



Zanshin 残心

A bi-annual member newsletter to inform, instruct and inspire.

Spring/Summer 2009

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Attitude is Everything

By James Davenport Hanshi, Koshin-ha Chito-ryu

Most of us have heard statements such as, "Think positively" and "Be a positive example." However, perhaps none is more revealing than the statement, "Attitude is everything." This statement applies not only to your martial arts training, but also to everything in life.

Accomplishing almost anything is attributable to having the desire, expending the effort, and maintaining the willpower to see it through, but it is our attitude above all else that will give a positive effect to these characteristics.

It is widely accepted that the higher percentage we give in our effort, the closer we will come to reaching that 100% mark. Consider the letters in the word "attitude." If each letter is given a number corresponding with its location in the alphabet (the letter 'a' would be 1 and the letter 't' would be 20), when all of the numbers corresponding with their respective letters are added together, we end up with 100. If we have a positive attitude, it is much easier to reach that 100 percent in everything we do.

We have all had difficult times in our lives, such as divorce, losing a loved one, or something equally catastrophic. During these times, our attitude about everything we believe in and stand for can be challenged. Over the years I have had thousands of hours of conversations with my teacher, Van Horne

"Nothing in life is put to the test more than our attitude."

Hanshi, and I remember him telling me how important he felt having a good attitude was. When I served in the army, we used to sound off (yell loudly) with various sayings designed to keep us motivated in difficult times. Although all of these sayings were designed to maintain a strong, positive attitude, possibly none was more effective than the one that simply said, "Attitude Check?" The troops would respond in unison in various ways, including this: "We like it, we love it, we want more of it. Whoo-ahh!" This response

was of course designed to reflect the notion that things could always be worse and that we needed to stay motivated about every minute detail of any situation.

Many students and teachers alike seem to lose sight of the big picture. We often seem to be looking for the pot of gold at the end of the rainbow and at times, we all forget that life is a journey and is, in most cases, simply what we make of it. Most martial artists have trained long and hard for an upcoming belt test, and over the years I have heard students comment that their test was much easier than they had expected it to be. I have often wondered what they meant by this statement. The students did not seem to realize that the test itself is like life, and that life is, in fact, a constant test. Nothing in life is put to the test more than our attitude.

The students failed to understand that the test was not simply conducted on the date established for them to show up; but instead the test was constantly being conducted and each student's attitude constantly being observed and evaluated.

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“Senior Moments”

By Joe Hedderman Hanshi, *Koshin-ha Chito-ryu*



Dewey Deavers, Hanshi Hedderman's sensei, became interested in the Japanese fighting arts at the age of 20 while observing a skillfully executed demonstration by a group of traveling martial artists. He was accepted as their student, later becoming a member of the demonstration team himself. The techniques taught to Sensei Deavers by his teachers were Jiu-Jitsu and Atemi-Waza, also known as Karate-Jitsu.

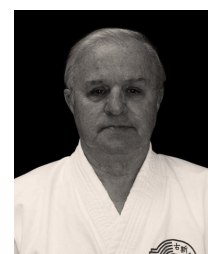
My first contribution to the “Senior Moments” column should be about my first teacher, Dewey Deavers Sensei. Having the opportunity of being one of his students was one of the most memorable experiences of my life.

I first met him at the Pittsburgh Boys' Club when I was thirteen. Several of my young friends were going swimming at the local Boys' Club because they all could swim, but I could not. The Boys' Club offered classes for non-swimmers and sessions set aside for swimmers only. I did not want to be separated from my friends, so I attended the swimmers' session. As soon as I got into the pool area, I ran to the shallow end of the pool, jumped in and began splashing around enjoying myself. After a short while, the life guard (Dewey Deavers) called me out of the pool. He asked me if I could swim. Being young and dumb, I answered, “Sure I can.” Well, he took me to the deep end of the pool and explained to me that all I had to do was jump in, tread water, swim the

length of the pool, swim back to the deep end, stop, and again tread water. He said, “That will prove that you can swim.” To this day I can remember what was going through my mind as I stood at the deep end. As I stood there, I was thinking, “This can't be all that hard. All you have to do is keep kicking your feet and moving your arms.” But as I said before, I was young and dumb, so I jumped in. I can still see the white bubbles rising as I sank to the bottom. A junior life guard quickly grabbed me by my hair and pulled me to the surface. Deavers Sensei said, “You're crazy boy. You're going to kill yourself”. He had a long talk with me and made me promise to attend the next beginners' class. I did learn to swim, and after that I became a Red Cross Junior Life Guard.

For the next two years, I swam almost daily. I began helping Deavers Sensei teach the beginners' classes and started hearing stories about him being a martial arts instructor. Since I would spend the whole

evening in the pool, I would sometimes hear loud noises coming from his dressing room between classes. One wall of his dressing room was made of brick. I remember entering his dressing room and finding him striking the wall with knife-hand strikes. I also saw him punching the wall with his bare hands. Several of the bricks in the wall were cracked from him repeatedly hitting them. Occasionally he would teach me wrist techniques and arm locks. He told me that I should come to his dojo and learn jiu-jitsu, so in 1950, at the age of fifteen, I began formal training at his dojo. ■



Joe Hedderman Hanshi, Koshin-ha Chito-ryu

Koshin-ha Chito-ryu Spring Seminar

By Ransom Davenport Sensei, Yon-dan, Koshin-ha Chito-ryu

“Never in my twenty years of studying the martial arts have I attended seminars in which so many of the so-called ‘secrets’ of karate were revealed.”

The Koshin-ha Chito-ryu Karate-do Association held its spring training on April 18, 2009, in Frankfort, Kentucky, at the Koshinkan Dojo. Students of all ranks from all over the country participated in a day of training with the senior instructors, who kept everyone busy improving their skills through the practice of kata and applications, drills to enhance Chito-ryu concepts and principles, and methods of using mobility to enhance power and speed. One of the highlights of the day was the question and answer

session with the Shihan-kai at the end of the afternoon. After the training wrapped up, many of the participants met for dinner at a local Mexican restaurant. Many also enjoyed the excellent food and the great conversation, which made those students the envy of those who did not attend. New friendships were made and old ones renewed as everyone relaxed after another successful seminar.

On a personal note, when I recall the April event, I am still in awe. Never in my

twenty years of studying the martial arts have I attended seminars in which so many of the so-called "secrets" of karate were revealed. The information that each instructor selectively chose to share, especially with the Yudansha, was astonishing. I have never participated in any seminar in which the instructors allowed access to information that they generally only share and discuss with each other, but this time chose to share with the students.

continued on page ?



Interview with Sensei Ed Butzin – Palm Beach, Florida Dojo

By Fara Nizamani, 4th Kyu, Seattle Koshin-ha Chito-ryu Dojo, Seattle, WA



*Ed Butzin, Ni-Dan
Koshin-ha Chito-ryu*

How long have you studied martial arts?

I first studied Kodokan Judo from 1970-71 while in college under Dr. Yashida, a seventh dan who could trace his lineage back to samurai. I later came back for a year at a private dojo in 1977 until I moved from Michigan to Florida in 1978. I began my karate career in November of 1984 studying under Shihan James Matthews for over 21 years and have been studying directly under Hanshi Davenport since February 2005.

How did you become interested in martial arts?

My initial interest in judo was for the physical training with self defense as a second interest. It soon became apparent that judo was much more suited to sport, at least in the kyu ranks, than to defense and that the conditioning required was more anaerobic than aerobic. In September

1984 my son at age seven decided he wanted to take some karate. After sitting through the first two month session watching, I decided to train along with him. My wife later joined us and the three of us trained together for a couple of years before my son moved on to other interests. My wife injured her back in 1992 in a motorcycle accident and was unable to return.

What other styles have you studied, if any?

Other than judo, Chito-ryu has been my only serious training. I have dabbled in kobudo but in a very limited sense. I have also trained on occasion with karate-ka in Shotokan, Uechi-ryu, Gojo-ryu, and Ryu-kyu-Kempo but just as workouts with no formal training.

What rank(s) do you hold, any/all styles?

Yon-kyu in Judo (1977) and Ni-dan in Chito-ryu (2005)

Why did you stay with Chito-ryu instead of another style?

I believe that Dr. Chitose's use of his medical knowledge to reduce the stress on the human body and improve the effectiveness of the techniques is the first serious use of scientific principles in the development of karate. He changed karate from a martial art to a martial science in every sense of the word.

How do you balance martial arts with other responsibilities?

As a student it was just a matter of setting aside some time for study, training, and classes. When I decided to open a dojo the issue became a lot more complicated.

In addition to those personal responsibilities I now also have a responsibility to all of my students. I have to make sure that someone (almost always me) is there to teach class. I have to put together a schedule for what material to cover as well as make it flexible enough to focus on things that I see happening with my students. My training has to include not only learning my craft to best fit my personal physical issues but also learning how to teach it to people who might not learn in the same way that I do and have their own personal situations that affect what and how they practice karate. I also have to make sure that I get as much input from the Shihan-kai as I can to ensure that I understand the details of what they want us to teach in order to maintain the high level of training that the Koshin-ha represents. Since I have not yet attained the rank of Yon-dan I am not considered an Instructor level teacher which poses an additional challenge in providing the best training possible in what is, like Seattle and Rochester, an outlying dojo.

As a Shibu-kai, I also have all the paperwork responsibilities associated with memberships, promotions, national meetings, dojo equipment, etc.

I am fortunate to have a dedicated top student in Al Maeyens. Al is always available to help out, even sacrificing some of his own training time to assist me. We are also all very fortunate to have the group of Shihan-kai we have in the Koshin-ha. Their knowledge and assistance is priceless and I will always owe a large debt to all the people who have, and still do, take the time to impart their knowledge to me. The least I can do is try to pass on what I can to the next generation.

What's your favorite kata? Weapon?

I don't know that I have a favorite kata but being big, old, and slow I tend to favor the power kata more so than a smaller, younger person's kata like Chinto, for example. But regardless of the kata I am very interested in the control techniques that can be applied from any of the kata templates. Impacting an opponent when defending oneself is all well and good, and valuable when you can't quite get

the control technique to work, but most situations are not going to justify a serious injury to someone. A good control technique gets the job done without the nasty side effects of police arrest or law suits from a verbal encounter that gets out of control.

As for a weapon, I really only have an interest in those that are readily available in some form or other in the surrounding environment, like the bo, jo, cane, etc. Unlike most of the other weapons, these are the most practical for today's world. These weapons are useful from the standpoint that they are unobtrusive but effective. Try to justify to the police officer (whom you will quickly encounter) that you are walking around with a pair of sai or a katana in your belt "just for the training".

That being said, I have often considered taking some classes in Iaido because of my fascination with the katana. I would love to learn more about this extraordinary weapon and the culture surrounding it. If I can ever find some time to squeeze in some training I would like to give it a try.

"What I began to do was try to take a closer look at the kata I was working and to find some deeper insights."

Any "no-one-would-ever-believe-this" martial arts moments?

There are probably two things that stand out. The first is when I look back at who was sitting on my test board when I finally made Sho-dan. Shihan Art Rott, now deceased, a good friend and marvelous instructor; Kyoshi Lawrence Hawkins, chairman of the U.S. Chito-kai; Hanshi William Dometrich, founder of the U.S. Chito-kai; Kyoshi (now Hanshi) James Davenport, Assistant Chief Instructor of the U.S. Chito-kai, co-founder of the Koshin-ha, and a good friend; and Hanshi Masami Tsurouka, the father of Canadian karate and someone I have also spent some wonderful time with. You won't get a more distinguished group of karate-ka this side of Okinawa.

The other thing isn't so much a single event but an accumulation of marvelous encounters with the younger students I come in contact with. My six to nine year old group never cease to amaze and bewilder (and sometimes peeve ☺) me. I have some who have been with me for

more than three years and despite the hard work they still keep at it and show up for almost every class.

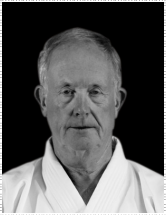
Any words of wisdom for us newbies?

You will definitely reach points in your training where you hit a plateau and don't seem to feel like you are making any progress. Training does not move on a gradual curve but in steps. There are at least a couple of things you can do to help. You will encounter 'eureka!' moments that you will want to remember. They will get you through some of the rough spots. Another thing you might try is to make videos of yourself at various times in your career, maybe right after you attain a new rank. When you are feeling down about your progress they are great for reviewing where you have been and will give you a real boost to see how much you have improved. And one thing that I notice many people don't do is to make sure that each time you move on to a new level of ability that you go back to the basics, especially the kata that you learned to get there. Each one provides fundamental skills and concepts vital to understanding and appreciating the one you are focusing on now.

Another thing that you may encounter, especially in a larger dojo, is the feeling that you aren't getting enough emphasis in class on the particular level

of ability that you are currently working on. There were many nights when I said to myself "When are we going to ever do something more than San-ju Waza or white belt kata?" and considered skipping class because I felt I wasn't getting anywhere. What I began to do was try to take a closer look at the kata I was working and try to find some deeper insights. It wasn't Sensei's responsibility to make me improve. It is his task to be there to show me where I need the most work and help me through periods where I can't work out a problem that I am having. Chito-ryu is a much deeper art than it may appear to new and even intermediate level karate-ka. Always keep searching for ways to improve yourself no matter what you are doing. A left turn and downward block may seem like a very basic task but getting the most out of it can take years of study. ■

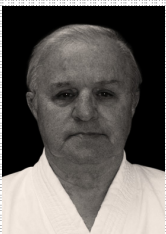
Congratulations!



Phil Arnold Shihan, Chief Instructor of the Louisville Koshin-ha Dojo, was promoted to 6th dan at the April 2008 seminar in Frankfort, KY.



Terry Valentino Shihan, Chief Instructor of the Yoseikan Pittsburgh North Dojo, was issued the title of Kyoshi at the October 2008 seminar in Pittsburgh, PA.



Joseph Hedderman Shihan, Chief Instructor of the Allegheny County Budo-kai Koshin-ha Pittsburgh South Dojo, was promoted to the rank of 9th dan (Ku-dan) in Karate and issued the titles of Hanshi for both Karate and Jiu-Jitsu at the April 2009 seminar in Frankfort, KY.

Attitude is Everything

Continued from page 1

When I reached San-dan level, I became even closer to my teacher and often assisted him in conducting tests. I heard him say more than once, “The technique is good, but the attitude is lacking; therefore, we will wait to promote this student.” It was extremely important to Van Horne Hanshi that the student not only understand the importance of attitude, but also understand that the test was not simply conducted on a particular date; instead, the test was being conducted every day, both inside the dojo and outside. One method Van Horne Hanshi used to reinforce the importance of attitude to a student was by sand bagging the ranks. Van Horne Sensei was known for long waits between promotions, a fact I found out consistently throughout the years. From the time I began my training, I spent at least one year in every kyu grade and, in some instances, even longer. Considering the present time schedule of generally three months between most kyu grade promotions today, it was a long wait. Although I myself do not follow the same format that Van Horne Hanshi employed, I will admit it certainly had one positive result: it weeded out those with weak dispositions and poor attitudes. Few students would wait this long for a promotion, and the fact that Van Horne Hanshi’s next ranking student behind me began his training 13 years

after I began demonstrates clearly that few people have a positive enough attitude to hang in there for the long haul.

The longer we live, the more we should realize the impact of attitude on all aspects of our life as well as the lives of those around us. Those who understand this importance realize that attitude is more important than facts, money, education, luck, circumstances, successes, or failures. Attitude is more important than how we look, how much skill we have, or how others perceive us. Attitude can make or break a business, a school, a church, or a home. Although we cannot change the past or the inevitable, we have a choice everyday regarding our attitude.

As we continue our personal training, we need to remember that it is the journey and the attitude that we maintain during this journey that is the most important. A good martial artist places great emphasis on virtues such as patience, sincerity, humility, brotherhood, courage, honesty, loyalty, and wisdom, but we would do well to remember that it is our attitude above all else that governs these virtues. Those who understand the importance of attitude realize that life is ten percent what happens to us and ninety percent how we react to it. ■



*James Davenport Hanshi,
Koshin-ha Chito-ryu*

Spring Clinic

Continued from page 3



This sharing of “secrets” means even more, when one understands that during my twenty years of study I have attended a multitude of seminars with a large number of senior karate men. Many of these karate men were considered to be the best senior level teachers in Okinawa and Japan and were in fact founders of



their respective arts, ranked at 9th or 10th dan. I have also attended many seminars with my father and his teacher, George Van Horne Hanshi, both

of whom have studied with a much larger number of senior teachers from around the world.

Many times while traveling with my father and Van Horne Hanshi, I was extremely fortunate to have been present and be able to listen to many private, in-depth discussions that took place between them and these world-class senior karate teachers. Following the advice my father had given me and the same advice he had received from his teacher, I became a ‘fly on the wall’ and kept my ears and eyes open. By not becoming involved in the conversations, I did not alter the flow of the conversations and therefore I learned so much more. In many of these private conversations, these senior teachers would go into great detail relating to

a multitude of unique topics pertaining to technique, power generation, and methods of developing incredible speed, history, philosophy and much, much more. Much of this information I had never heard before. That is, until our latest event.

Always hold your head high when you tell anyone you are a part of Koshin-ha Chito-ryu. Do this with great admiration and respect for the organization’s founders, all of who are extremely knowledgeable, highly skilled and fiercely dedicated to the art. These men care more for each member’s martial arts education than can be put into words. I feel very blessed to be one of the Shibu instructors for the Koshin-ha Chito-kai.

To all the instructors who conducted the seminar, all I have to say is: Thank you and **WELL DONE!!!!** ■



*Ransom Davenport Sensei,
Yon-dan, Koshin-ha Chito-ryu*

Recommended Reading

By Richard Sbuscio, Yon-dan, Koshin-ha Chito-ryu

In this issue, I decided to focus on two books that are suitable for the green and brown belt levels. Both books are included on many “must read” lists and are excellent primers for students who want a better understanding of the basic philosophy and history of traditional karate-do.

My reviews are in no way the “last word” on these books, but are simply the opinions of one karateka. Comments on my reviews or suggestions for books are more than welcome at r.sbuscio@verizon.net.

Moving Zen, One Man's Journey to the Heart of Karate

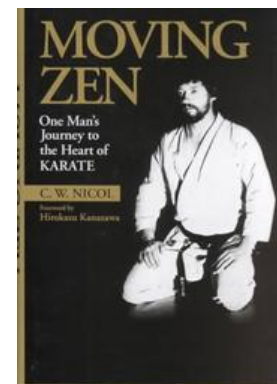
C.W. Nicol - ISBN 4770027559 / 9784770027559 / 4-7700-2755-9

Moving Zen, One Man's Journey to the Heart of Karate, is an excellent book for students who want to start to understand, from a westerners viewpoint, the technical and philosophical aspects of karate-do. The book, set in Japan in the early 1960s, is the personal account of C. W. Nicol's early years studying karate in Japan.

While a young man, Mr. Nicol moves to Japan in 1962 to study martial arts and soon finds himself immersed in the world that is Shotokan karate. Through Nicol we learn about the training methods, philosophy and traditions that we often find in most traditional karate dojo. We follow his journey from white belt to black belt (shodan) as he describes his struggle to come to grips with both his

inner weaknesses and a culture which is often closed to him.

Nicol details his training with a veritable “who's who” of Shotokan sensei. The result is an illuminating look into both the external and internal aspects of Japanese karate-do. ■



The Weaponless Warriors

Richard Kim - ISBN 0897500415

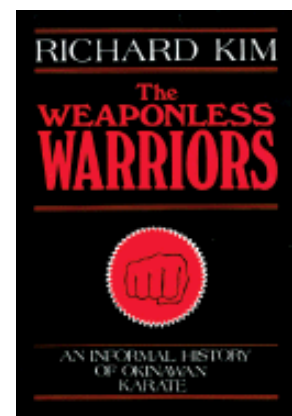
The Weaponless Warriors, An Informal History of Okinawan Karate describes the lives and times of some of the most famous okinawan martial artists. Until his passing, Richard Kim was considered one of the most knowledgeable martial arts historians and a highly skilled karateka. In this short book (a little over 100 pages) Richard Kim gives us an authoritative and interesting account of some the martial arts legends who brought karate to us. The book is an

easy read and I highly recommend it for beginning and younger students.

Mr. Kim has researched the histories of karate masters such as, Yara, Sakugawa, Matsunura, Itosu, Kyan Chotoku, Yavu Kentsu, Itoman Bunkichi, Matsumora Kosaku, Choki Motobu, Agena, Gicgin Funakoshi, Higashionna & Miyagi Chojun. The accounts of these pioneers of karate are enlightening and often humorous.

Additionally, the book contains a number of famous black and white photographs and genealogy charts depicting the history of many of the founding styles of karate.

Overall the book is a wonderful read and belongs on the bookshelf of any beginning karateka. ■



Rank Promotions April 2008 – May 2009**April 2008**

Palm Beach	Jason Dee	Green I
Palm Beach	Ryan Holzhausen	Green I
Palm Beach	Matias Musalem-Scharager	Green III
Palm Beach	Rachel Pomerantz	Green III
Palm Beach	Alan Whyman	Orange
Palm Beach	Drin Mahmuti	Orange
Palm Beach	Benjamin Renbaum	Orange
Seattle	Luther White	Green III

May 2008

Palm Beach	Michele Carp	Green II
Palm Beach	Jason Dee	Brown III
Palm Beach	Jeffrey Greenwald	Green II
Palm Beach	Matias Musalem-Scharager	Green II
Palm Beach	Rachel Pomerantz	Green II
Palm Beach	Richard Pomerantz	Green III
Palm Beach	Zachary Taylor	Orange
Palm Beach	Aryal Fette	Yellow
Frankfort	Galen Crawley	Green II
Frankfort	Daniel Gililand	Orange
Seattle	Sasha Goldberg	Green III
Seattle	Robert Howard	Green II
Seattle	Jason Wang	Brown II
Seattle	Jasmine Zhang	Brown III
Seattle	Kye Dipboye	Green I
Seattle	Fara Nizamani	Green I
Seattle	Katherine Tung	Green I
PA South	Zach Hughey	Green I
PA North	Ashley Truxal	Green III
PA North	Takumi Uchida	Green III
PA North	Kyle Conway	Green III
PA North	Maddie Gryger	Green III

June 2008

Frankfort	Jessie Benavides	Green III
PA South	John Hill	Orange
PA South	Ricky Peters	Orange

July 2008

Palm Beach	Matias Musalem-Scharager	Green I
PA North	Aubrey Morgan	Shodan

August 2008

Palm Beach	Ryan Holzhausen	Brown III
Louisville	Andrej Jusufbegovic	Orange
Lexington	Joe Federspiel	Orange
Lexington	David Flynn	Orange
Lexington	Gene Sageser	Orange

September 2008

PA South	Braden Ball	Yellow
Frankfort	John Lowe	Yellow
Frankfort	Carlos Felix	Brown II
PA North	Jonya Chen	Yellow
PA North	Kara Morgan	Green III

October 2008

Louisville	Jim Berger	Brown I
Louisville	Michael Berger	Brown I
Louisville	Lisa Berger	Brown III

November 2008

Palm Beach	Aryal Fette	Orange
Palm Beach	Abigail Garber	Yellow
Palm Beach	Sean Hartman	Yellow
Palm Beach	Alexander Tum	Yellow
Palm Beach	Sara Eckler	Yellow
Seattle	Robert Howard	Green I
Seattle	Indu Vanteru	Yellow

December 2008

PA North	Natalie Rogalla	Green I
PA North	Ashley Truxal	Green I
PA North	Julia Thaller	San-dan
PA North	Jon Stillman	Sho-dan

January 2009

Seattle	James Carter	Sho-dan
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February 2009

Seattle	Robert Howard	Brown III
Seattle	Jason Wang	Brown I
Seattle	Jesci Schneider	Yellow
Palm Beach	Kimberly Flossie	Brown I
Palm Beach	Jeff Greenwald	Green III
Palm Beach	Aryal Fette	Orange
Palm Beach	Alexander Tum	Orange
Palm Beach	Anne Bestland	Yellow
Palm Beach	Kristopher Samurkasyan	Yellow
Palm Beach	Alexandra Steffee	Yellow
PA North	Jonya Chen	Orange
PA North	Kara Morgan	Green II

March 2009

PA North	Sophia Kainaroi	Yellow
PA North	Dora Rumenjah	Yellow

May 2009

PA North	Natalie Rogalla	Brown III
PA North	Ashley Truxal	Brown III
PA North	Dora Rumenjah	Orange
PA North	Brynn Edmunds	Yellow

ORGANIZATION DOJOS
Schools listed by state
alphabetically



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Visit Us on Facebook

If you need yet another excuse to surf the internet, we now have our own Facebook group. Just log in and search the groups for Koshin-ha Chito-ryu Karate-do. It's a great way to keep in touch.