



Newsletter *June 2007*

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From the President Sensei Ronald Zieth

Greetings from the Board of Directors of the Yin Yang Do Karate Organization. Summer is upon us and our annual summer workout is rapidly approaching. This year we will be having two summer workouts. The first will be held in Pleasant Prairie, WI on July 7th, and the second will be held at Black Bear Golf Course on July 14th (Please check our website for exact times and dates). Hopefully you will be able to make at least one of these events.

It's been almost 13 years since William H. Foster has passed on, yet it seems like yesterday we would journey down to the Kemper Center for his annual birthday workout and celebration. We will never forget what he has done for us and pledge to carry his work on and pass on his gift to as many of those who want to learn!

I would like to thank Pat Weyand for his persistence in getting the newsletters out. Please support Pat with any articles you would like to write. We are always looking for interesting



History of the Yin Yang Do Karate Association Newsletter

It was during the 1986 summer party for the Association at the Italian American Club in Kenosha where I outlined my plans to Shihan Foster about starting a Newsletter for the Association. He was elated! I asked him if he would be able to write an article for the Newsletter and without hesitation he said he would. I wanted a "new" way of publishing a Newsletter and around 1986 the first desktop publishing software pieces were coming out. I bought Mac Publisher to process the Newsletter and it was exciting to learn the software and print out a "crisp original". Of course all this was prior to the advent of the internet so I would mail each Sensei a "master copy" of the newsletter to reproduce and distribute to all their students. Fast forward and now you can see the results of

articles, which don't necessarily have to be about karate! Thanks Pat!!!

If you have any promotions coming in the near future, please let us know so we can post the time and place of the Board on our website. If we know ahead of time we will also be able to make arrangements to attend.

In addition, let me know if there is an interest within our organization to offer monthly or bi-monthly black belt workouts. This is something I would love to offer. We could even move the workouts from dojo to dojo. Please let me know your thoughts.

Remember, the Yin Yang Do Karate Association is YOUR Association and if there is something you would like us to offer, please don't hesitate to submit your request to me. I gladly will bring it up at one of our board meetings.

Have a great summer, continue to work out and remember Bill Foster in your prayers!

Sincerely yours,

**Sensei Ronald J. Zieth
President.**



nearly 20 years of input not only from Shihan Foster, but many other esteem writers. All this is available on our internet site so please take advantage of this valuable resource! As I looked through the first edition I see under my heading "Why a Newsletter? How Can You Help?" that things have not changed. Although methods of distribution, etc. have changed, we still need your input for the Newsletter to move forward another 20 years. I hope you take some time to share with others your thoughts regarding Karate and related topics.

Sensei Al Gomez



Kata

There have been many debates as to the sense of practicing kata. Why do we perform these stylized, pre-arranged patterns of engaging multiple imaginary opponents? Why not just spend all our time sparring with real opponents? I believe there are many reasons for really working kata hard.

First of all, kata are composed of a series of combinations of basic techniques. Therefore, kata practice will help you perfect your basic techniques and combinations. Further, you will learn how to move in various stances while maintaining and improving your balance. If you keep the kata bunkai in mind, you will learn the application of those combinations.

Secondly, proper execution of each technique will help you develop breath control. Many of the martial arts contend that breathing is at the core of their doctrines. Ask anyone who has just undergone their shodan board of review how important it is to breathe! Your techniques will be even more powerful if breath control is properly learned.

Every kata has an emphasis of some kind – kicking, hand techniques, dynamic tension for muscle development, breathing, kiba dachi practice, etc. They were specifically designed for a purpose. Also, every kata has a designated rhythm. Some are to be performed with fluid grace and some with strong, hard precision. All of them have a reason to be practiced. They are also a medium whereby your sensei can see how well you are progressing.

To better utilize the kata, let me suggest a training regimen for you to try. Give it a fair try and see if it works for you. If, after a month of serious trial, you see no improvement, just write it off as the ramblings of a madman who has been involved in the martial arts for 48 years. But if it helps, please add it to your arsenal.

Select a kata. Most any kata will do. Work that one kata in as many ways as you can possibly think of. Start out by doing one repetition of the kata the way you were taught. Next, do the same kata only very deep, low, and slow. Concentrate on getting the form of each technique perfected. Then do the kata high and fast. Don't worry too much about form, but

finish as rapidly as possible. Now, try to make the kata flow from beginning to end without the slightest pause. Don't use any force or focus, but keep it moving. Then do the kata very strongly. Focus each technique and hold that focus for a second before moving to the next technique. Now do the kata using dynamic tension throughout the execution of each technique, then relax for a split second before moving on to the next dynamic tension move. Do the kata as if it were a tai chi form. Slowly and fluidly move from one move to the next without tension and watching your breathing. Try to focus on the flow of chi. Now try doing your kata to music. Experiment with tempo & beat. This is great for developing rhythm. Try any other variations you may come up with, but always finish the series with one repetition of the kata the way you were taught.

Sensei, give this a try in your classes and see if your student's kata don't improve dramatically. And if you do this entire series of variations without pausing for a breathing break, your students will also develop great breath control.

One of the side effects of intensive kata practice is the improvement in sparring. The timing, rhythm, grace, fluidity, and form practice will flow over into your kumite. Try it and see.

**Yours in Karatedo;
Sensei Tim Hillary**



The Art of Fighting Without Fighting

I had been pondering on an article topic to write for the newsletter and, miraculously, while engaged in a recent conversation with some friends, the thought came to me. "The Art of Fighting without Fighting" is a quote Bruce Lee used in the movie Enter the Dragon. While on a ship with other martial artists en-route to a tournament island, Bruce encountered a rather large fighter who was bullying everyone else around. Bruce at first tried to ignore the bully, but then the bully began to taunt Bruce. The man wanted to fight Bruce and asked him,



“What style do you study?” Bruce replied that he practiced "the art of fighting without fighting." He continued to tell the man that they did not have enough room on the ship to fight and that the two of them should get into the life raft and row to a nearby island where they would have enough room to fight. The bully got into the life raft first and then Bruce Lee just let out some line so that the bully would be towed behind the ship in the lifeboat. In this way, Bruce was able to diffuse the threat and demonstrate that the best tool any martial artist has to use is their brain. Why fight if you don't have to? Of course Bruce would have won the encounter; however, he did not want to fight.

I have been involved in many similar situations. Being in the Law Enforcement field, I deal with countless people throughout the year...some nice, some very difficult. In Law Enforcement we tend to label the people we deal with in three different categories. Some of these people are what we would call “Yes People,” who will do what you ask them to do and are cooperative. The next are termed the “Maybe People,” a contact that may go either way. And then we have the “No People” who, when you walk through the door, you know and are able to feel that the fight is on.

Many of my close friends know that I have trained in the Arts for quite some time. They have, on more than one occasion, made comments to me like, “Man, your martial arts training must really help you at work in dealing with all of the people you have to fight with.”

When I respond that many of the physical techniques I have learned in Karate I would never use at work (unless I was involved in a life threatening situation), they are very surprised. They are even more surprised when I tell them that what I do use the most from the martial arts is my mind, good communication skills, and also to maintain composure in stressful situations. Not to mention the meditation or breathing before and after a stressful situation.

I work in a county where my closest backup may be 10 minutes away if not more. I have learned

to use verbal techniques in an attempt to diffuse situations. In many of these encounters, people are upset and need to be talked down. Of course, it wouldn't take much to make a “Maybe Person” into a “No Person”. It all depends on how you talk to people. Most of the time, we are able to talk people down to the point where physical force can be minimized. There are always those times when nothing else works but physical force. I have been to calls where I get there and size up the subjects, some of whom I know are in much better shape than I and some who look the size of a WWF Wrestler. I think to myself, I hope I don't have to fight with this person because it will be bad for both of us. Therefore, I, in a way, practice the art of fighting without fighting and try to talk them down or find other alternatives to use other than fighting. We can utilize this skill in any setting you can think of. We as humans do not like conflict so we need to learn how to deflect the negative. That can be as simple as trying to understand why your boss at work wants something done a certain way. Or, it can be a disagreement with a spouse, or close friend.

Face it; most people have never been involved in a truly all out physical altercation other than a few scuffs on the playground at school. Even those who have been in fights are not usually in them all the time.

I guess the point that I am trying to make is that we train in the martial arts, no matter what art it is, to ultimately become a better person. We follow the strict dojo rules, show respect, mold our bodies, perfect our techniques, learn the perfect Kata, Seiken punch, or Mae Geri. However, many of us will never get to completely test our skills in the real world, which is GOOD.

However, it is of the utmost importance that we mold our senses and thought process and also learn to listen to our bodies. Know and be aware of our surroundings and have a pre-set plan in the back of our minds so that we are prepared to act, not just react to whatever situation may arise.

Ghandi preached to his followers "Peace Through Non-Violence." It is somewhat strange that we all train so hard with blood, sweat, and tears, in what is really a very violent art. However, we wish for peace and practice to avoid altercation.

This is what true warriors do. We train intensely for battle, pray for peace, and are ready to get the job done when the battle is brought to us.

A friend and a teacher once told me when I was younger that the hardest battle anyone will ever have to face is the battle within. When I was a teenager, I didn't really understand this statement. I have since realized, through life, that this can mean struggling with the loss of a loved one, a moral struggle or a relationship struggle.

I wish everyone well on your journey.

Pat Weyand



Generating Power through hip movement And pelvic rotation

Many of us need to pay more attention to the movements of our body in order to generate added power to our techniques. In specific this can be accomplished by learning how to use pelvic and hip rotation. When used properly we are able to develop extreme amounts of power from utilizing our hips. The pelvic area is part of our center, and is the area where we develop power this includes internal and external power (KI). It takes many years of training not only to develop but to feel comfortable having good hip rotation. You can always tell when someone develops good power, by the tips of their belt. The tips are worn or shredded from the constant snap caused by the action and reaction generated by good form and well developed hip motion...

There are 6 types of rotations which we can make our hips do. They are as follows Right, Left, Up, Down, Inside Right and Inside Left. When developing your hips make sure you over exaggerate the movement. Always use a rocking

and loose motion. For example, when throwing a right Seiken lift your pelvis upward and release it as you deliver the punch. Your hip should rock coming back into neutral position. When coming back to the neutral position it may be used as a double hip rotation.

Upward hip rotation is used when throwing an upper cut or (Age Uke) rising block. The pelvis rocks up and releases. Downward rotation rocks back. This is used when delivering techniques below the waist. Inside or reverse hip rotations are a little more difficult. The hip rotation starts from outside moving with a circular motion to the inside rocking the pelvis. This rotation would be used when you have more than one opponent. For example, let's say you strike off your right side with a backhand, following up with a left Seiken. You're in a right Zen. Another opponent is in front of you. That's when you pull your pelvis backward rotating in a circular motion to your left striking forward with an uppercut rocking your hips upward.

I have explained three out of the six hip rotations mentioned above. The other three are the same however, on the opposite side. I hope this will help you in understanding the use of our hip and pelvis in the development of power. Hip rotations are not easy to learn, You need to be dedicated and have good self discipline. "Practice", once you develop your hips. The power that you generated will be unbelievable.

Sensei Rick Cesario



The Journey of a Martial Artist

It all started in the fall of 1968. I was a sophomore at the University of Wisconsin-Parkside. Doug Devan, a friend, asked me if I would like to enroll in a jujitsu class at a local Y.M.C.A. The instructor, Jon Straub, was a nidan in Judo. Doug and I attended Jon Straub's self defense class in jujitsu for one semester and then decided to join his judo club at Carthage College in Kenosha. The judo club met twice per week and we had to juggle our class schedule to attend at times.

During the time we were attending the jujitsu class at the Y.M.C.A. and the judo club at Carthage College another martial arts instructor arrived in Kenosha. His name was William H. Foster, a minister at the First Congregational Church. He was a 4th degree black belt in shorin-ryu karate from the city of Peoria, Illinois. Doug and I decided to attend an eight-week session in the beginner's class of Sensei Foster's karate class at the Kenosha Youth Foundation. The beginner's class was on Mondays and Thursdays; the advanced classes were offered on Tuesdays and Saturdays. I stayed in the class for two eight-week sessions and Doug left for pre-medical school at the University of Wisconsin - Madison.

While attending the University of Wisconsin - Parkside, I found out that Jon Straub was offering a judo class for one credit. I was aware that I couldn't be a full-time student and participate in both judo and karate classes for the long term. I continued taking the karate classes at the K.Y.F. but stopped going to the judo club at Carthage College. I did attend one semester of judo class with Jon Straub at U.W.-Parkside.

I chose to focus on karate with the other styles of martial arts as an enhancement to my learning. After two sessions in the beginner's class I was promoted to the advanced class. Most of the students were at the green belt level with the exception of two students at the brown belt level. These two brown belts were Jesse Hernandez and Lynn Philyaw. At times I didn't know if I would make it through the workout; we usually did 100-150 push-ups along with other rigorous exercises. In the spring of 1970 we had our first shodan candidate—Lynn Philyaw. Later in 1971, Jesse Hernandez passed his shodan board of review.

As the years passed we lost students in our dojo due to family responsibilities, job commitments and school priorities. In a way, it was fortuitous for me to stay in Kenosha because I acquired many new friends who would later be martial arts instructors in their own dojos. I was also able to receive instruction from Sensei

Foster for 26 years. Very few students are able to stay with a martial arts instructor for that length of time.

During my 38 years in the martial arts I was fortunate to study other martial arts with various sifus and sensei's. While taking summer courses at the University of Hawaii-Manoa I took an aikido and tai chi chuan classes there. We had two excellent Japanese instructors, Tom and Allan, in aikido. My friend, Al Gomez, also attended the classes in aikido and later introduced me to the tai chi chuan course with another instructor named Francis Pang. We also attended the classes Francis taught at a Chinese Buddhist temple three to four times per week for three hours in the evening. During my summers in Hawaii I was able to meet Koichi Tohei at an aikido demonstration. Later in Chicago I met Akira Tohei at his dojo with some other friends in aikido from Madison and Milwaukee. I continued to study tai chi chuan during the summers of 1979-1984 and also met my tai chi sword instructor, Joseph Ho, through my wife Helen. In fact, I met Helen in my tai chi class at the University of Hawaii-Manoa. Helen speaks Mandarin and Cantonese Chinese, which was very valuable in connecting with various Chinese martial artists. Her language skills helped me meet Adrian Emperado's son in Hawaii and Yip Man's first son in Hong Kong. Adrian Emperado was Phillip Koeppel's first sensei. Yip Man was Bruce Lee's first sifu. While Al Gomez and I were touring China, Malaysia, Singapore, Thailand and Japan in the summer of 1982, we made an effort to seek out as many martial arts schools as possible. This broadened my horizons in the various martial arts.

When I was in Kenosha studying karate from Sensei Foster I was honored to meet Sensei Phillip Koeppel. He visited our dojo periodically because of his friendship with Sensei William H. Foster. In 1975 Sensei Foster founded the Yin Yang Do Karate Association and I was appointed as president of the association. During the 26 years as president I have met thousands of martial arts students throughout the U.S.A. In January 2000 I resigned as president of the Yin



Yang Do Karate Association, but remain as a board member.

At the present time I am working out with some of my old friends at the Kenosha Athletic Center. I also assist Sensei Philyaw in his dojo at the College of Lake County. Upon reflecting on my journey I feel very fortunate that I was able to study under so many excellent martial artists and develop such a close relationship with my karate Sensei, William H. Foster. My personal life has been enriched by the principles and practice of the martial arts and I am glad that I can contribute to the growth of others in their lives.

Sensei Richard Bruno



AS SEEN ON TV

I like to visit other martial art schools and talk to other martial art instructors when I can. In doing so I see all kinds of teaching styles, both good and bad. But, there is one thing that I don't like seeing...instructors that teach their students to be like some kind of "TV martial artist".

What I mean by this is, some students see a martial art themed movie and think to themselves "I want to do that". So, they run out and join a martial art school thinking that they will be the next Bruce Lee or Steven Segal. The Sensei needs to keep students in their schools to pay for the rent, etc. show them the stuff and teach them the attacks that they see on TV.

So, let's break down what we have now. A student that ran out to join a martial arts class for the wrong reason, a teacher that keeps them for the wrong reason and teaches them stuff that can hurt and/or kill somebody without teaching the student why not to do those movements in the first place. But, it does not end there!

The student loves that they can do a double, spinning sidekick with half twist and practices really hard to get that "all popular" black belt. And, after 3 years of practice, they get it. Their teacher puts them in charge of their own class and they spread their "wealth of knowledge" to 20 more students and so on, and so on.

Since 1968, over 1,800 studies have been done to see if TV and movie violence has an effect on the people watching them. They end result was the single, little word: YES.

Don't get me wrong, I love a good kickin' butt and shoot em' up movie. But, I know that with my skills as a martial artist I must walk the path of peace and know what should be done in training and what can be done in combat, if necessary.

Ask yourself before every class, "Why am I here?" I know what my answer is every time because I have students who wish to learn what being a real martial artist is. I am a warrior, obligated to my code to teach and pass on what I have learned in keeping the old traditions of the way alive and never to be something that is just-AS SEEN ON TV.

Sensei Christopher R. Braun



Hanshi Terry Sanders' Seminar

In April of 2007 the Southeastern Wisconsin martial arts community welcomed Hanshi Terry Sanders to the area for a two day seminar. Black Belt Karate Studio in Racine, WI hosted the event.

Hanshi Sanders is the style-head of Shorei Ryu Karate. Shortly after the United States Karate Association dissolved, he formed an association named the Kondo No Sho kai (New Pine Tree Society) in an effort to keep the practitioners connected. Hanshi Sanders is a direct student of Master Robert Trias, and in 1989, when Master Trias changed his direction to Shuri Ryu, named Hanshi Sanders style-head of Shorei Ryu. I have been in contact with Hanshi Sanders who is a wealth of information on many subjects of karate. He actually remembers meeting Billy Foster in Arizona in the early 1962 where he was taught the kata No Hi by Billy at the Trias Dojo.

Sensei Rick Cesario, Sensei Mark Algiers, myself, and John Powilaites (Student of Sensei Earl Pfarr) attended the seminar where we received instruction on the Suparimpe [spellings vary] Kata which is the highest kata in the Goju Shorei style. We had three hours of intense training in this kata and will need



hundreds of hours to even grasp it. The next day we learned the kobudo forms Matsuhiga no Tonfa and Tozan no Kama.

A special thanks to Hanshi Sanders for traveling to the area and passing on his knowledge. You can visit the Kondo No Sho Kai web site at <http://www.geocities.com/KondoNoShokai>



The United States Karate Do Kai Grand Nationals were held in Peoria IL on the weekend of June 16th. There was competition in various areas such as Kata, weapons and Sparring but in addition there were some valuable Seminars For more information visit the United States Do Kai web site. www.uskk.org



Shuri Te-Jujitsu Training. Original Martial systems Appleton WI.

Over the past two years many members of both the Northern and Southern Yin Yang Do Karate Association have been adding to their Shorei Kempo Karate arsenal by attending seminars and open training sessions in Shuri Te Jujitsu, which is offered at Original Martial Systems in Appleton, WI by Sensei Joe Pounder. Programs in Madison and Fond du Lac will soon be in place. The programs are under the direction of Tashi Troy Price of the International Shurite Yudanshakai.

So what is Shuri Te Jujitsu? This was a question I asked myself, since I was familiar with some traditional Jujitsu but had never heard the term Shuri Te Jujitsu. Shuri-Te Jujitsu is the current name for a style that was formerly called Shinto Yoshin Ju-Jutsu. The name change was recently made to emphasize the fact that the system is the companion JJ style to Shuri-Ryu karate, a close cousin to Shorei Ryu karate. So it's not a combination of karate and JJ, it just means that Shuri-Te JJ and Shuri-Ryu karate are the

striking/grappling counterparts of one coherent system.

Shinto Yoshin was developed in Okinawa and Japan and was brought to the US by Master Douglas Grose, who studied the system when he was stationed in Asia while in the military. The system was coordinated with the Shuri-Ryu karate style by design as Shuri-Ryu was being formulated and refined here (after being brought to the US by O-Sensei Robert Trias).

I have personally found that the Shuri Te Jujitsu is a complement to our art. The atmosphere at Original Martial Systems is an open learning environment through which many quality martial artists, from all over the Wisconsin, meet to share their knowledge and are learning Shuri Te Jujitsu...virtually unknown in Wisconsin and much of the Midwest. Some students train in an effort to add to their own art. Various styles are represented at the seminars including Judo, Karate, Tae Kun Do, Eskrima, and Aikido. There is also ranking available but, of course, just as in our Association, rank is earned not given. You must have time invested to rank. Sensei Pounder offers Jujitsu classes every Sunday morning. Numerous other quality seminars are also held throughout the year primarily focusing on Jujitsu but also a combination of open karate. Let's face it, many of the karate styles practiced in the United States today stem from a few key people...all whose paths have crossed over the years. Many of Sensei Nelson's students from the Neenah / Menasha area attend these clinics and seminars and have found it beneficial to their karate. I have attended many of the seminars. Having my background in Karate and Aikido, I was at first just curious about the art and figured I would check it out. However, I have now become somewhat of a regular attending the seminars as I am able to. I find that the system is built on what many call the chunking system - everything adds on to something else. You can pick up a lot even in just attending a weekend seminar. If it sounds like I am trying to sell this school, it is because in a way I am. I feel that they offer some great real life combat training which is easily integrated into our Karate



techniques. If you are able to attend any of the seminars which are reasonably priced for the expert instruction, I would encourage it. Sensei Pounder can be contacted by email or telephone. He has extended an open door to all of us in the Association if we ever find ourselves in the Appleton area.

[Shuri Te-Jujitsu Training Shuri Karate.](#)
[Original Martial systems Appleton WI.](#)
Call 920-830-0769 or email JosPound@aol.com



KEEP ADVANCING YOURSELF

By Mark Algiers

I would like to take this opportunity to say thank you to many people. As many of you may or may not know, I was recently involved in a Sandan Board of Review along with Greg DiCello, for his Nidan rank. Traditionally, in the spirit of Shihan Foster, your last physical Board of Review is for the Shodan rank.

However, with Sensei Rick Cesario of the Zanshin Do dojo that is not the case. At first, I almost questioned my Sensei's direction to have a Board of Review. I am glad I didn't. After listening to his explanation why, I couldn't have agreed more and I thanked him very much for doing so.

Remember, just because you reach your Shodan level of experience, you definitely do not stop advancing yourself. For me, I was able to show to the Board, fellow students and guests how, through dedication and creativity, I have personally advanced.

As I reflect back on that day, I only demonstrated about 30 minutes of my past few years of black belt experience to the Board. But in preparation for the Board, for many months, I realized I have accomplished 15 years of experience in creativity and self advancement.

That experience will never leave me. Remember, in our system of Shorei Kempo, there are still two to three more advanced kata to learn after

reaching the Shodan level. Keep in mind our Sensei's teachings on being creative as well. In that vein, we also performed some Zanshin Do Wazas as developed by Sensei Rick along with Wazas developed by Greg and myself. In addition, I have also developed my own individual kata.

For me, March 1, 2007 will be remembered as my second milestone after my Shodan Board of Review...of course that will always be #1.

Another big thank you goes out to Christine Weyand for doing a fantastic job of getting our special day on video. Most of all, that day brought a lot of familiar faces from our organization together...some I haven't seen in years. That really meant a lot to me.

I really wish I could thank everybody by name, but that would be way too many people to mention and I would not want to forget anyone. So, I will mention a select few. Thank you again, Sensei Rick Cesario for putting it all together and to Sensei Ron Zieth for opening the dojo at the Danish Brotherhood for such a fine gathering of old friends. And, I just want to mention a belated thank you to my boys, Brian and Eric and their band, for providing musical entertainment afterwards down in the Rathskeller. It was a great time had by all.

On April 21, 2007, Pat Weyand had his Shodan Board of Review with an even greater showing of brother's and sisters from our Association. That is great new, we need great numbers of Karateka to show up for special occasions to reminisce, share stories and keep our Association moving forward. So, once again, in the Spirit of Reverend Foster, please stay involved in the Association and keep advancing yourselves in the Art.

Sensei Mark Algiers



Editors Note:

To properly put out a newsletter for the Association, we need everyone to step up to the plate and submit something. You do not have to be a higher rank student to help out with this. All types of information, as long as it is pertinent to the subject of martial arts, is welcome. Book reviews, movie reviews, Reviews on different beliefs, injuries, health issues...these are all topics that are welcomed. The next newsletter will be out during the month of November.

Please have your articles or any notes of general interest to me no later than October, 2007. If possible, please type your article. You can e-mail me at: patweyand@wi.rr.com. Please "pour" your article into the body of the message, Put something regarding Karate in the subject area so I will not delete your message by mistake!!



NATIONAL DOJO KUN

I shall conduct myself in a manner which will reflect credit upon myself and society.

I shall be loyal to my school and to the art it teaches.

I shall be honest and exercise integrity with the purpose of developing cooperation and trust with my fellow karate-ka and my teachers.

I shall exercise restraint in the use of my karate knowledge, employing it only in fair competition or in defense of my life, my family, or my country.

Grandmaster of Karate
Robert A. Trias



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
262.694.689



Dojo News & Listings

Kenosha WI

Danish Brotherhood class Rankings

Carol Weidner, YonKyu / Purple

Patrick Weyand, Shodan

Zanshin Do Dojo Rankings and News

Greg Dicello, Nidan

Mark Algiers, Sandan

I just want to let you know our Dojo times and location. From October to May on Wednesdays from 5:30 PM - 7:00 PM at St. John's Lutheran Church at 3833-8th Avenue, Kenosha, WI ~ enter from 7th Avenue to the back parking lot.

From May to October we are outside in back of the Kemper Center at 6501-3rd Avenue, Kenosha, WI. We train there directly on the shores of Lake Michigan. There is a great deal of energy there and also fond memories of training under Shihan Foster in the very same spot. If you find yourself in the area, please stop by. Thank you, Sensei, Rick Cesario

Sensei Larry Miletta

Joseph Ricciardi, Shodan

Braun's Martial Arts

Sensei Braun reports that he and his school recently lost one of their students who was serving overseas Staff Sgt. Robert J. Basham, 22, of Kenosha, WI. died Apr. 14 at Camp As Sayliyah in Doha, Qatar, as a result of injuries from a non-combat incident. Robert Basham was one of Sensei Braun's first students in 1996 and was under his instruction until 2002. He was a blue belt in Karate and a Level 2 in Aikido. He has also had training in Capoeira, Judo, and Red Tiger Hue Long Kung Fu. Robert will be missed.

Sensei Chris Braun

Omro, WI

Grant Birch, Yonkyu / Purple Belt in Shorei Kempo

Green Belt in Shuri-Te Jiu-Jitsu

Rich Weigard, Yonkyu / Yellow Belt in Shuri-Te-Jiu-jitsu

Billy Sweet, Yonkyu

Wausau, WI Sensei's Gary and Julie Rhyner

Ryan Grimes, Shodan

Orem, Utah

Sensei Raymund Hoschouer, Yodan

Kim Kindlespire, Nidan

Kristi Davis, Nidan

Tyler Anderson, Shodan

Scott Andrus, Shodan



From the Golden State of California

Congratulations to Chuck St Pierre Jr. for obtaining the rank of Sandan in Enhin Itto Ryu Batto Jitsu (Iaido). He was awarded this rank in January 2007.

Sensei Chuck St. Pierre Jr. has been very busy over the last few years serving Our Country in the Air Force, and he reports that in the month of June he will almost be done with his PHD and will be defending his Ph.D. dissertation.

In addition Chuck will be testing for his Sandan in Seibukan JuJitsu in Monterey, CA on 19 July 2007.

Chuck has been away for some time but stresses that if you ever get out to the Golden State that you should look him up for a workout. His telephone number is 831-521-9294.

We all wish Chuck luck with his continued education and his future ranking.



It is with great enthusiasm that I am pleased to announce the Taiho Jutsu Federation is well and alive after the untimely passing of Master Charles Plaines early last year. I have just received an updated web link for the Federation, and looked it over. There is still training available in the Illinois area.

I just wanted to pass this information on to all. I never had the opportunity to meet Master Plaines however, I do know he has always supported our Association, and was a Sensei to many in the association.

Please take the time to visit this site.

<http://ustjf.us>



Wisconsin Kenosha Schools

Sensei Ron Zieth
With Rich Halverson and Don Jambrek
Danish Brotherhood
Yin Yang Do Karate Association
Mon, Thurs 6:00-7:30 P.M.

Sensei Al Gomez
GI-KO-TA-N-KYU (Quest for
Personal Excellence)
Kenosha National Guard Armory
Tues, Thurs 5:30-7:00 P.M.
Sensei Elio Covelli
Eastside Racquet Club
Tues 11:30-1:00 P.M.

Mike Stancato
Sensei Vince Perez
Library Park in Kenosha
(Summer)
Masonic Temple (Winter)
Mon-Fri 5:15-6:15 P.M.

Sensei Rick Cesario
Zan Shin Do Dojo
St. John's Lutheran Church
3833-8th Ave.
Kenosha, WI 53140
Wed 5:30-7:00 P.M.
Enter from 7th Ave. back
parking lot.
Phone # (262)764-4743 home
(815)482-1847 cell

Madison Schools

Sensei Eduardo Gomez
shoreikempo@hotmail.com
1127 University Ave.
Madison, WI
Tue, Thurs 5:00-6:30 P.M.

Northern Schools

Cecil
Shihan Charles St. Pierre
Fox Ballroom
206 N Lemke St.
Tues, Thurs 5-6 P.M.



Neenah

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

Antigo

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

Wausau

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

Appleton

Sensei Joe Bushman
Peabody Park
601 N Green Bay Rd
Mon, Wed 3:45-4:45 P.M.

Kimberly

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

Omro

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

Green Bay

Sensei Jean Lutsey
Day Care Advantage
1823 S Webster Ave
Sun 6:00-7:30 P.M.
Thurs 6:00-7:00 P.M.

Oregon

Klamath Falls
Sensei Steph Finnianous
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
Sensei Jon Lutsey
Eastview
Recreation/Community
Center
608 Kennard St
Mon, Thurs 6:30-7:30 P.M.

Utah

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

Sensei Ulf Mutzing
Brigham Young University

