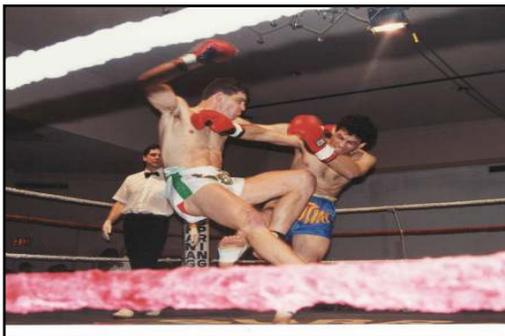


Master Farhad Dordar the Man Behind the Art

There is a sign on the wall of My dojo. It says: "Some people dream of worthy accomplishments, while others stay awake and make them happen". Master Farhad Dordar is a man with dreams, and he has worked hard to see his dreams come true.

"Some people dream of worthy accomplishments while others make them happen"

Farhad Dordar was raised in Tehran, the capital city of Iran. In his youth he was inspired by the power, strength, and fitness of martial artists and he began training in several styles. He learnt to effectively defend himself and realized that martial arts offered even more valuable qualities - self-discipline and self-confidence. By his early 20s, Farhad's skill and talent had earned him recognition as one of the best technical fighters in the country. He competed on Iran's National Martial Arts Team, participated in many tournaments, and appeared in two martial arts movies.



Though he recognized the primary merit of martial arts to be in the training itself, he began to see other opportunities. To afford his continual instruction, Farhad began to teach. He joined an organization called International Top Karate – an emerging style mixing karate and boxing – and had the chance to learn the operation of a martial arts academy. In 1994, Master Farhad gained Canadian landed immigrant status and he began to establish his new life. He created the style called Sport Kickboxing by integrating the strengths of the various styles he had studied. He then developed a martial arts training system which suited all ages and abilities, focusing on mental and physical fitness and self defense.

In 1996 Master Farhad Dordar opened International Martial Arts Academy on West Broadway in Vancouver. After six years IMA had over 500 students and had gained a very good reputation.



In 2002 Craig Faulkner, a young businessman and one of IMA's best students, joined Master Farhad to build this unique system into multi locations called Kikara Academies - Canada's first martial arts academy chain.



Kikara has a reputation for excellence, and is attracting many students. Also for the first time in North America, investors can invest in top quality martial arts academies run by experienced staff and instructors trained and supervised by Master Farhad.



Master Farhad Dordar continues to inspire children, youth, and adults to take on a life of self-discipline and fitness through martial arts.



KIKARA Christmas Potluck!

Mark your calendars KIKARA's annual Christmas party will be taking place Friday December 16th from 6 to 9pm at KIKARA Newton. Sign up your favorite dish at the KIKARA nearest you!

Christmas Holidays

Just a reminder to everyone KIKARA will be closed during the holidays. The academy will close December 24th and reopen January 2nd.



KIKARA Vancouver
1727 West Broadway
Phone: 604-733-9553
Email: vancouver@kikara.ca

KIKARA Guildford
#2-15326 103A Avenue
Phone: 604-588-4400
Email: guildford@kikara.ca

KIKARA Newton
104-13569 76th Avenue
Phone: 604-592-5402
Email: newton@kikara.ca

KIKARA White Rock
102-2533 King George Hwy
Phone: 604-541-4229
Email: whiterock@kikara.ca

KIKARA Langley
Opening Soon
Phone: 604-534-5313
Email: langley@kikara.ca

MARTIAL ARTS FOR EVERYBODY

KATA

Over time, the primary focus of Martial Arts shifted away from exercise, like sparring, designed to prepare martial artists for combat readiness, and focused more toward “kata”.

At the most basic level, kata is a series of choreographed defensive and offensive techniques, which include hand and foot strikes, as well as footwork and shifting movements. Kata helps develop body awareness through balance and breathing.

A series of choreographed defensive and offensive techniques

At a mere advanced level, kata serves as a personal textbook, detailing the teaching philosophies and methods of various martial arts legends. These individuals crafted routines based on actual combative experiences. This lent an air of authenticity to kata practice, which would better prepare a student in the event of physical confrontation.

As you practice kata for an extended period, the meaning of each form will likely change with the passing of each year. With time and maturity, the exercise ceases to be merely physical and becomes a form of moving meditation. This results in numerous benefits some of which include improved circulation and stress reduction, making kata an essential exercise for the body, mind, and spirit.

Practitioners must first understand what kata means in order to be able to execute it properly. Most katas start and finish in the same spot. In order to perform a kata well, you may have to complete ZANSHIN.

ZANSHIN

- **Proper techniques**
- **Proper movement**
 - Changing direction
 - Changing stances
 - Changing angles
- **Speed**
 - Transforming body movement to power
- **Power**
 - Your power comes from speed
- **Balance**
- **Concentration**
 - Coordinating the power of mind and body
- **Strength of stances**

How does one prepare for KATA?

Start in the ready position and call out the name of the kata you wish to perform.

Go into the closing procedure and close your eyes. Clear your mind and see only your body's energy. Use your energy to focus on your kata. While your eyes are closed picture yourself doing the kata with proper techniques, strong stances, speed and power.

When you open your eyes and establish ready stance you will be able to perform the kata like the picture set in your mind.



KIKARA Christmas Special

Have you thought of giving your loved ones the gift of fitness and martial arts? For various exciting gift ideas come visit the KIKARA nearest you and talk to our friendly staff.

KIKARA's Best Intra-school Yet!

KIKARA staff and students put on the best intra-school tournament yet. Competitors were well prepared and did an awesome job showcasing their ever growing skills! This only goes to show that KIKARA Martial Arts is getting better and better as it grows.



KIKARA Voted Best Martial Arts School

KIKARA is officially the best martial arts school. Readers of the Georgia Straight and the Surrey Now voted KIKARA as the number one martial arts school. This only goes to prove KIKARA's exceptional level of martial arts training. KIKARA prides itself with empowering students, increasing their self defense, confidence and fitness levels. Thanks to everyone who voted for us!



The staff and management at KIKARA Martial Arts wishes everyone a Very Merry Christmas and a Happy New Year! We look forwards to working with you in achieving all you goals in the New Year!

