



## **I.S.F.K Barbados Partners with Massy Distribution for a Good Cause**

*August 15, 2016*

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Food stuffs were recently donated by members of the I.S.K.F Barbados Ursuline Karate Club and Massy Distribution. Consisting of mainly non-perishable foodstuffs, the items were packed into a large barrel ready for delivery to the Sterling Children's Home.

ISKF Barbados is a registered charity and affiliated with the International Shotokan Karate Federation (ISKF) which was established under Master Teruyuki Okazaki.

Anyone can join karate at any age and at any time during the year. Classes are broken up into small groups depending on rank and age. Grading occurs three (3) times a year. This is where you are examined on what you have learnt in order to proceed to the next rank.

Core values discipline, respect, faithfulness and honesty are reinforced at every level of the club and the Federation. Raising funds and donating to other worthy causes is an integral part of this philosophy.

With a large contingent of children at the club it is very important that we maintain this focus on core values

and giving,? said Jo-Ann Kinch, I.S.K.F Vice President.

I.S.K.F. Chief Instructor Peter Warren commented, ?As the Federation is a registered charity, it was decided at an executive meeting this year, that the Federation will once a year target an organisation that is worthy of assistance. The Federation looks forward to partnering with other corporate partners to achieve these goals.? The presentation was made at The Ursuline Convent on June 23rd, 2016.

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For more information about Iskf Barbados Karate, contact the company here: Iskf Barbados Karate Peter Warren 428-2674 Ursuline Convent School Hall Collymore Rock St. Michael Barbados

### **Iskf Barbados Karate**

*ISKF Barbados is a non-profit organisation which encompasses all the teachings of Shotokan Karate as passed from the masters.*

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