

MARCUS GARVEY KARATE CLUB CLASS DESCRIPTION AND PROGRAMS

The Marcus Garvey Karate Club (MGKC) offers karate training in the traditional style of Matsubayashi-Ryu Karate-Do in accordance with the teachings of the late Osensei Shoshin Nagamine and our co-founder Sensei Ed Barron.

As a cultural and philosophical approach to life, our training seeks to combine the weaponless method of self-defense as a basic human instinct of self-preservation with a community philosophy of self-help, personal responsibility and social justice. Combining traditional karate training with other forms of cultural and philosophical training is what makes the Marcus Garvey Karate Club (MGKC) unique.

Physical Training

The physical training consists of four components.

1. Fundamental moving and standing basics. In traditional Matsubayashi-Ryu Karate-Do the basic movements consist of proper breathing, stances, blocking, punching and kicking techniques.
2. Fundamental kata. There are eighteen formal kata in Matsubayashi-Ryu Karate-Do that combine the fundamentals of proper thinking, breathing, standing, blocking, punching, kicking and using intermediate techniques to create a set of sequential movements for kumite and self-defense.
3. Sparring or kumite. The Matsubayashi-Ryu Karate-Do techniques of kumite as taught by Sensei Barron are hidden within the moving and standing basics and the formal training of kata.
4. Conditioning. A broad range of physical and mental conditioning techniques are used that include stretching, jumping rope, running and abdominal conditioning.

Cultural Training

The cultural and philosophical training currently consist of two programs.

1. Maleness to Manhood – Rites of Passage is an abbreviated rites of passage program created by Sensei Ahmad Mahdi that focuses on personal, academic and social development. Through rites of passage activities, participants learn what is expected of them and are encouraged to discover and showcase their hidden talents. We believe that this type of program is essential in helping boys transition responsibly to the roles and responsibilities of manhood.
2. Nguzo-Saba Training Program is an approach developed by Sensei Khatib Waheed that uses Afrocentric principles to help male and female students develop a values-based approach to critical thinking. Emphasis is placed upon: respecting self and others; taking personal responsibility toward building and maintaining community; respecting and celebrating racial and ethnic differences; and striving to eliminate all forms of human oppression.

The Marcus Garvey Karate Club is an official member of the World Matsubayashi Karate-Do Association (WMKA).

