

## Karate Manner

The ultimate goal of karate is to learn that only through training and patience can you achieve what you want.

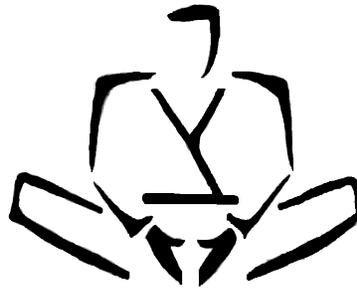
Humility, respect for self and others and recognizing the value in these attributes becomes the cornerstone for karate manner. Life is a journey, with some beginning at different times progressing at their own speed. Karate mirrors life, for we recognize these differences in awarding belt levels [kyu or dan]. However, we all assume a shared identity by participating in the training process and we acknowledge a respect for others and ourselves with a bow (rei) or [ray]. Whenever we enter or exit the dojo, we bow. Additionally, during formal opening or closing ceremonies, the group bows to the front to acknowledge that others have gone before us and then bow as a group to each other. Bowing to each other is not to acknowledge the superiority of others but it is an acknowledgement of mutual respect.

“The most important lesson in this club is the development of the spirit through fundamentals, kata, kumite, and meditation.

Belts and Kyu’s are just cloth and numbers; values, morals and spirit are forever.

If you are not enough without a belt or kyu, you will never be enough with it.”

Barr-Sensei



### **Fort McMurray GoJu-Kai Karate Club**

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## FORT MCMURRAY GOJU-KAI KARATE CLUB

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“Do not be struck by others; Do not strike others; The principle is peace without incident.”

The last teaching of Chogun Miyagi Sensei

## The Club

Our head instructor is Sensei Scott Barr. He has trained in Karate since he was 13, achieving his Black Belt in 1991, 2<sup>nd</sup> Dan in 2005, and his 3<sup>rd</sup> Dan in 2008. He trained in Sherwood Park under Sensei Art Adamson 7<sup>th</sup> Dan and Sensei Glenn Iriye, 6th Dan. After moving to Fort McMurray in 1996, Scott wanted to continue his growth in the art by opening his own club. So with his Sensei's blessing, he opened Fort McMurray GoJu-Kai Karate club in October of 1998. More than 400 people have at one time or another trained with Barr-Sensei in Fort McMurray.

The bulk of the club is made up of 15 – 20 dedicated practitioners, ranging from beginners, all the way to Brown Belt. We stress a family like atmosphere that focuses around traditions. Students can begin training at age 9. Barr-Sensei teaches using the traditional styles utilized by the Japanese over 600 years ago. Many techniques and practices date back to that time. Others are new practices developed over the years of his training and specifically designed with karate in mind.



Barr-Sensei breaking concrete with Fumikomi, Down-forward kick.

## Training Times

At the Fort McMurray GoJu-Kai Karate club we have a strong belief in developing both the mind and the body. We train both our minds and bodies to help us be better both physically and emotionally.

All training occurs at Ecole Dickinsfield School, 201 Dickins Dr. Saturday morning's we train at 10:00 – 11:30 for beginners and until 12:00 for belts and students over 15 years of age. We focus on kumite (fighting) and moving techniques in these classes.

Tuesday nights at 6:30 to 8:30 we all work together on both fundamentals and kata.

All lessons start with a 35 – 45 minute work out. We combine many stretches, strength exercises, and cardio to achieve a good work out. It is hard work, but students are reminded to only do what they can achieve without injury.

Higher belts move on to light touch sparing until 16, then into heavier contact after that. No contact to the head is ever allowed.

We train in both the traditional karate as well as more modern ground fighting and weapons techniques as well. Students are encouraged to seek out areas of interest in other martial arts and present them to the club so we may all learn from it.

