



[World Shorin-Ryu Karate-Do Federation, USA](#)

April 2016

...The Man of the Mountain ... Movement Without Motion To Know To Be To Do
...Perception Simplicity The Journey



Note from the editor:

Welcome to the April 2016 Newsletter for the WSKF. Time and technology changes, techniques improve, but making sure we keep and understand our roots in the traditions of Karate-do is an important element of training. Such is also true in these days of communication. While there is high speed communication all around us, the need for newsletters like this is lessened, but we still want to take a few moments to celebrate and enjoy the accomplishments of the WSKF and the dojos and karateka that follow this path of Matsubayashi-ryu Karate-Do. Enjoy!

2016 WSKF Internationals

July 18-20, 2016 at Sirata Beach Resort, St Pete Beach, FL

The Journey

Celebrating Hanshi Grant's 50th year anniversary of his first trip to Okinawa.

Students from all over the country will converge in Florida to celebrate the 50th Anniversary of Hanshi Grant's trip to Okinawa to study with and learn from Grand Master Nagamine. It is from this fountain that Hanshi teaches his students today. We pause to celebrate the path of each master, and appreciate them for what they have given to each of their students. Domo Arigato Hanshi!



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SHORINRYU
1966 2016
50 years

This year marks the golden anniversary of Hanshi Grant's journey to Naha, Okinawa to train with Grand Master Shoshin Nagamine. The patch was created to celebrate Hanshi's historic trip 50 years ago. At the time Hanshi embarked on this journey, he did not know that this adventure would change his life and change the lives of all his students. Hanshi reflects on his training under the Grand Master as an amazing experience where he learned karate principles and unique philosophy of how to teach.

The accumulation of the countless hours of Hanshi punching, kicking, squatting and listening to each and every word from the Grand Master during his time in Okinawa in 1966 gave him a clearer understanding of the psychology of karate.

All WSKF students have benefitted tremendously from the journey that Hanshi took 50 years ago. Hanshi's attention to detail on every move in our kata is a tribute to the instruction he received from the Grand Master. This precision put Hanshi on a path to a better way of life that he shares with all of his students.



The Journey

2016 WSKF Internationals

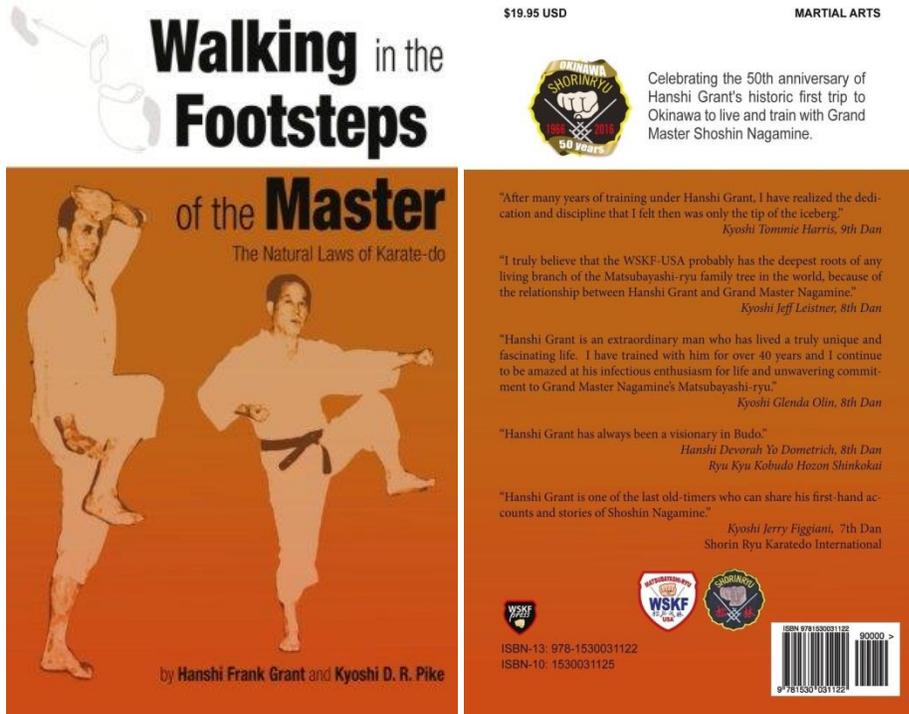
July 18-20, 2016
St. Pete Beach, FL

SHORINRYU
松林

MAISUBASHINRYU
WSKF
松林
USA

Walking in the Footsteps of the Master: The Natural Laws of Karate-do

: by [Frank Grant](#) (Author), [D.R. Pike](#) (Author) (available on amazon.com)



Hanshi Grant held a book signing in March at the Troy Dojo for his latest great work. Part Autobiography, Part Biography, and full of insight. The words of Hanshi as recorded and presented by Kyoshi D.R. Pike, the culmination of hundreds of hours of discussion in philosophy, psychology, technique, and the Journey of Hanshi Grant on the path of Matsubayashi-Ryu.

In addition to Hanshi and Kyoshi, several of Hanshi's students were in attendance, as were many other supporters. Its exciting to see this next work of art and history launch and be made available to all.



All Matsubayashi Shorin-Ryu Training Weekend in New York

On May 15-17, 2015, Kyoshi Leistner, Kyoshi McPeek, Kyoshi Olin, Chris Leistner and Lori McPeek travelled to New York to participate in the first All Matsubayashi Shorin-Ryu training weekend. Sensei Jerry Figgiani hosted the event at his dojo on Long Island. The event was open to all practitioners regardless of association or organization, and the essence of the weekend was to simply train and share ideas and concepts to help better understand the practice of Shorin-Ryu Karate-Do. Sensei Figgiani stressed that all participants come with an open mind and was hopeful that this event would become a yearly event with other dojos around the country hosting.



The classes during the weekend were taught by various instructors, addressing many aspects of martial arts and self defense. Each participant eagerly absorbed everything they could during the workouts and found a common bond with Matsubayashi Shorin-Ryu training. The 2016 event should be a wonderful continuation.



DOJO NEWS & STUDENT STORIES!

BLUEGRASS MOUNTAIN KARATE DOJO - KENTUCKY

The year of 2015 and beginning of 2016 have been very busy for the Bluegrass Mountain Karate Dojo. It all started with several months of work and preparation, but the dojo's first class was held on January 15, 2015. Since then, the dojo has maintained at least 2 regular students and has recently added a third.

On May 2, 2015, the dojo held its official Grand Opening. The event hosted over 15 Black Belts from the WSKF, including Hanshi Frank Grant and WSKF Board Members Kyoshi Jeff Leistner, Kyoshi Glenda Olin and Kyoshi Jack McPeek. The event included the dojo's first promotion for my students and a demonstration by all the black belts in attendance. The WSKF also presented the dojo with new pictures of Grand Master Shoshin Nagamine and Hanshi Frank Grant and a new dojo banner. The event closed with a celebration of cake and ice cream. Thank you to all the black belts and visitors who came to make this a very special event. A very special thank you to my wife, Cheryl, for all her help to make this event a success.



In July 2015, the Bluegrass Mountain Karate Dojo attended the 2015 WSKF Internationals in Troy, Ohio. This was a new experience for the students, since they had not had the opportunity to train with different students and instructors. During the awards banquet, Luke Glydwell was presented with the dojo's first student of the year award.

When the 2016 WSKF Internationals was announced with its location in St. Pete's beach in Florida, the students were excited. The students and parents all got together and began to look at fund raisers to help with costs of the trip. The dojo came up with 2 fundraisers: selling candy bars, and, a contest to win a handmade UK quilt. Both fundraisers have been a success and will greatly help with the costs of the trip.



Currently the dojo continues to hold classes on Monday's and Thursday's and looks forward to a great year of training in 2016.

PAC Dojo – Ohio

New Years Day Workout

Kyoshi Harris, Sensei Olin and Marc welcomed 2015 with a vigorous workout. Along with all 18 kata, we worked extensively on several weapons. It is always a tremendous opportunity to bring in the New Year working out with Kyoshi Harris. This burst of Matsubayashi Spirit helps to inspire the workouts throughout the year. Thank you once again Kyoshi Harris for an outstanding workout.

MVTA Awards Banquet

Congratulations Katie for receiving an award from the MVTA for placing 1st in Sparring and 2nd in Kata and Weapons for 2014. Sensei Olin, Lisa, Marc and Katie's dad, Mark, attended the ceremony. Katie we are very proud of you!

PAC Litter Clean Up



Each year PAC gives back to Harrison Township by cleaning up litter in the community. A record number of students and parents showed up. With gloves on and bags in hand, 24 bags of trash and 1 tire were picked up. This was a tremendous effort from the PAC group and Harrison Township. The Mont. Co. Solid Waste Department, was extremely pleased with our efforts.

Marc Goes into the Navy

PAC honored Marc for his decision to enter into military service with the Navy. PAC students marched onto the deck, wearing sailor hats and waving the American flag while the Navy anthem played. Students recited: "I don't know what you've been told; We don't want Marc Mack to go; When he leaves and he must go; There's one thing that he should know; You'll always have a place called home; Right here right now; P A C. After saluting to Marc, the group played a game in Marc's honor called "All Things Mack" and enjoyed cupcakes arranged and decorated as the American Flag. To further prepare Marc for bootcamp, the group cut his hair. We are so very proud of Marc and he is missed very much.



Marc Graduates from Bootcamp

In November, Sensei Olin had the extreme pleasure of attending Marc's Naval Bootcamp Graduation in Great Lakes, Illinois. What an exciting experience watching all the Navy personnel during the ceremony. Marc was one of over 500 graduates. It was an honor seeing all the young men and women as they stood at attention for the ceremony. Marc's mom and Sensei were extremely proud of him. Paxton was also in attendance to see Marc graduate. Marc is now stationed in Pensacola, FL.



Tom's Corn Maze

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During PAC's "Fall Outing", students and parents worked their way through thousands of corn stalks to complete a puzzle. It seemed like we walked miles and sometimes it felt like we walked in circles working our way around to the different mailboxes to find puzzle pieces.

After the groups emerged from the maze, we gathered around a campfire for hotdogs, smores and stories.



Christmas Party

The Washington Township Rec Center was filled with excitement during the Christmas Party. Students and their families enjoyed swimming, volleyball, basketball and plenty of food. The competition was fierce as players rallied for points on the court. There were spikes, saves and even a few dives on the floor to save a point.

Goho Seishin Martial Arts – Illinois



“Train! You have to do it yourself, no one can do it for you!” These words from Hanshi echo through dojo from time to time. On hearing this, students, both longtime practitioners and those new to the floor, are reminded to work hard to get things right for themselves. Karate-Do is about the journey of self perfection, and as we travel the mountain we seek to inspire others to travel upward. Following the theme of the 2015 Internationals, we have focused on incorporating simplicity in our movements. Even in warm-ups!



In addition to our regular classes in Illinois, the members of the dojo have also enjoyed their trips to Ohio, both for Internationals, and on special black belt weekends.

These trips are inspiring and informative. It is always good to visit with and learn from Hanshi and all the other Sensei that call Ohio home. Not only is the training second to none, but the fellowship and camaraderie of all the WSKF members is amazing. We bring much back to Illinois to fuel our training.



For 2016 we are redoubling our efforts to reach out in the local community and encourage new students to see what Matsubayashi-ryu can do in their lives.

One of the ways to do that is to participate in local events. The dojo joined in the festivities of the Lake Villa St. Partrick's Day parade! The parade goes right down the street where the dojo is located, so not only did we have some of the best seats for the show, we were able to interact with the attendees and talk about Karate-Do. And, we were able to get in a little fun too.

Black Belt Class

Observation Articles!

Black Belt Class – September – *by Baily Tipps*

Do you remember, back in September? Don't worry, I have the bad habit of forgetting my notes about halfway through October as well (it can be our little secret.) But seriously, how will we be prepared to start a new year if we can't remember what we did a few months ago? Here's a quick refresher course on the oizuki, yakusoku kumite, and Ananku we practiced during football season.

Oh, the joy that basics bring to our katas. After all, they are the makeup of the katas, just like flesh and bone are the makeup of people. We all know that hip snap makes us powerful. So we must apply it to this running side squat punch. When we snap our hips, a common theory suggests that we pull with the front foot, and push with the back. After all, we have two legs, so why don't we use them? Using both will give us more speed, which in turn gives us more power, and that's a great thing! But we aren't done. After we step, careful not to misuse the rule of movement without motion, the hips and hands should snap at the same time. This will amount to more power, and that amounts to a happier sensei.

We worked on yakusoku kumite group B only for a short time, but we learned a very valuable lesson. If we do not train as advanced students, we cannot train others to be advanced students. As soon as we feel the movement of our opponent on our arm as we block, we should be reacting according to the yakusoku requires, if it requires an attack from you next you must move! We must try to attack our opponent with intent and contact, it will make us more aggressive, and make them block faster so they don't end up with bruises. Pushing each other, trying to be the best, and giving 110% is the necessary to make ourselves better at fighting. We have to push a little more when we feel we can't push any more. It is the only way we can teach others to push themselves as well. Practice what you preach, right?

And last, but definitely not the least, Ananku, the first fighting kata. Fighting katas are categorized as so because they are more aggressive and every block is more of a block/attack. Two areas immediately stood out to me when we trained about two months ago. The first part is the shuto and the kick into the double block, towards the beginning of the kata. On this, we must drive our knee towards our elbow and kick strong and swift. The double block should not go anywhere past the shoulder. After all, if it's outside our frame, it isn't an immediate threat. Secondly, we have the block going to the left after facing forward. Again, we address movement without motion. A center axis should be present down our head, and straight to the core. As little movement as possible should be made to ensure the most surprise to our attacker.

In conclusion, September's black belt class was a very eventful class. Then again, which one isn't? I hope this quick refresher has helped you prepare for the New Year coming up. So train hard, eat a lot, and celebrate ten times more for another perfect year of our style.

Black Belt Class – August by Sensei Bentle



We live near the far southwestern curve of I-275 just over the Indiana state line, 85.9 miles from the Troy dojo and 96.3 miles from Hanshi. Due to the distance, our schedule, traffic and road construction, many factors have to line up for us to make it to black belt class on time. Not that we're the only ones who live out of town. Many have to come further. It's just that I look forward to class and consider it a

rare treat and privilege. To have the impediments of the world deny it to me is most frustrating. This past month I was given an assignment, by lottery, to write an article about the August class. Although I tend to follow instructions fairly well, I'm tempted to struggle my way out of the box bit. It's not my intention to compare black belt class with a journey. That would be cliché and I try to avoid clichés like the plague. So instead, I will try to compare the journey with black belt class.

Preparation:

My job and training schedule keeps me pretty busy. Monday evenings are the only unscheduled time when I can come home, spend a couple hours in yoga practice or kata and then meditate without having to go anywhere. Tuesday and Thursday evenings, I come home, meditate and drive to the dojo around 6:15 for kata before teaching class from 7:00 to 8:30. Wednesday morning I meditate before work so I can rush to a core yoga class after work. Then on Friday evenings, it's either another yoga class or black belt class. Saturdays and Sundays I squeeze in training for one or the other or a little of both. In between there's plenty of time to eat, sleep and have a little fun.

So on black belt class week (BBCW), I rush home after Thursday's class, secure the trash for pick-up the next morning, wash our uniforms (or gi, but I don't think I'm supposed to make "gi" plural), take a shower and get dinner started. After dinner we clean up and throw our gi in the dryer, then bed and back to work. Friday after work, fold and pack the gi, get cash for class (if I don't already have it), grab snacks, water and gas and wait for Joyce.

If Joyce leaves work from downtown Cincinnati an hour early (by 4:00 to 4:30), she can usually get home by about 5:30. If we leave the house by 5:45 we can reach the I-275 / 75N merger by 6:00 or 6:15. Any later and we can't make it to class on time.

Timing:

Joyce can't always leave work early, even on black belt class Friday (BBCF.) Or if she does, traffic getting out of Cincinnati and I-74 construction add maddening delays. Is this her fault? Of course not. Is it the

fault of the other drivers? Only to a point. It's better to hunker down, make due, drive mindfully and stay alert. Contrary to popular belief, time does not always move at a constant speed.

Speed:

Speed is power in Matsubayashi-ryu. On the highway, speed is relative. Too fast and you're a hazard to yourself and those around you. Too slow and it's the same. Better to flow and adjust to the fluctuations around you. It does not help to rush. Rushing only causes time to speed up while you slow down. Try to maintain serenity and patience. Let others go their own way and when you see an opening, take it. As the saying goes, "Don't lose your head to gain a minute. You need your head, your brains are in it."

Mental State:

Road rage is a sign of the times in which we live. Don't allow your opponent's anger to disturb your mind. If he gets into your head, the game is done. Stay out of the rabbit hole. Keep the goal in mind, but don't lose sight of the journey. Lessons are like road signs. They tend to pop up everywhere, if you look.

Patience:

Even though I tried that Friday to compensate for lost time in the open spaces, we were still 15 minutes late for class. Protocol demanded I wait at the edge of the deck until acknowledged by the sensei. They were practicing the last transition in Fukyugata-ichi and Hanshi was looking away from me, teaching. Should I just bow and go ahead and take my place with the others? There were quite a few people in class and he was very busy working on what I'd always thought was a difficult sequence. Surely he might overlook a small breach in manners for someone who had come such a long way. But I waited and watched. How many times had he taught these same two movements? And yet, as he wheeled throughout the room, gesturing, talking, sometimes scolding, other times encouraging, he approached these two basics movements as carefully as if they were a newly-forged secret. With all their experience, ability and knowledge, my karate family practiced again and again as if searching for something just out of reach, made all the more precious for its elusiveness.

After only about 3 minutes (or 3.5 miles at 70 mph) Hanshi turned to me, nodded and I took my place in the back of the dojo.

Time, distance and impediments can sometimes place black belt class out of reach. But not often. We're not so far away to make it too much of a problem. I tend not to think about it, but as I get older the thought lingers closer that one day, time will do more to my body than distance ever could. Then I look at Hanshi and study him teaching. Fresh, full of life and above all, fun, he has the gift of wonder. It's such a rare quality.