



SHUKOKAI

What does Karate mean to you?

To some it has been misrepresented as a brutal pass-time, practised by bullies, however for some it offers a wonderful, almost mystical way of life. The true meaning of the word Karate is “Empty Hand”.

There are thousands of karate schools in the world with millions of students training enthusiastically every day of the week, some in the old traditional ways and some in the more modern and ‘sports’ styles. However tucked away in a quiet corner of Suffolk is a dedicated Karate Association with a traditional way of thinking.

The **Shukokai Karate Group** (SKG) was formed in 2000 by Sensei Kantu Patel (5th Dan). His vision was to establish a family orientated group, promoting respect for all, discipline, traditional training, to develop individuals into positive members in society and to dispel the negative myths which can be associated with Martial Arts.

Shukokai means “*the way for all,*” a style created by the late Sensei Chojiro Tani. He stressed the importance of etiquette, discipline and mental control, constantly striving to improve techniques, something that the SKG under Sensei Patel tries to emulate. During 2009 Sensei Patel travelled to the Okinawa (Island of Karate) to train with some of Karate’s Masters. He returned with a wealth of new knowledge and techniques which he is eagerly passing onto his students.

The Shukokai way of thinking can clearly be seen on training nights at the Beccles Sports Centre, with children, adults and families training together in a safe, positive and friendly environment. The art is associated with risks, but with the knowledge, enthusiasm and over 30 years of Martial Arts experience Kantu and his instructors keep these risks to a minimum.

Everyone who steps through the door are welcomed but asked to leave their ego’s outside.

Open the door, bow, and step inside, as I did on my very first night in February 2000 and see how you feel. Yes, I was a little nervous, but very curious. Two men stood in white uniforms with black belts around their waists, various others like myself stood bunched around the walls, all of them looking a little apprehensive about the unfolding events.

“Welcome, please come in, take off your shoes and socks and we’ll warm up”.

My journey had begun and I’m still travelling along that martial arts path 10 years on.

I can hear Sensei Patel saying the hardest part is walking through the door.....

For further information please contact:

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