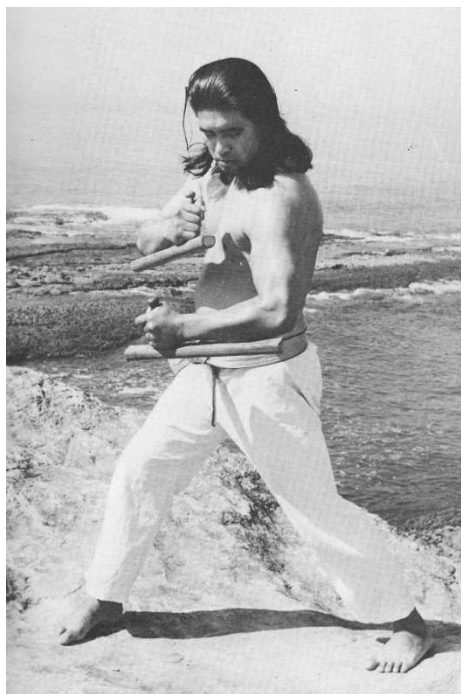


THE ALLIANCE

VOLUME 6 ISSUE 2 APRIL 1, 2009

FROM 'OFFICIAL KARATE' MAGAZINE - APRIL 1975



There was a lot of excitement in Birmingham, Alabama when internationally known 10th Dan karate Grandmaster Mamoru Yamamoto arrived to officially open the beautiful new dojo which his students had resurrected from a run-down neighborhood grocery store. Mayor George Seibels had proclaimed Martial Arts Week in Birmingham, and Master Yamamoto made two local TV appearances with his local instructors, Hiroyuki Koda and Ray Nichols, to publicize the event. Both are 4th Dans. But the big climax was the Yoshukai Regional Open Tournament held at the end of the week. And what a tournament it turned out to be!

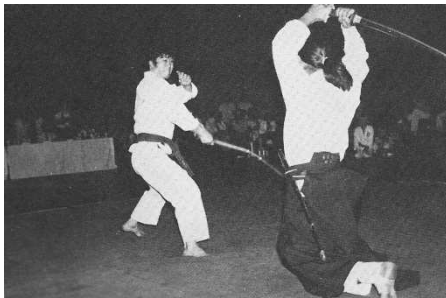
Eliminations began early in the morning with many styles represented. Kata competition was extremely tough in the girl's white and green belts and the men's black belt divisions, with the judges calling many times for a tie-breaking kata. Judging was generally outstanding and there was very little complaint about any of the decisions. All divisions completed fighting and kata during the day except the pee wee sparring finals which were held at night. Black belt prelims and finals were saved for evening along with the demonstrations, which were outstanding.

As the evening ceremonies began, Master Yamamoto was honored as Birmingham's Mayor, George Seibels, presented to him the Key To The City. Next, Danny Long, Director of the Governor's Commission on Physical Fitness, presented to Master Yamamoto a scroll making him an Honorary Lieutenant Colonel in the Alabama Militia. There was a fine showing of Southern hospitality for this fine Sensei.

Next, the age 9 and under sparring finals began and the crowd seemed to get a big kick out of it as the deadly pee wee's squared off at each other. Trophy time for sparring (brown belt and

below) was next with the pee wee's all smiles as they carried off some trophies bigger than they were. Judges were introduced and the black belts began having at each other. Yoshukai Sandan Taguchi began tearing his way through the competition, and it soon became evident that the final show down would be between this fine, sportsmanlike young karate ka and some of the tae kwon do stylists. In the final match, Rick Cox (tae kwon do) and Taguchi circled each other slowly, feinting, trying various techniques to feel the opponent's strengths and weaknesses, but no attempts on the part of either was felt strong enough by the judges to warrant a point. Finally, as Cox attempted to score with a spinning back hook kick, Taguchi sprang inside like a tiger. Grabbing Cox, he upended his opponent, literally standing him on his head, as he delivered a simple forward reverse punch for ippon. The technique was as beautiful as a picture, and the crowd leaped to their collective feet to give Taguchi a standing ovation.

Perhaps the most outstanding thing about a Yoshukai tournament are the demonstrations. First, pee wee demonstration teams executed bo katas in unison and then 2-man advanced combat forms with takedowns. Karen Lee, a 15-year-old Yoshukai brown belt showed self-defense techniques with beautiful form as she thoroughly mauled Randy Cain who pretended to molest her on a park bench, Mr. Cain later broke 4 boards in sequence.

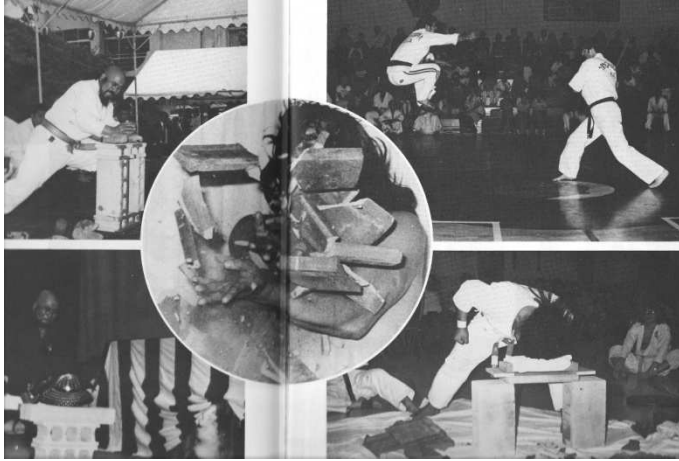


Sensei Koda then defeated Mr. Taguchi's samurai sword with nunchakus in a fast and dangerous duel. (picture to the left).

Then, in another dangerous demonstration, Sensei Koda showed how karate empty hands could defeat the sword wielded by Sensei Nichols. Randy Cain then held apples in his hands and mouth as Sensei Koda splattered them with

nunchakus. Sensei Nichols then braced himself as a bo pole was broken against his chest. Sandans Mike Sadler and Gene Henderson demolished stacks of tile with their fists, Sensei Koda did a spectacular break by cleanly and crisply cracking, with his head, a 300-lb. block of ice on the first attempt.

Master Yamamoto finished the tournament with some of the most unbelievably pure and powerful techniques that can be imagined. First he almost effortlessly defeated several of his own black belts at one time and then proceeded to break marble slabs and granite with his shuto or karate chop techniques. He then proceeded to do some of the breaks that label him a



karate superman. While 5 men braced for the impact, he broke a baseball bat with his shin. As unbelievable as this may sound, he then went this one better. Another 300-lb. block of ice was brought out. Master Yamamoto placed his left hand opened flat, palm down, on the ice. In a lightning surge of power, the right fist descended on the left hand. The ice cracked crisply all the way

though, yet the Masters hand was unharmed. "I saw it, but I don't believe it," said the man next to me as thousands jumped to their feet to give Master Yamamoto a standing ovation. To anyone who follows karate, it would truly be worth it to visit Birmingham, Alabama next summer to see this great sensei when he once again visits America for the Yoshukai Regional Open Tournament.

IN THE BEGINNING ...

"I had never thought of becoming a martial artist.

"When I was a little, I was beaten in children's fight. This incident opened my eyes. My desire for being strong grew and I began thinking how I could train myself to become stronger. I kept thinking about it night after night. Without a certain goal, I joined the Japan Self-Defense Forces, where my strong association with Karate began.

The fighting arts have become part of my life. I started practicing Karate at the age of 13 and trained Chito-ryu Karate under the instructor Dr. Tsuyoshi Chitose in Kumamoto. In 1963, I found Yoshukai in Kitakyushu-shi.

Although I was the owner of dojo, it was small and I suffered from financial distress. Nevertheless, I devoted myself to intensive training and always strove for something new, something that was never done in traditional Karate. Actual Karate was one of such trials. For that, people sometimes misunderstood and criticized me. But if anything these hardships served as the driving force for rather vitalizing me. - Grandmaster Mamoru Yamamoto

UPCOMING EVENTS

Friday, April 3rd ... Logan County Health Fair – Booth

Saturday, April 4th ... Logan County Health Fair – Demonstration

Tuesday, May 5th ... Allerton Park 11 – 2 p.m. (CANCELLED)

Saturday, May 9th ... Black Belt training at the Hombu, if weather is nice it will be held at Postville Park. (CANCELLED)

Friday, June 19th ... Black Belt testing 6 – 9 p.m. Williamsville Dojo

Saturday, June 20th ... Natsu Keiko VI 11:45 to 5 p.m. Cook-out following from 5 – til?

UNEXPECTED EVENTS

On Thursday, February 26th all the Black Belts from the Alliance met in front of the Williamsville dojo and made a surprise entrance, in groups. As a group of Black Belts appeared at the door, Sensei Bottrell called the class to attention, the class bowed to the Black Belts and went back to training, but just as they did so, another group appeared and once again Sensei Bottrell called the class to attention. This happened about 3 or 4 times.

Since Williamsville has children on Thursday night from 6:30 to 7:30, Sensei spent the time helping the children with sparring, letting each student spar a Black Belt. After a short time, they would stop, allowing the black belt to review the students techniques with them. After that, the students would rotate to a different black belt. This was done several times. After a few rotations, the students reviewed ... kata! After the children dismissed at 7:30, Sensei reviewed kata with the adults and spent time with Sensei Roberts and Sensei Bottrell reviewing their weapons.

It was an enjoyable night, a pleasant surprise for Sensei Roberts and Sensei Bottrell! The look on Sensei Roberts face was a Kodak-moment! It's always good for Yoshukai Alliance students to train together and experience Yoshukai comradery.

The following Black belts were present: Sensei, Mr. Kennett, Sensei Roberts, Sensei Bottrell, Mr. Lowe, Mr. M Schreiber, Mr. Lowe, Mr. Lanning, Sensei Schreiber, Ms. Lowe, Mr. D Schreiber, and Mr. Gorman. Aaron Dugan and Jazzmin Gorman went along too!

Mr. Reese remained at the Hombu to teach (to his surprise) the rest of the students.

SHITO-RYU SEMINAR WITH SENSEI TED RABINO

Last summer during Natsu Keiko, we had guest instructors participate in our annual training event outdoors. The black belt guests were Sensei Matt Jackson (San-Dan) and Miss Kat Gietl (Sho-Dan), of the Shito-Ryu style. Their dojo is in Springfield and they are associated with Sensei Sandy Dennis at the Springfield Karate & Fitness on Monroe Street.

An invitation was extended for us to participate in an all-day seminar on November 15th at the Shito-Ryu school with their head instructor, Ted Rabino (Roku-Dan), who resides in Phoenix, Arizona.

Sensei Rabino is the USA Shibuchō, United States of America Karate-do Shito-Kai Branch Director under the direction of Shihan Kunio Murayama. He has been teaching traditional Japanese/Okinawa karate locally, nationally and internationally since 1975. Sensei Rabino a strict disciplinarian, and insists on Japanese etiquette.

One very kind aspect with special training that Sensei Dugan provides allows for no extra fees during seminars and events (like Natsu Keiko) that are held outside of regular class sessions. Respectfully, this Shito-Ryu seminar cost \$55 per person to attend for 8 hours of hard, concentrated training. My understanding was that the money helped partially defray the travel costs of Sensei Rabino to fly out here to attend and hold the seminar beyond normal class time. While I recognize that we need to be dutifully cautious of those interested in holding seminars only for the purpose of “karate-dough\$\$\$”, I firmly felt this wasn’t the case and spoke to Sensei Roberts in order to receive his permission to attend this invite. I was interested in assessing the similarities and differences in methods myself firsthand – plus I enjoy the occasional workout with my old friend, Sensei Jackson.

When I arrived at the seminar on that Saturday morning, I was surprised to see that there were only two guests – Mr. Mazzoti (another area black belt who focuses mainly on Gojo-Ryu karate and Iaido with katana) and myself. I was there as the sole representative of Yoshukai. I also noticed that within the Springfield Shito-Ryu dojo, some of their own members (including a few Yudansha) who I have met in the past were not in attendance. Besides Sensei Rabino, there were four black belts, myself with another brown belt, and about a dozen other kyu belts of various ranks.

The first two hours of the seminar concentrated on kobudo --- training with the bo. The

time was split into two parts using the bo. Sensei Rabino instructed everyone in a new kata with the bo entitled Sakugawa-No-Kon. We repeatedly worked on this kata and would stop to take elements out of the kata to demonstrate bunkai with an opponent who also held a bo in their hands. This led to the second part in which we did a version of ippon-kumite with bo. Back and forth with each other making hard contact that I believe was similar in scope to what I've seen black belts perform in bo-tai-bo in tai-jitsu and what I have previously experienced in kobudo training about a decade ago.

There was also mention in the instruction that there were elements of Aragaki-Ryu style of kobudo in the training that we were receiving that day. This caught my attention because there were the exact same movements executed in these bo tai-jitsus that are used in the brown belt level bo kihon kata san that we practice in the Yoshukai dojo. That immediately clued me in on the tie between Yoshukai and Shito-Ryu because of the Aragaki connection that was mentioned.

Sensei Rabino was very strict and hard like Sensei Dugan and our other instructors when we're training seriously. He explained to us that the next session we were undertaking was an introduction to the Jujutsu-like grappling combat system called Nanban Sato-Ryu Kenpo which derived from a Ninjutsu lineage. This grappling style is similar in many ways to our self-defense techniques. It was explained to me that one of his former Shito-Ryu instructor who had passed away, Manzo Iwata (1924-1993) had studied this style from Master Fujita Seiko right after World War II.

This segment of training was grueling. In Yoshukai, we find ourselves involved in self-defense techniques that often included grappling and throws that knock opponents to the mat. Even at an early stage in our karate training, white belts begin to learn the basics of falling in order to dissipate energy and minimize damage to our bodies when are taken to the ground. We learn to "take a fall." My Yoshukai self-defense training and some past jujitsu training earlier in my life prepared me for this session.

We executed several techniques that included wrist locks, throws and chokes. There was one particular technique that is similar to our Tai jit su #12 that quickly turns into a throw of our opponent that I really liked. I was thrown like a ragdoll several times during these few hours – but one particular incident really made me take notice...

I was instructed to be an attacker against my adult female opponent. Quickly she defended

herself and was able to spin me around standing straight up. Sensei Rabino was teaching two variations of a choke hold (one friendly for your “dojo” classmate) and another for a real-life opponent that you want to dispense. While I have lost consciousness several times before in a Brazilian Jujitsu class about a decade ago when I was choked out, I experienced a new (and painful) sensation this time around.

My opponent had me turned around where I purposefully allowed her to get a choke on my neck where she used her forearm like a bar to my throat. She used minimal pressure to squeeze my neck and I felt my windpipe start to crush in at my throat and the muscles around the two arteries in my neck started to squeeze. I had to immediately tap out. Both of us couldn’t believe the minimal force it takes to “choke” a person to unconsciousness and possibly crush their larynx. It was an important example for me to see firsthand how vulnerable a spot that target area is. For several days, my neck was sore afterwards. It also demonstrates the control and care we must have for our fellow practitioners to watch out for them too.

We had a 10 minute break after the second session. By this time, half the people had left – I think in part because we had gone through the ringer and many were tired. Since I was representing Yoshukai and wanted to get my money’s worth, I pushed on to stick it out and finish the entire seminar. Plus, I was very interested in seeing the actual karate aspect of the seminar for what would be next.

There were many formal aspects of karate that were discussed that dealt with etiquette and tradition. Some of these points I’ve privately shared with my instructors at the Williamsville dojo that I thought were interesting that built off of our own traditions.

Sensei Rabino at this point started to address me individually in the class that had now whittled down to about six people. He told me, “What I am about to instruct this class now is with lessons in Shito-Ryu karate. While I recognize that you may do things different in Yoshukai, I want you to know that I am demonstrating techniques that we perform and I’m not necessarily picking on you to say that you are wrong and I’m not trying to change things about your style. This is what we do.”

I thought that was interesting as it was almost verbatim of something I have heard Sensei Dugan explain to other visiting guests that study karate in a different style. Throughout, the day, I had thus far kept my head down and my comments to myself. I recognized immediately that if I asked any questions, I would probably end up like some of the other

students as “the example” where I would be tossed across the room. I told myself I was going to keep my mouth closed, listen and learn.

We went over several kihon (basic techniques). After one point, the techniques diverged into Shuri-Te and Tomari-Te styled variations. The latter seemed to add an additional parrying technique with the defensive technique that almost became an offensive strike rather than a block.

I was able throughout the whole training to keep up with the Shito-Ryu karate kas when they began working on a series of Heian katas that had the same directional movements of our first four “H-Forms” in the pattern. They had variations of the striking or blocking techniques. The H-Form/Heian katas derived from the Okinawan Pinan katas.

By this time, we worked on three-point sparring (Sanbon kumite). This was when something VERY INTERESTING transpired. First, I stuck to my traditional Yoshukai forward stance (zen-kutsu dachi) that I’ve learned these past two years is our Yoshukai trademark of sorts. I found that our forward stance was aggressively forward, powerful, rooted and (what felt to me) unmovable. Against my upper rank opponents, I kept in my 60/40 Yoshukai stance and executed basic blocks learned at white belt stage that completely overpowered my opponents that were punching full throttle at me. My stance was rooted and I was unmovable. My blocks and rooted stance threw my opponents off balance each time and they lost their footwork. They were bewildered.

Then, I sensed that Sensei Rabino wanted to shake things up and shake me up. I was tested. We had to leave traditional dachi-styled karate stances and try more free-flowing footwork that seemed a bit like boxing to me. More upright and fast moving. For me, there was a rhythm that went one-one-two-one almost like you’re dancing. My eyes were following my feet and I was keeping my arms up to protect me. It didn’t feel like any karate stance I had ever experienced in my training with Yoshukai or elsewhere in my past.

THIS WAS WHEN I was put to the test by Sensei Rabino. I was going back and forth, back and forth against Mr. Mazzoti who happened to be throwing in punches and I’ve experienced firsthand in the past some of his aggressive knife hand techniques. At this moment as we’re going full speed, Sensei Rabino got up close and loud in a drill sergeant-like manner and started to raise his voice at me...

“Keep your eyes on your opponent, not your feet!”

“Os!”

“Don’t concentrate on your hands. Let your hips move you!”

“Yes, sir!”

He quizzed me, “What does the Yoshukai kanji translate as?”

Without thinking, I shouted in the melee, “Training Hall of Continuous improvement and Development, sir!”

He yelled, “So, what are you improving right now?”

Again, without contemplating, I shouted between the punches, “Kime – Focus sir.”

I didn’t know where that answer came from. I felt I was on autopilot and being tested.

“Who is the founder of Yoshukai Karate?” he asked me as I was taking the aggressive attack against my black belt opponent.”

“Sensei Mamoru Yamamoto!”

“Who was his instructor?” he asked in the next barrage of questioning. “Dr. Chitose of Chito-Ryu, sir.”

“Yame!” (Stop) he yelled at the top of his voice.

I kept my guard up at first, and then my opponent and I both stood at attention and bowed in rei. Sensei Rabino then announced to me and the class, “Dr. Chitose was a true karate ka and one of the best. Otsu!”

As Sensei Rabino walked away, Sensei Matt Jackson came over and whispered in my ear, “I think you just passed your test with my Sensei.”

While I’ve always enjoyed reading about the history of karate and the study of our own lineage, it dawned on me that this incident was an example of why EVERY karate ka in Yoshukai must take the study of our history with seriousness as we take our written tests and learn everything you can as you progress. Personally, I believe Sensei Rabino was trying to (first) take my mind off counting my footsteps as I sparred, but I do believe he was testing me to see if I was a true karate ka (and not a poser) and if I understood my own style. After that, Sensei made mention of more of the similarities that Shito-Ryu and Chito-Ryu had in common with those mentions I made earlier and our shared heritage.

Sensei Rabino took a moment to ask all of us (including me) the names of kata we have been working on. He said he wanted to find a new one to teach all of us. He then decided to teach all of us the Mabuni Family (Shito-Ryu style) version of Jion kata. This kata is longer in duration than our Seisan kata.

After demonstrating the kata twice, he had us perform the first half of the kata and then work on the second half. After that point where he felt we were ready, he instructed us for the next 90 minutes to marry the two halves together and keep working on the kata over and over and over.

When the seminar finished, I bowed and thanked Sensei and everyone in class for allowing me to participate and train with them during their special event. Sensei Rabino said some kind words to me at the end and let me know that Yoshukai train hard and are welcomed to train again with Shito-Ryu in the future.

I walked away from this event with new perspectives that allowed me to assess Yoshukai as well as Shito-Ryu. I also walked away with a few bumps and bruises that I had to soak in the bathtub at home. This was a worthwhile event for me to attend. This crossover demonstrated to me a shared link with karate kas worldwide and throughout time. I'm realizing that sometimes we have more similarities than differences.

I've had a few conversations with other Yoshukai karate ka who prefer to stick to just Yoshukai perspective and I respect that viewpoint deeply. A few have wondered why I've journeyed over to peek at what other schools are doing.

First and foremost, I'm honored to be a Yoshukai karate ka and brother to you all. I will continue to train in our own style's traditions and techniques. I hope to one day earn my Shodan rank in Yoshukai Karate.

If anything, I believe participating in any legitimate training like this from time-to-time may clue us in on the thought processes of our possible opponents or friends. The idea of "continuous improvement and development" means to me to sometimes look at things from other points of view. I admit that I have a curious nature to explore the bigger picture of karate-do that may encompass thoughts and ideas from other styles to see where we've been and where we've shared lineage. There is no intent on my part to show disloyalty by visiting another style's school. I don't do this too often in my opinion – but I do enjoy the occasional workout with my longtime friend, Sensei Matt Jackson.

I tend now to look at things through the lens of a Yoshukai karate ka. I'm not looking for some secret technique from a different style to put in my arsenal. Mainly, I'm curious about the traditions and history of karate in that bigger picture. Sometimes learning about others

allows us to learn more about ourselves. I'm interested in comparing and contrasting techniques and theory, but my pledge and my heart will remain Yoshukai for the remainder of my life as a Yoshukai karate ka. This I promise.

Thank you for allowing me to share my experience with you. Feel free to ask me questions after class sometime if you have them or email me at scott@scottmccullar.com.

Scott McCullar (Williamsville)

MARCH 21ST OPTED BLACK BELT CLINIC

Thank you Mr. Stone for holding this clinic for the Black Belts. Those who attended were. Mr. Lowe, Ms. Lowe, and Mr. Reese. The low attendance is exactly why Sensei chose not to schedule any clinics. The results of Black Belts not training together occasionally was evident at the Health Fair Demonstration.

Mr. Stone reviewed the katana and self-defense! Seeing how the demonstration was just 2 weeks away, they practiced their katas and kobudo.

As always, Mr. Stone, you are very much appreciated! Sensei had an emergency union meeting to attend to out of town. It was not for Mr. Stone being able to attend, there would not have been one. Remember Mr. Stone makes a 2 ½ to 3 hour drive from Aurora. Thank you very much!

“EVEN AFTER MANY YEARS, KATA PRACTICE IS NEVER FINISHED, FOR THERE IS ALWAYS SOMETHING NEW TO BE LEARNED ABOUT EXECUTING A MOVEMENT.”

Scott McCullar wrote a script that recently adapted Charles Dickens classic holiday special, A CHRISTMAS CAROL, as a 72 page graphic novel for publisher Campfire Publishing. The oversized comic book is now on sale through their website and will be available in book stores soon. <http://campfire.co.in/BookDetail.aspx?Bookid=12>

Good for you Scott, we are all proud of you!

THINGS TO CELEBRATE ...

BIRTHDAYS

April – Remy Ramirez 16th / Mark Hayward 30th

May – Mr. Stone 17th

June – Mr. Kennett 7th 50!?! / Aaron Dugan 9th Dale Barnett 15th

WEDDING ANNIVERSARIES

May – Mr. Stone 1st 1992 / Scott McCullar 16th 1992 Mr. Hanger 25th

June – Mr. Kennett 7th 1980 / Arthur Freeman 28th 1997

John and Laurie Hayward – June 29, 1985

KARATE ANNIVERSARIES

April – Ethan Dugan 15th (1 year) / Mr. M Schreiber 27th 2001 (8 years)

Arthur Freeman 28th 2008 (1 year)

May – Sensei 1972 (37 years) / Mr. Stone 1986 (23 years) / Mr. Kennett 5th (14 years)

Ryan Degner – May 2007

June – Gary Durchholz 2006 (3 years) John Hayward – June 2006 (3 years)

NEW STUDENTS

We want to welcome the following students to Yoshukai Karate Alliance.

Tiffany Dooley, / Jazzmin Moorecraft, / Darrell Benedict / Tony Gardolf / Katelyn Tutter

Terrance Hyde, / Erica Tomkinson / Jonathan Bartlett / Tyler Stewart / Joseph Janssen

Cayden Holdener / Patrick Powers

Congratulations Michael-san on getting your drivers license. We now have yet another reason for everyone to stay off of the sidewalks!

YOSHUKAI ALLIANCE WINTER TRAINING

January 17th

What a fantastic training this was for everyone from all three schools! Class started with warm-ups and right into basics. All ranks did the same thing throughout the night, Kyu belts along with Black belts.

Sensei divided everyone into 2 groups, adults and children, to work on self-defense. Sensei Bottrell and Sensei Schreiber then divided the children into two groups and each taught a group. Sensei Roberts led the adults through the self-defense while Sensei walked around and assisted everyone.

After a short break, students and parents bought chances for a raffle drawing of a YOSHUKAI tile coaster. Luke Newhouse (Kenney) was asked to draw a name from the envelope. Nick from Williamsville was the winner. Congratulations Nick! Hope your enjoying it!

Afterwards we gathered around and went over the questions and answers to the kyu belt written exams. We had quite a few really funny answers to some of the questions. The best had to be when a couple of students said that Sensei and Sensei Roberts were 6th kyu's. Another funny answer that was given was to the following question "Who Founded the Alliance?" When Sensei asked the students this question, he decided to give them a hint, so he said, "He's good looking." One of the children then responded with the answer 'Yamamoto'.

The class once again lined up for more training. We went through 27 movements a few times then Sensei had the adults step aside and watched the children a little closer. Everyone lined back up and we then went through Zenshinkotai many times. We went over H-Form's and reviewed #3 and #4 repeatedly. Anyone who goes through the katas 100% knows that they are very tiring.

Sensei played the beginning part of the interview with Joe Ryan, on Lincoln's channel 5 cable-station, where he said, "Yoshukai people are well known for being good, respectful people". Sensei explained to the class that Yoshukai is supposed to help us become better people. We are to uphold the honor and integrity of Yoshukai, by being polite and respectful of ourselves and other people at all times. [Practice these beliefs in the Dojo and in Daily Life.]

Before Sensei dismissed the children, we lined up once again to go over lunging & distance. We first practiced doing this on bags, then practiced without bags. After working on this for about 15 minutes the children were dismissed to go home.

At 3 o'clock when the adult training began, we did kicks and punches, followed by walking around the room in a circle, slowing ourselves down for the trip outdoors. After meditating for 5 minutes, we each grabbed a Bo and headed outside. Once we approached the door heading outside, we began to run. Running through snow, slush & ice and to the front yard of the Park District. There we began doing Bo tai Bo and continued to do so for the 5 minutes we were out there. With frozen feet we all worked our way back into the room. The temperature was 7 degrees, not as bad as last years of -10 with wind chill.

Sensei decided that we put our shoes on, gi tops off, and go back outside. Doing so, we went back out where we were before and worked on ippon kumite. After that we did 27 movements and seisan a few times, then decided to go back in after a 10 minute workout. It was actually quite interesting! While going over seisan snow was getting kicked all over everyone. This created some laughter, (which we were trying to hide from Sensei) just at the very end of our solemn training.

We have a wonderful group of people in the Alliance! Everyone knows just when to add a little humor to karate and know when to stop it just as well. Every event we have turns out wonderful; Sensei has done and does a great job on organizing these events for us! We always have a fantastic time in which plays a huge role in our 'character development'.

Thank you very much Sensei for sharing your love and belief in Yoshukai with us. You are a great Sensei and we all look up to you! Thank you very much, OS!



YOU	KARATE	ALLIANCE
OBSERVE	APTITUDE	LEAVES
SOME	REVOLVED	LEARNERS
HANSHIS	AROUND	INFORMED
USING	TEACHERS	ABOUT
KARATE	EARNINGS	NEVER
AS		CHARGING
INCOME		EXTRA

MARCH KYU BELT TESTING

MARCH 5H - HOMBU

On March 5th Jazzmin Gorman was the only student who tested and was promoted to 6th kyu green belt. Good job Jazzmin!

MARCH 9TH - WILLIAMSVILLE

Remy Ramirez - 1st Kyu / Dalton Trader - 3rd Kyu / Dave Houston - 3rd Kyu
Max Janssen - 4th Kyu / Jack Waugh - 4th Kyu / Taryn Ramirez - 4th Kyu
Justin Burneson - 4th Kyu / Mitch McCullar - 6th Kyu / Ben Bradley - 6th Kyu
Eric Churchill - 7th Kyu / Blake Chastain - 7th Kyu / Bennett Skaggs - 8th Kyu
Molly Walter - 8th Kyu / Zach Walter - 8th Kyu / Joseph Janssen - 8th Kyu

MARCH 11TH - KENNEY



Congratulations Dale Barnett – 2nd kyu; Luke Newhouse – 5th kyu and
Braxton Lambert – 5th on being promoted to your new ranks.



CONGRATULATIONS TO ALL WHO TESTED AND WERE PROMOTED. REMEMBER, YOSHUKAI
TAKES A LOT OF DISCIPLINE AND DEDICATION TO ACHIEVE.

A TRUE EXAMPLE OF NINTAI

By Sensei Schreiber



At one point in my life I had major self-confidence and self-esteem issues. I had a very difficult life from the very beginning and was dealt very unfair situations, one after another. Because of these situations I was the most insecure person you probably would have ever met. According to statistics, my brother and I should have grown up either as drug addicts, imprisoned or have committed suicide.

I had been physically and mentally beaten by my mother with different objects such as, switches, belt buckles, high heeled shoes, hair brushes or whatever was close at hand. I was put down and belittled by her as far back as I can remember. As a teenager I was made to wear clothes that exposed most of my body, which was very degrading to me and made me very self-conscious. I was scared of my mother and my father was not around. I hated life, I didn't want to wake up in the mornings, I just wanted to be gone. I was awakened in the middle of the night many times to scrub a kitchen floor with bleach and a toothbrush or some other form of housework. I was awakened in the early morning hours because once again, we were moving. I hated life so much, there was nothing in it for me. I didn't even think about the future and what was in store for me and that was a good thing because I probably would have made a decision to not see another day.

I ran off and married at the age of 17 or I was going to be put right back into a really bad situation that had just happened to me. After I was married my husband immediately became abusive and I was beaten often, completely shattering my self-esteem and the will to even try to fight back or about anything at all. With the help of my brother I got out of that situation and continued to live life not wanting to wake up in the mornings ... my spirit had been broken. Then my children came along and I had a reason to want to live and to wake up in the mornings.

In between all the other said hardships, I had encountered several other bad situations. These occurrences gave me the biggest scars that I carry with me today. These are things that I will carry with me my entire life, not by choice but, because unfortunately, they are who I am.

For several years I had episodes of déjà vu several times a day, uncontrollably. For those of you who have experienced this know that it is not a good feeling. Each time I had these

episodes I lost a little memory. These occurred due to a weakness of dealing with my past and not having the strength to handle it. I was diagnosed with PTSD (Post-Traumatic Stress Disorder). I could have easily turned to prescription drugs to deal with my problems but, I knew I needed to become strong, something in which ‘pills’ can’t help you do. There was only one thing I needed to help me through this and that was to be mentally tough.

In September of 2002, I had finally had it, I could not have gone through this situation anymore, and it was time for me to fight this! A month later I found the one thing that would literally save my life . . . Yoshukai Karate! Yoshukai’s strict discipline, hard physical training, and required mental toughness attitude was exactly what I was looking for to fight this. Of course I could have chosen prescription drugs, which was what a mental-health counselor suggested right off. In fact, she was writing the prescription WHILE I was talking!

I have helped out with several Women Self Defense classes and I have to say that this is *one* of the hardest things for me to do. The second hardest thing for me to do is to participate in the street clothes nights that we have. The first time I tried to participate in one I couldn’t do it, having been in real life situations, just watching these bring back really bad memories that no one would ever want to relive. Being able to stay in the room while students are put in these different situations is a huge step for me. I get emotional thinking about it, but will one day get out there and do it. As I said, most of these bad memories are a part of me that will take longer than most, for me to overcome.

Yoshukai has given me everything I needed to gain a sense of self-esteem and an enormous amount of self-confidence and self-respect. I can walk with my head up! I don’t have to walk looking over my shoulder every few seconds. I can walk outside in the dark, through a parking lot, down an alley, through my own home at night, pass a guy on the street and even be in close quarters with men that I know well, and not be afraid. These very simple things that I had never been able to do.

It seemed as though I was a walking victim. Everywhere I turned there was a problem. One thing Sensei pounded into my head was “you do not deserve to be treated this way!” It took a lot from me to try to let go and let karate work within me, but I did, and it worked. Believe it or not, even as a Nidan, I still have a long way to go yet!

As far as the déjà vu episodes that I had experienced at one time, I don’t see much of them anymore. I will very seldom begin to have one and when I do, I am able to mentally redirect

my mind, which prevents it from happening. Thanks to my karate training I am able to control the déjà vu!

Yoshukai Karate has become a true passion for me. It has changed my life completely. I now have a self-esteem and self-confidence, something I thought I could never have. I truly feel that very few people have gotten out of Yoshukai what I have, although even the weakest person can get the full affects of Yoshukai IF they let it work for them.

If you have the attitude that you know everything there is to know in karate or if you think you are so good at what you do, you are missing out on the whole aspect of karate and what it stands for. It cannot work within you with that type of attitude. Karate starting working through me when I was just a green belt, basics alone inspired me greatly. How much you know isn't important, it's how well you do it that counts! If you don't have the attitude that "I really need to improve on this or that", then you might as well throw in your belt.

I am so grateful there are still karate schools that teach and instill traditional discipline and mental-toughness! This is one of the many reasons why I chose to become a Sensei, to carry on the tradition. If I can change one person's life as mine has been changed then, and *only then* would I have reached my goal!! If only I had discovered Yoshukai years ago I could have avoided most of this!! You never know when you are going to need to use it ... "always be aware of your surroundings"

THANK YOU VERY MUCH YOSHUKAI KARATE!



I TRAINED. IN THIS PROCESS, I HAVE BEEN INJURED AND MISUNDERSTOOD. BUT THIS SITUATION HAS STIMULATED ME, THAT IS, THE UNYEILDING SPIRIT, "I AM NEVER DEFEATED," HAS MADE ME TRY AGAINST THE BOUNDS. - Grandmaster Yamamoto

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AN OUTSIDE TESTIMONY

The Transition of My Friend's Life...

Ah yes, my friend Nykol. When I met her, I was a district manager for the Lincoln Courier in Lincoln, IL. She was buzzing around in some sort of orange car, music blasting and a perpetual cigarette hanging out of her mouth.

It was only years later, that I realized why she always drove around. She was looking to become something more than she was, searching for her meaning in life.

Marriage would find her with one of her first blessings, two fine and handsome sons to dote over and nourish. But there was still something missing in her life. I knew she would get into bouts of depression and ponder where her life was going. Her children gave her contentment and she was an awesome mom, but a mother who needed something else to complete her "being".

Not around for years at a time, I would give a call on a bi-yearly basis and check in to see how things were going. On one of these calls she mentioned that she had started taking karate lessons. And more over, so was the whole family!

What I started to hear in her voice, was something I had not ever heard before. It sounded like a new direction was coming? A focus that I knew she needed, and a discipline she had longed for, was coming over my friend Nykol!

Now she had the fortitude to quit smoking, and get her own groove on. Quickly, I saw a new woman taking form. I saw it coming and I was not even there in person!

Dan Dugan, Chief Instructor of the Yoshukai Karate Alliance, and a man I have come to know as a friend as well. He is a man of the purest and simplest forms of discipline; and the ones we all would do well in sharing. Work ethic, love of country and faith in whomever you hold as your God. He is a man of principals, warrior when needed, and friend and mentor to all. AND a pretty cool cat, if I may be so bold as to say so!

Dan has given Nykol a "life's mission" and a true sense of what can be accomplished when the mind, heart and body are all working together to form a complete "soul".

What I have seen my friend Nykol become, is more than your karate instructor, more than a mother and more than that girl driving around aimlessly with a cigarette in her mouth.

She is Nykol, the confidant and compassionate lady who can now see where her road is going. And it seems to me, and to all around her, that her road is full of great things ahead! Step on the gas sweetie!

Your Friend,

Dan Rocco (www.Americanbuilttuff.com) Go to his website and scroll down!

"I WAS DEEPLY IMPRESSED BY THAT FACT AND DECIDED TO LIVE LIKE A WEED FOR THE PURPOSE OF DEVELOPING STRONG WILLPOWER AND NOT TO GIVE UP IN ANY CIRCUMSTANCES WITH CONQUERING MYSELF IN MIND." Grandmaster Yamamoto

HEALTH TESTIMONIES

As a young boy, (back during the Jurassic Age . . . wasn't that Rokudan who fought Godzilla?), I was diagnosed with a heart murmur. This meant my heart made an abnormal sound due to a leaky valve in the heart. Being cautious, my parents wouldn't really allow me to do anything strenuous. Nothing changed even into my teenage years; except that I would not sleep at night, commonly referred to as insomnia. At age 18, I would sometimes have pains in my chest so severe I could not move. There would also be many times my heart would race uncontrollably.

At age 20, my doctor informed me my knees and shoulders were hurting because of bursitis. At age 30, I was told by my doctor I would not be walking at age 40 because of nerve damage and disc deterioration in my back.

What happened to allow me to overcome all of these handicaps? You guessed it . . . good, hard traditional Japanese Karate training! The deep-breathing and the cardio workout strengthened and regulated my heart --- NO MORE MURMOR, NO MORE RACING!

Going home exhausted after class, I couldn't wait to hit the sack --- NO MORE INSOMNIA! From using my knees to kick, NO MORE BURSTITIS! You guessed it, the same with my shoulders, due to karate punching!

Now what about the back? Not much you can do except keeps it from getting worse. How? Keep weight off your stomach and keep the back muscles strong to prevent the discs from being compressed so much. Again, the technique of traditional training has done this; so at age 57, I can still use my legs and still live a healthy life!

In summary, karate training, not prescription drugs, has cured, heart murmur, heart racing, insomnia, bursitis and prevention of chronic pinching of sciatica nerve in back.

Sensei – 6th Degree Black Belt



At the age of 32, I was diagnosed with Osteoarthritis. It has been spreading to other areas of my body at a quick pace. It is in my knees, hips, fingers, and spine. My two most problem areas are in my spine, and in both my hips. Not only do I have arthritis in my spine but, I severely sprained my back twice. It is a day to day struggle for me; I can't sit or stand for long periods of time.

During my karate training I do not hurt as bad as when I am inactive. I not only look forward to training to better my skills, but to ease the pain for a short time. My hips just recently started to really bother me but, I know that karate, in time will help with that as well. Granted there are a few things I can't do as well, like back kicks or side-thrust kicks, but I can and will continue to do everything else I can. I have been told by my physical therapists that I should step out of karate for a while?! Why?, If I would do that, my health would deteriorate at a very rapid pace! When you have certain ailments you should slow down a bit, but do not give up on training. If you think it doesn't help you, it won't!

Sensei Schreiber – 2nd degree

REMINDER: The next newsletter will be emailed out on July 1st!! Email all newsletter data to senseischreiber@hotmail.com no later than Monday, June 29th. It's not fair that some student's information is announced, while some others aren't. Parents – please send me information on any accomplishments, awards, rewards, etc. that your children receive throughout the year. If anyone does not receive a newsletter please email Sensei at dugansensei@yoshukaialliance.com right away and he will be sure to get one to you.



The above picture is of Sensei's grandkids, children of his daughter Dianne! This picture appeared in the March 16th 2009 issue of Womans World, bottom of page 55.