

WSKF 2009 October Newsletter



2009 WSKF INTERNATIONALS



Living Legends & Bridge Builders!

The 2009 WSKF Internationals was definitely legendary. The theme of the event is not only about recognizing the living legends that walk among us today such as Hanshi Grant, those that leave a living legacy, like O-Sensei Nagamine, but also about the enormous value of the bridges these legends build to help those of us walking the same path to make the trip a bit easier, and in turn, the lessons we learn while we walk those paths and bridges. Does that seem cryptic? If so, read *"The Bridge Builder"* by William Allen Dromgool in order to get an idea of what awesome responsibility and gifts there are in each of us, and Kyoshi McPeek started off the events reading just that poem during the Instructors Certification Class on Thursday.

Thursday was a first busy day in a well planned and exciting event that saw a number of people from across the continent make their way to Ohio to participate in a weekend that was Truly a treasure. The Instructors certification program was taught by WSKF senior students and presided over by Hanshi Grant. A huge amount of information and material was provided, along with clear instructions on teaching and maintaining the precepts of Karate-Do under the WSKF. The time went by quickly, and after what seemed just a quick break, Black Belt Promotions started at 5:00 sharp.

There were a number of people going up for promotions, and you could tell that there had been some focused training that went into preparation for the tests, as well as an enormous amount of intensity that was brought to the deck that night. The activities went well into the night as there were a number of candidates testing under the watchful eye of Hanshi and the Kyoshi present at the tests. After all was done with the tests there was more, as the WSKF Dojo owners then got together to discuss issues, concerns and trade information on how to better run the dojos – there might have been some intensity there too 😊 .

A warm and sunny Friday brought with it a full day, beginning with Kobudo (Okinawan Weapons) class. We missed Sensei Dometrich who was unable to attend, but we still powered through and enjoyed a great class with another legend, Kyoshi Harris! The students worked on techniques for Bo and Sai for over three hours – which seems to just fly by. There was a lot of Waza to learn (and still is) but we still managed to try a kata or two, and all present learned a great deal.

Next up, Matsu-bayashi Shorin Ryu Classes! Time to get to work! Two great sessions of working through techniques, and after another quick break, on to Adult and Junior promotions. There were so many students participating that there were multiple boards going at the same time! And we were only halfway through.

Saturday bright and early we delved into Matsubayashi Ryu Classes again. Basics, Kata and Yakusoku Kumite were all important points to drive home as classes continued around the Troy dojo campus. Rumor has it that there was another legendary sighting of Kyoshi McPeck and Kyoshi Leistner working through Yakusoku Group A-4 in just over 3 seconds? Also through the day we were able to enjoy some special classes in kicking techniques – the Juniors were, self-reportedly a lot more flexible and got more work in, but the Adults have a different opinion I think – at least, about the work part. Move those feet!



Kata Time!

- Dojo Student of the Year
- Renee – Canada
- Sherry – Eaton
- Scott -- Columbus
- Gwen – Troy , MI
- Larry – PAC
- Jason – Troy
- Jose – Saginaw MI
- WSKF Student of the year – Larry - PAC



Get that leg up high!

Saturday Afternoon we were all treated to a performance treasure, the Living Legends, a play penned by Renshi Pike, directed by Sensei Bentle, and sounds and lighting by Joyce Bentle. Harldey an eye could stay dry as the play walked

through the life of the living legend, Hanshi Grant, and his journey to Okinawa to bring karate to the United States. Every one of us are here because of his sacrifice and journey, and his willingness to build bridges to help us along the way.

The celebration continued into Saturday night, where once again our hosts, the Leistner Family, put on a wonderful feast. The WSKF also held the board meeting, and a number of awards were handed out, Dr. Christoff was inducted into the Budo Hall of Honor, and several new members were inducted to or promoted within the Black Belt Circle. Those in attendance also very much enjoyed a video montage of different events and happenings throughout the year. Celebrations continued into the night with a bonfire, beverages, and a lot of people catching up and building bridges between each other.

Sunday held two more sessions of karate-do classes, and, finally, exhausted, yet refreshed and refilled, the karateka gathered in Troy Ohio made their way back to their homes. Yet, you could almost see the bridges extending from the Piqua honbu to each location, knowing that more knowledge and fellowship will pass that way. Thanks to all those who worked together to provide a very special event, thanks to the WSKF Board, and especially thanks to Hanshi Grant, our own Living Treasure.



MVTA Diamond Awards!

In February, 2009 Hanshi Grant was honored by the Miami Valley Tournament Association (MVTA) with the Diamond Award. This prestigious award is presented to Outstanding Martial Artists for their contribution to the arts. Years of dedication, service and sacrifice have made them examples for others to follow.

Also, Kyoshi Olin received the Legion of Honor Award. This award is presented to individuals who have distinguished themselves as leaders in the Martial Arts Community. These individuals have proven, through their support of the MVTA, to be the lifeblood of the association. Their shared vision will help the MVTA to continue to grow and prosper, providing a tournament series that promotes fair, friendly and fun competition.





3rd Annual Thanksgiving Day WSKF Virtual Class

Join your WSKF Virtual Community for our third annual Thanksgiving Morning Virtual Class (workout). This special early morning class is to allow those participating to both enjoy being at home, or with your loved ones on Thanksgiving, and to enjoy that second (and for some that third) helping of turkey, dressing, and mom's special pie, without the guilt of taking in more calories than you think you really should.

Did you know that a 160-pound person would have to run at a moderate pace for four hours, swim for five hours or walk 30 miles to burn off a 3,000-calorie Thanksgiving Day meal? Depending on the intensity of the workout a one-hour martial arts class will burn off between 900 and 1500 calories!

Because working out alone is never fun or easy to do, this virtual class is designed so we don't need to feel we are all alone while training. Knowing that many, many others are virtually there with us at the same time, we will be more motivated and put more effort into our training. Last year we had over 25 participants for the event. Many reported feeling the energy and intensity of the rest of the group during the workout, and they said that they had one of their best ever solo workouts. So please join us, and challenge your workout buddies, your fellow dojo students, and even your sensei to also meet us for this annual Thanksgiving Day Workout. Class begins at 8am sharp.

Kyoshi McPeek

Note: there is no set agenda for the one-hour class. You can work on your basics, favorite katas, or favorite moves, the real important thing is that we all meet and bow in at 8am. Thanks and have a great workout.

DOJO NEWS! Dojo News! DOJO NEWS!

PAC DOJO, KYOSHI OLIN

PAC began 2009 with a New Year's Day workout of stretching, conditioning and weapons training. This has become a tradition with PAC and it is a wonderful way to begin the New Year. The New Year's Day workout sets the pace and tone for the entire year. The PAC students are ready and eager for a year of training, tournaments, community service and fun.

In March, PAC students enjoyed an exciting motivational speech at the Dayton Dragon's Stadium from OSU football great Archie Griffin, the spokesman for the Ohio Roadway Clean-up Campaign. The PAC group left the stadium armed with gloves, vests and trash bags and headed to Harrison Township to clean the area around the post office. After the clean up, students visited the Harrison Township Fire Station where they were taken on a tour and were delighted in taking turns spraying water from the portable containers. The day ended with a party of "make your own cupcakes and ice cream desserts".



PAC students continue to compete in local and national martial arts tournaments and bring home lots of trophies and medals. In February Kyoshi Olin, Kyle, Jonique, Christian, Shawn, Marc, Madison and Memory received awards from the Miami Valley Tournament Association for placing in the top of their divisions in 2008 tournaments. This presentation of awards was combined with a dinner shared by the family and friends of PAC and the WSKF.

In March, Kyoshi Olin, Lisa, Katelyn, Jonique and Kyle competed in the Arnold Sports Festival of Martial Arts in Columbus bringing home three 1st place and two 2nd place medals in Kata; two 1st place, one 2nd place and one 3rd place medal in Kobudo and one 1st place, one 2nd place and one 3rd place medal in Kumite. Dawson, Kayla and Marissa made their competition debut in April. In June, Jonique accompanied Kyoshi Olin to the Bluegrass National Tournament in

Louisville, Kentucky. This was the toughest competition Jonique had ever seen, but she is determined to attend again next year.

Summer is a busy time for PAC. The organization kicked off the summer with a fundraiser over Memorial Day weekend in downtown Dayton - RiverBlast. Our fundraisers continued with the Labor Day Montgomery County Fair activities followed by the X-Fest. PAC would like to thank all the family and friends of PAC and members of the WSKF who volunteered to help make these 3 fundraisers successful.

Jiyu Seishin Dojo, Renshi Pike

It can happen at any time. We often merely train. Training with our students is engrained in us, the Sensei of the WSKF. At the same time, however, we must be aware of warning signs of potential and inevitable violence, that walk into our dojo while we are training. If an attack can take place in our dojo, it can happen anywhere.

I have been reading a book that my green belt, Officer Jose, gave to me called "The Gift of Fear" by Gavin De Becker. All students should read this book, especially the Sensei. It should be required if you own a dojo, as it is simply that true. In the back of my mind I remember that Sensei Sheets suggested this book to me two years ago, but once given to me it became a training manual for me. This book instructs that the victim always identifies a problem with an attacker before the attack. De Becker claims it's always, not sometimes or most of the time but always. It is a primal sense that we all possess. Knowing that helped me assess a violent incident in my dojo on October 14, 2009.

I was teaching a regular hard class. The first hour we performed warm ups and then basics, with punches and kicks. We bowed and took a 2 minute water break and bowed back in to begin training in kata, yaku soku kumite, weights and makiwara. About 10 minutes into this section of the class a tall man entered into my dojo. I bowed off the deck and noticed that in his left hand he carried a hard plastic case with a handle and that he had a soft pouch strapped around his waist. I greeted him and he asked me if we were practicing Shotokan. I told him I taught Shorin-ryu . He spoke with a very heavy accent that I believe was west-African. He also seemed inebriated. He said, "I can teach you some things." At that point I smiled and said, "No, you can't teach me, you have to go now." At that point he patted the soft case around his waist and pointed his fingers toward my face.

At one of the last sessions I had with Hanshi he asked the group, "Where do you keep your hands in daily life?" I smiled because I tend to keep them in front of me in my mid-section. I talk with my hands there and when they are idle, I am usually rubbing my belly. These mild gestures are ready positions; modern day transitional hand movements. I am glad that this has become habit for me because what happened next that night came very suddenly.

After pointing, to my face, he threw a kick at me, which I caught. He then threw a punch to my head, which I caught and trapped. I acted to protect my students and my family as the attacker came close to stepping on my daughter. I threw him out of the dojo, through the door and onto the sidewalk. He hit the concrete with a sudden and heavy impact. And, I locked the door. After he rolled around for a few minutes, as he continued to make threats of coming back to get me, he rose and started to look for something in his pockets. Mrs. Pike was instantly on the phone with 911 and I ordered my students into the back room/dressing room.

The black plastic case contained a cordless drill. I know this because when he hit the pavement it spilled out of the case. In his back pocket were two or three pieces of conduit pipe wrapped with electrical tape which were about 18 inches long. I still do not know what was in his pouch around his waist. The police responded in less than 1 minute. We told the

911 dispatcher that the intruder was looking through his pockets and he may have a gun. The police were very professional and responded immediately. They arrested him and took the man to jail.

We resumed class afterward. The whole event lasted for about 10 minutes. At the end of class, I explained to my students that my acts of defense were not to be glorified. It was a shame that it happened, however, I did point out that our training works. I encouraged them to train hard, exactly like I teach them, which is exactly as my Sensei taught me, and Hanshi taught him, and Hanshi teaches us all. It works. Train hard, and correctly. Move within the laws of nature. It will work.

The main lesson of this incident, is the reason why I am sharing the story in the newsletter, and that is this: If it can happen in the dojo, it can happen anywhere. Why would anyone even think of entering in a Karate school and challenge the Sensei, let alone attack him? Our society is changing and in many ways it is returning to the old west. Lawless people are roaming our streets trying to make a claim on the hard working citizens' money, possessions and/or reputation. Taking a life seems to be meaningless to today's petty thieves. Attacks can and do happen. They are violent. They are real. If they can happen in a dojo, they can happen anywhere. Listen to your Sensei and train each technique as if your life or your family's lives depended upon it because, they do.

TROY DOJO, KYOSHI LEISTNER

2009 Troy Karate Camp

This year's karate camp was an outstanding time. The students had three days packed with fun and activities. The students enjoyed participating in lots of different karate drills, mock scenarios, movie night campfires, fireworks and enjoyed lots of home cooking over the open fire. Thanks to all the camp advisors for making this an outstanding year.



WSKF Fundraiser (Troy Dojo)

The Okinawa ShorinRyu Karate Dojo students had an excellent time participating in the 2009 WSKF Carnival Fundraiser. I don't know who had more fun the students or Kyoshi Leistner getting soaked by the students. This was a fun and exciting event for all who participated.



OHIO STRAWBERRY FESTIVAL 2009



GŌHŌ SEISHIN DOJO – SENSEI SHEETS

The Gōhō Seishin dojo started off the year with a few of its crazy members jumping into Lake Michigan on January 1. It was sooo cold that there were literally backhoes digging through the ice to create enough space for the participants to “Jump in” to the Arctic cold water and come back out with a head full of ice! Safety teams were there to be sure there were no major medical issues and it was all for a good cause, supporting the local March of Dimes. I can tell you it takes a steel resolve, or a little bit of crazy to keep walking in, but we can do it!

After that it was time to warm back up and get into our regular training, and keep up with community services as well. The students have balanced all that along with school work, etc. and still made time to help, for example, we again participated in the PADS homeless shelter activities, setting up beds and serving food to those in need.



While I think everyone would agree its been a rough year in the world, all have kept their spirits up, and we’ve had a lot of exciting life changes as well with school, moves, new jobs, etc.

My compliments to the Students and their families for such a great turnout at the WSKF Internationals. All that participated found the event rewarding and informative, and not just for the students. The parents often comment about their impressions of the high level quality and content of the teaching conducted at Internationals each year.

More recently, we’ve been focusing on different ways to train and to communicate about our hips and our legs, for the new students like Ben, Josh and Gavin, its about getting lower in our stances, getting our knees up for kicks, and snapping our hips. For the older students its about those things, but also about how we can transfer the power and snap all the way from the ground and inside out bodies through the end point of contact, with efficiency, without loss of speed, through all of the body. We may have to go back and read the multi-tasking article!

Now that school is in session we also have regular study tables presided over (and occasional tutoring assistance from) Mrs. (List) Sheets as well as Sempai Patty, helping ensure that we all keep focus on priorities of making sure the school age students focus on efforts to keep their grades up in addition to everything else. Hanshi reminds us – you have to be smart for our style of karate! Train! Study! PEACE ☺

EATON, OH DOJO, SENSEI AVERY

Sherry made Sho Dan at WSKF Internationals 09.

I have been teaching for 10 years, but she is my first student to achieve that rank. I have had a lot of students to make it to 1st kyu, but for reasons of life, like wanting to go to college full time, or obtaining a job that required them to work during class times, they were unable to complete the promotion to Black Belt. It was never for lack of talent, or lack of knowledge. I have been blessed with very good students. Perhaps all Sensei feel this way. Sherry was also my student of the year at WSKF Internationals 2009. It was not the first time she received this award.

The Eaton dojo is still training out of the Preble County YMCA in Eaton Ohio, where I offer training to Y and non Y members. Next year, Sherry plans on attending the teacher's certification course where she will

become officially recognized as a Shorinryu teacher. This is a big step as anyone who has attended these courses will tell you.



Until then, Sherry continues to help around the dojo as all good students should, by helping their dojo and teacher make the dojo a better place to train. Although a dojo may be built, or purchased by a Sensei to have a place to teach martial arts, it is a place that everyone must take into their hearts and make theirs. Never complain that a dojo is not as good as you would like it to be.

It is up to you as students to help make it better. It is your dojo too.

TROY, MICHIGAN DOJO, SENSEI WILSON

Greetings from the Matsubayashi Karate Dojo in Troy, Michigan

We have been continuing our training. The 8 am Saturday class seems to be gaining popularity; it's a great way to wake up! Gwen earned her Go-Kyu rank at the Internationals. Kristian was promoted to the rank of Yellow Three. Congratulations to both!

Though a small group, we are evolving. Shelley is involved in body building and is supportive in helping to supplement our development outside of our regular classes.

We did a demonstration for the Church's Sunday School class to show them our studies and hopefully generate a few more students. Kristian was the center of attention with his fellow students.

I have been working to bring Matsubayashi to our community. I conducted a pep talk type of seminar for our Avondale High School Varsity Football team. The topic was the "Art of War." Only as a TEAM, could they succeed, after knowing their opponent. Their chant the next day was "AIP"; a code for "Aggressively Inflect Punishment" which was paraphrased from their defensive philosophy.

I am awaiting the results of a Middle school interest survey regarding a winter afterschool karate program. I was also asked about a women's self defense course at our church. There is interest in our community and exploring the potential avenues is intriguing.

READING CORNER:

*Recommended by members for
members*

Kids:

Black Belt by Michael Faulkner

Adults:

The Gift of Fear, by Gavin DeBecker

The Zen of Listening, by Rebecca Shafir

PROMOTIONS

PAC

Promotions – February, 2009

ASIA & GENNIE	PJ YEL
JADON	PJ GREEN
SHAWN	YELLOW 3
CHRISTIAN	ORANGE 1
CHUMANI	ORANGE 2
KYLE	RED 1
MARC	YON-KYU

April, May, June, 2009

MEMORY & MARISSA	PJ ORANGE
KAYLA, DAWSON & STEWART	YELLOW 1
KATIE & MADISON	ORANGE 1
CHRISTIAN	ORANGE 2
JAKE	ORANGE 3
LARRY	YON-KYU

July, August, 2009

KAITLIN & JADON	YELLOW 1
MARC	SAN-KYU



Also promoting at the WSKF Internationals in July was Lisa, Katelyn and Jonique. Lisa and Katelyn received the rank of Ni-Dan and Jonique traded in her Junior Black Belt for Sho-Dan. Lisa, Katelyn and Jonique are invaluable assets to the PAC organization. Each show their individual strengths in martial arts and provide their own expertise in leadership to the PAC students. The PAC organization is committed to providing a safe supervised environment for children through programs that promote physical fitness, community awareness and higher learning. These black belts go over and above to help Kyoshi Olin provide guidance to the PAC students.

TROY Promotions at internationals

CHANCE	BLU 2	ARIANNA H	YEL 3
LANE	YEL 3	ASHLEY G	YEL 3
PRESTON	BLU 3	TRYSTAN S	ORG 1
MARTIN	ORG 1	KACI H	YEL 3
RONALD	YON KYU	IAN L	YEL 3
CODY	BLU 3	WESLEY W	YEL 3
KOKI	ORG 3	ARYON T	YEL 2
NICHOLAS H	YEL 2	NATALIE R	BLU 1
BAILEY T	YEL 3	MATT S	YEL 2
TRISTIN	YEL 2		

JASON	SHODAN
ANITA	SANDAN
LARRY	YONDAN

Greenville Dojo – Sensei Preston

Jordan C,

San-Kyu, August, 09



Gōhō Seishin Promotions at internationals

Erin

SanKyu

Articles written by Students

WSKF Carnival

By Katelyn & Lisa, PAC Dojo

The WSKF Carnival was a blast for everyone who attended. As this year's WSKF fundraiser, the carnival had fun filled games such as the Instructor Ring Toss, Knock-Em Down Milk Jugs, Water Balloon Blast, Ninja Frisbee Toss and so much more. Participants practiced their skills of tossing, throwing and determined concentration and focus. It was certainly a sight to behold as Kyoshi Leistner got drenched sitting under the water balloons. Fishing for fortune cookies and candy, and diving for ninja ducks were other games for participants to enjoy at the carnival. The Prize Tent offered a huge variety of prizes including sidewalk chalk, small foam nunchakus and karate bracelets - just to name a few. Anita, Patty and Lori helped the children choose their prizes at the Prize Tent.

The games happening outside weren't the only activities available at the carnival. Inside, the carnival offered activities including face painting and tattoos. Jonique and Chumani of the PAC Dojo spent the majority of their day painting flowers and Pac Man, and applying karate kanji tattoos. Also offered inside were a variety of foods and snacks to enjoy such as yummy hamburgers and turkey burgers, potato chips, soda or water, soft gooey chocolate chip cookies, and four different flavored snow cones. However, the star treat inside was Joyce's animated karate character cookies.

In addition to all of this fun, everyone who participated won a door prize. Karate hats, t-shirts, equipment and other items were given away. Participants also had the opportunity to purchase raffle tickets and sign up for items to be purchased in the silent auction. The prizes were exceptional! They included items such as a DVD player, digital cameras, karate classes with Hanshi, weapons classes with Kyoshi Harris, and other Shorin-Ryu memorabilia. Hanshi drew the winning tickets for the raffle. It was so exciting for everyone – especially the ones whose names were drawn for karate classes with Hanshi.

The carnival was a lot of fun, but the day wasn't over yet! Just outside was a competitive event for all ages, the corn hole competition. There were two divisions, adults and juniors. The event had over fourteen teams competing. The competition was fierce, as everyone was eager to take home the winning prize...cash! The top three teams in the adult division were Jeff & Joyce, Kyoshi Harris & Jimmy, and Andrea & Travis. The top three teams in the junior division were Jordan & Emilio, Jake & Riley, and Ana & Cara. Andrea and Travis won the adult corn hole competition, while Ana and Cara were the victors of the junior corn hole competition. Everyone thoroughly enjoyed themselves. It was certainly an exciting day for all of us. We would love to do it again. Thank you so much to all of the volunteers who made this year's fundraiser unforgettable.

Multitasking and karate, a thought or two!

By Patty Blakesley, Gōhō Seishin Dojo

Recently, a new scientific study published in the August issue of the American Psychological Association's *Journal of Experimental Psychology: Human Perception and Performance* called into question the belief that people who do more than one thing at once are effectively using their time. Switching from one task to another almost simultaneously used to be viewed as beneficial, even efficient. Now this study calls previously held beliefs into questions.

This computer link will give you the entire article to read, and I recommend it because it gives us insight into the way our brain works as it switches from one task to another (like in kata).

<http://www.apa.org/journals/releases/xhp274763.pdf>.) There is a center in our brain, the CEO of the brain as it were, that is in charge, and I think as students of karate we might benefit from tapping into it (if we can understand it).

Multitasking was originally developed to describe what computers could do, and perhaps it is not a surprise that adapting it to human behavior might cause some problems. When we first heard about multitasking people, they were held up as examples for all us, people who conquered the complications of modern life, the frantic feeling that there is never enough time to do everything that has to get done. They could make waffles, answer their e-mail and get the kids ready for school, all at the same time. They could tune a piano, write their memoirs and design their website with equal focus and skill. Could they really?

Now multitasking might not seem so attractive or, even quite as possible. This whole discussion has made me think about doing kata. Have you ever felt there were too many things to concentrate on? You have to concentrate on your feet position, your eye position, your arm position, not to mention your breathing. What are the challenges to the executive command center in our brain? How do we manage to perform effortlessly? We have to focus on one thing at a time and perfect it and then move on to the next.

Practice makes perfect. How many times has Hanshi reminded us of the importance of breaking down each movement of the kata and practicing? Why do we get so convoluted in our practice of kata? Maybe the reason is that we have helped our brain move from the goal of a good punch, for example, by applying the rules as we know them. The use of hips comes to mind, but don't forget the eyes first and always the breath. I remember Hanshi saying that you can only do one move at a time. Hear that multitaskers! One Move at a time!

I wish I had a good conclusion to this article, but I have been listening to Venus Williams play tennis at the US Open. She just came from behind to draw the match even. I have to go watch. Happy multitasking and karate!

Multitasking and karate, a couple thoughts more!

By: Chad Sheets, Gōhō Seishin Dojo

Sensei Blakesley has brought forward an excellent article on how the mind works, and is absolutely right, Hanshi reminds us we can only do one move at a time. Even more, to get things absolutely right, we have to break things down even further, to work on one piece of one move at a time until our body and our minds “understand” how to do the movement. Hanshi has often used an example of learning how to eat as a child, we are born with “food in mouth” as a directive, but to use a spoon? Gosh, how messy babies get until they break down each movement of grabbing the spoon and getting it to the right place, but over time, most people get pretty good at that series of actions, even though we may have the rare spill. The article, just like our karate practice or using a spoon, goes on to say that once the mind and body reach the point that it “understands” the series of actions, that it can start to execute with less specific concentration. Meaning, after you’ve used a spoon for ten years, twenty, etc. you get to the point where you aren’t thinking about how to use the spoon the “right way”, it just becomes part of the “food mouth” action. At the same time, with constant practice, we can reach a point of no-mind in our karate training; we can then do the difficult, multipart karate movements the “right way” without specific thought, with some level of success. But again it takes years of practice, just like with the spoon. It then appears the practiced karate student can multitask – but really, you’ve

practiced single actions again and again, the body and mind have built internal expressways, internal bridges if you will, that now work together. The brain and body reach a different state through training the specific movements, where multiple coordinated events can now occur. The article goes on to talk about how multitasking becomes possible provided the tasks are familiar enough, trained enough and the myelin in the brain actually grows. So...keep on training! (oh, and don't forget to glance at the article – it's a bit long, but worth it).

Attitude of a Student/ Black Belt

By: Jonique, PAC Dojo

Get it together people!!!

As Hanshi says "No Mind". This implies leaving all problems and thoughts outside the dojo. With that you show respect by standing at attention quietly, waiting for instructions as if you were a soldier. When training, you lead, not follow; keeping your focus on your imaginary opponent. --- But that could also be labeled as discipline.

This brings me to my dojo's 6 creeds:

- I will avoid all things that are not good for me.
- I make myself strong and confident and never use karate in an offensive manner.
- I speak respectfully to my parents and teachers, and I am courteous to everyone.
- I strive to bring out the best in myself and others.
- I always try hard, never give up and finish what I start.
- Whenever I give my word I promise to keep it.

When you obey these simple guidelines you will obtain the attitude of a student/ black belt.

My first travel in the U.S.A.

By: Renee-Claude Centre de Karate Shorin-Ryu ,Sensei Jean Luc Martin

When my father mentioned the possibility for us to attend to a karate's seminar, last spring, I had thought that he was joking. I mean, leaving for several days, without my mom and my three brothers, just with me... For my passion of the karate... For me, it was unbelievable.

Then, as time went by and as the end of the school's year was approaching, he has told me that if I was able to maintain or improve my average in the different courses at school, he would definitely bring me with him. I have started to believe in it.

My excitement was great!!! I mean, when the group from our Dojo came back from their travel in March to Piqua and Troy, they were so excited from their weekend, the first meeting with Hanshi Grant, Kyoshi Leistner, Kyoshi McPeek and Kyoshi Olin. This added to Sensei Nathalie's excitement about having met Sensei Christine Leistner.

When we have received my results from school, I knew that the odds were good for me to go. I did not know what to expect. I am normally so shy with new people. I know that my father, Sensei Jean-Luc and Sensei Nathalie were working hard on the logistic of the trip. When July the 27th finally arrived, excitement was at its maximum. I hardly slept that night. On Tuesday morning, we went to take our rented van for the U.S.A. at 8:00.

After a couple of breaks and a quick lunch, we have arrived in Piqua at 9:20 PM. After a quick check-in at the hotel, we went to eat at the Piqua Sport Grill, where my father helped us win a part of our tab, by answering to some trivia questions. He had named our team The Crazy Canucks. What a joke!!!

The day after, we had the great chance and opportunity to practice karate with Hanshi Grant himself, Kyoshi Olin and a cool karateka named Anita. What a week we have passed with her! Hanshi was strict but fair with us. I was so impressed by that living legend. That night, we went to the Troy Dojo to practice with Kyoshi Leistner and the others present there. What a day!!! Seven hours of karate. I was exhausted but at the same time, I understood why my colleagues were so excited by becoming members of the WSKF. We went to dinner with Anita and friends on the terrace of a restaurant.

The next day, Thursday, we have trained in the morning with Hanshi and Anita again. Then, dad, Sensei Jean-Luc and Sensei Nathalie had to go to their senseis' meeting, to the black belts' exam and finally to the dojo's owners' meeting. As I could not attend, I have passed the day outside the Dojo, in Hanshi's house, drawing. Hanshi and the others have taken great care of me, making sure that I had something to drink, etc. We went back at the hotel, late in the evening, and have eaten pizza from Domino's. I am always hungry...

On the Friday morning, we have been able to relax a little in the morning, which has been really appreciated by the teenager that I am. At 11:00, we had that fantastic Kobudo class with Kyoshi Harris. I have begun to learn a new Bo Kata. The Sai's course was a little bit tough for my little hands, at first, but when he patiently shown me the technique, it became easier. Actually, Kyoshi Harris has a fantastic way of expressing himself with just his body language. By doing so, whatever the language we normally speak, it is no longer important, as we can understand him perfectly. Then, we worked on Bunkai and it was really fun, even though it was a lot of work. I was a little bit shy to express my kiai as I should have, but with the help of all the American karatekas, who were all very kind with me, I believe that I have improve myself. Thank you very much to all of them!!! The program of that day for us has finished at 6:30 PM. We have not been able to attend to the exams because we had to do our laundry, in order to have fresh gi's for the following day. Then, we went swimming at the hotel and have taken a little snack. We had to wait until Anita finished attending to the other belts' exams. Then, around 9:00 PM, we went to a restaurant in Troy well known by us, as we have some in Montreal. It was the Outback's Steakhouse. We went there with Anita and Patti. That huge steak was more than welcome, as I was starving, as any good teenager of my age.

On Saturday, we have been split in two groups, the children and the adults. For the first time of the week, I was not with my father or Sensei Jean-Luc for a course! I was a little bit stressed, as my English is far from fluent. Our first class was one of Kicks. That class was given by Tae Kwon Do's teachers. I have been a little bit embarrassed, because they (Tae Kwon Do's people) congratulated me three times. I have then discovered why. In our former style, we used to practice different kicks, comparable to the ones from Tae Kwon Do. This is why, at that point, I felt that I was in a familiar pattern. It was cool because as with the kobudo class, it was given outside in the field.

Then, we switched places with the adults and went in the barn. We had a great self-defence class. I loved that class. I have learned some fantastic tricks and practiced some that we have studied in our Dojo, but now applied to a further extent.

Finally, we went back to the hotel to wash and change ourselves. We have gotten back to the dinner with the Internationals' attendees. We saw a fantastic play (theatre) by some Senseis. They were basically showing us the trip of

Hanshi Grant to Okinawa, where he trained to understand Karate better. Then, we had dinner and my father has been chosen as the Dojo Student of the Year, for our Dojo. I would have wished to win the prize, but I have understood that my father has been so involved the past year with our joining to the WSKF, that it was well deserved. Then, there was a fire, marshmallows, guitar playing around the fire, etc. Finally, we went back to the hotel to take a good night sleep, before heading back to Montreal the next morning.

Because Sensei Nathalie had some problems at her store, we could not attend to the Sunday morning's classes. Therefore, it was agreed upon that we would pass by to say goodbye to everybody at 8:30 and then, drive back home, which was done. We have taken our last pictures with everyone, have said goodbye to Hanshi Grant, Kyoshi Leistner, Kyoshi McPeek, Kyoshi Olin and all the others and we have headed north.

We have been greeted so well. If it was not about my English, I would have felt like home all week long. They take the karate very seriously. At first, two years ago, I was under the impression that the karate was to develop self-confidence and to learn self-defence. But with these fantastic people, I believe that I have started, and only started, to perceive what karate was all about. A lot more than that!!!

With the persistent rumour that some of them would come to visit us this fall, I can barely control myself and look forward to meeting again with Hanshi Grant, Kyoshi Leistner and the others who will come.

Renee-Claude

P.S. For those who have missed that fantastic week, do not be sad, there is another one next year!!!



Here's a picture of our fellow Karateka in Quebec with Sensei Jean Luc Martin and Sensei Nathalie

X FEST 2009

By: Nita, Troy Dojo

This year is the first year that I have worked the x-fest. It is a great fund raiser. There were many other karate students, family and friends that were there as well. It was amazing to see the team work and work ethic that everyone showed that day. We all do different things for a living, but everyone came together to do what needed to be done. If you are unfamiliar with X-fest, it is an all day outdoor concert. The music is played by bands such as Sick Puppies, Alice in Chains and other exciting bands.

I volunteered my beautiful oldest daughter Crystal to work also. We don't get to spend enough time together. What better way than to be pouring beverages together for nine hours on a sunny summer day? Crystal was one of the money takers. She was very organized with all the crumpled wads of money given to her by the customers. A few times I did have to mention to them that Crystal was my daughter. Crystal asked me not to be so stern with everyone. She said it wasn't cool and would affect how much they tipped us. So, I just chilled out and kept putting beverages on the table every time Crystal said "Need another beverage Mama"

We had a great day together, and our ears were ringing from the loud music. We ended the day by going to Cassanos's with Mike. He had other plans earlier that day. Maybe he will volunteer to work x-fest next year, after hearing how much fun Crystal and I had this year 😊

Impressions from the 2009 Internationals

By: Shelly & Kristian, Troy MI dojo

This year was my first year at WSKF Internationals and I didn't know what to expect. I was the lowest ranking adult in the group and although I was a bit intimidated at first, I left feeling inspired rather than discouraged. What a community and a great group of people! I was also able to attend the black belt promotions; also a first for me. I hope to make it there someday.

What I found most helpful was being able to practice with and learn from the higher ranks. I enjoyed the variety of sessions. My favorite was Yakusoku Kumite Group A Number 4.

I look forward to next years' event. It will be hard to top the play though.

Shelly

My favorite part was the kicking lesson. I also liked my promotion and I enjoyed sitting by the camp fire. I liked the black belt promotion also.

Kristian

