

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.



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:

pmskarate@gmail.com

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



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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)

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 Shotokan Karate.

Instructor Joe Dixon, 7th Dan

Instructor Robert Lashin, 7th Dan

Sensei Dixon has more than 45 years of karate experience and holds a 7th degree black belt ranking certified by the ISKF.

Sensei Lashin has over 50 years of Karate experience and holds a 7th degree black belt ranking certified by the ISKF.

They are two of only a small handful of instructors in Canada who are certified Internationally as Official Instructor’s, Examiner’s, and Judge’s, by the ISKF.

Their credentials are recognized throughout the world and Sensei Dixon also holds the position of Chief Instructor of the ISKF of BC.

Assistant Instructors

Chinami Parker 5th Dan ISKF

Patricia Schick 4th Dan ISKF

Joseph LaCoste 4th Dan ISKF

ISKF ANNUAL MEMBERSHIP FEE \$65.

Training fees:-

Adult - \$65. per month

Youth (under 18 yrs) - \$55. per month

Family rates - see Instructors

Children introductory \$225.

(3 month training, plus gi, plus annual)

TRAINING SCHEDULE :-

Monday - 6:30 - 7:30 pm—all levels

Tuesday— 10:00 - 11:00 am all levels

6:15 - 7:15 pm—Children

7:30 - 8:30 pm—All levels

Wednesday— 6:30—7:30 pm Br/Black

Thursday—10:00 - 11:00am—All levels

6:15 - 7:15 pm—Children

7:30 - 8:30 pm—All levels

Friday—closed

Saturday—10:00—11:00 am

W/Y/O Belts (All welcome)

11:15—12:30 pm All levels

Sunday—closed—special training only

