

# GOJU-RYU KARATE FITNESS CONCEPT

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**Goju-Ryu Karate** is a form of self-defense and physical culture originally from China and was further developed and refined in Japan. Karate training has a high potential to change a person physically, psychologically and emotionally in a very positive way. Karate training required the use of almost every muscle in the body. The **physical trainings** in Karate improve one's **agility, flexibility, strength and co-ordination**. The **mental training** enhances **self-discipline, self-esteem, humility, respect for others and loyalty**. These qualities have proven to be essential in today's life. Goju-Ryu Karate, as its name suggested, is a practice of 'hard and gentle' style of karate. This is derived from the Chinese 'Yin & Yang' theory thus provided a well balance approach to the art of self-defense. **Hard and gentle breathing techniques** are also incorporated into the training to **strengthen the muscle & respiratory system**. Coaching session will be structured to suit the age and ability of students participating. Today, we have more than 1000 over students ranged from 4 to 60 years old benefiting from the practice of this wonderful art.

## Profile of the Head Coach

David Sensei, a successful professional jeweler is a **5<sup>th</sup> Dan Black Belt** holder of **Goju-Ryu Karate**.

He is highly trained and **certified Karate Master Coach** who has been training since 1978 and has won in many tournaments.

He is the founder and Head Coach of Seitoku Kan Goju-Ryu Karate Association. The club has a fully equipped Karate Dojo in Bishan Street 22.

