patient. To become a better person you must be patient. To live life to its fullest you must learn to be patient. If the old masters of karate had not been patient they would not have developed the art and passed it on to us. There would not be karate, as we

know it today, nor any history of karate. Because of their patience we have both a modern karate system based on various styles that were developed in the past and a history of these systems. Patience is a virtue and a reward of years of hard training.

Born October 18th 1898 in the city of Naha, Okinawa. Doctor Chitose begin his life at a time when the Japanese empire was trying to hold fast with the older ways of its ancestors, and was slowly forced into becoming a modern power. The Meiji Empire started in 1868 and was thirty years old at the time Doctor Chitose was born, it was during the Meiji Empire that old Japan and the samurai faded away and a modern nation was born.

Doctor Chitose begin his early karate training around 1905 he was seven years old. He begins his training with an older Okinawain karate master Aragaki Seisho. Little known at that time was the fact that Chitose was a karate genius and would some day be one of the most outstanding martial arts teachers of the world.

As Chitose grew older he traveled around the island in search of additional knowledge concerning the art of karate. He was quick learn, because he had a desire to learn and had an exceptional intelligence and good coordination and reflexes. He met and became a good friend of his school teacher, until his friends death in 1957. His friend was Gichin Funakoshi

Dr Chitose went on to found his own style of Chito-ryu karate headquarter in Kumamoto Japan, He named his school Yoseikan Dojo. He went on to teach many military men who were stationed in Japan, One of those being William J, Dometrich, Who carry's on the tradition of Chito-ryu today in the United States. William Dometrich founded the United States Chito-kai in 1967 under the guidance of Doctor Tsuyoshi Chitose. The headquarters is located in Covington Kentucky

*By: William J. Dometrich and
Barbara E. Dometrich*



FOUNDERS FORUM

Chinen Gochuku

His family name was Chinen Gochoku, during his early years he had studied under Kyan Chotoku, Motobu Choyu, Hanashiro Chomo, Higashionna Kanryo and most importantly Arakaki Seisho. Chinen was the grandson of Bushi Matsumura on his mothers side. Although his father was not involved in karate, the young Chinen Gochoku had access to some the islands best teachers. At age seven he became a student of Arakaki Seisho who taught him the kata Seisan for seven years before shown another. While training in karate the young Chinen received his academic education at a school where Gichin Funakoshi was a teacher. Moving from Okinawa to Tokyo, Japan. Chinen changed his name to Chitose Tsuyoshi by which he is known today.

Chitose besides being an excellent student was also quite gifted, and also a karate innovator. He is remembered as a leading contributor to the development of modern karate-do.

Chitose Tsuyoshi passed away twenty-five years ago this year. We his students must do our very best to understand his life, his teachings and his mission. It is our obligation to train in his shadow and to be loyal to his ideas. The organization to which we belong is the only official organization within this country authorized by him.

Our organization is the only and official Chito-ryu organization in the United States appointed and recognized by Dr. Chitose.

Excerpts taken from the book Unante (By: John Sells) A highly recommended book for all serious karate students.

By: William J. Dometrich, Hanshi

“Budo is the stillness that results from discipline”

Tsuyoshi Chitose, MD, 9th year of Heisei (1957)

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SHOCHUGEIKO 2009 PART 1

The 2009 Shochugeiko held at Big Bone State Park was nothing short of amazing. Held on July 11, we were transported to the time when most martial arts were practiced outside and not confined within four walls. Training outside provided not only a different terrain but the ability to move around without having to worry about running into others. It also made me realize why you should always bring an old gi or come prepared for grass stains.



Dometrich Hanshi and the author

The day began with a short opening ceremony and an introduction of instructors and senior ranking belts. Once those were rattled off, Hanshi opened the seminar with remarks about what we were doing and why we were all gathered in the park for Shochugeiko.

As the morning sessions began, we focused on basics and kata, with all belts practicing together as one. At times, senior students would demonstrate a technique and explain the movements to the class. The emphasis was on attention to details and thus each movement and each part of each movement must be correct. We concentrated on the placement and direction of each foot and the angle and motion of each strike or block. As each of the karate-ka went through the drills Black Belts walked the ranks, coaching individually. This personal attention encouraged us to get through the drills and focus on our individual skills and goals.

As the morning continued, training focused on finding a deeper understanding of kata, beyond just remembering the techniques. By practicing traditional Taikyoku kata emphasis was placed on the idea that each movement builds upon the ones that came before it and is a strong foundation for the movements that will come after it. With guidance and motivation from black belts and

senior students we sought to understand the importance of seisan and shiko-dachi stances.

Hanshi brought us back together for remarks and after the dismissal of the younger participants, the afternoon sessions found us divided into ranking groups. While the senior belts worked on advanced kata, the afternoon sessions were primarily devoted to bo training and self defense.

Practice started with a discussion of why we practice techniques with a bo staff, specifically discussing that a bo staff represents a possible weapon you may have available in a real-life situation, such as a broomstick or handle. Emphasis was placed on learning the fundamental concepts, holds and movements of the bo. I was fortunate to come from a dojo where bo kata is practiced, however the bo staff is not something that all students were familiar with. By breaking down the motions of Sakugawa no kon sho, all students were able to experiment with this new kata.

The final session of the seminar started with the understanding that self defense begins with awareness, and that prevention is better than any fighting techniques. During this session techniques from different kata were utilized to represent the many applications of a single movement. Following the sessions all students were invited to stay for food and friendship.



Matthew Scott and John Wellbrock

My fellow karate-ka have shared great stories of training and seminars and initially I was intimidated by the majority of participants who were there. Having come alone from my dojo in Charlottesville, Virginia I was surrounded by a large number of black belts and I wasn't sure if I could measure up. I soon forgot about my insecurities as I was welcomed into first the honbu dojo and later the park. Chito-ryu is a family, a group of people bringing an energy and passion to the art. At



Shochugeiko we were away from our normal routines and able to focus entirely on our training. The sessions were intense but well worth it. Even more, with many schools represented, Shochugeiko is a great way to develop friendships and train with others who you may only see at regional or national events.



Shochugeiko is a time to learn not only the forms of kata but to understand the various applications. Karate isn't a memory test. There is not a set list of techniques and drills which must be memorized and performed to get to the next belt. This is one of the immediate differences I have found between Chito-ryu and other martial arts. Overall, it was a superb seminar, beyond my expectations. I came back recharged with many new ideas, principles and few awesome techniques. I hope everyone gets the chance to experience Shochugeiko, I know I will be back.

*By: Erin Hagedorn,
Charlottesville Va.*

SHOCHUGEIKO 2009 PART II

The annual summer gathering of Chito-ryu Karate schools, students, instructors, enthusiasts and friends took place once again at the beautiful Kentucky State park located in Boone County. Schools and individual students from around the country, from as far as Florida and New England joined with Hanshi Dometrich for our traditional summer training session and picnic. Old friends and acquaintances joined with new members for an enthusiastic day of karate practice and good-fellowship, honoring the tradition of both the U.S. Chito-kai and the heritage of our founder and guiding light, O-Sensei Dr. Tsuyoshi Chitose.

The day was blessed with typically perfect Kentucky summer-time weather.

The theme for the day's practice was the continued pursuit of competence in the practice of our three introductory Katas, Taikyoku Ichi, Ni and San. These kata had been recently revised and we used the opportunity introduce the changes to some members, clarify the changes to others and to acquaint our leadership with our progress toward our goal of perfection.

The day's practice was led by an exceptional quartet of relatively new Shihan: John Wellbrock, Eric Ford, Don Schmidt and Gerald Meade. These gentlemen presented a well-planned and executed program to present both the Katas and the basic techniques contained in them, as well as some tips and training methods for our practice and instruction. Also presented were some more advanced kata along with associated bunkai (technical explanations and applications). Our efforts to preserve and standardize our only weapons Kata, Sakugawa no kon sho, continued as well.

The excellence and enthusiasm of both the instructors and the students, as well as the idyllic weather meant that our practice session flew past in what seemed like record time, and we were soon honored by Hanshi Dometrich's closing remarks, in which he shared his philosophy and reminiscences on the practice of Chito-ryu Karate, past, present and future!



After practice we re-convened for our picnic, delicious as always, thanks in no small part to our dedicated Grill-Masters, Paul and Kathy Webster. Thanks also to all our members and friends who provided the vast array of home-made specialties shared and enjoyed by all.

The day was a complete success with wonderful practice, great food, friendship and fellowship, all in the spirit Chito-ryu Karate in the United States!

*By Steve Wilhelm,
Hombu Dojo*



WEST VIRGINIA CLINIC

It's a gorgeous August day in West Virginia and what a better way to spend it than at Audra State Park with friends and family of Chito-ryu and so was it that 47 strong showed up to participate in the annual West Virginia clinic. Most had arrived on Friday to set up camp and get settled in, walk around and see old friends and make new ones. That evening we all gathered at Sensei Messinger's uncle Phil's cabin along the river, a place that all that have gone to W.V. know well. Waiting for us was an awesome spaghetti dinner, prepared by Jackie. Not sure how many batches that Jackie had to make up, but I think it's safe to say it was the most she ever had to make. With everybody's belly's full and visiting over we all head back to our campsites to get ready for the next days workout



After a good nights sleep, an early morning rise, some breakfast and coffee to get the body going it's time to head down to the field to get the clinic started. We all started with the ritual of policing the field of all things that do not grow, sticks and stones may not break you bones, but they sure do hurt when you step on them. After the policing of the field we all lined up to bow in followed by a group picture. Before the physical part of the clinic started Sensei Messinger wanted to address the group to dedicate the clinic to Sensei Dave Ash, who had passed away a couple of weeks earlier, and like Sensei Ash to have a good times and make new friends. With the sun beating down Sensei Mead worked us out with some good warm ups to get the kinks out and get the blood flowing.

After we were all warmed up Hanshi stepped in and started by taking us through kihondosa ichi several times, followed by kihondosa ni several times and then kihondosa san several times. By this time I was sweating

and breathing hard. I forgot how much of a workout these kata are and especially kihondosa san. Hanshi pointed out that these kata are a good way to warm up the class and get the body moving and at the same time working karate stances, blocks and punches. Next up was kihondosa yon, a kata that had been quite a long time since I had visited it. I think most of the newer students were having trouble with all the quick turns, which way to turn and what blocks goes where, in this kata, so Hanshi had Shihan Khalily take us through it several times and work out some of the issues.

Next up were guest instructors that Sensei Messinger and Sensei Drummond had invited. They were Sensei Robert Koehler and Sensei Matt Wright who both study Aikido. After a long intro into some of the history and philosophies of Aikido and an equally long demonstration of applications it was time for us to try some of them on each other. Most of the techniques and takedowns are

similar to our Henshu Ho's. Sensei Bob wasn't sure about us going all the way to the ground, but Sensei Messinger told him that Chito-ryu karateka are not afraid to go down and get dirty. So it was, karateka on the ground sweaty and dirty and a smile on their faces. This was all followed by Shihan Khalily moving us through some of our Henshu Ho's, since we were already dirty and familiar with the ground, why not add some more grass stains to your gi.

After a short break we all back on the field ready for whatever was next. At this point the group was split and those that were going to test in the fall went to another part of the field to work on their requirements under the guidance of Kyoshi Hawkins and Renshi Wilhelm. The rest of us were working for Shihan Schmidt. Shihan Schmidt started by taking us thru taikyoku ichi, ni and san. To get us familiar with the changes made to these kata's. The utilization of seisan dachi, shiko dachi and



neko ashi dachi instead zenkutsu dachi and kokutsu dachi. For the number of times that Shihan Schmidt had us do these kata, you should have been doing them in your sleep that night.

The time had come for us to finish and line up to bow out. Before the end of the clinic Hanshi presented Sensei Messinger and Sensei Drummond with Sensei Ash's Sandan certificate. A fitting end to a great clinic, I believe Mr. Ash was smiling down on us and approved of all our hard work and the new friends that we had made. He will surely be missed at all of our Chito-ryu events, but not forgotten.

After the clinic, with sometime to get cleaned up, we all met again at uncle Phil's cabin for hotdogs, burgers and another chance to socialize. Okusan and Kathy were able to surprise Noriko with a birthday cake and with the look on her face she was surprised. Again the food and gathering was the best there is, the Chito-ryu family, doesn't get any better than that. Later that night people gathered at their campsites visiting each other telling stories of past clinics at Audra, talking karate and just having a great time. Some went to Sensei Messinger's



uncles for another cookout and some live music. Sorry I didn't make that trip to report on it, but it sounded like the ones that went had a great time.

So comes an end to another great clinic at Audra. My body was aching, but I had a smile on my face. I was also sad to leave, I can't wait till next year. It all wouldn't have been possible if not for the group at West Virginia. I would like to thank Sensei Mike Messinger, Jackie Cross, Sensei Kevin Drummond and Cindy Drummond for another awesome clinic and all your hard work and time getting us some great campsites. I would also like to thank all of those that made the trip to make it a successful and awesome clinic. Looking forward to seeing everyone again November 7th at the Drawbridge Inn.

By: Tony Diterlizi

FIRST CAMP IN WEST VIRGINIA

This was going to be my first, the actual sleeping outside experience in a tent where there could be roaming bears or smaller critters could push their nose into my sleeping bag in the dead of the night. Tony had reassured me many times that it PROBABLY would not come to that, and besides, there will be plenty of men and women who should be capable of wrestling down any creature with their finely developed Chito-ryu techniques around that I have nothing to worry about. My worries were not limited to critters over this anticipated camping trip though. Having been raised in Japan where national obsession is "bathing", I fretted about having to crawl into sleeping bag without a proper scrub-down at the end of the day. And the bathroom situation, what if I had to go in the middle of the night? In short, "roughing it" was precisely that, I knew it was going to be rough, but could be "fun" too. What is the other saying, like "you cannot teach a new trick to an old dog"...? Well, this old lady was a bit reluctant but over-all, really wanted to try at least, just so that I can tell my doubting children that I did it, and did not check into a nearest Sheraton.(my kids were actually making bets, I found out later!)

Armed with chemicals enough to kill off the entire vampire population around, which by the way was not needed after all, we plunked ourselves down near the gurgling river in lush Audra State Park. Two packed ice chest full of food and drinks, several rolls of Charmin and enough clean towels were my ammunition and I was ready. More familiar and dear faces started to arrive, and soon the site was getting pretty cozy, no doubt, bears would not dare show up at this rate. Our first dinner cooked outside was awesome, went down quickly with a nice bottle of red wine. Earlier, I made an inspection of the bathroom facility, and it was a lot better than I feared. It even had several shower stalls! I was told that IF you hit it right, you could get a decent hot shower, so I hurried down to get the day's grime off. The sun was getting lower by the time I slipped into pj's, and Tony got our THIN air mats and sleeping bags ready. Oh, yes, let's not forget our trusty flashlights, just in case we have to get up in the middle of the night to grab a roll of Charmin and find the way out there. Chorus of frogs were our lullaby and the star sprinkled night sky was beautiful through the boughs of big oak trees. I must admit, it was hard to fall asleep the first night, I was like a kid, too excited, and really tossed and turned quite a bit...sorry Tony.. but eventually woke up to a cool and misty morning. My back was a bit sore, but I MADE IT, and I was in one piece. Tony made us a good pot of coffee, and yes, it was a great first night I had.





Friday we made a short walk to the nearby cave, and at night, were treated to Michael Messenger's Uncle Phil's cabin for the dinner. Beautiful property, great dinner and even better company. Saturday was of course the workout, under the mighty sycamore tree, and by the river, the weather was near perfect, and everybody seemed to be enjoying the day. After the workout some people headed to the river to cool off, it looked like fun. Again, we were invited to Uncle Phil's place for a cookout, and then I got a surprise, was presented with a birthday cake!! Cathy overheard my comment about my turning 60 the following week, and got me a sweet treat. Thank you everyone, it was special. It was a camp of many "firsts", and I thoroughly relished each one, even the sore back, we will just have to bring an extra thick air mattress the next time. We drove back to Connecticut singing "Country Road", flicking off the dirt under my fingernails and thinking of next year's trip already.

by Noriko Rossi

"IT'S A PATH I HAVE CHOSEN FOR MY LIFE"

HIRONORI OHTSUKA, 1934

I first heard these words from a young shodan when I was attending class at my universities martial arts club, I was surprised as he was only 19, and I did not know until later he was quoting the founder of Wado-ryu, Ohtsuka Sensei. Also a student of Funakoshi-sama. I felt at the time that I wished I had such a strong conviction. I realized, as we set in moksou, that I knew three people personally I could say this of, Sensei William Dometrich, Sensei Barbara Dometrich and Sensei Arthur Rott.

I was fortunate enough to meet Rott Sensei in the late 1980's in Orlando Florida. I had no idea how this teacher would change my life, and could never have imagined the actual future. As a result of studying Chito-Ryu, I found the strength within myself to change my self-destructive lifestyle, return to and complete college including graduate school, and to assimilate into living in another country. I recently visited the dojo of a student of Sensei Art Rotts, Jamie Binkley Sensei. I know he would be very proud of the path she has chosen.

We in Florida always looked forward to visits from karate-ka from other parts of the country, and when Hanshi and Okusan would come to Shochugeiko it was a big event. One our sore muscles helped us remember for weeks to come. I was very happy to be able to visit and train at the Honbu in Covington this summer. It was amazing to see so many people after many years, and meet other "legends" of Chito-ryu (although they would be to modest to describe themselves that way).

I eagerly began to read Hanshi's book on the plane back to Japan. And I was once again amazed at the seminal life of our teacher. It can be truly said that the beliefs and style of O-Sensei have survived and spread by the devotion of the Honbu.

Domo Arigato gozaimas Hanshi

*By: Oscar Murphy
Yoseikan Orlando, Kyushu Japan.*

WEGFORD-SUER WEDDING



Ik-kyu Kimberly Wegford and former san-kyu, Mark Suer, were married at Little Britain Farm in Burlington, KY on June 6, 2009, which was also Okusan and Hanshi Dometrich's 54th wedding anniversary. The wedding was attended by approximately 90 friends and family members, including several members of the Hombu dojo.

Kim and Mark met at the Hombu in Covington thirteen years ago when Kim was 12 and Mark was 13 years old. They dated for about 1 year when they were in high school, then broke up and went their separate ways while still remaining friends.

After graduating from Midway, with BS degrees in Biology and Equine Science and a minor in Chemistry Kim then attended graduate school at Murray State University to pursue a Master's Degree in Agriculture with an emphasis in Animal Nutrition. She is still working on her thesis and should finish it sometime this year.

Mark he is working at the internationally known La Farge Dry Wall Company in Silver Grove, KY.

Mark is the one responsible for re-kindling the romance after the flames were blown out years earlier. He looked up Kim on MySpace while she was at Murray State and not long after that Gary and I got an excited phone call telling us that a wedding was going to take place.

Congratulations Kim and Mark!

By: Johanna B. Willis



CAMPING IN AUDRA, AND SOME TRAINING TOO!

“You know in all these years, we’ve never been rained out.” This was the famous hex uttered just before the heaviest downpour hit Audra state park many years ago during a Chito-ryu clinic. This and many other stories about training and camping in Audra state park had me looking forward to this trip. On Friday morning, the Yoshisu caravan setup slowly, amidst the confusion of



missing belts, passports, and other things karateka are likely to forget, and finally we were off. The long drive from Cincinnati to Audra state park flew by quickly and finally came to a halt outside our campsite. In what seemed like minutes, though was probably hours we setup the tents and settled in for the night.

The next morning we headed out to the large field, by the river that ran through the park, where the clinic was going to happen. The tone of the clinic was that of getting back to nature with the sound of flowing water behind us making its way through Audra state park smashing against rocks and the occasional camper. The clinic was well attended and there were a large number of karateka from all the different Chito-ryu dojo and even some practitioners of other martial arts.

The main focus of the clinic was on refining basic body movement and positioning through the kihon and taikyoku katas, the speed and execution of kihon kata by the black belts who demonstrated it was extremely impressive. Training out in the open in a field was a welcome change for most of us. The outdoors brought a new dimension to every exercise we did due to the ground not being completely flat. Learning basic

techniques on uneven ground helped greatly with the different stances and after a few grueling hours of practice the sound of the water seemed more welcoming than ever. The clinic moved onto some demonstrations of aikido techniques which seemed a lot like the Henshu ho drills in Chito-ryu. The demonstrations were accompanied with short explanations on the different principles in Aikido. The demonstrations came to an end and it was time to stop watching and start doing!

Aikido or ‘the Way of harmonious spirit’ seemed to focus on grappling and on subduing the attacker without out harming them too much. The parallels between the aikido techniques we practiced and the karate techniques we had learned seem to grow stronger the longer we kept at it. Basic body movement is the strongest link I could think of between Aikido and Karate. The drills we practiced revolved around quick methods of disabling an attacker on the street. Despite the large differences that seemed to exist on the surface between the two martial arts, the more we practiced the aikido techniques the less different from karate it seemed. Controlling your own centre and taking your opponents centre and other similar concepts were shared by both martial arts.

The focus soon shifted back to karate basics. Soon the Taikyoku katas were being performed in full swing and the constant renzoku waza up and down the field finally came to an end. Several introductions between students of different dojos were made and the unofficial photo session began. As with all clinics, the five hours that we were out in the sun training seemed too short, but now it was time for another kind of fun. After spending a large amount of time out in the sun the perfect way to cool off was right next to us. The Yoshisu crew, the Takanoko crew and several others quickly headed into the stream. Despite how ridiculous it looks doing ju ni waza in the river, as a group it is a lot of fun.

The day gradually came to an end with a very good dinner and cakes and pastries, there was a lot of singing that went on which included the Japanese version of Happy Birthday by Hanshi Dometrich which is something everyone should listen to at least once, and Country Roads which I had secretly been hoping someone would sing. The night slowly wound down around the campfire with burnt smores and stories. I can’t wait till next year when Audra calls us back again for more camping and training. I hope it doesn’t rain!

*By: Nikhil Balakumar
Yoseikan Yoshisu*



REFLECTIONS

One day, a good friend of mine asked me if I was interested in joining a Karate class that was taught on the University campus. I was surprised to hear that there was a Karate class held at the school. Because of his constant inquiry, I finally agreed that I would come to the class for a trial. On the first day of the class, I was excited to participate in the class but didn't expect myself to like it so much as to become a member of the dojo. As the class started, we ran, jumped, and stretched. Then we practiced punching as each student counted in Japanese. After that we kicked focus pads with front snap kick. Our instructor, Shihan Mina Ludwig, kindly demonstrated for me how to execute each technique in a way I could follow. She understood and highly respected the tradition of



Karate and its culture. Shihan made the concept of Karate easier to grasp for beginners like myself and made the practice very focused and efficient. During the practice, the students were very serious and sometimes even intimidating. However, once practice is over, they were all nice and respectful of others. By the end of the first trial, I had decided to join the dojo.

Often times, after the end of practice Shihan read a part off of one of her favorite martial art books. Her readings helped me understand much deeper roots and concept of martial arts beyond fighting.

One great surprise about Yoshisu dojo was the strong tie among its members. Once in every few weeks, Shihan invites all the members to her own house for the "fight night", a potluck party. I was not used to this in the beginning since I had never been invited to my instructors' home even though I played various sports throughout my school years in Japan. However, I found it to be very fun and relaxing. Through these gatherings I got to know more about the other members of Yoshisu dojo and also meet Karate practitioners from other dojo.

There are also so many other activities planned in Yoshisu dojo for strengthening the family bond. One of them being the trip we took in September to the Japanese Festival that was held in St. Louis, Missouri. Prior to the visit, Mr. Dave Lowry, an established martial artist and writer had kindly invited us to the festival. I was very curious to see what would be at the festival. We arrived in St. Louis the night before the festival, and we dined at a seafood restaurant that seemed to be popular in the area. Surprisingly, the restaurant served many Japanese dishes such as edamame, various sushi and beer. We ordered several side dishes and Asahi beer, which reminded me of my father who loves to drink it after a long day of work.

Contrary to our excitement, our second day in St. Louis started out with rain. We left our hotel around 9:30 A.M. for a shopping center to purchase raincoats and umbrellas then headed to a local diner for breakfast. The diner seemed fairly popular among the locals and there was no space for a company of eight to sit. After a long wait, we were finally seated and enjoyed piles of pancakes, eggs, hush brown and lots of good coffee. Although I always loved food from my own country, I found myself loving American diners because of their hospitality and simple, yet excellent food. By the time we came out of the diner, it had stopped raining. We hoped the martial arts demonstrations that we had looked forward to would be there.

As soon as we arrived at the festival, we received a warm welcome by Mr. Dave Lowry. I had always imagined that this well established martial artist would be intimidating and unapproachable. Contrary to my imagination, he turned out to be a very soft and kind gentleman. He informed that all the demonstrations that were scheduled to be held outdoors had been canceled. Instead of watching the martial arts demonstrations, we decided to contemplate Bonsai and Ikebana that were displayed on the first floor of the main building. The strange thing for me was that although I grew up in Japan where Bonsai and Ikebana were all around, I had always thought they were old people's hobby and had never paid close attention to them. This time I paid close attention to the details of Bosai and Ikebana for the first time and was surprised by how carefully plants and tree trunks are sculpted. All the Bonsai seemed like just miniature trees at first glance, but every single piece was purposely formed into a certain sculptural representation.

Since it had stopped raining, we decided to walk around the Botanical garden. As we walked outside of the building, there was a street performer who was dressed in Kimono and performed various entertaining tricks using most traditional tools such as rice paper, umbrella, a



spinning top, and chop sticks. What surprised me was that even though he spoke little English and his performing style was very traditional, the audience seemed to enjoy his show thoroughly.



After watching the performance, we walked around the large Japanese garden and enjoyed the calming views, Koi fish and numerous sculptures that were placed all over the garden. After the walk, we visited the food court for lunch. I was very excited to find Japanese cuisines like Yakisoba, the pan fried noodle and Okonomiyaki, the vegetable pancakes, and of course Japanese beer. We ate, talked and laughed until our stomachs were cramped.

The next day turned out to be bright sunny day. Since we hadn't seen any of the martial art demonstrations, we decided to stay longer at the festival. The first demonstration was Sumo wrestling. This turned out to be fun, but also inspiring in terms of training. We watched how those enormous wrestlers warm up and train. We were especially stunned how flexible they are. Everybody's jaw dropped when the four hundred pound wrestler executed split in front of the audience.

We also watched Kendo and Koryu demonstration by various practitioners including Mr. Dave Lowry. I felt very fortunate to see the rare martial arts that had been passed down, unchanged, for hundreds of years.

All the demonstration we watched were inspiring and all the things and people at the festival reminded me of my childhood. Throughout the trip, we ate, talked and laughed like a real family. Since my whole family is over in Japan, I felt like I had another family in the U.S. I feel very fortunate to be a part of Yoshisu dojo and would like to be a part of its future growth.

*By: Norihiko Sakatsume
Yoseikan Yoshisu*

DON'T LEAVE BEHIND A SILENCE

How often has someone mentioned a name or place and it instantly brought to mind facts that you had learned? For instance, when you hear the name Noah, the Ark he built comes to mind; Aesop, and his fables are remembered; Iwo Jima, and the famous photo of the US flag being raised under fire is what most people remember. There will always be names or events that live well into the future because of their significance at that particular time in history.

The same phenomenon occurs within the world of Budo. Ueshiba Morihei is known worldwide as the founder of modern Aikido; Funakoshi Gichin for his contribution to bringing the Okinawan art of to-de (empty hand, or karate) to the Japanese masses, and, within our own, smaller circle, Chitose Tsuyoshi is known for creating Chito-ryu out of his lifelong study Shorin and Shorei ryu. The contributions of these men will live on long after their passing through the continued practice and devotion of their students.

Within the "Chito-ryu" family we still have great diversity. Some follow very closely to Chitose O-Sensei's teachings, and some are so far off the map you wonder just exactly why they use the term Chito-ryu in their teaching methods. Maybe at one time they were "in-line" with the "standard" and not being able to train with the rest of the organization they slowly forgot, or changed, what they had initially been taught. I doubt that many of us adults remember how to do elementary algebra or how to divide fractions - that is how change happens - we teach what we remember as being correct.

The bottom line is that we are all here, in Chito-ryu, for one reason or another, because just over 100 years ago a young lad in Okinawa started training in his home grown art, and saw something in it that sustained him. He spent over 80 years researching and preserving what he knew and learned. His art became one of international note as students came from the west and studied with him, then returned to their homes to open their own schools and add to the link of tradition that had lasted centuries - teacher to student. Such is the scope or "footprint" that Chitose O-Sensei left to the budo community of today.

Another I knew who left a much quieter legacy is Arthur Rott, Shihan. He loved teaching, and his students. As I listened to many of his senior students talk of the respect, and the many fond memories of his teaching, I see another who left a mark on his karate community, although mainly within the USA. Shihan Art was unique in that he gave much more than he ever wanted in return.





Both O-Sensei and Shihan Art left us loudly, with no regrets. They contributed so much, each in their own way, and we still enjoy the memory of knowing them.

As you continue training you will run into others who are destined to be remembered for what they have given to us. They are the sensei quietly going about their teaching, most not well-known outside of their own group. During these more modern times of karate training, we are less apt to share our knowledge as Chitose, Ueshiba and Funakoshi did with each other. However, there are still many people like them still with us and we need to take advantage of their knowledge. Enjoy it! They are still creating that footprint we will benefit from long after they pass. Don't waste the opportunity to thank them now and then for giving so much of themselves and for passing on their experiences and skills. We see the results in front of us daily.

In your own training in Chito-ryu don't leave quietly, always try to leave something worthwhile behind. Don't leave silence.

*By: Michael Colling
Yoseikan Nova Scotia*

DISTANCE

I started my Karate training in 1975 under Sensei James Matthews. When I saw him wearing his Gi, he was larger than life, he looked like a tank. And man what a punch! Sensei was a soft spoken man who really cared about his students, at that time we had about 30 people in our class. Sensei and I became very close during the 2-3 years that he was here but one day Sensei said that he had been transferred to Florida. Wow. What a shock. I was a new Brown Belt at the age of 20 and ready for anything. I was really just starting on my journey to black belt. I wondered what to do now without a Sensei to lead me? Sensei Matthews eventually said goodbye and headed to sunny Florida leaving David Ash and myself to take over the school. Two young brown belts teaching Chito-ryu karate in downtown Clarksburg, West Virginia.

We had to find a new place because the old YMCA closed so we moved upstairs above a bar called The Grasshopper. The first thing we had to overcome when people came to visit the school was the fact that there was no Black Belt instructor; and how could somebody teach Karate if they where not a Black Belt?

Now to get to the point of this story. How do you wear a gi that your Sensei wore or walk on the rice paper without tearing it like your Sensei did? There was only one person that I knew of that could relate to what we

were going through, and that was Sensei William J. Dometrich at the Hombu Dojo in Covington KY. I knew that he had to leave Dr. Chitose in Japan and come back to WV and start a school on his own, without his teacher being there.

We made many trips to the Hombu - 310 miles one way - leaving on Friday night after work, training most of Saturday, and heading home on Sunday morning. We would take what we where taught, teach it to other students and then call back and ask if what we were doing was right. Just thinking back; how did these young men from West Virginia do it? One of then was hard headed and fought through everything that he did. Thank God for Mr. Ash for being the easygoing and understanding one.

Looking back, we had it easy, we made many phone calls and trips back and forth in order to maintain what is one of the oldest Chito-ryu schools in the organization. We eventually realized that Dometrich Hanshi was the one who really had it tough; phone calls were few and far between back then and letters were more common. Dometrich Sensei couldn't just get in his car after work on Friday and drive over to his Sensei's dojo in Japan. And at the time I thought Sensei Ash and I had it rough.

There is still a school in West "By God" Virginia today, and look how far the Organization has come. "Sensei" William J. Dometrich is a 9th degree Black Belt Hanshi and is in the DNBK World Hall of Fame.

What a great accomplishment for his teacher and his students. Just look how many bridges that he has built across the United States and the world for us to travel over.

The moral of this story is that "distance" is what you make of it. And when you cross over a bridge built by William J. Dometrich, be proud and thankful for what he has given us.

In honor of Hanshi Dometrich an Sensei David Ash, San Dan.

*By: Michael A. Messinger
Yoseikan Bridgeport, WV*



ANNOUNCEMENTS

Birthdays:

Cyrus Khalily August 22
 Adrian Banks August 24

Anniversaries: Wes and Sharon Ernest, October, 09.

Dojo Visits:

Jamie Binkley, visited the honbu dojo on June 12/14th
 Jamie is the head Instructor of Yoseikan III in Orlando FL.

A.J. from Yoseikan Orlando III, stayed at the Honbu. one week from June 11 through the 18th. He trained at the Honbu and at Yoseikan Yoshisu with Shihan Mina Ludwig .

Gavin Suttie from North Hampton England (see article this issue)

Oscar Murphy from Kyushu Japan (see article this issue)

Mina Ludwig and students from Yoseikan Yoshisu visited Yoseikan Takanoko in Louisville, KY (see article this issue)

New Dojo Location: Reestablishment of NKU Karate Club, August 2009 under Shihan Don Schmidt Chief Instructor

Get well wishes: Dometrich Hanshi recovering from Total Knee Replacement Sept 28

Future events: 2010

- Kangeiko: January 29-30 Honbu dojo
- Windy CityTournament: February 27th, Chicago, IL
- U.S. Chito-kai Spring Seminar: March 20th
- Shochugeiko: July TBA
- West Virginia camp: August TBA
- National Seminar/Banquet / Yudansha testing: October 22-23rd Drawbridge Inn. Ky
- DNBK Gasshuku : November 5-7th Virginia beach Va.

In the announcement section, we can only announce 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.

IN MEMORY OF DAVID PAUL ASH

1951-2009



David Ash of Clarksburg West Va. passed away on July 16th, 2009. He was 58 years old.

David had just attended the annual Chito-ryu Shochugeiko training on June 11th at Big Bone Park KY. David was in very good spirits and looking forward to taking his Sandan test in November. David was one of the Instructors of the Bridgeport WV Yoseikan along side Michael Messenger and Kevin Drummond, The Bridgeport Yoseikan has been in existence for more then 42 years. He was very big part of helping to organize and see that everyone who attend the West VA summer training camp was taken care of. David made many trips over the years to train at the Honbu dojo in Covington. He will be greatly missed by all who knew him.

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