

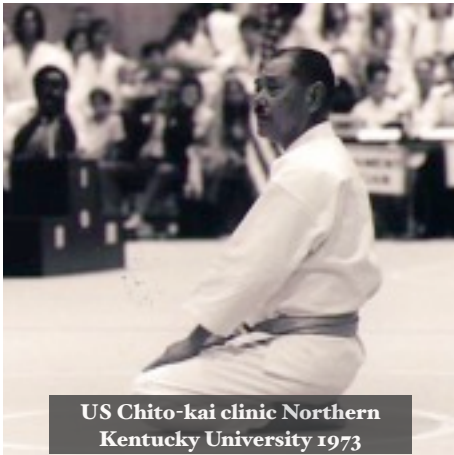


# Chito-ryu Karate-Do



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

## Celebrating O-Sensei Tsuyoshi Chitose



US Chito-kai clinic Northern  
Kentucky University 1973

October is the month we celebrate the birthday of our founder Tsuyoshi Chitose. The United States Chito-kai commemorates the event each year by holding a Seminar and National Banquet. O-Sensei was born October 18<sup>th</sup> 1898 and passed away June 5<sup>th</sup> 1984. All that knew him have many fond memories; O-Sensei was not only a karate teacher he was a husband and father. He started his karate training at the age of seven under the Okinawan master Aragaki Seisho. As he grew older he traveled the Okinawan islands in search of more knowledge and trained under several noted tode masters. Dr. Chitose received his medical degree from Tokyo University and continued to teach Karate on mainland Japan. He had a vision that karate was not only useful for self defense but also as moral and physical education. Karate could be used not only to defeat others but also to help others. In 1950 O-Sensei retired from medicine to teach Karate full time. One of his most famous students was Masami Tsuruoka, Father of Canadian karate. Tsuruoka Sensei was awarded his black belt by O-Sensei in 1949 and was recently promoted to 10<sup>th</sup> dan by the National Karate Association of Canada.

In the early 1950's our founder William J. Dometrich was fortunate to meet O-Sensei when he was stationed in Bepu, Japan with the US Army. After much persistence he was accepted as a student. In 1967 O-Sensei traveled to North American and visited the United States Headquarters. He would visit the United

States in 1973 and 1982. On June 6<sup>th</sup>, 1984 an historical era in the history of karate came to an end. It is impossible for us to understand everything about O-Sensei, but we can refer to this song O-Sensei wrote many years ago:

### **STUDY HARD YOUNG MEN**

*Study hard, young men-  
The sky is a huge dome  
Young men as strong as  
steel,  
With shining hopes  
Our great Chito-Ryu  
Based on Physiology*

*To defend the weak  
To Create world peace  
With 7 parts strength as a  
base,  
Training our bodies we  
polish up our skills  
All together, let us extend  
All-powerful karate  
throughout the world  
Our true Chito-ryu*

*Through the teachings of Sensei who pray for peace-  
We shall attain the spirit of endurance  
This is true Karate.  
Arrogance and weakness are obstacles to training,  
We shall continue our tough training  
The Chito-ryu.*

Hanshi and I are blessed with a tape of O-Sensei singing this song; we will never forget those memories. Through constant practice you can seek self-perfection, humility and self-understanding. In the United States Chito-kai we do not have Masters, however now that O-Sensei Tsuyoshi Chitose is gone, he is a true Master.



O-Sensei June 11, 1922  
Miyako, Okinawa

By: Barbara E. Dometrich, Kyoshi



# EDITORIAL

## “THE DISCIPLINED SAMURAI”

A few centuries ago a samurai traveled to a small fishing village on the southern tip of the southernmost main island of Japan, the island of Kyushu. This village was made up of fisherman and a few farmers who farmed the flat land around the village.

It was early morning and the sun had just risen on the village when the samurai Hiroshi Yamada strolled into the village. He was an imposing sight, armor, three swords and the walk of a man bearing a mission.

He walked up to a fisherman, who immediately bowed to him. “May I help you?” the little fisherman asked, trembling. “Kazumi Tabata wa doko desu ka?” (Where is Kazumi Tabata?) The samurai asked politely. The fisherman pointed slowly to a man not twenty feet away who was repairing a fishing net.

The samurai asked the fisherman his name. “Who wants to know?” the fisherman replied loudly. “I was sent here by the Shogun to execute you for not paying your taxes” the samurai replied.

“I have no intention of paying taxes” the fisherman said loudly. The fisherman then spat into the face of the samurai and said “I am not afraid of you.”

The samurai looked shocked, stepped back, bowed, turned and left the village. After he was gone, the other fisherman congratulated Tabata-san and he was the talk of the village.

Three weeks later the samurai entered the village in the morning and walked up to Tabata-san’s boat. Tabata-san upon seeing him bowed. The samurai’s sword flashed, Tabata’s head flew from his body and landed on the beach. The samurai quietly turned to leave. The old fisherman bowed and asked “Wasn’t it you who was here three weeks ago?” “Yes”, the samurai replied “That day he made me angry. I was taught by my teacher to never draw my



sword in anger. Today I am not angry.” The samurai, a very slight smile on his face, turned and left the village.

Sensei Patrick McCarthy told me this story a few years ago. It is the essence of budo training. Take no action out of anger or fear. Train, develop your skill, insight and your ability to keep your head when other men loose theirs. Such is a mark of a ranking Yudansha.

William J. Dometrich, Hanshi  
 Founder and Chief Instructor US Chito-kai

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**MEMORIES OF CHILDHOOD**

*Written by :Tsuyoshi Chitose  
Translated by: Mark Morita*

I was born in 1898 in Kumochi Naha Okinawa soon after the Japanese Meiji government and Naha dynasty established a local government.

When I was a little boy my grandfather, who was a high official in Naha, used to take me to Shuri Castle to visit Toe experts which gave me a good influence to be a Tode-ka in my later days.



Naha, Okinawa May 1917  
O-Sensei (standing) and friend

Though my memory is not clear, I used to play like a monkey on grandfather's shoulder and head. My animal-like movement often surprised grandfather's friends. One time I embarrassed grandfather by peeing in a castle room.

When I was 7 years old, grandfather took me to see Mr. Arakaki who was the highest Tode instructor at the time and I was admitted to Arakaki's dojo.

Training and discipline were very hard for a small boy. I was a quick boy, and good at hiding and running away.

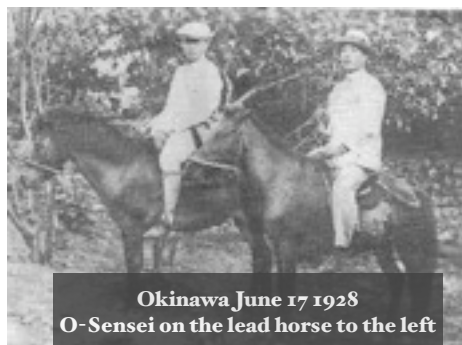
The hardest training was turning around in the air from a top of a tree, and barefoot walk on a coral reef. They were not so bad after many practices. I could feel as if I was walking on air.

Tode and Karate:  
Mr. Arakaki told me that tode originated in To-era of china about 1000 years ago. When Chojun Miyagi asked me about naming his style as Goju-ryu, I thought I should use TOH to name my style from Arakaki Sensei's story about China.

Until then, there were no particular styles in Tode. After the Showa era began in 1925, Shuri-no-te in Shuri City which was mainly for noble men became Kobayashi-ryu, and Naha-no-te in the business town Naha became Shorei-ryu. Before the Showa era people used to call Karate just tode, or te without mentioning any style.

When Gichin Funakoshi, who was my teacher when I was in elementary school, asked me if it would be proper to call karate instead of Tode, I did not have any objection. I was a medical doctor and not in the position to oppose what Funakoshi Sensei said. Funakoshi Sensei thought we should use Japanese words instead of Chinese because of undesirable relationship between Japan and China at the time.

These are good memories in my life



Okinawa June 17 1928  
O-Sensei on the lead horse to the left

**SPEECH BY O-SENSEI CHITOSE AT 1973 U.S. CHITO-KAI BANQUET**

I have determined to devote my life to leading young boys and girls by training their bodies and minds through karate-do, Chito-ryu. By the help of all of you Chito-ryu has developed into what it is today.

May I explain roughly about Chito-ryu?

Old Aragaki, my former teacher who was a great master of karate in Okinawa told me that it had been one thousand years since "tote" has first been introduced from the Chinese foreign dynasty. That is why our karate-do was named Chito-ryu. ("Chi" means one thousand, "to" the foreign dynasty, "ryu" style.)

Karate in Okinawa used to have two sources, Shorin-ryu or "te" (hand) of Shusi and Shorei-ryu or "te" (hand) of Naha.

I considered that both had merits and demerits. Therefore, I resolved to study Chito-ryu from the standpoint of physiology and anatomy and I have been trying to spread it all over the world.

The future of all nations depends upon sound bodies and minds of young boys and girls. Our Chito-ryu emphasizes the spirit of courtesy, peace and patience, and our arts are constructed from the standpoint of physiology.

I aim to elevate virtue and to enrich aesthetic sentiments through training, and to mold healthy and effective character.

We are grateful for your hospitality and are asking for your help in the development in Chito-ryu.



## UNEXPECTED VISIT: SENSEI SHIZUAKI FUTAMATA VISITS KENTUCKY

June 22, 2006 . I was relaxing at the dojo after a load of flooring had been delivered for a much needed floor replacement on the main karate deck. The phone rang and it was Sensei Steve Napier who runs Masters Martial Arts in Florence KY. He wanted to know if Hanshi Dometrich was at the dojo, he had a friend visiting who wanted to see Hanshi. When I told him that he was working at the court house, he asked if he could bring his guest down to see the dojo anyway, he said he was Chito-ryu. Since Sensei Napier is connected with Sensei Kotaka in Hawaii I thought that he meant Shito-ryu. In the meantime Theresa Brandenburger showed up at the dojo and I told her about the call and the visit that was to take place in the next half hour. We tried to call Hanshi but could not reach him. The visitors showed up and as soon as they came in the door. I knew the visitor was Chito-ryu. He bowed to O-Sensei Tsuyoshi Chitose for a long pause. When I bowed to him I remembered that we had met in Kumamoto Japan in 1986 at the International Chito-ryu Soke cup. We had sang songs together at the closing banquet. I showed them around the dojo, which has many photos , actually like a museum, he enjoyed looking at all the artifacts and photos. When he walked out on the main dojo floor, he stood before the kamiza photo of O-Sensei for a few minutes, then turned to me and said "he was my teacher".

The visitor was Shizuaki Futamata, 8th Dan and former member of the Chito-ryu International. Sensei is Chief Instructor of Ryukyu Kobudo Kensyu Kai Japan Karate-Do Association. My understanding is that he was attending a Karate tournament held by Sensei M. Bambouyani of the

International Traditional Karate Association in Chicago and Sensei Napier had attended the tournament with some of his students. Sensei Futamata asked if he could come visit



Hanshi Dometrich and Shihan Futamata

with him, he also wanted to visit Hanshi Dometrich; he had some documents for Hanshi in Japanese that he wanted to deliver. Finally I was able to contact Hanshi and he went to Sensei Napier's dojo that night to pay his respects. He said he was treated very respectfully by Sensei Futamata and Sensei Napier. Hanshi is actually Sensei Futamata's senior, not only in age but in years of training; Futamata Sensei is 69 and Hanshi is 71 years young.

The next day Hanshi and I met Sensei Napier and Sensei Futamata for lunch. We were joined by our daughter Devorah Herbst and Jamie Binkley, who was in for Florida. While at Sensei Napier's dojo Hanshi and Sensei Futamata compared various techniques and Kata. While there was some variation it was not enough to make a significant difference. Debbie talked to him at length about Kobudo, She teaches Ryuku Kobudo Hozon Shinko Kai, her teacher was

the late Eisuke Akamine, Sensei Futamata teaches Matayoshi ryu. One of Sensei Napier's reasons for bringing Futamata Sensei to Kentucky is his desire to study kobudo. After long conversations we finally ended up at a newly opened Japanese Steak house in Florence KY, along with us was a mother of one of Sensei Napier's students who is Japanese. Between her and Debbie we were able to carry on a good conversation. Sensei Futamata told Hanshi he too had left the Chito-Ryu International in 2000 due to personal differences with Soke.

After dinner we all headed home with some fond memories from the past and present. Sensei Futamata was leaving to go back to Chicago on Saturday.

Thank you Sensei Napier for bringing our old friend to Kentucky and sharing his visit with us.

*By: Barbara E. Dometrich Kyoshi*

**Control is the mark of the superior man or woman. As one learns more about self-defense one has a greater repertoire and the training needed to control rather than hurt; hurt rather than maim; maim rather than kill. Involvement in a martial art is something of a sacred trust. Your skills should never be used lightly, never be misused to frighten, and never be employed because you "lost control." Loss of self-control is a defeat much worse than merely taking a beating, for in such action you betray your art, your teachers, and yourself.**

~ A Shaolin Monk



## DOKI, DOKI: SHOCHUGEIKO 2006



Doki, Doki is a Japanese slang term that is an onomatopoeia (a word that describes the sound associated with its meaning; such as a cow's "moo", or a trigger's "click"). Doki, Doki is meant to describe your heartbeat in a state of surprise, anticipation, or nervousness. I think that this is the best way to describe my feelings as we headed toward Shochugeiko 2007. Sensei James Acampora and I always manage to talk about karate for a good part of the 15 hour drive to Covington and this trip was no different, other than the happy addition of his daughter Destiny and Sempai Karen Ruperto to our crew. I must have been talking about Shochugeiko for 2 months at the dojo...you see, occasionally I need some external motivation to recharge my training batteries and a few classes at the honbu plus a 5 hour outdoor clinic are always "just what the doctor ordered". I had been working the graveyard shift lately, so it was an easy decision to drive all night so we could make Thurs. morning class at the honbu. We all took a few minutes out after our arrival to marvel at the gorgeous, new bamboo floor of the lower deck. Congratulations go out to all who worked on it; it is a beauty to behold! Even after Sensei Chisenhall put my face on it a few times, I still loved it! Later on, the bottom of my feet also whispered a happy thank you. Although we arrived late enough to warrant push-ups, Sensei Bank's morning class was a great "welcome-back" - self-defense applications and joint-locks. Nothing like some nerve stimulation to overcome any effects of being awake for over 24 hours. Thursday evening's class by Sensei Ford was a gentle reminder that there is only so much oxygen in the honbu, so you better breathe it in quick before someone else gets it...I very rarely cast an eye to the bucket on the wall at the honbu, but I must admit I glanced at it Thurs. night. After a casual Friday with the Ernest family (our eternally gracious hosts - won't they ever get tired of us? We sure hope not!), we were ready for the Saturday main

event. While we all anxiously watched the weather reports, I somehow knew that our long tradition of never being stormed out of Shochugeiko would hold.

Here is where Doki, Doki always reaches its peak: Who will be teaching which sections? What new drills and pearls of wisdom will we be bringing back to the Orlando dojo? Who will I get to partner with in two-person drills? All these thoughts and more always run through my mind at the big events as we bow in - I know, I know; too much thinking....

What a great start! - Katas; starting with Chinto and working upward; Sochin, Tenshin, and San Shi Ryu. Thank you to Shihans Khalily and Ludwig (here's a huge secret I'm willing to share: If you are asked if you want to break out of a group of 50 to train with a Shihan in a 3 to 1 student-sensei ratio, DO IT!) Thanks also to Kyoshi Hawkins and all the higher ranking Sensei for offering corrections and teaching kata to the kyu ranks. The first hour absolutely flew by (as a matter of fact, they all did). Sensei Chisenhall taught what several karateka stated they thought was the best section of the day: hip drills for improving snap. Am I crazy to think he created that drill just for me? I'll delude myself for now. Meanwhile the kyu ranks were diving into more kata and ashi techniques. All great stuff.

Next came our old bo favorite: Sakagawa No Kon Sho. I was glad we had been working the bo occasionally in the previous months in Orlando; no major embarrassing moments for me and not too many changes - I started having flashbacks of doing Sakagawa at Camp Ernest in 1995... or was it 1996? All I remember is it was really hot... okay, back to the present - Was that some karateka working on Shushi Non Kon Sho over there on the side? Yup...Cool. Huh? Another section over? Just like that? You bet'cha.

Okay, on to the next section: Hen Shu Ho. Thank goodness none of the Sensei just started screaming out numbers and yelling GO! I believe everyone there worked on this, but it never seemed like we had enough time for each one (probably because I could have done each one another 50-60 times and I'd still want to work on it more). We barely got through the first 7 or so and there it was again! End of the section...Unbelievable.

Oh well, final section - Renshi Beshears apparently had a big stockpile of water balloons he needed to get rid of in a bad way. Although the water felt good and the drill was fun, I kept thinking: He's not going to have us do San-Bon kumite with thumb-tacked gloves, is he? Glad to say, everyone escaped without puncture marks and now I have a lot to think about regarding reaction drills as we head

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back. Plus, now I know just how bad my depth perception is: real bad. So, after the usual bow out, pictures, feast, and hugs goodbye, another hugely successful Shochugeiko has been put to bed. Normally after this clinic, I feel like I've done enough karate for the day; time to rest. For some reason at the end of this one, I was ready to go for another couple of hours at least....What does that mean? Is that "success with a capital S" or was it just me? Perhaps because it turned into such a beautiful day? I give up on trying to answer that one. Need more proof of success? Destiny had to admit finally she had a good time...ouch, that had to hurt!

All I know is: I can't wait for next Chito-kai event....Doki, Doki.

P.S. Some notable quotables:

"Great weather, great karate!"

"Everyone goes away with something!"

"I wanna train!"

"Stop acting like a yo-yo!"

*By: Gordon Levin,  
Yoseikan Dojo II of Orlando*

## BOOK REVIEW

*Gung Ho! Turn on the People in any Organization.*  
Ken Blanchard and Sheldon Bowles.

There is a book that is a must read for Dojo Heads interested in ways to increase membership by fostering morale in his/her branch club. This book is entitled *Gung Ho*, which according to its authors, Ken Blanchard and Sheldon Bowles, means "working together" in Chinese (p. 63). And this book really laid out a plan for a karate branch club to work together.

The first point the book makes about working together is called the "Spirit of the Squirrel." What this means is that squirrels work hard because their work is worthwhile, and so will students when they realize the importance of their karate training. When they make the realization that their karate training could save their lives and/or the lives of the family members. When students realize how important karate training is they will be willing to double their efforts in training. The next step is that students have to understand and share the goal of the branch club as well as the national organization. According to the book there is no worthwhile work unless everyone is

working toward a well understood and shared goal. Also, and maybe even more important is how the goal is reached. The branch club must be guided by values. "Goal setting is a big problem in most organization." The reason is because administration attempts to impose them from the top down rather than allowing everyone to share in the process of setting goals. All club members must believe that the goals are important. (Leadership can be defined as finding out where people are going and getting in front of them and the same can be said for goal setting, first begin with finding out the goals of the people you want to set goals with.). This article will now discuss the second point of the book in the next paragraph.

The second point of the book is "The Way of the Beaver: In control of achieving the goal." This means that "[e]ach beaver has a large measure of control over its own destiny. They decide how the work is going to be done. They operate like indecent contractors." What this quote means is that each branch club must set its agenda and this will significantly increase their chances for success. In other words, it is best to let the people who really do the work, to do the work. The national organization should set the key goals and values (i.e. policy manual). Then allow the branch club to operate within these constraints. This is based on the premise that people will naturally work together when given the chance. Thus, the Way of the Beaver covered the relationship between the individual and the organization from both sides. Hopefully, the reader will see the connection between the Spirit of the Squirrel and the Way of the Beaver. So this article will move into the third and final point.

The third point of the book is the Gift of the Goose: cheering others on. The most important point in this section is that all the geese honk at each other, which means they all encourage each others on to greater heights. Thus, each member of the branch club must cheer each other on to strive for the ultimate achievement of karate training: self-perfection.

The author of this article hopes that dojo heads will go out and obtain a copy of *Gung Ho* and read it. Then they can begin to implement the three concepts of the Spirit of the Squirrel, the way of the Beaver, and the gift of the Geese. This will increase the chances of their branch club enjoying even more success. As stated in *Gung Ho*, when the student is ready, the teacher will show up. And it is hoped that each and every dojo head will keep their student hat on and get this book.

*By: Willie Elliot, DMin.*





**CHARLOTTESVILLE YOSEIKAN  
EARNS GOLD IN STATE AND  
REGIONAL AAU TOURNAMENTS**



**Charlottesville AAU tournament participants**

Charlottesville Yoseikan Chito-ryu Karate School has been in operation since October 2002. The school is under the aegis of The United States Chito-ryu Karate Federation.

This year, as in the past three years of AAU participation, the students of this dojo proved their traditional training to be paying off. Gold medals were awarded to six of the eight that participated in State and to all three who participated in the Regional Tournament.

The gold medalists were: Matthew Fornaro, Emma Gage, Linda Hexter, Patrick Keese, Derek Ramsay and Mr. Richard Rike. The other competitors who took home either silver or bronze medals were: John Grammar and Nathan Ramsay. The students participated in both kata and kumite .

Charlottesville Yoseikan Karate is offered by the Albemarle County Parks & Recreation Program. The school is located at the Greenwood Community Center. For further information, contact Amy Smith @ 296-5844

*By: Richard Rilke  
Charlottesville Yoseikan.*

**GAVIN SUTTIE VISITS HONBU**

Sept 5th, 2006 Gavin Suttie, Chief Instructor of Yoseikan of North Hampton, England visited the Honbu dojo to train. Sensei Suttie has been a member of the United States Chito-kai for more than 20 years. He first started his martial arts training in his home town of Edinburgh Scotland, with his cousin Dorothy Jones and her husband Alan Jones who were running a Chito-ryu dojo in the 1980's and eventually relocated to the US.



**Gavin Suttie visits  
US Chito-kai Hombu**

maintains his training by making frequent trips to the Honbu. His wife is an Ohio native so it makes it easier for him to visit family and the dojo.

Gavin trained at the honbu on several occasions while visiting his in-laws, he returned to England on September 22nd, where he resides with his wife Nikki and daughter Autumn, He is a nine year veteran Police officer assigned to a special undercover unit.

*By: Barbara Dometrich, Kyoshi*

**Weak mind, weak fist; strong mind, no need for fist.**

*- Shaolin Saying*

## RETURNING TO FRANCE

Two years ago, when my wife and I moved to Cincinnati and after discussing about martial arts with a friend of mine, I thought I would start learning Karate and did some research on the Internet. I saw that the US Headquarter of the Chito-Ryu Karate was just miles away from our place and decided to go check.



Hanshi Dometrich presents Herve with a farewell gift

soon as I entered the Dojo, I saw Okusan at the office and Dojo members training in the upper and lower deck. I said to myself "This is it, this is the place". And I still feel the exact same way each time I enter the Dojo. I realized how lucky I am to have trained with Hanshi and all the other Sensei. It has been a privilege to get to know such a unique, enthusiastic group of people always ready to teach, help and support; like a family would.

A couple of weeks ago, several teams participated at the Windy City tournament. It was an honor for me to be part of this experience. Before we left, Hanshi gave us advice on kata, kumite and the rule of thumb "Respect the referee, the judges and the other competitors, and have fun". We had a super coaching team, a real good time training, competing, representing Chito-Ryu to the best of our abilities, and just being together.

I plan to continue studying traditional Karate in France as a life long commitment. I will always keep in

mind and in my heart what I learned at the Dojo. I especially think about: "Train as much as you can and as hard as you can, as you might be attacked tomorrow.", "Karate helps you to be a better person", "Always be loyal to first sensei" and finally and importantly "Family comes first, second is work and then Karate".

I will miss the Dojo. I hope to be able to come back from time to time.

If you ever want to visit Paris, please contact us at:  
[herve\\_stephanus@hotmail.com](mailto:herve_stephanus@hotmail.com)

Herve Stephanus et Marilyne Dolou,  
 12, allée Pierre Bonnard, 78 540  
 Vernouillet, France.

Thank you,  
 Herve Stephanus

## INTO THE WILD BLUE YONDER

Look! Up in the sky! It's a bird, it's a plane...it may be Dave Hewitt! Who the heck is Dave Hewitt? He is a mild-mannered karateka who began training in Chito-Ryu at the hombu about three years ago and is now on active duty in the Kentucky Air National Guard.

Dave enlisted in the Air Force in 1971 and was on active duty until 1977. Two of these years he spent in Thailand and Vietnam. After 1977, he joined the Air National Guard in California and became a Flight Engineer that required him to spend about the next 10 years in a C-130 aircraft which is used for troop and cargo transport. A Flight Engineer is a member of the aircrew on the aircraft who is responsible for inspecting the aircraft before and after each flight and for monitoring systems during the flight. These systems include pressurization, fuel, environmental, hydraulics and electrical.

After his California Air National Guard service, Dave needed to be near planes so he eventually became an employee of Delta assigned to Greater Cincinnati/Northern Kentucky Airport. His training at the hombu began after he met his future son-in-law, Sensei Mark Chisenhall. He was doomed. Not Mark! Dave! Dave was destined to return to the Air National Guard so after a 19 year



Dave Hewitt reporting for duty!

from military life, he returned to the Air National Guard in Kentucky. Perhaps Dave yelled once too often during karate training ... WE LIKE IT! WE LOVE IT! WE WANT MORE OF IT!

Dave has been in Flight Engineer school in Little Rock, Arkansas to become re-qualified and soon will be in the wild, blue sky. The main reason for his re-enlisting is that he wanted to give something back to his country. HOOAH!

*By: Don Schmidt, Hombu*



**INSTRUCTOR PROFILE:**

**RENSHI SHERRY LYNN KEMBRE**



Vital Statistics: Born November 21, 1963, Covington KY to William J. and Barbara E. Dometrich. Married to : Harold Richard (Dusty) Kembre deceased March 2000.

Renshi Kembre lives in West Chester Ohio with her two children: Kira Lynn, 19, University of Cincinnati. (Mechanical Engineering) and Dylan

Richard William Kembre, 15.

Education: Bachelors and Masters in Elementary Education

Current Employment: 6 & 8th grade teacher, St. James School, White Oak, Cincinnati, Ohio.

Renshi Kembre was selected by the National Catholic Education Association and St James staff as Teacher of the yr. 2001/2002.

Began Chito-ryu: 1971 under the tutelage of her father Hanshi William. J. Dometrich.

Current Karate Rank and Title: Go-Dan Renshi

Extra Curricular activities:

President-elect Greater Cincinnati Council of Teachers. Conference speaker for Ohio council of teachers of Mathematics for the Ohio Catholic Education Association. Vice Chairperson and Assistant Administrator United States Chito-Kai. Secretary for Midwest Division, Dai Nippon Butokukai. Team sponsor and coach, St James. Traveling with Dylan for Junior Olympics volleyball and keeping up with daughter Kira's activities in College.

Things that are most important in Sherrys life: Her family, education and her extended Karate family .

On her night stand: "Wicked" by Gregory Maquire and "Uncle Tom's Cabin" by Harriet Beecher Stowe ( recommended by one of her students)

Sherry is a great asset to the United States Chito-kai. With her limited time she is very committed to all her responsibilities including her family, raising two children alone as well as taking care of her mother-in law.

**INSTRUCTOR PROFILE:**

**CYNA KHALILY, MD**



Vital Statistics: Born June 20, 1966, Cincinnati, Ohio. Married Shawna (www.khalily.com), children Camille and Cyrus. His mother is a retired OB/GYN, father is a psychiatrist, older sister a psychiatrist and his younger sister is Shihan Mina Ludwig - the black sheep lawyer.

Education: Walnut Hills High School. University of Cincinnati BS Biology. University of Cincinnati College of Medicine. Orthopaedic Residency and Orthopaedic Bioengineering Fellowship University of Louisville. Adult Reconstructive Fellowship Barnes Hospital St. Louis.

Current Employment: Orthopaedic Surgeon, Founder and CEO of The Louisville Bone and Joint Center (LoBoJo.com). Assistant Professor (Clinical) University of Louisville

Martial arts experience: Started training 1981 under Kyoshi Lawrence Hawkins Jr. Esq. Yoseikan II, Cincinnati. He is the founder and Chief Instructor of Yoseikan Taka no ko Dojo in Louisville, KY.

Karate Title and Rank: Shihan Go-Dan

Professional Affiliations: The United States Chito-Kai, Dai Nippon Butokukai, Fellow of the American Academy of Orthopedic Surgeons, MidAmerica Orthopaedic Society, Greater Louisville Medical Society, Kentucky Medical Association. Louisville Orthopedic Society and the Gerhard Kuntscher Kries. He is a consultant for the orthopaedic industry and has been innovative in total joint replacement design and technique. He has published and presented extensively in the US and internationally.

On his night stand: "Anthem" by Ayn Rand. "How I Became Stupid" by Martin Page. "New Seeds of Contemplation" by Thomas Merton.

Shihan Khalily developed and maintains the United States Chito-Ryu web site (chito-ryu.com) as well as the Yoseikan II and Taka no ko websites (Yoseikan2.com Takanoko.com). He is the assistant editor of the Karate-do newsletter. He is an Assistant Administrator and a medical advisor to the US Chito-kai. Even with his busy work schedule and family obligations he attends all Black Belt classes and national events. He is very loyal to his teachers and friends in the spirit of Bushido.



## WEST VIRGINIA CLINIC AT AUDRA STATE PARK

What can one say that hasn't already been said about Audra State park? All that I have heard has been true. For me it was the long awaited trip to camp and workout. Having missed the others only to hear how awesome and beautiful the area is, I had to make it this year. I'm an avid backpacker and camper and love nothing more than to be in the woods, especially with friends and family. I decided to make it a couple of days earlier to really enjoy it. For me it was a 9-hour drive, but it went by pretty quick and before you know it I was there in the park looking for a familiar face. After my second drive through I ran into Sensei Schmidt, who pointed me in the direction of our host's campsite. With tent in hand I asked Sensei Messenger where my site was located, but being the gracious host that he is, he put me up at the Messenger Hilton (nice pop-up Mike). Also sharing the site was the



Drummond family with their pop-up, it was the best for this first timer. I even cooked a chicken Teriyaki dinner for Sensei Messenger, a good old Mountain Home freeze-dried backpacker's meal I think he liked it. Next to their site were Sensei Chisenhall and his family, who had been there all week. Across from them was the Lingo family who also had made it for the week. I spent the rest of the day visiting and checking out the park, it was just a great time.

Hanshi and Okusan along with the Webster's soon arrived. I went along with Sensei Messenger and Drummond to help get them settled in at Jackie's brother's place. The next day, Friday, was also a day of park exploration with more visiting and checking out the river. In the evening was the spaghetti dinner that was being held at Sensei Cross's brother's retreat. Just awesome is all I can say about it and thanks to Sensei Cross, who also did the cooking, and her brother for letting us use his place.

That night campfires were roaring and the weather was nice and cool, had to put on another blanket to keep warm, everybody was getting ready for the workout next

morning.

Morning came and Sensei Messenger cooked maple flavored bacon, Cindy Drummond cooked the eggs and Sensei Drummond cooked his famous big fluffy pancakes. What a way to start the day, ummm good. We all made our way down to the clearing, by the river for the workout. Hanshi and Okusan arrived and the clinic was on the way. Hanshi bowed us in and then the official group photo by Okusan was taken. Sensei Drummond warmed us up followed by an hour of basic's moving back and forth by Sensei Chisenhall, it was all good stuff. Next Hanshi took us through the paces doing kata. Starting with Taikyoku ichi all the way up to Tenshin. With emphasis on the higher Chito Ryu kata's going back to the way O-Sensei had taught him. After a short break we began again with Sensei Drummond going through Seikan no Migi Hidari and Kihon no Empi. After going through these several times we paired up and Sensei Drummond had us doing some Bunkai using these katas. Good stuff Sensei. Then it was Sensei Messenger's turn to work us. He started us off with some self-defense moves and Sensei Schmidt was the unfortunate one at the end of Sensei's demonstrations, sorry Don how did you become the lucky one. Sensei Po wanted that position, but I think Sensei Messenger was concerned that Sensei Po might be too much to handle. A lot of trash talk was going down the last two nights on how things were going to go down, so I guess it was good that Sensei Schmidt stepped up, all in good fun. Then came the kumite. Sensei Messenger had us form the circle and started pairing up the combatants, pointing out the do's and don't on what they were doing. As Hanshi was watching one thing he noticed that everybody lacked was good spinning back kicks. So up next was Shihan Khalily and the spinning back kicks. Pairing up he had us doing 90 deg and 180 deg spinning back kicks. For me this was



great, because my kicks always need some work and this

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was just what I needed. Along with some addition help from Sensei Messenger, I feel like I got a better understanding on the mechanics. I also would like to thank my partner Sensei M. Lingo for his help and being on the receiving end of my erratic kicks. As usual these clinic just seem to fly by and the day was coming to an end. But for me it wasn't over until I got to do kata in the river. I have seen the pictures of the previous clinic and they always had the river workout and this was something I had to do. There were several who took the plunge and after a long and hot workout the river felt so inviting and good. We ended up doing Niseishi in waist deep water, sweet. Next it was back to the campsite to get cleaned up and ready for the evening cookout.

That evening we all headed over to Sensei Messenger's brother Bill's cabin. I couldn't thank them enough for letting us be there. Sensei Drummonds dad came over and did the cooking and the evening couldn't of been better. Just hanging out and visiting talking about the day's workout, camping and getting together again. Then the West Virginia host's introduced the forth 'K' of karate.



Perfect weather for training at Audra State Park

have kihon, kata, and kumite and now we have karaoke. Hanshi started things off with an Elvis number and with a standing ovation he did and encore number for us. There were several participants, going all night long. Sensei Messenger even belted out a number for us. I'm not sure what the campers across the river might of thought; maybe that someone was in pain. But one thing was for sure; everyone was having a great time. Well I think most of us should stick to karate and not quit our day jobs. Like all good things they must come to an end. After a lot of hugs and good-byes we all departed.

The four days that I was there just flew by, just leaving you hungry for more and can't wait to get back together again. In closing I would like to thank Sensei Drummond his

wife Cindy, Sensei Messenger and his brother Bill and Sensei Cross and her brother for everything. The hospitality was just over the top and these people went out of their way to make it the best and to make everyone welcome.

*By: Tony DiTerlizzi*

**WORLD CHAMPIONSHIP VIAGGEIO  
ITALY SEPTEMBER 18-22 2006**



Kata medalists (L to R): Herman De Bruin (S. Africa), Eric and Alex Ernest (USA)

Ernest, Chito-ryu stylist and student of Hanshi William Dometrich was selected as team captain for the US World Karate Team. Eric placed 1<sup>st</sup> in the kata division 19-40 age group. Eric's brother, Alex who now trains with Sensei Yaguchi in Denver Colorado, placed 3<sup>rd</sup> in the same division. Alex is ranked San-kyu in Chito-ryu under Hanshi Dometrich. The USA had a team of nine competitors and came home with four first place trophies and seven medals. Eric placed 10<sup>th</sup> overall in Kumite. There were 40 countries participating and 1,200 competitors the tournament was four days. "The World Traditional Karate Association" sponsored the tournament.

Eric's winning kata was Kusanku -Dai. Eric said he and his brother and his father Wes received many compliments on their kata. Many recognized the old style influence. Chito-ryu is very proud to have had Eric, Alex and Wes represent our style.

*By: Barbara E. Dometrich, Kyosbi*







## ANNOUNCEMENTS

### Married:

Bill and Buffy Jansak, Columbus Ohio , August 29.

Jesse and Sharon Brown, Rochester NY, August 25.

### Birthdays:

Renshi Jerry Beshears Honbu dojo, July 4th

Renshi Manual Byers Honbu dojo, July 5th

### Deaths:

George VanHorne. Chito-ryu Kyoshi passed away September 24.

Hanshi Ko Baika, Kendo practitioner and DNBK Hall of Fame inductee. Hanshi passed away on July 16th. He was promoted posthumously to the highest rank of Kyudan in Kendo. His spirit will forever be with us.

Nancy Moore, wife of Victor Moore passed away on July 18th. Victor Moore is one of the pioneers of sport karate of American martial arts, Victor was Hanshi Dometrich's first karate student in the early 60's.

Christine Morris, July 24, Mother of Russell Banks, San-Dan. Russell is a member of the Honbu dojo.

Martial Arts Legend and Pioneer: Michael De Pasquale Sr. September 23.

### Get Well Wishes:

Johanna Willis, Knee replacement, July 20th

### Congratulations:

David Hewitt reenlisted in the Air Force, at the age of 52, Dave spent 16 yrs active duty. He currently works for Delta Airlines and joined the reserves as a crew chief. Dave is a green belt at the Honbu dojo.

### Current Events:

Kids Summer camp was held on June 14-16th at Yoseikan II in Cincinnati, 13 members attended.

The Yoseikan II Cincinnati, OH. Held a Shochugeiko June 10th. A family picnic was held after the training. This annual event is dedicated to Sensei Cindy Mulvey a student at Yoseikan II who was killed in a airplane accident in 1997.

July 22, USCK Shochugeiko Big Bone State Park, Ky. 75 participates attended.

August 11/12th, Audra State Park WV. Seminar and Camp out.

### Regional Tests:

Gladstone McKenzie, Police officer North Hampton promoted to San-Kyu, by his Instructor Gavin Suttie.

Gavin Suttie promoted to San Dan at the honbu dojo September 19th.

### New Dojo:

Yoseikan of Lincoln, IL. Todd Dugan Instructor

Yoseikan Of Napoleon, KY. Mark Chisenhall Instructor (www.Napoleon-Yoseikan.com)

### Dojo Visits / Travel:

Over the weekend of July 4th Renshi Jerry Wellbrock and Sensei Connie Kramer visited the Charlottesville Yoseikan, while there a kyu test was held.

The honbu was honored to have Shihan Futamata from Fukuoka Japan to visit on June 22 ( see story)

Sensei Steve Napier visited the honbu on June 22. Sensei Napier runs Masters Karate in Florence, KY

Gavin Suttie, Head Instructor North Hampton England, Yoseikan. Trained at the honbu dojo, during the week of September 5th through September 22,2006.

Mark Chisenhall from the Honbu visited the West Palm Beach Yoseikan the week of September 5th, members of Orlando Yoseikan II participated in classes.

Sensei Yasushi Yamada, Soranokai Karate Tokyo visited Yoseikan Taka no ko Dojo in Louisville August 18-23

### Coming soon: Kangeiko January 2007

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