

# SHOTOKAN KARATE CLUB

UNIVERSITY OF WASHINGTON, DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS

The Shotokan Karate Club at the UW is focused on teaching and fostering an understanding of budo amongst its members. The Shotokan Karate Club and the Shotokan Sports Skills Class are two linked groups. The Shotokan Karate Club is associated with Shotokan Karate of America (SKA), the oldest non-profit Karate organization in the US. This dojo, and the organization as a whole, emphasizes a traditional approach to Karate-do with a focus on effective techniques, analysis of situations, applications and development of the inner self through hard practice. The club is not focused on 'sport karate' and winning in tournaments.

## 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, branch campus students, students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the Club Sports program.*

## SPORTS SKILLS CLASS Beginning Karate

**Tues/Thurs:** 6:30 - 7:30 pm  
**Price:** \$35.00

Register 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 3<sup>rd</sup> floor of the IMA.

## CLUB PRACTICES:

**Dates:** Fall/Winter/Spring Quarters  
**Days:** Tuesday & Thursday  
**Times:** 6:30 - 8:30 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:

Omar Farajallah

### Club Email:

[uwkarate@uw.edu](mailto:uwkarate@uw.edu)

### Club Website:

<http://students.washington.edu/uwkarate>

### Club Sports Coordinator:

Chris Delaune  
206-543-9499  
[delaune@uw.edu](mailto:delaune@uw.edu)

### IMA Homepage:

<http://depts.washington.edu/ima>