



Karate-do Yushin-juku

空 手 道 優 心 塾

Welcome!



As the President and Chief Instructor, I would like to welcome you to **Karate-do Yushin-juku**. Your exciting journey into traditional Japanese karate has just begun!

Karate-do (the way of karate) is a sport derived from an art developed by generations of *samurais*, ancient Japanese warriors. It focuses on building strength in the mind, body and spirit of each practitioner to nurture a well-balanced individual capable of constructing and defending a peaceful community.

You will learn various movements through *kihon* (basics), *kata* (forms) and *kumite* (sparring) designed to improve your coordination, endurance, muscular tone and mental focus as well as to broaden your range of awareness. Fighting skills are also taught but only as a means of practicing *kumite* as moving meditation to attain higher levels of attentiveness and gentleness.

I started **Karate-do Yushin-juku** so that this karate school would help its students cultivate a strong yet gentle character, polished fighting skills and determination to protect their honor, integrity and justice.

The ideogram for Japanese character "Yu" in **Yushin-juku** means "gentle," "excel," "elegant" as well as "championship victory." "Shin" signifies the "heart," "mind," "center" or "essence." "Juku" denotes traditional Japanese educational institutions dating back to the 8th century where expert martial arts masters, knowledgeable scholars, medical doctors and linguists opened their homes to students so that they could teach their subjects privately, in addition to regular school curriculum.

It is my sincere hope that *karate-do* training will make your daily exercise more enjoyable and profound, while delivering much happiness to you and those around you.

Yours in the Art,

Akihiro Omi

President & Chief Instructor,
Karate-do Yushin-juku