

One Heart One Way Christian Karate Academy - Burlington, NC

Classes Friday evenings

Contact: Sensei Rita Parke Stainback at ritayondan@bellsouth.net for further information.



Sensei Rita Parke Stainback

Sensei Rita Parke Stainback (5th Dan)

Location/date of birth: Wattsburg, PA in 1954.

Date/Location/Instructor where Isshinryu training began: September 1997 Burlington Martial Arts Master Dan Glover.

Date received Sho-Dan in Isshinryu karate: May 2000.

Date received present rank: Go-Dan November 2011.

Awards (Martial Arts): IHOF Female Instructor of the Year 2011, AMAA Female Black Belt Competitor of the Year 2004.

Profession: Laboratory Corporation of America Microbiology Corporate Discipline Director.

Education: MS, MT (ASCP), SM, DLM.

Personal: Husband Randy; Son Rick Edinger; Stepdaughter Jenna.



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