



Louis Charles Stanishia

MAR 16, 1942 - MAY 20, 2025



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It is with great sadness that we announce the passing of 'Shihan' Louis C. Stanishia, founder and long-time martial arts instructor of the Triangle Karate Association and the Lou Stanishia Martial Arts, Inc., of Westchester County, NY. He was 83 years old.

Born to Nicholas P. Stanishia and Cecelia Rescigno (House) in White Plains, NY, Louis trained with various karate instructors starting before his enlistment into the USAF (1962-1967), most notably with Peter Urban (the "Godfather of American Goju"). During his assignment at Clarke AFB in the Philippines, where he also met and married his first wife, Teresita Ariza Lazala, he competed in multiple karate competitions and won the 1963 - 1965 Philippine Amateur Karate Association, which earned him his 1st dan black belt.

When he returned to the States, Louis opened his first school, the Blue Diamond Karate School, in 1967, and as his school grew and locations changed, he operated under different names: Northern Westchester School of Karate (1973), Triangle Karate School (1976), and the Lou Stanishia Martial Arts (1982). His dojo offered students both the Okinawan Shorin-Ryu style of karate and Kendo with his brother, Dennis (under direction of M. Ishizuka, then-President of the East Coast Kendo Federation) at his base location in Yorktown, NY, and eventually had a few satellite schools open under his Triangle Karate Association throughout NYS and Virginia by black belts from his ranks. Stanishia Sensei's style of teaching - a gentle guidance into kata and kumite intensely focused on safety, health, and wellness - had become renowned within the communities in which they operated, with many students reaping the benefits of learning a karate-do discipline. His work and dedication to his craft and his students made him a trusted name in his industry, earning his 8th dan black belt in karate and Nidan (2nd degree black belt) in Kendo.

After his retirement from the dojo, he lived in Ballston Spa, NY, with his third wife, Corinne Galusha. After divorcing in 2023, Louis moved to Dunedin, Fl, where he passed.

He is predeceased by his parents and first wife.



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He is survived by his siblings: Lena Lent, Nicholas C., and Dennis C.; 5 children with Teresita: Theresa Vinal, Cecelia Warner, Nicholas L., Liwan (David) Degnan, Aurora (Keith) Wells; 14 grandchildren, 13 great-grandchildren, cousins, nieces and nephews, and thousands of students.

Memorial Service will be held at Joseph F. Nardone Funeral Home, 414 Washington Street, Peekskill, NY on Saturday, June 14, 2024 from 3:00 pm to 8:00 pm.

Stanishia Sensei, doumo arigatou gozai mashita. Your teachings have been lifelong within us.




Events


Louis Charles Stanishia

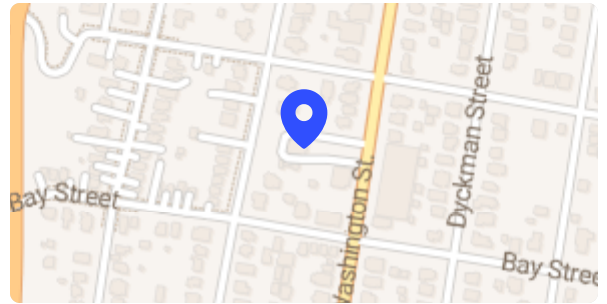
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Memorial Service

 **Saturday**, June 14, 2025

 3:00 PM - 8:00 PM ET

 **Joseph F. Nardone Funeral Home**
414 Washington St., Peekskill NY 10566





Memories only last if you share them

Join us in honoring Louis by contributing to a collection of shared memories.



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