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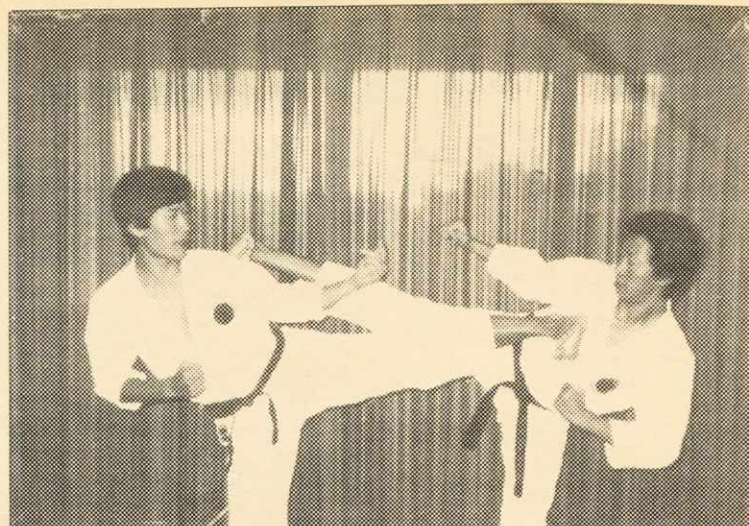
Karate hits Dal

By TONY TAM

THE DALHOUSIE KARATE Club begins its fall season with a demonstration for newcomers to the art this Tuesday.

The Club practices the art of Shotokan Karate under the auspices of the Japan Karate Association which has over a dozen clubs in the Maritimes. Senior instructor Tony Tam is also an instructor for the four J.K.A. clubs in Nova Scotia including Halifax, Truro, Amherst, and Wolfville.

Shotokan Karate was founded by Gichen Funakoshi who is rec-



ognized as the founder of modern karate as it was he who first introduced karate to Japan in the 1920's from Okinawa. Although karate's roots are traced back to China, karate as it is practiced today is based on Japanese tradition and philosophy. The training, while providing an excellent physical fitness program for any individual, emphasises discipline and the development of individual character.

Karate means "empty-handed" which really translates into "the way of the empty-handed" or Karate-do. While technique has long been an objective of karate as a fighting art, the true emphasis is on the spiritual aspect of karate. The real objective of karate is to seek perfection of character.

Each training session includes the practice of fundamental hand

and foot techniques (kihon), forms (kata), sparring (kumite), and self-defense. It is the training and development of one's character which is the ultimate goal rather than victory or glory. Training means training of body and spirit. Colour belt rankings are awarded from yellow belt up to black belt as an indication of an individual's level of expertise while tournaments and competition strengthen one's level of competence.

Karate's popularity is now well known across North America and many people are well aware of the role of tradition and philosophy in karate training but few can appreciate and understand its significance in our everyday life. Even upon obtaining a black belt, the karate practitioner (karateka) is considered only a beginner.

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