



Crystal Coast Eagles Goju-Ryu Karate-Dō Kai

Emerald Isle Parks and Recreation Center
7500 Emerald Drive, Emerald Isle, NC 28594



“To understand others is to have knowledge; to understand oneself is to be illuminated.”
(Tao Te Ching)

Purpose: “The most difficult thing in life is to know yourself” (Thales). Our dōjo is dedicated to helping individuals understand themselves better, enhance their self-esteem and confidence, become aware and proactive in their self-protection, and assist others to improve their lives. Emphasis in our dōjo is the Dō of karate-dō not on competition.

Who should take karate-dō? People of all ages study karate because the training can be altered to suit the developmental level of children and any physical problems that may inhibit older adults. Once kata (the basic patterns) are learned, they belong to the practitioner for life and require no equipment. It is recommended that children wait until they are about five years of age.

Thursdays:
4:45 – 5:45
Children 5 – 8

Thursdays
5:45 – 6:45
Beginners

Thursdays:
6:45 – 7:45
Intermediate

Thursdays:
8:00 – 9:00
Advanced

SATURDAYS:
2:00 – 3:00
Kata review
3:00 – 4:00 open

*Advanced students are expected to assist in classes to get teaching practice.

GRADING & TESTING

The purpose of grading is to teach students to focus and stay in control of themselves while performing—strategies needed for self-defense. There are no testing fees. Individuals may opt out of ranking.

OKINAWAN & JAPANESE CULTURE

Students will have opportunities to learn about Okinawans & Japanese culture by creating projects related to culture. A Saturday language & calligraphy class is available for older children and adults. Space is extremely limited. There is a minimal fee for supplies. Please ask.

REGISTRATION & FEES

Fee is \$35 per month, payable to Emerald Isle Parks and Recreation (EIPR) the **FIRST** class of each month.

Please give all payments to Laura Lee Davis, Program Supervisor. Gi is not required, but encouraged. Please dress comfortably for each class. To register, call Laura Lee Davis at 252-354-6350 or email at ldavis@emeraldisle-nc.org.

Additional Information:

studioryukyu@hotmail.com
Joyce Trafton has been teaching for 35 years from K-Graduate School and privately for adults in areas of art, education, martial arts, and anthropology. She has studied several styles of martial arts, Shorin-ryu, Uechi-ryu, Shorei-ryu, Goju-ryu, to do comparative research. Her marital arts training over the past 30 years was primarily in Okinawa with traditional teachers, as well as in the United States with traditional teachers.

Guests of all styles are invited with prior notification to Sensei Trafton’s email.