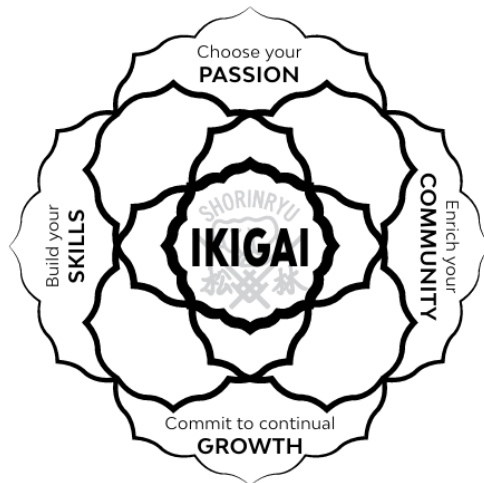
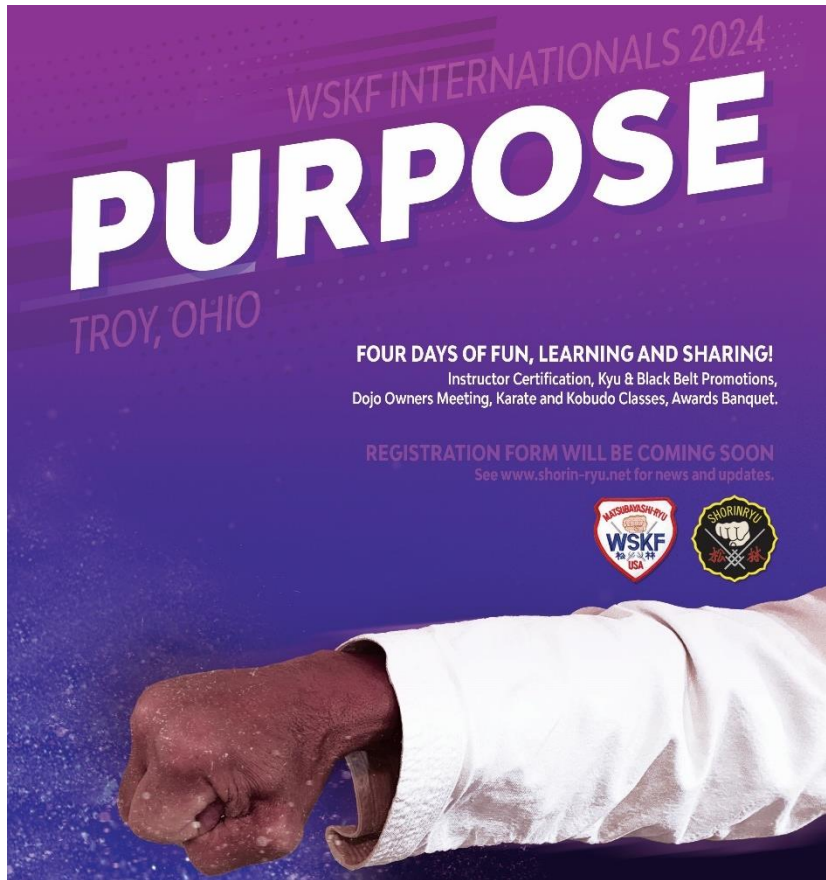


**WSKF NEWSLETTER – June 2024**



## OUR 2024 Event in June!!

**IKIGAI** is a Japanese concept that will provide a framework to discover your purpose and passion in life. Usually represented by overlapping circles for “What you Love”, “What you’re Good at”, “What you can Get Paid for” and “What the World Needs”, Ikigai indicates your reason for being when the circles align. Ikigai is the art of finding joy and purpose in daily life. We can use the same concept of Ikigai and apply it to martial arts. By identifying your passion in the arts, dedicating yourself to regular training, using your training to enrich others and staying open to continually improve your skill, you will uncover your Ikigai during your martial arts training.



More info at: <https://www.shorin-ryu.net/internationals.html>

# DOJO NEWS & STORIES!

## Matsunoki Martial Arts, Greenville Ohio

### Annabelle Holsapple, Junior Black Belt



stand on and first you jump forward and turn to the left, then repeat but turning forward then to the right then turning forward again then continue to repeat until you reach the end of the deck then turn around and go back but with the opposite leg. During the seminar with Sakura Kokumai. I found it very interesting to see just a small glimpse of how she prepared herself for the big competition. I had the privilege of

On April 19, 2024, I went to a seminar in Kentucky for AAU (Amateur Athletic Union of the United States). The instructor was Sakura Kokumai. She competed in Kata in the 2021 Olympic Games in Tokyo, Japan where she finished in 5th place. During the seminar we did many things including warm ups, and exercises that she did before she went to the Olympics. My favorite warm up we did was the one leg directional jumps. These are jumps where you are to pick a leg to



talking to Sakura Kokumai after the training and I asked her how she was able to train for so many hard hours a day and not get bored. She told me that I just needed to find the fun in training. She said that the training is what you make out of it. If you tell yourself that the training is going to be hard and boring then that is what it is going to be but, if you tell yourself that the training is going to be hard but fun then it will be as fun as you want it to be.

## PAC Karate Club, Dayton, Ohio

### Hanshi Glenda Olin

#### BOURBON BASH

Over the years the PAC Karate Club has raised money at many venues such as the Greene County Fair, Montgomery County Fair and several small events around the county. This year in



February, an event was planned at the Greene County Fairgrounds and the Directors asked if PAC could help in the fundraiser.

I met with the organizers of the event and found out how many people I would need for the event. I then called for help from the other WSKF dojos. We all arrived at the event, not knowing what our jobs would be. It didn't take long to figure out that we would be pouring bourbon shots to the



many people that were in attendance.

Along with the tasting of bourbon, there were auctions going on all evening. The Bourbon Bash ended up to be a very interesting event and we were able to raise money for the WSKF.





## **The Martha's Vineyard Dojo**

### **Kyoshi Peter Cronig**

We spent the Fall and the Winter up till now working on many of the corrections made at the Internationals. The Basics, Kata's and Yoko Soko Kumites. We participated in the Thanksgiving virtual workout and our black belts have tried to participate in many of the monthly Zoom Black Belt classes while also having our weekly Black Belt Class.

This year we found more old photos with Hanshi Grant. Some were from the 1991 Okinawan trip.



Just recently the artist who did the 1992 oil painting of Hanshi Grant, Hanshi McPeck, Sensei Bassett and a few of us sent my dojo the Test painting that he did in 1992. This smaller painting helped him with the details that were made in the larger finished painting.



## Martha's Vineyard Dojo, MA

### Cord Baily, Ni-Kyu



When I went to internationals 2023, there was so many great occasions. Out of all of it my favorite part was getting to know these kids. In my previous martial art I was an instructor for eight years, working with kids has always been the light of my life. And even though I am no instructor of Shorin Ryu I am always eager and honored to work with young martial artists like these kids. There is no better feeling than being supportive of martial arts youths and seeing them rise to the occasion and revel in their own victories. I am very thankful for the federation for welcoming me into this great extended family, and giving me the chance to feel this fulfillment

again 🙏

## Okinawa Shorin-Ryu karate Dojo, Troy, Ohio

### Chris Bosma, San-Kyu

Hello everyone? Introductions first...My name is Chris Bosma and I'm currently a Brown Belt(III) at the Troy Dojo where I've been a student for almost 4 years. My wife, Sophie and son, Aiden, are also students there. I was asked by Sensei Leistner to type up an article on a recent fundraiser I organized – but first let me give you some

background information on the organization I work for and what led me to getting the dojo involved.

My day job is Chef/Instructor for Dayton Cooks. It is a non-profit organization located on Salem Ave. just west of downtown Dayton. We are a culinary school that teaches a 10-week course, free of charge, in basic culinary skills, kitchen safety and sanitation. The majority of our students are referred to us through prison reentry programs, state agencies and other non-profit organizations in the area that we partner with. Our students gain knowledge of the fundamentals: weight and measurements, portion control and receive hands-on training in different methods of cooking such as frying, baking, saute' and grilling. Upon graduation from the program, the students will have a manager level certification in ServSafe (a specialized program) and 4 credit hours they can apply towards classes at Sinclair Community College. We assist with job placement and we have an arrangement with Dayton Public Schools who will hire our graduates on temp to hire basis.

What makes this program truly unique is that the meals we teach our students how to prepare go directly towards feeding children in after-school programs at various elementary schools through the area. We currently feed 500-540 kids daily at 11 different sites. Unfortunately, for a lot of these kids that may be the only meal they get for the rest of the day. We have some pretty strict nutritional guidelines we have to adhere to, but within those constraints we try to get creative.

My experiences in the penal system when I was younger, 20+ years ago, have given me a perspective and understanding that a lot of instructors might not have. I know how difficult it is to get your life on a positive track and how easy it is to fall back into the system and old habits.

My job, as I see it, is to not just teach culinary skills, but to instill confidence and give students hope for a meaningful future. That is my purpose. It's what drives me every single day and I consider myself extremely lucky to have a job as rewarding as this one.

As a non-profit organization, our operating budget is pretty tight. The majority of our funding comes in the form of grants, but we have to raise funds in other ways in order to make ends meet. We do this primarily by catering for various events and through fundraisers in addition to private donations. This time, however, we tried doing something new. With Easter coming up around the corner, we decided to have a bake-sale of sorts. We would offer pre-baked coffee cakes and take-and-bake quiche "kits" for Easter breakfast. The dojo had already been pursuing fundraising opportunities for our trip to Internationals in Okinawa next year. So, I thought "Why not get them involved as a partner on this one!" Ever since the last fundraiser at the bourbon bash, I



had been brain storming for opportunities to help the dojo and here was my chance. The plan was pretty simple. My co-chef, Mike and I would prepare everything here at Dayton Cooks and the WSKF would help with publicity and sales. A portion of the proceeds from every sale that was made through the federation would be kicked back to them to go towards the trip to Okinawa. Any orders from out of state would go to feed residents at local group homes and homeless shelters.

After running my plan by my boss and both of my Sensei, I got the green light to run with it. Sounds simple enough, right? Well, what happened next surpassed all my expectations and completely blew my mind! Orders started coming in and what first started as a trickle, soon became a flood. Sensei Jeff, Sensei Chris, Hanshi Olin and Hanshi McPeck had put out the word on social media and to our sister dojos both locally and as far as Martha's Vineyard and within a week I had already received over 100 orders! By the end of the fundraiser, I had received orders for about 70 quiches and 62 coffee cakes! Just to give you all an idea of what was required in the way of ingredients for all of that, I used a total of about 60 lbs. of flour, 30 lbs. of brown sugar, 15 lbs. of granulated sugar, 32 lbs. butter, 20 lbs. of sour cream, 4 gallons of heavy cream, 3 gallons of milk and over 404 eggs. Overall, there are almost 175 lbs. of ingredients used, a staggering amount! I will say that this task was made easier by the fact that it coincided with spring break, so I didn't have school meals to contend with.

I can truly say I was completely overwhelmed – not by the work that was involved on my part –that part was fun – but by the amount of support I received from not just the federation, but from my family and friends, as well! I had coworkers at my other job making orders in the federation's name. My Aunt and Uncle sent me a sizable donation. I even received a call from one of the black belts up in Massachusetts (Josh McDonough), who offered to drive all the way down to Ohio, almost 900 miles, to assist with putting everything together! It was truly inspiring!

In the end, the orders that came through the dojo represented round 85% of the sales and we were able to raise over \$700 for the federation. Around a dozen quiches and several coffee cakes were donated to Miracle Clubhouse, a group home and The Victory Project. Honestly, had it not been for the support of my brothers and sisters in the WSKF, the fundraiser might have ended up a complete bust. For that I thank everyone, from the bottom of my heart, who was involved in making this fundraiser a success. I'm truly blessed to be a member of this federation and grateful to count you all among my friends and staunchest supporters.

The theme of this year's Internationals is "Purpose." In my line of work, I do a lot of baking. Cakes, pies pastries ... you name it. I don't eat a lot of sweets, but I love making them. I love the chemistry of it all and the fact that every ingredient serves a

purpose. The flour gives structure. Eggs add stability and structure. Sugar is the tenderizer. Butter adds moisture. Salt keeps everything from going stale too quickly. Baking Powder makes everything rise. My point is that in the right proportions, these simple ingredients can come together to create something beautiful. I draw a parallel between the culinary arts and the martial arts, in that our forefathers in Shorin-Ryu have created a recipe for success with what are essentially simple ingredients.

Among other things, those ingredients include focus, self-discipline, honor, speed, balance, coordination, strength...I could go on forever! All of those ingredients serve a distinct purpose, yet they all work together to create something beautiful, incredibly powerful and uplifting. The students in the class I teach and my fellow students in the dojo are all there for different underlying reasons, but I'd like to believe we share a common purpose – to recognize our full potential, succeed in life and to act as stewards for future generations to come. That is my purpose.