

Okinawan Shuri Ryu The Art That Offers Everything

Okinawan Shuri Ryu offers the opportunity to learn a Martial Art centuries old. You will learn the techniques that have been passed down by the masters.

Karate is the ultimate system of unarmed self defense. "Kara-te" means "empty hand"; or hand without a weapon. As a method of self defense Karate specializes in striking blows, such as kicking, punching, chopping, slashing, clawing, stabbing, and gouging techniques. It also includes a number of locking, choking, and throwing techniques which are used in special cases where these techniques are more practical than a strike.

There are mental rewards such as self confidence, pride, and patience. Patience and inner peace are found in training and performance of the art. For one to truly learn karate, patience, pure motives and an attitude of serene determination and humbleness must be developed.

Suncoast Karate Dojo offers a program for adult men and women, who are interested in a thorough education in the Martial Arts. Karate is one of the most physically, mentally, and spiritually demanding subjects in our active society. At Suncoast Karate Dojo we will instill in our students the physical and mental training necessary for body and mind development. Remember you are never too old to learn to defend yourself.

Suncoast Karate Dojo's Code Of Honor

- ✓ Seek Perfection of Character
- ✓ Endeavor
- ✓ Be Faithful
- ✓ Respect Others
- ✓ Refrain From Violent behavior
- ✓ Honor My Family and Myself

名誉



Donna Judge is the school's founder and senior instructor. She holds the rank of 8th Degree black belt in Shuri Ryu.

Since 1978 she has devoted herself wholeheartedly to teaching martial Arts. She is one of the most respected instructors of Karate, one of the art's strongest proponents and one of its severest critics. Her instruction is a classic example of traditional training of the Okinawan Shuri Ryu Karatedo system.

Donna Judge offers Shuri Ryu with authenticity, and experience. She is one of the country's finest competitors, winning the title of the United States Karate Association's Fighting World Champion in 1982, 83, 87, 88, 89, 90, 91 and 92. She was selected to coach the US Martial Art Team and traveled to Australia to compete in the Goodwill Games in 2009. She has earned many other high honors over the years including being inducted into the Black Belt hall of Fame in 1995. Recipient of Living Legends Sport Karate Award on October 18th 2003 in Charlotte North Carolina. Certified International instructor by the International Shurite Yudanshakai and being appointed by Hanshi Bowles in 2001 as the Florida State Representative of the International Shuri Ryu Association.

Specializing in Children's Mental, physical and Character Development

Genuine fun and serious learning can be mixed with just enough discipline to be an invaluable aid to growing up. Every parent knows the importance of teaching good habits as well as developing mental and physical skills during the formative years. During this time every moment counts!

Boys and girls from ages 4 to 17 are given a complete education in the martial arts at a pace consistent with their learning level. Discipline is strongly emphasized and each child is taught to respect both themselves and others.

Quiz For Parents....

- ✓ Has your child expressed an interest in the martial Arts?
- ✓ Is your child shy?
- ✓ Has your child been bullied?
- ✓ Is your child poor at sports?
- ✓ Does your child lack confidence?
- ✓ Does your child have too much energy?
- ✓ Is your child aggressive?
- ✓ Does your child lack interest?



Suncoast Karate Dojo's Concept Of Teaching

- ☯ Physical Fitness
- ☯ Self Control
- ☯ Self Defense Training
- ☯ Confidence

Classes Available

- ✓ 5 to 7 years old
- ✓ 8 to 12 years old
- ✓ Teens
- ✓ Adults

Class are Broken Down Beginner, Intermediate and Advanced

4 to 10 yrs	Mon, Wed	5:30-6:45
Teens	Mon, Wed	6:45-8:00
Adults	Tues, Thurs	6:45-8:00
Black Belts	Tues, Thurs	8:00-9:30

Interested in Private Lessons?

A Seminar? Self Defense workshop or
classes for Kids or Adults?

Please give us a call.

Suncoast Instructors

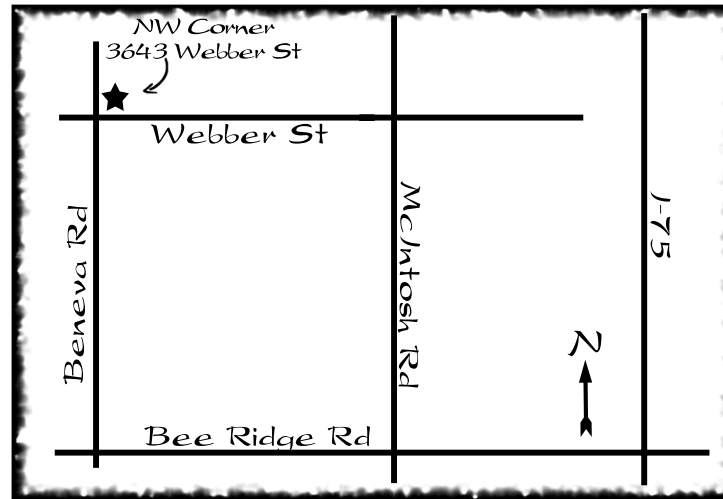
Linda Cleary 6th Dan John Wong 7th Dan
Malele Nzeza 6th Dan Dale Stafford 4th Dan
Denise Spetsios 2nd Dan



All Instructors are Certified by The
International Shuri Ryu Association

Suncoast Karate Dojo

Location



Suncoast Karate Dojo Address

3643 Webber St
Sarasota, Fl 34232
(941)923-6013

Please Call For An
Appointment



SUNCOAST KARATE DOJO



suncoastkarate.com

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