

FIRST TWO LESSONS **FREE!!**

DAYS & TIMES

Venue :

Community Centre
Clifton Street, Worsley Mesnes
Wigan, WN3 5HN

Times:

Monday's 6.30 - 8.00pm
Wednesday's 6.30 - 8.00pm



INSTRUCTOR PROFILE

- 3RD DAN BLACK BELT
- Over 20 YEARS EXPERIENCE
- CRB ENHANCED CHECK
- PUBLIC LIABILITY INSURED
- NVQ II QUALIFIED COACH
- QUALIFIED FIRST AIDER



In association with the
English Karate Federation
and British Karate Association

AGES 5 TO ADULT WELCOME

- Self Confidence
- Fitness
- Respect
- Flexibility
- Self Esteem
- Co-Ordination
- Strength
- Discipline
- Anti-Bullying

A safe and friendly atmosphere

*Recognised by the
Wigan Sports Council*

**CONTACT SIMON ON
01257 427 620**

BLACK TIGER SHOTOKAN

Clifton Street Community Centre

Monday's & Wednesday's
6.30 - 8.00pm



Club Guide

www.blacktigershotokan.co.uk

Email: info@blacktigershotokan.co.uk

MEMBERS GUIDE

Classes are held in the larger hall on a Monday and in the small hall on a Wednesday. At the Black Tiger Shotokan karate club, lessons are designed so that no matter what age, grade or ability you are, they will enable students to understand the art of karate better.

MEMBERSHIP

Anybody aged five years or over is able to join the Black Tiger Shotokan Karate club and membership is free, however, children under the age of sixteen must be accompanied by a parent if they wish to join. To start with, the student may wear loose fitting clothing that does not restrict any movement, such as a tracksuit pants and a T-shirt. After a period of one month has elapsed, if the student wishes to continue his/her studies, they should start wearing a suit. To proceed with their training and take belt examinations and/or enter competitions, they must also apply for a **B.K.A. licence**.

UNIFORMS

A Karate suit or Gi as it is known can be purchased through your club instructor for as little as £12 for Junior sizes and £25 for Adult sizes. Also available are **Club** badges for only £5 each and a full range of martial arts DVD's, T-shirts, and competition equipment. Please ask Sensei for a details.

LICENCES

Application for a new licence for students costs £15 per year. The licence is your membership of **British Karate Association** and also your personal grading record, which will be signed by your instructors/examiners upon passing each grade. You will also receive **personal indemnity insurance**, which is your insurance against injury. Your licence will also provide you with membership of the **English Karate Federation** and the **World Karate Federation** governing bodies. Your licence will also permit you to enter local, national and international tournaments plus allow you to go on courses outside of the association. Licence forms can be obtained from the Chief Instructor.

GRADINGS

Grading is one of the most challenging aspects of karate. Gradings can be taken at regular intervals depending on the belt you are taking and also your progress in the art. The club's Chief Instructor selects the students that he feels are ready to take his/her next grade. The Chief instructor's decision is final. Depending on the complexity of the examination, the examinations are held at set time periods. Depending on the number of weekly training sessions, students must wait a minimum of three months between Kyu gradings (coloured belts) and a minimum of six months before entering a 1st Dan grading (black belt). There is an examination fee for taking a grading which covers the cost of certification and registration with the **British Karate Association** and your new belt, should you be successful.

AFFILIATIONS

THE BRITISH KARATE ASSOCIATION
ENGLISH KARATE FEDERATION
WORLD KARATE FEDERATION