

Kyoshi ~ Charles Lingerfelt:



Kyoshi Lingerfelt is the Headmaster/Owner since 1980 of the Fort Mill American Freestyle School, and is a 9th degree “Kudan” Black Belt. Mr. Lingerfelt is a Charter Member of the American Karate Academies National Association. He grew up in the “point” fighting experience that was made famous by such legends as Chuck Norris and Bill (Super-foot”) Wallace.

Kyoshi is retired, however spends every week inside the dojo teach Little Dragons, the Junior Program, and Adults, offering specialized assistance with Self-Defense Classes on the last Thursday of every month.

He’s married to Abbie Lingerfelt. Mr. Lingerfelt has 7 children, 18 Grandchildren, and 4 Great Grandchildren.

Kyoshi Lingerfelt is of the Baptist faith and enjoys fellowship with anyone about the Truth of Christ.

Mr. Lingerfelt started his karate journey in 1973 with Dave Adams Karate in North Belmont, NC. His instructor at the time was Mr. Von Helton in the style of Korean Karate Jee Do Kwan.

He has fought in many tournaments during the blood and guts era and was able to meet several world champions and High-Ranking fighters during that time. Kyoshi Lingerfelt started a Dojo in Belmont, NC in 1976 then later moved on to Fort Mill, SC.

In 1976 he started training with GM Jerry Piddington and then sometime later Hanshi Danny McCall came in and started teaching for GM Piddington. January 27th, 1978 Mr. Lingerfelt received his Shodan rank under Hanshi Danny McCall. As of today, he is still training under Hanshi Danny McCall. Presently, Kyoshi Lingerfelt has 12 Black Belts under his training and responsibilities.

Mr. Lingerfelt has incorporated techniques from Karate, Tae Kwon Do, Jiu-Jitsu and boxing, into the school's training program (it was Bruce Lee who first began advocating the mixing of traditional styles of Martial Arts to discover the best of each). Much of the training program is directed towards children with the goal of developing both body and mind. Like no other athletic pursuit, Martial Arts is one which an individual can participate for their entire life.

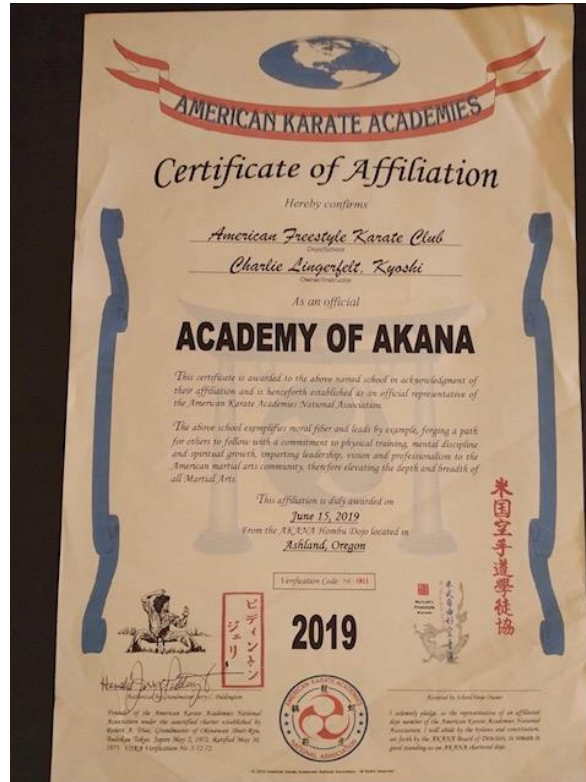
Mr. Lingerfelt's teaching approach has been molded by several different instructors as he rose through the ranks from White Belt to degrees of Black Belt. He credits Mr. Von Helton, Hanshi Danny McCall, and Hanshi Jerry Piddington (founder of the American Open Style Karate under the USKA). Mr. Lingerfelt is of the opinion that the personal discipline of Karate leads to constant improvement of both body and mind. He also insists on a relationship of "respect" between teacher (Sensei) and student. Sensei shows the deepest respect towards students who come to class to improve themselves. This respect comes from a basic realization that all of us are on a journey of growth.

Awards received and Titles bestowed as follows:

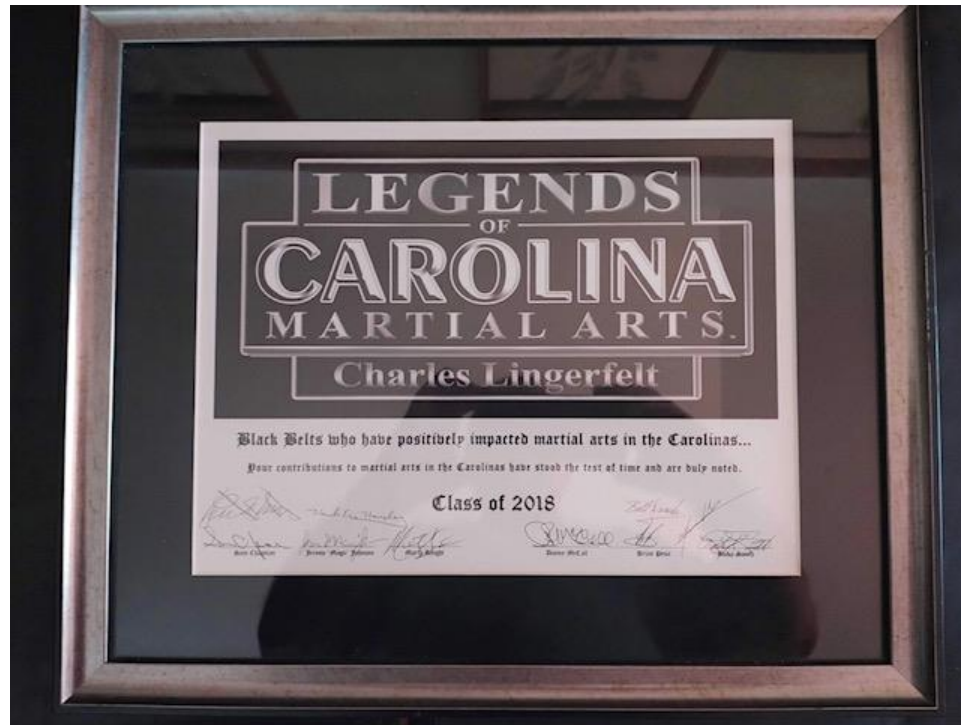
Kyoshi Lingerfelt was the recipient of Mr. McCall's Bushido Warrior's Award in 2004.











In the words of Bruce Lee "I cannot teach you karate, I can, and will share it with you."

Yours for a Better Karate!

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