

2010 WSKF Internationals Agenda

THURSDAY, JULY 22 (all Thursday events are held at the Honbu Dojo in Piqua, OH)

1:00 – 4:00

Instructor’s Certification -- It is a requirement of the WSKF, in order to teach Matsubayashi-ryu Karate-Do, all teachers are Certified. All teachers must re-certify every five years. If you are not sure if you are up for re-certification, check with Kyoshi Leistner. You must have your Sensei’s permission to attend. Additional fee required.

6:00pm

Black Belt Promotions -- This is the big kahuna. From Sho-dan on up, it’s time to test yourself to see how you’ve made the grade. You’ve been through many times before at Kyu levels but now you’re in the big leagues. Let’s see what you got! You must have your Sensei’s permission to test.

FRIDAY, JULY 23 (all Friday events are held at the OSKD Dojo in Troy, OH)

9:00 – 11:00

Dojo Owners Meeting -- (required attendance for all dojo owners)

Street Fighter Marketing for Dojo Owners -- In this workshop, you learn how to market, promote and increase your student enrollment with little or no money. Our own Jeff Slutsky, author of *Street Fighter Marketing Solutions* (Simon & Schuster) as well as several other books on this subject will guide you through the process of creating an attack-plan for building up your dojo. Jeff is a nationally recognized author and speaker on marketing with attendees that pay hundreds of dollars to attend his seminars.

11:00 – 1:00 Lunch

***New This Year:** (CONCURRENT SESSIONS) Each student chooses which session to attend during certain time slots. All students are encouraged to attend at least one session during each time slot offered, and it is requested that you stay in your session until dismissed by the instructor. Not all sessions are intended to be for all students, if you have any questions as to if a session is suitable for your rank or age ask your Sensei.*

1:00 – 2:00 (CONCURRENT SESSIONS)

Energy Make-Over -- Forget the Red Bull and Power Shots. Boost your energy level the O’Sensei way with meditation, breathing exercises and stretching. This is the perfect way to start your first training session at Internationals: alert, energized and ready to take your training to The Next Step .

Kill Zones -- Discover how to stop or disable an attacker with one quick strike. The secret is not so much the power but connecting to one of a handful of vital points on the human body that can incapacitate instantly. In this session you’ll discover those key points and learn which strikes are most effective in achieving maximum results. You’ll also learn which areas of your body you must protect at all times.

1:00 – 3:00

Killer Kobudo (Weapons) -- In ancient times in Okinawa it was illegal for the common people to carry weapons of any kind. So the use of common implements was turned into deadly self-defense weapons. In more recent times they’ve been replaced with the AK-47 and Pepper Spray. Yet the study of Kobudo is a part of the culture and mystique of Matsubayashi-ryu. As an extension of your empty hand techniques, weapons help complete your training. Learn the basics and marvel at the masters in this fascinating special session. (there is an extra fee for this session)

2:15 – 3:15

Yakusoku Kumite (Group B) -- Done right, Yakusoku Kumite is the closest thing to a real fight without actually having to walk down a dark alley with dollar bills hanging out of your pocket. They’re hard and fast but with a keen eye on proper technique; it allows you to defend against a full power attack.

6:00pm

Junior and Kyu Promotions -- Just relax and try your best. Focus on your technique.

SATURDAY, JULY 24 (all Saturday events are held at the OSKD Dojo in Troy, OH)

9:00 – 9:15

Official Welcome with Hanshi Grant 10th Degree Master Black Belt (required everyone attend)

9:15 – 9:30

Warm Ups -- Ohayo gozaimasu. By “warm ups” we don’t mean topping off your Starbucks. So put down your cup and touch your toes, ichi, ni, san . . .

9:30 – 10:15 (CONCURRENT SESSIONS)

Basics To Die For -- You ever wonder why advanced black belts with decades of experience still work on their basic blocking, striking, kicking and stances? It’s because the stronger, faster and more precise they can fine tune their basics, the more effective they will be in all aspects of their karate training. This is a vital session that helps you continue on a path of growth.

Secrets of Promotion Preparation -- What do the panel members of your promotion board really look for? What are the little things that can mean the difference between barely passing your test and excelling? This unique session offers you insights on how to best test. You want to showcase your abilities and skills in the best light possible. Don’t let a little faux pas cost you credibility with your peers.

Yakusoku Kumite (Group A) -- Same as Group B (only another level of difficulty and challenges.) But whatever you do, you must pay attention to Number 4. It’s Hanshi’s own and obviously the best one of the group.

10:30 – 11:30 (CONCURRENT SESSIONS)

Obstacle Course -- (Youth) Every parent knows the value of allowing the kids to expend their abundance of energy. In this session the kids practice their skills while burning up their excesses, and all without medication.

Debunking Bunkai -- O’Sensei Nagamine taught that there are many ways to run bunkai but only one way to run kata. Bunkai allows you to experience realistic attacks from multiple opponents. You’ll delve deeper into the lessons from kata and take THE NEXT STEP to a whole other level of understanding and execution of these critical tactics.

Kata -- The devil is in the details. In this session you’ll learn what adds that little something extra that takes your kata from a little more than a “dance” to a lethal training tool.

11:30 – 1:30 Lunch

1:30 – 2:30 (CONCURRENT SESSIONS)

Fighting Kata -- The advanced higher level katas not only help you prepare against a variety of multiple opponent attackers, but provide you a karate data base of tactics and combinations that are adaptable to nearly any defensive situation in which you may find yourself.

Self Defense -- Discover how to apply your karate skills to specific types of attacks. This session helps you prepare for a variety of real-life situations.

Hit The Deck -- It isn’t as easy as “falling of a log”. Falling the right way allows you a safe way to dissipate the energy of the impact of a fall and recover without injury, ready to attack or defend. Effortless falling is an important part of any karate-ka’s training.

2:45 – 3:45 (CONCURRENT SESSIONS)

Makiwara and Breaking -- Focusing your power using the Makiwara post gives you the speed, power and technique you need to break boards and bricks. Know why it’s been said that you’ll likely never be attacked by a board or brick; the skill sets you develop by doing so is used to break an attackers arm or leg thus ending an attack and keeping you and your family safe from harm.

Naihanchi -- Even if you only have a narrow hall way to practice, that’s no excuse not to. Naihanchi are powerful katas that are executed on a straight line. And with the powerful Naihanchi stomps they incorporate you’re sure never to get a complaint from your neighbors below.

Heavy Bag Training -- While no makiwara is more forgiving, another great way to work on your punches and kicks is with the Wavemaster Bag. Remember that kid that beat you up in 4th grade on the playground -- Just visualize his face on that bag and you’ll get the workout of your life.

6:00pm

Annual Awards Banquet -- Annual WSKF Meeting and Awards Banquet, open to all WSKF Members and guests. Dinner is free to all Internationals paying participants. (dinner non-participants \$10, 7-yrs & older, \$5, 6-yrs & younger). Special Recognition given to those achieving new Black Belt ranks, Students of the Year, and other special recognitions awarded to WSKF Members and/or Supporters. WSKF Year in Review showing.

Social Gathering -- Gather around the bonfire to tell stories, play/enjoy homegrown music, get acquainted with old friends and make new friends.

SUNDAY, JULY 25 (all Sunday events are held at the OSKD Dojo in Troy, OH)

9:00 – 11:00

Class with Hanshi and closing ceremonies -- One last opportunity to learn from the best until next year’s event.

Lincoln Square Restaurant

Breakfast, Lunch, Dinner

1281 Dorset Rd. Troy, OH 45373

All WSKF Members and Supporters

Save 10% on meals when dining in.

*Fuel your body with the best food in Troy
before training!*



Quality Inn 937-335-0021

1260 S. Dorset Rd. Troy, OH 45373

Free Hot Breakfast Buffet, Outdoor Pool,
Free Wi-Fi Access, in room refrigerator &
coffee pot. Rates good for July 22 - 25 only
Less than 2-miles from the OSKD Dojo.

Special WSKF Rates while they last:

King or DB @ \$59.99/night

or Suite @ \$69.99/night

Wendy's

SAVE 10%

937-332-8474

1300 Archer Drive

Troy, OH 45373

Less than 5-minutes from the OSKD Dojo.

*Identify yourself as being part of the 2010
WSKF Internationals and receive 10% off
your food purchase. July 22-25*

2010 WSKF Internationals, July 22-25

For More Information call:

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Take The Next Step in Your Shorin-ryu Journey at the

2010



July 22-25

Internationals

- Most Action Packed Agenda Ever
- Over 24 Training and Learning Sessions to Choose From
- Train, Learn, Improve, Master Your Skills
- Kata, Kumite, Demonstrations, Weapons, Networking, Promotions, Celebration



Hanshi Frank Grant, 10th Degree Black Belt

- Celebrating 40 Years of WSKF.... Founded 1970
- Saturday Night Awards Banquet with Special Surprises, Awards, Presentations, WSKF Year in Review
- All New and Finally to be Available, Hanshi's 1966 Okinawa Training Films Special Rare File Footage and Interview with Hanshi Grant

