

Beginning Karate Classes

Mondays, Wednesdays, Fridays

12:30 pm — 1:30 pm

CityShape I Fitness Center, 3rd floor, The Portland Building



Goal: Learn the basics of traditional Okinawan Goju-ryu Karate, increase fitness and coordination, and practice some practical and highly effective self-defense skills

Cost: \$20 for 8 week introductory period

Dress: Sweats/Shorts and T-shirt for beginners.

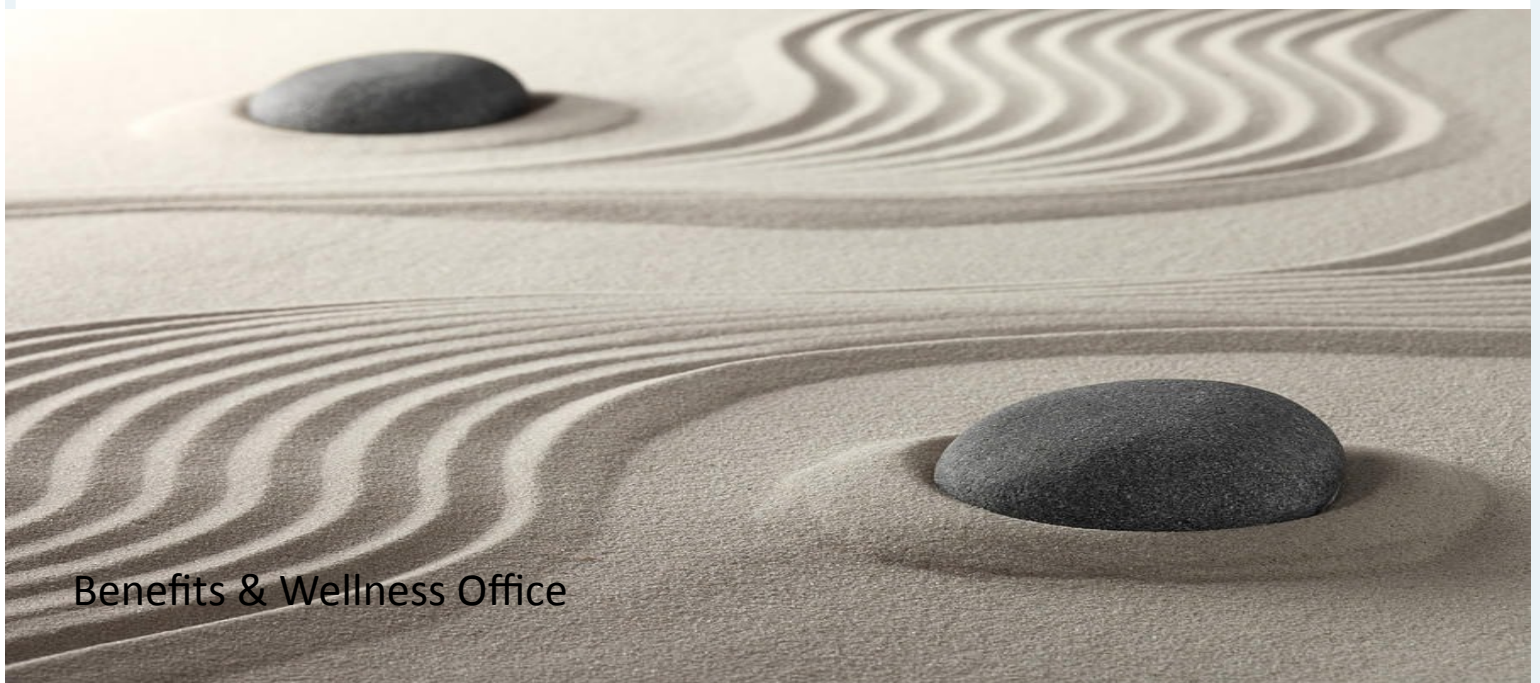
Contact: Tom Schneider at 503-823-7138 for further details.

The Instructor

The primary instructor is Sensei Tom Schneider, 4rd Dan, who has taught Goju-ryu for nearly 20 years. Sensei Schneider has studied under Sensei Ray Kerridge, the head instructor of the Okinawa Karate Association. Sensei Kerridge's training in Japanese Karate was under the direct instruction of Sensei Keinosuki Enoda in England, and later at the prestigious Japan Karate Association instructor program in Tokyo under the late Master Masatoshi Nakayama. His training in Okinawa Karate was carried out under the supervision of Sensei James Rousseau from South Africa and Master Teruo Chinen, here in the United States.

The Style

Goju-ryu is one of the four major styles of karate practiced in Okinawa. The Goju-ryu style of karate that we practice today is based on a blend of traditional Okinawan techniques and the White Crane and the Tiger styles practiced in the Fukien province of southern China.



Benefits & Wellness Office