



# Chito-ryu Karate-Do



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

## Three Quarters of a Century Down, No Problem

For his 75<sup>th</sup> birthday celebration, Dometrich Hanshi had spirit and energy to spare. The turnout for the annual Spring clinic was great. We were joined by our good friend whom we can never call a guest, Holley Sensei, along with some of his hard working students. USCK dojo from West Virginia, Virginia, Florida, Ohio and Kentucky were all well represented and everyone's spirits were high. It's been a long dreary winter, and we are all looking forward to Spring training in the USCK.

After a dynamic warm up, Hanshi got everyone started on basics and two person drills utilizing Chito-ryu basics. Simple, efficient attacks and counter attacks – he ran us through a gamut of variations.

Many of the Chito-ryu basics appear in Hanshi's kata Chokusen. By popular demand, we worked on this kata that Hanshi developed back in the 60's. As I've heard Khalily Sensei remark, anyone can make up a "kata". But the foundation of kata is classically based upon combat – not a showy grouping of techniques. What is at once unique and credible about Chokusen is that it is



based upon Hanshi's very real combat experience. As a police officer, Hanshi often found himself in hallways and narrow alleys with thugs who, in order to save their own hides, sought to do him bodily harm. For each technique, Hanshi has a story about "One time, I had a guy try to ...." So, yes, anyone can make up a kata. But not everyone can formulate a legitimate one.

Moving on, we spent a good bit of time working on Kusanku dai. For many this was brand new. For others, it was a good opportunity to drag this kata out of the memory banks. Long and complex, several repetitions of this kata is truly a full body work out.



Many thanks to Sherry Kembre, Mark Chisenhall, Don Schmidt, John Wellbrock and Laura Stith for their expert teaching assistance to Hanshi.

The day culminated in the promotion of Terry Collis to the rank of rokku dan/Shihan. For anyone who has not had the opportunity to train with Collis Sensei, you are missing out. At 70, he puts most folks to shame with the level of intensity and spirit he puts into his training. His promotion by Hanshi was met with heartfelt applause.

Hours later, a fresh dapper crew appeared at the Hombu dojo to continue Hanshi's birthday celebration. As always, there was food, drink, exaggerated stories and laughter to spare. It was a great turnout for Hanshi's birthday and he was clearly touched by all of the well wishers and the thoughtful gifts.

Thanks again to Okusan for all the time and painstaking planning. Much appreciation to Kathy and Paul Webster for the cooking. Thanks also to Nori Sakastume for the fantastic clinic t-shirt design. Many, many others helped and we all value your contributions as well.

*By: Mina K. Ludwig  
Yoseikan Yoshisu*



## Editorial

Okusan requested that I write an editorial for this issue of the *Karate-do* Newsletter. I contemplated what should I write about. Then suddenly my choice was made for me: A Karate practitioner whom I have previously met a few times made it for me. On his web and Facebook page he stated that I had made him an "Honorary Chito-ryu member" and had appointed him with the title of "Hanshi".

To clear this up. In the United States Chito-kai we have the following types of membership.

**Active Members:** Those members who are currently practicing Chito-ryu Karate on a daily, weekly, monthly and yearly basis.

**Inactive Members:** Persons who once trained in Chito-ryu, but do not currently.

**Associate Members:** Persons who do not practice (parents, wives, etc. are granted this type of membership).

**Honorary Members:** Non-practicing persons who have aided in the spread of Chito-ryu . This award is made thru the Board of Directors by a majority vote only, and not by me. It has been awarded only once in 49 years, to Mr. Glen Ryle in the late 1960's.

As for awarding titles like Hanshi to non-Chito-ryu members, I only nominate a candidate for the title and the award must be investigated and approved by the Hanshi board of the Dai Nippon Butoku kai under the direction of Hanshi Hamada. So I have never made anyone an honorary member nor have I ever awarded the title of "Hanshi". As for this particular person's karate teacher whom he claims is his best friend, etc, etc, etc,.. I have had the honor on a few occasions to train under him, with him, and to share a few drinks with him after a workout. In checking with his Japanese headquarters they claim that they have no record of the person who claims that I made him an "honorary member" and then "awarded" the title of Hanshi. In fact, his name is unknown to them and is not located in their rank registration books. Strange isn't it?

Looks like another case of "kuchi-bushi".

*By: William J. Dometrich, Hanshi*

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# 米国千唐流空手道連盟

## FAYETTEVILLE OR BUST!

On April 23, 2010, I took the opportunity to visit Sensei Pochinski and his wife Tu in Fayetteville, North Carolina. On Saturday his students participated in a tournament under the banner of Bujutsu and, as indicated in another article about the tournament, his students did quite well. As the tournament opened with the competitors lined up in rows, Sensei Pochinski stood at the head of team Chito-ryu and surprisingly to him a sensei in charge made reference to Sensei Pochinski's years of martial arts training. As it turned out, Sensei Pochinski recognized this sensei as one of his students when he taught Chito-ryu at Ft. Bragg in the 1960's.

The tournament began with one division of team kata. Sensei Pochinski had 4 youths perform Shihohai facing four directions. Their timing and power was clearly the best up to this point in the competition with a few teams to follow. Even the team consisting of teenagers who were much older and bigger did not come close to team Chito-ryu. They were impressive!

The impressiveness did not end with team kata. While everyone on team Chito-ryu won a trophy, the following are the memories that I reminisced about while driving home: Zachary's fierce look of determination when he did his kobudo kata with kame (ropes attached) and his kata; Reggie's intensity as he fought through his Niseshidai kata; Shani's excellent form when she did Taikyoku Ni (she is a beginner); Aiyanna's excitement to kumite and her front kick; Jessica's overall desire to compete and her presence on the mat; Steven's long reach; the friendship of everyone at the post-tournament dinner; the pride in Sensei Pochinski's eyes during the tournament; Tu's cooking.

Keep training! I look forward to visiting again.

*by: Don Schmidt.  
Yoseikan Hombu*

## FT. BRAGG TOURNAMENT

On Saturday, April 24, 2010 Ft. Bragg Yoseikan was fortunate enough to compete at the All-American Martial Arts Challenge held at Overhills High School Spring Lake, NC. Out of the seven competitors from our dojo, Zachary Locklear and Jessica Pafford are the only ones with experience competing and had helped prepare the other competitors for the tournament, thank you Zach and Jessica. Besides being nervous and excited at the same time, knowing that Sensei Pochinski, Shihan Schmidt, and the family members are there to support and cheer them on helped

tremendously. Although our dojo was the one with the least competitors for the tournament, all seven of them won trophies. Reggie Ward (kata) and Zachary Locklear (weapons) won first place. Shani Lewis (kata), Steven



Smith (kata and kumite), Jessica Pafford (kumite), and Aiyanna-Jizelle S. Ordillas (kumite) won second place, Zachary Locklear also won third place for his kata. The Shihohai group kata done by Zachary Locklear, Jessica Pafford, Adonis-Jorrell S. Ordillas, and Aiyanna-Jizelle S. Ordillas won first place. All the hard work and training had paid off and competing in a tournament brought a new experience for most of the members of the Ft. Bragg Yoseikan, and we are looking forward into doing it again. To be able to represent our Chito-ryu style and show it to the members of the martial arts community here in Fayetteville, NC was quite an honor. From Ft. Bragg Yoseikan dojo, thank you Shihan Schmidt for taking the time to be there for us and supporting us, we greatly appreciate it. Congratulations to the following promotions: Steven Smith promoted to 4<sup>th</sup> Kyu. Reggie Ward and Jeff Pafford promoted to 5<sup>th</sup> Kyu. Joshua Chan promoted to 6<sup>th</sup> Kyu. Zachary Locklear, Jessica Pafford, and Jacob Denno promoted to 7<sup>th</sup> Kyu. Shani Lewis, Kenneth Gallatin, Wyatt Bala, and Breanna McFadden promoted to 8<sup>th</sup> Kyu. The Ft. Bragg Yoseikan are sad to lose the McFadden family, they will be moving to Germany around June 2010 for a military move. With another tournament coming up on May 15, 2010 and having nine of our members competing, our dojo had been busy training so that we can represent our dojo with pride. Wish us Luck; now back to training.

*By: Ma. Cielo S. Ordillas & Reggie Ward  
Ft. Bragg Yoseikan.*



## WITCH'S BREW OR MITT STEW?

During April black belt class Hanshi talked with us about the 4 "K's" of Karate – Kihon, Kata, Kai-setz, and Kumite. We warmed up with multiple trips back and forth on the deck doing Kihon, or basics. Then we moved into Kata. Over the course of the class, we worked on Chokusen, Niseishi Dai, and Kusanku Dai. For Kaisetsu, we worked our way through the eleven Ni Sei Shi Kaisetsu. Finally it was time for Kumite. Hanshi told everyone to grab a pair of mitts. The closet was opened, the Tupperware bin full of mitts was pulled out, the lid was removed and Kowabunga! - The fifth "K" of Karate was born. As we all donned our mitts, a strong odor began to be emitted. While the men appeared to be impervious to this, there were four women on deck who were nearly brought to tears by the pungent smell of weeks-old dirty gym socks.



Put these on our hands? Whatever Hanshi says! Hai!

As I engaged in Kumite drills with my partner, I was aware of hands and feet whizzing around me. Who would have thought that the most lethal weapon would be the wave of rank funk that wafted past my nostrils

every time she used a jodan technique? This malodorous smell made our eyes water and nearly brought me to my knees on a few occasions. At the point that Hanshi permitted us to remove the offensive mitts, all 4 women made a beeline for a wash basin and washed our hands up to our elbows to cleanse ourselves of the pungent fragrance.

Shihan Ludwig declared that the mitts must be washed at the end of class. Both the washer and dryer were taken at the time, but Shihan Ludwig was determined and waited patiently for her turn in the laundry room. When the washer was clear, she began the dubious task of putting

the mitts into the washer. I am certain that if she had one of those litter picker-ups, she would have used it, but nothing of the sort was available, so she tossed the mitts in using only the tippy tips of her fingers and holding her breath. She was bound and determined to fit all of them into the washing machine and, to her delight, they all fit (right up to the brim). She then poured all sorts of laundry detergent, fabric softener, and bleach into the boiling hot water that was necessary to clean these protective devices that had become weapons in their own right. We kept the lid of the washer open and watched as the water quickly turned brown in spite of all the cleaning agents poured into it. As the agitator began agitating, it became clear that the washer was not going to agitate enough to churn this mighty mass of mitts in an appropriate fashion to be cleansed. It was as if the mitts themselves were rebelling against being cleaned! Shihan Ludwig beckoned to me, "Get me a broom!" Although this sounded like a strange request to me, as her assistant and most avid supporter of this task, I quickly grabbed a broom and handed it to her. Shihan turned that broom upside down and began pushing the broom handle into the mitt stew, ensuring that every mitt in there got its rightful dousing in the very cleanly bleachy water. As brown sledge seeped out, we could only grimace and carry on with this most important task.

Sammie Lingo, a bright 7-year old, joined us in the laundry room, and was fascinated at the machinations that Shihan went to in order to clean the mitts. When her mother, Shawna Lingo, came looking for her to take her home, Shawna got pulled right into the process with us. At this point in the washing cycle, the machine requires its lid to be closed in order to continue with the cleaning. We knew that we could not close the lid and rely on the mitts to keep themselves in the water. So, Shawna grabbed a clothes hanger and hooked it on a button to trick the machine into thinking that the lid was closed. Shihan Ludwig continued her stirring with the broom handle (which nicely doubled as a lengthy core workout) and Sammie and I continued with our support and supervision of the process. Renshi Kembre and Okusan joined us at different times to watch with amusement at the antics. Renshi Kembre joked, "How many black belts does it take to wash the dojo mitts?" A few of the men checked in on us, chuckled and shook their heads. Comments were made that we looked like we were stirring a witch's brew. Can you picture it? - Shihan Ludwig with the handle of a broom stirring Karate mitts in the washing machine drum while the rest of us are gathered around, "Double, double, toil and trouble." Hanshi also paid us a visit and remarked that he was sure the mitts hadn't been washed since the Revolutionary War.



Needless to say, with the amount of cleaning agents that Shihan dumped in the water, the washing machine cycle had to be manipulated a number of times to give us three extra agitations and rinses. When it was apparent during the last rinse cycle that the water was clear, we all cheered and gleefully tossed the mitts into the dryer. Shihan Ludwig insisted on 3 dryer sheets to further assist the mitts with fresh smells. She thoughtfully put a couple of dryer sheets into the mitt Tupperware container to add an extra chance for fresh smelling mitts the next time we slip on the mitts in black belt class. And so there you have it – the 5 K's of Karate – Kihon, Kata, Kaisetsu, Kumite, and Kowabunga!

*By: Laura Stith Deck*

### BLACK BELT CLASS SEASON FINALE

Anytime Hanshi Dometrich puts on his gi it usually means two things. (1) He is feeling well; (2) we are in for a workout. On May 1, 2010, we had our last black belt class for the season and let me put it this way. If you did not sweat, you need medical attention because the “pedal was to the metal”. It is always a treat when Hanshi runs the class and he does like to make us sweat to help us learn.



His motto “make-em sweat” is the essence of good, old-fashioned, karate training. Maybe there is a yin and yang approach to my thoughts when Hanshi teaches. The yin being “great, Hanshi is well and he is teaching” and the yang being a simple “rut-ro”. Either way, I love it. Not much different than when I had my first karate class with Hanshi in August 1972.

I had to chuckle to myself when the youthful Mark Chisenhall Shihan was warming us up and Hanshi suggested to him not to kill us. My thought was that Hanshi wanted to save “the kill” for himself. Hanshi began the training with a few spirited drills involving basic Chito-Ryu concepts. A couple trips up and down the deck and the pores were wide open. Hanshi then turned our attention to the main theme of the class involving kumite ideas and techniques. With our partners, we trained in entering, striking and avoidance. Bip! Bam! Bop! Drill after drill we continued. No talking. Just training. Occasionally, Hanshi stopped us and told us to take a couple minutes rest. Two seconds later we were back to training. Sweat was falling freely from our pores and gi were soaked. The floor became wet. A brief explanation of another kumite concept and we were back at it. Hanshi emphasized various benefits of Chito-Ryu stances including kosa-dachi. He demonstrated how kosa-dachi can be used to create distance to avoid an attack and used to close distance on an attacker. He emphasized how Chito-Ryu techniques tend to utilize one step rather than two steps in kumite as we continued to engage our training partner. Kicks, punches, kiai filled the dojo. Counter techniques were explained and training continued as did the beads of sweat.

Near the last few minutes of the training session, we shared demonstrations of kata. We bowed out and within a seemingly few minutes from the start of the two hour class, it was over. This loss of time has been referred to in other newsletter articles concerning training. If you have not experienced this, maybe you are not training properly. The old adage “time flies when having fun” is applicable to good, old-fashioned karate training. If you looked at the clock you may have been punched in the nose.

After the training, I stepped outside to the serenity of the outside garden and where the oxygen was plentiful and fresh. Hanshi had invited several visitors including Dwight Holly Sensei and Sonny Kim Sensei, who brought several of his students along. A couple of Sensei Kim's students joined me in the garden area who expressed their thoughts on the uniqueness of Hanshi Dometrich's dojo. It is a special place to train and sweat.

After the training ended, pizza and socializing was a nice finish. I am not sure when the sweating stopped, but it did. Maybe more yin and yang philosophy at work: train hard, burn calories so one can enjoy necessary evils-pizza and beer.

*by: Don Schmidt.  
Yoseikan Honbu*



**CAPTAIN JAMIE CREELMAN VISITS YOSEIKAN HONBU DOJO**

Jamie Creelman from Nova Scotia, a Captain with the Canadian Army. Joint Task Force stationed in Toronto Canada. Jamie is a Chito-ryu stylist training with Peter Giffin in Toronto.



Jamie was Visiting with Roland Figgs, in Cincinnati who also trains with Sensei Giffin. Sensei Giffin is affiliated with Ken Sakamoto's Ryusei organization. Jamie's earlier background in Chito-ryu was with Michael Colling in Halifax Nova Scotia many years ago. Sensei Figgs brought Jamie to the Honbu, He had heard about

Hanshi Dometrich, but had never met him. Hanshi was not at the dojo, so arrangements were made For a breakfast meeting before he had to return to Toronto. Hanshi , Okusan and Jamie met on a Saturday morning, March 27<sup>th</sup>, at a local restaurant and had a nice visit, Jamie and Hanshi Had a lot in common, both being, military men. Jamie purchased copy's of Hanshi Book "The Endless Quest "when he Visited the honbu earlier, Hanshi signed his copies, upon arriving back to Toronto, Jamie said, He had a sleepless night; he started reading the book and read it cover to cover before putting it down. Hopefully Jamie will visit again soon.

*By: Barbara Dometrich*

**REUNION IN NOVA SCOTIA**

The weekend of April 16-19th was an event filled time for my visit to Halifax. My youngest son, Robert, was getting married on Friday, my oldest son's girlfriend was having her birthday on Saturday, and the original Chito-ryu Dojo in Nova Scotia, the Atlantic Karate Club where I started in January of 1971, was celebrating it's 40th Anniversary also on Saturday. One of my close friends of that time, John Shaw now living in Edmonton, was coming in for the anniversary event as well as do some research on his family tree locally. With all going

on, the wedding especially, I wasn't too sure if John and I would get any time to get together on the weekend but a call from Robert and I knew where John would be on Thursday evening, at Mitchell German's dojo where Robert was to be training that night. Mitchell had called Robert with the information and I was invited to attend. It had been about 31 years since John and I had last seen each other, on my trip to Alberta for an NKA meeting, so I was quite pleased to go over and renew our



Michael Colling center John Shaw to his left

friendship after so many years. Robert came over to where I was staying and off to class we went. We watched the junior class for a bit then John and I had a little time to talk after so many years, then into our gi for class. Mitchell ran the class at a basic level, white to senior ranks were on the floor, covering kihon kata ichi and a few applications, then the ranking belts broke off to cover what they wished. The topic of history came up and John and I started talking about the old days and who was doing what back then. Needless to say time ran out very quickly and we were ready to bow out. Overall the evening was a good one as we talked and out of it came an idea to get some more of the "old" guys together before too many more are gone. I thank Mitchell for the evening to get together and have time to talk, and the opportunity to train again with John after all this time. Out of this 2011 should be quite interesting as we find more of our group still around the province and see who is coming to the big reunion next year.

(John Shaw, is the moderator for the Chito-net.)

*By: Michael Colling  
Yoseikan Nova Scotia*

## HONBU TESTING MARCH 2010

March 13<sup>th</sup>, 2010 a retest was held at the Honbu dojo for Yudansha and Ik-Kyu ranks. This was a re-test for those that did not pass the test in November 2009. The Honbu dojo hosts a the National test Board once a year for Yudansha, these test are held usually in October in conjunction with our Chito-ryu National seminar and birthday celebration for Dr. Chitose . Those that do not pass get another chance at the March Seminar, in which we celebrate Hanshi Dometrich's birthday. The test board was comprised of Hanshi Dometrich, Renshi Sherry Kembre and Shihan Mark Chisenhall.



L to R: Mark Chisenhall, Sherry Kembre, Chris Buckner, Kevin Beers, William J. Dometrich, Joe Beninger, Gus Monge

This year four students were retested: Gus Monge from Charlottesville Va. for shodan, Chris Buckner from honbu/Anderson Yoseikan for shodan., Kevin Beers from the honbu dojo for Ik kyu and Joe Beininger Yoseikan of Anderson for Ik kyu. All four passed. Congratulations!

## IKF SEMINAR DUSSELDORF, GERMANY

On April 7, 2010 I left for Dusseldorf Germany to visit with Hanshi Peter Brockers to celebrate his 65<sup>th</sup> birthday and assist in the 50<sup>th</sup> anniversary seminar to celebrate Hanshi Brockers, 50 years in karate.

Arrival was Thursday April 8<sup>th</sup> , time was spent visiting and getting over jet lag. I stayed at Hanshi's apartment and we talked about karate and his friends in the USA. On Friday we began the paper preparation for the seminar and went to observe two of his students prepare for their Dan testing to be held on Sunday morning.

Saturday we arrived at the venue for the seminar to find three class areas set up, there were instructors from Russia, Poland, Kosovo, Bosnia, Switzerland and Germany and myself from the US. The areas of instruction included, Shotokan kata, Jujitsu, self-defense, and Chito-ryu kai sets, Bo kata and the sword. Each hour three new classes started and ran for 50 minutes. The students were free to chose which area they wanted to train.

Over the course of Saturday and Sunday, I ran three kai set seminars, 2 in the first, 15 in the second and a whopping 24 in the third. I guess they liked what they saw as many of the students were repeat attendees. Given 50 minutes we only had time to do the first six kai sets each class.

After the seminars it was time for the Dan testing. Hanshi gave me the honor of setting on the test board along with four international shihans. Soke Kronen of Switzerland was the senior on the test board and gave the testers the once over. The test lasted about three hours with the majority of the time being taken up by George Vouslie a former Goju ryu, now Shotokan student testing for go-dan. His test included six kata, bunkai, self-defense techniques and basics. He was not asked to do kumite as he definitely has a handle on combatative techniques.

With the seminar and testing over, we retired to a local German pub for food and drink.

On Monday I was ask to run Hanshi Brockers class which mainly consisted of youth under the age of 15. We covered basic punches and blocks with emphasis on proper form, over all the girls out performed the boys. After class, time for dinner and drink.

Tuesday and Wednesday were spent sight seeing the surrounding towns; on Thursday the 15<sup>th</sup> I was on the last flight out of Europe due to the volcano eruption. I arrived home tired and happy to be here.

Hanshi Brockers hopes to bring several of his students to the United States later this year, to visit with his friends at the honbu dojo.

*By: Wes Ernest.  
Yoseikan Honbu*



**INSTRUCTOR PROFILE**



Terry Collis Shihan

**Vital Statistics:** Married to Sandi Brown for 43 years  
**Children:** Son Douglas is a Lt Col. Marine Corps  
**Education:** Lloyd High School, Eastern KY University- BA, MA  
**Military:** U.S. Army - signal corps -infantry  
**Current employment:** Retired Cincinnati Bell, 30 years  
**Begin Chito-Ryu:** July 25<sup>th</sup>, 1962  
**Current rank and Title:** Rokudan Shihan

**Extra Curricular activities:** Tai Chi Chuan, Shotokan, Bonsai flower society, Genealogy, Sons and daughters of the Pilgrims, Society of colonial wars, Sons of American Revolution.

**Things that important in his life:** Wife, Son, Karate, Sunrises & full moons.

**Hobbies:** Bicycling, motorcycle, photography, reading, revolution era reenactment, bonsai.

**On his night stand:** The Coffee Trader. Secret lives of the Dali Lamas. Perfecting kumite by Tanaka. Fighting Arts Magazine

Terry Collis, became a member of the Yoseikan Honbu in 1962. Terry has also studied Shotokan karate and holds the rank of Ni-Dan with the JKA. While in College at Eastern KY University Terry started a Chito-ryu karate club on campus. Terry is an asset to the Honbu dojo and the Chito-ryu organization. He assists Don Schmidt with the Northern KY University karate classes. Over the years he has earned the nickname crow bar. At 70 years old he can hold his own with the younger generation.

**KFOJ TOURNAMENT**

On April 17<sup>th</sup>, Melvin Lewis from Louisville KY. sponsored a karate tournament at the Drawbridge Hotel in Ft Wright. Medal winners from the Honbu were Reggie Corbert shodan, silver medal in kumite and Bronze in kata, 18 to 34 years group. Steve Nassano Shodan, bronze in kumite and silver in kata 34 years old and over.



**USCK SELF DEFENSE SEMINAR**

On June 12, U.S. Chito-kai representatives presented a practical self defense class for teens. The basic ideas conveyed in the class were to avoid potential dangerous situations, be prepared for bad situations, and to become



U.S Chito Ryu Representatives: Shawna Lingo, Mike Shaefer, Eric A. Ford

aware of your actions. Several basics were taught, such as knee and elbow attacks practiced on a bag and the standard cross arm wrist escape. The class was well attended with 15 or more teens (mostly young ladies). We enjoyed knowing the group walked away with a few practical self defensive moves and suggestions to help them make better choices in life. We would like to thank Leanne Englert for inviting us and the Campbell County Public Library for promoting and hosting this exciting event.

Thank you again for the opportunity.



**CHARLOTTESVILLE YOSEIKAN'S  
INCREDIBLE SENIORS**

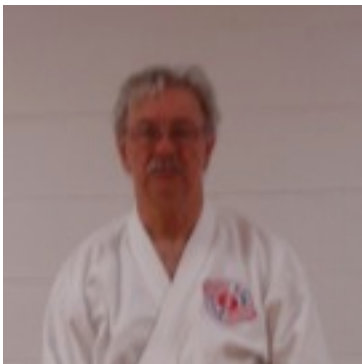
In the beginning of 2004, a woman came in with her Grandson. She sat quietly in the back of the training deck as her grandson was about to take his first lesson. I walked to the back to introduce myself and at the same time told her to take her shoes off and join us. She responded that she was 59 years old and had fibromyalgia as well as severe osteoarthritis and proceeded to show me her hands, which indeed showed evidence of some painful stiffening. "Never mind that" I said, "this will be good for you".

Fast forward to 2010. This lady is now a Ni-kyu.

Around the same time, another gentleman came by the dojo and introduced himself. He was 62 at the time and stated that he wanted something that he could do for the rest of his life. I said, "Well, you have come to the right place". He is now 68 and will hopefully be testing this year before the National Test Board for his black belt.

There are many more folks that have come into our dojo here in the sticks of Virginia and I am going to let them tell their tale of a few of the 60+ crowd.

It is my pleasure to introduce to you:



**Mr. Jack Little, Age 68.** I started karate when I was 63, shortly after I had "retired". I had been waiting for many years for the time and some small pittance to allow me to train. I am now 68 years and 5 months old and counting. It is difficult to say exactly what karate has done for me, it has

done so much. Starting with the physical, karate has strengthened me, increased my balance tenfold, increased my range of motion, my reflexes are much faster, and my awareness of my body movements is elevated.

From these physical improvements has come a new sense of well being. I am more relaxed. My breathing has become more relaxed and controlled. I look people in the eye with confidence. I have no need to fight to prove myself. I know more of who I am.

Sensei Wellbrock summed it up for me one evening after the October seminar when he said "Becoming a black belt has given me the courage to run from a fight with confidence". That confidence is worth it's weight in gold!

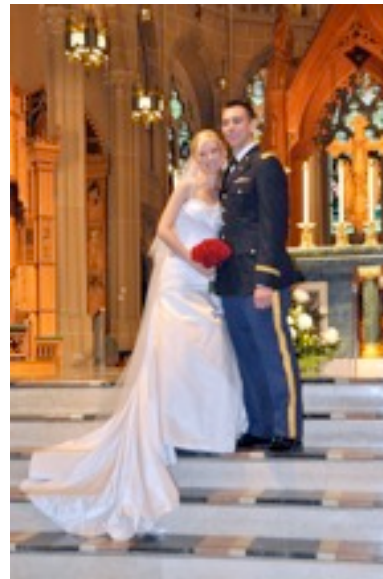
**Mr. Fred Garcia, Age 67.** My name is Fred Garcia; I am 67 years old and recently retired. As a matter of staying healthy and physically fit, I considered joining a gym or practicing the martial art of Karate. Working out in the gym may be good for the body but seem tedious. Karate, on the other hand, is physically challenging, engages the mind and is never boring. I enjoy the camaraderie of the other practitioner of this art form. I find my energy level much improved and my physical stamina surprising to much younger men. I am looking forward to many years of practicing the art of karate.

**Mrs. Anne Patton, Age 65.** I am 65 years old. I have fibromyalgia and inflammatory arthritis. On top of that, my ability to remember things is far from what it used to be. I have been training for 5 years. If it had not been for the encouragement of Sensei, I would have quit 4 years ago. Each time I thought I COULDN'T, she said Oh Yes You Can. I am now a Ni-Kyu. I never thought I would make it this far. I am proud to be a member of this Karate Family.



*Submitted By: Linda Gage  
Yoseikan Charlottesville*

**ERNEST - FRIEDHOFF MARRIAGE**



Eric Ernest and Rachel Friedhoff, were married on May 15<sup>th</sup>. Eric, is the son of Wesley and Sharon Ernest. Eric is a San-Dan at the Honbu dojo in Covington, KY and is currently serving in the US Army stationed at Ft Bliss Texas.



## FOUNDERS FORUM

### TEACHING KARATE-DO

Teachers are made not born; certain persons have more ability to be a teacher than others. This is the same as certain persons have talent to play a musical instrument, to be an artist or a great actor.

Talent by it self however is just that- raw talent, which must be conditioned, and developed so that a good instructor may someday become an excellent teacher. Some of the best karate instructors/teachers are those who had little initial talent but who worked hard to develop there teaching skills. Learning to teach, just as learning the art of karate-do is a never-ending life long endeavor.

Teaching karate-do or any other martial arts is different to some degree than teaching history, mathematics, or English literature. A martial art is a "Military Art" and as such deals with the subject of attack and defense. A student of history, mathematics or English literature who refuses to pay attention, who is inattentive, who fails to follow instructions will in most cases fail the course. For the martial artist or karate-ka to do any of the above may result in either being injured or their causing an injury to another student.

### WHAT IS A TEACHER'S RESPONSIBILITY?

A teacher's responsibility is to teach their students, by any and all means at their disposal. Since karate is a martial art, we must suppose that the student is taking the art of karate so that they may better protect themselves or their loved ones in this increasing violent society No two teachers will teach exactly alike, but they may obtain the same results of producing a person who is capable of protecting themselves in a conflict. There is no absolute right way to teach, there are varied methods, some a little better than others. This is what makes teaching such a rewarding experience.

### COMMON SENSE, WHEN SIZING UP THE STUDENT.

When considering the student make up of the class, consider the following advise from Shojiro Sugiyama, "Ten percent of most classes will be gifted and progress very rapidly with little effort. Ten percent of most classes will have extreme difficulty in performing and understanding the most basic concept; you know the ones we always say have two left feet. Eighty percent of most classes will be those people who will attend class, train hard, learn the art of karate-do and develop their skills gradually with each class. To be an effective teacher you must organize your

teaching methods for the eighty percent who are paying the bills." This does not mean you neglect the gifted or the slow, it only means you focus on the majority.

### MARTIAL ARTS TRAINING IS CONDITIONING.

Conditioning plays an important part in karate training. Technical skill developed over time, muscle conditioning and mental conditioning are equally important. All too often in the past, a good karate technician has been soundly defeated in an encounter outside of the karate school and in some cases crippled or killed. The primary question to this is WHY? Once a young girl joined my school that had obtained Sho dan from another school and a very famous style. One night in class one of the students issued a loud "kiai" when practicing with her. She immediately broke down and started crying and had to leave class. While her technique was excellent, she had not been properly mentally conditioned, and in a street encounter, her karate skills would have been worthless. Her karate instructor never raised his voice in class. I yell at my students. I want them to be mentally conditioned for the bully, the aggressive attacker who is going to yell at them, to threaten them. I want them to be fully mentally as well as physically capable to defend themselves at the moment of truth.

### STUDENTS, TEACHERS AND FRIENDS.

When on the karate training area, we are never friends, we are only students and teachers. We are opponents. We must develop this attitude at all times. The opponent must always be before us when in class. If he is not we will never, as Funakoshi Sensei said, "emerge from the dance." After class is over and we leave the training area we may once again become friends. Don't smile when you are scored upon. This is a common occurrence in most American karate schools. If you analyze it, you are smiling because you have just been seriously injured or killed. This is not a thing to smile about.

### MOTIVATION BY VOICE AND BODY LANGUAGE.

Motivation is a great teaching tool. If you are able to motivate a student they will teach themselves. The problem however is to develop the skill to spot what motivational techniques work on various members of the class. Different strokes for different folks. What works for one may not work for another, and may in fact have a reverse effect? Remember the 80% rule. The instructor's voice is a great motivational tool. Getting into a students face or walking around class, a shove to check balance, a correction, a work of praise, are all techniques to keep your class alert, learning and motivated. Never forget that some people cannot be motivated regardless of what you do.



## DISCIPLINE AND PUNISHMENT

Schools with the best discipline seldom have a great amount of punishment.

This is because the students have developed the ability to discipline themselves, follow the rules and work for the schools goals, of producing good karate students. Discipline starts with small items, like bowing each and every time you enter and leave the school or a training area or partner. No hats worn in the school. No jewelry being worn during practice. Specified association patches on the uniform and no other. Good grooming standards. Checking the report cards of the younger members. Punishment is usually pushups, asking a student to sit down during class, asking a student leave the karate school. Temporally or permanently. One thing that modern American society especially our children need is self-discipline. Self discipline comes by first having discipline imposed from the outside and gradually we learn to discipline ourselves. When speaking to many teachers of young children, their biggest obstacle to teaching is the lack of discipline of the younger generation. This is where a good karate school can assist both the public schools and the students. One basic rule is that if you discipline a young student, or correct a young student during class- try to stroke them before the class is over. "That's better", "Now you are getting it" " gee you do great pushups" Etc.

## THE SLOW LEARNER

This is the 10% we have spoken about. They are a challenge but with some extra effort, and seeing them try hard, they can improve and be very rewarding to the karate teacher.

## CHILDREN

Same as adults, but you must like them and it must show. There are two things that know your true being, dogs and kids, you can't fool them. Kids don't mind being corrected even sternly, if it is done for a good reason. They will in actual fact care more about the individual teacher who does get on their case, than one who treats them with kid gloves, when they deserve harsher treatment and know it. Some of the younger students, I am closest to are the ones I discipline most, Remember most kids will try to out maneuver you when ever they can, until they become disciplined to know better.

Many schools have developed games to make learning easier or more interesting for young children, This approach is alright to some degree, but our goal is to teach karate, not a day care center or kindergarten. The parents are paying us to teach karate, not play games.

*By: William J. Dometrich*

## SUGGESTED READING

Following the Brush: An American Encounter with Classical Japanese Culture.

By John Elder  
copyright 1993  
The Akadine Press

This aptly entitled book recounts the story of the author and his family's year long sabbatical in Kyoto, Japan. It is always a pleasant bonus for me when an interesting subject has the added advantage of being well written. This is fortunately the case since Mr. Elder is a professor of English at Middelbury College in Vermont.

While most of us have general interest in all things Japanese because of our Karate background, this book has several particularly interesting arcs that should have special significance for all students of traditional Japanese ways. In particular Mr. Elder recounts his experience in learning the traditional Japanese art of shodo or calligraphy as well as his experience in the ancient chinese game of Go. While very foreign to many westerners, his experience will resonate with nods of acknowledgment from Karate-ka. The hierarchical nature of both pursuits and the teacher-student relationships are all to familiar to us. It was especially interesting to learn that ranking systems similar to our own exist in Go with ability and experience being graded in kyu-dan ranking system.

Mr. Elder says that he was initially drawn to Japan through the writing of the Haiku Master Basho, and even had the opportunity to visit the hermitage where Basho himself stayed.

As Basho said "Do not seek the footsteps of the men of old. Seek instead what they sought"

So too should we as Karate-ka remember that we travel the road that our teachers and teachers-teachers travelled. Not to reach them, but to reach for what they sought.

*By: Cyna Khalily, MD  
Yoseikan Takanoko*





## ANNOUNCEMENTS

### Birthdays:

Hanshi Dometrich March 15<sup>th</sup>, Kevin Beers March 12<sup>th</sup>, Shawna Lingo March 14<sup>th</sup>, Mina Ludwig March 21<sup>st</sup>, Joe Petty April 4<sup>th</sup>, Matthew Scot April 5<sup>th</sup>, Russell Banks May 20<sup>th</sup>, Eric Ford May 21<sup>st</sup> and Cyna Khalily June 20<sup>th</sup>.

### Anniversaries:

March 17<sup>th</sup>, Joe and Jenny Beninger, Yoseikan Anderson

June 6<sup>th</sup>, Hanshi and Okusan Dometrich - 55 yrs.

June 6<sup>th</sup>, Kimberly and Mark Suer - 1 yr. Honbu Dojo

### Congratulations:

May 15<sup>th</sup>, 2010. Marriage of; Lt. Eric Ernest and Rachel Friedhoff. Eric is the son of Wesley and Sharon Ernest. A San-dan at the Honbu dojo and currently serving in the US Army, stationed at Ft Bliss Texas.

Robert D Colling, and Ellen Benoi were married in Nova Scotia on April 17<sup>th</sup> 2010. Robert is the son of Michael Colling. Robert is in the Canadian Navy and trains in Chito-ryu in Halifax Nova Scotia.

June 6<sup>th</sup> Dylan Kembre son of Sherry Kembre and grandson of William and Barbara Dometrich graduated from Lakota West high school on June 12<sup>th</sup>, Kira Kembre, granddaughter of the Dometrich's and daughter of Sherry Kembre graduated from University of Cincinnati with an Engineer degree, Summa Cum Laude.

### Condolences:

Jesse Bailey former student of the Yoseikan, in the 1970's passed away Dec. 21<sup>st</sup>. 2010.

James Wax, Shorin Ryu stylist passed away in June, 2010 He was 70 years old. James brought Shorin-ryu to Cincinnati in the early 60's.

John Daley, a Shorin-ryu stylist, who trained at the Honbu dojo for many years in Chito-ryu, passed

away in June of a heart attack. John was 47 years old.

### Dojo Visits:

The Honbu was visited by Jamie Creelman, Chito-ryu stylist from Canada. March 2010.

Michael Messinger from Yoseikan Bridgeport visited Jamie Binkley at Yoseikan III in Orlando Fl. During the month of April.

Laura Deck from Yoseikan II, Cincinnati, visited Fl. During April, trained with Jamie Binkley and Gordon Levin.

Don Schmidt from the Honbu visited Ft. Bragg Yoseikan in April.

Eric Ford visited Orlando dojo the third of week of June.

### Future events: 2010

West Virginia camp: August 21<sup>st</sup>, Audra State park, WV

National Seminar/Banquet / Yudansha testing: October 22/23<sup>rd</sup> Drawbridge Inn, KY

DNBK Gasshuku : November 5-7<sup>th</sup> 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.

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