

STYNCHULA SHOHEIRYU KARATE

TRADITIONAL Chinese-Okinawan SELF DEFENSE

Introduction and Mission Statement

Shoheiryu Karate is a close stance, extremely direct and effective form of self defense. It is very respected on the island of Okinawa. The system was learned by an Okinawan, Kanbun Uechi, while living in China in the late 1800's, from a Shoalin martial artist named Shu shi wa. Uechi brought the system back to his homeland of Okinawa where aspects were added to make it logical and efficient to teach. Shoheiryu Karate tends to hold the attention of intelligent and dedicated students due to its nature of being progressive, logical and effective.

This system will use your strengths, and more importantly, will expose your weaknesses; thereby allowing you to improve in each of these areas. Karate at black belt level uses 50% mental and 50% physical attributes in each workout. It also uses your entire body, top to bottom, while effectively strengthening your abdomen and back. It is an incredible mental "reset button" for life's stresses.

Shoheiryu Karate uses about 60% hand techniques and 40% leg techniques (most of which are aimed at targets below the level of the waist). It does develop and require strength, flexibility and stamina; however, many people 60 years of age and older, if consistent, find practice of the system invigorating and enjoyable.

Being a traditional system, no black belt may be earned before the age of 16 years. Adolescents who do practice must possess determination and focus with the ability to work-in well with adults.

I currently have achieved **7th degree black belt** and a **Master Instructor's Certification** from the *Okinawan Karatedo Association*. I have personally trained since 1984 and have studied in Okinawa on three occasions; and also with Okinawan Masters many times in the United States. I have also toured China with an Acupuncture group in 1991, and hold a *Fellow Acupuncture* certificate from the International Academy of Clinical Acupuncture.

It is my purpose to offer a safe and open place to learn self defense and, to promote wellness through exercising a student's body and mind. Classes are very structured. Many sparring drills are performed to develop distancing and accuracy; free sparring is limited. Being a chiropractor and having a working understanding of acupuncture, I feel I bring an excellent understanding of the human anatomy and of body mechanics to this practical and effective system, allowing a true and complete learning experience.

It generally takes two classes per week for four plus years to obtain a 1st degree black belt. The time may be lengthened or shortened by a person's abilities, consistency, focus and home practice. Classes are on Tuesday and Thursday evenings at 6:00 pm.

Personally, Shoheiryu Karate has greatly improved my stamina, strength, patience, self confidence and my ability to cope with life's stressors of raising a family and operating a business. I enjoy being energized and peaceful after each class. If you wish to learn more about this karate system, you may observe a class at your request.

Dr. Lawrence G Stynchula
Doctor of Chiropractic

7th Degree Black Belt
Master Instructor
Uechi Karate

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