UECHI-RYU INTERNATIONAL KARATE-DO ASSOCIATION

上地流国際唐手道協会

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Welcome

Jay Salhanick, Co-Chairman of the Uechi Ryu International Karate Association

Hello to all, and welcome to the New Uechi Ryu International newsletter.

To begin, I would like to give a special thank you to our Editor and Chief of the newsletter, Kevin Linehan, along with the great help and assistance of Tracy Capone.

When Kevin approached me last summer and suggested we reinstate the newsletter we once had many years ago, I was a bit hesitant. However, after talking to Kevin, he convinced me that we should try this again, and he stepped up and took the lead in creating the new newsletter.

Please feel free to contact me and let me know if you have suggestions or what you think of the newsletter. If you have an idea or would like to submit an article, please contact Kevin Linehan at:

kmlinehan@gmail.com

We are approaching the end of another year (2023), and we are coming up to our 43rd year as an Association. I will not get into the history of the creation of our Association, that can all be found on our website, but please let me say it has been quite a journey. We had many ups and downs over the years, but fortunately, the ups have outweighed the downs.

Today we are a thriving association, we have members around the globe in 11 different countries. In total, we have 45 senior members and around 500 + associate members (An associate member is a student of a senior member), and we are still growing.

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Summary of events for 2023

- Added five new dojos to our Association.
- Held 10 seminars with various instructors.
- Plan on holding another 10 seminars in 2024.
- Held a fantastic banquet with 157 people in attendance.
- Creation of this newsletter

Promotions

- Jay Salhanick - 10th dan - USA
- Tim Ford -10th dan - USA
- Dave Harris - 9th dan - England
- Terry Donoghue - 9th dan - Scotland
- George Chaplin - 9th dan - USA
- Dan Gadowski - 9th dan - USA
- Mike Hurney - 8th dan - USA
- Dave McDonald - 8th dan - USA
- Glen Dickenson - 7th dan - USA
- Fedele Cacia - 7th dan - USA
- Bill Boulter Sr. - 7th dan - USA
- Romano Kristoff - 7th dan - Thailand
- Steve Vosa - 7th dan - USA
- Sal AlJaber - 6th dan - USA

Awards

- Commonwealth of Massachusetts - Steve DiOrio
- Commonwealth of Massachusetts - Clarance Von Wilder
- Hall of Fame award to Jay Salhanick from the World Soke Council
- Hall of Fame award to Tim Ford from the World Soke Council
- Hall of Fame award to Tim Ford from the Uechi Ryu International Karate Association

This is a recap of events that took place throughout 2023. I fully expect next year to be just as active if not moreso than this year.

I am very proud to be a direct student of our Chairman Bob Campbell, and to be the Co-Chairman of the Uechi Ryu International Karate Association.

Thank you,

Jay Salhanick

Okinawa -Uechi Ryu Karate -Do/The Journey of the Tiger

Sensei Robert Campbell, Chairman UIKA

A journey in life is more than just the arrival at a destination and it should encompass and observe all the numerous and various aspects one may experience and encounter during said journey.

My journey began with the experience and good fortune to train under Master Sensei George E. Mattson, at our original Boston dojo on Columbus Avenue, in the early 1960's which open the door to begin this journey in the study of Okinawa -Uechi Ryu Karate -Do.

We were taught that Uechi karate techniques and kata were originally based on the movements' three animals, Tiger, Crane, Dragon, noting it has been said that our martial arts roots came from China.

At this stage in my journey, my views somewhat differ regarding our style's origins and influences, via my experience studying other Chinese martial arts in so far as having tried to improve and evolve my studies, noting research via the Royal Asiatic Society Library, here in Hong Kong as well as living and training in South East Asia over the past 50 years.

My own-self interpretation performing Uechi Ryu is greatly influenced by internal-body-muscle-control-coordination, with great emphasis on the timing of said coordination's with the use of body mechanics, leverage, and awareness of the joints and limbs, so placed for their most advantage angle of positions-postures in order to maximize outward power projection of strikes or blocks aka Timing Hand ...a self-created concept.

I call this Tiger Uechi Ryu for the sole purpose of dojo teaching and training concepts and applications, and not in any way to detract from our most highly respected Okinawa Uechi Ryu Karate Do foundations and origins.

As such, like western gymnastics, one cannot teach such a discipline like Tiger Uechi using words only noting this requires guidance on the dojo or training floor to best achieve results using Timing Hand Concepts.

My journey continues. I seek not a final destination in my martial art endeavors but the continuance to learn more and share what I have learned when possible.

Strength & Honor,

Bob Campbell – Hong Kong

Student for Life - Uechi Ryu Karate – Do **October 2023**

"Work hard, practice often, live happy, laugh more."

“Bridging the Gap” In Your Uechi Practice

Steve DiOiro, President UIKA

In Uechi-ryu, the transition from long-range to close-in fighting, also known as the “Gap” is an essential aspect of the training. This process involves moving from a safe distance to a closer distance where the grappling and close-quarters striking and kicking techniques of Uechi come into play. Here are some methods used to teach students to bridge the gap effectively.

1. **Footwork and Timing:** We teach Students various footwork drills to close the distance efficiently while maintaining proper balance and stability. Timing is crucial when entering close range, as mistiming an entry can expose the student to counterattacks.
2. **Progressive Sparring:** Students practice applying techniques against a resisting opponent through controlled sparring sessions. This allows them to understand the challenges of bridging the gap and develop the ability to close effectively while avoiding or deflecting attacks.
3. **Maai (Distance Control):** We help students to understand and control the “maai”; which is the distance between themselves and their opponent. They learn to gauge the appropriate distance to enter without getting hit or leaving themselves vulnerable.
4. **Combination Techniques:** Students learn combinations of techniques that begin from long range and progressively close the gap. For example, they might use a front kick to maintain distance, followed by a quick step forward into a punch or elbow strike.
5. **Use of Kansetsu-waza (Joint Locks):** Uechi-ryu incorporates joint locks and manipulations that are useful for controlling an opponent at close range. Students learn how to apply these techniques effectively.
6. **Tegumi (Grappling):** Tegumi is a form of Okinawan grappling, similar to Judo or Jiu-Jitsu. Training in tegumi helps students feel more comfortable with close-in fighting, clinches, and grappling.
7. **Focus on Kata:** Uechi-ryu katas (forms) often contain sequences that teach students how to bridge the gap. Kata practice helps students internalize these techniques and apply them effectively in real situations.
8. **Mindset and Awareness:** Students are encouraged to develop the right mindset and awareness in combat situations. This includes recognizing opportunities to close the gap and understanding when it’s appropriate to engage at close range.
9. **Partner Drills:** Practicing drills with a partner helps students refine their techniques and build muscle memory for bridging the gap.
10. **Realistic Scenario Training:** Incorporating scenarios that simulate real-life self-defense situations can enhance students' ability to transition effectively from long-range to close-in fighting.

Overall, bridging the gap in Uechi-ryu involves a combination of footwork, timing, techniques, mindset, and awareness. Consistent and focused training, along with the guidance of experienced instructors, is essential for students to master bridging the gap in Uechi Ryu.

Dojo Highlights

Hong-Kong Branch, Sensei Bill Ng

On July 10 2023, the Uechi-Ryu International Karate-do Association (Hong Kong Branch), held a kyu belt test for our young members as well as farewell event for Alvin Or, who moved to Melbourne, Australia. May we congratulate all the following candidates who have passed the kyu test successfully:

- Tommy Fong - 4th kyu
- Teddy Man 4th kyu
- Fai Li - 4th kyu
- Lear Lai - 7th kyu
- Songwanit Phakphum - 8th kyu

Alvin was awarded a gold medal as a Uechi Ryu souvenir and for encouraging him to continue his own Uechi Ryu training.

New Association Dojos

We have three new Dojos that have joined our association. Please give them a warm welcome.

Sensei Ben Colclough, Uechi Ryu Karate Dojo, London

Doors opened on Renshi Ben Colclough's London based dojo on September 4th. Ben is a student of Master Sensei Jim Hulse. We wish this new location the best of luck, and encourage Uechi International members to visit if they are ever in town!

Andrew Summerly - Standing Wave Martial Arts Dojo, Toronto ,Canada

Troy Varner - Bridgewater Uechi-Ryu Karate Academy, Bridgewater, N.S. Canada

Upcoming Seminars for 2024

As of the time of this publication, the 2024 schedule is as follows and is subject to change. Please monitor your email for updates.

Month	Presenter	Location	Date/Time
February	Kevin Linehan	Steve DiOrio's Dojo -574 Boston Rd. Suite #9, Billerica, MA	Saturday 2/10 -12:00 p.m.– 1:30 p.m.
March	Mike Hurney	Tim Ford's Dojo - 105 Spring St, Cambridge Ma (East End House - Brick Building) **Parking is limited.**	Sunday – 10:00 a.m. - 11:30a.m.
April	John Carria	Steve DiOrio's Dojo	Saturday 4/6 – 1:00 p.m. - 2:00 p.m.
April	John Carria	Tim Ford's Dojo	Sunday – 4/7 - 10:00 a.m. - 12:00 p.m.
May	Rob Buckland	Tim Ford's Dojo	Sunday 5/5 -10:00 a.m. - 11:30 a.m.
June	Tracy Capone	Steve DiOrio's Dojo	Saturday - 6/8 -12:00 p.m. 1:30. **Women Only**
July	Mike Murphy	Tim Ford's Dojo	Sunday – 10 :00 a.m. - 11:30 a.m.
August	Bob Campbell	TBD	TBD
September	Mike Aceto	Tim Ford's Dojo	Sunday – 10:00 a.m. - 11:30a.m.
October	Steve DiOrio	Tim Ford's Dojo	Sunday - 10:00 a.m. - 11:30 a.m.
November	Tim Ford	Steve DiOrio's Dojo	Saturday– 11/16 - 12:00 p.m. - 1:30 p.m.

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