

SHOTOKAN KARATE



FRIENDS
FLEXIBILITY
STRENGTH
SELF-DEFENSE

karateclub @ virginia.edu



Beginners Welcome

KARATE'S BENEFITS

From several independent studies

- **Increases self-control & confidence** where physical fitness students showed no major changes
- **Increases focus & academic performance** "...adolescents outperformed their peers on every academic performance variable..."
- **Improves immune system** "... training affects the great majority of the body's tissues, organs and systems to bring about homeostatic stability and normal function."
- **Increases flexibility, leading to**
 - improved daily performance
 - improved circulation to brain and tissues
 - enhanced coordination and reduced stress
- "A safe and effective way to protect against disease and reduce the negative effects of aging " - British Journal of Sports medicine.

LINEAGE & TRADITION



G. Funakoshi
"Father of karate" introduces karate to Japan



T. Okazaki
G. Funakoshi's former assistant instructor. Chief instructor ISKF



E. and D. Stackpole
Instruction, exams, and instructor training directly from T. Okazaki

STUDENT COMMENTS

- *I miss your expertise in teaching, your energy. I did not realize what a great thing I had at UVA until I left. —A. Haley*
- *I can't possibly thank you enough— what a rich dimension you've added to my life! —D. Klonsky*

INSTRUCTORS

ELLEN AND DAVID STACKPOLE

- Captain, team members and national finalists representing the northwest states under Sensei Cathy Cline, the highest ranking woman in the ISKF
- Instructor training program through masters Okazaki, Yaguchi, Mikami, Enoeda and others
- Instruction in JKA main dojo, Tokyo Japan
- 35 years collective experience
- Founder and head instructors, UVA Shotokan Karate Club, 1997
- Founder and assistant instructor College of William & Mary Shotokan Karate Club, 1991

ISKF SHOTOKAN BENEFITS

- **Global network** of friends, members and masters directly tied to the founder of karate
- **Collegiate tournaments and camps** to train, learn and meet new friends from other universities and countries
- **Learn from more than one master** at annual master camps and clinics
- **Quality instruction guaranteed** by rigorous instructor program and testing standards
- **World-wide recognition** of rank for continued advancement beyond UVA and U.S.
- **Join one of the oldest clubs** teaching UVA students for over 10 years



UVA KARATE