



Shotokan karate is a very old traditional style of Japanese karate that originated on the island of Okinawa. When the Japanese invaded Okinawa they set laws banning civilians from using weapons. Thus, the people began to secretly train in “empty” hand combat. This would be the start of karate-do. Different to other forms of martial arts, Shotokan focuses on using perfect timing to deal one fatal blow to your opponent. Through Shotokan, students learn discipline, respect, and other honorable virtues to further better our selves as individuals in our everyday lives. I was fortunate to attain a spot on the U.S. men’s international team, and compete in the 2006 World Championships. Shotokan is an older traditional style of Japanese karate. Through Shotokan, students learn discipline, respect, and other honorable virtues to further better our selves as individuals in our everyday lives.