

CONTACT

Jack McPeck, Hanshi 10th Dan WSKF
Phone: 614-214-1886
Email: jackmcpeek7@gmail.com
Check WSKF Website for updated and additional information:
www.shorin-ryu.net

LOCAL HOTELS AND MOTELS (WITHIN A 20 MINUTE DRIVE):

COMFORT INN

150 Howard St. Mount Vernon, OH 45030
740-392-6886

THE MOUNT VERNON GRAND HOTEL

12 Public Sq. Mount Vernon, OH 45030
740-397-4268

HOLIDAY INN EXPRESS MT VERNON

11555 Upper Gilchrist Rd. Mount Vernon, OH 45030
740-392-1900

HAMPTON INN COLUMBUS/DELAWARE

7329 State Route 36 & 37. Sunbury, OH 43074
740-363-4700

HOLIDAY INN EXPRESS HOTEL & SUITES - SUNBURY

7301 East State Route 37. Sunbury, OH 43074
740-362-3036

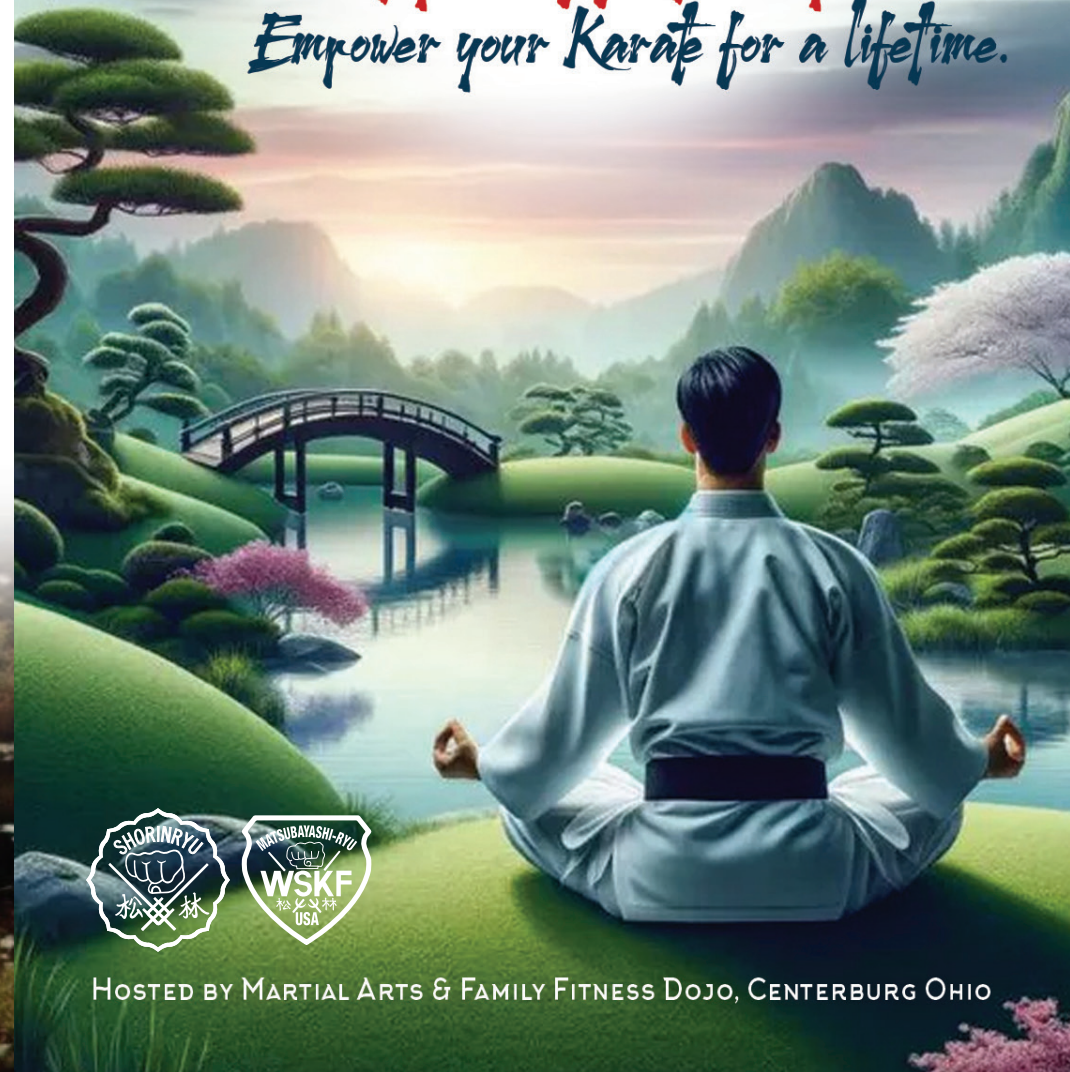


JUNE 27-28, 2025



2025 WSKF KARATE-DO RETREAT

*Treat yourself for two days.
Empower your Karate for a lifetime.*



HOSTED BY MARTIAL ARTS & FAMILY FITNESS DOJO, CENTERBURG OHIO

Join us for a fun and inspiring karate experience at the first ever WSKF Karate Retreat sponsored by the Martial Arts & Family Fitness Dojo. This two-day retreat offers a heightened study of Matsubayashi-Ryu Karate-Do, through the legacy of Hanshi Frank Grant, and the WSKF leadership.

Our dojo is in rural Centerburg, Ohio, located on 5 beautiful acres of rolling, tree covered hills, among deer, wild turkeys and an abundant variety of birds and wildlife. We will explore the intricate mechanics of our beautiful, yet lethal art, engage in dynamic training methods and drills, and unravel the often misunderstood secrets of this ancient martial art.

Each session is designed to not only enhance your physical skills but also deepen your understanding of the philosophy that forms the foundation of Matsubayashi-Ryu Karate-Do.

All proceeds from this event will go to the Okinawa or Bust Travel Fund. We hope you can join us.

PRICES & FEES

WSKF Members \$125, Non-Members \$150. Prices include: All training classes, the use of training equipment and facilities; lunch and dinner (Saturday); swimming and professional fireworks display. Additional fee required for those testing for rank advancement.

DATE & LOCATION

June 27 & 28, 2025
Martial Arts & Family Fitness Dojo
5429 Gilbert Road
Centerburg, OH 43011

SIGN-UP AND REGISTRATION:

Registration Form available at WSKF Website: www.shorin-ryu.net

WHAT TO EXPECT WITH YOUR TWO-DAY PARTICIPATION:

- Dojo Owners Lunch Meeting
- Meditation (optional participation): purpose - methods – practice
- Nine Training Sessions:
 - *Stretching – Breathing – Useful Drills*
 - *Fundamentals and Basics of Karate*
 - *Get in touch with your body and adjust your training*
 - *Katas are Karate's Road Maps (Listen to the Masters)*
 - *Kobudo*
 - *Haiku Workshop*
 - *WSKF-Do (The Way of Hanshi Grant)*
 - *Kata Strategies vs. Tactics (both important and necessary)*
 - *Five Steps + The Next Step to Understanding Karate-Do*
 - *The Promise within Yakusoku (Black Belts Only)*
- Rank Testing (Brown and Black Belt Ranks only)
- Okinawa or Bust, Trip Update and Schedule
- Campfire: Sharing, S'mores, Stories and Music (Fri & Sat)
- Professional Fireworks

AGE RESTRICTIONS AND OTHER IMPORTANT INFORMATION:

Families are welcome to attend, however training is for students 13 years old and up. Students wishing to train in Kobudo need to bring their own weapons and shoes for outside training. Bring towel and swimsuit for those wishing to enjoy swimming pool (parents need to supervise their children in and around the pool and on the property). Those wishing to stay for bonfire and fireworks may want to bring lawn chairs or ground blanket.