



# **ZENSHIN KARATE INFORMATION**

Enclosed is some information that you  
will need to help you to decide to  
become a member of Zenshin Karate!

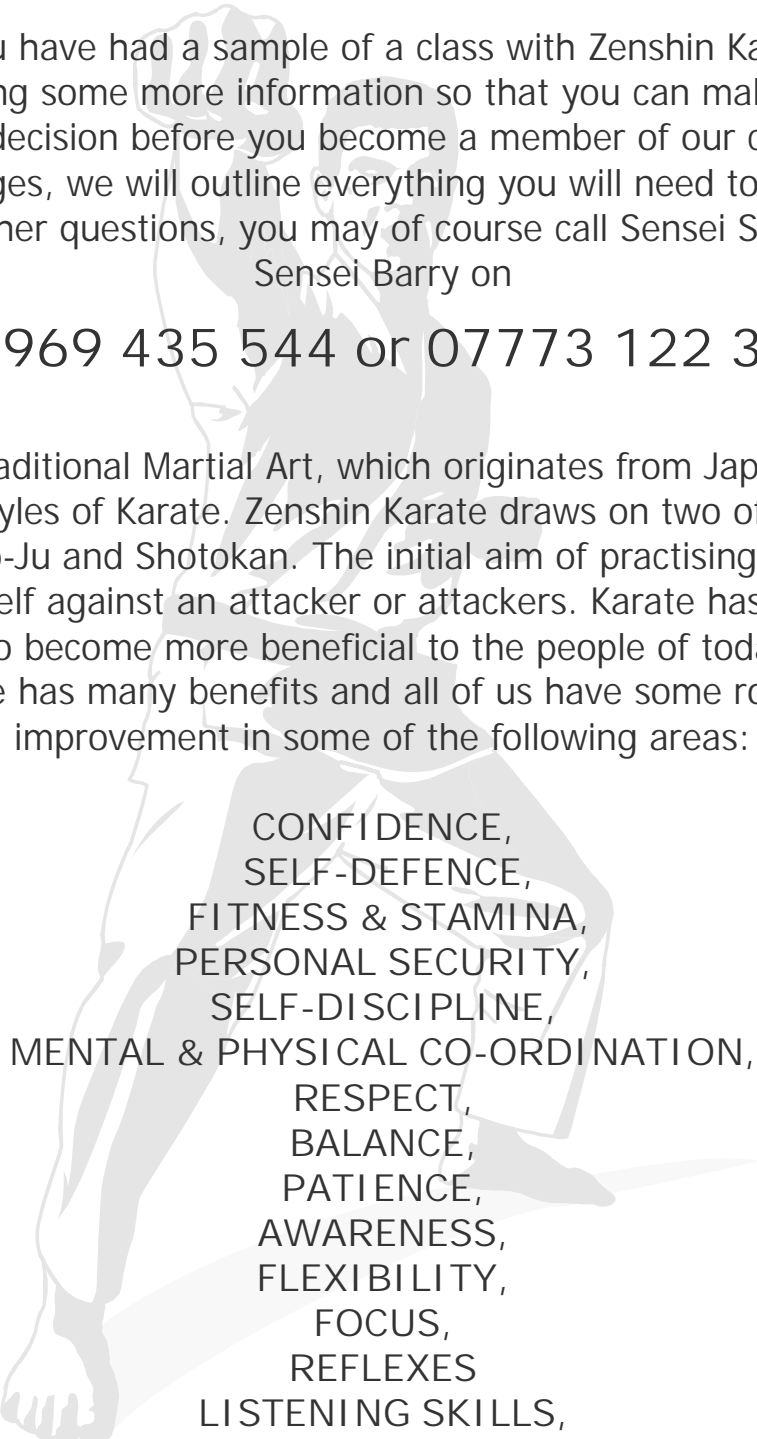
Thank-you for participating in your first class.  
We trust that you have enjoyed it!

Now that you have had a sample of a class with Zenshin Karate, you will be wanting some more information so that you can make a more informed decision before you become a member of our club. In the following pages, we will outline everything you will need to know. If you have any further questions, you may of course call Sensei Steve or Senior Sensei Barry on

07969 435 544 or 07773 122 345

Karate is a traditional Martial Art, which originates from Japan. There are four major styles of Karate. Zenshin Karate draws on two of these styles, they are Go-Ju and Shotokan. The initial aim of practising Karate is to defend yourself against an attacker or attackers. Karate has evolved over the years to become more beneficial to the people of today's society.

Karate has many benefits and all of us have some room for improvement in some of the following areas:



CONFIDENCE,  
SELF-DEFENCE,  
FITNESS & STAMINA,  
PERSONAL SECURITY,  
SELF-DISCIPLINE,  
MENTAL & PHYSICAL CO-ORDINATION,  
RESPECT,  
BALANCE,  
PATIENCE,  
AWARENESS,  
FLEXIBILITY,  
FOCUS,  
REFLEXES  
LISTENING SKILLS,  
AGILITY,  
STRENGTH,  
WEIGHT LOSS & MUSCLE TONE,  
POSITIVE ATTITUDE

## Our Karate Club.....

Zenshin Karate is a very popular family orientated club. We currently teach 26 classes a week in various locations in the West Midlands. All classes continue throughout the entire year including school holidays, with the exception of a two week break over the Christmas period.

We practice in a non-contact environment and we encourage children as young as 5 years old to start training with us. We will accept some 4 years old children but request that they attend only after having started school and the Instructor at their first class is happy they are capable of doing the Karate at class. Parents are very welcome to train in the same class with their children. We also have a strong following of both young adults and more mature adults, in fact we have no upper age limit.

At every class, there is a main instructor (Sensei) and at least one assistant instructor (Sempai). Beginners are always welcome to join and, as we have at least two people in charge of the class, they will be well looked after especially in the all important first few weeks of their training.

Every class begins with a warm up and some light stretches this ensures that the body is properly prepared to train. In the first few weeks we will teach you the basics like how to punch correctly, how to defend against a variety of attacks, how to kick correctly and what to do if someone tries to grab you! As mentioned above, the classes are taught non-contact so everyone has full confidence to join in all the activities and of course it prevents any injuries!

## Grading and Structure within Karate Club.....

Regular gradings are run so the head of the club (Shidoshi) or the Senior Sensei can observe and grade those who are ready to advance to the next level. Grading is a great way to monitor your progress. On average students are ready to grade to the next full belt level every 3-4 months. Remember everyone is different though!

Within our club, we have 3 different syllabuses all of which are specifically aimed at different age groups. This way each student is working at a level that is appropriate to their age.

The 3 groups are: "Little Dragon's" which is for those students who are aged 4-8 years. The second group are called "Young Samurai's" which is for those students who are aged 9-13 years and our "Senior's" group which is for those students aged 14 and over.

All 3 syllabuses neatly overlap, so when the younger ones reach an age where they will be required to move into the new group, they do not start there as a beginner, but at a level which is relevant to their current level of progress.

All "Little Dragon's" and "Young Samurai's" will progress through 7 different coloured belts before achieving black belt status for their appropriate age group. In order to pass their next belt, they must earn 4 black tips on their previous belt. As a beginner they will be issued with a (FREE) white belt. Their aim is to learn and perfect 4 different tasks. Each task completed earns them a black tip. Once they have 4 black tips, they can attempt their yellow belt and so on.



Students in the "Senior" syllabus also start off as a white belt but have 10 grades to pass before earning black belt status.



Upon joining the club, all students are issued with a professionally printed booklet which is a permanent record of their progress. It is also their guide as to what techniques they need to practice and perfect for each tip or full grade. This is an excellent tool for the student's (and parents of children) to know exactly how they are progressing. It is also the perfect way for the Karate teacher (Sensei) to know exactly where each individual student is at in their progress. After passing each tip (or belt) the Sensei puts a proposed date in the book for their next grading. This way every student has a defined goal to achieve.

These grading booklets are exclusive to Zenshin Karate and are the result of many years of development and research into how students of various age groups learn and progress. We are proud to say that we are one of the few Karate clubs in the UK to have implemented a separate grading system for children and adults.



## More than just a Karate Club.....



Throughout the year the club holds plenty of extra events to which all students are invited. There are competitions run each year and every summer there is also camp! We also hold regular special training seminars which target certain aspects of Karate like competition training, specialised self defence, Kata training (forms) and Kumite training (sparring). Often we are lucky

enough to organise a guest instructor to come in and teach some specialist subjects like knife defence. We even have social events throughout the year like a Halloween party, training in the park, BBQ's, Bowling, Paintballing and lots of other fun days out! Of course, the whole family is welcome.



There are many classes on different days that you are welcome to attend. We recommend students try to train at 2 classes per week, however if you can only manage once a week that is also fine. For more details of times and addresses either look at our website [www.zenshin-karate.co.uk](http://www.zenshin-karate.co.uk) or the club timetable, which you will be issued if you decide to join the club.

### Ladies Only Self Defence Class

This year see's the introduction of a new type of class. A "Ladies Only Self Defence class" is held every Tuesday evening, starting 6th March, at the Grammar School in Wolverhampton. It is open to ALL females over the age of 12 years with no upper age limit and will be included FREE to anyone that joins the Karate club after their trial lesson. Taught by female instructors in a safe environment its an excellent way to give you the tools and techniques to empower yourself and give you the confidence to look after yourself and your family members.

Furthermore, you do not need to be a student of the Karate to attend this class. For the low fee of only £24 a month anyone can become a member of the Ladies Only Club.

If you have any further questions about this please call Sensei Steve on the number inside the front cover or pick up one of our detailed flyers and information packs from the class Sensei.