

WSKF NEWSLETTER – March 2023

Welcome Back! After a 2 year hiatus from COVID we are pleased to be back with a new format and new outlook.

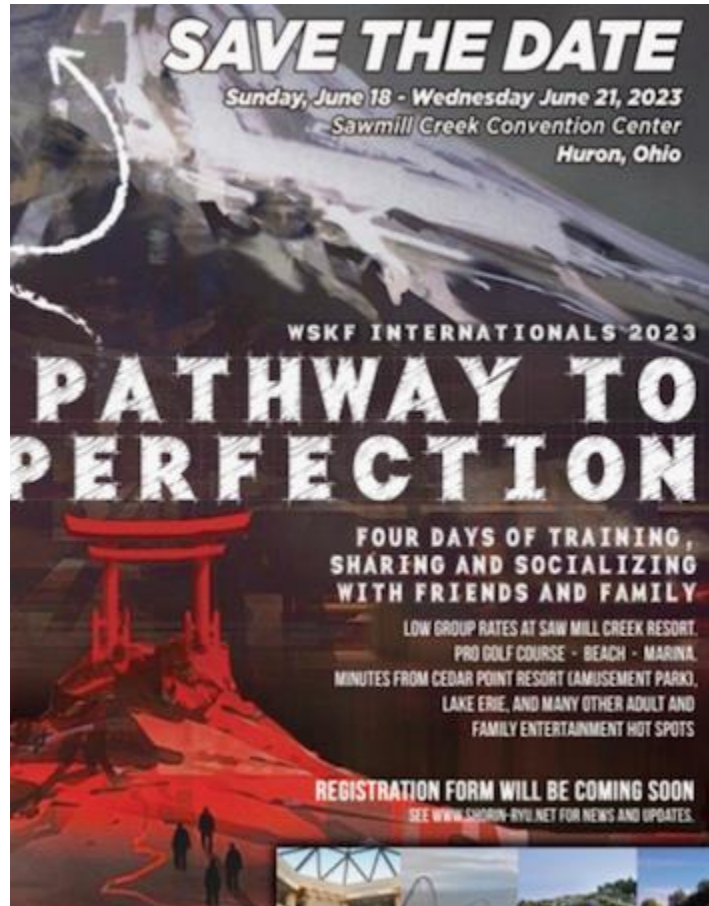
Train on!



WSKF Internationals 2023

Sunday, June 18 - Wednesday, June 21, 2023

Sawmill Creek Convention Center - Huron, Ohio



Join us this June for 2023 WSKF Internationals!

This year's WSKF Internationals will be at Saw Mill Creek Resort in Huron, Ohio. Like past years, the event will kick off Sunday with promotions. There will be four days of intense training in Shorin-Ryu karate. The event is a great opportunity to meet up with and learn from some of the most experienced members of the federation! Getting a good sweat is only one part of the event. The location features a nearby beach, golf course, and marina. It is also nearby the Cedar Point Resort amusement park and many other local adult and

family entertainment hot spots. We hope to see you at this year's event! Continue to look for emails and the WSKF website: www.shorin-ryu.net/internationals for new information!

EDUCATION STATION!

Get on Board! Our own Kyoshi Pike, Director of Education, pens an interesting study on the importance of Karate-do and its relationship to development of a healthy brain and of mushin or “no-mind”.

Exercise removes toxins which build up in the brain. Exercise is the single best activity that one can do to improve brain function. Specific physical exercise for the development of the brain is less specific, in the western hemisphere, as to which exercises actually stimulates intelligence. In the Eastern Hemisphere though, exercises were developed which were derived from the battle field, intermixed with meditative concepts, and developed into the martial arts. In the Ryu Kyu kingdom, (Okinawa) their indigenous martial art called “ti” or “te,” transcended into Karate-do. Karate- do is a physical exercise that develops mind, body and spirit...and it also physically develops the brain.

The early masters seemed to understand the correlation..... Read more at: [Karate and the Brain.pdf](#)



Keep on Learnin!

Sensei McDonough spent many, many days with Hanshi Grant, from the shores of Martha's Vineyard to the Hills of Kentucky, to the Dojos of Ohio, and all the way to India. When asked about one of the things he could pass along, he thought about Hanshi Grant's



recommendation of *Black Elk Speaks* by John G. Neihardt as a good addition to your library. Black Elk's searing visions of the unity of humanity and Earth, conveyed by John G. Neihardt, have made this book a classic that crosses multiple genres. Whether appreciated as the poignant tale of a Lakota life, as a history of a Native nation, or as an enduring spiritual testament, *Black Elk Speaks* is unforgettable.

On another note: Sensei McDonough is operating his new Dojo in Plymouth, MA! Contact him at jdmcdonough71@yahoo.com for class times!

Speaking of Books..

Don't forget to check out Amazon for all the important WSKF books, Internationals Manuals, and other materials available on Amazon! Go to www.amazon.com and search for WSKF, or "My Promise to the Master", "Walking in the Footsteps of the Master" and other WSKF publications.

Who's This Senior Black Belt?

Home: Ohio

Favorite Food: Salad and Fried Chicken

Current Song on your playlist: Can't Help Falling in Love (Elvis)

Favorite kata: Gojushiho

Training Tip: Pay attention to the small details of your karate moves and focus on technique!

Email SheetsSensei@gmail.com with your guess. All correct guesses will get a special recognition!

DOJO NEWS

See all our dojo listings at <https://www.shorin-ryu.net/dojos.html>

Martial Arts & Family Fitness Center, Hanshi McPeek.

Congratulations to Lori McPeek, Go Dan, who completed a 2022 kata challenge of performing Hanshi's Ganbaru Sho every day for a year.

The Martial Arts and Family Fitness Dojo is now officially located in Centerburg, Ohio. Construction is nearly complete. The inside is all done except some minor baseboard work. We plan on working on the exterior of the structure in spring 2023.

Matsunoki - Senseis Shank

Training is going well. We and many students are excited to be going to the AAU Tournament in Illinois!

Goho Seishin - Kyoshi Sheets

Happy to report that we are Live and GOLDEN! While moving from various spaces generously opened up by students, we are now back to a commercial space, sharing with the Golden Essence dance troupe . Karate classes Tuesdays, Thursdays, and various Sundays, we're back on in this shared space and making the most of our training! Looking forward to more students joining what we do!

Calling all BlackBelts!

Don't forget to update your information with the WSKF database! Get the form, fill it out, and follow the instructions for submission to Kyoshi Cronig! The form is located here: [Database Fields for Each Student to Fill out.pdf](#)

Training Tips from the Senseis!

Try this!: When training - especially in engagement, it's important to not lean in too far with your body to the technique.



Nekoashi-dachi (猫足立, cat stance)



make sure to stay upright in practice, kata and kumite...as the proper physical presence gives an utmost advantage.+

Karateka Articles!

The Four H's of Shorin-Ryu By Robert Johnston

We know the 8 S we need to remember, but, here's another thought: **History Honesty Honor Humility**

Click here for more! : [The Four H's of Shorin-Ryu.pdf](#)

WSKF Database - Get your info in!

WSKF DATABASE is Here! ALL Matsubayashi-Ryu practitioners are welcome to join!

Fill out the form at this link and email it to sheetssensei@gmail.com !

[Database Fields for Each Student to Fill out.pdf](#)

Note: All submissions become the property of the World Shorin-ryu Karate-do Federation USA, Inc., and you grant a license to it to retain and use such information internally and make it available to its members.