

The Shido-kan Style

Shido-kan is the specific style of Okinawa Shorin-ryu karate that we study, and is identified by the patches on the uniforms. The history of the style goes back centuries and incorporates techniques from the Shaolin Temples and the bodyguards of the Kings of Okinawa.

Our instructor is **Sensei Robert Menders**, a 7th degree black belt who has been studying for almost thirty years.

His instructor is **Hanshi Seikichi Iha**, 10th Dan and head of the North American Beikoku Shido-kan style. Hanshi Iha's dojo is in Lansing and he visits the Detroit area three or four times a year.

Hanshi Iha conducts an annual National Training Seminar that brings together members of Shido-kan dojos from across the country, and even the world. Instructors from Okinawa are brought in to conduct seminars and a wonderful time is had by all! More and more activities are aimed at the youth members, including kata competitions and demonstration teams.

Friendship - Cooperation - Partnership

Hanshi Iha always stresses that an important part of Shido-kan Karate is promoting friendship among dojo partners. All students are valued, regardless of rank and ability. Only through mutual co-operation and partnership will everyone be able to improve. You must train with an open and empty mind. You don't do the drills with an opponent; you do them with a partner!

Costs

One of the big questions everyone has is, "How much?" Costs are those associated with the General or Karate Membership dues and rates of Lifetime Fitness. See the current Lifetime Fitness brochures for costs and availability.

Each student is responsible for their own uniform. Testing fees are collected to cover the cost of the attractive certificate signed by Hanshi Iha and Sensei Menders and registration.

Patience

To have patience where
One can have patience
Is not real patience.

But to have patience
Where it is intolerable,
Then this is real patience.

The Aims of Karate-Do

To strive for perfection of character.
To defend the paths of truth.
To foster the spirit of effort.
To honor and respect all life.
To guard against impetuous courage.

More Info?

Want to know more? Ask us!
You can email
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Shido-kan Shorin-ryu Karate

Detroit-Commerce Fuku Shibu Dojo



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Why Karate?

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

1 Corinthians 6:19-20

Karate has been around for hundreds of years. It provides a good workout that uses the entire body. It requires no equipment and can be practiced just about anywhere, alone or with partners. As a life long activity, there are no age limits! It builds strength, increases flexibility and endurance, and helps weight loss.

Some people may be concerned with religious implications of learning Karate. The Okinawan arts have no religion associated with them and have not instilled any religious significance to the forms and patterns.

Karate promotes awareness of one's self, both body and mind, as well as the world around you. This not only helps when attacked, but also dealing with everyday accidents. The ability to react to a door opening in your face is just as much self defense as avoiding getting hit! The flexibility and strength, as well as the cardiovascular benefits, will keep you healthy through a long life.

Joining the Dojo

To be a member of the dojo requires:

1. General or Karate Membership at Lifetime Fitness
2. A willingness to learn
3. Adults - Age 18 or above
4. Kids - 7 and above, younger may tryout.

Classes

Classes currently meet twice a week, but will be adjusted based on demand. They are always conducted by Sensei Menders or one of his senior students. There are no attendance requirements, come whenever you can! New students are welcome to attend any of our scheduled classes!

Room to be Determined

Mondays	6:30 – 7:30pm
Tuesdays	6:30 – 7:30pm

Kid's Class – (tbd – M or Th) 5:30 – 6:30

Basic Techniques

As a new student, you will start with the basic techniques. They are the building blocks of your training. The stances, blocks, strikes and kicks are incorporated into more complicated moves and combinations the longer you study. Students do one on one drills with partners, these also getting more complex as you move up in your studies.

Each class begins with warm up and stretching session and progresses up through the basic techniques to the highest level. At the point where you have hit your knowledge level, you will be moved to the side where senior students will help you practice your existing skills and instructors will teach you new ones.

Promotions

There are no specific time requirements or number of classes to move up in rank. Promotions are based upon the instructors evaluation of the students individual performance with testing getting more formal as you progress.

History of Shorin-ryu

Master Sokun Matsumura, martial arts instructor and advisor to the last King of the Ryukyuan Dynasty was the greatest martial artist of his era. He developed and trained many disciples, including Anko Itosu. Itosu incorporated the secretive arts of karate into the physical education at schools, and worked for a broader dissemination of karate. His disciples, Gichin Funakoshi, Kenwa Mabuni, and Kanken Toyama carried the arts to mainland Japan while Kentsu Yabu, Chomo Hanashiro, Chotoku Kyan, Choki Motobu, Mouden Yabiku, Choshin Chibana, Anbun Tokuda, Choujyo Oshiro and Shinpan Shiroma disseminated Itosu's teachings throughout Okinawa.

Choshin Chibana, to distinguish the style from other forms of karate, and to preserve the tenets that had been passed down from Itosu, renamed the form Okinawa Shorin-ryu. Shorin-ryu is a natural flow, devoid of unbalanced stances or unnatural breathing patterns. It has unique patterns of coiling and of relaxing power, allowing easier concentration of force and the attainment of speedy actions. The art is not limited to passive modes of defense. The ability to release an effective counterattack while being defensive is a crucial element.

Today, 25 dojos are registered with the Okinawa Shorin-ryu Association (the Chairman is Master Miyahira). The many other dojos outside Okinawa and overseas demonstrate the growing presence of Okinawa Shorin-ryu in the world.

This history and other information is derived from, and used with the permission of, the web site of the main dojo in Lansing. Their URL is <http://www.ihadojo.com>