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Certified by and Empanelled with



KARATE PRO CLUB

Be better than Best

Affiliated to:-

Western Sports Shotokan Karate Association of India

Member of : karate india organization (KIO)

Recognised by : govt. of india & india Olympic association,
World karate federation (wkf), Asian karate do-federation (akf)

Commonwealth karate federation (ckf),

International Olympic committee(ioc)



Master Gichin funakoshi



Birth:

Gichin Funakoshi was born on November 10, 1868, in Shuri, Okinawa, Japan.

Bought:

Master Funakoshi brought Karate from Okinawa to mainland Japan in 1917, introducing it to the Japanese people.

The Ultimate Aim:

Master Funakoshi's ultimate aim was to spread Karate as a means of physical and mental discipline, emphasizing the importance of character development, self-control, and self-perfection. He believed that Karate should be practiced not only for physical self-defense but also for spiritual growth and self-improvement.

Mission, Vision & Core Values

Physical Development

- 1. Technical Skills:** Mastering various karate techniques, including stances, movements, punches, kicks, and blocks.
- 2. Physical Fitness:** Improving cardiovascular endurance, strength, flexibility, and overall physical fitness.
- 3. Coordination and Balance:** Developing coordination, balance, and overall physical awareness.

Mental and Emotional Development

- 1. Discipline and Focus:** Cultivating discipline, focus, and self-control.
- 2. Confidence and Self-Esteem:** Building confidence, self-esteem, and a positive self-image.
- 3. Respect and Self-Awareness:** Fostering respect for oneself, others, and the art of karate.

Personal Growth and Development

- 1. Goal setting & Achievement:** Setting & achieving goals, both within & outside the karate class.
- 2. Perseverance and Resilience:** Developing perseverance, resilience, and a growth mindset.
- 3. Leadership and Teamwork:** Cultivating leadership skills, teamwork, and a sense of community.



To empower students with physical, mental, and emotional strength, fostering discipline, confidence, and respect, while cultivating a lifelong passion for karate and self-improvement.

We Believe in 9 Core Values (3Cs, 3Es and 3Is)

3Cs

- 1. Concentration:** Focus and mental discipline to execute techniques effectively.
- 2. Coordination:** Harmonious movement and synchronization of body parts to generate power and balance.
- 3. Control:** Mastery over one's movements, emotions, & actions to achieve precision, balance, & self-discipline.

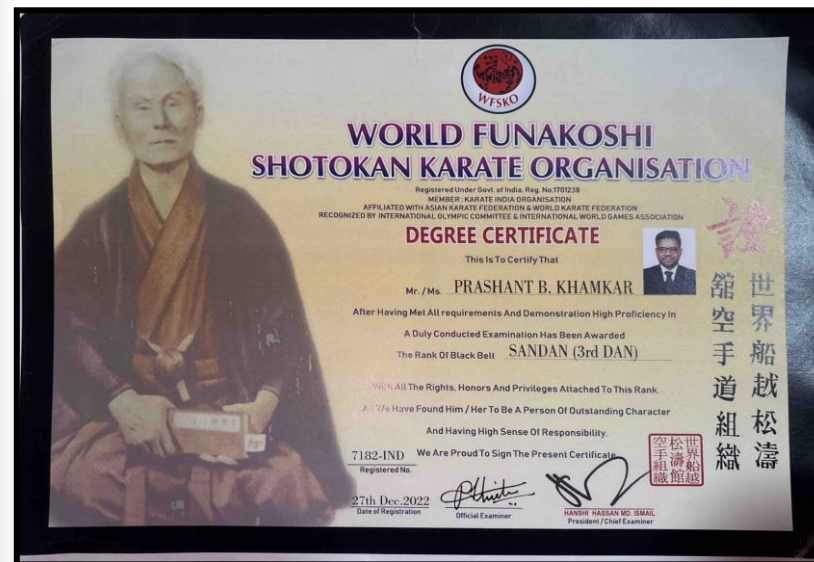
3Es

- 1. Efficiency:** Using the least amount of energy to achieve maximum results.
- 2. Effectiveness:** Producing the desired outcome or impact with one's techniques.
- 3. Economy:** Conserving energy & minimizing unnecessary movements to maintain balance generate power.

3Is

- 1. Initiative:** Taking the first step, being proactive, and demonstrating a willingness to take on new challenges.
- 2. Innovation:** Introducing new ideas, methods, and processes to improve performance, efficiency, and effectiveness.
- 3. Integrity:** Upholding strong moral principles, being honest, transparent, and accountable in all actions and decisions.

Certificate



THREE ASPECTS

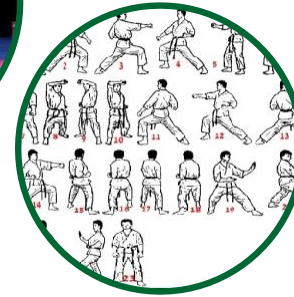
1. KIHON-

- ▲ Basic training drills
- ▲ Pair work or solo exercises



2. KATA-

- ▲ Means forms, is a fight against imaginary enemies, it is fixed sequence of moves also this
- ▲ Used in Competitions (Individual or team)



3. KUMITE-

Means basic form of fighting in competitions with all equipment's, for eg. Sparring



HIERARCHY OF BELTS

- ▲ Colour of the belt shows the level of the student.
- ▲ Shotokan style belts

Karate Belt System

9th Kyu

8th Kyu

7th Kyu

6th Kyu

5th Kyu

4th Kyu

3rd Kyu

2nd Kyu

1st Kyu

1st Dan

BELTS EXAM

Karate belt exams, also known as grading's or promotions, assess a student's skills, knowledge, and readiness for the next belt level.



Branches in Maharashtra

Mumbai, Kalyan , Ulhasnagar , Pune, Thane , Satara



WHY IMPORTANT

1. WHY KARATE -

karate is an excellent martial art that offers numerous physical, mental, emotional, social, and personal development benefits. Whether you're looking to improve your physical fitness, develop self-defense skills.

2. WHY KARATE EXAM -

karate exams are essential for assessing technical skills, promoting physical and mental growth, and fostering personal development and character building. By passing exams, students demonstrate their commitment, perseverance, and dedication to the martial art of karate.

3. WHY KARATE CAMP -

karate camp offers a holistic experience that combines physical training, mental development, and social interaction, helping participants grow both on and off the mat.

4. WHY KARATE TOURNAMENT -

Provides a platform for practitioners to test their skills, Fosters healthy competition and sportsmanship, Encourages self-improvement and goal setting, Develops mental toughness and pressure management, Promotes unity and camaraderie among karate practitioners

Why Karate Pro Club



Promoting Karate	Supporting Practitioners	Fostering Community	Representation	Personal Development
Develops karate in Maharashtra	Offers ranking and certification	Unites practitioners across Maharashtra	Represents Maharashtra nationally and internationally	Develops discipline and focus
Sets standards for training	Organizes tournaments and events	Fosters camaraderie and teamwork	Promotes state's karate talent and achievements	Enhances physical and mental well-being
Provides quality instruction	Provides support and guidance	Encourages knowledge sharing	Exchanges knowledge with other organizations	Builds confidence and self-esteem

Social Responsibility

• Free Karate Classes:

Offer karate classes to underprivileged girls, focusing on self-defence techniques, discipline, and confidence-building.

• Beach Clean-Up:

Organize a beach clean-up event, where participants collect plastic waste and other pollutants.

• Environmental Awareness:

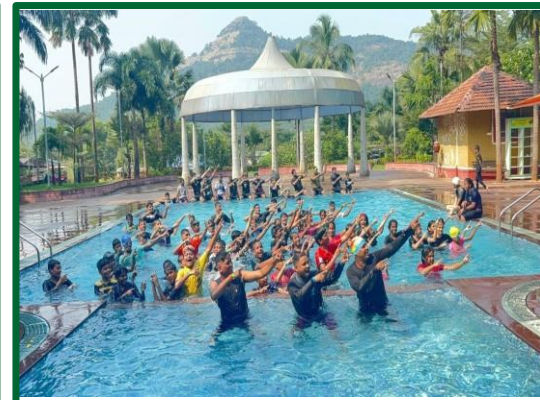
Educate participants about the impact of plastic pollution on marine life and the importance of recycling.

• Community Engagement:

Invite local residents, schools, and businesses to participate in the event, promoting community involvement and social responsibility.



Summer & Winter camp



Award Winner coaches

गुरुवार, १८ फेब्रुवारी २०२१

तरूण भारत

थोड्या मास महत्वाचे



ऑलिम्पिक वीर खाशाबा जाधव
पुरस्कारने प्रशांत खामकर सन्मानित

कास : ऑलिम्पिक वीर खाशाबा जाधव पुरस्काराने सोनवडी (ता. सातारा) येथील प्रशांत खामकर या युवकाच्या कराटे खेळातील कार्याची दखल घेऊन सन्मान करण्यात आला आहे. महाराष्ट्र शोतोकान कराटे ऑर्गनायझेशनचे मुख्य प्रशिक्षक कु. प्रशांत बाळकृष्ण खामकर यांनी गेली १५ वर्षे कराटे व मार्शल आर्ट्स या क्षेत्रामध्ये राज्य, राष्ट्रीय व आंतरराष्ट्रीय स्तरावर स्वतः तसेच अनेक विद्यार्थ्यांना घडवले आहे. या उत्तुंग कार्याची दखल घेऊन त्यांना ऑलिम्पिक वीर खाशाबा जाधव (राष्ट्रीय क्रीडा प्रशिक्षक) २०२१ हा पुरस्कार प्रदान करण्यात आला.



Festival Activity



Some of Our CSR Partners



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