

WSKF KARATE RETREAT SCHEDULE OF EVENTS

All classes and workshops are available to members and non-Members, 13 years or older

FRIDAY, JUNE 27

Thought of the day: "In martial arts, the journey is the reward." – Author unknown

- 11:00 – 1:00** Dojo Owners Meeting (lunch included)
- 1:00 – 1:30** Break
- 1:30 – 2:30** Karate fundamentals and basics
or
*Kobudo (Okinawan Weapons)
- 2:45 – 3:45** Master Nagamine gave us the "5 Steps to Understanding Karate" and Hanshi Grant gave us "The Next Step."
or
*Kobudo (Okinawan Weapons)
- 4:00 – 5:00** Open Deck Training
- 5:00 – 8:00** Promotion Testing (Brown and Black Belt only)
- 8:00 – 11:00** *Bonfire – Relax, Reflect, Recharge (sharing stories, friendship & music)

*Kobudo –those opting to train in Kobudo need to bring their own Okinawan weapons and wear comfortable shoes for outside training.

SATURDAY, JUNE 28

Thought of the day: "A Black Belt is a White Belt that never quit." – Author unknown

- 8:00 – 8:45** Meditation - purpose, methods & 20 min. practice
- 9:00 – 9:15** Official Retreat Opening
- 9:15 – 10:00** Breathing, Stretching, Warm-ups
- 10:10 – 11:00** Advanced Basics & Drills
- 11:10 – 12:00** The Purpose of Kata
- 12:00 – 1:30** *Lunch provided
- 1:30 – 2:20** Haiku Workshop - Delve into the essence of Japanese poetry called haiku, the art of capturing moments in just a few written lines
- 2:30 – 3:20** Kata - Katas are Karate's Roadmaps
- 3:30 – 4:20** The Promise of Yakusoku
- 4:30 – 5:20** Special Class, Black Belts Only
- 6:00 – 7:00** *Dinner provided. Brief WSKF Meeting, which will include special announcements, October 2025 Okinawa Trip updates, scholarships, awards, recognitions and fundraisers.
- 8:00 – 10:00** *Bonfire – Relax, Reflect, Recharge (sharing stories, friendship & music)
- 10PM** Professional Grade Fireworks Show

* Saturday lunch and dinner are provided. Lemonade and water will also be available. Guests should bring their own special drinks to include soft-drinks, beer and any alcohol. Meals will be served outside and we have limited seating so if you may wish to bring your own lawn chairs.