

KANCHO REECE CUMMINGS – 4TH DAN, MATSUBAYASHI-RYU KARATE-DO – 22 SEP 2018

TRAINING HISTORY

Okinawa Trips – Totalling more than 6 months collective training

- **2013, 2014 (x2), 2015, 2016, 2017, 2018** - Trained intensively with Sensei Toshimitsu Arakaki at his dojo in Okinawa, along with occasional visits to other Dojo including Taira Dojo, Tome Dojo and Makishi Dojo.
- **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.

Major Seminars and Training Experiences

- **2013, 2016, 2017** – Assisted hosting Sensei Toshimitsu Arakaki in Australia for intensive training, and coordinated his visit to the Cummings Karate Dojo and Seminars in Canberra in 2016 and 2017.
- **2014, 2016, 2017, 2018** – Trained with Sensei Patrick McCarthy, including hosting him in Canberra in 2016 and 2017, and attending the 5-day Gasshuku at the Brisbane So-Honbu Dojo in 2018.
- **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.
- **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.
- **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.

Matsubayashi-ryu Gradings

- **2014** - Graded to Yondan (4th Dan) in Okinawa by the board of directors, including Kaicho Taira, Fuku-Kaicho 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) with certificate issued by Soke Takayoshi Nagamine.

Main Martial Arts Qualifications

- Dojo Owner and Instructor's Licence from the WMKA in Okinawa, Japan.
- Diploma of Sport Coaching.
- Certificate IV in Training and Assessment.
- AKFCAS Coach (Australian Sports Commission/Australian Karate Federation- formerly known as NCAS).
- Level 1 Sports Trainer (Sports Medicine Australia) – including First Aid & CPR.