



My Promise To The Master: A Comprehensive Analysis of “The Next Step” for Shoshin Nagamine’s Matsubayashi-ryu

By Hanshi Frank Grant, Jeff Slutsky

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High-speed, ultra-high resolution, stop-action photography, combined with Hanshi Frank Grant’s detailed instructions and insights gives you the level of detail you need to get the most from each technique.

"One of the early pioneers of Matsubayashi Shorin Ryu in America, Hanshi Frank Grant, has given us this valuable book containing the lessons passed down from Grandmaster Shoshin Nagamine. As one of the last old-timers, I highly recommend this book to present and future generations who not only study the technique of Matsubayashi but also its history and traditions."

*Jerry Figgiani, President,
Shorin Ryu Karatedo International*

“I feel that this book is a great resource, not only to those who know the connection between Matsubayashi Shorin-Ryu and Motobu-ha Shito-Ryu, but to all martial artists who wish to further their insight into the transition moves within kata.”

*Kevin Gurganus, Carolina Martial Arts Center
6th Dan - Motobu-ha Shito-Ryu, Kunibakai International;
4th Dan - Kobudo, Ryukyu Kobudo Hozon Shinkokai*

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There are many levels of karate. During my first six-month training visit I asked the Master, “When do you know it all?” His response was “How long is infinity?” One advances in rank, skills and knowledge; building on the lessons and insights learned previously. The techniques that I teach my Shodans and Nidans would be totally lost on someone of an intermediate rank. At the same time, those black belts are not yet in a position to absorb the techniques I teach my Sandans and above. The Master helped me achieve very high levels of knowledge, but more importantly, he taught me how to continue to gain more from our techniques while remaining true to the kata he assembled and molded for us. The Master personally taught me details to techniques that he purposely did not put in his book because he knew that the majority of the readers may not comprehend. As part of my promise to the Master to take Matsubayashi-Ryu to the Next Step, I am sharing many of those details with you. Those little nuances are directly related to the training I received from the Master.

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Editorial Review

About the Author

In 1959, Frank Grant began to study karate under Sensei James Wax. He knew Wax from his church. While stationed in Okinawa, Wax studied karate under Shoshin Nagamine and became the first American Black Belt in Shorin-Ryu. Grant wanted to learn what Wax had to teach, and Grant believed Wax was an excellent instructor. It wasn't too long before Grant discovered he liked the structure and the discipline inherent in karate.

Co-author, **Jeff Slutsky** began his karate training in 1971 under Parker Shelton. He now trains under Jack McPeck. He received Sandan in 2013.

Photographer, **Joyce Bentle** began training in 2000 with Greg Johnston and is a Sandan.

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