

General JKA History

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Karate is a martial art and system of self-defence that originated hundreds of years ago in Okinawa, but was greatly influenced by an even older tradition from China. Literally, "*karate-do*" means "the way of the empty hand," referring to the fact that

its practitioners use no weapons to attack and defend, but only the hands, feet, and body. Yet karate is much more than merely physical. It is founded on a grand philosophical and spiritual tradition based on Bushido and Zen Buddhist principles. Through hard training and practice, karate develops not only the body, but also the mind and character.

The ultimate purpose of karate is not physical prowess or the winning of matches, but the development of harmony and spiritual and physical strength through strict, disciplined training. Karate schools you in natural, effortless action, and imbues you with an openness, peace and wholeness of character that vastly enrich day-to-day life.

A Brief History of the Japan Karate Association

Originally, developed in Okinawa as a system of self-defense.

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