

## 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 1<sup>st</sup> degree black belt in 1990. Sensei Gyr is currently a 6<sup>th</sup> 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.



**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 1<sup>st</sup> degree black in 2009 and is currently a 5<sup>th</sup> degree.

**FREE First Class**  
Call 704-996-3066



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

## 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 at any time. The time is when the opportunity presents itself. The eye must see all sides. The ear must listen in all directions.

## 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's balance is the same as weight. A body must be able to change direction at any time. The time is when the opportunity presents itself. The eye must see all sides. The ear must listen in all directions.

# Carolina Isshinryu Academy Monroe

## Traditional

## Okinawan 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.

**FREE First Class**

For more info -

Email: [donaldgyr@gmail.com](mailto:donaldgyr@gmail.com)

Call: 704-996-3066 or

Visit: [www.usik.org](http://www.usik.org)

The time to strike is when the



## 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.*

## 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 *Gjuryu*. He combined techniques and forms from both styles to create *Isshinryu*, or One Heart Way.



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

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.

