



Margaret A. Thomas, 6th Dan JKA
Karate Biography
karatespirit@sbcglobal.net

Practice and Teaching Timeline

1975 Started Karate Practice under Marc Steiner, Philadelphia, PA (ISKF)
1979 (May-Aug) Practiced under Yaguchi Sensei, Denver, CO (ISKF)
1979 Joined University of Connecticut JKA Karate Club, Robert Jacobs, Instructor (NAKA)
1979 Joined North Atlantic Karate Association under Master Masataka Mori (8th Dan, JKA)
1995 Graduated JKA Shotokan Karate Do International Advanced Instructor Class, NYC
1995-2003 Appointed Assistant Chief Instructor, University of Connecticut JKA Karate Club
2003 founded Karate Spirit, a member school of JKA Shotokan Karate Do International
2019 Shotokan Karate Do International, Board of Directors, Shu Takahashi, Chief Instructor,
Headquarters, Brooklyn, NY

Tournament Record

Shotokan Karate Do America Regional Championships 1985-1995
 Women's Kata Champion- Undefeated
 Women's Kumite Champion – 7x
American Amateur Karate Federation National Championships 1991-1993
 Women's National Kata Champion 1991; 1993 (1992, 2nd)
 Women's National Kumite Champion 1988; 1993 (1991;1992, 3rd)
International Competitions under Masters M. Mori and H. Nishiyama
 International Traditional Karate Federation (ITKF)
 ITKF World Tournament, Lima, Peru 1990
 Silver Metal Women's Kumite
 ITKF Pan American Traditional Karate Championship, Mayaguez, P.R. 1993
 Gold Metal Women's Kumite
 ITKF World Championships, Montreal, Canada, 1993 US Team, Individual Kumite

JKA Shotocup World Championships, U.S. Team

Tokyo, Japan	1992
Philadelphia, USA	1994
Osaka, Japan	1996
Paris, France	1998

Rank License Honors

Shodan: 1980
Nidan: 1982
Sandan: 1986
Yondan: 1991
Godan: 1998
Ryokudan: 2009

JKA International Qualifications

Instructor A, 2024
Examiner B, 2019
Judge B, 1998

JKA World Federation

USA Judge, Funakoshi Gichin World Karate Do Championship:
 Sydney, Australia 2006; Limerick, Ireland, 2017; Tokyo, 2014; 2024
USA National Team Selection Judge:
 Boston, MA, 2006; Tampa, FL, 2008; New Orleans, LA 2013; 2024
JKA International Instructors Seminar: Tokyo, Japan, April 2005; October 2014; October 2024