



Newsletter

November 2008

UPCOMING EVENTS

Shodan Board OF Review Neenah Dojo

Fellow Martial artists, The Neenah dojo will be holding a Shodan testing for Diane Ernst on Sunday, Jan 11th from 12:00-3:00 in Neenah. The address for the board is 844 Ehlers Road, Neenah, WI. I would be honored if you can make the board of review. Please let me know if you will be able to attend.

Bob Nelson Sensei

Winter Seminar and Recognition Dinner January 17, 2009.

Hanshi Phillip Koeppel will be in Kenosha on this day to teach a seminar and then celebrate our association with us. See the registration form, and also accommodations in the area at the end of the newsletter.

From the President

It is November already, wow, where did the summer go and only 30 some shopping days left until Christmas! Please make note of your YYDKA Winter Recognition Dinner on Saturday January 17th, 2009. In addition to the banquet, Mr. Koeppel has agreed to give another seminar on that Saturday. He will be teaching us three kata, Nihanshi Ich, Ni & San with

applications. Mark your calendars and try to attend. It's always a pleasure having Mr. Koeppel give a seminar. He does such a great job, they are always extremely informative. Please check our website for times and prices.

The YYDKA Board of Directors has completed Dojo as well as Individual Membership Forms. If you are currently training you are considered a member so when you fill out the form you will be considered renewing your membership. The renewal is a \$10.00 charge per year. The Association is doing this so that in the future we will be able to offer more seminars and learning opportunities to our members. It is important for the sensei's to fill out the Dojo Registration Forms and to have students fill out the Individual Membership Forms. This information is important to the Association. We need this information to keep track of all the Association schools as well as information on all our members. We are in the process of revising the minimum rank requirements for all ranks as well as the requirements for promoting Dan ranks. The YYDKA has instituted a Rank Oversight Committee that will review the requirements for ranks above Nidan. In order to properly promote, we need each individual's rank and date of promotion. We can then promote those who meet the Dan requirements as set forth.

We are attaching the membership forms to the newsletter. Additional forms can be printed from the YYDKA website.

Chris Braun is considering starting a children's class this coming summer. If any of you have recommendations for his class please contact Chris with your thoughts.



Your Board of Directors have been meeting on a regular basis and have accomplished much this past year such as setting minimum Association Requirements for Rank which will eventually be listed on our website, establishing a Rank Over Site Committee, finalizing the Board Members and YYDKA Officers, organizing two seminars given by Mr. Koeppel, Founder's Day, the upcoming Winter Recognition Dinner and Seminar, moving forward on establishing an Association Handbook, Dojo and Individual Membership Forms. This coming year, the Board will revise the existing YYDKA Constitution and will set up terms for Board Members and Officers' and a procedure for those of you interested in serving on the Board and/or as an Officer. I know I am repeating myself here, but this is YOUR Association and the Board needs to hear from you as far as the direction you would like the Association to go (seminars, workouts, etc).

When you have a moment, check out our website, www.yingyanddo.com. Derrick Domes has done a great job in developing the website, a great big "THANKS" to Derrick for all his time and effort!!!

As you know, Pat Weyand has taken over the responsibility on producing this newsletter. This newsletter is only as good as the articles supplied by YOU for inclusion. When Pat asks for articles, please take some time and submit them. It's not important what rank you are, anyone can write their thoughts down and put them in an article. It just takes a little effort.

A real big thanks to Pat for all his time and efforts on putting this newsletter together.
Thanks Pat!!!!!!

I wish all our YYDKA Membership a blessed Christmas and a safe and fruitful New Year,
Yours in Karate Do,
Ronald J. Zieth
President YYDKA



Early Kenosha Karate, Part II Tim Hillary Sensei

Last newsletter I recounted the beginning of karate in Kenosha. This article is a continuation which attempts to chronicle the arrival of William Foster Sensei, the transition from Shotokan to Shorei, and the formation of the Yin Yang Do Karate Association from my perspective.

In the autumn of 1968, after working out with numerous karate students at the KYF for several years, I decided to pursue further education in Whitewater, WI. At that time the closest karate instructors were in Milwaukee (Uechi-ryu) and Chicago (several different styles). I was desperately trying to locate somewhere my hard working students could continue their training, but without much luck.

As fortune would have it (divine intervention?) the Reverend William H. Foster was moving from Peoria, IL to take the reins of the First Congregational Church in Kenosha. This church was located one block from the KYF where our classes were held. This fact was unknown to me at the time.

I believe both Earl Pfarr and Dick Guttormsen met Foster Sensei and suggested I talk with him. Acting on their suggestions, I visited Rev. Foster at his church and briefed him as to the state of karate in Kenosha. Then I asked if he would consider taking over the classes when I left for school. His reply was, "we'll see". I told him when the next class was and invited him to look the group over to see just how dedicated they were. He neither agreed nor disagreed.

The following class I began as usual, without Foster Sensei being present, and in the middle of that session I noticed him watching the class from a far corner. I was about to halt the class and introduce him when he abruptly left. Somewhat speechless, I continued the class. After class and a shower, I returned to Rev. Foster's church to find some answers.

When I entered his office he looked up and said, "I guess I can work with them". Two weeks later I left for school and Foster Sensei began turning that bunch of hard working beginners into true martial artists. As we had



had no promotions, the entire group was white belted except for Jesse Hernandez. Foster Sensei shifted their focus from Shotokan to Shorei and worked miracles with that bunch I had blessed him with.

While I was at Whitewater, the Yin Yang Do was formed. I was welcomed into it by Foster Sensei and worked out with them when I was home on semester breaks/holidays/summers when I wasn't working. After getting to know Foster Sensei better, I asked him what all the hesitancy was about taking over the class. He told me he was tired of taking messed up students from other alleged instructors and having to correct all their bad habits before teaching them karate. He also said that these students had a good work ethic and a fair grounding in the basics, but they were too rigid – just like I was. In retrospect, he was exactly right! He molded that group into a bunch of fine martial artists. His karate was exceptional and his teaching superb. Foster Sensei was a true martial artist, a great warrior and a wonderful human being.

Foster Sensei had a great sense of humor and once told me that humor lends life perspective. An amusing anecdote that some might enjoy comes to mind. After knowing Foster Sensei for several years and training with him when I was in Kenosha, he made a strange comment to me. He said, "I know you are wondering how you would fare against me in kumite, so it's time to put your mind to rest. Let's go into the small gym while the remainder of the class works out here in the big gym". Now I truly had NOT been wondering about that question so I went to the small gym to protest, but he would have none of it. He said it would just be a friendly kumite and he "dearly loved to spar". Talk about a psyche job! We both fought well and Foster Sensei proved why he was a true master.

I will always cherish my times with Foster Sensei and forever thank his spirit for perpetuating the Art of Karate-do in Kenosha and surrounds. His influence is now felt throughout the world as his students and their descendents have spread to the four corners of the Earth.



November 2008 Featured Dojo By Richard Halverson Sensei

Nearly eighteen years since its humble beginning, the Danish Brotherhood Karate Dojo in Kenosha continues to flourish today. In early 1991, Ron Zieth Sensei conceived the idea of starting a Yin Yang Do Karate Association satellite dojo after gaining approval to use the building's hall from Jeff Bernhardt, an officer of the Danish Brotherhood. Jeff has remained a member of the dojo since the start, and has since attained the rank of Nidan. Zieth Sensei, whom had then studied under the tutelage of O'Sensei Reverend William H. Foster at the Kenosha Youth Foundation dojo for twenty years, desired to pass along his karate experience to his own students.

It was, and continues to be, the understanding that the use of the Danish Brotherhood (DB) facility will be free of charge to the karate class members, but adult male students are expected to become members of the DB Lodge for the nominal \$48 annual membership fee. As active members of this organization, they enjoy fraternal fellowship, amenities of the Lodge and provide valuable community service.

Initially about ten students began their martial arts training under the direction of Zieth Sensei, with assistance from Rich Halverson Sensei, whom at that time a student of Rev. Foster's preparing for Shodan. Eventually workouts



increased from one to two nights a week and class size grew to about twenty participants. During the summer months, Zieth Sensei graciously allows outdoor workouts in his yard, which has also been the site for numerous Founders' Day workouts each July in memory of Rev. Foster. The first groups of beginners were promoted to yellow belts during the first board of review in May 1992 with Rev. Foster in attendance. During the past eighteen years, eight Shodan ranks have been bestowed by Zieth Sensei in the following chronological order:

1997 - Frank Trecroci
1999 - Jeff Bernhardt
2001 - Joe Sielski Sr.
2001 - Dave Rosenbalm
2003 - Joe Sielski Jr.
2003 - Jason Sielski
2004 - Helmut Fallak
2007 - Pat Weyand

Through the years the DB dojo has been the source for events such as; Rev. Foster's 80th birthday party, group instruction presented by Hanshi Phillip Koeppel, along with numerous YYDKA workouts with associate students from around the country. Other milestones along the way include; DB dojo members appearing with Rev. Foster in 1993 on his monthly local TV series, began affiliation with Master Koeppel's USKA in 1997 with Zieth Sensei being named WI State Director for same, addition of Don Jambrek Sensei instructional expertise in 1997, provided martial arts training for students at Pleasant Prairie's Rex Plex from 1999 to 2003. And DB dojo members Derrick Domes, Jason Sielski, and Patrick Weyand, created a comprehensive YYDKA website in 2006, and then in the same year, Patrick Weyand takes over responsibility for compilation of YYDKA newsletter.

The Danish Brotherhood Karate Dojo continues to contribute greatly to the growth and well-being of the Yin Yang Do Karate Association. Members Ron Zieth, Don Jambrek, Joe Sielski Sr. and Pat Weyand presently serve key roles in the YYDKA board of directors. The DB Dojo is

located at 2206 63rd Street, Kenosha WI. Workouts are held every Monday and Thursday nights from 6:00 to 7:30. Everyone is welcome to come and share in the benefits of karate training and companionship of the Danish Brotherhood Karate Dojo members.

It is with great hopes that this will be the first of many featured articles to be placed in Future Newsletters. I challenge other dojos within the Association to submit a feature article. Please contact the Editor of the Newsletter if you are planning on submitting an article.

Sincerely Richard Halverson Sensei



Respect
Mike Stancato Sensei

It is impossible to underestimate the power of respect. It has more creative or destructive power than any karate technique. It can sustain or destroy and organization. It's easy to respect someone who you think deserves your respect, but it is so difficult to display respect towards someone who has criticized you or may have treated you with disrespect. To quote Ralph Waldo Emerson, "Men are respectable only as they respect."

Many of us (myself included) assume supersized egos when we put on our uniforms and black belts with all those bars and emblems. All of our hard earned experience and knowledge reinforces our (deceptive) conviction that we know a little more than the next person and therefore are more worthy.

My purpose in writing this brief article is to remind those of us to whom respect towards others does not come easily, that disrespect will, over time, demoralize an organization. So, if you unconsciously want to weaken yourself and your organization, be quick to lash out at anyone who may dare question or criticize you. If you want, instead, to strengthen your organization and your place in it, make sure your fellow Karateka are



treated with respect so that they feel important and appreciated. Listen to them, and communicate about the source of any disagreement to see if accord can be reached. If you listen closely enough, you may discover that their viewpoint is as valid as yours. Sometimes conflict is inevitable, but remembers that if needless conflict erupts, a wise warrior knows that serious damage is usually suffered on both sides.

Regards, Mike Stancato Sensei



Moving Forward Rick Cesario Sensei

Throughout our lives no matter what we do or where we're at, we let thing disrupt our ability to move forward. I'm fifty two years old and I've been on life's roller coasters ups and downs. Just like everyone else we all have our problems. We have to stop letting these problems get in our way. Yes, I know some are big problems that we have to work out and some are small. It's the ones that are small that we make into big problems. Sometimes our minds create more problems than necessary. Why make more out of it, than it is.

For example, in the martial arts we try to concur, to make it to the next level. Some make it when there suppose to, some brown nose there way up, sometime there leaving the area, some BS there way, by trying to tell a story to make themselves look outstanding others, and some deserve it.

I been dealing with these kinds of issues for the thirty four years I've been in the martial arts. Recently I found myself getting frustrated again. I thought about what I was doing to myself. I came to the conclusion why I'm I letting these persons or mishaps hold me back. I know who I I'm, I know what I'm capable of, I know how good I am and what I have to work on to make myself better.

I can look in the mirror everyday and tell myself what I have to work on today. I don't have to go on making up stories to make myself,

and others believe in me. I know how I am. It doesn't matter what color or how many strips I have and my belt. I saw many dedicated people in the art with great knowledge and outstanding ability get pass by. It's just not worth the set back anymore, 'SO MOVE FORWARD'.

Try not to let personal issue come to the dojos. Personal issues are personal. Yes, you can ask someone's opinion and talk to good friend about it. But, try not to bring it to the dojo. I know sometimes it may be a personal issue with someone in the dojo, but it's still personal. Unless it's related to classes or something that needs to be brought up with your Sensei or higher up. Or maybe even the Board of Directors.

To all Karateka, become humble, look at how humble our great leaders are like O' Sensei Rev. William H. Foster or Hanshi Philip W. Koepfel. Don't let this thing stand in your way, anymore. You know who's true and who's not. Move on, there's so much knowledge to gain out there. Don't let these story tellers get in your way. Go to other Dojo's and Seminars. Gain and create, expand your knowledge. Bring something back to your dojos to pass on what you have learned.

Don't let these Barriers stand in your way. There nothing more gratifying than passing on the gift you have.

May eternal sprits grant you peace.

Rick Cesario Sensei Zanshin Do



A Big Thank You from Tim Hillary Sensei

I would just like to thank the few individuals who took the time to help contribute to the forthcoming student handbook. Your dedication to the future of the Yin Yang Do Karate Association is to be applauded. It was great to get your articles, dojo handouts, wise counsel, and words of encouragement. Please retain that dedication & spirit. It is what will keep the YYDKA viable. So thank you again Christopher Braun, Al Ferguson, Jen Lutsey,



Greg Thatcher, and Pat Weyand. If I missed your name and contribution, my sincerest apologies. Please remind me & I will add your name to the list. If you have something to contribute, please get it to me posthaste.

Yours in Karate-do
Tim Hillary



Why Are We Here? Chuck St Pierre Sensei U.S.A.F.

Each of us harbors our own unique motivations and goals for attending the Dojo. Some of us seek a physical work-out, some want to learn self-defense, some seek to understand the spiritual side; there is no right or wrong reason for making your way to the dojo over and over again. The important thing is that you have arrived! You have taken the steps and resolved in your heart and mind that the dojo is the place where motivations and goals can be satisfied; where answers can be found; where inspirations are born; where trust exists; and where personal empowerment lives.

Unfortunately, in spite of all of this wonderfulness, we all change over time. Sometimes, as we change, our motivations and goals change too. As if out of nowhere, you're struck with the fact that you're on your way to the Dojo again, but have no idea why and have lost touch with the reasons you began in the first place. Sometimes, in the Dojo as with life, we find ourselves on auto-pilot and unsure of why we're here, where this path is taking us, or even whether or not we want to continue. It is at these times that we are faced with our own worst enemy; ourselves.

Think back on when you first considered studying the martial arts...what an exciting time! The mystique of the martial arts...the prospect of gaining an effective tool of self defense...gleaning insight into the spiritual you...what a fantastic adventure! There was such a sense of certainty in your mind that this was the right path for you at the right time in your life. Now, think about your first few

classes and the ways in which you felt about taking that initial "leap" into the dojo – what was it about that "leap" that kept you coming back?...what is it about that place that keeps you coming back?...why are you still there? For most of us, the answers to these questions continue to change and evolve as we progress through the ranks. A board of review a structured time to recognize that we are evolving and growing, but an equally important process is happening inside of us; the process of assessing our motivations and goals. These questions must be asked internally in order to ensure outward changes happen; those changes that are fundamental to inspired practice and effective training. This type of evolution is not so much a conscious and tangible process like a board of review, but an internal "adjustment" of your perspective as different things take on importance in your life. This evolution is not to be taken for granted; it is every bit as important as a board of review and represents the acknowledgment of your purposes for attending the Dojo. This process is actually a practice of a very high level Martial Art concept called "Zanshin" or (loosely translated) "Awareness".

In asking yourself "why am I here", you're not asking yourself simply why you are at the Dojo...it is something much bigger than that...you are asking yourself to consciously acknowledge the evolution and growth in your life. This can be a scary thing! It is human nature to seek stability and predictability...so conscious analysis about your "present" motivations and goals may result in the realization that they are incorrect or not serving you – this would mean change!!...yikes!! But, since you have decided to become a martial artist, you have decided to embody the quest for perfecting yourself to the highest degree possible – with that quest comes change!! The Dojo is there to help...it's not just a training hall. Try to think of the Dojo and your attendance there as a very static piece of the very chaotic process that is your ever-changing life. The Dojo and your fellow Karate-ka are your bedrock; they are accepting and trusting; they are the same each time you come no matter what has happened in your life that day before you bowed in; they are the humanity in your sanctuary. Taking it a step



further, the etiquette and rehearsed kata are the structure, your Sensei is your guide, the kumite is practice at calming the chaos, and the subject matter challenges you beyond what you've commonly regarded as your "limits". The Dojo truly is a place of inspiration, empowerment, and truth – it is a safe place that you can come to experience the growth, analyze the chaos, and work through the change. But making the best of it rests solely upon you as a Martial Artist to practice "Zanshin" daily in considering your reasons for attending the Dojo.

I suggest taking 1 minute everyday to become "aware"; just one minute!!...we all can spare that. Find a quiet spot (just before you start your car engine for example) and sit down and take one minute to ask yourself, "Why am I going to the dojo?...this job?...this date?...this social place?...etc. etc. etc"....take the full minute to let your mind answer its own silent question; don't settle on what first pops into your head...that is your rehearsed answer, your rationalization for your behavior, your "knee-jerk"...take the full minute and let the "knee-jerk" subside and wait for the real reason to emerge; it will. If you are OK with the answer, then drive on! If you are not OK with it, that's even better – because that confused and hazy place you're in represents evolution and progress --- every time you find yourself in that state of mind, you're growing as a person and as a Martial Artist. Realizing the same answer over and over again means you've chosen to limit your possibilities...or you are satisfied with that particular aspect of your life. But you must still seek out progress and evolution and naturally allow yourself to slide into that confused state periodically – what emerges on the other side may surprise you. So, the next time you pack your Gi and jump in the car headed for the Dojo, stop for a minute and assess what is happening within you that moved you along this path. No matter what you think, smile and know that the mere process in which you've just engaged is another step toward a better you.



Thoughts on differences in kata Pat Weyand

I have thought for a long time about the differences between kata within our system and other similar systems. As a matter of fact, I just had a discussion with a friend, Jennifer Lutsey Sensei, about this topic...that kata is even different within our own association! So why is that? I am sure that most of you have seen differences and maybe have wondered why. I see differences within Shorei Ryu or Shorei Goju, which is the art that Rev. Foster learned from Hanshi Koeppel and Master Trias. Rev. Foster later changed the name to Shorei Ryu since he had changed some of the kata and due to political reasons within the USKA. So my question has always been the following: If we basically do Shorei Ryu, why are our katas so different? However, you can also look at other Shorei Ryu schools and still see differences. Personally, I have had the opportunity to train with many different people within the Yin Yang Do and some outside. A great influence in my Karate is Tony Pontillo, Larry Miletta, Ronald Zieth Sensei, Rick Cesario Sensei and Lynn Philyaw Sensei, in addition to having the opportunity to work out with Covelli Sensei, Buteri Sensei, Bruno Sensei, and Gomez Sensei on occasion.

I have had the opportunity to train with all of these different people so I look around and see differences everywhere. We can even look at Earl Pfarr Sensei's class at Parkside. Pfarr Sensei left the Association in the mid 1970's to teach at the University of Wisconsin Parkside. His kata is even different. Not to mention St. Pierre Sensei, and George Zimmer Sensei. Everyone does something a little different!!! So is it wrong or is it right? That is like asking the age old question "is the glass half full or half empty?" So, which teacher is right and which is wrong? Or could they all be right?

All the previously mentioned people are very accomplished martial artists and have learned karate from one, two or actually three people. That would have been O'Sensei Foster, Billy Foster Sensei and Phil Koeppel Sensei. So I look around at all of these people mentioned



and notice **“They all do kata different”** How can that be? They are all from the same teachers so one should think it should all be the same. Nothing could be further than the truth. How does this happen, where are the standards if we can have a standard. Would standardization be possible and, if so, would it not disrupt the evolution of our art and creativity? There are a few answers to this question that I have recently started to favor.

This is what I understand from talking with others from within our Association and outside the Association. O’Sensei Foster taught things differently at different times of his life! Why would that be? We can say experimentation, to train other muscle groups with the same kata.

O’ Sensei Foster did this with the Kata Ten Sho making movements shorter or longer in order to work more muscle groups. Maybe he saw a different application to the kata. Recently I have had the opportunity to train with Aikido Legend Saotome Shihan at numerous seminars in Chicago and also with Master Major Hayes an American Okinawan Karate Master at one of his seminars.

Now keep in mind that Saotome Shihan was Uchi Deshi (live-in student of the Founder of Aikido for the Founder’s last 15 years of physical life). Saotome is pure Japanese, and I never thought I would hear this especially from an Asian teacher since you would think they would hold true to tradition. In Chicago during November of 2007, Saotome was speaking of an Aikido group and said that he did not like to visit the specific group any more. He said the reason for this is that he was disappointed in their progress over the last 20 years. He said “I taught them, and I went back years later and they were still doing things the same way”.

Major Hayes also shared a similar story with us in Orland Park in mid-summer 2008. He spoke of his teacher in Okinawa stating that his teacher taught his art different to many people. Some reasons were age, physical limitations, who could he push harder. Also in general Asians were pushed harder than Americans. Major Hayes spoke of an American practitioner who trained in Okinawa and then came back years later. He was also so excited to show his teacher

that he could still perform the Kata’s and various waza exactly the way the teacher taught them. The student thought that the teacher would be so happy that he was still training the same way. The teacher told the American, “You have learned nothing since you left here, you are still doing the same things I taught you years ago.”

I found these stories from Saotome Shihan and Major Hayes to be surprising. In thinking on it, kata and the movements in kata can be interpreted in so many ways. When we reach the levels of purple, brown and black belt we need to be aware of what we are doing in the kata. I am not telling you not to listen to your sensei, but as I have been told from Miletta Sensei, make the kata your own. What do you see yourself doing visualize your opponent or opponents? In reality, does it matter if an elbow strike is vertical or horizontal, or if there is a seiken or a tate??? For demonstration and tournament purposes, indeed. However, we need to train for practicality. You need to know what you are doing and be able to explain it. On the surface of many of our kata’s, it just appears to be a block and a strike. The truth is, the block and strike can be breaks, or grappling techniques. Very much as our kata Seenchin, this has been explained as purely a breathing kata and is sometimes confused with the kata San Chin. San Chin, is a breathing kata, but I have also seen it as a type of grappling and take down kata - something we really don’t practice because it was never explained to us in this fashion.

So when we see different schools doing kata a little different, be it a strike or a different angle please do not judge that person especially if they are of a higher rank. Watch them and when they are done ask them, “What were you doing there and why?” You might just learn something. It is a natural progression for things to evolve.

Patrick A. Weyand



Your Health is Your Responsibility
Chuck StPierre Shihan
Northern Branch YDKA
(Part one in a three part series)

Having spent my entire adult life working out, I am no stranger to exercise, like most all of you reading this article. From the time I was 17 joining the Marines, I ran thousands of miles, lifted millions of pounds of weights, and did a trillion sit-ups and pull-ups---then off to college and the weightlifting team and of course, the Martial Arts since 1969 in Okinawa as a Marine, and home to O'Sensei Foster until today almost 40 years later.

With all of this exercise and focus on health, I look around at society in general and just shake my head at what I see. I read a recent study that found that in 2005 alone, consumers in this country spent close to \$36 billion for drugs to lower cholesterol and lower blood sugar. Cardiovascular drugs cost another \$33 billion. Sales of central nervous system drugs like painkillers, sleep aids, and those for attention deficit disorder ran \$26 billion, and antidepressants and antipsychotic drugs another \$17 billion. Total outpatient prescription costs were about \$200 billion for 2005. Most of these health problems could be ELIMINATED (not just treated) naturally, at a fraction of the cost, through dietary changes, exercise, and nutritional supplements. Not surprisingly, research continues to find that the drugs being used to 'treat' these conditions tend to create more problems than they actually solve.

Maybe we could somehow handle these costs, if our health care system was doing what it should be doing and people were getting healthier each year. But just the opposite is happening, and we all know it. Just look around. As a society, we're getting sicker and sicker. And illness is now occurring at a younger age. The rates of obesity, high blood pressure, depression, et cetera, in our youngsters continue to grow at an alarming rate, and with no end in sight. Like I said before, just take a walk through Wal-Mart, Woodman's or McDonalds, and it is truly a sad state of affairs. I want to cry out to these people:

GET TO THE GYM!!!! It is unfortunate, but many of these people will outlive us, but their quality of life will be greatly diminished. And as Sensei used to say, "I want to live, until the day I die", and we all know now what he meant! Because he did!

The answer to these problems I describe isn't lifelong drug use, but rather disease prevention through exercise, diet, exercise, education, exercise, lifestyle changes, exercise, proper nutrition, exercise, vitamin and mineral supplementation, exercise, and natural therapies and treatments. Oh, and did I mention exercise?

As a Martial Artist, you are probably thinking, 'this doesn't really apply to me much because I work out at least twice a week doing my Kata's, etc'. But think again. As you get older, you need to rethink your exercise program, your lifestyle and what it is, and is not doing for you. While I am no expert, after a lifetime of working on this stuff, I have a personal prescription that keeps me going, healthy and active, and hopefully, it can help you a little bit too. Most of you are probably doing lots of this already, but there may be some tidbits you can take away from this reading.

There are a number of basic things that I focus on for my overall health, some of them physical and some of them more psychological. Due to space considerations, I want to cover just two or three of them in this segment and the rest in future segments of our Yin Yang Do Association Newsletter.

CONTROL YOUR WEIGHT

We all need to get very serious about our weight and especially that growing 'boiler around our middle. Is the OBE fitting more like a bowtie these days? A recent article I read analyzed over 7,000 studies in an effort to see what could be done to reduce the incidence of cancer. For the first time, researchers have determined that being overweight, or obese, is at the top of the list of nutritionally related causes of cancer. This article went on to say that fat cells produce



compounds that promote and trigger inflammation, and chronic inflammation sets the stage for cancer growth. The research concluded that dealing with obesity or excess weight is second only to stopping smoking when it comes to preventing cancer.

There are many dietary changes that will supposedly help you keep your weight under control. All of the various details can be confusing, and even contradictory, from the Atkins diet to the South Beach Diet, to the low this, and the high that diet. I have seen it all, and I could be a cover poster for weight loss. Those of you who have known me know that I was, for many years, 270 pounds. I now weigh 200, and have weighed this for eight years. My plan? First and foremost:

GET THE SIMPLE AND REFINED SUGAR OUT OF YOUR DIET!

Some how, some way, you need to accomplish this. For me, it was the ONE `B`, FIVE `Ps`, and THREE `Cs` diet. And I am on it, and have been now for almost a decade, and it works for me. The one `B` is WHITE BREAD. The five `Ps` are PASTA, POTATOES, PRETELS, POPCORN AND PIZZA. The three `Cs` are CAKE, COOKIES, AND CANDY. I can eat anything else I want, and as much of it as I want but none of the above. Doing this my waist went from 44 to 33 and the boiler was gone!

One of the very worst forms of sugar, (and there is a lot of it in the above stuff), is high fructose corn syrup (HFCS). This HFCS is everywhere in our food supply, and is one of the primary factors in the rise of obesity in the US. Start checking the label on the foods you eat and eliminate HFCS from your diet ASAP! I read a study that showed that HFCS depresses thyroid function and lowers your metabolic rate. This study stated that high fructose corn syrup is one of the quickest ways to increase fat and weight in the body and destroy your natural health!!

In the next part in this series, I will discuss exercise in greater detail, as well as blood sugar,

prescription drugs, and pharmaceutical grade supplements.

Here's to your health!!!

Chuck St. Pierre Shihan of the Northern branch of the Yin Yang Do Karate Association

From the Treasurer

Joe Sielski

We have the following items available to members:

Patches.....	\$8
Double Ax (Yudansha).....	\$7
Kyu Certificates.....	\$10
Dan Certificates.....	\$25
T-shirts.....	\$16
X-L and XXI.....	\$18

Order from may be printed from

www.yinyangdokarate.com. Send application and order forms to:

Joe Sielski
8031-50th Avenue
Kenosha, WI 53142



Dojo News

Danish Brotherhood Karate Club

Richard Halverson Sensei Reports recent promotions:

Frank Trecroci NiDan
Alex Nilov Sankyu
Derrick Domes Gokyu
Brett Yutka Rokkyu.
Pat Weyand along with John Powilaites from U.W
Parkside Shorei Karate Traveled to Deming New Mexico
June 19th till the 22nd to train with Hanshi Terry Sanders in various aspects of the arts.

Zanshin Karate Association

Rick Cesario Sensei Reports:

Winter Class times: Tuesdays and Thursdays @ St Peters Church 2224 30th avenue Kenosha WI 5:30-6:30
Saturday Afternoons St Johns Church 3833 8th avenue
Enter from 7th avenue 12:00- 1:30 P.M>
Congratulations to Scott Otter for being recognized by the Zan Shin Do and the Yin Yang Do as a Shodan in our style. Scott originally was awarded his shodan back in 1997 by an off shoot of the Yin Yang do. Since then Scott has reunited with the roots of his art, and recently has been training with the Zan Shin Do Karate Club. On 09-25-08



performed a short board of review where he showed beyond doubt that the previous training he had received was validated and that he more than deserves his rank. Therefore, he was officially acknowledged through the association as a shodan in Shorei Kempo.

Bob Nelson Sensei's Dojo

Fellow Martial artists, The Neenah dojo will be holding a Shodan testing for Diane Ernst on Sunday, Jan 11th from 12:00-3:00 in Neenah. The address for the board is 844 Ehlers Road, Neenah, WI. I would be honored if you can make the board of review. Please let me know if you will be able to attend.

Bob Nelson Sensei

DOJO LISTINGS

WISCONSIN **KENOSHA**

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

Al Gomez Sensei
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
Sensei Vince Perez
Library Park in Kenosha (summer)
Masonic Temple (winter)
Mon-Fri 5:15-6:15 P.M.

Rick Cesario Sensei
Zan Shin Do Dojo Summer is here and we are working outside behind Kemper Center. We have a Saturday morning workout open to all at 10:00 A.M. This is in addition to our other workouts which include Tuesday & Thursday 5:30pm-6:30pm at St. Peter Church on 2224-30th Avenue Kenosha, WI and on Wednesday at 5:30pm-7:00pm outside behind Kemper Center and Saturday at 10:00am-11:45am behind Kemper Center on 6501-3rd Avenue. All are welcome to join us and share new ideas.

Phone # (262)764-4743 home
(815)482-1847 cell

Larry Miletta Sensei
Kenosha

Braun's Martial Arts

MADISON

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

Ryan Grimes Sensei
University Wisconsin Apartments Community Center
Madison, WI
Classes every Tuesday and Thursday 7 PM - 8 PM
(608) 244-2969
e-mail: rgrimz@yahoo.com

Northern Schools

CECIL

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

NEENAH

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

ANTIGO

Bob Okray Sensei and 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
Thurs 7:00-8:30 P.M.

APPLETON

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

Virginia

Panther Arts
Scott Andrus Sensei
pantherarts@yahoo.com



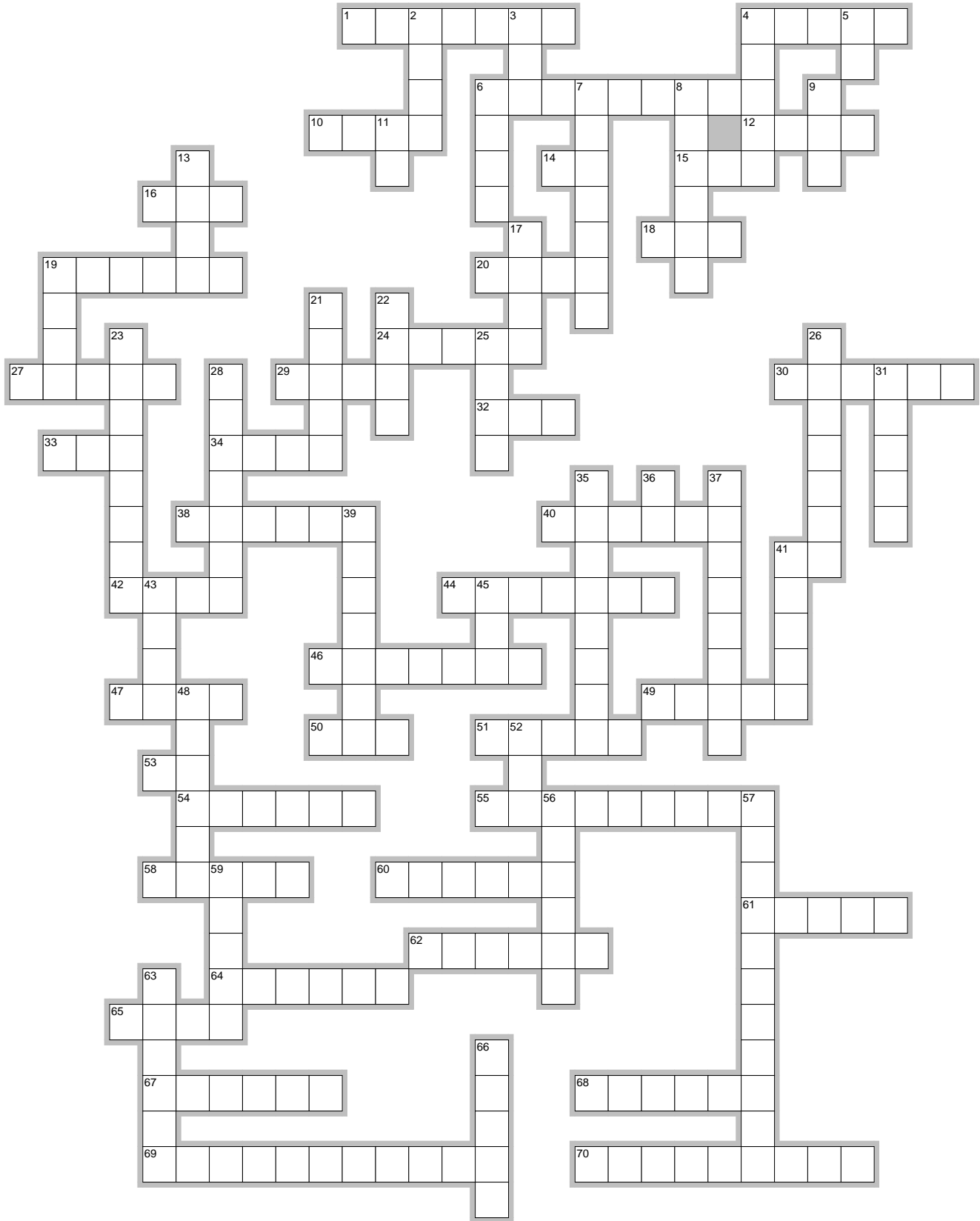
Across

1. Warrior of Japan Means to Serve
4. Thrust
6. Immovable Stance
10. Throw
12. Taker or attacker
14. Hand
15. Receiver
16. A permanent Grade Level of a Ryu
18. Yes
19. Center of Gravity, point in the abdomen approximately two inches below and behind the navel
20. Hooking action
24. Martial arts style
27. Lower level
29. Focus
30. No Mind or no thought
32. A sect of Buddhism
33. Intrinsic energy Chinese
34. Techniques
38. Behind or rear
40. Student of War
41. Wooden Staff
42. Foot or Leg in Japanese
44. Thank you in Japanese
46. Perfect awareness, Perfect finish, Exemplified by perfect posture
47. Cat Like
49. Wooden Practice Sword
50. Front or forward
51. Someone Junior to yourself
53. War
54. Teacher
55. Horse straddling stance
58. Upper Level
60. Teacher of Teachers (Usually 5th dan and above)
61. Front, Surface
62. Senior Student
64. Begin
65. Kick
67. Forfeits
68. Close quarters sparring (Okinawan Grappling exercises)
69. One step sparring
70. Live in student

Down

2. Another word for stop
3. School of thought or technique
4. Grappling skills
5. Intrinsic Energy Japanese
6. Step
7. Honorable Teacher (Used for only the founder of head of ones Ryu)
8. Middle
9. Rear or back
11. Training Uniform
13. One of the words for stop
17. Abdomen Belly
19. Vertical
21. Sitting in a Full Kneeling Position
22. Etiquette
23. Punching Post
25. Knee
26. The way of the warrior
28. Roundhouse or round punch
31. Headquarters Dojo
35. A Karateka without a dan rank
36. The Way
37. A Person who practices Karate do
39. Main Island of the Ryukyu archipelago
41. Warrior of any class
43. Shin
45. Respect Bow
48. Body Vital Point
52. Belt
56. Analysis of a technique
57. One finger spear hand
59. Student
63. Qualified Instructor
66. Sitting Meditation





Across

1. SAMAURI—Warrior of Japan Means to Serve
4. TSUKI—Thrust
6. FUDODACHI—Immovable Stance
10. NAGE—Throw
12. TORI—Taker or attacker
14. TE—hand
15. UKE—Receiver
16. DAN—a permanent Grade Level of a Ryu
18. HAI—yes
19. TANDEN—Center of Gravity, point in the abdomen approximately two inches below and behind the navel
20. GAKE—hooking action
24. RYUHA—Martial arts style
27. GEDAN—Lower level
29. KIME—Focus
30. MUSHIN—No Mind or no thought
32. ZEN—A sect of Buddhism
33. CHI—Intrinsic energy Chinese
34. WAZA—Techniques
38. USHIRO—Behind or rear
40. BUDOKA—Student of War
41. BO—Wooden Staff
42. ASHI—Foot or Leg in Japanese
44. ARIGATO—Thank you in Japanese
46. ZANSHIN—Perfect awareness, Perfect finish, Exemplified by perfect posture
47. NEKO—Cat Like
49. BOKEN—Wooden Practice Sword
50. MAE—Front or forward
51. KOHAI—Someone Junior to yourself
53. BU—War
54. SENSEI—Teacher
55. KIBADACHI—Horse straddling stance
58. JODAN—Upper Level
60. SHIHAN—Teacher of Teachers (Usually 5th dan and above)
61. OMOTE—Front, Surface
62. SEMPAI—Senior Student
64. HAJIME—Begin
65. GERI—Kick
67. SEIKEN—fore fist
68. TEGUMI—Close quarters sparring (Okinawan Grappling exercises)
69. IPPONKUMITE—One step sparring
70. UCHIDESHI—live in student

Down

2. MATE—another word for stop
3. RYU—School of thought or technique
4. TUIITE—grappling skills
5. KI—Intrinsic Energy Japanese
6. FUMI—Step
7. OSENSEI—Honorable Teacher (Used for only the founder of head of ones Ryu)
8. CHUDAN—Middle
9. URA—Rear or back
11. GI—Training Uniform
13. YAME—one of the words for stop
17. HARA—Abdomen Belly
19. TATE—vertical
21. SEIZA—Sitting in a Full Kneeling Position
22. OREI—Etiquette
23. MAKIWARA—Punching Post
25. HIZA—knee
26. BUSHIDO—The way of the warrior
28. MAWASHI—Roundhouse or round punch
31. HOMBURU—Headquarters Dojo
35. MUDANSHA—A Karateka without a dan rank
36. DO—the Way
37. KARATEKA—A Person who practices Karate do
39. OKINAWA—Main Island of the Ryukyu archipelago
41. BUJIN—Warrior of any class
43. SUNE—Shin
45. REI—Respect Bow
48. KYUSHO—Body Vital Point
52. OBI—Belt
56. BUNKAI—Analysis of a technique
57. IPPONNUKITE—one finger spear hand
59. DESHI—Student
63. RENSHI—Qualified Instructor
66. ZAZEN—Sitting Meditation





The Yin Yang Do Karate Association is pleased to announce that
HANSHI PHILLIP W. KOEPEL, 8TH DAN
MATSUMURA SEITO SHORIN RYU KARATEDO
Will be at the Danish Brotherhood to teach a seminar and provide
focused instruction on the NiHanShi Kata's.

DATE: Saturday, January 17, 2009

SCHEDULE: 12:00 PM – 1:00PM Sign-In and Warm-Up
1:00 PM – 4:00 PM Seminar

5:30 PM – 6:30PM Cocktails
6:30 PM Dinner / Winter Banquet

LOCATION: Danish Brotherhood
2206-63rd Street
Kenosha, WI 53143

COST: \$50 Seminar and Dinner
\$35 Seminar Only
\$15 Dinner Only

Registration is requested prior to **January 3, 2009**. To participate, please complete and return the following:

PARTICIPANT NAME: _____

TELEPHONE: _____ **EMAIL ADDRESS:** _____

ADDRESS: _____

CITY: _____ **STATE & ZIP:** _____

SCHOOL: _____ **INSTRUCTOR:** _____

_____ **SEMINAR & DINNER**
_____ **SEMINAR ONLY**
_____ **DINNER ONLY**

Please make checks payable to:

Joe Sielski :Treasurer
8031-50th Avenue
Kenosha, WI 53142

For any questions, please contact Joe Sielski
at 262-694-6892 or via email at jsielski@wi.rr.com.

FOR INTERNAL USE ONLY

DATE: _____

RECEIVED BY: _____

AMOUNT ENCLOSED: _____



WAIVER AND RELEASE OF LIABILITY

I, the undersigned, do hereby voluntarily submit my application for participation in the karate seminar presented at the Danish Brotherhood Karate Club at 2206-63rd Street in Kenosha, WI 53143 featuring Hanshi Phillip W. Koeppel on January 17, 2009.

I do hereby assume full responsibility for any and all damages, losses, injuries, illness or death that I may sustain or incur, if any, while attending or participating in said karate seminar.

I do hereby further agree to indemnify and hold harmless the Danish Brotherhood, the Danish Brotherhood Karate Club, Yin Yang Do Karate Association, Phillip W. Koeppel, United States Karate-Do Kai, and all officers, shareholders, agents, employees and representatives of said organizations and event officials, promoters, operators or directors of said event individually or otherwise for any claims or injuries that I may sustain.

I represent to all of the afore mentioned that I am in good physical health, and that I have no disability, impairment, illness or ailment preventing me from participating in said karate seminar.

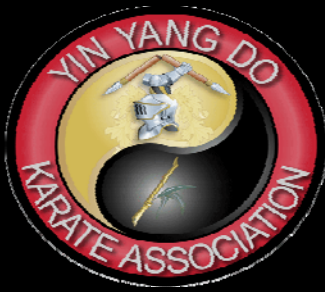
I fully understand that any and all medical aid or treatment administered to me as a result of any injury will be of a first aid nature only.

I have read and fully understand all the terms and conditions and I voluntarily agree to the entire liability waiver.

SIGNATURE* _____

DATE _____

***PARENT OR GUARDIAN MUST SIGN IF PARTICIPANT IS UNDER 18**



YIN YANG DO KARATE ASSOCIATION

11725 45th Avenue • Pleasant Prairie, WI • 53158

Sensei Ronald Zieth, President • 262-694-8293

yinyangdo@gmail.com

www.yinyangdokarate.com

INDIVIDUAL MEMBERSHIP FORM (Please Print)

FULL NAME:

DATE:

ADDRESS:

STATE:

ZIP:

TELEPHONE:

EMAIL ADDRESS:

MALE FEMALE

SCHOOL #:

Y.Y.D. MEMBERSHIP #:

PRESENT SCHOOL NAME:

BELT COLOR:

DATE STARTED:

DATE / LAST PROMOTION:

OTHER STYLE(S) OF MARTIAL ARTS STUDIED (Please include style, years training and rank):

PRESENT SENSEI:

HIS / HER RANK:

NUMBER OF YEARS TRAINING:

MEMBERSHIP FEES (Please Check One):

- New Member..... \$20.00**
(Includes ID card and patch)
- Annual Membership Renewal \$10.00**
Yin Yang Do Karate Association
- Kyu Rank Advancement..... \$20.00**
(Includes rank certificate & belt)
- Shodan Promotion..... \$10.00**
(Certificate only)
- Shodan Promotion..... \$50.00**
(Includes rank certificate & belt)
- Nidan and Above..... \$25.00**
(Certificate Fee)

**PLEASE RETURN THIS FORM
ALONG WITH REMITTANCE
PAYABLE TO:**

Joe Sielski, Treasurer
8031 - 50th Avenue
Kenosha, WI 53142

Note: New membership years begin on July 1st

Anyone with two years of delinquent dues must reapply for membership



YIN YANG DO KARATE ASSOCIATION

11725 45TH AVENUE • PLEASANT PRAIRIE, WI • 53158

Sensei Ronald Zieth, President • 262-694-8293

yinyangdo@gmail.com • www.yinyangdokarate.com

MERCHANDISE ORDER FORM (Please Print)

NAME:

DATE:

ADDRESS:

CITY:

STATE:

ZIP:

TELEPHONE:

EMAIL ADDRESS:

CURRENT SENSEI / DOJO:

SENSEI SIGNATURE (Required for Rank Certificate Orders):

ITEM DESCRIPTION	QUANTITY	TOTAL
YIN YANG DO EMBROIDERED T-SHIRTS		
SMALL	\$16 EACH	
MEDIUM	\$16 EACH	
LARGE	\$16 EACH	
X-LARGE	\$16 EACH	
XX-LARGE	\$18 EACH	
YIN YANG DO ASSOCIATION PATCHES		
ONE SIZE	\$8 EACH	
DOUBLE BLADED AX PATCH (Upon Award Only)		
ONE SIZE	\$4 EACH	
YIN YANG DO ASSOCIATION STICKERS		
SMALL (4" Diameter)	\$6 EACH	
LARGE (8" Diameter)	\$8 EACH	
KYU RANK CERTIFICATE		
	\$10 EACH	
SHODAN CERTIFICATES		
	\$25 EACH	
TOTAL ITEMS		

PLEASE RETURN THIS FORM ALONG WITH

REMITTANCE PAYABLE TO:

Joe Sielski, Treasurer

8031 - 50th Avenue • Kenosha, WI • 53142

NOTE: Orders for Rank Certificates Must Be Signed by Your Sensei

FOR OFFICE USE ONLY

DATE RECEIVED:

DATE ORDER SENT:

NOTES:



YIN YANG DO KARATE ASSOCIATION

11725 45TH AVENUE • PLEASANT PRAIRIE, WI 53158
SENSEI RONALD ZIETH, PRESIDENT • 262-694-8293



SCHOOL REGISTRATION

TYPE OR PRINT ALL INFORMATION COMPLETELY AND ACCURATELY

SCHOOL NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

SCHOOL SENSEI: _____

HIS / HER RANK: _____

TIME IN GRADE: _____

STYLE: _____

STYLE / YEARS TRAINING / RANK IN OTHER MARTIAL ARTS: _____

NAMES & RANKS OF OTHER INSTRUCTORS:	OTHER SCHOOL LOCATIONS:
_____	_____
_____	_____
_____	_____

NUMBER OF STUDENTS (At This School):	<input type="text"/>	TOTAL NUMBER OF STUDENTS (All):	<input type="text"/>
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PERSON RECOMMENDING THIS SCHOOL, PLEASE COMPLETE THE FOLLOWING:

NAME: _____ SCHOOL #: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

THIS FORM WILL NOT BE PROCESSED WITHOUT THE PROPER REMITTANCE OR THE FOLLOWING SIGNATURES:

SENSEI: _____	DATE: _____
STUDENT: _____	DATE: _____

MAKE REMITTANCE PAYABLE TO:
Joe Sielski, Treasurer
AND ATTACH TO THIS FORM

Registration Fee:
Annual Dojo Dues....\$25.00

