

What Is Karate?

"Karate-do is a way of life designed to contribute to self development through the training in the guiding principles underlying the martial art and sport of karate."

While there have been countless films made depicting martial arts, and reams of material produced to describe it, little has been made of the essence of what the Karate practitioner actually gleans from Karate-do ("the Way of Karate") training.



To the layman, Karate is a catch all phrase for "fighting", when in actuality, fighting has limited association with how the Karate-ka (practitioner) regards this art. The dictates of the true way of Karate training require inner balance, compassion, and clarity in all situations. While great physical prowess is developed and expanded, so is spiritual fortitude, mental focus and a gentle compassionate character. Karate-do means that we are diligent in our quest for optimum performance, inner balance, and positive attitude whether in dojo practice, in our school work, business, families, or communities at large. Therefore the Karate-ka is expected to demonstrate his/her spiritual, mental, and physical strength in the most honorable and productive ways possible, and in every arena possible. Furthermore, he/she is expected to be the advocate of honorable principles whenever the opportunity presents itself. In other words, Karate-do is much more than self-defense, it is a way of life requiring a conscientious, honorable approach in every detail of our lives. Therefore, the essence and test of a true Karate champion in the sport of Karate, requires the

ideals of sportsmanship and citizenship at the highest levels. Win or lose, the Karate-ka walks with confidence that is spirited but not overinflated; he/she regards his/her opponent with respect not overestimating or underestimating his/her ability; he/she never neglects the protocol required nor takes the respect given him/her for granted.

You will witness not only fighting and forms performance at the highest skill levels, but an exhibition of dignity as well. Anything but the highest demonstration of strong attitude and deportment on the part of a Karate-ka is unacceptable. This demonstration, as do all Karate competitions and events, helps us to discern not only the dominant physical skill levels developed by man, but demonstrates for us those innate skills required of the most elevated part of man. Karate-do skills are not developed through mindless practice but demand the cultivation of our most virtuous selves and the strengths to define, as well as defend, the highest principles of man.

About Our School:

The Karate-do Yushin-juku is a traditional Japanese karate school established by Akihiro Omi, a native of Japan, a descendant of a samurai family, a former member of the USA National Karate-do Federation's Technical Committee, and a former international referee/judge for the World Karate Federation.

