

The School of Traditional Karate



Adults

Beginners Course in Shotokan Karate

- Start date: January 2019
Clewer Youth and Community Centre Parsonage Lane Windsor, SL4 5EN
- Classes: Monday and 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 – Application of Kata and Self-defense
 - Body Conditioning and strengthening exercises
- A grading will be held to progress to the next level.
- Fees; Membership fee payable once every year = £40.00
- Course fees: Training once a week = £95.00. Twice a week £180.00 per Term or call in £10.00/lesson
- To enroll please complete the membership form and return it together with full payment to; Heath House Tollgate Maidenhead SL6 4LJ

Limited class numbers

