



琉球唐手術國際研究會

International Ryukyu Karate Research Society

Tang Soo Do Karate Center

古流沖繩手拳法術支部道場

The International Ryukyu Karate Research Society recognizes the Tang Soo Do Karate Center, under the guidance of Sensei Charlie Barrett, as an official branch dojo for the 2011-2012 year. As an art, Koryu Uchinadi conditions the body, cultivates the mind and nurtures the spirit, in an effort to improve health, its holistic purpose; be better prepared to protect oneself, its defensive application; build moral character, its social aim; discover and overcome the source human weakness; its philosophical nature; and finally, to know inner-peace, its spiritual essence. Koryu Uchinadi is also a provocative alternative to conventional methods of physical fitness and stress management. Learning how to respond dispassionately to unwarranted aggression requires self-empowerment. Such training promotes an inner-calm and, where conflict exists, helps restore balance to personal and professional relationships.

Patrick McCarthy

Patrick McCarthy
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Director



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