**B**ury SKC

KUGB Shotokan Karate

# Member Pack

www.buryshotokankarate.co.uk

KUGB Instructor 4dan & Assessor

Antonio Cadeddu

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* Great **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 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

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**Training**

Bury 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**

**Monday and Thursday**

**Leisure Centre / Skyliner Sport Centre**

**Age of 5 / 8 from 6pm to 7 pm *£ 5.50***

**Age of 9 / 90 from 7.00pm to 8pm pm *£ 6.50***

**For more information please call Sensei Antonio at 01787 315882 Mobile 07810024704 email: buryskc@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 Bury st Edmunds Shotokan Karate club

email : buryskc@gmail.com

www.buryshotokankarate.co.uk

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 Bury Shotokan Karate Club.*

***Bow when you enter and leave the dojo***

***A****ddress your instructor as 'Sensei' when you are in the dojo.*

***S****ay 'OSS' when given instructions or advice by your instructor.*

***A****lways line up quickly and in grade order*

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

***T****rain at least twice a week where possible.*

***S****how respect for higher grades.*

***K****eep finger and toe nails clean and short.*

***K****eep your Gi clean and in good repair*

***R****emove jewellery and watches before training*

***T****urn 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 whist 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:

Telephone Home:

Mobile:

Email:

DOB:

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

