

Friday Karate Training at Burton in Lonsdale Village Hall

Hello, my name is Mark Harland, I am a 5th Dan and the senior instructor in North Yorkshire Wado-kai. I have trained in Karate for more than 35 years including with most of the top Japanese instructors in the world and have won the Aiwakai National championships 5 times.

We are affiliated directly to the Japanese Karate Federation, the name Wado-kai means association of the way of harmony. There are 5 major styles of Karate in Japan, though they are very much diluted today, especially in Europe. Wado (ryu) is a much misunderstood style, thought of by others as being soft, it actually hides the power used and makes all movement appear very soft and natural.

One of our members gives his view:

My name is Conor Willan; I am fourteen years old and have been attending the North Yorkshire Wado-Kai karate club in the Burton in Lonsdale village hall for about three years.

We train every Friday night, everyone is welcome from beginners to experts. The club has a really nice atmosphere and karate is a great way to keep fit; you train both your body and your mind. Your enhanced ability to defend yourself leads to improved self confidence and peace of mind. Come down and give it a try it's an excellent experience. You'll never know if you don't. So why not join us?

It is however also something to do that can be a lifetime's journey. I continue to train with many of the world's top Japanese instructors and am still learning about our basic movements, after 35 years.

Karate has had the stigma of being very hard, macho and mystical, turning us all into some form of super humans, ignore all your preconceptions and come down on a Friday evening (Juniors 6.15-7.15, Adults 7.30-9), you will be surprised.

Contact Mark: mark-harland@hotmail.co.uk