Karate involves hand strikes and blocks, kicks, and traditional prearranged forms called “kata.” After some practice, the effectiveness of hand and foot techniques is applied against opponents. Practice sessions are designed to polish the techniques in a safe manner while providing excellent physical exercise. Through the practice of traditional Japanese karate you will learn self-defense in a sincere, professional atmosphere. Also, the serious practice of karate develops composure, a clearer thought process, deeper insight into one’s mental capabilities, and more self-confidence. In this, karate is not an end but a means to an end. Karate encourages proficiency and the keen coordination of mind and body.

Sign up through the IMA’s Sports & Fitness Program

We welcome ALL UW students, staff, and faculty!

For more information on practices, philosophies, and what you need to know as a new member visit our Club Page:

students.washington.edu/uwkarate

Classes Begin:

3rd week of every quarter

Register today at the IMA