



**Professor (Kyoshi)
Lonnie Jones**
8th Degree Black Belt

Kyoshi says...

"No matter how well you may excel in karate and in your scholastic endeavors, nothing is more important than your behavior in humanity in daily life."

"If only one person becomes a better person. The Universe is a least better by that one person. To create a better world, we must start with ourselves."

"For to win one hundred victories in one hundred battles, is not the highest skill. To subdue the enemy without fighting is the highest skill."

—Master Gichin Funakoshi
Father of Modern Day Karate-Do

TSKI is a positive environment for our students, which reinforces **trust** and **loyalty**, while improving their overall health and fitness.

Got Questions?

Please contact **TSKI** at:

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TSKI

1739 Springfield Avenue
Maplewood, NJ 07040

Traditional
Shotokan
Karate-Do
Institute



Take action to rise above differences.

CHILDREN CLASSES

Ages 6 to 12 - \$60/month

Mon., Wed., Fri., from 6 to 7pm;
and Sat., from 10 to 11am.

TEEN and ADULTS CLASSES

Ages 13 to 17 - \$60/month

Ages 18 and over - \$70/month

Mon., Wed., Fri., from 7:30 to 9pm

TSKI also offers special classes for beginners and women only.

Try **TSKI!** Your 1st class is **FREE!**

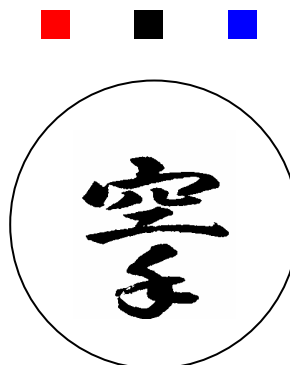


WHAT IS KARATE-DO?

Karate-Do was originally an Okinawan system of fighting that was developed on the island of Okinawa, Japan. The word *karate* can be broken down into two words. "Kara" means "empty" and "te" means "hand." The translation of *Karate* is "empty hand." *Do* (pronounced *doe*) means the "The Way."

The "Do" is the most significant and essential part of the study of Karate-Do. The life concept of the "Do" is that we make choices and it is those choices that determine how we are judged and perceived as human beings. The "Do" is our testimony to the world that we strive to be positive role models of good academic and social excellence as citizen of the World. We believe that there are no limits in creating endless possibilities for ourselves and others who accept this principle of life.

As the student's involvement progresses, they will begin to understand that training in Karate-Do is really 80% mental and 20% physical. Although for most people, they only see the physical skills and do not see the mental preparedness needed to obtain and demonstrate those skills.



KARATE-DO



EFFORT



PERSERVERENCE

WHAT STYLE OF KARATE-DO DOES TSKI PRACTICE?

In our *dojo* (pronounced *doe-joe*), our training hall, we practice the style of *Shotokan* (pronounced *sho-toe-kon*) *Karate-Do*. A *karateka* (a person who trains in karate) will study the basic techniques of Shotokan Karate-Do—punching, kicking, blocking and striking. They will begin to learn the 29 pre-arranged fighting forms called *katas*. Shotokan Karate-Do also uses techniques of throwing, tripping and choking, to gain a measurable advantage over your opponent or attacker. TSKI also explores other fighting styles.

WHAT IS THE GOAL AND COMMITMENT OF TSKI?

The **Traditional Shotokan Karate-Do Institute (TSKI)** was formed to provide guidance towards human development and personal growth through the martial arts. The development of the inner strength of the human being in 3 essential areas is what TSKI can offer new students. TSKI students will be challenged to develop their mental, physical, and spiritual strength.

Our martial arts program has a track record of keeping kids out of trouble, off drugs and out of gangs. We teach the importance of **honesty, respect** and **integrity**. We develop **courage** and **self-discipline** and through this we improve self esteem. We instill the important of **perseverance** for attaining success at whatever the students strives to accomplish.