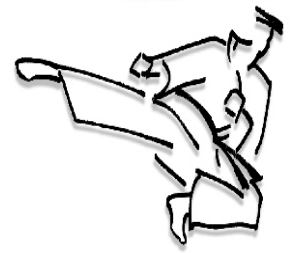




Karate Do, LLC

History



Uechi-Ryu (way-chee-roo) is a traditional Okinawan style of karate brought from China by Kanbun Uechi in the early 1900s; its roots are centuries old. The original name of the style was Pangai-Noon (pawn-gay-noon) which means half hard, half soft. Upon the death of Kanbun Uechi, his son, Kanei (who had also become a famous instructor,) renamed the style Uechi-Ryu , or “Style of Uechi”, in honor of his father. Kanei died in 1991, and now his son, Kanmei, is the senior family member of the style in Okinawa. Uechi-Ryu Karate is characterized by circular blocking movements, a wide variety of hand and arm strikes, and low kicks at waist level and lower. Emphasis is placed on moving from the body center and maintaining a “square on” position to opponents. Advanced students learn to strike and block with the same movement. Because of the circular nature of many of the movements, with practice, people of all sizes and strength levels can be successful at Uechi-Ryu Karate Do. Emphasis is placed on achieving a balance of mind, body, and spirit to gain proficiency in this martial art. This striving for balance becomes ingrained in students who claim they find benefits in all aspects of life.

Uechi-Ryu karate was brought to the United States in 1958 by George Mattson who established his school in the Boston area. He is now the senior Uechi-Ryu representative in the United States and holds the rank of 9th degree black belt. Over the years Mr. Mattson has been Sensei (teacher) to many people who have gone on to become instructors and operate their own schools. They have spread out throughout the United States and Canada, making Uechi-Ryu a very popular style of karate. Sensei Pat continues to study with Sensei Mattson on occasion, but Fedele Cacia is currently her sensei.

Karate Do, LLC (formerly the Stow Martial Arts Center) originally opened on September 15th, 2001 and was operated by Sensei Patricia Saunders and Sensei Donald Brown. Together they brought over 20 years of martial arts experience to the school. Since Sensei Don’s passing in April of 2004, Sensei Pat has taken over the school and the school was renamed in July 2008 to Karate Do, LLC.

In addition to teaching martial arts classes, Sensei Pat participates in the activities of the International Uechi-Ryu Karate Federation and officiate at tournaments. Sensei Pat co-taught children's classes with Sensei Steve DiOrio in Westwood for three years prior to opening the Stow Martial Arts Center. In addition to being a certified instructor by the International Uechi-Ryu Karate Federation, Sensei Pat is also certified by the American Council on Martial Arts. The American Council on Martial Arts certification program is held under the auspices of the prestigious Cooper Institute for Aerobics Research and the National Association of Professional Martial Artists. Schools certified by the American Council on Martial Arts develop their curriculum to be in tune with students’ mental and physical developmental stages, use safe and effective training methods, and design classes with proper warm-ups, calisthenics, flexibility exercises, martial arts training, and cool down. Instructors trained by the American Council on Martial Arts understand the psychological aspects of learning and use positive motivational techniques in their classes.

