

The Academy motto is, “We Build Character”, and for almost twenty-five years Wilcoxen’s Family Academy has been fulfilling that goal. Eddie D. Wilcoxen is a nationally recognized Master Instructor, a three time National Karate Champion, and the founder of Kihido Karate, but he still takes the mat to personally teach in Altus every week.

“For more than twenty years, I taught multiple classes six days a week because I really enjoy it. Now I teach a lot of seminars across Oklahoma, Kansas, Nebraska and Texas, plus I’ve returned to the KWHW Radio Morning Show that I did for so many years before my competition schedule interfered.”

As a result of all their other time demands, Wilcoxen and his wife Joan, also a National Champion, are accepting only a limited number of students on a Tuesday/Thursday/Saturday schedule. At Wilcoxen’s Family Academy the hours have changed but the objective has not. “Most often mentioned by educators is how confident our students are, how they shake hands, make eye contact, speak well publicly, and so forth. Our graduates are the top achievers in their academic and professional endeavors and are taught skills which help them to achieve success in life,” Joan Wilcoxen said.

Karate Instructor Eddie Wilcoxen is a man with a vision. After growing up with many serious illnesses, and living in hospitals for half his life before the age of ten, he went on to become a three time National Karate Champion. He was selected as an Official Olympic Hero for the 1996 Olympics, and carried the Olympic Torch on its journey across Oklahoma to the Olympic site in Atlanta.

His goal was to share his beliefs that through hard work and dedication, you can accomplish whatever you put your mind to achieve. For more than twenty years now,

HIGH GOLD BELT **COMMITMENT** * No goal – No Glory!
Advance toward your dreams; try to live the life you imagine and you will meet with uncommon success.

1st ORANGE BELT **COURTESY** * To get respect – Give respect!
Learning to treat each other the way we should is the key to true human greatness.

HIGH ORANGE BELT **CONFIDENCE** * Believe and Succeed!
Only believing in yourself and your abilities can make your dreams a reality.

GREEN BELT **DETERMINATION** * Never, Never Quit!
Desire creates power! See your goal and never falter.

BLUE BELT **ENTHUSIASM** * Feel the power of excitement!
Enthusiasm cannot be taught; it can only be shared.

PURPLE BELT **QUALITY** * Trifles make perfection!
Excellence is attention to detail.

RED BELT **PERSISTENCE** * Water and wind eat mountains!
Nothing takes the place of persistence. Talent will not, genius will not, education will not. Persistence and determination alone are omnipotent.

1st BROWN BELT **INTEGRITY** * Be honest within or all is a lie!
All that you say and do, reveals your inner self.

HIGH BROWN BELT **LEADERSHIP** * Example Inspires!
Only believing in yourself and your abilities can make your dreams a reality.

BLACK BELT RECOMMENDED **SPIRIT** * True power comes from within!
I am the master of my own fate. I am the captain of my soul. The body can be destroyed, but the human spirit is invincible!

BLACK BELT **ASPIRATIONS** * Dream and be elevated!
Eagles we are not, but you can still fly, but we can soar as high as our aspirations take us.

BLACK BELT CLUB **CAMARADERIE** * Share the goal & the rewards!
The common experience of effort & goals builds lifelong friendships.

LEADERSHIP TEAM **SERVICE** * There is honor in helping!
A true leader serves. Without service even the greatest wealth is empty.

Wilcoxon has shared his knowledge, philosophy, and nationally recognized teaching skills with students from across western Oklahoma for almost a quarter if a century, and his students' successes have reflected Wilcoxon's passion for the art, and his earnest desire to help others experience its many profound and lifelong benefits. Among his Black Belts are doctors, lawyers, valedictorians, salutatorians, professionals and tradesmen, and even a homecoming queen. Wilcoxon was selected as a Professor and taught at the prestigious Karate College in Radford Virginia along with such martial arts greats as World Champions Joe Lewis, Jeff Smith, and Bill "Superfoot" Wallace, and Steve Anderson, and Billy Blanks. His instruction has always been on the leading edge, and his revolutionary concepts include a rotating curriculum which allows students to progress faster and gain greater knowledge which is now being endorsed by top martial arts academies nation wide.

Joan Wilcoxon is also a National Karate Champion, and she teaches the youngest students, starting at three years old. "Our '*Tiny Tigers*' class teaches the youngest children skills they usually do not acquire until several years later," she explained. "Very young children are ready and willing to learn the skills of social development that will position them at the head of their academic class, so we teach them those skills. The curriculum for the youngest children includes how to focus and pay attention, how to take turns, and to interact cooperatively within a group. Additionally, we teach basic motor skill development, focusing on both large and fine muscle development. Some people think that coordination is an innate skill, but it is a function of repetition over time, so our students learn muscle memory for enhanced coordinative and balanced physical control. It is a joy to see the amazing things our students achieve! People often remark how

focused our students are, and that their behavior appears older than their chronological age. We encourage everybody to come by and tour our facility at 801 North Main Street in Altus. You'll see the American Flag and eagle on the side of the building where our entrance is, and we'd love to show you around any Tuesday or Thursday from 5 to 7 in the evening, or, please phone any time at 471-9733," Wilcoxon said.