



All in Uechi

EASTERN ARTS & HUMANITIES CENTER, INC

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**RABESA & CANNA-UECHI-RYU'S
NEWEST HANSHI!**



Art Rabesa



Van Canna



New Certificates-see page 3

From the Editor:

"All in Uechi" is a publication of IUKF, published quarterly. Please submit articles for publication, to the editor, David Berndt, at PO Box 1403, Mount Dora, FL 32756. [dcb Berndt@aol.com] Dojo news, tournaments, promotions and any other Uechi-ryu news of interest. We reserve the right to select articles and photographs for publication.

Arthur has been a student of the martial arts for more than 44 years. He is a student of George Mattson, who brought Uechi-ryu Karate to America more than 50 years ago. He was an active kumite competitor during the 60s and 70s. He was rated among New England's top 10 kumite coimpetitors by the NEKRA. (Now known as KRANE) He has written two kumite text books: Kumite, the complete fighting text and "Explosive Karate".

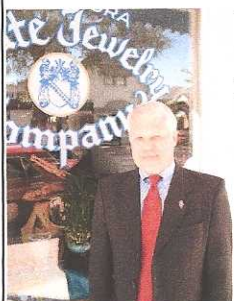
Van Canna started training in Uechi under sensei Mattson in early 1962 at his Columbus Ave dojo in Boston and has remained loyal to George over the years to the present.

Van was a tournament fighter of the 60's and 70's on the strong Uechi pioneering team of the times , helping to establish a Uechi foothold and respect for our system.

Van retired from a long career with an International organization as a National catastrophic liability insurance investigator and claims representative. He now works on a free lance basis.

Van is dedicated to his forum on self defense realities as a 'facilitator' of excellent information through the hosting of well known experts in the world of violence. His forum is one of the most popular on the internet.

EDITOR'S CORNER



WELCOME to the first official issue of the IUKF newsletter "ALL IN UECHI-RYU". Our new quarterly newsletter will be mailed to our IUKF members and friends around the world. In addition, please continue to visit the IUKF at uechi-ryu.com for weekly updates in all areas of our art. With this issue we will introduce our Board of Directors, our membership benefits and frequently asked questions you always wanted to ask. Plus, just in time for SummerFest, a review of our Senior Master Instructors, their promotions and special title designations. We also welcome and thank all those who traveled great distances and sacrificed their personal time to share their knowledge with us at the 24th Annual SummerFest. Watch for announcements for next year's big celebration as we honor the 25th Anniversary of SummerFest and George Mattson's 50 years in Uechi-Ryu. Please enjoy this issue and help us by becoming an IUKF member. An application is attached. Domo Arigato

David Berndt

UECHI-RYU AS A PROFESSION!

By George E. Mattson

I'm on quite a few mailing lists. Most of the newsletters being sent out are a total waste of bandwidth, but a few are worthy of reading. Terry Bryan's newsletter is one I keep and study. Terry is one of the "old timers" who decided many years ago that there was nothing wrong with mixing business and martial arts.

I'm part of an old and dying breed of martial artist. We introduced and taught what we learned on Okinawa the way our teachers taught us. The art was important – not the business of teaching the art! Once the public accepted karate as something bordering on "spiritual", it was very difficult to put a price tag on the lessons or to separate the business of running a dojo from the art being taught inside the dojo. The result is that few of the pioneers were able to survive doing something they did very well and loved doing.

There are quite a few very successful karate businesses today. Most are, as Terry describes them, glorified baby sitters. Few actually teach anything that the pioneers would recognize as karate.

Although there must be a few successful Uechi "babysitting" dojo out there, I'm very proud to say that none of them are students of mine. For some reason or other, Uechi-ryu has survived as both an art and as a successful professional enterprise. These dojo do not baby sit. They are teaching the formal and disciplined art of Uechi-ryu and their dojo are filled. At some point in their training, these teachers must have decided that they could teach their karate as a profession instead of a hobby. At some point they must have understood what Terry is preaching. Here is an excerpt from his last newsletter:

"... Listen, there is something in Japanese called Kaizen – Constant and never ending improvement. A true black belt works hard to stay ahead of their students in quality of technique, professionalism and integrity. It is not good enough to be a good person, success only comes to those that roll up their sleeves and make a commitment to be the best.

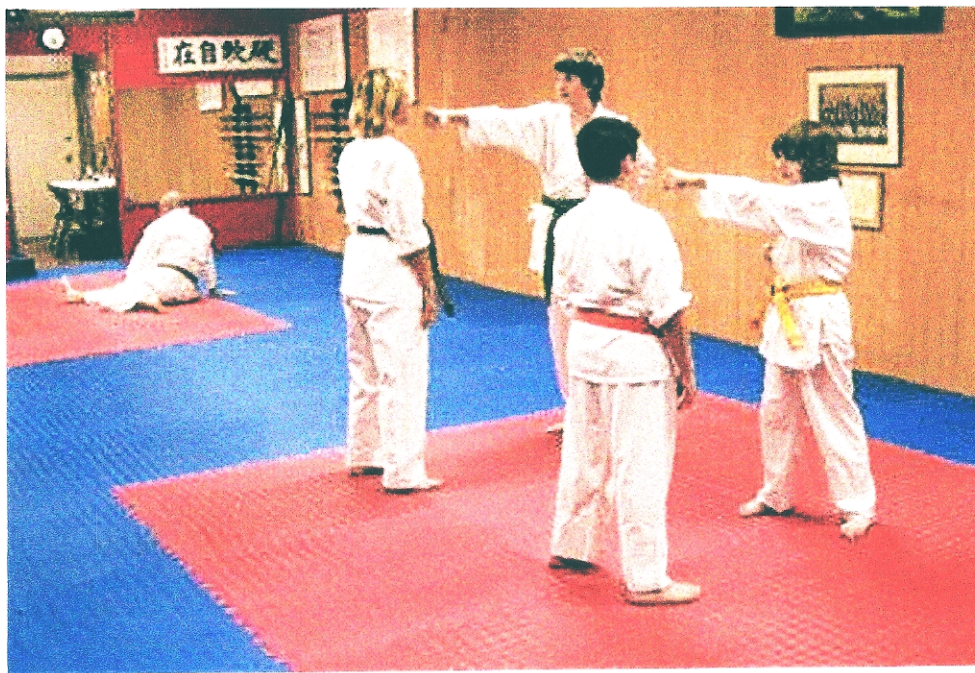
... I do know that in order to survive, a school owner needs to learn business systems and marketing. There are some great resources out there today that are sharing their success systems, and if you are really interested in being successful, reach out and hire one of them to train you in what they do. Life is too short to try and do it yourself and learn for trial and error.

... If you went to a tournament and got beat, you would go home and train harder for the next event. If you are not living the quality of life you want to, go back to the drawing boards, get additional specialized knowledge, create a new action plan and go for it.

Success comes to those that take action. That is the key to black belt excellence.

Respectfully,"

Terry Bryan



CHAIRMAN'S CORNER



On behalf of the IUKF Board of Directors, I would like to wish everyone the best of what I believe is going to be a very good year for Uechi-Ryu, and welcome you to the first issue of our newsletter. The IUKF is a fraternal organization whose primary purpose is to bring together all those who practice and love the art of Uechi-Ryu Karate. Its goal is to counter much of the fragmentation that has occurred within our art, and to support both individuals and dojo.

Our organization will be supportive, by bringing Uechika together in group activities, and by enhancing communications, and will not be a regulatory organization. The IUKF won't be replacing testing boards, or interfering with individual dojo function, and recognizes all legitimate groups, teachers, rank and honors, and respects what Uechi sensei called "The dojo Sacred Space". In other words, our goal is to assist individual Uechi practitioners and dojo owners who are geared toward effective martial arts with traditional roots.

The IUKF honors and respects all rank issued by any legitimate organization. It will oversee rank standards and testing procedures for dojo and individuals who wish to be awarded Dan promotion, or honorary teaching certificates.

The IUKF has been set up so that its members will benefit from discounts that should more than offset the annual membership fee. Discounts will apply to DVDs, martial arts equipment, clothes and shoes, and other items in the Website store. There will be a discount on tuition for Summer Camp which will amount to \$50. Also, tournament discounts will be provided for members. Importantly, members will receive a \$50 discount off the cost of Dan certificates, compared with non-members. As one can see, the \$35 annual membership fee is more than paid for in any one of a number of ways.

Other benefits will include access to special parts of the new Uechi-Ryu website. Instructors who belong can have enhanced listing of their dojo, with hyperlinks for email and website addresses. With the Uechi-ryu.com website getting more than 700,000+ hits per month, the exposure given by enhanced listing alone, would be worth more than the yearly IUKF fee.

Perhaps the most important reason to be a member of the IUKF is the strength, stability and sharing of information that the worldwide and US Uechi community will gain by increased dojo and individual membership in a consolidating organization dedicated to enhancing the art.

To those of you who have joined the IUKF I send my thanks. To those of you who are considering membership, I'd like to welcome you, and can assure you that you'll be proud to say you're a member of a fast-growing and forward-looking organization.

Best wishes,

Paul Haydu

The New IUKF Rank and Titles Certificate

One of the many accomplishments of the new Board of Directors, was the commissioning of a new re-designed rank and title certificate. Membership Director, David Berndt commissioned Kate Carney and the firm of Anchor Promotional Marketing to handle this project.

The new certificate retains the "Strength—Honor—Discipline calligraphy and basic layout from George Mattson's 1958 Shodan certificate. The "hidari gommon" is a gold foil stamped symbol. The calligraphy, heading and border are raised-ink thermo graphed. The "chops" are stamped onto the completed certificate using a special Chinese ink.

You may order a replacement certificate for your rank or title (separate certificates) from IUKF. (see the IUKF website for details)



MEET THE IUKF BOARD OF DIRECTORS



Paul began his study of Uechi-ryu in 1966, at the Columbus Avenue dojo. He has great memories of the next dojo on Hancock Street, and recalls vividly the visit of Kanei Uechi and Ryuko Tomoyose in 1968. It was very impressive to witness the Grand Master perform kata and teach. Paul remembers Moto and Taro, and Taka and Sada, impressive young karateka from the Gojo-ryu and Shorinji kempo schools. It was a wonderful time, and the dojo was like a second home for Paul, who had just begun Medical School. Paul is now a Godan, and continues active practice of Uechi-ryu. It has changed his life for the better, assisting in almost all endeavors.

He has supplemented his core training by more recently studying Brazilian Ju Jitsu, a very physically demanding discipline. Paul is a white belt all over again, starting his climb to Blue Belt. Paul practiced Emergency Medicine for 25 years, and now takes care of patients with chronic wounds that won't heal. This also involves the use of Hyperbaric Oxygen Therapy. The field of Wound Care is a new specialty and is rapidly growing. Paul enjoys the challenges and the reward of healing most of the patients who come to see him. Paul's greatest joy is his family, consisting of his wife Lee, and daughters Michelle and Sarah.

Having grown up in a family that consisted of all boys, he enjoys living with all women. You could say it's another area for personal growth. Other activities include surfing when the water's warm, mountain biking, and flying radio controlled gliders at the 300 foot cliffs of Torrey Pines near where he lives. Anyone who wants to visit San Diego and work out should give him a call.



David Berndt, Yondan/shihan is a life long Martial Artist, originally from Pennsylvania, starting back to 1964 and receiving his first Dan rank in Isshinryu in 1969. Training with veterans Ralph Lindquist, Don Bohan, Daniel Pai, Ed Parker, Harry Smith, George Dillman, and Bill Wallace. He competed in tournaments in Washinton, DC (Jhoon Rhee's) Maryland and Virginia. Also studies Gushi-no Kobudo, and Shintoyoshinkai Jujitsu. David own's the Central Florida Martial Arts Academy, which is George Mattson's southern headquarters. David is a member of several automobile clubs, collects autographs and humors George Mattson at golf. David is a Certified Gemologist and Expert Witness in his field. He currently resides and owns a jewelry store in Mount Dora, FL.



Darin Yee and Harry Skeffington will be featured next issue.



Henry Thom is a Mattson Academy product from Columbus Avenue. He received his Shodan in March, 1967 and has been teaching Uechi Ryu and self defense for more than 30 years.

Henry is one of the Uechi practitioners who believes and uses Uechi Ryu as a base or core system and add to it by adopting techniques from other styles that he feels comfortable with. Henry was trained in Hung Gar Kung Fu, Northern Shaolin Kung Fu, and ground fighting. He also has a strong interest in Muay Thai boxing and has incorporated the various fighting arts into his self defense instructional program. He has been busy teaching the program which is advertised under his website.

In addition, Henry has been teaching a modified version of Seisan Bunkai and has created his own version of a Sanseirui Bunkai. He has injected street fighting and mixed martial arts techniques into those Bunkais and will be producing an instructional DVD.

Henry is an engineering graduate of Northeastern University and is a principal construction manager for a large international firm. He has worked in Saudi Arabia, China, and the western U.S. and is presently working in Sacramento, California on a major construction project. He is hoping to be able to retire from his regular work soon and spend more time on Uechi Ryu activities.

Meet the IUKF "Advisors"

**John E. Page, Esquire/Sandan**

John owns and operates Rising Star East Martial Arts in Ayer, MA and works with the North Middlesex Regional School District. Admitted to practice law in the Courts of Massachusetts, the Federal District Court and the First Circuit Court of Appeals,

John serves as legal advisor to the IUKF Board of Directors. He is a graduate of Clark University in Worcester, MA majoring in Philosophy and Biology and a graduate of the New England School of Law in Boston, MA. In addition to his passion for the martial arts and Uechi history,

John is a rock climber/mountaineer and has climbed extensively throughout the United States and South America. He also is an avid golfer, hunter and loves hitting the trails on his mountain bike. In his mind, his greatest accomplishment is guiding and watching his son grow into an honest, intelligent and industrious young man.

W H Y J O I N I U K F

.....**Or for that matter**, why join any group or organization? The martial arts community, like many others, is a small group of like individuals, but not always like minded.

What IUKF has tried to do is provide a non political group to help keep its members together, not splintered, by not telling them how to run their dojos, but provide a set of standards so the new student can feel some unity in how we grade and promote, no matter where they train. If we were to look at other martial arts styles, very few have one or two main governing bodies. Isshin-ryu, as one example has many soke or heads of organization, maybe as many as a dozen.

With the passing of its originator, Tatsuo Shimabukoro, many of the seniors scrambled for power and actually hurt the unity of the style. after the death of Kanei Uechi in 1991, many of the Uechi seniors, as well as Kamei Uechi, wanted control over the Uechi community. but, as politics is sticky, we ended up with separate Pangainoon, Okikukai, Kenyukai and Shoheiryu organizations, all wanting to be part of the dan certificate program. Black belt certificates can run as high as one thousand dollars.

IUKF charges \$150 to \$200, and is signed by the first U.S.A. Uechi-ryu Black belt, George Mattson. In 1991, Japan national treasure, Ryuko Tomoyose, declared all the splinter groups to be part of the "Okinawan Uechi-ryu Family of Organizations." This declaration meant whatever style name we study under, we still have the Uechi foundation. Consider the first years dues of \$50 first year and \$35 thereafter, actually paying for itself just by attending a summer camp, or saving \$50 off your next black belt test. IUKF members are also given a discount for SummerFest, books and videos from the Uechi store. Bottom line, membership is almost free. And with the internet access, you can connect with over 700,000 like minded martial artists to exchange ideas or seek information on your next kata. Keep Uechi-ryu strong and become a part of our history.

S ★ T ★ R ★ I ★ P ★ E ★ S

NO, IT'S NOT OTHER BILL MURRAY MOVIE, BUT IT IS RANK.

Did you ever wonder what all the special names and gold stripes really meant on some black belts? Me, too!

Depending on the origin of a particular style and its ranking system, they can mean many things or mean nothing but the dan level(rank). Occasionally, some systems will have black belts with an embroidered stripe on one or both ends of their belt. These stripes could be any color, but usually red or gold. The more stripes, the higher the rank. A Shodan would have one stripe and so on. In some systems when a black belt reaches 6th degree or 6th dan (pronounced don), the whole belt is red and white striped, not black at all.

In more traditional Okinawan styles, 5th degree black belt is the last tested rank. Master Gichin Funakoshi, master of Shuri-te (Shotokan), was only a 5th degree. His students, feeling sorry for him, decided to promote him themselves to 6th and so on. Hence the reason dojos don't promote over 5th dan or issue titles. It must be by a "group", and for our purpose today, the IUKF.

So in our system the black belt is still any color you want, just so it's black! (Sorry, a little Ford humor)

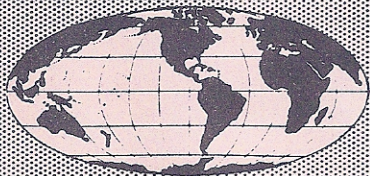
Where do the stripes come in? When a person involved in our art donates extra time and effort by helping others or improving our way of teaching or sacrificing to further Uechi-ryu, a special title is given to them. Again, not by their school, but by their main organization. This includes the ranks of 6th, 7th, 8th and even the rare 9th degree.

Examples of what one can do to be considered for an award would be to create your own Bunkai or Kumite, make a training video, host a forum or write a thesis on a theory involving Uechi-ryu.

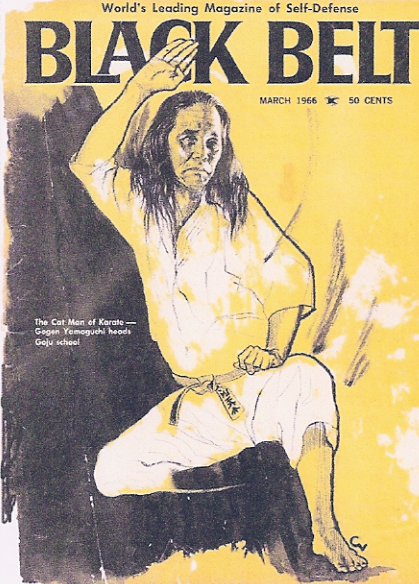
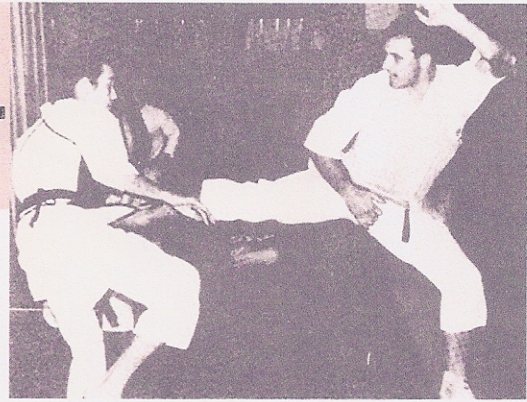
After review of these accomplishments, a Rank & Titles Committee will recommend the promotion or awarding of the following titles: Renshi, Kyoshi, Hanshi and Hanshi-sei.

For more details on achieving the titles, please see the IUKF site on the uechi-ryu home page.

FROM THE ARCHIVES: MARCH, 1966



WORLD WIDE TOURNAMENT RESULTS



Boston, Mass-- A capacity crowd of more than 1100 saw new rules and chest protectors in action at the first Northeastern Invitational Karate Tournament sponsored recently by the Mattson Academy.

The Karate Institute of New York City swept both black and brown belt finals.

Protective equipment safeguards against Walter Mattson's kick

Robert Engle was first in black belt competition and Andre Cadet took the brown belt championship. Second place winners were black belt Thomas Boddie of Chinatown Dojo and brown belt Jose Jones of the Jhoon Rhee Institute in Washington, D.C.

Third place cups went to Walter Mattson of the Mattson Academy and Martin Ortogero of the Fayetteville School of Kempo Karate in North Carolina. Referees Henry Cho, Jhoon Rhee and Peter Urban handled the refereeing chores. There was only one referee for each match instead of the usual four judges and one referee. Another innovation was the fact there was no time limit for matches. The new system of refereeing and the lightweight fiberglass protective equipment met with enthusiastic acceptance-and no injuries- according to John Curley who directed the tournament

- Ph. 585-2150, 291-6515
 The Defenders Club-Kenpo Karate, 4606 Eastern Ave., Highlandtown
MASSACHUSETTS
 Academy of Physical & Social Development, 1240 Boylston St.,
 (Chestnut Hill), Brookline 02167
 Haverhill Judo Club, 16 Essex St. (rear) Haverhill
 Judo Inst. of New England, 940 N. Shore Rd., Revere — Ph. 289-2758
 Mattson Acad. of Karate, 871 Washington St., Braintree — Ph. VI 3-1432
 Mattson Acad. of Karate, 303 Columbus Ave., Boston — Ph. CO 7-3374
 Mattson Academy of Karate, 316 Union St., Lynn — Ph. LY 9-2953
 Mattson Acad. of Karate, 11 Salem St., Medford Square—Ph. CO 7-3374
 Mattson Academy of Karate, 26 Summer St., Natick — Ph. DA 9-0672
 Mattson Acad. of Karate, 724 Washington St., Norwood — Ph. 769-3888
 Okinawan Karate-Do Academy, 76 Bigelow Ave., Watertown 2 —
 Ph. WA 4-9678
 Shodokan Dojo, 438 Humphrey St., Swampscott
 Tohoku Judo Kai, 30 Temple St., Somerville — P
 Ventresca Studio of Japanese Karate, 137 Pearl
 Ph. 426-1441
 Wilson Academy of Karate, 401 Warren St., Bost
MICHIGAN
 Academy of Martial Arts, 16213 W. 7 Mile Rd., D
 Dearborn Tang Soo Do Club (Am. Tang Soo Do A

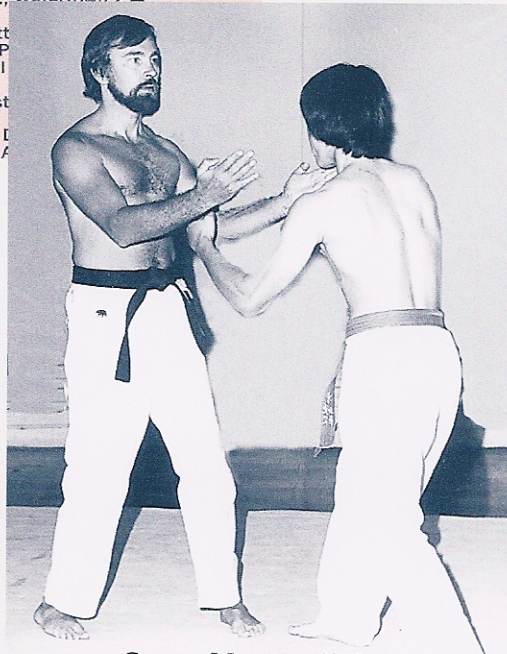
1966 Dojo Listing in the Black Belt Magazine

Editor's Note—

Please submit any photo or publication that is of interest to the Uechi-ryu community. This section will be devoted to early development of Uechi-ryu both within Okinawa and outside Okinawa.

Please e-mail to David Berndt or sent to the IUKF administrative offices' on the front page.

Thank you.
 David Berndt



George Mattson: 1975



George Mattson: 1958

IUKF DOJO OWNER'S FAQ

Promotion Information:

What is the protocol regarding black belt testing?

1. **Working with the Regional Test Administrators, who:** a. Collects all Regional test applications and fees at least 30 days before test. b. Reviews all information for accuracy and time requirements. (as defined in IUKF Website) c. Sends all applications and fees to G. Mattson prior to the test. d. Makes sure the individual or group of dojo conducting test, fulfils all testing requirements as defined in IUKF website regarding material covered and method of conducting the dantest. e. Send a report to G. Mattson regarding passing/failing of candidates. f. G. Mattson sends signed certificates to Test Administrator, who distributes them to dojo.
2. **Under the new IUKF rules**, individual dojo determine who deserves and has earned their rank: a. Teacher/dojo must follow guide lines regarding rank as described in the Black Belt Test Guide and on the IUKF website. b Teacher/dojo must work with Regional Test Administrator (RTA) regarding all test procedures. c. Teacher/dojo must include senior instructors who are in the IUKF "chain of command" in these decisions. (i.e. teacher/dojo should give senior/s who are active and interested in the progress of the candidate, an opportunity to either "pre-test" and/or be part of the process of testing the candidate. d. The teacher/dojo and seniors who are part of this teacher's Uechi-ryu history, should be part of this process, since the outcome of any test will be a reflection of the candidate, teacher and seniors ability and understanding of our Uechi-ryu. Everyone who is being directly affected should be included in the candidate's test in some way. (Who is included and what dojo to invite to participate in "joint testing", and the interpretation of these testing options, remains the sole responsibility of the candidate's teacher.)
3. **Anyone receiving a certificate, to be given to the candidate** (generally the RTA and/or candidate's teacher) from IUKF/George Mattson, must sign-off on the candidate's application that the candidate meets all test requirements and that the physical test being administered meets the minimum requirements described in the Black Belt Test Guide and the IUKF website.
4. **Titles and belt stripes:** a. The titles of Renshi (one gold stripe), Kyoshi (two gold stipes), Hanshi (three gold stripes) and Hanshi-sei (No additional markings on belt at this time) are advanced degrees, not an automatic award with any physical rank. b. A "Titles" committee oversees the nomination process and the awards of these titles. c. Selection and awarding these titles takes place at the annual SummerFest.)
5. **Ranks Shodan through Godan:** a. Are nominated, tested and awarded at the Regional level, by the dojo and supervised by the Regional Administrator. b. Are nominated prior to SummerFest and tested at SummerFest.
6. **Rokkyudan through Kyudan** are nominated by the IUKF "kyudan" committee, consisting of all IUKF 9th degree black belts.
7. **Rokkyudan through Kyudan** ranks are formally approved by the Board of Directors.
8. **Rokkyudan through Kyudan** ranks are awarded by the seniors attending SummerFest Saturday awards ceremony and the IUKF Board of Directors.
9. **Judan ranks** are nominated by the IUKF Board of Directors and awarded by Titles Committee. a. Judan rank is awarded by the Titles Committee and the Board of Directors at SummerFest.
10. **Fees and distribution of fees:** a. Membership fees: \$50 first year and \$35/year thereafter. b. These fees are collected and administered by the Board of Directors. c. The Treasurer and Membership director is responsible for collections and accounting of all monies collected. d. All membership monies must be used for activities and projects that benefit the membership. e. An annual Treasurer's report will be published and distributed to all IUKF active members. (make sure the Treasurer has your e-mail and postal mailing address)
11. **Black belt testing fees:** a. Dan rank test fee for IUKF members - \$150. Non members - \$200. b. Collected by Regional Test administrators at least 30 days prior to any tests.
12. **IUKF uniform Crests:** a. Although not a requirement of IUKF, it is strongly recommended that all dojo follow the tradition of wearing the organization crest over the heart. b. A dojo crest/patch is traditionally worn on the left sleeve, near the shoulder. c. IUKF crests are available through the Uechi-ryu.com store and all dojo receive a substantial discount for quantity purchases.
13. **George Mattson, as President of IUKF.** continues to process all promotion registrations and issues all certificates.

IUKF - A PROFESSIONAL ORGANIZATION

IUKF welcomes members and participation from all Uechi-ryu practitioners. IUKF's main function is service to its membership and recognition of promotions from all major organizations that meet IUKF rank standards and requirements. IUKF, under certain special circumstances, allows all Uechi Ryu practitioners to apply for testing of all Dan ranks regardless of dojo affiliations or organizations. The applicants must meet the minimum requirements stated in the IUKF Test Guide, and have the approval of his/her instructor or head of organization.

IUKF's sole reason for existence is "service to the art and practitioners of Uechi-ryu".

International Uechi-ryu Karate Federation

POB 1403

Mount Dora, FL 32756

Tel: 352-636-5270 Fax: 352-383-6227

Application form: for Dojo and Individual Membership in Federation

This form to be faxed or mailed.

Members receive IUKF uniform crest, Passport, password to private "Learning Center" website, monthly NewsLetters, instruction tips, reduced rates at IUKF activities, book, video and product discounts. Dojo members receive free Ad in the Dojo Listings. PLUS.. A free copy of The Black Belt Test Guide, 2nd edition, e-Book.

Affiliation: () Uechi-ryu () Shoheiryu () Other _____

Membership: () Student or Teacher Membership \$50/ 1st/yr.. \$35 thereafter

() Lifetime Members (All Categories). \$750

Applicant: _____ **Male** _____ **Female** _____

Birthdate: Mo _____ **Day** _____ **Year** _____

Address: _____

City: _____ **State** _____ **Postal Code** _____

Country: _____ **Phone** (_____) _____

Dojo: _____ **e-Mail:** _____ @ _____ . _____

Affiliation: _____

Teacher history: 1st _____ 2nd _____

3rd _____ **Current** _____

Styles Studied: _____

Ranks earned/style: _____

Association awarding ranks: _____

Organizational Affiliations _____

All Individual Memberships in the IUKF are issued on a Yearly basis (except Lifetime Membership) First year membership is \$50, thereafter the membership fee is \$35. (New members receive a permanent IUKF I.D. number, which can be used for discounts on all Uechi-ryu.com store purchases, including Summer and Winter Fest.) New members also receive a beautiful membership certificate, IUKF Dojo PassPort and the official IUKF uniform crest & e-Books. By applying for membership, I hereby fully and unconditionally release the IUKF , its Officers and Directors, Certified Instructors and Member dojo from any and all claims for any and all injuries, accidents or losses that I may receive while practicing the martial arts sanctioned by the IUKF.

Signature of Applicant _____ Date _____

Using PayPal? Send payment to: IUKFMEMBER@aol.com

=====

Date Approved by IUKF _____ IUKF Membership number: _____

Please photocopy application for your friends and associates!