



空 手 道
KARA TE DO
Empty hand way

KARATE DEMONSTRATION

Date&Time: 4:15pm-5:45pm / Thur, Oct 11, 2018

Place: LaGuardia Comm College (Poolside Cafe)

RSVP: <http://bit.ly/lagccEventReg>

Performers:

- Seigo Nakano Sensei (Mushin Dojo)
- Dominic Sensei (Mushin Dojo)
- Yoshiaki Ishizuka (Lyceum Kennedy Japanese School)

What is Karate?

Karate is an Asian system of unarmed combat using the hands and feet to deliver and block blows, widely practiced as a sport. Karate is performed barefoot in loose padded clothing, with a colored belt indicating the level of skill, and involves mental as well as physical training.