



**PAKURANGA  
GOJU RYU KARATE**



***HEY KIDS . . .***



**DO YOU WANT  
TO LEARN**



***Karate***

**TWO WEEKS FREE TRAIL !!!**

**Sunnyhills Primary School (hall)  
17 The Crest. Sunnyhills - Pakuranga.**

**Tuesdays and Thursdays  
Juniors 6:00 - 7:00 p.m.  
All Beginners Welcome**

Dojo Branch Head Instructor: Shihan Sennen Harry  
5<sup>th</sup> Dan Black Belt, Phone: 021 274 1353

Dojo Administrator: **Emma Bell**, Phone: 021 445 718

**Visit our Website:** <https://www.facebook.com/PakurangaGojuRyuKarateDojo>

# Goju Ryu Okinawa Kan Karate

## KARATE IS FOR YOU

Karate is beneficial for children, young adults, men and women of any age. No previous training or proficiency in any sport is required. Whatever your physical condition, the training is carefully scaled to introduce you to this fascinating art. Progress depends entirely upon the individual and not group level. Therefore, you can join at any time and train according to your wishes and the time available to you.

Students wear a white Karate uniform called a "Gi".

## THE VALUE OF KARATE

Modern city life deprives you of the exercise necessary for fitness and mental health. Karate tones the body, develops co-ordination, quickness, and builds stamina - without the danger of harmful injuries.

The practice of Karate can also:

✓ **Improves focus and discipline in children.**

The execution of karate requires mental focus, self-discipline and concentration towards the various activities. These moves trickle down into the everyday life of a child and in the long run improve his or her listening abilities, study habits, school performance, and ability to obey and follow directions.

✓ **Improves decision making.**

Young kids have impulsive nature and so they make decisions that are solely based on their emotions. With the learning of the disciplined and controlled teachings of karate, kids learn to make appropriate and correct choices all through their lives resulting in greater self-confidence.

✓ **Helps to achieve goals.**

Kids who have better focus and concentration set their goals for life and work harder to fulfil their dreams and achieve their targets in life and develop feeling of self-worth.

✓ **Karate teaches self-protection.**

Though parents never wish their child to fall in such situations, there might be a time when their child has to defend and protect them self from physical assaults and harm by someone. It is therefore important to train the child for such situations in advance so that they are able to protect themselves in such circumstances and escape safely.

✓ **Helps to reduce weight.**

Karate helps to reduce excessive weight and fat from the body. The exercises and movements in karate make use of every part of the body. The numerous twists and turns make every inch of the body work and burn the stored calories. It also enhances your heart rate which results in quick burning of unwanted fat.

✓ **Helps to relieve stress.**

In the world of today, both men and women have very hectic lives. Everyone is also shouldering the many more responsibilities of managing their work, relationships, homes and kids. Thus their lives are quite stressful and tiring. Karate is a good means to get rid of the day's stress in a few minutes time.

## KARATE FOR SELF DEFENCE

Karate is one of the most dynamic of all martial arts. The trained Karate-ka is able to co-ordinate the mind and body perfectly, able to deliver strong physical power at will. It is not the possession of great strength that makes a good Karate-ka, though rather the ability to co-ordinate mind and body. With this ability, even a small person will find they are able to deliver a devastating blow to an attacker.

## OKINAWAN GOJU RYU KARATE

Goju Ryu Karate is one of the four original styles of Karate, and was founded by Chojun Miyagi Sensei (1888-1953). The literal translation of the Japanese term Goju Ryu is "Hard/Soft" - Go meaning "Hard" and Ju meaning "Soft". Ryu means "School", thus Goju Ryu is the Hard/Soft School of Karate.

**SENIOR TRAINING CLASSES** also starts at 6 PM to 8 PM on  
the same days - Tuesdays and Thursdays.