

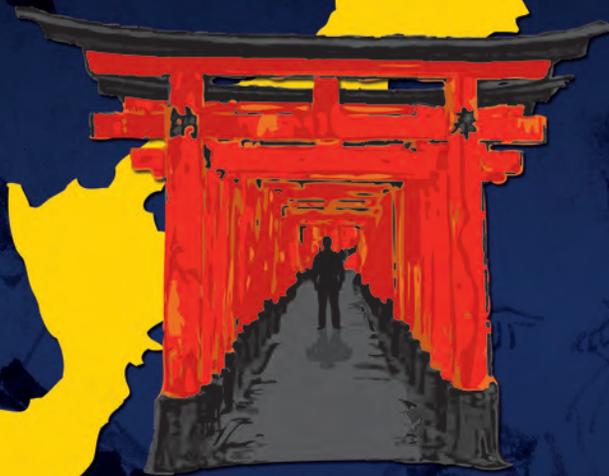


This year marks the golden anniversary of Hanshi Grant's journey to Naha, Okinawa to train with Grand Master Shoshin Nagamine. The patch was created to celebrate Hanshi's historic trip 50 years ago. At the time Hanshi embarked on this journey, he did not know that this adventure would change his life and change the lives of all his students. Hanshi reflects on his training under the Grand Master as an amazing experience where he learned karate principles and unique philosophy of how to teach.

The accumulation of the countless hours of Hanshi punching, kicking, squatting and listening to each and every word from the Grand Master during his time in Okinawa in 1966 gave him a clearer understanding of the psychology of karate.

All WSKF students have benefitted tremendously from the journey that Hanshi took 50 years ago. Hanshi's attention to detail on every move in our kata is a tribute to the instruction he received from the Grand Master. This precision put Hanshi on a path to a better way of life that he shares with all of his students.

The Journey



2016 WSKF Internationals

July 18-20, 2016

St. Pete Beach, FL



2016 WSKF Internationals Agenda

Monday, July 18:

- **6:30 - 7:30 am - Beach Training** - Begin your day with morning meditation and karate training on the beach. (optional training)
- **9:00 - 1:00 pm - The Beauty of Pinans** - Peaceful and calm beauty of movements. Embrace the journey with the Pinan kata by gaining a better understanding of the delicate, yet powerful moves.
- **1:00 - 4:00 pm** - Open Training, Black Belt Promotion Prep
- **6:00 - 9:00 pm - Black Belt Testing** - Your karate journey continues as you demonstrate your accomplishments to your family, friends, fellow karate-ka and the WSKF Board.

Tuesday, July 19:

- **6:30 - 7:30 am - Beach Training** - Begin your day with morning meditation and karate training on the beach. (optional training)
- **9:00 - 11:00 am - The Power of Naihanchi** - “It’s a different world down there,” refers to the strength and control you obtain by lowering your stance in the Naihanchi. Navigate your way through the Naihanchi kata through perfecting your stance.
- **1:00 - 2:30 pm - Training Drills** - The natural progression in your training must always incorporate repetition. As you progress in your basics and kata, drills will improve your timing, speed and stamina.
- **2:45 - 4:45 pm - Self Defense** - Sharpen your reaction timing and skills with some realistic and reasonable counters to attacks.

Wednesday, July 20:

- **6:30 - 7:30 am - Beach Training** - Begin your day with morning meditation and karate training on the beach. (optional training)
- **9:00 - 12:00 pm - Yakusoku Kumite** - “You cannot travel the path until you have become the path itself.” Join our higher ranking black belts in this rite of passage as they take all they have learned, gained and been given along their journey and put it into action through newly developed Yakusoku Kumite.
- **1:00 - 2:30 pm - Gambaru Sho** - Our travel through Matsubayashi-Ryu continues as we learn Hanshi Grant’s kata - his tribute to Grand Master Nagamine.
- **2:45 - 4:45 pm - KOBUDO** - (Okinawan Weapons) Taught by Kyoshi Devorah Dometrich (Additional fee required).
- **7:00 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.

A JOURNEY

It has been written that life is a journey, not a destination. We set out on a journey early in life with no expectations of where it will end. The unknown element is a life-altering component of a journey. The mystery of where a journey will take you is exciting and this adventure will provide opportunities to meet many people along the way.

The knowledge, experience and wisdom you obtain throughout your journey is important. Life is filled with lessons, hardships, joys, accomplishments and special moments that ultimately lead to our destination. Some challenges test our strengths and some will test our weaknesses. How we react when faced with these challenges will determine future steps within our journey.

Hanshi says “always do the right thing.” Following Hanshi’s advice will ensure your journey will be filled with many positive experiences. People come into our lives for many different reasons. Hanshi entered each of our lives to guide us and put us on a path to make our lives better. Thank you, Hanshi, for your strength, support and your encouraging words of wisdom. Your influence and presence will always be a source of comfort for each of us as we continue on our journey.