



# FALL Newsletter 2012

## Table of Contents

Year in Review.....	Pg 2
Director's Corner, Rick Cesario Sensei.....	Pg 3
Review of Winter Workout, Samantha Clements.....	Pg 5
Adjusting Your Style, Tim Hillary, Sensei.....	Pg 6
Reflections of Training, Pat Weyand Sensei.....	Pg 6
Revisiting Makiwara Training, Tim Hillary Sensei.....	Pg 9
Special Merchandise Orders.....	Pg 10
New Schools.....	Pg 10
Preparing For The Big Test, Christopher Braun Sensei.....	Pg 10
Upcoming Events.....	Pg 12
Reminders.....	Pg 12
YYDKA Schools.....	Pg 13

What a whirlwind of a year 2012 has been!

To follow, please enjoy a lengthy newsletter of the year in review, articles of interest and information about upcoming events.

We will begin with fourth quarter 2011 and work our way through the year. Please read though a wealth of information and articles contributed throughout the year.

Your support of the Ying Yang Do Karate Association is greatly appreciated and bringing it forward as a progressive organization is greatly appreciated.

Many thanks for your contributions whether they be volunteer, newsletter, monetary, membership or general support...it is a team effort and all efforts are appreciated.

We are looking for a stellar 2013!

### **Review - 2011 Winter Seminar and Dinner**

The 2011 Winter Seminar and Dinner was a great success! Mr. Lucky Phillips of Springfield, Illinois was our guest instructor. Mr. Phillips is a great karate practitioner, who trains directly with Hanshi Phillip Koepfel. In his seminar, Mr. Phillips demonstrated many practical applications derived from movements within katas that we already work.

We then celebrated a year of camaraderie with dinner and fellowship at the Oriental Inn in Kenosha, a great ending to a wonderful day. If you were unable to make it, we hope to see you there in January 2013 for it is, you, the membership, that make our Association strong!

In a small awards ceremony, Rick Cesario of Zan Shin Dojo, was awarded the William H. Foster Award.

*This prestigious award was developed in 1999 by Mr. Robert Brown. The award is given to those who have contributed whole heartedly to the Association over the years. They have never asked for anything and have only given freely of their time, knowledge, patience, and mentorship. This award is not given out every year, and the last recipient of this reward was Don Jambrek. This year there were five individuals nominated for this award but only one was able to receive it.*

Congratulations, Mr. Cesario! Thank you for your dedication to the Association over the years.

**[Don't forget to register for your 2013 YYDKA Dojo Dues and YYDKA Individual Dues. Forms can be found online at \[yinyangdokarate.com\]\(http://yinyangdokarate.com\)](#)**



## Director's Corner

2011 was a very exciting year for the Yin Yang Do Karate Association. Our registered membership is increasing. We have a few new schools added such as, the Kenosha Boys and Girls Club (Rick Cesario, Mark Algiers, Scott Otter), the Kenosha YMCA Class (Patrick Weyand, Jason Rasch, Tom Tenuta) and a Feeding Crane class (team taught by Christopher Braun and Edwin Santiago).

In October 2011, Grand Master Liu Chang I was brought in to teach a Gung Fu Seminar on his family's style of Feeding Crane. Some of us have had the opportunity to meet Sifu either in Peoria, IL at the Grand Nationals or at a comparable Peoria seminar and/or in Okinawa - for those that traveled to the 2009 World Tournament.

Sifu Liu Chang has opened new doors for many of us and has also validated many principals to confirm that our training is on the right path. There is a group that is practicing the Feeding Crane style here in Kenosha at Braun's Karate and Martial Arts twice a week.

I would like to thank Mr. Edwin Santiago and Mr. Christopher Braun for teaching Feeding Crane at their Dojo's and keeping it alive for all of us, we look forward to Sifu's returning visit.

Here is some history on the Feeding Crane and White Crane styles of

which I have researched. I thought it would be nice to share what I know.

At the beginning of Chin Dynasty, in the place called Jiulien in the Fukien Province of China, the temple of Southern Shaolin became a place of conflict between an oppressed Chinese nation (supported by Shaolin Monastery) and the Mongolian oppressors. The government, therefore, ordered the temple burned. Any monks who escaped death had to remain hidden.

One monk named Fang, Huei-shi found a hiding place in the city of Fuzhou. He possessed the knowledge of Shaolin Shihpa Luohan Quan (18 Monk Fists) style. He and others planned to overthrow the Chin dynasty, so they formed secret underground societies. His own group was too small for the task. Upon his failure he resigned and decided to retire in Fuzhou branch of Shaolin temple, not interested in the conflict anymore.

Fang, Huei-shi had a daughter named Chi-Nian, who lived in Bizuei Lien-An, near Shaolin temple. Since childhood she learned martial art from her father. Chi Nian was a very fast learner, improving so quickly, that she was capable of doing all the forms and applications within only four years.

One day her father was involved in a fight. Although he defended himself, the injuries he suffered caused his death. At that time Chi-Nian was still very young, and swore revenge. She practiced Luohanquan very hard, but was no match for men much bigger

and stronger than her, who were also experts in kung-fu.

One day, on her way home from a river where she used to wash her clothes, she saw a white crane sitting on the roof of her house. Worrying that the bird will dirty her washed clothes, she tried to scare it away with a stick. While she was attempting to hit the crane's head, the bird suddenly moved, sliding its body away and blocking the attack with its wing. Chi Nian wanted to hit his wing, but the crane moved forward, and used a claw to attack her. A thrusting attack to the bird's body was warded off as the crane closed his wings and retreated, attacking her with its beak. She was very surprised and also inspired by the way this bird defended itself. The next day she saw the crane again and she tried to fight it once more. It went on for some time. By observing the attack and defense of the crane, Chi Nian developed her own method of training, completely different from anything before. Ultimately, she combined the way of her White Crane training and Shaolin Luohanquan to create her own style: a complete system named White Crane School (Pai He Men).

The legend says that this crane was actually a deity of Paihepai (White Crane Style), who came into earth (taking the form of a crane) to teach Chi Nian this method.

Today Paihemen can be divided into 4 major schools: Feihequan (Flying Crane), Minhequan (Whooping Crane), Suhequan (Resting Crane), and Shihequan (Feeding Crane).

I hope everyone who enjoys studying this Feeding Crane style sticks to it. I feel it's one of the best styles out there for developing inner power.

YYDKA Winter Seminar and Dinner

The YYDKA Winter Seminar and Dinner was great as always.

We also had some promotion announcements. My congratulations to: Anthony Pontillo who was recently promoted to Yondan 4<sup>th</sup> degree black belt, Greg DiCello who has achieved the rank of Sandan, 3<sup>rd</sup> Degree Black Belt, Chris Braun Who achieved the rank of Sandan, 3<sup>rd</sup> Degree Black Belt, Scott Otter who achieved rank of Nidan, 2<sup>nd</sup> Degree Black Belt and Jason Rasch who achieved the rank of Nidan, 2<sup>nd</sup> Degree Black Belt. These five gentlemen have put in a lot of time and dedication to the Martial Arts, Training and help teach classes for the Yin Yang Do Karate Association.

I would like to thank all of the Yudansha and the YYDKA Board of Directors for honoring me with the William H. Foster Award. "I never expected to have been awarded this and I am deeply honored by it".

Thank you again,

Rick Cesario Sensei



A review of YYDKA Winter workout

A review by Samantha Clements

On Saturday, January fourteenth of 2012, The Yin Yang Do karate association had the honor of holding a seminar led by guest instructor Sensei Lucky Phillips, who is a student under Hanshi Phillip Koeppel.

This seminar was held at the Kenosha Union Club, Phillips Sensei, held the interest of the group and illustrated many excellent examples of "Body Change, and movement"

After the seminar, we celebrated fellowship over dinner at Yee's Oriental Inn, where the food was exquisite and never-ending. From the moment Phillips Sensei first called the class together I knew I would enjoy the seminar. He brought up many good points about body change, also known to some as "X-ing out," and explained them quite thoroughly. There were many good things about his explanations, including how he taught. He spoke at a good, even pace which made it easy to understand and absorb the information. When listening to him speak, He also had a level of emotion in his voice as he spoke to the class, this made it very easy to understand. He explained each technique and application to the class, consistently using Algiers sensei as an example. Since he's very familiar with the three simplest forms of body change, I felt Phillips Sensei was able to take the time to explain them well and showed them accurately. I was able to see where to place my feet, which is the most important aspect of body change.

This seminar demonstrated the most important aspects of the martial arts, which were all specially gift-wrapped for members of the YYDKA by Phillips Sensei.

The second event that day was almost as memorable as the seminar. The food served at Yee's Oriental Inn was of extremely good quality. I enjoyed every dish served that night! Once the dishes started coming out, it seemed they would never stop.

Per table there were about eight dishes, including chicken-fried rice, beef and broccoli, cashew shrimp, and honey shrimp.

More important than the food, however, were the awards given out that night. A few black belts were promoted to the next rank, including my own Sensei, Christopher Braun, and the father of students from BKMA, Scott Otter. These were all very exciting moment, but the most important award given out was to Rick Cesario Sensei, receiving the W.H. Foster Cup (a special award only given to one member of the YYDKA per year).

Congratulations to all and a special thank you to Lucky Phillips Sensei for a wonderful Winter Workout. .



## Adjusting Your Style

I have previously written about chronic injuries which seem to creep up on us as we mature (become senior citizens). Right now my nemesis appears to be arthritis in the first two knuckles of each fist. The pain incurred by striking with a fist has caused me to rethink my style.

I have begun using a palm heel strike whenever and wherever a punch is called for. The kata may look a little different, but physically striking a heavy bag this way provides some assurance that this weapon could be used to good effect if needed. Striking a heavy bag with a fist is now out of the question.

The point of this article is to suggest that if you have something that doesn't work too well for you, adapt your techniques to fit your lifestyle. Don't move too well anymore? Work on your balance and strengthen your stances. Do strong, hard, focused techniques hurt your joints? Adjust to a softer, internal style or Tai Chi Chuan. There is still something out there for all of us aging martial artist or even younger ones with physical problems. You just have to examine your options. It seems to be working for me for the time being.

In any event, train hard, laugh often, and love much.

**Tim Hillary Sensei**



## Reflections of training

I recently took a vacation to Las Vegas, Nevada with my wife. Actually, it was a business trip for her and I just tagged along. I really don't gamble and would rather be a hermit than be around large numbers of people so prior to traveling I contacted a few dojos, to see if I would be able to train with them.

As many of you know, I have been involved in different styles of the martial arts for a better part of my life. Though never really planning to be involved in so many different arts, or aspects of the arts, I continue to bump into many good people of different styles along my martial arts journey. My main styles of Martial arts are Karate and Aikido with a little Jujitsu, and judo along the way, not to mention Active Countermeasures; through my Law Enforcement profession.

In June of 2010, I had the opportunity to attend the Jeff Speakman Summer Camp, which was a three day event. I have to thank my wife, who was pregnant at the time, for travelling with me. I met many great people all of who were very friendly, respectful, and helpful. (I have tried to stay in contact with many of them) I didn't have a lot of time to talk with Mr. Speakman, but did have a few short conversations with him. When my wife and I left the event in 2010 Mr. Speakman said "If you are ever in town again please stop in, our doors are always open". This was a nice comment and at the time I thought;

“did this guy really mean what he said?”

Many times we say things, but do not necessarily follow through with them for a number of reasons.

Jump forward to July of 2011,

Prior to our travel, I did a little research and contacted Desert Winds Aikikai and Mr. Speakman's International Kenpo Training Academy.

Christine and I explored the outdoors, not on the Vegas strip but out in the desert. Being back in the desert made me feel alive, I felt as if I were back at home as a child in Yuma AZ., where we had lived for a few years.

We went through the Valley of Fire Park, Hoover dam, Lake Mead and swam there. Also a quick trip to Flagstaff to visit my cousin, took in some of the Grand Canyon. We also did some of the typical Vegas things such as take in shows and wandered all over. So when Christine was working, I continued to wander around. I met Elvis, who owns a dive shop in the area. “Really” Elvis impersonator/ Scuba Shop owner? Right outside of Vegas. Strange! However, I was also able to train at two specific Dojo's.

What I found at these schools were many people very similar to myself, all with a desire to train, learn, and teach. Many of whom had a wide variety of Martial arts background. Again all

with a **DESIRE TO TRAIN AND LEARN!!!**

I shouldn't be that surprised, since in my travels and experiences in the martial arts, I have found that these type of people are more prevalent than not. The schools that I trained at were very open and nice. I felt as if I was at home at my own dojo. (Thank You)

This is a very simple, however an extremely important aspect of training, that everyone should remember. **You see all too often some people forget it.** The martial arts, as with life, is about learning and bettering yourself so that you are able to pass on more to your students than what you were given. It is an experience in growing in physical, mental, and spiritual ways.

**Desert Winds.** These are great people. They belong to the same parent organization ASU as I do. However, some of the techniques they performed were just a little different than the way we practice at home. I took this as a learning opportunity to see, in a different light, the execution of techniques.

**Training at the Jeff Speakman International Kenpo training academy.**

We were not able to make the June 2011 summer camp due to being blessed with our new baby at home. So, when I found out that I would be accompanying my wife on her business trip, I decided that I would attempt to take Mr. Speakman up on his previous invite.

While in Las Vegas, I stopped in at Mr. Speakman's School and spoke to him. I really didn't know what to think. Prior to walking in the door, I sat in the car. I wondered if this was a good idea? Is this guy going to take the time to talk to me? I must say I was more than a little intimidated to just walk in the door but I figured I wanted the opportunity. I am very glad that I did.

Mr. Speakman proved to be true to his word, and said that I would be welcomed to train at the school. I was invited to the school for the next two days. However, I over did it in the desert sun the first day and didn't get to go train. Therefore, I was only able to make it one evening but it was a truly great experience and gift. As I explained to my wife, I remember watching some of Mr Speakman's films when I first started my formal martial arts training, and being amazed about the seemingly flowing techniques of Kenpo and the effectiveness of them. In a way this was almost a kids dream come true. The movements are very much like those of Ka Ju Ken Bo that Mr. Koeppel had learned from Sifu Emparado in the 1950's in Hawaii.

I arrived early at the Speakman dojo and donned a white belt out of respect. I waited for Mr Speakman to come out onto the mat. He commented to me, "You are a black belt right?" I said "yes sir, but I am a guest here and do not train your art". He thanked me for my traditional gesture and said, "Next time you

come to my school, you wear your belt."

I explained to Mr Speakman that I was not a Kenpo practitioner. His response was "Well we do more than just Kenpo here."

In my short contact with Mr. Speakman, I can say that he is a man of his word and is truly interested in furthering martial arts and the legacy which was left void with the passing of Mr. Parker. Very much as with the passing of the Founder of our association the Late Rev. William H. Foster.

While training I was so tense, I always try to breathe and flow and am always telling my students to breathe. However, standing in front of Mr. Speakmen, I was so nervous I am surprised I didn't pass out from holding my breath. I found myself speaking to Mr. Speakman about the history of Kenpo, Karate, Mr. Parker, Rev Foster and much more.

Afterward we reviewed a few self defense moves, which I later wrote down on a napkin while Christine and I were at dinner. I have tried to remember the few things we worked on and incorporate them into my class.

I was like a kid, standing there in front of Mr. Speakman. The point I am trying to make, in this long winded article, is not only to share a small adventure I was able to have but to share the principles that I

am continually reminded of. That is to teach my students, and others, to be open-minded, respectful and humble.

These principals were reinforced to me by the students and teachers at **Desert Wind Aikido**, and also by **Mr. Speakman, and his assistant Mrs. Kathy Little**. These principals are to have an open mind about all aspects of the martial arts, be respectful, and humble.

I have in the past been affiliated with some who are good people even good martial artists however, they have a closed mind as to various aspects of technique out there; they refuse to continue their training because it wasn't taught to them from one person. I leave you with the following advice. Train with desire and a true heart, with the passion of a poet and the ferocity of a Samurai. Be good to others and help keep the minds of your students open to learning different aspects about their arts.

Sincerely,  
Patrick Weyand,  
Sensei Sho Shin Kan Dojo (House of the beginners/ open mind)



### Revisiting Makiwara Training

In Japan, Makiwara training is synonymous with karate training. Daily sessions on the Makiwara are required to "forge our weapons". During my younger years, I

relentlessly pounded on the Makiwara to strengthen ligaments, tendons, joints, muscles, and skin. After several years, the first two knuckles of each fist had become enlarged to almost twice the size of the other knuckles. The skin progressed from callous to almost corns that felt no pain. The tendons controlling the fingers were flattened on those two knuckles. At the time, motility didn't seem to be affected.

When I left Japan in January of 1966, I left behind the straw rope covered posts that had become part of my daily training regimen. When I got back to Kenosha, I glued a piece of leather to the side of my Dad's garage and resumed the pounding. This lasted until my Dad put his foot down. I had managed to cause the garage to lean and the door wouldn't shut! From there I went to a rather large Box Elder tree and glued some leather onto its trunk. After girdling the tree, I finally stopped the pounding on it. But from one of its branches I hung a duffel bag full of sand. The duffel moved when hit so it provided a moving target. It was also more resilient than my former striking areas. I found I could project further into this target and it seemed more like an opponent.

Later in my life I purchased a heavy punching bag (70 pounder) and was thrilled with the way a punch, strike, or kick felt against this resistance. I really believe a student of the striking arts absolutely needs to regularly practice against a target that offers substantial resistance. Without it, you will never know until too late how

much it hurts to hit something with your wrist in poor alignment or your shoulder in the wrong position. Now that I have been 39 years old for about 30 years, I am beginning to feel the results of the atrocities I committed against my body in bygone years. Arthritis has visited many areas of my body, but one of the worst places is the first two fingers & knuckles of each fist. Coincidence? I don't think so.

Drawing on my personal experiences I hope to save some of you some of the pain caused by excesses. If I could do all my training over again, I would begin with a heavy bag and stick to it. It offers the resistance to teach you proper bone and joint alignment and the mobility to help you gain proficiency with a moving target. Striking a hard unmoving object is a recipe for disaster, both now and in the future. Please don't do this to yourself. You WILL pay the piper down the road.

So train hard, laugh often, and love much.

**Tim Hillary Sensei**

**Special Merchandise orders.**

Recently a special order for silk-screened hooded pull-over sweat shirts was placed. There are still some in stock if you are interested, please inform your sensei or contact [PatWeyand@wi.rr.com](mailto:PatWeyand@wi.rr.com) for further details.

In addition, if you would be interested in any association T-Shirts for the summer please let me know. It is much easier to order off a list.

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New Schools Koreisha No Senshi Kempo Karate. The Villages FL Lee Aiello Sensei

Kenosha Boys and Girls Club Rick Cesario.

Kenosha YMCA Patrick Weyand

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Preparing for the Big Test  
Ueshiba Morihei O-Sensei,  
(December 14, 1883 – April 26, 1969)  
the founder of Aikido, stated that to "be a good martial artist, one needs a good imagination". This does not mean that the martial artist should be delusional.

When we (martial artist) train, we are told to imagine that there is an attacker standing right in front of us. Or we think about what we may be doing to the multiple attackers while in kata. My Sensei Robert Brown Sensei, would yell over the class "Pretend that you're punching through 3 or 4 bricks with those punches". But the problem with all of this is that it's all in your mind. Can you really do this stuff? Can you really defend yourself when the time comes or do you only *think* that you can?

Matt Larsen, creator of the U.S. Army *Combatives Program* (FM 3-25.150), was a veteran martial artist before enlisting in the US Army. He believed that the hand-to-hand combat skill taught to our soldiers was a joke and he decided to redesign the program for a more practical approach in the battle field.

I think that this is something each of us needs to do; rethink our skills and redesign our arts to make them more practical. However, this is very hard to do for most people. Why? Because they are afraid of hurting people and getting hurt themselves.

I know that we are all "friends" in the dojo; this does not mean that you should always go easy on each other. In fact if you really are my friend, you would go more realistic on me during sparring to show me what I need to improve on. Going easy will only give me a false sense of training and sending me into the streets with skills that I never really had.

Professor Ed Parker Jr. would always tell his students to never hold back power when fighting, but to use control when striking. This type of training has been forgotten over the years in this modern world of "you hit me too hard and now I'm going to serve you with a lawsuit.". We forget that we are not students of a sport, we are not held back by predetermined rules during life or death encounter. We are warriors in training. When we fight, we believe in doing what we have to do to survive the fight. We should train the same way.

If you Google "Battle Test Martial Arts" you will get over 18,900,000 in

less than a second. I cannot believe that there are that many different "battle test" arts out there in this world. I don't believe that there is even a quarter of that.

Some of these instructors may have been in a fight once in their lives, but I think that most of them have been in a playground pushing match. Or that they fight against other people in their dojos and think that they have the street combat smarts to survive because they didn't get cut with the rubber knife during training.

So how do we test ourselves in combat? My purpose of writing this is not to have people pick fights to see how many people they can take on. My purpose is for martial arts to stop thinking that they are "battle tested" when they have never had the true test yet.

What you should do is train and train hard. Train like your life depends on it with every movement you make. When you make your stance, do it like the ground your on is unstable. When you kick, kick with what I call the 3 P's (passion, power, and purpose). This is what Ueshiba O-Sensei meant by using the imagination while training. Evaluate your martial arts every day. If you had to fight off an attacker right now, can you? If not, why not? What should you be changing so that you could? That is what Matt Larsen did and in doing so, he changed the way the US Army now trains our soldiers.

When training with a partner, don't hold back your strikes. Strike at them the way you would on the street, but if they are not able to block it for whatever reason don't give them a

black eye. You control the strike and stop it short of doing real damage. This is what Master Parker wanted us to do. Train for real.

Train for the one big test that I hope none of you will ever have. This test is a pass or fail, with nothing in between. You will study a lifetime for this test, only to have it sprung onto you when you least want it and have it over in a few seconds.

The class is Survival 101. The test is on Life or Death Combat. I took the test more than a few times. I don't believe that I am done learning yet, so I know that the test may happen to me again. I will keep studying and make sure that I am as prepared as I can be at all times.

What about you?

Christopher Braun Sensei



Just a reminder our web site is for you the membership. Each school has a space where photos or information can be added. IF there is anything you would like to see on the site or on your schools area, please feel free to contact me and I will do my best to make it happen.

Also our associations Meetings are posted on our web site. Any members in good standing with the association are welcomed to attend these meetings.

Our Current Board members are as follows, Elections will be held soon for term rotations, if you are interested in being on the board of directors please let us know.

Rick Cesario Director

Mark Algiers Chief Instructor

Patrick Weyand Secretary/ Historian/  
Web

Scott Otter Treasurer

Jason Rash Member at large

Edwin Santiago Member at large

Tim Revis Member at large

Michael Stancato Member at large

Christopher Braun Member at large.

Don Jambrek Member at large

**WISCONSIN**  
**KENOSHA**

Al Gomez Sensei  
GI-KO-TA-N-KYU (Quest for Personal  
Excellence)  
Kenosha National Guard Armory  
Tuesday and Thursday 5:00 PM –  
6:30 PM

Elio Covelli Sensei  
Eastside Racquet Club  
Tuesday 10:30 AM - 12:00 PM

Mike Stancato Sensei  
Vince Perez Sensei  
Library Park in Kenosha (summer)  
Masonic Temple (winter)  
Monday-Friday 5:15 PM - 6:15 PM

Rick Cesario Sensei  
Zan Shin Do Dojo  
St Peters Church Tuesdays 5:30  
Kenosha Boys and Girls club  
Thursday 5:30-7:00

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[www.bkmartialarts.org](http://www.bkmartialarts.org)

Patrick Weyand Sensei  
Sho Shin Kan Martial arts  
Kenosha YMCA  
ShoShinkanmartialarts.com  
262-939-9955

**NEENAH**

Bob Nelson Sensei  
Valley Academy of the Arts  
125 W Wisconsin Ave  
Tues, Thurs 6:30-7:30 P.M.

Koreisha No Senshi Kempo the  
Villages Florida.  
Lee Aiello Sensei