



For more detailed information regarding our club as well as Karate and Wadō Ryū Karate Dō please visit our website:



[www.asahikaratedo.de](http://www.asahikaratedo.de)

Of course you may also get in contact with us directly:

E-Mail: [info@asahikaratedo.de](mailto:info@asahikaratedo.de)

Postal address: Asahi Karate Dō e.V.

Thomas Winkler  
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40547 Düsseldorf

The Asahi Karate Dō e.V. is a member of the following sports & umbrella associations.

Stadt**sport**bund  
Düsseldorf

*gemeinsam unsere Stadt bewegen.*

LANDESPORTBUND  
NORDRHEIN-WESTFALEN



Illustrations by  
Sarisa Kawamura

**ASAHI KARATE DŌ**  
e.V.

旭空手道

**WADŌ RYŪ KARATE DŌ**  
in Düsseldorf

[www.asahikaratedo.de](http://www.asahikaratedo.de)



November 2021

## CLUB PROFILE

The Asahi Karate Dō e.V., founded in December 2016, is a charitable club that has committed itself to the promotion and wholistic teaching of the Wadō Ryū Karate Dō.

The word *Asahi* can be understood as a synonym for *Japan*, whereby the club wants to express its deep connection with Japan which is the country of origin of this karate.

Thanks to a traditional focus, aspects of the Japanese culture and its traditions also belong to the clubs' everyday life.

## KARATE DŌ

Karate Dō, as a weaponless martial art, primarily engages in thrusts, punches and kicks, but also levers and throwing techniques and therefore also in ground combat.

In all martial arts the practice of techniques comes along with the development of character and mind. Thus the study and the application of the Budō or a Bujutsu extend far into the everyday life of a Budōka.

In this way the Budō can be a great physical as well as spiritual enrichment, irrespective of age, sex and physical conditions.

Children, especially primary school age, are not only taught important motor skills but also values such as respect, discipline, perseverance, self-confidence and self-control by the exercise of such complex Asian martial arts.

## WADŌ RYŪ KARATE DŌ

This style, founded in 1939 by Hironori Ōtsuka I., can be seen as a composition of many older Japanese and Okinawan martial arts. Today, it ranks among the four major karate styles worldwide.

The technical basic principles of Wadō Ryū Karate Dō are evading the line of attack and absorbing or deflecting strikes while avoiding non-functional movements and disproportional excessive effort.

Another core concept is *taisabaki* and consists of *ten i*, *ten tai* and *ten gi*. Although these are three different terms, they should be considered as one concept and applied united in one technique.

The name *Wadō* is often only translated as *way of peace*. However, *Wa* is also a synonym for *Japan*. Hence the name also bears the meaning *The Way of Japan*. *Ryū* stands for *current*, *style* or *school*.

## TRAINING

The Asahi Karate Dō provides training for people of all ages, thus for children and adolescents as well as for adults.

Training session times are organized as follows.

### on Tuesdays

18 <sup>00</sup> – 20 <sup>00</sup>	Free Practice
	Kids, Adolescents & Adults Beginners & Advanced

### on Fridays

17 <sup>00</sup> – 18 <sup>15</sup>	Kids
18 <sup>30</sup> – 20 <sup>00</sup>	Adolescents & Adults Beginners & Advanced

## MEMBERSHIP FEES

Membership in the Asahi Karate Dō is linked to the following fees and charges.

### Asahi Karate Dō e.V.

up to 12 years	monthly	13,50 €
13 to 17 years	monthly	22,50 €
18 years and above	monthly	27,00 €
admission fee	one-time	27,00 €

### Deutscher Karate Verband e.V.

up to 14 years	annually	18 €
15 years and above	annually	23 €
kyū-exam fee	per exam	11 €
pass fee	one-time	10 €