

## 2014 WSKF Internationals Agenda

### Thursday, July 17:

- **1:00 - 4:00 - Instructor's Certification** - It is a requirement of the WSKF, in order to teach Matsubayashi-Ryu Karate-Do, you receive WSKF Teaching Certification. If you are unsure if you are up for recertification, check with Kyoshi Leistner. You must have your Sensei's permission to attend. (*Additional fee required.*)
- **6:00 pm - Black Belt Promotions** - Your karate journey continues as you demonstrate your accomplishments to your family, friends, fellow karate-ka and the WSKF Board.

### Friday, July 18:

- **9:00 - 11:00 am - Dojo Owners Meeting** - A gathering of the Dojo Owners to discuss your needs and our expectations.
- **11:00 - 1:00 - Lunch**
- **1:00 - 2:00 - Targeting and Conditioning for Breaking** - Perfect your atemi waza through honing your precision and fortifying your bodily weapons.
- **1:00 - 3:00 - KOBUDO** - (Okinawan Weapons) Taught by Kyoshi Devorah Dometrich (*Additional fee required.*)
- **2:15 - 3:15 - Breaking** - Put your atemi waza to the test during this intensive breaking session.
- **6:00 pm - Junior and Kyu Promotions** - Validate the efforts of your training through your techniques and fighting spirit.

### Saturday, July 19:

- **9:00 - 9:15 am - Official Welcome with Hanshi Grant, 10<sup>th</sup> Dan**
- **9:15 - 9:45 am - Stretching** - Release your physical and mental tension through a series of fluid muscle stretching and relaxing exercises.
- **9:45 - 10:45 - Perception of Waza** - Learn how to perform each technique in order to get the maximum proficiency from each movement.
- **11:00 - 12:00 - Perception of Movement** - Understand the importance of how to get into position and increase your ability to visualize your opponent attacking before it happens.
- **12:00 - 1:30 - Lunch**
- **1:30 - 1:45 - Matsubayashi-Ryu Lineage** - Connect to the Great Okinawan Masters of the past.
- **1:45 - 2:45 - Perception of Speed** - Grasp the importance of offensive and defensive positions and how to transition from one to the other.
- **3:00 - 4:00 - Perception of Energy/Power** - Discover how to develop internal energy.
- **6:00 pm - AWARDS BANQUET** - Join us at this celebration of accomplishments of the WSKF and the student's accomplishments.

### Sunday, July 20:

- **9:00 - 11:00 am - Class with Hanshi and closing ceremonies**

## Perception

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. Nature, once so familiar, grows mysterious, yet patterns emerge. The diagram on the poster is called the Golden Rectangle and is a mathematical representation of common themes found in nature. Although difficult to explain, it's easy to see if you know what to look for. It surrounds us in architecture, furniture, paintings, music, and other works of art. Our bodies even grow within its proportions. The spiral within the Golden Rectangle is in the nautilus and snail shells, hurricanes and galaxies, whirlpools in the bathtub. When you spin around, arms outstretched, finger tips circling in the air, spiraling inward closer to the body like a figure skater until you're a blur on the ice, you act like a vortex. The vortex, this spiraling form, is built upon a mathematical sequence that emerges from the Golden Rectangle.

You may look at Matsubayashi-Ryu and see only blocking, punching, and kicking. Many others, however perceive much more. Matsubayashi-Ryu is designed within the natural proportions of the human body, the same proportions represented in the Golden Rectangle. Throughout your training, you'll face many challenges when trying to perform techniques naturally. It may seem unnatural to have difficulty learning to move naturally, but that's just how it is. Through training, you learn to sharpen your perception so you can be more aware of who you are and where you belong in nature.