



# PJK Wado Kan KARATE

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## GENERAL INFORMATION

### **OUR CLUB**

Established in 1968 by Sensei Peter J Kennedy, 6<sup>th</sup> Dan, our club practices practical Wado-Ryu Karate. We are affiliated to The British Combat Karate Association (BCKA). Our senior instructors hold current First Aid qualifications and have enhanced DBS certificates. The club also has public liability insurance of £5,000,000.

### **LOCATION/TIMES**

We practice from 19:30 to 21:30 on Thursdays in the church hall at Sacred Heart Catholic Church, Pyramid Close, Weston Favell NN3 8DP. Children can finish earlier if their parents wish.

### **FEES**

£8 per session. A session lasts for 2 hours. (If preferred, a discounted monthly fee can be paid. Monthly fees are payable on the first session of the month or by standing order/bank transfer.)

In addition to the dojo fees, every student must have a British Combat Karate Association (BCKA) licence and insurance. This is £16 per year. This includes a BCKA membership/grading book plus personal accident insurance and general liability cover

Periodically at the discretion of the instructors, but no more frequently than every three months you may attend a “grading” where your skill and knowledge is assessed. After each successful grading you will receive a certificate and a belt of a colour that represents your proficiency. There is a grading fee dependant upon your level.

### **UNIFORM**

Loose clothing (tracksuit bottoms/t-shirt) is suitable for the beginner. As soon as you are ready we recommend you get yourself a gi, the traditional uniform of the karateka. Karate-gi are available for purchase through the club at reasonable prices.

### **ETIQUETTE**

An important element of Karate Training. Properly observed etiquette allows us to maintain focus on what we are trying to achieve lets us release our egos and concentrate on learning and becoming better people. Students should bow on entering and leaving the Dojo. Hands and feet should be clean, fingernails and toenails should be kept short and the removal of all jewellery is essential. If you have an injury, make sure you are in good shape to train before you decide to do so. Cover any cuts that you incur prior to, or occasionally during class. Step to the side if you are not feeling well. “Pushing it” is definitely a show of good motivation, but doing so to a point of injury is not proper etiquette.

### **CONTACTS**

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