



## Newsletter

December 2006

---

### Table of Contents

From the President	
Ron Zieth.....	1
2006 13th annual founder's day	
Winter Recognition.....	2
Experiencing Kata	
Mark Algiers.....	3
Importance of Heavy bag Training	
Tim Hillary.....	3
Master Koeppel's Recognition Dinner	
Pat Weyand.....	4
Origins of Our System	
Edwin M. Santiago.....	5
Advance Yourself	
Rick Cesario.....	5
From the Treasurer Joe Sielski.....	6
Website information	
Editors Note	
Al Gomez, Pat Weyand.....	6
Dojo News / Membership.....	7

### From the President

In 1968, a William H. Foster moved to Kenosha Wisconsin from Peoria IL, a very unpretentious event, yet an event that would later change the lives of countless individuals. William H. Foster was the Chaplain of Kenosha Hospital as well as Senior Pastor of the Congregational Church. Shortly before Mr. Foster's arrival, Tim Hilary started teaching a karate class at the KYF. Due to a job change, Mr. Hilary had to relocate to the Michigan area. Mr. Hilary had heard that the new pastor at the Congregational Church had studied karate, and approached Mr. Foster requesting he visit his class with the possibility of continuing to teach his students. After visiting the class, Mr. Foster agreed to teach the class, and hence the start of his karate legacy. For over 50 years, Sensei Foster freely gave of his time and knowledge, not only teaching karate, but transforming so many of us from kids into adults. He watched us grow and mature into adults whom he loved. It's been twelve years since he passed and many things have changed yet there is something that will continue on with our help, the association he so dearly loved, and the members thereof. We need to come back as the karate family he cherished. Like any family, there have been and will be differences. If there is love and respect

within the members of the family, differences will be resolved, and growth allowed continuing. We have come to a time when we, as individuals, need to decide whether to continue on his legacy or let it fall by the wayside.

I hope that you will decide to come back, support and become active again in OUR association. Through our members and our relationship with Mr. Koepfel, we can become a karate family again.

I want to personally thank Pat, Derrick, and Jason for reminding me of my obligation to my Sensei, and their efforts in developing a website we all can be proud of.

With your help, we can continue Sensei's Foster legacy and grow, from the wisdom of Sensei Foster "May the eternal spirit grant you peace, Sianara"

Ron Zieth  
President  
Yin Yang Do Karate Association



### 13<sup>TH</sup> Founders Day

The 13<sup>th</sup> Annual Founder's Day Workout was held on July 15<sup>th</sup> 2006 in Pleasant Prairie, Wisconsin at Sensei Zieth's home. The Sensei's who lead the instruction were Sensei Elio Covelli, Sensei Al Gomez, Sensei Ron Zieth, and Sensei Chuck St. Pierre. Due to the intense July heat index of 100 degrees each Sensei taught a one half-hour block of instruction, with water breaks in-between. Everyone was still standing at the end with well over 30 participants from all over Wisconsin and Northern Illinois. We then celebrated in true Wisconsin fashion with burgers, brats and beverages as refreshments. The 2007 Founders day is already in the works and is scheduled for July 14<sup>th</sup> at Sensei Zieth's home. Please mark your calendars' and attend.



### The 2006 Winter Recognition Dinner

The 2006 Winter Recognition Dinner will be held on January 27, 2007 at the Danish Brotherhood Cocktails at 6P.M dinner at 7 P.M all members are encouraged to attend. Pre-registration and payment is required so that we can have an accurate count on meals. The cost this year will be \$18.00 per person. We have a choice of Italian Beef, or Italian Chicken, with many sides. Please detach attached registration form at the end of the newsletter and send it back in. We hope to see everyone there.



## EXPERIENCING KATA



*by Mark Algiers*

Experiencing kata can be felt in many different ways depending on what rank or what level you may be at. To better explain what we experience while doing kata, I've thought up five different classification levels we pass through on our way to a much clearer and deeper understanding of what experiencing kata is all about.

1. The first stage is the beginning. Here the kata is all physical with lots of thinking. You must be aware of your form, stance and technique, breaking down the movement's one at a time. Everything is still new.
2. At this level we still work on the form and technique, but the karateka must start putting combinations together with breath and getting a feel for the movements.
3. Here the form is good with more emphasis on combinations from the hip. As the movements in the kata become more fluid, we start to be aware of focus and interpretation on the technique.
4. The form and breath comes naturally, the combinations come from the hip with power. The flow becomes smoother and stronger. Slight sign of Chi flows from within. The advanced karateka also works for a precise technique and an overall understanding of interpretation.
5. This is the level when everything flows together precisely and naturally. All the principles of power are obvious. There is a good sense of harmony with very strong Chi flow.

Keeping these guidelines in mind, there are also three very important ideas to keep in mind to enhance your mental aspect of the kata. They are:

1. Orei – The purpose of the Orei is to relax the mind and sink the Chi to the Tan Tien point.  
The mind mobilizes the Chi.
2. The Flow - The body must flow like water. It must move fast yet calm, hard yet soft, ever so unpredictable as you perceive the kata to be. This must be done with Mushin (no mind).  
The Chi mobilizes the body.
3. Ending – The kata must end with Zanshin when the body has ceased to move, but the energy is still flowing.  
The Spiritual mind is serene.

Remember, every individual karateka is different from beginner all the way to master ranking. But, by keeping these guidelines in mind, we will all exercise the mind by using Mushin (no mind). We will get a good physical exercise by flowing movements of the kata itself. Also, our Spirit will be stimulated as the Chi flows. So, the kata experience (as in Karate itself) must be the total understanding of harmony between the mind, body and spirit as one.



### **The Importance of Heavy Bag Training** *By Sensei Tim Hillary*

Most of us begin our Martial Arts life in a similar fashion – by attending classes, doing what we're told when we're told, trying to imitate our seniors, and doing a lot of training outside the dojo. We begin clumsily & slowly, gradually improving our form, speed, power, focus until our moves become second nature. We are confident from the snap of the gi each time we punch, kick,



block, strike, etc. that our techniques are truly dangerous. But dangerous to whom??? If your kihon (basics) training has only been directed toward thin air, those techniques may be dangerous to you, should you need to strike something hard with the intent of disabling, breaking, maiming or killing that object!

Enter the Heavy Bag... A 70 pound heavy bag offers sufficient resistance to provide your much needed wake up call. Whether your punching fist is vertical like most Chinese styles, half rotated like Shimabuku Sensei taught in the Isshin-ryu, or rotated to the horizontal like most other Okinawan, Japanese & Korean styles, if the bones in your wrist are not properly aligned & force properly focused, you are in danger of serious injury. For a real quick lesson in kime (focus) try this: Don't wrap your fist or wrists or use gloves -- bare hands only. Assume a fighting stance (kamae) in front of a 70 lb heavy bag (no need to have someone hold it). Slide step forward in the half facing (hanmi) position and simultaneously deliver a full speed, full force reverse punch (gyaku tsuki) to the CENTER of the bag making sure to employ proper hip rotation. If you hold back on the power, you'll be cheating yourself out of this valuable experience. Now repeat the process with your other hand. Remember, full power! Now, how far did you move the bag? Wrist get a little tingle? How about the elbow? Shoulder? Repeat the drill 10 times. By now it should be painfully clear that without further resistance training using the bag/makiwara, an important facet of your training has been neglected.

Another very important part of heavy bag training is balance while kicking. Try this: Face your bag sideways in a good Kiba dachi (horse stance). Take a step and throw out a strong Yoko geri kekomi (side thrust kick) just barely making contact with the bag. Notice your balance. Now take a larger step and throw out that strong Yoko geri kekomi targeting the CENTER of the bag. How much did you move the bag? How was your balance? Try the same drill facing the bag in a good Zen kutsu dachi (front stance) and throwing a mae geri kekomi (front thrust kick) at both targets. Is your kick really as strong as you thought? Is your balance the same as your first front kicks?

We all need practice projecting our force forward into our targets while maintaining our balance. Regular use of a heavy bag in training can be a great help. Ease into heavy bag use as ligaments & tendons unaccustomed to this kind of training will become very tender if you push too hard too fast. Work first on your form and focus, then speed & power. As karate is a lifetime endeavor, take your time & do it right. Train hard, laugh often, & love much.

**Sensei Tim Hillary**



**Master Koeppel's 50 years in Karate  
Celebration Dinner.**

Recently, I had the great opportunity to travel to Peoria Illinois to take part in the celebration of Master Koeppel's 50 years in Karate. I was joined by Sensei Zieth and Sensei Chuck St. Pierre. For those who might not know, Sensei Zieth is the State Director of Wisconsin for the United States Karate Do Kai. Our organization has some deep roots with Master Koeppel, who was a very good friend of Reverend Foster as they opened a dojo together in Peoria IL in 1960.

While attending the dinner, I was able to listen to all the great stories Master Koeppel's students had from all the years of training and traveling with him. Many of them spoke of the power that Master Koeppel has and his devotion to the arts. I thought about all of the comments, and in thinking of power, I found myself not only thinking of mere physical strength but of the mental and emotional strength, KI, that he must possess to touch so many. In my mind, I pictured all of the teachers and friends I have made through the study of Shorei Kempo. I then thought about Reverend Foster whom I unfortunately never had the chance to meet. Growing up, I had some close friends who started training before I did. I remembered in high school when he passed away how lost and hurt some of my friends felt over the passing of their Karate Master. I do feel that through training in Kenosha with so many people who did train with Reverend Foster that he is still with us. Every student that trains with the Yin Yang Do has a piece of Reverend Foster passed



on to them. In listening to Master Koepfel's students talk, I thought of the internal power that Reverend Foster and Master Koepfel must have shared and of their great qualities that they possess to have pulled so many people from all different beliefs and backgrounds together. This is more than likely why they opened their first dojo in Peoria together, and became life long friends. At the celebration, there was a point where Master Koepfel thanked everyone for attending especially all of his students stating that his students make him strong. He then became very quiet at the microphone, paused for a moment and was very sentimental, he was reflecting about being alive while many of his old friends had already passed. He wished that his friends who had passed were still around and said that he missed them. Master Koepfel was speaking of Shihan Foster, Shihan Trias, and of a good friend who had passed the day prior to the celebration. There are not words to express the friendship and energy in that room at that moment. We are blessed to have been associated with Shihan Foster and Master Koepfel. Master Koepfel continues to support the Yin Yang Do in our endeavors. For more information on the United States Karate Do Kai please visit [www.yinyangdokarate.com](http://www.yinyangdokarate.com). There you will find a link to their website.

Pat Weyand



## **Looking at the Origins of Our Martial Arts** *By Edwin M. Santiago*

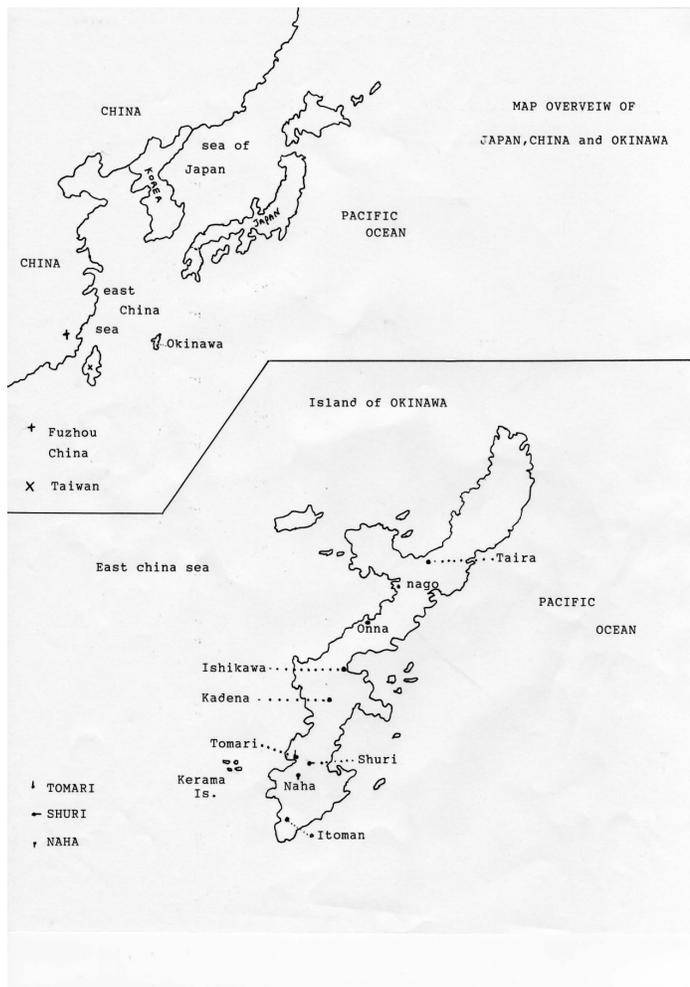
My fellow Karateka, we hear so many stories about the ancients and how the Asian martial arts were handed down through the years. From sensei to disciple, styles evolved from China, Okinawa, and Japan. Three main styles developed in Okinawa – Shorin Ryu, Goju Ryu, and Uechi Ryu.

As important as it is to study the physical aspects of Budo, we should also strive to learn the history of the martial arts to which we have dedicated ourselves. Who are the people and the countries that have given us the arts? Which style came from where? These are the questions I have often asked myself. I decided they needed to be answered. I have researched these questions and thought I might transmit some of the information.

The Yin Yang Do Karate Association founded by our greatly respected Shihan, William H. Foster, has its roots right here in the Kenosha area. Although eclectic in approach, its origins are in Shuri ryu and Chinese kempo. There were three major villages in Okinawa where the arts developed – Shuri, Naha, and Tomari. The martial styles from all three of these towns were strongly influenced by Chinese Martial Arts.

**[View map on next page](#)**





self conscience. That way, whenever you perform, all techniques it will be correct.

### *Yudansha*

To many of us who don't see advance movements, like in kata for instance. We do our kata the way we were taught. There are times when we have to advance ourselves. I'm not saying it's wrong, it's not. We just need to see in advanced ways. When you perform kata do you look at angles or do you go straight into your opponent. When you throw a block followed by a punch should it be a block and then throw the punch or should it be thrown together? You would be throwing the block along with the punch simultaneously. There are a lot of hidden movements in our kata. We should look deep into what we are missing. By staying tuned to the same movement in kata we limit ourselves to the basics. There's nothing wrong with the basics. Remember when learning advance movements we could create bad habits. If you do create a bad habit the best thing to do is go back to the basics.

There's so many times in kata that we say "what are we doing in this movement", because there are so many hidden movements sometimes it's hard to identify. This is a good challenge for us to be more creative and to pull all Yudansha together to see what kind of technique we come up with. There is nothing wrong with advancing your techniques. Just like there's nothing wrong with going to other dojos. Basically, learn all that you can, gain as much knowledge as you can, for yourself and for your dojo. Advance yourself and always look into new advance techniques when going through wazas or katas. There's so much out there to learn and to pass on. Always advance don't get stuck in one place and never forget the basics.

Sensei Rick Cesario  
Zan Shin Do

---

### **Advance Yourself**

I've been in the Martial Arts for 31 years. I see some great Yudansha and good kyu ranks in my time in the arts. Many of us practice as much as possible. I believe we all need to take a good look at ourselves and ask are we practicing what we need to practice or are we going over the same old bad habits? I'm not saying don't practice the same things, but we all have to pursue what we learn. We should look at our techniques and ask are they correct? Take out the time to look at yourself and correct it. So take time out to make sure your stance, breath, bone alignment and positioning is perfect. Practice your techniques until they are embedded in your

**From the Treasurer  
Joe Sielski**

We have the following items available to members:

Patches.....	\$7
Double Ax (Yudansha).....	\$7
Kyu Certificates.....	\$10
Dan Certificates.....	\$25
T-shirts.....	\$15
Yin Yang Do Silver Anniversary Booklet.....	\$15

Send application and order to:

Joe Sielski  
8031 – 50 Av  
Kenosha, WI 53142  
262.694.6892



**Yin Yang Do Website**

Over the last year numerous members from the organization have been diligently compiling historical articles, photos, old news letters, and updated information into a web site which is intended to be for the entire organization. We are striving to compile as much information as possible about the history of our Karate Organization, and the style of Karate we call Shorei Kempo. In an effort to have as much information in one spot as possible. This requires everyone's help. If you have any newsletters that are not listed on the site, stories, old or new

photos, or just a posting you would like on the site please contact us. We can use updated dojo information, and workout times. The website is [yinyangdokarate.com](http://yinyangdokarate.com) we also have an e-mail address that you can send information to: [yinyangdo@gmail.com](mailto:yinyangdo@gmail.com)

We welcome information and any constructive criticism.

**Special thanks to Jason Sielski, WebMaster Derrick Domes and Pat Weyand for all their time and effort.**



**Editors Note:**

The next Newsletter will be out during the month of June 2007. Please have your articles or any notes of general interest to me no later than April, 2007. If possible please type your article. I can read Microsoft Word, Word Perfect, or text. If you E-mail you can reach me at: [Patweyand@wi.rr.com](mailto:Patweyand@wi.rr.com) . Please "pour" your article into the body of the message, do not send an attachment. Put something regarding Karate in the subject area so I will not delete your message by mistake!! I receive too much junk mail.

Pat Weyand



**Membership Form:**

In an effort to update all of our records we are asking that any members old or new please complete a membership form with all your contact information including e-mail addresses if you have them. This will enable us to stay in better contact and to get the newsletters to you as soon as possible. We ask that if there are people at your respective dojos whom do not have e-mail to please copy and disperse the newsletters and membership form.



# *Dojo News*

In this issue we did not include Dojo News. We would like the various schools to assign someone within their dojo to keep track of news such as events, ranks, or any other significant events that we can share with the Association.