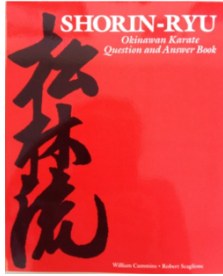


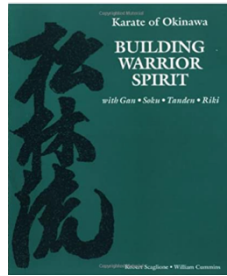
USRKUSA RESOURCES

REQUIRED READING

“Red book”



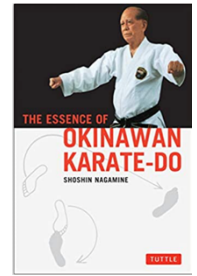
“Green book”



“50th Journal”



“Nagamine’s”

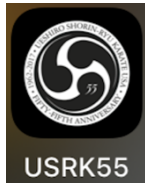


- Sempai William Cummins & Hanshi Robert Scaglione’s *Shorin-Ryu: Okinawan Karate Question and Answer Book*, and Hanshi’s *Karate of Okinawa: Building Warrior Spirit through Gan, Soku, Tanden, Riki* are available through Kyoshi Kaplan or online.
- Master Nagamine’s *The Essence of Okinawan Karate-do* is sold online at new or used bookseller sites.
- Our USRKUSA 30th Anniversary Journal: <https://midtownkaratedojo.com/Journal30.html>
- Our USRKUSA 50th Anniversary Journal: <https://midtownkaratedojo.com/50JournalOrders.html>
- See USRKUSA’s website for more details: <https://www.shorinryu.com/>
- Talk with Kyoshi Kaplan or the black belt instructors for other recommended readings.

MOBILE APPS



KataGuide



USRK55

- Get the *KataGuide* & *USRK55* apps developed by Kyoshi Seeger, and Sensei Adam Dunsby’s *USRK Kata Counter* for:
 - iPhone & iPad via the App Store
 - Android via Google Play Store



Kata Counter

KYOSHI MACKAY’S USRKUSA’S HOMBU DOJO WEBSITE

- USRKUSA Technical Specification Sheets: <http://www.midtownkaratedojo.com/Specs.html>
- Focus Seminars on special topics: <http://www.midtownkaratedojo.com/FocusSeminars.html>
- Technique/Thought of the Week [TOTW] Archives: <http://www.midtownkaratedojo.com/TFTW/thought.library/Index.htm>

JUST GETTING STARTED? WANT TO QUIZ YOURSELF ON BASIC OR ADVANCED “RED BOOK” TOPICS?

- Sensei Schaefer’s online Ueshiro Shorin-ryu flashcards on Japanese terminology, questions, stances, strikes, blocks, & kicks are available in Quizlet here: <https://quizlet.com/join/h594WuqT2>.
- An online course/quiz to help learn the “Red Book” material is available in Learn2xalt at: <https://learn.2xalt.com/courses/shorin-ryu-q-a-book>

STAY CONNECTED!

- Itching to travel? Train at other dojos! Find their addresses and Shihan contact information here: <https://www.shorinryu.com/about-shorin-ryu-dojos>
- Kyoshi Kaplan can add you to our USRKUSA-Deshi email google group so you receive all notices, Techniques/Thoughts of the Week (TOTW), and Keep Training missives.
- On Facebook? Join Sensei Barnes’ Ueshiro Shorin-Ryu Karate USA Students group.



“KEEP TRAINING!” -GICHIN FUNAKOSHI