

SHOTOKAN KARATE

The way of the empty hand, karate-do is a self-defense oriented martial art in which the entire body is systematically trained and molded to become an effective defense against an enemy aggressor.

It is an art built on achieving the perfection of each of its techniques, rather than simply acquiring the limited knowledge of a multitude. It is a more linear fighting style based on speed and the philosophy that the shortest distance between two points is a straight line. It also maintains that a direct line of attack is the safest and most effective.



Karate training is an excellent form of physical and mental exercise for improving and maintaining health for all ages. It develops co-ordination, balance, strength, agility, alertness, mental discipline, and promotes uniform muscle development. Few modern physical leisure activities provide the combination of attributes that one can develop through regular Karate training.

Diligent study of this Japanese art produces great speed and tremendous power facilitated by strong stances and excellent posture. Proper study eliminates ego, promotes a hard honest work ethic, cultivates humility and excellence, all while improving your physical conditioning.

INSTRUCTORS

All of our instructors have participated in countless special training clinics and technical courses given by the world's greatest masters. The combination of their skills and teaching experience has helped create a dynamic learning environment at Port Moody Karate.



Chief Instructor Joe Dixon, 7th Dan

Sensei Dixon has more than 38 years of karate experience and holds a 7th degree black belt ranking certified by the ISKF.

He is one of only a small handful of instructors in Canada who is certified Internationally as an Official Instructor, an Examiner, and a Judge, by the ISKF.

His credentials are recognized throughout the world and he also holds the position of Technical Director of the ISKF of BC, (International Shotokan Karate Federation of British Columbia).



"A MAN WHO HAS ATTAINED MASTERY OF AN ART REVEALS IT IN HIS EVERY ACTION."

-samurai maxim



Instructor D. Takishita, 5th Dan

David Takishita, (owner and manager of PMSK), is a 5th Dan ISKF (degree black belt with the International Shotokan Karate Federation), with over 38 years of martial arts experience, and has studied intensively under many of the world's top instructors. Takishita-sensei's extensive experience from this, and from competing at the national and international levels makes for a dynamic learning experience in the dojo.

Some of his tournament experience:

- 1987 ISKF Canadian National Kumite, (**free-fighting**), Champion
- 1988 National Karate Association, (NKA), BC Provincial middle-weight kumite Champion
- 1988 ISKF Canadian National Team Kumite Gold-medalist, (Ontario team)
- 1990 ISKF Canadian National Kata, (forms), Silver-medalist
- 1989 NKA Ontario Provincial mid-weight kumite Champion
- 1989 NKA Canadian National team-kumite Champion (Ontario team)
- 1991 NKA Canadian National ITKF open-weight kumite Silver-medalist
- 1991 NKA Canadian National mid-weight kumite Bronze-medalist
- 1991 NKA Western Canadian Championships mid-weight kumite Champion
- 1991 WSKA World Championships team-kumite Bronze-medalist
- 1993 NKA Fall BC Provincial open-weight Champion and Lt-heavy-weight kumite Champion
- 1994 NKA Provincial Kata, (forms), Silver-medalist
- 1994 NKA Provincial open-weight kumite Champion
- 1995 NKA Provincial open-weight kumite Champion
- 1996 NKA Provincial open-weight kumite Champion
- 1997 NKA Provincial open-weight kumite Champion
- 1995 NKA Provincial Lt-heavy weight kumite Champion
- 1995 NKA Canadian National <80 kg. kumite Silver-medalist
- 1995 NKA Canadian National open-weight kumite Silver-medalist
- 1995 NKA Canadian National team-kumite Gold-medalist
- 1997 NKA Provincial Lt-heavy-weight kumite Champion

● PAST MEMBER OF 4 NATIONAL KUMITE TEAMS

Assistant Instructors

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| Chinami Parker | 5 th Dan ISKF |
| Patricia Schick | 4 th Dan ISKF |
| Ivan Ignjatovic | 3 rd Dan ISKF |
| Sasa Vasic | 3 rd Dan ISKF |