

WSKF NEWSLETTER

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June 2011



A CAN'T MISS EVENT!!!

2011



Internationals

July 21-24



- Spectacular Action Packed Agenda
- Exciting Training and Learning Sessions
- Train, Learn, Improve, Master Your Skills
- Kata, Kumite, Weapons, Promotions, Celebration
- Saturday Night Awards Banquet with Special Surprises, Awards, Presentations, WSKF Year in Review
- Celebrating 41 Years of WSKF

July 21-24, 2011! MAKE PLANS NOW!

Multiple class schedules, huge variety of topics, and full of Karate-Do Spirit!

REGISTRATION FORM IN THE BACK OF THE NEWSLETTER! - For more info contact:

Kyoshi Jeff Leistner at 938-620-5101 or Kyoshi Glenda Olin at 937-620-5101

Dojo News!!! Dojo News!!!

PAC Dojo, Dayton OH, Kyoshi Olin

PAC concluded the 2010 year with a Christmas Party at the Washington Township Recreation Center, where there was something for everyone – pre-juniors, juniors and adults. The pool was a refreshing experience with lots of splashes, races and trips going down the water slide. After a snack of pizza, chips and cookies, students and parents challenged each other with games of basketball and volleyball. The competition was fierce and I'm sure the parents were feeling some aches and pains the next day. After all, the karate students are trained to be tough, competitive and in most cases, were in much better shape than their parents.

To begin 2011, PAC students, along with Kyoshi Harris, started the New Year off with punches and kicks. A long-time tradition of PAC is to train on Jan. 1. What a way to start the year off and we were honored to train alongside Kyoshi Harris. His spirit, enthusiasm and his unwavering love for karate was contagious for the PAC students. Thank you Kyoshi for sharing your New Years Day with PAC!



The PAC students love to challenge themselves. Throughout the year, students participate in interschool tournaments to sharpen their karate technique and prepare for local competitions. In February, 2011 Kyoshi Olin, Lisa, Marc, Kyle, Jake, Jenny, Katie, Chumani, Stewart,



Collin and Bradley received awards from the Miami Valley Tournament Association (MVTA) for finishing in the top of their divisions for the 2010 season. Receiving these awards is a tremendous honor and the PAC students feel a great sense of accomplishment for their competitive efforts. Students are already accumulating points for the 2011 MVTA season having competed in the February, April and May competitions.

PAC karate classes continue to grow with new students. The Pre-Junior Class is seeing the most growth with a total of 13 students. Teaching students ages 4, 5 and 6 is a challenge, but the rewards when seeing these young students punch and kick their hearts out is exhilarating for a Sensei. Knowing these young students are gaining an experience that is enriching their lives and paving the way for them to become productive and active juniors and adults is wonderful.

For the last several years, PAC students and parents have participated in the Great American Clean Up. In May, two clean-ups were conducted with a total of 30 bags of litter, tires and a small motor collected in 5 locations. Kyoshi Olin and the PAC group feel strongly about giving back to the community by volunteering their time to keep Harrison Township litter-free. Three years ago PAC Adopted an Area in Harrison Township and takes pride in keeping this area litter-free the entire year.



Okinawa Shorin-ryu Karate
Dojo, Troy, OH, Kyoshi
Leistner, Sensei Leistner

The Troy Dojo students are volunteering their time to teach 5th and 6th graders at an overnight camp. Brett G., Jared P. and Brett D. are teaching the kids how to effectively perform front snap, roundhouse and jump kicks during the sessions.



The Okinawa Shorin-Ryu Karate Dojo Troy, OH has been busy for the last 1 1/2 years on renovations and additions to the dojo. Thanks to all the help from the students, we hope to be completed by 2011 Internationals.



The Okinawa
Shorin-ryu
Karate Dojo
marched

barefoot in the 1.2 mile Strawberry Festival Parade.

The Okinawa Shorin-ryu Karate Dojo demonstrated some of their skills during this 45 minute demo. The students demonstrated everything from basic movements to advance throws and takedowns. Thanks to all the students, parents and friends for making this year's Strawberry Festival parade and demonstration such a success.



Gōhō Seishin Dojo, Lake Villa, IL, Sensei Sheets

The last months of winter and the months of spring were COLD in and around our area. We saw the worst blizzard in 20 years, torrential rains, and continuing chilly temps. It has kept down our number of special events, BUT – you couldn't tell any of that in the Dojo! Our juniors and Adults have been working hard and creating their own heat energy.



Citizen, Spencer, Henry, Colton, Ben & Gavin have all kept us hopping in the juniors class. We just love working on basics and kata. And, we say kept "us" hopping because a number of the adults "jump in" on a regular basis to work with each of them on a more personal level. As the weather gets nicer we will split up between the basement dojo and the backyard one. We also held an impromptu Kinect Boxing tournament – but it seems a four year old bested the entire lot of us (Sensei too!) We'd like to

think that technology just can't keep up with the speed of our hands – or – it may be that we need to get that four year old training on the deck!

On the "Grown-up" side, we have unfortunately seen a number of injuries, work and school commitments, and weather changing our schedules from time to time. It could be TOTALLY disruptive. But---those are all just distractions and challenges for us to meet and become stronger for handling. Each of us has an indomitable **Warrior** within, that keeps us coming back to the training hall and keeps us striving to do better. And kudos to Angel and Brenda Maldonado for joining Patty and Sensei



on being on the high side of the 21 year old mark in class. And speaking of challenges, congratulations to Cory, Brandon and Sean on their graduation from high school! Completing high school is a major milestone and much like basics to kata, can create a strong foundation for one's growth into the future. Now boys, get back to the dojo! Time to step up your training!

We'd also like to recognize the continuing contributions of the dojo family to the community, and particularly Erin Bergstrom for her hundreds of hours of volunteer work, and Angie List-Sheets to PADS Lake County – Providing Advocacy Dignity and Shelter to those in housing or other crisis. The dojo has turned out in full in the past for this group and is going back to full participation in the program this fall. If you've not done anything like it – we encourage you to take some time to help give back.

Greetings from the Troy Michigan Dojo, Sensei Wilson

Things evolve with time but one thing is constant – we keep training. As such I am proud to announce some rank advancements. Grace – Yellow Two, Jacob – Yellow One, Sam – Orange One, Anita – Roku-Kyu, Tammy – Go-Kyu, Gwen – San-Kyu. Congratulations to all! Their hard work is evident in their katas.



Sensei Wilson has been slowed by a detached retina and a hole in the macula of the retina. Tammy, our resident medical authority, knows the eye surgeon and has kept a watchful eye on me. She has really made sure I did not over do it.

A bit of sadness has come to our group. Anita's father has passed on to a better place. It has been a blessing that we all care so much for each other. The support has been so helpful.

Our training area is being remodeled. Our "Pine Trees" on the wall "dojo" are being replaced. I am not sure what is next but am sure the décor will lead us to our "NEXT STEPS!" It is fun not to know what is coming sometimes and just accept!

See you all at the Internationals!
Sensei Wilson

Tonbo Dojo, Sensei Bentle

Greetings from Tonbo Dojo! We're pleased to congratulate Steve Schoo, 57, on earning his roko-kyu last month. It's a pleasure to have him with us. Steve works hard and seems to enjoy it. I mentioned his age just now only as a matter of perspective. If he were twelve or one hundred and twelve I would have done the same. (OK, maybe I would have made a bigger deal of it if he were a hundred and twelve, but that's beside the point). Achieving rank, meeting challenges and overcoming adversity are important milestones for all of us. I don't know about you, but I've always found promotion testing in Matsubayashi-ryu as stressful before hand as it is invigorating afterwards, regardless of the outcome. I look back on each of my tests with fondness and look forward to my next with trepidation. Why? Because in our system, we're not only tested on our technique and our ability to apply it under duress, but we're tested on who we are and possibly what we might become. No wonder we get nervous. We're supposed to. And you know what? It's OK.

Things get busy pretty quick and I hope you are all able to keep up your personal training outside of class. That's where we learn the most. Then when we go back to class, Sensei has something new to correct. You must take out time for yourself and train. You deserve it. Always remember, you are worth defending. You are worth fighting for. And if you won't do it, who will?

PROMTIONS!!!

PAC Promotions

December, 2010

Connor	PJ Gold
Destinee	PJ Orange
Katlynn	Yellow 1
Kelsie	Yellow 2
Cheyenne Orange	Yellow 2
Dakota	Yellow 2
Stephen	Yellow 2

February, 2011

Callie	PJ Orange
Corissa	PJ Orange
Kadience	PJ Orange
Bethany	PJ Green
Deven	Yellow 1
Jadon	Yellow 3
Collin	Orange 2
Stewart	Blue 1
Madison	Blue 1
Chumani	Blue 2
Christian	Blue 2
Jacob	Blue 3
Jennifer	Roku-Ryu

March/April, 2011

Dalton	PJ Gold
Brooke	PJ Yellow
Daphne	PJ Yellow
Shyanne	PJ Yellow
Connor	PJ
JaLynn	PJ Green
Corissa	PJ Green
Callie	PJ Green
Riley	PJ Blue
Bethany	PJ Blue
Stephen	Yellow3
Bradley	Yellow 3
Kelsie	Yellow3
Isiah	Orange 1

Gōhō Seishin Promotions

March 2011

Ben Orange	Yellow 3
Gavin	Yellow 3

March 2011

Henry	Yellow 1
Colton	Yellow 2

March 2011

Citizen	PJ
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Brenda M Hachi Kyu

OSKD Promotions

May 2011

Jesse H	Yellow 1	Justin M	Yellow 3
Mark S	Yellow 1	Jenisa M	Orange 1
Andrew W	Yellow 1	Jared P	Orange 2
Jaden E	Yellow 1	Cade J	Orange 2
Mason R	Yellow 1	Collin W	Orange 3
Austin C	Yellow 1	Nicholas H	Blue 1
Tommy M	Yellow 1	Mathew S	Blue 1
Braden M	Yellow 1	Arianna H	Blue 2
Holly B	Yellow 2	Kaci H	Blue 2
Rylan B	Yellow 2	Lane S	Blue 2
Logan M	Yellow 2	Bailey T	Blue 3
Aidan S	Yellow 2	Preston G	Red 3
Hannah S	Yellow 2	Brett C	Shichi Kyu
Kyle G	Yellow 2	Paul S	Shichi Kyu
Ryan L	Yellow 3		

LOTSATOPICS GENERAL DISCUSSIONS

Makiwara Training.

By Jeff Slutski Martial Arts & Family Fitness Center, Columbus, OH

Makiwara training is an important part of Matsubayashi-ryu. It is uniquely Okinawan and, according to Wikipedia, traditionally, a pad of rice straw (巻 maki "roll" + 藁 wara "straw"). While I was in the process of building one in my backyard, I came across an interesting article on line related to Makiwara training called Wolff's law. According to the article, "This is a theory developed by the German Anatomist/Surgeon Julius Wolff (1836–1902) in the 19th century that states that bone in a healthy person or animal will adapt to the loads it is placed under. If loading on a particular bone increases, the bone will remodel itself over time to become stronger to resist that sort of loading. The internal structure of the bone undergoes adaptive changes, followed by secondary changes to the external portion of the bone, perhaps becoming thicker as a result." So our Makiwara training actually increases our bone density, making our hand, arms and feet stronger, more powerful and less prone to injury.

Makiwara training is critical if a given technique, done correctly, is to stop an attacker in one blow. We are only as strong as the strength of the weapons behind the techniques. In Black Belt Class, Hanshi works with us to improve each little detail of a given technique to insure that we maximize its effectiveness. Yet, without the proper conditioning of our fists, open hands, elbows and feet, we do ourselves a disservice, in that we are not allowing the effort put behind the weapons to achieve their maximum potential.

If you can't get to the dojo early to do your Makiwara training, consider installing one in your home. It not only builds up the power of the techniques but it's a great way to let off some steam of a rough day at work. Not only that, ever since I started training on my Makiwara board in my backyard, the neighbors don't ask to borrow anything anymore.

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Karate Practice

by Patty Blakesley, Gōhō Seishin Dojo

Common ways to improve karate:

1. Attend as many classes as possible,
2. Keep positive, believe you can improve and will improve with practice,
3. Read Grand Master Nagamine's books, the WSKF newsletters and any book you hear your Sensei or other Karate students mention,
4. Go to Internationals and Black Belt classes when possible,
5. Visualize your improvement as you continue on your path.

An uncommon way to improve your karate practice follows:

Here's a question for you. Would you rather have \$3,000,000.00 (That's three million dollars) or a penny that doubles in value for 31 days?

Did you pick the \$3,000,000? Did you know that if you answered the penny, you would have more than \$21,000,000 (That's 21 million dollars!!!!) at the end of 31 days? Check this out <http://www.youtube.com/watch?v=u33kFTYT8w>

So what does this have to do with karate practice you ask?

If you go to class a couple of times a week, you probably will do basics. At the end of a class, you probably will feel that your basics are better. You may have learned something about your movements that you can correct, like stepping out with your foot pointed correctly in zenkutsu dachi: a front bent-leg stance, or the proper angle of your arm in chudan uke: middle block.

If you go to class again within a few days, you may remember what you learned and apply it. But life happens, and most of us will admit to forgetting what our teachers have taught us. Some of the slower learners of the bunch like me will admit to forgetting simple instructions over and over again.

How many times have you heard Hanshi say that he told us that last time? Remember how Hanshi tells us to go to the dump before class. Why? He wants us to clear our minds so we can concentrate on class, to better remember his simple instruction about our moves.

Now imagine the penny that doubles in value every day. If you practice karate every day, you compound the impact of those instructions because less life has gotten in your way.

Instead of trying to remember that simple instruction after a few days, you are only going back a few hours and you are better able to apply what you learned. Not to mention that

your learning is increased through repetition, you are not starting back at the beginning before you had that correction, that new insight. Your teacher's instruction is fresh on your mind, your ability to improve your movements is greater, and your practice the next day will be at a higher level. It may not seem like it on day 5 or day 10, but consistent daily practice will improve your karate. The compound effect* is assisting you.

If you need convincing, just look at the leaders in our federation. They practice every day, sometimes for hours. Ask them if you need actual proof. They'll share. For students, they are our greatest resource.

So the next time you take a class, plan a time the next day to practice, and the next day and the next. Three weeks is usually the amount of time the brain needs to make something a habit. Try it and let me know how it works. Domo arigato!

* See THE COMPOUND EFFECT, by Darren Hardy.

A Change In Style

Shami Hettiarachchi – New Shorin-ryu Student, Troy, Ohio Dojo.

I started my first Karate Lesson in June in 1990 in Goju Ryu from Sensei Eric Jarakaruna. He is now the present Chief Instructor for Yamaguchi Goju-Kai Karate Association in London.



The culmination of my training was attaining my First Degree Black belt in 1993 and being a part of the Sri Lankan Goju Ryu team to the International Goju Kai Championships on Kuala Lumpur, Malaysia. After moving to the United States in 1996, my Goju Ryu training was at best intermittent. Focusing on my higher education and my work always seem to get in the way!

I had visited the Troy, Shorin-ryu Dojo in 2010 and saw one class in session. At the time my two children were too young to join the pre-junior class. Two months ago I joined the Dojo myself along with my children. This has been a very rewarding experience for all three of us. Judging from their giddiness after a class by Sensei Chris and the random Kiai's I hear around the house is a good measure of their enjoyment of the classes.

For me on the other hand, this experience has been both very humbling and rewarding. It has been a challenge for me to undo my Goju Ryu training and learn Shorin-ryu.

However, I have to admit that some of the steps are similar and this is not surprising considering the roots of the two styles. With my limited exposure what I am finding is that Shorin-ryu is much more intuitive in many ways and makes sense from a physical and mechanical dynamic. My frequent questions to Kyoshi Leistner (never intending to disrespect either style) have always been answered with a compelling rationale.

Aside from kicking with my toe instead of the ball of foot, saying Kiai instead of Sei, calling the second Kata Fukyugata Ni instead of Gegesai Ich I am well on my way to enriching my martial arts experience in learning Shorin-ryu.

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Another Awesome Weekend – Fall Clinic Visit to Canada

Sylvain Shank, Ik-Kyu from the Dojo of Bois-des-Filion, Quebec, Canada.

It has all started on Thursday evening, when three members of the WSKF's Board of Directors have arrived at the Dojo, before the beginning of our first class. We have begun it in front of Hanshi Grant, Kyoshi Leistner and Kyoshi McPeck. Our people, who had never had the opportunity to train with them, were very impressed, as well as the others, obviously, by the skills and the deep knowledge of our mentors and friends.

The next day, we visited a cozy Japanese restaurant, in the heart of the Montreal's Chinatown, that restaurant deserves a visit to Montreal by itself. After a good meal, we came back to the Dojo at 4:00 PM, for a special training session, essentially for brown and black belts. At 7:00 PM, the rest of the attendees had arrived for the official beginning of the Clinic. At this point, everything was perfect! When Hanshi Grant called me to the front of the class and asked me to call the warm up, it was OK. At first...at least. I started to call the warm up, as requested. However, when Hanshi has notified me to go on with the basics, I kept on as instructed. However, after the longer period of time in front of the group, I felt like I was about to throw up! I was simply exhausted because I was so

nervous give the instructions, I mean I wanted to be perfect! The feeling was so intense, that I finally recognized I was forgetting to simply breathe.

After this first session, we went to another Japanese restaurant, where we have celebrated the opportunity to be together again. We had a long and enjoyable evening. And though when we left we thought we were done—it turns out that we had a flat tire on the van I was in, when we have come out of the restaurant, at... 1:00 AM.

The Saturday has represented a great training event, with a lot of techniques, Yakusoku Kumite, katas, etc. Kyoshi McPeek has taken me under his wing, in order to show me how to efficiently correct other people, what to look for on others, when they execute their techniques. Hanshi has shown me a lot of things to bring my skills to the next level. I had given the warm up after the break, and, everything went along a little better this time. For the dinner, we chose an Italian restaurant, not too far from their hotel. We had another great meal together and a lot of fun too.

On the Sunday, three groups were broken out. Sensei Jean-Luc and Sensei Nathalie have trained with Hanshi Grant, the colored belts with Kyoshi McPeek, and finally, the brown and black belts with Kyoshi Leistner. We have worked on all the katas that I need for my Sho-Dan. And then, like a blink of an eye, the weekend was over. It was been my fifth training session with the WSKF's officers and each time, I feel that I take my karate to next step.

Many thanks to Hanshi Grant, Kyoshi Leistner and Kyoshi McPeek for this other awesome weekend!!!

Kobudo's clinic in May

by Rene Seguin, Dojo Shorin-Ryu J.-L. M, Bois-des-Filion, Quebec, Canada.

When I received the email from Sensei Christine Leistner, about the fact that Kyoshi Dometrich was doing her Canada's tour and that she would be in town (Montreal) in May, in order to give a Kobudo's clinic, I became very enthusiastic.

Then, when I read her Kobudo Memo, stating the fact that " In Okinawa, a teacher will usually correct a student 3 times. If, after 3 times if the student does not correct his mistake, then the teacher will NEVER make the attempt again as he feels it's a waste of time and after a hundred years it will not have been corrected", I became very, very anxious. Knowing that I am a "slow learner", I thought to myself that she would probably rip me to shreds with her kamas, or even worst, beat me to death with her bo. After all, 30 times is a little bit more than 3 and you know, the panda (me) is not that quick to learn.



At the end of the day, we sweated a lot, even if the day was cold for the season. We also worked a lot, but mainly, we have learned to know a fantastic teacher, who talks about her art with passion, and who has the patience to teach to a bunch of beginners, among others more experienced, without losing her temper.

Of course, we will have to be better next time, because the expectations will probably be higher. Nevertheless, what a day it was and how cool it is to discover and enjoy all the ramifications of the WSKF.

Kyoshi Dometrich, I should be better in 15 years, maybe 14 ½, if you cut the corners round a little. Either/or, me and my sensei's and colleagues are looking forward to your next visit. By chance, with the beginners like me, we hope that you continue to be a little bit more patient than what we might experience in Okinawa!

Yours, The Karate Panda

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Karate for College and Beyond

by Erin Bergstrom, Gōhō Seishin Dojo

The transition into college can be tough, but some key concepts I have learned in the dojo have helped me succeed during my first two years of college. I have learned to be more confident, to set and achieve goals, and to have self discipline. These concepts from the dojo have been carried over to my school work and my professional life.

In Shorin-Ryu I have learned to always be confident and to not be afraid and timid. Being an early childhood education major, I have to have confidence in my abilities and be able to control a group of children. Part of our training is to work in a preschool classroom and run classes. Less confident student-teachers ask me about “tricks” to control the kids, there is no trick really. Children understand confident leadership and readily follow enthusiastic and confident leaders.

Practicing karate has made me come out of my shell and to really exceed in everything I do. I was able to attain a leadership role in my student organization where I organize fundraisers. I obtained a summer job at the Naval day-care center, and maintain a grade point average above a 3.0.

Sensei Sheets is always telling us to write down our goals and to write down ways we are going to achieve them. This year I wrote down a few goals and put the paper away and did not look at it until the end of the semester. I found the paper when the semester was over and I had met all the goals I had written. I have found that writing out goals will help you meet them and make them more real and more attainable.

Discipline is also a topic that is touched on in the dojo as well. Having the discipline to practice karate also translates into having discipline to complete homework assignments on time and to the best of my ability. When practicing karate, I was always taught to practice until I got it right, I use this same technique with my homework assignments. This past semester I took a total of 7 classes, or 17 credit hours, which is almost a full load. Having this many credits means a lot of time in the classroom and even more work outside of the classroom. Self discipline is key when trying to complete work in the allotted time given for it. Setting up a schedule and sticking to it also helped me throughout the semester.

The concepts I have learned in the dojo have helped shape my college career in a positive way by keeping me on task and giving me the confidence to try new things. Practicing karate has helped me learn to take on new challenges and not be afraid of what life has to offer.

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Teaching Karate in Public Schools requires patience, being creative and fun, and learning --

By Lori McPeck Martial Arts & Family Fitness Center,
Columbus, OH

I have had the opportunity this past year to teach Matsubayashi-Ryu karate to inner city children. Last June I took a job teaching karate at two charter schools in Columbus, Ohio. The charter schools are under the umbrella of Edvantages Inc. Edvantages operates eleven public charter schools in Ohio and Florida. The premise of these schools stresses the importance of fitness as well as academics. The students have an hour and fifteen minutes of fitness every day. The charter schools teach tennis, soccer, and some type of martial arts. Most of the schools teach Tae Kwon Do, but Chris Leistner paved the way for Matsubayashi-Ryu karate. She was the interim instructor at their Trotwood school where she became their full-time instructor this past year. Chris was instrumental in me getting my position at the two Columbus Schools.

I have been involved in karate for over 35 years, but not actively training the entire time period. I have taught many classes in a traditional dojo, but I met many challenges this past year for which I was not previously prepared for, nor did I know how to handle them (at first). The youngest child I ever taught before teaching at the charter schools was a very mature 12 year old boy. This past year I have taught Kindergarteners through eighth graders. I struggled and am still struggling with creative and fun ways to teach our traditional art to many children who may or may not be the least bit interested in training in karate.

The first day of school, I introduced the children to the new dojo which Kyoshi McPeck and I worked hard to put together over the summer. I also introduced them to the dojo rules which were our traditional rules changed a bit for the school environment. I tried to structure my classes like our traditional classes with the kids coming in and sitting quietly before the start of class. I bowed them into a picture of Hanshi and I bowed them in to me. I taught them our traditional warm-ups and slowly started teaching the basics. I quickly learned that the students weren't interested in learning the basics, they were boring. The kids wanted to do the type of karate they saw at the movies. I had to do a little educating. I demonstrated some of our katas from Fukyugatas to fighting katas. The students thought the katas were neat. They wanted to be able to do them. I told the students the katas were made-up from the basics. So the students resigned themselves to learning the basics. I found out that I couldn't hold the students' interest if I taught basics the way we do in our traditional dojos. I had to make a game out of it. I tried "Copy

Sensei", "Sensei Says" (Simon Says), and "What time is it Sensei Woof?" with my Kindergarteners and first graders. The students' favorite is "What time is it Sensei Woof?" In this game, the students make a straight line at one end of the dojo while the sensei woof stands at the other end. Sensei woof gives the students a basic stance to perform. The students ask sensei woof what time it is. Sensei woof then gives the students a time. The students move that many spaces while performing the basic.

Teaching kata is another hurdle I've had to jump. I have tried teaching kata with "Copy Sensei" and just plain old repetition. I've gotten the "this is boring" comments too. I talked to Chris Leistner and she gave me the idea of using music with katas. I haven't gotten to try this yet, but I think it will be a hit. I've used music in the martial arts classroom in other ways. I have learned a lot this past year. Sometimes I wonder who is teaching whom. I have found that teaching karate in a school environment has many challenges, but it also has its rewards; from the "Hello Sensei" in the mornings and the hugs from students throughout the day, as well as thank you notes from other staff and students. The best reward though is the smile on the students' faces when they master a tough technique.

One is eager to understand and explain everything. But when a man tries to express what he thinks he has understood, he is like an invalid. Words are his prison. -- **Kosei Takano, Kendo master**

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Quebec to Piqua – March 2011



My experience in Ohio

Myriam Fortier ,Dojo Shorin-Ryu J.-L. M., Bois-des-Filion, Quebec, Canada

Hi, today I am going to talk to you about my experience In Ohio.

The road

The driving itself has been quite long but we have had a lot of fun. We have laughed, we have listened to some music and we have told each others scary stories...

The hotel

When we have finally arrived to the hotel, it was very warmhearted. The beds all ready, the pool...inviting. I have appreciated the hotel a lot. The service was nice.

The dojos

It was the first time that I was seeing genuine dojos (instead of a school's gymnasium as dojo). When we have entered in Hanshi's Dojo, I have found everything wonderful. All the trophies, the certificates in frames, the numerous photos of him and the black belts, the wall of weapons and especially, the big photo of Master Shoshin Nagamine. Everything has impressed me a lot. Everything was carefully displayed. Kyoshi Leistner's Dojo was also magnificent. The big red punching bags, the U.S. and Canada flags and some others very beautiful photos of the black belts. It was fantastic.

The teaching

I have found that the experience was perfect, well detailed with a lot of examples. They were correcting us a lot, even with the first kata, which has allowed me to improve myself. Hanshi has found some small mistakes and has also given us nicknames... And he was taking the time to make us work out on them (mistakes). Every time that our group had some difficulties with a move, we were working on it and the black belts were passing among us to show us the move correctly.

Kyoshi Leistner's class

I have found Kyoshi Leistner's class very impressive and the students' discipline was absolutely perfect. I have felt well supported. I have adored my experience. I thank the parents who have come to pick me up and to bring me back home. I also thank the local WSKF's team, Sensei Jean-Luc and Sensei Nathalie for having thought to bring me with them and especially my parents for having allowed me to live such a super experience.

My trip to Ohio

Élise Masse, Dojo Shorin-Ryu J.-L. M., Bois-des-Filion, Quebec, Canada

I have really adored my trip to Ohio. It was very instructive. I have come back with the feeling to be more in shape but also with the feeling that I had considerably improved, in order to eventually become a better black belt. I have enormously appreciated the help of the other black belts who were helping us and teaching us during the clinic. They have made me realized that it requires a lot of work to achieve their level. I especially do not forget Hanshi Grant without whom we would not have enjoyed this magnificent trip the same way. I have also appreciated a lot the food that we have eaten there, particularly the Outback Steak House. It was really good. But I also have to say that I have particularly enjoyed Kyoshi Leistner's class. I have adored seeing the level of the students of the other group (Kyoshi's), because them, since they have begun the Karate, they train with the proper base. It is really impressive to watch them train and to imagine ourselves

in a near future. This class has allowed me to socialize with their students who, by the way, were really nice, especially Jared and Mark. I have found it very nice that the students have introduced themselves at the beginning of the class. It has allowed me to integrate myself quickly. But the most beautiful thing that I have retained from this trip, it is the friendship. I have established and solidified numerous friendship links with all the persons who have participated. Finally, I want to thank all the adults who have helped us during this trip and particularly my Sensei Jean-Luc, for having allowed me to make this memorable travel. I hope that I will have the chance to travel in Ohio one more time.

My trip to Ohio

David Masse, Dojo Shorin-Ryu J.-L. M., Bois-des-Filion, Quebec, Canada

My trip to Ohio has been super cool !!!

I have found the classes very instructive. Hanshi Grant and his students have shown me a lot of things to correct. I have a lot of moves and techniques to improve. I will try to apply everything that I have learned in my katas. When the senseis have done their katas, they were very impressive. I would really like to learn these katas, but I think that I am not ready yet. I would like to have two classes per week like the one we have had, added to the ones we have. I have not understood everything that Hanshi Grant was saying, but I have understood a little bit and anyway, there were good translators with us.

The hotel was really welcoming. The pool and the spa were relaxing and very hot. It has been a long time since I had swum and it has remembered me the hot summer days. The restaurants were really delicious. My favorite meal was the sushis. The last breakfast at the Cracker Barrel was also really good, as well as all the other meals, of course. The driving was really really long, but it was really worth it all.

I thank Sensei Jean-Luc Martin and his gang, Hanshi Grant and his students, the drivers and of course my beloved parents.

Kokoro Gamaye

by Jan Konya-Grabill

Greetings fellow karate-ka!! I hope all of you have been diligently training and studying over the winter and Spring! There is no better way to warm yourself up than to train. Since Spring and Summer are upon us, and there are always many activities around our homes and in our communities that demand our time during those seasons, I have chosen a short book to review this time. At just a little over 100 pages, with well-spaced lines, anyone could read this book in very little time. Do not let it's conciseness fool you, however, it is packed with wisdom!

The book is titled "The Twenty Guiding Principles of Karate: The Spiritual Legacy of the Master" by Gichin Funakoshi. According to Wikipedia (I know, I know, but I love Wikipedia!), Funakoshi's intent in formulating the twenty guiding principles of karate was to give students encouragement to become better human beings. The forward to the book, it is stated that Funakoshi provided his students with the twenty guiding principles so that they might avoid getting caught up in the physical aspects of karate without equal attention paid to the spiritual side of the art of karate. Only by combining the physical with the spiritual is it possible to experience karate-do, the Karate Way of Life.

As one might expect, the book is divided into twenty chapters, one for each of the guiding principles. The principle is stated at the beginning of the chapter and a short explanation, or rather, expansion of the principle follows. For instance, the first guiding principle is, "Do not forget that karate-do begins and ends with *rei*." The comments after the principle states that "*rei*" is generally defined as "respect," but that in fact it means much more. The term combines respect for others and one's own self-esteem. Endowing others with the same esteem one holds for one's self is an expression of *rei*. *Rei* is not something that can be manifested externally; it must come from a "respectful heart." Without *rei*, the martial arts are nothing more than forms of violence. Now, those words are few, but their profound meaning can be contemplated forever!

Some of the other guiding principles will be very familiar to anyone who has been a part of our Federation for any length of time. I doubt there is anyone who has been promoted past their white belt who has not heard it said many times that "there is no first strike in karate," which is the second guiding principle in the book. It is apparently a very simple statement, but more space is devoted to that principle in the book than most! Obviously, I have not thought hard enough on the meaning of that principle, perhaps because of its very simplicity!

The last principle I will include in this review is one that I have heard Hanshi Grant express many times, but in different language. Hanshi Grant constantly warns us to be alert, to take great care, to be aware of the dangers that surround us in these times. Compare his words to the sixteenth guiding principle, which states, "When you step beyond your own gate, you face a million enemies." Aren't they saying the same thing, Hanshi Grant and Gichin Funakoshi? The comments to the sixteenth principle stress that humility is part of protecting one's self from harm out in the world, because an arrogant or cocky attitude will attract troublemakers. I have heard Hanshi make that point before as well!

I found "The Twenty Principles of Karate" on the internet . . . where else? Although the inside dust jacket has a price of \$18, I was able to get it for considerably less, approximately \$12, from an online bookseller. I can hardly wait to take it to some quiet corner of nature and contemplate its message . . . if it would only stop raining here in Ohio!!!

As always, if you have any suggestions in the way of a book or movie you would like to share with your fellow karate-ka, simply e-mail me the title at SuiJuris94@lawyer.com, and I will include it in a future column!

Happy training, everyone!!

Unleash Your Warrior Within

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Hanshi Frank Grant, 10th Dan, Chairman WSKF

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Please fill out completely and send in this form and registration Fee, CASH or CHECK (Checks made payable to the WSKF) to your sensei on or before July 1, 2011, or include \$10 Late Registration Fee after July 1.

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This form is available on-line: www.shorin-ryu.net