

KC Sprague

Inspired by the 70's hit series "Kung Fu", KC Sprague began training in karate at the age of 19. He was seeking inner peace and calm as represented by the role model "Master Han" from the series. KC didn't end up meeting Master Han, but he did meet Sensei Mack in 1973.

KC earned his first degree black belt under Sensei Mack's tutelage in 1980 (KC now holds his 3rd dan). After earning his black belt, he taught for Sensei Mack at the Yakima School of Karate. While living in Yakima during the late 1980's, KC also briefly owned the Ellensburg School of Karate until the commute got the best of him. Sensei KC began teaching at Karate West in late 1990 where he has taught consistently for the last 15 years. When students want to know how to make a difficult technique work, they often go to Sensei KC. That much time in a gi counts for a lot in the dojo.

KC and his wife Kristy were married in 1999 among 250 friends and family. Some thought KC would never get married, but were surprised to hear the minister say it aloud at the altar! Well, it was worth the wait. He met his perfect soul mate. When Sensei KC is not at Karate West, you can be pretty sure he is traveling with Kristy, to minister to men in prisons and jails. Kristy sings, KC plays the guitar and together they worship alongside these often forgotten men.

Here's What Other's Have To Say...

"Sensei KC runs an incredible class, especially Saturday mornings. The classes have a serious side, but his great sense of humor keeps them lighter and fun. He has an uncanny ability to pick out weaknesses in the basics and then drill me into perfection. He has a great knowledge of anatomy and the mechanics behind karate principles, and he is able to communicate these well. Sensei KC is able to make me understand the purpose of the kata and to develop karate into my own, rather than just memorizing a set of moves. He is an incredible instructor and I always eagerly anticipate my next class with him, knowing that I am going to learn something useful and lasting."

- Dr. David Gartman, Student

"Without a doubt, Sensei KC is one of my favorite instructors. He is a teacher. In addition to his decades of experience, he brings to class an easy-going confidence and genuine humility. KC also has an amazing knowledge of body mechanics. When he's providing feedback on anything you are doing—whether its how to generate power, how to get your foot to land precisely there every time, or whether its how not to get hurt—he doesn't just tell you what you are doing wrong or what to change, he tells you how to change it and why that works. Understanding what you are doing can really help you self-diagnose issues and helps you progress so much faster. Sensei KC enjoys teaching and it shows. It's a real honor to study under his guidance."

- Jack Leary, Student

"I have known KC Sprague for over 30 years. During this time, we have trained, sweated and laughed together. He is one of my most loyal and honorable karate friends."

- Sensei Randy Holeman, Head Instructor