

The word Karatedo has three-parts: “kara,” means empty; “te,” means hand; and “do,” means way (empty hand way). The suffix “do” signifies a mental and physical discipline; Karatedo is a physical exercise designed to achieve a mental state. Karatedo is composed of blocking, striking, kicking, sweeping, joint locking, takedowns, footwork and weapons techniques which results in not only the physical ability to defend oneself, but also the development of the mind and spirit.