

Northfield Shotokan Karate Club

Shotokan Karate is a non-contact, Japanese martial art that teaches confidence, discipline, self-esteem, and self-defense. We combine traditional training methods developed over centuries with modern exercise science to produce maximum results in the participants. Classes are taught with emphasis on precision, application of technique, partner work and fun.

The YMCA of Northfield offers a traditional dojo that promotes the tenets of the founder of Shotokan Karate, Master Gichin Funakoshi:

- Seek perfection of character;
- Endeavor to excel;
- Be honest and forthright;
- Respect others
- Develop self control and refrain from violent behavior

As a non-contact style, Shotokan is a perfect martial art for individuals interested in traditional karate training without risk of suffering significant injury. The YMCA Northfield dojo is an affiliate dojo of the American Amateur Karate Federation and World Traditional Karate Federation. ***We welcome all to come train with us regardless of skill level, previous martial arts background, or affiliation!***

Weekly class schedule:

- **Mondays at 4:30 for children ages 8-12 all ranks,**
- **Wednesdays at 4:30 for all ages & ranks,**
- **Thursdays at 7:30 for level II, + 8th kyu**
- **Saturday mornings at 11:00 for all ages & ranks**

Northfield YMCA 1501 Honeylocust Dr, Northfield, MN 55057 (507) 645-0088

Instructor Tom Meagher, PhD

Tom Meagher, a 2008 Fulbright Scholar to Japan, holds the rank of 3rd degree black belt (Sandan) and has been training Shotokan karate for over 35 years. Tom trained and taught with Sensei Nina Chenault at the Minneapolis West Bank Karate Club and Movement Arts Center for 20 years. Each of his **dan ranks** were awarded by Master Hidetaka Nishiyama, who was the director of the International Traditional Karate Federation and was recognized as a National Treasure by the government of Japan in 2000. Sensei Nishiyama is a direct student of the founder for Shotokan karate in Japan, Master Gichin Funakoshi. Tom has been a science teacher and educator for over 30 years and is currently the District STEM Education Coordinator for Owatonna Public Schools.



空手道松濤館

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日本空手協会