



# GOJU-RYU KARATE-DO OHSHIKAI



Goju-ryu is a traditional Okinawan style of karate with an extensive history. The term Goju-ryu actually means “hard-soft style,” which refers to the closed hand techniques (hard) and open hand techniques and circular movements (soft) that comprise this martial art. Goju-ryu incorporates both circular and linear movements into its curriculum, combining hard striking attacks such as kicks and close hand punches with softer open hand circular techniques for attacking, blocking, and controlling the opponent, including joint locks, grappling, takedowns, and throws. Come and join the course and also meet new friends who share the same interest.

Day/Time: **Tuesday 6:00pm-7:30pm**  
**Friday 5:00pm-6:30pm**

Fee: \$150 per class

Age: 5 years and above

Venue: Squash Court B G/F

Instructor: Sensei Janson Wong  
*Chief Instructor & Head Coach*  
*Japan Goju-Ryu Karate-Do Ohshikai (HK)*

Remarks: FREE Karate uniform for students enrolled for 3 months lessons or longer.



## Instructors Information

### 導師資料

Head Coach: 7 DAN  
Janson Wong 七段  
黃興華師範

- Hong Kong Sports Institute Level 2 coach
- Asian Karate Federation (AKF) Judge A
- The Karatedo Federation of Hong Kong China Referee A
- Representative of Hong Kong Karate Team
- 香港體育學院二級教練
- 亞洲空手道總會 A級裁判
- 香港空手道總會 A級裁判
- 前香港代表隊成員