

Thursday, June 22:

## 2017 WSKF Internationals Agenda

- **1:00 - 4:00 - Instructor's Certification** - A requirement to teach Matsubayashi-Ryu Karate-Do requires a WSKF teaching certificate. Please verify recertification status with Kyoshi Leistner and your Sensei. (*Additional fee required.*)
- **6:00 pm - Black Belt Promotions** - Demonstrate your accumulative years of dedication to training in front of the WSKF Board, family, friends and your fellow karate-ka.

Friday, June 23:

- **9:00 - 11:00 am - Dojo Owners Meeting** - An informal yearly get together of the Dojo Owners to disperse information, exchange ideas and document the outcome.
- **11:00 - 1:00 - Lunch**
- **1:00 - 2:00 - Your Journey, A Recap** - As we begin a new year of training with a new theme, let's review and share last year's theme and it's many lessons.
- **1:00 - 3:00 - KOBUDO** - (Okinawan Weapons) Taught by Kyoshi Devorah Dometrich (*Additional fee required.*)
- **2:15 - 3:15 - Surprise Class** - Interpret Kata in a new and exciting way, working one on one. Not your typical Bunkai!
- **6:00 pm - Junior and Kyu Promotions** - Authenticate the results of your training by demonstrating your perseverance and karate waza.

Saturday, June 24:

- **9:00 - 9:15 am - Official Welcome with Hanshi Grant, 10<sup>th</sup> Dan**  
Learn the tremendously strong roots of Grand Master Nagamine's Matsubayashi-Ryu and how this martial art has thrived through the years.
- **9:45 - 10:45 - Spirit of Basics** - Hanshi Grant says, "throughout your training, you build an internal flame or karate spirit." By perfecting your basics, your internal flame will grow stronger and your Spirit brighter.
- **11:00 - 12:00 - Speed and Strength** - According to Hanshi Grant, "if you have Speed, you have Strength." Learn how to develop speed by concentrating on the movements of your hands and feet.
- **12:00 - 1:15 - Lunch**
- **1:15 - 1:30 - Special Presentation**
- **1:30 - 2:30 - Science and System** - Grand Master Nagamine taught Hanshi Grant that "Matsubayashi-Ryu is based on Science." Understand how the science of your movement is critical to your performance and survival."
- **2:45 - 3:45 - Splendid and Solemn** - Hanshi Grant explains, "kata is personal to each individual." Learn to combine all the 8 S's to make your karate magnificent.
- **6:00 pm - AWARDS BANQUET** - Please accompany the WSKF Board of Directors as we celebrate the continued success of the WSKF and the accomplishments of its' members.

Sunday, June 25:

- **9:00 - 11:00 am - Class with Hanshi and closing ceremonies**

## Tree of Life

*"The roots of the Tree of Life keep it standing long and strong. The roots of the Matsubayashi-Ryu tree can do the same for you."*  
Kyoshi Tommie Harris

The Tree of Life is a symbol as old as humanity. It appears in numerous cultures in various forms as an expression of the interconnected nature of life. With roots deep in the earth and branches reaching towards the heavens, the Tree of Life connects our loftiest ideals with the cold, hard reality of daily existence.

*"Did you know that at the edge of a deep valley, there is an excellent pine tree growing up straight in spite of the many years of cold?"*  
Keizan Jokin

You may interpret the Tree in any way you wish. Sit quietly, close your eyes and imagine the tree, any tree. Feel the roots forging their way through the earth, grounding you. Find security in the knowledge of your strength. Allow it to nourish your mind and empower your spirit, confident you can draw on the experience of those who came before you. Now grow. Expand what you have learned. Knowledge is like water. Absorb it. Let it course through your pores. Dig deeper and reach ever upwards beyond that which only you can imagine.

*"That tree whose leaves are trembling: it is yearning for something. That tree so lovely to see acts as if it wants to flower."*  
Diego Hurtado de Mendoza