

Shotokan Karate is the school that represents the teachings of Gichin Funakoshi (1870-1957), who stressed the development of character through training.



Born in Okinawa, he studied karate from childhood and organized the first public demonstration in Tokyo, Japan in 1922. This led to the introduction of the ancient martial art to the rest of Japan and thereafter, the rest of the world. The principle aim is a positive approach to other people and society through courtesy, courage, integrity, humility, and self-control.

Master Funakoshi modified the way karate was written by introducing the character for "kara" to convey the deeper meaning of "emptiness"-the mental, physical, as well as development of the spirit. "Te" translates as "hand".

The "empty hand" concept not only reflected the fact that its practitioners used no weapons, but also the process of perfecting one's self and one's art - by emptying the heart and mind of earthly desire and vanity.

Funakoshi expressed this aim in the words ***"The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants."***