

## INSTRUCTORS

Karen Katrinak is a Nidan (second degree black belt) who has studied Shotokan karate since 2013.

Matt Komprood is a Nidan (second degree black belt) who has studied Shotokan karate since 1991.

## ORGANIZATION

We are part of the International Shotokan Karate Federation (www.iskf.com). The ISKF certifies advancement in rank for our students. The ISKF has locations worldwide so by joining our dojo, you are truly becoming part of an international group with many exciting training possibilities!

## HISTORY

Shotokan karate is a traditional martial art founded by Gichin Funakoshi (1868-1957), an Okinawan schoolteacher who later moved to Japan where karate became popularized and spread to the Western world after World War II. Shotokan karate has ancient roots in martial arts systems originally from China and India, brought to Okinawa and eventually organized into a system by Master Funakoshi.

## KARATE FAQ's

How do I get the karate uniform and belt? – *You don't need a uniform right away, but they can be purchased through Amazon or other online vendors. Ask the instructor for suggestions.*

How long does it take to get a black belt? – *It varies, but at least several years of continuous training are needed.*

What is the highest black belt I can earn? – *Hachidan or 8<sup>th</sup> degree black belt*

What ages can be in karate? – *We recommend students be 6 years old to begin, and there is no upper age limit!*

What should I bring to karate class?

- Comfortable clothing such as a T-shirt and sweatpants or shorts
- Water bottle
- No need to worry about shoes as we train barefoot
- No jewelry please, for safety reasons
- A great attitude and a desire to work hard!

CONTACT: Call or text Karen at (701) 330-1621 with questions about the program. Call the Y at (701) 775-2586 to register.

# KARATE AT THE Y



## Ages 6 - Adult

Build confidence and discipline.

Great for physical fitness  
and coordination.



"The ultimate aim of Karate Lies not in victory or defeat, but in the perfection of character of its participants."

-- Gichin Funakoshi, founder of Shotokan Karate



Altru Family YMCA  
701.775.2586  
www.gfymca.org

## KARATE WEEKLY CLASS SCHEDULE

### Youth Karate Classes

Wednesdays: 7:00-8:00 pm  
Fridays: 5:00-6:00 pm  
Saturdays: 11:00-12:00 noon

### Adult/Teen Karate Classes

Wednesdays: 7:00-8:30 pm  
Fridays: 5:00-6:00 pm  
Saturdays: 11:00 am-1:15 pm

Classes are held in the Purple Exercise Studio in the basement of the Y.

The YMCA Karate Program focuses on sharing the benefits of Shotokan karate training for individuals of all ages. Join or just try a class anytime!

\$30 per month for Y members  
\$35 per month for non-members

Karate classes run year-round.

Payment is handled month by month by the Y's front desk. Attend one, two, or three class days each week for the same monthly cost.

## DOJO KUN

(Rules of the Dojo)

*Seek perfection of character*

*Be faithful*

*Endeavor to excel*

*Respect others*

*Refrain from violent behavior*

What are the belts in karate?

White belt – 10<sup>th</sup> kyu – you are a white belt as soon as you join!

White belt with yellow stripe – 9<sup>th</sup> kyu – first earned rank for children 12 years and under

Yellow belt – 8<sup>th</sup> kyu

Orange belt – 7<sup>th</sup> kyu

Green belt – 6<sup>th</sup> kyu

Purple belt – 5<sup>th</sup> kyu and 4<sup>th</sup> kyu

Brown belt – 3<sup>rd</sup> kyu, 2<sup>nd</sup> kyu, and 1<sup>st</sup> kyu

Black belt – Shodan (first black belt),

Nidan (second black belt), and beyond!

Getting to the next belt

Karate students each progress at their own pace. With regular attendance and effort, students will likely be ready to advance to their next color belt after about six months of training.

Advancement opportunities are offered several times each year in Bemidji, MN and Sioux Falls, SD. All students are encouraged to set goals for themselves.

What is Shotokan karate?

Shotokan karate is a traditional Japanese martial art using basic techniques of punching, striking, kicking, and blocking. It is a weaponless system. “Kara” means empty, “te” means hand, and “do” means “way” or path;” so Karate-do may be translated as “way of the empty hand.”

More than just a self-defense system, Shotokan karate is a time-tested system of character development. You may have to train for a while to see it, but you will find yourself becoming a better person through the study of Shotokan karate.

What do we do in karate class?

Each karate class has four sections:

Warmup – a series of aerobic activities and stretching

Basic karate techniques or *Kihon* – this is where we practice our punches, kicks, and blocks, usually combined with movement across the floor

Partner work or *Kumite*, leading to non-contact sparring activities always performed with safety in mind

Patterns or *Kata*, combining multiple techniques into a series of motions against an imaginary opponent