

Hidy Ochiai's Karate of Norwich

Hidy Ochiai's Karate of Norwich is a Branch School of *Master Hidy Ochiai*, whose headquarters is located in Vestal, New York. Master Ochiai is a world renowned Martial Artist with many past and present accomplishments.

- Certified by the World Union Karate Organization (WUKO) for Kata & Sparring Officiating
- Member of the Technical Committee & Director of the Weapons Program for the USA Karate Federation
- Competed World Wide & Still Holds Unduplicated National Competition Records
- Man of the Year & Instructor of the Year in the Black Belt Hall of Fame
- Author of three (3) Self-Defense Books and Interpretation of Miyamoto Musashi's Book of Five Rings
- Instructor of Philosophy at SUNY Binghamton
- Founded Educational Karate Program (EKP) in 1994. EKP is a validated NYS Education Department approved program taught in several hundred schools by more than 800 teachers.

Washin-Ryu Karate is a member of the World Union of Karate Do Organizations and the USA Karate Federation, which is a member of the United States Olympic Committee.

Head Instructor at the Norwich Branch is *Mr. Warren*, a 5th degree black belt who has studied with Master Ochiai for the past 25 years. The school itself has been active in the Norwich area for the past 35 years.

Hidy Ochiai's Karate of Norwich, under Hidy Ochiai's guidance incorporates many elements of modern day and traditional Karate-Do. These principles include physical fitness, self-discipline, concentration, self-respect, and respect for others, sport and relaxation. Each man, woman, or child can benefit from the study of Karate in various ways, as he or she chooses. In today's society it is



extremely important that one develops and maintains a true inner strength – strength based on a stable and disciplined mind, as well as a strong body. Karate can help us achieve these positive goals and live a meaningful and constructive life.

Monthly Fees are \$30.00 per person with family rates as follows:

2 members	\$ 50.00
3 members	\$ 75.00
4 members	\$100.00

Minimum age 6 yrs.

(Please note you must be a Norwich YMCA member. Membership rates are available from the front desk at the YMCA.)

Class Schedules

Monday	6:30pm to 7:30pm	All Ranks
Thursday	6:30pm to 7:30pm	All Ranks

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WASHIN-RYU

**Mental and Physical
Discipline**

Confidence

Self-Defense

Sport

For additional information contact Mr. Warren: (607) 467-1758