

Shohei-Ryu Karate Club

Sensei Paul Natzyl from Essex, England taught Karate professionally for 28 years prior to his arrival in New Zealand in August 2014. It didn't take long for him to start teaching his beloved Martial Art in N.Z. and In October 2014 he formed the Shohei-Ryu Karate Club at the Moutere Hills Community Centre. Sensei Paul has been studying his style of Karate since 1977, and has been awarded by the Japanese Parent Association, the Master ranks of Kyoshi 7th Dan Black Belt and Shihan Instructor.

The origins of Shohei-Ryu Karate date back to China in the late 1800's when a young man from the Japanese island of Okinawa, called Kanbun Uechi, arrived in the southern province of Fukien. There he studied a form of Kung Fu known as Pangai-noon taught to him by his instructor Chou-tsu-ho. Returning years later to his homeland Okinawa, the Martial Art Kanbun had learnt was renamed by the people of the island to Uechi-Ryu. Some years ago the style was renamed again to Shohei-Ryu by many of the high ranking Masters of the art. The moves practiced today are the very same moves that Kanbun Uechi learnt in China all those years ago.

Over time many students have enjoyed performing the wax-on, wax-off and paint the fence blocks associated with the original Karate Kid movie from the 1980's, which depicts Okinawan Karate rather than most other forms of Karate that exist in the world today. This popular style of Karate is now available for you to learn.

The club caters for most age groups, with classes on Monday evenings between 7.15 p.m. and 8.15.p.m. for youths and adults, and Wednesday afternoons between 3.30 p.m. and 4.30 p.m. for children from about 5 years of age. Both classes run during school term time only. The club welcomes beginners with or without previous experience and is run in a friendly manner. The first lesson is free for beginners and payment is made for lessons at the start of each term.

For further information, please contact Sensei Paul on 022 633 1055 or paul.natzyl@shohei-ryukarate.com.

Paul Natzyl
Karate Instructor