

Weekly Class Schedule

Tuesday	Beg.-Int. Nov.-Adv.	12:30 pm - 1:50 pm
Thursday	Beg.-Int. Nov.-Adv.	12:30 pm - 1:50 pm



DOJO KUN

The Japan Karate Federation's DOJO KUN represents our own philosophical foundation encompassing the essential ingredients for maximum development in martial arts training, as well as business aspirations and personal life.

*Be humble and polite
Be loyal to Karate-Do.
Strive to reach your limits
Be patient and not discouraged.
Work to develop a healthy mind and body.*

ESTABLISHED 1984

KARATE



PRESENTED BY

KARATE AT PCC ROCK CREEK

503-640-1411

www.jkfhillsboro.com

About Karate

Karate means “empty hand” in Japanese, and is an art of unarmed defense. It is a method, based upon ancient Chinese martial arts and developed by the people of Okinawa (one of the chain of islands between Japan and China). Karate was used by local civilians to protect themselves and their families from armed mercenaries that frequently imposed their wrath on the islands’ population. Since the occupying armies would brutally suppress any effort of the civilian population to arm or defend themselves, all Karate practice had to be done in stealth, in confined space, and many times in the dark. Consequently, the art of Karate was kept hidden from foreigners, for several hundred years.

At the end of the 19th century, Okinawa officially became a Japanese territory. At that time, cultural exchanges exposed, among other things, the art of Karate to the Japanese public. In the 1920’s the “father” of modern Karate, Gichen Funakoshi, moved from Okinawa to Japan and opened the first Karate school, named “Shotokan” (Shoto’s club). In this school the karateka (practitioners of Karate) would learn the ins and outs of the art, firsthand from the master, through apprenticeship.

In 1924, Funakoshi and Hironishi Ohtsuka, another modern Karate pioneer, joined Yasuhiro Konishi, an instructor of the traditional Japanese martial art disciplines of Jujitsu and Kendo, and Konishi’s Ryobu-Kan martial arts club. This was the beginning of a fruitful synergy, where the three masters continuously cooperated in teaching and refining the art by combining their knowledge and producing cross training sessions. This was also the beginning of the Ryobu-Kai martial arts organization to which our school belongs.

The Japan Karate Federation Ryobukai NW is an official affiliate of its parent dojo in Tokyo, Japan, led by Grand Master Yasuhiro (Takehiro) Konishi. The organization was originally formed in 1920 and has successfully maintained the same high standards of discipline and training upon which Ryobukai was founded.

Old Grandmaster Yasuhiro Konishi referred to his karate as Shindo Jinen-ryu Karate Jutsu (“*godly, natural style, complete empty-handed way*”). Konishi believed that those who walk a morally correct path in this life naturally follow the divine way. He further contended that pure karate training allows one the opportunity to expand their knowledge and establish the solid foundation necessary to living a moral life. Konishi’s philosophies continue to persevere at the Japan Karate Federation.

About Our School

The Japan Karate Federation of Hillsboro Dojo (Karate School) is the local chapter of the Ryobu-Kai Northwest organization. The Dojo is run under the leadership of Sensei Wally Hancock, who



has been teaching Karate-Do for the last 25 years. Several black-belt instructors from the Ryobu-Kai organization, as well as our advanced students, regularly assist Sensei Wally in teaching the art of Karate to our members. Our school is also a member of the USA National Karate-Do Federation. USA-NKF is the highest governing body for the sport of Karate in the U.S. and is a member of the U.S. Olympic Committee.

The school building is conveniently located on Oak street, in Hillsboro, within 600 yards of the new MAX light rail and bus station. Parking space is available in the school lot, as well as in the street. During regular classes, most of the activity takes place on our 2000 square feet, custom built, suspended wood floor. A separate room, equipped with various conditioning devices, accommodates students who wish to improve their physical conditioning. In addition, the building also contains separate male and female dressing rooms, showers, and an office, as well as a special public area, where guests can sit and watch the practice.



About Our Students

Our students are our pride. They come from all walks of life, including: Elementary, junior-high, and high school students, carpenters, mechanics, engineers, homemakers, shopkeepers, teachers, office workers, and electricians. You don’t need any particular background to become a Karateka (Karate practitioner). We welcome you to join us and see for yourself. We will teach you the skills, we will help you build your self confidence, and we will guide you through the difficulties.



Contrary to the common public perception of Karate, we discourage aggression and use of force to resolve conflict. We do promote self-discipline, hard work, persistence, and demonstration of respect for one’s self as for others. Karate-Do training involves intense concentration and mental developments as well as physical conditioning.

We believe in one’s right to defend themselves, when under physical threat. However we teach our students to detect signs of danger early, and to avoid threatening situations before they get out of hand.