

Sudbury SKC

KUGB Shotokan Karate

Member Pack



www.sudburyshotokankarate.co.uk

Instructor

Antonio Cadeddu

Sudbury Shotokan Karate

Karate was introduced to Japan from a little island called Okinawa in 1922. It was developed further by the Japanese who then formed the Japan Karate Association (JKA).

Shotokan was the very first style that was introduced into the UK back in the 1960`s. Shotokan is classed as a traditional style as it combines all the hard, soft, light, fast and heavy movements of karate. The **K**arate **U**nion of **G**reat **B**ritain was set up in 1966 with Japanese instructors from the JKA.

The concept of Karate is of personal development by perfecting Karate moves to a high standard and then practicing with a partner to perfect the moves further. Even then each move is done in a safe and controlled manor. The highest level is the ability to deliver a blow just short of the target at full speed and power, (*blows are allowed at an advanced stage to the body area*).

Shotokan takes longer to learn and is excellent in a self-defence situation

Training

Sudbury SKC keeps with tradition; techniques will be learnt in Japanese style and language. Students will be trained to pull their blows just short of the target, thus making training safe for all. At more senior level blows are allowed to the body. Karate uses fast and strong techniques with instantaneous reactions, these can only be produced by constant regular training, twice a week is recommended.

The study of Shotokan Karate-Do is physically demanding and can be dangerous if done improperly.

As with any programme of strenuous exercise, it is recommended that a person with exciting injury / illness, or any doubt to the risks, should consult their doctor for advice before commencing training.

Every Wednesday at Stevenson Centre

Age of 5 / 7 from 7pm to 8.00pm £ 4.00 *pay as you go*
Age of 7 / 13 from 7.00pm to 8.30pm £ 4.00 *pay as you go*
Adult from 7.00pm to 9pm £ 5 *pay as you go or monthly*

Every Sunday Great Cornard Sport Centre

Age of 5 / 7 from 9am to 10.00
Age of 7 / 13 Adult from 9.00am to 11 am

For more information please call Sensei Antonio at 01787 315882
Mobile 07810024704 email: sudburyskc@gmail.com

Licence

You are required by the KUGB and Sudbury SKC to have an annual individual licence. The licence is insurance and proof for any courses and grading's.

Once you have received your licence please bring in so that licence number and expire date can be entered into personal records.

For more information regarding Sudbury Shotokan Karate club

email : sudburyskc@gmail.com

Mobile:07810024704

Home:01787315882

Club Rules

Karate training is based largely on the development of discipline and respect. Observing etiquette is a fundamental expression of the respect that is due to the instructors and your fellow students. With this in mind, the points of etiquette outlined below should be observed when training at Sudbury Shotokan Karate Club.

Bow when you enter and leave the dojo

Address your instructor as 'Sensei' when you are in the dojo.

Say 'OSS' when given instructions or advice by your instructor.

Always line up quickly and in grade order

Late arrivals must kneel at the side of the class, and can join in only when the sensei gives the appropriate signal

Train at least twice a week where possible.

Show respect for higher grades.

Keep finger and toe nails clean and short.

Keep your Gi clean and in good repair

Remove jewellery and watches before training

Turn your back if you have to adjust your Gi or tie your belt.

- Jewellery must be removed (or cover with a plaster / tape) Jewellery can inflict serious injuries.
- Nails to be kept short, as serious cuts can occur.
- Whilst training your instructor is called Sensei.
- Ensure you are entered into the PC records each time you train; the number of times you train influences your eligibility to grade.
- Anyone can watch, please bring friends or family along but they must not talk or distract people that are training. **Parents - please do not offer instruction or shout out to a junior whilst the class is running.**
- Any injuries / illnesses must be reported to the instructor before the class starts.
- For a child member the parent / guardian must supervise the child before and after the class.

Club Registration Form

NEW MEMBERS PERSONAL DETAILS

Full Name:

Address:

Tel No.Home or Mobile:

Email:

DOB:

**Any Specific Physical or Medical Conditions
that may cause problems during exercise.**

