

Karate 空手 ("empty hand")

"Karate may be considered as the conflict within oneself or as a life-long marathon which can be won only through self-discipline, hard training and one's own creative efforts. For many practitioners, karate is a deeply philosophical practice. Karate-do teaches ethical principles and can have spiritual significance to its practitioners. Today karate is practiced for self-perfection, for cultural reasons, for self-defense and as a sport.

Yoga & Friends is happy to introduce our newest edition:

Iron Phoenix Karate

Our instructors Robert Landree and David Reget hold a combined 23 years of experience in martial arts. They are here to teach you to always try your best and never give up in everything you do. Our motto is "Rise Again", which refers to "Bushido" the ancient Samurai teaching of never giving up. Much like our symbol, the mythological Phoenix which signifies burning to the ground and rising from its own ashes, we place emphasis on effort above all else and the will to get back up and go on. We teach the iron hard okinowan style of Shorei Ryu in its most traditional sense, unchanged by outside influences, but offer our students flexibility in our teaching style to better suit their needs.

Our services are offered to ages 6 to 600 (if you are older, we would love to meet you).

A separate adult class will be available in the near future upon popular request. So please, come and study with us, and when knocked down, remember to rise again in everything you do.

Gichin Funakoshi interpreted the "kara" of Karate-dō to mean "to purge oneself of selfish and evil thoughts. For only with a clear mind and conscience can the practitioner understand the knowledge which he receives." Funakoshi believed that one should be "inwardly humble and outwardly gentle." Only by behaving humbly can one be open to Karate's many lessons. This is done by listening and being receptive to criticism. He considered courtesy of prime importance. He said that "Karate is properly applied only in those rare situations in which one really must either down another or be downed by him." Funakoshi did not consider it unusual for a devotee to use Karate in a real physical confrontation no more than perhaps once in a lifetime. He stated that Karate practitioners must "never be easily drawn into a fight." It is understood that one blow from a real expert could mean death. It is clear that those who misuse what they have learned bring dishonor upon themselves. He promoted the character trait of personal conviction. In "time of grave public crisis, one must have the courage ... to face a million and one opponents." He taught that indecisiveness is a weakness.

Any questions regarding classes can be sent to: Myyogafriends@yahoo.com

Or contact Christina 262-658-2108//62-748-3229