

KANCHO REECE CUMMINGS – 4TH DAN, MATSUBAYASHI-RYU KARATE-DO

TRAINING HISTORY

Okinawa Trips – totalling more than 6 months collectively

- **2016** - Trained intensively with Sensei Toshimitsu Arakaki at his dojo in Okinawa.
- **2013, 2014 (x2), 2015** - Trained intensively with Sensei Toshimitsu Arakaki at his dojo in Okinawa.
- **2012** - Trained with various Matsubayashi-ryu senior instructors in Okinawa, including being hosted on a one-on-one basis by Sensei Yoshitaka Taira, Sensei Toshimitsu Arakaki, Sensei Iwao Tome, Sensei Masao Shinzato, Sensei Tsugio Miyagi, Sensei Tetsuo Makishi and Sensei Kiyoshi Shinjo.
- **2009, 2010, 2011** - Trained as a live-in student at Soke Nagamine's Honbu dojo in Okinawa, Japan. Also trained with Sensei Kiyoshi Shinjo, Sensei Hiroshi Yamazato, and with Mr Masato Nagamine and Ms Mayumi Horikawa at the Nagamine Honbu dojo.

Seminars and training

- **2016** – Assisted hosting Sensei Toshimitsu Arakaki in Australia for intensive training, and coordinate his visit to the Cummings Karate Dojo in Canberra.
- **2015** – Attended the WMKA Seminar in England with Sensei Toshimitsu Arakaki.
- **2014** - Attended the WMKA Memorial Seminar for Soke Nagamine and trained with Sensei Toshimitsu Arakaki and Sensei Yoshitaka Taira in Okinawa.
- **2013** - Assisted in hosting Sensei Toshimitsu Arakaki in Australia for intensive training.
- **2009, 2010, 2011** - Trained as a live-in student at Soke Nagamine's Honbu dojo in Okinawa, Japan. Also trained with Sensei Kiyoshi Shinjo, Sensei Hiroshi Yamazato, and with Mr Masato Nagamine and Ms Mayumi Horikawa at the Nagamine Honbu dojo.
- **2011** - Hosted Soke Nagamine in Canberra for an open styles seminar on Okinawan Shorin-ryu. Also trained with Soke during his instruction at Sensei Carlyle's dojo, along with Sensei Kevin Plaisted and Mr Tim Herlihy of Matsubayashi-ryu New Zealand.
- **2010** - Moved the Canberra dojo to a fully-dedicated and purpose-built facility.
- **2010** - Trained with the European branch of the WMKA in England with Mr Steve Woolston's dojo, Germany with Mr Rainer Bucken's dojo and Mr Helmut Steeg's dojo and privately with Mr Andreas Quast.
- **2009** - Opened the Canberra Kodokan Matsubayashi-ryu Cummings Karate Dojo.
- **2009** - Received first dojo owner and teaching licence directly from Soke Nagamine and the World Honbu Dojo.
- **2009** - Attended the 2009 Okinawa Traditional Karate-do World Tournament in Okinawa, Japan including the Matsubayashi-ryu seminar led by Soke Nagamine and Sensei Yoshitaka Taira.
- **2007** - Trained with Soke Takayoshi Nagamine on his first visit to Australia.
- **2005** - Trained with USA senior instructors Sensei Fred Christian and Sensei Robert Seibert on their Australia visit.

GRADINGS

- **2014** - Graded to Yondan (4th Dan) in Okinawa by the board of directors, including Kaicho Taira, FukuKaicho Arakaki, Rijicho Tome, Sensei Shinjo, and Sensei Higa.
- **2010** - Graded to Sandan (3rd Dan) in Okinawa by Soke Takayoshi Nagamine.
- **2007** - Graded to Nidan (2nd Dan) in Australia by Soke Takayoshi Nagamine.
- **2005** - Graded to Shodan (1st Dan) in Australia by Sensei Fred Christian (USA).

MAIN QUALIFICATIONS

- Diploma of Sport Coaching (Australian Institute of Sport & Recreation).
- NCAS Bronze Coach (Australian Sports Commission/Australian Karate Federation).
- Level 1 Sports Trainer (Sports Medicine Australia) – including First Aid & CPR.