

Why Practice a Martial Art?

A martial artist's journey is more than the attainment of confidence and self-defence. There is something to be said about those early days of training, when you're stumbling through the blocks and strikes. Only in a half-rotten horse stance do you begin to discover who you are and what you're capable of. Improvement takes time. But the more you train, the more people come to expect from you. Hustle and humility are your best friends. When your muscles are sore, you turn to your classmates for inspiration. Their presence makes you stronger. One day it dawns on you what a proper block should feel like. Before you know it, you're grading for black belt and setting the standard for the dojo's level of intensity.

This is the kind of environment that fosters excellence. And it won't hurt to make friends along the way.

Why Practice with our Club?

Our master Suenori Tominaga is an 8th degree black belt with over five decades of karate experience. He's been teaching at the University of Toronto Karate Club since 1970. Don't worry, he's just as friendly as he is legendary.

Our club prides itself on basics and our dedication to the fundamentals of self-defence. Tominaga Sensei's philosophy is all about building strong foundations in his students so that they may *learn to learn* on their own. He believes in the potential of "golden eggs," which is why we always welcome new members.

We practice traditional Shotokan karate. Our style emphasizes stable forms and the use of one's entire body to perform powerful strikes and takedowns. It doesn't matter whether you're male or female, big or small. Shotokan practitioners are trained to best their opponents, no matter their strength or size. We practice a martial art that raised the banner of human potential long before our society began to demand equality.

We look forward to training with you.