

NEWS

The Evergreen State College
Olympia, Washington 98505

FOR IMMEDIATE RELEASE
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Steve Armstrong, a Tacoma senior at The Evergreen State College, has published his first book, "Seisan Kata of Isshinryu Karate" with Ohara Publishing Company of Los Angeles, California.

Armstrong, holder of a black belt in karate, is currently instructing nearly 500 students at his own karate schools and clubs throughout the state of Washington in addition to studying full-time at the Olympia college.

A 12-year veteran of the United States Marine Corps, Armstrong began studying karate when he was stationed with the Marines in Kobe, Japan. He has specialized in Isshinryu karate.

His book is the first in a series in which he plans to cover each of the 13 phases of Isshinryu karate. It is designed to supplement instruction, Armstrong says. "The book is not a do-it-yourself guide, but an aid to teachers of the Isshinryu style of karate." His second book, soon to be published, will cover the Seiuchin Kata style of karate.

The Evergreen senior, who hopes to graduate in June, is a native of Fort Worth, Texas. He and his wife Lenore and three sons live in Tacoma, headquarters of his main school, Armstrong Karate (located on 54th and South Tacoma Way).

Dick Nichols, Director
Information Services