

WSKF 2010 APRIL Newsletter



The Next Step: Internationals 2010 is Coming Soon!

MARK YOUR CALENDARS!!! The 2010 Internationals is on the Calendar, and coming soon to a Honbu near you (if you live in Piqua ☺)! In all seriousness, please mark your calendars for July 22-25th for the WSKF Internationals weekend. Beginning on Thursday at 12:00 sharp – those that have qualified may attend training for WSKF Instructors. Black Belt Promotion testing is that night at 5:00. Friday will have some training available, followed by Junior and Kyu promotion testing at 6:00. Saturday will be a FULL day of training, with an opportunity for socializing and fellowship, and Sunday there will still be some opportunity to train. There's a lot in store and the info will soon be available on the website and through your instructors.

There are a few great articles below about some people's thoughts about what The Next Step might be. But think about the topic for yourself, think about what it might take for you to reach the Next Step, how the WSKF might reach the Next Step, how you might bring everyone's level to the Next Step. And Just as importantly: Don't miss the exciting Internationals event, as it is surely part of the path you need to reach The Next Step!

The Next Step.

What it means to: – Jeff Slutsky (Columbus Dojo, OH)

If I had to guess I'd say I've done Fukyugata Ichi maybe tens of thousands of times since I first started my training. But it wasn't till I attended Hanshi's Black Belt class for the first time about a year ago that I discovered that I barely scratched the surface of what O-Sensei's kata has to offer. Before attending that first black belt class I assumed that we'd be perfecting our flying front kick in Chinto or perhaps learning bunkai to Rohai. As it turned out we never made it past the first eight moves of Pinan Shodan. Many of those special monthly sessions in Piqua were the same. The most recent class was devoted almost entirely to the very first move of Fukyugata Ichi. There's so much advanced knowledge to be gained in these classes that I sometimes feel like I'm a white belt all over again.





When I think of the theme of this year's Internationals, "The Next Step", the monthly Black Belt class is what I think of. There is so much to be learned, even from our most basic of all our katas, that we can devote so much effort to just one seemingly basic move. There were many lessons and refinements that Hanshi shared with us about the intricacies of that first technique.

For example, we learned how foot placement in zenkutsu-dachi can be the difference between defending or being defeated ... An inch too long, too short or too wide and you lose power and stability. We practiced how to most efficiently torque our hips like a vortex to maximize power and speed with the least amount of energy with our L-No-Gi. We discovered that we can generate more power by relaxing and how to focus our energy toward our attacker in a similar deadly fashion as a whip. We adjusted the height and length of our stance till we found the perfect

foundation for delivering our block. And then we practiced it repeatedly so that we could at least begin to incorporate some of that new found knowledge into our kata and ultimately into our fighting.

This experience was truly a "Next Step." For some, becoming a black belt might be an ultimate goal. To me it is really just a first step. I think Shodan merely positions you to *begin* learning what Matsubayashi-Ryu has to offer. The 'Next Step' is really the exciting part.

What it means to: – Sensei Jeff Bentle, Tonbo Dojo Indiana

I don't know what the Next Step is, but I know who has to take it. Outside of kata, our steps are not laid out for us. So, we do the best we can, and if we take a wrong step, we back up and take another, hopefully a little wiser. It's up to you and me. You, meaning the person reading this and me, the person writing it. At this moment you and I are connected, engaged in something more than a partnership, more than a relationship.

It's a bond on a visceral level, less intellect than feeling, due to the deeply personal effect karate-do has on each of us. Whatever the Next Step might be, it will not be taken for us. We will not find it in the dojo. Sensei will not give it to us and Hanshi will only laugh if you ask him. The dojo is the place where Sensei knocks off the rough corners of our technique, makes corrections, teaches new things and then teaches them again. But no matter how clever Sensei might be, we cannot take the Next Step by

attending class two or three times a week. We have to take it home with us and practice.

Whether in the cool half-light of the early morning, the lonely watches of the night or under warm sunshine, who we are and what we are to become is built upon the hours we spend working and honing our art. Where do you train? I train in the foyer, sometimes in the backyard, especially when it's hot. It's a real treat to practice Kusanku in the rain and Naihanchi-kata during a heavy snow has a rare beauty.

You may not feel like it. You may be too tired, too angry or too sad. You may not have enough time. And you're right. You don't. But time is what you make of it. You either use it or waste it. The trouble is, how much time do we really have? Only now is certain. So get up. This article is finished. Do what you can and you'll find you can do more than you thought.

What it means to: – Sensei Daryl Avery,
Eaton Ohio Dojo

When you first heard that Hanshi was given the responsibility to take Matsubayashi-Ryu to the Next Step by Grand Master Nagamine, you may have wondered what that meant or how that was possible. Wasn't Matsubayashi-Ryu already the greatest style of Karate ever?

Of course it was, but nothings perfect and anything can be improved. Grand Master Nagamine understood science, so I can't help but think of all the technology he saw before he died. They were using pressure pads to measure the power of kicks and punches. They were taking pictures of energy auras around fists that would break through the board slightly before the skin touched. People were studying body mechanics and understanding the human body better than ever before. Knowing this, it does not surprise me that he would recognize that Hanshi would be able to take today's wisdom and learn even more about the human body that might be used to improve Matsubayashi-Ryu.

So now what? Hanshi has studied body dynamics and has made what he calls small improvements here and there. So what is this Next Step all about? Hanshi, like Grand Master Nagamine also understands that the future is in the students. The students some day will be responsible for taking Matsubayashi-Ryu to the Next Step. This Next Step may be for themselves, as they refine Matsubayashi-Ryu to work best with their own skills, or some day they may be the one in charge of the Federation and making these important decisions for future generations of students. The thing is, we all play our part in improving this style. It is an ongoing process. The more times you show up



to class, train hard, ask questions and help your fellow students, you are making a difference. You are the Next Step.

What it means to: Lori McPeck Columbus Dojo, OH

As a quote from Jigoro Kana in the WSKF calendar states, "the teaching of one virtuous person can influence many; that which has been learned well by one generation can be passed onto a hundred. Hanshi Grant being that one virtuous person, returned from Okinawa to pass on his infinite knowledge of Matsubayashi-Ryu to a generation of students. Ever since Hanshi returned from Okinawa, he has been tirelessly working to take Matsubayashi-Ryu Karate-Do and the WSKF students to the "Next Step" so that we may influence hundreds in the way of Matsubayashi-Ryu Karate. WSKF was founded forty years ago by Hanshi Grant in order to preserve the origins of Matsubayashi-Ryu in the United States.

Lately, it has been stressed by Hanshi and many of the Kyoshis, that we as black belts are "the Next Step" in our style of karate. I have been thinking about this statement. What does this mean for you and for me? What does it entail for you and for me? We are truly blessed to have a one such as Hanshi to instruct our monthly black belt classes. Many of us take this fact for granted. How many people training in various styles of martial arts get to train with a master for at least two hours once a month? How many people training in the various styles of martial arts have an instructor who is as high ranking as many of our dojo owners are? This fact being stated shows that we are truly blessed in our training; and before we realize and long before we are ready, many black belts will have to step up and start to take on more responsibility for the continuance of our style of karate. We need to perfect ourselves in form and thought so that we may respectfully pass on this great style of Matsubayashi-Ryu and stay true to the pure form of this art. We need to diligently train and at the same time be willing to take on some responsibilities of the WSKF organization. After all, karate is a part of everyday life; it is not just something that is left in the dojo.



WHAT DOES IT MEAN TO YOU? Want More?
DON'T MISS "THE NEXT STEP" The WSKF INTERNATIONALS
JULY 22nd – 25th, 2010

Even more Internet Excitement is coming to the WSKF!

The WSKF has had a website for quite some time, thanks to the efforts of Sensei Avery and continuing Kyoshi McCabe and his son Joe McCabe (now a.k.a. "WAZA" as a user name ☺). And over the last few years it has garnered a number of positive comments in terms of look, content, and usefulness. We all know what a great tool it is to the organization. But wait, there's more! Partially in response to a number of comments from last year's survey, as well as the board's general view to try to take the Next Step with the organization with an internet presence. We've recently been able to add a number of exciting features to the WSKF website, and this is a quick overview of just a few of the new things becoming available to our organization.

With a lot of work and planning, Kyoshi and his son Joe have set up a number of new features on the website and groundwork for even more. But without further ado – here's a quick intro to what is now available, and the WSKF is in the process of delivering. There is now a "members only" section to the website. All WSKF members in good standing can request a user name and password to get to the exciting (and growing) available features (ask your Sensei to contact Sensei Sheets to get you registered as a user). Your initial user name and password can get you access to the secure Student Section, Dojo Owners pages, email to the WSKF admin, and as well, the new WSKF Web Forum!

The Student Section and Dojo Owners Section will fill out over time, but most importantly, the "Forum Section" is to be filled out by you! Ask any questions you want, start reasonable discussions, debates, etc. etc. that's what the web is for, and it will also become a knowledgebase of invaluable information for years to come – but only if you make it so. Once you get your WSKF membership ID and password, log in to the website. Once you're in, click on the Globe Icon that comes up – and that will take you straight to the WSKF forum. Once there, you'll have to register a second time (click on "register as a new user" and go through the process – we don't give rights to the forum too easily, so you have to do it again).

Once you're in the forum, explore around, post some comments, and try things out! Let us know what works, what doesn't, what to change, what to add. The forum is yours to use and a lot of effort has gone into creating it, but you have to bring it alive. The Black Belt Circle is also looking for a few black belts to volunteer to moderate some of the discussion, and/or agree to progressively further the discussions – email Sensei Sheets to "volunteer". Otherwise, login in and surf around, we look forward to your comments.

HANSHI'S TRAVELS

In October, Hanshi Grant accompanied Kyoshi Demetrich to the South Carolina Symposium in Columbia. Kyoshi Demetrich has been attending this symposium for over fifteen years teaching kobudo classes. Attending as an observer, Hanshi was impressed by the various styles of martial arts. Masters in jujitsu, kobudo and several Japanese karate styles taught over 300 people in attendance. Hanshi Grant was excited to be reacquainted with fellow martial artists, such as Richard Bowles from Fort Wayne, Indiana who taught Shito Ryu.

For the past 35 years, the symposium has been hosted by Hanshi Ridgely Able. Hanshi Able began his karate career in 1964. He was a pioneer in karate and a true ambassador of the martial arts. Hanshi Able progressed through the ranks to achieve 9th Dan and after a long distinguished martial arts career, he passed away in December, 2009. Hanshi Grant's thoughts and prayers are with Hanshi Able's family.

O' Canada!

In October, the WSKF Board of Directors and students traveled to Canada to visit our newest WSKF Dojo. With Kyoshi Leistner and Chris at the helm, the 14-hour trip was an easy ride with stimulating conversation, computer games, and munching on snacks. There was the occasional attempt to rally the group against Kyoshi McPeck and leave him behind. "We're on a schedule here, Kyoshi!"



We arrived just in time to observe the Canadian dojo having class. Sensei Martin and his students were as excited to see the Ohio WSKF delegation as we were to see them. We were really impressed how much hard work and training they had done getting ready for our visit. Once class was complete, the group headed over to Rene's home for some great pizza as we had lots of catching up to do since the Internationals in July. They were great hosts, anticipating and accommodating to our every need.

Classes were held over a period of 2 ½ days. Janet from New York lead the group through rigorous, yet rejuvenating stretching exercises, followed by basics and kata. The students were eager to learn each technique that was taught and listened intently as Hanshi explained, "Creating a vortex as you turn". They trained hard and were appreciative and receptive of the teachings. Much of the teaching and learning focused on correct foot placement, the use of L-no G, and creating a vortex.



Kyoshi Leister made breaking the communication barrier effortless, " (Des) Questions?" In fact, there was no language barrier between English and French as we all communicated with a common goal of training in Matsubayashi-ryu.

The students worked diligently on basics, kata and even a friendly Yakusoku Kumite competition.

Rene and Sensei Martin showed us around Old Montreal. The architectural heritage and nostalgic atmosphere created a strong sense of history and tradition. The streets were lined with small novelty shops, fashion boutiques and antique shops. Great food and quaint eateries were tucked away down every side street. We ate really good food and sampled some great Canadian beer.



All enjoyed authentic Japanese cuisine at a Japanese restaurant with elegant décor and traditional atmosphere. Kyoshi Olin and Lisa embraced the Canadian experience by learning and singing Happy Birthday in French to Rene.



Our last night together was spent at a local pub with a live band performance. The food, drinks and companionship were unforgettable. However, most will agree, the highlight of the night was Rene's musical talents and classic rock performance.

The hospitality of Sensei Martin and his students was tremendous. The hotel was great, with wonderful amenities, the classes were high-energy, the food was superb and the camaraderie was priceless. Thank you to all who hosted our visit.

DOJO NEWS! Dojo News! DOJO NEWS!

TONBO DOJO IN CINCINNATI, OHIO **SENSEI BENTLE**

Sometimes you just need a home. That's what Tonbo Dojo finally found in the Central Parkway YMCA in downtown Cincinnati. Sensei Jeff Bentle has been training at the Y since January 2010, and in the process, has picked up two new enthusiastic students, Chester and Barbara. His wife, Joyce, who is also his assistant instructor, continues to train as well. It's especially easy for her to get there because she works at the downtown Kroger corporate offices just two blocks away.

"It's a nice space for good hard training and the mirrors all around the room help the students study their form," said Sensei Bentle. "The YMCA staff has been really friendly and accommodating. They hung up our flyer all over the facility, and people continue to inquire about the class. We hope some decide to join us so our group can grow."

Sensei Bentle holds class twice a week, on Mondays and Thursdays, from 6:00-7:30 p.m. Originally, karate was scheduled for Mondays and Wednesdays, but the second class was suddenly invaded by a group of yoga students. They explained the class had been meeting in the room at 6:30 on Wednesdays for many years, and that there must have been some kind of scheduling snafu. The instructor kindly invited Sensei and Joyce to join the yoga class, and after a moment's hesitation, they agreed. It's a little difficult to do yoga in a gi, but it was fun! Joyce now regularly attends yoga on Wednesdays and has found the deep stretching has improved both her stances and kicks. "Yoga is a different discipline, but can certainly help our technique," said Sensei Bentle. "A supple muscle is a strong, healthy muscle." So it seems that Tonbo Dojo has not only finally found a home, its members have also found a valuable cross-training opportunity due to a happy accident.



JIYU SEISHIN DOJO, Saginaw MI **RENSHI PIKE**

Very seldom am I at a lack of words, but lately....

As I await the birth of my second daughter, Shawnee, I smile (at times tearfully) at the softness I have found in my life through my oldest daughter, Cheyenne. I waited a long time to bring children into the world, and as I watch my daughters grow (one in life and the other in my wife) I am simply awestruck at the soft energy that glows within me as a father.

Having a dojo for my daughters to grow up in is an amazing treat. It is our family laboratory. I believe it is a microcosm of life, which is advantageous in my children's education. Cheyenne loves to go to the dojo. She actually throws 16 month old tantrums if I don't take her. Not only do I get to bond with my daughter at the dojo, but I get to nurture her growth through the principles of Karate-do. She takes it upon herself to wonder around the deck while class is going on, lifting the hand weights over her head, correcting the students then scampering away, giggling, and finally sitting on my meditation bench, absorbing the karate experience with a big smile on her face. Daddy is bigger than life to her. Depending upon her mood, she calls me "Abba," "Big Daddy" and "Sensei". On occasion she has even called me "Renshi" but she says this with a giggle. That's a very humbling moment. It has never meant so much to me to hear that title. She bows on the deck (even though she feels an entitlement to sit at the head of class beside me when bowing in and out) and she loves to shuto the brick I have on the cinder block stands. Every class she has me pick her up to punch the makiwara. To start this karate journey when one begins life is a gift.

Cheyenne has awakened softness in my life, and technique. Having practiced tai chi chuan for the past 22 years I thought I understood softness, but my greatest teacher of this technique is my little girl. Fathers of daughters will instantly understand this statement. The peace that I feel when I hold my daughter in my arms is one that I never imagined. I carry this softness with me in daily life. The way that I discipline my public school students is much different than the interaction that I had with them before I became a father. I'm softer, not weaker.



Soon, I will be twice blessed, as Cheyenne and Shawnee will both become my dashy and sensei in this new chapter of my life. It took 27 years of hard and austere training to become Renshi Pike. It took 45 years of living to become daddy. Both titles deserve an honest and lawful daily effort on my part. I owe it to both my students and my daughters.

SATELLITE BEACH DOJO – Sensei Kabbord (Florida)

Hanshi continued his training of the students at the Satellite Beach Dojo in Florida when he returned in October, 2009 after attending the Columbia, SC Symposium. Hanshi has become a revered figure at the Satellite Beach Dojo and the students just flock to him. In addition to training the students, Hanshi has developed a strong rapport with the Satellite Beach Dojo families. The students are all ages and sizes and they love the time Hanshi spends with them. But not to fear, it's not all work for Hanshi!



Hanshi has developed a close relationship with the Kabbord's and has become an extended member of their family. He has made himself at home with the help of Kyoshi Kabbord, Kathy and their family. They have welcomed him into their home and Hanshi truly feels like this is his "home away from home". Hanshi has adopted his own "chair and coffee pot" on the front porch of his second home. The Kabbord's family dog, Angel, has become his constant companion. He and Angel hang out on the front porch, listen to the ocean, look at the garden, catch a few rays and just relax when he is not instructing the students.



In January 2010, Hanshi and Kyoshi Demetrich returned to Satellite Beach to celebrate the Embu Tai Kai of the passing of Grand Master Akamine at the Kabbord's Dojo. They cut their trip short due to the impending snow storm. Hanshi was content to "hang out" in his adopted home and wait out the winter storm back home, but Kyoshi Demetrich

decided to brave the storm and return home. Thanks to the Kabboord's youngest son, Kai, for capturing the pictorial essence of Hanshi's travels to Florida.



PAC DOJO, KYOSHI OLIN

Internationals 2009 left us all energized and ready for future PAC karate challenges. In September, PAC continued with competitions. Students and parents caravanned to Indianapolis, Indiana to compete in the Circle City Kicks Open Nationals. The students' grace in kata, their courage in sparring and their creativity in weapons resulted in a superior showing for the PAC Dojo. Being in the home of the Indianapolis 500, PAC took the opportunity to continue their competitive edge and test their motor skills at the Post Road RACETRACK. The students turned and swerved around the corners of the racetrack as their competitive skills were put in high gear. According to Lisa, "We couldn't go to Indy without racing".



PAC Students & Parents Follow the Yellow Brick Road

October brought the annual tradition of participation of the Harrison Township parade. The PAC students punched and kicked down North Dixie Drive as parents, grandparents and friends cheered. This year's theme was "The Wizard of Oz" and along with Dorothy, the Scarecrow, the Tinman, the Lion and of course Glinda the Good Witch, PAC "Followed the Yellow Brick Road", pitching candy to the munchkins on the side of the parade route.

In December, Santa took time out of his busy holiday schedule to spend time with the PAC students and their families. The **Big Guy** in the **Red Suit** distributed gifts to all the students as they feasted on pizza at Marion's with their families. The PAC family extended their holiday party at Skateworld. Santa skated with everyone, participated in the Hokey Pokey and won the speed race. There were many Kodak moments with the students and Santa.



PAC Students & Santa



Santa, Kyoshi Olin & PAC Black Belts

Following in the long standing PAC tradition, students started the New Year off with a KIAI on January 1, 2010. We were honored to have the infamous Kyoshi Harris join us in class. Beginning with basics, moving on to repetitions, advancing to all eighteen katas, and capping everything off with the bo, nunchaku, sai, tuifa and tekko, the group came together in the true spirit of Matsubayashi-Ryu. The energy and enthusiasm of the class was contagious and continues to be a great way to start each New Year. Thanks, Kyoshi Harris, for being part of our PAC New Year tradition.

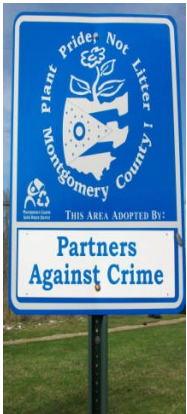


Closer to home, in November and December, 2009 and February, 2010, the PAC students competed in three Miami Valley Tournament Association (MVTA) tournaments where MacKenzie, Collin and Riley made their competition debuts. These three MVTA tournaments resulted in PAC students receiving over 40 medals. The participants in these tournaments accumulate points after each tournament and the competitors who win their divisions are recognized at the MVTA awards dinner with a plaque. In February, Kyoshi Olin, Lisa, Jonique, Larry, Kyle, Jake, Marc, Katie, Madison, Kayla, Shawn, Krista, Memory, Collin and MacKenzie received awards from the MVTA for placing 1st, 2nd, or 3rd in their divisions in 2009 tournaments. Trading in their traditional gis to attend this recognition event allowed the PAC students to share collective feelings of being champions.

Two years ago, PAC "adopted an area" in Harrison Township to emphasize PAC's mission of providing a safe supervised environment for children through programs that promote physical fitness, higher

learning and community awareness. In March of this year, PAC completed their first litter clean-up of their "Adopt An Area" after the snow melted. The PAC students take pride in their adopted area and feel a sense of accomplishment when cleaning the grounds. PAC

students are assigned the responsibility of cleaning the area each month and have received positive feedback from the Harrison Township Trustees and Administrator as well as local neighbors. Community awareness has become an integral part of PAC's MISSION. Two years ago, PAC "adopted an area" in Harrison Township to emphasize PAC's mission of providing a safe supervised environment for children through programs that promote physical fitness, higher



Recognizing the importance of culture and tradition, the PAC students are learning conversational Japanese from Kyoshi Olin. Each month the students are introduced to a new Japanese word/phrase and are encouraged to use it. Observers in the PAC Dojo experience the Japanese culture first hand by hearing the students saying **SAYONARA** as they leave the dojo.



TROY DOJO, KYOSHI LEISTNER

February Tournament

The Troy Dojo had two students participate in the February MVTA Tournament. Brett D. and Preston G. both did an excellent job. Brett D. placed 1st in Kata and Sparring. Preston G. placed 1st in Kata and 2nd in Weapons.

April 2010 Tournament

Two students competed in the MVTA Tournament held in Bellbrook. Preston G. and Collin W. both participated. This was Collin W. first tournament and he respectfully

placed 5th in Kata and 4th in Sparring. He is ready to compete in the next one. Preston G. placed 1st in Kata, 1st in Sparring and 1st in Weapons. He also won Grand Champion in the Weapons Division. .

Preston G. Brett D.

Troy Dojo Christmas Party



The Troy Dojo Christmas party was held at the skating ring and Santa Claus made a surprising visit to the Dojo. They were excited that they got to perform basic karate moves for Santa.

November 2009 Embu Tai Kai

In November, 2009, Hanshi Grant hosted the Embu Tai Kai at the Honbu Dojo in Piqua, Ohio in memory of Grand Master Shoshin Nagamine. A traditional memorial table honoring the life of the Grand Master and his contributions to the creation of Matsubayashi Shorin-ryu was the essence of the celebration.

Hanshi Grant and several WSKF students gathered to celebrate the life of our Grand Master and honor his passing. This is the 12th anniversary of his passing and Hanshi and his students spent the evening talking about the Grand Master's life and his accomplishments. All 18 Matsubayashi-ryu kata were individually performed as a tribute and each student reflected on the influence Grand Master Nagamine and his martial arts has had on their lives.



GŌHŌ SEISHIN DOJO – SENSEI SHEETS (Illinois)

It was a tough winter for those in our dojo – lots of competing activities and pressures, illnesses, surgeries, travel, snow, ice, record cold. BUT---that didn't stop us, not one bit.

After Internationals, Sensei Sheets and the Illinois team hunkered down and focused on basics, basics and ...basics. The way everyone's schedules were over the holidays and early spring it was difficult to set up any special events. We did do some work to again assist with the PADS shelters, which is always rewarding. We very much kept to the planned schedules and kept working hard. The "Adult" crowd had better watch out, as we now have a full class of excited pre-junior karateka (Ben, Henry, Citizen & Gavin), eager to learn and be challenged (and working with them has been a learning experience for Sensei too ☺).



The Adult students had some added challenges with a new year of school and work, but have been sticking with it and working through. We held promotions in November, and again in April – both of which were well attended, and the hard work the karateka have been putting in have definitely shown.

We were also able to take the older students on a bit of a field trip to spend some time in an MMA class. During the class we worked on everything from ground techniques to stand-up fighting skills, throws, and everything in between. Everyone represented themselves very well. While most in attendance from the dojo had prior training in wrestling and/or judo and can apply it, we very much found that our Matsubayashi-Ryu training in body positioning, timing of techniques, and the liberal use of fast, snapping hip movements in our kicks and punches were abundantly full of practical applications in our matches.

This spring we also borrowed an idea introduced to me by Renshi Pike, and we sent out training logs – each student was to keep track of their practice of basics, kata, and yakusoku kumite, and turn in their tabulations. It was very easy to see that those who put in the time to practice, practice, practice on their own, were definitely yielding results. If you want the magic to get to the Next Step, consider tracking what you do and how you do it, identify your weak points and log your work on practicing them.

EATON, OH DOJO, SENSEI AVERY

(Apologies: This Should Also have shown as Sensei Avery in the October)



A lot has happened since the last newsletter. Sherry turned part of her barn into a dojo. Sensei Avery gave it my blessing, then Hanshi came down to give it his blessing, Sherry was thrilled.

Sensei Avery and his wife cleaned out enough stuff from their basement to finally make enough room for a training space at home. They are filling it with gear from their main street dojo.

A lot of new students came into the dojo this year and made promotions... and as usual, we lost a couple. We even had some old students come back that had been gone awhile. As long as I've been teaching, this

seems to be the normal trend.

And if you're looking for a martial art that just about has it all –look at Matsubayashi-Ryu It's in there! By Sensei Avery

Sometimes I run across a student that decides to leave Karate to find a school that teaches Mixed Martial Arts (MMA). When I ask what it is they are trying to learn there that they don't think they can get from Karate. Usually the answer has something to do with grappling or ground fighting techniques. I remember one day I had just finished teaching a class when someone came into the dojo and asked if I taught ground fighting techniques. I could tell what they were after by their tone, so I said, I do, but not the kind you are thinking of. He said "You know, if a fight lasts five minutes, it is likely to go to ground." I said, "If my fight lasts more than five seconds, I've probably done something really wrong." He didn't understand. He was talking about a sport fight and I was talking about a real one. I've studied some judo, and some other wrestling and grappling techniques.



One of the things I'm always amazed by is the fact that when two fighters go to ground, almost all real punching and kicking stops and it turns into a wrestling match. Leverage is good to know and understand, but it is also good to know that you don't have to stop using the karate you know just because you are on the ground. Karate teaches you to understand all of your body's strengths and weaknesses. If you travel around and just try to learn a little bit of one style of fighting then go to another school to learn something different, you will find that you have learned a lot of little things, but not enough of anything. Focusing your learning on one place and mastering the knowledge there is much better, then if you wish to take that

knowledge and expand on it, it will be easier. The basics, kata and yoku soku kumite we study

include grappling techniques, throws and other techniques too numerous to mention. The fact is, this style teaches about everything if you train everything in it. Take it from someone who has trained in a lot of different styles of martial arts. This one has it all. It's in there!

TROY, MICHIGAN DOJO, SENSEI WILSON

Greetings from the Matsubayashi Karate Dojo

There are five students currently training very diligently at the dojo. On November 22, 2009, two of my fellow black belts, Renshi Pike and Ricky, came down from Saginaw to help evaluate the students. The promotional activity allowed the students to demonstrate what they have learned before family and friends plus receive additional review to help them continue to improve.

The following students were promoted.

Gwen, 4th Kyu; **Tammy**, 7th Kyu; **Shelley**, 7th Kyu; **Anita**, 8th Kyu; and **Kristian**, Orange 1. Congratulations to All!!



We held a Women's Self-Defense Course on three Thursday's in February. The response was great with 10 women attending. We discussed various real life situations. Our concern was to be aware of and avoid these potentially dangerous situations; defending ourselves only if necessary. A number of techniques were learned. BOB, the punching bag, took quite a



beating from this group of determined females!



job shadowing Sensei for a school assignment. Isaiah is an intelligently deceiving young man; he won the Middle School Spelling Bee and advanced to the Third round of the Michigan Regional Spelling Bee!

Best wishes to all from Southern Michigan! Keep Training!

Shorin-Ryu J-L M -- OUR FIRST YEAR WITHIN THE WSKF

Rene Seguin (member of Dojo Shorin-Ryu J-L M from Bois-des-Filion, Quebec, Canada)

When the WSKF's adventure has begun, a year ago, we already knew that there would be a lot of work in front of us. Don't get me wrong here, it is not because we were not already sweating in our former style. Let's put it that way, we were not sweating the proper way.

A year has passed, since our first meeting, that has occurred the first weekend of March 2009 and what a year it has been! If the first time was meant to compare our styles, the three others had different objectives.



To begin, after the March's visit to Honbu Dojo, we have had the opportunity to train with Hanshi Grant a couple of days in July, and then assist to the Internationals. In every case, we have met a fantastic group of people, dedicated with passion to their art, and the sharing of Matsubayashi-Ryu. Obviously, I could mention all of them, but it would be a never-ending list and, besides, you already know them all.

Then, we have organized a fall's clinic with the WSKF's officers in October here, in the Greater Montreal area. It has been held during three days. Not only we have worked like there was no tomorrow, but what fun we had after the hard training. More than 20 karatekas from our Dojo have attended. I am convinced that this visit will remain in our memory for the rest of our lives.

Not fulfilled with that, as if we had not suffered enough, we have begged the officers for another clinic to be held in March, during the same weekend as our first meeting. We have driven between 26-28 hours, including the driving between Piqua and Troy, to train again with the officers for a sole Saturday. In March 2009 we were a party of 8, this year we were 9. This induces a definite optimism for our Dojo's participation at the Internationals, our next fall's clinic and the one to be held in March 2011. We have an objective of 10 attendees for the Internationals, 30 for the fall's clinic and 10-12 for the 2011 spring's clinic in Ohio.

I would like to tell you more about the fun we had during these three events, after the hard training, obviously. Nevertheless, I want to let the officers themselves tell you more during the next Internationals, in a few months. I believe that some pictures will speak by themselves! And by the way Hanshi, yes I am a Kung Pow's fan, and yes, I am still too high in my stances and I am still walking like a pregnant baboon. But as I believe that Karate is a path more than a destination, I believe that I still have all my life in front of me to learn.

Hey Gang!!! Your Canadian brothers love you!!!
Looking forward to meet you all in July!!!



PAC

Sept. to Dec. 2009	Pre-Juniors	Riley, Destinee and Devon – PJ Yellow
	Juniors	Stewart, Kayla, Collin and MacKenzie – Yellow 2; Katie – Orange 2; Christian and Chumani – Orange 3
Feb. & Mar. 2010	Pre-Juniors	Markia – PJ Yellow; Riley, Destinee and Devon – PJ Gold
	Juniors	Isiah and Sierra – Yellow 2; Stewart – Yellow 3; Madison – Orange 2; Jake – Blue 1; Kyle – Red 3
	Adults	Larry – San Kyu

TROY Promotions

Troy Dojo February Promotions

Congratulation's to Haley E. - Jr. Black Belt



Haley E. – Jr. Black Belt

Cael V Yel 3	Cade J Yel 2	Jason S Yel 2
Lane S Org 2	Aryon T Yel 3	Nicholas H Org 2
Preston G Pur 2	Natalie R Blu 3	Martin O Org 2
Ryan L Yel 1	Greg S Yel 2	
Haruto C Yel 2	Bailey T Org 2	
Cody H Roku Kyu	Matt S Org 2	
Jeff Deetz Shichi Kyu	Andy S Yel 2	
Arianna H Org 2	Griffin Yel 2	
LeLand Smith Shichi Kyu	Collin F Yel 2	
Kenny Deetz Shichi Kyu	Kelly Thomas Shichi Kyu	
Kaci H Org 2	Kevin Keiser Roku Kyu	
Ian L Org 2	Brett DeMore Go Kyu	

Gōhō Seishin Promotions

NOVEMBER '09

Ben M: Pre-Jr. Yellow

Gavin S Pre-Jr. Gold

APRIL '10

Ben Pre Jr. Gold

Gavin Pre Jr. Orange

Citizen Pre Jr. Yellow

Henry Pre Jr. Yellow

Articles written by Students

MY THANKSGIVING VIRTUAL WORKOUT 2009

By: Sensei Todd Wilson

It was that time of year again, time for our annual Thanksgiving Virtual workout. This is a time for all of us to workout on our own around 8:00am Thanksgiving morning. The purpose of the workout is not only to help us all get ready for the big meal later in the day but just as importantly: to share the energy between other karateka, no matter the distance.

Normally I have the opportunity to workout in my basement, but this year was different. My wife's brother and his family just moved back to Savannah, GA and asked the family to come visit their new home over the Thanksgiving holiday. Therefore I needed to alter my workout plans to fit the new location.

I had hoped to be able to workout outside, but the Savannah weather was not cooperating with a cool rain, so an outside was out. The house did not have a basement, so the garage was the only logical location where I would not awaken the other family members.

On my way to the garage, my sister-in-law met me in the kitchen and offered me coffee, but I politely refused. I needed to workout first. Many of us have had a motto of "Naihanchi before Coffee", so we workout first, usually a Naihanchi kata is included in the workout and then we can have breakfast.

I started my workout with some jumping jacks to get the blood moving and then went through our normal warm up exercises, making sure to do some extra stretching. I then went through basics and began working on kata. I was limited on space around 10x10, due to the car in the garage, but I was able to have sufficient room.

I went through each kata one time slowly to focus on some specific trouble areas and then one time normal speed. I had limited my kiais to not wake up any of the other family in the house, but as I went through Kusanku, I needed a little extra and so I let out a loud kiai. My brother-in-law, who was sleeping in the bedroom near the garage was awoken and came out to the garage to investigate the loud noise. I simply smiled and waved and he went back to his room.

The remaining of my workout was spent on Group A and B Yakusoku kumite. Since Grand Master Nagamine had stated that they are kata for kumite, I worked on each one with that in mind. I went through them slowly first as the attacker and then the defender, trying to visualize my opponent.

After finishing the last one, I went through Fukyugata Ichi one last time and then proceeded back into the house. I was now refreshed and full of energy and couldn't wait for that first cup of coffee.

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THE BASICS OF KARATE

BY Lori McPeck

How many times have you run into the dojo to train and immediately jumped into the katas after warming up? I've caught myself doing this very same thing many times. As a beginner in karate, I couldn't wait to get through the basics and put them behind me so I could move onto katas. As a black belt I realize how naive I was! The last several black belt classes, Hanshi has focused on the basics. In this past March black belt class, Hanshi stated that before we are a black belt, "he teaches us the ABCs and that once we become a black belt he teaches us to read and write". How profound a statement! The longer I train, the more I realize that the basics are the building foundation of our style. Without the basics a karateka is nothing! It all comes down to our eleven basic foundation exercises; everything in our style of karate stems from them. If we are weak in our basics, we are weak in our katas and our yakusoki kumite. After all, a building is only as strong as its foundation. The same holds true for us; we are only as strong as our basics!

I know after this last black belt class that I will be diligently training on my basics versus rushing into kata and I will be training more outside of class. Before I started attending black belt classes, I thought that I "had the basics down". I have never seriously considered the intricacies of the basic movements. There is so much wrapped up in each basic movement; the technique of the movement, the sequence of the movement, the balance of your body or weight distribution, breathing, the mental as well as the physical.

During the March black belt class, Hanshi made another point regarding the practice of our karate. He stated that while learning to read and write, students have to work on their own outside of school. They have to practice reading and writing in order to get better. Hanshi stressed that we "as black belts need to take the time to practice our craft outside of class. We need to practice everyday and we must never think we are done learning". We must never be satisfied with our basics. Through constant and conscientious practice we must take our basics to the next level and our katas will follow.

Karate - Obedience training

By: Susan Evans

I've been dragging my dogs to obedience classes for many years, and gradually realized that I'd started calling it "Doggie Karate" to myself, which seemed a little odd. But when I really thought about it, there were many similarities between dog training and karate training, and I often find myself thinking about what I learn in one type of training when doing the other.

An hour obedience class leaves me almost as tired as a karate class. I have to concentrate during class almost as much as in karate, keeping my dog constantly focused on me and the exercises (kata?) and not running over to other dogs (lots of hotdog bits come in handy). I have to read my dog constantly for signs of boredom,



tiredness or frustration, and figure out how to encourage, distract and redirect them, or give them a break without totally breaking their focus. I have to be as consistent as possible with commands and body movements to avoid giving false signals and confusing my dog. If an exercise doesn't make sense presented one way, I need to figure out a way for it to make sense. And no matter how tired I get, I have to use the same energy until the end of class, to keep their energy up. Then too, I have to constantly watch out for "opponents": less experienced humans who let their dogs too close (which could start a fight if some doggie insult is exchanged). But the biggest thing obedience training does for a dog (and human sometimes) is that the dog learns self-control and self-discipline and is better able to control himself in all types of situations. Hmmm, where have I heard something like that before.....

There are times that dog training can be even more challenging than karate. Sometimes I help teach a Beginner's Obedience class, so we're teaching other people (mostly beginners) how to do all of these things with their dogs. Picture teaching karate only by telling your student's parents what to tell their kids, so their kids can learn karate. You tell them how to tell their child to make a fist, to step, to move in a kata, etc. You make sure that the parent praises and rewards their child at the exact right moments. If the parent gets discouraged because you can occasionally get their dog (uh...child) or their child (uh...dog) to do things that they can't, you remind them that the more advanced students started at the same place and it took us all years to know as much as we do.

With each type of training, whether you're teaching or training, you keep encouraging other students and helping them because you can see the improvements and, well, it's fun and you want them to come back and keep training and going further and help keep the club going. You want to learn more advanced exercises/kata. And you can train just for the benefits of training, or you can compete and test how well you (and your dog?) do the exercises under pressure.

I'm sure other karate students have noticed how similar karate training is to one of their other activities and how much it helps them. But it's increasingly surprised me over the last few years, how much the things I've learned in karate has helped me with obedience training and teaching, and vice versa. But if I ever bring hotdog bits to karate class...well...just ignore them...but remember the importance of continued practice and concentration important to reach the Next Steps in your training, be it karate, obedience, or otherwise.

Road Trip from Canada!

Sylvie M Student at Dojo Shorin-Ryu J-L M from Bois-des-Filion

Web Images Videos Maps News Shopping Gmail more

Google maps Montreal, QC, Canada Search Maps Show search options

Find businesses, addresses and places of interest.

Get Directions My Maps

1 Montreal, QC, Canada

2 Piquette, OH

Add Destination - Show options

By car

Get Directions

Driving directions to Piquette, OH

Suggested routes

Route	Distance	Time
ON-401 W	1,212 km	13 hours 4 mins
I-90 W	1,239 km	13 hours 4 mins
I-86 W/Southern Tier Expy	1,444 km	15 hours 3 mins

1. Head southwest on Rue Notre Dame Est toward Place Jacques Cartier 300 m

2. Take the 1st right onto Boulevard Saint Laurent 140 m

3. Take the 1st right onto Rue Saint Antoine Est 160 m

4. Take the ramp on the left onto Autoroute 720 W 7.0 km

5. Continue onto Autoroute 20 W/Autoroute Jean Lesage 37.6 km

6. Take the exit onto Autoroute 20 W toward Québec 401/Toronto/Salaberry De Valleyfield 29.7 km

Montreal, QC, Canada

My experience started around March 2008, when both my sons started karate with the Dojo Shorin-Ryu J-L M from Bois-des-Filion, in the 4 to 6-year age group, which my daughter also joined soon after. I started as a sitting-on-a-bench mom attending a

few classes. When it came time for their 2009 spring session, there weren't enough students so Sensei Jean-Luc told me they could come to the Thursday evening group in which I should also attend... so I did because karate was a long time sport I wanted to do but never found the right school. My Thursday evening class quickly turned into three days a week. I have to say that Sensei Jean-Luc and his gang are the best group and I am very proud to be one of his many students.

For me, the change started last summer when Sensei Jean-Luc and a few of his students came back from the WSKF Internationals in Ohio. They were eager to show us the new style, so they immediately started as we were a few karate passionates who would meet up during the week to practice in backyards. This new style was relatively easy for me to adapt to, since I had only attended one session of the former style. With a lot of hard work and determination we are adapting, in my opinion, very well to the new style.

It was an honor to meet Hanshi Grant and his Officers when they came up for a clinic last fall. I attended with great pride the clinic and, as a result, my passion for karate grew even bigger as I learned new things (as well as a few muscles I didn't know existed) and started to try to perfect the basic moves. The new moves are much more precise and a lot more fun to do; but they also demand a great deal of practice, which I try to do as often as I can. During the clinic (before and after class hours), I started new friendships that I cherish dearly.

This past March, I was lucky enough to get another chance to learn directly from Hanshi Grant and his Officers when we went down to Ohio for a one day class. The moves that we already practice regularly were explained more explicitly and I now better understand the attack moves that we are countering in the katas. This trip was another great time to deepen some bonds with the "family" we already formed at the Dojo Shorin-Ryu J-L M from



Bois-des-Filion (it's obvious that stronger bonds were going to be created when you take nine fun crazy people with a common passion and put them all in the same truck for over 26 hours within a three-day period), as well as with our new "family" in Ohio.

It is very heart-warming how we were welcomed and accepted in such a friendly manner by the WSKF association, especially when they say we are now family. Their students, who we've met so far, have also been as welcoming and friendly (especially when someone, that you haven't met yet, in his police car, stops you around midnight in the hotel's parking lot because he recognized someone you were with, and says, jokingly, not to get in any trouble as you are on your way to the corner store for a late night snack).

I can't wait for the WSKF Internationals this summer to see everyone again and learn more about the techniques, essence and beauty of karate.

What It's Like to Come Back Jan Konya-Grabill

As many of you are no doubt aware, my husband Denis and I took on the crazy idea of building a log cabin way back in 2005. We bought the land before we were even married, and didn't even start construction until the Spring of 2007, several months before the "Cruisin' With Hanshi" cruise. (Wasn't that a wonderful time?!). Because we had some serious contractor problems, we were not able to move into our new home until December of 2008, just in time to celebrate Christmas there. For a variety of reasons, I did not attend class for about a year and a half during that building process.

Probably none of them were good reasons, and I know beyond doubt that training would have made the journey through that process easier, but I was definitely spread too thin at the time, and made the decision to take a hiatus. I started coming back to classes in October of 2009. Man! Was I sore!!! It was harder to train because I was (am) out of shape, and had put on some weight as one might expect after basically stopping exercising. I wondered if I could even get through all of the katas correctly! (Answer: no.)

But, ooohhhh did it feel good to be back! My disappointment in my physical condition immediately lessened, just because I felt like I was doing something about it, and I was in such high spirits after just one night of training, my reward was instant! I managed to make about two classes a week for the first month or so. Now I train three or four times a week at the dojo and as I can at home (thanks to Denis for building such a nice deck at the cabin!)

Over the last few months, training with my fellow karateka has become, once again, part of my usual routine. I'm not saying I approach each class as if it were routine, rote movements. No, what I mean is that it has become like brushing my teeth: I just do it. It is part of my life. If I skip a class, I feel the same nagging sense of guilt and dissatisfaction I would if I skipped brushing my teeth for a day. It's just not right!

This I know for sure: I need to train. I need to be in the company of others who train. I need to work hard at progressing in karate, physically and mentally. All kinds of things go off the rails if I don't train, my muscles (hello, inflexibility!), my mental outlook (goodbye, optimism!), my ability to handle adversity (hello, depression!), my confidence (goodbye, self esteem!), and my focus (hello, mindless computer games, goodbye energy!).

So, I'm back. For good. I intend never to take another hiatus from karate. It's just too important to me, to my physical, mental, spiritual, and psychological good health, to my life.

TRAIN YOUR BODY – TRAIN YOUR BRAIN! - Book commentary: Sensei Sheets

For years, we've heard from Hanshi, O-Sensei Nagamine, and others, the importance of practice, of practice every day, faithfully, with continued focus. O-Sensei mentions in his book, the essence of Okinawan Karate-Do: if my enemy practices three times, I must practice six. I'm historically one of the less coordinated persons on the planet – but – through the guidance of my Sensei and Hanshi - the years of work have helped, at least a little bit, to create some small modicum of coordination in my practice of karate. Yet I still struggle with other types of activities – and know it relates to lack of proper practice – the right way. We know practice can help make perfect. But...Why? I recently had occasion to read through The Talent Code by Daniel Coyle. And he attempts (and does a fair job at doing so) to provide a summarization of answers from different

sources – not new information, but an alternate presentation that helps tell the story, through soccer, singing, and martial arts.

The first parts of the book spend a lot of time on 3 things that, to the author, are key to the creation of talent. The creation of myelin, deep practice, and passionate involvement. First: the Brain and the explanation and creation neural circuitry and myelin – which is most easily described as the “circuits” and the “insulation” for the circuits made in our brain and body. More specifically, every time you fire nerves in your brain through either deep, methodical, painstakingly deep practice – or – every time you settle for a mediocre action – the circuits of that decision build up a little bit of reinforcement. The creation of myelin helps the nerves and circuits fire stronger and fast – essentially helping to give you a “high speed” and more reliable connection. If you don’t think so – consider – training to learn your first kata. At first, the steps are difficult, the movements all over the place – and are painfully slow and incorrect – and you have to think about everything. But...as you think about everything and refine the movements, the movements get smooth, faster, more efficient, and more productive. With the right kinds of practice, they can reach the point of being seemingly automatic and amazingly powerful. But it’s not because your body is that much different – it’s because you’ve trained the right circuits to do the right things – and the habits you’ve practiced created and reinforced circuits in your nervous system with additional layers of myelin. It takes Thousands of hours.

Second: The importance of “Deep Practice” - which doesn’t take as much discussion here, because we (should) learn in our classes many of the components of deep practice. We receive coaching and guidance on how to break down movements into individual components. We are instructed on the importance of taking time to understand exactly what the body is doing with each step. But the most important thing of all – is the Practice part. We all know, and are told, the importance of practice; but to be clear: To get to the Next Step, the next belt, the next breakthrough you have to take the same three hints on what it takes to get to radio city music hall: Practice, Practice, Practice. Purposefully, deeply, with understanding. No one can do it for you; you have to truly practice on your own, and not just go through the motions.

Third: The ignition of the passion of wanting to achieve the goal – which is what it takes to stay engaged. Coyle underlines the importance of spending the time - the same thing Hanshi tells us, to spend quality time in practice. Coyle ID’s a formula: deep practice * 10,000 hours = world class skill. But no one will spend that kind of time unless they are truly excited, interested and/or engaged in the goal. We all have to find our personal passion, to keep our focus and drive to continue towards our goals. If you ask most black belts about karate – they will likely say something like “it’s just a part of who I am”. They are passionate about it, they love it, and that love for karate fuels the drive to practice and achieve excellence.

Once you can get through some of the technical stuff the book is full of training ideas – but most importantly to me, it reiterates that the method of teaching in the WSKF can help get you there. The knowledge and training are available – the right training on the right things can be available, IF, that is – you are willing to spend the time to create the

circuits yourself – and insulate them to super-speed with a heavy wrapping of myelin. No one can do that part for you, it has to be you.

Bringing Zen to Martial Arts

By: Larry Howard

Grand Master Soshin Nagamine wrote of his desire to bring Zen to martial arts in his book "The Essence of Okinawan Karate-Do." More than 300 years prior to his book, a Zen master named Makuan Soho, expressed a similar interest in his essays to a sword master. Though the subject matter of swords is no longer relevant, the idea of bringing Zen into all aspects of your life is. Takuan warned "If you follow the modern day world, you would turn your back on the Way; if you would not turn your back on the Way do not follow the world."

"The Annals of the Sword Taia," was written as a letter to a sword master. Though specifically relating to sword use, there is an underlying principle that can be universally applied to life. The essay begins "...as a martial artist I do not fight for gain or loss, I am not concerned with strength or weakness, and neither advance a step or retreat a step. The enemy does not see me. I do not see the enemy." In Karate, as in life if you allow it, your own mind will defeat you. If you are concerned with winning or losing, or the progress of the match you are not present, or focused in the "now." The enemy does not see me and I do not see the enemy relates to the principle that we all put on a mask or have an outside persona, versus the actual person. In Zen this is the perceived self as opposed to the True self.

Makuan further writes "All men are equipped with this sharp Sword Taia, and in each one it is perfectly complete. Those for whom this is clear are feared even by the Maras, but those for whom this is obscure are deceived even by the heretics." The Sword Taia, from the title of the essay refers to the name of an ancient Chinese sword. The sword can cut anything without hesitation or difficulty. The idea that each person has this Taia is the Zen idea of the Original Face, or the mind before it is corrupted by human thoughts or intentions. For those who can clearly see their Taia, know their true intentions, they do not lie to themselves. These people can not be fooled by heretics and the Maras, or demons, are afraid of them. The hardest person to be honest with is yourself, so if you can master that, it will be easy to see the truth in others.

The essay concludes "If a man has tempered himself and arrived at this principle, he will control everything under heaven with a single sword. For those who study this, let them not be thoughtless." If a man has studied martial arts or anything at all really, with the principles of Zen with pure determination, honor and without judgment, he can master himself, and thereby master all things. These men should then not be thoughtless, meaning once this level has been achieved do not assume you are finished. Do not allow yourself to be complacent, but strive and push beyond those limits.

By following the principles of Zen in martial arts and all things, you allow a deeper and more fulfilling practice. Both Grand Master Nagamine and Takaun Soho overcame great obstacles in their lives to become thoughtful, successful, spiritual people. Takun was a practiced calligrapher, artist and Monk, while Grand Master Nagamine created his own form of Martial Arts, feeling the ones available were not sufficient. Both of these great men advised Zen in Martial Arts and daily life, so by following them I take the next step in my practice. I will try to avoid the pitfalls Takaun warns of and focus on Zen.

READING SUGGESTIONS:

Recommended by members for members

Kids:

The Karate Class Mystery: Invisible Inc. by: Elizabeth Levy

Adults:

The Talent Code by Daniel Coyle (Discussed infra)

Making a Good Brain Great by Dr. David Amen (self explanatory)

Don't Shoot the Dog by Karen Prior (a book on training Dogs, & People!)