



KARATEDO DOSHINKAN

空手道 道心館

KARATEDO DOSHINKAN continues a long tradition of developing one's character, health, and approach to life. Through consistent effort and intention, our physical capability and mindfulness are sharpened. This method of learning creates habits of mind and body that improve our self defense strategy, as well as our relationships and interactions with others. These benefits can be enjoyed by people of all ages and physical abilities.

TRAINING OFTEN INCLUDES:

- Opening and closing ceremonies
- Joint, tissue, and circulation exercises
- Stretching, strengthening, endurance and balance
- Technique development
- Partner training for distancing, timing, and mechanics
- Kata that incorporate all of the above

Intermediate and advanced students will further explore kata, bunkai, throwing, falling, grappling, and the study of traditional weapons.

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