



## NEED A BREAK?

*Members of*

## ASU CAMPUS SHORIN-RYU KARATE & KOBUDO CLUB

*Are taking a Break: we train  
In Traditional Shorin-Ryu  
Karate & Kobudo*

**Traditional?** *Karate has traditions that revolve around Zen, philosophy & respect. According to legend, a Buddhist monk traveled from India to the Honan Province of China to introduce Zen philosophy to Shaolin Monks. The monks being lazy and inattentive were introduced to the 18 hands of Lohan: self-defense techniques. Blending Zen with a fighting art produced formidable fighting monks & resulted in the first martial art. A martial art must practice mechanics of fighting & self-defense as well as traditions & philosophy & provide a way for individual improvement & Self-Esteem.*

**Class Structure?** *When you walk into our training session for the first time, we will assist to bring you into our Ryu (style, family). Classes begin & end with respect to one another. You will then learn the basics of kicks, stances, strikes & blocks. You will learn many kata (forms) that are liken to a living encyclopedia of self-defense techniques that contain many hidden applications; you will also learn all applications. Like the Okinawa peasants, you will learn Kobudo (weapons) or use of a variety of farming & fishing implements developed for self-defense such as hoe, oar, rake. Another evening, you will learn self-defense. Advanced students train in the Samurai sword, jujutsu and much more. Train for your self-esteem and self-confidence, train for club martial arts demonstrations, train for completion, train to health.*

**Your** *instructor is 14-Time Hall of Fame Inductee, Instructor of the Year and Grandmaster W. Dan Hausel. Call 480-545-5578 for information or write to us at [OkinawaKarate@yahoo.com](mailto:OkinawaKarate@yahoo.com)*