



# Newsletter

December 1998

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## *The Yin Yang Do Karate Holiday Party*

The annual winter workout will run from 1:30 to 4 pm, <sup>January 9th</sup> ~~December 13~~, at the KYF in downtown Kenosha. The Holiday Party will follow at the Danish Brotherhood. Dinner will include roast pork, chicken Italian style, mashed potatoes, a variety of salads and breads for a cost of \$15.

*All Senseis please call Ron Zieth  
January 3 with the number of people attending.*

by



## From The President

Dick Bruno

On September 12, 1998 we had our quarterly board meeting at Ray Radigan's Restaurant in Kenosha. The board had a very productive meeting and the lunch was excellent as usual. The board voted to appoint Tim Hillary as the chairman of the Rank Oversight Committee. Any Yudansha that is recommended by their Sensei for the rank of Nidan or above must come before the board for an interview. A video of kata must be presented and a position paper must be submitted to the committee.

The board also made the following promotions that day: Tim Hillary-promoted to Godan, Joe Ferraro-promoted to Godan, Richard Bruno-promoted to Godan, Ulf Muntzing-promoted to Godan, Robert Brown-promoted to Godan, Jim Frederick-promoted to Godan, Marc Travanti-promoted to Yodan, Al Ferguson-promoted to Yodan, and Ron Zieth-promoted to Yodan. Godan (5th Degree Black Belt) will hold the title of Master of Karate in our Association. The rank of Godan will also be the highest Yudansha rank in our Association. I am proud to say the Tim Hillary is the highest ranking Yudansha in the Association and the most senior member.

I would also like to thank Bob Brown for asking Master Koepfel to teach a seminar on nerve centers and pressure points of the body on October 31st this year. We had over 40 people in attendance and the seminar was very interesting and educational. Master Koepfel also taught us some kata and basic techniques. I'm happy to see that Master Koepfel is feeling much better this year after his illness last October. It was nice to see some old faces and some new faces at the Kenosha Youth Foundation. The seminar was from 3:00 p.m. to 5:00 p.m. with a 10 minute break to chat with some friends. Later there was a dinner at 7:00 p.m. at Ray Radigan's Restaurant. Hopefully the association can host Master Koepfel again next year.

Finally I want to invite all of you to our Holiday workout and dinner at the Danish Brotherhood in Kenosha. Our workout will be at the Kenosha Youth Foundation in Kenosha, Wisconsin. The workout time is from 1:30 p.m. to 4:00 p.m. on January, 9th, 1999. The dinner will follow after the workout at the D.B. We will have cocktails at 5:30 p.m. and dinner starting between 6:30 and 7 p.m. Ron Zieth is coordinating this event and he always does an excellent job. I would like to thank Ron in advance for all his hard work in planning this evening. Our program will follow the dinner with visiting and fellowship. On behalf of the board and myself, I hope you and your family have a healthy, prosperous, and safe Holiday Season. See you next year at our get-together.



## Editors Note:

Al Gomez

Thank you to all the authors and people who distribute this newsletter. Once again in order to keep our costs down I will send one copy of the newsletter to each club to reproduce.

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 10, 1999. If possible please type your article. For those who have access to a computer, you can send me your article in text, Microsoft Word or Word Perfect (no formatting please) and submit on a 3 1/2 disk. I have a Macintosh but can also read IBM disks. Anyone with internet access can reach me on America Online at "algomez" or on the Internet at:

Please put something regarding karate in the subject area so I will not delete your message by mistake!

Mail it to:

Al Gomez

Al



## From the Treasurer

Al Ferguson

We have the following available to members:

- Patches - \$5,
- Double Ax (Yudansha) - \$3
- Kyu Certificates - \$5
- Dan Certificates - \$10
- T Shirts - \$10
- Yin Yang Do Silver Anniversary Booklet - \$10
- Lifetime membership - \$25 (includes a patch)

The Second Annual Founder's day workout Tee 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. Second Annual Founders Day July 29th, 1995". (\$15.00 each plus postage.)

Send application and orders to:

Al Ferguson



## Sexual Assault Survival Skills

Tim Hillary

Sexual assault is not just a woman's problem, it is everybody's problem. Until all women can go out into the world without fear of being sexually assaulted, none of us can afford to drop our guard. As a husband and father of two teen-aged daughters, it disturbs me deeply that they are in constant danger. As a karateka I feel an obligation to do some small part to help reduce the incidence of sexual assault/rape. As a result of this concern, I have developed a short course on sexual assault survival skills. It is designed to fill the niche for those women who have neither the time nor the inclination to train for the years in the martial arts necessary to become sufficiently proficient to hold their own in a real assault. It is not intended to turn women into trained killers, but rather to reduce their odds of being selected as a victim of sexual assault. The main focus is to understand the rape sequence and to short circuit that sequence before sexual violation occurs.

The following outlines are quite lengthy, but I believe worthy of everyone's time. Please feel free to adapt any or all of the material for your classes, families, friends, etc. All I ask is for feedback. This program is a dynamic one and will be constantly updated and hopefully improved. If there is anything anyone can contribute, please contact me and allow me to incorporate it into the program. All suggestions will be considered and any changes will be passed on to the YYDKA. Thank you for your help.

### Class 1:

Introduction & Assault/rape statistics ..... 15 minutes  
Stranger Rape & Rape/Assault Sequence ..... 15 minutes  
Male Anatomy/vulnerable areas, Female weapons, &  
Pressure Points ..... 30 minutes

### Class 2:

Review ..... 15 minutes  
Date/Acquaintance Rape & Campus  
Sexual Assault ..... 15 minutes  
Breaking the Sequence (How NOT to be a victim) .15 minutes  
Physical techniques ..... 15 minutes

### Class 3:

Review ..... 15 minutes  
Warning Signals & Approach/Evaluation Defense .15 minutes  
Physical Techniques ..... 30 minutes

### Class 4:

Review ..... 15 minutes  
Intimidation Defense & Sexual Violation Defense ..15 minutes  
Physical Techniques ..... 30 minutes

### Class 5:

Review ..... 15 minutes  
The Law and Self-defense & Dealing with Police ... 15 minutes  
Physical Techniques (Ground Defense) ..... 30 minutes

### Class 6:

Review ..... 15 minutes  
What to do if Raped & YWCA Sexual  
Assault Program ..... 15 minutes  
Physical Techniques (Dealing with Weapons) ..... 30 minutes



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## Yin Yang Do Karate Association

Application for Membership

Please print

Date \_\_\_\_\_

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Province \_\_\_\_\_

Zip Code \_\_\_\_\_

Karate Rank \_\_\_\_\_

Name of Dojo \_\_\_\_\_

Signature of Sensei \_\_\_\_\_

Signature of Applicant \_\_\_\_\_

Send application to:

Al Ferguson,

## A History of Membership in the Yin Yang Do Karate Assn.

Below is a list of members Al Ferguson put together from the Association records. Please look through and contact Al with any additions or errors.

Sensei	Name	Year	Sensei	Name	Year
Brown, R	Besch, Chris		Founder	Raucina, Robert	1975
Brown, R	Corrao, Amber		Founder	Rodriguez, Ricardo	1977
Brown, R	Davis, Carl		Founder	Rodriguez, Vidal	1974
Brown, R	Davis, Sarah		Founder	Schneider, William	1974
Brown, R	Gourley III, James		Founder	Schumacher, Michael	1973
Brown, R	Noreen, Douglas		Founder	Seaberg, Fred	1974
Brown, R	Paskiewicz, John		Founder	Smith, Perry	1975
Brown, R	Redlin, Christopher		Founder	St. Pierre, Chuck	1974
Bruno	Katt, Timothy	1990	Founder	Steele, Robert	1978
Bruno	Marhefke, Ray	1990	Founder	Stewart, Dean	1979
Bruno	O'Connell, Jacqueline	1982	Founder	Strangohr, Craig	1975
Bruno	Schmidt, Horst	1976	Founder	Thomas, Bill	1974
Bruno	Schwab, Peter	1982	Founder	Thompson, Mark	1976
Covelli, F	Aulozzi, Richard	1974	Founder	Waters, Jeff	1974
Covelli, F	Bingham, James	1974	Founder	Weklen, Yee	1985
Covelli, F	Gamaz, Robert	1974	Founder	Werve, Eddy	1975
Covelli, F	Greidanos, Thomas	1974	Founder	Wiemelt, Ron	1974
Covelli, F	Haddix, Steve	1974	Founder	Wilmot, Daniel	1974
Covelli, F	Huissen, David	1974	Founder	Zicarelli, John	1974
Covelli, F	Lippiec, John	1974	Founder	Zieth, Ron	1976
Covelli, F	Martin, Jamie	1974	Founder	Zimmer, George III	1976
Covelli, F	McNeil, Don	1974	Founder	Zimmer, Mark	1976
Covelli, F	Pavlovich, Gerald	1974	Founder	Zyskowski, Mitchell	1979
Covelli, F	Wilson, Curtis	1974	Gomez	Aamodt, Christen	1980
Foster, B	Boehm, David	1976	Guttormsen	Bennett, Alva	1974
Foster, B	Brilliott, David	1977	Kirtz	Peterson, Clifton	1997
Foster, B	Gomez, Al	1974	Kirtz	Strauss, Gladys	1997
Foster, B	Greco, Dave	1974	Muntzing	Ashdown, Jan Michael	1978
Foster, B	Greenfeldt, Leon	1974	Muntzing	Bankston, William	1975
Foster, B	Griffin, Pat	1975	Muntzing	Brown, Carolyn	1979
Foster, B	Morley, Thomas	1974	Muntzing	Buhler, Richard	1978
Foster, B	Myres, Alan	1980	Muntzing	Cowley, Karen	1980
Foster, B	Owens, Cory	1974	Muntzing	Cummings, Pamila	1979
Foster, B	Perez, Vince	1974	Muntzing	Dewey, Heather	1979
Foster, B	Rugg, Lawrence	1974	Muntzing	Dugan, Kerry	1980
Foster, B	Salas, Mike	1974	Muntzing	Edlund, John	1980
Foster, B	Schani, David	1980	Muntzing	Fife, Bruce	1979
Foster, B	Soto, Mineo	1974	Muntzing	Harper, Calvin	1987
Foster, B	St. Pierre, Joseph	1977	Muntzing	Harty, Douglas	1977
Foster, B	Stancato, Michael	1974	Muntzing	Hill, Lee	1981
Foster, B	Suokko, Ron	1977	Muntzing	Hoschauer, Ray	
Foster, B	Thorsen, Guilford	1974	Muntzing	Humphries, Terrance	1977
Foster, B	Travanty, Mark	1974	Muntzing	Jorgensen, Claron	1980
Foster, B	Venci, Ray	1974	Muntzing	Kinney, Keith	1975
Foster, B	Wiginton, Rodney	1975	Muntzing	Kippen, Brad	1977
Founder	Aceto, Lynda	1975	Muntzing	Knittle, Julie	1978
Founder	Algiers, Mark	1980	Muntzing	Laird, Robert	1977
Founder	Azzolina, P.J.	1975	Muntzing	Leatham, Terry	1979
Founder	Bassinger, Robert	1975	Muntzing	Leininger, Steven	1977
Founder	Beckman, Donna	1974	Muntzing	Lockhart, Debbie	1979
Founder	Bellare, Michael	1975	Muntzing	Loyd, Gary	1980
Founder	Benn, Harry	1974	Muntzing	Ludlow, Walter V	1980
Founder	Booth, Steven	1973	Muntzing	McGuire, Cheryl	1980
Founder	Borland, Louis	1976	Muntzing	McKillop, Daniel	1980
Founder	Brown, Robert	1974	Muntzing	Nauman, Thomas	1980
Founder	Bruno, Larry	1974	Muntzing	Nauman, Timothy	1980
Founder	Bruno, Rene	1975	Muntzing	O'Kelley, David	1977
Founder	Bruno, Richard	1974	Muntzing	O'Neill-Davis, David	1980
Founder	Bucko, Robert	1976	Muntzing	Openshaw, Douglas	1980
Founder	Burch, Vicki	1976	Muntzing	Phipps, Steven	1980
Founder	Burns, John	1977	Muntzing	Prescott, Lori	1980
Founder	Butteri, Rudy	1974	Muntzing	Pyle, Ernest	1977

Founder	Cairo, Diana	1975	Muntzing	Rindfleisch, Winn	1976
Founder	Cayo, Pat	1974	Muntzing	Rogers, Scott	1991
Founder	Clinton, Robert	1977	Muntzing	Sesto, Tracey	1980
Founder	Collins, James	1980	Muntzing	Siemens, John	1979
Founder	Connelly, Kerry	1980	Muntzing	Staheli, Kent	1977
Founder	Covelli, Elio	1974	Muntzing	Tulley, Roger	
Founder	Covelli, Frank	1974	Muntzing	Velz, Elizabeth	1980
Founder	Crump, Patricia	1976	Muntzing	Webster, Kevin	1979
Founder	Cucunato, Joseph	1974	Muntzing	Wench, John	1978
Founder	Davis, Larry	1985	Muntzing	Wilde, Robert	1980
Founder	Djuric Douglas	1974	Muntzing	Yeargin, Harry jr.	1980
Founder	Engdahl, Phillip	1974	Muntzing	Young, Dan	1978
Founder	Fafford, Thomas	1974	Muntzing	Young, David	1980
Founder	Farago, Ralph	1974	Nelson	Delinsky, Jack	1991
Founder	Ferguson, Al	1974	Olszewski	Balk, Duwayne	1992
Founder	Ferraro, Joseph	1974	Olszewski	Okray, Bob	1991
Founder	Foster, David	1976	Olszewski	Rhyner, Gary	1991
Founder	Foster, William P.	1974	Pfarr	Bellair, Michael	1974
Founder	Freehoff, Roger	1975	Pfarr	Hansen, Robert	1975
Founder	Friedl, Mike	1974	Pfarr	Heppner, William	1976
Founder	Fronek, Jerry	1974	Pfarr	Konrad, Robert	1976
Founder	Furloni, Guido	1974	Pfarr	Lawler, Robert	1976
Founder	Garcia, David	1974	Pfarr	Meldahl, Charles	1976
Founder	Gentile, Jim	1980	Pfarr	Schied, Barbara	1974
Founder	Gibson, Kevin	1974	Pfarr	Schuldt, Ted	1976
Founder	Giorno, Linda	1975	Philyaw	Abramson, Lisa	1981
Founder	Goddard, David	1974	Philyaw	Asher, Chuck	1990
Founder	Gottard, Dave	1974	Philyaw	Asher, Jane	1990
Founder	Graham, Chris	1974	Philyaw	Chapman, Doug	1984
Founder	Green, Rodney	1976	Philyaw	Ferry, Kim	
Founder	Guttormsen, Richard	1974	Philyaw	Gorman, Clifford, jr.	1990
Founder	Halverson, Richard	1978	Philyaw	Hansen, Kathleen	1981
Founder	Hoey, James	1974	Philyaw	Hart, Daniel	1984
Founder	Hoferitza, Donald	1975	Philyaw	Hirsch, Mark	1991
Founder	Jambreck, Don	1980	Philyaw	Kahn, David	1984
Founder	Jambreck, Mark	1976	Philyaw	Kalmikoff, David	1976
Founder	Kallenback, Jay	1975	Philyaw	Knevitt, Donald	1991
Founder	Labanowsky, Charlie	1979	Philyaw	Leopold, Jay	1981
Founder	Land, Michael		Philyaw	Leopold, Richard	1984
Founder	Larsen, Douglas	1974	Philyaw	Lovering, Michael	1984
Founder	Lloyd, Barry	1974	Philyaw	Moncada, Carlos	
Founder	Locante, Thomas	1976	Philyaw	Packel, John	1981
Founder	Locante, William	1975	Philyaw	Page, Jr, Wayne	
Founder	Marescalco, Ray	1974	Philyaw	Robinson, Twain	
Founder	Mellonig, Thomas	1975	Philyaw	Tondi, Robert	1984
Founder	Meyer, Phillip	1979	Philyaw	Wojtysiak, Robert	1991
Founder	Michael, Randy	1974	Philyaw	Zurita, Alberto	1984
Founder	Mitchell, Darrell	1979	Rodriguez	Hohler, Heather	1980
Founder	Morrone, William	1979	Rodriguez	Murray, Douglas	1980
Founder	Muntzing, Ulf	1974	Rodriguez	Perlow, Ken	1980
Founder	Muxschmidt, Horst	1975	St. Pierre	Karau, Duane	1981
Founder	O'Connell, Brendan	1982	St. Pierre	Nelson, Robert	1986
Founder	Ortiz, David	1975	St. Pierre	Olszewski, Sharon	1981
Founder	Pauley, Dale	1974	St. Pierre	Shipway, Richard	1981
Founder	Pfarr, Brian	1974	St. Pierre	Tautges, Andrew	1981
Founder	Pfarr, Earl	1974	Tondi	Asher, Bob	
Founder	Pfarr, Gary		Zieth	Barnett, Todd	
Founder	Pfarr, Randy	1974	Zieth	Bernhardt, Jeff	
Founder	Pfarr, Reid	1974	Zieth	Bernhardt, Todd	
Founder	Philyaw, Lynn	1974	Zieth	Forchette, John	
Founder	Pitts, Tom	1975	Zieth	Klees, Jonathan	
Founder	Plunkett, Thomas	1974	Zieth	O'Connell, Barry	
Founder	Preiss, David	1975	Zieth	Petrusky, Robert	
Founder	Pruett, James	1974	Zieth	Rosenbalm, David	
Founder	Quirk, Thomas	1974	Zieth	Sielski, Joseph	
			Zieth	Willems, Lisa	