

Koré Grate (Shifu/Sensei)

Style(s): WU CHIEN PAI (Judo/Jujitsu/Gung-fu/Taiji/Healing/Meditation) & Iaido (Sword)

**Head Instructor/Executive Director of FEMA
Seventh Degree Black Belt in Wu Chien Pai
Nidan (2nd) in Soshoryu Iaido
Nidan (2nd) in AikitoHo Iaido**

**NWMAF Certified Self Defense Instructor
Executive Director of the Association of Women Martial Arts Instructors
Fukuda Judo Foundation Board of Directors**

Executive Director/Head Instructor of the Five Element Martial Arts and Healing Center (formerly Feminist Eclectic Martial Arts) established in 1994 as a 501c3 non-profit organization in Minneapolis, Minnesota. F.E.M.A. celebrates our 26th year of teaching students the art of Wu Chien Pai and Iaido this 2015. Our mission statement reads; *“FEMA is dedicated to the empowerment of all people through martial arts, wellness, personal safety and self defense so we may have a more peaceful community and planet”.*

Koré has been training in the martial arts for over 40 years.

Koré is a lifetime member of NWMAF, PAWMA & AWMMAI, having taught numerous times for the three organizations annual events. She co-hosted the most attended AWMMAI conference to date and was inducted into the AWMMAI Hall of Fame in 2012. Koré is part of the “TAG Team” for the Tri Alliance Gathering in July 2016 representing AWMMAI for an historic “One to Remember” conference hosted by all three organizations. November 2016 she traveled to India with Sifu Sonya Richardson and Dr. Shelley Fernandez representing the Fukuda Judo Foundation to teach girls self-defense.

She is a founding board member of PAWMA, served as PAWMA Vice-President, created and served on the PAWMA Elder Council. She received the PAWMA Martial Artist of the Year in 2005 and the esteemed Lifetime Achievement Award in 2011. Koré served as Chair for NWMAF, taught at many Special Trainings and Self Defense Instruction Conferences, one of the founding mothers and currently serving on the ARC Council (Anti-Racism). She is on the Keiko Fukuda Foundation Board of Directors as a link to AWMMAI, NWMAF and PAWMA.

With deep gratitude for her teachers and being able to continue her training with them, Koré is a branch of Zhi Dao Guan with Grandmaster Alex Feng, Midwest Manager for Master Su Zi Fang, and Branch Manager of Jian Mei with Grandmaster Wen Mei Yu. She trained in Naginata with the late Miyako Tanaka Sensei, and trains in AikitoHo Iaido under Koji Yoshida Shihan and Michelle Benzamin-Miki Sensei. To further deepen her roots in the arts, she traveled to China three times and trained with Professor Wang Pei Kun and his International Wu Shu Team.

One of Koré’s mantras is “Learn from Everything and Keep Going”



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