

米國松濤館

SHOTOKAN KARATE OF AMERICA

TSUTOMU OHSHIMA
Shihan

*"The ultimate aim
of the art of Karate
lies not in victory or defeat,
but in the perfection
of the characters
of its participants."*

—Gichin Funakoshi



Karate may be defined

as a weaponless means of self-defense. It consists of dynamic offensive and defensive techniques using all parts of the body to their maximum advantage.

Karate practice

is divided into three categories:

1. Kihon (basic blocks, punches, kicks and stances);
2. Kata (pre-arranged forms simulating combat situations);
3. Kumite (sparring).

In each category the beginner is given instruction at the most basic level until the techniques become spontaneous.

A beginner's technical progress in Karate is accompanied by physical progress and gradually practice demands greater stamina. At this stage the student becomes involved with the study of more intricate and difficult kata, and more dynamic forms of kumite.

As the student approaches black belt level, technique, stamina, speed and coordination become natural as a result of strong practice. It is at this stage that the serious student discovers that the study of Karate has only just begun. The object of true Karate practice is the perfection of oneself through the perfection of the art.

Karate as self-defense

is one of the most dynamic of all the martial arts. The trained Karate practitioner is able to coordinate the mind and body perfectly, thereby allowing tremendous physical power to be unleashed at will. Therefore, it is not the possession of great physical strength that makes a strong Karate practitioner; rather it is the ability to coordinate mind and body. Upon developing this ability, even the smallest person finds that he has within himself the power to deliver a devastating blow to any would-be attacker.

The values of Karate

to people in modern society are numerous. In our everyday lives we often forget the value of exercise to both our physical and mental health. The practice of Karate tones the body, develops coordination, quickens reflexes, and builds stamina.

Also, the serious practice of Karate develops composure, a clearer thought process, deeper insight into one's mental capabilities, and more self-confidence. In this, Karate is not an end, but a means to an end. Karate encourages proficiency and the keen coordination of mind and body. It is an activity in which advancing age is not a hindrance.

Our Heritage

China

Although the ancient origins of Karate are extremely vague, we do know that about 1400 years ago while teaching at the Shaolin Temple in China, **Daruma Daishi** used techniques basic to Karate. Later these techniques developed into fighting forms known as Shaolin Boxing.

Okinawa

In the 16th century, Shaolin Boxing found its way to Okinawa from China. It combined with native Okinawan techniques to develop into several Okinawan styles.

Japan

In 1922, having mastered two major styles in Okinawa, Master **Gichin Funakoshi**, then president of Okinawa Association of the Spirit of Martial Arts, was chosen to demonstrate Karate at the first National Athletic Exhibition in Tokyo. This led to the introduction of the ancient martial art to the rest of Japan. At the urging of friends and officials, he remained in Tokyo to teach.



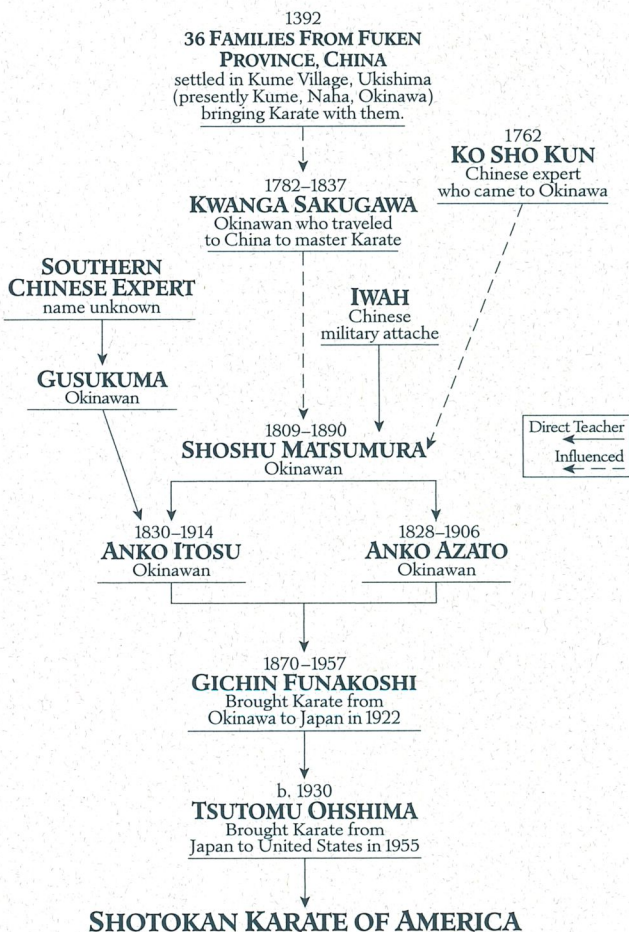
Gichin Funakoshi

USA & Canada



Tsutomu Ohshima

In 1955, **Tsutomu Ohshima**, one of Master Funakoshi's last direct pupils (1948–1953, Waseda University, Tokyo, Japan), came to the United States and was the first person to teach Karate in this country. That same year he organized **Southern California Karate Association**, which has grown over the years to become a national non-profit organization, **Shotokan Karate of America, Inc. (SKA)**.



Shotokan Karate of America

In 1956, Tsutomu Ohshima opened the first Karate dojo in the United States at the **Konko Church** in Los Angeles, California.



Konko Church, Los Angeles

In 1957, Tsutomu Ohshima was asked to demonstrate Karate during the annual **Nisei Week** Judo Tournament held in Little Tokyo, Los Angeles, the first public demonstration of traditional Shotokan Karate in this country. This demonstration was the beginning of the Nisei Week Karate Tournament, now the oldest annually held Karate tournament in the United States.



Shotokan Ohshima Dojo, Santa Barbara

From these beginnings, Shotokan Karate of America now has over 140 dojos across the U.S. and Canada, with affiliations worldwide.

In 2000, SKA opened **The Shotokan Ohshima Dojo**, a place for students from groups around the world that have sprung from the leadership of Tsutomu Ohshima to meet and practice together.

SKA maintains a high level of noncommercialism and is devoted to teaching Karate at its highest level, as a martial art and as a way of life. To this end, SKA conducts lectures, seminars and regularly scheduled intensive training sessions for all students, as well as a continuous training program for advanced students and instructors.

Those seriously interested in the study of a martial art are welcome to join us.

For further information and the location of the SKA dojo nearest you, please call or write...

SHOTOKAN KARATE OF AMERICA

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*"Each one of us starts Karate
with some particular reason:
to be a good fighter, to keep in good
physical shape, to protect oneself.
I wanted to become very strong
myself when I first began.*

*But Karate training soon teaches
that real strength is facing oneself
strictly, with severe eyes. This is
the first condition of martial arts
training. Therefore, all SKA
members must be strong inwardly
but quite gentle to others.*

*As we train together, each
contributing to a good atmosphere,
let's try to bring out that serious,
strong mentality from deep inside."*

—Tsutomu Ohshima



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