

**SHOREI-KANSM
OKINAWAN GOJU-RYU
KARATE-DO
U.S.A.
HEADQUARTERS DOJO**

SHOREI-KAN



KARATE

**25TH ANNIVERSARY DEMONSTRATION
NOVEMBER 11, 2006**

Welcome!!

Dear students, parents, relatives and friends of Shorei-Kan. I am pleased and honored to welcome you to our very special 25th Anniversary Demonstration of the Shorei-Kan USA Headquarters.

I must naturally look back over the past 25 years and marvel at a number of things. I remain constantly amazed by the unique system of traditional karate that was passed on from Master Higaionna to Master Miyagi and subsequently to Master Toguchi who evolved his teachers' teachings into a comprehensive system he called Shorei-Kan (school to respect courtesy and manners). I was fortunate to have met and studied with Master Toguchi who passed away in 1998.

Again I remain constantly in awe and respect of the current head of the Shorei-Kan system and my teacher for over 35 years - Master Toshio Tamano. His dedication to and continual development of Shorei-kan are truly inspiring. He provides for all Shorei-kan students and for any who meet him a true picture of a Karate master. He is a person who presents all with humility and respect as well as knowledge which does not exist anywhere else in the martial arts world. He, through his teaching keeps alive traditional Okinawan Goju-ryu karate. Many of you have been influenced by Master Tamano indirectly by seeing the movie- The Karate Kid. The movie written by a black belt who studied at the New York City dojo while Master Tamano taught there carries with it many of the techniques and events that transpired. I do recall around 1976 while at a dinner in New York city with Tamano Sensei, his conversation with me regarding the importance in teaching as a way to develop oneself. He suggested that I should start a dojo. I began a class at Union Carbide where I worked. A few years later I opened the Buchanan Dojo. I am at a loss to properly convey my gratitude and appreciation to him for all I have received on so many levels as a result of my association with him . I look forward to learning so much more.

I am daily impressed with the students of Shorei-Kan both juniors and adults. Some of these students have been students of mine for over 20 years. We have been around long enough so that there are even children of junior students from years ago who now study. I am honored to be able to call them my students and proud of their efforts and dedication.

Of course none of us could study and grow without the support and understanding of our families. I am one of those who must thank my family who share this unique endeavor on a variety of levels and always provide me so much love and support. I like many of you began as a young adult not even able to drive - it was my parents who would drive me to train daily many miles from home. Let me extend my deepest thanks to my parents and to all of yours who have provided that same support and caring.

There are so many fond memories and experiences we can all recall. We are fortunate to have open to us the experience and teachings of the ancient masters who have given us techniques of defense with the idea of utilizing these techniques only for defense and in the spirit if peace.

Finally I would like to dedicate this celebration to Master Tamano and all the students of Shorei-Kan with a special dedication to the late Ms Claffey who was instrumental in our 20 year demonstration and who exemplified the sprit and ideals of Shore-Kan.

Shihan Scott Lenzi

Letter from Saiko Shihan Tamano – Headmaster Shorei-Kan

I would like to congratulate Mr. Scott Lenzi and his students on the 25th anniversary of Shorei-Kan USA Headquarters.

In the summer of 1967, Master Toguchi and I were invited to one of his student's house in the northern region of Okinawa and stayed there overnight. After the dinner the three of us went out to the nearby beach because the moon was so beautiful. We sat on the coastal beach and drank sake. It was an unforgettable night for me. In our conversation my sensei vaguely asked me if I could go to the US and spread Shorei Kan karate there. I don't remember what I told him then, but I found myself in New York two years later. I think I went there, not because of his suggestion, but because I loved Shorei Kan Karate so much and wish to share it with American people.

I don't recall whether I suggested Mr. Lenzi to open his Shorei Kan dojo or not. Anyhow, he opened the Buchanan dojo. I know it was not easy for him to run the dojo for a quarter of a century. And I am happy to see his dojo is very successful now. He did it, because, like me, he had a great passion for Shorei Kan and wished to teach it to many people.

Shorei Kan Karate is a beautiful martial art and helps people physically, mentally and spiritually. That's why some students of Shorei Kan, like us, have fallen in love with it. Many students of Mr. Lenzi have more than twenty years of experience in Shorei Kan karate. I believe very few karate schools can celebrate 25 years of teaching the public and few if any have numerous students who have such a passion for karate. I am sure the Shorei Kan USA Headquarters will continue growing in the coming years.

Saiko Shihan Tamano - Headmaster



Letter from Master Toguchi (written and presented at the 15 year anniversary of the USA Headquarters dojo)

A word of congratulations for the demonstration to celebrate the 15th Anniversary of the USA Headquarters dojo of Okinawan Goju-Ryu Karate-Do Shorei-Kan.

It gives me great pleasure that a demonstration is being held to celebrate the 15th anniversary of the headquarters dojo. 500 years ago, the Rykyu Kingdom (Okinawa of today) prohibited the use of all weapons to create a peaceful nation. That peaceful spirit is at the heart of Shorei-kan Karate-Do. Its techniques are not for killing others, but for protecting oneself in times of emergency. Also the people of Rykyu did not carry weapons when they went overseas. They carried the Shamisen (musical instrument) instead to attempt peaceful and friendly relationships. They incorporated the cultures from different nations and built a uniquely Okinawan culture. Shihan Scott Lenzi has fully acquired the Shorei-Kan spirit and techniques through many years of training, opened a dojo and cultivated many people who contribute to society. I wish him even more success in the coming years

Seikichi Toguchi
Shorei-kan Headmaster

Letter from Mrs. Toguchi.

Dear Sensei Lenzi:

It gives me great pleasure to hear that you are commemorating the 25th anniversary of your Dojo. I am very happy that Shorei-Kan has come along so far and growing through the dedication of Shihan Tamano and Shihan Lenzi.

I wish you all continuing success in your efforts.

From Okinawa, Haruko Toguchi

Letter from Sensei Naito

Dear Shihan Lenzi:

Congratulations for the 25th anniversary of the Dojo.

It is truly remarkable that the dojo is still growing after 25 years. I believe this has been possible because Shorei-Kan Karate is more than just a form of physical exercise, but also a way of life that has a timeless quality. I remember the first time I visited the Shorei-Kan dojo in New York City around 30 years ago and meeting Sensei Tamano. Although I was practicing at a different dojo at that time, I joined Shorei-Kan because I felt that it had a system that was superior to the other schools. I am still convinced that this is true, even today.

I had not been able to go to the Tokyo dojo on a regular basis after returning to Japan, but I had kept close ties with Master Toguchi and Mrs. Toguchi through the years. I still practice Kata at home and feel very proud to be part of Shorei-Kan.

One day I hope to visit your Dojo again, and practice with all of your students. I wish you, your family and students continuing success and happiness!

Ichiro Naito

Shorei-Kan International USA Organization

Master Toshio Tamano

Shorei-Kan Karate

Shorei-Kai Kobudo

Shihan Scott Lenzi

USA Representative

7th Dan Karate

5th Dan Kobudo

Member Dojos

Cortlandt Manor, NY

New York City, NY

Warwick, NY

Marlboro, NY

Albany, NY

Lincoln, NE

Ainsworth, NE

Perkins, OK

Guatemala, CA

Sandhills Dojo

Headquarters

C. Bentz

Shihan Lenzi

L. Diulio

C. Mule

C. Miller

K. Winter

C. McInturff

R. Martinez

Mr & Mrs. Theis

The Shorei Kan System of Master Toughchi

Junbi Undo

Warm Up Exercises

Hojo Undo

Supplemental Exercises

- **Shu Hojo Undo**
Primary Supplemental Exercises
- **Fuku Hojo Undo**
Secondary Supplemental Exercises
- **Kigu Hojo Undo**
Hoko Undo with Equipment

Rhythm Karate And Rhythm Bo

Kata of Karate and Bo to the rhythm of music

Seiri Undo

Relaxation Exercises

The Shorei-Kan System of Master Toughchi

Shutai Undo

Principal Exercises

→ **Kata**
Forms

→ **Kihon Kata: Sanchin and Tensho**
Fundamental Kata

→ **Koryu Kata**
Classical Kata

→ **Fukyu Kata**
Progression New Kata

→ **Kumite**
Combat

→ **Kiso Kumite**
Fundamental Combat

→ **Bunkai Kumite**
Kata Application

→ **Jissen Kumite**
Real Combat-Pre Arranged

→ **Kaisai Kumite**
Combat with techniques from classical kata.

→ **Irikumi**
Free combat to train blocking techniques

→ **Shiai Kumite**
Free combat with protective equipment

SHOREI-KAN DOJO KUN

Hitotsu, Reisetsu O Toetobu Beshi
One, Always be courteous and humble.

Hititsu, Wa No Kokoro O Yashinau Beshi
One, cultivate a peaceful mind.

Hitotsu, Nintai Surukoto O Manabu Beshi.
One, learn to be patient.

Hitotsu, Shojin Ni Tessu Beshi.
One, strive hard to be a better person.

Hitotsu, Kokoro To Waza No Ichi Ni Tsutomu Beshi.
One, try to develop your spirit and the techniques of Karate in the same level.

Hitotsu, Karate Do No Shinjo O Seikatsu Ni Ikasu Beshi.
One, apply the principles of Karate in your daily life.

SHOREI-KAN SUBJECTS (JUNIOR)

10TH KYU
(1 month)

KATA DAI ICHI



9TH KYU
(1 month)

KATA DAI NI



8TH KYU
(2 months)

KATA HOOKYU DAI ICHI



7TH KYU
(2 months)

RHYTHM KARATE DAI ICHI(w/o music)



6TH KYU
(4 months)

RHYTHM KARATE DAI ICHI
KISO KUMITE DAI ICHI
BO BASICS



5TH KYU
(4 months)

RHYTHM KARATE DAI ICHI
KATA GEKISAI DAI ICHI
RHYTHM BO DAI ICHI (w/o music)



4TH KYU
(4 months)

RHYTHM KARATE DAI ICHI
RHYTHM BO DAI ICHI
KATA GEKISAI DAI ICHI
KATA GEKISAI DAI ICHI BUNKAI
OPEN HAND BLOCKS



3RD KYU
(4 months)

RHYTHM KARATE DAI NI
RHYTHM BO DAI ICHI
KATA GEKISAI DAI NI
KATA GEKISAI DAI NI BUNKAI
SAIFA (Part 1)



2ND KYU
(4 months)

RHYTHM KARATE DAI NI
RHYTHM BO DAI NI
KATA GEKISAI DAI SAN
KATA GEKISAI DAI SAN BUNKAI
KISO KUMITE DAI YON
SAIFA



1ST KYU
(6 months)

REVIEW 10TH KYU TO 2ND KYU



BLACK BELT SUBJECTS

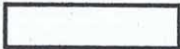









SHODAN
(1 year)

RHYTHM KARATE DAI SAN
RHYTHM BO DAI NI
KATA GEKIHA DAI ICHI
KATA GEKIHA DAI ICHI BUNKAI
KISO KUMITE DAI GO
SEIUNCHIN

NIDAN

ADULT CLASS SUBJECTS

SHOREI-KAN SUBJECTS (ADULT)

10TH KYU (1 month)	KATA DAI ICHI	
9TH KYU (1 month)	KATA DAI NI KATA DAI NI BUNKAI	
8TH KYU (2 months)	KATA HOOKYU DAI ICHI KISO KUMITE DAI ICHI	
7TH KYU (2 months)	KATA HOOKYU DAI NI KATA HOOKYU DAI NI BUNKAI KISO KUMITE DAI NI(Part 1)	
6TH KYU (2months)	KATA GEKISAI DAI ICHI KATA GEKISAI DAI ICHI BUNKAI KISO KUMITE DAI NI(complete)	
5TH KYU (3 months)	KATA GEKISAI DAI NI KATA GEKISAI DAI NI BUNKAI KISO KUMITE DAI SAN SANCHIN (Part 1)	
4TH KYU (3 months)	KATA GEKISAI DAI SAN KATA GEKISAI DAI SAN BUNKAI KISO KUMITE DAI YON SAIFA (Part 1) SANCHIN (complete)	
3RD KYU (3 months)	KATA GEKIHA DAI ICHI KATA GEKIA DAI ICHI BUNKAI KISO KUMITE DAI GO SAIFA (complete) SANCHIN SHIAI KUMITE	
2ND KYU (4 months)	KATA GEKIHA DAI NI KATA GEKIHA DAI NI BUNKAI KISO KUMITE DAI ROKU SEIUNCHIN SANCHIN SHIAI KUMITE	
1ST KYU (6 months)	REVIEW 10TH KYU TO 2ND KYU	

SHOREI-KAN BLACK BELT SUBJECTS

(ADULT)

SHODAN
(2 years)

KATA KAKUHA DAI ICHI
KATA KAKUHA DAI ICHI BUNKAI
KISO KUMITE DAI SHICHI
SEISAN
TENSHO
SANCHIN
RHYTHM KARATE DAI ICHI
RHYTHM BO DAI ICHI
SHIAI KUMITE
KOBUDO: Bo Shorei-No Kata dai Ni

NIDAN
(3 years)

SEIPAI
SAIFA BUNKAI
KISO KUMITE DAI HACHI
JISSEN KUMITE DAI ICHI
KATA KAKUHA DAI NI
RHYTHM KARATE DAI NI
RHYTHM BO DAI NI
TENSHO
SANCHIN
SHIAI KUMITE
KOBUDO: Tonfa Shorei-No Kata dai Ni

SANDAN
(4 years)

SHISOCHIN
SEISAN BUNKAI
KISO KUMITE DAI KU
JISSEN KUMITE DAI NI
RHYTHM KARATE DAI SAN
RHYTHM BO DAI SAN
TENSHO
SANCHIN
SHIAI KUMITE
KOBUDO:Sai Shorei-No Kata dai Ni

YONDAN
(4 years)

SANSEIRU
KURURUNFA
SEIUNCHIN BUNKAI
KISO KUMITE DAI JU
JISSEN KUMITE DAI SAN
HAKUTSURU NO MAI
TENSHO
SANCHIN
IRIKUMI
KOBUDO: Nunchaku Shorei-No Kata dai Ni

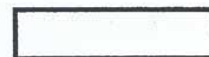
GODAN
(5 years)

SUPARINPEI
SEIPAI BUNKAI
HAKUTSURU NO MAI BUNKAI
KAISAI KUMITE(create)
REVIEW ALL KORYU KATA
SANCHIN
TENSHO
IRIKUMI
KOBUDO:Choun no Kun

SHOREI-KAI KOBUDO SUBJECTS

6TH KYU
(2 MONTHS)

Bo Kihon Dosa Dai Ichi
Bo Shorei No Kata Dai Ichi
Bo Kiso Kumite Dai Ichi



5TH KYU
(4 MONTHS)

Bo Kihon Dosa Dai Ni
Bo Shorei No Kata Dai Ichi
Bo Kiso Kumite Dai Ichi
Tonfa Kihon Dosa Dai Ichi
Tonfa Shorei No Kata Dai Ichi



4TH KYU
(4 MONTHS)

Tonfa Shorei No Kata Dai Ni
Sai Kihon Dosa Dai Ichi
Sai Shorei No Kata Dai Ichi
Sai Kiso Kumite Dai Ichi



3RD KYU
(6 MONTHS)

Tonfa Shorei No Kata Dai Ni
Sai Kihon Dosa Dai Ichi
Sai Shorei No Kata Dai Ichi
Sai Kiso Kumite Dai Ichi



2ND KYU
(6 MONTHS)

Bo Shorei No Kata Dai San
Bo Bunkai Kumite
Tonfa Kiso Kumite Dai Ni
Sai Shorei No Kata Dai Ni
Tonfa Kihon Dosa Dai Ni



1ST KYU
(1 YEAR)

Koryu Kata: Choun No Kun
Bo Kiso Kumite Dai San
Tonfa Shorei No Kata Dai San
Tonfa Bunkai Kumite
Sai Kihon Dosa Dai Ni
Nunchaku Shorei No Kata Dai Ichi
Nunchaku Kihon Dosa Dai Ichi
Review All Subjects



A Brief History of Master Seikichi Toguchi and Shorei Kan

- *May 20, 1917* Born in Naha City, Okinawa as the third son of Masahide Toguchi.
- *1932* Joined Higa Dojo, the only branch dojo of Goju Ryu Karate Do, founder of Master Chojun Miyagi. Received instructions by both Master Miyagi and Master Seiko Higa.
- *1942* Sent to Palembang Refinery in southern Sumatra, Indonesia, as a civilian in the military service. Taught Karate to military personnel and Indonesians.
- *1946* As World War II ends, returned to Itoman City, Okinawa.
- *October 1947* With Seiko Higa as matchmaker, wed Haruko.
- *1948* Appointed as chief instructor of Itoman City, Martial Training society Karate Club.
- *1952* Goju Ryu Advancement Society was formed, with Master Miyagi as Chairman. Toguchi was installed as a permanent member of the Board of Directors.
- *1953* With the death of Master Miyagi, Goju Ryu Advancement Society was renamed Karate-Do Goju Association, with Master Meitoku Yagi as Chairman.

Toguchi was installed as vice Chairman. Shorei-Kan Karate-Do Goju Research Institute was founded.

- *1955* Opened first Shorei-Kan in Koza City.
- *May 1956* Okinawan Karate Do Federation was formed. Touguchi was installed as a member of the Board of Directors.
- *July 1958* Demonstrated karate at an All Okinawan Athletic Meet in Okinawa City.
- *Oct. 1960* Moved to Tokyo, served as chief instructor at Yoyogi Martial Training Society Karate Dojo.
- *1962* Shorei Jan doko opened in Meguro Borough, Tokyo.
- *Feb. 1963* Shorei Kan dojo opened at Hikawa Shrine.
- *June 1963* First Shorei Kan demonstration was held at Nakano Borough civic hall.
- *August 1965* Shorei Kan organized the All Okinawan Karate Championship and Demonstration.
- *April 1966* Shorei Kan Tokyo Headquarters was built and opened with the cooperation of Tamano Construction Co.
- *Oct. 10, 1970* Shorei Kan participated in First World Cup Karate Championship Tournament.
- *1972* Traveled to US, Canada and Puerto Rico for introduction seminars and demonstrations.

- 1974 Traveled to Europe.
- *Sept. 1982* Visited Canada for the 10th Anniversary Demonstration of Canadian Shorei Kan.
- 1985 Visited US for instruction seminars and demonstrations
- 1997 Worked with Shihan Tamano and Shihan Lenzi to complete the writing of Okinawan Goju Ryu II.
- *August 1998* Passed away.



History of Saiko Shihan Toshio Tamano

Shihan Tamano was born on September 14, 1942 in Tokyo, Japan. In 1960, after having studied several martial arts, he joined the Shorei Kan Okinawan Goju Ryu Karate school, headed by master Seikichi Toguchi. Upon graduating from a university in Tokyo with an architectural degree, Shihan Tamano decided to devote his life to spreading Shorei-Kan Karate to the occidental people and went to the USA in 1969.

After 13 years in New York City, he and his family moved to Milan, Italy in order to teach his art in Europe. At the present moment, they reside in France and supervise the organization of Shorei-Kan Europe and Shorei-Kan International.

Along with Karate, Shihan Tamano also studied Okinawan Koudo with Master Shimpo Matayoshi (the headmaster of Kingairyu style) and in the later years with Mater Eisuke Akamine (the headmaster of Taira style). After having taught the art of Kobudo in New York for years, he found that he teaching method of the art, which he learned from his Okinawan masters, was not yet well developed. Consequently, he created an instructional system named "Shorei-Kai Okinawan Kobudo System". Shihan Tamano teaches this art throughout the world.

With the passing of Master Toguchi, Shahan Tamano carries on as successor of the system and head of Shorei-Kan International. This organization is the fulfillment of Master Toguchi's dream to spread Shorei-Kan throughout the world.



History of Shihan Lenzi

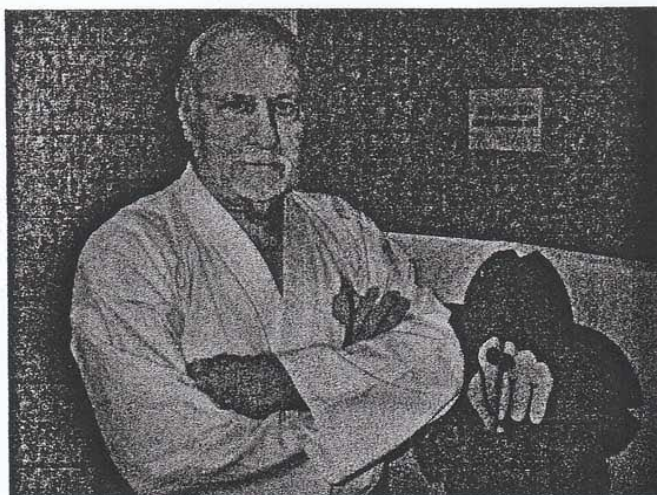
Shihan Lenzi was born on November 2, 1956 in Manhasset, New York. In 1972, he joined the Mt. Kisco branch Shorei-Kan dojo under the direction of Shihan Tamano and received the rank of Shodan in 1974. Shihan Lenzi conducted classes at Norwich University and Manhattanville College before being appointed Chief Instructor of the Somers Dojo.

He opened the Buchanan Dojo in November 1980. He was later appointed USA Representative for Shorei-Kan Karate by Master Toguchi and USA Representative for Shorei-Kan Kobudo Shihan Tamano.

Shihan Lenzi has traveled to study, demonstrate, and teach Shorei-Kan Karate throughout the USA, Guatemala, France, and Japan. Shihan Lenzi currently holds the rank of 7th Dan Black Belt in Karate and 5th Dan Black Belt in Kobudo. On the recommendation of Shihan Tamano, Shihan Lenzi has published many articles on Goju-Ryu Karate in a number of international magazines. He also assisted in the production of Master Toguchi's final book, Okinawan Goju-Ryu II.

Shihan Lenzi continues to study under Shihan Tamano, as his most senior student. He oversees the USA Organization and conducts classes at the USA Headquarters and throughout the US and South and Central America.





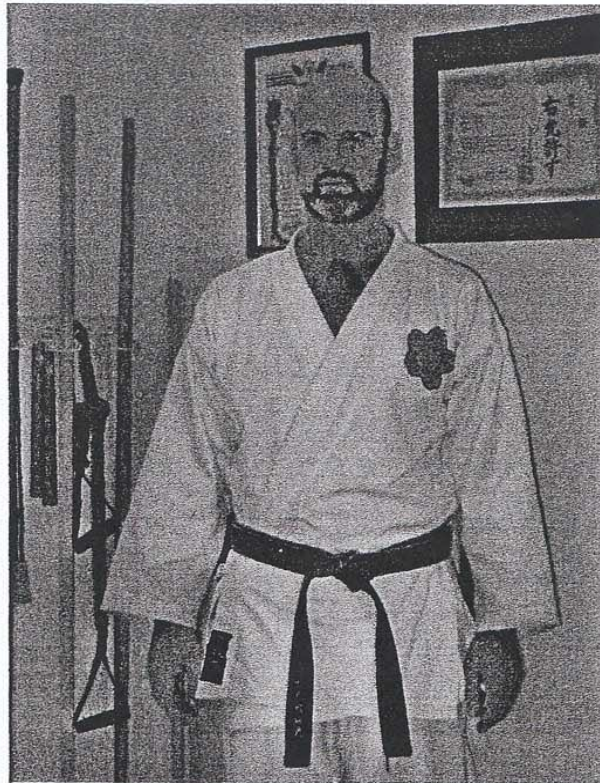
Name: Charles Bentz Rank: Instructor/Sensei – Godan Years Studying: 30 Years

“ I am truly grateful for the opportunity to practice such a wonderful art and to have the privilege to continue teaching this life enriching system. The thought of ever stopping is inconceivable. My sincere thanks to Saiko Shihan Tamano and Shihan Lenzi.”



Name: Jeff Thompson Rank: Instructor – Yondan Years Studying: 30 Years

30 years of study have brought me to a great understanding and enjoyment of a beautiful art form. However, education throughout ones lifetime never ceases. I have yet to obtain the grace and skill that enthralled me 30 years ago. I would like to thank Shihan Lenzi for his patience and my learning experience



Name:Larry Diulio
Years

Rank: Instructor -Yondan

Years Studying: 24

When we practice Shorei-Kan Karate we are doing something special. To be absorbed within a process that ancient people created as a way of spiritual practice, life skill and health exercise is special. The good feelings we get, the insights we gain and the knowledge we learn are the stuff of a meaningful life. Over time practicing becomes a part of ones life. Life centers on the essentials of family, work and the practice of karate-do. The years go by and life becomes more valuable. The recognition of the importance of family, of rewarding work and following the way of karate-do heightens. Our practice is something special. It is an end to itself. There are no ulterior motives, no rewards, no expectations other than the intrinsic value of being involved in a Do - a way of life that allows one to continually strive to fulfill one's potential as a human being.

Based on this belief that what we do is something special I would like to sincerely thank Shihan Lenzi for being my teacher. Shihan Lenzi has provided the guiding spirit for the correct practice of Karate-Do. Sensei's Budo nature has provided a model for me to follow since 1983. I can honestly say I have never been anything but awed and inspired by Sensei Lenzi's focused spirit and deep understanding. When I think about how much I value Karate-Do, I realize how much I owe to Sensei. When we practice Shorei-Kan Karate we are doing something special. I hope I never forget that and treat my practice as such.

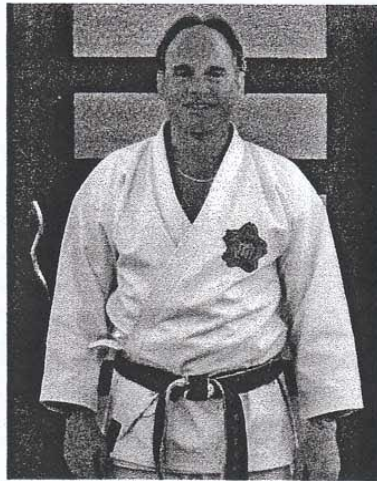


Name: Charles Mule

Rank: Instructor -Sandan

Years Studying: 24

Health, agility, mental and physical discipline, and the ability to move with precise controlled motions, are but a few benefits I have come to realize after studying Shorei-Kan karate over the last 24 years. My children, Daniel and Nicole, with whom I have practiced with over the last eight years have also benefited (able to develop an increased focus) in both school and social interactions. Karate has provided a mental balance from which we feel empowered and look forward to dealing positively with emergent situations that arise in our every day lives.

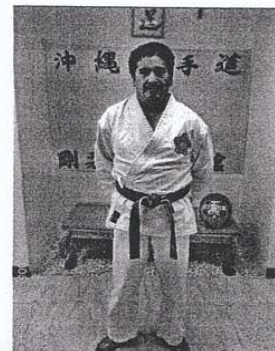


Name: Daniel Rosenfield Rank: Instructor – Sandan Years Studying: 22 years

I feel very fortunate to have studied Shorei-Kan Karate. It has become an integral part of my life providing substantial physical and mental benefits. As I continue to study my subjects my amazement never ceases as I become aware of how complex and creative our system is. I have found that although I continue to age and inexorably experience diminishing reflexes I found that they are more than offset by my improving technical skills. I look forward to the journey and the learning that will follow. I would especially like to thank Tamano Saiko Shihan and Lenzi Shihan for their dedication and commitment to our school without which my journey would not be possible.



Name: Michael Redmond Rank: Instructor – Sandan Years Studying: 20 years



Name: Jesus Panora Rank: Instructor – Sandan Years Studying: 20 years



Name: Eileen Lonce

Rank: Shodan

Years Studying: 17

What Shorei-Kan Karate means to me is striving to learn and to do better than before. I have learned to devote attention to the details of each technique in order to improve. The study of martial arts means having the commitment to practice and train both physically and mentally.

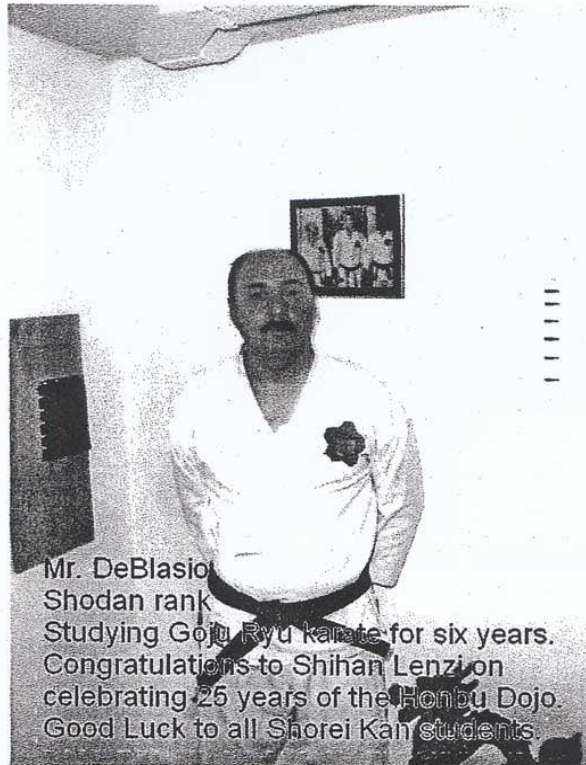


Name: Stephen Totilo

Rank: Sandan

Years Studying: 23 years

I started studying Shorei-Kan at Shihan Lenzi's dojo on my seventh birthday, 23 years ago. To this day my parents and I have no idea why I asked to take karate, but we do know how fortunate I was to discover Shorei-Kan. The teachers and fellow students of Shorei-Kan have been among the most important influences in my life, cultivating in me balance, focus, calm and, most vitally, spirit."



Mr. DeBlasio
Shodan rank
Studying Goju Ryu karate for six years.
Congratulations to Shihan Lenzi on
celebrating 25 years of the Honbu Dojo.
Good Luck to all Shorei Kan students.

Name: John DeBlasio Rank: Shodan Years studying: 6



Name: Brooke Chadwick Rank: Shodan Years Studying: 8

I am very thankful to have the opportunity to study Shorei-Kan Karate, especially under the direction of Shihan Lenzi. I first stepped into the dojo as a ten year old, frustrated by "normal" sports. Eight years later, I have found myself in awe of the art of karate. Studying Shorei-Kan has taught me an immense amount about respect, confidence and focus. I would like to thank my fellow students, my instructors and Shihan Lenzi for all their support and patience



Name: Michael Kahn

Rank: Sandan

Began Studies: April 1972

"Karate is not something you do, it is rather something you become."



Name: Chris McInturff
Studying: 20

Rank: Instructor/Sensei-SanDan

Years

It is no surprise to me that the Shorei-Kan Karate Honbu dojo has been operating for 25 years. Shihan Lenzi and all of the members that I have had the privilege of studying with are responsible for its success and longevity. I am proud to be a member and am looking forward to the next 25 years of study in Shorei-Kan Karate



Name: Tom Theis

Rank: Instructor/Sensei Nidan

Years Studying: 8 years

I had always hoped to earn a black belt in a martial art. When the opportunity to study Shorei-Kan Karate came along, I was excited to get started. After 8 years I am still excited by the prospect of learning more. To me the fact that I will never stop learning is what makes Shorei-Kan so special. The self confidence, focus and ability to concentrate have been extremely helpful in my everyday life. They are as important to me as the physical aspect and the ability to be able to defend myself as needed. Shorei-Kan has been such a positive experience and influence in my life. I feel very fortunate to have the opportunity to continue learning from instructors who truly understand its importance.



Name: Pam Theis

Rank Instructor/Sensei: Nidan

Years Studying: 8 years

The ability to study karate has been a lifelong goal. I never thought I would have the opportunity in a small community but thanks to Sensei Winter it was the beginning of a dream. The sincerity of our instructors and now of Shihan Lenzi has inspired me to continue to improve both mentally and physically. I look forward to many more years of study.



Name: Jeannie Welke

Rank: Shodan

Years Studying: 8 years

Karate means many things to me: It has given me a peacefulness of my spirit, you can't find in too many places. It has given me a confidence in myself as a person. It teaches respect and builds character. I also like the way it tests you. All are equally important to me.



Name: Hadley Brickner

Rank: Junior Shodan

Years Studying: 3 years

Karate to me is learning to use one's body to protect oneself from persons who would normally try to cause harm. Along with that knowledge is self-respect and self-confidence. Not just self-respect, but also respect for and from others. Besides learning just those things, I have also made some new friends. The years I have been doing karate have changed me. I doubt I could have dreamt of the confidence I have now if I hadn't joined. I hope I never have to use the techniques that I have learned against anyone in the real world, but if I have to I can

Name: Kristine Winter

Rank: Instructor/Sensei Nidan

Years Studying: 13

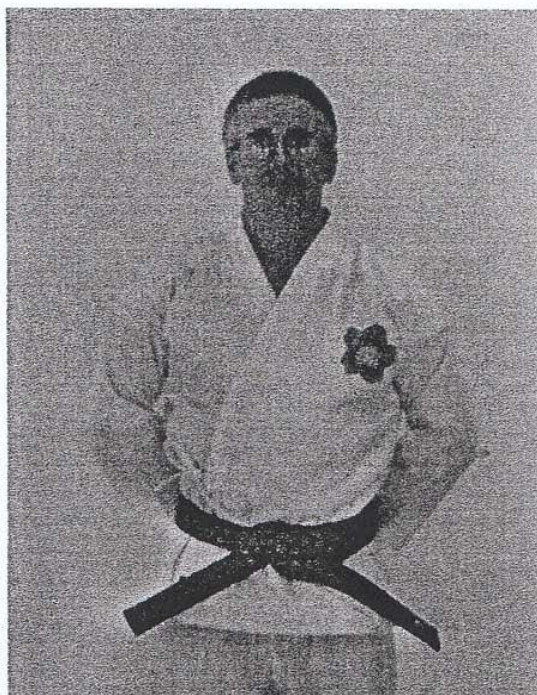
Shorei-kan karate cultivates physical presence, mental clarity, and strength of character while allowing spiritual development to progress at the karateka's personal rate of improvement. We are fortunate to have a leader in the United States capable of delivering the full potential of Shorei-kan with compassion and sensitivity to the individual's needs and abilities. Congratulations on 25 years of a wonderful journey."

Name: Brad Winter

Rank: Instructor/Sensei Nidan

Years Studying: 13

We are grateful to have the opportunity of experiencing authentic Shorei-kan through the skillful instruction of Shihan Lenzi. It is a beautiful art. Congratulations on your 25th anniversary.



Name: Glen Boryk

Rank: Shodan

Years Studying: 8

Other Honbu Dojo Black Belts

Karate Black Belts – Instructors

Susan McGee

Kate Jackson

Kyle Jackson

Karate Black Belts

Caroline Harkins

Catherine Harkins

Christopher Powers

Grace Tagliamonte

Logan Bagarozzy

Ralph Caceda

Joanne McCauley

Barbara Peralta

Elizibeth Claffey

Kobudo Black Belts

Andy Tomais

Robert Hansler

Larry Diulio

Charles Mule

Jesus Panora

Junior Black Belts

Jason Martinez

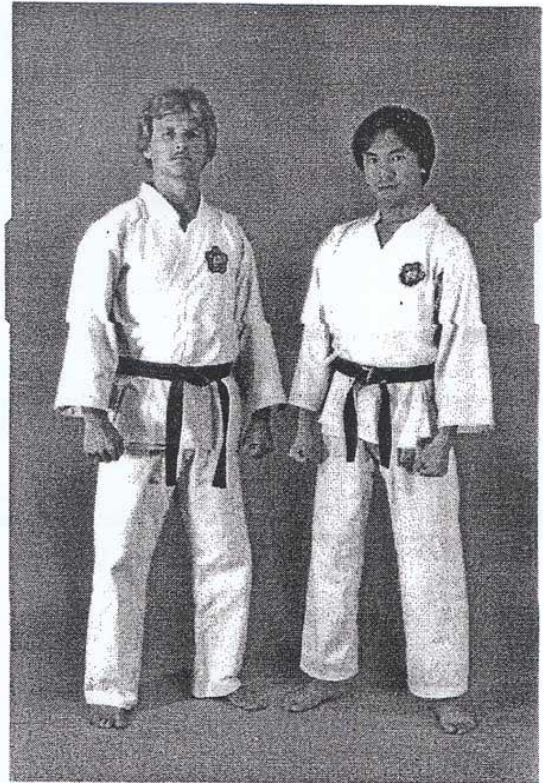
Justin Voelp

Gabriel Mueller

Jason Voelp



Master Seiko Higa



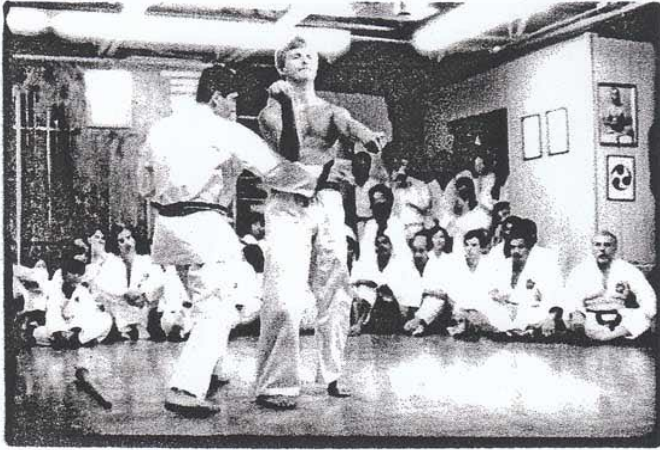
Shihan Lenzi with Sensei Naito - 1980



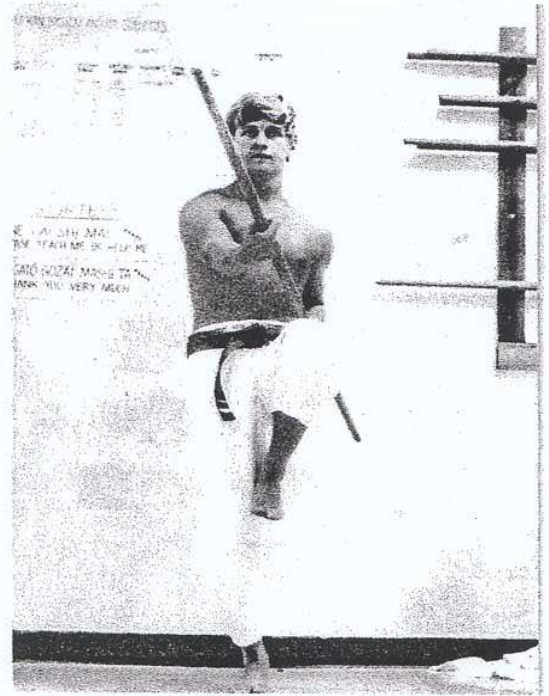
Master Seikichi Toguchi - circa 1956



Shihan Lenzi at demonstration in New York - 1978



Master Tamano and Shihan Lenzi - Buchanan demonstration 1987



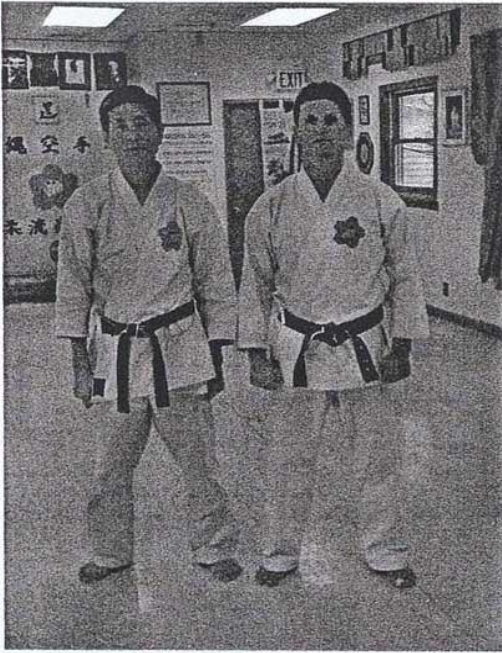
Shihan Lenzi - Age 16



Master Tamano , Shihan Lenzi and students at Grand Opening Demonstration of Buchanan Dojo -- 1981



Shihan Lenzi(on left) Black Belt Exam -- 1974



Master Tamano and Shihan Lenzi – Honbu dojo 2001



Shihan Lenzi and the late Ms. Claffey – 20 yr Anniversary demonstration



Master Tamano with very special students!

SPECIAL THANKS TO:

- **Ms. Brooke Chadwick** for her tireless efforts in the preparation and publishing of this 25 Year Anniversary journal and slide show.
- **Mr & Mrs Boryk** for their assistance in preparing for the demonstration on a number of projects.
- **Ms. Lovett** for her work in arranging for the location for our demonstration with the Putnam Valley School district.
- **Ms. Millicker** for her assistance in notifying the schools in the district about this event.
- **All the students and instructors of Shorei-Kan** who continue to work hard to serve as examples of true Budo karate.
- **Master Tamano** who provides the insight and vision of Shorei-Kan which improves the lives of so many.
- **To all the parents, spouses, and families** for their continued support and understanding as we follow the way of Karate.