



STUDENT & PARENT GUIDE

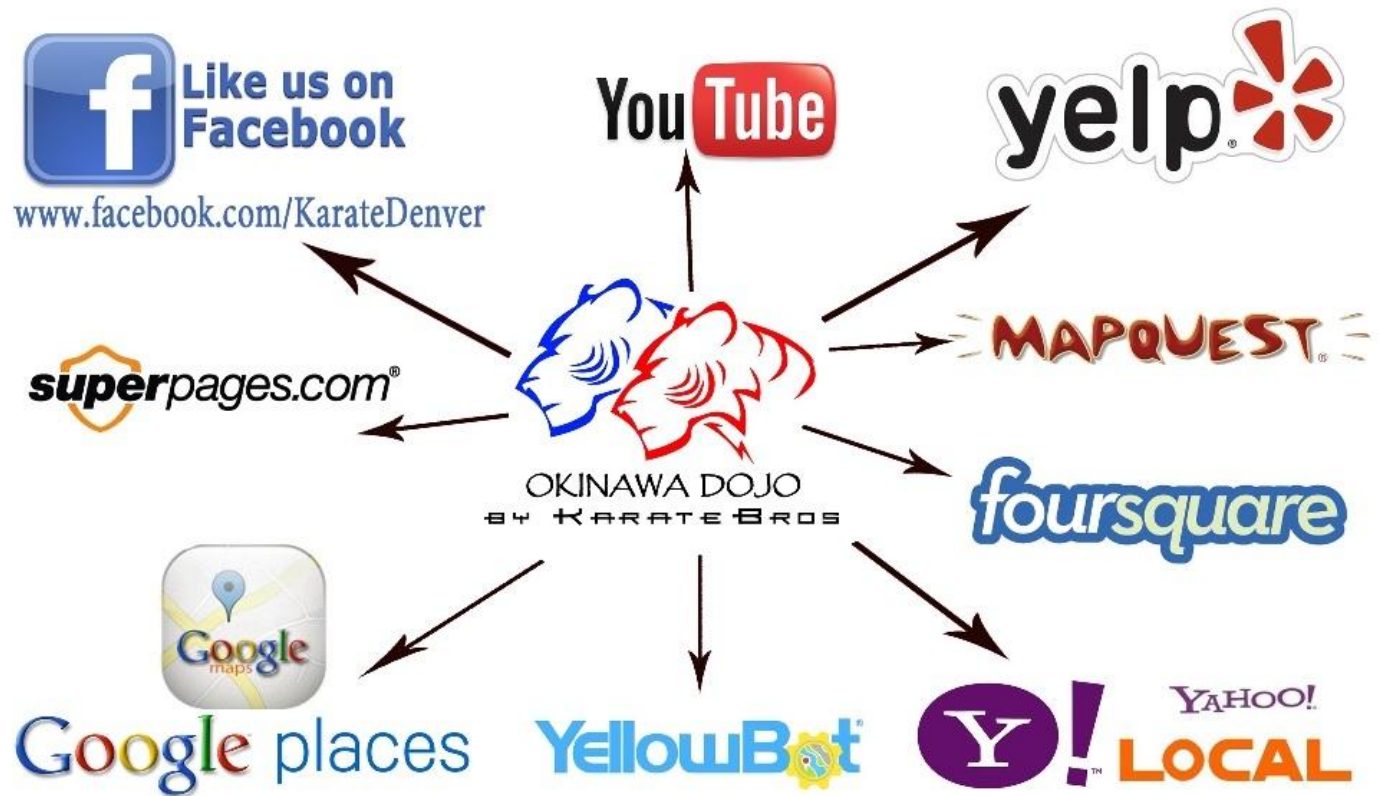
OKINAWA DOJO by KarateBros

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You opinion is very important to us!

Please write us a review, a comment or a suggestion at any of the following websites. You can also fill up an Anonymous Feedback Card (find one at the Dojo information board) and drop it into our mailbox.



Our website: www.KarateBros.com

USA Karate website: www.usankf.org

Facebook page: www.facebook.com/KarateDenver

(Follow us on Facebook to receive daily updates about our Dojo life: news, schedule changes, competitions, movie nights etc.)

YouTube: www.youtube.com/KarateDenver

Yelp: www.yelp.com/biz/okinawa-Karate-denver-2

E-mail: Karate.Denver@gmail.com

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Denver, CO 80224

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THIS HANDBOOK WILL SERVE AS A REFERENCE TOOL THROUGHOUT YOUR TRAINING. IT CONTAINS HELPFUL INFORMATION SUCH AS DOJO RULES AND REQUIREMENTS, TERMINOLOGY, ADDITIONAL SERVICES WE OFFER, ETC.

INTRODUCTION TO OKINAWA DOJO

BY KARATEBROS.

WELCOME

Karate Brothers welcome you to Okinawa Dojo!

We are a results-oriented martial arts school, unique in terms of combining ancient Japanese traditions of Karate with modern equipment and methods of training.

Sensei Vitaly Padalka and Alex Padalka are Chief-Instructors and co-owners of the Okinawa Dojo. They both started learning Karate at age of 6 back in their home country Russia, now having over 38 combined years of Karate training and teaching experience.

Very important role in their way of becoming martial artist was played by Vitaly and Alex's parents. Karate Brothers are thankful to their mom and dad for always being supportive at Karate that with years became brother's passion and a lifestyle. They were lucky to begin their Karate journey under such an outstanding Sensei Romanoff Anatoly. They worked their way up to Russian National Team and successfully competed on behalf of it.

Both brothers currently hold second degree black belts in Shotokan Karate, they are USA Karate certified Coaches and Referees, Red Cross certified in First Aid and CPR. Their accomplishments are recognized both Nationally and Internationally, they hold titles of the FSKA World and JKA European Champions, and still active athletes competing in Elite Divisions at World level tournaments.

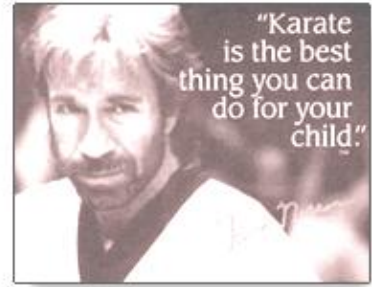
Karate Brothers have put together their Shotokan Karate experience from all over the Globe. They have trained under World famous Masters such as Kenneth Funakoshi, Hideo Ochi, Hitoshi Kasuya, Keiichi Hasumi, John Bolosan, Tokey Hill, George Kotaka, Elisa Au Fonseca, John Fonseca and Rafael Aghaev. However, the main Karate principles they practice today were learned from their first Sensei Anatoly Romanoff.

Karate Brothers opened their first own dojo in Aspen in 2004. They relocated to Denver in the beginning of 2011, where Okinawa Dojo by KarateBros was founded.

Apart from Karate brothers live very active lifestyle. They enjoy snowboarding in the winter, wakeboarding during the summer, hiking Colorado mountains, traveling the World.

WHAT OUR DOJO CAN GIVE YOU

- self-discipline
- motivation
- focus
- respect
- team spirit
- physical conditioning
- self-defense
- great opportunity to become a professional athlete, travel and compete across the country and outside of the United States



TOURNAMENTS

Every student in our school has a great opportunity to participate in Karate championships - local, State, National and World level. Over the past few years Okinawa Dojo students have achieved US Open, Junior Olympics and National Champion titles.

PRIVATE CLASSES

The best Karate training is a combination of private lessons and group sessions. Groups encourage you to try different techniques while competing with different people, since everyone varies in size, weight, strength, etc.

Private lessons have the advantage that students can learn much faster. Lessons can be tailored to fit individual needs and focus exactly on what student needs to improve.

BELT TESTINGS

Belt testing is an important and exciting part of a student's training. It is a test of a student's Karate skills. There is an old martial arts saying: "When the student is ready, the teacher will appear." This principle holds true for rank promotions. Sensei will not present a candidate for testing until he believes the student is ready.

Requirements:

- constant effort at everyday training;
- perfect attendance of classes;
- correct performance of Kihon (Basic Techniques), Kata (Forms) and Kumite (Sparring);
- knowledge of Japanese Karate Terminology.

MOVIE NIGHTS

Sunday FunDay Movie Nights are here now! Come alone or bring your friends and family to enjoy motivational movies and cartoons in our warm and family-friendly atmosphere at the Dojo.

SUMMER CAMP "GASHUKU"

Every summer the Karate brothers organize amazing Karate camps away from the City's busy lifestyle. Kids with their parents spend a wonderful time camping in the tents, enjoying Karate training, boating, tubing, roasting marshmallows around the camp fire and enjoying a great time with friends and family! Team spirit, laughter and great memories await you at the camp "GASHUKU."

WINTER CAMP "SKI & GI"

We love winter in Colorado! Our team goes skiing/snowboarding together. Enjoy snow on the slopes in the morning and toughen up your Karate skills at the Dojo later in the afternoon.

KARATE BIRTHDAY PARTIES

Give your child the most exciting birthday party ever! At Okinawa Karate Dojo each Birthday is so much Fun!

It is an educational and energetic event. Every activity is organized by our experienced and enthusiastic Senseis. This birthday party is filled with great games and drills. All kids will have FUN while they learn their first Karate moves.

TEAM KUMITE TRAINING

We offer special Kumite Team training on certain days for those students who desire to excel at conditioning and sparring techniques and to get ready for the tournaments. Check with Sensei if your technique level is sufficient to attend this class.

GIFT CERTIFICATE

Looking for a unique holiday gift idea?

Give the gift of a Karate Membership to Okinawa Dojo by KarateBros.

You as our current student get the advantage of buying this gift certificate for 1 month of training with a **50% discount*** + FREE Uniform.

*Limited to new student memberships only.



FRIENDS REFERRAL

Our Dojo is successful because of wonderful families like yours and the friends you send to us!

We would like to thank you for referring your friends with our Referral Program.

Refer a friend to Okinawa Dojo by KarateBros and receive a **\$40 CREDIT** towards your next month of training.

*In order to receive your credit, your friend must indicate in the Enrollment Form that you are the one who referred them. \$40 credit will be provided to you after your referred friend has paid his first month of training in full. This promotional offer cannot be combined with any other promotional offer, gift certificates or any other special. There is no Cash Value.



DOJO RULES

OKINAWA DOJO AND ITS INSTRUCTORS/SENSEIS RESERVE THE RIGHT TO DISMISS ANY STUDENT AT ANY TIME FOR CONDUCT THAT MIGHT CONVEY A NEGATIVE IMAGE OR BE DEEMED HARMFUL TO FELLOW STUDENTS, INSTRUCTORS, ANY OTHER PERSON OR PROPERTY LOCATED WITHIN OR OUTSIDE OF THE DOJO.

GENERAL:

1. Always be on time for classes, meetings, competitions or any other events organized by Okinawa Karate Dojo (consider the time that you will need to use the restroom, change into the Gi, fill up your water bottle or perform other necessary preparation).
2. Turn off or silence your cell phones.
3. Remove shoes and socks before stepping onto the mat.
4. All clothes and personal belongings should be left in the changing room except for shoes.
5. Shoes must be left at the designated mat area next to the entrance.
6. Do not bring any valuables to the Dojo. We are not responsible for lost or stolen items.
7. Take care of restroom business before or after class. If you need to do so during the class, approach your Sensei, bow and ask for permission. Please, do not forget to put your shoes on.
8. Listen carefully and follow all the instructions given by Sensei.
9. Do not come to class if sick.
10. Notify your Sensei immediately if you are not feeling well or become injured, before, during or after the class.
11. Always display a positive attitude inside and outside of the practicing area. You and your actions reflect on the Dojo.
12. Students are to refrain from chatting, coaching.
13. Students should always address their instructor as "Sensei."
14. Spectators are reminded to silence cell phones and to refrain from conversations, including coaching from the side.
15. Bow whenever entering or leaving the Dojo, stepping onto or off of the mats.
16. Bow before and after practicing with a partner.
17. Bring your personal water bottle for training and make sure to fill it up before the class. Please do not leave your personal water bottle in the dojo. Abandoned water bottles will be recycled.
18. Never leave the Dojo without permission. Do not leave the Dojo with a stranger under any circumstances, even if he/she will tell you that your parents asked them to pick you up.

19. Keep Dojo equipment and the training area in clean and neat condition. Do not climb on heavy bags. Do not run around the Dojo. Do not use any equipment or pull-up bar without Sensei's permission.
20. Uniforms, accessories and equipment are available for purchase in the Dojo. All equipment, including uniforms, purchased elsewhere, must be approved by Sensei.
21. Do not spar without the supervision of Sensei.
22. Do not touch or approach the mirrors closer than 2 feet away.
23. Always line up by belt rank and then by age; highest rank on the right, lowest on the left. If the same rank - the oldest on the right.

APPEARANCE:

24. Karateka always should look neat, wear clean and pressed Gi, only white undershirts are allowed.
25. Sport white tank tops is required for female Karate practitioners.
26. No jewelry or metal of any kind is allowed during the training. Please, avoid metal hair pins, substitute with rubber. No earrings, no wristbands, no pendants or necklaces of any kind are allowed.
27. Long hair must be pulled back into a ponytail with a soft elastic (no barrettes, clips or hard plastic), keep nails trimmed, and practice good personal hygiene.
28. Do not chew gum during the practice.
29. Wear your belt only in the Dojo and with your complete Gi.
30. The belt is never to be washed.
31. Always show respect for your belt. Do not toss, play with or leave it on the floor.
32. Okinawa Dojo patch is required for all students beginning with 9th kyu (yellow striped belt) and higher. The patch represents the Dojo that a student belongs to. It must be sewn on your Gi (uniform) over the heart and worn with pride.



IF YOU ARE GOING TO MISS A CLASS:

33. If possible, notify your Sensei in advance via phone or text (preferred).
34. Try to find time to practice at home.

IF YOU COME LATE:

In a Karate Dojo, as is it in life, it is very bad manners to be late. Sometimes, however, this may be unavoidable.

35. Without interrupting the class change into your Gi quickly and quietly.
36. You will be required to kneel in seiza in front of the mat. If you arrive while everyone else is also kneeling in seiza, do not make any noise what so ever, just wait quietly until the Sensei acknowledges you and invites you to join the class. This may not happen right away, and it is important to remember that you must remain kneeling where you are until your are invited in, at which time you may be asked to perform some task as a penance for being late. Once you are invited to join the class, you must first bow while still kneeling, then get up quickly and join the class by finding a place in the last row unless some other space is indicated to you.

SHOTOKAN KARATE

Karate can be described as a martial art, or fighting method, involving a variety of techniques, including blocks, strikes, evasions, throws and joint manipulations. Karate practice is divided into three aspects: "KIHON" (basics), "KATA" (forms) and "KUMITE" (sparring).

The word Karate is, a combination of two Japanese characters: "KARA," meaning *EMPTY*, and "TE," meaning *HAND*; thus, Karate means *EMPTY HAND*. Adding the suffix "-DO" (pronounced "doe") meaning *WAY*, implies that Karate is a total way of life that goes well beyond the self-defense applications. In traditional Karate-Do, we always keep in mind that the true opponent is oneself.

Gichin Funakoshi is considered the "father of modern Karate-do." Born in 1868 in Okinawa, he began his primary training with two Okinawan instructors: Yasutsune Azato and Yasutsune 'Anko' Itosu. It is widely speculated that Funakoshi combined Itosu's style, horin-Ryu (a light, quick style) and Azato's style, Shorei-Ryu (a hard, heavy style) to create his own system, which would later be called Shotokan.



Gichin Funakoshi (1868-1957)

The word Shotokan Means *House of Shoto*. "SHOTO," meaning *PINE-WAVES*, (the movement of pine needles when the wind blows through them), was Funakoshi's pen-name, which he used in his poetic and philosophical writings and messages to his students. The Japanese "KAN" means *HOUSE* or *HALL*. In honor of their Sensei, Funakoshi's students created a sign reading *shōtō-kan*, which they placed above the entrance of the hall where Funakoshi taught. Gichin Funakoshi never gave his system a name, just calling it Karate.

Funakoshi's primary gift to Karate is that it was he who truly campaigned for the development of Karate-do, the art of Karate. To him, Karate was much more than a crude series of street fighting tactics. It was truly an art, one which refined the student both physically and mentally.

"Karate begins with courtesy and ends with courtesy"

- Gichin Funakoshi

SHOTOKAN TIGER

When a student of Karate hears the term "Shotokan Tiger," one image comes to mind: the traditional symbol of the tiger inside the circle which has become representative of Shotokan Karate.

That symbol is properly called the "*Tora no Maki*," or the Tiger Scroll.



The drawing was originally created by a Japanese man named Hoan Kusugi who was a friend and student of Funakoshi. The character in the northeast quadrant of the circle is part of the artist's signature.

Kusugi was reportedly instrumental in convincing Funakoshi to teach Karate in Japan. He also was the man who first convinced Funakoshi to write his knowledge of Karate into a book, and promised him that if he did, he would design the book and make a specific drawing to illustrate the book cover.

"*Ryukyu Karate Kenpo*," Funakoshi's first book about Karate, was written in 1922, but the plates for that original book were destroyed in the fire of the Great Kanto Earthquake in September of 1923. Later that year, Funakoshi released the book again, this time under the name of "*Rentan Goshin Jutsu*."

When Funakoshi created our system of martial arts, he chose the tiger as the animal symbol to represent Shotokan, because it signified strength, power, and tenacity.

The tiger in the traditional circular image is a traditional Chinese design that implies "the tiger never sleeps." It symbolizes, therefore, the keen alertness of the wakeful tiger and serenity of the peaceful mind.

The Shotokan Tiger is drawn within a circle to show that the power of the tiger, like the power of Shotokan, is contained. It indicates that this power should never be used on a whim. The power is only unleashed, or broken from the circle, in order to defend ourselves or others who can't defend themselves from a violent attack.

DOJO KUN

Everyone who trains Karate must know the *Dojo Kun*. At the end of each training session the Dojo Kun is repeated all together by the students as a reminder of why we train. The *Dojo Kun* states the basic philosophy of Karate, according to its founder Master Gichin Funakoshi. Master Funakoshi believed that, for the true Karateka, the *Dojo Kun* should not only be considered a set of rules of conduct in the Dojo, but a guide to everyday life. Everything we learn in the Dojo, we should apply to everyday life.

DOJO KUN:

一、人格完成に努むること

hitotsu, jinkaku kansei ni tsutomuru koto

1. Seek perfection of character

一、誠の道を守ること

hitotsu, makoto no michi wo mamoru koto

1. Be faithful

一、努力の精神を養うこと

hitotsu, doryoku no seishin wo yashinau koto

1. Endeavor

一、礼儀を重んずること

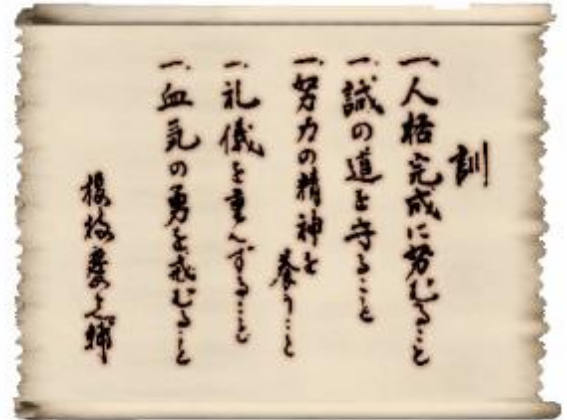
hitotsu, reigi wo omonzuru koto

1. Respect others

一、血気の勇を戒むること

hitotsu, kekki no yū wo imashimuru koto

1. Refrain from violent behavior



The word "*HITOTSU*" means "one" or *FIRST* and is precedent to each rule to place it at the same level of importance as the others. The word "*KOTO*," which ends each rule, means *THING* and is used as a conjunction between rules.

RITUAL

STANDING BOW

The standing bow is used:

- to bow into and out of the Dojo
- when bowing to another student, or an instructor before performing any form of partner training
- prior to the beginning of each kata, and at the end of each kata, and it must never be omitted or performed casually as it is extremely important that all of your Karate training and all of your katas begin and end with courtesy.

Starting from a "*hachiji dachi*" or "*ready stance*" bring your feet together while at the same time bringing your hands to your sides so you are now in "*heisoku dachi*." Remember, when bowing bend forward at the waist to about 30 degrees without letting your arms move or leave your side, pause for a second, then unbend. The entire bow should take only a few seconds, but it should always be performed with the utmost courtesy and respect.

Always turn away when you need to adjust your Gi or Belt.

SEIZA

The "*seiza*" or "*kneeling position*" while a very common occurrence, is used most often at the beginning and the end of each class, or when you are instructed to sit and watch a demonstration of some kind. During the ritual at the beginning or at the end of the class all Karate practitioners who are not training must raise and remain still and quiet, demonstrating respect. This is the tradition that you also follow when visiting any other Karate Dojo.

AT THE BEGINNING OF THE CLASS

The first bow is to the Shomen. This is done at the command, "*Shomen ni rei*" this first bow is done as a sign of deep respect to the memory of the long line of Masters and Sensei who came before you and who in turn passed the art of Shotokan Karate down to your Sensei.

This second bow is "*Otagai ni rei*" translates as "*bow to the others*" we all symbolically bow to each other by bowing forward. This is a way of giving thanks to everyone for being present and helping us learn Karate.

AT THE END OF THE CLASS

The first bow is "*Otagai ni rei*."

The second bow is "*Sensei ni rei*" this done as a sign of deep respect to your Sensei without whom there would be no Dojo for you to train in and therefore no one who could pass the art of Karate on to you. In return the Sensei bows to the entire class as a sign of deep respect to the students who come to train, because without students to teach there would be no one for the Sensei to pass his knowledge on to.

TERMINOLOGY

NUMBERS

One	ichi	(ee-chee)
Two	ni	(nee)
Three	san	(sahn)
Four	shi	(shee)
Five	go	(goh)
Six	roku	(roh-koo)
Seven	shichi	(shee-chee)
Eight	hachi	(hah-chee)
Nine	ku/kyū	(koo)/(kyoo)
Ten	jū	(joo)

GENERAL

Instructor/Teacher	sensei	(sehn-seh-ee)
Training hall/area	dōjō	(doh-joh)
Training uniform	gi	(gee)
Left	hidari	(he-dah-ree)
Right	migi	(mee-gee)
Meditation	mokusō	(moh-koo-soh)
Get ready	yōi	(yoh-ee)
Begin	hajime	(hah-jee-meh)
Stop	yame	(yah-meh)
Basic training(blocks, punches, kicks)	kihon	(kee-hohn)
Formal exercise/forms	kata	(kah-tah)
Sparring	kumite	(koo-mee-teh)
Maximum effectiveness	kime	(kee-meh)
Pulling hand	hikite	(hee-kee-teh)
Thank You Very Much	Domo Arigato	
Head level	jōdan	(joh-dahn)
Middle body	chūdan	(choo-dahn)
Lower body	gedan	(geh-dahn)

STANCES

Front stance	zenkutsu-dachi	(zehn-koo-tsoo-dah-chee)
Back stance	kōkutsu-dachi	(koh-koo-tsoo-dah-chee)
Horse riding stance	kiba-dachi	(kee-bah-dah-chee)
Open-leg stance	hachiji-dachi	(hah-chee-jee-dah-chee)
Fighting position	Kamae	(kah-maye)

BLOCKS

Downward block	gedan-barai	(geh-dahn-bah-rah-ee)
Rising block	age-uke	(ah-geh-oo-keh)
Outside-in block	sote-uke	(so-toe-oo-keh)
Inside-out Block	uchi-uke	(oo-chee-oo-keh)
Knife-hand block	shutō-uke	(shoo-toh-oo-keh)

HAND TECHNIQUES

Lunge punch
Reverse punch
Back-fist strike
Fore-fist (knuckles)

oi-zuki
gyaku-zuki
uraken-uchi
seiken

(oh-ee-zoo-kee)
(gyah-koo-zoo-kee)
(oo-rah-kehn-oo-chee)
(seh-ee-kehn)

KICKS

Front kick
Round kick
Side kick
Rear kick

mae-geri
mawashi-geri
yokogeri
ushiro-geri

(mah-eh-geh-ree)
(mah-wah-shee-geh-ree)
(yoh-koh-geh-ree)
(oo-shee-roh-geh-ree)

Keage
Kekomi

snap
thrust

(kay-ah-gee)
(kay-hoh-mee)

PROTECTIVE GEAR

PROTECTIVE GEAR

At Okinawa Dojo by KarateBros safety is priority number one.

No sparring is allowed without use of proper protective gear.

Protective gear is not required for beginners, until they start practicing Kumite (sparring).



We encourage you to buy your own gear, because:

- it has direct contact with your skin and sweat and should not be shared, just like your toothbrush;
- wearing correct size protective gear will help lower the risk of any injuries that may occur during Kumite;
- having your own protective gear makes you ready for any competition. Protective gear is mandatory at every Kumite competition*.

WHAT KIND OF GEAR IS REQUIRED?

1. mouthpiece
2. mitts
3. shin and instep guards
4. male groin protector (only for boys)



WHAT KIND OF GEAR IS OPTIONAL?

1. face mask
2. body protector
3. helmet
4. ladies groin protector
5. ladies chest protector



**All protective gear must be WKF approved and can be purchased at the Dojo.
All equipment, including uniforms, purchased elsewhere, must be approved by Sensei.
Please, refer to Okinawa Dojo Price List included in this Handbook.**

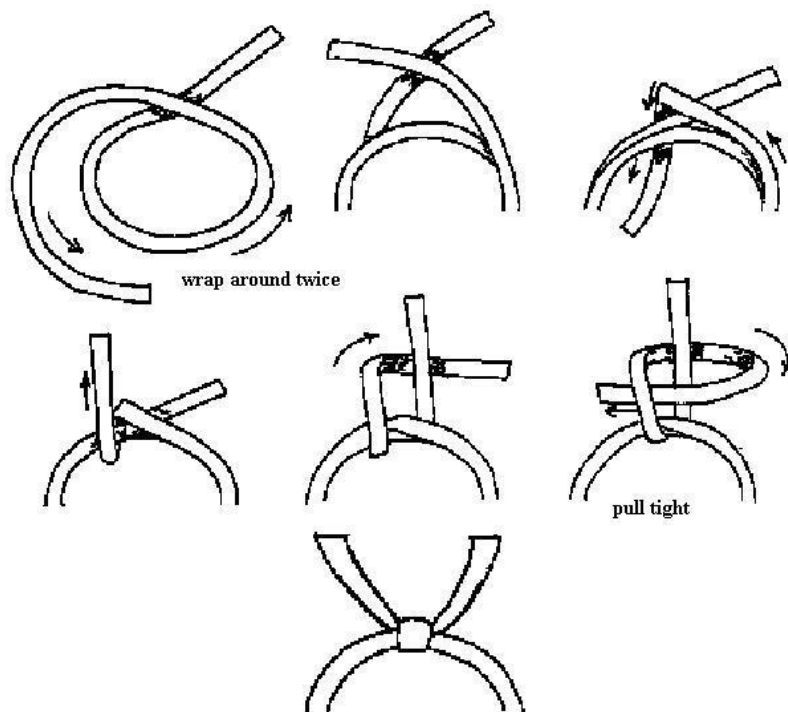
***For every Kumite (sparring) Karate tournament you must have two sets (red and blue) of: shin/instep guards, mitts and competition belts.**

"OBI" MEANS BELT IN JAPANESE

HOW TO TIE YOUR BELT

For many people, learning how to tie the belt of your uniform is a challenge. But once you get used to it, it's very easy!

Learning how to tie your belt is an important part of preparing for your class and it is a skill that we encourage all students to learn how to do on their own.



BACKGROUND OF BELT COLORS

Belt colors generally get darker through each Karate level towards Black Belt. This may be symbolic of the time when a plain white sash (Obi) was used to tie a plain white tunic for practice. If a student trained often enough, the white Obi would eventually darken. This seems a likely reason for the Karate Black Belt to symbolize the most advanced Karate Level.

Like any test, the Karate Grading exam is not a perfect way of assessing competence. Passing a test that results in a license to drive an automobile does not make a good driver.

A Karate Belt holder is only as good as his/her ability at every training session. A Karate Grading test acknowledges ability at a 'point in time.' The true test of a person's Karate Level is their ongoing commitment to the art.

"POWER STRIPE" SYSTEM



We use this special "Power Stripe" system for younger kids, so they are encouraged to practice harder and to learn new techniques by receiving " Power Stripes" pictured on the left.

BELT RANKING SYSTEM

BELT	COLOR	KYU/RANK
	WHITE	N/A
	YELLOW STRIPE	9th kyu
	YELLOW	8th kyu
	ORANGE	7th kyu
	GREEN	6th kyu
	1st PURPLE	5th kyu
	2nd PURPLE	4th kyu
	1st BROWN	3d kyu
	2nd BROWN	2nd kyu
	3d BROWN	1st kyu
	1st BLACK	1st DAN

"We do not promise you a certificate of rank, it must be earned."

"Black Belt is not the end, but the beginning of the way of Karate."

WHAT OUR STUDENTS SAY ABOUT US

Aleksandr Sheykhet (01/23/2012)

My son started at Okinawa Karate last year. He absolutely loves it and seems to be making good progress in both fighting technique and general fitness. I recommend this studio and its dedicated and highly professional staff to everyone.

Ochi Purevsaikhan (7/3/2012)

My name is Ochi and I started my Karate journey in "Okinawa Karate Dojo" since June, 2011. Since I started, I really enjoyed it much as I enjoyed the popular Karate movies.

When I got there first time, I was not flexible, my leg can't go higher than my chest, I got tired so fast because of what we train. Once I got my first color belt which is yellow, I got so flexible, my leg can go higher than my head, and understand what we learning and try my best to show that skill.

One other awesome thing that we do is we go out of state for bigger competition and go to camp for a harder training which includes water training, early morning training, running, and little bit of fun.

After all I just want to say thank you to sensei Vitaly, sensei Alex for all those hard job, everything you taught us for every student of our dojo.

Osu!

Daphlie Lampa (11/8/2012)

Hi everyone, relocated to Arizona from Colorado- I wish that I could transport Okinawa out here to Arizona...lol. My review of them has no benefit to me or my son whatsoever, cause I'm out of state now. My son had the privilege to work with both Sensei Alex and Sensei Vitaly, after working with other senseis on the East and West coast. I'm a hands on mom and sit outside the class to observe.

Out of son's own mouth, "Mom, I love going to practice, because I am challenged, I am learning and my senseis are serious enough about Karate that I understand Karate as more than just an activity."

I cannot say enough good things about Okinawa- these guys are knowledgeable, experienced, patient, timely, tough enough but not too the point of causing anyone to quit the class, focused, communicate efficiently with their students and everyone around them, always determined on making their students the best. Practice is practice from beginning to end- no play time in between- you get your money worth.

Though they may be or appear young- don't let that fool you one bit!!!

They enabled my son to gain the perspective to be more focused not only in class but outside of it as well. We did one on one training as well- and boy, that is something to rave about- not going to break your bank account, and quite beneficial for adults or children.

Everyday- my son states his wish to go back to Colorado, so that he may attend his dojo to practice. He misses his Senseis. We hope to find a home dojo in AZ that is comparatively as great as our Okinawa dojo.

For anyone wondering where to go and residing in or nearby Denver- check them out-it's well worth your time, experience gained and money well spent- no regrets. If you want to be challenged, want to learn correctly, grow- Okinawa Karate is the place to go.