

## FREQUENTLY ASKED QUESTIONS

### What is Karatedo Doshinkan?

Karatedo Doshinkan is classical Karatedo. That means that it emphasizes not only solid self-defense but also virtues like respect, honor and a positive attitude. Its founder is the late Hanshi 10<sup>th</sup> dan Isao Ichikawa. Karatedo Doshinkan is currently headed by his brother, Hanshi 10<sup>th</sup> dan Nobuo Ichikawa. He holds the highest belt rank, tenth degree black belt, and the highest title degree, Hanshi, that one can attain in Karatedo. The headquarters dojo is in Vienna, Austria and schools extend throughout the world.

### How is this different from other styles?

Different styles emphasize different aspects of Karatedo. We believe that the purpose of Karatedo is to help people become strong physically, emotionally, intellectually and spiritually. This is a slow process. Karatedo Doshinkan is not flashy in the popular karate scene. In most schools of karate (as opposed to Karatedo) the teachers have not had the opportunity to study with a true master.

### Do the club members compete in tournaments?

No. For us, Karatedo is a serious martial art, not a game. We learn self-defense for ourselves, not to show to others.

### If you don't compete, do you spar?

We frequently train with partners to learn, under controlled circumstances, how to apply our techniques but do not engage in "free sparring." A major goal of Karatedo training is to help you learn to defend yourself and become healthy. Free sparring is often not conducive to good health.

### How long will it take to learn to defend myself?

Against what? Most people ask this question with a vague notion of defending themselves in any situation they can imagine. There is no answer to this question because there is no standard situation. We practice self-defense techniques from the first lesson.

### Is the training a good physical workout?

Yes. The training is designed to make our bodies strong and healthy. You will exert yourself, sweat and become sore.

### What if I am really out of shape and/or have never done sports?

That isn't a problem. The beginner's class starts slowly and our members support and encourage you. Every journey begins with one step; if you want to get into better shape or want to try Karatedo but are hesitant, then try just one class.

### Who can join?

Members of the Cornell community over the age of 15.

### Who teaches the classes?

Classes are taught by Shihan 8<sup>th</sup> dan Dr. Dean Lillard, Renshi 6<sup>th</sup> dan Dr. Rick Geddes, and Renshi 4<sup>th</sup> dan Andrew Sich. Shihan Lillard has trained in and taught Karatedo Doshinkan for more than 30 years. He studied for several years in the headquarters dojo in Vienna, Austria under the direction of the founder of Karatedo Doshinkan, Hanshi Isao Ichikawa. Renshi Geddes and Renshi Sich have trained in and taught Karatedo Doshinkan for more than 17 and 13 years respectively. Each year Shihan Lillard, Renshi Geddes, and Renshi Sich attend special trainings in the US and Europe with the current master of Doshinkan, Hanshi Nobuo Ichikawa.

### What does it cost?

Undergraduate and graduate students pay \$60 per semester. Faculty, staff, and family members pay \$90 per semester. Each member also pays an annual membership fee of \$20.00. Your first trial class is free of charge. You will not be asked to sign any contracts.

### When and where do classes meet?

The schedule varies from semester to semester according to space assignments. We train two or three days per week. Fall 2009 we will train Monday and Friday. For the current schedule see our web page at [www.rso.cornell.edu/doshinkan/](http://www.rso.cornell.edu/doshinkan/).

### What should I wear?

Bring gym clothes that fit loosely. You do not need shoes. Partway through the semester we usually order traditional uniforms (and belts) for those wishing them.