

DECEMBER 2012 Newsletter



2012 WSKF Internationals

By: *Jonique McNeal, Sho-Dan PAC Dojo*

For the past 5 years, WSKF has managed to make every international better than the last. Now by the show of hands, how many people remember the 2007 theme, "Cruisin' with Hanshi"? If you raised your hands, thank you for your cooperation, even though I can't see you. For those who missed out, I would like for you to close your eyes and envision this with me (well after you read it). The arrival to an enormous ship, that embodied so much beauty, that you would get lost in it. The super-tough early morning trainings on the deck with Hanshi as the sun rose, illuminating the sea, sky, and the sweat on our dog-tired faces. **Remember: Not his problem!** Lest we not forget the various island stops, the educational classes by Sensei Pike and Lisa Preston, the fun, the food, and the surprise Japanese fan dance for Hanshi, courtesy of Sensei Olin's dojo. Do you think WSKF was going to stop there? **No! Of course not, they're just getting warmed up.**

"Karate for Life, Living Treasure's, The Next Step, and Unleash the Warrior Within" became the successors of the torch until it sparked an "Internal Flame" this year and spread like a wild fire throughout our bodies. It started on Thursday with Black belt promotions. Friday began with a 6:30 am class, a two hour lunch break, and then several other classes such as Yakusoku Kumite, Kobudo, and circle drills. Saturday was the toughest but most anticipated day of all. It officially began with a welcome by Hanshi, and then we split up into two different classes, followed by lunch, a hysterical but intriguing interview with Hanshi, and several more classes. Later that evening was the banquet, where we wined, dined, entertained, and honored one another for reaching new achievements.

Sadly to say Sunday came too soon. Sunday was our day to wind down, our day to re-cap on all the things that we learned, but also a day we would have to say good bye to some until next internationals. Speaking of which internationals is right around the corner! This time we will be in St. Petersburg, Florida, and the theme will be: "Bushido - Five Steps to Understanding Karate-Do."

I hope to see you there and have a Happy New Year!





Igniting Our Internal Flame



By: Marc Mack, Sho-Dan, PAC Dojo, Dayton, Ohio

As an added plus to this year's Internationals, a few students from the PAC Dojo undertook an extra project entitled "Igniting Our Internal Flame". The project consisted of talking with other WSKF members (not a part of the PAC Dojo) about their motives, likes and dislikes of Matsubayashi-Ryu. This exchange of ideas gave the students a different outlook on training in karate.

Including me, five PAC students participated in the project: Kyle, Jake, Katie and Lisa Preston. Kyle spoke with Preston from the Troy Dojo, learning of his dreams to open his own dojo. Jake aimed high and talked to Hanshi, admiring his profound love of karate. During the banquet Katie held an interesting conversation with Jack Matheney of the Troy Dojo, learning that no amount of time could dwindle his passion for training. Lisa discovered that Sensei Bentle of the Tonbo Dojo first began training in order to overcome fear, and in the process becoming a fearful man himself.

Taking on the position of "social butterfly" I spoke with a number of students, including Frederick and Renee Claude from Canada, Todd Wilson of the Troy Dojo and Mason and Neil from the Jiyu-Seishin Dojo in Saginaw, Michigan. One thing I noticed is that growing up in different environments and even speaking different languages all of us share a common trait: an unquenchable thirst for knowledge. We all have different reasons for training and different goals to achieve, but we all relish in any opportunity to gain knowledge, whether it be martial, educational or spiritual.

Annual Canada Clinic 2012

By: Lisa Preston, San-Dan PAC Dojo



In October, the WSKF Board of Directors traveled once again to Quebec, Canada for the annual Fall Training Clinic. Hanshi Frank Grant and the Board were very impressed with the progression Sensei Martin and his students have made over the last four years since joining our Federation in 2009. It was abundantly clear how dedicated Sensei Martin and his dojo are to the continuation and authenticity of Matsubayashi-Ryu and the teachings of Grand Master Shoshin Nagamine and Hanshi Grant.



The classes consisted of focusing on perfecting basics, repetitive practicing of kata and each individual technique, and the actual application of Yakusoku Kumite. Over the 2 ½ day training, Hanshi expounded on the scientific and mathematical elements of Matsubayashi-Ryu including the measurement of a perfect lower leg block stance, walking step, jigotai and nekoashi, and illustrated a perfect leg block and the alignment of the front toe, knee and fist. The students demonstrated unfaltering drive and determination confirming their hard work and inquisitiveness.



Our stay was interspersed with moments of festivity (fête) as we partook in a celebration of the oriental culture at a beautiful Japanese Restaurant including calamari, sake and enlivening music, as well as the traditional morning trip to Tim Horton's.

We had the special privilege of meeting Mme Manon Desrochers, seventh Dan in Kobayashi Shorin- Ryu from the city of Mascouche in Quebec, as well as the dojo mascot, the loveable and friendly Chocolat.



Hanshi Grant, as well as the Board, took special note of the tremendous strides our Canadian karate-ka have made toward improving their technique and their desire for developing a greater understanding of the application and function of each technique.



These advancements have more than proven that the Canadian Dojo is an important and thriving part of the WSKF family and most importantly Grand Master's legacy in the art of Karate-do. Hanshi Frank Grant and the WSKF Board would like to extend a heartfelt thank you to our gracious hosts, Sensei Martin, Nathalie and the entire Canada Dojo for their never-ending hospitality and camaraderie.

PAC Dojo, Kyoshi Olin

The PAC Dojo continues to train hard and enjoy a variety of exciting activities. In May, the Ohio Virtual Academy visited the PAC Dojo. Mr. Springle, the teacher, his students and other family members of the Academy watched a demonstration and then joined PAC in class. The enthusiasm was contagious as the guests trained alongside the PAC students to include partner warm-ups, kicks and punches. The visitors thoroughly enjoyed the chance to train with the PAC students.



Sensei Olin invited Deputy Shiverdecker of the Montgomery County Sheriff's Office to visit the PAC students to talk about issues facing young children. The Deputy reminded them to be cautious of strangers, be aware of traffic and dogs and make sure they tell someone of any problems they encounter. As with any group of young children, there were some "interesting" comments and questions from the group.



Sensei Olin, PAC students and parents participated in a 3 mile walk to benefit Arthritis Research in June. To emphasize the "Get Moving" Theme of the event, PAC was invited to participate in the event and to demonstrate how to "Get Moving" with martial arts training. Students wowed the crowd with punches, kicks and very loud kiais as they showcased their talents on a raised stage. Jan from the Troy Dojo also supported the PAC group by joining us for the 3 mile walk.



PAC Pre-Juniors were enthusiastic at the Interschool Competition held in May. Yellow and orange belts displayed their technique with chest punches and head blocks while the higher ranked Pre-Juniors performed Fukyugata Ichi. This competition gave students an opportunity to learn proper etiquette when addressing the judges. The judges had to make tough decisions and felt all the competitors did an excellent job. Congratulations to Sara, Daphne, Brooke and Conner for winning 1st place and Corissa, Caleb, DeNae and Shyanne for winning 2nd place. Thanks to Jan and Susan from the Troy Dojo for being the judges.

As a result of the PAC students and their parents participating in two litter clean-ups in the Montgomery County area this past spring, PAC was invited by the Montgomery County Solid Waste Department to attend a Dayton Dragons Baseball Game and sit in the Dragons Liar. Everyone had a great time watching the game, eating Dippin' Dots and getting temporary tattoos. The kids were even treated to trips down the blow-up slide and a Dragons Baseball hat.



PAC students continue their quest for trophies and medals by participating in Miami Valley Tournament Association (MVTA) events and the Ultimate Kids Karate Championship.

In February at an MVTA event in Xenia, Riley won 1st in Forms, 2nd in Fighting; Katie won 2nd in Forms & Fighting, 3rd in Weapons; Jake won 1st in Fighting, 2nd in Forms; Kyle won 1st in Forms & Fighting, 2nd in Weapons; Jenny won 1st in Fighting, 3rd in Forms; Stevie was a finalist in Forms & Fighting.

At an MVTA event in Dayton in April, Stevie won 3rd in Sparring and Jake won 2nd in Forms, 3rd in Sparring.

In September at the Ultimate Karate Kids Championship in Bellbrook, Katie won 3rd in both Weapons & Sparring while Jadon won 4th in Sparring.

Also in September at an MVTA event in Springfield, Jadon won 1st in Fighting; Stevie won 2nd in Fighting; Katie won 1st in Weapons, 3rd in both Forms & Fighting; Stewart won 4th in Forms & Fighting.

At the West Milton MVTA tournament in November, Stevie won 1st in Fighting, 2nd in Forms.

Marc's Black Belt Journey

By: Kyoshi Olin, PAC Dojo

Marc began his karate endeavors with PAC in January, 2006 as a Junior student. He continued climbing up the Junior ladder and eventually in 2009 promoted into the Adult ranks. Marc didn't waste any time getting into the competitive spirit. After just a few weeks of training, he entered his first competition and won 3rd place with a Pinan kata. Through the years, Marc has competed in many tournaments and has been victorious in several and has taken some lumps in others. But, he never shied away from any competitor.

During Marc's senior year in high school, he was challenged by juggling his academic studies, band, family, working as a life guard and training for his Sho-Dan Promotion. During this past summer, Marc spent countless hours training with Hanshi Grant – sessions he will not soon forget. Lisa was also instrumental in assisting Marc achieve his Black Belt.

Marc shows his commitment to karate by giving 110% each and every time he is in class and is diligent in training on his own. He eagerly volunteers for PAC and leads by example inside and outside the dojo. Marc's journey from white belt to black belt has been amazing not only for Marc, but also for Sensei Olin and Lisa. In September, 2012, Marc began another chapter in his life in Nashville as a freshman at Tennessee State University. PAC is eager to see Marc training with us during his breaks from school.





Here is Marc with Hanshi, and at his Sho-Dan Promotion

Gōhō Seishin Dojo, Sensei Sheets

After a wonderful time at Internationals, the Students and friends of the dojo had a renewed spark and got back down to training with intent and fire. And...we are working hard on expanding our horizons.



The students have trained and trained, and

those that didn't go to Internationals participated in promotions shortly after (see the Promotions page for more). The juniors have been working hard, and Blakesley Sensei has really been keen on working with them and helping them shine. A new adult joined (Welcome Chris!) and a couple students returned to training that had been away a while. Talk about Fighting Spirit: Angel is back despite

injured shoulders and knees, but he's gearing up for a majorly intense training schedule. And, Brenda was back after her doctor finally cleared her as "healed" from her surgery. Talk about a fighter! Not only is she from a boxing family, but also now a karate-ka, and has fought her way back from major surgery to be back on the dojo floor. Now if only we could get the college students back more often...

And in other news: Beginning in September, after months and years of looking for the right opportunity to spread our wings a bit further, some serious discussions started about leasing a more commercial location in Lake Villa. The building? Historic(!) one of the oldest in the town register. A multi-use facility but the front was commercial – and already had wood floors! So, we tried out a "demo" class there before signing the lease just to see if it would work. And it seemed to go well.



We signed the lease and started in on a little bit of remodeling, we didn't redo the office and storage (yet), just the front room. The entire dojo family has helped with the project. The favorite task of the juniors, as you might guess, was the "demolition" portion 😊

The adults were all contributing a lot as well!

Special thanks to the Maldonados – who spent several weekends there with Sensei’s family to get things going. There were a couple delays in the project but we are now up and running!



We are looking forward to setting up an expanded schedule in the first part of the year, and will have a “grand opening” in the community when it gets a little warmer. We can’t wait for everyone to visit the dojo and to enjoy Lake Villa and the surrounding area.

PEACE (And see you in Florida if not before!)

Okinawan Shorin-Ryu Karate Dojo - Kyoshi & Sensei Leistner

2012 Karate Camp



Okinawan Shorin-Ryu Dojo- Troy, Oh Karate Camp group

2012 Troy Strawberry Festival

Brett performing on stage – Strawberry Festival



Okinawan Shorin-Ryu Karate Dojo Troy, OH - October 2012 In-House Competition



The Troy Dojo students had a fun, friendly and learning experience competing during the in-house competition held at the Troy, Dojo. Some of the things students learn are proper bows, how to enter and exit sparring rings, how to properly present themselves to the judges during kata competition (bow, hello judges, state their name, dojo, style, kata, ask for permission to begin and bow) and they learn good sportsmanship.



Festival of the Nations

Festival 'perfect' International village comes to Troy levee

By Natalie Knoth

Staff Photos/ANTHONY WEBER



A local group performs Okinawa ShorinRyu Karate in front of those attending the Festival of Nations Saturday on the Great Miami River levee in Troy.

Surrounded by Mayor Mike Beamish and other city officials at Saturday's Festival of Nations, Japanese Consul-General Kuninori "Matz" Matsuda commented that Troy is the model Midwestern town. "Picture the Midwest in the U.S. - a welcoming, small, nice area. Troy is just like this. It makes us (the Japanese) feel very comfortable. And many Japanese people come from a small community, too," said Matsuda, who is the Japanese regional ambassador for Ohio and Michigan.

With his office based in Detroit, Matsuda said he couldn't miss the opportunity to attend the 19th annual festival, for which Japan was the featured nation. Selecting Japan as the featured delegation was especially appropriate, given Troy's many Japanese businesses and its relationship with sister city Takahashi City. Troy student delegates also recently visited Japan.

"Troy is home to many Japanese companies," Matsuda said. "Companies already here plan to expand production and hire more people." Ohio is vitally important for Japanese investment, second only to California in the U.S., Matsuda said. Promising industries include automobiles, pharmaceuticals, energy and agriculture, he added. Matsuda sampled food along with Beamish and city of Troy intern Michael Ham, who was an announcer for the festival. Beamish had only positive comments about the event.

"I just think today's festival was perfect. It was perfect with the participation, with the crowds that came out, with the look of the international village and with the performers. It was wonderful," Beamish said. "It's one of those things that shows what a community can do when you come together for a common cause. Nothing but positive comments from people coming up and talking to me." He thanked festival chairs Chris and Kasey Daniel as well as the other volunteers. Chris said he and his wife were overwhelmingly pleased with the event, saying it turned out even better than they had anticipated.

"It's awesome - it's a wonderful turnout," Chris said. "The host country of Japan has just been outstanding throughout the whole process. We've got even more countries and people here than last year. And there's great weather, so what more could we ask for?"

India delegates Nihar Saksena, 13, and Sri Madireddy, 13, performed a traditional dance, called Bharatanatyam. The two have performed since they were 6. "It's about grace, movement and expression. It tells a story," Saksena said.

Entertainment for the afternoon and evening included the Hiuchi Taiko drummers and Okinawa ShorinRyu Karate Dojo, along with two parades, dances, musicians, storytellers, games, face-painting and more. Representing Colombia, El Meson owners Gloria and Herman Castro and their granddaughter Tatiana Castro were selling arepas - sweet corn dough with cheese melted in the middle - and empanadas - turnovers with chicken, rice and potato inside. Tatiana's friend Chelsea Meade also was helping out.

The owners of the Dayton restaurant have been a part of the festival for more years than they can recall. "We were very impressed with the city. It's a city that likes to introduce different nations," Gloria said. Quincy Wong, 32, of Columbus said his wife Lydia saw a listing for the Festival of Nations online and decided to go with their friends Jon and Icy Lo. He was impressed with Troy and the authenticity of the experience. "We've never been to Troy before; it's very peaceful," said Wong, who moved to Ohio from Hong Kong 14 years ago. "We wanted to see the different nations. The people at the booth seem like they live in that country now."

Japanese artist Mayumi Makino Kiefer presented her art - in the style of ukiyo-e, Japanese woodblock prints - at the Troy Senior Citizens Center, which provided ice cream and air conditioning for relief from the hot sun. Kiefer displayed a complex piece that was her thesis project at Ohio Northern University. Matted on white, 12 pictures were carved of clay - six images of Japanese landmarks and landscapes and six U.S. sites. Kiefer sought to depict the commonalities as well as differences in nature and culture. "I wanted to show that this is my country, and this also is my country," she said, first gesturing to Japanese images and then to corresponding American images. "It's about color, nature and people."

The festival was sponsored by the Troy Foundation, city of Troy, Troy Area Chamber of Commerce, Troy-Hayner Cultural Center, the Japanese delegation, Koverman-Dickerson Insurance and Dave Arbogast GMC/Buick.

For more information on the Festival of Nations, visit troyfestivalofnations.com

FESTIVAL OF THE NATIONS – TROY, OH GROUP



Kyoshi Jeff Leistner and Sensei Chris Leistner and students with the representatives of the Japanese Council – Festival of the Nations, Troy, OH

Hayner Cultural Center Visit

The Okinawan Shorin-Ryu Karate Dojo participated in a demonstration for the Hayner Cultural Center located in Troy, Ohio. This demonstration was to honor the country of Japan, who was the featured country for the 2012 "Troy Festival of the Nations." The students got a front row seat of the Japanese council speaking about the culture, art and history of Japan.

Sensei Leistner also spoke of the history of the Okinawan Shorin-Ryu Karate and the students performed a demonstration for the guest. Thanks to all the students and parents for helping with this demonstration and we would like to especially thank the Hayner Cultural Center and the Japanese council for inviting us to be a part of this memorable event.



Kyoshi Leistner and Sensei Leistner and the Okinawan Shorin-Ryu Karate Dojo students and the Japanese Council at the Hayner Cultural Center Troy, Ohio

**HAYNER CULTURAL CENTER DEMONSTRATION – KYOSHI LEISTNER AND PRESTON AND HOLLY
DEMONSTRATING SELF DEFENSE**



Sensei Jeff
Leistner
explaining how
Preston and
Holly
demonstrates a
self-defense
move.

“Troy Streets Alive” - 2012

The streets of downtown Troy came alive on Friday, August 31st from 5:00 PM to 9:00 PM as Troy Main Street presents Troy Streets Alive. The historic downtown was teeming with artists, musicians, street sales, dancers, and other entertainment as shopkeepers stay open late and offer great deals.

Troy Streets Alive offers more than 60 artists, 12 bands, artist demonstrations, dancing performances, cooking and fitness demonstrations, and much more. Over 50 downtown businesses are open late and offering special sales, events and entertainment.

The Okinawan Shorin-Ryu Karate Dojo performed a demonstration during the “Troy Streets Alive” August 2012. The students had a great time performing for the community, family and friends during this special event held in Troy, OH.



The Okinawan Shorin-Ryu Karate Dojo – Troy, OH – Students performing arm training during this downtown demonstration.

Kyoshi Jeff Leistner and Jared demonstrating self-defense choke hold



Hayride - Okinawan Shorin-Ryu Karate Dojo – Troy, OH Sensei Leistner

Parents and students enjoyed a cool evening full of fun and laughter during this Halloween and hayride party.



Students striking a pose during the fall hayride



Students sitting on the hay wagon waiting for another spooking ride!!

Christmas Party - 2012



Students, parents and friends enjoyed the Christmas Party held at the 36 Skate Club with plenty of great food. They had an excellent time trying to keep their balance on four wheels. Most enjoyed shaking it to the hokey-pokey and the chicken dance. Thanks for everyone attending and making this a memorable time.



Promotions!

PAC Promotions

June & July

Madison	PJ Yellow
Caleb	PJ Yellow
Sara	PJ Gold
Chace	Yel 2
Dylan	Yel 2
Stephen	Org 3
Stewart	Pur 1
Jenean	Hachi-Kyu
Scott	Hachi-Kyu
Marc	Sho-Dan

Aug. & Sept.

Lucie	PJ Gold
Shyanne	PJ Purple
Corissa	PJ Red
Zoe	Yel 2
Dustin	Yel 2
Hannah	Yel 3
Katie	Blu 3
Isiah	Roko-Kyu

Oct. & Nov.

Jon-Fayne	PJ Yellow
Israel	PJ Yellow
Dominic	PJ Gold
Lucie	PJ Orange
Sara	PJ Orange
Donovan	Yel 2
Jadon	Org 1
Stephen	Blu 1
Stewart	Pur 2
Erin	Hachi-Kyu
David	Go-Kyu

Gōhō Seishin Promotions

June – August

Camden	PJ Org
Spencer	Org 1
Henry	Org 2
Ben	Org 3
Gavin	Org 3

Sept & Oct

Bennie	Yel 1
Abbey	Yel 1
James	Yel 2

SPECIAL ARTICLES!

Going to the Dump

By Patty Blakesley, Ni Dan

Once in a while during a class with Hanshi, you might hear him ask if you have been to the dump. Now for some of us, we can see a dump. Out in the country, our family used to go to a nearby farmer's field that had a low lying area the farmer was trying to fill in. Later, dumps tended to be some wasteland, an unused area of town where junk could be piled up. In some communities these dumps have become huge hills of refuse where birds, mostly gulls, scavenge, and bulldozers shape and compact. But dumps have given way to landfills and curbside pick-up in many towns.

So when Hanshi asks if you have been to the dump, you might have to think of taking out the garbage and putting it into the trashcan. The important thing to remember here is to stay in the moment. When you are in the dojo and you have bowed onto the deck for class, you need to send all the thoughts that are going through your brain away. What your friend said or what you might do tomorrow or how you feel can be thought about later, after karate.

When you are practicing your basics or kata, when you are sparring or listening to your Sensei, you need to empty your mind. I like that bumper sticker: "A mind is like a parachute, it only works when it is open." As a student you need to listen, to pay attention to what is happening. If you missed taking out the garbage and are thinking about something else, you aren't really helping yourself.

If you spend all the time it takes to attend class, why not use it wisely. Attending class while you are thinking about what happened during the day at school or work is not being smart. Be smart, go to the dump and be present. It works off the deck, too. Try it!

Things I enjoy at Karate

By Spencer Blackwell

Hello, I am Spencer Blackwell. I am 10 years old and from Illinois. I train at Goho Seishin dojo. My Sensei is Sensei Chad Sheets. I am an orange belt with a white stripe. My favorite kata is Fukyugata Ni because of the last four moves. It was easy up until that point. I always had a hard time with my feet and the block.

The hardest thing about class is push-ups because I don't have a lot of upper body strength. I do push-ups every day – 5 in the morning and 5 at night. Some days are easy and some days it is the opposite. I know if I try they will get easier.

My favorite part of class is when we do special things, for example, sparring. I like it because, it is like you're in a real fight. I also like it because you're learning fighting but you and your opponent don't get too hurt. I am also looking forward to Internationals.

TWAS THE NIGHT BEFORE CHRISTMAS

By Dean Flora, Sho Dan, Jiyu Seishin Dojo

Twask's night before Christmas and all through the house, thieves were stealing and ransacking the house. Without any caring of the light that was on, the suspects were carrying the computer and iPod. Away with the presents, away with the TV, away with the jewelry with joyous revelry. Any cash that was hidden or credit cards lying around, were picked up with earnest - along with anything else that was found. Through the window was carried the goodies and treats as they dashed, with arms full, running down the street.

These words may be funny and a spinoff of a Christmas story but they can be very true in today's world. We must always be aware, whether we are home or away, of the possibility of an attack. When we walk to our car in a dark parking lot, we must be aware. There may be someone in the next parked vehicle waiting to jump out and rob us as we approach our car. Someone may be walking by and grab the purse of someone who is not watching. As our patch on our uniform tells us, there can be attacks from eight points, so we must be prepared. We train for an attack and we must take that mentality out of the dojo and apply it to the street.

"There is no first attack in Karate," is a motto that we live by and I want to apply it to the holiday season by using it in the sense that there is no attack if we are not there. By being aware, we avoid the dimly lit alley or poorly lit parking area and plan ahead. When three suspicious characters are walking up the street towards us, we cross to the other side before they get to us. We have eye contact with anyone that is looking in our direction and they know that they had better not try anything. Our house is lighted and is secure. The doors and windows are locked and braced so it is not easy to break in. Our treasures are not lying around in plain sight but are locked up and hidden so if an intruder does get in, he has trouble finding them. When you look at someone approaching, watch his behavior and his manner. He will tell you his intentions.

The holiday season is a great time to spend with friends and family, because that is our true treasure. We must protect them. Material things can all be replaced, but our family and friends cannot. We are held to a higher standard because we have been blessed with the gift that Hanshi has shared with us and we are his ambassadors. Let us share this gift with others this holiday season and in the New Year by bringing someone new to the dojo so they too may have the chance to train with Hanshi and the rest of us and truly know the joy of Shorin-Ryu.