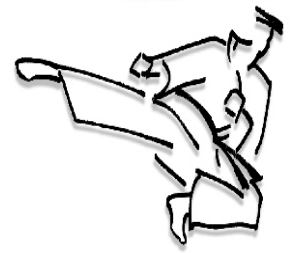


空手道

Karate Do, LLC

Benefits of Studying Uechi-Ryu



- Improves coordination
 - Improves focus
 - Improves self-defense
 - Teamwork skills
 - Perseverance skills
 - Develops modesty
 - Develops self-respect
 - Anger management
 - Leadership skills
 - Great camaraderie
 - Intense concentration
 - Improves sports performance
 - Stress relief techniques
 - Unifies mind, body & spirit
 - Develops humility
 - Learning relaxation techniques
 - Positive character development
 - Respects traditions
 - Better on-the-job performance
 - Positive arthritis treatment
 - Dealing with bullies without fighting
 - Activities than can be done well into "old age"
 - Improves balance, which means less falling for older karate students
 - Positive attitude for dealing with mental and physical challenges
 - Positive attitude towards sports competitions
- Increases flexibility
 - Self-defense skills
 - Avoids trouble
 - Learn to play by the rules
 - Improves self-confidence
 - Teaches respect for others
 - Improves physical fitness
 - Increases self-esteem
 - Improves teaching skills
 - Increases energy levels
 - Improves school grades
 - Relax with peers
 - Sharpens the mind
 - Improves time management
 - Develops a positive attitude
 - Improves self-control
 - Fear management
 - Learn to follow directions
 - Longer life through activity
 - Increases general health

