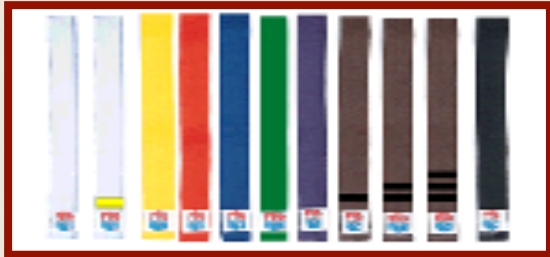




Karate is a very effective form of empty hand self-defense involving kicking and punching an opponent's most vital body parts, along with blocking and joint manipulation. Advanced martial artists can perform extraordinary feats, such as smashing through stacks of boards or bricks. Strength and speed are developed through repetition of accurate technique. With discipline and hard training, hands, feet, knees, & elbows become powerful weapons for the karate student.



Sansei Isshin-ryu differs from other styles of karate by short, natural stances, vertical punching, both hard blocks (force meets force) & soft blocks (deflection), snapping punches & kicks, and blocking with muscle instead of bone. Mostly a blend of Shorin-ryu & Goju styles, Sansei Isshin-ryu is based upon strong body, strong mind, and practical technique.



Karate is intensely rewarding and fun. Although training can be physically grueling and mentally exhausting, it helps build stamina, speed, strength, and self-discipline. In addition to practicing self-defense, students will also learn *kata* (structured sequences of techniques). Opportunities will arise to participate in martial arts tournaments with other schools as well.



STUDENT CREED

I intend to develop myself in a positive manner and to avoid anything that would reduce my mental growth and physical health.

I intend to develop self-discipline in order to bring out the best in myself and in others.

I intend to use what I learn in class constructively and defensively, to help myself and others, and to never be abusive or offensive.

**PROFESSOR RICHARD A. BELL
SANSEI ISSHIN-RYU KARATE-DO**



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Affiliations

Latin American Martial Arts Society
Universal Black Belt Society
Columbus, Ohio World of
Martial Arts Association
Ronin Brotherhood LLC/
International Ronin Martial Federation
World Martial Arts Hall of Fame
World Head of Family/ Sokeship Council
Washin



Richard A. Bell (1943 - 2005)
Sansei Isshin-ryu Founder

Professor Richard A. Bell founded Sansei Isshinryu Karate-Do in 1980 and was chief instructor until his death in 2005. Prof. Bell began his martial arts training in 1961 as a Marine recruit at Paris Island, South Carolina. Professor later trained in several styles & systems of martial arts: Jujitsu, Judo, Shorin-ryu, Wado-ryu, Uechi-ryu, Goju, Shotokan, Okinawan Isshin-ryu, USA Goju, Aikido, Okinawan Kenpo, Nisei Goju, Tai Chi Chuan, and Kendo. Teaching martial arts since 1967, Professor held many titles & ranks: Professor, Soke, Hanshi Shihan, 10th Dan Sansei Isshin-ryu, 8th Dan Nisei Goju, 6th Dan Lee Jujitsu-ryu, 5th Dan Okinawan Isshinryu, Intermediate Level Taoist Tai Chi Chuan, 6th Kyu Kendo, and 4th Kyu USA Goju. In 1994, Professor was inducted into the World Martial Arts Hall of Fame during his service as a Deputy United States Marshal.



Hanshi Alda E. Anduze (left), 10th Degree Black Belt (Ju-Dan), the current leader of our system, has studied Sansei Isshin-ryu since 1981 and other martial arts since 1970 including: Shotokan, Goju, Nisei Goju, Kung Fu, Moo Doo Kwan, Chun Doo Kwan, Judo, and Kendo. Hanshi instructed karate at St. Joseph High School for four years and became the first female Virgin Islander to achieve 9th Dan. Hanshi was inducted into the World Martial Arts Hall of Fame in 1995. Hanshi now works as a free-lance photographer in addition to teaching karate & tai-chi. (Tai chi is a Chinese martial art practiced for health benefits & meditation.) Also pictured are Renshi Roger Summerhayes, Renshi David Beck, and Sensei Abigail Tabbert.



Tatsuo Shimabuku (1908-1975)
Founder of Okinawan Isshin-ryu

Shown below is the original emblem of Isshin-ryu karate, featuring the Water Goddess “Mizu-Gami”. Her left hand is held open in the universal sign of peace, while her right hand forms a fist, showing ability to use force. The stars represent the three aspects of karate: spiritual, mental, & physical.

