



The Dojo

Shukokai is a traditional Japanese style of Karate. Translated, it means “Way for All”. It is an international style with clubs in over 20 countries world-wide. Emphasis is primarily focused on self defense and basic techniques, using kinesiology as a basis for body connection and strengthening of impact. Although Shukokai is not specifically for sport, it is a style that produces many of the top competitive champions throughout the world. It is also one of the few Karate styles that is suitable for all ages, but based on an individual’s abilities.

Learning the skills of Karate and self defense is a great way to develop confidence, fitness, patience and restraint while the lifetime study builds firmness, strength and self awareness. The training program will take the student through various blocks, kicks, punches and cooperative training drills. These will be further developed through the aids of impact training, partner work and Kata (technical sequences), which will also bring out more awareness of how one’s body mechanics work.

Training is conducted in a traditional yet friendly atmosphere where questions regarding technique are encouraged. Kimura Shukokai International (KSI) holds world championships every two years in a different member country. Kimura Shukokai BC also participates in various All-Styles, WKF and Karate BC sanctioned training sessions and tournaments.

Sensei Profile

Sensei David Bentley holds Yondan (4th degree black belt) and is Chief Instructor for Kimura Shukokai in Western Canada. Sensei Bentley has competed at the national and international levels and has been an instructor for more than 20 years in England, Wales and Canada. Canadian dojos are located in Saskatchewan: Melville and Saskatoon; British Columbia: Brentwood Bay, Deep Cove and Sooke.

Sensei Bentley is a certified NCCP coach, has coached the BC Team, and referees at national and international levels. Sensei Bentley is also First Aid certified. Recently, he has achieved sports psychology certification through the Coaches Association of BC (2006), was awarded Karate BC’s Coach of the Year (2007) and won silver medal in kumite for Canada at the KSI world championships in Switzerland (2008).