

Karate is an ancient discipline designed to teach its followers not only how to defend themselves, but also how to improve your character and increase your awareness of the world around you.

Many people take Karate for different reasons. Some people are interested in increasing their personal ability, others are interested in self defense, while others are interested in an exciting way to get fit and to stay in shape. Karate offers all of this, plus more. Often, new Karate students begin their training with only basic expectations, and are shocked to find out just how far reaching the benefits of the martial arts can be. Like any worthwhile activity, the more you put into your training, the more you will get out of it.

Contrary to popular belief, Karate is not a fighting sport. In fact, it is an art of self defense. The objective of Karate is not to learn how to fight, but to learn how not to fight. In the event of a fight, the objective is not to learn how to win, but to learn how not to lose. As the master Dai Sensei Meitoku Yagi said:

"Do not put your main purpose in mastering Karate technique itself. You should study the way of life through Karate. This is our goal."