

COMBAT SHOTOKAN KARATE

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A deadly martial art, designed specifically for the soldier in combat. A man to man combat, with or without weapons, serving as a last resort in a no-way-out situation. This class is not recommended as an ordinary karate class, but provides the soldier with the skill and strength to survive combat.

COMBAT SHOTOKAN KARATE

Is a rigorous course, that covers 3 main aspects of karate –a healthy physical art, sports and a effective form of combative self-defense.

COMBAT SHOTOKAN TRAINING

Training is divided into three categories: Kihon (basics of blocks, strikes, punches, kicks and stances) Partner kumite (Form, using the basics into pre-arranged movements which simulate self-defense) to enhance agility and awareness and Weapons Kumite (Fighting technically- using the theory of offense and defense based on self-defense)

Keep the ability to fight for what you believe in!
Defend your rights as an individual and as an American, your pride as a soldier.

TRAINING INFORMATION:

TRAINING TIMES:

For more information contact email Dutch Farinas at www.fska-hoitsugan-Kyokai.com



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