

Nestor T. Folta Biography

Nestor Tadeusz Folta is the owner and head instructor of the Academy of World Champion Nestor Folta traditional karate schools located in Northern Virginia. He is a registered 8th Degree Black Belt and Master Instructor in the Uechi-Ryu Karate-Do Association. All of his rank promotion tests and certifications have been at the World Headquarters for the Uechi-Ryu Karate-Do Association in Futenma, Okinawa, Japan (aka *Soke Shubukan*).

Mr. Folta was born in Worcester, Massachusetts on June 22, 1953, the only son of Tadeusz and Anna Folta. He has two sisters: Marika, ten years his senior, and Lydia, three years his senior. Mr. Folta graduated from the University of Massachusetts as a Civil Engineer and took employment with the Federal Government in the metropolitan Washington, DC. In 1983, his job as a Civil Engineer working for the Department of Defense brought him to Okinawa, Japan. Mr. Folta was initiated and then immersed into Okinawan culture. From 1983 to 1988, the *dojo* (karate training gym) members at the World Headquarters in Futenma became his extended family while he studied under the direct tutelage of 10th Degree Black Belt, Grandmaster Kanei Uechi, son of the founder of the 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. There were blessed with the birth of their fraternal twins, son Nestor Koichi and daughter Naomi Marika, in 1995. Mr. Folta speaks some Japanese, plays an Okinawan instrument called *Sanshin* (banjo-like), performs *Eisa* drum dance, visits Okinawa regularly, teaches Uechi-Ryu karate and self-defense, and does karate seminars and motivational speeches.

Mr. Folta is most noted for his knowledge of traditional karate, authentic Uechi-Ryu as taught in the birthplace of karate, Okinawa, Japan; living there for 5 years (1983-1988) and annual training visits there since 1988. His competition achievements include World Championships in *Kata* (forms) at Open Tournaments and numerous state, regional, and national Kata championships. He 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 a 1996 inductee to the World Martial Arts Hall of Fame, and the only Senior in history ever to win the Men's Form Grand Championship in a North American Sport Karate Association's (NASKA's) top rated event. Mr. Folta started competing in karate at the national and international levels in 1993. His success resulted in many first placed finishes and grand championships. A few of his more noted honors and awards are:

<u>Year</u>	<u>Honors/Awards</u>	<u>Event/Organization</u>
1996	Hall of Fame Inductee	World Martial Arts Hall of Fame
1996	World Champion	World Uechi-Ryu Karate Championships Grand Champion Black Belt Forms, Boston, MA
1995	World Champion	World Uechi-Ryu Karate Championships Yakusoku Dan Kumite, Boston, MA
1996	World Champion	International Sport Karate Association & U.S. Open World Championships Men Senior Executive Black Belt Forms, Orlando, FL
1995	World Champion	Battle of Atlanta World Championships Men Senior Traditional Black Belt Forms, Atlanta, GA
1995	World Champion	Otomix World Open Freestyle Championship Men Senior Traditional Black Belt Forms
1996	World Champion	Battle of Baltimore World Karate Championship Men Senior Traditional Black Belt Forms, Baltimore, MD
1995	World Champion	Battle of Baltimore World Karate Championship Grand Champion Men Black Belt Forms, Baltimore, MD
1996	National Champion	North American Sport Karate Association (NASKA) Rated No. 1, Men Senior Executive Black Belt Forms
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In Japan 2016, Mr. Folta participated in the Guinness World Record for most people performing a (karate) *kata* together at one time. In 2018, he finished 5th place in the senior division at a world karate championship in Okinawa, Japan.

In 2001, Mr. Folta raised \$25,000 for the victims of the 9/11 terrorist attacks in a bilateral cooperation between the people of Okinawa, Japan and the U.S.A. He continues as an active member in the Knight of Columbus in Northern Virginia and in his local community.