

Objectives of the Program

- Skills in self-defense develop character, humility, proper etiquette, and self control.
- Gain complete & precise control over physical movements.
- Increase ability to function under pressure and respond without distraction.
- Develop physical and mental strength, flexibility, and stamina.
- Realize ongoing personal growth, through the constant pressure of regular training.
- Body conditioning, weight control, and exercise the heart and lungs.
- Belt advancement with successful completion of testing requirements.

Class Schedule & Location

Shotokan Karate classes run year round.

Classes for Karate Members:

Beginners – 3 hours per week

Tues. & Thurs.	Sat.
7:00-8:00pm	12:00-1:00pm

Advanced – 6 hours per week

Tues. & Thurs.	Sat.
7:00-9:00pm	12:00-2:00pm

Classes are held at
the Doylestown location of
Cornerstone Health and Fitness

For more information on the Central Bucks Karate Club and membership information, visit our website,
www.cbkarateclub.com
or the Cornerstone website,
www.cornerstonehealthandfitness.com

Contact Jen Lambert, Program Director,
x114, or Karen Stevens, Member Relations
Director, x113, at Cornerstone Health and
Fitness to join the Central Bucks Karate Club
(215) 794-3700

Central Bucks Karate Club

www.cbkarateclub.com

Karate

*A Japanese word meaning empty-hand
or without weapons. It is a fighting
art dating back hundreds of years.*

Club Activities and Events

Belt testing (KYU advancements) is an important part of Shotokan Karate at the Central Bucks Karate Club. Tests are based on one's own individual progress and are held every 6 months in April and November.

Members of the Central Bucks Karate Club may also compete in the annual Shotokan Karate Association tournament with other area clubs. In addition, workouts with other Shotokan clubs and club exhibitions are held throughout the year.

**740 Edison Furlong Road
Box 1308
Doylestown, PA 18901
(215) 794-3700**





Sensei (Japanese for Teacher)

Sensei Liddle has been training in Shotokan Karate since 1990 and is a member of the Shotokan Karate Association and holds the rank of 4th Degree Black Belt. The Central Bucks Karate Club has been voted one of the "Best in Bucks & Montgomery Counties" by the Bucks County Courier Times and the Intelligencer.

What is Shotokan Karate?

Shotokan Karate is a martial art that emphasizes skill, self confidence, and patience through karate training. Three major aspects of present day Shotokan Karate include self defense, the physical art (Kata), and sport karate (Sparring).

“The ultimate aim of the art of karate lies not in victory nor defeat, but in the perfection of the character of its participants.”

What is Kata?

The most common translation of the word "kata" is "form". Kata, to the unknowing, may appear to be nothing more than a dance, but in reality, it can give us deep insight regarding the whole "personality" of Karate. Kata is the essence of the art of Karate. The purpose of kata is the development of balance, coordination, timing, effective combinations and utilization of techniques and correct mental attitudes. Katas include all of the various hand techniques, foot techniques and body shifting. Before the recent development of kumite (sparring), these formal exercises were the major form of Karate practice. Most of the formal exercises were created by the early Karate masters who wove into them the various techniques of attack and defense. All katas are based on imagined combat with three or more opponents. They provide the basis from which present day Karate techniques developed and are still the textbook of the art.



What is a Shotokan Karate Class Like?

A Shotokan class is held for one hour and begins with a warm-up period followed by practice of the basic techniques, punching, kicking and blocking. Students are not in competition with each other but with themselves. Each class includes sparring drills for one to three types of attacks, as well as the introduction and refinement of new techniques. Students may also participate in semi free and free sparring (sport karate) situations. Advanced students are trained in Advanced self-defense, sparring techniques and Bo Staff training. The Bo Staff is one of the most effective martial art weapons. All classes include Kata (form) practice and ends with a cool down exercise period.



Equipment Guidelines

The purchase of a uniform is not required to start in a karate class but is required by the participant's first belt test. Uniforms can be purchased from the instructor. Additional equipment should be discussed with the instructor.