

## More about Shotokan karate

Shotokan Karate offers great benefits such as, great focus increased self-esteem. Increased self-discipline, calmness, and a more positive attitude toward life, as well as a knowledge of self-defence, the main focus of Shotokan karate training is the perfection of character.

There are as many reasons to engage in Shotokan Karate as there are people who engage in it. Each individual has his or her own reason for training in Shotokan Karate. However, three reasons stand above the rest.

- A. Shotokan Karate Used as a pathway to self -improvement. Some people take up Shotokan Karate as a means to improve their Self-esteem
- B. Shotokan Karate can offer rigorous physical fitness training and of course, confidence.
- C. Shotokan Karate is also studied by some to enhance their inner peace and strength of mind and purpose

A great many people engage in Shotokan karate as a recreational sport, some take it to develop skill and technique (as demonstrated in the floor exercises or kata) while others who may enjoy competition, engage in it for the sparring (limited contact fighting against an opponent of Kumite) most people who begin Shotokan Karate training find that they enjoy both aspects of this sport.

In addition to there being regional and national competitions held throughout the country, the International Olympics Committee (IOC) has accepted Shotokan Karate as a future Olympic event.

Shotokan Karate is also training in self-defence, Shotokan Karate is a very effective way to counter an attacker. It teaches techniques to subdue or disable.

It conditions the reflexes to react instinctively if attacked, best of all no weapons are needed. Shotokan Karate can be used whenever and whenever necessary regardless of any initial reason for engaging in it. The Time invested in it will return a lifetime of benefits.