

Wado Ki Kai Karate-do established in 1976 has been teaching continuously in Alameda at Mariner Square Athletic Club since 1989. In 2019 we were rated the best dojo in Alameda by Alameda Award Program.

Karate is a fun way to exercise your mind, body and soul. You will learn that the most effective weapon you have to defend yourself is your mind, the reason humans are the dominant species on earth, however we also condition the body for defense using a variety strikes (hands and legs) as well as some control techniques like joint locks. By situational awareness you can avoid trouble 99% of the time.

The body conditioning is an excellent full body work out that help you to get into shape and lose weight.

The soul gives us balance and solid standing on morality and understanding of when it is appropriate to use force to defend yourself or another and also how to treat each other with respect, compassion, justice, honesty, integrity, etc.

Due to the coronavirus pandemic, we have moved our classes online using Zoom.

We hope to return to the club when things get back to normal. Until then we are teaching over Zoom and will also begin teaching outdoors at a public park in late July, so long as permitted by state and county health officials.

Note on COVID-19:

Much of the Karate curriculum can be taught respecting social distance. In fact, a core principle of Karate as a form of self-defense is maintaining a good distance from all potential threats. Social distance, mask usage and good hygiene will be required for all training.

New classes start early August. We accept students five and older (children and adults) and have multiple instructors for different belt levels based on age and experience.

The first week is free and after that \$60 per month for 3 classes per week, around 12 per month.

Benefits of Karate may include:

- Cardiovascular Health.
- Muscle Tone.
- Weight Loss.
- Reflexes.
- Mobility.
- Strength and Power.
- Flexibility.
- Stability and Coordination.
- Discipline and Self-control
- Lowered Blood Pressure.
- Mental Health.
- Self-defense.

Sessions: Monday and Wednesday 6:30pm to 7:30pm and Friday 4:30pm to 5:30pm.

For more information go to our website: www.wadokikai.com.

