

About the Instructor



**Sensei Phillip LaPointe
Yondan (4th Degree)**

Our program's Head Instructor, Sensei Phil LaPointe has been training in Karate since 1977. Sensei holds the rank of Yondan (4th Degree Black) in Kyokushin Karate and 1st degree in Ketsu-Ka Karate.

Sensei has won tournament medals for karate including Gold in the CT Chapter of the Amateur Athletics Union and was later ranked 5th in the Country in the AAU. He has won several Gold, Silver, and bronze places in local tournaments. He has assisted in refereeing numerous tournaments as well.



Sensei is an accomplished Self Defense instructor as well, teaching for organizations such as General Electric. In 2012 Phil took over the Manchester Kyokushin School from his teacher and is now the Head Instructor of the PAL Karate School and Club. Known for his patience with kids, he also instills expectations of doing ones' best in all of his classes.



**Sensei offers private instruction for adults.
Call Sensei Phil LaPointe at
(860) 230-7991**