

# The School of Traditional Karate



## Children

### Beginners Course in Shotokan Karate

- Start date: April 2019
- Clewer Youth and Community Centre Parsonage Lane Windsor, SL4 5EN
- Classes: Monday and/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 = £77.00 per Term
- Course fee: Training twice a week = £130.00 per Term

To enroll please complete the membership form and return it together with full **Payment by Bank Transfer:** Payable to: The School of Traditional Karate: Sort Code: 206520. Account No: 83917207

Or you can drop the form off with payment at the Dojo on a Monday or Thursday evening between 7.30 and 9.30pm

•

Limited class numbers

