

## **WADO-RYU KARATE-DO**

WADO-RYU KARATE-DO is one of four major karate styles in Japan. International Federation of Wado-ryu Karate-do Organization (H.Q. in Tokyo, Japan) has more than six million members in 90 countries as the U.S. branch of Wado-ryu Karate-do by I.F.W.K.O.

## **KARATE FOR KIDS**

With the growing concern of parents for their children's safety during their daily lives, we have begun to see many young people involved in the martial arts. Although self-defense may be the primary reason for taking up Karate this training has much more to offer the dedicated student. With proper instruction, a young child can develop self-confidence, concentration, perseverance, good sportsmanship, a respectful attitude, good body control and strength, along with techniques of self-defense.

Children of different ages present various challenges to the instructor. A good karate instructor will recognize these different stages and respond to them accordingly. For the very young student (5-10 years old), instruction should be designed to help the child be successful, no matter what the level of competence. The primary objective is to encourage the child to participate. Goals must be short term and attainable. Older children (11-14 years old), are often threatened by the fear of losing or failing. This may manifest itself in negative behavior, such as bullying or showing-off. While many sports place great emphasis on winning, the emphasis in karate should be geared toward building character and improving physical development.

The student will learn that competition helps improve skills and that there should be no shame in losing - only the chance to try harder to meet personal goals. Children reaching their teens become very concerned with body image. Karate training can help teenagers become comfortable with their physical identity as they begin to master techniques and improve performance. Students develop pride in their abilities and strengths. They learn that dedication and many hours of hard training will produce mental and physical control that the general public will never possess.

Karate training helps children of all ages manage stress. Children who are taught to face stress and deal with it positively thrive better than those who are allowed to avoid stressful situations. Once a child has decided to take up karate, or any type of activity, the child should be expected to give it their best. Parents who allow their children to quit after a short time or come to training only when they "feel" like it, do their child a disservice. Children in karate also learn to deal with stress through various techniques such as meditation, biofeedback, and concentration exercises. One of the most difficult aspects of karate is the mental labor that is required to learn control.

All of these benefits come together to build a strong character, independent and yet appreciative of others, a person who will not need to fight except in self-defense, and will never cause a fight by rude or unkind behavior. This is the true spirit of Karate-do.

Wado-ryu Karate-do helps your children increase their abilities of:

- \*Inner strength to say "NO"
- \*Concentration for higher grade
- \*Self-discipline
- \*Respect for others
- \*Self-defense with the right attitude
- \*Mental and physical health

\*Uniforms and equipment are available for purchase from instructor.

## **CHIEF INSTRUCTOR**

Shoji Nishimura is a chairman and a chief instructor of USA WADO-RYU KARATE-DO in California. He is officially recognized as one of the overseas instructors of Wado-ryu by I.F.W.K.O. He has over 35 years experience in karate-do and has 7<sup>th</sup> degree black belt. In 1977, he was the karate club captain of Rissho University in Tokyo, Japan. While he was in the club, he participated in many kinds of karate tournaments and won many awards including several

fighting-spirit prizes. He used to teach karate at South Coast YMCA in Laguna Niguel. At present, he also teaches karate at his own karate studio in Laguna Niguel and Edison Community Center in Huntington Beach.

Assistant instructors

Koki Yasuhiro / Greg Rubinson

## **SCHEDULE**

### **Mondays:**

#### **The Weingart Room**

Beg. Kids (14yrs. & under) 6:15-7:00pm

Int. Kids (14yrs. & under) 7:00-8:00pm

Adv. Kids & All Adults 8:00-9:00pm

### **Fridays:**

#### **The Weingart Room**

Beg. Kids (14yrs. & under) 6:15-7:00pm

Int. Kids (14yrs. & under) 7:00-8:00pm

Adv. Kids & All Adults 8:00-9:00pm

### **FEE:**

Facility Members:\$40 Program Members:\$60

### **Special Rates**

If you take classes on Monday *AND* Friday  
Facility Members:\$50 Program Members:\$70  
***Special Rate Code HL.0151.27***