

SHOTOKAN KARATE

Shotokan – The house of the waving forest

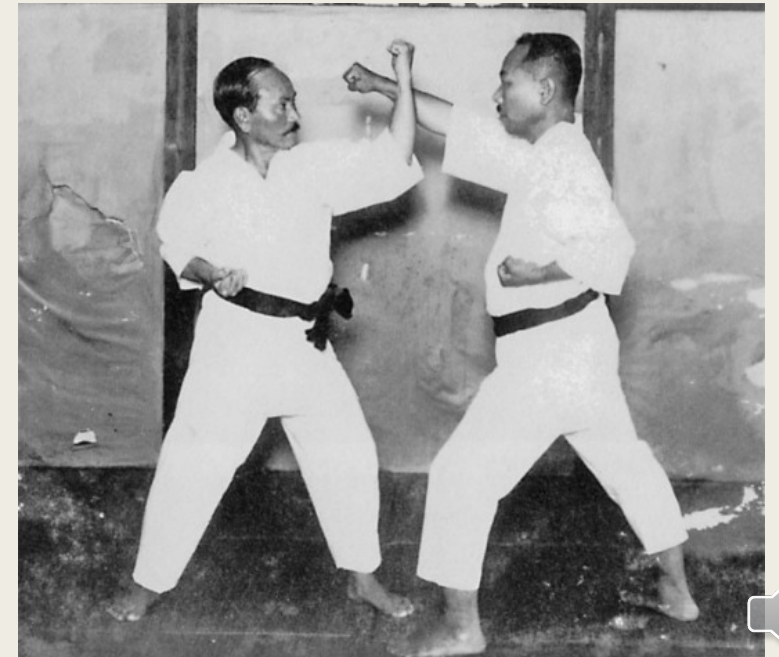


About Shotokan Karate

- Shotokan Karate originated in Okinawa, a small island south of Japan. It was popularized in Japan by Gichin Funakoshi in the 1950s.
- Shotokan Karate is a traditional martial art. This means that character and mental discipline are as important as physical skill.
- Shotokan Karate is meant to be accessible to all, including, women, children, and those with or without great athletic ability.

Practicing Shotokan Karate may lead to:

- Muscular and aerobic fitness
- Body alignment, balance and movement
- Increased awareness
- Stress management
- Concentration, confidence and discipline



My Instructors

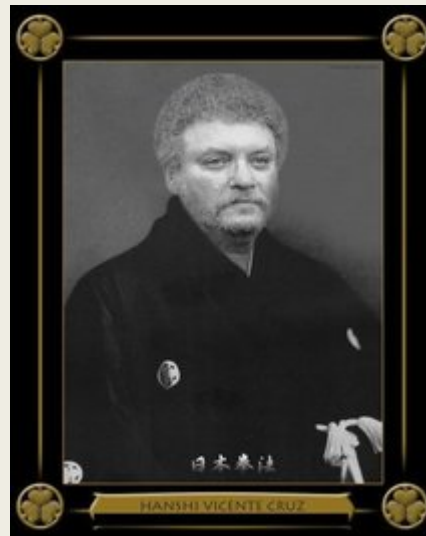
Vincent A. Cruz (1937-2015) (10th Dan)

Vincent A. Cruz is the founder and chief instructor of the International San Ten Karate-Do Association (ISKA) and the International San Ten Martial Arts Federation (ISTMAF) with the rank of 10th degree black belt.

The International San Ten Karate Association was founded by Master Vincent Cruz and includes members from all over the world, from California to South America, to Canada and Europe. Master Cruz's vision had no boundaries or limitations as he sought to bring authentic and quality traditional karate training to those willing to work hard enough to realize the value of the art.

On May 10, 2002, Rep. George Radanovich ordered a US Flag flown over the capitol building in Washington, DC, in honor of the distinguished military career and lifelong contributions of Vincent Cruz Sensei.

Learn more about Sensei Vincent A. Cruz at www.santenkarate.com/about-us.



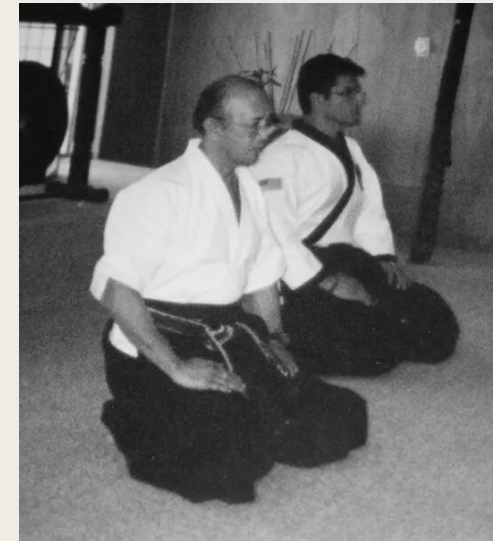
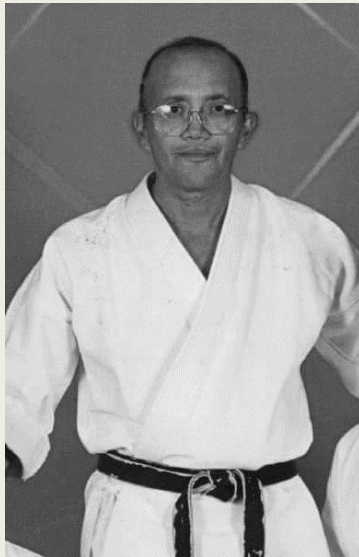
My Instructors

Augustin Reyes (7th Dan)

Augustin Reyes practiced and taught martial arts for over thirty-six years. Sensei Reyes was the Chief Instructor of the United Martial Arts Academies in Clovis and Roswell, New Mexico.

He began his career in martial arts in 1968 studying the art form of Pacua Boxing, a Chinese soft style of martial arts. He then directed his studies to a hard line of Shotokan Karate. Under the supervision of Sensei Matzura and Enrique Hernandez Lopez he received his 1st Degree black belt, followed by his 2nd degree in 1994 under the supervision of Ray Barrera Jr. Then in 2002 Sensei Augustin Reyes received his 6th degree black belt from Kateshi Hirata.

He was also well versed in Tai Chi, Chuan, Kobudo (mastery of weapons), Swan Dan and Iado (samurai sword).





My Diplomas

Laura Jordan (Shodan - 1st Dan)

