

空 KARA
EMPTY
手 TE
HAND

What is Karate?

Karate is a martial art and a form of self-defense. It teaches students to develop themselves personally in character and in spirit. Practicing fast, powerful punches, blocking and kicking as well as learning skills in joint manipulation and throwing all contribute to making a well balanced, well mannered confident individual who does not attract aggravation yet is not afraid to stand up for what is RIGHT. To Steve Hartnett and the students at Sherwood Karate-Do pursuing the perfection of karate techniques is THEIR WAY OF LIFE.

The fighting arts were first developed centuries ago by Buddhist monks in India to defend themselves from the bandits of that time and also to keep the monk's bodies and minds healthy. Literally "Karate" means "Empty Hand" in Japanese. "Empty Hand" refers to the ability of karate students to defend themselves without the use of weapons.

Karate means different things to different people. Young people, for example, often take up karate because they want to learn how to defend themselves. Elderly people, however, may only be looking for an interesting and fun way to stay fit. Parents often enroll their children in karate lessons to teach them discipline and to develop their coordination. Whatever the reason may be, if karate looks like something you would like to be involved in, make sure you research the dojo you are about to commit to and then start having some serious fun.

Who are we? What is Genbukai Canada? Local Instructor?

The Shitoryu Genbukai Canada organization is the official Canadian representative of Shihan Fumio Demura and Shitoryu Genbukai International, based in Santa Ana, California.

Genbukai Canada practices the Shito-Ryu system of karate taught by Master Demura. Our Canadian organization is currently comprised of 18 dojos throughout BC, Saskatchewan and Alberta. Our current membership consists of approximately 1,200 members. The director and chief instructor of the GenbuKai Canada is Cameron Steuart, fifth dan, whose dojo is located in Lloydminster, Alberta. All Genbukai instructors attend special Instructor Training Sessions run by Sensei Steuart monthly.

Steve Hartnett first began practicing karate in 1977 in London, England with the Wado- Kai system pioneered by Sensei Tatsuo Suzuki. In November of 1982 two years after he arrived in Canada, Hartnett was promoted to 1st degree black belt by Sensei John Montgomery. Hartnett soon opened Sherwood Karate-Do and since then he has taught, developed and encouraged several prominent instructors in 3rd degree black belts: John Watson (Westmout Instructor) & Gord Besler (Calgary Instructor) and 2nd degree black belts: Kendal Watson (Beaumont Instructor) & Annette Fuchs (Central Edmonton Instructor). In June 1989, Steve Hartnett officially joined Shihan Demura's Genbukai organization. Today Hartnett holds the rank of Yon Dan (4th degree black belt) in the Genbukai karate system.

In addition to karate-do, Hartnett and the other Genbukai instructors also teach Ryuku Kobudo (weaponry) as learned from Master Demura.