



Lydia Alimos Carnesale, Renshi

- 5th Dan Shuri-Ryu Karatedo
- 2th Dan Shuri-Te Ju-Jutsu
- Ninang, Garimot Arnis
- Instructor, Shuri-Te Bujutsu-Kai

至道無難

首里流空手道

Listed below are some of the martial arts instructors that Lydia Carnesale has trained with either via seminars, privately or on a regular basis. (No particular order)

- Ridgely Abele, Shuri-Ryu Kartedo, Kobudo & Ju-Jutsu
- Robert Bowles, Shuri-Ryu Kartedo & Kobudo
- Vitus Bilking, Shuri-Ryu Kartedo & Kobudo
- Troy Price, Shuri-Ryu Karatedo & Shuri-Te Ju-Jutsu
- Joe Pounder, Shuri Ryu Karatedo
- Libe Libertucci, Shuri Ryu & Garimot Arnis
- Rick Scoppe, Shuri Ryu Karatedo
- Tommy Hood, Shuri Ryu Karatedo & Wado Ryu
- Alex Ormaza, Oyata-Te & Balintawak Escrima
- Jeff Rhodes, Kwan Mu Kan Karate & Shurite Ju-Jutsu
- Lee Richards, Oyata-Te & Kobujutsu
- Rick White, Ju Jutsu & Garimot Arnis
- Abundio Baet, Garimot Arnis
- Dr. Steven Roensch, Shintoyoshin-Kai Jiu-Jitsu
- Jim Logue, RyuTe Renmai Karate
- Doug Perry, Shorin-Ryu Karate
- Dan Smith, Shorin-Ryu Karate
- Carl Wilcox, Kwan Mu Kan Karate, Ju-Justu & Judo
- George E. Anderson, Kwan Mu Kan Karate & Ju-Justu
- Tom Ryan, Danzan-Ryu Ju-Jitsu & Judo
- Mark Mills, Wing Chun, Grappling & JKD

Memberships:

International Shuri-Ryu Association
AAU Karate Federation Member
Garimot Arnis Member

Awards:

2010 Sensei of Merit, Shuri Ryu Karatedo
2010 Coaches Award, Karatedo Competition Team
2020 Title of Renchi

Lydia Carnesale began Karatedo training in 1990 at the Columbia School of Karatedo in West Columbia, SC, under the direction of Hanshi Ridgely Abele. As a youth her focus was based within the Karatedo curriculum and competition training with Tommy Hood. She competed regionally and nationally, attended the Junior Olympics in 1998, as well as the Olympic Training Center in Colorado Springs, Colorado. Lydia was Ridgely Abele's youngest female black belt, who earned this honor at the age of 15. In 2010, under the guidance of Ridgely Abele she began coaching and continues to do so in present day. She still holds national titles and was invited to compete in the 2022 World Championships.

Lydia Carnesale follows the example of her late teacher and is continually seeking to learn and develop her skillset. She trains directly with Kyoshi Troy Price in the Shuri-Te Bujutsu system, Abundio Baet within the Garimot Arnis Filipino Martial Arts system and Shihan Joe Pounder within the Shuri-Ryu system. She often travels to train with Tommy Hood, Alex Ormaza, Professor Tom Ryan and other Ninongs from the Garimot System to continually add to her growth.

Lydia Carnesale currently runs her dojo, Torio Martial Arts in Columbia, SC, where curriculum is implemented in English, Spanish and Japanese. She trains youth from the age of 4 and above, with her oldest student being 72. She offers women's only fitness and self-defense classes and often engages local female sports teams in providing awareness and cross training. Her curriculum is designed to incorporate the arts of Shuri-Ryu, Shurite and Garimot Arnis.





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