

# WSKF NEWSLETTER – September 2023

What. A. Summer. Internationals in Sandusky! Summer Travel! Summer Training!  
Matsunoki Open House

Train on!



**Growing from within!**

# **MATSUNOKI MARTIAL ARTS OPEN HOUSE**

**SEPTEMBER 16, 2023  
12PM to 4PM**



**622 S. Broadway, Greenville, OH**

Check out this AMAZING dojo with their Highly qualified teachers. Congratulations to Senseis Shank and their open house events with great training and appearances from the Hanshi's!

## **EDUCATION STATION!**

**Get on Board! Kyoshi Pike, Director of Education, shares the education years of dedication along the “Path to Perfection”. Here’s a couple excerpts of what a journey can mean over 40+years of training:**

**“Karate-do at 60- and the journey of life; looking back at  $\frac{3}{4}$  of a life span”**

Here’s an excerpt to help you get started:

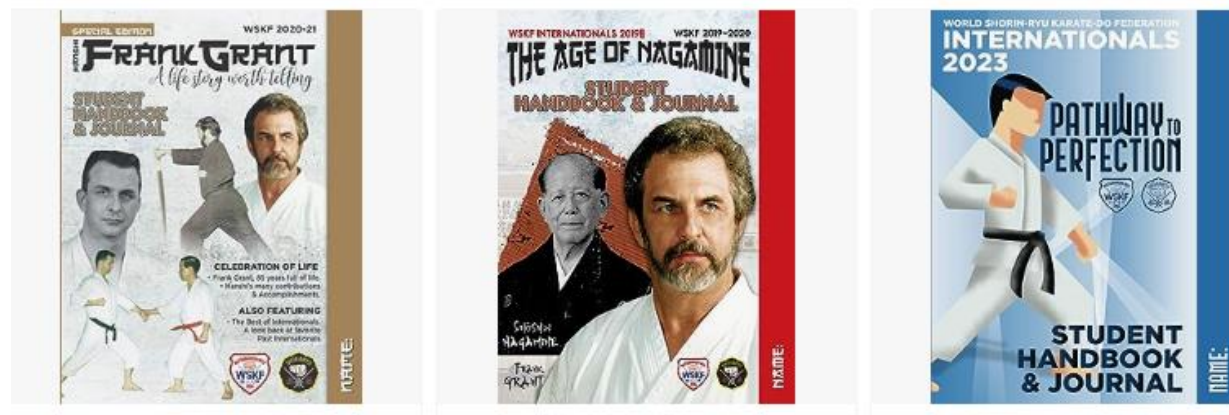
At nineteen years old, in 1983, at the University of Dayton, I found in the Course Catalog a 1 credit course in Okinawan karate. I immediately signed up. I had grown up with the esoteric tales of Okinawa, as my father had been stationed there in the United States Air Force. In December of 1984, I found my Sensei, Hanshi Jack McPeck. He brought me to a deep understanding of what Karate-do should be and how spirituality, a self-realization, can, and should occur in one’s practice. He didn’t just lead me to the path: he walked it with me. We’re still walking it today.

How I look at kata at 60 years old is much different than how I experienced it in my youth. I practice kata as the art form it is. The symmetry of lightning fast movements, coupled with the sudden stop motion at the end of a technique and the instantaneous beginning of a new technique is as beautiful as any Van Gough painting I've ever seen.... For more, please click this link: [Karate at 60.pdf](#)

## Keep on Learnin!

Speaking of Education...

For all the important WSKF books, Internationals Manuals, and other materials, they are available on Amazon! Go to [www.amazon.com](http://www.amazon.com) and search for WSKF, or "My Promise to the Master", "Walking in the Footsteps of the Master" and other WSKF publications like these:



## Who's This Senior Black Belt?

Favorite Non-Karate Hobby: Everything Sci Fi and collecting Japanese Netsukes

Favorite Food: Sushi, Sashimi

Favorite Movie: JAWS

Current Song on your playlist: Two Rivers > Jeff Beck

Favorite kata: Chinto

Training Tips: Always practice before and after class. Have patience, your goals should be 100 years out.

Training Location greatest distance from home: Naha, Okinawa

Ultimate karate form goal: To be able to separate and control all body movements from the tip of my toes to my little fingers

Email [SheetsSensei@gmail.com](mailto:SheetsSensei@gmail.com) with your guess!

## !!!DOJO NEWS!!!

### Martial Arts & Family Fitness Center, Hanshi McPeek

July has arrived and the students at Martial Arts and Family Fitness Dojo in Centerburg, Ohio are alive and well. We have recovered from the top-notch karate instruction at the 2023 WSKF Internationals. We are incredibly proud of Evan McPeek and Lori McPeek on their promotions to San Dan and Roku Dan, respectively. Evan and Lori sought out additional training in preparation for their tests and came away with some new



perspectives to take their art to the next level. Everyone in the dojo enjoyed the classes offered at this year's Internationals; we found it to be really valuable to have multiple sessions on similar topics taught by an assortment of instructors. Adding the evening classes was a treat!

Over the 4th of July weekend, the McPeek family hosted a celebration and many members of the WSKF were present. We turn our sights to a new basic of the month: oi zuki. Hanshi McPeek always stresses how important it is to master this particular basic; it could prove to be incredibly useful on the streets if needed. In August we will focus on chudan uke. Jeff Brooks and Madeline Hatch are going to start kicking it into high gear in the upcoming months to aim for promotions of their own. We are also incredibly proud of Sarah Hatch as she is a full time PhD student at Ohio University in Counselor Education and Supervision, the president of SAIGEO, and a therapist/business owner. She trains with us as often as she can. Finally, we hope to do some traveling around the federation in the coming months to train with other WSKF instructors and students.

# Martha's Vineyard Dojo - Kyoshi Cronig

The Martha's Vineyard Dojo would like to thank the Hanshi's, Kyoshi's and students for a wonderful 2023 Internationals at Sawmill Creek.

The courses offered this year were extremely helpful. Hanshi's Harris, McPeck, Olin and Leister explained the basics, katas and techniques so that everyone from beginner to the more advanced student could comprehend everything with ease. My students and I are extremely thankful for the amount of time and effort they gave us. We have a long list of items to work on for the next year.



Being at the Sawmill Creek facility allowed all of us to get together after class to socialize and have fun with family and karate friends. That is sometimes difficult to do when most students have to go home each night during the normal Internationals that are held in Troy. Another benefit was that we could put our Gi's on, walk out of our rooms and go back and forth to classes. The choice of restaurants at Sawmill creek were amazing. The first night get together and the last night banquet and ceremonies were perfect. This was the best place to hold these internationals. Thank you everyone.



# Goho Seishin - Kyoshi Sheets

What a difference a season makes.....We had a GREAT summer with lots of opportunities to train. Perhaps the highlight was the Internationals event, with Sensei Patty Blakeley achieving Go-Dan and Robert Johnson starting the true journey earning his Sho-Dan. We've

also enjoyed continuing to train in the Golden Essence studio, which will hopefully soon qualify as a 501 (C) 6 – Get ready for those tax deductible donations! We also lost a couple students, and gained a couple more.

This month's training goals are all around focus, perception and targeting. How do you maintain attention without distraction, how do you process the inputs that you get, and how do you maximize the action in the tightest amount of space (or, Movement without Motion to refer to a prior theme). We continue to walk the path, a path seeking perfection, but we will have to continue our pursuit...step by step.

## East Point Dojo - Sensei McDonough -

Great to see everyone at the WSKF Internationals! I wish it were more frequent. Training continues at the East Point Dojo. Remember, the Path to Perfection begins with the first step, and then one has to keep stepping! Just like the Pilgrims first stepped out to Plymouth Rock and kept on going, your first steps, or your continuing steps, can be done in Plymouth MA. If you are in the area, or you have good people in need of a recommendation on where to train about 45 minutes south of Boston, contact us at [jdmcdonough71@yahoo.com](mailto:jdmcdonough71@yahoo.com).

## Okinawan Shorin-ryu Karate Dojo - Hanshi Leistner & Kyoshi Leistner

The 2023 year at the dojo has been full of vigorous classes and fun activities. Monthly Black Belt classes, quarterly Kuro Obi Kai classes (San Dan and above), MVTA Awards Banquet, Monthly Belt Testing, Tournaments, Annual 3-Day Fundraiser with the Troy Strawberry Festival, 4-Day WSKF Internationals Training Seminar/Awards Banquet Huron, OH and the Junior 2-day Karate Camp.

The dojo offers 11 classes a week and they are pack full of energy, dedication, determination, hard work, respect, discipline and the list go on and on... We are very grateful/blessed for all the wonderful students, parents and black belts that help out the under ranks at the dojo.

WSKF Black Belt classes our offered every 3rd Friday of the month from 7:30-9:30 p.m. and Kuro Obi Kai classes once every quarter. The advanced training classes are zoomed to WSKF members located out of state-Illinois, Indiana, Michigan, Kentucky, Florida, Massachusetts, North Carolina, and Kansas.



Students that participated in the 2022 Miami Valley Tournament Association (MVTA) attended the awards banquet February 2023. There are a few students at the dojo who like to travel and compete in tournaments. Some of the Troy students traveled to open tournaments hosted by the MVTA and competed in Kata, Sparring and Weapons against other martial artist styles. Points are accumulated throughout the year depending on a 1st, 2nd or 3rd place finish and totaled at the end of the year for their division. Ann swept her division and received three 1st places in kata, sparring and weapons, Ava received 1st in sparring, weapons and 2nd kata, Hudson received 1st kata, weapons and 2nd sparring, Hayden received 3rd Kata and Moriah received 1st kata and 2nd sparring. Congratulations!!



The annual fundraiser for the Troy Dojo participates in the great Strawberry Festival in Troy, OH. Troy has this great festival to help non-profits generate funds for their organizations with the support of the community. The famous Bowmans Concessions helped us raise funds by selling food and refreshments. Thank you, Bob, and Joni, for supporting us over the years. Funds generated from this fundraiser go back to

the students to help with the cost of gear, seminars, tournaments, travel etc... Thanks to all the students and parents helping with this 3-day event.

WSKF Internationals Training Seminar was overwhelmingly enjoyed by all the Troy students who was able to travel and attend this informative event held at the Cedar Point Sawmill Creek and Resort. Students enjoyed all the morning and afternoon training classes offered during this 4-day event. The grueling Black Belt Testing and Kyu Rank Testing was held. Black Belts from the Troy Dojo who tested Abigail, Ann, Parth, and Alexander. Under black belt testing Chris, Evan, and Chris. Congratulations to all!!!! There were 4 scholarships awarded and Holly received one from our dojo. Enjoyed the down time by swimming, golfing, chess, cedar point, restaurants, nature walks and comradery. The fire pit and food at the opening ceremony was fantastic! The awards banquet on the last evening was packed full of fun and great food! Everyone is waiting for next year!! Thank you to all the Hanshi's, WSKF Board Members and who made this a memorable event!

The 2-day Junior Karate Camp was full of training and fun activities for all who participated. Thanks to all who helped make this a successful memorable event for the kids!!



# 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](#)

If you can't reach it, please email [peter.cronig@gmail.com](mailto:peter.cronig@gmail.com) or [sheetssensei@gmail.com](mailto:sheetssensei@gmail.com) for a copy of the form or more information.

## Training Tip from the Sensei!

### **“How do I get better, faster?” - Kyoshi Sheets**

Is a question karateka often ask themselves (I continue to ask myself, often). We all gain knowledge and energy from training with the best of the best. But at the same time, no one can gift you the power to actually succeed or to accelerate your learning - you have to drive your own success. That means that in addition to showing up at class, in addition to “practicing” outside of class, it can be VERY beneficial to add some additional note taking and planning on “How” your practice training continues. Hanshi Grant used to say most students would only retain 10% of what is taught in a class. SO, here's some tips that can help you with your own development plan.

1. Do what you can to arrange your schedule to attend every class you can
2. Immediately after class (or if your Sensei allows it, during class) write down two or three “discoveries” / corrections /pieces of advice you found helpful. (If you do nothing else, this helps you remember these items).
3. As part of your training plan for the next week, as you practice, make a point of reviewing those notes, and setting aside time to work on those specific things - as well as the things from the prior class notes
4. Spend some concentrated time working on those thing, so that when you get to the next classes, those specific items are improved.
5. By spending this extra effort, not only will your knowledge improve, but so should your skill and action. But also listen to Radio WIIFM for the even bigger benefit as you do this!

Well...what is WIIFM? What's In It For Me! Not only should your knowledge, skill and action improve - but you will then save your Sensei time from covering the same materials. That translates to them moving on to the next item for you to learn instead of repeating things - giving you more, faster. Your Sensei's only recognition of the improvement may be moving to the next thing, but then you will recognize you've both gained another step forward on the Path to Perfection of our Art.

# Karateka Articles!

## **How do you carry yourself? By Sensei McDonough - East Point Dojo**

Thoughts on the responsibilities incumbent on a WSFK Karate-ka:

The rules of the dojo are clearly posted. These all point toward doing the right things for yourself, foremost, and the world at large at any given moment. We cultivate our skill, character, intellect and other mental capabilities in adherence to the rules. Naturally, the guidance provided by the rules carry outside the sacred hall, the dojo, as does the mental engagement that we demand of ourselves and that is demanded by our instructors on deck and then off deck as we progress.

Occasionally, there are situations that may require us to convey a nonverbal or even verbal indication that we have unique capabilities in order to prevent a problem from happening. Our aim is to always avoid these situations and the possibility of needing to defend ourselves. Hanshi Grant often said to us all, "You don't know how good you are."

Paradoxically, I am not addressing our 'on the street' capabilities.

It is important to cultivate ourselves to also convey peace and good will to strangers and friends alike, most often silently and maybe without eye contact or even body language.

A question came to mind at the internationals this year: What is more subjectively dangerous, over confidence or under confidence? Does it have everything to do with how we carry ourselves?

To varying degrees we all feel fortunate to have found this well lit path.

Have you ever paid close attention to how the masters in the Federation carry themselves in day-to-day settings outside of the formalities and in street clothes?

There are enormous lessons there. All you have to do is look.

## **A STEP BACKWARD CAN BE A STEP FORWARD Joyce Bentle - Go-Dan - Tonbo Dojo**

In recent weeks, it has been hard to get to class. The pace at work has been unbelievably frantic and pressing deadlines have caused me to stay at the office later each evening. I've had to sacrifice an activity because something had to give. There are only so many hours in a day, in a week, in a month. And always in my mind I hear Hanshi Grant saying how he refused to ever sacrifice his training, but yet I have little choice at this juncture.

Navigating the pressures of modern life can be daunting. There's not only daily work, meetings, driving to and fro; there's also a pending home remodel, never-ending laundry, cooking, doing dishes, paying bills, watering the garden, grocery shopping, family birthdays, friends who need help, grown children who need help, a garage that needs organizing, sweeping the porch, cleaning the kitty litter...every day can be a struggle to keep up. Even in the midst of all that, I can usually make it to karate.

As I drove to work the other day, though, exhausted and feeling a little guilty for missing class the night before, I had a sudden revelation. *A step backward can be a step forward.* Sometimes the demands of life leave you no choice, just as an opponent sometimes leaves you no choice....  
Continue reading here: [A Step Backward can be a Step Forward.pdf](#)

## **The Motto of Karate-do**

### **By Patty Blakesley, Go-Dan - Goho Seishin Dojo**

When I was at the start of my karate journey, I was encouraged to read Grand Master Nagamine's book, *Tales of Okinawa's Great Masters*. I came across a motto that, from that moment on, guided me. What is a motto and why is it important? The dictionary definition will define motto as a short phrase or sentence that encapsulates or embodies a guiding belief or ideal. Initially, I know I was struck by the motto that the Grand Master said was Sensei Kyan's: "effort is everything." I remembered it. I used it.

Being short and easy to recall, I found it helped me. I found it important as I encountered challenges, struggles and successes along the way. When I most wanted to stay home and skip class, I made the effort to show up. When I was tired and frustrated, I made the effort to continue to train. Outside of karate, I found the motto would slip into my mind at the oddest time, like hiking a trail through the White Mountains in New Hampshire or riding my bike up-island over the hills to Aquinnah on Martha's Vineyard. The times I felt most discouraged, I remembered that my effort was important, **was everything**....  
Continue reading here: [The Motto of Karate-Do.pdf](#)

### **WSKF Members**

Have ideas for articles? Suggestions? Corrections? PLEASE send an email to [SheetsSesei@gmail.com](mailto:SheetsSesei@gmail.com) with your constructive suggestions.