

# East Bay Karate-Do

## Lineage of Teachers

- |   |                        |
|---|------------------------|
| 1) Chou-Tzu-ho (Japanese translation is Shushiwa) | Shoe-she-wa            |
| 2) Kanbun Uechi                                   | Kan-boon Oo-a-chi      |
| 3) Kanei Uechi                                    | Kah-nai Oo-a-chi       |
| 4) Seiyo Shinjo                                   | Say-yo Shin-joe        |
| 5) Kiyohide Shinjo                                | Key-yo-he-day Shin-joe |
| 6) Alan Dollar                                    |                        |
| 7) John Felipe                                    |                        |

## History

### 1. Chou-Tzu-ho

- He was born in 1874 and died in 1926 at the age of 52.
- He taught the style called Pangai-noon which means “Half hard, half soft.”
- Pangai-noon is the style of the Tiger, Dragon and Crane.
- He was Kanbun Uechi’s Sensei.



### 2. Kanbun Uechi

- He was born in 1877 and died in 1948 at the age of 71.
- Kanbun Uechi brought Pangai-noon back to Okinawa after spending 13 years training in China.
- He taught only a handful of people, notably his own son, Kanei Uechi, and Seiyo Shinjo.
- He brought back 3 katas from China:
  - Sanchin – 3 steps or 3 conflicts (Body, Mind and Spirit)
  - Seisan – 13 positions of defense and attacks.
  - Sanseirui – 36 positions of defense and attacks.



### 3. Kanei Uechi

- He was born in 1911 and died in 1991 at the age of 80.
- He started his karate training under his father's teaching at the age of 19.
- He renamed Pangai-noon to Uechi Ryu (meaning the Uechi style) in honor of his father, after his father's death.



### 4. Seiyo Shinjo

- He was born in 1891 and died in 1981 at the age of 90.
- He started training at the age of 10.
- He studied under Kanbun Uechi.
- His dojo is located in Kadena, Okinawa. His son, Kiyohide, is currently running the school.
- Seiyo Shinjo was Alan Dollar's first Sensei.



### 5. Kiyohide Shinjo

- He took over his father's dojo after his father's death.
- He was Okinawan Island Champion for 9 years before he retired to take over his father's dojo.
- He is Alan Dollar's current Sensei.



### 6. Alan Dollar

- He started his training while serving in the Marine Corps in 1974.
- He opened his first dojo in 1983.
- He is currently an 8<sup>th</sup> degree black belt (Hachi Dan).
- He was Sensei's first Sensei.



### 7. Shihan John Felipe

- He was born on June 29, 1971.
- He started his karate training at the age of 13 in May of 1984.
- He opened his first dojo, East Bay Karate-Do, 10 years later in May of 1994 at the age of 23.
- He is a certified Master Instructor and a 8<sup>th</sup> degree black belt (HachiDan).
- He currently holds the title of Kyoshi & Shihan.
- He is our Sensei.