

THE ALLIANCE

July 1, 2011 Volume 9 Issue 1

THE STRENGTH OF OUR DIRECTOR & FOUNDER ... SENSEI DAN DUGAN



(pictured above is the exact spot Sensei fell at work on Oct. 28th)

On October 28th 2010, Sensei Dugan was working in Champaign when he fell 30' off the scaffold. Upon hitting the ground, he immediately stood up to walk away, when he was told by co-workers to lay back down, which he figured at that time, that he was seriously injured. One man grabbed a towel and put it around Sensei's head in order to keep his scalp in place, since it had peeled back.

When the ambulance arrived they had to cut off his shirt and jacket. Once in the ambulance, one of the EMT's was very surprised to learn that he was talking, completely conscious and not in shock. By the time he was wheeled into the ER, they immediately began to staple his scalp back together. At that time Sensei said, "you know I can feel that", one man replied, "we only have a few more to go", finally after a total of 29 staples and 28 stitches later, Humpty Dumpty was put back together! (comment from EMT)

After being checked out from top to bottom, the following diagnosis was told; Sensei Dugan had suffered the following injuries: 1. Fractured skull 2. Broken eye socket 3. Broken cheek bone 4. Broken jaw 5. Broken palate 6. Shattered nose 7. Bitten tongue 8. Broken neck (broke 3 vertebrae) 9. Severely jammed, broken and dislocated finger 10. Nerve damage to his left arm 11. Broken pelvis (in 3 places) and 12. A broken sacrum.

Sensei Schreiber and Erica Tomkinson, arrived at the hospital 3 hours after the call. When we arrived and looked at him, we were absolutely amazed that he was still alive! He had two black eyes, and blood covering his face! Before I got there I expected him to be completely incoherent. When he started talking to us, the first thing he asked was, "How do I look?" (he still kept his sense of humor).

Over the next 5 days, Sensei went through 2 series of surgeries, the first one was to place a titanium plate behind his cheek bone, rebuilt his nose and stitched up his palate. In the second surgery they fused the 3 broken vertebrae together, then placed 2 rods & 6 screws in his neck and a plate in his neck. The doctors had told us that the 3 vertebrae all broke at a different angle!

During the surgery they could not control the bleeding, then discovered that the broken vertebrae had broken in small pieces and had landed on the main artery, which was causing the uncontrolled bleeding. The sacrum and pelvis had to heal on their own without any treatment.

Due to his broken sacrum and pelvis, Sensei was not able to move his lower body at all for about the first week, one move would have caused serious problems. He wasn't allowed to eat, only have small sips of water with a plastic spoon. Each time he tried to drink he would choke because of the swelling of the accident itself and from the tubes they had put down his throat over the first few days.

He was so highly sedated with drugs for the first few days that he hallucinated and would have nightmares every time he fell asleep. He was so intent on getting off the pain meds, they finally took him off them and, as was expected of a Yoshukai Black Belt, he amazingly did great without them! As I recall clearly, the doctors and nurses mentioned to me how high his tolerance of pain was they were amazed! *The power of the mind is a great thing!*

Prognosis? Hospitalized for a total of 12 weeks; 4 weeks to heal, 8 weeks for physical therapy! He started his physical therapy after only 2 weeks, within the first day of walking he had an unfortunate setback; 3 blood clots! After only 2 weeks and 6 days Sensei Dugan was sent home! After 2 weeks of at-home care and at-home therapy, he was released from all!

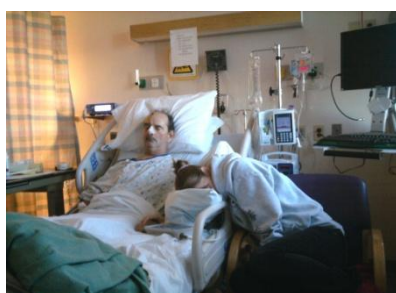
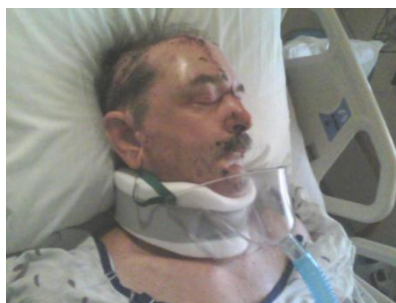
So many people have an "I'm tough" kind of attitude, well they have no clue what it is like to be "tough" until they survive a 30' fall! Sensei has proven to us that he is a very tough man! This should make all his students, past and present, realize what a "tough" guy he really is and be very proud of their/our Sensei!

Sensei had many guests over the next few weeks. Phone calls, flowers, emails, texts, and cards, some in which were from some of his young karate students who put their art work and feelings for Sensei on homemade cards. Sensei Bottrell and Shannon brought him several bags of frozen groceries so all he would have to do was pop them in the microwave.

The phone calls and visits were a part of what helped Sensei heal faster. It is always nice to feel loved, especially in times like this one it meant so much to him!

Todd, Dianne, Adam, (his children), Jason Dugan (nephew), spent many nights with him at the hospital, while Erica Tomkinson and myself spent $\frac{3}{4}$ of our time there, throughout the night and day so that he was never alone.

Following is a small collogue of pictures of Sensei Dugan in the hospital, so ***Parents you may want to view these pictures with your children*** Looking back at the pictures, it is hard to imagine 9 weeks after the accident Sensei was back in class teaching and practicing katas (very slowly). His story was shared with the Academy of Yoshukai Karate (www.yoshukankarate.com) in Canada in their current newsletter, Zanshin. Koncho Robertson emailed Sensei to let him know he had received several phone calls from students who were inspired by his fast recovery!



Thank you Mr. Lowe & Mr. Lanning for teaching at the Hombu for 2 months! It was a relief for him to know that you guys had everything under control and making sure everyone was ready for their test ... just one less thing to worry about!

Also, thank you to Mr. Stone who drove from Auroa to conduct the tests and have all the paperwork ready and organized, and to Sensei Roberts & Sensei Bottrell for their assistance during the test.



In April, Sensei and Sensei Schreiber went to Carle Hospital to visit one of the nurses, Jean, that took care of Sensei during his stay! She was THE BEST nurse anyone could ever have! When she saw Sensei she threw her arms up and ran to him, she was so excited to see him! She said that once patients leave the hospital they usually never see them again! Sensei had told her, just a few days after being there that he would be back in 6 weeks to show her 27 Movements; funny thing is, he could have!!

There was another nurse that was really great and his name Scott we wanted to see but he was not on schedule! Thank you both so very much, you guys are wonderful!!

“FALL SEVEN TIMES, STAND UP EIGHT”
(Japanese Proverb)

Topic: Yoshukai Karate

Page 1

Speech

There are many different types of karate, but Yoshukai is by far, my favorite. Modern day karate was introduced in Japan in the early 1900's. It came to Japan from Okinawa. The first dojo ^{in America} was opened in Illinois by Sensei Yuki Koda. The speech I am presenting to you will explain many facts about Yoshukai karate.

Karate forms your character. Disciplining yourself will help you become a better citizen. I do exactly this when I train. When I am tired, I tell myself to keep going and to not give up.

On our gi, we have a patch. The Japanese writing inside our patch says Yoshukan. On the back of our gi is the nintai. It stands for patience and strength.

There are five Yoshukai dojos in America. Sensei Dugan from Lincoln, Sensei Bottrell from Elkhart, Sensei Roberts from Williamsville, Sensei Blasco from Porta Rico, and Sensei Schreiber from Kenney.

To test for the next rank, a student will wait four months without missing 8 or more days. Testing from 1st kyu brown belt to Shodan, 1st degree black belt, the person must wait 1 year. We receive respect as we accomplish a new rank.

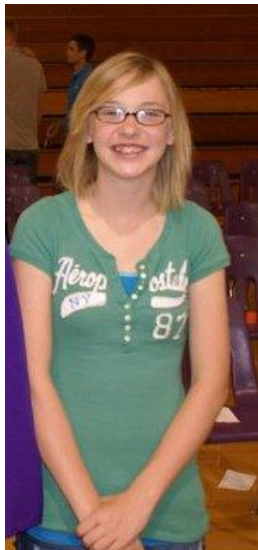
Blocks are one of the most important things we learn. We work to do them fast and correctly. It will become a habit if somebody does it wrong. Karate students punch with the first two knuckles because there is bone right behind them. We kick with the ball of our toes and angle our feet. If you punch or kick wrong, something could break.

We pay full attention during class. First we meditate to clear our minds of anything other than karate. This is very important. Then we warm up to loosen our joints. Afterward, we go over our basics which are punches, kicks, and blocks. A few more things we might do is spar, kick or punch bags, or practice self-defense, combinations, and katas. Katas are a series of movements that are put together and done consecutively and correctly.

We kiai on the count of ten, when told to, or unexpectedly while sparring. kiai's show spirit and inner strength as well as strength on the outside.

Karate has taught me discipline, patience, and many other things. Karate is good for defending yourself when needed, not for violence. As you can tell, karate is a hobby of mine and I would never give up something I loved! These are some of many more things I wanted to share to you today about karate. Enjoy!

-Belle Smith



Above is a copy of a speech she had to write for school! I believe she received an A on this paper, if not Sensei would have given her an A+. Belle Smith is a 12 year old, Junior High student from Lincoln. She is a member or the Yoshukai Karate Alliance and attends the Hombu Dojo, under Sensei Dugan! She began her training in Sept of 2009. She received the rank of 4th kyu green belt in July of this year!

(picture to the right was drawn by Belle)



Belle received High Honors for one quarter of the year, and Board Scholars for the other 3 quarters in the 2009-2010 school year. She is going into the 8th grade this year and will be a student of Mr. Lanning who teaches History at the Lincoln Junior High School Good luck Mr. Lanning!

At one time she donated her birthday money to the animal shelter here in Lincoln, this act being a great example of one of our dojo beliefs ... Practice these beliefs in the dojo and everyday life!

WHEN A STUDENT JOINS THE ALLIANCE

1. \$15 ... Registration fee
2. \$20 ... Application fee
3. \$30 ... Processing fee
4. \$50 ... Administration fee (for having to do the 3 previous fees)

TOTAL DUE: \$115 (before may attend any class) [these are in addition to monthly fees]

PURCHASING A GI

1. \$45 ... Pay the instructor for a generic gi
2. \$25 ... Test to earn the patch (must know how to pronounce – YOSHUKAI)
3. \$30 ... Test to earn the Nintai on back (must know how to tie belt)

TOTAL DUE: \$100

FIRST TEST FOR 12th KYU WHITE BELT

1. \$25 ... After 3 weeks in class (requirements are, must know how to say: Sensei)

SECOND TEST FOR 11th KYU WHITE BELT

1. \$35 ... 3 weeks after 12th kyu test (requirements are: must know how to say; SCAM!)

ANYTHING AFTER THESE ARE FAIR GAME FOR THE INSTRUCTOR!!

Please note ... This is ONLY a mockery of real fees of some “martial art” schools!



“IT IS DIFFICULT TO CHOOSE KARATE AS A CAREER AND DON’T AIM AT IT. ONLY ONE THING THAT WE WISH IS THAT TO HAVE LEARNED KARATE WILL BE USEFUL FOR YOU SOMETIME IN YOUR LIFE.”

Mamaru Yamamoto
Founder of Yoshukai Karate

KYU BELT TESTING

March 2011

Hombu – March 8th

Michael O'Donoghue 8th kyu

Will Ewald – 8th kyu

Blake Chamberlain – 6th kyu

Belle Smith – 5th kyu

Reggie Kirby – 3rd kyu

Erica Tomlinson – 2nd kyu

Payton Lanning – 4th kyu



Kenney – March 8th

Danny Johnson – 4th kyu

Elkhart – March 24th

Braden Trimmer – 3rd kyu

Jake McCray – 4th kyu

Alexia Davis – 6th kyu

UPCOMING EVENTS

August

Tuesday 30th 7 p.m. to 8 p.m. --- Pool training ... Hombu

September

Saturday 10th ... Kenney demonstration

Saturday 17th --- Mason City demonstration --- 12:30 p.m. to 1:30 p.m.

Saturday 24th ... Black Belt training ... 9 a.m. to 3:00 p.m.

Thursday 29th --- Kumite competition @ Hombu (Lincoln) Dojo --- 7 – 8:30 p.m.



“EVEN AFTER MANY YEARS, KATA PRACTICE IS NEVER FINISHED, FOR THERE IS ALWAYS SOMETHING NEW TO BE LEARNED ABOUT EXECUTING A MOVEMENT.”

Shoshin Nagamine

WHAT ARE THE ADVANTAGES OF AN ALLIANCE OVER A FEDERATION OR AN ASSOCIATION?

By Mr. Lowe



One advantage of an alliance is that it is family-like, supported by heritage and sharing of a common goal. In forming an alliance, it is less about disassociating ourselves, but more about recognizing both where we've come from and cooperating with those that share the same beliefs of traditional karate. An alliance supports independence while still allowing for collaboration with others under the same framework for expectations. Even the governance is initially inclusive. Regular constitution meetings are held where input from Yoshukai Alliance black belts is taken into consideration as the organization itself is continually improved.

In contrast, a federation would have a divided governance made up of several sub-governances. The disadvantage here is that the original ideas, thoughts, and spirit of the constitution would have a greater risk of being diluted and lost to interpretations and modification by the sub-governances.

An association is a rigid organization that is typically exclusionary and membership is frequently based on monetary contribution rather than common character. I experienced this disadvantage when I continued my training in Florida after a lapse of several years. The very first thing expected was for me to pay all back dues, all of the past association fees, in order to train.

Yoshukai Alliance and its governance model is unique. I know of no other organization formed by an alliance of independent instructors and black belts focused on upholding the integrity and honor of traditional Japanese karate. It is also evident from the design of the constitution that the Alliance is being molded to uphold these traditions perpetually. This is most clearly demonstrated by the absence of association fees and the strict rules for appropriate monetary charges of any kind as well as the inclusion of other instructors as long as they commit themselves to adhering to the Yoshukai Alliance constitution and by-laws.

"Yoshukai Karate continues to provide a very valuable, positive influence that flows into many aspects of my daily life. The patience, confidence and perseverance developed through the years of training are my greatest reward. "

Mr. Troy Lowe - Sandan

養秀館

HEALTH FAIR BOOTH

April 1st, 2011



2011 Logan County
Children's/Community Health Fairs
"Planting the Seeds of Wellness"

Children's Health Fair—April 1st Community Health Fair—April 2nd.
Sponsored by:
Lincoln Park District and Logan County Department of Public Health

Dear Sensei & Crew -

*I thank you for being a part of
our Health Fair. Every year
I know the crowds really enjoy
your demonstrations*

*Thanks again to each + every one
of you + your willingness to share
your time + talents w/ our community*

Roy Logan

On April 1st the Alliance was represented at a booth at the annual Logan County Health Fair for the 5th Graders. The booth included a poster with pictures, the health benefits of traditional martial arts, and health testimonies. Sensei and Sensei Schreiber managed the booth, greeting each group of students, giving away Yoshukai ink pens, scratch pads and answering any questions they had. Sensei & Sensei Schreiber were shocked by so many, and there were many, students from another dojo who did not know: 1.) who their Sensei was. 2.) what style they practiced. 3.) any stances 4.) any blocking techniques 5.) what rank they had attained. This was disappointing, but not surprising.

To the left is a letter that was sent to the Alliance from Roy Logan, Director.

HEALTH FAIR DEMONSTRATION

April 2nd, 2011

On April 2nd the Alliance held its annual demonstration at the Logan County Health Fair. Students from Hombu, Kenney, Elkhart and Williamsville were in attendance. Mr. Stone also made the trip from Aurora, again, to join us and donated the cutting mats for the katana, thank you very much!

White belts and yellow belts demonstrated:

27 movements (bunkai by Mr. McCullar)

Self-defense #1 – #5

Sparring

Board breaking

Green belts demonstrated:

H-Form #1 and #4 (bunkai by Mr. Reese)

Self-defense (according to their rank)

Sparring

Board breaking

Nunchucks – Kihon kata

Brown belts demonstrated:

Niseishi (empty-handed), alongside the Black Belts who demonstrated the kata with tonfa.

Self-defense (any two of their choice)

Sparring

Bo (Ni-Sandan)

Breaking

Black Belts demonstrated:

Tenshin – Shodan empty-handed , Nidan & up using the sai

Self-defense (any two of their choice)

Sparring

Nunchucks – Kihon kata Nidan

Bo – Kumi bo and bo tai bo

Sai – Yosei no kata (demonstrated by Sensei Dugan) and bo tai bo

Escrima sticks

Tonfa – bo tai tonfa #1 – 5

Katana – ceremony and #1 - #10 (with partners) and cutting (Mr. Stone and Sensei Roberts)

Tai ho jitsu - #11 – 19

Board breaking

It was demonstrated how weapons can be used against other weapons such as, bo against bo, bo vs. sai, and bo vs. tonfa. The escrima routine is always exciting to watch as the black belts try to beat each other with them! Finishing up the weapons was the katana #1- #10 followed by Mr. Stone demonstrating his cutting skills with the cutting mats. Nicely done Mr. Stone!

At the very end students and black belts demonstrated breaking techniques which is always enjoyed by the audience. Its always interesting to see the stack of boards, concrete slabs, roofing tiles and broken bo afterwards! Yoshukai still carries its tradition of heavy breaking...excellent techniques black belts!

To the right is a picture of Williamsville dojo students who play on the Williamsville baseball team.

In back is Mr. McCullar, the coach

Left to right is: Mitch McCullar, Eric Churchill, Jack Waugh and Nik Freschi.



WELCOME NEW KARATE-KA!

Hombu

Feb. 15th - Brian Bishop (father)

Feb. 15th - Abigail Bishop (daughter)

May 12th - Tony Newton

July 7th - Hari Patel

Kenney

March 28th - Al Brown (husband)

March 28th - Christi (wife)

March 28th - A.J (son)

March 28th - Chelbi (daughter)

July 18th - Alexia Brand

July 18th - Enrique Hernandez

July 18th - Edgar Solis

Page 6 LINCOLN COURIER Lincoln, Illinois Friday, October 12, 1984



NATIONAL KARATE PLACERS — Members of the Lincoln Yoshukai School of Karate placed in the All-USA Yoshukai Tournament last weekend at Childersburg, Ala. Twenty-eight schools participated. From left are Chad Reents, fourth in the heavyweight yellow belt division; Mamoru Yamamoto, grand master, 10th degree black belt, and founder of the Yoshukai schools; and Tim Daugherty, second in the black belt division. He is the instructor at the local school. Kneeling is Mark Blain, second in the light yellow belt division. All are fighting divisions. (Yoshukai photo)

Newspaper clip from the
Lincoln Courier!

KATA COMPETITION

On May 5th a kata competition was held at the Hombu open to students from all Alliance dojos.



We were honored to have Sensei Daugherty visit us as a guest judge.

The competition was divided first by age, children under 12 and 12 or older, then by rank.



The judges for the under 12 division were Mr. Kennett, Sensei Roberts, Mr. Lowe, Sensei Schreiber, and Mr. Reese. The 12 and over division was judged by Sensei, Sensei Daugherty, Sensei Bottrell, Mr. Lanning.

The Alliance was gracious enough to provide trophies this year for the first, second and third places of each division and rank. After the competition Sensei Daugherty spoke to all the students about spirit & perseverance, had them turn to face the mirror & remind them of their worst enemy!

Under 12 Division:



WHITE/YELLOW BELTS:

- 1st Cindy Vo
- 2nd Billy Vo
- 3rd Michael O'Donoghue



GREEN BELTS:

- 1st Payton Lanning
- 2nd Jake McCray

12 and over Division:



WHITE BELT:

- 1st Tim Heitzig



GREEN BELTS:

- 1st Belle Smith
- 2nd Linda Henne
- 3rd Danny Johnson



BROWN BELTS:

- 1st Reggie Kirby
- 2nd Noah Kenney
- 3rd Erica Tomkinson



BLACK BELTS:

- 1st Sensei Roberts
- 3rd Mr. Lowe
- 2nd Sensei Schreiber



Sensei Daughtery, Sensei, Mr. Kennett

Below are a few extra pictures from the competition:



(above) Group picture of those who placed!



(above) Group picture of all in attendance



Kenney Dojo



Elkhart Dojo



He's got the POWER!!

ODDS AND ENDS



(to the left) Mr. Stone - in back; Mr. Lanning in the front row to the left, Michelle & Matt Janet. Tournament in Galesburg, late 80's?

(Pictured below) A group picture of Kajukenbo, in the back row to the right is Erica Tomkinson who obtained a blue belt! Now a 1st kyu in Yoshukai @ the Hombu.



(picture below) Mr. Lanning, who is a coach for the team, and Payton at one of their soccer games!

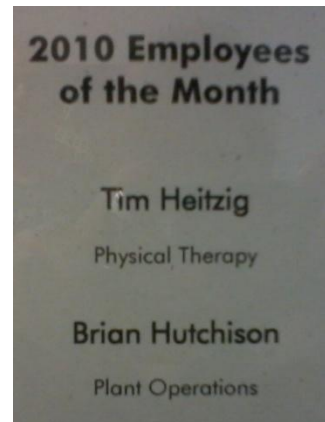


(to the right) Congratulations Karen & husband Jerry for raising the most money for the Salvation Army during the Christmas season!



(to the left) Welcome the Hombu's best waiter/student, Brian Bishop!

(to the right) This sign was spotted at the new Abraham Lincoln Memorial Hospital, right outside of the hospitals café, where Brian Bishop works! Tim Heitzig is also a new student at the Hombu, and Brian Hutchinson is one of Sensei's Black Belts (2nd degree). Congratulations and good job guys!



BLACK BELT CLINIC

May 7th 2011



Today's training began with Shodans from 9 to 11. The following students were present: Mr. Reese, Mr. McCullar, and Mrs. Johnson. Everyone warmed up with combinations, one of their own choice. After that, they practiced their kata: 1. Shochin 2. Tenshin 3. Mugen. After reviewing these kata, Mrs. Johnson stepped off to the side to work on Mugen, in which she just learned.

While working on her kata, Mr. Stone, worked with Mr. Reese & Mr. McCullar on sai, going over Zenshinkotai, Shihohai, then Rohaisho! Mr. McCullar began practicing sai, while Mr. Stone went over bo tai sai #1 - #3 with Mr. Reese.



Next up were the Nidans : Mr. Lowe, Sensei Schreiber and Mr. D. Schreiber, from 11 to 1. Sensei Upton and Sensei Roberts joined in & trained along with them. They began class the same way, warming up using combinations followed by kata. Mr. Stone reviewed their 3 kata with them. 1. Bassai 2. Chinto, and 3. Kusanku.

After kata, they practiced their sai kata ... Rohaisho, Rohaidai, Tenshin, Mugen, and Bassai. Sensei Schreiber and Mr. Lowe had only learned part of

Bassai with sai, so they spent some time apart practicing it.



The last group were the Sandan & higher. This involved Sensei Roberts, Sensei Bottrell & Sensei Upton training along with them. They went right into the katas Bassai, Chinto, Kusanku, Sanshiryu, and Sanchin. This was Sensei Bottrell's time to learn his first Sandan kata, Sanshiryu.

Sensei Roberts stepped aside to help Sensei Bottrell with Sanshiryu while Mr. Stone went over katana with Sensei Upton. Afterwards, Sensei Roberts was taught Sanchin by Mr. Stone. Sensei Upton demonstrated the the kata, pointing out the differences, which were very few! Nice to see that!

The Sandans, unlike the Shodans or Nidans, had a bit of free time in which Mr. Stone helped Sensei Bottrell, while Sensei Roberts and Sensei Upton talked about the bunkai of the kata. Later they all gathered around to discuss bits of their Yoshukai history , and both The Alliance and Sensei Upton, proudly spoke of their highly respected Sensei!



Sensei was unable to make today's training, so Mr. Stone instructed them, and as always, did a fantastic job! Thank you very much Mr. Stone, OS! Sensei Upton came down from Naperville to train with the Nidans and Sandans. It was nice having you visit! OS!

As with each training session, Mr. Stone went through the Constitution with each group! Included in this conversation was the teaching of our standard self-defense. All Black Belts were told to follow the steps when teaching these techniques. As it was well put by Mr. Stone, "If you don't think they work, I will be glad to demonstrate!"

FROM THE ARCHIVES

WAY BACK WHEN:

Pepsi Cola — Canada Dry Bottling Co.
February 25, 1966

Memo to: Darrell Crutcher
Subject: Wages

Start \$80.00 per week — 40 hr week — \$5.00 per wk raise every 90 days. After 1 year will talk more salary.

Signed: Maurice Irvin

BIRTHDAYS AND ANNIVERSARIES

A numerologist could have a field day with Dan Dugan this month. He turns 33 on 3-3. . . Two days later, March 5, will be Otto Schultz's birthday. . . Jim Irvin celebrates his 8th anniversary on March 7th. . . On the 16th Eric Onnen has a birthday. . . Margaret Nimbler started work here one year ago on the 19th. . . and rounding out the field is Charlie Williams. He'll celebrate another birthday on the 31st.

VOLUNTEER NEEDED

Do you like to drive real fast? Would you like to help out a very worthy cause? Does the idea of competing against another soft drink distributor appeal to you?

If you are this kind of person, let me know. Who knows, you might even have some fun too.

Terry Irvin

This is a copy of Irvin Bros., Bloomington Pepsi Cola's newsletter, 1985. Sensei Dugan was employed there as a Route Salesman for 12 ½ years.

Sensei remembers one of his students from Bloomington was John Barnhart, whose father owned Central States Coca Cola. Also at the same time, Dan Irvin, whose father owned Bloomington Pepsi was a student they were NEVER allowed to spar!

GET WELL LARRY

We would like to send out a get well message to Larry Ferguson. He was away from work most of February with back problems. We're looking forward to some good news from his doctor any day.

So Larry, get plenty of rest. Hope you are back on your feet real soon.

**2 Months
Instructions
FREE**

**All
Irvin
Bros.
Employees**

Contact: Dan Dugan

THE TATTERED BELT



The essence of budo is in the training. While this may seem very elementary to the reader, if one practices the arts long enough he/she will begin seeing teachers, rather than students. Oftentimes, teachers stop training believing they have either learned everything possible, with respect to their art, or have simply learned "enough." A kyu level practitioner has a black belt as the end goal, while the black belt may have the plethora of multi-colored belts as a goal. Materialistic goals are detrimental to the budo-ka and do not represent what the budo/bugei is.

True understanding of your art is a result of long and tedious introspection coupled with much practice. While many downplay the importance of kata, kata hold the key to everything we strive to learn. Unlocking the "secrets" of the arts only comes with training AND understanding. A quality teacher will guide the student but not explain everything; a quality teacher will encourage the student to train and study.

The black belt is only a piece of cloth we wear around our waists. It doesn't reflect what we know, rather it represents a step in a long process. True learning comes after the belt is placed around our mid-section when the student begins studying in earnest, not the two or three days a week a teacher will offer a class. The student will spend a long and significant amount of time practicing alone and watch the belt begin to wither away. Soon, the white cotton will break through the black dyed material sewn over the top and others will begin to take notice. The white represents arduous training and knowledge, it represents purity and insight and it represents a quiet introspection only a student can garner after a lot of blood, sweat and tears. The student will carry himself/herself in a way others envy and want to emulate. The student doesn't give off an aura of arrogance but an air of confidence and knowledge. This individual will guide and teach, when called upon to do so, with a certain sternness and simultaneous gentleness and understanding.

One day the body will no longer be able to punch as hard, kick as fast, block correctly, but the knowledge won't leave and others will seek the student out to be the teacher. Finally, the old tattered belt will break and be unwearable.

The essence of budo is in the training.....

Sensei (Howard) Upton

"KARATE PRACTICE IS FOR THE WHOLE LIFE; WHILE ONE BREATHES, ONE PRACTICES."

Unknown



OUR DEEPEST SYMPATHY

The following is a copy of Sensei Roberts father! Our sympathy to you and your family, Sensei Roberts!

Otto 'Dub' Roberts



LINCOLN -- Otto "Dub" Roberts, 59, of Lincoln, died Tuesday, May 24, 2011, at home, surrounded by the love of his family.

Visitation will be 4-7 p.m. Friday at Holland Barry & Bennett Funeral Home. His funeral will follow at 7 p.m. at the funeral home, with Donald Goodman and Pastor Rob Roy officiating.

Cremation rites will be accorded and burial will be at a later date.

Mr. Roberts was employed at Eaton Corp. for 41 years.

He was born May 17, 1952, in Decatur. His parents were Richard and Margaret Herron Roberts. He married Susan Goodman on Aug. 29, 1971.

He is survived by his wife, of Lincoln; his son Michael Roberts and wife Jody of Lincoln, along with his two granddaughters, Kalyn and Mya Roberts; his son Clay Roberts and Larissa Berger and Lily Bing, all of Cantrall; and two brothers, John Roberts and wife Lorraine of Harristown and Larry Roberts and wife Cheryl of Mount Pulaski.

He was preceded in death by his parents and two sisters, Martha Rose Binkley and Emma Jean Whitacre.

Otto was a member of the Lincoln Sportsman Club and was an avid trap shooter. He also enjoyed fishing, hunting, playing pool and playing cards

LINCOLN -- Susan Margaret Dugan, 86, of Lincoln, died Tuesday, May 24, 2011, at St. Clara's Manor.

Visitation will be 10-11 a.m. Friday at Holland Barry & Bennett Funeral Home in Lincoln. Burial will follow in St. Mary's Cemetery.

Susan was born April 1, 1925, in Turkey City, Pa. Her parents were Elmer and Garnet Garris Boyer. She married John R. Dugan, and he preceded her in death on March 4, 2000.

She is survived by two sons, Dan Dugan of Lincoln and James P. "Pat" Dugan and his wife, Vicki, of Lincoln; one daughter, Joyce Bradley and her husband, Tony, of Lincoln; 14 grandchildren; and many great-grandchildren.

She was also preceded in death by two sons, John Michael and Dennis Timothy, and one great-granddaughter, Jayna Dugan.

YOSHUKAI BIRTHDAYS

January

January 21st --- Mr. D Schreiber

February

25th 1998 --- Noah Kenney --- 13 years old (TEENAGER)

24th --- Mr. McCullar

2nd 2001 --- Billy Vo --- 10 years old

March

16th 2000 --- Hari Patel --- 11 years old

3rd --- Sensei Dugan

18th 1991 --- Mr. M Schreiber --- 21 years old!

April

19th 2002 --- Payton Lanning --- 9 years old!

16th ---- Mr. Ramirez

May

17th --- Mr. Stone

31st 1996 --- Cristian Ramirez --- 15 years old!

15th --- Mitch Hudson

June

21st 2006 --- Nik O'Laughlin --- 5 years old!

15th --- Dale Barnett

PERFECT ATTENDANCE

April

Mr. M Schreiber; Sensei Schreiber; Noah Kenney; Erica Tomkinson; Linda Henne; Karen Birdwell
Danny Johnson; Christi Brown; AJ Brown

May

Mr. M Schreiber; Sensei Schreiber; Erica Tomkinson; Belle Smith; Karen Birdwell

June

Mr. M Schreiber; Sensei Schreiber; Erica Tomkinson; Linda Henne; Christi Brown

"KARATE IS ABOUT DISCIPLINE AND THE FIRST DISCIPLINE IS SHOWING UP FOR CLASS."

NATSU KEIKO IX

June 18th 2011

Waking up to the sound of raindrops, there were flashbacks of last years Natsu Keiko being rained out! Starting at 8:30, the phone started ringing Are we holding Natsu Keiko? Watching the radar and watching the clock, Sensei made the call to go ahead and head to the park! Around 10:30 – 11:00 the rain stopped! NATSU KEIKO WAS A GO!

The days schedule was as follows:

White/yellow belts:



Application of angles; makiwara board training; jujitsu; how to roll & land; combination blocking; ground techniques; traditional folding of the gi.

Green belts:

Tobi yoko geri; fundamentals of sweeping; jujitsu; Nunchuck training (apple-smashing); makiwara board training; traditional folding of the gi.



Brown belts:



Makiwara board training; Nunchuck training (apple-smashing); ground techniques; karate tai bo; bo tai bo; tobi ushiro geri; applications of kagi geri

Black Belts:

Katana cutting & training; Ryusan kata; sai throwing; karate tai bo; bo tai bo; bo tai tonfa

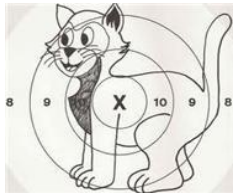


Groups of all ranks:

History & fundamentals of Tae kwon do
Female self-defense
Water balloons
Promotions & pics

Other

History & Fundamentals of Tae Kwon Do – Sabeomnin Brown
Jujitsu – Sensei Blasco
Female self-defense – Sensei Schreiber
Makiwara board training – Sensei Bottrell & Mr. McCullar
Nunchuck training – Mr. Reese
Ground techniques – Sensei Roberts
How to fall & land – Sensei Roberts
Combination blocking – Mrs. Johnson
Timing drills (water balloons) – Sensei Upton
Karate tai bo – Mr. Stone
Bo tai bo – Sensei Roberts & Sensei Bottrell
Bo tai tonfa – Mr. Stone
Tobi ushiro geri – Mr. Lowe & Mr. Lanning
Tobi yoko geri – Mr. M Schreiber
Application of kagi geri – Mr. Lowe & Lanning
Application of angles – Mrs. Johnson & Mr. Johnson
Katana cutting & training – Mr. Stone
Sai throwing – Mr. Stone
(below are pictures of the targets set up for sai throwing)



(Mr. Johnson – oops, too high)



(Mr. Reese – oops, too low)

Nunchuck training (apple smashing) – Mr. Reese & Mr. D Schreiber
Ryusan – Sensei Upton

At the end of the day, awards and promotions were given out.
First, Sensei promoted Sensei Blasco to Nidan (2nd degree) and Mr. Lowe to Sandan (3rd degree) and Sensei Roberts to Yondan (4th degree).

After that, the Black Belts promoted Sensei to Shichidan (7th degree)! Sensei, this promotion came from deep down inside the hearts of all your Black Belts. As Mr. Stone tried to say to you, you have set an example to your students that many Sensei's will never do, and hopefully won't do, in their life time. Being who you are, you just had to demonstrate to us what a karate-ka can endure with the passionate training and teaching you have put into your years of a karate-ka! Please just don't do it anymore, we believe you made your point clear!

NANA KOROBİ YA OKI!
(Indomitable Spirit)

The women presented Sensei a digital camera to be used solely for the Alliance, as a token of our appreciation!

As usual Natsu Keiko was a big success, due to the fact that everyone always pulls together, as a team, to make it come together!

Thanks to Mr. Virgil Lowe, Mrs. Kenney & Noah's father, burgers and hot dogs were waiting for us by the time Natsu Keiko ended!

This year's guest instructor was Mr. Scott Brown, 7th degree and Master Instructor of Lincoln



Tae Kwon Do. Mr. Brown, along with his son Andy, gave a brief, but excellent history of Tae kwon do along with demonstrating and working with everyone on several of Tae Kwon Do signature kicks and stances, using a kicking bag. After Mr. Brown was finished he was presented with a plaque by the Alliance in appreciation of and recognizing his 30 plus years of teaching his traditional art of Tae Kwon Do. His presentation was very knowledgeable and informative!

Thank you Mr. Brown, we hope you will come back again!



Another invited guest this year was Sensei Howard Upton, 5th Dan from Shingo-ha Yoshukai, who lives in Naperville, Il, just 15 minutes from Mr. Stone. Sensei Upton taught the Black Belts Ryusan kata and lead everyone in the hardest part of Natsu Keiko --- WATER BALLOON TRAINING! It's all good until --- freestyle time --- then anybody becomes fair game to being SPLATTERED!

(From left to right, Sensei, Sensei Blasco, and Sensei Upton)

For the 3rd year in a row, Sensei Blasco flew in from Puerto Rico to attend Natsu Keiko and to test for Nidan (and was promoted). We're always glad to see Sensei Blasco, but he needs to leave the coconut pulp BACK in Puerto Rico --- nobody is going to eat it, except Mr. Stone!