

# The School of Traditional Karate



## Adults

### Beginners Course in Shotokan Karate

- Start date: 24<sup>th</sup> April 2025  
Clewer Parish Hall Parsonage Lane Windsor, SL4 5EN
- Classes: Monday and Thursday
- Time: 6.30pm to 7.30pm (Adults training with children)
- Adults class 7.30 to 9.00pm
- 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 = £104.00. Twice a week £198.00 per Term, or call in £10.00/lesson (Windsor Dojo only)

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

- Limited class numbers

