



UPCOMING DATES:

♦ July & August

July 20th - August 20th
Back-To-School
Sales Tax Holiday
(See pg. 4 for details)

Aug. 8th - Hanshi Ritter
Seminar, 10:30am - 2pm

♦ September

7th - Labor Day (Dojo Closed)

♦ October

12th & 13th - Testing/Promotions
(during class-time)

13th - KK Testing

31st -



(Dojo Closed)

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community on
facebook:

**Orlando
Okinawan
Shorin ryu**



The Shuri Gate

Okinawan Shorin-ryu Karate-do
3340 Curry Ford Road, Orlando, FL 32806
407-897-3642, OkinawanShorinRyu.com



August 2026

Congratulations!

To our newest Nidan Rank Sensei's! You both did an excellent job on your promotion testing and your dojo family is so proud of your excellent progress!



Sensei Javier Herrero (Nidan) & Sensei Judd Cheatwood (Nidan)

STUDENTS OF THE MONTH

KinderKarate

Preston Hutchinson

Children's Class

Zachary Conser

Adult Class

Tom Hunt

Welcome New Students

Tony Madamba

Alaina Hutchinson

Violet Wimberly

Emma Pillot

Sophia Varela

Maxwell Hartage

Michael Cioffi-Cordero

Atarah Camingue

Gary Spicer

Anthony Osorio

June & July Testing

KinderKarate Class

Maxwell Hartage white belt yellow tip
 Alaina Hutchinson white belt yellow tip
 Preston Hutchinson white belt yellow tip
 Rocky Overton white belt yellow tip
 Emma Pillot white belt yellow tip
 Sophia Varela white belt yellow tip
 Violet Wimberly white belt yellow tip
 Wylder Ross yellow stripe belt
 Jordan Dang Wong orange stripe belt
 Gavin Jacobson orange stripe belt blue tip
 Apaullo Hoffmann blue stripe belt
 Gabriel Ruiz blue belt yellow stripe



Children's Class

Finley Overton white 2 tips
 Sebastian DeSalvo yellow belt
 Leo Hughes yellow 2 tips
 Blair Raker yellow 3 tips
 Riley McKinnon orange belt
 Zachary Conser orange 1 tip
 Reeve Stephens orange 1 tip
 Garrison Hillyer orange 2 tips
 Remi Spicer red 1 tip
 Elliot Boxley red 2 tips
 Taylor Hardisty red 2 tips
 Alexander Orsaeo red 2 tips
 Nicholas Poulos red 2 tips
 Michael Wilkes red 2 tips
 Amelia Webster blue 1 tip
 Annabelle Wilkes blue 2 tips
 Essex Dunham purple 1 tip
 Charleston Hayes purple 2 tips
 Harrison Hayes purple 2 tips



Congratulations!

Adult Class

Jude Hughes 8th kyu (New to Adult Class!)
 Tom Hunt 7th kyu
 Larkin Tribou 5th kyu
 Lillian Dukes 3rd kyu
 Reese Myers 3rd kyu
 Elijah Dukes 2nd kyu
 Irwin Firpo 2nd kyu



How Karate Affected My Everyday Life - Reese Myers, 3rd Kyu

Throughout my life, martial arts have always been present in some shape or form. I remember running toward the training mat as a three-year-old, trying to join class with my older sister. I officially began training in Taekwondo when I turned four. Granted, it wasn't karate specifically at that time, but martial arts in general always ignited something in me from a very young age, and I could never get enough of it. To me, Taekwondo was something that allowed me to be creative with what I was taught. It came naturally to me for the most part, and it quickly became intertwined with my everyday life like it was part of my daily routine.

As I grew older and stumbled upon Shorin-ryu, I felt the art and essence of martial arts — something I believed was missing from Taekwondo. Even then, I had yet to fully understand that Karate is less of a sport than it is about a way of life. I was only fourteen or fifteen when I first joined the dojo, so I had little life experience to draw from. However, I did catch a glimpse of what it was like to train in something that felt deeper than anything I had experienced before.

Fast forward to August of 2021, when COVID-19 was still very prevalent, I made the decision to join the Army as a twenty-two year old green belt. I assumed I would eventually find another dojo to train at or perhaps study a new style while serving. Most of the schools around me where I was stationed taught Brazilian Jiu-Jitsu schools. Although I respect the art, it wasn't what I was looking for, and my training went stagnant for roughly five years.

Looking back, I wish I had never stepped away from the dojo. Sometimes I even wish I had never joined the Army. However, I also understand now that those experiences shaped me in ways I could never have imagined. Being broken down completely as a new Army recruit and rebuilt into someone unrecognizable from who I used to be would eventually prepare me to understand Karate on a level I never could have as a teenager. I found myself truly understanding the way of Karate when I came back home from the Army and returned to the dojo in December of 2025.

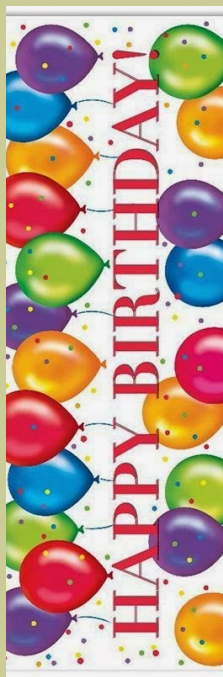
I was brand new to being a veteran struggling with PTSD, memory loss and numerous mental health challenges. I had spent three long years desperately trying to find treatment that worked for me while serving, and quickly burnt out as I was discharged from the service. I had come dangerously close to believing I was beyond help. My confidence was non-existent, and I believed I was a lost cause. Thankfully, Karate met me where I was. Instead of just coming back home geographically, I had finally come back home to my old self.

The more I became consistent with training Karate once again, it addressed every issue I had. It forced me to confront myself. Not once have I taken a class where karate did not address my soul first. There is something to be said about getting beat up while training, and wanting to come back for more the next day. It says even more when your memory is foggy, you mix up katas and techniques, and you begin to wonder if you are even capable of doing anything correctly anymore. Yet, I still kept coming back. I pushed myself to keep coming back because I truly love Karate, and I wanted to see what I could do tomorrow if I couldn't do it today. I applied that same philosophy to other everyday aspects of my life. I eventually wanted to see what else outside of Karate I could be capable of doing in the near future, and my life blossomed in general.

Karate comes to show that the real opponent is rarely ever standing in front of you. More often than not, your greatest opponent is within you. Although kicking bags, punching targets, breaking boards, and sparring can all be exciting parts of training, Karate teaches you something far greater. It teaches you to remain steady under pressure, let go of the need to control everything in your mind, and how much endurance you possess, even when you thought you had none left.

The Army taught me that you are only as strong as your weakest link, but Karate has taught me that I am a complex human being. Although I live with disabilities, I can still use my endurance and unbreakable spirit to outlast myself. Karate taught me that endurance is not the absence of pain, but the willingness to continue despite it. The disabilities I've gotten from the Army no longer control me, and they no longer define me the way they used to. Karate has taught me an extremely valuable lesson on how to move through my grieving process from the hardships I've experienced with grace, and I will carry that lesson with me wherever I go and teach it to others whenever I can.

Karate has affected my everyday life in the best way possible. It's given me something I never expected: a path worth walking for the rest of my life. Karate is the road I choose to keep walking. It is my teacher, and I love the path I am on. I hope there isn't a final destination when it comes to Karate, because every step teaches me something about who I am becoming. Although people and systems have tried to leave me for dead; the spirit of being a karateka has kept me alive. That alone, is why I'm beyond thankful for Karate, and plan on keeping it very near to me for as long as I'm possibly able to.



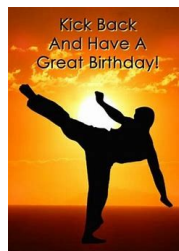
Birthdays

August

Jordan Dang-Wong	4th
Ethan Ruiz	9th
Sensei Caleb Carver	12th
Sensei Mike Castro	14th
Sensei Ronnie Mytas	21st
Sensei Sakhan Yith	28th
Sensei Javier Herrero	30th
Sensei Wende Gustafson	31st

September

Remi Spicer	1st
Violet Wimberly	4th
Wylder Ross	21st
Gabriel Ruiz	27th



October

Bella Manzano	1st
Leo Hughes	3rd
Charleston Hayes	7th
Harrison Hayes	7th
Tony Madamba	7th
Diego Lasanta	9th
Elijah Dukes	14th
Sensei Mike Kleiman	16th
Tom Hunt	23rd
Evelyn Gaudoin	29th
Elliot Boxley	30th

*"Before destruction a man's heart is haughty,
but humility comes before honor."
Proverbs 18:12*

Back-To-School \$\$\$ SALE \$\$\$

Purchase current inventory
Dojo T-Shirts, Student
Gi's, Cup/Supporters &
Kung-fu Shoes
from

**July 20th
through
August 20th**

**Pay NO SALES TAX
& ENJOY an
additional 15% OFF**

空手道

Please join us in celebrating **40 YEARS** of continued
Matsubayashi-Ryu karate training this November!
There will be food, music, dancing and fun for all!



When: Saturday, November 7th, 2026

Where: Orlando Elks Lodge #1079
12 N. Primrose Drive
Orlando, FL 32803

We look forward to seeing you there! More info. coming soon!



The 2026 Annual Beach Party was so
much fun! We had perfect weather,
delicious food and great company!
If you didn't make it this year,
don't miss it in 2027!

