



Sensei's Corner

As this time of year, it is a good time to think back on what the training has meant to you, the students and teachers of our Association. Senior staff are learning one of the final empty-handed kata (Kusanku: Fighting At Night), all teachers are learning the Black Belt breathing kata San Chin (Three Battles: Mind, Body, Spirit), and our up and coming students are learning their yellow and green belt katas to test soon for their next rank. We now have our revised passports available to track your progress; they list all the kata you must know for rank testing. You must have a passport to be able to test for your next rank. They are available from your dojo instructor for \$15 USD. The passports also list the weapons kata you need to know, and we will be emphasizing weapons this coming year. Be sure and bring your personal sai and nunchaku to class every time! Remember that to become proficient you need to manage your time. You need to devote a certain amount of time to practicing karate basics (kicks and punches), kata and kobudo (weapons), as well as your daily situps and planking. Have a break? Stretch. Rooster stretch. Hold that sidekick out level for one minute! Get your plank time up to 5 minutes! Do not try, just do (and do *something* every day! Try your kata super slow then super fast. Strive for Excellence! Train not to be adequate, train to be champions!

-Nelson Kyoshi



Atlanta Yoshukai Make Strong Showing at 21st Annual Ryu-Ken Classic Tournament

Although due to business obligations Nelson Kyoshi and last year's winner Chris Corvi (top 4 in Men's Sparring) were unable to attend this years annual Ryu-Ken Tournament, in Montgomery, Alabama, Stephen Arroyo, from Johns Creek dojo (competed in kata and kumite) and Gary White, from Murphy, NC, (referee) attended and represented all of us Very Well! Our Association supportst the seminars, camps and tournaments of all the Yoshukai organizations. It's always good to learn more about one of the world's best karate styles, Yoshukai!



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This picture shows Stephen Arroyo making use of all the stretching that he does! If his high kick doesn't score, then he uses it to set up his opponent for the next strike! Stephen won this match, as well as all others in his division and was awarded the Division Trophy!. He then moved on to fight for the Grand Tournament Trophy. "Nelson Kyoshi was one of my first karate teachers," says Arroyo sensei, "and the techniques and strategies he taught many years ago are still relevant today and helping me win tournaments." Way to go Stephen!

YOSHUKAI YELLS

-Shout outs about our members -

Christopher Word (2nd kyu, Brown Belt) will graduate from Norcross HS May, 2017. He has joined the US Marines on early entry and will attend basic training at Paris Island, 2017.

Matt McMillan (3rd Kyu, Brown Belt) will graduate from Centennial HS in May, 2017. He will attend North Georgia College, enrolling in their ROTC program. His goal is to obtain his Engineering Degree.

Darius Parris (9th Kyu, White Belt) graduated from Brookward HS in 2016 and is attending Gwinnet Tech. Upon obtaining his Associates Degree, he will decide which college he will attend for his last two years.

Eisen Faust (9th Kyu, White Belt) displays his 2nd place trophy won at the Western Pennsylvania Wrestling tournament. Rich Faust (2nd Dan) is his wrestling and karate coach. Kudos!



Junior Grant Torkington (9th Kyu, White Belt) works part time tech assistance at Gwinnett Online campus; sister Grace (9th Kyu, White Belt) has returned from Washington, DC trip. Both play soccer and have a karate interest

Cody Hopkins (9th Kyu, White Belt) was recognized by his peers as an outstanding member of his Little League Baseball team! Cody says his karate helps him focus.



Interview with Howard Upton



Nelson Kyoshi studied Yoshukai Karate with Mike Foster Sensei for over 20 years and with Mike Sadler Sensei for over 12 years. Upton Kyoshi studied with Mike Sadler Sensei for over 20 years.

Q: Thank you for granting this interview. How did you become interested in studying karate/martial arts?

A: Like most children of my generation, I was enamored by Bruce Lee, Chuck Norris (he's the baddest of the bad) Joe Lewis, Bill Wallace and several other notable martial artists. I've never been able to fully grasp or get my head around what drew me to the arts—I think it is probably the science involved that most endears me.

Q: You had several of the best Yoshukai karate teachers. What were some of your most favorite techniques/concepts you learned?

A: Correct—I have been influenced by some very good Yoshukai teachers, but I would be remiss if I did not point out the influence of Japanese/Okinawan stylists outside Yoshukai that have bent my perspective on things I believe were missed or omitted from the Yoshukai system. I don't have a specific set of techniques or concepts that I would consider my "favorite," per se, but simple, effective applications as taken from our kata are what I focus upon. If we don't do that, kata is nothing

Share Those Recipes!

Students and guests at our annual Celebration bring a dish and there have been requests for recipies. The recipe for this issue is *Nelson Kyoshi's Rice & Artichoke Salad*.

- 1 can chicken stock + H2O to make 2 cups
 - 1 cup white rice
 - 4 green olives (scallions), sliced thin
 - 1/2 green pepper, chopped small (omit if you don't like)
 - 12 pimento-stuffed olives, sliced
 - 2 (6 oz) jars marinated artichoke hearts
 - 3/4 teaspoon curry powder
 - 1/3 cup mayo
1. Bring chicken stock to boil, add the cup of white rice, cover, reduce heat to simmer for 20/25 minutes. Cool in a large bowl.
 2. Add sliced olives, pepper (if using) and sliced onions. You can throw all three in a food processor for a few seconds to chop, and then add to rice.
 3. Measure 1/3 cup mayo into measuring cup (or another container), then drain the liquid from the 2 jars of artichoke hearts into the container.
 4. Add the curry powder by whisk, hand held blender or even a fork, into the consistency of a salad dressing. If artichokes are too large, chop them smaller. Add artichokes to rice mixture, toss with dressing. Chill & serve. Save some for your dojomates!

Q: You and Nelson Kyoshi now have your own associations. What do you think you have added to Yoshukai karate?

A: I honestly believe I have added little to Yoshukai; rather, I brought back parts that were missing after Yamamoto broke from Chitose in the early 60's. After all, a twenty-two year old man who had only been studying for seven years could not have learned everything required in such a short amount of time!

Q: You have continued your martial arts studies by attending and teaching at seminars around the country. Do you think all martial artists should do this?

A: This is a subjective topic. I do not think all budoka should seek out advice/guidance/teaching beyond their own teachers until they have reached a certain level of understanding with regards to their own art. I encourage my advanced students to do this for two reasons: to see what we (Shintai-ha Yoshukai Karate-do) are, and more importantly, what we are not.

Q: What advice would you give to people interested in martial arts who want to train?

A: Don't give up, don't burden your teacher with excessive questions about things you are not ready to understand or execute, and don't put your teacher on a pedestal. We are all human beings and subject to mistakes, our own personalities, and strange quirks.

Howard Upton, 7th Dan, is a published author of two action/adventure novels and writes several blogs, one focused on Shintai-ha Yoshukai Karate-do. For book purchase or to sign up for blogs, contact him at: howardupton.com. He often joins Nelson Kyoshi in teaching Master Classes in Norcross.



Seth Schilke Earns Nidan

Seth Schilke tested for his Yoshukai 2nd Degree Black Belt in March and successfully passed. Congratulations from us all! "I wasn't really aware of the depth there is to Yoshukai karate till I trained some classes with Nelson Kyoshi". He welcomes all for training at the Johns Creek, GA dojo 678.417.7780

Chad Pepper (2nd Dan), Columbus, GA, along with karateka like Nelson Kyoshi, is developing a documentary about Yoshukai karate. Any pics or video would be helpful, credit will be given. Contact: 705-527-2050