

Year of the Tiger 2022

Upcoming Events

July 14-17 2022 Tai Kai 2022

Jackie Robinson Training Complex 3901 26th St. Vero Beach FL, 32960

August 13th 2022 Bamboo Dojo Invitational

Registration begins at 9:30AM Competition begins at 11:00 AM 2140 14th 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. Utalize 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.

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 1st 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
6ТН КҮШ	5TH KYU	4TH KYU	3RD KYU	2ND KYU	1ST KYU	1ST DAN	2ND DAN	3RD DAN	4TH DAN	5TH DAN- ABOV
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	GEGA SAI	MU GEN	SEISAN-CORE NI SEI SHI	SO CHIN-CORE	CHINTO	KU SAN KU	SAN SHI RYU	RYU SAN
					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!







Yoshukai K arate 2022



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, ATF Tae 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!





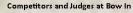


Black Belts Sparring!

Winners from Golden Isles Dojo

Sponsor Booklet and 1st Place Trophies







TYKI Instructors Judging



Big Division



Mr Mabson came up from Ft. Lauderdale to help judge



Younger Black Belts getting experience



Kyu Sparring



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



The Barnboo Dojo 2111 - 14th Avenue Vero Beach, Florida 32960 772-770-2491

Registration and Release Form

Name:	D.O.B	3: <u> </u>	Gender:	(M) (F)
Address:				
City:	_State:	Zip:		
Primary Phone:	Email:			
Emergency Contact:		Phone:		
Name of Parent or Guardian if under 18 year	rs of age:			
Previous Martial Arts Training:				
How did you hear about The Bamboo Dojo	?			
I wish to enroll as a student at The Bamboo (Check those that apply.)	Dojo. I am inte	rested in clas	ses in the fo	ollowing:
Karate:Kobudo:Aikido:	Arnis:	Batto-l	Do:	(16 & over only)
The undersigned understands that the study physical injury. Therefore, the undersigned activity, including being in the vicinity of of The undersigned hereby releases and dischargementation and all least personal representatives, for any and all least injury or other casualty to the person or prowhether caused negligently or otherwise with premises of The Bamboo Dojo, or while the exhibition or demonstration. This release guest instructors as well.	ed hereby assum thers who are in- arges The Bamb all liability to oss or damage, operty of or in the hile the undersigned in	nes any and a volved in the soo Dojo, Inc. the undersig and any claim ne possession gned and/or has a participan	all risk of p se activities ., its officer gned, his fa m for dama or control on his or her pontrol in any tra	participation in this on these premises. s, agents, teachers, amily, assigns and age, on account of of the undersigned, roperty is upon the aning, tournament,
The undersigned grants permission to the B obtain emergency medical care from any lic in the event of illness or injury occurring available to grant authorization for treatment	ensed physician while on these	ı, hospital or	emergency:	medical technician
Signature: (Parent or Guardian must sign if st	tudent is under 1	Date:	<u></u> ge)	

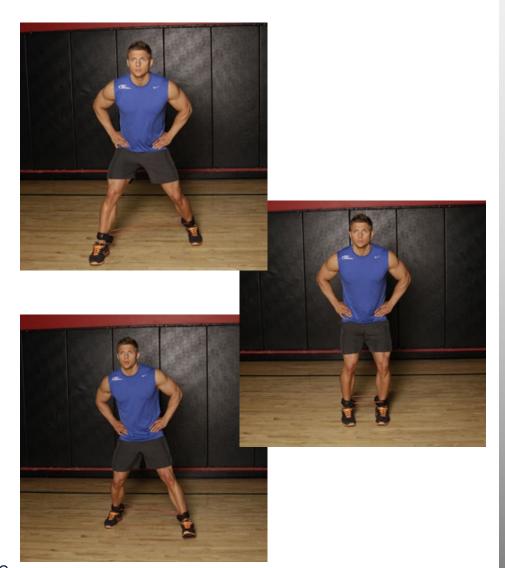
"You must do the things you think you cannot do."

Eleanor Roosevelt

FEATURED EXERCISE

The Monster Walk
Main Muscle: Abductors

- 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

DOJO **D**IRECTORY



UNITED STATES

The Bamboo Dojo www.the bamboodojo.com

Suncoast Yoshukai mkmendelson@yoshukai.org

Sylacauga Karate School, AL Eddie.Machen@gmail.com

Abbotts Bridge Dojo, Johns Creek, GA <u>abbottsbridge@teamdojo.com</u>

Titusville Yoshukai Karate International www.tyki.org

Golden Isles Dojo, Brunswick, GA goldenislesyoshukai@gmail.com

Gold Lion Karate

https://goldlionkarate.com/

Yoshukai of Tampa Bay g_vandoren@yahoo.com

GERMANY Yoshukai Essen

http://i-defense.de/

AUSTRALIA

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NEW ZEALAND

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Wellington Dojo

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Westburn Dojo, Christchurch ray@sigmacom.co.nz

MALAYSIA

Koru Sports Academy www.korusportsacademy.com