

# OKINAWAN KARATEDO UNION

Newsletter Edition #14

March 1990

## UPDATE

	<i>Black Belts</i>		
December	287	March	295
	<i>Ky Rank</i>		
December	543	March	604
	<i>Dojos</i>		
December	61	March	65

### New Black Belts 1990

Michelle Soper, GA  
Richard E. Webber, TN  
Al Cothron, GA  
Tom Whitman, IN  
James Cossey, TN  
Michael Patrick, TN  
Lynn White, TN  
Dan Hirsch

### *Did you notice?*

*We are just 101 members short of reaching the 1,000 mark. When will we reach that goal? And who will be the 1,000th member?*

New Dojos: The Rico Isshinryu Karate Team, Linda Bradley, Fairburn, GA 30213  
Trevillian Isshinryu School, Virginia  
Daugherty's Isshinryu School, Kenesaw, GA  
Okinawan Goju Ryu Karate, Omaha, NE

## DOJO NEWS

### WHEELER'S KARATE SCHOOL NEWS

The big news from Wheeler's for the March issue of the newsletter would be the improvement in our kids' school grades. In the December issue we only had 6 kids that reported their B average grades for the 1st and 2nd grading periods. In the 3rd grading period we had 22 kids that made a B average or better. And they were: De-

### REMEMBER:

Now is the time to get your  
O.K.U. dues in!

Wayne Perry, Bobby Lee, Travis Kirby, Keith Bird, Jarrett Martin, Stacy Catlett, Austin Beeler, Zack Condry, Marcia Harmon, Jason Emmitt, Mike Emmitt, Taylor Kirby, Jason Thurman, Cody Cline, Travis Black, Lance Kelly, Jamie Clifton, Adam Cline, Kenny Worley, Jonathon Carlomagno, Anthony Rickman and Jeremy Beck. Great work kids! Keep it up. To help our kids with their grades we have started a tutoring period at the dojo. We have several ladies in the school family that are certified teachers and they have volunteered their time (30 minutes) 3 times a week to tutor our kids that need help with their grades. So Mrs. Jami Schmid, Mrs. Janett Powell, Ms. Nancy Harmon and Mrs. Jan Beeler we thank you. We salute you, and we all really appreciate your help. Without you the tutoring class would not be possible.

Also our black belt class at Wheeler's Dojo is really taking off. We have had several of the area instructors visit with us for this class. We are concentrating on Nerve Center & Pressure Points for 1 hour, 30 minutes on Chart I, and 30 minutes on Seisan kata. And we have been having some great times. Wheeler's Dojo made the T.V. news. Ms. Ann Rollins (a newscaster) has a segment of her newscast on senior citizens in the area. I believe it is called Seniors on Parade. Ms. Rollins and her cameraman came to the dojo on January 18th and did an interview and took quite a bit of film footage of our kids and the self defense class. The segment of film was shown on her January 30th newscast. It was really much longer (3 or 4 minutes) than I thought it would be. We have received several good comments about it. Promotions will be coming up the 23rd of March depending on tournament dates. Our people have put on 4 demonstrations already this year. Mark Aycock, Chuck Reynolds, Roger Coffee from Wheeler's and Billy Rader, Charles McRae, J. J. Tracy, Kevin Farrell and Bob Duke from the Isshinryu Club at U.T. put on a big one at Karns High School. It was a fund raiser for the softball team. There was about 1000 people present for this one. That should be a big boost for softball at Karns this year. Wheeler's

kids that maintained a B average for the 4th grading period were: Jarrett Martin, Stacey Catlett, Austin Beeler, Marcia Harmon, Jason Emmitt, Mike Emmitt, Taylor Kirby, Jason Thurman, Travis Black, Jamie Clifton, Adam Cline, Kenny Worley, Jon Carlomagno, Sam McKenzie, Chris Hays, Josh Inman, Adam Moyers, Jeremy Beck, Jeremy Busler, Barry Busler, Bobby Lee, Keith Bird, Travis Kirby, DeWayne Perry, Todd Cureton, Jeff Catlett, J.P. Easter, Andrew Cartee, Charles Jackson, David Clark, John Clark and Andy Ramsey.

#### **BROTHER PHILLIPS DOJO, Maynardville, TN**

Haven't heard much from Brother Phillips for the last month. Brother and several of his students visited in the Powell Dojo one night weekly during January. We had some great times and everyone profited from the experience. They have got a new dojo and have been busy moving and working on the new dojo. Brother says for everyone to come by and visit their new dojo. His tournament is set for June 2nd at Horace Maynard High School in Maynardville, TN.

#### **JAMES LA ROCCO, Roswell, GA**

James La Rocco and his people are working hard making preparation for Master Angi Uezus visit tentatively set in May.

#### **DON AND JAN ROBERTS, Fairbanks, GA**

Don and Jan Roberts send these notes from their dojo: In February four students were promoted after a comprehensive and rigorous test which lasted 9 hours. Lisa Parker (13) was promoted to San Kyu, Kim Rowland (14) to Ik Kyu, Jennifer Hughes (12) to Shodan (Junior Grade), and Bobby Hughes (12) to Shodan (Junior Grade). These students demonstrated great spirit, as well as knowledge of their art, and no allowances were made for their age.

The Shodan test consisted of charts, kata, weapons, 110 jumping kick reps, rolls, breakfalls, 10 class one steps, 15 personal one steps, 45 Jujitsu techniques, 5 Hanbo techniques, a written history test, an oral test of Japanese words and counting in Japanese, a surprise which consisted of running around a lake in low hip position and performing Chinto Kata on a balance beam with eyes closed to demonstrate balance and 18 rounds of Kumite, in various forms, including final rounds of two, three, and four against one. Needless to say, Jan and I were very proud of their hard work and performance. During the testing Jennifer Hughes broke her finger. Not only did she not bow out of her match, she continued, and

completed at least four additional matches against multiple opponents. She is one touch little girl. Jennifer and Bobby Hughes will be going with me to the Knockdown Competition in Birmingham to participate in the Semi-Knock Down (with gloves) portion of the days events. We have begun training already, with conditioning and special tactics, and plan to be ready by April. Other of our students are helping with the full contact training and may also compete.

## **CONGRATULATIONS**

Sensei Joel Chandler of Burlington, NC. Joel's new book "Secrets of Isshinryu" is selling like hot cakes. The book contains much information in 13 chapters. Chapter #4 "A Family Tree" and Chapter 12 "Documents of the Past" alone are worth the price of the book (12.95) Books are available at Wheelers or National Paperback Books or from Sensei Chandler.

Sensei George Dillman on a set of excellent training tapes. They concern nerve center and pressure point work, bunkai for kata etc. I have a set of them and use them as a guide for my advanced black belt class at Wheeler's Dojo.

Mike and Marion Branch of Knoxville, Tn on the birth of a beautiful young lady, Alyssa Ellen Branch. Alyssa first saw the light of day Feb. 8th.

Mr. and Mrs. Mike Clark, Knoxville & Sevierville, TN are looking forward to the birth of their first child in April. Mike was wondering if it could be tested for promotion in March 1990.

My granddaughter and husband, Mr. & Mrs. Benji Carr (Connie Vineyard) on the birth of Miss America (2010) Allison Michele Carr. Allison arrived Jan. 18th. already she has won two trophies, #1 Baby born with the most hair (takes after her great grandfather) #2 Baby born with the strongest lungs. Actually there was #3 but I will be in trouble if I tell you about the 3rd one.

Mr. Joe Lewis on a set of excellent training films to go along with his first rate training seminars. Mr. Lewis has 17 different seminars that he can hold for you at your dojo on weekdays. We have had Mr. Lewis at Wheelers 3 times in the past and are looking forward to having Mr. Joe Lewis and Mr. Bill Wallace together for an intensive one day seminar. The seminar will be August 11, 1990.

Mark Aycock, Mark has written a story that is being considered by major companies for a TV movie. So let's all keep our fingers crossed and hope for Mark.

# HEALTH

## SHOCK

By Dr. L. Bruce Holbrook

Shock is a body reaction to injury or disease. It is a manifestation of the rebellion of the body against a major insult or injury. It is, in effect, an alarm reaction. Shock is a condition in which there is inadequate supply of blood in circulation to fill the vascular system. As a result of ineffective circulation, which may appear suddenly after trauma or develop insidiously, there is interference with the basic physiologic process of the blood stream. This deals with delivering oxygen and other essential elements to the body tissue and in turn the removal of waste products.

Preventive measures for shock should be anticipated in any athlete subjected to known causes of this condition such as any severe injury, loss of blood or other body fluids, unusual physical and emotional stress. Remember that shock can develop slowly and signs may not appear for several hours.

The following are signs that may be associated with shock:

1. Anxiety and restlessness
2. Rapid weak pulse (thready)
3. Cold moist skin (clammy)
4. Sweating
5. Pale or cyanotic face
6. Respiratory difficulty
7. Dull eyes
8. Thirst
9. Nausea

### Treatment of Shock

1. Check and maintain airway
2. Control obvious bleeding
3. Elevate legs when possible
4. Avoid rough handling
5. Prevent loss of body heat
6. Keep patient supine
7. Do not give the athlete anything to drink
8. Treat any other injury that is present

Maintain a quiet, calm attitude to reassure the athlete and make him or her feel secure. Be sure to check

vital signs frequently and look for changes in the condition of the injured martial artist. Have the patient checked by a physician as soon as possible or taken to the hospital.

## TRIVIA

Trivia question for December 1989: When and where was the first dojo in the Southeastern US and who was instructor or owner? The earliest dojo in the Southeastern US that we heard about was in Sevierville, TN, 1957. Owner-instructor was Sensei Cecil Patterson (Wado Ryu). If anyone knows of an earlier dojo in the Southeast let us know. Answered by Adam Cline of Knoxville and confirmed by Sensei Patterson.

Trivia Question for March 1990: Who said: a true karateka is one with the God-like capacity to think and feel for others, irrespective of their rank or position, one who possesses ideals so lofty, a mind so delicate that it lifts him above all things ignorable and base, yet strengthens his hands to raise those who have fallen - no matter how low. Hint: This bit of philosophy is not quoted as often or as well known as the last 3 or 4 line of the same quotation.

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# WEIGHT TRAINING?

*I have been asked over and over, will weight training help me in my karate training? The answer is yes. If you can or will find the time to do both and it will take some time and discipline, one will complement the other. We have access to three excellent weight training books for Martial Artists. Weight Training by John Pascal and two books by Ron Marcini and Leo Fong. Mr. Marcini and Mr. Fong are both champions in the Martial Arts and Mr. Pascal is one of the pioneers in weight training and body building. Following is some information by Dr. Bruce Holbrook who is President of Physicians Federation on Martial Arts. Dr. Holbrook has consented to write a series of articles for our newsletter concerning prevention and treatment of injuries, stress, shock etc. The first of these articles appeared on our Dec. 1989 issue. Thank you Dr. Holbrook.*

## **WEIGHT TRAINING FOR THE MARTIAL ARTIST**

By Dr. L. Bruce Holbrook

Weight training can be an important part of our martial arts program. It will reduce injury, build strength, and improve your performance. It is the opinion of many instructors that lifting weights will reduce flexibility but this is not true. With the proper education weight training can only serve to develop your martial arts skills. The following information may give you some understanding for a weight training program.

### MUSCLE GROUP TO BE WORKED

Shoulders

Chest

Biceps

Triceps

Thighs

Calves

Back

Forearms

### EXERCISE THAT CAN BE DONE

Barbell Press,

Behind the neck pres

Lateral dumbbell raises

Upright rowing with barbell

Bench press, incline bench pres

flyes with dumbbells

Barbell pullover

Barbell curls, Concentration curls

Scott curls, Dumbbell curl

Tricep extensions, Dips

Close Grip bench press

Pressdown of Lat machine

Leg press, Leg curls, Hack squats

Leg extentions

Toe raises, seated calf raises

Pull-ups, Rowing with barbell

Pull downs with cable

Wrist curls, Wrist roll

Reverse curls.

Be sure to read as many books on weight training as you can. Also consult a weight lifting coach who can assist you and answer your questions. A beginning program should consist of a schedule at least three times a week. Don't try to lift too much when you start and pace yourself as your strength increases. Most important of all, do not take steroids. Nature gave you the most important gift of life and that is good health. Don't endanger your health but improve it with good nutrition, plenty of exercise, and needed rest. Best wishes to you and your martial arts training.

***Behold the turtle. He makes progress only when he stickes his neck out.***

## PROFILE OF COURAGE

I am very honored to receive your letter. I'd like to start off by thanking you for everything you have put into Isshinryu Karate. If it weren't for your accomplishments, my sensei, Bill Wright, never would have become an instructor, and I and many other people never would have been able to study Isshinryu. I'm sure you meet a lot of people, so you may not remember me. Mr. Wright introduced me to you at Don and Jan Roberts Tournament in Jonesboro.

If it's alright, I would like to tell you about myself. I graduated from Hephzibah High School in 1989. I've been working since I graduated in a building supply, and now I'm doing construction work. I'll be going back to school soon at either August College, or Augusta Technical Institute. I spent most of my middle school and high school years in Christian schools. When I graduated, I stopped going to church, but my parents and I talked about it and we all felt the need to go back. We now go to Lumpkin Road Baptist, here in Augusta. I was promoted to San Kyu on January 29th. I plan to become an instructor, so I can teach Isshinryu, and try to help other people find the joy that I have found in Isshinryu. I hope that one day I will be as good of an instructor as Bill. He has not only taught me Isshinryu for the past year and a half, but has taught me a lot about living. I also have a terrific girlfriend. We met last year, and we're doing very well. She's a very special young lady.

Now, that you know a little more about me I'd like to tell you about my eye problem. I have an eye disease called Stargardt's disease. I found out about it last week. The retina specialist I went to is the top doctors in the area. He 99% sure that it's Stargardt's, but it's not definite. I have an appointment on February 14th, when they will inject me with a dye that will show up in my eyes and then they will examine them. Then on February 21st, I have an appointment at which they will measure the electrical activity in my eyes. These two test will verify if I have Stargardt's disease.

Stargardt's disease causes flecks to appear on the the retina where the light is taking in. Stargardt's only affects central vision - it doesn't harm peripheral vision at all. Stargardt's is not correctable, but there are glasses that help with reading. Stargardt's usually reaches it's worst point at the visual level of 20/400. Right now my eyes are both at 20/300, which is legally blind. As it get's worse, I'll have a hard time reading and watching television, and I won't be able to drive a car. I won't have any

problems with going bowling or to the movies, or with walking around the mall. Stargardt's seldom causes vision to go worse than 20/400, and the very worst possible is 20/800, but that is rare. Even 20/800 is much, much better than being blind. I'm very luck in that this problem has so far had no affect on my training in Isshinryu, and it will never have an affect on it. Stargardt's is a hereditary disease, and is not contagious.

Thank you so much fo you letter and for your concern and your prayers. When you know that people really care, it makes life's difficulties much more bearable.

You Friend  
Chris Purdy

## TOURNAMENT RESULTS

Results from Dave Domer's Bushido Invitational Karate Championship in Cartersville, GA in Novemeber 1989

### MEN'S KATA:

#### Black Belt

1. Chuck Reynolds
2. Scott Shamblin
3. Alan Weatherby

#### Brown Belt

1. Andy Bronson
2. Matt Ballard
3. Keith Mullis

#### Green Belt

1. Brian Luzier
2. Kan Khalegui
3. Kenneth Smathers

#### White/Yellow Belts

1. Joe Head
2. Kevin Clark
3. Steve Harmon

#### Senior Black Belt

1. Don Roberts
2. Jerry Taylor
3. Karl Duff

### WOMEN'S KATA:

#### Black Belt

1. Margrat Moore
2. Lori Temple
3. Michelle Soper



Brown Belt

1. Linda Owns
2. Linda Bradley
3. Deborah Carden

Green Belt

1. Jennifer Blank
2. Jennifer Burnahm
3. Lisa Parker

KID'S KATA:

Ages 5-10 White/Yellow

1. Matthew Rambish
2. Danny Marrell
3. Forrest Harmon

Ages 5-10 Green Belt

1. Shane Domer
2. Bryan McKeel
3. Robby Decker

Ages 11-16 White/Yellow

1. Dustin Bulard
2. Bryan Winzlor
3. Ashely Tisdale

Age 11-16 Green Belt

1. Thomas LaRocco
2. Jason matthews
3. Scott Holder

Ages Up Through 16

Black/Brown Belt

1. Jody Temple
2. Ben Boise
3. Seth Trimble

KATA BUNKAI

1. Wayne Thacker
2. Jan Roberts
3. P.D. Howard

MEN'S WEAPONS:

Black Belts

1. Scott Shamblin
2. Alan Weatherby
3. Bob Moncrief

Senior Black Belt

1. Jerry Taylor
2. Don Roberts
3. Jim LaRocco

Under Belts

1. Keith Mullis
2. Matt Ballard
3. Andy Brunson

WOMEN'S WEAPONS:

Black Belts

1. Becky Stancil

2. Joy Mitchell

3. Jan Roberts

Under Belts

1. Heather Gregory
2. Jennifer Baker
3. Julie Cline

KID'S WEAPONS

Juniors

1. Eric Springer
2. P.D. Howard
3. Jason Matthews

Children

1. Bryon McKeel
2. Seth Trimble
3. Shane Domer

LMEN'S FIGHTING

Lt. Wt. black

1. Chuck Reynolds
2. Nathan McClesky
3. Mark Pergrem

Hvy. Wt. Black

1. Don Roberts
2. Alan Weatherby
3. Jon Rackley

Brown Belt

1. Lary Dukes
2. Andy Brunson
3. Marshall Todd

Green Belt

1. Lar,ry Huggins
2. Ryan Hughs
3. Robert Mikel

White/Yellow

1. Louis Rivers
2. Butch Rambish
3. Steve Harmon

WOMEN'S FIGHTING:

Brown Belt

1. Linda Owens
2. Linda Bradley
3. Trisha Hackett

Green Belt

1. Jennifer Burnham
2. Amy Treadwell
3. Julie Cline

White/Yellow

1. Joyce Garner
- (No Other Competitors)

KID'S FIGHTING:

Mini-Mites

1. Harley Wilson

2. Wyatt Hannah

3. Kevin Conrad

Mini Pee Wee

1. Bryan McKeel

2. Matt Montgomery

3. Chris Conrad

Pee Wee White/Green

1. Tyler Parker

2. Matthew Rambish

3. Aaron Steel

Intermediate White/Green

1. Kenny Koslow

2. Jason Moore

3. David Waites

Intermediate Brown/Black

1. Seth Trimble

(No other competitors)

Junior White/Green

1. Ashely Tisdale

2. Jason Matthews

3. Bryan Wensloff

Junior Brown/Black

1. Ben Boise

2. P.D. Howard

3. Devlin Spradlin

Mini Goliath

1. Andrew Kincaid

2. Joey Dean.

PRE-ARRANGED FIGHTING:

(One-Step)

Adult Black Belts

1. Alan Weatherby

1. Nathan McClesky

2. Jerry Taylor

2. Wayne Thacker

3. Don Roberts

3. Kim Roland

Adult Under Belts

1. Matt Ballard

1. Joe Satterfield

2. Linda Bradley

2. Doug Koshel

Juniors

1. P.D. Howard

1. Eric Springer

2. Seth Trimble

2. Chris Coward

OUTSTANDING TEAM:

- Jim La Rocco

## UPCOMING TOURNAMENTS & CLINICS

Clinics coming up - Mar 24 & 25, Sensei Sherman Harrill at Fort Pierce, FL. Sensei Wes Shepherd hosts. This one will be kind of a reunion of sorts for Sensei Harrill. Two of his buddies and maybe a third one from his Marine Corp stint on Okinawa (1959-1960) will meet him there. John De Santis, and Charley Conners and maybe Gary Baker will have a get together. I believe that Sherman said they had not seen each other since 1960, until about 2 years ago. Wonder if any yarns will be spun or tales told during that meeting. Mr. John De Santis visited with Mr. Harrill in Carson, Iowa last January. Sherm said they really had a good time. Mr. De Santis, an accountant for the U.S. Government at the present time reviewed basics and katas and bo-bo and Bo-Sai kumite. Sherman said he was amazed at the way he remembered. De Santis has not been active in karate for several years. He and Charley Conners probably demonstrated Bo-Sai Kumite for the public the first time it was ever shown outside of the dojo. Sensei Harrill will also conduct clinics at Champaign, IL (Parkland College) on April 28, host will be Sensei Joe Smith and at Albion MI (Annendale Acres) on May 12 & 13, host Sensei Dale Furtwangler.

Allen Wheeler and Chuck Reynolds at Spruce Pine, NC on May 26, hosted by David Ray and Herman Cornett.

The annual O.K.U. Weekender (always 2nd weekend) July 13, 14 & 15 at Powell, TN With (O.K.U. Board testing) promotion testing (6th Dan or above) on Thursday, July 12. Application for testing must be made prior to July 1st, 1990.

### Clinics

Isshinryu Karate-Do Assn. Seminar, march 30, 31 & April 1 at B.R.E.C. Center Flannery Rd. Baton Rouge, LA, Sensei A.J. Advincula will conduct special clinics. For more info contact Kennedy's Karate, USA (318) 222-3355.

Annual Bushido Summer Seminar, August 3, 4 & 5 at Bartow Carver Camp (near Cartersville, GA) hosted by Sensei Dave Domer.

August 11 at Powell, TN, Joe Lewis and Bill Wallace (joint) one day intensive training. Can you imagine getting to train with these two great champions, talk to, ask questions, autographs, pictures, a lot of fun and a lot of knowledge gained.

## Tennessee Karate Circuit Tournaments

March 31, Jack Butterini, Farragut, TN, Farragut Middle School Gym (615) 966-4499.

April 14, Dave Domer's Samurai Invitational Tournament. Cartersville, GA (404) 928-6001. An O.K.U. Tournament but not T.K.C.

May 19, Cleveland, TN, Scott & Ruth Ann Shamblyn, Cleveland St. College (615) 479-8813

June 2nd, Brother Phillips, Maynardville, TN, Horace Maynard High School (615) 992-8910

We hope to be able to have a memorial tournament in honor of Thomas Dickson in McMinnville, Tn during July. If so I would like for every O.K.U. member in the area to attend if possible in honor of a comrade that we all thought so much of.

## Setting The Record Straight

Gary Morgan and Chuck Farley were the host for Sensei Harrill's Seminar on December 9, 1989, not Dan Holloway.

*If the only tool you have is a hammer, you tend to see every problem as a nail.*

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## The 90's Are Becoming The Age Of The Videos

With the ever increasing and wide variety of instructional videos on the market today, it can be expensive as well as difficult to make a decision as to which tapes to add to the dojo library.

I am interested in starting some kind of an instructional video exchange, something on the order of an inter-dojos video library.

If anyone else is interested in this idea would you please contact me, or send a list of the videos you 'have, with some personal comments and or recommendations about them.

If the response is favorable, maybe we could make this a regular feature in the newsletter, possibly containing suggestions and rating about the various tapes.

Thank you!

Yours in the Martial Arts

Steve Holy

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**MASTER ANGI UEZU**  
8TH DEGREE ISSHIN RYU KARATE MASTER FROM OKINAWA



On May 9th and 10th, 1990, world renowned Karate Master Angi Uezu will travel 7,000 miles from the small island of Okinawa, to Atlanta, GA, to conduct a series of important Isshin Ryu seminars. This is the first time Master Uezu will visit the Southern US. Don't miss this once in a lifetime opportunity to meet and train under Master Uezu. His extraordinary Karate abilities will truly amaze you. Because this is such an important educational experience, all Isshin Ryu students are expected to attend. Be sure to register early so you won't be left out. For tickets, fill out the form below, and mail it together with fees for the event(s) you wish to attend. Remember - Master Uezu will be testing students, so look sharp! We look forward to seeing you at these great events.

**NO ONE WILL BE ADMITTED WITHOUT PROPER TICKETS.**

**-- MASTER UEZU SEMINARS AND BANQUET INFORMATION --**

<u>DATE</u>	<u>TIME/EVENT</u>	<u>CONTENT</u>	<u>LOCATION</u>	<u>FEES</u>
May 9 Wednesday	6:30-8:30 PM Seminar&Photo Session	Basics Kata for all Ranks	Gymnasium	\$35.00
May 10 Thursday	6:30-8:30 PM Seminar&Photo Session	Weaponry(Bo&Sai) Self Defense	Gymnasium	\$35.00
	8:30-9:30 PM	Banquet in the Master's Honor	Cafeteria	\$20.00

All events are at Sprayberry High School, 2525 Sandy Plains Rd.(at East Piedmont),Marietta,GA. Parking available at the school. Mail the coupon below with check or money order to: Jim LaRocco, 4187 Loch Highland Pkwy, Roswell, GA 30075. Registration deadline is May 1. Tickets sent promptly by return mail. **BE SURE TO INCLUDE SEMINAR/BANQUET FEES.**  
For Information Call: 1(404)640-9043 **SPECIAL! 10% discount for any two events, 15% for all three.**

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(404) 969-8296

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Monday thru Friday

## LATE NEWS

Congratulations to "The Dojo" School of Karate of Crossville, TN and Sensei Tommy Byrd on 2 great demonstrations for good causes. 1) February 5, 1990 - Demo for "Teens Against Drugs" (T.A.D.) to promote martial arts as an alternative to drugs. About 150 kids were there and they were really impressed with the demonstration and the martial artists. T.A.D. asked for another demo soon.

2) March 17, 1990 - "The Dojo" did a Break-A-Thon, same principle as a Bike-A-Thon, Walk-A-Thon, Kick-A-Thon, etc. Sensei Tommy Byrd says, we had 10 students breaking and we broke 373 boards in less than 10 minutes. Over \$1400.00 was raised for Cumberland Co. Youth Center. "The Dojo" had a great time doing this and we helped 2 great causes in our community. Thank you Sensei Byrd and students at "The Dojo".

## Bits Of This & That

*You can't hold a man down without staying down with him.*

*Even the highest building begins at the ground.*

*Few blame themselves until they have exhausted all other possibilities.*

*Success comes in cans, failure comes in can'ts.*

*Why be disagreeable, when with a little effort you can be impossible?*

*A diplomat is a person that can tell you to go to hell in such a manner, that you look forward to the trip.*

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**(615) 947-3575 or (615) 947-5243**

# Dojo Directory

Keiths Isshinryu Karate  
3941 W. Michigan Ave.  
Jackson, MI 49283  
(517) 750-4146  
Tues & Thurs 6:30-8:30PM

Cleveland State Karate  
(Isshinryu)  
Scott & Ruth Ann Shamblin  
3215 Vista Dr.  
Cleveland, TN 37312  
(615) 479-8813

Dan Holloway Isshinryu  
1700 Beechcraft  
Keego Harbor, MI 48320

Union County Isshinryu  
Karate School  
Brother Phillips  
Rt #3, Box 50A  
Maynardville, TN 37807  
(615) 992-8910

Wheeler's School Of Isshinryu  
Karate and Arnis  
P.O. Box 56  
Powell, TN 37849  
(615) 87003  
4PM-9PM

Onieda Karate Studio  
and Elite Fitness Center  
A-Z Long Bldg.  
Hwy. #27  
Onieda, TN 37841  
(615) 569-8809

Harrill's Isshin-Ryu Karate School,  
Inc.  
P.O. Box 458  
Carson, IA 51525  
(712) 484-3455

Lenox Karate Club  
Isshinryu Free Style  
Sensei Bob Nagy  
P.O. Box 1058  
Pickens, SC 29671  
(803) 878-3458

Roger Overholt  
(Shorin-Ryu)  
P.O. Box 942  
Newport, TN 37821

Sevierville Isshinryu  
Karate School  
Rt. 14, Box 9  
Sevierville, TN 37862  
Mike Clark  
(615) 689-5757  
Bill Marshall  
(615) 428-1894

Don & Jan Roberts  
Isshinryu (Bushido) Clubs  
Fairburn, GA 30213  
(404) 964-7472

Calvin Patton  
3200 Harbor Landing Ct.  
Antioch, TN 370-13  
(615) 360-9001

Mike Upchurch  
1955 E. 44th St.  
Indianapolis, IN 46205  
(317) 253-5973

Robert Rhea  
P.O. Box 6212  
Louisville, KY 402-06

Annendale Acres  
Isshinryu Karate  
13190 East Erie Rd.  
Albion, MI 49224  
(517) 531-4320

Bryant School Of Karate  
Rt. 5 Box 84  
Lafollette, TN 37766

Bill McMillan  
P.O. Box 61  
Clinton, TN 37717

The Hole In The Wall Dojo  
612 W. Church St.  
Greeneville, TN 37743  
Max Jones, Instructor

Keely's Monahans Isshin  
Ryu Karate School  
200 South Allen  
Monahous, TX 79756  
(915) 943-8818

Ron Reed Karate School  
332 West Beech St.  
Sullivan, IN 47882  
(812) 268-5610

Dave Domers Samurai  
Karate Schools  
1912 Nantucket Dr.  
Woodstock, GA 30188  
(404) 928-6001

Jim LaRocco Isshin Ryu  
KarateClub  
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Roswell, GA 30075  
(404) 993-7902  
Now 2 locations in Atlanta

**NOTICE: Some of you  
need to take care of renew-  
ing your dojo listing fee for  
1990. Fee is \$10 per year  
for OKU members and \$15  
per year for non-OKU  
members.**