

Isshinryu Karate

Presented by:

The Toshikai Dojo of Ottawa

Adult Traditional Karate Class:

New to the QGPCA, Wednesday nights from 6 to 7:30 an adult class in traditional Okinawan Isshinryu Karate, presented by the Toshikai Dojo of Ottawa will be offered. This class is lead by Sensei Shane Hale, a second degree black belt. 8-week sessions will begin on Wednesday, November 7. Classes are held in a formal and friendly atmosphere which incorporates the history and tradition of the martial arts. Classes include the study of traditional weapons, kata (sequence of movements), kumite (sparring), grappling, mental conditioning, agility, and physical training.

Benefits of Karate include:

- Fitness – Karate classes are a great workout focusing on your core stability and hand/foot/eye coordination.
- Improved Concentration – Karate is 90% mental, 10% physical. Learn how to focus your energy and develop mental discipline through karate training.
- Self-Defense – Empowerment by feeling safer and learning how to defend yourself.
- Improved Overall Health – Karate benefits young and old due to its emphasis on stretching, strengthening & endurance.

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Isshinryu Karate

Isshinryu means "one heart method" and is an Okinawan style of karate (which means "empty hands"). It was developed by Tatsuo Shimabuku in the 1950's. Isshinryu karate is a very practical style, and to this end it has been designed for power and efficiency, with little wasted motion. It was brought to North America by US Marines who were stationed on Okinawa and were taught Isshinryu by Shimabuku himself.

The Toshikai Dojo

Toshikai means "gathering of the fighting spirit." The name is meant to invoke the inner warrior that dwells within us. Training in karate and attaining a black belt takes discipline and perseverance. Many obstacles—physical and mental, as well as issues from personal life—can be overcome. During your training at the Toshikai Dojo, let your "fighting spirit" give you the strength and determination to attain your goals both inside and outside of karate.

Registration:

This is an adult class (16+) and space is limited, so registration is required. The fee for eight weeks is \$75. Please register by completing the downloadable registration form (<http://www.qualicum.org/programs/toshikai-registration.pdf>) and delivering to Neena Parbhakar at 8 Dickson Street. No prior experience is required. No special equipment or clothing is required for the first class. All you need is workout clothing (shorts, t-shirt, sweatpants, etc.).

Contact

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シエンヘイル

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For more information please visit our website at www.toshikai.ca

