

## The Dojo

The dojo or, “way Place”, is a 900 sq. ft. room with bamboo wood flooring and tongue & groove Port Orford Cedar walls providing a Traditional Japanese Budo training environment. There is a changing/bathroom. We have heavy bags, speed bags, speed balls and makiwara boards for impact study. There are stretch bars and pulleys for assisted stretching. There is a Weider double stack weight machine for strengthening.



*Shomen (front of dojo).*

We have a NordicTrack Treadmill with iFit internet subscription for workouts all around the world! Web video conferencing and Free WiFi! Last but not least, is the Nature Trail that snakes around the property.



## Dojo Kun (Code)

- 1. Seek perfection of character**
- 2. Be sincere**
- 3. Endeavor**
- 4. Observe proper etiquette**
- 5. Refrain from violent behavior**



“The ultimate goal of the art of karate lies not in victory or defeat, but in the development of the character of it’s participants.” Gichen Funakoshi the Founder of Shotokan Karate

Bay Area Karate Club

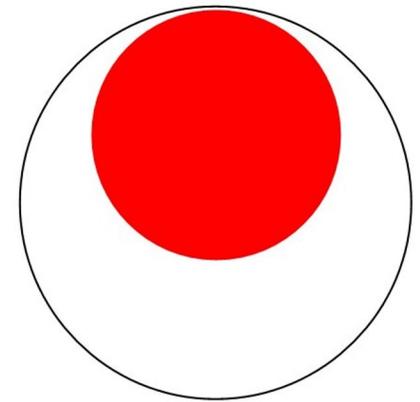
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Visit our website at: [www.bayareakarateclub.org](http://www.bayareakarateclub.org)



# 伝統空手道

TRADITIONAL KARATE CLASSES



## Bay Area Karate Club 541-269-2315

*“Dedicated to a Higher Standard!”*

## Classes and Fees

### Adult Beginners Class

Tuesdays & Thursdays

6:00 to 7:00PM

### Kids Class

Tuesdays & Thursdays

5:00 to 6:00PM

### Intermediate & Advanced Class

Mondays, Wednesdays & Thursdays

6:00 to 7:00PM

### Shizen Undo (Nature Class)

1st, 3rd & 5th Saturday of each month

10:00 to 11:00AM

**Ages 7 to Adult**

**\$42.00 a Month  
No Contracts**

### About the Instructor

Training at Bay Area Karate Club offers you World Class Traditional Karate Instruction from a certified International Instructor: Examiner (ED-0016), Coach (C-USA-0003) and 4th Degree Black Belt (R-USA-4-0044) George Clark. All of his qualifications were issued by or are recognized by the International Traditional Karate Federation (I.T.K.F.). Sensei Clark has been studying and teaching karate since 1974!



### Traditional Karate (What's different about it?)

The most important difference between Traditional Karate and modern karate is that Traditional Karate is ultimately about "Character Development". Physically it's about learning powerful movements that lead to 1 technique that can completely stop an attacking opponent—not just scoring points in a game! It is learning how to economically defend yourself and how to become a better person.

We practice the art of the empty hand way!

### Kids' Karate Partnership

We have decided to offer instruction to children again. We see a need for what practicing Traditional Karate has to offer. We want to form a Partnership with parents, guardians, educators, medical professionals and clergy when requested.

We want to make a difference!

### Our Style of Karate

We practice H. Nishiyama Karate Institute Style of Karate-do. (HNKI) The HNKI was previously the JKA International of America or JIA and before that evolution was a part of the Japan Karate Association or JKA.

We are also members of the USA Traditional Karate. The USATK represents Traditional Karate Athletes in the US to the International Traditional Karate Federation (ITKF), a founding member of United World Karate, which represents the sports of Traditional, Modern and Full Contact karate to the International Olympic Committee.