

空手道

傳統沖繩松林流

宇江城空手道香港總本部

兩大傳統空手道學習綱領：

1. 著重「精神統一，拳禪一如」
2. 為正義及生死關頭作出最實際準備

二大利益：

1. 健康長壽
2. 讓生命充滿意義
3. 無懼，平安心及高度覺醒

四種傳統沖繩空手道威力：

1. 統一專注力
2. 禪定力
3. 爆炸氣合力
4. 精進勇猛力



大道無門 先正其心

傳統沖繩空手道跟現代流行的空手道不同之處：

空手道原名唐手道，源自沖繩。流傳至日本本土後才被一派空手道引入自由搏鬥及比賽，目的是增加曝光率。這個本意很好，可讓很多人見證及認同，但因比賽總不離規則的束縛，使練習變成分數得失而已，遠遠偏離生死關頭中最實際的準備，大大降低原本驚人威力。現今仍保存古法傳統修練的空手道流派所剩無幾。這也是另一點不同之處。

本派遵循開山宗師遺訓，力保傳承，一門深入。依據原有宗旨，提倡空手道為終生運動之餘，更是一種高尚的精神教育，利己利人，互相尊重，為社會共創共榮的團體精神。

參加須知：每月五十二堂，一個月費，練習次數不限，遍佈全港多區。

因按月收費，且無任何長期合約限制，故不設免費試堂，但歡迎參觀。參加者需交費報名後才可開始練習。要成為正式弟子，仍循例需接受一段短時期的觀察。當總部各師父一致同意下，會向學員賜贈道袍，正式成為本宗派弟子。

有關詳情，歡迎致電或電郵聯絡
9163-0837 (黃先生)
6188-5562 (鄧先生)
senseiwong@gmail.com
www.shorinryu.hk

註冊非牟利

全米沖繩松林流空手道

傳統沖繩空手道

空手道起源於沖繩，因它的原形，基本技巧，招式和根本哲學均來自中國嵩山少林寺，故最初稱為唐手道。這個根本由來非常非常重要，對古代的沖繩文化及拳法有著極深遠的影響。

從歷史來看，空手道是一種文化藝術，更是一種精神教育。修練者把它融入生活當中，從中享受當下快樂。當然亦可在生死關頭時保護自己的人生尊嚴和道德宗旨。這些體會是古代沖繩人清清楚楚，明明白白的。跟現代比賽搏擊比較，只著重實戰規則或盲目追求拳腳上的功夫根本是兩回事。傳統空手道及具傳承的正統流派歷經千年至今已所剩無幾。僅存的也非常低調。遇到又懂得珍惜古代哲學的人非常幸運。若又能努力精進，長期薰修，他們更不再是普通人呢！

傳統重要嗎？

不一定，但可以避免很多傷害。現代人喜歡破舊立新，認為舊的不改革，便難有進步。這種思想沒有問題。問題是新的總要經得起時間考驗。傳統空手道已經歷千年，代代相續。現時很多創新或已脫離傳統的流派，以全接觸的戰鬥型搏擊為主流，自立門戶，改變原本以套拳為修學根本。它們精彩絕倫，令人讚嘆，但同時亦傷多益少，不能不防！傳承是傳統的最基本條件。本道場是具足根本傳承的流派，修練跟從傳統弟次及儀軌，經祖師們親傳及認證，修練者的安全有了保障之餘，更可強身健體，壽康兩全。



KARATE

TRADITIONAL STYLE

Okinawan Matsubayashi
Shorin Ryu



Traditional Okinawan Karate

- ❖ A **powerful** way to maximize the potential of your mind, body and spirit.
- ❖ An **artful** living to permeate every single aspect of life.
- ❖ A **practical** form to handle life or death situations.
- ❖ A **spiritual** education to stress courtesy, propriety, self-discipline and hard work.



BIG Walking Knows NO GATE

Have a Right Mind First

Am I ready?
Am I too weak and too old to join?

Yes, you are ready and no you are never!

YES is that new students of any age can easily start by mimicking anyone senior. With great respect to simply who you are, you are NEVER judged or compared with any others but guided along individually.

There is also NEVER any competition or full contact combat on deck, thanks to our tradition's person-to-person friendliness. Traditional karate training is very personal. It is for anyone at any stage of life, female or male, to enjoy and excel. Grandmaster Ansei Ueshiro, the founder of our style, always said: "*Karate is for everyone, and everyone can benefit from Karate.*"

- ❖ Students can train seven days a week.
- ❖ No extra charge for additional workouts.
- ❖ Locations throughout Hong Kong.

We speak English, Chinese & Japanese on and off the deck. Enquiries always welcome.

**9099-1421 (Mr. Michalski)
tytus1@gmail.com
www.shorinryu.hk**

Ueshiro Karate (Registered non-profit)

Hong Kong Headquarters

What does traditional karate do?

The traditional art of karate encompasses forms against imaginary opponents, pre-arranged fighting, weapons (six-foot Bo staff, Sai, Nunchaku, Tuifa, & Kama), visualization and Zen meditation, all intricately mingled with the Essence of Guidance as traditionally passed down from generation to generation. This routine of practice aims to get students' mind, body and spirit transformed, gradually giving rise to a true lineage holder of karate-do.

How does traditional karate differ from modern style of karate?

Unlike the kick boxing or combative style that features violence and instant recognition, this traditional form of karate is all hard work and those who manage to survive get motivated and respected. Long term practitioners are oftentimes reported to experience body fitness, peace of mind, heightened mindfulness and equanimity.

Coordination and balance is what everyone can get even training for a short while of time.

Lineage

Founded by *Grand Master Ansei Ueshiro*¹

Under the Direction of *Hanshi Robert Scaglione*²

Direct Lineage from *Kyoshi Matt Kaplan*³

Hong Kong Director:

Dr. Alan Lai⁴

❖ Highest lineage holder of Ueshiro Karate in Asia

❖ President of Ueshiro Karate HK Headquarters

*Sensei Stephen Wong*⁵: Chief Instructor

*Senpai Tytus Michalski*⁶: Chief Representative