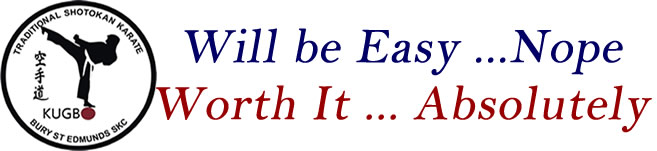
**B**ury SKC

KUGB Shotokan Karate



# Member Pack

www.buryshotokankarate.co.uk

KUGB Instructor 5dan & Assessor

Antonio Cadeddu

Karate was introduced to Japan from a little island called Okinawa in 1922.

It was developed further by the Japanese who then formed the Japan Karate Association (JKA).Shotokan was the very first style that was introduced into the UK back in the 1960`s.

Shotokan is classed as a traditional style as it combines all the hard, soft, light, fast and heavy movements of karate. The **K**arate **U**nion *of* Great **B**ritain was set up in 1966 with Japanese instructors from the JKA.

The concept of Karate is of personal development by perfecting Karate moves to a high standard and then practicing with a partner to perfect the moves further. Even then each move is safe and controlled manor. The highest level is the ability to deliver a blow just short of the target at full speed and power, (*blows are allowed at an advanced stage to the body area).*

Shotokan takes longer to learn and is excellent in a self-defence situation

**Training**

Bury SKC keeps with tradition; techniques will be learnt in Japanese style and language. Students will be trained to pull their blows just short of the target, thus making training safe for all .At more senior level blows are allowed to the body.

Karate uses fast and strong techniques with instantaneous reactions, these can only be produced by constant regular training, twice a week is recommended.

The study of Shotokan Karate-Do is physically demanding and can be dangerous if done improperly.

As with any programme of strenuous exercise, it is recommended that a person with exciting injury / illness, or any doubt to the risks, should consult their doctor for advice before commencing training.

**Every**

**Monday and Thursday**

**Skyliner Sport Centre**

**Age of 5 / 14 from 6pm to 7 pm *£ 6.50***

**Age of 14 / 90 from 7.00pm to 8pm pm *£ 7.50***

**Guardians / Parents**

To ensure the safety and well-being of all our students, we have implemented a safeguarding policy that requires parents to remain outside the training area during classes **( in event you are unable to stay, you must inform the Instructor.**) This policy is in place to create a focused and secure environment for both students and instructors. We understand that this may cause some inconvenience, but it is a necessary measure to comply with our safeguarding standards.

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**Bury St Edmunds Safeguarding Policy**

**Children Leaving the Dojo for Toilets / other reason**

**Club Policy:**

**To all Parent is IMPERATIVE you must stay out site the dojo during the class in case children need any support like (toilette, or any other thinks)**

**In case children are age 5,6 Parent must stay in out the dojo at all time**

1. **Supervision**: A designated adult or instructor is always to be present to supervise children when they need to leave the dojo for the toilet/other reason
2. **Safe Environment**: Bury St Edmunds dojo provide a safe and secure environment for children. This includes appropriate facilities, equipment, and supervision during training sessions.
3. **Designated Areas:** Clearly define the toilet facilities that children are allowed to use and ensure they are easily accessible from the dojo.
4. **We have specific times**: children leaving and returning to the dojo, for Toilet/ other reason of leaving and return promptly
5. **Emergency Contact**: The instructors have access to emergency contact information for all children in case of any issues or incidents.
6. **Regular Reminders**: Remind children to inform an instructor before leaving the dojo for the toilet and to return promptly.
7. **Visible Presence**: Instructors always maintain a visible presence near the dojo entrance to monitor children going to and from the toilet.
8. **Parental Involvement**: We Communicate this policy to parents and encourage them to remind their children of the importance of following these procedures.

**Procedure:**

1. **Child Requests to Leave**: child know to informs the instructor they need to use the toilet.
2. **Supervision: The instructor ensures the children *find their own parent***
3. **safely reach the designated toilet facilities.**
4. **Return Check-In**: Upon returning, the instructor notes the time 18,30 to 18,35 and ensures the children return to their training hall.

**We Review: This policy will be reviewed annually or as needed to ensure its effectiveness and to accommodate any changes in safeguarding guidelines.**

**Bury St Edmunds Traditional Shotokan Karate**

**Antonio Cadeddu Head Instructor and Assessor**

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**For more information please call Sensei Antonio at 01787 315882 Mobile 07810024704 email: buryskc@gmail.com**



### **Licence**

You are required by the KUGB and Sudbury SKC to have an annual individual licence. The licence is insurance and proof for any courses and grading’s.

Once you have received your licence please bring in so that licence number and expire date can be entered into personal records.

For more information regarding Bury st Edmunds Shotokan Karate club

email : [buryskc@gmail.com](mailto:buryskc@gmail.com)

www.buryshotokankarate.co.uk

Mobile:07810024704

Home:01787315882



### **Club Rules**

*Karate training is based largely on the development of discipline and respect. Observing etiquette is a fundamental expression of the respect that is due to the instructors and your fellow students. With this in mind, the points of etiquette outlined below should be observed when training at Bury Shotokan Karate Club.*

***Bow when you enter and leave the dojo***

***A****ddress your instructor as 'Sensei' when you are in the dojo.*

***S****ay 'OSS' when given instructions or advice by your instructor.*

***A****lways line up quickly and in grade order*

***L****ate arrivals must kneel at the side of the class, and can join in only when the sensei gives the appropriate signal*

***T****rain at least twice a week where possible.*

***S****how respect for higher grades.*

***K****eep finger and toe nails clean and short.*

***K****eep your Gi clean and in good repair*

***R****emove jewellery and watches before training*

***T****urn your back if you have to adjust your Gi or tie your belt.*

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Jewellery must be removed (or cover with a plaster / tape). Jewellery can inflict serious injuries.

* Nails to be kept short, as serious cuts can occur.
* Whilst training your instructor is called Sensei.
* Ensure you are entered into the PC records each time you train; the number of times you train influences your eligibility to grade.
* Anyone can watch, please bring friends or family along but they must not talk or distract people that are training. **Parents - please do not offer instruction or shout out to a junior whist the class is running**.
* Any injuries / illnesses must be reported to the instructor before the class starts.
* For a child member the parent / guardian must supervise the child before and after the class.



Club Registration Form

NEW MEMBERS PERSONAL DETAILS

Full Name:

Address:

Telephone Home:

Mobile:

Email:

DOB:

**Any Specific Physical or Medical Conditions that may cause problems during exercise. I need to know**

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