

WSKF NEWSLETTER

December 2010



THE NEXT STEP – STEPPING FORWARD

2010 WSKF Internationals, PAC Dojo Kyoshi Olin

“Best Internationals Ever” was a phrase I heard from students who have attended prior WSKF Internationals. If you missed the 2010 WSKF Internationals, you missed a phenomenal event. According to Lisa from the PAC Dojo “I gained a greater understanding of our abilities as martial artists. I learned to appreciate and respect the severity of using my martial arts skills against an individual and what I will have to deal with and accept after using them on another person. I must always be cognitive of the possible outcome and repercussions for using the art against an attacker.” Lisa also felt there was more energy and spirit this year at the Internationals. PAC student Katie said winning the Student of the Year Award was the best part of Internationals and Larry said he thoroughly enjoyed the classes, the dinner and especially the videos. Everyone felt highly motivated and was lifted to a higher plane of understanding. Students demonstrated their goal-driven punches, blocks, kicks and sweating brows were seen on everyone. Not only was the energy at an all time high at the Internationals, but Ohio experienced one of the hottest weekends all summer during this event. Ninety degree weather kept no one away.



The theme for 2010 came from a conversation Hanshi Grant had with Grand Master Nagamine in 1966. After spending 6 months of extensive and exhaustive training in Okinawa with Grand Master Nagamine, Hanshi Grant was given the task of taking Matsubayashi-Ryu back to the US with specific directions to take Matsubayashi-Ryu to the “Next Step”. This meant Hanshi was to never change the style, but to fine tune the techniques for Matsubayashi-Ryu so this style of martial arts would continue to be the unique and effective style developed by the Grand Master.

During the 2010 WSKF Internationals, students began to understand and practice “The Next Step” in Matsubayashi-Ryu training.

To begin the Internationals, an Instructor/Assistant Instructor Certification session was held at the Honbu Dojo. Hanshi and the WSKF Board of Directors provide extensive training yearly to WSKF instructors and assistant instructors to ensure Matsubayashi-Ryu training is consistent within the WSKF. The challenge for the New Year will be to incorporate “The Next Step” in Matsubayashi-Ryu training into the classes.

Black Belt and Kyu Promotions were extremely exciting, for the participants, the Board and the spectators. Becoming a black belt and moving up in the ranks of black belt is an amazing accomplishment. Congratulations to the following martial artists for achieving these ranks.

Jeff	Sho-Dan	Columbus, Ohio Dojo
Lori	San-Dan	Columbus, Ohio Dojo
Patty	Ni-Dan	Goho Seishin Dojo
Lori	Ni-Dan	Troy, Ohio OSKD
Jack	Ni-Dan	Troy, Ohio OSKD
Jan	Ni-Dan	Troy, Ohio OSKD
Chris	Go-Dan	Troy, Ohio OSKD

Dojo Owners were treated to a guest speaker during the yearly Dojo Owners Meeting. WSKF student Jeff Slutsky, author of Street Fighter Marketing Solutions (Simon & Schuster) provided an extremely informative workshop on how to market, promote and increase student enrollment with little or no money. Jeff guided the dojo owners through the process of creating an attack plan for building up their dojo. Thank you Jeff for your creative insight and for giving dojo owners the tools to take their Dojo to “The Next Step.”

The addition of class training choices at the 2010 Internationals provided each participant the ability to choose individual topics of interest to them. The different classes afforded each student the opportunity to structure their training schedule to fit their individual interests. Classes included everything from Meditation, Breathing



exercises and Stretching to Makiwara, Breaking and learning to shake the building with powerful Naihanchi Stomps.

Junior students were challenged on the obstacle course where they displayed their speed, balance, karate technique and teamwork. Congratulations to "Braces Faces" Kyle and Jake for winning 1st place, Christian and Collin for winning 2nd and Tucker and Kyle for winning 3rd place.

A yearly Internationals event is the Dojo Student and WSKF Student of the Year Awards. Each dojo owner proudly announces their student that exhibits exceptional spirit and drive in the dojo. Congratulations to the following Dojo Students of the Year:

Katie	PAC Dojo
Lori Shinall	OSKD
Rene Sequin	Canada Dojo
Patty Blakesley	Goho Seishin Dojo
Jeff Slutsky	Columbus, Ohio Dojo
Tammy Dukatz	Troy, Michigan Dojo
Mario Perez	Jiyu Seishin Dojo



From the Dojo Student of the Year choices, one WSKF Student of the Year is chosen. This year the Honor of being the WSKF Student of the Year went to Tammy Dukatz from Sensei Lennie Wilson's Dojo in Michigan. Congratulations Tammy. Along with the special plaque Tammy received, her name will also be placed on the WSKF Student of the Year Plaque in Piqua and there will be no cost for her to attend the 2011 WSKF Internationals.

As always, the Awards Banquet and Dinner was exceptional. Attendees watched the WSKF Year in Review, detailing the events of the organization and individual dojos. To celebrate the 40 years of the WSKF, a slide presentation showed student activities from 1970 to present. It was great walking through the progress of the WSKF during the last 40 years. Another treat was seeing a preview of "A Gift from O'Sensei," the newest WSKF DVD of Hanshi Grant's historical Matsubayashi-Ryu training.

Just when everyone thought they had seen it all at the Internationals - - Hanshi Grant announced the Promotions of Kyoshi Tommie Harris and Kyoshi Jack McPeek to the rank of Ku-Dan (9th degree). These two outstanding martial artists have stood the test of time. Their superior spirit and unwavering dedication to Matsubayashi-Ryu and their devotion to Hanshi Grant and Grand Master Nagamine, have made them the exceptional individuals they are today and are well deserving of this prestigious Promotion.

One more surprise was in the wind.....The announcement of the 2010 WSKF Budo Hall of Honor Recipient. This year Kyoshi Tommie Harris was inducted into the Budo Hall of Honor for his efforts, commitment and dedication to Matsubayashi-Ryu and the WSKF. This announcement brought everyone to their feet and if you looked close enough, you could see a joyful tear in Kyoshi's eyes. This award is well deserved for a man who "tackles life in the same familiar way he tackles Karate – head on, straight forward and with strength and grace."

The 2010 WSKF Internationals was the largest to date with representatives from Ohio, South Carolina, Michigan, Indiana, Kentucky, Illinois, Connecticut and Canada. Hanshi Grant and the Board of Directors were extremely pleased with the huge turnout and the overwhelming success of the event. The date for the 2011 WSKF Internationals has been set (July 21 to 24) and plans



for an even bigger and better event are already being planned. Mark your calendars for the "The Next Step".

Hard Work & Fellowship was enjoyed by all. The pictures speak for themselves. But, before you go on to view them...some thoughts and questions. After learning everything available at Internationals,

what have you done to continue on to the Next Step? Have you fortified your training? Have you taken ownership of what you can accomplish in the art and in helping others? Have you continued to perfect your technique? Have you frequented www.shorin-ryu.net and logged into the forums to add to the growth of knowledge? What is the Next Step for you and the art and how can you contribute? Train hard!

FIELD OF DREAMS - Jeff Slutsky

This was my first WSKF Internationals. It was a remarkable experience yet the one moment that captured my imagination was one that reminded me of a movie. I was walking back to the dojo with Kyoshi McPeek after lunch and it hit me. In the middle of this Ohio soybean field stood the renovated exterior of a huge barn that was host to karate students from all over North America. It was like the 1989 classic movie, *Field Of Dreams* starring Kevin Costner. He heard voices saying "If you build it, [they] will come." What worked in that fictitious Iowa cornfield seemed also to work in a real life Troy, Ohio soybean field. But instead of white baseball

uniforms the participants wore white karate gi's. According to an online article published by IMDB, "The film's underlying themes are the fulfillment of dreams, and how people can overcome any regrets they may have about the life choices they make." It seems that there are parallels in the study of Karate. Each program was geared for perfecting something. Whether we were executing the first move of Ananku in one of Hanshi's sessions, bo tactics in Kyoshi Dometrich's Kobudo class or breaking with Kyoshi Leistner, I found myself focused on the moment. The problems and stresses of the outside world melted away for those special days. By next year's International's the inside of the dojo should be finished, providing the attendees an exceptional venue for attaining their karate dreams.

Hanshi Keeps Going and Going

Just like the Energizer Bunny.....Hanshi cannot be held down. In August, after a night of severe pain, Hanshi drove himself to the Emergency Room. With just one phone call, Hanshi's doctor, student and close friend, Dr. Carmody, was at his side. The next morning Hanshi was in and out of surgery and was minus a gall bladder. By the afternoon, Hanshi was well on his way to a full recovery.



To make sure Hanshi did not try and do too much, Dr. Carmody and his family insisted he should stay with them at their home. Dr. Carmody, Cheryl and the kids were instrumental in Hanshi's recovery. Within a couple of days after surgery, Hanshi was in the pool working on his tan. According to Hanshi, "I feel better now than I have for a long time." Today, Hanshi is back at the Dojo – full steam ahead and working on "The Next Step".



PROMOTIONS!!!

PROMOTIONS!!!

Hard work does pay off... congratulations to the following students for receiving promotions in rank. Its AMAZING to see everyone's accomplishments, and it is a wonderful thing to see how much our organization is growing!

PAC - Okinawan Shorin-ryu Karate Dojo

April & May, 2010

Rian	Yellow 2	Kayla	Yellow 3
Jayden	Yellow 2	Collin	Yellow 3
Miranda	Yellow 2	MacKenzie	Yellow 3
Anthony	Yellow 2		
Jadon	Yellow 2		

June to August, 2010

Bethaney	PJ Yellow	Ayanna	Yellow 2
JaLynn	PJ Yellow		
Marcus	PJ Yellow		
Riley	PJ Orange	Isiah	Yellow 3
Cameron	Yellow 1	Stewart	Orange 1
Bradley	Yellow 1		
		Christian	Blue 1
Marc	San-Kyu		

September, 2010

Connor	PJ Yellow	Bethaney	PJ Gold
Callie	PJ Yellow	Stephen	Yellow 1
Corissa	PJ Yellow		

Oct. & Nov. 2010

Dalton	PJ Yellow	Rian	Yellow 3
Kadience	PJ Yellow	Jayden	Yellow 3
JaLynn	PJ Gold	Isiah	Orange 1
Callie	PJ Gold	Stewart	Orange 3
Corissa	PJ Gold	Katie	Blue 1
Bethaney	PJ Orange	Jenny	Sichi-Kyu
Riley	PJ Green		
Bradley	Yellow 2		

The Christian Soldier Martial Arts Academy and Shorin-ryu Karate Club

August 2010

Jacob Yellow 2 Logan 7th Kyu

Gōhō Seishin Dojo

June to August, 2010 Juniors PJ Green – Gavin
PJ Orange – Ben PJ Gold – Citizen & Henry

Adults San-Kyu - Brandon Ni-Kyu – Sean & Cory
Ni Dan – Patty Blakesley

Oct. & Nov. 2010 Juniors Yellow 3 – Ben & Gavin PJ Orange – Citizen

Columbus Martial Arts & Family Fitness Center news.

August 2010: 7th kyu white belt – Evan Sho Dan black belt – Jeff
San Dan – Lori

November 2010:

Reggie, shichi kyu 7th kyu Evan 6th kyu

Troy Dojo Promotions

Troy Okinawa ShorinRyu Karate

Belt Advancement

August Promotions

Cortney	Yel 1	Arianna	Org 3
Drake	Yel 1	Kaci	Org 3
Justin	Yel 1	Lane	Org 3
Adrianna	Yel 1	BAILEY	Blu 1
Jenisa	Yel 2	Natalie	Pur 1
Cade	Yel 2	Preston	Red 1
Griffin	Yel 2	Brett	Hachi Kyu
Nathan Rocke	Yel 3	Devin	Hachi Kyu
Zack	Yel 3	Paul	Hachi Kyu
Jared	Yel 3	Martin	Roku Kyu
Seth	Yel 3	LeLand	Roku Kyu
Ashley	Org 1	Cody	Yon Kyu

Haruto	Org 1	Sam	Ni Kyu
Greg	Org 1	Jack	Ni Dan
Andy	Org 1	Jan	Ni Dan
Collin	Org 1	Lori	San Dan
Wesley	Org 2	Chris	Go Dan
Nicholas	Org 2		

**Troy Okinawa ShorinRyu Karate Belt
Advancement
November Promotions**

Aidan	Yel 1	Mathew	Org 3
Kyle	Yel 1	Arianna	Blu 1
Logan	Yel 1	Kaci	Blue 1
AJ	Yel 1	Lane	Blue 1
Hannah	Yel 1	Bailey	Blue 2
Drake	Yel 2	Natalie	Pur 2
Ryan	Yel 2	Preston	Red 2
Justin	Yel 2	Brett	Shichi Kyu
Jenisa	Yel 3	Kevin (2)	Shichi Kyu
Jared	Org 1	Andrew	Shichi Kyu
Cade	Org 1	Devin	Shichi Kyu
Griffin	Org 1	Paul	Shichi Kyu
Greg	Org 2	LeLand	Go Kyu
Andy	Org 2	Jeff	Go Kyu
Collin	Org 2	Ron	Ik Kyu
Nicholas	Org 3		

DOJO NEWS!

Matsubayashi Karate in Troy, Michigan – Sensei Wilson

In the midst of everything like school, taking care of parents, and work, all of us have made a point of maintaining our training. I appreciate the dedicated students I am blessed with.



Train hard and squat!

Another Women's Self Defense course was held at our church during November. The group was small but had lots of energy. I know of one grandmother type that is small but very feisty.

Due to some recent unfortunate happenings in our area, we are going to offer our help to the local high school in the way of educating and enlightening our young adult women about being safe when traveling throughout our community. After all, what we all want for them is to be safe.

Gōhō Seishin Dojo – Lake Villa Illinois – Sensei Sheets

After a great turnout for Internationals, we're back in Sweet Home Chicago (okay, a little north of Chicago) continuing our quest to reach the Next Step. Classes are growing in size and knowledge. We are learning, working hard, and growing in skills. We have also been lucky enough to have a few distinguished guests!

The Juniors numbers are growing faster than the adults - and we will soon be assigning mentors for each of the juniors. This is where one of the higher ranking belts will take on some co-coaching...and we know we learn as much from understanding how to teach as teaching, so it will



be a growth experience for all.



The Pike Family visited in September. We were grateful to have them here, and enjoyed their company. Renshi Pike was also kind enough to hold classes during the visit. Renshi gave the juniors some new goals. In addition, the Juniors were able to work on their self defense skills, and the importance of being aware of “Stranger Danger”. The adult group continued the study of technique, striking, and grappling, learning about how we can find each of those applications in every move we make.

November brought a visit from Ricky Middlebrook of Jiyu Seishin Dojo. We already had class scheduled in honor of the Embu Tai Kai that Saturday, and Ricky joined right in. We worked hard – no one’s gi was even close to dry when we got done. A lot of positive energy was generated, we traded hands and feet a few times, and then shared a nice meal afterwards.

Fall Promotions were held as well, and several stepped up successfully to the challenge. (See “Promotions” for more details)

And in keeping with the Charge from Internationals to help those in need, the dojo will be volunteering over the next couple months to help with PADS – a local shelter for displaced people hosted by local churches. We will help set up beds and serve food as needed.

Best to all!

Troy Okinawa Shorin-ryu Karate Dojo – Kyoshi

It’s been CRAZY! Busy in Troy at the OSKD dojo – in addition to training, promotions, seminars, hosting Internationals, and building an AMAZING dojo, here’s just a few of the other exciting events....



Troy 3 Day Overnighter Karate Camp

The Troy Karate students enjoyed 3 fun filled days. They enjoyed learning new take downs, submissions, yakusoku kumite, kata, fireworks and the list goes on and on.

Strawberry Festival

The Troy Okinawa Shorin-ryu Karate Dojo students enjoyed another year marching in one of the communities largest festivities, the annual Troy Strawberry Festival. The students have fun, and afterwards, smile with pride, marching the two mile parade with no shoes. One would think the no shoes/bare footed would be the biggest challenge of the two mile march! But, guess again, the biggest challenge for the students was waving at the thousands of spectators and hoping the horses were behind you in the line-up of the parade. Everyone enjoys participating in this grand event!



Fall Hayride!

The Troy students and parents enjoyed a cold October night during their annual fall hayride. Everyone had lots of fun making s'mores and roasting hot dogs around the warm camp fire. The students had a choice of either enjoying a nice peaceful scenic hayride or a haunted hayride. Of course, the older kids wanted to go on the haunted hayride as the younger ones enjoyed the peaceful scenic hayride. Regardless of their choice of "scariness" everyone had a great time!



Christmas Party

The Troy Dojo had their Christmas Skating party for all students, family and friends. Everyone enjoyed the challenge of skating on four wheels and some students were able to even practice their karate brake falls and rolls. As for the adults they took extra precaution on the skates and were able to practice balance and centering. Everyone enjoyed the fine cooking and camaraderie and had a few laughs.

PAC DOJO, KYOSHI OLIN

The PAC group continues to support the Dayton and Montgomery County communities. In May, PAC students, parents and supporters braved the extremely cold and windy weather and jointly walked approximately 75 miles at the Arthritis Walk at Carrollon Park. The students and participants enjoyed pizza, drinks and snacks and had the opportunity to experience being a race car driver by posing/sitting inside some of the displayed race cars. The group enjoyed the enormous display of hotrod cars and even watched as Dr. Trzeciak revved up the engine of the tremendously loud 8000 HP dragster. After the walk, PAC students performed kata and yakusoku kumite to the delight of the crowd. This was the first year for PAC to participate in the Arthritis Walk and we hope to make this an annual event.



As a result of PAC's continuous efforts in litter clean ups in the Harrison Township area, they were rewarded and given tickets to sit in the Dragon's Lair at the Dayton Dragons Game in



June. It was an extremely hot day, but students enjoyed the game, the treats and running the bases after the game.

The competitive juices are strong in the PAC organization as students competed in 3 MVTA tournaments (TAMA, Peaceful Tiger and Tae Ryu Do), the Five Seasons tournament and Master Anthony Price's All Stars Tournament in Cincinnati. Veteran competitors Sensei

Olin, Lisa, Jake, Kyle, Katie, Marc, Stewart, MacKenzie, Collin, Riley and Madison represented PAC with their continued spirit and determination. In November, at the Tae Ryu Do tournament Jenny, Bethaney and Bradley competed for the first time. This tournament gave these students a taste of victory and they are preparing for the next tournament in December. For those Facebook friends of Jenny, her spectacular sparring match is on display.

For the fourth year, PAC participated in the Harrison Township Parade. As Sensei Olin and Lisa kept the group in orderly lines, Marc lead the group in basics as they moved their way down N. Dixie Drive. PAC students Lisa and Marc took the opportunity to display their Yakusoku Kumite skills on Group B, Number 4 (Hanshi Grant's creation) in front of the Announcers Booth. Their speed and technique pleased the crowd as onlookers cheered and Julianne & Daryl had smiles on their faces as they proudly marched displaying the PAC banner.



Jiyu Seishin Dojo, Renshi Pike

The Jiyu Seishin Dojo has had an exciting time the last few months. Right before Internationals, the dojo conducted a demonstration at the local opening of *"The Karate Kid"*. Everyone going into and coming out of the theaters were amazed by the techniques, and several people wanted more information about how to join the dojo! The demonstrations were so well liked, we think we may have contributed to the success at the boxoffice, with people returning for a second ticket, hoping to see some more of the techniques demonstrated by Renshi Pike and the students. We didn't want to disappoint so we did make a return appearance, this time for *"The Last Airbender"*.



Of course Internationals was amazing, and those that were able to make the trip were in much appreciative of all the training opportunities made available. Even though he wasn't able to attend the Internationals event, Mario was presented his Student of the Year award back at the dojo.

We were able to make a second trip the next month to visit Sensei Sheets and the extended family at the Gōhō Seishin dojo. A fun time was had by all and Renshi Pike conducted a marathon of classes for the junior and adult students at the Lake Villa dojo. Budo spirit filled the air as we delved into all sorts of applications for each of our basics.



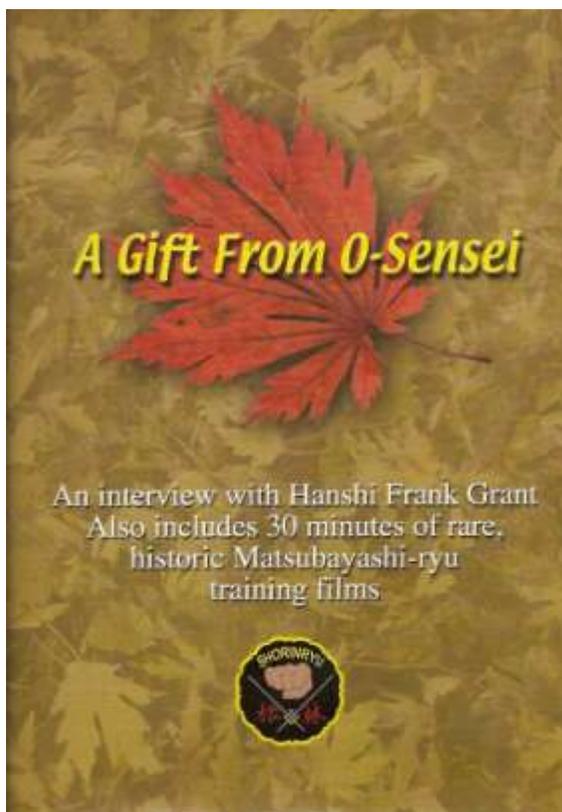
In September we held a demonstration at the Willie E Thomas School, had several new students join, and also had the thrill of being able to train with Hanshi Grant at the Honbo dojo. In October we launched a series of women's self defense classes, and Ricky was able to compete and win in a local tournament (great job Ricky!).

Here's something Important to learn from the tournament: It was a mixed martial arts event. Ricky, now a black belt in Matsubayashi-Ryu, has trained in our style for a very long time. He left the dojo for a short while but returned to what he knew worked, and openly and humbly

requested that Renshi Pike accept him back into the dojo, Renshi agreed, not only to have him back, but to help train him for the event. Hanshi Grant often reminds us that if we work our basics and other skills, and train in the fundamentals of yakusoku-kumite, you can become the best fighter in the world. Ricky's performance in the 170 pound weight class proved out that reality. In his first bout he knocked his opponent out in less than one minute, and achieved an equally quick victory in the second bout just a couple days later. He represented himself, the dojo and the style well, and although we don't encourage students to enter these kinds of matches – it does provide yet another concrete example of the excellence of our art.

The later months of the year, in addition to all our other training, we will be focusing on bo-jutsu, a most amazing weapon.

PEACE



NEW WSKF DVD ON SALE

The newest WSKF DVD “A Gift From O-Sensei” is now on sale. This 60 minute DVD is packed with historic Matsubayashi-Ryu training films and an interview with Hanshi Frank Grant. Hanshi Grant has always considered Karate a gift from O-Sensei and in this DVD, you will see the true beginning of Hanshi Grant’s journey with O’Sensei.

This new DVD is the 4th in a series of WSKF Training DVD’s. The first three DVD’s produced by the WSKF are Yakusoku Kumite & Uke Waza, Basics and Kata. All DVD’s can be purchased through the WSKF. Ask your Sensei for details. Campaign for the Holidays (or save up) to get a box set!

***LOTSA TOPICS**

***GENERAL DISCUSSIONS**

***OTHER FUN STUFF**

Thanksgiving Day Virtual Workout, Kyoshi McPeek

Thanks to all members and supports who showed up at this year’s Thanksgiving Day Virtual Workout. Even though physically we all were at a distance it was a great workout with a lot of energy and enthusiasm. Once again I ate my second helping of turkey & dressing without guilt, domo arigatou gozaimasu!

FIFTEEN MINUTES - Sensei Jeff Bentle



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 have 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.

The More You Know, The More You Know You Don't Know: Karate-Do, Patty Blakesley

Ni-Dan essay July 22, 2010

When karate was first introduced to me, I thought of it as an exercise program. I knew that many folks I knew went to classes several times a week for physical training. They didn't talk about it much, but they seemed committed. Then I read a self-help book that said to pick a sport for a life long practice and martial arts was on the list.

I started taking tai chi at the local health club, but the instructor did not keep the classes up so I started to look for another martial art. I was intrigued by concepts like chi even if I didn't begin to understand them. I sought out my local karate dojo, which turned out to be Hanshi Grant's first satellite dojo on Martha's Vineyard, Massachusetts. I began to practice on a regular basis,

or so I thought. Two or three times a week seemed reasonable, and I began to learn the culture and tradition surrounding karate practice, the history of Okinawa karate.

Meeting Hanshi Grant over the course of the next few years of my training taught me a lot more about the practice of karate and about his training with our style's Grand Master, Shoshin Nagamine. Everything I was learning appealed to my body, my mind and spirit. Meditation had always been a struggle for me, but I kept at it. My motto was already to be the best possible person I could be, and studying karate fit right in. A good friend who was becoming a Buddhist recognized the similarity in our journey.

Hanshi introduced me to the science inherent in karate moves. He must have read a lot of Einstein and other physicists' work, because he continues to use their theories to teach his students. As I advanced in my practice, more and more of what he taught rang true. I really wanted to understand more.

More importantly though, Hanshi and other Black Belts began to show that their karate practice had become of way of life, karate-do. How karate-do differs from the practice of karate may vary for everyone, but words like self-mastery, conquering an eternal battle with self have been used.

As I read more, and as I listen more, I think that karate-do for me is learning more about every aspect of myself. Karate-do speaks to my soul. This is a very personal statement, since it means, of course, that I believe in a soul. I think that whenever I go on the deck, or when I train at home, I am in touch with the spirits of all the budo practitioners who have lived before.



Now I know how much I do not know. Fifteen years since first entering a dojo have flown by, and I believe I have only begun to learn karate-do. I am excited as I continue on watching the kata teach me. I want to expand my knowledge. Domo Arigato!

The Journey to Becoming a Brown Belt, Brandon Maldonado

The journey I took to becoming a brown belt was a very long and bumpy road. At times it seemed like an impossible goal for me and I began to wonder if I should even keep trying to achieve it. In 2009, I was long overdue (in terms of time) for my san kyu brown belt test and I still wasn't too confident about a few of my katas. Nonetheless, my Sensei signed me up at Internationals to take the test. It was a complete surprise to me, and that worked on me and I choked when I got up there. Needless to say, I didn't pass. I've been inconsistent with my

training in the past and because of that; I didn't pass, and didn't get an opportunity to promote for some time.

It wasn't until about three months prior to last year's Nationals that I decided to step my game up. I didn't want to come unprepared this time. I knew that I was better than what I showed the previous year, and I wanted to prove it. I began to train on my own at home almost everyday until the promotion.

When I got up there I felt extremely confident. After what seemed to be forever, I was finally done. During the post-promotion questions Hanshi asked what I had done differently to prepare for my test. I proceeded to tell him how I've been practicing at home everyday and the last thing he said was "Well it shows". Those were three words that I never expected to hear from him. My advice to anyone is practice on your own as much as possible. A little goes a long way and it really pays off in the long run.

What I Have Received From My Training in Shorin-Ryu Karate Troy Dojo, Kevin Keiser

It is hard to explain how much I have benefited from my time in karate. Every promotion I attend I come away feeling a sense of accomplishment and every practice a little greater self esteem.

I can only attend in the winter months, though I would like to do more training. I still find it is money and time well spent. I know my progress will be slower than most, but we all do the best we can to manage our time. This is my third winter and I encourage anyone who is thinking of joining karate to sign up. I am fifty years old and I feel accepted and encouraged to keep getting better.

Karate Family Style by Leland Smith

I can proudly say I have two boys that recently earned their orange belts. They have come a long way since they first started over 18 months ago. I don't think they knew what they were in for when they began. All they knew about karate was what they learned from television and the movies. I am not even that sure they really wanted to go to karate classes when they started. I think I was more interested in them attending than they were as I was hoping it would help them focus and would be good for self-defense. They now love it and they have both said they want to earn their black belts and become senseis.

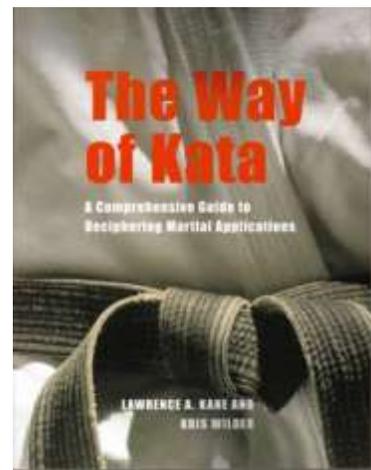
There are many advantages that most of us already know about from learning karate: self-defense, physical fitness, improved coordination, self-discipline, focus, and self-confidence. However, I have learned of a couple additional advantages along the way:

- friendships with some great people who share similar interests. For the boys an additional advantage of this is they meet children that do not go to their school which broadens their horizons and I hope makes them less susceptible to peer pressure
- the lessons learned in karate such as the precision of basics and sequential nature of kata is very transferable to other aspects of life. I have used what the boys have learned in karate to help explain other life lessons from how to handle certain relationships to be better at other activities they enjoy
- for us, karate is a family activity. I joined karate after watching the boys for several months from the sidelines. Now we all attend class together and hopefully we will all continue to do so into the distant future. It is hard to find an activity that everyone of all ages can enjoy. Karate is definitely one that can.

Karate has become an important part of our lives. The boys and I have learned some new skills and met some wonderful people. We are all glad to learn karate at the Troy OSKD Dojo.

Kokoro-Gamaye, by Jan Konya-Grabill

Greetings, one and all! Well, now that it's getting dark earlier, you can sit down after dinner and read, right? Well, I have just the book for you. It's title is "The Way of Kata," and it's subtitled "A Comprehensive Guide to Deciphering Martial Applications." The authors of the book, published in 2005, are Lawrence A. Kane and Kris Wilder. Although the book is not specifically about Shorin-Ryu, much of it is familiar because its authors are both practitioners of Goju-Ryu. The book is arranged in chapters, naturally, which focus on background fundamentals of kata, strategy and tactics, principles and rules to guide one's training in kata, and the physics and physiology of the human response to violence. Each one of those topics seem enough to fill an entire book alone, but "The Way of Kata" is just 278 pages.



I confess I have not read the entire book, but I am finding leafing through it quite interesting. For instance, I read part of the several-pages long discussion of the rule "There is only one enemy at a time." It caught my attention because, of course, we are taught that kata is an imaginary fight with two or more people, and I myself frequently imagine attackers coming from all sides when performing kata. The authors explain that the reason kata is performed with the "dancelike direction shifts" is because martial arts training was historically accomplished in secret with little room to maneuver. For this reason, space was severely limited for the kata performer, so turns were used to keep the practice area concise. In addition, the authors note that while a fight may take place as a whole over a large expanse of space, at any given moment in the fight, the combatants are ideally less than an arm's length from each other . . . again, a concise area. While it may not be how each of us train on a regular basis, it is a fascinatingly different way to think about kata.

Another rule the authors put forth is that "a hand returning to chamber usually has something in it." In other words, when we retract our fist to our arm socket, we could imagine grabbing, pulling, or trapping an opponent's limb each time. How much do you suppose that might invigorate your back arm? I also browsed the text relating to the overlapping rules that "there is no block" in kata, and "advancing techniques imply attack, while retreating techniques imply defense." Frequently, we are moving forward when we execute a chest, head, or other block. What the authors are saying is that those blocks should be thought of as attacks as they are advancing techniques. Talk about invigoration!! Of course, many of my karate-ka cohorts had their epiphany of attacking with a block a long time ago, but this book puts it in such a way that I really understand what that means. I'm sure everyone has had the experience of having someone teach them something over and over, then someone else teaches the same lesson in a different way, and "voila!" it finally clicks! That is how reading this book is for me.

One of the principles the authors discuss fits in well with the "rules" just mentioned, and could well become my new mantra during kata training. It is, "strike to disrupt; disrupt to strike." This has probably been told to me a hundred different ways throughout my years of training, but for some reason, that simple phrase struck a chord in me. How easy to keep those words in my mind during each technique of a kata!

The book is filled with photographs and diagrams illustrating the points the authors wish to make, and I found them very helpful in understanding what they say about the mechanics of kata and in the use of martial arts in a real fight. The writing style is easy to understand without being to simplistic or superficial. It is apparent that these two authors have studied and thought a lot about kata as an art, and as a means of self defense, and they recognize the difference between the two. As I said, I did not read the whole book (yet), but it IS a book you will want to read from cover to cover. Although some of the ideas the authors set out may turn out to be in slight tension with what we learn from Grand Master Nagamine, one can take whatever he or she can from the book and use it in their training as I intend to do. It provides one more way to think about karate and kata, and challenges some of the assumptions I hold about kata training that I didn't even know I held!!

The book retails for \$24.95, but can probably be found online for less. I have a feeling this book will be one that I return to again and again to fire up my training!

REMINDER!: Check out the WSKF Website:

www.shorin-ryu.net Sign in, sign up, Read the Forums! Check the Calendars! And reserve your time to attend the 2011 Internationals July 21st to the 24th

From the Editor: Special Thanks to Mr. Slutsky for the extremely valuable marketing seminar presented for the Dojo owners – it was a great lesson in business, marketing, and applying the spirit of our karate to telling our story!



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