

International Shotokan Karate Federation

The ISKF is a non-profit society dedicated to promoting the principles and philosophies of the art of karate. The goal of strong character development is the basis of this art. To attain this goal, the ISKF adheres to the same high standards and principles as set forth by the founder of Shotokan Karate, Gichin Funakoshi. These guiding principles are Character, Sincerity, Effort, Etiquette, and Self-Control. In achieving this end, the ISKF makes it their priority to maintain the highest technical standards of its instructors and their students.

ISKF MEMBERSHIP FEES (yearly)

| | |
|-------------|----------------|
| Individual | \$70 per year |
| Family of 2 | \$130 per year |
| Family of 3 | \$180 per year |
| Family of 4 | \$220 per year |



The Dojo

"A dojo (training hall), is a miniature cosmos where we make contact with ourselves – our fears, anxieties, reactions and habits. It is an arena of confined conflict where we confront an opponent who is not an opponent but rather a partner engaged in helping us understand ourselves more fully. It is a place where we can learn a great deal in a short time about who we are and how we react in the world. The conflicts that take place inside the dojo help us handle conflicts that take place outside. The total concentration and discipline required to study martial arts carries over to daily life. The activity in the dojo calls on us to constantly attempt new things, so it is a source of learning – in Zen terminology, a source of enlightenment."

-Joe Hyams (Zen in the Martial Arts)

TRAINING SCHEDULE

| Day | Time | Levels |
|------------------|---------------------|---|
| Monday | 10:00 am – 11:00 am | Women's only day class Children – Brown/Black belts Adults (Green belts and up) (All levels welcome) |
| | 5:00 – 6:00 pm | |
| | 6:30 – 7:30 pm | |
| Tuesday | 6:30 – 7:30 pm | Adult Beginners – White to Orange belts (All levels welcome) |
| | 7:30 – 8:30 pm | Adult Black belts only |
| Wednesday | 10:00 am – 11:00 am | Women's only day class Children – Brown/Black belts Adults (Brown/Black Belts) |
| | 5:00 – 6:00 pm | |
| | 6:30 – 7:30 pm | |
| Thursday | 6:30 – 7:30 pm | Adult Beginners – White to Orange belts (All levels welcome) |
| | 7:30 – 8:30 pm | Adults Green belts and higher |
| Friday | 5:00 – 6:00pm | Children – Advanced Levels Adults (Brown/black belts) |
| | 6:30 – 7:30pm | |
| Saturday | 11:00am – 12:00pm | Day class (all levels) |

* New members under the age of 12 please ask about the children's beginner program. (starting at \$60.00 per month)

TRAINING NOTES

- Regular training with a minimum of two classes per week is recommended
- Adults – age 13 and older can train in the adult classes
- Children – age 6 years to 12 years start in the children's beginner program.

Fee Payment Schedule- 2015/2016

Training Fees *All prices have GST already included

| | |
|-----------------------------|--|
| Adults | \$1314.48 per year + GST - 12 monthly installments of \$115.00 |
| Juniors/ Students | \$ 1257.22 per year + GST - 12 monthly installments of \$110.00 |
| Family Discount Rate | 15% discount per person after the first family member (First family member starts with the eldest) *Special rates for 3 or more family members |

E.g. 2 adults = 12 monthly installments of **\$212.00** (includes GST)

1 Adult & 1 child/student = 12 monthly installments of **\$208.00**
2 Children/students = 12 monthly installments of **\$200.00**

- * **3 Family members or more = 12 monthly installments of \$260.00**
- * **Special children's beginner programs starting at \$60.00 per month**

Please make cheques payable to: "Port Moody Karate"

PORT MOODY SHOTOKAN



KARATE

2922 St. Johns St., Port Moody B.C.
V3H 2C3

Member of:
ISKF of B.C.
and the

**International Shotokan Karate
Federation**

For more information call:

604-469-3090

E-mail: iskfbc@shaw.ca

<http://www.iskfbc.ca/>