



Newsletter

November, 1986

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A Word From Shehan

The traditional aim of Karate is serenity. Serenity, unlike peace, does not depend on conditions. Serenity is a power granted to us by our Creator. It is often lost, or not developed. The student of our art, who masters form and ferocity and has not begun to grasp serenity has "missed the bus".

The Do, or way, is a journey into inner peace. It starts as a simple level. A man I once knew was so afraid of bullies that he would walk out of his way to avoid a group of men talking together. He had been bullied and beaten in his younger days. After he had studied the art he lost this fear. His confidence was so great that he welcomed an attack. He had far! far! to go.

The opposite of peace is not war but insecurity. As faith grows, peace and security grow. A Karate master in Asia was asked why he trained so hard. His answer: "I am training to die."

We seek and find a peace that many cannot understand. Jesus said "He who seeks will find, and to him who knocks it shall be opened." We seek! We Knock! We find!

Go with God my dear children.
Wm H. Foster

Requirements For Rank

Yellow Belt (Schichikyu)

Basic stances, blocks, punches,
pikes and kicks.
Kata: Omoto Ten and Karumpha
Geri Wasa 1 and 2, Taisu 1

Green Belt (Rokkyu)

Kata: Shorei Mege, Neko Buto Ich,
Pinan Ich, National Dance,
Gaki Sei and Tai Chi Gedan
Geri Wasa 3 and 4, Taisu 2
Demonstrate open and closed
hand breathing tension wazas.

Blue Belt and Purple Belt

(Gokyu and Yonkyu)
Seven Kogeckis
Kata: Neko Buto 2, 3, 4; and 5,
Pinan numbers 2, 3, 4, 5, Saifi, Anaku,
to Buto, Twelve
Geri Wasa 5,6 and 7, Taisu 3 and 4

Brown Belt (Sankyu, Nikyu, and Ikkyu)

Kata: Basai Dai, Naifunchin, Seenchin
Geri Wasa 8,9 and 10, Taisu 5 and 10

Black Belt (Shodan)

Katas: No Hi, Tensho, Kan Ku Sho,
Nandan Sho

Black Belt (Nidan)

Kata: Go Pei Sho, Sei Pai, Dan Enn Sho

Sensei History

Name, date, and place of Shodan:

William H. Foster - 1963; Peoria, IL
Phillip Koeppel - 1960; Peoria, IL
Robert Trias - 1942; Tulagi, British
Solomon Islands
Tung G. Sang - 1930; Canton, China
Choki Motobu - 1910; Okinawa
Ankho Ituse - 1890 - 1900; Okinawa

Ituse started the first school of Karate
open to the public.

Minimum Time Requirements

Belt	Years	Months	Hours
Yellow	0	3	29
Green	1	3	144
Blue	2	0	230
Purple	2	9	316
Brown (Sankyu)	3	6	400
Brown (Nikyu)	4	0	460
Brown (Ikkyu)	4	6	520
Black (Shodan)	5	0	580

Price Listing

Lifetime membership - \$20
Patches - \$3
Kyu Certificates - \$4
Dan Certificates - \$5

Prices and paperwork will be kept at a
minimum. I will type the kyu/dan
certificates only if requested. So please let
me know what you need. Also, if you would
like to distribute patches or the
membership forms within your club contact
Al Gomez.

Ranks of Yin Yang Do Karate

Hachikyu	8 th Kyu	White belt
Shichikyu	7 th Kyu	Yellow belt
Rokkyu	6 th Kyu	Green belt
Gokyu	5 th Kyu	Blue belt
Shikyu or Yonkyu	4 th Kyu	Purple belt
Sankyu	3 rd Kyu	1 st Degree Brown Belt
Nikyu	2 nd Kyu	2 nd Degree Brown Belt
Ikkyu	1 st Kyu	3 rd Degree Brown Belt
Shodan	1 st Dan	1 st Degree Black Belt
Nidan	2 nd Dan	2 nd Degree Black Belt
Sandan	3 rd Dan	3 rd Degree Black Belt
Yodan	4 th Dan	4 th Degree Black Belt
Godan	5 th Dan	5 th Degree Black Belt
Rokidan	6 th Dan	6 th Degree Black Belt
Shichidan	7 th Dan	7 th Degree Black Belt
Hachidan	8 th Dan	8 th Degree Black Belt
Kudan	9 th Dan	9 th Degree Black Belt
Judan	10 th Dan	10 th Degree Black Belt

Continued: The Yin Yang Do Patch

realizes that we surpass the physical part of the art if we go far enough. We realize that life is short - the mind and body must be in harmony with nature. The fun is climbing the ladder - not looking down from the top. We must teach the new students - for that's where the future lies.

Why a Newsletter?

How Can You Help?

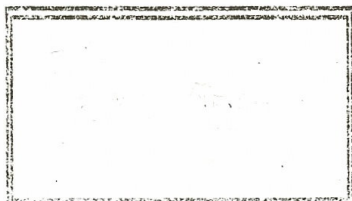
Welcome to the first edition of what will be a biannual newsletter, at minimum. Depending on the response of the membership, I may increase the frequency to three or four editions per year.

I see this newsletter as a forum in which the membership may use to communicate ideas dealing with karate and related subjects. Our association is now scattered throughout the United States and the world. I feel it is important to keep the spirit of karate burning whether you are in the Kenosha area or thousands of miles away. You are not alone!

Please help by sharing information on your club activities. If someone in your club would send information on: 1) club workout time and location, 2) a contact person which members may call if in town and want to workout, 3) promotions to dans, 4) Christmas parties, summer picnics, etc, 5) any other information you may like to submit, 6) if submitting an article, include a phone number in case I have a question.

In order to keep our costs down and my time involved with editing at a manageable level, I will send each club a copy of the newsletter. Please feel free to copy and distribute as needed.

Al Gomez
Editor and Publisher



The Yin Yang Do Patch

by Dick Bruno

Several students have asked about the symbols and meaning of our patch. I would like to share this with you at this time. Shehan Foster has put his family "coat of arms" on the patch to represent all our sensei history. We can trace our lineage all the way to Taeshi Daruma (Bodidharma). The knight represents the character and confidence we have inherited from the past. Our style did not evolve overnight - it took centuries for it to develop and become what it is today.

Below the knight is a picture of a piece of bamboo. The bamboo represents the flexibility of our style. We are hard but also soft in techniques. To be soft in touch is to be hard in touch. If someone attacks as with a hard technique we return with a soft technique and vice versa. We go with the punch and step out of the line of attack. Once a student asked me, "How do we deal with force?", I said, "Run away." This does not mean you can not defend oneself. We must avoid confrontations. This is what the Yin Yang Do words mean. The yin is the soft and the yang is the hard. In every hard technique there is a soft technique. If one is to be quick he must first be slow. Practicing slow techniques improves your speed, timing and concentration. The word "Do" means - The Way. Karate helps us find the way and make adjustments in life. Karate helps us to be more understanding and patient with our family, friends and loved ones. It helps us to do our best in our jobs and achieve success. Karate teaches us compassion for others - for the "real" karate is in the mind. Anyone who has achieved this enlightenment in the art

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KYF YinYangDoKarateClub
Kenosha, WI
Sensei - William H. Foster

Dojo News

Our workouts are still 5 to 6:30 PM on Tuesdays and 1:30 to 3:00 PM on Saturdays.

Contact person: Dick Bruno,

During the past year and one half we have had two promotions to Shodan. Rich Walter and Dale Pauley have recently been added to the Yudanshas. Rich and Dale have helped teach the kyu ranks for years and have helped the club keep its new members by showing interest.

Everyone is welcome to attend our workouts and can be admitted free by any club member. As K.Y.F. members we are allowed 3 free guest passes per year. We average about 10 students on Saturday so this gives us 30 free passes. Come on down on Saturday and enjoy a workout.

Gi Ko Tan Kyu, Kenosha, WI.
Sensei - William P. Foster

Workouts are held Tuesday and Thursday, 5 to 6:30 PM at the Southport Beach House, 7825 - 1st Avenue.

During the past year Vince Perez was promoted to Nidan, and Mark Travento to Shodan. We found a new dojo (Southport Beach House), after approximately three years at the National Guard Armory. If you are ever in the area, please feel free to stop by and workout with us.

We held our annual summer picnic on a warm sunny August day at the "Sunshine Farm and Galactic Centre" of Al Gomez in Racine county. There was great food, drink and conversation, lasting well into the night.