Shukokai is a hard and fast style of karate with an emphasis on self-defence.

Traditional dojo etiquette and discipline are also important in training.

Shukokai - "way for all" - has aspects that are suitable for men, women, and children of all ages.

Shukokai Karate Queenstown is a voluntary, non-profit organisation committed to fostering and developing opportunities for all New Zealanders to participate in traditional and sports karate at all levels. Shukokai Karate Queenstown is a part of the Karate NZ family which is recognized by Sport New Zealand as the national governing body for Karate in New Zealand.

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