

# The style of martial arts taught at Paterson's Karate Works

The style of martial arts taught at Paterson's Karate Works depends on your age. Adults learn actual historical styles that have been practiced and passed on for generations. The Karate styles include kata (forms or patterns) from Shotokan, Wado Kai, and Japanese Goju Ryu. The Tae Kwon Do (Korean martial arts) is the International Tae Kwon Do Federation style or ITF. Our Jiu Jitsu program has its roots with the teachings of the Canadian Jiu Jitsu Association, the higher levels learn "the small circle theory" of self defense pioneered by Prof. Wally Jay.

If you are a child in grade school, your style is referred to as Children's Martial Arts. There are two major differences between the children's program and our adult program. #1, children do not learn the traditional self defense techniques that include punching or kicking. Those techniques were originally meant for an adult audience and we agree. Plus, most physical means of self defense are not a favourable way of dealing with children's issues regarding the playground and bullies. #2, your kata's are designed for the youthfulness of your mind and body. These forms are used to help children understand more about their balance and coordination, and less about self defense applications (see #1.) It's still the martial arts, just not adult martial arts.

Pre-school and kindergarten ages belong to our little dragons. It's all about releasing energy in a positive manner, as well as meeting friends, learning to wait your turn, and understanding motor control. We deal with a different set of moves that allow our little dragons to excel in our children's program, or any other interest they might have.

If I've lost you, with all the terms and explanations, just think of it like our education system. When you're young you go to kindergarten to have fun and count to ten, in grade school you add and subtract and eventually multiply and divide. In high school things get tougher and you learn about financial math, algebra and calculus. University teaches you all the equations necessary to build a bridge, fly a plane or compute space travel. It's a wonderful system that builds on each previous year. At Paterson's Karate Works, we do the same thing, we do not try and teach traditional adult martial arts to children, it would be like explaining the quadratic formula to a 6 year old (and speaking slower won't help). We follow a proven system that has taken 12 years to evolve since the start of Paterson's Karate Works, and Paterson's Karate *does* Work.

**[www.thekarateguy.com](http://www.thekarateguy.com)**

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