



# Chito-ryu Karate-Do



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## MRS. MAKIE CHITOSE 88 YEARS YOUNG

Mrs. Chitose poses with a gift from Okusan



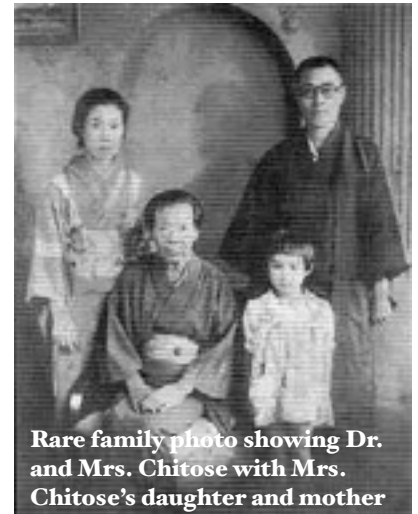
Mrs Makie Chitose, wife of O-Sensei Tsuyoshi Chitose celebrated her 88th Birthday on November 26th, surrounded by family and friends in Kumamoto, Japan. Mrs Chitose was born November 18th ,1918 in Kumomoto Prefecture Kikuchi city

Japan. Dr. Chitose and Makie Chitose were married in 1946. The Chitose's had four children. Reiko Sakamoto, Mieko Kaneko, Mitsuko Minowa, and Yasuhiro Chitose, current Soke or "Head of the Family". Mrs Chitose also has a daughter, Hideko.

I have had the privilege of meeting Mrs. Chitose on various occasions, she was always so kind. Once, while

staying at their home in Kumamoto, she attempted to make Hanshi Dometrich Spaghetti, we walked to the local market to get the ingredients, we had to improvise because Ragu was unheard of in those days. Hanshi loved her spaghetti and often mentions it when we reflect on visits to O-Sensei's home.

Though O-Sensei is gone, the Dometrich family has a connection yet today with the Chitose family as our eldest daughter, Devorah, was married to Ken Sakamoto in the mid 70's. Unfortunately the marriage didn't last and a few years later Ken married Reiko, daughter of Makie and O-Sensei. They have two daughters, Noriko and Mika. Ken is very much in our lives today, he still refers to me as his Mom.



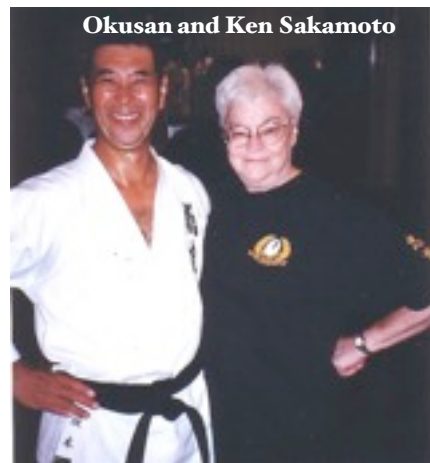
Rare family photo showing Dr. and Mrs. Chitose with Mrs. Chitose's daughter and mother

*By: Barbara E. Dometrich, Kyosbi*

Mrs. Chitose and her children (L to R): Mitsuko, Yasuhiro, Mrs Chitose, Reiko, Hideko, Mieko



Okusan and Ken Sakamoto



**GUEST EDITORIAL *Beginner's Mind: Why Are We Here?***

No doubt, we accept the notion that we need to be open to examining and repeating/practicing waza with the positive attitude of a beginner—someone who's excited about new learnings. We understand that such an attitude is essential for continuing to achieve technical improvement.

Of course, this can become a bigger challenge as we gain more experience. We form more opinions about how things should be done. We challenge technical changes. We're uncomfortable with new approaches to previously learned techniques. Maybe even unconsciously, our old learning gets in the way of new learning ("pro-active inhibition") and our new learning gets in the way of old learning that we should retain (retro-active inhibition).

No doubt, we understand that it is valuable to do our utmost to retain a Beginner's Mind when it comes to technical expertise. If we trust the Chief Instructor and keep an open mind, we'll surely benefit—no matter how long we've studied. From an organizational development standpoint, the need to maintain a Beginner's Mind is likewise essential.

When we're new white belts our expectations are limited to being granted the privilege of learning whatever the Chief Instructor chooses to teach us. We trust that he will be fair with us; and, if rewards are to be delivered, he will do that with fairness and justice. We need to keep the same attitude in the 10th, 20, or 50th year of our relationship with him. We are entitled to show up and train as often as he is willing to instruct us. That's all.

We are not entitled to ever be black belts much less high level black belts. We did not begin as white belts with that mind set.

He has no obligation to grant us the privilege of instructing others. We did not begin as white belts with that mindset.

He has no obligation to confer leadership role or offices to us. We did not begin as white belts with that mindset.

He has no obligation to confer martial arts titles upon us. We did not begin as white belts with that mindset.

In general, he has no obligation to stroke our ego's or make us feel important, much less that we'd somehow become indispensable. We did not begin as white belts with that mindset.

He has no obligation to promote or otherwise reward our students, just because they will feel good and it'll make us look good. We did not begin as white belts with that mindset.

Recall Gichin Funakoshi's philosophy: "The ultimate aim of karate-do lies neither in victory, nor defeat; but in the perfection of the character of its participants". In our local dojo we still recite those philosophical virtues, in addition to the showa—particularly at the end of our children's classes. We list patience, sincerity, courage, humility, brotherhood, and wisdom. As we age in Chito-Ryu, in theory, we should individually become more and more virtuous than we were at the point whenever we started. (No point in comparing yourself to anything or anyone other than your own starting point in that regard.)

Unfortunately, what we too often experience is a regression to a state worse than white belt when it comes to some of our attitudes as we gain belt grades and titles. We see more impatience, insincerity, arrogance, disloyalty, elitism/belt class consciousness and lack of candid, truthful dialogue.

As Shihan-kai, Shibu Dojo leaders and karateka, let's recommit ourselves to further development toward the ultimate reason why we began our individual quests.—If we are patient, work hard and put our full trust in our Founders, we will surely reach our goal.

Lawrence C. Hawkins, Jr., Esq  
 Roku Dan, Kyoshi  
 Chairman, U.S. Chito-kai  
 Chief Instructor, Yoseikan II Dojo Cincinnati, Ohio

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**HANSHI'S CORNER**

Chito-ryu karate is classified as a Japanese Karate style, but it's roots are in Okinawa , and the performance of various techniques are more Okinawan in nature than they are Japanese. Listed below are some of the rules governing the Chito-ryu karate stance structure.

The signature stances of Chito-ryu Karate are:

Seisan dachi is performed in two variations, Chokusen, or inline, with the front foot and rear foot on the same line. This facilitates 180 degree turns. This stance may be moved into from the inline Shiko dachi. Hanmei, or half facing, in which there is approximately 5 cm (2 inches) width between the big toe of the front foot and the heel of the rear foot. This is also approximately one bo (kon) width. This stance may be moved into from the offline Shiko dachi position.

Shiko dachi is also performed in two variations: Chokusen, or inline, in which the feet are side by side. This stance may be moved into from inline Seisan dachi by rotating on the heel of either foot. Hanmei , half facing, in which the foot nearest the opponent faces straight while the rear foot faces 45 degrees to the rear. This stance may be moved into from the hanmei Seisan dachi by rotating on the heels of both feet.

Kosa dachi (Kage dachi) is known as the "hook-leg" stance and may be moved into from the the Seisan stance, Shiko stance or the Neko-ashi stance. This stance is often used to block, evade, extend punching range or as a prelude to a kicking technique.

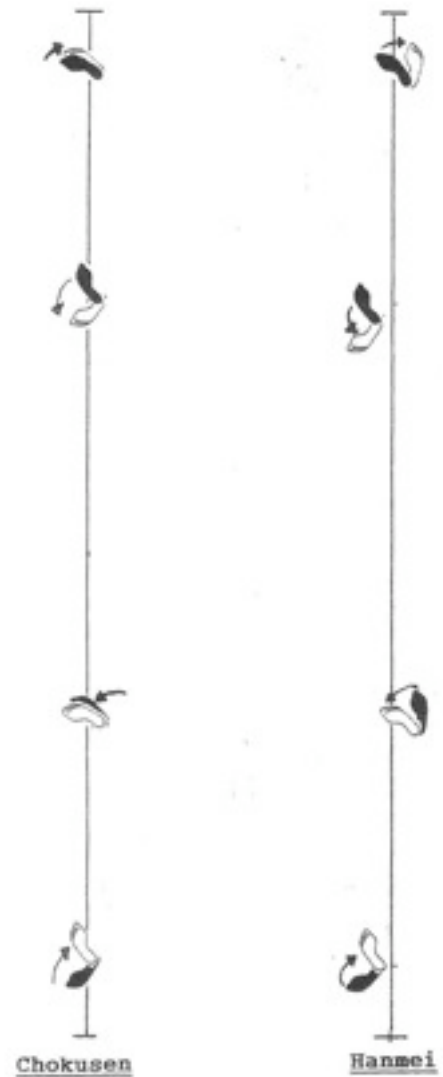
Uchi Hachi dachi is similar to the Hachi Dachii stance with the exception that the toes are turned slightly inward which enables the student to protect their groin.

The Chito-ryu Neko-ashi dachi is different than the basic cat stance taught to beginners. In the traditional Chito-ryu version the weight distribution is 90% on the rear foot and 10% on the front foot. The stance is longer with front foot being placed farther forward. By dropping the front foot onto the ground and shifting the weight forward to 50/50 the student can shift into Seisan dachi or Shiko dachi

Each method of performing the stance has both strong and weak points.

Stances are the very foundation of good basic Karate. Practice them well and learn the fine points of each stance.

This diagram shows the feet switching between Seisan Dachii to Shiko Dachii in the inline (chokusen) or half facing (hanmei).



*By: William J. Dometrich, Hanshi*

## OCTOBER 2005 CLINIC AND BANQUET



Hanshi Dometrich and Sensei David Tsuruoka

On Friday October 21, the Hombu was chalk full of test candidates, Shihan-kai and several supportive yudansha. The test was efficient and power-packed. Feedback and results were provided by 9:30 pm. Karate-ka advancing to the next belt grade include: Barbara Tczarcynski, Go Dan; Mark Chisenhall, Go Dan; Mina Ludwig, Go-Dan; Kevin Drummond, Yon Dan; Wes Ernest, Yon Dan; Connie Kramer, Yon Dan; Jamie Binkley, San Dan; Ray Carrara, Jr., Ik Kyu; Emily Gage, Ik Kyu. There will be a regional test at the Hombu in March. Please continue to heed test application

requirements and deadlines so that the March test can run as smoothly as this recent national test. Congratulations to one and all who participated. Our work and our learning are just beginning.

No rest for the weary, Saturday morning at 8:30 am the Board of Directors met for sweet rolls, coffee and to ratify the Constitution and By Laws of the USCK. Both were ratified by unanimous vote. Chairman Kyoshi Hawkins ran a smooth and on-target meeting that addressed a number of upcoming events and programs for the USCK. Hanshi Dometrich shared some positive impressions on the current and future state of the organization.

Following the meeting over 100 eager karate-ka participated in the largest October event in recent memory. We were honored to have Sensei David Tsuruoka as guest instructor again this year. Here is a man who loves Karate training for the sake of training. Absolutely no ulterior motives that I can discern, no political or personal ramifications, he just loves to train Karate. Like father like son I suppose. To that end he paid an unsolicited, and I believe genuine, compliment to the U.S. Chito-kai saying that he was impressed that our group was by far the most advanced of any that he had worked with. He said that our concept of "hip vibration" is unlike any other organization and most akin to his thinking. No surprise, since his lineage and ours is virtually identical; he is a student of Masami Tsuruoka and we students of William Dometrich.

This year, after Hanshi bowed us in we divided into 4 groups by rank taught by Kysohi Hawkins, Renshi Wilhelm, Renshi Wellbrock, and Renshi Byers. We then reconvened as one large group led by Sensei Tsuruoka who then led us through a series of two-person drills that emphasized a variety of concepts ranging from hip vibration to in-fighting to chokes. Although his instruction lasted approximately 2 hours it really felt like

minutes. He does a great job of introducing universally applicable techniques and I could see that everyone from novice to senior yudansha was able to glean something for their own development and future practice.

All in all it was a great day of training, great energy was exchanged among the participants and teachers and best of all a promise from Tsuruoka Sensei to come back again

The banquet this year was held at a new and improved location in the Ballroom of University Center at NKU. The food and the service was definitely the best yet - first class all the way, thank you to Sensei Elliot for helping with the facilities.

The keynote speaker was Renshi Wilhelm. For all the years I've known him, I always figured he thought about how easily he could kill me or others (I still think he does), but actually he's been thinking about the relationships of budoka and their families in history and how we are making just that sort of history today in our relationships with each other. Giri, On and the strength of the bonds we forge over the decades is precious to us all. There's reserved space in our hearts and minds for that even as we think of new and improved ways to elicit pain from one another. In everything we say and do, we must be cognizant of jita kyoe - mutual welfare and benefit.



A very special award went to Hanshi's sempai, and sempai to us all, Hanshi Tsuruoka who was unable to join us but is rapidly getting back to good health and butt-kicking spirit. Three bonzai were raised by the masses in his honor and also in honor of O-Sensei's birthday. Also a very special award was given to our honored guest instructor, Shihan David Tsuruoka who gifted us with his inspiring clarity of spirit, intent and communication. His love for karate and filial piety are abundantly evident and truly admirable. Awards of rank and/or title ratified by the Shihan kai and bestowed by Hanshi and Okusan include: James Matthews, Renshi/Rokku Dan; and, Mina K. Ludwig, Shihan. Then there was the after-party. Kyoshi Hawkins hospitality suite was most hospitable and downright hopping. It seems most of the USCK was in and around there until the wee hours. I felt like I was back in my old college dorm. Party in the room, in the hall, in the room next door - everywhere you looked, the Federation was at play. If you didn't make it this year, now you know where to go next year.

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





## ANNOUNCEMENTS

Birthdays:

Mrs. Chitose, November 26th, 88 yrs young.  
 Jerome and John Wellbrock - December 2, 2005  
 Barbara E. Dometrich (Okusan) December 4, 2005  
 Theresa Brandenburger- December 6, 2005  
 Kyoshi Lawrence Hawkins- December 17, 2005

Birth's:

Sept 8, 2005 , Mr and Mrs Gavin Suttie of North Hampton  
 England, Chito-kai, birth of daughter Autumn Olivia Jane

Deaths:

A dear friend Kenzo Mubini Soke, Shito-ryu instructor of John  
 Sells

Tsutomu Shiogai 8th Dan, International Chito-kai, Kumamoto  
 Japan .

Kancho Alfred Bates, DNBK Judo Hanshi, United Kingdom.  
 Hanshi was 80 years old and a very decorated martial artist in  
 the United Kingdom, It was a pleasure to have known him,  
 The U.S. Chito-kai and Midwest DNBK express our deepest  
 condolences to his family.

Wendell Hawkins, brother of Kyoshi Lawrence Hawkins  
 passed away suddenly December 16. The Dometrich family  
 and the US Chito-kai extended deepest personal regards to his  
 family

Get well wishes:

Masami Tsuruoka, We wish you a speedy recovery.

Sensei "Po" Pochinski 's wife Tu recovering from a hip  
 replacement. Pochinski Sensei runs Ft. Bragg Yoseikan.

Kathy Webster, recovering from knee replacement, member  
 Yoseikan Honbu support staff

Kevin Drummond, Chief Instructor WVa Yoseikan, from a  
 herniated disk.

Terry Valentino ( Koshin-ha Chitoryu), recovering from hip  
 replacement. Wishing him a speedy recovery from the US  
 Chito-kai.

Congratulations:

Devorah "Dometrich" Herbst, received a paralegal degree in  
 November 2005. She is also a qualified mediator with the  
 State of Kentucky.

Steve Nassano, member of the Yoseikan Honbu, Received  
 Bachelor of Science degree from Wilberforce University.

Quarterly Events:

Demonstration at Thomas Moore College, November 17th ,  
 for the International department. The demonstration was  
 done by students of the Yoseikan Honbu. Twenty years ago  
 Hanshi Dometrich established a Karate club on the campus of  
 Thomas Moore. This club is soon to be reestablished.

Mini-camp. sponsored by Yoseikan of St Petersburg Fl.  
 November 19. 25 students attended. Lisa Woodbury formally  
 of Yoseikan II attended the camp, Lisa nows lives in Tampa  
 and will be training at the St Petersburg Yoseikan. James  
 Acampora from Yoseikan II in Orlando taught a segment of  
 the camp.

Regional Tests:

Honbu Dojo:  
 San-Dan-----Russell Banks  
 San-Dan-----Joseph Petty

National Tests:

Ik-Kyu: Emma Gage- Charlottesville Va  
 Ray Carrara Jr.- Honbu dojo

San-Dan: Jamie Binkley- Orlando Fl.

Yon-Dan: Kevin Drummond - Bridgeport, Wv.  
 Wesley Ernest - Honbu dojo  
 Connie Kramer - Honbu dojo

Go-Dan: Mark Chisenhall- Honbu dojo  
 Mina Ludwig- Yoseikan II, Cincinnati, Ohio  
 Barbara Tarczynski- Have De Grace Maryland

Rokudan and Renshi - James Matthews - Kernersville, NC

Shihan - Mina Ludwig - Yoseikan II, Cincinnati, Oh.

New Dojo:

Yoseikan , St Petersburg Fl.- Sensei Alan Regel was a student  
 of Masami Tsuruoka in Canada.

Dojo Visits / travel.

September 15- 19, 2005 . Hanshi Dometrich and Okusan  
 traveled to Mississauga, Ontario, Canada to visit Masami  
 Tsuruoka and his wife Kay. During this visit they also visited  
 with Chris Johnston, publisher of Hanshi's book The Endless  
 Quest. Hanshi was honored to teach a class at an old friend 's  
 dojo from the 1960's, Monty Guest, Sensei Guest was a  
 student Of Masami Tsuruoka in the early 60's.

Don Carlson, graduate student at Hebrew Union College,  
 Student of Kyoshi Hawkins at Yoseikan II, Cinti, OH. Spent  
 the summer in Israel . He studied in Jerusalem intensive  
 modern hebrew and visited a variety of archeological dig sites,  
 participated in a dig in Del Dan.

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Gavin Sutte, Nidan U.S. Chito-ryu, a police officer in North Hampton England, visited the Ft. Bragg, Yoseikan during the month of December. He also visited the Yoseikan Honbu, with his wife Nikki, who is from Ohio with their daughter Autumn.

Alan Regel and his brother Rick from Yoseikan, St Petersburg, Fl. visited Yoseikan Honbu in November

#### DNBK News and Certifications:

*For additional information on these events, contact Hanshi William J. Dometrich, Midwest DNBK representative. 11896 Victory School House Rd. Union, Ky 41091*

European Rensei Taikai In Belgium, June 24/25, 2006, Open to General or Certified members.

Canadian Butokusai, October 6-8, 2006, Kingston Ontario, General or Certified members.

October 22, 2005, DNBK Certifications: presented by Hanshi William J. Dometrich, Midwest DNBK representative:

Go-Dan - Cyna Khalily, MD

Yon-Dan - William Jansak

San-Dan - John Wellbrock, Theresa Brandenburger, Don Schmidt, Laura Deck. Gerald Meade, Kevin Drummond, Michael Messenger.

Ni-Dan - Jamie Binkley, Joseph Petty, Edward Vitek, Eric Ernest.

Sho-Dan - Jackie Cross, Linda Gage, Roy Moser.

### WHY KARATE?

It seems that more and more people today are trying to find a "get fit" program to make up for all the years of "super-sizing". There are the fancy gyms where you pay an exorbitant amount of money to run around in Lycra and mainly go to "see and be seen". There is the option of jogging, running or power walking. These are all free to the user, however, you may need to be cautious of weather, traffic, and, oh yes, if you are getting older, arthritic joints from the pounding on pavement.

Tennis anyone? How about a game of eighteen holes? And there's always hoops. Nothing wrong with staying fit doing any of these physically demanding sports. For myself, after having a twenty-year career as a professional ballet dancer, there is no way I could live without some form of hard core work-out on a nearly daily basis. Of all the options, why karate?

Karate is a focused discipline based upon on-going practice of certain movements until they become perfect. This, of course, never happens so you have to keep practicing which means you have to keep training, and that in turn keeps you fit. Karate is not mindless exercise. It is an art form that requires an overall knowledge of anatomy and martial arts history (kata derivation, lineage of style, etc.) combined with spirituality (desire to be a better person through rigorous character development). There is an untold amount of work that goes into becoming a true "karate-ka". Thus, one will not get bored from doing the "mindless" regimen of the standard fitness programs that are available.

The art of karate-do is something that you can physically do until your dying day. Matter of fact, like yoga, karate will allow one to tap into one's "chi (ki) energy". As we age, the physical body may deteriorate but after the age of 50, our "chi" really kicks in! Therefore, one relies less on muscular power but on that life force which we all have that is just waiting to be utilized. In the Bubishi (The Bible

of Karate), there is a passage that refers to the practice of kata. Through a regular routine of utilizing the hip snap and core work of the body that comes along with the practice of kata, one's circulation improves increasing vitality and overall health.

In conclusion, I am adding two "testimonies" given to me by two of my adult karate-ka. These statements alone can indeed attest the wonders of karate-do as a way of life.

From Mr. John (Jack) Little, 7th Kyu

"Just a few short weeks ago, the weekend of August 27th and 28th, I was competing in the "Senior Citizens Golf Tournament" at Meadowcreek Golf Course in Charlottesville. It is a two-day event. During the first day I played rather uninspired. Poorly if the truth be said. I carded a 92.

On Sunday, the second day, the players were broken into ten or eleven flights, each flight consisting of 12 to 13 competitors who carded about the same score, within a stroke or two of each other. Each flight played for its own top prize. I played okay for the first nine holes; some bad holes, some good holes. I found myself on the tenth tee thinking I had eight shots to give away and could still shoot an 83, a good 9 shots better than the day before and a chance to win my flight.

I ended number 10 with a triple bogey, then a double bogey on number 11 and another triple bogey on number 12. I had given away the entire eight shots and the people I was playing with began to play better. It was then that I took a deep breath, I thought of my karate class, I told myself that I was in better condition than these other players and that I would be stronger over the remaining holes. I repeated the "Showa" and convinced myself I would reach my goal.

I felt stronger, more at peace and was able to play

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with intensity and focus. I played even par over the last six holes and won my flight. I believe that my training in karate both physical and mental, helped me to play my best and to reach my goal.

Thank you for your efforts and hard work in training me and my wife. I look forward to many more years being one of your students and taking what I learn to help with the rest of my life."

From Mrs. Betty Groth, 8th kyu

Dear Sensei,

I don't know if you noticed, but I got very choked up when Hanshi said, "You must be mindful that this may be your last class before you are attacked."

I got emotional remembering when I was mugged in 1981 in NYC on my way to law school. I had stopped at an ATM machine and some miscreant followed me, grabbed my arm, punched me in the face and ran off with my purse. (He

probably got about \$40 -- I was a starving student!) I was badly bruised, but no other injuries. In the scale of attacks, this would be classified as minor, but the sensation of being brutalized remains. I think that what I was also feeling was the dread of any attack on my 12 year old daughter, mixed with the feeling of gratitude that she got me involved in training.

I really just started training to improve my mind and body, and get in better shape. I had hidden the feelings of helplessness and vulnerability in an attack. I do try to be more aware of my surroundings at all times, and try to carry the warrior spirit (small and undeveloped as it is) with me at all times.

Many, many thanks.

Needless to say, with testimonies such as the above, WHY NOT KARATE?

*Linda M. Gage  
Charlottesville Yoseikan*

## POINTS TO PONDER

### *Hinkaku* Do You Have It?

*Hinkaku* is an interesting Japanese term I came across while reading one of David Lowry's latest releases. It roughly translates to: A) strength B) good manners C) strength of character (we know many Japanese terms can go quite deep in meaning). Basically; how we conduct ourselves when under stress, say during a competition or a grading, and usually when we are on the losing end, the more difficult side to bear, so to speak.

Now we will begin to see ourselves in a much different light. Are we angry because we know we had scored but no point was called ("can't those referees see I did hit my opponent")? Or does anger come out when we perform a kata during a grading session and there is error ("but the grading board must know I performed the best I have ever done so why didn't they pass me?"). Here is where *hinkaku* (strength of/in character) should show through. We must retain our alertness, our awareness, realizing life continues and that a tournament or grading isn't an end ---just a step. No matter what, you must stay composed. We are involved in budo and each step forward or backward is just that, a step in training, not a threat or a loss to any degree. Here is where we see what we are made of. Here is our real character.

*Michael Colling  
Yoseikan Marion Bridge Nova Scotia*

## UPCOMING EVENTS

Jan 31 - US Chito-kai charter renewal and member registration fees due

Feb 18-19 - Florida Clinic - Cape Canaveral Florida

March 18 - US Chito-kai Spring clinic

April 29 - Windy City Tournament Chicago, IL. Sensei Joe Gonzales

July 15 - US Chito-kai Shochugeiko Summer Camp - Big Bone Lick State Park

August - West Virginia Clinic and camp-out (date to be announced)

October 8-9 - Canadian Butokusai - DNBK general and certified members

October 21 - US Chito-kai Fall Clinic, Banquet and National Test Board - Location TBA





## INSTRUCTOR PROFILE - RENSHI STEVEN WILHELM



Born: February 13, 1949, Cincinnati, Ohio

Married to Kay Wilhelm, met his wife at the Yoseikan Honbu, No Children.

Education: Graduated Western Hills High school, Cincinnati, OH 1967. Attended University of Cincinnati.

Retired: Buyer/purchasing agent

Has been a member of the United States Chito-ryu Honbu since 1967. Holds the rank and title, Renshi Rokudan, has also studied Aikido at the Cincinnati Aikido club for several years to further his martial arts training.

One of Renshi Wilhelm's hobbies is woodworking, He also studies German language, and plans a trip to Germany in August, 2006. One of Steve's passions is Hawaii and he would like to relocate there in the future .

On his night stand are the following books:

Last stand of the Tin Can Sailors  
Barefoot Zen  
South Seas stories of R.L. Stevens  
Best South Seas stories

Over the years Steve has become one of the most dynamic Chito-ryu instructors in the organization, he researches what he teaches and has a book coming out in the near future. Steve is one of the assistant Instructors and is a team leader at the Yoseikan Hombu dojo. He is a big influence to the younger students in a very positive manner.

## INSTRUCTOR PROFILE - RENSHI GERALD G. BESHEARS



Born: July 4, 1949 Detroit MI.

Married to : Joan Beshears

Children: Joshua, Vincent, Adam, Molly and Buffy

Education: Bachelor of science social sciences. Associates of Arts, Liberal Arts

Current employment: Penn National Gaming, Argosy Casino, Lawrenceburg Ind.

Began Karate training in 1964 Matsubayashi Shorin-ryu at the Cincinnati, Judo club. Began training in Chito-ryu under Hanshi Dometrich in 1967 at the Kushin Kan dojo.

Jerry has trained for many years in Tai Chi Chuan under Sifu Mok Lau in Cincinnati, Ohio

Things that are most important to him in life are his family, friends, and being able to look himself in the eye every day.

Other interest in his life are: reading, music and outdoor activities.

On his nightstand you might find the following books:

The art of War - Sun Tzu  
The dancing Wuli masters - Gary Zukav

Jerry has proved himself in more ways then one, by his stedfast loyalty to his teacher and the United States Chito-kai, for over 38 years. Jerry is a team leader at the Yoseikan Hombu and is very innovative in his teaching techniques.







## FOUNDER'S FORUM

*"New Horizons"*

With the year 2005 ending, Hanshi and I are looking towards 2006. This year has been very busy with organizational matters and travel and 2006 looks to be equally as busy. In 2005 a new Constitution and By-laws was written and ratified by a unanimous vote of the Board of Directors. We are on our way to new horizons. We have established a new dojo in the Florida area and voted in a new Shihan to the Board of Directors. Hanshi has laid out plans for the future as he and I are now in our 70's and we want the organization to be self sufficient in the future. Hanshi announced that the National organization would be run by the Board of Directors which is comprised of all Shihan and Dojo Chief Instructors. The Board would have the authority to appoint a Chief Instructor if necessary upon our demise. The Yoseikan Honbu Dojo, which is owned by us, would go to our daughter Sherry Kembre, it would be her decision to run it or have someone else do so on her behalf. I must reiterate that the United States Chito-kai and the Yoseikan Dojo are two different entities. The organization has positive plans for growth in 2006, increasing membership and establishing new dojo. We are not a big organization and have never meant to be, we do not

want to get so big we lose the family atmosphere. As in all families there are disagreements and problems, and we have had our share of them, but through it all we continue to be a strong and cohesive organization and I can say I am proud of all our members.

Over the 44 years that I have been associated with Martial Arts, training myself in Judo, Karate, Kendo and Iai-do for more than 25 of those years, at the age of 69, I still enjoy coming to the dojo and watching the students train and progress. It is refreshing to watch instructors who have been training for decades, stay after class to take techniques apart and work on different ways of effectiveness. The enthusiasm is always there and I have to admit some of the conversations are enlightening, whether it be politics, technique, kata, or self defense. I am always amazed at some of the things I hear from these very astute Instructors. With the depth and quality of our leaders I feel the future is very solid.

"But of course Hanshi and I have every intention in the world to stick around for a few more decades".

*Barbara E. Dometrich, Kyosbi  
Co-Founder United States Chito-kai*

## BOOK REVIEW

*Hagakure ni chiritodomaruru,*

*Hana nomi zo...*

Hidden away under the leaves,

One flower still remains... Saigo, 12<sup>th</sup> Century

If you have not yet had the opportunity to read Kodo Ancient Ways by Kensho Furuya, do yourself a favor and get a copy right away. I doubt you'll put it down until you've read it cover to cover. I gave my copy to Hanshi and Okusan and they have enjoyed it tremendously. I easily replaced my copy by visiting Half.com. Celebrating its tenth anniversary, truly, this book is a flower hidden under the leaves.

Kensho Furuya is an aikido-ka and a Buddhist priest. His dojo in Los Angeles is known as Bansetsu-an - "Retreat of the Untalented Teacher." If his teaching is anything like his writing, we know that this is merely the humility one would expect of Zen Buddhist and a traditional budoka. In a maze of martial arts books, manuals, memoirs and treatises, I've been convinced for years that Furuya Sensei is the real deal. His writing is compelling and rings so true, the reader finds himself nodding the entire time and mumbling "yup, mmmhmmm." So when I noticed Furuya Sensei's name in an acknowledgment of one of my favorite authors Dave Lowry's books, I felt vindicated.

The book is a collection of essays addressing philosophies of teaching and learning. The author describes and gives context to traditional concepts such as 'saku, taku' and 'shu ha ri'. He also admonishes budo ka and instructors not to give in to commercialism - not to subvert the vital simplicity and efficacy of traditional budo. He stresses the importance of attitude above all else. Students with the right attitude will always try their best and, eventually, their technical skill with reflect that effort. "A battle may take a minute, a year, or a lifetime. Always do your best." A signature attribute of Kodo is that, in the margins of each page, the author has all sorts of one liners and pithy wisdom that, if collected, would make their own nice little Zen companion.

Don't take my word on it. Don't even take our Founders' word on it. Read Kodo yourself and quote from it liberally on your next test essay!

*Mina K. Ludwig, Esq  
Yoseikan II Cincinmati*



## END OF SUMMER TOUR

July is the month the Yoseikan Hombu typically holds Shochgeiko (summer outdoor training in the heat of the day) in the park. Hanshi and I had decided after this training was over that we would schedule a trip to the West Virginia summer camp, then on to Virginia and North Carolina. In West Virginia, as 30 diehard students camped along the Middlefork river, Hanshi and I pulled a 28 ft fifth-wheel trailer with our 1/2 ton Chevrolet truck. Our camp site was a little away from the mainstream of campers because we needed more room to park the truck and camper. West Virginia hospitality is like none other you have ever experienced. The excellent Italian dinner at Uncle Phil's cabin on Friday night was due to the hard work of Jackie Cross, Cindy Drummond and Cindy's mother and father-in-law (Uncle Phil is Mike Messenger's uncle). After dinner camp fires were lit and stories were told until the wee hours. The next morning after individuals cooked breakfast or visited other camp sites to share, food and hot coffee, the training began. After several hours of training in and out of the river, photos were taken, and everyone changed in to more comfortable cloths and headed back to Uncle Phil's for something cold to drink and good old West Virginia Hot Dogs and Hamburgers. Sunday morning Hanshi and I were up at daybreak and hooked up the fifth wheel and headed for Virginia. We drove about eight hours and stopped for the night in Natural Bridge Virginia. Monday morning we headed for Afton Virginia, 30 minutes outside of Charlottesville to visit Linda Gage.



**Sensei Jamie Binkley  
and Linda Gage**

We checked into the campground, set up the camper, and drove into the town of Crozet, about 12 miles from where we were staying, shopped, had lunch and headed back to the campground. When we arrived, Linda and her daughter Emma were looking for us. After greetings and pleasant talk they went home and we rested for the remainder of the day. Tuesday was training day, Linda has an ideal set up in old World War II recreation center that was built after the war in memory of those who served. The building is very spacious with restrooms and a complete bowling alley in the basement, which now has been converted to a training area complete with makiwara and mats. That evening 30+ students attended class, after class Hanshi and Sensei Gage tested several students, they all did well, she has a very strong group of

students and lots of potential for the future. Jamie Binkley from Orlando who had been working in Reston, Virginia, very close to Washington DC, drove to Charlottesville to join the class for the evening. After class we all ended up back at the camper for sandwiches and chit-chat before Jamie had to head back to Reston. Wednesday Hanshi spent some personal time with Sensei Gage and Emma who were getting ready for the National test board in October. In the afternoon Linda and I got to spend some time on organizational paper work and personal matters. That evening Linda and her husband Patrick picked Hanshi and I up and we drove out in the country on an old two lane highway and low and behold there was an Italian restaurant; guess you know who that made happy. Richard Rike, one of Linda's senior students, and his wife Mary joined us. Richard had found a VHS video of "Great Karate Fights Vol 2." on ebay which he gave to Hanshi as a gift. The video has the famous fight of Joe Louis and Victor Moore back early 1970s, Hanshi happens to be the referee. Some of you may not know this, but Victor Moore was one of Hanshi Dometrich first karate students at his first dojo in Cincinnati, so we go way back. There are many other great fights from that era also. After a great dinner we all ended up at the Gage's home to watch the video, it brought back many memories for Hanshi and myself as we were at some of those fights (guess we are telling our ages). The next morning at daylight we hooked up the Camper and headed towards Richmond Va, It was a wonderful visit with the Charlottesville Yoseikan, and the Gage's were great hosts.



There were shorter routes to take going to Ft Bragg North Carolina, but towing a 28ft trailer on a two lane highway wasn't the best idea. so we decided to go the longer route via Richmond Va. We made very good travel time and arrived just outside of Ft Bragg early evening got set up, let the puppies, (we travel with three) play in the puppy playground that the KOA provides for this kind of travel. We made contact with Sensei Pochinski, who is the Chito-ryu Instructor at Ft. Bragg. Po as we all refer to him, is a fourth degree black belt, promoted by O-Sensei back in the late 50's early 60's. Po and Hanshi were both stationed in Bepu Japan at the same time and didn't know each other, Hanshi got there just a few months ahead of Po.

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Po just recently found and gave Hanshi a magazine from the early 50's of the 187th Regimental combat team, to which both were assigned. There is a photo of the army band in it from early 1953, with Hanshi right in the middle of the photo, Hanshi was a trumpet player, Po said he remembered the band playing for his group on occasion, but didn't have a clue who Hanshi was, small world. Po is a retired Special forces Sgt Major. Hanshi and I got directions to the Pochinski household and after getting lost a couple time, we found it. Don Schmidt from the honbu was there also to greet us, Don works for the National labor board and was in Southern Ky taking depositions and decided to extend his trip. Hanshi and I had met Po's wife Tu in Winston Salem when we were attending a AAU tournament, Tu is from Vietnam, Po served three tours in Vietnam. Tu is a person once you meet her you just feel you have known her all your life. Don had already clued her in what types of foods Hanshi would eat, Of course she went all out and made sushi and spring rolls for Don and I.

Most of Po's students were out on maneuvers so there wasn't a class going on. We did visit the base and went to the special forces museum, as we were walking around I turned a corner and there stood Michael Hefner, Michael was an Ik-kyu with the West Virginia dojo, before joining the Army, He is in special operations stationed at Ft Bragg, Michael was on convalescent leave, because he was shot up in Iraq, nearly losing his right arm. Po had told him that Hanshi and I would be there, it was a pleasant surprise. He is doing well and is anxious to get back with his outfit in Iraq. The next day there was open house at the Airborne special operations museum downtown Fayetteville, Don, Hanshi, Po and I spent the day there visiting all the displays. When we arrived back at Po's house Tu had a spaghetti dinner waiting Vietnamese style for Hanshi, and course more spring rolls and sushi for the rest of us.



Hanshi and Renshi Matthews

After much military talk and viewing the movie that Richard Rike had given Hanshi, we said our goodbye's, We were leaving the next morning to Kernersville North Carolina, 10 miles outside of Winston Salem, to visit Sensei James Matthews and his wife Kathy, who had just moved there from West Palm Beach. Jim was the Chief Instructor of the West Palm Beach Yoseikan which he has turned over to Ed Vitek but he now has plans for a dojo in the Kernersville area.

Hanshi and I only were able to spend one afternoon with the Matthews, but what a time it was, they have a beautiful home, and Kathy fixed Hanshi spaghetti. Jim followed us back to where we had parked the camper and spent some more time with us.

The next morning we headed for Kentucky, we had thought about stopping in Gatlinburg but decided to go for Renfro

Valley Ky, one of our favorite camping spots. We spent a few days there and headed home, we actually drove 2,200 miles with the camper, Hanshi said it beat him to death so we probably won't be going on that long of a trip for awhile.

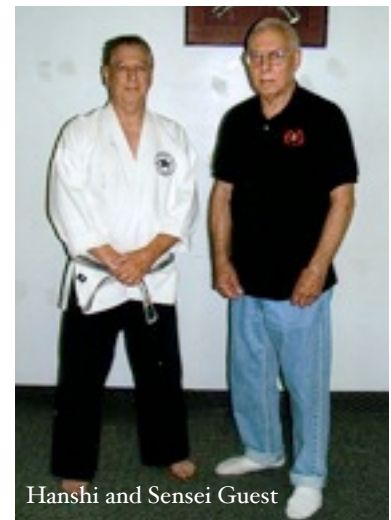


Hanshi Tsuruoka and wife Kay

After we were home for a couple weeks, we put the pups in the kennels and took off for Canada, Hanshi wanted to visit the factory that had built our trailer, the Award Co. We were taken on a tour of the factory and gathered information on some

minor repairs that we will be making to the trailer. Leaving there we headed to Mississagua Canada where Tsuruoka Sensei lives. Hanshi has been concerned about him and his health and wanted to see him. We had a nice visit and lunch with Sensei and his wife Kay, Sensei is on the mend and will be back to his old self soon, He is on new medicine and it seems to be working. While we were there we also managed to visit with Chris Johnston, publisher of Hanshi's book The Endless Quest, to make arrangements for a reprint.

Hanshi wanted to visit an old friend Monty Guest, a student of Tsuruoka Sensei back in the early 60's. It happened that his dojo was about a block from our hotel. We showed up for class and before the evening was over Hanshi was teaching. Afterwards we had a nice time visiting with Sensei Guest and his wife and students. We managed to have breakfast with Sensei Guest before leaving town.



Hanshi and Sensei Guest

It was a busy summer but rewarding getting out and seeing other people in their environment and seeing what is going on in the martial arts world outside of the USCK. Take my word for it, the United States Chito-kai is doing well and has a bright future, there are good people out there making this possible.

*Barbara E. Dometrich, Kyoshi  
Co-Founder United States Chito-kai*



## MEETINGS OF THE PAST

July 30, 2005 our Daughter Devorah said, “Mom and Dad you have to go to this tournament with me that is being held in Springfield Ohio at Wittenburg University”.

Hanshi along with Takayoshi Nagamine and Ted Jungblut



Devorah, a Hachidan and head of the Ryukyu Kobudo Association in the United States, was one of the judges of the kobudo section. Hanshi and I were to be special guests of Sensei Michael Hixon, who was sponsoring the tournament. This was an open tournament and we had not attend one of these in years, we usually attend AAU events. Also, this event included the American/ Canadian games that was held after the open tournament was finished. Devorah said “there are many people you know who want to see you.”

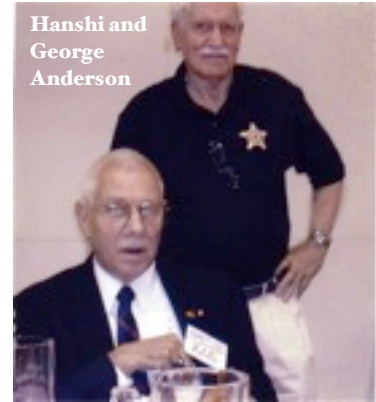
So, Hanshi and I put on our Chito-kai dress suits and drove the 2 hours to Springfield after class on Saturday. As we were walking into the gym, we were greeted by Woodrow Fairbanks of the United States Karate Association and a few of his students. We looked over at a park bench and saw George Anderson, the first vice president of WUKO setting there. Sensei Anderson greeted Hanshi and I like long lost family. Hanshi and Sensei Anderson’s friendship goes back at least three decades. Entering the gym, the tournament host Michael Hixon and his father greeted us and proceeded to seat us

Hanshi with Parker Shelton and Glenn Kenney



at the main table to view the tournament. This started a chain of old friends coming to the table and greeting us, Ted Jungblut a student of Masami Tsuruoka, was there as the Canadian coach. Takayoshi Nagamine was sitting with us at the table, he had just visited our dojo a couple weeks earlier

and it was a treat to see him again. Parker Shelton and Glen Keeney who we have known since the early 60’s from the many Karate Championships we attended together. Robert Tallack, son of Ken Tallack, the Canadian representative for the Dai Nippon Butoku Kai. Robert seemed very surprised to see us there, he said “You are just like ninjas - you are everywhere”. We last saw Robert at the Norfolk Virginia Butokusai. I counted several DNBK members from Canada, who very graciously came by the table to pay their respects. During the entire afternoon we visited with students and instructors that we have known for years and some that



Hanshi and George Anderson



Chris Diliberto, Hanshi, Okusan, Devorah Herbst, Robert Tallack

knew of Hanshi only through his book The Endless Quest.

It was a good feeling visiting with people from our past, seeing that they are still out there, although on a different path, all reaching for the same goals; to teach our students to the best of our abilities and to ensure a legacy for our students when we are gone.

THANKS DEVORAH FOR INVITING US!

*Barabara E. Dometrich, Kyoshi*

