



## Okinawan Karate Club of Dallas

3720 Walnut Hill #201

Dallas, TX 75229

(Corner of Walnut Hill Lane & Marsh Lane)

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[www.okinawankarateclub.com](http://www.okinawankarateclub.com)

## OKINAWAN KARATE

Karate is a foot and fist martial art originating on the island of Okinawa, Japan. The modern style has evolved since the 11th century.

In addition to developing a knowledge of self-defense, practicing karate promotes confidence, discipline, artistic expression, health and fitness. It is an art which is best looked at as a whole.

Physical exercises are taught in class and can be divided into three categories: basic techniques, kata & two-person exercises. Traditional weapons are taught at the brown and black belt levels. These weapons include bo, sai, kama, tonfa, nunchaku, tekko, nitan bo and eiku.

Our training is aimed toward perfection of technique, endurance, self-knowledge, and physical and spiritual strength.



## Adult Schedule

<u>Monday</u>	6:30-7:30	Open
	7:30-8:30	Open
<u>Tuesday</u>	7:00-8:00	Beginner / Open
<u>Wednesday</u>	6:30-7:30	Open
	7:30-8:30	Open <b>Arnis</b>
<u>Thursday</u>	6:00-7:00	Intermeidate
	7:00-8:00	Beginner / Open
<u>Friday</u>	6:00-7:00	Open Informal
	6:30-7:30	Open <b>Arnis</b>
<u>Saturday</u>	9:00-10:00	Open
	9:00-10:00	Int. <b>Jujutsu</b>
	10:00-11:00	Advanced
Sunday	11:00-12:00	Open
Sunday	12:00-1:00	Open <b>Yoga</b>

## Youth Schedule

Monday	5:30-6:30	Open
Tuesday	6:00-7:00	Intermdiate
Wenesday	5:30-6:30	Open
Saturday	11:00-12:00	Open

\*White Belts 30 minutes

## OKCD DUES

We are proud at OKCD to have a clear and honest method of payment. We have no contracts, registration fees or testing fees. The only fee is your dues, which may be paid either monthly or every three months. Your first payment includes a uniform and patch.

1 Student: \$65/month \$180/3 months

2 Students: \$120/month \$345/3 months

3 Students: \$165/month \$480/3 months



OKCD Yudansha & Shimabukuro Hanshi

## Okinawan Karate Club of Dallas

OKCD is a traditional martial arts school that practices Okinawan Shorin Ryu karatedo as taught by Eizo Shimabukuro, Grandmaster. OKCD also practices Shudokan karatedo as taught by the late Walter Todd, United States Shibuchō for the late Kanken Toyama.

OKCD began in 1984 by Ilene J. Smoger Sensei with the assistance of Sean Deuby Sensei. Ilene J. Smoger Sensei, the director of training for the Club, holds the rank of Nanadan, 7th dan black belt, given to her directly by Shimabukuro O'Sensei in the Shorin Ryu Karatedo system. Smoger Sensei also holds the rank of Nanadan, 7th dan black belt, in the Shudokan Karatedo system. Smoger Sensei is a student of Barb Christensen Sensei of Ann Arbor, Michigan who holds the rank of Nanadan in Okinawan Shorin Ryu Karatedo.

## OKCD INSTRUCTORS

Ilene J. Smoger, Nanadan Donna Mullett, Rokudan Sean Deuby, Rokudan Brian McCauley, Rokudan Al Izaddoust, Sandan John Mascio, Sandan Jude Barcenás, Sandan Todd Sherry, Sandan Michael Hartfield, Sandan Wayne Murphy, Sandan Greg Chesley, Sandan David Porter, Sandan	Paul Klotz, Sandan Marcus Guthery, Nidan Ryan Stone, Nidan Constance An, Nidan Michael Longfellow, Shodan Charrie Mascio, Shodan Christian Barcenás, Shodan Frank Gannon, Shodan Sean Robinson, Shodan Dylan Stone, Shodan Stern S. McGee, Shodan Al Alexander, Shodan Bruce Jenkins Guru
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