



## PHRASES

1. PMA – Positive Mental Attitude
2. RAD – Resist Avoid Defend
3. LLL – Look Listen Learn
4. NOW – No Opportunity Wasted
5. Style of Karate – Shotokan karate-do
6. Father of Modern day karate-do – Master Gichin Funakoshi

Genealogy: Master Gichin Funakoshi  
Master Masatoshi Nakayama  
Master Teriyuki Okazaki  
Master Maynard Miner  
Master George Cofield  
Master Hodelin Rene  
Master Bob Canty  
Master Kenneth Lee