



## Newsletter

December 2001

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### Winter Holiday Party

On January 12, 2002 we will have our annual Winter Holiday Party at the Danish Brotherhood, Kenosha, starting at 5:30 pm. As Yin Yang Do Karate Association member, you are invited to attend and meet with your karate friends.



## From the President Ron Zieth

I would like to start by wishing every one a very Merry Christmas and a blessed New Year. December is again a time to reflect on the past year as well as make plans for the upcoming year.

This past year was difficult for many of us, a relatively poor economy, thousands of people being laid off because of the slow down in the economy, and of course the events that occurred in September.

All of us have in some way been effected by the September attach, most notably those presently in the armed services such as Jim and Chuck St Pierre, please remember them in your prayers.

Alex Nilov is in the process of setting up a YYDKA website, the address is: [www.acronet.net/~yydka](http://www.acronet.net/~yydka). We are looking for your suggestions as to the content of the website, please address your comments or recommendations to me at: [rjzieth@execpc.com](mailto:rjzieth@execpc.com), and I will pass them on to Alex. Remember, the purpose of this website is to disseminate information to our membership, so take some time and let us know what you want to see.

One of the sections of the website will be a calendar of events. If you have any boards of review, parties or anything that you would like listed in the calendar, please forward that information to Alex at [nilov@acronet.net](mailto:nilov@acronet.net) and he will put that information on the calendar of events. Coming up within a few weeks is our first event of 2002, a Christmas get together at the Danish Brotherhood. We are also planning a couple of kata clinics, the first being in

June. The purpose of the clinics is to review each of our advanced kata and answer any questions those who attend may have, check the calendar for the date time and place.

Joe Ferraro is in the process of finishing up the work Tim Hilary has started on the student handbook. We plan on giving each new member a packet of information to include such items as the student handbook, rank requirements, membership card and association patch.

If any of the membership has recommendations or suggestions on events they would like to see our association sponsor, please forward those suggestions to me and I will bring them up at one of our board meetings.

In each of the newsletters, AI includes the times and places of different dojo workouts, please review this and let AI know if any corrections or changes are needed, also if you would like your dojo to be listed, send AI the information and he can include it in the next newsletter.

I hope to see you all at one of the upcoming functions, have a great and prosperous year.

Ron Zieth  
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Email: [rjzieth@execpc.com](mailto:rjzieth@execpc.com)

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## Notice! Photo Album/Scrapbook Mike Stancato

The Association now has an album available for old photographs, articles, and other memorabilia. The pages in the album are of archival quality, so (hopefully) we won't have to worry about lifting print from the material. The album would be made available at each Association event (e.g., winter and summer workouts) for all to view. Preferably, copies of the original item should be made for the album and the originals kept by the owner.

If you have memorabilia you would like to share with the Association, contact:

Mike Stancato



**From the Treasurer**  
Joe Sielski

We have the following items available to members:

- Patches.....\$5
- Double Ax (Yudansha) .....\$3
- Kyu Certificates.....\$10
- Den Certificates .....\$25
- T-shirts.....\$10
- Yin Yang Do Silver Anniversary Booklet.....\$10

The Second Annual Founder's Day workout T-shirts are available in black and white, large and X-large. They have the Yin Yang Do Karate Association symbol and printed with "W.H. Foster 1913 - 1994". (\$12 each plus postage.)

Send application and order to:  
Joe Sielski

**Editors Note**  
Al Gomez

The next Newsletter will be out during the month of June. Please have your articles or any notes of general interest to me no later than May 25, 2001. If possible please type your article. I can read Microsoft Word, Word Perfect, or text. If you E-mail you can reach me at: [algozmez@wi.net](mailto:algozmez@wi.net) . 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.

Mail to:  
Al Gomez

**Yin Yang Do Karate Association Board Members**

Bob	Brown
Dick	Bruno
Rick	Cesario
Al	Ferguson
Joe	Ferraro
Jim	Frederick
Al	Gomez
Tim	Hillary
Don	Jambrek
Tom	Mellonig
Ulf	Muntzing
Sharon	Olszewski
Joe	Sielski
Chuck	St Pierre
Mike	Stancato
Bob	Tondi
Marc	Travanti
Scott	Warren
Ron	Zieth



## **A Talk With My Sensei**

Tim Hillary

When I left Japan as a relatively new shodan in January of 1966, my sensei, MASAOKI Ueki, told me to work on my kihon (basics). On December 15, 2001 I visited his dojo in Ebisu, a Tokyo suburb, and was told once again that my kihon needed work. Without strong kihon, he said, kata are lackluster and kumite is brawling. According to Ueki sensei, kihon are the basis of good karate.

Ueki sensei is now a 7th dan with the JKA and runs a dojo of his own. He is still sent on foreign trips by JKA (I missed him by two days when I visited his dojo in 1998 and he was sent to France). Although he is quite a few years older than me, his leg speed is second to none & his form is flawless. With only a couple of hours to catch up on thirty-five years, we worked on a few kata and I was invited to help teach a class. Somehow I got the impression he was still evaluating my progress. We spent time talking about old times and even shared a few laughs (mostly about how cocky I was as a youth and how difficult it was to teach me humility).

We also spoke of the direction karate was moving and Ueki sensei was concerned that the emphasis on showboat, no-holds-barred matches was corrupting the Art. He hoped for a renewed interest in traditional karate where kumite is well-controlled and just a small part of the Art. He also said he trusted I was teaching karate as I had learned. To always remember that karate is a warrior art for the promotion of peace and cultivation of the spirit. I assured Ueki sensei that I would continue to teach traditionally. I'm sure some of my old students remember those hours and hours of basics. Although kumite is a vital and fun part of training, it is truly only a small part. Physical conditioning, strength training, stretching, anatomy & physiology study, meditation, makiwara and bag work, community service, family solidarity, character development, kihon (there's that word again!), kata, and so many other aspects are equally important. We must never lose sight of this if we are to fully develop into our Art.

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### **Dates to Remember:**

January 12, 2002 – Black Belt only clinic at the Danish Brotherhood 2 – 4 pm

January 12, 2002 – Winter Party at the Danish Brotherhood 5:30 – ?

February 2, 2002 – YYDKA Board meeting

February 23, 2002 – Northern Yin Yang Do Karate Association Winter Party, Cecil WI

May 11, 2002 – Master Bill Penca has a seminar in Rhinelander, \$25 for the Seminar with lunch and dinner

June 23, 2002 – Kata Standardization clinic 1 – 4 pm at a site to be determined

July 13, 2002 – Summer workout 1 – 4 pm, Lake Andrea Park

