

# JULY 2010 MASTERS/QUEST EVENTS

## LIGHTING STRIKES QUEST EVENT

### Master Cezar Borkowski 9th Dan, NKS International Director

Using classic and modern training methods that have made NKS' curriculum one of the *most unique and innovative in the world*, Masters students practiced sword strikes, blocks and footwork.

For hundreds of years, *samurai* honed their skills by cutting *tatami* bundles. Updated for the 21st century, rolled mats replaced straw targets, and lent a realistic feel to strikes. Partner drills provided brown and black belts with an opportunity to test techniques against a moving opponent.

Hanshi's post-workshop lecture shed new light on the history and culture of the sword in feudal Japanese and modern western life.

In August, NKS Masters students will explore the relationship between *White Crane Boxing* and the NKS system.



## SECRETS OF THE BUBISHI

### Master Patrick McCarthy 9th Dan, Founder IRKRS

Travelling from Australia, renowned martial arts historian Hanshi Pat McCarthy shared his incomparable skills and knowledge with NKS Masters students in a series of lectures and workshops on *The Secrets of the Bubishi*.

Workshop highlights included two-person, kata-derived exercises to defend against common acts of physical violence.

Among the honoured guests at Master McCarthy's seminars was Taira Mina, **Two-Time All-Okinawan Bo Champion**. Throughout June and July, Taira Sensei has taught *kobudo* classes at NKS dojo.



The *NKS Martial Arts System* features empty-hand, traditional and modern weapons training, as well as cutting-edge hybrid programs including **Combat Veritas®** (mixed martial arts), **Cardio Combat®** (combat fitness) and **Budo Bliss®** (martial arts+yoga+zen fusion). In keeping with NKS' commitment to *provide the best martial arts + life skills education*, there are no extra fees for these and all special events.