



Dr. Sorbi, George Washington University Graduate, retired NEC Education Director, with an intensive teaching background in electronics. He is a former free style wrestling champion and has been involved in the martial arts since 1981. He has won several 1st and 2nd places in kata and kumite and is a certified JKA Judge, Instructor, and Examiner.

Chief Instructor

Dr. Sorbi

Instructors

Mr. Siegfried

Mr. Janssen

Associate Instructor

Mr. A Sorbi

Mr. Tayebi

Assistant Instructors

Mr. Takane

Ms. P Sorbi

Director

Mrs. Cleo Sorbi

Training Schedule

Adults

Monday

5:30-6:30 PM

7:30-8:30 PM

Wednesday

5:30-6:30 PM

7:30-8:30 PM

Saturday

“Color Belts”

10:15-11:15 AM

“Brown/Black Belts”

12:00-1:00 PM

Junior & Parents

Tuesday

5:00-6:00 PM

7:00-8:00 PM

Thursday

5:00-6:00 PM

7:00-8:00 PM

Saturday

“Color Belts”

10:15-11:15 AM

“Brown/Black Belts”

12:00-1:00 PM

**INTERNATIONAL
SHOTOKAN
KARATE
ASSOCIATION
OF
NORTHERN VIRGINIA**

WWW.ISKA-NOVA.NET



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Alexandria, VA 22312
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A Brief History of Shotokan Karate

In its most basic form, karate is an art or systemized method of physical and mental activity which developed over several thousand years. As a way of enhancing meditation techniques, monks at Shaolin monasteries in China were taught *vajramuchti*, a martial art originating in India. These teaching became the basis for the Chinese form, *ch'uan-fa* or *kenpo*.

Through trade, and conquests, the varied styles of Chinese martial found their way to the Ryukyu Islands, the largest of which is Okinawa. The original Okinawan fighting system, *te* (*hand*), developed mostly from a ban of all weapons when Okinawa was occupied by the Shimazu in 1609. In this way the two ancestors of modern *karate-do*, "Okinawa-te" and "To te" (Chinese hand) were formed.

Gichin Funakoshi, generally considered, "the father of modern karate," introduced karate to Japan by way of exhibitions in 1917 in Kyoto and again in 1922 at the Ministry of Education in Tokyo. Funakoshi changed the Kanji character of his fighting style to read *kara* instead of *to*, changing the name of this martial art form from, *to te* (Chinese hand) to *kara te* ("empty hand").



Gichin Funakoshi, a noted calligrapher, signed his work with his pan same, *Shoto*. As such his school, and later his style, became known as Shotokan of *Shoto's* School. Mr. Funakoshi organized the Japan Karate Association in 1948 and served as its head master until his passing in 1957.

"Just as an empty valley can carry a resounding voice, so must the person who follows the Way of Karate make himself void or empty by ridding himself of all self-centeredness and greed. Make yourself empty within, but upright without. This is the real meaning of 'empty' in karate."

Gichin Funakoshi

In 1955, Masatoshi Nakayama, a student of Mr. Funakoshi since 1931, was appointed chief instructor of the JKA and directed the technical development of the organization. Mr. Nakayama introduced karate as a sport, along scientific lines, and is largely responsible for the popularity and propagation of karate internationally. Mr. Nakayama died in 1987 at the age of 74.



MASATOSHI NAKAYAMA

Chief Instructor of JKA from 1955-1987



Chief Instructor and the chairman of JKA American Federation, Takayuki Mikami, is Japanese native who is 8th Dan (degree) black belt JKA Master. He is the highest JKA ranked master in the United States, and he holds the position of JKA Senior Technical Advisor, which is the

second highest technical position after JKA World Federation Chief Instructor. He is the first-ever graduate of the JKA Instructor Training Program, created by Master Gichin Funakoshi and Master Masatoshi Nakayama. After becoming All Japan Kumite and Kata champion and grand champion over several years, he began concentrating on instruction overseas. He eventually formed the All South Karate Federation in 1965 in New Orleans, LA, where many people who were attracted by his Karate skills and personality trained hard everyday. In 2008, he formed the JKA American Federation, affiliated with the JKA World

Federation, in order to better serve his members and to connect more closely and directly with the JKA World Federation.

ISKA of Northern Virginia

The International Shotokan Karate Association of Northern Virginia is a member of the Japan Karate Association (JKA).

Instruction

Karate is a highly dynamic physical art that balances the use of all major muscle groups with the control provided through mental discipline. It provided excellent exercise while developing coordination, agility and self-confidence. The club, or dojo, adheres strictly to the principles of self-improvement through diligent training formulated by the founder of modern karate, Gichin Funakoshi.

Classes are designed for students at all levels. Special training is available for beginners and children, with an emphasis on fundamentals. All students practice the basic techniques of blocking, punching, kicking and striking, with careful attention of technical details. For students who are interested in attaining rank, examinations are conducted quarterly by qualified instructors.

The Facility

The ISKA of Northern Virginia dojo has 2000 square feet of practice area. The friendly, helpful environment helps individuals, couples, and families enjoy the serenity gained through consistent and dedicated karate training.

The Students

ISKA students come from all walks of life, including professionals, college students, and the self-employed. Classes are designed to match each individual's skill level so that beginners can learn in a comfortable environment. The children and adults train with the ultimate goal of self-defense, increased health and character development.