

# The School of Traditional Karate



## Children

### Beginners Course in Shotokan Karate

- Start date: April 2018
- Clewer Youth and Community Centre Parsonage Lane Windsor, SL4 5EN
- Classes: Monday or Thursday
- Time: 6.30pm to 7.30pm
- The basic level course will consist of:
  - Etiquette and procedures of the Dojo
  - Basic principals of karate; Stance, Punching, Blocking and kicking
  - Shotokan karate Kata – Set Forms
  - Pair work – controlled sparring
- A grading will be held to progress onto the next level.
- Membership fee: payable once every year = £30.00
- Course fees: Training once a week = £70.00 per Term
- Course fee: Training twice a week = £120.00 per Term
- To enroll please complete the membership form and return it together with full payment to; Heath House Tollgate Maidenhead SL6 4LJ

Limited class numbers

