

COMMUNITY SHOTOKAN KARATE

Shotokan Karate at SSU

Taught by: Dr. Clifford Poirot

6-7 pm Beginner, 7-8 pm Intermediate Tuesdays CFA 319 Howland Recital Hall
6-7 pm Beginner, 7-8 pm Intermediate Thursdays Rhodes Athletic Center, Racquetball Court 108

Description:

Shotokan Karate is a traditional Japanese Martial Art that emphasizes striking and blocking techniques.

Since Shotokan Karate is a traditional art, it focuses on the physical/mental/ethical development of the student via a system of rigorous physical training. Both the sport and self defense aspects of the martial arts are taught, but they are secondary to the above goals. In addition, safety and control are emphasized in all phases of instruction.

Some of the benefits that can be gained by the practice of Shotokan Karate include:

Better physical fitness

Better awareness of one's body and physical development

Better focus and clarity

Better self discipline

Shotokan Karate is taught by focusing on the three following areas. In all three areas etiquette (proper courtesy towards fellow students and instructors) is stressed:

Kihon (basic techniques): students will learn basic blocking, kicking, punching and other striking techniques through demonstration and practice.

Kata (form): students will learn Kata and Kata performance. A Kata is a set of pre-arranged moves in which each Kata or "form" focuses on an underlying principle and the correct application of that principle.

Kumite (sparring): students will learn correct and safe sparring technique relevant to their level of ability. Shotokan sparring emphasizes control and precision in a way that reduces and minimizes the risk of training accidents.

Self Defense: Shotokan emphasizes awareness of one's surrounding and avoidance of dangerous situations as the first and best line of self defense. Since courtesy and discipline are emphasized, students come to understand the non-necessity of responding physically to potentially conflictual encounters in daily life. Since Shotokan techniques are designed to be effective in self defense situations, it is possible to use Shotokan techniques in self defense as an absolute last resort.



University Outreach Services

SHOTOKAN KARATE

Student Release for Shotokan Karate at SSU

This is an agreement between Scotia Shotokan-ISKF, Shawnee State University and the participant in Scotia Shotokan-ISKF training sessions. Scotia Shotokan is an affiliate of Mid-America Karate, Inc., and the International Shotokan Karate Federation whose purpose is to promote the practice of Shotokan Karate as a form of mental and physical discipline with self defense stressed as a last resort. These sessions are being offered as “fee free” with the permission of Shawnee State University as a community service.

1. I have read and agree to uphold the principles of the organization as stated in the “Dojo Kun” and I have received and read a copy of the Dojo-Kun. Accordingly, I will not engage in violent or reckless behavior either in or out of training sessions. I understand that should I do so I may be permanently dismissed from training without warning;
2. I understand that Karate techniques involve striking and other techniques and are designed to be effective, decisive techniques for self defense. I therefore recognize and understand that the practice of Karate is an activity in which there is inherent risk. I understand that inherent risk means that even when the activity is practiced exactly as directed and safety precautions are followed, serious debilitating injury or even death is a possibility;
3. Accordingly, I agree to hold Shawnee State University harmless or any of its officers, employees or agents for any injury or damage that results from training sessions either at Shawnee State University or any other location;
4. Accordingly, I agree to hold Scotia Karate-ISKF, its instructors, Mid-America Karate, Inc., or any of its affiliates or instructors, or the ISKF and any of its affiliates or instructors harmless for any injury or damage that results from training sessions at Shawnee State University or any other location;
5. I understand that the practice of Shotokan Karate requires strenuous physical activity;
6. I have informed the instructors of Scotia Karate-ISKF of any physical limitations or health problems that might impact my practice of Karate and have specifically discussed such limitations with the instructors;
7. I have discussed any health limitations with my family physician or other relevant, competent medical professional and made a determination that it is appropriate for me to engage in the practice of Karate;
8. I am at least 18 years of age and am covered under a health insurance plan or I am able to be financially responsible for any medical expenses or disabilities that may occur as a result of training in Karate.

STUDENT NAME PRINT

DATE

STUDENT SIGNATURE

INSTRUCTOR SIGNATURE DATE



COMMUNITY SHOTOKAN KARATE

Dr. Clifford Poirot, Assistant Instructor

Student Information

Date: _____

Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ cell: _____

Email: _____

In Case of Emergency, Contact:

Name: _____

Phone: _____

COMMUNITY SHOTOKAN KARATE

Fall 2011 Class Meetings Schedule

Tuesdays CFA 319 Howland Recital Hall
Thursdays Rhodes Sport Center, RHO 108 Racquetball Court

6 – 7 pm Beginner Class
7 – 8 pm Intermediate Class

August 23, 25, 30

September 1, 6, 8, 13, 15, 20, 22, 27, 29

October 4, 6, 11, 13, 18, 20, 25, 27

November 1, 3, 8, 10, 15, 17, 22, 29

December 1, 6, 8

Optional workout meetings (non-credit): Dec 13, 15, 20, 22

January TBA
February TBA
March TBA
April TBA
May TBA

Student must be 18 years of age, or accompanied by a parent.





University Outreach Services

COMMUNITY SHOTOKAN KARATE

Meet your instructor...

Dr. Clifford "Chip" Poirot (Ph.D. Economics) currently holds the rank of Nidan (second degree black belt) in the ISKF (International Shotokan Karate Federation). He moved to Portsmouth, Ohio in the fall of 1999 to join the faculty at SSU. Shortly after moving to Portsmouth he joined the Shawnee State ISKF club and trained under Sensei Tim Ohstrohm, the founder of the SSU club and passed the ISKF Shodan exam in 2004. In 2008 Mr. Ohstrohm left the ISKF and Dr. Poirot decided to maintain his ISKF affiliation under the direction of Sensei Jim Obserchlake, instructor of the Brown County ISKF affiliate. Dr. Poirot began training in Wa Do Ryu Karate and Aikido as a graduate student at the University of Utah in the late 1980's and received a brown belt in both styles. In 1991 he moved to Spokane Washington where he began training in Shotokan Karate and Judo and received his black belt in Shotokan Karate from Sensei Robey Reed in 1993. He then lived and trained in multiple places, including Romania, Bulgaria and the D.C. metro area before moving to Portsmouth, Ohio. Dr. Poirot received his PhD in Economics from the University of Utah in 1992. He is the President of the University Faculty Senate and was recently promoted to the rank of full professor at Shawnee State University.