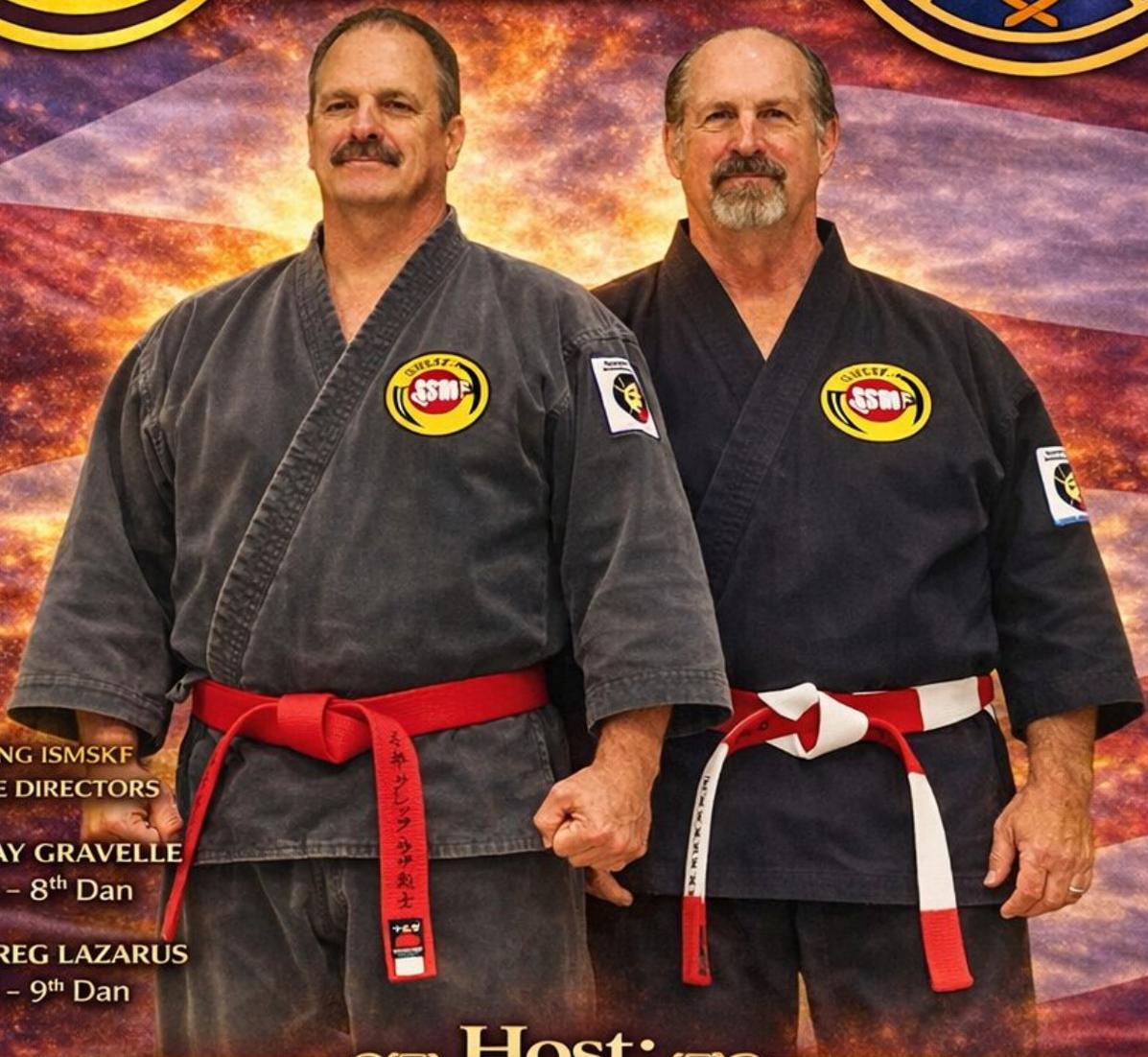


International Shorin-ryu
Matsumura Seito Karate-do



2026
ISMSKF
GASSHUKU
- OCTOBER 2 - 4 -



FEATURING ISMSKF
EXECUTIVE DIRECTORS

SHIHAN JAY GRAVELLE
Hanshi - 8th Dan

SHIHAN GREG LAZARUS
Hanshi - 9th Dan

Host:

Matsumura Koseikan Dojo
& Hakutsuru Dojo

Puerto Rico

2026 ISMSKF GASSHUKU

INTERNATIONAL SHORIN-RYU
MATSUMURA SEITO KARATE FEDERATION

HOSTED BY

Matsumura Koseikan Dojo

San Lorenzo, Puerto Rico

&

Hakutsuru Dojo

Comerio, Puerto Rico

DATE

October 2 – 4, 2026

LOCATION

Auditorio Municipal

Comerio, Puerto Rico

REGISTRATION

\$100 – Both Days

\$75 – One Day

Registration Deadline: August 1, 2026

IMPORTANT NOTICE

Participants are asked to bring a small gift of appreciation each day for Hanshi Lazarus and Hanshi Gravelle.

Students are encouraged to bring a card containing a monetary gift along with a photo of themselves.

Cards may be handmade or purchased.

Please clearly write your name and the date on the photo.

EVENT RULES

- No video or flash photography allowed during training.
 - Guests are welcome to attend, but please don't bring young children.
-

REGISTRATION CONTACT

Christian Montañez

HC 30 Box 36828

San Lorenzo, PR 00754

ismskfpr@gmail.com

Contact: Sensei Christian Montañez

TRAINING GUIDELINES

- Participants must wear clean white gi with all patches and belts, NO T-shirts.
 - Please bring weapons to class
 - All participants should be on time and lined up prior to each training session.
 - The Black & Brown Belt Dinner / Social will take place Saturday evening at a location to be announced.
 - 7th Dan: Black pants and white tops
 - 8th Dan: Black top and white pants
-

ISMSKF GASSHUKU

2026 ISMSKF Gasshuku (Seminar)

October 2 – 4, 2026

Student / Participant Injury Waiver (Liability Disclaimer)

Last Name _____ First Name _____ MI _____
Parent/Guardian Last Name _____ First Name _____
Street Address _____
City/Town _____ State _____ Zip Code _____
DOB _____ Home Phone _____ Cell Phone _____
Email Address _____

Please check if you're flying and will need to use a bo at the Seminar:

PARTICIPATION AND RELEASE OF LIABILITY

Participant Health: The participant confirms he or she is physically able to train and understands that martial arts training carries a risk of injury or illness. The participant accepts responsibility for injuries or illness that may occur during the 2026 ISMSKF Gasshuku in Puerto Rico.

Property Loss: The organizers, instructors, and volunteers are not responsible for personal property that may be lost, stolen, or damaged during the event.

Photograph Permission: Photographs or video recordings may be used for educational or promotional purposes related to ISMSKF.

Insurance: Participants understand that the organizers do not provide medical or accident insurance coverage.

Medical Treatment: The participant authorizes staff to obtain emergency medical treatment if necessary.

RELEASE OF LIABILITY / PARTICIPATION

I voluntarily agree to participate in the 2026 ISMSKF Gasshuku – Puerto Rico.

I release and hold harmless the organizers, instructors, volunteers, and affiliated members of ISMSKF from liability arising from participation.

Seminar Representative (sign & date)

Participant / Guardian (sign & date)

No Video or Flash Pictures allowed during the workout.

Please turn off or silence all Cell Phones.

Guests are welcome to attend, but please do not bring young children.

TIME	TRAINING	INSTRUCTOR
FRIDAY - OCT 2		
11:00-11:30am	Eku Tai Eku	Sensei Peter
11:30-12:00pm	Chinto, Jion, Gojushiho, Kusanku, Rohai	Shihan Lazarus
12:00-12:30pm	Director's Meeting	Directors
4:30-4:45pm	Welcome To All	Sensei Christian
4:45-5:15pm	Black Belts: PaiSaiSho, Pinan Godan, PaiSaiDai, Chinto, Jion	7th Dans
5:15-5:45pm	Brown Belts: Naihanchi Shodan, Pinan Sandan, Naihanchi Nidan, Anunku, Naihanchi Sandan	Sensei Norman
5:45-6:00pm	Pinan Yondan, Seisan (All)	Sensei Mike
6:00-6:30pm	Leg Blocks with Counters (All)	Shihan Lazarus
SATURDAY - OCT 3		
9:30-10:00am	Black Belts: Ippon Kumite (One Steps)	7th Dans
9:30-10:00am	Brown Belts: Ipu Ippon Kumite (All)	Sensei Norman
10:00-11:00am	Godan & Up: Chikin Bo, Sakugawa No Kon Sho	Shihan Lazarus
10:00-11:00am	Brown & Black Belts: Kise No Kon, Tokumine No Kon	Shihan Gravelle
11:00-11:00am	Shodan & Up: Jjyu Bo, Bo Sandan	Sensei Christian
11:00-12:00pm	Brown Belts & Up: Tsuken Sunakake NKon	Sensei Peter
11:30-12:00pm	Black Belt Testing & Pictures	Sensei Colleen
AFTERNOON SESSION		
2:00-2:30pm	Godan & Up: Tsuken Sunakake No Kon	Sensei Peter
2:30-2:30pm	Nidan & Up: Tonfa Exercises, Tonfa Shodan	Shihan Lazarus
2:30-3:00pm	Brown & Black Belts: Sai Exercises, Sai Jyutsu	Sensei Brad
2:00-3:30pm	3rd Kyu Tuite (All)	Shihan Gravelle
3:30-4:00pm	Kick Blocks with Body Change (All)	Shihan Lazarus
4:00-4:00pm	Kama Shodan, Kama Nidan (All)	Sensei Peter
SUNDAY - OCT 4		
9:00-9:30am	Black Belt Basic Exercises (All)	7th Dans
9:30-10:00am	Body Change / Block & Kick (All)	7th Dans
10:00am	Goodbyes & Safe Travels – See you next year	



Host Hotel - ISMSKF Gasshuku

Treasure Island Hotel & Villas

Cidra, Puerto Rico



❖ Hotel Information ❖

 200 Treasure Island Rd.
Cidra, Puerto Rico 00739

 Phone: +1 (787) 714-3966

 Email: hola@treasureislandhotelvillas.com



For reservations, please mention the ISMSKF Gasshuku.

- Scenic Lake Views —
- Comfortable Rooms & Villas —
- Swimming Pool & Recreation Areas —

