



Chito-ryu Karate-Do



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“GOOD OLD FASHIONED KARATE”

SOKE TAKAYOSHI NAGAMINE VISITS HOMBU DOJO

Soke Takayoshi Nagamine visited his good friend Hanshi Dometrich at the Hombu on July 14, 2005. The respect and admiration they have for each other was evident by the accolades they directed to each other. They initially met in the 1960's and helped each other work on their dojos as they continued their legendary journeys along the karate-do path. Hanshi Dometrich considers Soke Nagamine a “karate brother” and Soke Nagamine referred to Hanshi as the best non-Japanese karate teacher in the United States. Each expressed to each other their dedication and contribution to karate-do. With all the accolades they shared, their demeanor proved that neither of them had lost the beginner's mind and they often commented on how they are still learning and striving to better understand karate-do.

Soke Nagamine was accompanied by Sensei Don Sonney who teaches Matsumura Shorin-Ryu in Columbus, Ohio. Matsumura Shorin-Ryu is an Okinawan style of karate based on the teachings of Bushi Matsumura Sokon who was the maternal great-grandfather of Master Tsuyoshi Chitose. Soke Nagamine is the head of World Matsubayashi-Ryu which is an Okinawan karate organization founded by his legendary father Master Shoshin Nagamine. In Naha, Okinawa, Master Shoshin Nagamine was a boyhood friend and karate student with Master Tsuyoshi Chitose. The names of the great masters who learned karate in Okinawa have been written about in many books, most of which are in our library.

It is an awesome experience to be involved in a karate class taught by two direct disciples of the Okinawan Masters Tsuyoshi Chitose and Shoshin Nagamine who began their karate training in Naha. Receiving karate instruction from Soke Nagamine and Hanshi is akin to being taught by Willie Mays and Mickey Mantle on how to hit a baseball, receiving quarterback instruction from Roger Staubach and Johnny Unitas, or receiving a golf lesson from Arnold Palmer and Jack Nicholas.

Soke Nagamine provided a brief description of his style of karate by emphasizing the “snap” of his style as compared to Gojo-Ryu and Uechi-Ryu that are hard styles. Soke demonstrated the “snap” of his style by cutting two pencils with a business card held only inches from the target and he emphasized how he extends his joints for greater snap and reach. Soke stressed that training for a minimum of 30 years is essential to understanding and executing “joint extension” and he ran the class through some exercises to maximize joint extension. These exercises are similar to an exercise Hanshi has led his students through that involves repetitive jabs with the left and then the right. The class progressed into kata.

Sensei Sonney demonstrated his style's version of Seisan which was followed by our Seisan and Shotokan's version known as Hangetsu. The similarities in the katas were evident as were the subtle distinctions and variations. Soke performed a sai kata. As Hanshi has said, we are all karate cousins practicing good, old-fashioned karate.

The advanced ranks joined Soke Nagamine and Hanshi on the upper deck where we continued to perform kata and compare the similarities between the styles. The class became an open forum when students were encouraged to ask Soke Nagamine questions. The open forum was complete with demonstrations and applications.



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EDITORIAL: THE ROAD LESS TRAVELLED

Lucky me! For the better part of my Karate career I have lived within minutes of the Yoseikan Hombu Dojo, and even now within an easy 90 minute drive. Black Belt class, national events at the Hombu or northern KY - no problem. For the past several years I have made the 6 hour drive to West Virginia for the Audra State Park clinic and camp-out hosted by Sensei Kevin Drummond and Sensei Michael Messinger. The drive always helps me appreciate how fortunate I have been to live so close to most of our US Chito-kai national events and Hombu. It also helps put in perspective the great effort and dedication shown by those "less fortunate" Karate-ka who live not-so-close. For years I have taken for granted the time and effort necessary for all of our brothers and sisters who travel from Florida, Pennsylvania, New York and even as far away as Nova Scotia. And not just once a year, some of our friends make the trip several times a year and sometimes, as in the case of Black Belt class, for just one day! These dedicated individuals deserve our respect and thanks not only for continuing to work on their own personal development but also for their continued support of the organization.

But as I reflect, I realize, some of us can't help it. It's in our genes. Yes, it is an inherited instinct. For years Hanshi and Okusan have travelled the country to visit US Chito-kai dojo. While active with the AAU and DNBK Hanshi crisscrossed the country visiting Dojo and participating in various events. In the early days he made regular trips to Canada to visit and train with his Karate Kyodai (brother) Masami Tsuruoka. Even before that, he travelled from his base in Beppu to Kumamoto to visit and train with Dr. Chitose. And in turn O-Sensei often made the trip from Kumamoto to visit and teach at Beppu and other sites across the island. Remember that one of Hanshi's test certificates was signed by Dr. Chitose and Gichin Funakoshi? Funakoshi travelled from Tokyo to Kumamoto for that test - quite a trip before the Shinkansen (bullet train). So you see, it is in our blood. If you are US Chito-kai you train when and where you can. Sometimes that involves a road trip. It is sometimes a pain, we sacrifice time, money and other activities to travel and train. No one said Karate training was supposed to be convenient. Not only do you derive the benefit of additional training outside of your usual "comfort zone", it also helps support the US Chito-kai and our Shibu dojo. This is a wake up call. To those who live and train at or near the Hombu dojo, go the extra mile (pun intended) to participate in some of the other events the US Chito-kai has to offer - Summer in West Virginia or February in Florida, for example. In this way you can return the

favor to those "less fortunate" individuals who have visited you for all these years. You will also derive the personal benefit of seeing new places and meeting new people that you may not have otherwise had the opportunity.

Get on the road - if you are U.S. Chito-kai - it's in your blood.

Cyna Khalily, MD
Assistant Editor Karate-do Newsletter



Hanshi Dometrich with my son Cyrus in West Virginia 2005 - how could anyone pass up an opportunity like this?

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Barbara Dometrich

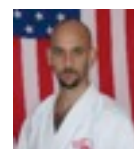
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HANSHI'S CORNER



Many of you have heard this story before but there are a few that haven't. When O-Sensei Dr. Chitose choose me for the position of U.S. Chief Instructor I tried to beg off. I had been a Police Officer for a little over three years and had just been assigned as a new motorcycle officer. I did not have the time or training and most importantly I did not have the money to organize a United States National Chito-ryu Federation.

Dr. Chitose told me that he had no one else to depend upon. My wife and I discussed the ramifications - pros and cons - that night. She felt that I should at least try. The next day after practice I met with Dr. Chitose and accepted the appointment. I informed O-Sensei that I did not have the resources or experience to build a large organization like Canada. I said I would build a good, small organization with a strong honbu, he agreed and we shook hands on it.

I was with O-Sensei for thirty two years, until his death. I am still with him even now, twenty plus years later. To set matters straight: Dr. Chitose is my only karate teacher. I have however had the opportunity to meet and train under and with some outstanding teachers. Among them are: Masami Tsuruoka - my sempai, Hiroyuki T. Hamada - International Director of Dai Nippon Butokukai, Hidetaka Nishiyama, Shojiro Sugiyama, Patrick Mc Carthy, Teruyuki Okazaki, Hirokazu Kanazawa, Yoshiaki Ajari, John Sells, Stan Schmidt, Fumio Demura, Takayoshi Nagaminie and his father Shoshin Nagaminie, to name a few. I can say without reservation that each of them, and many others, have influenced both my training and teaching to some degree. I do not teach like Sensei Tsuruoka, Nishiyama, Hamada or any of the others - I teach like me. I teach all my students to the best of my ability I have learned that sometimes not teaching is a form of teaching. All I ask of my students is a little understanding, pay attention, learn to be loyal, and to SEE.

Once upon a time, four blind men came upon an elephant and attempted to know what it was. One felt his tail, and said it was a rope. Another felt his leg and said it was a tree. A third grabbed his trunk and said it was a fire hose. Still another had his ear and said it was a leaf. They all thought they were right. Many times when I attempt to get a student to SEE they become upset with me.

Once a karate sensei was sparring with one of his students and kept kicking the student a little harder, again and again.

"Are you mad at me?" the instructor inquired.

"Damn right Sensei!" he replied.

"Why are you mad at me, you are the one not blocking"

Always keep "Shoshin" - Beginners Mind.

By Nature, men are nearly alike; by practice they get to be wide apart

Confucius



Nagamine Visit continued from page 1...

Soke Nagamine stressed that speed, relaxation and a strong center, or tanden, were essential to executing good technique. In other words, Soke was conveying the same message as Hanshi expresses in some of his phrases like "speed or you're dead", "relax, relax, relax" and "drive with your hips". Nothing magical. Just good, old-fashioned karate!

The open forum session also included bunkai from Passai, Chinto, and Tenshin. Soke Nagamine stressed that kata have hundreds of applications hidden in the specific moves and he shared with us his interpretations of certain kata moves. More good, old-fashioned karate!

The two hour class was seemingly over a minute after it started. If you are wondering when you can get training like this again, come to the next class. Hanshi Dometrich may be teaching and you likely will hear from him, or his instructors, "speed or you're dead", "relax", "drive with your hips", "good posture/balance" or "use your center". Come to the next class and you will continue to receive good, old-fashioned karate instruction. Nothing magical and you will sweat if you put forth the effort to learn.

Thank you Soke Nagamine and Hanshi for your continued efforts to learn and teach karate as taught to you by your teachers.

By: Don Schmidt, Hombu Dojo



Then and Now - (L - R) Soke Nagamine and Sensei Nishime during a 1973 visit from Dr. Chitose. Photo courtesy of Terry Collis

A TIME-HONORED TRADITION: SHOCHUGEIKO, 2005



*"The sky is a huge dome.
Greenery is everywhere."
- Dr. Tsuyoshi Chitose, O Sensei*

On July 23, 2005, 81 members of the U.S. Chito-kai gathered together to share in a summer training session steeped in history and tradition.

Shochugeiko can be traced back to 1896 when Jigoro Kano launched the first official and/or publicized Shochugeiko at the Kodokan. Two years on the heels of the first Kangeiko, or winter training, which was officially launched in 1894, Shochugeiko was the next logical step in extreme element-enhanced endurance training.

continued next page...



Shochugeiko continued...

Certainly, budoka had been training in the elements for centuries. Through Jigoro Kano's far-reaching influence, however, the 'modern' budoka was and is encouraged to make a concerted effort to train arduously during the most extreme weather conditions. Lest we get too complacent and comfortable, lest we complain – Mother Nature takes us to task.

After five hours of training the blazing hot sun, with a heat index of over 100 degrees, in a field full of molehills, I sincerely doubt anyone will complain about a two-hour class in a dojo of comparatively mild temperature. Let's recall that the having a building and a deck is a luxury. Even if you didn't know about O-Sensei's backyard dojo, the opening line to 'Study Hard Young People' reminds us that he never intended us to become what our fellow budoka Dave Lowry would call 'dojo bushi.'

Mother Nature cooperated with Hanshi and after two weeks of near daily rain, it seemed as the though a magnifying glass was held over the field to intensify the abundant sunshine. It was gratifying to see everyone working so diligently and without complaint. When forming our lines, no one tried to get to the comfortable shade of trees. We didn't show up for shade. We showed up for hot, tough training and we got what we came for.

Shihan Khalily kicked us off, so to speak, with warm ups and basics. During this segment we worked renzoku waza, zenshin kotai, kihon no empi and shime no kata. The pace and instruction was such that the white, yellow and orange belts along with all of our welcomed guests had little to no problems following along. The first hour flew by and set the stage for a great day of training.

For the remaining hours, the group was divided for more targeted and personalized training. There was a rotation of instructors among the groups. Shihan Khalily worked each group on rank appropriate kata and corresponding bunkai. Renshi Wilhelm and Sensei Ford together instructed on Sakugawa no kon sho, which they have been worked towards standardizing for the USCK with a manual in the near future. Students under the age of thirteen received one more hour of training from Sensei Laura Deck, PhD. Renshi Beshears instructed on the theories and basics of kazushi, or unbalancing. As you might imagine, ironically, Jigoro Kano's theories on taking the opponent's balance were discussed. O Sensei held a high rank in judo and fostered great respect for Jigoro Kano. Given the historical backdrop to Shochugeiko, this was a very apropos area of concentration.



Renshi Wilhelm (left) demonstrates Bo Kata application with Sensei Pochinski

The last hour and a half ended as strongly as the first hour. Black and brown belts worked Seisan and Passai with great emphasis on simple yet highly effective bunkai. Some sage advice from Soke Nagamine, who recently visited the Hombu, was that for the first twenty years or so of training, train with your heart and throw yourself headlong into just doing it. Let your training remain relatively unfettered by intellectual analysis. The applications provided by O Sensei are probably more than sufficient at this stage of the game. After a couple decades, you might be ready rev up your brain and figure out what the heck you doing. As a guideline to bunkai, if it works, it's not wrong. Likewise, if you can't make it work, get back to the drawing board. The possibilities are endless and efficacy is highly subjective. Size and relative strength should factor into your personal analysis of your kata.

As usual, the picnic meant abundant food, drink, stories and laughter. We all slept well Saturday night and woke up with nice sun-kissed faces.

Thank you Renshi Wilhelm, Renshi Beshears, Shihan Khalily, Sensei Ford and Sensei Deck for the excellent instruction. Thanks to the Websters (our grill masters!) and everyone who contributed to the set up, content and clean up of the picnic. Thank you Hanshi and Kyoshi Dometrich for orchestrating the entire event and for, as usual, providing the presence and additional motivation to strive for excellence. We all keep working up towards a level of proficiency purposely set just beyond our reach - always just beyond so that we never become complacent with the status quo or for that which is easily attained. Thank you also to our co-founders for continuing this time-honored tradition of summer training.

by Mina K. Ludwig, Esq.



*Yoseikan II Cincinnati***ANNOUNCEMENTS**Weddings:

June 26th - Mark Chisenhall & December MacIntyre -
Honbu dojo

Birthdays:

June 23- Connie Kramer- Honbu Dojo
July 18 - Willie Elliott- NKU Karate Club
Sept: 14, 2005- Warren Pochinski (70 years young)

Congratulations:

Wade Hoy and wife Jessica, Ft Bragg, Karate club, proud
parents of twins.
Ricky Glass - Promoted to 8th kyu - Ft. Bragg Karate club,
Ricky is being deployed to Iraq.
Herve Stephanus, Baby daughter Aelia, born July 20,
2005, Herve and his wife are from France, he trains at the
Honbu dojo

Honbu dojo Visitors:

Soke Takahashi Nagaminie, visited the Honbu July 14th,
assisted the black Belts and was very generous to have a
question and answer session with them, regarding history
or technique.

Shihan Barbara Tarczynski Chief Instructor of the
Maryland dojo, visited the Honbu dojo July 18 thru July
23rd. While here Shihan took all classes available morning
and evening. One day was spent visiting Renfro Valley Ky,
and the KY music hall of fame, the highlight was taking in
a concert and getting autographs of the star's. Shihan was
here to attend Shochugeiko on Saturday July 23rd.

Jamie Acampora, Gordon Levin, Karen Ruperto from the
Orlando II Dojo visited the Honbu July 21, making the
morning and evening classes. James, Gordon and Karen
also attended Shochugeiko.

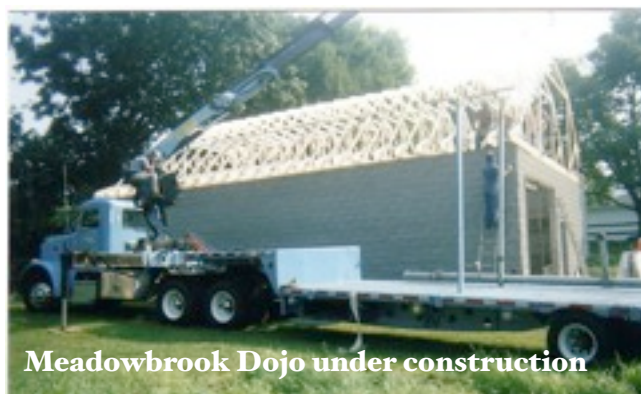
Mike Messinger, Kevin Drummond, Jackie Cross of the
West Virginia Dojo. visited and trained at the Honbu on
July 21st, They were also here to attend Shochugeiko.

**The Honbu staff welcomes everyone that can to stop by
and train with us.**

New dojo:

Rochester Chito-ryu Karate club, established by: Sensei
Jesse Brown Yon-dan.

A new dojo is being built in Meadowbrook WV by Kevin
Drummond and his father, Mike Messinger and the
Bridgeport Yoseikan students. There will soon be two WV
dojo's: one in Bridgeport and one in Meadowbrook. (see
photo)



Meadowbrook Dojo under construction

Other Events:

Kids summer camp was held at Yoseikan II, Cincinnati,
OH, June 15th thru 17th another kids camp sponsored by
Yoseikan II was held at Mercy HealthPlex Fairfield on June
20 thru 24th.

Sensei Don Schmidt from the Honbu visited Michael Beck
in Hunington, WV June 24th, Mike and Don were
teammates at Thomas More College in the early 70's. Mike
holds a Sho-dan in Chito-ryu..

Sensei Jamie Binkley from Orlando Fl. was in town over
the weekend of June 24/26th to attend a Ryukyu Kobudo
seminar in Dry Ridge KY, sponsored by Hanshi's daughter
Devorah Herbst. While here Jamie had dinner and
breakfast with Hanshi and Okusan and attended Saturday
morning class at the Honbu dojo.

Hanshi & Okusan Dometrich attended the Canadian/
American Games held in Springfield OH, July 30, 2005. It
was a walk back in history to be greeted by old friends
from the 60's (Article next issue)

Shihan Jim Matthews visited Shihan Barbara Tarczynski
early August in Maryland, both Jim and Barbara are on the
Board of Directors of the U.S. Chito-kai and along with
Mina Ludwig, Esq comprise the Judicial committee.

Jamie Binkley traveled to Charlottesville Va. from Reston
Va. where she was working, to meet with Hanshi and
Okusan at Sensei Linda Gage's dojo August 16th.

Hanshi and Okusan made a 2,200 mile trip along the East
Coast August 11th thru August 25th, visiting Chito-ryu
dojo. (Article next issue)

DNBK Certifications:

Julie Gottlieb- San-Dan- Detroit Michigan-certificate
presented by Midwest Representative, William J.
Dometrich, July 23, 2005



WEST VIRGINIA SUMMER CAMP-OUT

John Denver sang "Almost heaven: West Virginia" and it certainly was true, at least when it came the 2005 Audra State Park Karate Weekend, sponsored by the Bridgeport, West Virginia Yoseikan Karate School, August 12th, 13th and 14th.



The setting was Audra State Park (www.audrastatepark.com), located in north central West Virginia, just a few miles south of Clarksburg. Located along the banks of the scenic Middle Fork River, the park offers excellent camping in the heavily forested campground, hiking through the woods in the surrounding mountains and outstanding and exciting swimming in the pristine waters of the Middle Fork River.

The event was attended by approximately thirty-five karate students of all ages and experience levels, and led by Hanshi Dometrich. Most of us arrived throughout Thursday and Friday, allowing us to take advantage of the park's facilities and to do some socializing with our Karate brethren before the seminar on Saturday morning. We were pleased to see folks from Honbu, Louisville, Cincinnati and Fort Bragg Dojos. The latter included Mr. Ricky Glass and Mr. Richard Partida, both currently on active duty with the United States Army, and students at one of our newest affiliated dojo headed by Sensei "Po" Pochinsky. On Friday evening a traditional West Virginia style Italian dinner was hosted by Cindy Drummond and Jackie Cross, and held at Uncle Phil Messinger's house, across the river from the park.

Saturday morning the seminar commenced with a lecture from Hanshi Dometrich in which he stressed many of the philosophies and technical aspects unique to Chito-ryu Karate-do. Some of the notable points were the priorities of Karate practice as outlined by O-Sensei Dr. Chitose: first is the family, second is work or school, and the practice of Karate-do is only third priority. Also discussed were the various means of making power; a comparison of speed

versus power; and the observation that loyalty is an inherent quality with which someone is born. Hanshi Dometrich discussed some technical aspects of kicking practice, stressing the importance of the supporting leg, the various striking surfaces of the foot and the use of the hips in increasing kicking speed. Stances are defined as having either inward or outward tension. He also noted that Dr. Chitose stressed the importance of small, sharp and movements. Karate is divided into three parts: Kihon (basics), Kata (forms) and Kumite (sparring). Sparring is further divided into five possible aspects of attack and defense.

Hanshi Dometrich also stressed the importance of how you conduct yourself, right intentions, right thoughts, humility, always learning something new, and never stopping training.

Also assisting with the instruction were Renshi Steve Wilhelm who presented the Bo (staff) kata Sakugawa no Kon Sho. He stressed the organization's recent efforts to standardize the practice of this form. Renshi Jerry Beshears presented close fighting techniques stressing the application of elbow, knee and head strikes, as well as vulnerable anatomical points. Sensei Mark Chisenhall presented methods of training for front snap and thrust kicks, and side snap and thrust kicks. Renshi Sherry Kembre assisted with youth training.

We were also pleased to have on hand Mr. Nick Facemire, photographer with West Virginia Sports Pics (www.wvsportspics.com) to photograph the event. He took several hundred excellent photos, which can viewed and purchased on-line.



The seminar lasted approximately five hours and covered a wide range of philosophies and techniques. Then came the fun part, when the entire group retired to river for additional "practice", corny karate photos in the water and on the rocks, and general fun, games and tomfoolery. All of which was followed by a grill-out at Uncle Phil's house, more socializing and another dip at the Messinger family swimming hole.

While the karate students undoubtedly enjoyed the training, it was the children of the group who had the most fun, especially with the river, campfires, burning...

continued next page...



West Virginia continued ...

...marshmallows, and typical camping activities. The events resembled a family reunion with the kids from the Messinger, Drummond, Khalily, Lingo, Chisenhall, Kembre and other families. Our organization now stretches to three and four generations practicing Dr. Chitose's Karate-do.

As always the entire weekend was a very enjoyable event, and plans are already afoot for a bigger and better affair next year. Stay tuned for details.

All of us that attended want to extend our congratulations and sincerest thanks for a successful seminar to Kevin Drummond, Cyndi Drummond, Jackie Cross, Mike Messinger, Bill Messinger, David Ash, and especially Uncle Phil Messinger who extended once again the hospitality of a true West Virginia gentleman.

For those who were unable to attend this year, please seriously consider attending next year. You won't regret it!

*By: Steve Wilhelm
Hombu Dojo*

RANKS AND TITLES: USE AND MISUSE

In today's world we seem to be hung-up on words and terminology. You have to be politically correct when talking with someone or they may take offense to your statements. Aren't we allowed our opinions anymore? Such are the times!

In budo we have gone off the deep end somewhat when talking about our seniors, or you run into one who has a very high regard for their own importance. Now the terms master, grandmaster, maestro, professor, are being added to business cards and promotional material of relatively young practitioners. After 35 years of trying to learn this art that Chitose O-Sensei left us, I am still trying to figure out just how deep his 80 years of study really was.

The ranks and titles we hear of today are a fairly new phenomenon. The Dai Nippon Butoku Kai which was established in 1895 in Kyoto, was a melting pot; a place to gather senior budoka from around Japan, to work together to foster and protect the knowledge that centuries of study had given the country. Originally these were all "jitsu" (warrior arts) having battlefield credibility, tried and tested in combat, which were now becoming "do" or ways to work on the inner person, character and usefulness to society. Funakoshi Gichin, an elder Okinawan then residing in Japan, was one of the first to adopt the "ranking" system that he had seen Kano Jigaro use with his

new "Judo" and we now see the coveted "black belt" in use within karate. It is ironic that Funakoshi only was recognized as a godan (fifth degree) by those he taught at the time.

Through the Dai Nippon Butoku Kai the first distinguished titles of Renshi, Tasshi, Kyoshi and Hanshi for modern budo were conceived and issued. Now we are seeing these titles used limitlessly. Normally these terms would give a measurement of the person's standing within the general budo community, yet, the title doesn't necessarily speak to the persons rank. You may have Renshi who are yondan to rokudan, Hanshi who are hachidan to judan, or highly ranked individuals with no actual title at all depending on which organization they belong to. Each title may have a specific use but the bottom line is that the person is still "Sensei". We tend to use the title now when addressing individuals in conversation yet they are often used incorrectly. When corresponding in print it is proper to use John Smith-Rokudan, Renshi, as this is a formal and correct use. He is a 6th dan and has earned the title "skilled expert", but in speaking directly to John Smith addressing him as "Sensei" is more appropriate. Within an organization where many yudansha are in attendance, titles may be used to distinguish seniors as you wish to converse with them. Saying "Sensei" to a group may have all heads turning since many probably run their own dojo, and are used to being addressed by this term. Using Renshi or Kyoshi may signify a specific person in a group. This may be acceptable within the organization yet it can be overdone. Sensei is still the more correct term to use. I recall a story a Canadian yudansha told on his last visit to train with O-Sensei. He was talking privately with O-Sensei (this term is used out of respect for our founder) and he brought up the word "master" in relation to Dr. Chitose and O-Sensei corrected him. "I am still alive and learning my budo. When I have passed, then I have accomplished all I am capable of on this earth. Then you may use the term master, as I have done all I could at that point". O-Sensei had a much deeper understanding of the terms we used so loosely today.

*By: Michael Colling
Yoseikan Nova Scotia*



Hanshi Dometrich was granted the title *Kyoshi* by O-Sensei Chitose



INSTRUCTOR PROFILE - KYOSHI LAWRENCE C. HAWKINS, JR.



Born: December 17, 1944 Cincinnati, Ohio

Married to Jane M. Hawkins
2 Children- Lawrence III and Lauren A Hawkins

Education:
Walnut Hills High School
University of Cincinnati - Bachelor of Arts.
Northern Ky University, Salmon P. Chase College of Law - Juris Doctor.

United States Airforce Commissioned Officer.

Retired: Proctor and Gamble Co. Director of product supply purchases, Global plant purchases, and Global contract Mfg. purchases.

Current: Attorney at law-private practice with firm Hawkins and Ludwig in Cincinnati, Ohio.

Extra curricular activities: Instrumental music ensemble leader (Trumpet player).

Kyoshi Hawkins has studied Chito-ryu since 1962. He holds the title and rank of Kyoshi and Roku-dan certified by the Dai Nippon Butokukai and is the current Chairman of the United States Chito-kai,

Chief Instructor Yoseikan II, Cincinnati, OH

Kyoshi Hawkins has dedicated his life to the betterment of society through Chito-ryu Karate. The martial arts community and the United States Chito-kai is fortunate to have Kyoshi Hawkins as a member, and it is an honor to have him as our current Chairman.

UNLEASH YOUR POWER!

"Unleash your power" keeps coming up in comments by the old masters. Hmm.

Chang Sang-feng states in his classic on Chinese boxing " power is rooted in the in the foot". Hmm.

Sir Isaac Newton tells us "every action has an equal and opposite reaction". aha!

The greater the force pressing against the ground the more power available for impacting the target. Nothing new here, but let's take a closer look.

When taking a stance think of your foot as an outrigger canoe. The major loadbearing is along the inside of the foot from the big toe to the heel. the two outside toes and outer edge of the foot act as outriggers to help assist in maintaining balance.

Now try this: tighten the stomach using the abdominals to pull the pelvis forward and the buttocks in. Continue this contraction pulling the inner thighs inward and keep pulling down through the ankles to the inside edge of the feet. You should have the feeling that if you don't grip the



floor with your toes your heels will be pulled together by the force of the contraction. Can you feel the the muscles and fascia wrapping around the skeletal frame from the feet through the hips? What about changing the amount of tension in one leg then the other. What happens when you shift the tension from the inside of the foot to the outside? Remember, contract and pull with your center; think scooping ice cream, and press with the feet. Dig in and paddle that canoe!

At this point you have brought the major muscle groups of the lower body, the largest and strongest muscles, into a state of dynamic readiness. You have also created a considerable amount of potential energy, and you haven't even made a fist yet. Start with uchi hachi dachi and try all the forward stances. Let me know what you find out.

Now that you have created all this power and you're ready to unleash it stay tuned for the next installment, A Journey Of A Thousand Miles Begins With The First Step.

By: Jerry Beshears
Hombu Dojo



TEACHING KARATE TO CHILDREN

The Mental Aspect :Parts 2 and 3 of 3

Much of Karate training is training of the mind. Repetitions of basic techniques force the mind to let go and the body to take over as technique is internalized. Kata trains the body in automatic sequences of movement and technique and over time frees the mind of the body and movement, allowing it to achieve a heightened state of awareness and focus. Meditation at the beginning and end of class is another strategy for helping students learn to relax and achieve a heightened state of awareness and focus. Children are capable of participating in other forms of mental training as well, although at a different level than adults. Children are naturally inquisitive and learn a great deal about the world by asking questions. Teachers should incorporate time into every class for questions and discussion. Having a circle time at the end of class provides a good forum for this. The Teacher can hold a discussion on a particular topic, or can read a selection from a book, which might stimulate discussion. Teachers should not, however, dispel all the mystery that Karate holds. Children, especially the older ones, can and should learn by doing some thinking and reading about topics on their own.



A young Dr. Chitose (far right) teaches a class of children

A Karate school can provide an excellent place for the nurturing of healthy self-esteem and self-confidence. Performing an individual kata in front of the class or competing in a tournament, in addition to coming before an occasional test board, can help the child to combat feelings of anxiety that come with performance or performance evaluation. Kumite is another method Teachers can use to help students face their own natural fears and trepidation and learn how to deal with situations that are not

comfortable, even threatening. Kumite can also satisfy a child's natural need for competition, and help reinforce the notion that there is something to be learned by winning **and** losing.

Gichin Funakoshi once said, "The ultimate aim of Karate lies not in victory nor in defeat, but in perfection of the character of its participants." This is an important objective for the Karate Teacher who works with children to keep in mind, for children in their formative years are highly influential. A Karate Teacher who merely teaches a child to be a good fighter is missing the opportunity to guide a child toward the ultimate objective. How does a Teacher help a child to the ultimate aim of Karate? I believe it is by striking a balance in the child's training. Children must have a balance between Shugyo and fun. Karate training needs to be serious; yet a portion of some of the classes should have fun, energizing, relationship building games in them. Children should learn and practice the dojo etiquette; however, there are times that it is ok to let the etiquette rules relax a bit. During serious parts of class, Teachers should refer to children as Mr. or Miss/Ms. During the more playful game time, it may be more natural and appropriate to call the children by their first names. Children can help in maintenance and cleaning tasks in the dojo. Age and developmental capacities, however, should be kept in mind as these tasks are assigned. During meditation and when standing at attention, children's behavior will need to be shaped. The Teacher needs to keep the child's age and developmental level in mind when deciding whether to intervene if a child is having difficulty being still or is looking around. In addition, Karate Teachers should talk to their students about balance in their life. It is important that the students enjoy Karate, but not to the detriment of other interests. Students should be encouraged to work hard in school, participate in other sports, and engage in other extracurricular activities.

A final note about the mental aspect of Karate – Instructors must emphasize the importance of utilizing what is learned inside the dojo *outside the dojo*. This can start with the discussions held with the kids during and after class. It can also include discussions with parents about how the youth is doing at home and at school. Teachers of Karate can gain a great deal of knowledge by requiring the child students to bring in report cards. Academic grades tell a part of the story, but effort grades, conduct grades and teacher comments give an even broader picture. Teachers of Karate can help their students identify areas in which they need to work in school and help those students set attainable goals in this domain.

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Teaching Children continued...

Dr. Chitose once wrote about the importance of Karate training for youth, "...The future of all the nations depends upon sound bodies and minds of young boys and girls. Our Chito-Kai emphasizes the spirit of courtesy, peace and patience, and our arts are constructed from the standpoint of physiology. It aims to elevate virtue and to enrich aesthetic sentiments through training, and to mold healthy and effective character...." At the end of each children's class at Yoseikan II, we recite, "In our practice of Karate, may we develop patience, sincerity, humility, courage, brotherhood, loyalty and wisdom." This is the core of characteristics we all hope to develop. By teaching Karate from a developmental perspective, I believe we will retain greater numbers of children in Karate training and can help instill these characteristics in them.

Summary

1. Have energy and display it!

2. Be positive. Catch the student(s) being good/doing something right/doing something better *and praise them!*
3. Make sure that the children understand the rules, but if their behavior is not dangerous or disruptive to others, it may be O.K. to ignore it for the time being.
4. Be aware of individual strengths/weaknesses/assets/limitations.
5. Get on the children's level – verbally and physically.
6. When teaching, keep in mind a set of assumptions/hypotheses re: common errors.
7. If the lesson is not going well, consider the question, "What am I doing/not doing to contribute to this?"
8. Incorporate fun activities into the curriculum (e.g., relay races, tug of war, etc.)
9. MORE DO, SOME SHOW, LESS TALK.
10. Again, have fun and praise them!

Laura Stith Deck, PhD

Yoseikan II, Cincinnati, OH

JAPAN SUMMER FESTIVAL 2004 – ONE YEAR LATER

In August of 2004, my brother Bryan and I traveled to Japan with my son Brennan. The trip was a vacation geared to give us a taste of Japanese culture. After a twelve hour flight from Minneapolis to Tokyo, we arrived at Narita Airport. It then took about an hour to reach Tokyo by Japan Rail. The city was strikingly quiet for the home of 20 million people. It was peaceful and very clean. During our first week we stayed at the 'Tokyo Weekly Mansion' in Akasaka efficiency apartments complete with slippers and a yukata (kamona like robe) for each guest.

Day 1: A local train took us to Kamakura, capital of Japan 1000 years ago. The beach was crowded with families on summer holiday. We toured the Hase-Kannon temple and the Daibutsu, with its 1252 A.D. Great Buddha. Following the Daibutsu hiking trail, we wound our way through the wooded hills of Kamakura toward Zeni Arai Benten a cave temple where you wash your money for good luck. In Kita (north) Kamakura we visited the Engaku-ji temple, site of Funakoshi Gichin's memorial. Buddhist monks arrived in procession for a funeral; others decorated an impressive open-air pagoda for summer festival. Later, in Yokohama, we joined spectators crowding the streets to enjoy festival parades. From a Biru garden atop the ocean vessel Hikawa Maru, we watched the sun set over Yokohama harbor.

Day 2: The summer of 2004 was one of the hottest Japan had experienced in many years. Happily, there were ever-present outdoor vending machines and little shops to

provide needed hydration. We viewed the city from the observation deck of Tokyo Tower. Nearby was Zojoji Temple, the funerary temple of the Tokugawa shoguns. We went by Sumida River 'waterbus' to visit the oldest Buddhist temple in Tokyo, Asakusa Kannon. There we repeated the now familiar ceremony of washing our hands



& whisking incensed air towards us prior to entering the shrine. We tossed a few coins into the bin, clapped our hands twice (to wake up the gods) and said a short prayer. From the foot of the famous Nijubashi bridge in the Imperial Palace plaza we were able to catch a glimpse of Edo castle (Tokugawa family home). Our last stop was Kodokan International Judo Headquarters, where we watched a judo class.

continued next page...



Japan visit continued...

Day 3: We began at the Meiji Jingu Shrine, dedicated to the Emperor and Empress Meiji. Extensive, beautiful grounds led to the shrine. The elegant Japanese architecture made use of natural woods and brass with subtle accents of blue (in contrast to the Chinese preference for plentiful bold colors). We stopped back at the Kodokan to browse through the Judo museum; they even had Jigoro Kano's training uniform on display. As you've probably gathered by now, Mid-August in Japan is Summer Festival. Besides time for parades and family vacation, it is also the season for sports competition. At the Tokyo Nippon Budokan Hall we witnessed hundreds of high-school kyudo-ka (archery students) competing in their annual shiai (tournament).

Day 4: Rest! We cleaned our apartments and researched O-Sensei on Japanese web sites. At the University of Tokyo Medical school we inquired about pre WWII records that might tell of O-Sensei's education. Such records exist, but are kept at an offsite archive. Near the Medical School, the kendo club was just finishing up at the University dojo. That evening we took a taxi. Don't try to open or close the taxi door on your own the driver pulls a lever to open the passenger (left) side door; and as usual in Japan, no tipping. The rail station was a mass of people moving in many criss-crossing directions. We were packed into the train like sardines, yet the Japanese who place great value on their personal space were still relaxed in peaceful resignation.

Day 5: After breakfast with Sensei Joe Swift, an American Goju-ryu practitioner who has lived in Japan for ten years, we took the yushinkan (bullet train) to Nikko, 93 miles north of Tokyo. There we visited the burial site of Tokugawa Ieyasu, the first shogun. By bus we zigzagged up Nikko mountain. At the top, surrounded by pine covered mountain peaks, Lake Chuzenji served as a pleasant stop for a brief lunch.

Day 6: For four hours on the yushinkan (bullet train) we glided smoothly on the rails past rice paddies, wooded hills and distant mountains south to Kyoto. Unfortunately Mount Fuji was hidden by a distant haze. While in Kyoto, we stayed at a traditional Japanese inn. We changed into our house slippers at the door and were shown to our three person each 15-tatami rooms. On a low table, centered in the room, our afternoon green tea awaited us. The Kyoto Budo Center, including the Butokuden, was within walking distance. Within the Butokuden kendo practice was underway. After an amazingly diverse Japanese supper at the Inn, we shared a public bath (not coed). While sitting on a low stool, you scrub every inch of skin, rinse thoroughly, then get into a large, hot jacuzzi. Back in our room, the table had been moved and our bedrolls placed in its stead.

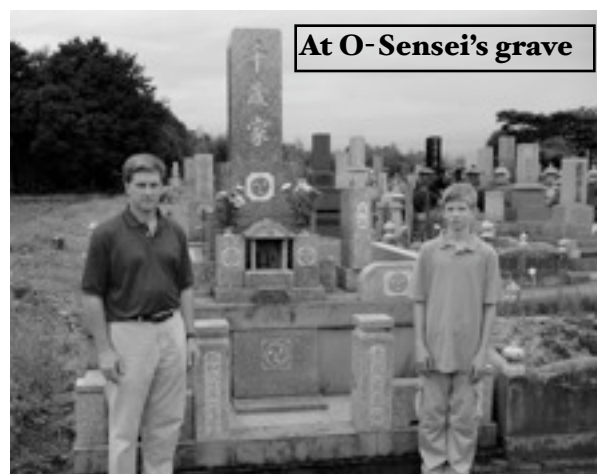
Day 7-8: We revisited the Butokuden, now filled with the excitement of a kendo tournament. We were invited to watch kyodo practice in a nearby building. The kyodo sensei showed us how to string a bow and allowed each of us to try to draw it back. He pointed out the details of his archery equipment. At Rokuon-Ji temple, we strolled past

the Golden Pavilion (Kinkaku) reflected in the adjacent Mirror Pond (Kyoko-chi). Part of "The Last Samurai" was filmed at our next stop Nijo-jo (Nijo castle), the Tokugawa shogun summer home.

Day 9: Japan Rail took us to Neyagawashi where we visited Mr and Mrs Kinoshita, both Shinto priests. He is a 6th dan and she an 8th in Jo-do. Mrs. Kinoshita greeted us with a Shinto blessing ceremony, showed us their dojo, and then invited us to afternoon tea. What gracious people these are. "Without a strong foundation in the basics, one's budo skill can not progress. A budo-ka must be patient enough to first develop this grasp of basic principles. After that, more advanced techniques will come easily." Shinkansen sped us to Himeji where we wound our way up a tortuous series of narrow stone paths into Himeji castle. What a neat place massive wooden beams supporting the ever-smaller floors of this six story pagoda, steep wooden stairways, racks of armament, samurai armor (they were short!), hidden rooms, and finally a breathtaking view of the valley below. Via the bullet train our group traveled to the island of Kyushu and the village of Nogata. Here we visited Kyoshi Kawakita ('Kita-san'), a student of Mamuro Yamamoto. Kawakita sensei trained with Hanshi Dometrich at the Covington Honbu from 1967 to 1969. His home is in a beautiful valley, flanked by rice paddies and surrounded by wooded mountains. The Kawakitas have a strong love for Hanshi and Okusan. They treated us to a family barbecue, Japanese style with ample Asahi and Omori (Okinawan rice wine). Kitasan and his sons then joined us for a relaxing time at the furo (public bath) of a nearby Japanese hotel, our lodging for the night. With a face filled with resolute emotion, Kita-san implored us to always support and remain loyal to Hanshi and Okusan Dometrich.

Day 10: After arriving in Kumamoto by train, we met Kyoshi Hidemichi Kugizaki, a 67 year old student of Dr Chitose, now 8th dan in Chito Ryu. Kyoshi Kugizaki took us to see O-Sensei Chitose's grave. His grave is on a hillside with a calming view of lime green rice plants waving gently in the breeze over fields that stretch to a distant row of mountains.

continued next page...



Japan visit continued...

All of this set against a gray-blue evening sky. Deeply etched into the granite of the large family gravestone, kanji letters emblazoned in gold proclaim both his Okinawan (Chinen) and Japanese (Chitose) names. There too is his family kinon (crest). Sensei Kugizaki lit some incense, and then we all said a brief prayer before a final bow to O-Sensei. That evening we took Kyoshi and Okusan Kugizaki to dinner. "Kyan was Dr. Chitose's main teacher. The first kata he learned is not clear. He studied with Miyagi, a much older student, under Higaonna. After the war, O-Sensei never really practiced as a physician. He did study medicine at University, but was in Tokyo mainly because of Funakoshi and karate. None of the older Chito-ryu Sempai are quite sure why Dr. Chitose changed his name. These things they really don't know for sure. The older Chito-ryu Sempai often discuss kata development, but for the other information about Dr. Chitose, much is not clear" (these are not issues the Japanese seek to explore; this same cultural attitude was reflected in the response we received to our inquiry at the Tokyo Medical School — such facts are felt to be personal family matters not shared with outsiders. And all non-Japanese are outsiders). "Staying relaxed and loose, able to strike at any time when needed, is a main characteristic of Chito-ryu. It is very important to know where your center is like a pole through the center of your head. Just a minor shift of this center and your opponent will miss. Move toward your enemy relaxed and smoothly, so they are calmed into missing your

counter attack. You must constantly be moving into a counterattack position, toward their center, with relaxed hands to throw their center off when they attack. Using both hands in the way Dr. Chitose taught, there are so many ways to counter and attack. At first you deflect, but then you are in a perfect position to attack with the next technique. It isn't just a silly dance."



Kyoshi Kugizaki and Shiogai

Day 11: The next morning Kyoshi Tsutomu Shiogai, a 66 year old 8th dan in Chito-ryu, joined us at Kyoshi Kugizaki's dojo. This was the only time on our trip that we suited up in Gi's to train. As we practiced some Chito-ryu kata, I was pleased, but not surprised, to see Kyoshi Kugizaki emphasize the same principles as Hanshi Dometrich. Our kata performance was done "with too much power and too quickly. We should perform the kata smoothly, more relaxed. We should not be using energy all the time, but be efficient in our movement. Each move or series of moves should be very distinct, with smooth, relaxed transition between them. Don't count waza 1-2, but rather 1. It is one smooth movement of deflecting/counter attacking. Don't over commit to defending an attack or you

are less prepared for the next move." He acknowledged, with a smile reflecting his beginner's mind, how minor variations in our practice of the kata were very suitable to other bunkai. "Chito-ryu is distinct from other types of karate. Elements of kata which appear to be useless are actually fluid means of quickly responding to what comes next. There is specific application of Chito-ryu techniques to real life situations that is missing from other karate forms." We visited Miyamoto Musashi's grave, then Kyoshi Shiogai gave us a personal tour of Kumamoto-jo. The guards all snapped to attention when Shiogai Sensei walked up. He showed us how to work the windows and doors, hidden trap doors and sliding panels to quick escape routes for the Shogun. Shiogai Sensei asked if we would be willing to meet Soke. It would have been rude to decline, yet this was unexpected and awkward. Fortunately, Soke stood us up. But I did get to see Dr. Chitose's home and dojo. The wooden floors are worn. There are racks filled with lots of kobudo weapons and, on the front wall, a large picture of O-Sensei.

Day 12: Without the aid of our translator, we ventured the rail systems of Japan. Our taxis were hailed with "Kumamoto Station, kudasai." Scouring schedules and signs for the kanji symbols Bryan had taught us, we located the limited express Japan Rail to Hakata and then the bullet train to Hiroshima. At the Peace Memorial Museum, it was hard to take when a young Japanese woman started crying. Outside we were approached by a college student from Hiroshima who asked me to write a note about the Peace Memorial. I did. The Shin Dai Sha (overnight train) 'Asa Kaze' (Morning Breeze) took us from Hiroshima to Tokyo. We shared a sleeper compartment with two upper and two lower bunks.

Day 13: By morning we had arrived in Tokyo. We visited Sengakuji temple, the burial place of Lord Asano and his 47 ronin. Walking through the Olympic village (1964 summer Olympics), we saw tattooed yakuza scalping tickets for a teen rock concert. Our last evening was spent with Bryan's friends, who had arranged supper at a yuppie restaurant. Most of us then proceeded to the pre-selected 'second meeting place' (nijikae), a less formal restaurant where good conversation continued.

Day 14: At last, the long trip home. I learned much of how inseparable our karate traditions are from the core of Japanese beliefs. The U.S. Chito-kai lives and breathes this Bushido. The Kinoshitas recommended perseverance: A budo-ka must be patient and first develop a strong foundation in the basics. Kyoshi Kawakita advised that karate is hard work (through which his son has been all Japan full-contact karate champion three times). Kyoshi Kugizaki, with a humble beginner's mind, hinted that "the answer is in Showa." So let us not forget the way of the warrior. In the words of our O-Sensei:

"With peace, perseverance, and hard work, we will not fail to reach our goal"

By: Roy Moser, MD

Hombu Dojo



WEDDING AT THE HOMBU

The groom was perspiring but not from wedding jitters. Sensei Mark Chisenhall and his beautiful bride December McIntyre, daughter of Dave Hewitt of the Hombu Dojo married on a very hot and steamy day. The nuptials took place on June 25th at the Hombu dojo with Hanshi Dometrich officiating. The service emphasized the life long dedication of marriage and of the new couples dedication to better life for all in their daily lives. Sensei Chisenhall's children were all part of the wedding party, they are: sixteen year old Christine, twelve year old Andrea, nine year old Daniel and six year old Natalie. In attendance were family, friends and of course many members of Sensei Chisenhall's karate family. After the wedding service a buffet dinner was enjoyed and the celebration continued with the disc jockey playing many familiar dance numbers. Their honeymoon was spent in beautiful Hawaii. We wish Mark and December much happiness and success in their marriage.

*By: Sherry Kembre,
Hombu Dojo*



CHITO-RYU PRACTITIONERS AND THE MILITARY

1) Steve Nassano is a san kyu who trains at the Hombu and is active in the Army Reserve. He is a member of a combat engineering unit and pulled two tours during Operation Desert Storm. Steve also was recently stationed in Kuwait to lend support to the troops in Iraq. He was on a detail that went about several hundred miles into Iraq to further assist our troops in Iraq. Steve is presently in the comforts of his family and home and continuing his training in Chito-Ryu.



**Michael Hefner with
Okusan and Hanshi**

2) In the 1980s, Michael Hefner trained with Sensei Messinger at the Clarksburg, West Virginia dojo. He made ik kyu and his Chito-Ryu training was interrupted when he enlisted in the Army. He is involved with Special Operations and he saw combat in Iraq. Unfortunately, he received small arms fire and grenade fragments to his right arm that caused major damage. Fortunately, he is still "kicking" and eager to return to his unit. Presently, Michael is recuperating from his injuries at Ft. Bragg and visited Hanshi and Okusan during their recent visit with Sensei Pochinski.

One loud "HOOAH" for these men who were in harms way!

*By: Don Schmidt
Hombu Dojo*

MOC LAU: A LEGEND TURNS 80



On September 3, 2005 Hanshi and I were invited by Moc Lau's son Peter, to Mr Lau's 80th birthday party. There were about 50 invited guests, a diverse mix of people and nationalities. Hanshi and I have been friends of Mr. Lau for more than thirty years, Renshi Jerry Beshears has been a student of Mr Lau for over twenty years studying Tai Chi and Chi Kung. Terry Collis once a member of the United States Chito-kai and also a long time student of Mr Lau was in attendance. Mr. Lau came to the United States in the mid 50's to study music at Allen University in South Carolina. Mr. Lau is a Harmonica player and has performed at Carnegie Hall and has performed with the Taiwan Symphony Orchestra. Mr. Lau has a CD of his music in which you can purchase at the Joseph Beth book stores. It is simply called (Harmonica) LAU MOK. He has been teaching Tai Chi and Chi Kung in the Cincinnati area over 30 years, he has students from all walks of life, and teaches at many of the hospital wellness centers in the Cincinnati area.

Mr. Lau taught a class for the Black Belts of the United States Chito-kai in May of this year, it was an experience that many will never forget. For Hanshi and I it has been a joy to know this man and to be included in his birthday celebration.

By: Barabara E. Dometrich



FOUNDER'S FORUM

For years there has been confusion regarding the Yoseikan Karate School Inc. and the United States Chito-kai. The Yoseikan was the key to developing the United States Chito-kai. It was Dr. Chitose who selected the Kushin kan dojo as the founding school of the United States Chito-Kai. Dr. Chitose asked Hanshi Dometrich to use the name Yoseikan (Yoseikan means training school) as it was the name of his dojos in Japan. He asked Hanshi to carry on the name Yoseikan with his direct students. As they started their own dojos, this way his lineage would be carried on. There are some dojos today who use the name Yoseikan, however they were not direct students of Dr. Chitose or Hanshi Dometrich, in most cases they were or are students of a student. Up until 1967 the United States Chito-kai did not exist, until about September 1967 the center of activity for Chito-ryu was Hawaii, there were a few dojo in California and Hawaii under the direction of Tommy Morita. In 1963 the Kushin-kan karate dojo at 813 Madison Ave in Covington, Ky, became the Midwest Chito-ryu headquarters.

Hanshi Dometrich tried to get assistance from Sensei Morita to no avail. He decided to bring this to the attention of Dr. Chitose, Chitose sensei immediately put Hanshi in touch with Masami Tsuruoka, father of Canadian karate. Tsuruoka sensei responded immediately and greatly assisted Hanshi Dometrich, to this day they have developed a Sempai-Kohai relationship that has never wavered.

In 1967 Dr. Chitose visited the United States, he asked Hanshi Dometrich to do two things.

- # 1. Organize a National Chito-ryu karate organization.
- # 2. To build a good Honbu (he didn't say big, he said good).

That year the United States Chito- kai was born and the Kushi-kan karate school became the Yoseikan Karate School. The Yoseikan was designated as the So- Honbu. Hanshi Dometrich was appointed as the Beikoku Chito-

kai So-Honbu Cho. (Beikoku-United States, So-founder, Honbu, headquarters and Cho- head of organization).

The United States Chito-kai was formed around the Yoseikan Karate school inc., on the express orders of Dr. Chitose, with a separate Constitution, By-Laws and Procedures. The United States Chito-kai administrative offices are located within the Yoseikan Karate School. Hanshi and I own the Yoseikan, which we originally established in 1961 as the Yudan dojo, then changed to Kushin Kan, and which ultimately became Yoseikan in 1967. The property where the Yoseikan is currently located at 22 Martin St. was purchased in 1971. Many years of our personal finances, sweat and blood are invested in the buildings as we have tried to make vast improvements to the buildings, many of these things continue today. Our goals were to establish a small, highly motivated and efficiently run organization, with increasingly high standards. Over the past 44 years we have seen many students and acquaintances come and go, there have been attempts to oust Hanshi from his position, misunderstandings, politics, and pure ego problems. Hanshi has never wavered in his commitment to his Sensei, Dr. Tysuoshi Chitose.

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





BOOK REVIEW

Black belt presents the Best of Dave Lowry. [Ohara Publications Horwitz, R., Santiago, J. and Thibault, J. (eds.). (2005).]

The above-cited book was given to me as a birthday present, by Mrs. Barbara Dometrich, a dear and wonderful friend, and a true pioneer in the development of Chito-ryu Karate. So, when she presented with this book, I knew I must read it very thoroughly and very carefully. And so, I began my journey into the entertaining and sometimes controversial sayings of Mr. Dave Lowry.

After reading it, I can say without hesitation, that this is a book for each and every student of the martial arts. It doesn't matter whether the student has been taking karate, for ten minutes, ten or fifty years. This book will help any student to be the best they can be, period! Also, this would be a good book for parents and friends because it will help them to understand what the student is going through, and most importantly they will understand why they are undergoing this process.

An excellent example of the virtues of this book is the article entitled: "The Black-Belt Initiation" In this article Mr. Lowry explains the mental/psychological aspects when a student receives his/her black belt. He does a wonderful job of describing how students will respond during the period right after this achievement.

[The student] may believe he has reached a conclusion of sorts...He may fall victim to cockiness and adopt an arrogant air of superiority... A great majority of new black belts may be deeply troubled by their promotions. ...This can be quite disconcerting for him. After all, he knew he hasn't learned the secrets to combative invincibility... He feels like a bit of a fraud, and he wonders whether the promotion was a mistake. (p.30)

Mr. Lowry's description really captures the emotional and psychological angst that students undergo as they begin the

process of being a black belt. Then, Mr. Lowry does something rare in writing; he provides the solution to address the student's problem. The solution is the "The Black-Belt Initiation". He describes this process, and tells why it is necessary in the following manner:

The new black belt is at an important stage in his training. A wise teacher will recognize this and deal with it. One of the best ways of tackling this situation is to institute in the dojo a kind of initiation that comes after the testing session... An initiation should not be punishment. The idea is to demonstrate to the new black belts that they have earned their promotions and they are different, in many important ways, from the people they were when they first walked into the dojo. The purpose of an initiation is to show them that they are worthy of the rank in a clear and physical way. (p.30)

As Mr. Lowry states above, the initiation has the main purpose of letting the student know how much he/she has achieved and to demonstrate, physically, how much they deserved this promotion. This might be something to implement for each student after each promotion, however, on a much smaller scale. Just a note to say to them, you made it and good job.

The most important point, wherever you are in your training, buy this book. For the beginner it will light the path, for the advance student it will illuminate the path, and for the ranking black belts it will shine through them as part of the path.

In closing let me cite another article: "The Gateway to the Martial Path". In this article Mr. Lowry gives a very different perspective on the appropriate use of titles; and how they reflect our travels on the journey of the martial path. I won't go any further, because each person will need to buy the book in order to find out more about the martial path.

Willie Elliot, D.Min
NKU Karate Club

Upcoming Events

January 2006 - Kangeiko - Hombu Dojo - Covington, KY

February 2006 - Seminar - Cape Canaveral, Florida

March 2006 - National Board meeting, Regional Test Board and Seminar

July 2006 - Shochugeiko

August 2006 - West Virginia Camp-out and Seminar

August 26, 2006 - DNBK Butokusai - Kingston, Canada

October 2006 - National Board meeting, National Test Board and Seminar

Additional events, exact dates and locations will be posted as they are confirmed.

Up-to-date information available at www.chito-ryu.com.

