



# LEARN TRADITIONAL SHOTOKAN KARATE

with the Southern Shotokan Karate Association

SSKA England



ESTABLISHED IN 1987

## WHAT WE CAN OFFER YOU

- **ADVANCED KATA COURSES**
- **KUMITE COURSES**
- **CLASSES DESIGNED ESPECIALLY FOR CHILDREN FROM 5 YEARS**
- **REGULAR LOCAL GRADINGS**
- **SPECIALISED TUITION FOR INDIVIDUALS WITH DISABILITIES**
- **FREE INSTRUCTORS TRAINING PROGRAMME.**
- **FREE INSTRUCTORS COURSES**
- **REGULAR TRAINING SESSIONS IN A FRIENDLY CLUB ATMOSPHERE**
- **ANNUAL KATA AND KUMITE COMPETITIONS**
- **ANNUAL RESIDENTIAL WINTER AND SUMMER CAMPS**
- **ALL OUR CLASSES ARE TAKEN BY FULLY QUALIFIED INSTRUCTORS, MANY WITH YEARS OF TEACHING EXPERIENCE**
- **ALL SSKA INSTRUCTORS ARE CRB CHECKED AND HOLD CHILD PROTECTION POLICIES**
- **ALL SSKA INSTRUCTORS ARE FULLY INSURED TO TEACH**
- **THE SSKA HAS DOJOS ALL OVER THE UK**



**KARATE** is a system of unarmed combat in which the participants specialise mainly in kicking, punching and striking techniques and blocking and defensive movements equally.

**WHY SHOTOKAN KARATE?** It is a Japanese martial art and differs from many westernised versions of Karate because it remains firmly rooted in a strong martial arts tradition. It is more than just the mastering of defensive techniques the training is mental as well and should teach what the ancient warriors knew, discipline, confidence and control.

**SHOTOKAN KARATE** is slow and sometimes repetitive. Remember there are no short cuts to achieving excellence.

**SHOTOKAN KARATE** is ideal for children. It teaches self discipline, confidence and the art of self defence, for overactive children, it can channel excess energy into a constructive learning process. Training engages all of a child's muscle groups and helps him or her to develop grace, co-ordination, balance and timing.

**SHOTOKAN KARATE** can help you cope with the stresses of everyday life.

**SHOTOKAN KARATE** is suitable for everyone regardless of age or sex. Karate exercise and training methods improve and maintain good circulation. It is a perfect aerobic exercise.

THE SOUTHERN SHOTOKAN KARATE ASSOCIATION  
IS A NON-POLITICAL ORGANISATION

**We are starting new beginners classes in all our clubs.**

**Why not try and see for yourself.**

**Please wear loose clothing and come along to any of our clubs.**

Call the main office on  
**(07970) 864017**  
or contact your local club at:  
**www.sska.co.uk**

Address of Club:	
Days of Training:	
Times of Training:	
Tel. No. of Instructor:	