
Kata

Fukyugata I
Fukyugata II
Pinan Nidan
Fukyugata III
Oyotenren
Pinan Shodan
Naihanchi Shodan
Pinan Sandan
Pinan Yondan
Pinan Godan
Wankan
Naihanchi Nidan
Ananku
Naihanchi Sundan
Rohai
Wanshu
Passai
Chinto
Gojushiho
Kusanku

Learning kata thoroughly is absolutely crucial. Karate training should center on kata. By making kata central to training, one can pursue karate-do not only as budo, but as a way of life. The beauty and spirit of kata offers much to those who practice it. Students of karate-do should be determined to set kata at the heart and center of karate-do. . . — **Shoshin Nagamine**

“Karate Ni Sente Nashi”

“There is no first attack in Karate”

This phrase, inscribed on a monument in a Zen monastery in Kamakura City, embodies the essence of Okinawan Karate. Karate is a martial art, developed by the Okinawans as a method of self defense.

The essence of Okinawan Karate-do lies in the process by which students make the utmost effort in an attempt to create limitless power by utilization of true wisdom. Continuous practice will create a well-balanced person of sound mind and body.

Karate is therapeutic. Practicing the katas (pre-arranged sequences of movements which include blocks, attacks, and specific stances) helps develop timing, balance, and focus. Instincts are sharpened and willpower is strengthened. The study of Karate develops a sense of inner confidence and peace.

The traditional “pine forest” (Matsubayashi) system of Shorin-ryu Karate stresses *working with a partner* as opposed to *competing against an opponent*. What is important is the development of better human beings, not just fighters.

Shorin-ryu is particularly beneficial to one’s development because it is non-violent. Classes are run traditionally. Students learn to respect the power of the movement and each other. They also learn that Karate is a martial *art*, not a sport.

In sport Karate, you score by striking an opponent. The emphasis is on competition, who is stronger, who is better. Sport Karate is “immediate result” oriented. This is detrimental to one’s inner development. In teaching Karate as an art, points are inconsequential; what is important is the desire to learn and the development of inner worth and confidence.

Faculty

Betsy Toth, Third Dan, Sensei and Chief Instructor at Drago Chi Budo Kai, has been teaching children’s and adult’s classes in the metropolitan area for seventeen years. Betsy is a student of, as well as an instructor with, Arthur Drago, Seventh Dan, of Front Royal, VA. Contact Drago Chi Budo Kai at Phone: 1-540-349-0632 (home) or 301-587-9525 (message). Write to: P.O. Box 271, Washington, VA 22747. Email: dcbudokai@dcbudokai.8k.com. Web site: dcbudokai.8k.com

DRAGO CHI BUDO KAI

KARATE

KARATE DOJO

Okinawan Matsubayashi
Shorin-ryu

Spring 2007

February 3, 2007
to June 9, 2007

Classes for Juniors
(ages 6 to 15)

Saturdays

Classes for Adults
Saturdays

See schedules inside

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