



Chito-ryu Karate-Do



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

MY STARTING POINT

I am a student of O-Sensei from his later years of teaching. While training with a Chito-ryu senior instructor, he told me that my punch was not good. The Chito-ryu senior instructor told me that my technique was unconventional and I did not use my hips. Only O-Sensei would understand me. My training with O-Sensei includes two stories. My first story involves *shimegosbi*, or hip snap and the practice of closing and contracting hips.



An instructor of Okinawa Matsubayashi Shorin-ryu advised me to ask Chitose Sensei about *shimegosbi*. If O-Sensei agrees with your technique, then your karate is good. At the same time I was doing *furigosbi*, or shaking of hips, so I was interested in *shimegosbi*. About one year later, I asked O-Sensei about *shimegosbi* and to explain. I ask O-Sensei to please teach me *shimegosbi*. I had a lucky day because O-Sensei was in a good mood. It was a morning practice and O-Sensei told me to stand face to face with him.

O-Sensei told me to punch, so I punched toward O-Sensei. O-Sensei stepped back and performed cross crossing block as a defense. I backed up because O-Sensei's block caused great pain in my wrist. Quietly, O-Sensei said "this is *shimegosbi*". O-Sensei left the dojo to return home. My wrist was shaking and I forgot to thank O-Sensei. I was stunned by the event.

My second story involves doing Sanchin kata when hung over. The night before I was talking karate with friends and drinking sake. I was engaged in drunken martial arts. The next morning I went to practice karate and my body was still filled with sake. Even though I was still hung over, I still had to practice hard. My sweat was cold. O-Sensei was watching me thinking I was not doing well. O-Sensei then said "Sanchin kata, take off



your gi tops". He sounded angry! That five minutes was the beginning of hell. Breathing, tension, binding tightly, all made my head dizzy. I got sick. O-Sensei asked me what I was doing and he said don't stop, keep practicing. It was hell. We finished doing Sanchin. Three times I threw up and was glad it was over. Then, O-Sensei yelled "one more time!" I said to myself, "Oh my goodness. He is going to kill me!" But, I started



practicing and we repeated Sanchin three more times. My body was hot, sweaty and shaking. We began doing open shuto right and left and we went up and down. I realized that something was happening to my body. My body woke up and O-Sensei said "you understand!"

These two stories were my starting point.

By: Ken Sakamoto
translated by: Osamu Mukuda



EDITORIAL: SHUT UP AND TRAIN

During Hen Shu Ho training at Shochugeiko this year, I heard someone make the statement "I hate this one". I didn't think much of it at the time, but since then it has struck me as very odd.

On the surface this may not seem such a big deal, likely it was not meant to be mutinous. But the more I thought about it the more it confused me as not only inappropriate, but truly counterproductive. Certainly, we have all had similar thoughts from time to time, it is only natural. In the practice of zazen it is said: "Distracting thoughts will enter your mind, just as they enter, let them leave".

How or why could a serious Karate-ka "Hate" any particular technique or training? Because it is difficult? Because they can not do it? Because it hurts? Because they don't see the utility?

I decided, most likely, even though they don't realize it, it is because they don't understand.

I dare say you will not hear a senior student say they hate any particular technique.

On a superficial level such a statement is disrespectful, not only to the instructor, but more importantly to Dometrich Hanshi and ultimately O-Sensei as the perpetrator and originator of the technique.

To Hate something we do not understand, or are not good at, is tantamount to ignorance. And in society, ignorance leads to prejudice and prejudice leads to bad things.

To Hate something absolves the self of responsibility and thus perpetuates helplessness and ignorance. More realistically, in Karate training, it is a rationalization to not try.

"I don't get it" or "I can't make this work" is OK, and constructive. The student must remember that everything we do is doable, for someone. If you don't understand something the reaction that we hope to foster is deeper study.

In Karate-do, understanding comes from training. Lots of training. Questions are OK, but mostly "just do it". After a few years and a few thousand repetitions, start analyze a little more. But by that time, you probably won't need to think much. So for most of us, just shut up and train.

*Cyna Khalily, MD
Yoseikan Taka no ko*

The author admits to hating and not understanding many things, but refuses to state them in public or put them in writing.

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Founder's Forum

Starting Our Fifth Decade

It seems to me that the past forty years have flown by all too quickly. Suddenly, we are starting the fifth decade since our Founder Doctor Tsuyoshi Chitose asked my wife and I to organize a United States Chito-ryu Karate Federation. That night Okusan and I discussed O-Sensei's request into the early morning hours. We had no experience in such a venture, no training in such a venture and very little money with which to start an organization. I was a police officer who rode a Harley-Davidson Police motorcycle and Okusan worked for a local warehouse Economy Drug Co. in downtown Cincinnati Ohio.

We had two children to raise and had just purchased a small house just across the river from Cincinnati in Covington, Kentucky. We finally decided that we would take the chance and accept the challenge. Looking back, I now come to accept the fact that I was not Chitose's most gifted student, nor his most ranking student. Why then did Chitose Sensei ask my wife and I too accept this task? To this date I do not have the answer. Indulging my ego I felt that perhaps he was able to see something in us that pleased him, and then in a more realistic moment I realized that he had no one else to who he could go. When this thought first arose (many years later) I felt a great sadness that my teacher had no one else to whom he could turn; the majority of his few American students had returned home and had either quit their karate training or had started independent karate schools or organizations and had no further contact with him.

The organization was born and grew slowly over the years. One of the first things I came to realize very early on was that teaching standards needed to be different in the United States than those of Japan, just as Japanese standards were slightly different from those of Okinawa and the Okinawan standards were not the same as those in China. I had seen several excellent American Karate-ka who taught just as they had been taught and who were barely successful, while others I knew who were not as good technically were very successful because they modified their teaching to fit in with the American psyche. The United States Chito-kai adopted the motto: "When we find someone we can learn from, we will learn, when we find someone we can help, we will help".

Over the past four decades we have been blessed with outstanding students, who have dedicated themselves to the dream of Doctor Chitose Sensei; a viable U.S. Chito-kai. These outstanding students through their hard work and training have assisted greatly in our success. Many of them are still with us after forty years. Not only do they practice Chito-ryu Karate, they work on the dojo when repairs are needed, they assist with teaching, and many other things that need to be done to run a successful dojo. The majority of our ranking students have been with us since before we became the Chito-ryu Headquarters. A special "Thank you to all of them".

October 2007 marks the first month of our fifth decade. As we continue forward, let us go forward together in harmony as we continue to build O-Sensei's dream.

By: William J. Dometrich, Hanshi

"Whatever I do, I give up my whole self to it." -- Edna St. Vincent Millay



INSTRUCTOR PROFILE: WARREN POCHINSKI



Name: Warren Allen Pochinski

Born: September 14, 1935, Argonne, Wisconsin

Married: Tu Thi, (Warren met Tu while in Vietnam

Children: Thanh (Former Army Ranger) and John (Major, Army QM corps.)

Education: Business Administration Degree, Graduate of Police Academy 1982, Salt Lake City Utah

Employment: Retired Sergeant Major Special Forces (Green Beret), U.S. Postal Service

Rank and Title: Yon dan Chito-ryu

Warren served in Beppu Japan in 1954. He originally studied Chito-ryu from Robert Wightman (deceased) and Hank Slomanski (deceased)

Warren received his Yon- Dan from Tsuyoshi Chitose in 1963. Hobbies: Bonsai and Gardening

What's on his night-stand: Language books for Italian, German, Japanese and Spanish

Warren (Po as everyone calls him) did not realize that there was a United States Chito-ryu organization until Don Schmidt contacted him while researching the connections between Chito-ryu and the Military. Po is the Chief Instructor at the Ft Bragg Yoseikan in North Carolina; Po is a big supporter of the U.S. Chito-kai and since his affiliation he attends as many organizational functions as possible.

HAPPY BIRTHDAY SENSEI PO!

On 7 Sep 2007, the Fort Bragg Yoseikan celebrated Sensei Warren Pochinski's birthday. It was celebrated one week early due to one of his students, Alex Ordillas, returning to his Army duties in Iraq. Towards the end of class everyone, except Sensei Po, was prepared for what was to come. Sensei Po was visibly surprised by the outburst of his karate-ka singing Happy Birthday and holding a birthday cake with a lit candle. After he blew out the candle, we all proceeded to eat, drink and reminisce.

The Fort Bragg Yoseikan had a tremendous response from the karate-ka and families wanting to contribute to the celebration. We were able to not only have the food and essentials; we were able to honor him with tokens of our appreciation. It was decided that we would get him a customized, embroidered black belt. We still had plenty of money left over and used it to get him a gift card.



It was apparent that Sensei Po was surprised and it made the event even more special. The Fort Bragg Yoseikan has many of its members in the military or families of the military so karate-ka are often deployed or gone for one reason or another. We are all in the same situation and are able to understand and help one another when necessary. We are all in this together and this makes us family. Happy birthday Sensei Po.

*By: Renea B Dunn,
Ft. Bragg Yoseikan.*



FRIENDS, FLOWERS, TEA AND SOME BUDO ON THE SIDE

Every year, over Labor Day weekend, St. Louis has a big Japanese festival at the Missouri Botanical Gardens. Our friend, Dave Lowry, is one of the major organizers and



L to R: Cyrus and Cyna Khalily, Dave Lowry, Meik Skoss, Diane Skoss, Mina Ludwig

facilitators of the event and has kindly extended an invitation to attend the festival for a few years now. Our busy multi-tasking lives always seem to throw conflict and time constraint in the path of spontaneity. But this year, undeterred, we dropped everything and hopped in the car armed with some "Participant" passes courtesy of Mr. Lowry.



I contemplate beauty in form and function in the Japanese garden

The Botanical gardens are vast and beautiful to say the very least, with a large area dedicated to the Far East. There is a man made lake full of koi – mutant sized koi with a girth the size of your head and mouths that make you re-think hand feeding them. The gardens also offer an

authentic Japanese *Chashitsu* (tea house), originally built in Japan and reassembled in the gardens. Mr. Lowry gives the tours through the gardens and to the tea house for the lucky ticket holders of the *Chado* demonstration. Naturally, this meant we learned a great deal about the purposeful and thoughtful design of the gardens as well as the ceremony itself. It also meant we got the coveted pleasure of actually sitting within the small tea house itself during the ceremony. (Thanks again, Dave)

We were treated to *Koryu Bugei* demonstrations by Mr. Lowry, et al; including Phil and Nobuko Relnick and Meik and Diane Skoss. *Sumo*, *karate*, *kendo*, street magicians, *origami*, *raku*, *ikebana*, *bonsai* (speaking of *bonsai* - I now know how to distinguish a 'formal' upright from an 'informal', and what qualifies as a 'cascade'). We had an excellent Japanese meal at a restaurant recommended by a



In front of an authentic Japanese *Chashitsu*

certain St. Louis food critic (we got the inside track there, too!) We also had the pleasure of meeting Mrs. Lowry who was warm, welcoming and kind in the extreme (incidentally, toting *hiragana* flashcards in her purse and quizzing herself between demos.)

Good stuff. Too much for only a day and a half and a short article. If you ever have the opportunity to attend, it is Labor Day weekend every year. We'll be back. Thank you for the hospitality Mr. Lowry.

By: Mina Ludwig
Yoseikan II, Cincinnati, OH

AUDRA STATE PARK 2007

This year's Audra State Park trip started early on Wednesday with a pleasant drive to West Virginia. Unfortunately, we discovered about half way to the park that we had forgotten our directions. Not to fear, I entered the address to the park into our navigation system on our car and we were given turn by turn directions to the park. Now, when I say turn by turn, that's exactly what I mean. According to Sensei Drummond, we came in old 33 to the park, which was about 60 miles of winding country roads resulting in a couple of green kids by the time we made it to our campsite. As usual, Sensei Messenger and Sensei Drummond had scouted out 3 prime spots right on the river, the 3rd being for us! We quickly setup our tent in the blistering heat, and a small screen room over the picnic table. The kids were eager to get in the stream, as usual, and before you know it we were all in the water. As I looked upstream, the ominous clouds approaching prompted me to start cooking dinner. Unfortunately, the rain hit before our campfire did, and 2 hours later we ate. 30 minutes later, it was completely dark, and the entire family was tired from the day, so we went to bed. Did I mention that it was hot? This year was the hottest week they've had in West Virginia in quite some time, and it wasn't until nearly midnight that the temperature had dropped enough for comfortable sleep.

Thursday was more of the same in terms of heat. After some good breakfast cooked on the open fire, we made a bee line straight for the river. Hippie rock was our destination, and with tubes in hand we floated down stream for hours, stopping frequently to soak in the stream and enjoy the wilderness. New to the trip this year was a pet for the Lingo family, leeches!! Somehow I managed to find a nice nesting spot just down from Hippie rock, and ended up with a suit full of them! Naturally, my brave son Jacob had no interest in going back into the water the rest of the day once we got them all off our suits and legs. When we arrived back at the campground around 4pm, we had some new arrivals! Hanshi, Okusan, Cathy and Paul Webster, Sensei Don Schmidt, Renshi Sherry Kembre, Sensei Messenger,



and Sensei Drummond all arrived while we were off on our river adventure. Hanshi and Okusan were staying at a local hotel along with Paul and Cathy, so they avoided the nice weather and heat! As usual for this trip, the day ended with more rain, but this time it waited until after we were done cooking dinner. Before heading to bed the kids and I made a quick trip to the

camp store for some supplies, and ended up sharing some ice cream with Sensei Messenger while watching the nice thunderstorm. We headed back to camp after the storm blew through, but were first to arrive at a downed tree on the road back in the campground. 30 minutes later the road was cleared by the park rangers, and we made it back to camp, cleaned up and headed to bed.



Friday was more of the same. HOT. We felt it prudent to continue to enjoy the stream for most of the day, only this time we were joined by Sensei Drummond and his 2 sons. In fact, Sensei Messenger also joined in on the fun. The water was especially refreshing for Sensei Messenger, who took his first bath of the year! Apparently Vanilla Bean is in this year! Friday also brought more new arrivals to the campground. Sensei Ash arrived next door to us, Sensei Poe arrived with 3 of his students, Sensei Banks and his rolling estate gave us an entertaining 30 minutes of parking, the Nylands from Yoseikan Anderson arrived, and late into the night Debbie Hamm and her son arrived across the way. As tradition dictates, Sensei Cross made an excellent spaghetti dinner at Uncle Phil's cabin, and everyone enjoyed the delicious food. During dinner our last arrivals drove in, the crew from Yoseikan II Cincinnati, Kyoshi Hawkins, Shihan Ludwig and Sensei Hill. After some spirited conversation, the late afternoon thunderstorm, and great food everyone retired to prepare for the next day's training. Fortunately, the heat had broken for the week after the last thundershower, and the sleeping bags and blankets were broken out for the first time.

Saturday began with breakfast, and a quick cleanup before the 10 am start of the clinic. After bowing in, the participants enjoyed a nice warmup conducted by Sensei Don Schmidt, followed by an hour of Chito Ryu basics led by Hanshi Dometrich. Hanshi emphasized hip snap, power generation, seisan stances in both hanmei and chokusen and "speed, speed and more speed." Renshi Kembre took all the 12 and under children to the side for their own special training, which included kicking over a rope, kata and sanban kumite. The second hour consisted of kumite drills. Hanshi led us again in 3 step and 1 step sparring drills. I had the privilege of working with Sensei Drummond for most of the second hour as well as Sensei Schmidt. It was quite a change to get such experienced black belts to challenge my blocks and punches. The main focus, again, was speed. Hanshi worked with



everyone on ways to improve our speed including weight distribution and the combination of tension and relaxation. Several bruises later we moved into the 3rd hour of Kihon no Empi practice. Shihan Ludwig instructed the group under the watchful eye of Kyoshi Hawkins on the finer points of target awareness, stances and hips. Finally, we concluded again with Shihan Ludwig and Kyoshi Hawkins working on wrist releases. We were all encouraged to find partners of the opposite sex, and to find contrasting height and weight people to partner against. I had the pleasure of working with a young brown belt from Sensei Po's dojo, who did an excellent job absorbing the material and listening to Shihan Ludwig's instructions. Upon the conclusion of the clinic, we all posed for several pictures from Okusan, and then it was straight to the river. This year Shihan Ludwig declared an all female line across the river, and 5 or 6 women jumped in to show off their excellent martial spirit. Not to be left out, several men crashed the party and tried to get into the photo, but in the end I think they just ended up all wet.

Saturday night brought the traditional dinner again at Uncle Phil's cabin. Cindy Drummond grilled up hamburgers, brats, metts, and hotdogs along with all the fixin's. Everyone enjoyed a nice, pleasant evening of food, conversation and drink while basking in the beauty of Uncle Phil's cabin and the wonderful view of the river. The back porch seemed to be the place for the adults to relax while watching down towards the river as the kids played near the water. Near dark the campers retreated back across the river to the campground and eventually to Sensei Drummond's site for a nice campfire. Around 20 people enjoyed some guitar playing and tunes while we all stayed warm by the fire. Goodbyes were exchanged later in the night, since most people were leaving early in the morning for home. As for our trip, this was only the first half, but most made their way back to their homes that Sunday. We, however, were bound for Florida, but that's another story..

*By: Mark Lingo
Yoseikan Anderson.*

FT. BRAGG YOSEIKAN EVENTS

On Saturday August 4 2007, Fort Bragg, NC, sponsored a Family Fun Day in honor of deployed personnel and their families. The Fort Bragg Yoseikan was invited to demonstrate karate for this event.

We entered the demonstration area in single file and flawlessly fell into ranks. After we paid our respects to the kamiza, Sensei Pochinski spoke a few minutes about Chito Ryu Karate. We began with ju ni waza and then went into kicking, punching and blocking. After showing the basics, we each performed our designated kata. We then quickly demonstrated several renzoku waza and henshuho. We then set the stage for breaking boards. Each karate-ka showed courage, focus and technique with each successful break. Lastly, we demonstrated Sakugawa no kon sho and Nunchaku. We bowed out and ended our demonstration.

This was the first karate demonstration for the Fort Bragg Yoseikan although you couldn't tell by the way it was conducted.

Each karate-ka knew their part and completed it without hesitation. The audience was impressed by the students' skills and showed it with their applause. This was a job well done!

On Saturday, 28 Jul 07, the Fort Bragg Yoseikan, under the tutelage of Sensei Pochinski, went to the Kernersville Yoseikan



headed by Renshi Matthews. Sensei Pochinski brought eight of his karate-ka with him while five of those students tested for promotion. Renshi Matthews had six karate-ka and two of his students tested for promotion.

We arrived, saw old friends and met new ones. After we became acquainted with one another, the instruction started. We practiced basics and kata under the watchful eyes of our instructors. When practice ended and we lined up for testing, we were eager to show what we learned. The tests were difficult but we were undaunted. Everyone did superbly and passed their tests. Renea Dunn was promoted to 2nd kyu, Gary Isaacs to 4th kyu, A.J.Ordillas to 5th kyu, Dustin Byrd and Harless Spencer to 6th kyu, Aiyanna Ordillas to 7th kyu and Christopher Lawrence to 9th kyu.

After testing, we all came together and congratulated one another for our accomplishments. We have come a long way from our first day in the dojo; but we still have a long way to go. With more training and instruction, we will become even better. Everyone learned a lot that day and had a great time. Sensei Matthews and Pochinski are only an hour and a half away from each other so these meets will be more common.

*By: Renea B Dunn.
Ft. Bragg Yoseikan.*



SHOCHUGEIKO

2007

An auspicious moment occurred at the beginning of our Shochugeiko 2007. Immediately after the tranquil practice of bowing in, a family of red-tailed hawks espied



our warm-up session and made quite a ruckus as they soared directly overhead in the glistening sunshine. Their "spirit yells" filled the training field on this beautiful Saturday

morn. The younger hawks were being fed by a parent and being taught survival techniques and skills. The irony is that on the ground karateka were preparing to learn from their sempai methods to improve their techniques and skills in martial arts.

Hanshi Peter Brockers, President of the International Karate Federation-Germany hombu, was our special guest. He is a student of Kanazawa Sensei of Shotokan fame. Brockers Sensei visited the hombu on the previous Thursday and ran a spirited hour of training. Brockers Sensei taught the Shochugeiko group some of his kihon



kata that involve partners and the principles sen, go no sen. Briefly, Brockers Sensei starts his kihon kata with an attacker performing san ren tsuki and the initial kata

involves the defender blocking the head and chest punches, and then becomes the attacker. Role reversals between the attacker and defender occur that ultimately result in one punch, certain defeat. Brockers Sensei has an entire series of these partner kata that involve more advance techniques.

Sensei Byers and Khalily warmed-up the entire group before we separated into different groups by rank. Khalily Sensei reviewed with the black belts Tenshin kata because those going to Japan in April 2008 for the DNBK event need to know this kata. Beshears Sensei worked with green belts, Byers Sensei worked with brown belts, and Kembre Sensei worked with 7th, 8th and 9th kyu belts.

During the final hours of training, Ford Sensei gave the brown belts a thorough review of Sakagawa no Kon Sho which included bunkai. The bunkai involves partners moving to and fro applying different strikes and blocks that are present in the bo kata. Green belts and black belts remained together and were taught a good dosage of the Henshu Ho. Adult 7th, 8th and 9th kyu belts were being taught by Willie Elliott Sensei and Carol Hayes Sensei. The children were given a break in their training about two hours after the fun started.



While the physical training was coming to an end grill master Kathy Webster was stoking the fire with the help of Banks Sensei and others to have the food ready for consumption. The picnic's success hinges on everyone pitching in by bringing a covered dish and assisting in the set up or cleaning up afterwards. Once again, everyone had a great time. It is always nice to train with and exchange conversation with others in the organization from other dojo.

Hanshi and Okusan invited Brockers Sensei to their house where karate-ka gathered to continue socializing. Brockers Sensei is already talking about returning in 2008.

*By: Don Schmidt.
Yoseikan Hombu Dojo*



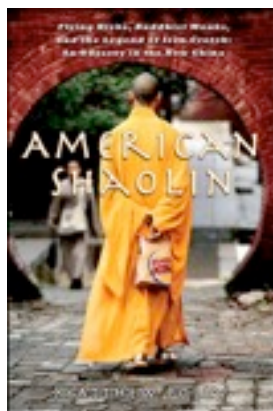
Book Review

The book, *American Shaolin*, by Matthew Polly is well worth the price and the read. It is not a book for children under the age of sixteen because of the language and various sexual and violent situations detailed in this book. Mr. Polly captures the true essence of the journey of anyone who enters the path of learning a martial art. Mr. Polly describes the two years that he spent in China, in his quest to learn Kungfu. Moody, 1997, discusses this quest as "*The five stages of the soul: Charting the spiritual passages that shape our lives.*" He lists the five stages as: (1) The Call – which is turning from the circumference to the center, which means turning from the world to an examination of yourself; (2) The Search – which begins with the quest for guidance and then to the place where the spiritual impulse lives and grows (what we traditionally think of as the Dojo); (3) The Struggle – must endure trials, pass tests, and be challenged along the way; (4) The Breakthrough – making the quantum leap into a state of a-oneness with something beyond ourselves; (5) The Return – coming back to ordinary life, to live out the rest of one's life.

Mr. Polly's quest to learn Kungfu follows the pattern outlined by Moody. Mr. Polly receives *The Call* when at nine years old he saw a rerun of David Carradine's Kung Fu on television and wanted to imitate the adventures of the main character. After this, while attending Yale University he studies Chinese culture and language, and decides to find the Shaolin Temple. He begins The Search when he is told by one of his instructors to find the Shaolin Temple and study Kungfu there. His Struggles are getting his body prepared to endure the rigors of Kungfu; also he must pass the tests of the Chinese culture and its many dialects within the Chinese language, and the various encounters he has with many different Chinese persons. Mr. Polly describes his breakthrough as: "I was overwhelmed by a feeling of absolute peace. ... It was emotional. ...and for a moment there was only God." (p. 140) Mr. Polly clearly experienced this at-oneness with God while in the process of practicing a Kungfu movement. It seems to suggest while practicing Kungfu, he was also developing spiritually. Or that there is a definite spiritual component to studying a martial art. And finally he describes his return to the United States and his ultimate return to China. When he returns to China he discovers that the China he left no longer exists. A true indicator that when he return to life, life has moved on, and he must do the same.

I would recommend this book to any student of the martial arts, and particularly any student studying karate. It is a story that captures all the ins and outs and ups and downs of learning a martial art. It is however, written from a male perspective and his portrayal of women some might find offensive at times. Also, there is a strong use of "street" language that could turn others off. So please be warned.

By: Willie Elliot NKU Karate Club



YOSEIKAN CHARLOTTESVILLE SEMINAR

Charlottesville Yoseikan, under the aegis of the United States Chito-ryu Karate Federation and Albemarle County Parks and Recreation, offered its first clinic on June 30, 2007.

The seminar was conducted primarily as a fundraiser for the dojo's scholarship fund as well as an open house for the local communities to take a look at the renovations that are occurring at the Greenwood Community Center.

Lady Astor who was a local resident at the time built the center in the early 1950's. This building served the community in many capacities and has fallen under disuse and disrepair.

Charlottesville Yoseikan, founded in October 2002 by Linda Gage, has built a program strong enough to receive considerable funding to

transform the downstairs bowling alley into a martial arts paradise. The county along with many of the students of the Charlottesville Yoseikan, installed a

brand new floor, new ceiling and rewired the electrical ceiling fans were added as well as dressing rooms and storage space. The dojo was then given a new paint job with the help of a work-release team of men.

The seminar began at 10:00 am with registration and organization of three groups of budo-ka; guest instructor Sensei Scott Lim of the California Aikido Association utilized the newly renovated downstairs dojo. Sensei Lauren Fuller, a member of The Charlottesville Yoseikan gave instruction in Bokken on the lawn outside and Sensei Gage ran Chito-ryu power and speed drills in the upper dojo. The students were divided into groups by rank and rotated from instructors to the next at intervals of an hour and fifteen minutes. There was a lunch break after two sessions and formal bowing out in the upper dojo followed the final session.

The fundraiser was a success raising over \$2000 in both fees and pledges. The students of the Yoseikan were asked to obtain pledges and out-side budo-ka were charged a nominal fee of \$25.00 for 4 hours of training. As mentioned this was the first endeavor for Charlottesville Yoseikan and all involved felt it a great success. The addition of Lim Sensei to the clinic was felt to be one of the highlights and we are looking forward to a long lasting relationship with him and his Aikido. We also want to thank Sensei Pochinski and students from Ft. Bragg Yoseikan, for their support and attendance

By: Emma Gage
Yoseikan Charlottesville



O-SENSEI AND DOMETRICH HANSHI THROUGH THE YEARS
AT THE INTERNATIONAL AND U.S. HOMBU DOJO



O-Sensei and Dometrich Hanshi at the International
Hombu Dojo, Kumamoto, Japan 1971



O-Sensei and Dometrich Hanshi at the U.S.
Yoseikan Hombu Dojo 1967



O-Sensei at National Test Board U.S. Yoseikan
Hombu 1982



O-Sensei visits the U.S. Yoseikan Hombu Dojo 1967



O-Sensei and Dometrich Hanshi during O-Sensei's visit to
the U.S in 1967



AAU NATIONAL KARATE TOURNAMENT

For several decades Hanshi and I have attended the AAU State, Regional and National tournaments. Although we have had to miss a few National Tournaments we have always tried to support Sensei Mirza, The Chairman of AAU karate. Since Hanshi was diagnosed with Parkinson's



Left to right: Shojiro Sugiyama, William Dometrich, Doug Perry, Paul Godshaw

last year so we did not do much traveling, but I happened to see an article in "Masters magazine" that Hanshi was to receive an award at the Nationals being held in Winston Salem June 25 through the 30th. While Hanshi and I were discussing whether we could go or not we received a phone call from Jim O'Hara from Chicago inviting us to attend. Ultimately we made arrangements and drove to North Carolina.

We arrived on Monday afternoon and checked into the hotel. Since we had stayed there on other occasions we were familiar with the area. Hanshi went to register and was given an invitation for a banquet dinner that was to be held on Tuesday evening at the hotel, our daughter Deborah was in Durham, NC holding a kobudo seminar so she came and met us to attend the dinner. The dinner was to honor the following pioneers with Lifetime achievement awards: Shojiro Sugiyama Shotokan from Chicago, William J. Dometrich Chito-ryu from Kentucky, Doug Perry Goju Ryu from NC, and Dan Ivan Shotokan from California. Sensei Ivan was not able to attend for health reasons, he is hospitalized with terminal bone cancer. His student Paul Godshaw accepted the award for him, it was very emotional for Paul and all the other seniors in attendance. Sensei Ivan's history goes back to the mid forties. He is the oldest U.S. pioneer still alive. At the banquet it was a who's who of karate, besides the four pioneers receiving awards Fumio Demura, Chosin Kotaka, Chuck Merriman, Tomohiro Arashiro, Dan Smith, Del Sato, Seiji Nishimura and Takuyuki Mikami, representatives from different regions of the AAU

including Jim O'Hara from Chicago, Dave Williams from Ohio and Willie McIntosh from North Carolina. I do not have all their names, this is just a few of who attended, I am sure I have neglected to mention a few seniors, so I apologize. Sensei Mirza made the statement that these pioneers came before his generation to pave the way for them. Now he hopes the next generation will be there to honor his generation, "it's something to think about".

Hanshi went to the field house every day to support those that were competing, as well as the excellent referee and judging staff. Hanshi said he felt that the competing students were much improved over the past several years. Older senior students were there competing, training, coaching and assisting the younger students that were less experienced than they. These veterans set a good example for future generations. Veterans like Barbara Chinen, Elisa Au and George Kotaka, just to name a few.



William Dometrich and Fumio Demura

While in Winston-Salem Sensei Pochinski, and his wife Tu, who live and run a Chito-ryu dojo at Ft. Bragg, came with several students to attend the opening ceremonies of the tournament. We were able to have a nice lunch and visit before they had to drive back home. Victor Moore, a former student of Hanshi's from back in the sixties, came to see Hanshi. Before we left to travel home we were invited to the home of Jim and Kathy Matthews, who run a Chito-ryu dojo in Kernersville NC, for a spaghetti dinner. Thanks Kathy great meal. Leaving town we were surprised to drive through the home town of Andy Griffith. Aunt Bee's restaurant was closed.

Thank you, Sensei Mirza, for inviting us to such a prestigious event.

*By: Barbara E. Dometrich
Yoseikan Hombu*



ANNOUNCEMENTS

Anniversaries:

Russell and Beverly Banks - 37 yrs July 17th
 Cyna and Shawna Khalily - 12 years - June 11th

Birthdays:

Johanna Willis - May 27th (Johanna turned 50!)
 Constance Kramer Wellbrock - June 23rd.
 Renshi Jerry Beshears - July 4th
 Renshi Manual Byers - July 5th
 Willie Elliott - July 18th
 Kevin Drummond - July 24th.

Get well wishes:

Sensei Dan Ivan - Terminal Bone Cancer
 Kathy Webster - Revision total knee replacement

Congratulations:

Graduate of Princeton High school: Lauren Hawkins - Shodan
 and daughter of Kyoshi Lawrence Hawkins Yoseikan II
 Cincinnati, Ohio.
 Graduate of Ryle High school Union Kentucky: Paul Alphonse -
 Ni-Kyu, Honbu dojo

Good luck wishes: David Hewitt, Honbu dojo, assigned to
 Afghanistan July 15

Dojo visits

Mark Chisenhall - Yoseikan Napoleon visited Yoseikan of
 Orlando II June 30 - July 6th.

Gavin Suttie, North Hampton England, visited Mark Chisenhall
 and Yoseikan Napoleon July 13/14th, Gavin also visited The
 Honbu dojo July 7th/12th.

Shihan Barbara Tarczynski from Maryland, visited the Honbu
 the week of July 16th thru 21st.

Sensei James Acampora of Orlando Florida attended Black Belt
 class on September 8th

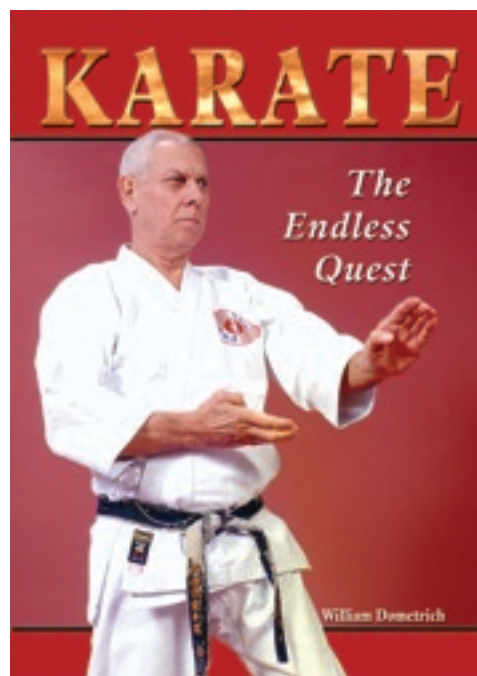
Sensei Matthew Scott of Yoseikan II Cincinnati visited Yoseikan
 Taka no ko Dojo Louisville KY Sept 22 for a kyu test.

Honors

Four pioneers of martial arts were honored with a Lifetime
 Achievement Award by the AAU Administrative committee on
 June 26th in Winston Salem North Carolina. Congratulations to:
 Sensei Dan Ivan- Shotokan, Sensei Doug Perry- Shorin Ryu,
 Sensei Shojiro Sugiyama- Shotokan, Sensei William J.
 Dometrich- Chito-Ryu

Coming events:

Kangeiko - January 2008
 Chito-Ryu Seminar - March 2008
 Kyoto Japan - April 2008
 Shochugeiko - July 2008
 West Va Camp - August 2008

**THE ENDLESS QUEST**

By William J Dometrich
 Second Edition
 Empire Publishing

Available at most major book retailers and on
 Amazon.com.

Also available directly from the author through
 the U.S. Chito-kai Yoseikan Hombu Dojo.

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