

## Biography for Nestor T. Folta 2017

Nestor T. Folta is owner/proprietor of the Academy of World Champion Nestor Folta (AWCNF) ([traditionalkarate.com](http://traditionalkarate.com)) martial arts school in Virginia and he produces/promotes Okinawa Cultural Performance (OCP) ([okinawacp.com](http://okinawacp.com)) in the metropolitan Washington DC area. The school is headquartered in Oakton, VA with 3 branch locations (Falls Church, Oakton, and Springfield). In 2017, the school is operating with about 170 students. The AWCNF focuses on total personal development of its students for mind-body-spirit integration and the development of high personal standards and respect for fellow men and woman (boys and girls) to become positive, contributing members of our society. The school curriculum is focused on authentic *dentou* (traditional) karate as taught in Okinawa, Japan.

OCP presents Okinawa cultural arts in a way that maintains its authenticity, attractiveness, diversity, and uniqueness. OCP includes live performances of thrilling Okinawa drumming, invigorating folk dances, classical court dances, colorful traditional costumes, fascinating musical instruments and song, and spectacular karate from the tropical island of Okinawa, Japan. OCP has displayed fine Okinawa textiles, pottery, and exquisite lacquerware in its exhibits.

Mr. Folta is a 7-Time World Champion including championship at the International Sport Karate Association (ISKA). Although Mr. Folta is a Uechi-Ryu Karate National Champion in *Kumite* (fighting) and World Uechi-Ryu Karate Champion in *Yakusoku Dan Kumite* (prearranged black belt fighting), he is most noted for his numerous state, regional, national, international, and world championships in *Kata* (forms) at Open Tournament competitions. He is a 1996 inductee into the World Martial Arts Hall of Fame. Mr. Folta holds the rank of 7<sup>th</sup> Degree Black Belt and his rank testing and promotions have all been done at the World Headquarters Dojo for Uechi-Ryu Karate-Do in Futenma, Okinawa.

Mr. Folta was initiated and then immersed into Okinawan culture. From 1983 to 1988, the *dojo* (karate training gym) members at the World Headquarters Dojo for Uechi-Ryu Karate-Do in Futenma, Okinawa became his extended family while he studied under the direct tutelage of 10<sup>th</sup> Degree Black Belt, Grandmaster Kanei Uechi, son of the founder of Uechi-Ryu style of karate. In 1984, Mr. Folta was the All-Okinawa Uechi-Ryu *Kyu* (under black belt) Champion. In 1986, he married Okinawa native Mayumi Kishimoto of Naha City. They were blessed with the birth of fraternal twins, son Nestor Koichi and daughter Naomi Marika, in 1995. Mr. Folta speaks some Japanese, and a little

*Uchinaguchi* (Okinawa dialect), Polish, and Ukraine. He plays an Okinawan musical instrument call *Sanshin* (banjo-like), performs Okinawan folk dance and *Eisa* drumming, plays guitar, produces/promotes Okinawa cultural performances, visits Okinawa regularly, teaches Uechi-Ryu, conducts karate and self-defense seminars, and is a motivational speaker.

**Brief:**

7-Time World Champion Nestor Folta is the owner/proprietor of the Academy of World Champion Nestor Folta (AWCNF) ([traditionalkarate.com](http://traditionalkarate.com)) in Northern Virginia since 1990. The AWCNF is a martial arts school consisting of about 170 students at a headquarters and 3 branch locations, specializing in authentic *dentou* (traditional) Okinawa karate. Mr. Folta studied 5 years in Okinawa under the direct tutelage of 10<sup>th</sup> Degree Black Belt, Grandmaster Kanei Uechi, son of the founder of the Uechi-Ryu style of karate. Mr. Folta also produces/promotes Okinawa Cultural Performance (OCP) ([okinawacp.com](http://okinawacp.com)), conducts karate and self-defense seminars, and is a motivational speaker. He is a 1996 inductee into the World Martial Arts Hall of Fame.