



For a ***limited time only***, you can join World Seido Karate at its newest dojo in Westchester and receive a **35TH ANNIVERSARY SPECIAL RATE!**

For more information come and visit us at **1 Parkway Plaza** in Elmsford, email honzan@seido.com, or call 914-909-5000.



Kaicho T. Nakamura



Nidaime A. Nakamura

Seido Karate is a traditional Japanese style of karate, into which its founder, Kaicho Tadashi Nakamura has distilled the essence of what he has learned about the martial arts in over 50 years of study, practice, and teaching.

The World Seido Karate Organization officially opened its headquarters on October 15, 1976, in New York City. We are now a worldwide organization, with thriving branches throughout the United States and in such diverse places as Asia, Australia, Europe, New Zealand, South Africa, and South America. Nevertheless, within Seido, growth of our branch schools is not pursued for its own sake. Quality of instruction and development of the student is paramount.

The physical training in Seido can be strenuous, emphasizing progressive development of strength, flexibility and aerobic capacity. In addition to developing students with the highest level of physical skill, Seido aims to develop individuals of the highest moral character.