



Get To Know Us
Before Joining

Who Are We?

Stewartry Karate Club (Ka Shu Gun Kara Te Bu) was founded on the 19th January 1977 by Sensei Jim Howard.



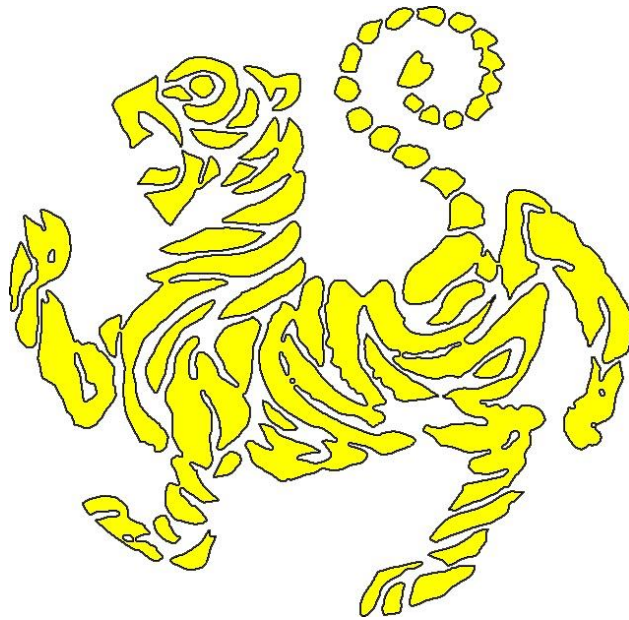
The club was initially founded in Castle Douglas, Jim's home town. A few years later he started the Kirkcudbright section and a few years after that he expanded the club further by beginning the Dalbeattie section. He then integrated the newly formed New Abbey section into the club to form the Stewartry Karate Club that we see today.

The club trains in Shotokan Karate, and they cover Traditional Techniques Kihon (punching, kicking, blocking, sweeping and throwing), Kata (set forms of techniques and movements), Free Sparring Kumite (Fighting), Sport Karate (non-contact) WKF rules, Self Defence, Stretching, Fitness Training and Martial Arts Weapons: Nunchaku (Rice Frails), Bo (6' Staff), Bokken (Wooding Sword).



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What is Shotokan Karate?



Shotokan (松濤館) is a style of karate, developed from various different martial arts by Gichin Funakoshi and his son Gigo (Yoshitaka) Funakoshi.

Shotokan was the name of the first official dojo built by Gichin Funakoshi in 1936 at Mejiro.

Shoto(松濤), meaning "pine-waves" (the movement of pine needles when the wind blows through them), was Funakoshi's pen-name, which he used in his poetic and philosophical writings and messages to his students.

The Japanese kan (館) means "house" or "hall". In honor of their sensei, Funakoshi's students created a sign reading shōtō-kan, which they placed above the entrance of the hall where Funakoshi taught.

Gichin Funakoshi never gave his system a name, just calling it karate.



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Shotokan training is usually divided into three parts: kihon (basics), kata (forms or patterns of moves), and kumite (sparring). Techniques in kihon and kata are characterized by deep, long stances that provide stability, enable powerful movements, and strengthen the legs.

Shotokan is regarded as a dynamic martial art as it develops anaerobic, powerful techniques as well as developing speed. Initially strength and power are demonstrated instead of slower, more flowing motions. Those who progress to brown and black belt level develop a much more fluid style that incorporates grappling, throwing and some aikido-like techniques, which can be found even in basic kata.

Kumite (fighting) techniques are practised in the kihon and kata and developed from basic to advanced levels with an opponent.

The Sensei's



Sensei Jim Howard (6th Dan)



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Sensei Donna McMillan (3rd Dan)



Sensei Fraser Howard (3rd Dan)



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The Stewartry of Kirkcudbright



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Our Dojos



New Abbey Village Hall & Bowling Club



New Abbey (Sunday 1:00pm – 3:00 pm)



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Kirkcudbright Academy



Kirkcudbright (Tuesday 6:00pm – 9:00pm)

Stewartry Open



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Castle Douglas High School



Castle Douglas
(Wednesday 6:30pm – 8:30pm)



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Dalbeattie Learning Campus (Primary School)

(Thursday 6:30pm – 8:30pm)



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Castle Douglas Town Hall (Grand Prix)



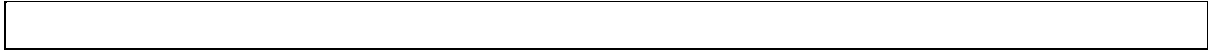
Dalbeattie Town Hall (Grading)



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Kyu Grading Belt System

White Beginner – Novice 10th Kyu



Orange – 9th Kyu



Red – 8th Kyu



Yellow – 7th Kyu



Green – 6th Kyu



Purple – 5th Kyu



Purple & White – 4th Kyu



Brown – 3rd Kyu



Brown – 2nd Kyu



Brown & White – 1st Kyu



Black – 1st Dan (Shodan)



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Contact Info

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