

**2012 SPIRIT OF  
DETROIT NATIONAL  
KARATE  
CHAMPIONSHIPS  
PRESENTS  
THE MIDWEST  
WOMEN'S MARTIAL  
ARTS  
HALL OF FAME  
OF  
EXCELLENCE**

THE FOLLOWING RECIPIENTS  
WILL BE INDUCTED INTO THE  
MIDWEST WOMEN'S MARTIAL  
ARTS HALL OF FAME. THEY WILL  
BE ACKNOWLEDGED AND  
PRESENTED WITH THEIR AWARD  
FOR THEIR CONTINUED  
CONTRIBUTION TO THE MARTIAL  
ARTS COMMUNITY. THESE  
RECOGNITIONS ARE LONG OVER  
DUE. PLEASE BE SURE TO COME  
OUT **OCTOBER 20, 2012** AND  
SUPPORT ALL OF OUR HONOREES



**Sensei Chris Szelap  
5TH DEGREE BLACK BELT  
(Family Self-Defense  
Center)  
NOVI, MI**

*Ms. Chris, as she is known to her students, has taught Isshinryu Karate since 1992. Chris is currently a 5th degree Black Belt in Isshinryu. Prior to opening her own dojo, she taught at many notable Isshinryu schools and attended numerous teaching and instructional seminars through the National Association of Martial Artist. She has been certified by the Cooper's Institute for her teaching skills.*

*Chris co-owns Family Self Defense Center with her husband "Mr. Z" Szelap, a 6th degree Isshinryu Black Belt Master. She invented the first ever Isshinryu History Board Game: "Vertical Punch", which is used as a study tool for her students.*

*In 1999 the National Isshinryu Hall of Fame Board chose Ms. Chris as one of the top 5 Female Instructors Nationally. In 2003 she was voted the Top Contributor to Isshinryu Karate, and received the same Contribution honor again in 2009, this time paired with her husband. In 2010 Ms. Chris was voted the Top Female Instructor in the Nation by the Isshinryu Hall of Fame and received Top Five honors in 2011. Her dojo was also chosen Tops in the Nation for their Contribution to Isshinryu in 2011. Chris has also earned National awards for her performance of empty hand and weapon katas.*

*Chris currently devotes her life to Isshinryu, teaching 6 days a week with her husband. She also attends local and national tournaments with her students, and participates, with her students, in countless community projects and demonstrations.*

*She received a BA degree from the University of Michigan, in Ann Arbor, in Child Psychology. She has three grown children who all were Isshinryu practitioners. Her oldest son was the first ever Jr. Black Belt for FSDC.*