

January 2011



WSKF



SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Black/Brown Belt Class in Piqua 7:30 – 9:30 pm	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

WISDOM

**“In Martial Arts, every part of your body is a weapon.”
- Hanshi Grant**

February 2011



WSKF



SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Black/Brown Belt Class in Piqua 7:30 – 9:30 pm	19 Adult/Junior Promotions Troy Dojo 9:00 am
20	21	22	23	24	25	26
27	28					

TECHNIQUE
“Correct the small things.
Then you don’t have to correct big things.”
- Hanshi Grant

March 2011



WSKF



SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4 Sensei Jean-Luc Martin, Montreal Dojo to Visit Honbu Dojo	5 Sensei Jean-Luc Martin, Montreal Dojo to Visit Honbu Dojo
6	7	8	9	10	11	12
13	14	15	16	17	18 Black/Brown Belt Class in Piqua 7:30 – 9:30 pm	19 Kuro Obi Kai In Piqua 9:00 am–4:00 pm
20	21	22	23	24	25	26
27	28	29	30	31		

TRUTH
“I am the way ... I can’t do it for you.”
- Hanshi Grant

April 2011



WSKF



	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 Black/Brown Belt Class in Piqua 7:30 – 9:30 pm	16
17	18	19	20	21	22	23
24 	25	26	27	28	29	30

STRENGTH VERSUS SPEED

**“It isn’t how hard you block – it is how relaxed you are.
Think speed and small movements.”**

- Hanshi Grant

May 2011



WSKF



SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Black/Brown Belt Class in Piqua 7:30 – 9:30 pm	21 Adult/Junior Promotions Piqua 9:00 am Black Belt Pre- Test Piqua 2:00
22	23	24	25	26	27	28
29	30 Memorial Day 	31				

MARTIAL ARTS & LIFE
“Don’t take your responsibilities lightly.”
- Hanshi Grant

June 2011



WSKF



SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 Black/Brown Belt Class in Piqua 7:30 – 9:30 pm	18 Kuro Obi Kai In Piqua 9:00 am – 4:00 pm
19	20	21  Hanshi Grant	22	23	24	25
26	27	28	29	30		


LIFE
“A Positive Attitude is everything - every day.”
- Hanshi Grant

July 2011



WSKF



SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4 	5	6	7	8	9
10	11	12	13	14	15 Black/Brown Belt Class in Piqua 7:30 – 9:30 pm Grand Master Nagamine's Birthday	16
17	18	19	20	21 12:00 – 3:00 Instructor Certification 5:00 Black Belt Promotions Piqua	22 Junior Promotions Troy Dojo 6:00 pm	23 WSKF Internationals
24 WSKF Internationals	25	26	27	28	29	30
31						

KATA
 “A Warrior simply trains.”
 - Hanshi Grant

August 2011



WSKF



SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 Black/Brown Belt Class in Piqua 7:30 – 9:30 pm	20
21	22	23	24	25	26	27
28	29	30	31			

MOVEMENT

**“The more you move - The weaker you are.”
- Hanshi Grant**

September 2011



WSKF



SUN	MON	TUES	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 Black/Brown Belt Class in Piqua 7:30 – 9:30 pm	17 Kuro Obi Kai In Piqua 9:00 am – 4:00 pm
18	19	20	21	22	23	24
25	26	27	28	29	30	

PHILOSOPHY
”To Know, To Be, To Do”
- Hanshi Grant

October 2011



WSKF



SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Black/Brown Belt Class in Troy 7:30 – 9:30 pm	15
16	17	18	19	20	21 WSKF Board of Directors Visit to Sensei Martin Canada	22 WSKF Board of Directors Visit to Sensei Martin Canada
23 WSKF Board of Directors Visit to Sensei Martin Canada	24	25	26	27	28	29
30	31					

CLOSE CONTACT
 “Fighting is done 6” from your opponent.”
 - Hanshi Grant

November 2011



WSKF



SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2 Anniversary of Grand Master Nagamine's Passing	3	4	5
6	7	8	9	10	11 Embu Tai Kai & Black/Brown Belt Class in Piqua 7:30 – 9:30 pm	12 Adult/Junior Promotions Troy Dojo 9:00 am
13	14	15	16	17	18	19
20	21	22	23	24  Thanksgiving Day Virtual Workout	25	26
27	28	29	30			

STANCE

“Find your natural ability of being low.”



- Hanshi Grant

December 2011



WSKF



SUN	MON	TUES	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9 Black/Brown Belt Class in Piqua 7:30 – 9:30 pm	10 Kuro Obi Kai In Piqua 9:00 am – 4:00 pm
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25  Happy Holidays	26	27	28	29	30	31  Happy New Year

FORTITUDE

“It takes sacrifices to be good.”

- Hanshi Grant