



Chito-ryu Karate-Do



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TSURUOKA MASAMI - 10th DAN



Hanshi Tsuruoka and NKA President Pirrone

On May 13th, 2006 Masami Tsuruoka was awarded 10th dan by the Technical committee of the National Karate Association of Canada by the President Sebastian Pirrone. Tsuruoka Sensei himself founded the NKA in 1962.

Masami Tsuruoka was born in Canada of Japanese parents in 1929, he was placed in an internment camp during World War II. Just after the war Tsuruoka Sensei moved to Japan and trained in Karate with Dr. Tsuyoshi Chitose. There he earned a reputation as "the terror of Kyushu". In 1958 he returned to Canada and opened the first karate school in the country. He is regarded as the father of Canadian Karate.

Just a few of Sensei Tsuruoka's accomplishments in Canada include:

- 1958 In Toronto he opened the first karate club in Canada.
- 1961 Hosted Dr. Tsuyoshi Chitose in North America.
- 1962 Was appointed Chief Representative for Chito-ryu in North America By Dr. Chitose.
- 1962 Founded the National Karate Association in Canada.
- 1962 Officiated at the All American open championships at Madison Square Gardens.
- 1967 Recipient of the Centennial Medal for Canada's Centennial year.

- 1970 represented Canada with a team at the 1st WUKO (World Union Karate Organization) in Tokyo Japan..
- 1973 attended the 1st Pan -American Karate Union Tournament in Rio de-Janeiro where he was elected 1st Vice President with Executive Director Hidetaka Nishiyama.
- 1974 Formed the Karate Ontario Association, a sport governing body, previously known as AAU of Canada.
- 1977 Recipient of Queen's 25th Anniversary Medal - Provincial Special Achievement Award.
- 1987 Hosted Goodwill Karate Tournament at Etobicoke Olympium.
- 1998 Recipient of the order of Ontario.
- 2002 Recipient of the Queen's Golden Anniversary Medal.



Hanshi Tsuruoka and Hanshi Dometrich

The members of the United States Chito-kai congratulate you, Sensei. Tsuruoka Sensei has been a big brother and friend of The USCK and Sempai to Hanshi Dometrich since 1961. He has taught many seminars in the United States over the years and we all wish you well and look forward to seeing you back in the States very soon.

*by : Barbara E. Dometrich, Kyoshi
Hombu Dojo*



GUEST EDITORIAL: *People Come Into Your Life...*

People come into your life for a reason, a season or a lifetime. When you know which one it is, you will know what to do with that person. When someone is in your life for a REASON, it is usually to meet a need you have expressed. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually. They may seem like a godsend and they are. They are there for the reason you need them to be.



Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, their work is done. The prayer you sent up has been answered and now its time to move on.

Some people come into your life for a SEASON, because your turn has come to share, to grow or learn. They bring an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it, it is real. But only for a season.

Lifetime relationships teach you lifetime lessons, things you must build in order to have a solid emotional foundation. Your job is to accept the lesson, love the person and put what you have learned to use in other relationships and areas of your life. It is said love is blind but friendship is clairvoyant.

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FOUNDER'S FORUM

WHERE HAVE THEY GONE?

A few weeks ago, Hanshi and I and a group of students, parents, and grandparents traveled to Chicago to attend the 14th annual Windy City Karate Tournament. This tournament is sponsored and run by Sensei Joe Gonzalez, a Shotokan stylist. You will not find a better run and more fair tournament than this one. While sitting and observing the competition throughout the day, it came to me: where have all the older members gone? There were a few that are always in attendance, but there were also many that had been supportive in the past who were not there. Is it that they have lost interest? Have they simply faded away? As I was sitting there wondering about this dilemma, it made me wonder who is going to replace the seniors when they are gone. I believe the karate world is going to see a big gap in the future. It's not just the lack of senior students at tournaments, it's all throughout the martial arts community!

One Friday evening over sushi with Don Schmidt, a student of the Honbu dojo who drove Hanshi and I to Chicago, we got in a conversation about all the students who once lived at the Honbu dojo in Covington, KY. (The Yoseikan Honbu has two apartments upstairs.) Many of these people are no longer around and not training. The list is too long to print. Some have discontinued training for one reason or another, i.e. health issues, age, marriage, kids, jobs, joined the service or moved to another city or state, or even death. Some students trained to a certain level, reach the goal that they had set for themselves, and just gave it up. Then there are students who try to catch two rabbits by doing too much. Over training in several arts, burning themselves out and eventually quit training altogether. Over the past 46 years of running a dojo I have heard all the reasons why they couldn't stay to train. Most of the time when a student leaves they don't bother to tell you, they just leave. When you see them out in a store or social gatherings they are consistent in telling you they are coming back. You have to admire those students who have trained for thirty or forty years and are still enthusiastic. Over the years, I would guess that tens of thousands have started and stopped training; there is a rare occasion that a black belt who has been gone for 10 plus years or more will get up the nerve to come back and brave the training techniques and exercises that are now foreign to them. Things change, people change, and instruction changes. Some return and earn back their rank in a short

time. Others just give up in frustration. There are also those students who leave due to disagreements with the instructor or the organization. And sometimes students get so caught up in 'organizational' or administrative matters that it gets in the way of their training. However, even though they don't want anything to do with the Instructor or the organization, they will still wear the rank or title that was awarded to them by that Instructor after they leave for "greener pastures". I guess I will never understand what motivates a person to join a karate school, dedicate years of their lives to training, to the dojo and the parent organization then just quit because of some disagreement. I realized it is prevalent everywhere in the Martial Arts community these days. It seems like commitments and friendships in today's world are disposable to some people.

Out of thousands of students who actually take Martial Arts only a few 100 will stay a lifetime. It will become their life and will be routine to them in their daily schedule (this is known as *tsune in Japanese*). Through their training many students will grow up, move away and scatter all over the world. It is unknown just how many lives Hanshi Dometrich has touched in his lifetime. Over the years some have come back and thanked Hanshi and I for the help we gave to them, personal and training wise. We have also received many letters from past members expressing their gratitude. That is a good feeling. Just the other day I received a box of books from a past student who had borrowed them in the mid 80's from our library. I was really surprised to receive them.

I am going to make a list of who lived at the Yoseikan over the years. Why did they live there? Many reasons - no money, no job, divorce, immigrating to US, just to be near training. There are many reasons, We now have one live-in person in the upstairs apartment, Mark Morita. Morita-san has been with us for 39 years. He is our gardner, interpreter, and also watches over the dojo. Students only stay at the dojo now on a temporary basis: to attend a seminar, to train at the honbu while passing through on a vacation or in need of a place to sleep.

So in the US Chito-kai and the Martial Arts community in general: where have they gone? Time will tell.

*Barbara E. Dometrich, Kyoshi
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HANSHI GRANTS NO QUARTER

I suppose I am learning some of my lessons well, because I'm not too proud to admit that Hanshi almost killed me in the first hour of the 2006 Spring clinic. I'm not sure what he ate with his Wheaties on the morning of March 18, but I hope he eats the same thing before the July and October clinics. What a sick, gluttons for punishment we've become.

Renshi Byers kicked off the clinic with some practical and butt-kicking warm ups. The cadence and the demand for excellence as we moved through various kihon was relentless and motivating. One would think we would have been very well prepared for what came next.



2006 Spring Clinic: Group kata training

When Hanshi again assumed the helm, we were already dripping and huffing. Little did we know the true lung burn was yet to come. If you tell me you were not tired during Hanshi's hour, you are either a liar, or you were not working hard enough. I lost count on how many times we performed Passai, Chinto, Sochin and Tenshin. It became a blur especially as the bow out smoothly transitioned to the bow in. Amazing how much relief is offered merely by bowing out and returning to hatchiji dachi before bowing in again to the next kata. No such quarter was offered to the Yudansha by Hanshi.

After who knows how long, Hanshi offered a demonstration in group timing by contingents from Alabama, Kentucky and Cincinnati; Sensei Cindy Webster (maiden name may be used in lieu of married name at any time - forever), Renshi Kembre and myself, respectfully. I cannot speak for my fellow demonstrators, but I felt sure after the adrenaline rush of the demo compounded upon pre-existing exhaustion, I would end up demonstrating how to pass out.

Luck, or more likely, previous such butt whooping workouts from my own teacher, Kyoshi Hawkins, allowed me to catch my second wind and end the first hour feeling invigorated. Somewhere in this, a group picture was taken of a very moist, red-in-the-face crowd. (There's the disclaimer for all of us who were less than photogenic - you can thank me later.)

Meantime Renshi Beshears was working Ni Sei Shi Kata with the Green Belts, Renshi Wilhelm covered Passai with the Brown Belts and Renshi Wellbrock put the white, yellow and orange belts through the paces with the Taikyoku kata.

The next couple hours were well spent first with Renshi Wilhelm reviewing basic and advanced ukemi waza and with Renshi Beshears revamping the ju go ko. As I watched these two gentlemen fly through the air with the greatest of ease, land with the appropriate thump then get up for more and more and more - I turned to my teacher and asked, 'How old are these guys



Clinic instructors Byers, Wilhelm, Beshears, and Hawkins

again?!?' The closest thing to putting in a bottle what those two, Kyoshi Hawkins and several others of our over - forty crowd have (just over forty, mind you) is to keep training and to seek more of these knee wobbling training sessions.

The final hour belonged to Hanshi who got our hearts thumping again with Taikyoku, san ban and kihon kumite. His admonishment that this could be our last training session, our last preparation before we are attacked served as appropriate motivation to perform to our utmost. Ichi go ichi e, right?

Throughout the post warm-up hours, the kyu ranks were fortunate to receive very targeted instruction in smaller groups. Renshi Byers and Renshi Wellbrock provided very beneficial training for these groups with a much reduced ratio of teacher to student. The result was that everyone, at some point, received one to one observation and instruction.

As always, thanks to Okusan for everything, to Kathy Webster for assisting Okusan, and to Sensei Elliot for securing the facilities. A very Happy Birthday to Hanshi was had by all. See you all at Shochugeiko come July. You may want to amp up your cardio training.



Sensei Petty and Shihan Ludwig

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



KANGEIKO 2006:
NANGYO-DO "THE WAY OF
HARDSHIP"



The concept of Kangeiko is meant to be a catalyst for enlightenment through rigorous training in harsh conditions. In Japan training sessions are conducted early in the morning, approximately 0600, for about 2 hours everyday for one week. Generally it is very cold and some of the training will take place outside. Another type of training that is related to our Kangeiko is the Zen Buddhism Daiseishin. This training is also rigorous and involves sitting in seiza for 45-minute periods with 15 minute walking sessions. All of this is done while



Kangeiko 2006 participants

contemplating riddles, chanting, or getting hit with stick. It is from these traditions that I believe Hanshi Dometrich created the Chito-ryu version of Kangeiko. The result is to cross a threshold in your training, either mental or physical.

Kangeiko has been held at the Yoseikan hombu for 27 years. The first 25 of those years it was primarily coordinated by Hanshi. Shihan Khalily has spearheaded the past two years. Formerly of Yoseikan II Cincinnati and now proudly heading his own Yoseikan Taka no ko dojo in Louisville, KY. Shihan Khalily has grasped the torch tightly and ran with it. The rules are spaghetti dinner at 6:30, speech at 9:30, lights out the night before at 10:00 p.m.; wake up at about 2:30. Training begins at 3:00 and finish at 9:00. Hanshi created many great traditions, such as 1,000 punches, 1,000 blocks and 500 kicks. Training is capped off with a barefoot jog that covers 4-6 blocks depending. When it snows the feet are usually numb before the halfway point. Upon return hot tea, pictures, and a huge breakfast prepared by Okusan and company.

This year was very different for a few reasons. First of all, Kangeiko is supposed to take place on the coldest day of the year and amazingly generally this is true. However, this season has been blessed by very mild temperatures making 2006 the

warmest Kangeiko of all time. Secondly, last year Shihan Khalily created a tradition of kicking off the "welcome speech" with a sake toast. As a symbol of his training every step of the way with the students, Shihan Khalily toasts with each student individually one cup of sake. Those under 21 or those who choose, drink water. Shihan Khalily likes to have a theme for



Otsukare shimasu! - Job well done!

kangeiko, this year he called upon fellow martial artist Dave Lowry to create a theme through his knowledge of Japanese calligraphy to epitomize our Kangeiko 2006. Thus, Nangyo-do was presented on a certificate in beautiful kanji and adorning the backs of the shirts made especially for the annual event. Nangyo-do is translated as "the way of hardship."

The training itself consisted of "secret ninja techniques" of which I was sworn to secrecy. You will have to attend next year to find out what happens. Suffice it to say that before, during and after you have very mixed emotions concerning the decision to partake in such an event. No matter what the conditions, 6 hours of continuous training takes a toll on the body and the mind. As Shihan Khalily warned in the "welcome" speech, the mind will play tricks on you. He also



stated that the physical portion would not be as brutal as the psychological. It was not targeted to test only the strong, nor was it survival of the fittest. It was a sharing of camaraderie, brotherhood and spirit. This year's headcount was a little lower than previous years, but the spirit and strength of character of those participating was as great as any.

By: Mark Chisenball Hombu Dojo



HANSHI DOMETRICH VISITS THE BRIDGEPORT YOSEIKAN DOJO



West Virginia class with Hanshi Dometrich

Have you ever been Mesmerized? My students were lucky enough to have experienced that when Hanshi taught a class at our dojo in April. He started the class by working some basic combinations and exploring how these combinations are incorporated into our daily training as well as self-defense. As white belts we only see the basic applications, but as we advance in rank, we should learn to apply more advanced applications to basic techniques and Hanshi showed that to us.

Next, we worked basic kata stressing the importance of strong stances and the connection of stances to body rotation and hip snap. Hanshi also told us some stories about his experiences while training in Japan with O-Sensei.

Hanshi finished the class moving from three-step to one step sparring then even more advanced techniques of tehadoki. With Hanshi in command you can only imagine what an exciting class we had because Hanshi not only stressed the importance of karate basics, but also the importance of staying in school and finishing your education. This helps students to expand their knowledge of martial arts, both mentally and physically. After class a few of us went to Damon's Steak and Rib's for dinner. After Hanshi's visit my students aren't the only ones who were mesmerized!

*By: Kevin Drummond
Bridgeport Yoseikan Dojo*

ORLANDO DEDICATES NEWEST CHITO-RYU DOJO

On Sunday, February 19th, 2006, we were honored to have Hanshi and Kyoshi Dometrich preside over the opening ceremony for the Yoseikan of Orlando III dojo. We were fortunate to have instructors and students from three other schools still in town from the Winter Getaway also in attendance. Surrounded by onlookers comprised of family, friends and budoka, Hanshi proceeded to put us through a very fast-paced workout. Everyone in the class worked up a good sweat practicing basics, kata, bunkai, and many Chito-Ryu signature waza such as tsuki-kaeshi, rin-ten han-ten and more. For those who might have thought this was only going to be a dedication ceremony, they were in for a pleasant surprise. Suffice to say, within a one hour class, Hanshi covered all the bases.

The new dojo will be operating in the Aikikai budokan located at 1940 Brengle ave, Orlando, FL 32808.

The budokan is home to a large Aikido club, an Iajitsu club, as well as Judo and Kendo clubs. This gives all budoka the added benefit of exposure to other traditional martial arts. Recently the leader of the Toyama Ryu Iajitsu organization gave a seminar at the budokan. On the calendar for March is a visit from Carl Long, a well known Iajitsu practitioner and fellow member of the Dai Nippon Butokukai.



Hanshi Dometrich instructs (L to R) Jamie Binkley, Ron Emery, and Ed Vitek

The class ended with Hanshi declaring the dojo officially dedicated in the name of Shihan Arthur Rott. We express our gratitude to Hanshi and Okusan for presiding over the ceremonies, and as always, serving as an example of unselfish dedication to Dr. Chitose.

*By: Jamie Binkley
Yoseikan of Orlando III*





OCTOBER 2005 CLINIC AND BANQUET



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 Tarczynski, 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. 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 Kyoshi Hawkins, Renshi Wilhelm, Renshi Wellbrock, and Renshi Byers. We then reconvened as one large group led by Sensei Tsuruoka who 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 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,



Kyoshi Hawkins watches Renshi Colling and Shihan Tarczynski

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*
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KEEN ENERGY ON A SUNNY REPRIEVE



Unless your heart is wide open and your mind is orderly, you cannot be expected to be able to adapt responsively without limit... *The Art of War.*

This is but one reason why we escape every February to train with our brothers and sisters in sunny Florida. This year's Florida clinic was hosted by Sensei James Acampora over President's Day weekend, February 17th -19th. James and his students put together a seamless and enjoyable weekend of events. The hotel accommodations were first rate. The room for the clinic and banquet was spacious, well appointed and had great acoustics. The site for the dawn beach workouts was perfect and picturesque. Our founders and Chairman were well cared for with beautiful flowers and welcome baskets to greet them. No detail was overlooked. As if all of that were not enough, there were three great training opportunities.

Morning energy is keen... *The Art of War.*

On Saturday, February 18th at 6:30 am, eighteen bright eyed students gathered at the beach to train in the sand. The surf and the sun breaching the horizon made for an uplifting training experience. Kyoshi Hawkins devised a curriculum that was appropriate for all ranks. Shihan Khalily and myself assisted Kyoshi Hawkins. The highlight had to be our practice of Passai kata. Kyoshi worked this into the curriculum when the sun had reached the optimal height.

Later that day, after some food and a nap in the sun, thirty-two students gathered in a huge pavilion for a four-hour Chito-ryu clinic.

Shihan Khalily kindly provided the pipes for Hanshi's curriculum. Adding his own quintessential flare, Shihan Khalily ran the green, brown and black belts through exactly what Hanshi demanded. It was a good hard workout that was informative about Chito-ryu basics as well as the intricacies and applications of those basics. Several kata were reviewed for the betterment of all and, certainly, we did not pass up the opportunity to bang each other up a bit with some basic kumite and applications.

White, yellow and orange belts enjoyed a rotation of instructors which included Wes Ernest, Laura Deck, Matthew Scott and yours truly. It was a great opportunity for them to experience a variety of teaching styles as they

prepared for their kyu tests scheduled for after the clinic. For my part, I had a great time teaching a group of students who demonstrated volumes of spirit, heart and tenacity. They were beginners, two months to one year of experience, and their excitement and enthusiasm were palpable. They were the epitome of shoshin – so willing and able to soak up all of the instruction and the collective energy. They all did their teacher, Sensei Acampora, proud by performing well and passing their tests. Five beginners tested along with Karen Ruperto for ni kyu, and a return friend from years ago, Gina Rossini, who once again more than earned the right to wear her first-degree black belt. Every one of them passed with flying colors.

The dinner on the evening of the clinic was a great success. More than forty people attended and enjoyed food, drink, camaraderie and thoughtful entertainment. This was followed by a very moving speech by Sensei Binkley as well as a video montage prepared by Sensei Acampora and Sensei Levin all dedicated to the memory and honor of their teacher, Shihan Art Rott.

Okusan received the "Shihan Art Rott" award for benevolence and devout service. Clearly she will cherish that token of appreciation. Beyond that, other awards and gifts were given. Frankly, I was too caught up in the cool little stuff I received to pay attention. Saw some silly hats, not sure what else.

More keen energy at the crack of dawn on Sunday. This send off workout was also well attended and conducted by myself, Sensei Acampora and Sensei Matthew Scott. After a great warm up and kihon drills by Sensei Acampora, Sensei Scott ran the crew through several of our homemade drills emphasizing empi, hiza gerri and open hand techniques. We ended the session with Sanchin kata. The sand provided for great training experience in balance, shime, and adjustment to uneven and shifting terrain. Our final seiza on the beach was particularly poignant and memorable.

There are many other tales, not necessarily fit to print. Plan ahead for next year – you won't regret it.

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



Sunrise Beach training led by Kyoshi Hawkins





CHITO-RYU RETURNS TO CHICAGO

On April 28, 2006 Chito-Ryu competitors began arriving in the Windy City to compete on the following day in Sensei Gonzalez mostly Shotokan tournament. Hanshi and Okusan made the trip and enjoyed the competition and visiting with Sensei Gonzalez. On April 29, ten Chito-Ryu competitors from the Hombu represented Chito-Ryu very well, especially in light of the fact that most of these competitors were first-



Windy City team with coaches Wes Ernest and Greg Beers and Hanshi Dometrich

timers. They did not know what to expect and were probably concerned that they may lose some teeth.

Sensei Wes Ernest roused the interest in the tournament and organized a group to make the trip. Once the group began to gel, training at the Hombu by the instructors emphasized kumite techniques and vigorous application of kihon, kata and kumite. Sensei Wes Ernest and his son Eric began polishing the group to get them ready for the tournament. The Ernests had most of the group training on Sundays to prepare and their extra effort paid off. They were great! The competitors included: Eric Ernest, Steve Nassano, Paul Alphonse, Adrian Banks, Kevin Beers, Herve' Stephanus, Tasha Payne, Adam Kramer, and Kaila and Jacob Westover. With the exception of Eric, Steve and Herve, everyone competed in the youth division because their ages ranged from 10 to 16.

The tournament included the following competition categories: kihon, kata, kumite, one time attack, team kata and team kumite. Kihon competition is for children ages 8 to 10 and involves 4 trips forward and backward doing a prescribed basic technique i.e., san-ren-zuki. "One time attack" competition is similar to jiyu ippon kumite. The contestants take their fighting stance and are separated by a line. The attacker (aka - red) crosses the line with a single technique and the defender (shiro - white) blocks and counters. Then, shiro is the attacker so aka has a chance to counter. Judging is based on who has the most effective techniques.

Some of the highlights included Jacob and Adrian facing off for the kumite gold medal in their division, Tasha and Kaila in kumite stood toe-to-toe with boys in their division, Adam's enthusiasm and athletic dominance, and Eric sparring for the

gold. Most exciting was watching Tasha, Kaila and Jacob in team kata performing Taikyoku Ni. This particular division was made up of black belt teams, brown belt teams and middle kyu rank teams. Tasha, Kaila and Jacob went for the gold against a team of Shotokan blackbelts doing advance kata. The Chito-Ryu trio was "in sync" and it was something to see.

All the competitors did well and made a team effort. They were exposed to good tournament competition and hopefully learned something from their experience. The Ernests, who are no strangers to tournament competition, had the group well prepared so no one lost any teeth.

- Sensei Eric Ernest: Kata silver, Kumite silver.
- Adrian Banks: One step attack gold. Kumite silver, Kata bronze.
- Adam Kramer: Kata gold, Team Kumite silver.
- Jacob Westover: Kumite gold, Team Kata silver, One time attack bronze.
- Kaila Westover: Kata silver, Team Kata silver, One time attack bronze.
- Tasha Payne: One time attack gold, Team Kata silver, Kumite bronze.
- Paul Alphonse: Team Kumite silver.
- Kevin Beers: Team Kumite silver.
- Hervé Stephanus: One time attack gold.

By: Don Schmidt.
Hombu Dojo

O-SENSEI'S GIFT

Through the years of our budo training we are fortunate to have had access to some pretty good teachers and mentors. Many of us have met and trained with such Sensei as Tsuruoka, Dometrich, Higashi, Akutagawa, Inomoto, Sakamoto and other senior students of Chitose O-Sensei. Their karate is exemplary, and if you stay and work hard enough you get to know the person wearing that red or red and white belt. They are real people having the same good and bad days we experience. This seems to be a fact overlooked by students as they train through the years. I was reflecting on my own research and what O-Sensei meant to me from what I have learned, and a thought came to mind that we tend to miss quite often.

How often do we attend a clinic or tournament and look around at the many faces we recognize also in attendance? Do we start to fathom what we would be doing if we hadn't started karate way back when?

What about the places we would never have gone, people we wouldn't have met, tests to our own perseverance that we never would have experienced.

Through my 30+ of Karate years of Karate training I have crossed Canada and parts of the United States which I know I never would have done for any other reason. I have met some of the finest people you could ever know, gained lifelong friendships, and tested myself in ways I never thought I would.





We take too much for granted today and sometimes we miss events that we should look at in a different light. I feel Chitose O-Sensei had a much deeper insight to what his karate could accomplish by the many people he brought together to train in his art. We may kick and punch on the dojo floor but many students get together after training to deepen their connections with those they just sweated with. These personal ties can only be created though time and effort; mostly time.

I look at my many trips to Kentucky and each time I return there is a definite feeling when I get off the plane, or cross the bridge across the Ohio/ Kentucky state line. To me it is coming home. You may have the same feeling when you attend a clinic or grading at a specific place. This is a product of those good memories built while there.

I attribute this to what Chitose O-Sensei left us, it is something better hidden than many of the techniques in our kata: The friendship that is created by Chito-ryu.

Don't waste it.

*By: Michael Colling
Marion Bridge Yoseikan, Nova Scotia*

COMING BACK...

My training in Chito-Ryu Karate started 23 years ago. Shihan Arthur Rott was my Sensei and although I had to relocate 3 years after beginning my training, and shortly after I received my Sho-Dan, I never forgot him or his dojo. While training with Shihan Art during the mid-1980's, the dojo was one of my favorite places away from home. Almost everyone who trained at Yoseikan of Orlando felt that way. There were many students that came and went. Most were new, but some were returning. I can now appreciate and respect why many return to karate after years of being away. I spent almost 20 years away from karate training. Over time, I kept in shape with other forms of exercise such as spinning, Pilates, yoga, and weight training; However, I often thought about karate and wanted to return. I assumed with Shihan Art's passing that Chito-Ryu was gone from Central Florida. When I decided that I needed to return to karate training I searched the internet for local schools. I couldn't believe it when I found www.orlandochitoryu.com. Sensei James Acampora, one of Shihan Art's students, had started Yoseikan of Orlando Dojo II. I contacted Sensei James via his web site and was welcomed back to training.

I was anxious when I arrived for my first class after almost 20 years. Several doubts were racing through my mind: maybe I don't belong anymore, maybe I can't handle the training, or worse yet, maybe everyone will expect me to have retained my former skill level. So, I took a deep breath, donned a white belt and bowed in. I wish I could elaborate about my first class back, but it was a blur. I can remember thinking that

Sensei James has created a karate club in the same spirit as Shihan Art. Train hard and learn by doing. Very little has changed from Shihan Art's dojo. Sensei James demands hard work and our best efforts. In the finest tradition of karate training, and reminiscent of Shihan Art, our dojo is in Sensei James' back yard. Shihan Art's picture is proudly displayed on our Kamiza wall.

Each class seems to be tailored to exactly what each student needs at that time. I look forward to classes each week because the style of training I remember and appreciated at Yoseikan of Orlando has continued in Yoseikan of Orlando Dojo II. So, Chito-ryu in Orlando continues in traditional style.

I have found that the kata are coming back to me fairly easily. Starting over has proven to me that the muscles have a longer memory than the brain. Although my muscles are complaining these days, I am thankful for "muscle-memory." For example, only a couple of months ago I was warming up before class and I started the movements of the kata RoHaiSho. At that time, I could not even remember the name of the kata I was doing, but the movements came back without thinking. My muscles "remembered" before my brain did.

I am hooked once again. I am now wearing a Brown belt and enjoying every class. I was recently asked by another student, "What was karate training like 20 years ago?" I can honestly answer that it has not changed at all. Train hard and learn by doing. This is how I remember Chito-ryu from 23 years ago, and this is how it is today.



editors note: Ms. Rossini was "re-promoted" to Sho Dan at the Florida Regional Test.

*By Regina Rossini
Yoseikan Dojo II Orlando*

"It's not what you wear around your waist that's important; it's the words from your mouth and your personal behavior. These show your true "rank" and grasp of Bushido" - Barbara Tarczyński, Shihan, Yoseikan Maryland



INSTRUCTOR PROFILE - RENSHI JEROME P. WELLBROCK, DMD



Vital Statistics: December 2, 1952, Covington Ky, has twin brother John. Engaged to Connie Kramer, Yon-Dan Chito-Ryu.

Education: Doctorate in Dental medicine from the University of Louisville School of Dentistry 1980.

Current Employment: Self Employed Dentist.

Karate Rank and Title: Renshi Rokudan

Chito-Ryu experience: Began Chito-Ryu at Northern Kentucky State College January 1973 class started by Hanshi William J. Dometrich.

Studied with Sensei Dan Francis at the Southern Baptist Theological Seminary in Louisville.

Other Martial Arts Experience: Muso Jikiden Eishin Ryu Iaijutsu Heiho under the Instruction of Carl Long, Kingston, Pa. and Masayuki Shimabukuro, San Diego, Ca. Teaches a MJER Iaijutsu class in Cincinnati, Ohio.

Holds rank of Ik-Kyu in Kendo with the Northern Kentucky Kendo Club which is part of the All United States Kendo Federation.

Studied RyuKyu Kobudo Hozon Shin Ko Kai Kobudo with Devorah Dometrich Herbst. Studies Shinto Muso Ryu Jodo.

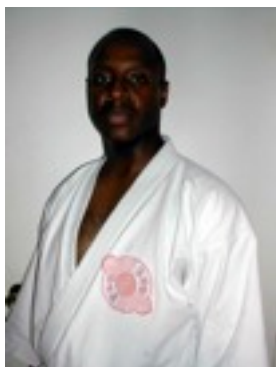
Hold memberships in: The United States Chito-Kai. The Dai Nippon Butoku Kai, the All United States Kendo Federation and the Nippon Kobudo Jikishin-Kai/Jikishin-Kai International.

Hobbies: Power Tools

What's on his night stand?: "Flashing Steel: Mastering Eishin Ryu Swordsmanship" Masayuki Shimabukuro. "Mind over muscle" Jigoro Kano. "Budo Mind and Body" Nicklaus Suino.

Renshi Wellbrock, has been a member of The U.S. Chito-kai for over 33 years, He has always been loyal and steadfast in his convictions, He is a team leader at the Honbu and has traveled extensively over the years with Hanshi Dometrich, he is a qualified referee with the AAU and for many years has assisted with the AAU events.

INSTRUCTOR PROFILE - RENSHI MANUEL BYERS



Vital Statistics: Born: 7/5/1957, Cincinnati, Ohio. Martial Status: Single

Education: University of Cincinnati.

Current Employment: City of Cincinnati Firefighter.

Martial Arts Rank and Title: Renshi Rokudan

Martial Arts Experience: Started Karate training under Hanshi William Dometrich 34 years ago at the Honbu dojo. He is the founder and Chief Instructor of the Yoseikan Kama Yama dojo in Springdale, Ohio.

Holds Memberships in: United States Chito-kai. Dai Nippon Butoku kai. Renshi Byers attended the World Butokusai in Kyoto Japan in 2001 and demonstrated in Norfolk Virginia in 2004.

Other Interests and Hobbies: Playing Chess and his Motorcycle.

What's on his night stand?: Miyamoto Musashi - A Book of Five Rings.

Manuel is very loyal to his Teacher and the Organization, He contributes much of his time teaching at the Honbu even though he runs his own Dojo. He is very strict when training in basic techniques. He has trained many young students who have excelled in AAU competition. Renshi Byers often travels with Hanshi Dometrich as an assistant Instructor.





ANNOUNCEMENTS

Engagements:

Bill Jansak of Yoseikan II Cincinnati and Buffy McNicol

Birthdays:

- Hanshi William J. Dometrich - Honbu dojo, March 15th.
- James Acampora- Orlando Fl, February 3
- Mark Morita - Honbu dojo, February 2.
- Don Schmidt - Honbu dojo, February 10.
- Steve Wilhelm - Honbu dojo, February 13th.
- Shawna Lingo - Yoseikan Anderson, March 14.
- Mina Ludwig - Yoseikan II Cinti, March 22.
- Joseph Petty - Honbu dojo, April 4
- Beverly Banks - Honbu dojo, April 9

Deaths:

- James Morrone, Shotokan stylist from Detroit MI. passed away on March 4th, 2006. He is survived by his wife Carol, a Go-dan and member of the DNBK.
- Phil Messinger (affectionately known as Uncle Phil) Uncle to Michael Messinger, passed away on Friday April 14th, heart attack
- Ken Knudson - Killed in Airplane accident. January 06.
- Ken Eubanks - student of Ken Knudson and promoter of the Ky Blue grass games, Heart attack.

Get well wishes:

Johanna Willis - Honbu dojo, partial knee replacement.
John Daley - Honbu dojo, knee surgery
Eric Ford - Honbu dojo, Hernia operation

Congratulations:

Eric Ernest Ni-Dan , USCK Honbu Dojo qualified for the World Karate team to compete in Italy, Sept. 2006.

Kimberly Wegford, Honbu dojo, graduated from Midway University KY with a Bachelor of Science in Biology and Bachelor of Science in Equine sciences. May 16, 2006.

Shihan Dwight Holley of Cincinnati Shotokan on the publication of his book "Hidden Secrets of Karate-do"

Current events:

October Clinic/Banquet/National Test Board in honor of O-Sensei's birthday. October 21 2005.

Kangeiko, Honbu dojo January 27/28th. The six hour class was taught by Shihan Cyna Khalily assisted by Shihan Mina Ludwig, Sensei Mark Chisenhall and Sensei Matthew Scott.

Florida Winter Getaway February 18th, 2006 sponsored by James Acampora from Orlando Yoseikan Dojo II.

National USCK Seminar NKU. Ky. March 18, 06 Hanshi Dometrich 71st birthday celebration.

The Bridgeport Yoseikan In WV gave a demonstration to a local Grade school early April.

After the demo Sensei Drummond and Sensei Ash took a few students to a local Karate tournament. Michaela Hart, green belt took 1st place Kata and 2nd in Kumite in her division. Congratulations, Michaela!

A demonstration for Al Neyer Company was put on by the Yoseikan II dojo Cincinnati, Ohio in April. Basic techniques, self defense and an introduction to karate was presented for the company employees.

Alex Scott, daughter of Mathew Scott, Yoseikan II Cincinnati Ohio was awarded outstanding softball pitcher, Walnut Hills High School.

Herve Stephanus, a member of the Yoseikan Honbu, who came here from France two years ago will be moving back home in June, Herve will continue to further his studies once he is settled back in Paris.

Regional Tests:

Cocoa Beach Fl. February 18th

- Gina Rossini retested after 18 year hiatus to Sho-Dan
- Karen Ruperto: Ni-Kyu

Tournament News:

Charlottesville Va. Yoseikan attended the AAU State Championships and came away with 18 medals.

Yoseikan Honbu attended Windy City Tournament sponsored by Joe Gonzales, 10 students attended, 19 medals were awarded.

New Dojos:

- Yoseikan of Orlando III, FL - Jamie Binkley
- Yoseikan of Anderson, OH - Mark and Shawna Lingo

Dojo Visits/Travel:

Mark Chisenhall, Yon-Dan from the Honbu dojo visited the West Palm beach dojo during the week of February 19th- 25th.

Hanshi Dometrich and Okusan visited the Bridgeport Yoseikan April 5th in Bridgeport WV. Students there are working very hard and over all the students looked good, Sensei Kevin Drummond, Sensei Mike Messinger, Sensei Jackie Cross and Sensei David Ash were perfect hosts.

Renshi Beshears visited Shihan Khalily in Louisville and taught class at the Yoseikan Taka no ko Dojo May 11th and 18th.

Hombu Guest Instructors:

- Black Belt Class April: Sensei Hugh Wallace - Cincinnati Shotokan
- Black Belt Class May: Shihan Dwight Holley - Cincinnati Shotokan

Upcoming Events:

October 21 2006 U.S. Chito-kai Clinic, Banquet, National Test Board and National Board meeting. Northern Kentucky University.

