

Karate comes to Dal

In 1922, the poet and elementary school teacher Gichin Funakoshi travelled from Okinawa to Tokyo to demonstrate his form of martial art, which had been handed down to him from the great master of Te, Kendo, Archery, and Horsemanship, Yasutsune Azato.

From the humble beginning of a demonstration for public entertainment, his style — now known as Shotokan Karate-do — has blossomed into an international discipline with several administrative organizations and millions of students worldwide.

Based on the principles of honesty, respect, humility, and hard work, Shotokan Karate strives to develop the mind and body into a single unit which is at one moment totally relaxed yet in the next instant capable of executing powerful, decisive, and lightening fast combinations of techniques fluidly and with control.

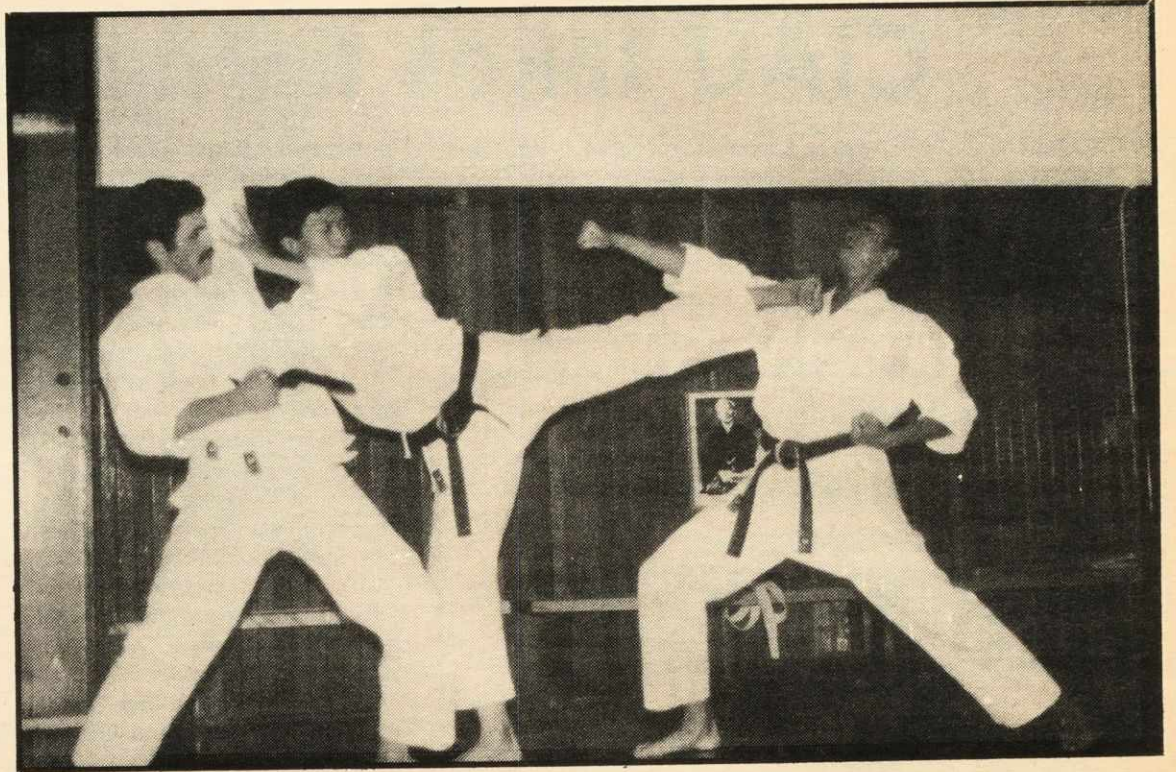
The Dalhousie Karate Club was founded eight years ago by

brothers Tony and Danny Tam, and has since grown to become the head club for the Nova Scotia chapter of the Japan Karate Association, an international organization overseeing the training of over three million Karate students.

honesty, respect, humility, and hard work

Tony Tam (3rd degree black belt) and Danny Tam (2nd degree) are the chief instructors for the club, and each provides his own unique, and in many ways complementary, methodology and philosophy to the benefit of the club's members.

In order to provide the public with an example of their training, the Dalhousie Karate Club will be holding a demonstration of Shotokan Karate in the Dance Studio of the Studley Gymna-



A showcase of Karate technique will be presented in the Studley Gym Tuesday, September 15 at 7:30 p. m.

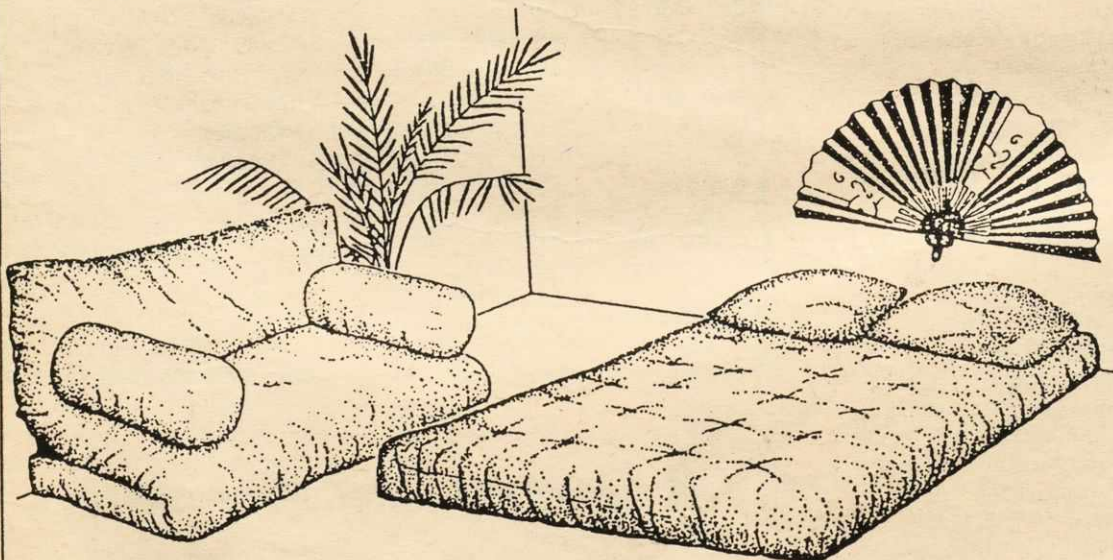
sium at 1930 hours, Tuesday, September 15th. All are welcome to attend.

In closing should be mentioned the five statements by which the Karate student is expected to govern him- or herself at practice, and hopefully at all times. They are:

- 1) Seek perfection of character.
- 2) Be faithful.
- 3) Endeavour.
- 4) Respect others.
- 5) Refrain from violent behaviour.

We look forward to seeing you on the 15th.

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