

OTTAWA WEST KARATE DOJO

(non-profit)

Karate practice will be held for adults at all levels (beginner, intermediate, advanced) at the **Champlain Park Fieldhouse (149 Cowley Ave)** during January to June on Wednesday evenings (except when notified otherwise).

Objective: *To Enjoy the Benefits of Karate in Life*

Overview: Karate comes from the Japanese word “*Kara*” (empty) and “*te*” (hands) meaning the art of *Empty Hands*. It involves a variety of techniques that employ an ingenious use of the body.

The emphasis will be on *kihon* (basics), *kata* (forms), and *kumite* (sparring) with an emphasis on the following aspects:

- Fundamental techniques and principles
- Body movements and breathing
- Connection and feeling
- Self-awareness and responses in difficult situations

Time: 8 p.m. — 9:30 p.m. Starts: January 8th, 2020

Dues:

- \$10 per class. Cash or cheque (Ottawa West Karate Dojo)
- Annual dues of Champlain Park Community (September to June): \$15

Instructor: Hashmat Khan, sandan (3rd degree black belt in a system of 5 degrees), over 20 years of karate experience, Professor at Carleton University

Our History:

- Ohshima Sensei (https://en.wikipedia.org/wiki/Tsutomu_Ohshima)
- Shotokan Karate of America (<https://ska.org/>)
- Canada Shotokan (<https://canadashotokankarate.com/>)

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