

Would you say karate is a sport?

Karate is not a sport; it is a martial art. Athletes who participate in sports team or individual generally measure their success by the number of wins and losses they amass, and their days of competing are limited. A person who practices karate can train for a lifetime. An excellent example is our ISKF Chief Instructor, Master Okazaki, who started practicing in 1947 and today at age 78 is considered one of the top karate practitioners in the world.