



Year of the Tiger 2022

# YKI Newsletter

## Upcoming Events

**July 14-17 2022**

**Tai Kai 2022**

Jackie Robinson Training Complex  
3901 26<sup>th</sup> St.  
Vero Beach FL, 32960

**August 13<sup>th</sup> 2022**

**Bamboo Dojo**

**Invitational**

Registration begins at 9:30AM  
Competition begins at 11:00 AM  
2140 14<sup>th</sup> Ave  
Vero Beach, FL 32960  
(Flyer included in newsletter)

**BLACK BELTS!**

Please don't forget  
to pay your 2022  
Annual Dues

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### Greetings YKI Brothers and Sisters

2022 is the year of the Tiger. The Tiger is a symbol of **strength, exorcising evils, and braveness**. As we go through the ups and downs that COVID has brought to our families, our jobs, our dojos, and to our association we need to be diligently practicing to keep our skills fine-tuned not only for our students but for ourselves. Training events and tournaments are slowly beginning to return and life is returning to a version of what we remember as normal. As we head into the second half of 2022 remember WHY you train in Karate. Is it for health and fitness? Is it for self-defense? Do you enjoy the aesthetic or “art” side? Do you enjoy the competitive/sport aspect? There are lots of reasons why we train and as we age, sometimes those reasons change. Maybe at one time you really enjoyed the heavy contact sparring but now your body can't take the punishment that goes along with it or maybe you were once a fierce tournament competitor and now want to pass on that knowledge as a sensei. Karate is a lifelong activity! Even if you have been out of it a while, or feel that you can't do this or that technique anymore, in Yoshukai there is NO QUIT!

This newsletter is a great tool for us to communicate the happenings that go on in our dojos. Many of us only see each other a few times a year and for our overseas dojos it has been longer than that! PLEASE let us know what is going on in your school whether it is testings, trainings, special events or words of wisdom. Utilize the YKI website, Facebook page, MeWe site and all that is available to showcase how you are doing! If you want to submit an article or feature to the newsletter, please email it to me at [goldenislesyoshukai@gmail.com](mailto:goldenislesyoshukai@gmail.com).

Keep Training!

Lonnie Kelley 4th DAN

## RANK REQUIREMENT UPDATE!!

The YKI Executive Board has been working diligently to update our current rank requirements. Most of the Kyu ranks remain unchanged, however, the Dan rank requirements have undergone significant updates. While these changes went into effect at last year's Tai Kai, the test board understands that it takes time for curriculum adjustments to occur. Dojo Instructors should, if they haven't already, begin to use this new requirement list to prepare students seeking 1<sup>st</sup> Kyu or Dan ranking at upcoming testings. Any additional changes or updates will be published and made known at the upcoming Tai Kai and training events.

YKI TESTING REQUIREMENTS										
GREEN BELTS			BROWN BELTS			BLACK BELTS				NON TEST
6TH KYU	5TH KYU	4TH KYU	3RD KYU	2ND KYU	1ST KYU	1ST DAN	2ND DAN	3RD DAN	4TH DAN	5TH DAN- ABOVE
27 MOVEMENTS	H-FORM 1	H-FORM 3	SHI HO HAI	RO HAI SHO	RO HAI DAI	TEN SHIN-CORE	BASSAI-CORE	SEIENCHIN	SAN CHIN	TEN SHO
ZEN SHIN KO TAI	H-FORM 2	H-FORM 4	GE GA SAI	MU GEN	SEISAN-CORE	SO CHIN-CORE	CHINTO	KU SAN KU	SAN SHI RYU	RYU SAN
					NI SEI SHI					
					TAIHO JUTSU 1-5	TAIHO JUTSU 1-10	TAIHO JUTSU 1-10	TAIHO JUTSU 1-20	TAIHO JUTSU 1-20	
			WEAPON INTRODUCTION:	WEAPON INTRODUCTION:		WEAPON INTRODUCTION:			SHIHAN LICENSE: WEAPONS REQUIREMENT	
			NUNCHAKU: KIHON 1 & 2 ZEN SHIN KO TAI	BO: KIHON 1-4 SHO NO BO NAHA BO		SAI & TONFA: KIHON BASIC ZEN SHIN KO TAI SHI HO HAI			NUNCHAKU, BO, SAI, TONFA	HAN TEN, RIN TEN, KAKEITE, HEN SHI HO- JUTSU 1-51
BREATHING										
JUMPING										
WEAPONS										



# DOJO IN THE NEWS



Mr. Stephen LaBar from the Abbots Bridge Dojo has been hitting the road to visit and train with each of our YKI dojos. So far, he has visited Tampa, Brunswick, GA, Vero Beach, Titusville, and has plans to get to several others before the end of the year. His energetic teaching style and knowledge of Yoshukai will definitely help benefit your students! Mr. LaBar has also been working on revamping the YKI website. The new layout is amazing! The new website should be up and ready soon! Keep your eyes and browsers open! Thank you, Stephen, for your commitment to Yoshukai Karate and the YKI.

# NEW DOJO!

Welcome Sensei Carlos David Arce and Gold Lion Karate located in Cape Coral, FL! Sensei Carlos studied in the WYKKO under Mr. Gerry Blanck which led him to a boxing career that spanned the globe and eventually to the Olympic Trials! Now Mr. Arce has moved to Florida and is taking his knowledge and experience into the dojo to teach a new generation. He created Gold Lion Karate to help children develop physically, emotionally, and socially. His goal as a sensei is to help these children and their families lead healthier and happier lives. Welcome Sensei Carlos and Gold Lion Karate to the YKI!





# Southeast Georgia Karate Championships!



In May of this year, Sensei Lonnie Kelley and the Golden Isles Dojo hosted a new tournament, the Southeast Georgia Karate Championships in Brunswick, Georgia. The tournament was held as a benefit to the Golden Isles YMCA. Several styles of martial arts attended to include Tang Soo Do, YKI Yoshukai, US Yoshukai, American Karate, Goju Ryu, ATFTae Kwon Do, and others. Events included Kata, Weapons, and Point Sparring. There are plans to add an additional event in the future! The tournament was a huge success with over 70 competitors in its first year! The Golden Isles YMCA has already asked Mr. Kelley if he would make this an annual event, so be on the lookout for flyers and Facebook posts about next year's event! A special THANK YOU to the YKI black belts that were able to come out and support the tournament as judges!



Black Belts Sparring!



Winners from Golden Isles Dojo



Sponsor Booklet and 1st Place Trophies



Competitors and Judges at Bow In



TYKI Instructors Judging



Big Division



Mr Mabson came up from Ft. Lauderdale to help judge



Younger Black Belts getting experience



Kyu Sparring

# 2022 Events



Winter Testing January 2022



Mike Foster Memorial Training, April 2022



Spring Training and Testing, March 2022



Aikido Cross Training, February 2022



Pre-Test Training, June 2022



Announcing  
the 29th Annual

**Bamboo Dojo  
Invitational  
Karate  
Tournament**

Saturday, August 13, 2022

Registration opens 9:30 AM

Competition begins 11:00 AM

Vero Beach Heritage Center

2140 - 14th Avenue

Vero Beach, FL

Downtown - Across from the Bamboo Dojo

**Many Martial Arts Styles Represented**

Competition includes:

**KATA • KOBUDO • KUMITE**

Entry Fee: \$5.00 for Spectators

\$40.00 for Competitors (includes all events)

*For more information call:  
John Matthews at 772-538-2590  
Email: [jmatthews50@aol.com](mailto:jmatthews50@aol.com)*



**The Bamboo Dojo**  
 2111 - 14<sup>th</sup> Avenue  
 Vero Beach, Florida 32960  
 772-770-2491

### Registration and Release Form

Name: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Gender: (M) (F) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Name of Parent or Guardian if under 18 years of age: \_\_\_\_\_

Previous Martial Arts Training: \_\_\_\_\_

How did you hear about The Bamboo Dojo? \_\_\_\_\_

I wish to enroll as a student at The Bamboo Dojo. I am interested in classes in the following:  
 (Check those that apply.)

Karate: \_\_\_\_\_ Kobudo: \_\_\_\_\_ Aikido: \_\_\_\_\_ Arnis: \_\_\_\_\_ Batto-Do: \_\_\_\_\_ (16 & over only)

The undersigned understands that the study and practice of the Martial Arts involves an inherent risk of physical injury. Therefore, the undersigned hereby assumes any and all risk of participation in this activity, including being in the vicinity of others who are involved in these activities on these premises. The undersigned hereby releases and discharges The Bamboo Dojo, Inc., its officers, agents, teachers, employees, and volunteers from any and all liability to the undersigned, his family, assigns and personal representatives, for any and all loss or damage, and any claim for damage, on account of injury or other casualty to the person or property of or in the possession or control of the undersigned, whether caused negligently or otherwise while the undersigned and/or his or her property is upon the premises of The Bamboo Dojo, or while the undersigned is a participant in any training, tournament, exhibition or demonstration. This release inures to the benefit of all other students, spectators, and guest instructors as well.

The undersigned grants permission to the Bamboo Dojo, its representatives or agents, to authorize and obtain emergency medical care from any licensed physician, hospital or emergency medical technician in the event of illness or injury occurring while on these premises, if neither parent nor guardian is available to grant authorization for treatment.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or Guardian must sign if student is under 18 years of Age)

“You must do the things you think you cannot do.”

Eleanor Roosevelt

## FEATURED EXERCISE

The Monster Walk

Main Muscle: **Abductors**

1. Place a band around both ankles and another around both knees. There should be enough tension that they are tight when your feet are shoulder width apart.
2. Alternatively, you can use a rubber exercise band with handles. Hold a handle in each hand and step onto the band (both feet – shoulder width apart). When you move your feet, the band provides resistance.
3. To begin, take short steps forward alternating your left and right foot. After several steps, do just the opposite and walk backward to where you started.



**YOSHUKAI KARATE INTERNATIONAL**  
[www.YoshukaiKarateInternational.com](http://www.YoshukaiKarateInternational.com)

### DOJO DIRECTORY



#### UNITED STATES

**The Bamboo Dojo**

[www.thebamboodojo.com](http://www.thebamboodojo.com)

**Suncoast Yoshukai**

[mkmendelson@yoshukai.org](mailto:mkmendelson@yoshukai.org)

**Sylacauga Karate School, AL**

[Eddie.Machen@gmail.com](mailto:Eddie.Machen@gmail.com)

**Abbotts Bridge Dojo, Johns Creek, GA**

[abbottsbridge@teamdojo.com](mailto:abbottsbridge@teamdojo.com)

**Titusville Yoshukai Karate International**

[www.tyki.org](http://www.tyki.org)

**Golden Isles Dojo, Brunswick, GA**

[goldenislesyoshukai@gmail.com](mailto:goldenislesyoshukai@gmail.com)

**Gold Lion Karate**

<https://goldlionkarate.com/>

**Yoshukai of Tampa Bay**

[g\\_vandoren@yahoo.com](mailto:g_vandoren@yahoo.com)

#### GERMANY

**Yoshukai Essen**

<http://i-defense.de/>

#### AUSTRALIA

**Sydney City Dojo**

[frazer3@primus.com.au](mailto:frazer3@primus.com.au)

**Melbourne Dojo**

[hamish.rathgen@yahoo.com](mailto:hamish.rathgen@yahoo.com)

#### NEW ZEALAND

[www.yoshukai.org.nz](http://www.yoshukai.org.nz)

**University of Canterbury Dojo**

[adbarbour@gmail.com](mailto:adbarbour@gmail.com)

**Tokomaru Dojo, Palmerston North**

[dave.leathwick@agresearch.co.nz](mailto:dave.leathwick@agresearch.co.nz)

**Wellington Dojo**

[colin.berry@beca.com](mailto:colin.berry@beca.com)

**Westburn Dojo, Christchurch**

[ray@sigmacom.co.nz](mailto:ray@sigmacom.co.nz)

#### MALAYSIA

**Koru Sports Academy**

[www.korusportsacademy.com](http://www.korusportsacademy.com)