

Ottawa West Dojo

Canada Shotokan Karate/Shotokan Karate of America

(Non-Profit Organizations)

The Ottawa West Dojo offers high-quality **karate** classes at [Champlain Park Community Centre](#) 140 Cowley Avenue (a short walk from Tunney's Pasture or free-parking nearby).

Class schedule

Wednesdays: 12pm-1pm (18 years and over)

Wednesdays: 8pm-9:15pm (16 years and over)

Practices from a beginner level and build up towards intermediate and advanced levels.

What is Karate? Karate is a martial art involving a variety of techniques, including blocks, strikes, evasions, and throws. The name Karate comes from Japanese 'kara' meaning 'empty' and 'te' meaning 'hand', that is, the Art of Empty Hands. Karate practice is divided into three aspects: kihon (basics), kata (forms), and kumite (sparring).

Why practice karate? Karate practice has many benefits for individuals of all ages that accumulate over time. Through regular practice one learns to build a strong mind and body, and develop an ability to defend oneself in a conflict situation. Regular karate practice also helps one develop and improve flexibility, stamina, reflexes, coordination, self-confidence, composure, patience, discipline, punctuality, willpower, respect, and character.

About the Instructor: [Hashmat Khan](#) started karate practice in July 1999 at the Shotokan Karate Ottawa Dojo (formerly Upper Canada Shotokan) under [Roland Duval](#) (godan, fifth-degree black belt) who has been practicing karate in the Ottawa area since 1961. Hashmat is currently a third-degree black belt with [Shotokan Karate of America \(a non-profit organization\)](#). He has participated in many technical clinics, regional and international tournaments and events in Canada, U.S., Japan, Spain, and France, and completed 35 Special Trainings in Canada, U.S., and France. He started and managed the London Dojo, U.K., during 2002-2005 before returning to Ottawa. In 2013 and 2016 he led the Canada East Summer Special Trainings at Bishop's University, Quebec. Hashmat is a Full Professor in the Department of Economics at Carleton University and has held Visiting Professorships at the University of California, Berkeley, and the University of British Columbia, Vancouver.

Contact information: 613.355.6669 (cell) or email: shotokhan@hotmail.com.

Facebook: <https://www.facebook.com/ottawawestdojo/>, Twitter: [@ottawawestdojo](https://twitter.com/ottawawestdojo)

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Practice Dues

- No Charge for the first practice
- \$5 per class
- **Registration for 10 classes for \$50 is encouraged for practice continuity**
- Champlain Community Centre annual membership dues: \$15

Regular practicing members at the Ottawa West Dojo must be current in their annual dues for Canada Shotokan Karate/Shotokan Karate of America: \$75.

Benefits include:

- Rank grading
- Attending technical clinics and special trainings
- Practice privileges at any CSK/SKA dojo worldwide

Note: **Karate classes for kids and youth:** Sunday mornings (9am-11am) for ages 4-12 years, and for youth (14-17 years) on Wednesday evenings (7pm-8pm) at 29 Van Lang (registration via Dovercourt). Starting in January, the kids and youth classes on Sunday mornings will be from 9:30am-11:30am at Dovercourt (411 Dovercourt). Please call 613.355.6669 or email shotokhan@hotmail.com for details.

