

MARTIAL ARTS TRAINING FOR ALL !

What ?

A reality based self protection martial arts system based upon a Shotokan Karate grading syllabus incorporating elements from many other fighting arts.



Why ?

Self protection is 95% holistic awareness (which will also be trained) and 5% self defence, of which only 1% is physical action. However, if it is not trained for then when it is needed – you cannot deliver that 1% effectively.

How ?

Awareness training will be conducted in class and outside and as a group and individually. Students will be exposed to adrenalin and anaerobic stress conditioning by combat specific physical training and live sparring with other students. All ranges of combat will be trained for and drilled from verbal, through striking range, into close grappling range to ground fighting range. All within a Shotokan Karate based syllabus. The mini-samurais will be introduced to the fighting arts in a fun, friendly but disciplined environment. (Parents are expected to stay and observe – It is not a 'child-minder service being provided')



Who ?

People of all ages, both sexes, any physical ability and any experience are welcome to join. The two classes initially proposed are a 'mini-samurai' class for children aged 5 – 8 and a main class for everyone else from 9 to 90!

How Much ?

First 2 lessons free 'taster' sessions.
50 Euros annual subscription fee only – no lesson or monthly charges.
There is some mandatory personal training and protective equipment required.
Gradings / Competitions / Trips / Seminars etc will incur an additional charge.



Where and When ?

Barker Barracks Gym

Wednesdays – Sports afternoon training: 1500 – 1600 Hrs
Mini-Samurai: 1600 – 1645 Hrs
Main Class: 1700 – 1830 Hrs

Saturdays – Mini-Samurai: 0900 – 0945 Hrs
Main Class: 1000 – 1130 Hrs

The first classes will start at 0900 Hrs on Sat 2 April 2011. Feel free to turn up.

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