



A Note From Sensei

On the surface, growth through the ranks of Karate is about achieving new levels of skill. And of course, on the surface it has to be. Training has to be rooted in this practical, physical art we are all pursuing, either in the long-term, or as a new endeavour.

But this is an art that we are developing within ourselves, and Karate can be thought of as an arena where we learn to battle self-doubt, fear, judgement, disappoint and to choose. To choose whether to persevere or give up; to believe in ourselves, or to lose faith; to make assumptions of who we are, and what we can do. Or to keep our minds and hearts open. Karate is many things, and it's something different for all of us. But to me it's the practice of physical growth that we learn through the physical art. And as with every practice, the purpose of Karate is to develop ourselves as people first.

It is my hope that all of our students will enjoy their training, and develop a strong sense of character, physical fitness and inner strength that will transfer into their daily lives. As such, they will become stronger people and be able to contribute to society in a positive manner. Traditional Goju-Ryu Karate is beneficial for people from all walks of life, regardless of their present level of physical fitness. In order to excel at Karate, all one needs is a strong mind, and the desire to learn.

I look forward to training with you in the future.

Sincerely,

Sensei Tirrell Hill
Chief Instructor of Ishi Gogyo Martial Arts Education Inc.
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