



# Welcome!

## ABOUT US



"Karate builds  
'Champions'  
in life."

-Sensei Bill Viola Jr.



### AWARD WINNING SENSEI SAYS® CURRICULUM



Stay Connected: "Like"

[Facebook.com/norwinninjas](https://www.facebook.com/norwinninjas) [Facebook.com/allegHENYshotokan](https://www.facebook.com/allegHENYshotokan)

12591 Route 30 North Huntingdon, PA 15642 call/text 724-640-2111



# Meet our TEAM!



## Shihan (Master) Bill Viola Sr. 724-864-3495

Shihan is the authority on Martial Arts in the area with over 50 years experience. He is credited by the Heinz History Center in conjunction with the Smithsonian Institution as the co-creator of Mixed Martial Arts "MMA" a decade before the UFC. In 2011, The Western PA Sports Museum established a permanent exhibit to honor him as one of the founding fathers of the sport. His life is the subject of the book, "Godfathers of MMA" which was the inspiration of the **SHOWTIME** film *Tough Guys*. Viola was inducted into USA Karate Hall of Fame and honored as the 2003 Man of the year (Lifetime Achievement). He has had the unique opportunity to teach all of his five children martial arts and instruct all of them to black belt.

## Sensei Bill Viola Jr. 724-640-2111 (text or call) bill@kumiteclassic.com

Sensei Bill is the head instructor and creator of the Norwin Ninjas program. He was a USA Karate National Champion (All-American Athlete) and recognized by Arnold Schwarzenegger as a World Champion in 1998. Viola was inducted into Sport Karate Museum Hall of Fame in 2005, and in 2016 *Pittsburgh Magazine* named him one of the "40 under 40" most influential people in the city. Sensei Bill is an Amazon #1 Best-Selling Author, film producer and founder of the Kumite Classic. He owns and operates the Pittsburgh Fitness Expo, the regions largest multi-sport event. He has experience training professional and Olympic-level athletes.



## Ms. Jenn Viola 724-309-9044 (text or call) jenn@pghfitness.com

Ms. Jenn began her martial arts journey at Allegheny Shotokan Karate Club in 1997 as a student in the kickboxing program. Since then she has served nearly twenty years in the martial arts industry as a tournament director for Kumite Classic Entertainment (1999-present). She has a business degree from the University of Pittsburgh and a Master of Elementary Education from Indiana University of Pennsylvania. She is a certified instructor for the *Nursery Ninjas* program.

## EXPERIENCE YOU CAN TRUST

Norwin Ninjas is the sister program of Allegheny Shotokan Karate established in 1969. The family owned and operated school is the oldest, most established, and most experienced school in the region.

ALL SR. ALLEGHENY SHOTOKAN KARATE CERTIFIED INSTRUCTORS RETAIN CLEARANCES:  
Criminal History (Pennsylvania State Police) Child Abuse Clearance (Dept. of Human Services)  
FBI Federal Criminal History Clearance





# Testimonials



## A family that kicks together sticks together!

*"I signed my son Cameron up for the 'Ninja' class when he was 4 and it was the 'best' decision I ever made. He enjoyed it so much I decided to try it out, and eight years later we both tested for black belts at the same time. I've been a student now for over a decade and I see first hand the kids who come into the dojo feeling 'lost' and leave with focus and discipline. I know it gave Cameron confidence and I promise it will help your kids too!"*

**-Gary Klos**



## From the dojo to the White House

*"Sensei Viola helped give me the skills to succeed in life. Whether it is was protecting the 'president' or protecting my family, I knew how to handle myself in any situation. I've been a Secret Service Agent, full-contact champion, mixed martial arts referee, and Sensei. I trace a lot of success back to determination I learned at the dojo."*

**Jack Bodell**, Alumni of 1970's

*\*Member of the United States Secret Service in charge of protecting President Jimmy Carter.*

## Attitude is everything!

*"I have first hand experience of how special this dojo is both as a student and as the daughter of Shihan and the sister of Sensei Bill. Karate has without a doubt given me the drive and attitude to become the person I am today. It gave the confidence and tenacity to get a full scholarship to a Division I college soccer program and the determination to graduate with a 4.0 in three years. I am now a student at Duquense University Law School (ranked #2 her class). The years of sweat and dedication have made me into a scholar athlete and soon to be lawyer. My brother and dad have dedicated their lives to the art; you won't find a more passionate team anywhere."*

**-Ali Viola, 7x World Champion**



## MVP Most Valuable Person

*"I am blessed to have been a student at Allegheny Shotokan Karate since I was 7 years old. The instructors are like family and welcome everyone with open arms. I was a very insecure kid, but karate totally transformed me. Sensei Bill and Shihan have always believed in me, and taught me that any goal is possible (Eagle Scout, studied abroad in Europe etc.). Martial arts has truly given me the confidence to achieve anything. It inspired me to start my own business, 'The Piano Sensei' where I teach children the gift of music."*

**-Connor Burns**

*\* Selected by Hines Ward as community MVP  
"Positive Athlete" in martial arts.*

## World Champion Skills

*"I've always loved that this is a family school, not a chain where they give you a black belt in a few years." Sara spent 8 years working towards her black belt, and it was worth the wait! The Viola's are legends in the sport karate world and have passed that knowledge onto my daughter Sara. She started when she was 4 years old in the 'Ninja' class and in 2014 she won a world title in sparring at the Sport Karate World Games. The skills she has learned and her role models like Ali [Viola] have helped her to be a better person and athlete."*

**-Michael Russell**





# Finding the RIGHT SCHOOL.



## Questions to ask?

## Viola Karate

## \*Other Local Schools

Certified 1st Generation Instructors	✓	?
FBI Clearances and PA State Police Background Checks	✓	?
On staff: Teachers certified by Pennsylvania Department of Education	✓	?
Award winning Sensei Says® exclusive curriculum	✓	✗
The most experienced: Family owned and operated since 1969	✓	✗
Tribune Review Peoples' Choice "Best Karate School"	✓	✗
MMA, self-defense, Jujutsu, grappling and "contact" freestyle sparring	✓	✗
Both INT'L Open and Olympic-style tournament teams (WAKO & USA-NKF)	✓	✗
*Toughest Black Belt standards	✓	✗

## How long does the average person take to become a BLACK BELT?

**Answer:** The average person *doesn't* become a black belt! Only a small percentage of people have the self-discipline to earn a legitimate black belt. \*If any school *promises* you a black belt in "X" amount of time or gives you the option to be a black belt in 2-3 years, it's a red flag that it might be a "McDojo" (fast food equivalent of martial arts). Stay away! This is an unfortunate trend among some chain schools who push contracts with a fast track or "guaranteed" black belt. Don't fall for it. At our dojo the minimum training required is 6-7 years before you can test for black belt. **NON-NEGOTIABLE.** Earning a black belt should be more than just memorizing techniques, or being really "good," at the physical part of karate, it's a matter of building character! \*Please do your own research, we do not have information on all schools in the area.

**Affiliations:** Our staff of instructors are committed to "Building Champions in Life," teaching thousands of students the skills of self-defense and building confidence in the next generation of leaders.

*Our dojo is affiliated with USA Karate: Member of the United States Olympic Committee.*

