

AUGUST 2024 EDITION

STRATFORD KARATE CLUB

WELCOME PACK

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Hello and welcome to the club,

Thanks for choosing us to start your own/your Childs karate journey.

In this welcome pack you'll find all the information you will want know about the club from our history and philosophy to the rules and fees.

The information contained in this pack is subject to change and may be updated without notice. For the most up to date information please check the website for revisions to the pack or if you are looking for something specific please check the website itself and this will nearly always have the most up to date information.

This Pack contains a brief overview of the clubs activities for a more detailed description of the clubs activities please visit the club website at:

WEBSITE LINK: www.Stratford-karate.london



Stratford Karate Club teaches JKA Shotokan Karate. A powerful and refined martial art, Shotokan Karate is much more than just a self defence system. It is also a great way to get fit, keep fit, relieve stress, instil discipline, and of course have fun.

With our club being affiliated to the JKA we are a part of the oldest and most influential karate governing organisation around today.

One of the many benefits of choosing karate as your martial art is its incredibly diverse range of techniques including, strikes, blocks, kicks, sweeps, takedowns, and joint locks. They're all included in karate. Train with us and you'll get to experience them all

As for the club, Stratford Karate Club was founded in 2016 by sensei Natalia Salisbury. In late 2016 Sensei Aaron joined the club as an instructor and both sensei Aaron and sensei Natalia ran the club as partners. The club then grew from just 1 lesson to 3 lessons per week. Fast forward to October of 2019, Natalia sensei took a step back from the running of the club to focus on her family and career. This was when sensei Aaron took the reins of the club as Chief Instructor. Under sensei Aaron's leadership the club continued to grow stronger with the securing of a venue to allow plans of opening 3 more classes. This was until the COVID-19 pandemic swept the world in March of 2020 the club was then forced to close doors. However Shortly after the announcement of the first national lockdown sensei Aaron began teaching virtual classes for the club to support the members in getting plenty of exercise while stuck at home. These classes were supplied completely free of charge from the beginning of the first national lockdown until the reopening of the clubs face to face classes in September of 2020. Since then the club has survived 2 more national lockdowns and

the challenges they brought with them.

Today the clubs resides at Bryant street community near the centre of Stratford teaching karate to adults and children, beginners through to national champions.



Shotokan is a modern name given to the style of karate that developed from the Okinawan systems, and which was introduced to Japan in 1922 by Gichin Funakoshi, the father of modern karate, the word itself translates to (Empty hand)

Shotokan karate is one of the most popular of modern styles. It is one of the most powerful and dynamic of the Japanese systems, and is generally considered to be the most comprehensive, both in the range of its techniques and diversity of its kata.

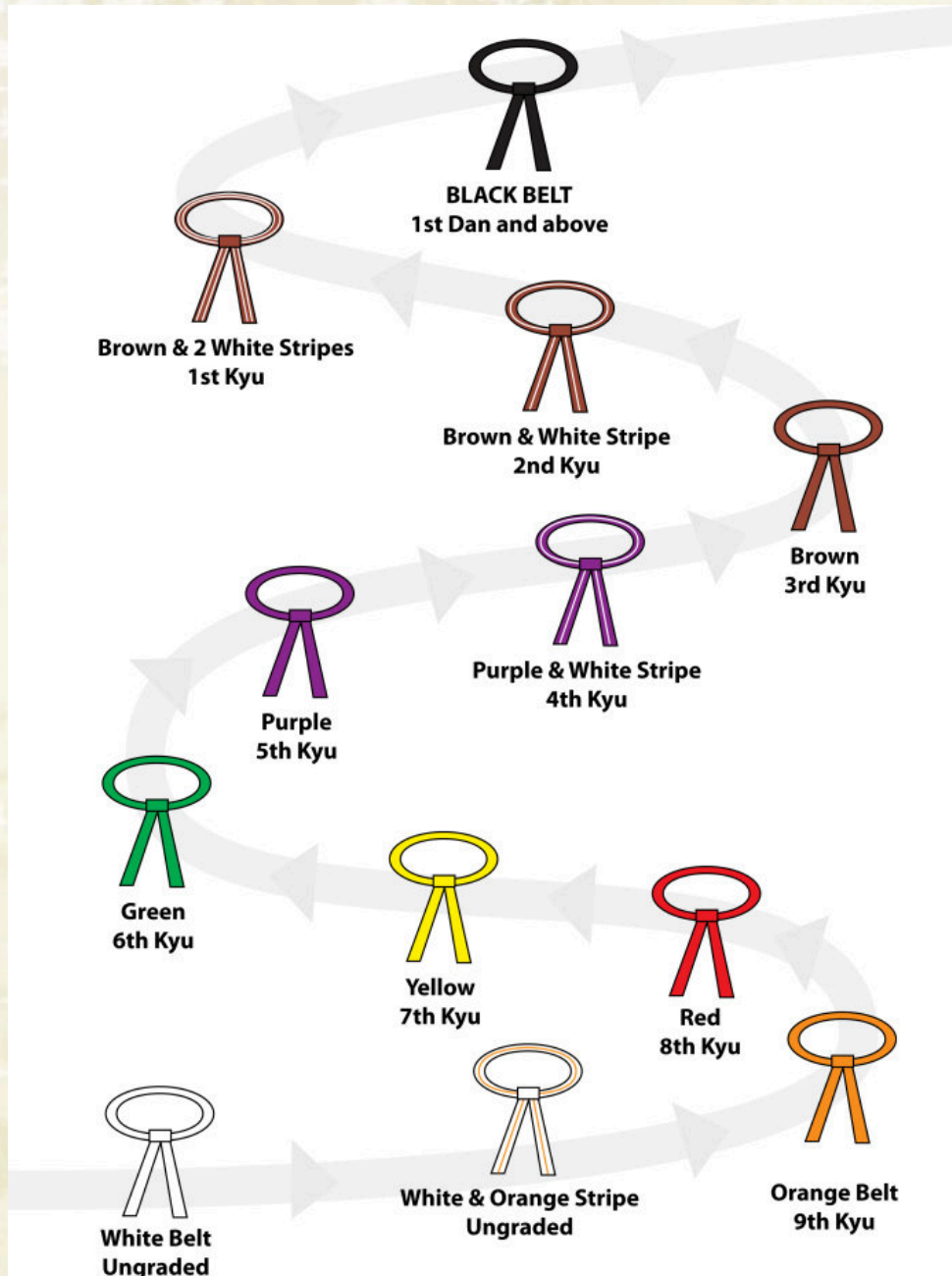
Karate is predominantly a striking art, In simple terms this means the training heavily leans towards striking an opponent with punches kicks sweeps, and occasionally knees and elbows and subsequently learning the various methods to defend against such techniques such as blocking and evading attacks.

However karate is much more than just a system of combat, it's also a way of developing mentally through building patience concentration and mindfulness.

Today most people practicing karate use it as a fun way to exercise and learn a new skill that incorporates self defence. As mentioned above the psychological benefits of karate can be a great way to engage children as it develops discipline and concentration.

As a final note, Gichin funokoshi also wrote: "The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of the participant.

THE PATH TO BLACK BELT



The belts in karate are a ranking system going from 10th kyu (white belt) to 10th Dan (black belt)

The goal for most students is to become a “black belt” the proper name for this grade would be “SHODAN” or “black belt 1st Dan” very few students who start karate actually progress all the way through the ranks to black belt. This is because the training becomes more and more challenging as the one progresses through the belts. However with determination, patience, and consistency in training anyone can achieve the rank of black belt. And for those who do they become part of a select few to achieve such a feat. Remember every black belt you see was a once a white belt who didn’t give up.

INSTRUCTORS

At our club we are lucky to have some of the best instructors around. The following are brief overviews of each instructors profile. For a more in depth look at their experience history and qualifications please visit our website.

The club chief Instructor is Aaron Storey.

Sensei Aaron has practiced karate for more than a decade. In this time he has won many medals from local to international level including winning the JKA England national championships and winning bronze at the FSKA world championship.

Aaron has an immense passion for karate and teaching the art, crediting much of his happiness and success to the principles and life lessons karate has taught him.

An experienced Instructor, referee and current senior England squad member Aaron has aspirations to lead the club and its students to the top.



Instructor Brian Williams.

Sensei Brian has been practicing karate for over 30 years. He began training to learn how to defend himself as a young man. Fast forward a couple of decades and sensei Brian now runs his own club and has won the veterans kumite category at JKA open championships in 2017, 2018 and 2019.

Sensei Brian has been teaching karate for over 10 years and is extremely passionate for the art.

Being an experienced competitor and instructor sensei Brian is an extremely valuable asset to the club.

Instructor Natalia Salisbury

Sensei Natalia was the original founder of Stratford Karate Club in 2016. She herself is a retired member of the JKA England squad and has been practising karate over 30 years.

Having won medals at European level and being a former national champion Natalia is an experienced competitor, instructor and referee.

We're very grateful to have her on our team.



TRAINEE INSTRUCTORS

We are always happy to take on students who wish to try out teaching at our club. Instructors at our club receive various benefits such as discounts on karate courses and reduced training rate subject to experience ability and qualification level.

The Club currently has 2 instructors in the training program. Profiles to follow soon.

CLUB RULES & DOJO ETIQUETTE

In this section there's some basic club rules that must be followed by all students of the club.

By being a member of Stratford Karate Club you agree to abide by some simple rules listed below.

JKA England membership

Each student of the club must hold a up to date JKA England license, this must be applied for no later than after 4 weeks of training at the club.

licenses must be renewed yearly, we recommend setting up a yearly reminder in your calendar to renew 2 weeks before the expiration date.

Benefits of JKA England Membership

- Training – all children and adults training at a JKA England associated club must hold a JKA England membership
- Grading – all club members who wish to grade must have a current JKA England membership
- Courses – only JKA England members can attend our national and regional courses plus receive a discount at our international courses
- Competitions – all club members who want to compete at our competitions must have a current JKA England membership

Club Grading Requirements

Each club member will be eligible to take a grading, under the discretion of Sensei Providing the following criteria are met

- The student is training regularly.
- The student has attended the minimum number of 24 lessons between his/her last grading.
- The student holds a valid JKA England license.
- The student has passed the Internal pre grading Club assessment.
- **Grades are usually taken every four months provided the previous requirements are met.**

Dojo Etiquette

JKA Karateka also conduct themselves within the wider and more general rules of Karate etiquette. These practical guidelines are for all members and should be considered the same as common courtesy or politeness as in daily life.



- **Before Entering the Dojo.**
- Train at least twice a week where possible.
- Students should use the toilet before class starts so as to avoid them needing to take break during the lesson. this is especially important for children!
- The white Karate Gi must be kept clean and in good condition.
- Toenails and fingernails must be kept short and clean.
- Every effort must be made to be punctual. If one arrives late they must kneel in front of the class until the Instructor calls them on, then they Should bow and take their place quickly in the class.
- On entering the Dojo each student Should bow. The same when leaving.
- No jewellery or rings to be worn in the class. If one cannot remove a ring or earring, then put tape around it.
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- **In The Dojo**
- If someone wants to leave the class they should ask the Instructor first.
- When the class is called to order, line up smartly and face the “Shomen” position, i.e. towards the front of the class.
- No chewing, smoking or any offensive behaviour in the Dojo.
- “Oss” is a sign of respect and is used generally in karate, especially in the following situations:
 - upon receiving any advice or command from the instructor ; when bowing at the start and finish of the class; in any other appropriate situation, for instance during gradings or competitions.
 - During any Karate functions, i.e. training, competitions or demonstrations the student should always address this Instructor as “SENSEI” and must behave sensibly.
 - Turn your back if you have to adjust your Gi or tie your belt.
- **Lesson Procedure.**
- There is a specific order to events prior to and after training. How to line up, how to stand, kneel (seiza), bow etc. All students are carefully instructed in these formalities and should follow them.
- The lesson begins when the instructor says “line up” at this point all students should line up in grade order with the lowest grades to the left and highest grades to the right of the dojo once all students are lined up the instructor will take their position at the front of the class and kneel, then upon hearing “seiza” all students kneel, the entire class then performs the opening bow
 - *On the instruction “Shomen Ni Rei”, (bow to the front) bow silently.*
 - *On the instruction “Sensei Ni Rei”, (bow to the instructor) bow and say “Oss”.*
 - *On the instruction “Otagai Ni Rei”, (bow to each other) bow and say “Oss”.*
- the instructor will stand, then motion for the Students to stand from left to right, highest to lowest grade, This should proceed quickly and appear like a wave rolling from right to left
- At the end of the lesson the same procedure is applied unless the instructor states otherwise.

CLUB SQUAD

The club squad is the team of students that represent the club at competitions throughout the year.

At the lower grades (Orange belt to Purple belt) competitions are completely safe and fun. Participants compete against other Karateka (karate practitioner) in up to 2 categories Kata (Forms) and/or kumite (sparring)

In kata competition competitors perform a set pattern of movements. they are judged on their concentration, power and precision.

In kumite completion competitors compete directly against each other with a set a pre arranged offensive and defensive movements they are judged on power speed accuracy and reaction time.

Advanced students (brown Belts and Black belts) compete against each other in a free style format. For this kind of competition competitors are allowed to use almost any techniques they wish in order to try and score a point against their opponent.

Assessments for the squad are held throughout the year and decisions are made when a competition is approaching. Members are selected by the chief Instructor
The criteria students must meet to be eligible for selection are as follows:

- Must be 9th Kyu or Above (orange Belt)
- Must be Training Consistently (not missing lots of classes!)
- Must always try their hardest during class and be a good example to fellow students

The main competitions throughout the year are the JKA National championships and the JKA Open championships. That being said we believe that competing is an invaluable experience for students and therefore we endeavour to find as many extra competitions as possible throughout the year.

FEES AND EXPENSES

We keep all fees transparent and clear The club fees are listed below:

JKA England Membership:

All club members are required to hold a up to date JKA England License
Cost: £30 Renewable annually.

Grading Fees: (belt promotion)

£35 (Including belt & certificate if the student passes as well as a lesson with the examining instructor)

Gradings are held a maximum of 3 times per year

Training fees:

The club currently has two options for training monthly or pay as you go.

Pay As You Go Rate: £10 per class

Monthly Subscriptions:

For up to one class per week: £35

For up to two classes per week: £50 per month per student.

For unlimited Classes per week £70 per month

We also offer family discounts for those on the monthly subscription which are as follows

First Family Member Full price

Second Family Member Saves £5

Third Family member Saves £10

Family members must be immediate family I.e siblings or parents and children.

Private lessons with sensei Aaron are available on request subject to sensei's availability, The fees for this start at £50 per hour

Groups can book for private classes however depending on numbers the price may be subject to change. For more info on private lessons please contact sensei Aaron directly.

The only other expenses that may be incurred are for things such as special club events and merchandise, however nobody is obligated to participate in events or purchase merchandise. so these expenses need not be incurred if the member doesn't wish to partake in/purchase them.

Thanks for reading through our welcome pack if you can think of any other information that you feel would be useful to be included please let us know at: sensei@stratford-karate.london

Follow us on social media at:

Facebook: <https://www.facebook.com/stratfordkarateclub>

Instagram: https://www.instagram.com/stratford_karate_club/?hl=en-gb

YouTube: <https://www.youtube.com/channel/UCrVglvJZ1kzk7ks8vTFuG8w>

TikTok: https://www.tiktok.com/@user7624606138272?_t=8Xw3J68MwJp&_r=1