

What are the injury risks for Karate?

The injury risk in Karate is lower than in most other sports. All contact is controlled and the most you would expect is the occasional lump or bruise. Our classes are meant to teach Karate - thus Gung-Ho bone breakers and street thugs are not welcome, and you won't find them in our classes.

Broken bones and noses as well as knee and joint injuries common with most popular sports are in fact very uncommon in Traditional Okinawan Shorin- Ryu Karate.

It is the responsibility of the instructor to ensure a safe environment for his students. I am proud to state that over the 35 years that I have been instructor to countless numbers of students I have had no serious injuries to myself or my students.