

Master Don Gyr

Sixth Degree Black Belt
Isshinryu Karate



In 1985, Sensei Don Gyr began his Isshinryu training in Rochester, NY, with Sensei Curt Sawyer, achieving 1st degree black belt in 1990. Sensei Gyr is currently a 6th degree.

In 1992, Sensei Gyr participated in karate demonstrations to commemorate the re-opening of Shuri Castle in Okinawa, Japan, hosted by Master Angi Uezu.

Class Details

Times

Mondays: All Ranks 6:30–8:30 p.m.

Wednesdays: All Ranks 6:30 – 8:30 p.m.

Mon. & Wed. classes taught at:

Enterprise 24-hour Fitness

2585 Roosevelt Blvd., Monroe, NC

Thursdays: Beginners 5:45–6:45 p.m.
Advanced 7:00–8:30 p.m.

Thurs. classes taught at: Monroe
Aquatics & Fitness Center,* 2325
Hanover Dr., Monroe, NC

*Not necessary to be a member to participate.

Tuition Fees

By operating in existing businesses, we are able to keep our fees affordable for all. Please visit any class to watch or join. Your first class is always FREE.

\$75 a month. Discount for additional family members.

A karate uniform (gi) is not required to start.



Several 1st and 2nd degree black belt students assist Master Don Gyr, far right, and Sensei Justin Serpico, second from left, during classes.

Sensei Justin Serpico
Fifth Degree Black Belt
Isshinryu Karate

Sensei Justin Serpico began his Isshinryu training in 2005 in Stallings, NC, with Grand Master Mitch Kobylanski. He achieved 1st degree black in 2009 and is currently a 5th degree.

Sensei Dave Parker
Third Degree Black Belt
Isshinryu Karate

Sensei Dave Parker began his Isshinryu training in 2007 at the age of 42. He achieved San-Dan, 3rd degree black in September of 2020.

FREE First Class
Call 704-996-3066



The Eight Codes of Isshinryu Karate: A person's heart is the same as heaven and earth. The blood circulating is similar to the sun and the moon. The manner of drinking and spitting is either hard or soft. A person must be able to change direction at any time. The time to strike is when the opportunity presents itself. The eye must see all sides. The ear must listen in all directions.



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**Carolina
Isshinryu
Academy
Monroe**

**Traditional
Okinawan Karate**

FREE First Class

For more info –

Email: donaldgyr@gmail.com

Call: 704-996-3066 or

Visit: www.usik.org



Benefits of Studying Karate

A lifelong journey you can begin now

The *Way of Karate* is, ultimately, the continuous development of the body and mind. Because of this, children benefit greatly by the practice of *karate*, namely:

- Control of aggression and fear
- Increased self control, self esteem, courtesy, discipline, and confidence
- Increased ability to concentrate
- Decreased shyness
- Increased ability to deal with conflict in an appropriate manner

It is also a creative outlet for excess energy, and developing a strong, flexible body.

Adults benefit, too, especially with the following:

- Promoting positive thought
- Weight control
- Stress relief
- Improved self confidence
- Improved physical and mental strength and flexibility

Karate is an ideal family activity, where both parents and children learn valuable life skills together.



FREE First Class
Call 704-996-3066



Karate training as a family helps promote harmony.

Isshinryu Karate

A self-defense system, not a sport

At Carolina Isshinryu Academy Monroe, the art of Okinawan *karate* is taught in a traditional manner in a safe and friendly environment. You are allowed to develop at your own pace under the guidance of experienced black belt instructors. Through your regular practice, you develop the concentration, fortitude, and perseverance required to succeed both in and out of the *dojo*. Your physical strength, speed, and power naturally develop along with your mental skills.

During class, you are taught the skills and principles of *karate*. These include

- proper *dojo* etiquette and courtesy,
- basic and advanced striking and kicking techniques,
- *kata* (forms) and their *bunkai* (applications),
- *kumite* (sparring),
- self defense,
- traditional weaponry, and
- Japanese terminology.

We are here to help students of all ages conceive of and reach goals never thought possible.

Students and instructors of Carolina Isshinryu Academy Monroe after the annual KyuFest Karate Tournament, held each September. The tournament allows students to compete in basics, forms, sparring, and weapons against other Isshinryu schools in the Southeast. Divisions are kept small, so everyone has an opportunity to win a trophy or medallion. This is the highlight of the year.



A dedicated karate student receives her purple belt during a traditional Japanese ceremony.

Historical Roots of Isshinryu Karate

A traditional style

Isshinryu Karate was founded in 1956 by Master Tatsuo Shimabuku (1908–1975). He was an expert in two different

Okinawan *karate* styles: *Shorinryu* and *Gojuryu*. He combined techniques and forms from both styles to create *Isshinryu*, or One Heart Way.

The effectiveness of *Isshinryu* techniques quickly became well known, and after World War II, American Marines stationed in Okinawa asked Master Shimabuku to teach them his art. Many of these students, once they returned home, opened their

own *dojo* and spread *Isshinryu Karate* throughout the United States.

Advantages of Isshinryu Karate

Because *Isshinryu* draws from two different *karate* styles, it is especially effective in self defense. Its use of natural stances, vertical punches, low kicks, and snapping strikes, are natural ways of moving the body.

