



SATELLITE BEACH, FLORIDA DOJO, SENSEI KABBOORD

Welcome back Hanshi! Twenty years. It's so hard to believe that almost twenty years had passed since Hanshi Grant was last at our dojo! One of his last trips here was with Sensei Driggs to teach a clinic at a local junior college and I believe that was in 1990. You can only imagine the excitement and anticipation the entire Kabboord's Martial Arts School in Indian Harbour Beach, Fla. felt as the date approached for Hanshi's arrival. Hanshi was coming to our dojo in January with Sensei Dometrich and we were more than ready to welcome him back. We were one of Sensei's "stops" on her road trip south to teach one of her many weapons clinics. How fortunate for us, that Hanshi's health and schedule would allow him to be gone for several weeks and two of those weeks would be with us!

I would like to say that Hanshi's entire time here was spent relaxing and sitting on our front porch, sipping margaritas, and catching up on his suntan, but that was far from the truth! We teach seven Adult classes, six Junior classes, and seven Tiny Tiger classes (4-6yr olds) during the week and Hanshi came to them all. He taught the adult and junior classes and *watched* the Tiny Tigers classes. Student attendance was the best we've seen in a long time during the two weeks Hanshi was here! Everyone enjoyed the mentally & physically challenging classes that he taught and our black belts were treated to more personal scrutiny from Hanshi when we had our own private training class with him. Muscle spasms in our legs, sweat dripping out of every pore, brain spinning on overload... all just part of a session with Hanshi. We loved ..

Before Hanshi left, we gathered our black belts together at our house for a causal cookout and get together. He shared some of his many stories from his larger-than-life experiences, which kept us all in a state of constant amazement. What an amazing life. What an amazing man. But of course, you all already know that! That's why, at least once a day during his visit here, one of his students would call to check on him just to make sure he was ok, or to make sure he hadn't moved to Florida!

NASA SHUTTLE



It was hard to see Hanshi go, but we promised each other that we wouldn't let so much time pass before we had him back at our dojo. So just after Memorial Day, we brought him back to Florida for ten days. During his stay here, we were fortunate that NASA decided to send up a shuttle, so we took Hanshi out on our boat to watch a live shuttle launch. It was a spectacular launch to see, whether it was your first or your fiftieth, and Hanshi had a perfect seat.



ADULT CLASS



JUNIOR CLASS



EMBU TAI KAI

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Ten days went by fast, but we managed to squeeze in a lot of quality time with Hanshi. We know that our time is very limited with him so we consciously try to appreciate every moment that we share. So welcome back again, Hanshi, we look forward to seeing you in October!

GREENVILLE DOJO – SENSEI PRESTON

“Who’s Got the Goods”?

Jordan certainly agrees with the Greenville High School students, staff and community members. When approached to participate in the Greenville High School Talent Show, “Who’s Got the Goods”, Jordan did not hesitate to sign on. The talent show was designed by the Interactive Media program at Greenville High School as an activity to promote school spirit and to provide an opportunity for all students to showcase their individual talents. The Interactive Media program, of which Jordan is a member, prepares students for careers in the fields of graphic design, audio/video production, web design, animation, and broadcasting. All proceeds from the talent show will be used to fund a study trip to New York City next spring.



Along with the aide of his Sensei Preston and another fellow karate student, Jordan prepared a karate demonstration that the staff and student body at Greenville High School would not soon forget. On April 25, 2008, Jordan performed Pinan Shodan to the musical accompaniment of Evanescence’s ‘Fallen’. After a slow rendition of Pinan Shodan that demonstrated precise, flowing movements and techniques, Jordan broke into a powerful performance of Pinan Shodan bunkai against his two attackers. Audience members were in awe at his ability to overcome his attackers as he left them face down and defenseless. The crowd was further moved to exhilaration during the grand finale which included yet another rendition of Pinan Shodan bunkai and the breaking of boards. Their cheers and applause roared through the halls of Greenville High School. Judges and audience members alike agreed that Jordan’s talents stood out among the other twenty-two acts. Jordan seized third place (and a \$50 prize) and captured the respect and admiration of all who were present that night. His impeccable performance perfectly depicted the grace, precision and overall power of Matsubayashi-Ryu. Congratulations Jordan.

GOHO SEISHIN DOJO – SENSEI SHEETS

We’ve had a few come and go, but the core stays the same. This March many in the dojo were able to go to Piqua and Troy for black belt class and to spend some time with Hanshi. Zachary made the trip with the usual suspects from the school and was able to see and learn more about Matsubayashi-Ryu. Thanks to Patty for driving. Although we continue to focus on our core techniques and basics, we did have a couple special seminars on sparring, both for standard

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karate and MMA style. We also have had a couple seminars on boxing, just to give everyone exposure on some of the different techniques out there that we must be prepared to face. Seeing a little of how other artists might come at you seems to help with preparedness. More recently, we've tried to focus in on developing stamina and speed through special morning classes using a few new exercises suggested by a personal trainer that is a friend (and parent) of the dojo.

PAC DOJO, KYOSHI OLIN

Beginning in 2008, the PAC Dojo began an incentive program (PAC Bucks Challenge) designed to reward students for karate class attendance, school and home accomplishments and challenges during class. This program proved to be very successful – evidenced by the student's awaiting news of their total award points at the end of each month. These points turned into dollars and were used to purchase items from martial arts catalogs. One student has already spent some PAC bucks for a pair of Sai and case. Other students are building points and will spend their Bucks in January. Class challenges were written, physical, mental or creative. Students answered questions concerning the PAC Student Manual and wrote down characteristics unique to Fukyugata Ichi. Physical challenges included kicking, punching and "30 katas in 30 minutes". One challenge – CD Music Night – was so popular we included it twice during the year. During CD Music Night, students chose a song and led the class. We sparred to "Everybody was Kung Fu Fighting", ran an obstacle course to "Kid Rock – All Summer Long", stretched to "Miley Sirus", performed Fukyugata Ichi and Fukyugate Ni to "Soldier Boy" and "Master Nagamine's song", and punched and kicked to a variety of rap, hip/hop and classical music.

PAC also continues monthly weapons classes including Bo and Sai and in 2009 will include nunchuka. Students participate in sparring classes monthly and birthdays are celebrated quarterly.



In March, PAC held the first promotion for Pre-Junior students who began training in January, 2008.

Once again PAC picked up trash for the Great American Clean-Up. Tires, metal objects & 39 bags of trash were cleaned up in the Riverside area. PAC adopted this area to keep clean this year and a sign is posted on the site.



PAC Christmas Party

PAC students and parents enjoyed a Tropical Christmas Party at CoCo Key Indoor Water Park - tubing in the lazy river, playing water basketball, traveling down giant dark slides in rafts and relaxing in the hot tubs.



Polar Bear Express Parade

PAC students kicked, punched, tossed candy and demonstrated Fukyugate Ichi to the delight of the crowd during the Polar Bear Express Parade in Harrison Township.

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JIYU SEISHIN DOJO, SENSEI PIKE

I have seen the super 8 film of when Grand Master Nagamine visited Sensei Grant's Dojo in 1968. His students were memorized. Even the teenagers (Kyoshi McPeek was maybe 17 or 18 then) understood the importance of this event. Their Master was in their dojo.

Forty years later, my students and I were able to experience and understand that moment when Hanshi Grant came to the Grand Opening ceremony of Pike's School of Martial Arts in Saginaw, Michigan, November 1st, 2008. My wife and dojo manager Nyssha, my students and I were mesmerized at the importance of this event. For the event, Hanshi asked me which belt I wanted him to wear for the pictures, and I smiled. I have pictures on my wall of Hanshi receiving instruction in Okinawa from O-Sensei Nagamine as the Grand Master wore his Ju-Dan Red Belt (10th Degree Master Rank) in 1966. Now, in 2008, it was my honor and privilege to have my Master wear his Ju- Dan Red Belt in my Dojo.

Along with Hanshi, traveled an impressive entourage of black belts from Ohio with their students including; Kyoshi McPeek and his student Scott, Kyoshi Leistner and his wife Sensei Leistner and their students Larry, Kathleen, and Todd with his lovely wife Cheryl, Kyoshi Olin and her students, Lisa, Jonique, and Katelyn, and Sensei Avery. From Chicago-land, journeyed Sensei Sheets and his son Gavin, and with his students Patti, Erin, Sean, Corey, their father, Rich, and Brandon with his parents, Angel and Brenda, as they traveled the six hour drive to attend this event. Sensei Wilson and his family came from the Detroit area in support of Sensei Pike's new dojo.

The Black Belts and students gave three impressive demonstrations of Karate-do, Kobudo, Tai Chi Chuan, and self-defense each an hour long to audiences who attended the Grand Opening. After the public demonstrations Hanshi and the Kyoshi held promotion evaluations for the Michigan and Illinois students. Sensei Leistner promoted to Red Sash (two away from black) in Tai Chi Chuan and Sensei Sheets promoted to purple sash (four away from black) in impressive showings.

The family in the WSKF is the best family in the world and this was once again demonstrated by the surprise baby shower that the Ohio and Illinois students, spouses and Sensei threw for the Pikes at dinner that night. Baby Pike will be very well stocked when she makes her debut to the world in December. Thank you all so much.

The next day, most of the students came back to the dojo to train with all the black belts and learn from the best in the world. My students were truly blessed that morning as we drilled yakosoku kumite group B, for an hour and a half. There were no arms left un-bruised that morning, and no gi was dry. And, then, they were gone. Shadow warriors who left their impressions in the minds and techniques (as well as the forearms) of my students drove from the corners of the Great Lakes region to support and help my dojo open, and through that effort, it has grown. Domo Arigato Hanshi, Kyoshi, Deshi, brothers and sisters. I am humbled by your love.

TROY DOJO, KYOSHI LEISTNER

Troy Junior Black Belts - Kris was awarded his Junior Black Belt during February Promotions. Kris is a very disciplined student that trains vigorously during class. He enjoys the outdoors, playing his guitar, reading, listening to music, camping and of course karate. Kris is also very active in the Youth Group at the Crosspoint Church and plays his guitar during the services. He is a member of the Honor Roll and the Orchestra at school. His mother and father, Colleen and Tracy are very proud of their son. The Troy Dojo is honored to add Kris to their Junior Black Belt group.

Cole was promoted to Junior Black Belt during the August Promotions. Cole works very hard during his training. Cole is athletic and is a member of the basketball team, soccer team and baseball team at his school. He is also a member of the Honor Roll, 4H Club and marching band at school. Cole enjoys bow hunting and barrel racing with his horses. His mother (Tammie), older sisters (Jamie, Lacey, Danielle and Chelsea) and grandmother (Marsha) are very proud of Cole. The Troy Dojo is honored to add Cole to their Junior Black Belt group.

Troy Black Belts - Due to extreme effort and hard work, we would like to congratulate the new Junior Black Belts (Kris and Cole), Sho-Dans (Dave and Rusty), Ni-Dan (Tim), Yon-Dan (Daryl) and Go-Dan (Todd).



Kyoshi Leistner and
the Troy Dojo
students walk in the
Strawberry Festival
Parade

TROY, MICHIGAN DOJO, SENSEI WILSON

Holiday Greetings from the Matsubayashi Karate Dojo in Michigan!

Over half of the students were able to attend the Grand Opening of Sensei Pike's new dojo in Saginaw on November 1st. It was wonderful for them to see the talents and skills of students with years of training under their belts. An inspiration! Hanshi Grant, Federation officials, and other students from Saginaw and Ohio warmly welcomed the students into the fold.

Six of the students participated in the promotional activities. Cole and Grant obtained the rank of Yellow with white stripe. Sam achieved the rank of Yellow belt. Nicholas and Chase were awarded the rank of Yellow with black stripe. Gwen earned the rank of 8th Kyu.

Congratulations to all!

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By the time you read this, we will have had our Christmas pizza party. Pizza, pop, cookies and a martial arts movie is a great way to get ready for Santa. Even though I told everyone that street clothes would be the attire for the night, one student asked if he could wear his gi anyway. I thanked him for his dedication, but I said NO as pizza sauce on his gi would not make his mother or me happy!

Merry Christmas and Happy Holidays from all of us!



New Born Cheyenne

WSKF NEW ADDITIONS

Cheyenne – born 12/06/09
weighing 5 lbs. 11 oz

Proud Parents: Sensei Pike and Nyssa



3 ½ month old Cheyenne

PROMOTIONS

- February** **PAC Dojo** - Shawn, Yellow 2; Timmy, Yellow 3; Kyle, Blue 3; Marc, Purple 1
- March** **PAC Dojo** – Gavin, Marissa, Jadon and Memory, PJ Yellow; Stewart, PJ Orange
- May** **PAC Dojo** – Christian, Yellow 1; Jake and Chumani, Yellow 3; Kyle, Purple 1; Larry, Sichi-Kyu
- Greenville Dojo** – Andrew, Yellow 2
- Troy Dojo Pre-Juniors** - Deken, Drew, Ryan, Jack, Adam, Connor, Dalton, Mason, Dylan, Mallory, Jillian and Elijah, PJ Yellow; Josalyn and Ryan, PJ Gold; Cael, PJ Green; Mitch and Bailey, PJ Blue; Brent, PJ Brown
- Troy Dojo Juniors** – Ty, Cody and Tristian, Yellow 1; Koki and Kacey, Yellow 2; Chance, Yellow 3; Aran and Preston, Orange 1; Nathan and Kayden, Orange 2; Ravi and Uday, Orange 3; Haley, Red 1; Kristopher, Jr. Black Belt
- Troy Dojo Adults** – Kevin, Alex and Barth, Hachi-Kyu; Sam, Sichi Kyu; Rich, Yon-Kyu
- Troy, Michigan Dojo** – Samuel, Yellow 1; Nicholas and Chase, Yellow 2

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- Goho Seishin Dojo** – Brandon, Roku-kyu; Erin, Cory and Sean, Yon-kyu
- July** **PAC Dojo** – Damian, PJ Yellow; Marissa and Memory, PJ Gold; Gavin and Jadon, PJ Orange; Stewart, PJ Green
- August** **PAC Dojo** – Madison, Yellow 1; Christian, Yellow 2; Timmy, Orange 1; Katie, Blue 2; Kyle and Marc, Purple 2; Larry, Roko-Kyu
- Troy Dojo Pre-Juniors** – Eli, PJ Yellow
- Troy Dojo Juniors** – Trystan, Kyle, Martin and Elijah, Yellow 1; Ty, Yellow 2; Chance, Orange 1; Preston, Orange 2; Ravi and Uday, Blue 1; Wesley, Red 2; Brett, Red 3; Cole, Jr. Black Belt
- Troy Dojo Adults** – Sam and Kevin, Roko-Kyu; Rusty and Dave, Sho-Dan; Tim , Ni-Dan; Daryl, Yon-Dan; Todd, Go-Dan
- Eaton Dojo** - Rachel, Blue 1; Sherry, Ik-Kyu; Daryl, Yon-Dan
- November** **PAC Dojo** – JaTonya, Yellow 1; Madison and Katie , Yellow 2; Christian, Yellow 3; Chumani, Orange 1; Timmy, Orange 2; Katie, Blue 3; Kyle, Purple 3; Lorenzo, Hachi-Kyu; Larry, Go-Kyu
- Jiyu Seishin Dojo** – Jose, Samantha and Cameron, Skills Test; Steve, Sichi-Kyu; Ricky, Ik-Kyu; Dean, Pre-test for Sho-Dan
- Troy, Michigan Dojo** – Cole and Grant, Yellow 1; Sam, Yellow 2; Nicholas and Chase, Yellow 3; Gwen, Hachi-Kyu

2008 WSKF INTERNATIONALS

KARATE FOR LIFE was the theme for the 2008 WSKF Internationals. Most everyone realizes once they begin their journey through martial arts – it is for a lifetime. Building on our theme, as an added feature to the Internationals, industry experts participated in a seminar to address topics to enhance and extend the life of a martial artist. Lauren, licensed massage therapist at Harmony Farms talked about the benefits of massage therapy in relieving stress and sore muscles. Nicole, clinical holistic health practitioner and certified Reiki Master introduced the group to the Art of Reiki. Reiki is a Japanese technique for stress reduction, relaxation and also promotes healing. Both massage therapy and Reiki offer positive effects on your life and create a better harmony with your mind and body.

Senseis Pike and Bentle took the group through a martial arts journey as they led the students and guests through an interactive history lesson on Karate Do. The audience received a reading packet complete with questions for each paragraph that was read. They listened, read and answered the questions from the text as well as their own personal life journey.

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The Internationals was packed with vigorous training, fun and catching up with fellow martial artists. Saturday began with the group being welcomed by Hanshi Grant, followed by meditation. The adult students worked tirelessly on Yakosoku Kumite techniques and timing. Junior students teamed up to run an obstacle course and then were delighted in being taught Chinto (an advanced black belt fighting kata) by Kyoshi Harris. Mr. Jones, a world class sparring instructor and competitor directed the group in a series of stretching, sparring drills and contact sparring. There was lots of sweat and a few bumps and bruises, but the group was thoroughly energized.



2008 WSKF Intls. Group



Obstacle Course for Juniors



Kyoshi Harris & Junior Student Marc performing Chinto at the Demo

The Internationals concluded with the Annual Federation Dinner/Meeting. We had a chance to view the NEW KATA DVD, which is awesome. Sensei Curwell of the Martha's Vineyard Dojo was inducted into the Budo Hall of Honor. Sensei Curwell was one of Hanshi Grant's first black belts and his dojo on Martha's Vineyard was the first satellite dojo under Hanshi. In 1978 the aircraft Sensei Curwell was piloting was lost over the ocean. This was a tremendous loss to the Hanshi Grant, Sensei Curwell's family and the Martha's Vineyard Dojo.

Another International Yearly Event is the Dojo Student of the Year. Each Sensei is asked to recognize one of their students who have been instrumental in their dojo. From these students, Hanshi Grant, Kyoshi Harris and Kyoshi McPeck choose the WSKF Student of the Year. During the presentation, each Sensei has a chance to talk about their Student of the Year and what contributions they make to their dojo. The Sensei are extremely proud and very pleased to reveal to the group who their student is.

This year's Dojo Students of the Year were:
Kyle of the PAC Dojo; Todd of the Troy Dojo,
Tucker of the Jiyu Seishin Dojo; Nicholas of the
Troy, Michigan Dojo, Erin of the Goho Seishin
Dojo and Sherri of the Eaton Dojo.
Congratulations!



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Sensei Wilson's junior student, Nicholas, age 9, submitted his comments regarding the Internationals. "When I found out I could attend the 2008 WSKF Internationals I was excited. I had a lot of fun at Karate Camp. We sparred, we meditated and we exercised and I even learned some new moves. It was a blast. I met some really neat people and made some new friends. I was really surprised to find out I was selected by my Sensei as student of the year. I will work hard to be the best I can be and give my Sensei 100 percent. I'm hoping to go there next year."

Sensei Pike's student Tucker had this to say about attending the Internationals. "My experience this summer at the International camp was awesome. As a Tai Chi student of Sifu Pike, I learn a lot about Karate. My dream was to meet Hanshi Grant. I'll never forget the day my Sifu asked if I wanted to go to Ohio to meet Hanshi. I was so excited. I started growing a beard like Hanshi had in a picture he sent to me. Everyone at the camp was so nice to me and involved me in everything. I was invited to perform Tai Chi with Sifu Pike, and was awarded his student of the year. I great surprise! I sparred, did an obstacle course and learned a lot about karate and your federation. I also got a great massage everyday. My message to Hanshi Grant is 'One day I will get my black sash.' I want to Thank All of You for making my dream come true. God Bless You All! Love and Respect."

MORE HANSHI TRAVELS

In October, Hanshi Grant, Kyoshi Leistner & Chris, Kyoshi Olin, her sister Brenda and junior student Kyle traveled to Satellite Beach, Florida to visit Sensei Kabboord's Dojo. Hanshi and the Leistners have visited this dojo before, but this was Kyoshi Olin's first visit.

The studenst of the Satellite Beach Dojo were terrific hosts. We had a chance to see the Pre-Junior classes, Kyle trained with the Junior class and Kyoshis Leistner and Olin and Chris trained with the adults. Of course, we had time for more than training. We ate (a lot), took several dips in the hotel pool and spent hours playing in the ocean. It was a great experience being part of the Embu Tai Kai (ceremony in honor of Grand Master Nagamine). The atmosphere, the spoken words and the great food and drink all in remembrance of our Grand Master of Matsubayashi-ryu. Kyoshi Dometrich participated via web cam.

A proud moment for Hanshi Grant, Kyoshi Leistner and Kyoshi Olin was to promote Sensei Kabboord to the rank of Sichi-Dan. Kyoshi Kabboord (as he is now referred) floated through his katas with speed and grace. During the night of celebration, Kyoshi Kabboord was presented with his certificate, belt and a cake commemorating his accomplishment. Congratulations Kyoshi Kabboord.



Training



Promotion Acceptance



Black Belts



The Party

Articles written by Students

PRE-TEAM AMERICA By: Haley, Junior Student, Troy Dojo

Pre-Teen America is an Academic Program that offers a lot of benefits for girls, there are qualifications that you have to meet in order to be considered for this program such as grades, voluntary activities, test scores and personal achievements. This program gives out educational bonds as there top prizes. I was nominated for this program and the first thing that I had to do was try to get some sponsors to help pay for the registration fee. I would like to thank Chris and Jeff and My mom Misty and my step dad Aaron for sponsoring me. Without them I may not have been able to go. The next step was to go to Pennsylvania. It seemed like it took days to get there but it only took about five hours. Once we got to the Pittsburg International Airport we checked in and went up to our room. I was very excited and nervous. But, that didn't stop me from falling asleep quickly. The next day, I got to meet all of the other contestants. I didn't talk to very many people though. But, I did meet a girl named Cianna. We act just alike so we became best friends right away. After that, everyone had to take a knowledge test just for them to see what we know. Next, we got to play a game called Mini-Me. What you do is you would have someone turn their back to everyone else. Then they say things like their hair color, eye color, ECT. Once you only have one person left standing they go up to the other person and spell out your name with your behind. It is a lot of fun. A few hours after the knowledge test we had to do interviews with the judges. I was not nervous about the interview because of being asked questions while testing for karate. The next day was when the girls got to do their talents and speeches. I did not do the speech competition but for the talent competition I did a fifth degree black belt kata called Kusanku. I was the only girl there that did martial arts. Then, the next day we got our awards. I got 2nd place in the talent competition. I also placed 3rd in the test scores out of 84 other girls. Later that night we had an autograph party where we got pillowcases and everyone signed them. I had so much fun on the entire trip. I think that if any girls ages 7-12 get the opportunity to do this they definitely should go. I learned that you need to open up to people to get to know someone. I also learned that you shouldn't just do a competition to get an award. You should do a competition to learn, make friends, and most importantly you need to just be yourself and have fun. Through this whole experience I also learned that school is one of the most important things you do in life. I also learned if you want to succeed in something you have to work, hard have respect for others and give 100% of your effort.

TAKING THE DOJO HOME By: Tim, Ni-Dan, Troy Dojo

It is important that a karateka practice karate at home. In his book, The Essence of Okinawan Karate-do, Grandmaster Shoshin Nagamine says that it takes many years of constant repetition to learn to practice kata (p. 29). Most do not go to the dojo everyday, so it is necessary to practice at home to achieve the grandmaster's recommendation. A technique that one's sensei teaches him in the dojo is valuable; however, in order to make the technique his own, a karateka must practice diligently outside the dojo. The dojo is the place for learning new things, not for perfecting them.

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One good area to focus on while training at home is breathing. The grandmaster says, “We must learn to adjust our breathing until we reach the point where each breath coincides with each of the movements...(p.49)” A karateka should practice each kata while paying attention to how he breathes. He should breath evenly and deeply and not hold his breath. When he is sweating and exerting himself during kata practice he should do his best to conceal his breathing pattern from any onlookers. In an actual self-defense situation, a skilled opponent may attack when he is at the end of an exhalation because this is a weak point.

A second area to focus on when practicing at home is proper posture. A karateka’s shoulders, hips and heel should be in a line perpendicular to the floor. His back should be slightly arched and his chest should be out. While practicing kata, he should pay attention to his posture from movement to movement. He should be careful that he does not lean forward when getting low in a cat stance and that he doesn’t slouch when in jigotai-dachi. Proper posture will help a karateka generate power and breath properly.

Another area in which to focus ones training is using the hip in each technique. In the dojo one often hears that he should, “put in the hip” or “use the hip”; this is a reference to using the body’s core. The body’s core muscles are the buttocks, the groin, the lower back and the abdominals. While at home a karateka should take some time to focus on how his core muscle work in the basic katas. The muscles of the core can be exercised with modern weight training equipment or simple floor exercises such as sit-ups. Exercising the core muscles is a great way to become more aware of how they work and how to use them in kata. Practicing the niahanchis is another great way to learn more about how to use ones core. Learning to use the body’s core is a skill that is important in many athletic pursuits from judo and aikido to power lifting and baseball. It is an excellent area to focus on while training at home.

Finally, when practicing at home a karateka will do well to take some time to focus on imagining an opponent in his mind. In his book Karate-do My Way of Life, Gichin Funakoshi says, “You must be deadly serious in training...I mean that your opponent must be always in your mind...You may train for a long, long time, but if you merely move your hands and feet and jump up and down like a puppet, learning karate is not very different from learning to dance” (p.105). While at home a karateka should take some time to envision an opponent in front of him while performing katas. Doing so will give his movements purpose. He will block as though his life depended on it, especially if he takes the time to really see the opponent attacking. His movements will be performed vigorously and with snap. By envisioning an opponent as he practices kata at home, a karateka will come out of the dance and closer to the true meaning of karate.

During class a sensei teaches his students how to be perfectionists when it comes to kata. It is for each student to work to perfect his kata performance even when not in the dojo. A karate student must strive to be a kata technician who is able to accomplish such feats as executing a quick snappy turn around and ending up in a perfect zenkutsu stance. He must be able to punch with a quick snap in the same location every time. He can only accomplish these feats by adding to his time at the dojo with practice time at home. Karate should be practiced beyond the walls of the dojo because true karate is a way of life.

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THE TOTALLY UNOFFICIAL EXPLANATION OF WHAT IS

MATSUBAYASHI-RYU? (to me)

By: Eric, Sho-Dan, Satellite Beach Dojo

If you wanted to understand what Matsubayashi-Ryu is, you could read O'Sensei Nagamine's book. Which, when I started learning Matsubayashi-Ryu, you had to buy the book and commit much of it to memory for testing. Or you could jump in and participate in classes for several years. I'm no expert, and I have many more questions than answers, but I do know what Matsubayashi-Ryu is to me. But I have to begin by telling you what Matsubayashi-Ryu is not.

For the first several years, I thought karate was all about defending one's self against attack. Since, "There is no first attack in karate." As I practiced harder, I found that there are many schools of self-defense that are probably better at teaching one personal protection than the average karate school. Looking back over the years though, I realize that I hadn't been in a fight, been attacked, or seriously threatened since starting in 1983. So it follows that I trained for 25 years for nothing.

Let's all admit that many martial arts schools try to grow their school by selling people on how karate will help them defend their selves. This is a true statement; even though it misses the point. Here are the points that sensei's would tell people if they were totally honest. Of course, no one in his or her right mind would pay to do it.

Matsubayashi-Ryu is showing up in a dojo where the sensei never thinks it is too cold or too hot. It is getting lower than you can, or thought you could, and then getting even lower. It is doing Fukyugata Ichi for several years, and still not getting it right. It is getting hit, stepping back, bowing, and respecting your opponent. It is bending to the floor at your waist with a wet towel and cleaning the floor. It is having your sweaty gi pants string getting stuck so you can't get your pants off. Matsubayashi-Ryu is getting blisters and calluses on your feet. It is bruises from your wrist to your elbow on both sides of your arms. It is hitting a board every day because sensei says you should. It is forging a close bond with other people that only sweat, blood, and exhaustion can build. It is sharpening each other mentally, physically, emotionally, socially, and spiritually. It is the joy in other's success as they grow as mature people. Matsubayashi-Ryu is, "...highly valuable as a way of self-understanding."

When people find out that you study a martial art, they will want to compare them and contrast them even to the point of judging one art better than another. If you took the time to explain what Matsubayashi-Ryu is really all about, they wouldn't get it and you'd be frustrated. Just tell them they can learn to defend themselves, and invite them to class. But for me, Matsubayashi-Ryu is training for years, spending a small fortune, breaking a concrete tile, and being handed a Shureido black belt and certificate by Hanshi Grant. And yes, I feel like I can defend myself.

ACTUAL PROOF

By: Patty, Sho-Dan, Goho Seishin Dojo

Isn't actual proof what keeps most of us coming back to sweat, to try over and over again to perfect a move, to feel that sense that maybe we did a move better today than we had in the past. The five precepts given to us by Grand Master Nagamine are all important: culture, tradition, science, experience and actual proof.

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My first experience of actual proof was brief, fairly unimportant, but telling. Every morning my yellow lab and I used to walk in the woods behind our house. She carried her tennis ball and I brought my just waking consciousness. Throwing the ball for her to retrieve was fun except once in awhile when my aim or her burst of speed ahead of the ball would cause it to hit her forehead and bounce back toward me. Now, being hit by a tennis ball didn't hurt too much, but a seventy-pound ball of fur and bones slamming into me did!

Then, one morning after I had been training for a few weeks, this bruising experience changed. As my dog ran back after the ball, right at me, the collision was avoided as I stepped to the side of the path and she chased the ball down the path behind me. I credited my reaction to training.

One of things I am trying to perfect in the dojo is blocking only to the extent needed to deflect a blow. Who hasn't had their Sensei remind them that you only need to block the punch, not knock your opponent's arm a foot away from your body? Only do what is required is the lesson.

Recently I've been taking a class for tax preparers. Tests must be passed with a minimum grade of 80%. At first I was reading the text, doing all the homework, studying even, and meeting the grade requirements. Then I got busy one week and didn't do the homework. I just listened in class and took notes. And I was still able to pass the test with more than the required 80%. Actual proof that you only have to do what is needed.

Not that I am recommending that students don't study or do homework. What I am saying is that you only need to do what will achieve your goal whether it's blocking a punch, breaking a board or taking a test.

In September after attending Sensei McDonough's wedding, I met a young man from Puerto Rico. Somehow our mutual interest in karate came up and he proceeded to tell me how he had trained as a child in different karate style from ours. He had also boxed, but it was karate he missed. Karate he credited with curbing his violent nature. Now as a young father and a student of mechanics, he credits karate with making him a successful person. He was delighted to meet someone who understood how much he loved the practice.

Actual proof of the benefits from karate training is in your life, too. Look for them. Notice them. Build on them.



The next time you train at home, consider dedicating ten minutes of your workout to developing speed. Make sure you have warmed-up and then perform punches and kicks with snap. Don't forget other movements like turn arounds and stepping. Much of a karateka's power comes from speed. Remember that in order to achieve speed, you must be very relaxed.

Tim