



Pantojas Shotokan Karate Do

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GENERAL INFORMATION

WELCOME TO PANTOJA'S SHOTO-KAN KARATE DO.

Our Dojo (school) is open to men, women and children of all ages with group training available to those 7 years and older.

The atmosphere for our dojo is serious and at the same time happy because we are all striving for a common goal: mastery of karate techniques and development of character and fellowship.

Endure the strenuous training we offer, live by our principles and free yourself from the anxieties of everyday life.

Our aim is to foster the growth of legitimate karate: to foster a sound mind, a proper spirit, a sound philosophy, and to improve the physical well being of our members through the art of karate. Our school practices a traditional Japanese Shotokan style.

The Shotokan system is considered the most modern and scientific method used today. It's founder Master Gichin Funakoshi, utilized university students majoring in physical education and engineering to help him examine karate from an academic standpoint. As a result of that study, they combined the various styles and techniques into a scientific and rational form, which today comprises the Shotokan karate system.

What is Karate? It is an art form. It is a sport. It is a method of self-defense. It is physical exercises to improve coordination and body condition. As you can see, it is many things. Some of Shotokan students go so far as to claim that karate has enhanced their intellectual, emotional and social lives. It will improve your balance, timing, rhythm, self-confidence and overall body condition. *There are limits in the strength of our body and mind but with proper and systematic training, these limitations can be overcome.*

Karate is also a martial art. It was devised to strengthen our weaknesses and limitations. In time, a person can learn to sense danger or attack and use karate as an effective means of self-defense. It is this aspect of karate that puts it apart from all other sports and makes it a martial art.

There are no secrets or magic to karate. It is an individual experience. You simply get in return what you put into it. It is something anyone can learn with organized and systematic training of one's mind and body. Karate is based on various techniques of blocking, punching, sticking, and kicking, done singularly or in combination. Our techniques make use of almost every part of your body and enables you to develop incredible power.

Although karate is a contact sport, contact leading to possible injury is kept to a minimum in student training. Competent instructors supervise classes, and students are required to abide by the rules and principals of Shotokan karate.

Among these principles are five that Master Fuakoski requested to be recited by his students following each workout. These are:

WE SHALL SEE PERFECTION OF CHARACTER:
WE SHALL BE FAITHFUL IN OUR STUDY:
WE SHALL ENDEAVOR TO CULTIVATE COURAGE AND TENACITY:
WE SHALL RESPECT OTHERS: AND
WE SHALL REFRAIN FROM VIOLENT BEHAVIOR.

Remember that karate can be enjoyed by all, so invite your family, friends and neighbors to investigate this exciting opportunity. **Visitors are always welcome**

-RESPECT-BUT-FEAR NO MAN