Karate is the Japanese martial art of punching, blocking, kicking, and other striking techniques. In addition to physical applications our dojo focuses on situational awareness and development of a strong but self-critical mentality through hard practice. In this way karate is not an end but a means to an end. The Shotokan Karate Club and Shotokan Karate sports and fitness class are two linked groups that meet in the same room at the same time. Club members attend regular trainings, exchange practices and tournaments with other regional groups. Our club was established at the UW in 1986 and is associated with Shotokan Karate of America (SKA), the oldest non-profit karate organization in the US.

CLUB MEMBERSHIP
All currently enrolled UW students (Seattle campus) and faculty/staff IMA members may join the club. Faculty/staff may purchase their IMA Membership at the IMA Member Services Desk during operation hours. UW extension, students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the Club Sports program. Branch campus students are eligible with IMA membership.

SPORTS SKILLS CLASS
Beginning Karate

Tues/Thurs: 7:00 – 8:00 pm
Price: $42.00

Register online or in-person at the IMA Programs Office at the beginning of each quarter. Please visit the IMA Website for additional information about Sports Skills Classes.

MEMBERSHIP WAIVER CARD
All participants must complete a membership/waiver card prior to club participation. Membership/waiver cards are available from the club president at practice or at the Programs Office, located on the 3rd floor of the

CLUB PRACTICES:
Dates: Fall/Winter/Spring Quarters
Days: Tuesday & Thursday
Times: 7:00 – 9:00 pm
Location: IMA Studio 111

INSURANCE
The Department of Recreational Sports Programs strongly recommends that all Club Sport members have adequate accident/medical insurance coverage. Each Club Sport member is responsible for arranging their own coverage. For information on the University of Washington’s Student Health Insurance Plans: http://depts.washington.edu/ovpsl/insurance/index.shtml.

FOR MORE INFORMATION
Club Representative:
Mia Lee: leemia0210@gmail.com

Club Email:
uwkarate@uw.edu

Club Website:
http://students.washington.edu/uwkarate

Club Sports Coordinator:
Chris Delaune
206-543-9499
delaune@uw.edu

IMA Homepage:
http://depts.washington.edu/ima

The University of Washington is committed to providing equal opportunity and reasonable accommodation in its services, programs, activities, education, and employment for individuals with disabilities. To request disability accommodation, contact the Disability Services Office at least ten days in advance at: (206) 543-6540 TTY, (206) 685-7264, or dso@uw.edu