

WORLD SHORIN-RYU KARATE-DO FEDERATION
INTERNATIONALS 2024

The original purpose of
Karate was self-defense.
That's how it was taught
in Okinawa.

PURPOSE

IKIGAI
生きがい



JUNE 20 - June 23
TROY, OHIO

2024 WSKF INTERNATIONALS

Thursday, June 20 - Sunday, June 23

Theme: Purpose

All content and times are subject to change.

Classes- Agenda

Thursday	1:00-4:00 pm	Instructor Certification	
	6:00 pm	Black Belt Promotions	
Friday	9:00-11:00 am	Dojo Owners Meeting	
	11:00-1:00 pm	Lunch	
	1:00-1:50 pm	Advanced Basics	
	2:00-3:00 pm	Naihanchi are to be understood in order to be effective	
	2:00-4:00 pm	Kobudo	
	3:10-4:00 pm	Ananku	
	5:00 pm	Kyu Promotions	
Saturday	8:10-8:40 am	Optional Open Meditation	
	9:00-9:15 am	Official Beginning and Welcome	
	9:15 am-9:45 am	Breathing and Warm-ups	
	9:45 am-10:45 am	Fukyugata Ichi to the Next Step	
	11:00 am-12:00 pm	Kumite Strategies	
	12:00-1:15 pm	Lunch	
	1:15-1:30 pm	Special Presentation	
	1:30-2:30 pm	Karate and Purpose	
	2:45-3:45 pm	The Purpose of Kata	
	6:00 pm	Banquet	
	8:00 pm	Social Gathering	
	Sunday	8:10-8:40 am	Optional Open Meditation
		9:00-10:00 am	Spirit of Ganbaru
10:15-11:30 am		Fights Within Pinans	
11:30 am		Event Closing	

PURPOSE

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.

