



*Newsletter*  
*December 2009*

*Merry Christmas and Happy New Year to All*

**SAVE THE DATE'S**

**Goju Ryu Clinic**  
**with Special Guest Sean Wong Sensei**  
December 29, 2009 at 6PM  
Danish Brotherhood, Kenosha, Wisconsin

Notifications were sent out via E-Mail and Evite. If you have not received them please contact [patweyand@wi.rr.com](mailto:patweyand@wi.rr.com).

**Yin Yang Do Winter Dinner and Seminar**  
January 16, 2010  
Danish Brotherhood, Kenosha, Wisconsin

This year Edwin Santiago will be leading the seminar working on kata he has learned in Okinawa. In addition, there will also be other group workshops. The dinner will follow with recognition of awards, promotions, and fellowship.

Please RSVP. The fee's may be made out and sent to:

Yin Yang Do Karate Association  
Box 1671  
Kenosha, WI 53141-1671

**Pre-registration is required** as we need to have an accurate count for dinner.

Registration Prior to January 9, 2010  
Dinner and Workshop = \$27.00 per person  
Workshop only = \$10.00 per person  
Dinner only = \$22.00 per person

Registration After January 9, 2010  
Dinner and Workshop = \$35.00 per person  
Workshop only = \$15.00  
Dinner only = \$27.00

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**Annual Dues for Individual Membership and Dojo Membership Due**

Please keep in mind that annual membership dues and dojo dues will be due in January. Dues run from January 1- December 31. Forms can be downloaded from [yinyangdokarate.com](http://yinyangdokarate.com).

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**Annual Founder's Day Workout**

The official Yin Yang Do Karate Association summer workout has been scheduled. Save this date as the 2009 event was a great time for sharing technique and thoughts from other arts.

Founder's Day  
July 10, 2010  
Kemper Center, Kenosha, Wisconsin



### **The Director's Corner**

This was an exciting year!! A good seminar, tournament, trip to Okinawa and some changes throughout the Yin Yang Do Karate Association all brought new energy and commitment to our ranks. Some of our students made the trip to Okinawa and brought back great knowledge to share with all of us including bunkai for some of our kata. Other students made it up to the seminar in Appleton, Wisconsin to Sensei Joseph Pounder's dojo. There, Hanshi Ridgely Abele taught good old fashion discipline and great techniques. Also, U.S.K.K. International Karate/Kobudo Championships were hosted by Hanshi Phillip W. Koeppe. This was a fabulous event for all karateka to attend and compete in. Some of our YYDKA members did a fantastic job competing and placing in the tournament.

Congratulations to Joy Watkins who took 1<sup>st</sup> place in Kumite and 2<sup>nd</sup> place in Kobudo in Kyu Division. Pat Weyand took 3<sup>rd</sup> place in Kumite

In the Black Belt Heavyweight Division and Chuck St. Pierre Sensei placed 4<sup>th</sup> in Kobudo Black Belt Division. Great job and a big thank you for supporting Hanshi Koeppe's international tournament and the Yin Yang Do Karate Association. I urge all of you to congratulate and thank the students that attended these events, tournaments and seminars. Within 2009, the Board of Directors has instituted some changes. There will no longer be a President and Vice President position on the Board. Our past President, Ron Zieth Sensei, and Vice President, Chuck St. Pierre Sensei, have stepped down from their respective positions. I would like to take this opportunity to thank Mr. St. Pierre for his long trips down to Kenosha and for serving as Board Vice President. Mr. St. Pierre has agreed to continue to serve as a Board Member. I also would like to thank Mr. Ron Zieth for his outstanding dedication throughout the many years he served as President of the Yin Yang Do Karate Association Board of Directors. He's an outstanding individual and we are fortunate to have him remain as one of our Board Members.

In May of 2009, the Board appointed me the first Director of the Yin Yang Do Karate Association Board of Directors. I shall serve in office faithfully until replaced. I'm deeply honored that the Yin Yang Do Karate Association Board of Directors voted me in as their first Director. I've been a Board member since 1995.

As your Director, I pledge to maintain an open dialog and encourage member input. I also pledge to incorporate input from all sensei throughout the Yin Yang Do Karate Association in an effort to create and develop a growing organization. An organization committed to the unity and ideals of our Founding Fathers.

We have a lot of great talent and knowledge in our Association. Let us all recommit our efforts to keeping our members and students up-to-date with old and new knowledge. Throughout our great State of Wisconsin, we need to pull together and become stronger and more dedicated in this art. We owe this to ourselves and to all our past and present Sensei's, especially to the one who brought us all together in the beginning, the great William H. Foster. Without his knowledge and creations we would have not grown to where we are at today. I also would like to point out the start of the KYF Dojo with Sensei Tim Hilary who offered his dojo to O Sensei Foster. Thank you, Sensei Hilary for bringing the martial arts to Kenosha and all your great knowledge and for finding William H. Foster.

Sensei Hilary continues to offer us a lot of his support. He helps us with some Board matters and makes special guest appearances when we least expect it. Like at this year's Founder's Day workout. What a surprise, Sensei Hilary traveled all night to give us his support at Founder's Day. It was a great turnout. We had some of the old KYF School there and they couldn't believe their eyes when they saw Sensei Hilary. I thought that was the greatest. There's nothing like old friends greeting each other.

We are martial artists. We need each other. Support all our YYDKA functions. This in turn will help keep us growing and moving forward. It will bring in new students and build our



Association. And, most of all, it will strengthen our unity and commitment to the martial arts and the Yin Yang Do Karate Association. Let us keep the spirit and teachings of William H. Foster's legacy growing by helping each other grow in our art.

With Respect,

Rick Cesario



### **Hanshi Ridgely Abele Passes Away at 59**

It is with the deepest sadness that we have to report the passing of Hanshi Ridgely A. Abele, 59. He was a Shuri Ryu practitioner, student of John Pachivias and later Master Trias. He was a Father, Grandfather, teacher, and a master who went to heaven on December 10, 2009 after battling a long illness. He was the owner of Columbia School of Karate Do in South Carolina, a 9th degree black belt, published author, former USKA world champion, and a graduate of Florida State University with a doctorate in Asian Studies.

Many people within our Association have had the great opportunity to train with Hanshi Abele. He was the type of person that you could have spent only a few hours with, watched him teach, be instructed by him, and or just in casual conversation and walk away thinking, "man that man is truly squared away. He was a very religious and spiritual person who stressed the basics. He never forced his opinions on you but only asked that you try it his way and make a decision based on how the technique felt.

Hanshi Abele has been to Original Martial Systems numerous times to conduct seminars for the dojo there and his Pupil, Joseph Pounder Sensei. I, as with many others reading this article have had the great opportunity to train with Hanshi, and I am sure I speak for all of us to say that we left his training with a better understanding of many principles whether it be a physical act of training or the seminars he has

instructed in how to teach not only adults but children.

Anonymous



### **Hanshi Abele's Dojo Kun**

1. Karate Begins and ends with courtesy.
2. Actions have consequences.
3. We are responsible.
4. We lead by example.
5. There is no excuse for bad manners.



### **The Martial Way from a Youth's Perspective**

In the martial arts, the difference between youth and adults is a distinct line. A small few of the examples that come to mind are discipline in your everyday life, the ease of subjection to body adjustment, and the many teaching advantages.

As far as discipline, respect, and self-control go, its application in everyday life usually comes more from a youth because what is fed to their martial arts habits sticks, and is used subconsciously. They don't even know they put it to use until afterwards. Before my martial arts training, I could not hold my tongue well. Now, five years after my first day, my tongue is well under control. The martial art's requires minor adjustments to your body. During the growing state children are in, the adjustments can be made as a variation to growth, and can sometimes be made faster.

As well as everyday life and body attunement, there are also a few teaching advantages to starting the martial art as a youth. Since young people are still in a major growing stage, they are constantly learning to customize their art, and with these adjustments you can better understand other peoples' abilities and disabilities simply from prior experience.



What does this all add up to? A considerably preferable mind set and learning capacity and understanding in both life and the martial arts. All have their own way of helping each individual.

Samantha Clements  
Age 14



### On Okinawa and Respect

When I first got out of the taxi at my hotel in the very humid city of Naha, Okinawa, I was questioning what I was doing there. I am a young man, but not in “top” shape. I was wondering if I was going to make it these 14 days in Okinawa, away from my wife and home, in a land where very few people spoke English, and will I present the proper honor to these people on behalf of the Yin Yang Do?

I had read every book that I could and watched many hours of video online with the hope of giving myself some idea of what I was doing. Nothing prepared me for what laid before me on this trip.

Right from the get-go, I was treated like a king by the hotel staff. But I figured it was because they were getting paid for it. It wasn't until I went out that night to find my first Okinawan meal that I learned how much respect was a part of their culture.

*"Ichariba-chode"* (Now that we met, you are my brother/sister) is an Okinawan saying that they truly live by. When I was wondering around the grocery store, I didn't know what to get. I was hoping to find something that looked like “American” packaging that I knew I would like. I was wrong. But there was a nice woman there that took me by the hand and helped me around the store, filling my cart with things that she said “will be ok in middle.”

Another encounter was at the seminar, where we got to meet and train with Hanshi Joen Nakazato,

first generation student of Chotoku Kyan, Shorinji-ryu. This old man looked to be in his early 90's and was barely walking with a cane. He stood in front of us and talked in Japanese about breathing while doing katas and not waist any movements while performing them. But it was his students that my eyes drifted to.

Every student stood by with their eyes never leaving their sensei. When Nakazato Hanshi looked like he was getting tired, they all jumped to get him a chair. When he stood, they gave him an arm to pull on. These students showed more respect to this man than I have ever seen done before. That there taught me a lot.

My last story that I would like to share is when Pat (Weyand) and I was looking for a store in Naha. We walked down many streets with the simple directions that were given to us by the local police department.

We stopped by this man sweeping out his work area outside of his apartment. We showed him the paper, which he looked at in a state of confusion for a moment. Then he asked us to wait and pulled out his cell phone, where he made a few phone calls to people that he knew and to information. This man way going far out of his way to do everything that he could for us. We had to stop him before he pulled around his car and told us to jump in.

I am sure that was coming next.

This trip taught all of us a lot. But there is only so many movements and only so many katas that one could learn. But the true eye opener for me was their life style and the respect they gave to all, even the outsiders.

It is not enough to bow to someone while in the dojo. It's not enough to yell out “YES SENSEI” after given a command. You, me, all of us must show it to everyone in and outside of the dojo. We must learn *"Ichariba-chode"* and apply it to everyday life. To give respect to all people that we meet. They are our brothers and sisters.

Chris Braun Sensei



## Fidelity in the Martial Arts

Patrick Weyand Sensei asked me to donate an article. I thank him for this opportunity. Little did I know that I would be writing so soon after my hard-won Shodan on April 19, 2009. This was two days before my 49<sup>th</sup> Birthday.

I've had other accomplishments in my life some quite personal but not quite so painful. Marriage, the birth of my children, my college degree, my medical degree, my masters degree, two board specialties, flight medicine training and colonel, medical commander.

But I never felt like I ever finished anything. Everything leads to something else. Now I pause. It is such an honor to comment! First I must explain how I came to the martial arts.

In 1989 my wife signed me up for Aikido, for "stress reduction" when I was training in Child Psychiatry at Northwestern University, in Chicago full of ruthless and at times arbitrary professors though they gave me incredible training. Little did I know that she was giving me a new way of viewing and experiencing the 'world.'

Tomiki Aikido at the New "Y" in Chicago included 45' minutes of meditation and stretching, 45' of waza (15 right then 15 left) and 45' of randori/ weapons or testing. A couple of dislocations and more than a few bad sprains and concussions. Tomiki Aikido involved lots of knife counters and was heavy into the "spiritual aspects of the art."

I could remember leaving The New YMCA in my Gi praying someone thought I knew what I was doing and wouldn't kill me.

I was probably halfway to brown belt after a couple years. It was highly meaningful and I yearned to stay in "The Way."

Then, I shifted to life in the Air Force. In the military, in Wichita Falls, Texas I could have joined a "commercial martial arts school" but decided against it. The spiritual aspects were a resounding "zero." I thought I would be better

off spending my time on my old interest, music including vocal music and teaching classical guitar, although I missed the dojo.

Roll the film forward to 1986. I take my kids to Club West in Neenah. I spend little time with them spending 80+ hours per week in private practice. They belonged for two months to 7 years. Me, I hate giving up on anything, getting my black belt in April of 2009 after 12.5 years.

What I found over and above a phenomenal highly athletic and spiritual practice was a great mentor, Sensei Bob Nelson. Okinawan Shorei Kempo helped renew a sense of community, commitment and self-efficacy that was missing in my professional life. I was the first "Shodan" ever in my family. My Irish grandfather, an Irish bully, who fought the Japanese and Okinawans as a Navy "SeaBee", would have rolled in his grave knowing I studied karate but surely would have taken pride in my fighting spirit.

It is now 2009 and with state government cutbacks, I am facing another spiritual "dead phase" in my professional life. With funds reduced in my state job only allowing superficial funding and difficult dispositions for pediatric psychiatric patients. Concurrently, I have much expanded hours in my reserve military job. Oddly, I am now drawn back to studying aikido at a local dojo.

It occurred to me am I loyal or disloyal? I had studied off and on with other styles, Jujutsu, Judo and Ninjutsu but this again felt permanent. I mentioned the training to one of my fellow martial artists that I "grew up" with, Sensei Gary. Sensei Gary posed, "How is it going back to Aikido"? My response, "It is interesting; sometimes it eerily clicks after 20 years as an "aha" moment. Sometimes the lock [fits] though this is always the hard part, usually the entry-irimi [fits], usually the take down [fits] unless the spin is complex, and the follow [fits] over half the time... Sometimes I confuse the technique with another causing be-puzzlement.

I recalled Sensei Patrick Weyand said it would help my karate by helping breathing and being



more relaxed. I had my doubts, remembering it gave me too many wide vulnerable movements but I sensed, [as he suggested, that] I am more relaxed and more aware of distance and breathing.

Looking back, I always thought I was more of an aikido person, but actually it is more of a karate world as the world is full of "sudden, off-line threats and the world don't fight fair," so I am better served being a karatedoka.

However, I would also like to embrace the world as an aikidoka, flowing and redirecting energy rather than imparting energy percussively.

I shared these sentiments with sensei Patrick Weyand he suggested sticking with both or keeping both in the back of your mind, using "Ai" or harmony.

I asked Sensei Dave Nelson Shinzen what he thought, he suggested

"Throw away the words of karate and aikido, cease the separation and just be with what is presented and flow accordingly. They can be combined. They work well together...just remember, aikido and karate are just words."

My conclusion, fidelity is in the heart and mind of the beholder. If you are true to the arts, any or all of them will be true for you.

Best Regards,

Phillip Sweet Sensei



### **Martial Arts Spirit is Alive**

Martial Arts have long been my dream. Since my young years I have been dreaming of studying and training in the arts. But life circumstances worked against me.

The first real chance presented itself when I moved to Kenosha, Wisconsin. I was 49 years

old when I came to learn of the Yin Yang Do Karate Association. I thought it may be too late to start learning a martial art but I said to myself, "better late than never," and I came to a class at the Danish Brotherhood.

To my great astonishment, I realized that this was a real place of brotherhood, martial arts brotherhood, where nobody cared about age but everybody cared about the martial arts. I had never before seen so many very dedicated individuals in one place who were in love with the martial arts.

Even though it might have been too "late" for me, it certainly wasn't "never". My martial art brothers have taught me a great deal of myself and an equal measure of themselves over the course of 12 years while I progressed from a yellow belt to a black belt.

This was not entirely my achievement. This was also the work of all those wonderful people who helped me to succeed, those who gave their time, energy, and dedication.

Reverend Foster spawned those sparks of excellence in the Yin Yang Do Karate Association. The sparked turned into a flame and his disciples keep the spirit of our style of karate alive.

Let me thank all of you, from black belts to the lower ranks, for all wonderful things I have learned and for all things I will be able to learn in the future from you. I am very proud and happy to be a part of the Yin Yang Do Karate Association.

Alex Nilov



### **Martial Insight**

Through the years I have learned:

1. Ranks and titles do not automatically confer class.



2. No matter how lousy you feel, you should work out some every day. Most times it will make you feel better.
3. Working out first thing in the morning sets the stage for a more productive day.
4. Always throw your whole self into the task.
5. You can choose each morning, what kind of a day you are going to have. Choose a good one.
6. Life *isn't* fair, but it is still good.
7. Don't compare your life to others. You have no idea what their journey is all about.
8. No one is in charge of your happiness except you.
9. Frame every so-called disaster with these words: "In five years, will this matter?"
10. What other people think of you is none of your business. Live your life under your terms.
11. Envy is a waste of time and energy. You already have everything you need.
12. Each night before you go to bed, complete the following statements: I am thankful for\_\_\_\_\_. Today I accomplished\_\_\_\_\_.
13. Failing doesn't make you a failure. Giving up, accepting failure, refusing to try again, does.
14. Control your attitude or it will control you.
15. You are born with two eyes, two ears and one mouth in order that you should see and listen twice as much as you talk.
16. It is hard to fight an enemy who has outposts in your head.
17. Live your life in the manner that you would like your children to live theirs.
18. Don't take life too seriously, no one has ever gotten out alive. Dare to take a chance.
19. Train hard, laugh often, and love much.
20. Once you begin teaching a subject to someone else, you really begin to learn that subject.
21. Keep a journal, it will prove invaluable later.
22. Concentrate on perfecting basics. Without basics, your art is nothing.
23. Don't rush your training.
24. Begin working on breath control from the day you start training.
25. Warm up thoroughly before training for joints, ligaments & tendons, muscles, and your heart.
26. Protect your joints from hyperextension or you will pay for it down the road.
27. Take the time to thank the people who do more than the minimum.
28. Don't expect people to know instinctively that you love them, tell them and show them.
29. There is no room for prejudices in the dojo, be they gender, racial, age, or any other. Leave your baggage at the dojo door.
30. There is also no room for your inflated ego in the dojo. No matter how good you think you are, there is ALWAYS somebody better.



31. Although you may not be able to control the circumstances that affect your life, you CAN control how you react to those circumstances.
32. Read good translations of “The Art of War”, “The Book of Five Rings”, and the “Bubishi”. Re-read them after about ten years of training.
33. Study human anatomy & physiology.
34. Learn the physics behind the moves of your art.
35. Do not neglect your personal relationships for your art. At the very end the only thing that matters is that you have loved.

**Tim Hillary Sensei**



### **What You Don't Know May Hurt You!**

After twenty (20) Fridays for 2 hours a session, I am still a beginner, a white belt, and ignorant of every item in karate. Ignorant, but interested.

As I am learning through Sensei Philyaw, I am more frustrated in my inability to perform well, yet I attempt to obey and keep my mind free and open whenever I enter the dojo. I feel hopeful that someday I will feel more comfortable and in control.

I attended the Founder's Day event, which was unquestionably unique and delightful. The weather cooperated, people were wonderful. It was perfect.

There, I was asked to contribute my opinion of what I don't know or didn't learn and should know as a beginner. This I knew was an open question. How can I answer with so much more to learn? I still don't know.

When I worked on the mats for the first time, my knuckles were bloody and torn. I know now to focus on my two knuckles and not to rub the skin

off my hand. Pushups were impossible for me, with more work and proper technique; I can do some of the hand stances. My willow stance is better, I learned to stay low and not let my stance veer up and down. My ability to fall is something I still must learn. My patience with myself and dignity for myself is also in progress.

I learned so much so far, but this is not like a diet in which one changes their food for 6 weeks. This is a nutritional change for the mind, body and spirit, and all of it hurts sometimes. I have to accept the failure in order to change. At my age, I am blessed to be able to take on the task. Sensei will be busy when I am in class.

Renee Keefe Hachikyu (Yellow Belt)



### **Editor's Corner**

I want to thank everyone who contributed to this issue of the YYDKA Newsletter. It was very refreshing to see some new people contributing. I ask that more people consider contributing in the future. Perhaps a small paragraph about a topic within the arts that means something to you, pose a question or conduct a movie or book review. Material is always welcomed.

I realize that the subject of dues is relatively new to the YYDK in the last two years. We need everyone to remember to submit their yearly dues on time please. The dues enable us to bring seminars to you and have various awards at banquets.

It also helps out with having a website where we can post information for all members. Not to mention a professional newsletter and many other aspects of the Association which go on behind the scenes. The earlier the dues are in the easier it is for the Treasurer to get records up-to-date.

Patrick Weyand





**From the Treasurer**  
*Joe Sielski*

We have the following items available to members:

Patches ..... \$8  
Double Ax (Only for those whom have been awarded it) ..... \$7  
Kyu Certificates ..... \$10  
Dan Certificates..... \$25  
T-shirts ..... \$16  
X-L and XXL.....\$18  
Hooded Sweat shirts by order contact  
Patweyand@wi.rr.com

Order from may be printed from  
[www.yinyangdokarate.com](http://www.yinyangdokarate.com).

Checks can be made out to Yin Yang DO Karate  
Send application and order forms to:

Yin Yang Do Karate Association  
P.O. Box 1671  
Kenosha, Wisconsin  
53141-1671



**DOJOS NEWS**

**Danish Brotherhood Karate Club**  
**Announces the following Promotions this year.**

Alex Nilov Shodan  
Jon Leiting Yellow Belt  
Carol Winder San Kyu Brown Belt  
Bill Wermeling San Kyu Brown Belt  
Jason Sielski Ni Dan  
Joe Sielski JR Ni Dan  
Congratulations to all !!!!!!!!

**Zanshin Do**

Has reported four new students since early fall.

**Braun's Karate and Martial Arts:**

Sensei Braun reports that he is able to produce business cards for those instructors whom may be interested in them. One side has the association information on it and the other side can have the individual Sensei's school information on it. More information can be provided from Sensei Braun at: [bkma2003@yahoo.com](mailto:bkma2003@yahoo.com)

**Bob Nelson Sensei's Dojo**

Everyone is still training hard with some new Kyu Rank Advancements in the near Future

**DOJOS**

**WISCONSIN**  
**KENOSHA**

**Ron Zieth Sensei**

with Rich Halverson and Don Jambrek  
Danish Brotherhood Karate Club  
Monday and Thursday 6:00 PM - 7:30 PM  
NOTE: Summer location on Monday evenings is at Sensei Zieth's home.

**Al Gomez Sensei**

GI-KO-TA-N-KYU (Quest for Personal Excellence)  
Kenosha National Guard Armory  
Tuesday and Thursday 5:30 PM - 7:00 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  
Tuesday and Thursday 5:30-7:00

Telephone: (262) 764-4743 home  
(815) 482-1847 cell

**Larry Miletta Sensei**

Kenosha

**Chris Braun Sensei**262-412-5942

Braun's Martial Arts [www.bkmartialarts.org](http://www.bkmartialarts.org)

**MADISON**

**Eduardo Gomez Sensei**

[shoreikempo@hotmail.com](mailto:shoreikempo@hotmail.com)  
1127 University Ave.  
Madison, WI  
Tuesday and Thursday 5:00PM - 6:30 PM

**Ryan Grimes Sensei**

University Wisconsin Apartments Community Center  
Madison, WI  
Tuesday and Thursday 7 PM - 8 PM  
(608) 244-2969  
e-mail: [rgrimz@yahoo.com](mailto:rgrimz@yahoo.com)

**Northern Schools**

**DEPERE**

Shihan Charles St. Pierre



**NEENAH**

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

**ANTIGO**

Don Dunphy Sensei  
 Boys and Girls Club - Langlade  
 801 5th Ave  
 Mon, Thurs 6:30-8:00 P.M.

**WAUSAU**

Gary and Julie Rhyner Sensei's  
 Boys and Girls Club of Wausau  
 1710 N 2nd St  
 Tuesday's 7:00-8:30 P.M.

**KIMBERLY**

Phil Vanden Heuvel Sensei and Dave Hietpas Sensei  
 JR Gerritts Middle School  
 525 S John St  
 Wed 6-7 P.M.

**OMRO**

Jen and Dan Lustey Sensei's  
 Omro Area Community Center  
 130 W Larrabee St  
 Mon, Thurs 6:30-7:30 P.M.

**GREEN BAY**

Jean Lutsey Sensei  
 Day Care Advantage  
 1823 S Webster Ave  
 Mon Thur. 5:45-7:00pm

**ILLINOIS****Strength through Discipline**

David Boehm Sensei  
 Saturday morning's 9:00 to 10:30 am. We are outside in the back of (Lindenhurst, Illinois) Millburn School off of Millburn road, which is west of Hunt Club road. When school is in session we are in the cafeteria of Millburn School.

**OREGON**

Klamath Falls  
 Steph Finnianous Sensei  
 Winter Location: Tang Soo Do 2000  
 834 Richmond St  
 Tues 5:30-6:30 P.M.  
 Wed 6:30-7:30 P.M.  
 Thur 6:30-7:30? P.M.  
 Fri 6:30-7:30? P.M.

Summer Location: Moore Park  
 Lakeshore Dr  
 Summer Hours Subject to Change (see above)

**MINNESOTA**

Twin Cities  
 Jon Lutsey Sensei  
 Eastview Recreation/Community Center  
 608 Kennard St  
 Mon, Thurs 6:30-7:30 P.M.

**UTAH**

Orem  
 Raymond H Sensei  
 Orem Fitness Center  
 580 West 165 South  
 Orem, UT 84058  
 (801) 229-7154 / (801) 229-7156  
 Ulf Mutzing Sensei  
 Brigham Young University

