

What can I expect from Traditional Okinawan

Shorin-Ryu Karate - what are the benefits?

In our classes of Shorin-Ryu Karate, you can expect to be taught correctly a practical method of self defense that may one day save you or a loved one's life.

With continued Karate training, you will gain...

- fitness
- confidence
- flexibility
- improved reflexes
- coordination
- muscle strength
- relaxation

In addition to these obvious physical benefits, you will also find a strengthening of your character, and you will gain peace of mind that you are able to defend yourself in any situation.

Our Dojo-Kun

1. Work to perfect your character
2. Always act with good manners
3. Refrain from uncontrolled and violent behavior
4. Cultivate a spirit of Endeavour and perseverance
5. Have fidelity in seeking the true way

