



## Children Beginners Course in Shotokan Karate

- Start Date 15<sup>th</sup> April 2024
- Clewer Parish Hall Parsonage Lane Windsor SL4 5EN
- Classes every Monday and Thursday
- Time 6.30 to 7.30pm
- The basic level course will consist of;
  - Etiquette and procedures of the Dojo
  - Basic principles of karate,
  - Stance, Punching, Blocking and Kicking
- Shotokan Karate Kata
- Pair work - controlled sparring
- Gradings are held at the end of each Term
- Limited class numbers
- Membership fee; payable once a year = £30.00
- Course fee: Training once a week = £98 per Term
- Course fee: Training twice a week = £168.00 per Term

To enrol please complete the membership form and email it to; [ashleygjansen@gmail.com](mailto:ashleygjansen@gmail.com)

**Payment by Bank Transfer:** Payable to:

The School of Traditional Karate: Sort Code: 206520. Account No: 83917207

