

Est. 1963

We've been training karate kids since before *Karate Kid*.

Here's how we do it:

Warm up

Ask the flying side kick enthusiasts of the world and they'll tell you that it all started with flexibility. Every muscle is important, but we target the oft-neglected ones that matter most. Consider your iliotibial bands and your abductor longi covered.

Basics

This is how muscle development and body control happens. We work on form, taking you through the blocks, strikes and kicks. You'll learn to feel comfortable in immovable [stances](#).

Kumite

Self-defence is about reaction. [Sparring](#) practice is the best way for a [karate-ka](#) to build instincts and prepare for danger. We practice tournament sparring, single-strike attacks and super badass [bunkai](#) techniques.

Kata

The most beautiful part of karate. [Kata](#) consists of rhythmic motions and simulated fighting patterns. We practice everything from mid-air spins to slow-mo self-defence. There are 26 katas, one for every skill level and beyond.