

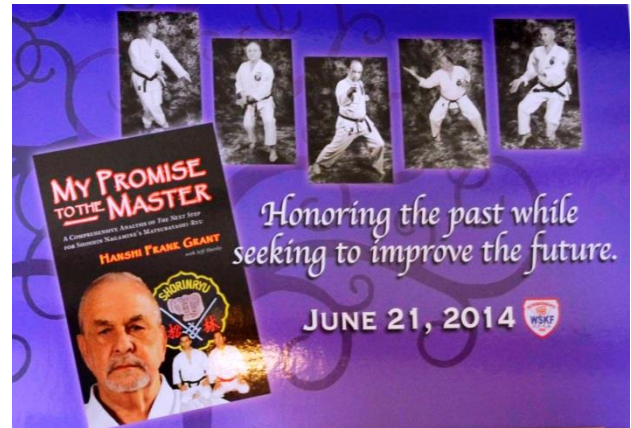
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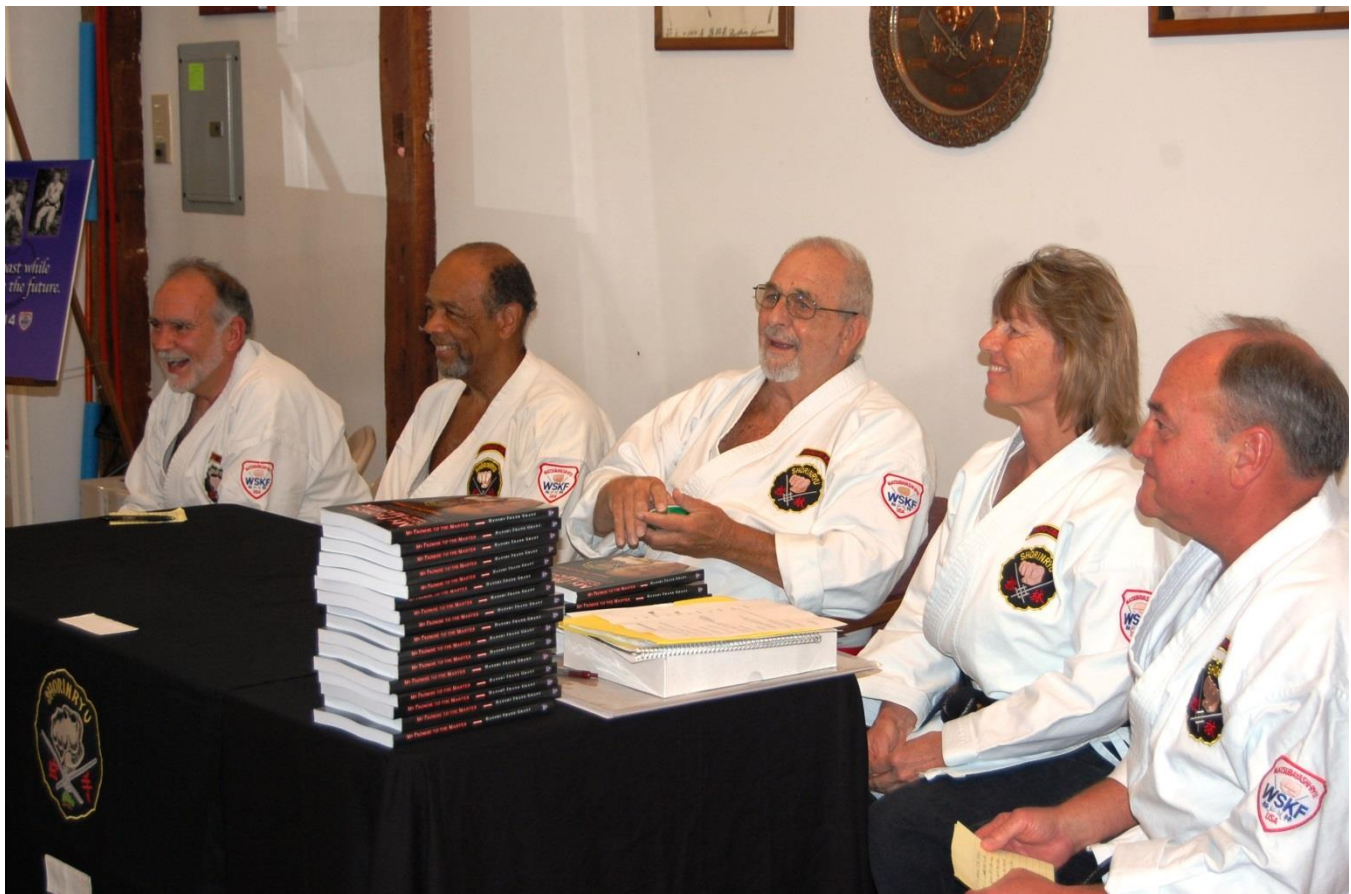
2014



My Promise to the Master: Hanshi
Frank Grant Releases His New Book on
the Subtleties of Matsubayashi-Ryu
Dateline: June 2014



This year saw the release of Hanshi Grant's new book *My Promise to the Master*, an introspective, step-by-step guide to training in Matsubayashi-Ryu. The book, co-authored by Jeff Slutsky of Martial Arts and Family Fitness (Hilliard, OH), features detailed descriptions of every basic movement, training exercise, and kata seen in our style. According to Hanshi, his book is about "the moves in between the moves". During the release, Hanshi revealed what inspired him to write the book, and gave a personal thank you to everyone who played a part in its production. Afterward, everyone enjoyed a great meal and had the opportunity to get their copy of *My Promise to the Master* signed by Hanshi Grant. The release of Hanshi's book is an incredible landmark for the WSKF, and has brought the Federation global attention. Since its publication, *My Promise to the Master* has sold over 100 copies worldwide. It is available in softback and electronically.

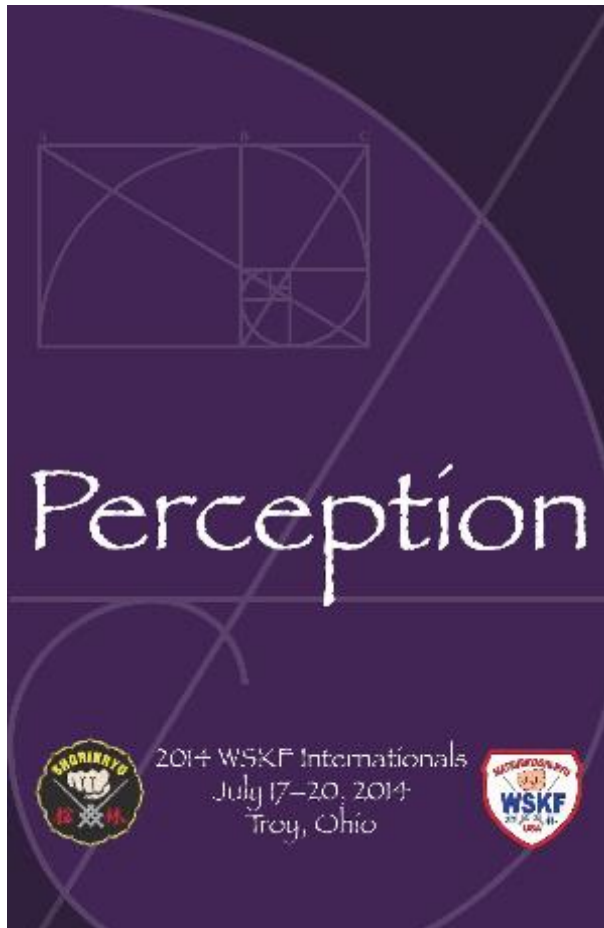






Perception: An Introspective Look into Matsubayashi-Ryu Through the Physics of Natural Motion

Dateline: July 2014



The Oxford Dictionary of English defines perception as “a way of regarding, understanding, or interpreting something”. This July, at the 2014 WSKF Internationals in Troy, Ohio, instructors and students alike gleamed a whole new look on their perception of karate-do with much help from the Golden Rectangle.

We started out the weekend training our perceptive skills with a day full of targeting, conditioning, and breaking. The Kyoshi taught on the proper positioning, technique, and mentality needed to achieve a successful break.

The second day started out with an intense stretching session led by Sensei Jeff Bentle, 6th Dan, of Tonbo Dojo (West Harrison, IN). The group then conducted a study into the perception of waza, movement, speed, and power. After much repetition and a little deliberation, and a lot more repetition, we agreed that the key to all four was finding out when to relax and when to tighten, or snap, your technique.

Sensei Lennie Wilson, 4th Dan, of Wilson Karate Club (Troy, Michigan) gave a riveting lecture on the budo lineage of the Federation, and how prevalent the Golden Rectangle, a mathematical representation of natural physics, was in developing martial arts. The Awards Banquet saw a few newly appointed black belts, a musical selection from Kyoshi Dale Pike, 7th Dan, of Black Tiger Dojo (Xenia, OH), and two new additions into the Budo Hall of Honor: Kyoshi Jeff Leistner, 8th Dan, of Okinawan Shorin-Ryu Karate Club (Troy, Ohio), and Kyoshi Glenda Olin, 8th Dan, of PAC Dojo (Dayton, OH). Join us next July for another perceptive Internationals and an introspection into the power of simplicity.

Patty's Perception of Internationals

Dateline July 2014

By Patty Blakesley, Sandan

The WSKF Internationals this past July took all who attended into a discovery process, exploring perception. As beautifully stated in the brochure, "Perception is more than what you see – it's how you see. When you step out to perceive the world with new eyes, everyday things become strange and beautiful." Classes in Perception of Waza, Movement, Speed and Energy/Power continued to explore how Matsubayashi-Ryu is much more than just its basic moves.

One discussion about perception that I recall was prompted by a discussion about how many people are involved in a discussion between two people. The speaker perceives who they are, the listener perceives who they think the speaker is. That's two, right? Then you add who the speaker really is. Now we are up to three, but that doubles when you add the listener. So six people are involved in a discussion between two people. Reminds me of the Beatles song, *I AM THE WALRUS*: "I am he as you are he as you are me and **we are all together.**"

If you have seen the poster for the Internationals, a symbol of many different squares drawn next to each other create the Golden Rectangle. So you know that the Golden Rectangle was an additional focus for this inquiry into perception. The mathematical proportions in the golden rectangle, considered to be pleasing to the eye, are found throughout our world in art, architecture, music and often hidden in nature.

Euclid, a Greek mathematician known as the Father of Geometry, wrote about the Golden Rectangle in 300 BCE. Looking further at the diagram on the poster you will notice the spiral within. What at first is perceived as a combination of squares creating a rectangle transforms into a spiral shape associated with the nautilus and snail shells, galaxies, and storms of all kinds including hurricanes and whirlpools. Watch the water as it spins down a drain in a sink, and you may see the spiraling of the water. A mathematician could put this in a complex mathematical formula which I think would include the Fibonacci sequence of numbers but I think that is something for a future Internationals.

Naturally, such symbols and references throughout Internationals returned to karate and its simple, natural movements over and over again. Sounds like repetitions, right? If you have been listening to your Sensei and Hanshi lately, you have heard of the vortex. The vortex you create with your body when you move is built upon the mathematical proportions of the golden rectangle and the spiral inherent within. Power created by the spinning of the body is involved in many moves in Matsubayashi-Ryu because our style is designed on the proportions of the human body.

Internationals ended too soon as usual. Not before, however, Kyoshi Jeff Leistner and Kyoshi Glenda Olin were inducted into the Budo Hall of Honor. Students and the rest of the WSKF board managed to surprise each of these two Kyoshis, and it was delight for all of us who attended the banquet to see their reactions.

Seeing friends and having fun is always part of this annual event, and perception was a frequent topic of discussion. But to summarize, I would repeat what was in the brochure, "Through training, you learn to sharpen your perception so you can be more aware of who you are and where you belong in nature."

Black Belt Training Tips!



Question: What should your goal be in a tournament competition?

Answer: The goal at a tournament is like goals in every day life. If you give as much effort as you can and try your best, you will succeed and be rewarded; even if that reward is not in the form of a medal or trophy. Karate training is challenging. Striving to be the best takes practice and dedication. Winning a medal or trophy is always rewarding, but feeling good about your performance makes winning even better. Remember not everyone in a competition can win medals and trophies. The true winners are the dedicated karatist who strives to do their best every time. **Because you have made the effort to continue your karate training, YOU ARE A WINNER.**

Kyoshi Olin

More Publications! Hanshi Grant featured in MastersMAg.Com article
Dateline: Winter 2014

Hanshi's feature story just came out in the Winter edition of Masters Magazine. He was also mentioned in a regular column as well. Master's Magazine is an electronically delivered periodical available through www.mastersmag.com. In the magazine, the article on Hanshi Grant covers ten pages, and includes stories of his life and teachings, along with special pictures that help tell the story. Congratulations to Hanshi Grant for this great honor! Copies of his responses to questions are available, or, download the e-magazine to see the feature article and the column!

Martial Arts MASTERS Magazine

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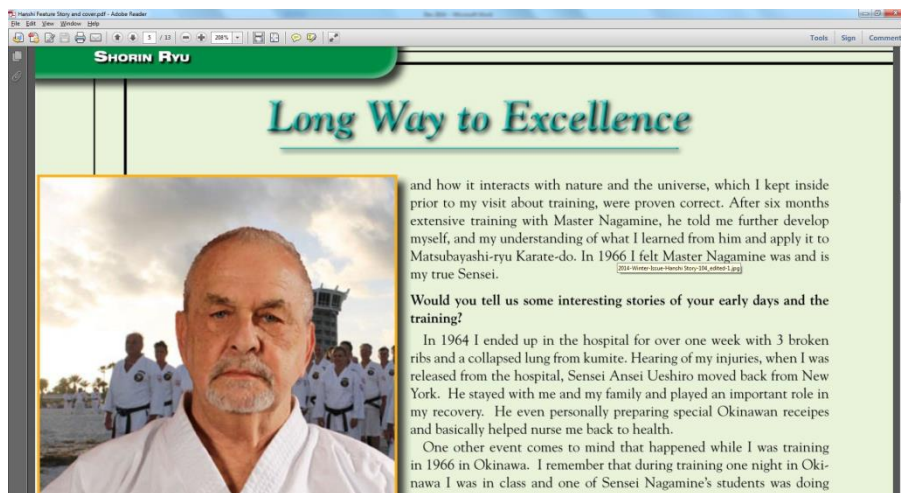
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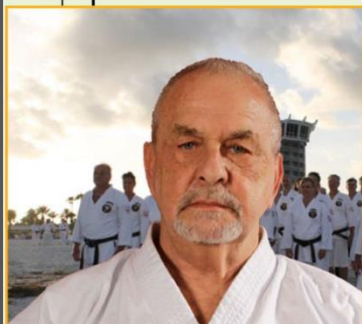
By Jose M. Fraguas

Hanshi Frank Grant was born the ninth of twelve children June 21, 1933 in Paris, Kentucky. When he was eight years old, he and his family moved to the east side of Dayton, Ohio. After high school, Grant was stationed in Japan for 18 months with the United States Marine Corps. He faithfully performed his duties as any other American serviceman, but in off-hours, he traveled the countryside, seeking out the Japanese artisans and observing as they performed their crafts. He became fascinated with Japanese culture and how it differed from his own heritage.

In 1954 he returned to the U.S. and was honorably discharged from service. It was t



Long Way to Excellence



and how it interacts with nature and the universe, which I kept inside prior to my visit about training, were proven correct. After six months extensive training with Master Nagamine, he told me further develop myself, and my understanding of what I learned from him and apply it to Matsubayashi-ryu Karate-do. In 1966 I felt Master Nagamine was and is my true Sensei.

[2014 Winter Issue Shorin Ryu 218, edited 1.jpg](#)

Would you tell us some interesting stories of your early days and the training?

In 1964 I ended up in the hospital for over one week with 3 broken ribs and a collapsed lung from kumite. Hearing of my injuries, when I was released from the hospital, Sensei Ansei Ueshiro moved back from New York. He stayed with me and my family and played an important role in my recovery. He even personally preparing special Okinawan receipes and basically helped nurse me back to health.

One other event comes to mind that happened while I was training in 1966 in Okinawa. I remember that during training one night in Okinawa I was in class and one of Sensei Nagamine's students was doing



Embu
The

Taikai:

Federation Honors Grand Master Nagamine in This Traditional Okinawan Ritual

Dateline: November 2014

By Marc Mack

This past November, the WSKF gathered in remembrance Shoshin Nagamine, the Grand Master of Matsubayashi-Ryu. The ceremony, entitled Embu Taikai, is held around the anniversary of O-Sensei's passing. Burning incense and bell chimes guide the Grand Master's spirit to the liturgy, and a



spread of food is laid out for his enjoyment. During the ceremony, students perform various demonstrations to honor the Grand Master and show how well his teachings have been preserved. Afterward, the group is free to mingle and eat whatever the Grand Master Nagamine left behind. Good for us, he's usually pretty generous.



Black Belt Training Tips!



Question: What should your goal be in yakusoku kumite?

Answer: Practice with the goal of perfection. First start slow, with Safety and understand how your body is moving as you incorporate what you've learned about how to move in your basics and Kata. Then, start to work closer, with more speed, and more intent. Finally make it real and understand what it does, what you do, and what you can do. Without the proper realism much can be missed in your learning.
Sensei Sheets

DOJO NEWS!!!

DOJO NEWS!!!

PAC Dojo – Kyoshi Olin, Dayton, OH

Continuing with a PAC tradition, this year PAC students were again honored to have Kyoshi Harris and Sensei Pike join our New Year's Day workout. We honored Grand Master Nagamine by beginning our workout with Fukyugate Ichi and continued through the rest of the 18 Matsubayashi Shorin-Ryu kata. It now seems to be a new tradition of performing the Naihanchi kata outside. To quote Kyoshi Harris, "Just think about the kata, not your cold feet."



Two of PAC's students were honored in February for their outstanding competitive accomplishments during the 2013 MVTA tournaments. Competitors who placed 1st, 2nd or 3rd in their division for the 2013 season received certificates and a ring. Receiving awards were Katie and Stevie. Congratulations Katie and Stevie for your competition spirit.

Each year PAC helps the Harrison Township community to keep their neighborhoods clean. In July, students and parents cleaned up around a local post office and collected

16 bags of
litter, 23
tires, a
couch, a
chair and
aluminum
siding.

Great job PAC.



After a year of continuous effort by the WSKF Board and several WSKF black belts, including the PAC black belts, Hanshi's book was released. My Promise to the Master recounts Hanshi Grant's lifetime of teaching and training in Shorin-Ryu, captures the essence of Hanshi's heart and soul and the sheer determination he has in keeping Grand Master Nagamine's spirit and martial art alive. The Book Launch was a tremendous success with many of Hanshi's current and former students, as well as special guests attending.

In July as a “thank you” to PAC, the Montgomery County Solid Waste Department awarded tickets to the Dayton Dragons Game where students enjoyed the company of GEM the Mascot.



Several PAC students attended the WSKF Internationals in Troy in July. This is a great weekend of training, fun and a chance to meet students from WSKF dojo around the US and Canada. This year’s theme was “Perception.” Events during the weekend included Promotions and Training as well as a Banquet and a bonfire. Two years ago, Lisa designed



a shirt specifically for those PAC students who attend the Internationals. The shirt was a huge success and we continued the tradition this year. Highlights for the Internationals for the PAC students include students proudly wearing our ELITE shirts, Marc promoting to Ni-Dan, Kyle promoting to Sho-Dan and Stevie receiving the PAC Student of the Year Award. A surprise this year was Kyoshi Olin being inducted into the Budo Hall of Honor and receiving the award from her mentor and training partner, Kyoshi Harris.

PAC students participated in the Harrison Township Parade again this year. Walking down North Dixie Drive in Dayton and handing out candy to the parade onlookers. The weather was great and everyone enjoyed the event.



Each year PAC's Halloween Party gets better and better. This year's theme was Pirates. Students and parents dressed up and participated in games including pumpkin rolling, the bomb relay race and toss the ring around the pumpkin.



PAC students continue to compete in local tournaments winning trophies and medals. Each student brings their best in kata and kumite representing PAC and Matsubayashi Shorin-Ryu with pride.

Promotions for PAC students this year include:

Marc	Ni-Dan	Kyle	Sho-Dan	Jeff	San-Kyu
Katie	Go-Kyu	Stevie	Purple 2	Dustin	Orange 2
Zoe	Orange 2	Skyler	Orange 1	Chace	Orange 1
Corissa	Yellow 2	Caleb	Yellow 1		
Shyanne	PJ Black	Lucie	J Brown		
Domique	PJ Purple	Daphne	PJ Orange		
Althea	PJ Gold	Graham	PJ Gold		
Brett	PJ Gold	Divinety	PJ Gold		
Onyx	PJ Yellow				

Shorin-Ryu Karate Dojo – Troy Ohio

Kyoshi Jeff Leistner & Sensei Chris Leistner

Students from the Okinawan Shorin-Ryu Karate Dojo having fun after a tough competition in March 2014!!!



Okinawan Shorin-Ryu Karate Dojo, Troy OH - March 2014 - Tournament





Okinawan Shorin-Ryu Karate Dojo, Troy OH – Awards Banquet MVTA

Troy Karate Students Win Championships – Awarded January 2014

The Okinawan Shorin-Ryu Karate Dojo had ten students placing in the top three in the Miami Valley Tournament for the Championships.

Students compete in the Miami Valley Tournaments throughout the 2013 year competing in their choice of Forms, Sparring and Weapons. Students receive points for placing in the top three at each tournament. Points are compiled at the end of the year for the top three competitors in the Miami Valley Tournament Association. The Troy students competed against schools located in Piqua, Troy, Xenia, Dayton, Bellbrook, Yellow Springs, Columbus, Springfield, Urbana, Trotwood, Cincinnati, Indiana, Kentucky and the Pennsylvania area. There are thousands of competitors that compete in the Miami Valley Tournament Association. Divisions are divided up according to age and belt level (experience). Last night the Awards Banquet was held at the Schindler Banquet Center, Xenia, OH. The Troy students were recognized and awarded their Championship Rings for placing in the top 3 in their division at the Miami Valley Tournaments.

Evan M – 2nd Forms

Lane S – 3rd Forms, 3rd Fighting

Kaci H – 1st Forms, 1st Sparring

Collin W – 3rd Forms, 1st Sparring

Holly B – 2nd Forms, 1st Sparring, 2nd Weapons

Mark S – 3rd Forms

Aidan S – 2nd Forms, 3rd Weapons

Hannah S – 3rd Forms, 3rd Sparring

Arianna H – 2nd Forms, 2nd Sparring



Okinawan Shorin-Ryu Karate Dojo, Troy OH –

Karate Students Travel to Beavercreek to Compete

The Troy Okinawan Shorin-Ryu Karate Dojo traveled to Beavercreek to compete in the martial arts season opener at the Miami Valley Tournament. Students competed against some tough competitors from the Columbus, Cincinnati, Dayton and surrounding areas. Competitors are divided into divisions according to age and belt rank (Beginner Level, Intermediate Level and Advanced Level). Students compete in Kata (forms), Sparring and Weapons. However, they could only compete in Weapons if they have 9 months of training or more. Trophies are awarded to the top three competitors in each division.

The Okinawan Shorin-Ryu Karate students brought home a total of 10 trophies. Collin Woolley had some close sparring matches that went into sudden death, and he was able to pull both matches out taking 1st place overall in Sparring. Collin also placed 3rd in Kata (Forms). Aidan Snyder competed in the Intermediate Division and placed 2nd in Kata and 3rd in Weapons (Bo Staff). Cameron Davis competed in his first tournament and placed 4th in Sparring. Evan Murphy competed in the Beginner Division and placed 1st in Kata. Holly Beasley swept the girls Intermediate Division and placed 1st in Kata, Sparring and Weapons (Bo Staff). Aaron Davis placed 2nd in Sparring after competing against four aggressive competitors. The Troy Okinawan Shorin-Ryu Karate Dojo students look forward to their next tournament.

Shorin-Ryu Karate Dojo, Troy OH

Troy Karate Students Entertain



Students from Okinawan Shorin-Ryu Karate Dojo perform for residents at the Sterling House of Piqua

The Okinawan Shorin-Ryu Karate Dojo located in Troy, OH had the privilege to perform and socialize with the residents at the Sterling House of Piqua. The students performed a demonstration full of energy derived from kicks, punches, rolls and breaks. The Sterling House residents enjoyed the entertainment provided by the students and welcomed us back anytime. It's a great experience for the students to be involved and engaged with the local community. "It feels really good to see the smiles on their faces and know that we can give back to the community by demonstrating our skills," said Aidan Snyder.

"I like being involved in all the demos that we do, and I really enjoyed talking to everyone after the demo. They have a lot of interesting stories," said Bailey Tipps, who recently earned her Junior Black Belt. After the demonstration, residents and students enjoyed some time socializing and snacking on some food and drinks. This kind of community involvement benefits both the students, who get to showcase their talents, and the seniors, who get to watch the performance and enjoy.

We had a couple Dojo students who are seniors performing in the demonstration. Ron Cyphers age 75 and Marvin Meade 72 helped with the demonstration. Both are students at the Okinawan Shorin-Ryu Karate Dojo. "Training helps keep me physically fit and mentally active, and I enjoy the challenge during class," said Ron Cyphers.

The Okinawan Shorin-Ryu Karate Dojo serves the Troy community and the surrounding areas. We start teaching students from the age of 4 and up. For more information call 937-339-4646.

Okinawan Shorin-Ryu Karate Dojo, Troy OH - 2014 Karate Camp – Troy, OH



Troy Dojo students attended a three day camp full of fun activities...Thanks to everyone for making another memorable camp!! Always so much fun!!

Okinawan Shorin-Ryu Karate Dojo, Troy OH – Promotions



Okinawan Shorin-Ryu Karate Dojo, Troy OH – Demonstrating “Troy Streets Alive”



Aidan performing
double nun-chaku kata.

Students getting
ready to
demonstrate
their skills



Okinawan Shorin-Ryu Karate Dojo, Troy OH – Christmas Party



Hokey Pokey!



Okinawan Shorin-Ryu Karate Dojo, Troy OH – WSKF Internationals

Okinawan Shorin-Ryu Karate Dojo – Troy OH “Students Black Belt Testing”

The Troy Okinawan Shorin-Ryu Karate Dojo hosted a four day training seminar (2014 - WSKF Internationals). Students attending the seminar traveled from Quebec Canada, Michigan, Wisconsin, Illinois, Indiana, Kentucky, Missouri, Massachusetts, North Carolina, Florida and Ohio. During this four day training event a huge belt promotion was held, Thursday for Black Belt Testing and Friday for Junior and Adult Promotions. The Troy Dojo had several junior students promoting to Black Belt.

The age of the student and the amount of training time are key factors affecting eligibility to promote to the next belt level. The amount of training time a student must have for their first test is a minimum of three months. Training time and requirements will increase with each belt level. The age of the student affects which training class they attend and also the physical and mental requirements for each test.



Each advancement in belt color gets more physical and mentally challenging for each student. Students testing perform their requirements individually in front of a panel of Black Belts. Some of the requirements the Troy students had to perform were the basic karate fundamentals, katas, uke waza (blocking skills with an attacker), yakusoku kumite (demonstrating blocks and counters with an attacker to develop power and self-control), bunkai (defending against multiple attackers), makiwara (wooded post used to demonstrate punches and kicks), atemi-waza (breaking wood or concrete with their hands, elbows or feet), udetate fuse (push-ups on the knuckles or hands depending on age and rank), essays, reciting student creeds and answering any questions about the history of Okinawan Shorin-Ryu Karate.

An Awards Banquet was also held at the Crystal Room Banquet Hall. Several different awards were handed out that evening some of the awards included: Four \$500.00 scholarships, Dojo Student of the Year, WSKF Student of the Year, WSKF Instructor Certification, Participation and Belt Advancement. Lane Stewart was awarded the Troy Dojo Student of The Year. Lane received this award for his leadership, dedication, discipline in the martial arts, and his academic achievements at school.

The Troy dojo had 4 students awarded **Black Belt Ranking**. These students went through a very intense physical test and must have a minimum of 3 ½ years of training.

Jr. Black Belts - Preston— 4th Degree Jr. Black Belt, Bailey— 2nd Degree Jr. Black Belt

Troy – Adult Black Belt - Lane— 1st Degree Black Belt, Shami— 1st Degree Black Belt.

Troy - Juniors (age 7-14) Holly— 2nd Red, Collin— 2nd Red, Aidan— 2nd Purple, Hannah— Purple 3, Mark— Purple 2, Nishal— Blue 1, Nethika— Blue 1

Troy - Adults (age 15-up) Sri- 2nd Brown, Sherry- Shichi Kyu, Jarod- Hachi Kyu, Bill- Hachi Kyu, Anusha- Hachi Kyu, Martin - Yon Kyu, Duncan - Shichi Kyu

The Okinawan Shorin-Ryu Karate Dojo is owned by Jeff & Christine Leistner located at 2588 State Route 718, Troy. The dojo offers classes for Pre-Juniors (4-6 age group), Juniors (7-12 age group), Teenagers & Adults (13 & up). For more information call 937-339-4646 or go to www.oskdkarate.com.

WSKF Awards Banquet



A letter to Penny Huff

On October 28, 2013 we lost our dear friend and fellow student Penny Huff. Penny was one of the first female black belts in the Shorin-Ryu Matsubayashi-Ryu system. She trained for 44 years and had made the rank of Roko Dan.

I remember when I first began in January of 1974, Penny was preparing to go up for her first brown belt rank. Hanshi later came to Martha's Vineyard during February of that same year. In the short time that I had been training I could see that Penny was very proficient in the basics and katas. She passed her test without breaking a sweat. That was Penny, very cool and calm. I always felt that Penny's training in karate came very easy to her. She could pick up a technique in one class what would usually take most people an enormous amount of time to finally understand. As the years passed what I learned was that Penny truly understood technique and kata very quickly, but she also took the time and spent hours upon hours working on things that helped that technique and her kata which then looked effortless. You had the feeling that she could see herself from the outside and could grasp new concepts and make the proper corrections instantaneously. As a Sensei Penny had the ability to see your mistakes but also had the knowledge and expertise to help you make your karate better than you thought it could ever be.

For the last 14 years Penny and her wonderful family have provided our school with an amazing place to train our art.

Penny we shall miss you terribly, but we will keep training and your spirit will live on within all of us. I've learned so much from you in my 40 years of training. I will continue to teach others and hopefully someday will attain the wisdom and dedication that you always brought to class and outside of the Dojo. Keep watching over us during our training and give me a kick if I'm doing something wrong! Love Pete



At the Peacegate Dojo, Martha's Vineyard
August 2012

Penny receives her Roko Dan Diploma.

Robert Eldredge, Justine Cassell, Penny Huff,
Peter Cronig



On Tuesday, November 12, 2013 some of the older students came together to have a class in honor of Penny. It was a great evening of training and exchanging stories. We all felt Penny's presence. Penny's youngest Son Farley Glavin, Robert Eldredge, Sensei Tod Bassett, Penny's Husband Jim Glavin, Penny's youngest daughter Celeste Glavin, John Parker, and Bill Rossi

Left to Right: Robert Eldredge, Sensei Tod Bassett, Penny's Husband Jim Glavin, Peter Cronig, John Parker, and Bill Rossi,



=====

Penny Huff

In July, I was extremely saddened to have heard of Penny's illness, and now hearing of her passing leaves me with a very heavy and empty heart. Our only comfort today is knowing she no longer suffers from this terrible disease.

In 1970, Penny began her karate training at Martha's Vineyard under the instruction of Sensei Richard Curwell. Since that time Penny has never stopped training. From the first time I met Penny, I knew she was not going to be an average student. She always put forth a tremendous amount of effort and never gave up.

In the early 1970's I remember Penny flying to Dayton, Ohio from Nicaragua just to test for her green belt. She passed with flying colors. That is the kind of commitment Penny had. Over the years, she travelled to Dayton many times to participate in the WSKF Internationals and she always made a point to see us when we visited Martha's Vineyard. Penny developed many lifelong friends within the Shorin-Ryu Karate-Do family. The contributions Penny made to the Martha's Vineyard Dojo and to the World Shorin-Ryu Karate-Do Federation will forever be remembered.

All my love to Penny's family.

Hanshi Frank Grant and the WSKF Board of Directors

At Chesica's Restaurant in Edgartown, MA, Martha's Vineyard



Goho Seishin Dojo - Sensei Sheets, Lake Villa, IL

It's been a bit of a hectic year for the dojo: Sensei Sheets was absent a lot due to other work requirements and the year saw a lot of changes and challenges to the dojo and the students– but in the end, one of the essential traits of Karate-do, perseverance, shown by each longstanding member of the group as well as the support of each of our Sensei, Kyoshi, Hanshi, and the Board of Directors has helped us succeed and grow!

Ganbaru!! (Domo Arigato Hanshi)

This year, in addition to keeping things moving, we have also focused in on basics, Kobudo, and building on this year's theme – Perspective. We've studied the perspective we take on how we train, on how our bodies move at practice and under emotional pressure, and the intent with which we take action (as well as the added pressure of when someone attacks with intent)