

Instructor, Anston T. Wilson



It all started on a spring like day in 1982. Some kids were picking on me saying, "You don't know karate like your dad, do you?" Well, I went home and told my dad, "I am ready to train." I could see the flare in his eyes because I've always looked up to him. He bought me a karate gi and I started training. Boy was I in for a rude awakening; it was hot and hard.

During class, you cannot scratch or move during warm-up or you will get twenty push-ups. Not only did I have the hardest Sensei around, one of them was my dad (Willie Wilson). I can remember all the rides home wondering was I going to get it or him giving me some praise. Sometimes I would get in the truck early when I knew I had done well in the class and sit there with a big smile on my face.

When you are chose to be part of the demonstration team, it is a great honor in Karate 5. I was selected to be on the demonstration team when I was ten years old which in itself was a challenge and very stressful at the same time. Your work, sacrifice and commitment along with your talent were considered before you were chosen for the team. I have participated in numerous demonstrations, which include presentations to some major companies like the Post Office, Oak Ridge Y-12 picnic, Kid's Day, different schools and church functions.

When you do a demo it takes team work and a great deal of patience. My dad has a lot of patience when dealing with this art and he will let you know when your movements are wrong. When it's all said and done the results are awesome. People still talk about the demos performed by Karate 5. For example, the one performed for Master Lee's Promotion to 5th Degree by Grand Master Harold Long in 1987; honored guest were Master J.C. Burriss and our Dojo Sensei, Master Maurice Msarsa. One really important demonstration which meant more to me was the one we did for Sensei Lee Sr.'s son, Marvin. This demo was presented at a church to help raise money for Marvin's heart transplant.

Isshinryu is my foundational art, but my training has consisted of Sanuces Ryu, Vee-jitsu, Modern Arnis for cross training. Grand Master Jeff Delaney and Professor Lisa McManus, Master Willie Wilson and the Karate 5 have enhanced and encouraged my training in Modern Arnis. My competition in tournaments has been rewarding and I have placed in one or more divisions in each tournament I have participated. I know this has come from the hard work of training six days a week. I have been in the apprentice program to help instruct since I was a brown belt and promoted to black belt July 27, 2004 and promoted to assistant instructor while still in the apprentice program to become a certified instructor.

This summer, I had the honor of being awarded the Associate Instructor of the Year by the World Karate Union International Hall of Fame. I tell everyone hard work pays off and you don't need a pat on the back every time you do something good. You have to work at it because it makes you feel good on the inside. People will notice you when you least expect it and martial arts has helped me through all the walks of my life. I hope I can continue to grow into a respected master in the future. I hope the skills Karate 5 has instilled in me can be passed on to other martial artists who are willing to give their all-in-all.



Anston Wilson – Receives Assistant WKU HOF 2005 “Instructor of the Year” Award



(L-R) Daryl Cox – WKU HOF Instructor of the Year, Master Willie Wilson – WKU HOF Golden Lifetime Achievement Award, Grandmaster Denny Shaffer – WKU HOF Golden Lifetime Achievement Award, and Anston Wilson – WKU HOF Assistant Instructor of the Year (Master Wilson was a sitting IKA Board Member at time of this photo).



K-5 awards promotion certificates to above K-5 Sensei instructors and students during August 2005 Karate Five Kids’ Day demonstration



Anston Wilson demonstrates martial arts technique for breaking a board – August 2005



Anston Wilson demonstrates the strength and physical power required in this controlled move during training seminar – June 23, 2007