



ZENSHIN KARATE LADIES ONLY SELF DEFENCE

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

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

Now that you have had a sample of a Zenshin Ladies only self defence class, 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

Our Ladies only self defence class aims to teach you the skills and techniques to be able to protect yourselves and the ones you love. But it will also teach you and improve many other skills including

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

Our Karate Club.....

Zenshin Karate is primarily in the business of teaching Martial Arts and is a very popular family orientated club. We currently teach 26 Karate classes a week, on top of the Ladies only self defence class, 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!

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.

LADIES ONLY SELF DEFENCE CLASSES WHAT WOULD YOU DO?

LIMITED FREE 2 WEEK TRIAL
Female 12 Years and over only



Call 07969 43 55 44 or 07773 122345 for more information

EVERY TUESDAY

6.30 TO 8.30pm

STARTING 6th MARCH

THE GRAMMAR SCHOOL

COMPTON ROAD

WOLVERHAMPTON

WV3 9RB

A full rotating syllabus including

- Situational awareness
- Limiting the odds
- The importance of reacting quickly
- Where to strike and how to strike
- Learning that size and strength does not matter
- Dealing with frontal attacks and attacks from behind
- Purse snatching
- Fighting from the ground
- Wrist, hair, clothing grabs
- Chokes and strangles
- Defence against rape attacks
- Defence against muggings
- Using the environment
- And much more