

WSKF NEWSLETTER

December 2011





UNLEASH YOUR WARRIOR WITHIN!!!!



That was the theme for the WSKF Internationals this year and students rose to The Challenge! The Internationals weekend began with the Instructor/Assistant Instructor Certification which was extremely informative. This educational opportunity is second to none and each of the people involved, whether attending or presenting, take extraordinary information away to apply in the dojo. The next morning, the Dojo Owners took advantage of Kyoshi Leistner's newly remodeled Dojo Conference Room for the Dojo Owners meeting. This meeting provides Dojo Owners a chance to ask specific questions about their dojo and share ideas. Among other topics, each of the Dojo Owners were issued jump drives to help assemble exciting photos from the year, so be sure to help your Sensei and email them all the cool karate pictures you may have for the photo parade at the 2012 Internationals Banquet!

Friday night, Hanshi Grant presided over the black belt promotions. Each student probably sweat more than ever as they worked hard to demonstrate every requirement asked of them. Even more apparent was their intense passion for karate and their desire to excel. Those who attended the Black Belt

Promotions had a chance to see the tremendous strength in the structure of the WSKF. Kyle from the PAC dojo and Preston from the Troy dojo were relentless and successfully promoted to Jr. Black Belt. Brett promoted to Jr. Black Belt II; promoting to Sho Dan were Sylvain and Gilles from Canada and Ron,



Kevin and Sam from the Troy, Ohio Dojo; promoting to Ni Dan from Canada were Claude and Michael as well as Jeff from the Columbus, Ohio Dojo; promoting to San Dan was Lisa from the PAC Dojo. Also from the Canada Dojo were Nathalie promoting to Yon Dan and Jean-Luc promoting to Go Dan. Congratulations for promotions well-deserved.

Keeping with the now-popular “multi-track” class structure, a variety of training classes were held at the Internationals this year, with two to three simultaneous events (making for some difficult choices on which class to go to!) Students perfected Pinans, unleashed their potential through their five senses, analyzed fighting styles, applied fighting styles through bunkai, and then outright challenged each other with the Art of Chambara! At the same time, students were finding the grace and beauty Beauty of Rohai, and unlocking the secrets of self-defense in Matsubayashi-ryu blocking techniques. If there is still any question about the excitement, check out the article in the local newspaper! 100 degree temperatures added to the challenge, but this small hurdle did not stop students from giving their best efforts. Training with Hanshi Grant and his highest ranked black belts is always a tremendous experience and each opportunity seems to increase in value and knowledge.



Attendance for the WSKF Internationals increases each year and 2011 was no exception. Hanshi Grant and the WSKF Board of Directors continue to step up the quality and scope of the classes offered. This is

due in part to the comments from the WSKF Internationals Questionnaires received from the participants. Your comments are invaluable, so please continue to complete the questionnaires.

As if the training wasn't already exceptional...the awards banquet was truly outstanding! For the first time, the awards and dinner were held at a local banquet facility, which proved to be an excellent decision. Everyone took the opportunity to relax, chat with students and their families, enjoy a great meal and we were even honored when Julia Childs stopped in for a quick cooking lesson. (It also seems the air conditioning was a welcome gift of relaxation from the hot temperatures of the weekend!) Camaraderie among all the dojos was contagious. The WSKF Internationals have become a family reunion for the dojos and their students.

If you thought the 2011 WSKF Internationals was exciting....just wait until 2012!! Mark your calendars for July 19 – 22, 2012. Hanshi Grant and the Board of Directors have already begun planning an exceptional event. Keep the flame of training burning and DON'T MISS 2012 INTERNATIONALS!



My Experience: WSKF Internationals 2011

Michael, PAC Dojo

This was my first WSKF Internationals. It was an enjoyable experience that I will not soon forget. I learned many new techniques that I can implement into what I have already learned and into the knowledge I continue to gain. Meeting with other students from different states and even from a different country was an enjoyable experience. Everyone I met and talked to was friendly and had no problem passing along their skills and techniques. It was remarkable that even with the heat index being close to 100 degrees in the dojo; how many people were still in good spirits, ready to learn, and "Unleash Their Warrior Within."

Matsubayashi-Ryu Has Strong Roots

Lori McPeck, Columbus Dojo

Okinawa is the birthplace of Karate-do. Shorin-ryu karate is recognized as being one of the most popular and one of the most respected styles of karate in the world. The Shorin-ryu style of karate is actually a broader group designation made up of three branch styles.

Matsubayashi-ryu is by far the most respected and probably truest system because of its direct links through Hanshi Grant and Shoshin Nagamine to some of the greatest karate men in Okinawan History.

Karate is an old art, but it wasn't until the early 1900's that karate came out of secrecy and into the public eye. "Because of the secrecy in which *te* had to be practiced in hiding from the Japanese, there exists no evidence to indicate any clear-cut classifications of the various styles and types of karate during its formative years in the 18th century. Gradually, however, karate was divided into two main groups or types – Shorin-ryu or Shuri-te, and Shorei-ryu or Naha-te. Shorin-ryu developed around Shuri and Tomari, while Shorei-ryu came out of the vicinity of Naha (Nagamine P. 21)."



It is amazing to the author that in the year of 2011, our style of karate can state that Hanshi Grant personally trained under Shoshin Nagamine, founder and master of Matsubayashi-ryu Karate-do. Prior to developing Matsubayashi-ryu, Master Nagamine himself trained under three of karate's great masters; Arakaki Ankichi Sensei, Kyan Chotoku Sensei, and Motobu Choki Sensei. Master Nagamine credits the name "Matsubayashi" out of respect for two great karate-ka's Bushi Matsumura and Kosaku Matsumora, who taught two of his most influential teachers - Kyan Chotoku and Motobu Choki. Adding to the credibility of Kyan Chotoku and the lineage of Matsubayashi-Ryu, was Kyan's direct link to another great karate legend, Itosa Anko. Itosa was the instructor of Kyan Chotoku, as well as many other great Okinawan Karate men. Itosa is also credited with systemizing karate and helping to bring karate out of secrecy when realizing some of the great strengths and moral concepts that karate has to offer and began teaching karate in the Okinawan School System.

Unlike many other styles of martial arts, Matsubayashi-ryu can trace its roots directly from Master Nagamine through Hanshi Grant. Sometimes I forget how fortunate I am to have found Hanshi Grant and started my martial arts training with him. I think we all take him for granted at times. We do not realize how lucky we are to have someone of his caliber, a first generation student of Master Nagamine, to be our instructor. As Master Nagamine stated in his book, The Essence of Okinawan Karate-Do, "The art of karate has been passed from generation to generation through oral tradition and hand-to hand teaching. It is still that way today when we train with Hanshi Grant. Master Nagamine wrote his book "in the hope that the purity and essence of Okinawan karate will be preserved by its students throughout the world (Nagamine

P.14).” As I have the opportunity to train with other WSKF Matsubayashi-ryu students, I can tell by watching a student, who his or her Sensei is due to their specific techniques. By standing back and watching all of the students, one can also tell that all of us are from the lineage of Hanshi Frank Grant and Master Shoshin Nagamine. As Hanshi Grant stated in our last black belt class, at the Embu Tai Kai: present in class there were first generation, second generation, third generation, and fourth generation black belts stemming directly from Master Nagamine. What other style of karate can boast this?

In concluding this article, I would like to quote Master Nagamine from his book, The Essence of Okinawan Karate-Do, “...let us remember that in some cases, it is permissible to revise ancient arts to make them modern and popular. However, it is also dangerous and unwise to reject old things just because they are old. Karate was created by our ancestors and throughout its long history from generation to generation; it has conquered many difficulties and survived with its essential spirit intact. Karate, like all things classical, has the potential to meet the demands of various ages and to produce something new out of itself without rejecting those basic elements upon which it was founded. The formal training methods of the great masters of the past must be observed because karate was meant to be pursued as a martial art. ...Karate has an ancient heritage, full of wisdom. Let us follow the way of karate as shown to us by the masters (Nagamine, P. 30).” As practicing karate students we all know that Hanshi Grant is preserving the purity and the essence of Matsubayashi-ryu.

Reference:

Nagamine, Shoshin. *The Essence of Okinawan Karate-Do*.

Rutland: Charles E. Tuttle Co. Inc., 1976. Print.

Cincy Celebration of Champions

For the past couple of years, Kyoshi Olin and the PAC Dojo have participated in the Cincy Celebration of Champions, an event sponsored by The Smith Family Foundation (TSFF). This foundation created this event to facilitate philanthropy among local non-profit organizations. The Celebration of Champions is a vehicle for non-profits to raise money for their cause and achieve their individual missions by alleviating the time constraints of balancing fundraising, creating and managing quality programs.

Kyoshi Olin has extended the invitation for the WSKF Dojos to voluntarily participate in the Celebration of Champions by being part of the Golf Ball Drop and Golf Outing. 80% of the money raised through this fundraising event goes back to the individual WSKF Dojos.

On October 1, 2011, PAC and the WSKF sponsored 10 golfers in the Golf A Thon. It was a chilly day for golf, but the golfers had a great time playing Pebble Creek Golf Course, a beautiful and challenging course in Cincinnati.



The Golf Ball Drop also occurred on October 1. Each participating non-profit organization was asked to sell golf balls. PAC and the WSKF sold over 1,000 golf balls, the most sold from any of the non-profits involved in the event. Although none of the tickets sold by PAC or the WSKF were winners, the profits for the Golf Ball Drop went back to each individual dojo to be used to help support their karate program.

What an exciting event! A total of 12,000 golf balls were dropped from a 50 ft high crane. (see next page)



The golf balls landed in designated holes to determine the prize winners which included a \$2,500 winner and seven \$500 winners.

Over \$100,000 was raised by 26 participating non-profit organizations during the Cincy Celebration of Champions events. PAC and the WSKF will be participating in the event again next year – so mark your calendars and organize your dojo contacts so we can sell golf balls again next year and make some money for our dojos.

We hope 2012 will be a record-breaking fundraising event for PAC and the WSKF. Our goal for 2012 is to sell 2,500 golf balls.

Promotions!

PAC PROMOTIONS

May, July. and August

Lisa	San Dan
Kyle	Jr. Black Belt
Stephen	Orange 1
Deven	Yellow 1
Riley	PJ Blue
Daphne	PJ Yellow

October and November

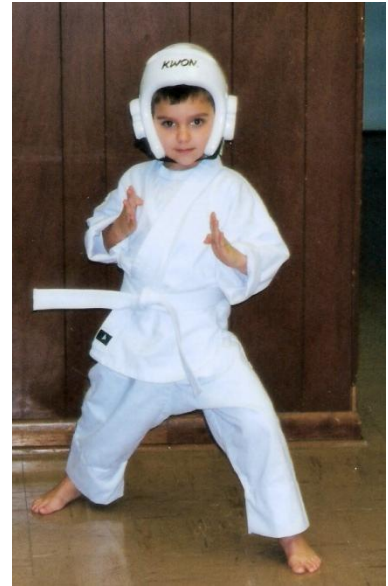
Marc	Ik Kyu
Jacob	Yon Kyu
Michael	Roku Kyu
Bob	Roku Kyu
Dave	Roku Kyu
Moriah	Roku Kyu
Dakota	Hachi Kyu
Stewart	Blue 3
Katie	Blue 2
Isiah	Orange 3
Bradley	Orange 2
Hannah	Yellow 2
Bethany	Yellow 2
Corissa	PJ Purple
Connor	PJ Blue
Kadience	PJ Blue
Brooke	PJ Orange
Shyanne	PJ Orange
Alayna	PJ Gold
Lauren	PJ Yellow
DeNae	PJ Yellow

Kyle's Black Belt Journey

Kyle's first introduction to karate was in October, 2004 when he attended a Halloween party at the PAC Dojo. He kicked and punched with the rest of the students and he was hooked. Kyle became a member of PAC and attended his first class on December 20, 2004. Kyle quickly adapted to the class structure and made himself at home. At age 6, he was one of the youngest students in the program and as you say "the rest is history".



On 1/12/05, Sensei Olin held an in-house tournament. Kyle won his division and received his first trophy. At his first promotion on 2/12/05, he performed Fukyugate Ichi. During the Promotion, Kyle was asked by Sensei Leistner "Who is your Sensei". Kyle responded at the top of his lungs, "Sensei Olin". This was a major accomplishment because up to this point his Sensei was Aunt Glenda. Over time, Aunt Glenda became Sensei Olin. Kyle received a white belt with yellow stripe on 2/14/05. Kyle attended his first tournament in Carlisle, Ohio on 4/9/05 and received a medal for 1st place in his division. Kyle's second promotion was on 5/14/05, and to his surprise, he broke a board. Kyle received his white belt with orange stripe on 5/15/05 and on 11/5/05 Kyle



completed his third promotion to a white belt with green stripe. Kyle established a foundation with the PAC Program in his first year and has continued to build on his strengths and successes. He also learned early in his career the importance of giving back to the community. During his karate adventures, the PAC organization made Christmas cards and performed karate demonstrations for nursing home residents. This was especially meaningful for Kyle because he was a frequent visitor at the facility where his great grandfather, Everette, was a resident. Kyle never missed an opportunity to dress up for Halloween and trick or treat with his great grandfather at Heartland. In addition, Kyle has participated in decorating Christmas boxes and filling them with groceries for the less fortunate in Harrison Township.

In 2007, his fundraising efforts helped Sensei Olin raise money to pay for eight students to go on a cruise to celebrate the 75th birthday of Hanshi Grant, "Crusin' With Hanshi". In 2008, Kyle was chosen as the PAC Student of the Year by Sensei Olin because he demonstrated leadership abilities that were well beyond a 9 year old student. In addition, in 2008 and 2009 he took top honors for his accomplishments in martial arts tournaments at the Miami Valley Tournament Association (MVTA). In March of 2009, the Xenia Gazette highlighted Kyle's accomplishments in school and in sports and he was featured on the front page of the Sports Section. Kyle is an avid sportsman involved in not only karate, but also plays baseball and basketball. He is an outstanding achiever and nowhere is this more evident than in his school studies. Kyle is self-motivated and understands that homework is a priority after school before any activity. He strives for academic excellence and makes getting good grades a priority. Through the past 7 years, Kyle has participated in over 30 tournaments and has collected numerous medals and trophies.

Kyle accepts all challenges given to the PAC organization by Sensei Olin and he volunteers for every fundraising event. Each year Kyle participates in the Great American Clean-Up, helps maintain PAC's Adopt An Area, stamps hands and collects



tickets at the Greene and Montgomery County Fairs and for the past 2 years he has been the top seller for PAC of golf balls for the Golf Ball Drop in October. According to Sensei Olin, "Kyle is a valued member of the PAC group. He has become a leader and a role model for PAC and Kyle always leads by example".

The compilation of Kyle's 6-plus years was realized on July 21, 2011 when he stood proudly before Hanshi Grant, Sensei Olin (Aunt Glenda) and the promotion board and executed all the requirements for Jr. Black Belt.

Gōhō Seishin Dojo Promotions

We are pleased to announce promotions for:

Quinna	Pre-Jr Yellow	Spencer	Yellow 2
Camden	Pre-Jr Yellow	Citizen	Yellow 2
Henry	Yellow 3	Gavin	Orange 1
Ben	Orange 1		
Brenda	Sichi Kyu	Zac	Roku Kyu

Okinawa Shorin-Ryu Karate Dojo-Troy, OH Promotion

July 21 & 22, 2011

Sam I	Yellow 2	Greg S	Orange 3
Amanda C	Yellow 2	Collen W	Orange 3
Sam R	Yellow 2	Bailey T	Purple 1
Jonah F	Yellow 2	Arianna H	Purple 1
Zane D	Yellow 2	Kaci H	Purple 1
Nathan R	Yellow 2	Lane S	Purple 1
Mark S	Yellow 3	Natalie R	Purple 3
Andrew W	Yellow 3	Shami H	Roku Kyu
Tommy M	Yellow 3	Kevin O 2	Roku Kyu
Drake B	Yellow 3	Jeff D	Go Kyu
Aidan S	Orange 1	LeLand S	Go Kyu
Hannah S	Orange 1	Jared P	Go Kyu
Holly B	Orange 1	Cody H	San Kyu
Rylan B	Orange 1	Preston G	Jr. Black 1
Ryan L	Orange 3	Sam A	Sho Dan
Justin M	Orange 2	Kevin O	Sho Dan
Jenisa M	Orange 3	Ron C	Sho Dan
Andy S	Orange 3	Brett G	Jr. Black 2

We are proud to announce the new promoted Black Belts at the Troy Dojo.

Sam Allen – Shodan, Kevin O'Reilly – Shodan,
Ron Cyphers – Shodan, Preston Gambrell – Jr.
Shodan

Left to Right – Sensei Chris Leistner, Sam
Allen, Kevin O'Reilly, Ron Cyphers, Kyoshi Jeff
Leistner

Front – Preston G



Dojo News!! Dojo News!!

Okinawa Shorin-ryu Karate Dojo, Troy, OH – Kyoshi Jeff Leistner & Sensei Chris Leistner

Troy Strawberry Festival

This year at the Troy Strawberry Festival the Okinawa Shorin-Ryu Karate Dojo was actually able to walk the parade and demonstrate without any rain interruptions. It was a close call, but Mother Nature was good to us. Student participation was at its highest this year, and this helps create a fun demonstration and an impressive march during the parade. With the support of family and friends cheering, students ranging from age 4 and up marched barefoot during this 2 mile parade. Some of those little legs had some trouble keeping up during the fast pace walk, but as karate students they didn't give up.

The students did an excellent job adapting to changes during this year's demonstration. We usually have a large area to perform, but this year we used a raised stage area that was built for small demonstrations. Remember, everyone had just marched 2 miles! The students then endured the hot sun beating on the wood stage-barefoot! Definitely it was an experience the students would not forget. The students shined as they performed dive rolls, jump kicks, self-defense throws/take downs, chokes, arm locks, sweeps, kobudo (weapons), basics, kata and breaking as the grand finale.

After the kickoff of the parade and demo the students and parents volunteered their time to work at our booth to help raise money for the O.S.K.D. Doshi Kai. Students and family members served tenderloins, steak burgers, fries and pop to customers on Saturday and Sunday. Bowman's Texas Tenderloins Concessions helped us raise money for the Troy Dojo during this fundraiser. We would like to express our gratitude to students, family and friends for making this year's Strawberry Festival another successful year for the Troy Dojo. Domo Arigato



Larry, Martin & Kyle restocking pickles at booth



Congratulations!! - Todd & Cheryl

New Addition Troy Dojo - Nathaniel

Troy Karate Camp

The Overnight Karate Camp was filled with new and exciting events for the pre-juniors and junior students. Students are dropped off Friday afternoon and they are then picked up Sunday morning.

After a lengthy training class Friday night the students enjoyed swimming, a bon fire while roasting hot dogs, pizza pies and s'mores over the fire. After the bon fire the students ended the evening watching their favorite movies. Saturday was filled with activities: karate drills/skills, games, arts/crafts, self-defense, throwing stars, weapons (nunchaku), yakusoku kumite, breaking, swimming etc....the list goes on. By the time Saturday evening rolled around, the



students were exhausted from a full day of activities and exercise. The students ended Saturday evening with another bon fire, fireworks and movies. Students were not ready to leave Sunday morning, but they got up, ate breakfast, packed their bags and started planning and talking about next year's camp. Great Time!!

Troy Students and Parents help the McDonald's Health Fair Event

The Scott Family McDonald's held a Health Fair located at the Piqua, Oh McDonald's. The Troy Dojo was



asked to perform a couple demo's and get the crowd to participate. Of course, our students did not have a problem engaging the crowd to participate with the activities. The students first did a demo that consisted of katas, rolls, punches, kicks and breaking to get the attention of the crowd. After the demo the students became the leaders and had children lining up to test their skills on target pads. They did an excellent job!! We had a booth set-up that the Troy Dojo Parents ran and they handed out business cards, answered questions and promoted the dojo.

Once again, Thanks to students, family & friends who made this a successful event!!

Troy Dojo Competition



What a learning experience!! The Troy Dojo held an in-house competition during September. This was a big step for first time competitors. Student's ages ranged from 4 to 13 years of age. Competitors were split up according to their appropriate division and competed in kata and sparring. The divisions were divided up according to age and rank. Everyone who did compete received a medal. The students demonstrated good sportsmanship and discipline. Judges: Kyoshi Leistner, Sensei Leistner, Marvin, Ron, Kevin and Preston - Results listed below:

Kata Division-Pre Jr

1st – Nathan W
2nd – Xavier R
3rd – Parker N

1st – Justin R
2nd – Jena J
3rd – Sarah W

1st – Nishal H
2nd – Nethika H
3rd – Preston M

Sparring-Pre Jr

1st – Nishal H
2nd – Preston M
3rd – Nithika H

1st – Parker N
2nd – Justin R
3rd – Sarah W
4th – Nathan W
5th – Jena J
5th – Xavier R

Kata Division Junior

1st – Holly B 1st – Bailey T
2nd – Hannah S 2nd – Lane S
3rd – Rylan B 3rd – Natalie R

1st Justin M 1st – Mark S
2nd – Ryan L 2nd – Aidan S
3rd – Nathan R 3rd – Collin W

1st – Tommy M
2nd – Evan M

Sparring – Junior

1st – Evan M 1st – Aidan S
2nd – Holly B 2nd – Collin W
3rd – Hannah S 3rd – Mark S
4th – Rylan B

1st – Tommy M 1st – Lane S
2nd – Nathan R 2nd – Bailey T
3rd – Ryan L 3rd – Natalie R
4th – Justin M

What A Spooky Fun Night For A Hayride

Students, families and friends gathered around a warm fire and roasted hot dogs, marshmallows and smores on a cool crisp night. Everyone was able to kick back, relax and enjoy each other's company. Once the students filled their bellies with the goodies everyone brought, they were cheering/chanting for a hayride. There were four hayrides that took place that night. Each one of the hayrides got spookier and spookier. Goblins, zombies and ghost were popping out of the fields as the hayride took place. The students had a great time!! Thanks to everyone attending and to those goblins, zombies and ghost who made this a terrific time for all.



Troy Dojo Student Travels To Okinawa Dojo

Kenny D. performing warm-ups at Markeshie's Dojo - Okinawa Japan

Fundraiser Troy Dojo

The Troy Dojo participated in a fundraiser with the PAC Dojo. Students, families and friends served refreshments at a concert held at the Montgomery County Fairgrounds.



PAC Dojo, Dayton, OH, Kyoshi Olin

PAC students continue to show their competitive spirit in tournaments. Over the past few months, students have participated in 4 tournaments and won many metals and trophies. Students enjoy the excitement of the competitive atmosphere when performing the Shorin-ryu basic and fighting katas, executing the Bo, Sai and Nunchaku katas, or suiting up in full fighting gear to spar. Veteran competitors Sensei Olin, Lisa, Kyle and Jake as well as novice competitors Bethany, Bradley, Stephen, Stewart, Kelsie and Kadience enjoy the thrill of victory. Pictured are Kadience, third from the left, winning 3rd place and Stevie, in chest guard, winning 2nd place.



Master Anthony Price of Priceless Martial Arts in Cincinnati, OH taught a sparring seminar for the PAC students. Master Price worked with the students on offensive and defensive techniques to enhance their sparring proficiency. In addition, the PAC student's endurance was tested as they completed kicking drills. Master Price is a veteran sparring competitor who has competed in many national competitions. The PAC students were excited to have the opportunity to train with Master Price and benefit from his training expertise.



Two PAC students showed their martial arts skills at school as they chose to demonstrate their karate training during talent shows. Bradley performed Fukyugata Ni followed by the Shura Matsu no Kon Kata at the Bishop Liebold School Talent Show. Katie performed Pinan Nidan at the Emerson School Talent Show. Both students put forth tremendous effort as they showed their martial arts talents to their classmates at their respective schools. Bradley and Katie asked Sensei Olin to assist in their talent shows. Both students showed their individual speed and power as they broke boards using their Shorin-Ryu waza.



Several PAC students Unleashed their Warrior Within at the 2011 WSKF Internationals. Adding to the excitement was 100 degree temperatures, but PAC Dojo students gave their best efforts. Hanshi even honored us with a photo opportunity!

The Pelican Award

Each year at the Cincy Celebration of Champions, The Smith Family Foundation (TSFF) awards one individual the Pelican Award for exemplifying TSFF's mission: to inspire, educate, motivate and celebrate active giving and innovative philanthropic solutions. This individual is presented with The Pelican Award, signifying their commitment and their sacrifice for the sake of the community.



Kyoshi Glenda Olin of Partners Against Crime (PAC) became the 2011 recipient of the Pelican Award. Kyoshi Olin uses her passion of karate to help children overcome life's great obstacles by building their physical health, mental clarity and confidence. She works around the clock to raise funds for PAC. Kyoshi is an outstanding organizer and motivator, and TSFF was proud to honor her with the 2011 Pelican Award for her efforts and commitment to our community.



Kyoshi Olin never hesitates to go the extra mile. Her word is her bond. Once she makes a commitment she honors it. Kyoshi Olin maintains a positive attitude by surrounding herself with positive people. She has dedicated her life to karate and to her non-profit program and her goal now is to build her own comprehensive dojo. The dojo will include a state of the art training facility. This dream will become a reality with the help of Gale Smith of The Smith Family Foundation through the Cincy Celebration of Champions.

Gōhō Seishin Dojo – Sensei Chad Sheets

After an AWESOME trip to internationals, we found several of our students moving off to college. Those adults still in Lake Villa have bonded to work hard. And the juniors are in full force, and then some! We're also glad to have Zac back as a regular student, working as hard as ever !

Sensei's schedule has not been conducive to a lot of events outside the dojo, but, we have continued to train on. In particular, we have focused in on more hip movement, Master Nagamine's philosophies (e.g. "Karate ne sante nashe") and even a little kobudo . In all our basics we work to incorporate the fast and strong hip-snap movements required to be successful in our karate training. We've also incorporated a little more in the way of meditation and moving meditation, to help us deal with the change of schedules and seasons that comes with the fall.

We missed one of our junior students, Ben for a little bit for medical issues, but the dojo decided to draw Ben some pictures and send him good wishes for a speedy recovery!



We had a huge weekend "mini camp" of training in November! The juniors started at 10:00am, working on basics and kata – getting ready for our next promotions. At noon we had a cookout with hamburgers, hotdogs chips and fun. And then the Adults joined in for the afternoon and evening working on everything from Basics to yakusoku kumite variations!

We are also enjoying occasional visits from our college attending students, though never enough!

The Gōhō Seishin dojo is again supporting the PADS outreach program to assist the homeless in rehabilitating their own lives, with a gentle helping hand. If you can, we encourage you to take some of your time and talents, and help those who have fallen on a little harder times as of late. You never know, they might be returning the favor to you one day.

<http://www.padslakecounty.org/>

Sensei Sheets and Angel M. have also been holding some special training classes at a local Navy gym. We



worked with a number of sailors in a great environment. Stepping in for an instructor that abandoned the class, we brought in physical fitness drills, Matsubayashi ryu karate, and other martial arts techniques to keep the classes moving. In the end, we had very tired but smiling students. We will likely start back in on training at the base

in 2012, in addition to maintaining the current classes in the dojo. This may well lead to a regular Matsubayashi-ryu class on the base!

If any of our WSKF brethren are around north of Chicago and looking for a tough crew to train with for a day, be sure to drop us a line! Yours in Karate-Do....



TONBO DOJO, HARRISON, OHIO – Sensei Jeff Bentle

Tonbo Dojo has finally found a permanent home in Harrison, Ohio, thanks to businesswoman and fellow black belt Freda Huber. Freda trained for many years at the original Harrison dojo and even visited Okinawa in the early 90's. She owns Harrison Bowling Center and recently remodeled her banquet room into a beautiful dojo with a wood floor and large mirrors.



Freda attended classes at Tonbo when Sensei Bentle was teaching at the YMCA in downtown Cincinnati, but the 45-minute drive twice a week through rush hour traffic proved to be a challenge. She really wanted to train again, so started making plans to upgrade the banquet room and invite Sensei Bentle to teach in Harrison. He now holds three classes a week and has doubled his student base. Because of the many bowling leagues Freda hosts, a lot of people come through the facility, and Sensei has already had a few inquiries from parents who are interested in having their children start karate after the first of the year.



Tonbo Dojo had a special guest for class on November 12 when Patty Blakesley, from Goho Seishin Dojo, came to train. She attended Embu Tai Kai the evening before at the Honbu Dojo in Piqua, and then traveled with the Bentles to Dry Ridge, Kentucky to train in kobudo with Kyoshi Devorah Dometrich. It was a full couple of days, but we all had fun and learned a lot.

Sensei Bentle is in the midst of organizing Tonbo Dojo and plans to invite Hanshi Frank Grant, the Kyoshi, fellow sensei and students to a grand opening sometime in early spring.

Troy Dojo -- Sensei Lennie Wilson

Happy Holidays from Troy, Michigan!

The big news is that Jacob Crawford has been promoted to Yellow 2. Congratulations to Jacob! Our church is investigating an association with the other churches on our road. The committee is hopeful that such a cooperation could also bring some more students into our activity. We are thankful for their help and their appreciation of our karate-do.

Thought for the day: Train to live, live to train!

Articles from Students!

Practice! Practice! Practice!

Lori McPeek -- McPeek's Martial Arts and Family Fitness

Once again my head is swimming after attending the August black belt class. Hanshi didn't make us work out hard physically, but he sure made us work out our minds! It never ceases to amaze me with the intricacies that are involved in the study of Matsubayashi-Ryu Karate, especially once one hits the rank of black belt. Many people think attaining a black belt is the end; we know it is only the beginning of our study of karate-do. Hanshi stressed being aware and in the moment. He also stressed the need for determination, desire, and diligence (my words) in order for us to become better in our art.

We have all heard it before, but sometimes it gets lost in the day-to-day grind of life. Take time for yourself and practice your karate. If you want to succeed, it has to be more than just showing up for class three times a week; it has to be daily training. I don't know about you, but I make a vow after each black belt class to train daily. It works for about a week, but then I get caught up in the daily grind of life and let other things take priority over my training. This is where the three D's to success come in: determination, desire, and diligence. (I got this idea from a poster at a teacher store. When I saw the poster, it reminded me of what is needed to become successful in karate-do.) I bought the poster to put up in my dojo at the charter school where I teach. I wanted to remind myself as well as my students what it takes to be successful, not only in karate-do, but in life as well. It is funny how karate-do mirrors life. It takes the same things to be successful in both.

I also have these two sayings hanging up in my dojo at school.

"We are what we repeatedly do. Excellence then, is not an act, but a habit" (Aristotle).

"I fear not the man who practiced 10,000 kicks once, but I fear the man who practiced one kick 10,000 times" (Bruce Lee).

I want to remind my students how important it is to practice, practice, practice. Since I see these sayings everyday, hopefully, I will be reminded of how important it is to take time for myself and practice my karate. And, it will truly become a habit for me.

In The Eyes of a Seven Year Old Karate Student

Holly B -- Troy Ohio OSKD

This past year has been an awesome experience for me. I have been a junior class karate student at the Troy Ohio Okinawa Shorinryu Karate Dojo for about 11 months. In that time, I have accomplished a lot.

I attended my first karate Internationals in July 2011. I participated in lots of classes. Some of which Hanshi Frank Grant taught. I learned a lot from those classes.

I also participated in my first Troy Dojo in house competition in which, I brought home a first place trophy in kata. I also brought home a second place trophy in sparring. Then on October 1, I entered my first open tournament and did very well with that. I brought home a first place ribbon in kata, a first place ribbon in sparring and a third place ribbon in kobudo. I have begun taking kobudo training with Sensei Chris Leistner. And with only one class, I was able to bring a third place home from the tournament.

I couldn't have accomplished so much if it weren't for Kyoshi Jeff Leistner and Sensei Chris Leistner and all of my mentors and friends at the Troy Okinawa Shorinryu Karate Dojo and the love and support of my mom and dad and sissy.

I have learned 7 katas already, and I am only an orange belt. I know 7 yakusoku kumites too. I have learned respect, discipline, patience and self control and also how to do things right. Karate is really fun and a lot of hard work. I came into karate as one little girl, but I have gained one great big karate family.

Karate is great exercise for me and makes my brain work hard too. I have learned to focus my eyes, my mind, and my body. I know that what I am learning in karate, I will carry with me all my life. I also learned there is more to karate than kicking and chopping. There is more brain power and self control behind it.

I am really excited and glad I began to take karate classes. I have an awful lot of great memories so far, and I am anxious to see what is next for me. I see a black belt in my future, what do you think?

Karate-do – Margaritaville Style

Jimmy Buffett – What does he have to do with our study of Karate?

By Lennie Wilson, Troy karate Dojo

Yes, you know Jimmy Buffett - the singer associated with Margaritaville, Land Sharks and Parrotheads!

As I was returning from the fabulous 2011 Internationals, I was listening to the Margaritaville station on XM. They played a song by Jimmy called “Breath in, breath out, move on.”

The lyrics are something you can find online (I’d suggest you read them, it helps with the rest of this article)...

As I thought about the lyrics, I wondered..... Just live. If something happens, it is done. Move on. If you are affected by something, just accept as there is nothing you can do about preventing it now. Move on and make the best of the situation. Whatever the occurrence, you can look for the positive. Learn from what just happened. Move on. If the occurrence is negative, learn how to eliminate or minimize the situation in the future. Move on.

For those fortunate enough to listen to Sensei Bentle’s history lesson at the 2011 Internationals consider the Okinawans. Many unfortunate happenings occurred to them. Unwanted foreigners’ came, foreigners’ went. Terrible damage was done to their land during World War II. The Okinawans are still with us. In a sense, did they “Breath in, breath out, move on?”

I believe Hanshi Grant has tried to teach us this perspective.

What is your perspective in getting through life? Are you at odds with a world that you cannot change? Do you change what you can change and accept the things you cannot change? Are you striving for the wisdom to know the difference, as paraphrased from the Mariner’s prayer?

Life is not easy. When things happen, “Breath in, breath out, and move on.”

Understanding Karate-Do

by Lisa Preston

The five steps of Understanding Karate-Do are: Culture, Tradition, Science, Experience, and Actual Proof. Our Sensei encourage us all to learn these five principles so that we may gain a complete understanding of the art of Matsubayashi-Ryu. It is imperative that we, the participants, recognize the importance of studying outside the dojo rather than relying solely upon the teachings of our Sensei. Your study in the art requires outside-the-dojō learning. Your learning should focus on moving far beyond just the physical techniques you learn in class. You must strive to learn Karate-Do, Karate as a Way of Life. The WSKF describes these five precepts of Shorin-Ryu as being the critical elements of developing a “strong foundation on which to base your technical skills”.

The purpose of this article is to provide the reader with a list of websites and resources explaining the first of these five precepts, culture. May you find them helpful in your pursuit for gaining a greater understanding of Karate-Do.

The Roshan Cultural Heritage Institute defines culture as the following Ways of Life:

Language : the oldest human institution and the most sophisticated medium of expression.

Arts & Sciences : the most advanced and refined forms of human expression.

Thought : the ways in which people perceive, interpret, and understand the world around them.

Spirituality : the value system transmitted through generations for the inner well-being of human beings, expressed through language and actions.

Social activity : the shared pursuits within a cultural community, demonstrated in a variety of festivities and life-celebrating events.

Interaction : the social aspects of human contact, including the give-and-take of socialization, negotiation, protocol, and conventions.

See the following for additional learning opportunities!

Websites:

LANGUAGE

Oriental Outpost: Proverbs and Philosophies

This site includes over 44 ancient Chinese Proverbs such as: **Fall Down Seven Times, Get Up Eight** and **Better Late than Never**. Included with each proverb is the Japanese kanji.

<http://www.orientaloutpost.com/ancient-chinese-proverbs-and-philosophy-phrases.php>

Japanese Kanji Dictionary

List of Kanji, terms/words, meanings, definition, and an animation of how to write the kanji with the number of strokes listed. You can search for any word in English and a complete list of terms in Japanese is provided.

http://www.saiga-jp.com/cgi-bin/dic.cgi?m=search&sc=0&f=0&j=karate&g=&e=&s=&rt=0&start=1&sid=1320014352_64820

Kanji Game

Learn Japanese vocabulary words and characters through this online interactive game.

<https://www.msu.edu/~lakejess/kanjigame.html>

ARTS

The Virtual Museum of Japanese Arts

Interactive website with history, pictures, and videos in the areas of: Fine Arts, Crafts, Performing Arts, Pastime Arts, and Martial Arts.

<http://web-japan.org/museum/menu.html>

Koto World: Japanese Music & Stories to Nourish and Inspire

Listen to relaxing acoustics, lullabies and folktales. Direct link to CD store is provided.

<http://kotoworld.com/store.html#moonviewing>

Oracle Think Quest: How to Become an Artist of Japanese Poetry & Animations

Japanese poetry, dating back well before the 8th century, was traditionally created to reflect everyday “life, love and nature”. This website addresses the various types of Japanese poetry including Haiku, Tanka, and Renga. <http://library.thinkquest.org/C0126526/overview.html>

THOUGHT & SPIRITUALITY

Japan Guide: Types of Gardens

Learn more about the art of Japanese gardens. This site offers pictures and descriptions of the contemporary cultural and religious characteristics reflected in the various garden types dating back to Early Japan before 794.

http://www.japan-guide.com/e/e2099_types.html

Travel 67: An Okinawan Elixir

This site is an in-depth study of the current Okinawa culture with references to the history and spirituality of these people. Be sure to check out the photo gallery including images of Okinawa, modern Japan, traditional Japan, and Japanese festivals.

http://www.travel67.com/features/the_okinawan_elixir/

SOCIAL ACTIVITY & INTERACTION

Japanese Festivals

Learn more about the celebrated Japanese Festivals. This site provides you with a month-by-month guide to the Japanese festival year.

<http://www.tokyotopia.com/japanese-festivals.html>

Daily Motion: Experience the Life of Okinawa

Experience the life of Okinawans through the eyes of an Ohio family visiting relatives in Okinawa. This video is a “brief presentation of Okinawa's unique land and culture” with visits to the nine world heritage sites. (Run time 5:54)

http://www.dailymotion.com/video/xecitp_experience-the-culture-of-okinawa-j_travel

Daily Motion: Travel Naha in Okinawa, Japan

Take a direct virtual trip to pockets of Okinawan history and culture in the capital city of Okinawa, Naha. (Run time 3:39)

http://www.dailymotion.com/video/xecitx_travel-to-naha-in-okinawa-japan_travel#rel-page-1

Editor's Note:

We really appreciate all of the submissions, but want even more! The WSKF is growing, evolving, and improving, and YOU are part of the process.

CHECK OUT www.shorin-ryu.net to catch up on the latest and greatest information about the organization.

PEACE!