

## WELCOME TO ... PINWOODS KARATE

In addition to being a very practical and effective form of self-defense, karate is an excellent way to develop speed, power, balance, flexibility, and coordination, which will carry over into other aspects of your life.

We practice a traditional form of karate called Matsubayashi-ryu (literally, the "Pinewoods Style"), also known as Shorin-ryu. It comes from Okinawa, the birthplace of karate.

A karate training hall is called a dojo. Our dojo is affiliated with the World Matsubayashi-ryu Karate Association (WMKA), which is headquartered in Okinawa but has branch dojo all over the world. It is particularly strong here in Ohio.

We hope you will enjoy training with us in a safe, supportive, and mutually respectful environment.

空手に先手なし

"THERE IS NO FIRST ATTACK  
IN KARATE"

## LOCATION AND CONTACT INFO:

41 Maple St.  
Apple Creek, Ohio 44606

Website:  
[www.pinwoodskarate.com](http://www.pinwoodskarate.com)

文武両道

"FOLLOW THE WAYS OF  
BOTH PEN AND  
SWORD"

松

Our logo is the character *matsu*, meaning 'pine.'



Our instructors are certified by the World Matsubayashi-Ryu Karate Association (WMKA).



Karate involves training the body, mind, and spirit.



## PINWOODS KARATE

Photo: Yoshitaka Taira, president of the WMKA,  
courtesy of Chris Willson, TRAVEL 67

## ABOUT US ...

**Scott Schnell** is a retired anthropology professor who grew up on a farm right here in Wayne County, Ohio. He has researched and written extensively about Japanese culture, particularly among people who live and work in the forested mountains. Scott began his karate training in 1976 as a member of the venerable OSU Karate Club, the very first martial arts club established on the Ohio State University campus. As his career progressed he developed close personal ties in Okinawa, the birthplace of karate, and over the years has trained with some of the world's foremost teachers and practitioners of Okinawan karate. He currently holds the rank of fifth degree black belt.

**Jenny Ridenour** is a Product Owner who specializes in Mobile Application Technology. She began training with Scott as a green belt eight years ago and recently was promoted to second degree black belt. Jenny enjoys teaching and training with beginners. Sharing her passion with others in the community while building local connections is fulfilling to someone who grew up on a farm in Indiana!

## FOR FIRST-TIME STUDENTS ...

### What should I wear to my first class?

Wear loose fitting clothing that allows freedom of movement, and that you won't mind sweating in. Later we can help you secure a proper *dogi* (karate uniform) if you decide to stick with it. Please remove all jewelry, wrist-watches, and other adornments—they catch on things and may cause injuries. You must also remove your shoes and socks before stepping onto the dojo floor

### How quickly will I progress?

Success in karate, as with most endeavors, depends on the amount of time and effort you put into it. There are no shortcuts and no "mysterious secrets," just a lot of hard—but gratifying—work.

## CLASS TIMES, FEES, AND AGE RESTRICTIONS ...

For the time being we will observe the following schedule:

Mon. and Wed. 6:00 p.m. – 7:30 p.m.  
Sat. 10:00 – 11:30 a.m.

Students must be at least 14 years of age. There is no upper age limit, and karate may be practiced by young and old alike. We may add a kids' class at some time in the future if there is sufficient interest.

The fee for training is \$60 per person per month. This entitles you to participate in all the regular classes on Mondays and Wednesdays, and, when you reach the rank of brown belt or above, the advanced class on Saturdays as well.

Photo: Okinawan *shiisaa*, guardian of the home and family, courtesy of Scott Schnell.

