



April 27, 2012

To the Brownies and Daisies of Troop 854:

Thank you so much for visiting the **Kishintaikan Dojo** on Friday, April 13.

We enjoyed meeting you! We hope you enjoyed learning about **Karate** and **Capoeira**, too.

We thought you might like some information about the **Dojo** and about what you learned. Here are two pages for you – one about **Karate** and one about **Capoeira**.

At the **Kishintaikan Dojo** we love what we do, and we love sharing it with others, just like we shared it with you. If you'd like to come back and visit us again, please let us know. We'd love to have you! If you or your parents decide to try **Karate** or **Capoeira** classes, you may use this **VIP Card** (Very Important Person!) for a discount on your first month.

Arigato,

Obrigado,

Kancho Sensei Stephen A. Boardway

Formado, Gafanhoto
(Garrett Boardway)

Okinawan Goju-ryu Karate-do Kishintaikan-ha

At the **Kishintaikan Dojo**, we teach a traditional style of **Karate** called **Goju-ryu. Karate** began many hundreds of years ago in East Asia, as did many other martial arts like Kung Fu (China), Judo (Japan), and Tang-so-do (Korea). Within the art of **Karate**, there are many different styles. **Goju-ryu** began on the island of **Okinawa**.

Kancho Sensei Stephen Boardway has been studying **Karate** since he was 14 years old, and holds black belts in five different martial arts. He opened the **Kishintaikan Dojo** in 1983. Since then, **Sensei** has taught thousands of children and adults who want to have fun, stay healthy, and learn about a way of self-defense based in another culture and language. His **Karate** students learn to say many words in **Japanese**, such as numbers, ways standing based on phrases like “inside the figure 8” (*soto-hachi-monji-dachi*), and animal names. They learn to walk softly like a cat, stand firm like a horse, and be a dragon with a flame coming out of its mouth. They learn punches, kicks, and – when they’re good enough – even kids can learn to break boards!

The **Dojo** holds children’s **Karate** classes on Monday and Wednesday afternoons, starting with Whooping Cranes for ages 3-4, Little Dragons (5-6), Karate K.I.T.s (7-8), and Karate Kids (9-12). Adult classes are in the mornings and evenings. The oldest student right now started at the **Dojo** when he was 62; he now has a brown belt and will be 70 in a few months.

It’s never too early or too late to begin learning **Karate!**

Capoeira

Capoeira (kah-po-WAIR-ah) comes from the South American country of **Brazil**, with influences from the continent of **Africa**. It is called “**the Dance-Fight-Game.**” That’s because **Capoeira** is played to music and may look like dancing, but it’s really a powerful and effective martial art that began in the 1500s. It includes acrobatic and athletic dance moves. In **Brazil, Capoeira** is taught in schools and is performed at festivals.

Formado Garrett Boardway has been learning **Capoeira** since he was 18 years old, and has been teaching for 8 years. Like **Karate, Capoeira** is for people of all ages, from any background, who are interested in staying healthy, having fun, and exploring another culture through music and dance. Songs are sung and instructions are given in **Brazilian Portuguese.**

Kids’ Capoeira classes at the **Kishintaikan Dojo** are Tuesdays and Fridays from 4-5 p.m. Adult classes are Tuesdays from 6-8 p.m., and Saturdays from noon-2.