

# KARATE

## STARTER PACK





## STARTING WITH LINKS KARATE

We understand that people like to try things before committing (especially children). We offer the chance to come down and train with us for up to 4 weeks with no commitments. That gives you the option to try Karate before purchasing the equipment needed.

After 4 weeks has ended, all classes are paid for on a monthly basis in advance. When you first start training, you can wear comfortable clothing such as tracksuit bottoms and a t-shirt. However, if you want to continue training with us, you will need the correct equipment.

You can purchase one of our starter packs at any point during your first month. The starter pack includes a Karate suit and badge, gloves, a gum shield, a syllabus & your licence.

All training equipment must be purchased through Links Karate as this is our club uniform.

## MINIMUM LESSON REQUIREMENT

The minimum training required to be eligible to grade is stated on your class training record card. Please note if you do not fulfil this requirement you will not be able to grade.



# KARATE CLASSES 5 YEARS TO ADULT

Your martial arts training is something that is very important to us and we are committed to teaching excellent classes and developing strong, confident, and respectful Black Belts. The necessary tools for success are discipline, confidence, respect and self-esteem. Links Karate brings out these qualities in all students that we teach.

Our Karate classes give you the ability to gain self-confidence and improve your physical and mental capacities. Regardless of whether your objective is to gain a Black Belt, learn self-defence techniques, become a competitor or simply become more physically fit, Links Karate will help you achieve your goal.

Our students are taught that Karate is only to be used as a means of self-protection, the philosophy of Karate is that the first move starts with a defensive one and not an attack.

All instructors are qualified and fully insured, hold current first aid qualifications, are enhanced DBS checked and child protection trained.

## LINKS TIGERS 3-4 YEARS

The Tiger class is aimed at the younger student 3 to 4 yrs.

A fun exercise class for both boys and girls it incorporates Karate techniques with fun and games

**Mental Benefits** - Builds confidence, Discipline and respect

**Physical Benefits** - Improves flexibility, Agility, Co-ordination, Balance and control

**Social Benefits** - A great way to meet new friends, A good and safe grounding for further tuition in karate.



## DOJO RULES

- Bow on entering and leaving the Dojo
- Outside footwear is not permitted in the training area
- Always address the instructor as Sensei
- Students must keep their Gi's clean and neat
- Students must ensure their finger and toenails are cut short and clean to avoid accidents
- No jewellery to be worn
- All mobile phones must be switched off by both parents and students
- Students must not leave the Dojo without the permission of the instructor
- Late arrivals should kneel at edge of Dojo
- Please arrive ten minutes prior to start of lesson as continued late arrivals will not be permitted to train as it causes disruption in the class
- Students should not talk during lessons as this disrupts the class
- No food or drink to be consumed within the Dojo
- Parents and children are quite welcome to watch the lesson, as long as a quiet atmosphere is maintained throughout to enable the instructors to teach
- If students or parents have any questions I will be happy to answer them at the end of the lessons.

These rules are for everyone to follow for the safe running of all Links Karate lessons.

ENGLISH KARATE



FEDERATION



[www.linkskarate.co.uk](http://www.linkskarate.co.uk)  
[paul@linkskarate.co.uk](mailto:paul@linkskarate.co.uk)  
07766170848  
01255830136

