



Chito-ryu Karate-Do



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October 2006 Seminar



October 22 2006 we celebrated what would have been O-Sensei's 108th birthday. As usual the celebration consisted of a seminar, test, board meeting and banquet.

Along with Dometrich Hanshi and Hawkins Kyoshi this years special guest instructor was Dave Lowry. For those of you who are not familiar with Mr. Lowry, just visit Amazon.com or some such and order any (or all) of his books.

The group was divided between Yudansha and Mudansha. Dometrich Hanshi and Hawkins Kyoshi taught Chito-ryu basics, this year stressing the quick foot work and turns that are unique to Chito-ryu karate. Seisan-dachi and in particular in-line (chokusen) seisan-dachi were reviewed and drilled for this purpose. Hanshi continued his mantra from the recent DNBK event in Canada "sweat, sweat, and sweat".

Mr. Lowry is a kenjutsu-ka of the Shinkage ryu lineage founded by Munenori Yagyū. This year he had the unenviable task of introducing a bunch of neophyte kenjutsu-ka wannabes to the art of the Japanese wooden sword (bokken). He began with a short history of the sword and it's significance in Japan. Interestingly, the bokken was not just a practice instrument, it had very real (and very deadly) applications in battle. Most of us are familiar with the exploits of Musashi Miyamoto and his wooden sword, but he was not the only one to effectively wield the bokken in battle. There is a saying that it takes at least 3 years to learn how to properly hold the sword, for our purposes we only had a couple of hours. And in that precious little time Mr. Lowry was able to show us not only how to hold the sword, but also drill us on a variety of strikes and exercises.

While the juxtaposition of Karate and Kenjutsu was obvious, so too were the similarities. Control and discipline are the

universal hallmarks of budo. Minor (or even major) difference in foot and hand position belie the underlying ubiquitous use of Koshi (proper use of body or hips), Kime (focus), Chakugan (focus of eyes) and Tyakugan (target awareness).



Renshi Beshears finds Mr. Lowry's instruction humorous

At the banquet that evening Mr. Lowry elaborated on his choice of *Sama* as the theme for this years clinic. *Sama* is translated as "content of style" or in other words "style with substance, form with function". *Sama* is what all individual bugeisha should aspire to achieve and what the US Chito-kai as an organization should strive to preserve.

With over 100 attending the clinic and banquet, 2006 will be remembered another in a long line of successful seminars for the USCK.

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



EDITORIAL: DEALING WITH PARKINSONS

I would like to explain to everyone what Hanshi and I have been dealing with the passed year. Last year in February Hanshi and I traveled to Florida to attend and teach a seminar hosted by James Acampora in Cocoa Beach. On the way down to Florida Hanshi became ill. He was having trouble with his body movements and flu like symptoms. Shihan Khalily taught most of the seminar for Hanshi, he had lost his voice also. We came back to Cincinnati and made some doctor appointments and the diagnoses all seemed to be the same; that he had the flu and couldn't get rid of it. However his walking and body movements were getting worse.

In October we attended the DNBK Event in Toronto, Canada. Hanshi had been asked to perform a kata in the opening ceremony and I was sure that he would not be able to do it. He was having trouble with his feet "freezing in place", I asked him to call Hamada Hanshi and cancel, but being the strong willed person that he is would not allow it. He said he would do as asked by Hamada Hanshi, and I knew he would. To make a long story short, while in Toronto a good friend and student suggested that that perhaps he had Parkinson's disease. I went to a book store close by and bought a book on it and sure enough he had all the visible symptoms. Hamada Hanshi told him before the events started that he didn't have to perform his kata, but he was determined to do so since he had given his word. He did *Passai* kata and in our group of 27 participants there were very few dry eyes. After he performed the kata Hanshi Hamada announced to the audience that Dometrich Hanshi had been ill and wasn't feeling well, he got a thundering standing ovation. At that time our group was preparing to perform and they were determined to do the best they could even though they were all crying for joy. The group did an excellent demonstration, most likely the best yet, of course I am very biased.

We came back to Cincinnati and I was determined to get an appointment with a Neurologist. After much consultation and testing the doctor looked at me and said "you were right, your husband has Parkinson's". It was a big relief to finally find out what we were dealing with all these months; having Parkinson's is bad enough, but now that we know, we can deal with it. Hanshi has been on medication for the past month or so and seems to be improving. The doctor says exercise is a must for Parkinson's patients. What better exercise then karate training!

We do plan to scale down on our commitments in 2007 so Hanshi can get his health back to a somewhat normal status. Hanshi and I want to thank all of you for your concerns and well wishes.

*By: Barbara E. Dometrich, Kyoshi
Co-founder USCK*

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FOUNDER'S FORUM

It is unfortunate that the majority of people teaching and practicing karate-do today have missed the boat as to the traditional thinking of why, how and reasoning of the old teaching methods. In this day of jet aircraft, cable television and computers, we the MODERN students and teachers of karate-do are overly confident that we have a NEW and BETTER way of learning and of teaching this ancient art. It is nice to be so confident and sure of ourselves but the underlying question should be; have we really discovered a better way or are we fooling ourselves? Now, we do not know that we are fooling ourselves, that is a part of the problem. Most of our fellow friends do not know it either because they have the same problem. They reinforce our beliefs and we reinforce theirs, so we all know we are right because we all support each other in our beliefs. How can we be mistaken when almost everyone we are acquainted with tells us we are right?

Karate-do is an extension or an outgrowth of karate-jitsu, Karate was used for self-defense in life and death situations. If you perfected your technique to the degree that you could win in a fight, that was usually good enough. Karate-do is the same training, however it is not only to be used for self-defense, but as a vehicle by which the practitioner seeks self-perfection as well as self-protection. With this in mind GOOD is never GOOD ENOUGH. The karate-ka strives continually on a daily basis to seek an impossible goal, the goal of SELF PERFECTION. Self-perfection never comes from learning NEW and then NEWER, it lies in repetition of old skills so they can be perfected. Karate-do is not an academic aptitude; it's a skill. There have been college graduates not make it, and high school drop outs that have.

Now most of our trouble, not only as karate students and instructors, but as just plain human kind, is that we think too much. Because of this we spend most of our time thinking not about reality, but about thoughts. Since thoughts are just that: THOUGHTS, we have lost touch with reality. This is a disaster. We would rather have money than tangible wealth; when we experience an event, we want to photograph it. Looking at photographs later is more meaningful than the actual event. We put so much stress on our past and then our future plans that we seem to forget about NOW. We have failed to realize that there is no past and no future. The past is only a memory and the future is just an anticipation of things to come. When we think of them however, where are we? We are here in the NOW. This "now" is all we have and all we will ever have, the universal and everlasting NOW.

Without the past to distract us and the future to hinder us we have this single moment in time to live, love, give kindness, and to seek perfection of not only our karate techniques, but perfection in living, of being courteous to all, and in living our lives to our fullest in the ever present now. Because of our thinking about thoughts and loss of reality we have a major disaster looming before us. The

landscape looks like a trash-heap. The water taste like chlorine, and fast food tastes like the wrapper it came in. Time to wake up! But How???

Daily karate practice of basics to seek perfection of being, in the ever present now. The trick is to strive for perfection without really seeking it. The problem is if you seek it and plan for perfection you are planning for the future and if this is so you can't really be here in the ever present now, and the very perfection you are seeking will elude you.

This is where the formal traditional kata come into play. When you are first learning a kata, that is just it - you are learning. First the movements and motions as you go through the kata attempting to learn the sequence of the blocks, punches, strikes, kicks and stances. After you complete the learning process (which is the first stage of learning: the confusing stage), you move onto the repetitive stage (that of doing a few movements over and over, and over again: the "boring" stage). Finally, if the student survives and does not drift away will come the wonderful feeling of flowing from one technique without thought. The interesting stage; the feeling of being here NOW stage.

This type of practice if done properly, under the tutelage of a serious teacher will lead to "enlightenment". The same understanding a Buddhist Monk will arrive at through the practice and rigors of Buddhist training. Unfortunately most karate students never come close. They are to tied up in their image of themselves, (past recollections) and their plans to become a great karate-ka (future expectations) and lose the only thing they really have - the here and now; the chance to seek perfection in some small thing - a single technique. It is very unfortunate that a great majority of oriental karate teachers have also lost sight of this fact and because of this students become lost in their training. The sad part is that the students do not realize it, and may never realize it during their entire lives. An even sadder fact is that these students (if they continue to practice) will some day become instructors and pass on this teaching to future generations.

Kata (the method of seeking perfection) are made of various techniques (basics). If we fail to perfect the basics, how can we hope to perfect the kata? The truth is we can't. I am first to admit that there are basics and then THERE ARE BASICS. What I have found in my fifty years of karate-do training is that the very person who complains about countless repetitions of basic technique is the person who can't do them very well and is making no attempt to perfect them. This person's mind is busy racing ahead of the instructor's teaching and wanting to learn more NEW STUFF. They miss the very essence of karate and life in general. They are not satisfied with life as it is (NOW) and constantly want to move forward, because they are bored with this moment in time (NOW). In actual truth they are bored with life and are seeking some unfulfilled promise of something wonderful to come. Unfortunately it never does. They always seek happiness - but it eludes them, and even as they think they may have found it - it slips away.





Karate-do teaching is about life teaching. Karate-do teaching teaches us to be here and now. Karate teaching that looks exciting because it is new (and everyone knows that new is always better). A new car, a new friend, a new suit, new shoes, new toys, new places to travel too, new, new, new. I am not saying new is bad, what I am saying we should not let it blind us to what we have at this present moment (NOW).

Once we accept the ever present NOW, there is nothing to strive for, therefore why should we be selfish to others- they become no threat to our future. Once we accept the ever present NOW we can stop living in the past, and judge everyone at this moment in time, the ever present NOW. By being here and now we can be at peace with ourselves - perhaps for the first time. Then when the karate teacher says, "don't ask questions, just practice and perfect your basics", we can smile to ourselves and know that all we really have is HERE and NOW.

By: William J. Dometrich

Co-Founder and Chief Instructor USCK

2006 OCTOBER BANQUET

The evening of October 28th proved to be a relaxing and enjoyable night. After four hours of intense and informative training, the karate-ka from all over the United States and Nova Scotia and their families were able to be present the annual Chito-kai banquet.

The banquet began with the invocation given by Dr. Jesse Brown of Rochester, New York, who recently was promoted to



Mr. Lowry accepts a gift of a hand carved bokken from Hanshi Dometrich

go-dan. The meal consisted of fish and roast beef that was delicious and left many of the young members wanting more.

The presentation of awards and rank was followed by the year in review with an outstanding power point presentation of many photos highlighting this past year. Especially highlighting many of the visits to branch dojos and the opening of new schools such as Mark Chisenhall's school Yoseikan Napoleon, Kentucky, Anderson Yoseikan owned by

Shawna and Mark Lingo, Jamie Binkley's Yoseikan Of Orlando III, and Todd Dugan,'s Yoseikan of Illinois.

A few special awards were given, such as the gold medal won by Eric Ernest from his WTKA world championship win in kata to Hanshi. Eric, brother Alec and father Wes traveled to Italy in September for the competition. The Ernest family showed off the beautiful championship trophy. Many members of the Chito-kai pitched in to help cover the expenses and the Ernest family wanted to thank everyone for this opportunity and to show their winnings.

Another presentation was a handmade bokken presented to Don Schmidt. The bokken was made by Mike Schaefer from a piece of wood that Don had found. Mike has made many bokken and often has them for sale; however this bokken is especially different. Not only is it beautifully crafted it was made from a branch of a tree from Hanshi's yard.

This past summer many members of the Honbu replaced the main training deck with bamboo. The crest that once was in



Sensei Schmidt and the hand carved bokken from Hanshi's tree

the center of the floor has special meaning.

The deck is the same deck that O-Sensei demonstrated and taught classes on, so we could not cover up the Chito-kai crest. Mike Schaefer once again worked his wood magic and cut out the crest without Hanshi knowing it. Not letting Hanshi know was not an easy task, a lot of redirection of his attention was needed. The crest was cut out and framed and presented to Hanshi at the banquet. It was the highlight of the night. There are only a few schools in the United States or in the world that can say that O-Sensei actually taught and demonstrated on their floor.

The evening ended with a few door prizes being presented and following the banquet many of the participants headed to the Comfort Suites party room for socializing and in some cases practicing kata in the hall. No one wanted the weekend to come to a close. October is a special time of year for the U.S. Chito-kai; it is as time for celebrating O-Sensei's birthday, a time for training and a family reunion of the U.S. Chito-kai.

*By: Sherry Kembre
Yoseikan Hombu Dojo*



**INSTRUCTOR PROFILE:
SHIHAN BARBARA TARCZYNSKI**



Vital Statistics: Born: Detroit Michigan April 28 1943

Marital Status: Single

Education: Associates Degree

Military: 3 years 9 months active duty, 2 years National Guard, Vietnam Veteran

Current Employment: US Army Development Test Command, Aberdeen Proving Ground, Maryland as a human Resources Specialist (Military)

Began Chito-Ryu: 1971
Current Rank and Title: Go-Dan, Shihan

Extra Curricular activities: Pets on Wheels

Things that are important in her life: Her personal relationship with a higher power, family (that includes her Chito-Ryu brothers and sisters) and doing no harm to anyone.

Hobbies: Gardening (both flowers and vegetables), bird watching and observing the natural beauty of Nature's gifts.

On Her Night Stand: *The Bible*. *The Endless Quest* by: William J. Dometrich, *The Samurai's Garden* by: Gail Tsukiyama

Barbara, is a member of the United States Chito-kai Judicial Committee along side of Shihan Mina Ludwig and Shihan James Matthews. They hold court on all legal matters within the organization. Barbara has her own dojo in Maryland, she travels each year to the Honbu for one week of training and tries to schedule her trip to correspond with Shochugeiko (summer training) in July. Shihan Tarczyński attends the October National Board Meeting when her work schedule allows. She is an excellent student and very loyal to her peers.

**INSTRUCTOR PROFILE:
SHIHAN MINA K. LUDWIG, ESQ.**



Vital Statistics: Born March 21, 1969, Cincinnati, Ohio

Married: James D. Ludwig

Children: Sabrina, 8 Safia, 6

Education: Walnut Hills High School. Indiana University Undergraduate. University of Cincinnati, College of Law

Current Employment: Attorney at Law, Hawkins & Ludwig. Attorney for the Hamilton County Board of Mental Health. Community Instructor at University of Cincinnati

Began Chito-ryu: 1983 Yoseikan II Cincinnati under Lawrence Hawkins Jr. Esq, Kyoshi

Current Rank and Title: Go-Dan, Shihan

Extra Curricular Activities: Go to the gym with Dad. Reading. Crafts with the kids. UFC fight night.

What is important in her life: Spending time with family, friends at the dojo. And her new Bullmastiff pup Sampson).

On Her Nightstand: *In the Dojo* by: Dave Lowry. *The 47 Ronin - A story of Samurai Loyalty and Courage* by: Barry Till, *R30Roadshow* by: Neal Peart. *The Lone Samurai* by: William Scott Wilson (signed by the author - thanks Dave!)

Mina is a member of the Judicial committee for the United States Chito-kai and is an outstanding student and instructor. She is very enthusiastic in whatever she is involved in. She is very loyal to her Sensei and the organization, helping out wherever needed; at a meeting, teaching a class or traveling to a seminar. She works her schedule around her family so that she has family night with her husband and daughters. The USCK is very fortunate to have Shihan Ludwig on its staff.

**KARATE, CLOGGING AND BUDO****Ann Patton dancing on the left**

During the summer of 2005, a very pretty lady came to the Cville Yoseikan. In tow was her grandson, Andrew, whom she enrolled in the beginner class. I introduced myself to her and Andrew as she sat at the back of the dojo on the bench provided for spectators. At that point, I asked her why she wasn't going to train with us. Her reply was, "Oh not me, I have inflammatory arthritis as well as fibromyalgia, I couldn't possibly do it!" I told her not to worry, just give it a try and you'll be surprised... Well, as it turned out, I was the one to be surprised!

Meet Anne Patton. 62 year old Mother, Grandmother and proverbial caretaker of many!

Anne is local to the Cville area, born in 1944. A woman of strength and conviction, she has shown dauntless courage through the many challenges that life has dealt her. If her words "I do what I have to do" seem simply put, don't let them fool you.

Anne graduated Nelson County High School in 1962. She began working at Acme Visible Records (makers of filing systems) in Crozet directly after graduation. She remained with this company until 1968. February of 1969, she was hired as Clerk of the Juvenile Court for Charlottesville and Albemarle County and held that position until July 2001. In 1964, Anne married Harold Patton and gave birth to their daughter, Tonia. Her marriage did not last and she virtually raised Tonia on her own.

Somewhere in the ensuing decade, Anne found a love for a local dance, which is fashioned after the country dances of Ireland. "Clogging" has been around the Shenandoah Valley for as long as the Celtic settlers have been here. Religiously, from 7 to 9 every Wednesday night for the past 22 years, Anne has taken part in this rather rigorous cardiovascular workout. Just recently, I had the occasion to watch her perform at a local Arts and Crafts festival. In spite of the fact that she had a serious bout of "breathlessness" for several months and was undergoing testing to pinpoint the trouble, she never missed a beat. I observed her leave the stage at intermission and take a breath from an inhaler and get right back up on the stage because as she puts it, "I am a

part of that group and everyone depends on everyone else. They count on me and I won't let them down because, that's what I do! I do what I have to."

It was in the late 1990's that Anne was diagnosed with severe inflammatory arthritis, which has worsened over the past 10 years. In 2004, she was overcome with devastating muscular aches and was then diagnosed with fibromyalgia. She never allowed these maladies to stop her rigorous training sessions every Wednesday night but continued her two hour sessions overcoming great pain and fatigue.

With this same indomitable spirit, Anne has embarked in her karate training. She began taking one class a week with her grandson, Andrew, in the summer of 2005. Now, over a year and a half later, she trains two and sometimes three days a week no matter how many obstacles come her way. Recently, her former husband, Harold, was diagnosed with an inoperable cancer. Anne stepped up to the plate and proceeded to take him in her care. In fact, they ended up rekindling their relationship and are now remarried.

At the same time she, herself, had become rather ill, as mentioned previously, with an undetermined respiratory ailment. Nonetheless, throughout all of this, she never missed a single class. There were times where she would need to stop and take a breath, but she never quit. Her hard work and respectful attitude in class have rubbed off on many including her Grandson, who has made giant strides in the past six months in his karate training.

While she has been dealing with serious health issues of her own and her family, she has been assisting with the care taking of Andrew, as well as her 86 year old mother. Never daunted by adversity, Anne continues to be an inspiration to many who come in contact with her. She is a willing participant in all the extraneous dojo activities. This past summer when it was announced that we would have bo staff training and needed to obtain bamboo canes for this purpose, it was the very next class that Anne announced that she had come by the necessary canes for the dojo. During the Autumn months, she assists in running her husband's local fruit stand every Saturday and Sunday morning but never fails to attend the Saturday morning training for at least an hour and a half of the two hour class. Even when she has been ill, she always comes to class with a good attitude and lots of positive energy for her fellow karate-ka.

Anne and her Grandson just achieved the rank of Roku-kyu. During the week prior to testing, she received three injections into her right shoulder due to a severe flare up of her fibromyalgia. One night in class as I watch her struggle to produce the movements in *Kibon no Empi*. I asked her to avoid all the strikes with her right arm. Her response? "Sensei, I will do them but with very little power." Which is what she did, because Anne is not a quitter.

I guess it seems that true "Budo Spirit" is certainly not an ideal that is limited to the Martial Ways.

*By: Linda M. Gage
Charlottesville Yoseikan*





Tetsudai, Tabletalk and the Tart Taste of Lime



Dinner with a view. L to R: Laura Deck, Mina Ludwig, Dave Lowry, Matthew Scott

Before, during and after the October US Chito-kai clinic, I had a rare opportunity. As a representative of the USCK, I was to pick up, chauffeur, feed and generally make sure that our honored guest instructor, Mr. Dave Lowry, was entertained and well cared for. The etiquette and care shown to a visiting instructor is referred to as *tetsudai*. A pretty cool assignment, all things considered. As I have frequently mentioned, Mr. Lowry is by far my favorite martial arts author. Having spent some time with him two years ago at Khalily Sensei's Yoseikan Taka no ko dojo, I had already confirmed that Mr. Lowry is extremely knowledgeable on a variety of topics but particularly martial arts, Japanese culture, and food. So, yeah, I was going to milk this for all it was worth. But before you get too pea green with envy, let me give you some backdrop info that could temper your covetous thoughts.

In the months prior to the clinic, Mr. Lowry and I emailed back and forth about all the details of his visit. Though he is a prolific author, often teasing himself about his loquaciousness, brevity is most certainly the soul of wit when he communicates by email. This I attempted to mimic. (Stop laughing) But every once in a while, I would receive a relatively long email in which he was downright conversational. Conversation with my favorite author? Not too shabby. Well, I certainly did not want to appear unfriendly, right? So I fired right back in the same tone and length. He told me about what his mother cooked for dinner, so I told him about a fabulous Persian meal my parents had fed me that night, knowing that the food critic in him would appreciate the detail. I told him the name of this Persian dish, spelled phonetically, and gave a quick and dirty of the ingredient list: beef, tomato sauce, chickpeas and dried lemons. As always, he graciously emailed me back. He was, as predicted, familiar with the Persian dish. So familiar in fact that he corrected my phonetic spelling and then, very politely, asked if my family had a spin on the recipe because, traditionally, dried limes are used, not lemons. Uh huh...What????!!!!???

After rehinging my jaw, I called Dad to ask - lemons or limes? One guess.....yup, it's limes dimwit. Mmmhmm, so now what

was I going to feed this guy? What was I going to talk about? Suddenly, my job was making me sweat. (Come on, how the heck did he know about *polo khoreshte gheime*!?) I resolved not to talk much at all. (Stop laughing) In any event, I had to relax. I mean really, I have to argue in court every week and people's lives are on the line. Opposing counsel, judges and juries don't make me nervous. I've tested umpteen times before the National test board - this job was surely noooo biggie.

So I was a good 45 minutes early to pick him up. I even had a "Mr. Lowry" sign like professional limo drivers - well, cause when do you get the chance? (Incidentally, when you hold a sign like that, everyone looks at you and reads the sign as they pass. Often reading out loud as if to confirm their own identity.) When I finally saw our guest, he was wearing his customary smile and easy going demeanor. A self-proclaimed intellectual snob, he is the most gracious and friendly snob I've ever met.

After taking him to the hotel for a quick change and rest, I took him to the Hombu where he met a number of USCK members prior to the test. He observed the personal interactions. He had the opportunity to speak to Hanshi and Okusan and to tour the beautiful Hombu dojo. He was most impressed with the dojo and how it reflected all of the time, dedication and personal effort of students over the years. He noticed how every detail, every picture and each aspect of the dojo are imbued with the character and camaraderie of many students over many years. I was so happy with his reaction. He was, as always, appropriately reverent of our co-founders' life work.

From there, we were off to Prima Vista to meet my Yoseikan II brother and sister, Matthew Scott and Laura Deck. Unfortunately, almost the entire upper echelon of the USCK was either involved in the test or preparing for the following day's events. Okusan's order was simply, "Take good care of him." Since Mr. Lowry had met Matt and Laura in Louisville, it seemed a good way to further welcome him and foster a close friendship with our fellow budoka. It was just the right venue and atmosphere for table talk regarding karate dojo, teaching practices, culture, tradition and a number of other topics. With a beautiful view of downtown Cincinnati, a.k.a. the O.K. Corral, we launched into a great discussion and an even better meal.

Among many questions, I asked him what he considers the indicia of a quality dojo or organization. His reply was almost immediate "Do what you say you do, and do it well." The bottom line is integrity. In fact, he opined that this is ought to be the number one goal of a budoka, to have integrity. Do as you say, say what you mean. Among his pet peeves is the school that touts traditionalism but has a neon sign and a window full of trophies. This would be ok, if the school instead advertised that it places great emphasis on competition, sport and tournaments. Then there would be congruence and integrity. But don't say you have a traditional dojo when, in fact, commercialism and flashy sales tactics are so obviously of primary concern.

This turned our conversation to the topic of personal character. Mr. Lowry made clear that karate itself does not build good character. "What is it" he asked, "about punching and kicking that is going to make you a better person? Or working out hard?"



By those standards, Mike Tyson should be comparable to Mother Teresa by now." So how is it that perfection of character is the 'ultimate aim' of karate? Sure, it is kicking and punching and working out hard, but it is these things in the right context. History and culture and an understanding and practice of karate in the context of that culture makes the difference. Culture is an all encompassing word that includes history, language, tradition, Shintoism, Zen Buddhism, kohai/sempei, sensei, giri, submission of will and ego, respect - the list goes on. Obviously, culture and context are extremely difficult to transmit, particularly for an



The author squares off against a formidable nemesis with a bokken

non-Japanese speaking American teaching other non-Japanese speaking Americans. Mr. Lowry looked us all in the eye and said, "You, as seniors in your dojo and in the organization, must address this." Meaning, that it is the senior's job to understand, study and imbue the dojo with this culture and context - both by example and by force. Unfortunately, he feels that an alarming percentage of martial artist today have moderate to severe personality disorders. He went on to say that these individuals come to the dojo with all of their personal 'baggage' and because of any number of factors like, commercialism, a lack of context, culture and enforcement of the same, they are allowed to hang on to that baggage and perpetuate the problems by eventually becoming teachers themselves.

What should be done? To some extent, he could not speak to grand scale difficulties. As a senior student of a Koryu, his challenge is even greater. He stands at the end of an unbroken chain and must contribute to the success of this and future links. How to balance growth of a modern organization while maintaining traditional values and culture is a constant struggle. But for the small problems in the here and now, he put the onus of responsibility on the seniors of the dojo/organization. They must help enculturate their kohai. Guide, motivate, help... all the good positive stuff. But also to bring down the anvil if necessary. We've got the box. How will we fill it? *Sama* is loosely defined as the harmony of form and content. He chose this esoteric concept as a theme for the clinic because it invokes a challenge on both small and large scales. Anywhere from individual kata to the growth of an organization, *sama* must be defined, maintained and improved.

As in his writings, he emphasized the importance of the kohai/sempei system and the cohesive working relationships within a dojo. Based on that, I considered it high praise when he remarked on the relationships he witnessed over the course of the weekend. Of course that night and previously in Louisville, he saw myself, Khalily Sensei and our dojo brothers and sisters interact. Friendships that span a lifetime or at least a quarter century. But he also saw the depth of relationships throughout the organization. Twenty, thirty, forty years of dedicated friendships...kohai and sempei, teacher and students. He spent time at the head table with Hanshi and Okusan, and Hawkins Kyoshi. Throughout the weekend, I hope he found that essential quality among us - integrity. We do what we say we do, we work hard at it, and we are pretty decent for all our effort.

This friendship forged with our fellow budoka, is precious. He probably still talks about that crazy new breakfast meat he tried, goetta! We have promised to spend more time training and learning together in the future. I doubt that I'll trade recipes with him, unless I check and double check and spell check beyond that, but there is much more friendship and budo to share.

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

Canadian DNBK Rensei Taikai

On October 5th, a team of 25 U.S. Chito-kai members and a team of 4 Shotokan members traveled to Toronto, Canada to train, demonstrate, to make friends and to reunite with old friends.



Our first official day began with a practice for our demonstration. We had not been able to practice as an entire team, because many of our members are from as far away as Florida, Virginia, and West Virginia. The practicing was a great challenge as there was no available room for us to use so we had to improvise by using a back hallway. We were not able to fully go through out kata, Seisan, and the worst part was that we were not able to practice walking on and off the floor. Later in the day we met as a team in the lobby for the marshaling of the karate-ka to the gymnasium for training. We were able to practice with three different instructors and got to experience other forms of karate-do. Friday evening offered us a time to mingle and share stories with our new friends. Later in the evening a few of the



Midwest delegation ventured out to find some Chinese food. A small restaurant not more than 200 yards from the hotel proved to be a great gathering place. Not only was it popular among many of the DNBK members but the food proved to be delicious and plentiful.

Saturday began with the team hoping to have a chance to practice walking on and off the floor; however that was not to be. We once again were marshaled to the gym. The honor of performing the opening kata, Harai no gi was bestowed upon Sensei Shockey of California and our own Hanshi Dometrich. A dropped pin could have been heard in the gymnasium. The karate members watched in awe as Hanshi demonstrated his kata with determination, spirit and vigor. The Midwest Team beamed with pride and with a few tears glistening in our eyes. Sensei Hamada had Hanshi stand and he commented about Hanshi's recent illness and how he executed his kata with Bushido spirit. Hamada Sensei expressed great pride in Hanshi and so did the members in the gym. A standing ovation and yelps of gratitude was given by the spectators, which only made the tears of pride and love more prevalent from our team. The tears were short lived however we still had to demonstrate and we were not going to let Hanshi down. Even though we were not able to practice walking out, we had very good formation. The Shotokan group headed by Sensei Dwight Holley demonstrated Bassai Dai kata and Sensei Holley impressed everyone with Hakaku kata. A few Chito-ryu basics were demonstrated before the U.S. Chito-kai team demonstrated O-Sensei's favorite kata Seisan. A little added touch was the demonstration of the bunkai on the side by Jerry Wellbrock, Don Schmidt, Jerry Beshears and Matt Scott. The demonstration ended with a four member team of Cyna Khalily, Mina Ludwig, Connie Kramer and Sherry Kembre demonstrating Chinto kata facing in towards each other. After we finished our demonstration, we celebrated in the back hall with silent laughs of joy that we had reached our goal.

Now that the stress was over we looked forward to the banquet and a time to relax. Our team looked wonderful with our suits and DNBK ties. We were the only team in total matching suits and unity. The team met after dinner for a group photo and a brief meeting. I noticed many members of the other teams watching our team. We definitely left a very impressive image.

The weekend was a total success. We were reunited and met new friends. We bonded with our own members and we were able to experience other forms of martial arts. Our next big adventure will be in April 2008, with a demonstration in Kyoto. A demonstration that only a few people in the world can say that they have been apart of, the chance to workout and demonstrate in the Butoku Den.

Please continue working hard and plan to travel to Kyoto in 2008.

*By: Sherry Kembre
Yoseikan Hombu Dojo*

Photo ops with Dave Lowry - cause when do you get the chance?



John Wellbrock - Yoseikan Hombu



Jamie Binkley - Yoseikan of Orlando III



Shahryar and Nazanin Tork - Yoseikan II Cincinnati

HOMBU VISITORS



Shihan Brookers and the Yoseikan Hombu class

The Yoseikan Honbu was host to a few very interesting visitors during the month of December 2006. Shihan Peter Brookers from The World Traditional Karate Organization, visited on December 7th, Shihan Brookers lives in Germany and is a 8th degree Black belt in Shotokan Karate. Shihan Brookers is a student of Kanazawa Sensei. He was in the Cincinnati area at the invitation of Joe Williams Sensei in Lawrenceburg Indiana, to teach a seminar on December 9th in Lawrenceburg. Shihan Brookers was hosted by, Wes and Eric Ernest who had met Peter when they attended the World Traditional Karate Tournament last September, 2006 in Italy. We want to thank Sensei Brookers for teaching a great class to the Honbu students, afterwards there were many story tellings and refreshments to be had and enjoyed by all.

Aikido club. Gerald Meade also a member of the Honbu is a student of Iaido. While in Cincinnati Sensei Long held a testing and promoted, Renshi Wellbrock to Ni-Dan and Gerald Meade to Sho-Dan. Congratulations to both.

Victor Moore, (The man who fought them all in his era.) Victor visited the Honbu along with his daughter and brother December 21st, 2006. Victor and Hanshi Dometrich go way back in history Victor was the first student to join and train with Hanshi Dometrich at then called the Yudan Dojo on Vine street in Cincinnati, Ohio. Hanshi Dometrich taught Kempo as it was called in those days. Ray Hughes taught Judo, and Harvie Eubanks was a Goju-ryu stylist. these three met at the Williams YMCA in Cincinnati and decided to open a school. From that



Dometrich Hanshi and Victor Moore



L to R: Jerry Wellbrock, Dometrich Hanshi, Carl Long

On Saturday December 9th, Carl Long, a member of the DNBK and Jikishin-Kai Int. Sensei Long was in Cincinnati to give a Iai seminar at the Cincinnati Aikido club. Renshi Jerry Wellbrock a student of Iai and a member of the Honbu, teaches Iai at the Cincinnati

beginning ultimately became The Yoseikan Karate School/US Chito-kai Headquarters in Covington Ky still in operation today after 46 years. In 1961 it took a lot of guts for a young Black man to walk into a White mans dojo to study Martial Arts. After a few months Victor went away to college and became a member of the United States Karate Association, founded by Robert Trias. Victor became 4 time world Champion. Hanshi and Victor had not seen each other for several years. It was a reunion to remember.

*By: Barbara E. Dometrich, Kyoshi
Yoseikan Hombu Dojo*

**WHERE ARE WE GOING?**

In the last newsletter Okusan Dometrich covered a thought that comes up many times in conversation: “where has so and so gone; do you ever see Bob around; what’s Jane doing these days as we don’t see her at the dojo anymore?” It’s common to wonder where old dojo mates have disappeared over time. With this in mind I started to wonder in the reverse “where are we going now?”

I can recall on a past visit some years ago standing in front of the Hombu chatting with fellow yudansha on some karate matter, when a comment was made that had me doing a little more thinking in another direction. The comment was “do you remember talking about this or that senior sensei and how long they have been training, competing, etc., and how we kind of envied all the time they had been training when we were youngsters on the floor?” We had a few years in and were starting to get the hang of a few skills and these “old” guys just couldn’t be beat. Well it looks like we are now “those guys” since we all had been studying Chito-ryu at least 30 years. And wouldn’t you know it, he was correct.

We are now the seniors in the dojo, or running our own dojo, and are helping to build the next wave of Chito-ryu students. A bit of a scary thought when you dwell on it. Most of Chitose Tsuyoshi’s first generation students are up in years, or have passed away. That’s part of life as we know it. The seniors we know today will be passing on in time and we will have to assume the leadership, even if it’s by default since we happen to be in place at the appointed time. With today’s way of life we just don’t get the necessary knowledge the older sensei would have had, those who devised the methods we study today, so much is getting left behind or watered down in general, though a few are still researching to collect what may be saved to preserve a style.

With the passing of O-Sensei in 1984 we started to see divisions appearing for whatever reason may be given. These groups are quite active and appear to be functioning very well independently, yet seldom do any cross train with each other. Each founding senior has picked a direction to take in their own study and are now seeing the fruits of their labors so to speak. I have had the opportunity to train with some of these groups and found it extremely enjoyable, first to get together again with old friends, and second to get a view of what each has to offer as they try to progress with their immediate Sensei now gone. I still get to ask questions on our founder for my own research, and am able to learn more in my personal study of karate, especially Chito-ryu skills. With the years many seniors had with O-Sensei they will never lose their base of Chito-ryu, but now they have to find their own karate. Not unlike a family whose children are now grown and out into the world. The parents may have wanted junior to be a part of the family business but junior had his own life to find, yet he is still part of the family. One day it would be nice to see a group of our leading teachers get together to “compare notes” so to speak, to bring their students together for a weekend just to connect with O-Sensei and his karate to teach and discuss. If we are to retain what we call Chito-ryu as we know it, O-Sensei’s method, we have to find a

way to exchange information, to work together for preservation of O-Sensei’s ways.

Where are we going today? I guess that’s up to you.

By: Michael Colling

Marion Bridge Yoseikan, Nova Scotia

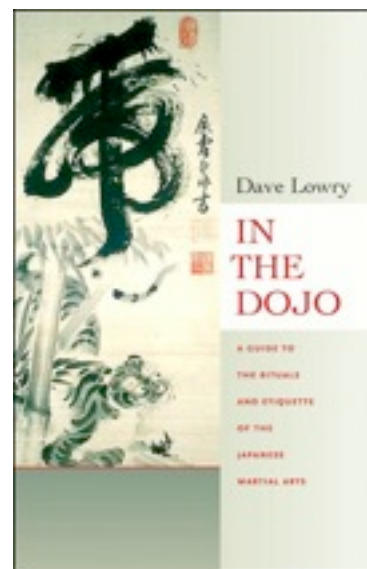
BOOK REVIEW

Knowing that his new book would be available in September, 2006, I had several on pre-order for Okusan, my teacher, myself and a couple of kohai. I read it the day it arrived. As always, it is a smooth and fascinating read - full of an unbelievable amount of detail and information. It is an inspiring and reaffirming resource.

My teacher has been urging his students to purchase and read this book, cover to cover and take some notes. I second that. Why? Well, it explains in great detail a lot of the things we do. Probably 95% of what he describes, we do on a regular basis. So why read it? Well, in typical Lowry fashion, he explains unspoken rules and traditions. He gives voice and depth to things we no longer think about, and perhaps never fully understood. To be honest, some may not know why we do what we do. What, how and why are all part of the all-important context which makes our practice of karate-do a character enriching process.

For example, the ritual cleaning of the dojo before the start of the new year; that has a name. The first training session of the year has a name. Even the intermediary position when kneeling down in seiza, when the balls of the feet are on the ground and you are sitting on your heels, that has a name also. The practice of watching class when one cannot train - yup, that has a name too. If you buy the book now, you won’t get a free set of Ginsu knives, but you’re sure to learn a whole lot.

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



ANNOUNCEMENTS

Married:

October 14, 2006, Lisa Ernest daughter of Wesley and Sharon Ernest, Yoseikan Honbu

Wedding Anniversaries:

Kathy and Paul Webster October 7, 2006
Wes and Sharon Ernest October 14, 2006

Birthdays:

November 21 Sherry Kenbre
December 2, Jerome and John Wellbrock
December 4, Barbara E. Dometrich
December 5, Theresa Brandenburger
December 7, Paul Webster
December 16, Wes Ernest
December 17, Kyoshi Lawrence Hawkins Jr. Esq.

Deaths:

James Ernest, Father of Wes Ernest - December
Cathy Messinger, Stepmother to Michael and Bill Messinger

Get Well Wishes:

Hanshi Dometrich: Diagnosed first stages Parkinson's
Russell Banks: Foot surgery

Congratulations:

Jerry Wellbrock, promoted to Ni-dan, Gerald Meade-
Promoted to Sho-dan - MJER Iaido - December, 9th

National Testing:

Go-Dan: Jesse Brown, Rochester New York
Michael Colling, Nova Scotia Canada
Yon-Dan: Gerald Meade- Honbu Dojo
Don Schmidt, Honbu Dojo
John Wellbrock, Honbu Dojo
Michael Messinger, West Virginia
San-Dan: Linda Gage, Charlottesville, Va.
Ni-Dan: Gordon Levin, Orlando II Fl.
Jackie Cross-, West Virginia
Sho-Dan: Ray Carrara, Honbu Dojo
Ik-Kyu: Michael Farhart, West Virginia

Regional Testing:

Ni-Dan: Leamon Collier- Yoseikan II Cincinnati, Ohio
San-Dan: Gregory Morris- Yoseikan II Cincinnati, Ohio

New Dojo:

Grand Opening October 21st, 2006, Mark Chisenhall,
Napoleon Yoseikan, Napoleon KY.

Dojo Visits / Travel:

Hombu visitors:
Michael Colling visited for three weeks of October
Shihan Peter Brookers WTKA Director from Germany
Shotokan visited Yoseikan Hombu December 2006
Carl Long, Jikishin-Kai International December 2006
Victor Moore, four time World Champion, USKA.
December 2006

Honored:

Hanshi William J. Dometrich NINGEN-KOKUHO
award (National Living Treasure) January 13, 2007 by: The
Karate of Japan Federation. Dwight Holly Chairman and
Melvin Lewis Director.

Upcoming Events:

Florida Getaway: Clearwater Fl. February 17th, 2007
National Chito-Kai Seminar: Northern KY University,
March 17, 2007

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If your bookstore does not carry it please ask them to!
This is the publisher of the **Karate Masters** book that
featured Dometrich Hanshi. They will also be publishing
the second edition of **The Endless Quest**.
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purchase at www.wvsportspics.com**

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