

## **Oct 21, 2017 - Presentation by Kore Grate'**

### **The Sword of Clarity**

Kore' is honored to be sharing the ancient art of Iaido (EE-EYE-DOUGH) the Japanese Samurai tradition. The Way of The Sword is practiced in both realms of realism and spirituality; to stop an attack as well cutting a path through delusion to the Truth. This practice hones and clarifies the mind, exercises the body, and deepens the spirit.

Kore' will give a historical background including the two distinct differences between “the sword that kills” and the “sword that gives life”. She'll demonstrate a few Katas (Forms), and teach the “Universal Kata-first form” to all participants. (NOTE: No sword needed, we will use our hands as the sword).

### Presenter Biography

Shifu/Sensei Koré Grate is the Head Instructor and Executive Director of the FIVE ELEMENT MARTIAL ARTS & HEALING CENTER in Minneapolis, MN-a non-profit educational organization dedicated to the empowerment of all people through martial arts, wellness, personal safety and self-defense.

Kore' has been training and teaching martial arts and healing modalities, including internal art and Qigong, for most of her adult life (forty six years!).

Kore' Grate

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