

**OTTAWA WEST DOJO
Canada Shotokan Karate
(non-profit organization)**



Karate Practice for over 60

Karate is a traditional Japanese martial art. It derives from the word 'kara' meaning 'empty' and 'te' meaning 'hands', so the 'art of empty hands'. At the same time, the word 'empty' has a deeper and philosophical meaning which is to be discovered and experienced through regular practice. One of the main differences between karate and other martial arts is that karate can be practiced at all ages, at any time and place, and is equally suitable for both men and women. It is, therefore, possible for *anyone* to enjoy the benefits of karate.

I will give a 90-minute session of karate for over-60 individuals at the Champlain Park Fieldhouse, divided into 5 structured segments of approximately 15 minutes each. The unique session will cover the following aspects from a karate perspective: (i) self-awareness, (ii) body movements, (iii) connection, (iv) expression, and (v) feeling. No prior experience or knowledge of karate is necessary. The session will be held during a weekday late morning.

The class will start with a meditative posture, followed by a warm-up and involve individual practice and exercises with a partner for each 15-minute session. The entire session will have a 'light workout' feel as one would get from a slightly brisk walk, taking into consideration the needs and limitations of the participants. Please contact me if you are interested.

Dues: \$10 (cash or cheque payable to Ottawa West Dojo).

Hashmat Khan

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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 sandan (third-degree black belt in a system of five degrees) with [Shotokan Karate of America](#) (a non-profit organization) under Shihan (head-instructor) [Tsutomu Ohshima](#). He has participated in many technical clinics, regional and international tournaments and events in Canada, U.S., Japan, Spain, and France, and completed 36 Special Trainings in Canada, U.S., and France. He started 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.