



Judy Schuster: Sensei Schuster started her karate training at the UNM Shotokan Karate Club under Steve Clapper, Dick Rienstra and Gary Purdue in 1970. She stayed with them until 1975 and restarted her practice in 2007 after a hiatus and earning her Shodan from Sensei James Hawkes in 2012. She earned her Sandan in 2016 at the Hawkes Shorin Kai. She brings a perspective on karate that spans many decades, and is an integral part of the woman's executive group at the dojo. Her focus is on kihon, holistic energy efficiency, and practical application of karate to her current season in life. The precept of Gichin Funakoshi that states "there is no first attack in karate" guides her karate philosophy.