



# SOUTHERN SHOTOKAN KARATE ASSOCIATION INFORMATION SHEETS



\*\*\*PLEASE NOTE\*\*\*

- GRADINGS HAVE RETURN TO NORMAL, THERE WILL BE NO DOUBLE GRADINGS
- STUDENTS LICENCES WILL BE NOW BE RENEWED AS NORMAL

## GRADING REGISTRATION LESSON CENTRES FOR ALL STUDENTS

### MINEHEAD FRIDAY 12th NOVEMBER

**West Somerset Sports Centre, Bircham Road, Minehead, TA24 6AY.**

Lesson times: Juniors & Seniors (All Grades) arrive at 6.45pm for admin, lesson 7.00pm-8.00pm.  
With Sensei McCormack, Senior Instructor of the SSKA.  
Lesson Fee Applies: £14.50 per person or £30.00 for a family of 3 or more.

### EXETER SATURDAY 13th NOVEMBER

**Also a Brown & Black Belt Grading Centre and Course Centre (£18.50 per lesson)**

**Countess Wear Village Hall, 28 School Lane, Exeter, EX2 6LB.**

Lesson times: Juniors & Seniors (All grades) arrive at **8.45am** for admin, lesson **9.00am-10.00am**.  
In the Main Hall with Chief Instructor of the SSKA.  
Lesson Fee Applies: £14.50 per person or £30.00 for a family of 3 or more.

### SALISBURY SATURDAY 13th NOVEMBER

**Also a Brown & Black Belt Course Centre (£18.50 per lesson)**

**Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR.**

Lesson times: Juniors & Seniors (All grades) arrive at **3.45pm** for admin, lesson **4.00pm-5.00pm**.  
In the Dance Studio with Chief Instructor of the SSKA.  
Lesson Fee Applies: £14.50 per person or £30.00 for a family of 3 or more.

### CLEVEDON SATURDAY 13th NOVEMBER

**Strode Leisure Centre, Strode Road, Clevedon, BS21 6QG.**

Lesson times: Juniors & Seniors (All grades) arrive **4.45pm** for admin, lesson **5.00-6.00pm**  
In the Main Sports Hall with Sensei Lewis, Assistant Chief Instructor.  
Lesson Fee Applies: £14.50 per person or £30.00 for a family of 3 or more.

## GRADING REGISTRATION CENTRES, KATA COURSE AND BLACK & BROWN BELT COURSE CENTRES

**(Kata Course is optional)**

### READING SUNDAY 14th NOVEMBER

**Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY.**

Lesson times: Juniors & Seniors (All grades) arrive at **9.00am** for admin, lesson **9.30am-11.00am**.  
With Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor,  
Sensei Whitcher Assistant Chief Instructor & Senior Instructor assistance.  
Lesson Fee Applies: £14.50 per person or £30.00 for a family of 3 or more.

### SWINDON SUNDAY 14th NOVEMBER

**Grange Leisure & Community Centre, Grange Drive, Stratton St. Margaret, Swindon, SN3 4JY.**

Lesson times: Juniors & Seniors (All grades) arrive **1.00pm** for admin, lesson **1.30-3.00pm** in the Main Sports Hall.  
With Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor,  
Sensei Whitcher Assistant Chief Instructor & Senior Instructor assistance.  
Lesson Fee Applies: £14.50 per person or £30.00 for a family of 3 or more.



# Kyu Grading and Lesson Fees

## 10th kyu (white belt) to 2nd kyu (brown +1 white)

Junior (up to 15 years old) grading fee (£27.50) + grading lesson fee (£14.50) total £42.00

Senior (16 years and over) grading fee (£29.50) + grading lesson fee (£14.50) total £44.00

## 1st kyu (brown + 2 white)

Senior and Junior grading fee (£38.50) + grading lesson fee (£14.50) total £53.00

If you fail your 1st kyu and are given a TG (Temporary Grade) you will have to pay the grading fee again to re-grade.

All fees shown apply to individuals only. Any family of 3 or more will pay a grading fee for each individual + a family rate of £30.00 per lesson.

You Must order and pay for your belt on your Grading Return Form to have your belt presented to you by Sensei Cole, with your grading certificate, as there will be no belts for sale on the grading days.

Belt Prices Plain belt: £4.50 Plain with 1 stripe: £5.00 Plain with 2 stripes: £5.50 Black belt: £15.00

**Please Note:** ALL fees are non-refundable and non-transferable.

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# Checklist for Kyu Grades Only

## **BEFORE YOU POST, ENSURE YOU HAVE COMPLETED THE FOLLOWING:**

- Completed the grading return form
- Include payment
- Checked your licence is valid
- Include your blue licence/grading book

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# Kyu Grading Centres & Black Belt Training Centres

## EXETER SUNDAY 21st NOVEMBER

**BROWN & BLACK BELT COURSE CENTRE & KYU GRADING CENTRE (£18.50 per lesson)**

**Countess Wear Village Hall**, 28 School Lane, Exeter, EX2 6LB.

Lesson times:-

Juniors & Seniors (All Grades) arrive at **10.45am** for admin, pre-grading lesson **11.00am - 12 noon**.

Kyu Gradings start at approx. **12.15pm** in the Main Hall, followed by Black Belt Grading.

With Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor and Senior Instructor assistance.

## READING SUNDAY 28th NOVEMBER

**KYU GRADING CENTRE**

**Woodford Park Leisure Centre**, Haddon Drive, Woodley, Reading RG5 4LY.

Lesson times:-

Juniors & Seniors (All Grades) arrive at **9.00am** for admin, pre-grading lesson **9.30 - 11.00am**.

Gradings start at approx. **11.30am** with Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor, Sensei Whitcher Assistant Chief Instructor and Senior Instructor assistance.

## SWINDON SUNDAY 5th DECEMBER

**KYU GRADING CENTRE**

**Grange Leisure & Community Centre**, Grange Drive, Stratton St. Margaret, Swindon, SN3 4JY.

Lesson times:-

Juniors & Seniors (All Grades) arrive at **9.00am** for admin, pre-grading lesson **9.30 - 11.00am**.

Gradings start at approx. **11.30am** in the Main Sports Hall with Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor, Sensei Whitcher Assistant Chief Instructor and Senior Instructor assistance.

## SALISBURY SATURDAY 18th DECEMBER

**BROWN & BLACK BELT COURSE CENTRE & KYU GRADING CENTRE (£18.50 per lesson)**

**Five Rivers Leisure Centre**, Hulse Road, Salisbury, SP1 3NR.

Lesson times:-

Juniors & Seniors (All Grades) arrive at **2.45pm** for admin, pre-grading lesson **3.00pm - 4.00pm**.

Gradings start at approx. **4.00pm** in the Small Hall with Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor and Senior Instructors assistance.



# Black Belt Grading Centres



## EXETER SUNDAY 21st NOVEMBER

**Brown & Black Belt Course and Grading Centre (£18.50 per lesson)**

**COUNTESS WEAR VILLAGE HALL, 28 SCHOOL LANE, EXETER, EX2 6LB.**

**Times:** Juniors & Seniors (All Grades) arrive at **10.45am** for admin, lesson **11.00am - 12 noon.**

Kyu Gradings start at approx. **12.15pm** in the Main Hall, followed by the Black Belt Grading.

With Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor and Senior Instructor assistance.

## READING SUNDAY 12th DECEMBER

**Brown & Black Belt Course and Grading Centre (£18.50 per lesson)**

**Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY.**

**Times:** Juniors and Seniors to arrive **9.00am** for admin, lesson **9.30 - 11.00am.**

Gradings start at approx. **11.30am** in the Main Hall with Chief Instructor of the SSKA,

Sensei Lewis and Sensei Whitcher, Assistant Chief Instructors and Senior Instructor assistance.

These courses are for brown and black belts only. The course and gradings are conducted by Sensei Stuart Cole, 7th Dan, Chief Instructor of the S.S.K.A. No free lessons are available on this day. All examination fees/lesson fees are payable on the day. Do not fill in the attached Grading Return Sheet, this is for Kyu Grades only.

### **Students must obtain written permission from their club instructor to grade.**

Please ensure your Club Badge and SSKA Badge are clearly emblazoned on your karate suit before grading. You will NOT be allowed to grade without them. These two badges can be embroidered onto your karate suit for £20. Please see your club instructor for details.

**Students grading for black belt and above must register 2 weeks before their grading by emailing Sensei Cole at: [sska595@gmail.com](mailto:sska595@gmail.com) - Please state your name, license number, club, grading centre and the grade you wish to take. This is to allow sufficient time to arrange the grading.**

### **Black Belt Lesson & Grading Fees**

1st Dan Exam Fee (£60.00) + Pass Fee (£60.00) Total £120.00
2nd Dan Exam Fee (£70.00) + Pass Fee (£70.00) Total £140.00
3rd Dan Exam Fee (£90.00) + Pass Fee (£90.00) Total £180.00
4th Dan Exam Fee (£110.00) + Pass Fee (£110.00) Total £220.00
5th Dan Exam Fee (£130.00) + Pass Fee (£130.00) Total £260.00
6th Dan Exam Fee (£150.00) + Pass Fee (£150.00) Total £300.00
7th Dan Exam Fee (£170.00) + Pass Fee (£170.00) Total £340.00

### **Black Belt Lesson Fees & Black Belt Course Centre (Salisbury)**

**Juniors and Seniors lesson fee: £18.50**  
*(No Special Rates on Black Belt Courses).*

**Ruling:** You must attend a minimum of 4 brown/black belt courses before you may grade for 1st Dan.

A minimum of 8 courses must have been attended for those wishing to grade for 2nd Dan and above.

**Ruling: The Grading Examiner's decision is FINAL.**

**PLEASE NOTE: ALL fees are non-refundable and non-transferable.**

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### **SSKA Enquiries and help with your karate training**

<b>NAME</b>	<b>DAN</b>	<b>EMAIL</b>	<b>PHONE</b>	<b>POSITION</b>
Sensei Cole	7 <sup>th</sup>	<a href="mailto:sska595@gmail.com">sska595@gmail.com</a>	07557 532676	Chief Instructor of the Southern Shotokan Karate Association
Rob Lewis	6 <sup>th</sup>	<a href="mailto:rob.sska@virgin.net">rob.sska@virgin.net</a>	07872 019626	Assistant Chief Instructor, Grading Examiner, Complaints & Disputes
Cailey Whitcher	6 <sup>th</sup>	<a href="mailto:grading@sska.co.uk">grading@sska.co.uk</a>	07903 012340	Assistant Chief Instructor, Grading Examiner, Licensing Officer & PA
Geoff Ridgway	5 <sup>th</sup>	<a href="mailto:Sensei@FleetKarate.co.uk">Sensei@FleetKarate.co.uk</a>	07917 759343	Senior Instructor & Assistant Grading Examiner
Tracie Quelch	5 <sup>th</sup>	<a href="mailto:tquelch@hotmail.com">tquelch@hotmail.com</a>	07582 716788	Senior Instructor & Assistant Grading Examiner
Trevor Ockwell	6 <sup>th</sup>	<a href="mailto:trevor@ockwell.info">trevor@ockwell.info</a>	07393 572098	Senior Instructor & Grading Assistant
Maxine Thomas	5 <sup>th</sup>	<a href="mailto:keithtee@aol.com">keithtee@aol.com</a>	07770 410107	Senior Instructor, Secretary & Assistant Grading Examiner
Mark McCormack	4 <sup>th</sup>	<a href="mailto:mccormack314@btinternet.com">mccormack314@btinternet.com</a>	07729 518269	Senior Instructor & Grading Assistant
George McShane	5 <sup>th</sup>	<a href="mailto:georgemcshane59@gmail.com">georgemcshane59@gmail.com</a>	07770 830067	Senior Instructor & Grading Assistant
John Phillips	4 <sup>th</sup>	<a href="mailto:j.phillips147@btinternet.com">j.phillips147@btinternet.com</a>	07738 798559	Senior Instructor & Grading Assistant
Amanda Dillon	4 <sup>th</sup>	<a href="mailto:amandaloudillon@aol.com">amandaloudillon@aol.com</a>	07464 809858	Senior Instructor, Secretary & Grading Assistant
Ray Dolphin	4 <sup>th</sup>	<a href="mailto:r.dolphin@sky.com">r.dolphin@sky.com</a>	07522 559672	Senior Instructor & Grading Assistant
Tony Kimber	4 <sup>th</sup>	<a href="mailto:tkimber@gems-sensors.co.uk">tkimber@gems-sensors.co.uk</a>	07799 064836	Senior Instructor & Grading Assistant
Terry Tozer	3 <sup>rd</sup>	<a href="mailto:info@tjska.com">info@tjska.com</a>	07790 032354	Senior Instructor & Grading Assistant
Kevin Sanger	3 <sup>rd</sup>	<a href="mailto:banger@btinternet.com">banger@btinternet.com</a>	07593 166926	Senior Instructor & Grading Assistant
Jo Withey	3 <sup>rd</sup>	<a href="mailto:jo@withey.org">jo@withey.org</a>	07914 401231	Senior Instructor & Grading Assistant
Gary Leyshon	2 <sup>nd</sup>	<a href="mailto:wgleyshon@gmail.com">wgleyshon@gmail.com</a>	07989 388191	SSKA Promotions Officer

**We would like to offer free advertising on the SSKA website for any self-employed person or business who wishes to advertise their services. Please contact Sensei Whitcher (6th Dan) assistant chief instructor on 07903 012340 or visit [www.sska.co.uk](http://www.sska.co.uk).**

# **Open Free Instructor's Information Course**

**on**

**Sunday 30<sup>th</sup> January 2022**

**at**

**Grange Leisure & Community Centre,  
Grange Drive, Stratton St. Margaret,  
Swindon SN3 4JY.**

**from 3.00pm - 5.00pm.**

This course is for all instructors, including junior instructors, and anyone 4th Kyu and above who would like to become an instructor and run a SSKA club. The course will give you new ideas about teaching your students, advice on how to promote your club and a chance to concentrate on your own karate to help you progress.

**For all enquiries**

**phone or text: 07557 532676  
or email: [sska595@gmail.com](mailto:sska595@gmail.com)**



# SSKA GRADING RETURN FORM



PLEASE INDICATE WHICH CENTRE YOU WISH TO GRADE AT:

EXETER [ ] READING [ ] SWINDON [ ] SALISBURY [ ]

Please check your Licence expiry date inside your blue/black book before you send off your grading application. If your licence has expired, please see your instructor for a renewal form.

**IF YOU WISH TO GRADE, YOU MUST ASK PERMISSION FROM YOUR CLUB INSTRUCTOR.**

**THIS FORM MUST BE RETURNED BEFORE SUNDAY 14th NOVEMBER  
FOR KYU GRADINGS YOU MUST INCLUDE YOUR LICENCE AND GRADING FEES  
FOR BLACK BELT GRADINGS YOU MUST INCLUDE YOUR EXAM AND LESSON FEES  
WE CANNOT ACCEPT LATE ENTRIES FOR KYU AND BLACK BELT GRADINGS.**

Please see your instructor for the postal address  
or you can email a copy to [sska595@gmail.com](mailto:sska595@gmail.com)

**\*\* REMEMBER YOU CAN NOW PAY ONLINE \*\*** For the bank details or any enquiries,  
please contact Sensei Cole by phone or text **07557 532676** or email [sska595@gmail.com](mailto:sska595@gmail.com)

ALL APPLICATIONS MUST BE ACCOMPANIED BY A CURRENT VALID LICENCE,  
BLUE/BLACK LICENCE GRADING BOOK AND YOUR GRADING/ LESSON FEES.

PAYMENT MUST BE MADE BY CASH, CHEQUE OR POSTAL ORDER, PAYABLE TO, 'THE S.S.K.A.'. (PLEASE WRITE YOUR NAME, ADDRESS, TELEPHONE NUMBER, CHEQUE CARD NUMBER & CLUB ON THE BACK OF EACH CHEQUE).

PLEASE NOTE THAT A £5.00 BANKER'S CHARGE WILL BE APPLIED IF ANY CHEQUE IS RETURNED BY THE BANK.  
ALL PAYMENTS TO THE SSKA ARE NON REFUNDABLE.

PROVIDED NEW OR RENEWAL LICENCE APPLICATIONS HAVE BEEN POSTED TO THE SSKA MAIN OFFICE, INDIVIDUALS WILL BE ALLOWED TO GRADE. (If you have applied for a new/renewal licence near the grading period the SSKA will keep the licence until we have received your Grading Return Form. Your licence will be returned to you with your certificate and your new belt at your grading centre once you have graded).

**\*\*FAMILIES OF 3 OR MORE ONLY\*\*** PLEASE USE ONE SHEET PER INDIVIDUAL AND COMPLETE PAYMENT DETAILS ON THE FORM USED BY THE MOST SENIOR MEMBER. PLEASE DO NOT COMPLETE PAYMENT DETAILS ON EACH FORM.

**NAME TO APPEAR ON CERTIFICATE (IN BLOCK CAPITALS).** CARE : IF A CERTIFICATE HAS TO BE RE-ISSUED BECAUSE OF MISSPELLING, A CHARGE OF £5 WILL BE REQUESTED.

NAME TO APPEAR ON CERTIFICATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ CONTACT TEL NO \_\_\_\_\_

PRESENT GRADE \_\_\_\_\_ INSTRUCTOR \_\_\_\_\_ LICENCE NO. \_\_\_\_\_

NAME OF HOMBU (HOME DOJO) \_\_\_\_\_

LAST EXAMINER \_\_\_\_\_ DATE OF LAST GRADING \_\_\_\_\_

**BELT PRICES** Please TICK size of belt required : (240/250cm) [ ] (280cm) [ ] (320cm) [ ]  
**Belt Prices** Plain belt: £4.50 Plain with 1 stripe: £5.00 Plain with 2 stripes: £5.50 Black Belt: £15.00  
**BELTS CAN ONLY BE PURCHASED FROM THE SSKA.**

### GRADING FEES

\* JUNIOR or SENIOR GRADING FEE £..... + PRE-GRADING DAY LESSON FEE £..... SUB-TOTAL £.....

\* FAMILY GRADING FEE TOTAL £..... + FAMILY LESSON FEE £30.00 SUB-TOTAL £.....  
(For Families of 3 or more)

KATA COURSE FEE £.....

TOTAL BELT COST £.....

SURCHARGE £.....

TOTAL AMOUNT £.....

*Please help promote your local karate club by advertising it on social media.*  
[www.facebook.com/southernshotokan](http://www.facebook.com/southernshotokan)

If you wish to receive news and updates on all future SSKA events please write your e-mail address in the space below.

APPLICANT'S SIGNATURE.....(Parent or guardian if under 16yrs) DATE.....20.....

Terms and conditions apply. We will not process your Grading Return Form unless it has been signed by your Club Instructor.

CLUB INSTRUCTORS NAME ..... GRADE .....

CLUB INSTRUCTOR'S SIGNATURE.....DOJO.....DATE.....20.....

For all enquiries or the address to send this form to please contact Sensei Cole by phone or text 07557 532676 or email [sska595@gmail.com](mailto:sska595@gmail.com)

We value your privacy. Your personal information will be kept confidential and will never be sold to third parties. It will only be used for communications related to Southern Shotokan Karate Association.

All dates & times are correct at the time of printing but are subject to change. All times are approximate. Terms & conditions apply.





# Southern Shotokan Karate Association



## BLACK BELT GRADING FORM

The following form must be completed in full in order to grade; permission must be obtained from your club instructor through the signing of this form.

You must have attended a minimum of **4 brown/black belt courses** before you may grade for **1st Dan**, **8 courses** must have been attended for those wishing to grade for **2nd Dan**, **16 courses** for **3rd Dan**, **20 courses** for **4th Dan** and **24 courses** for **5th Dan** and above. Please ensure your course attendance book is complete and bring it with you on the grading day. In addition you must attend a **minimum of 4 courses after** your Dan grade or you may lose your Grade. Please supply a photo when you grade for Black Belt.

<u>Black Belt Grading Fees</u>	1st Dan Exam Fee (£60.00) + Pass Fee (£60.00)	Total	£120.00
	2nd Dan Exam Fee (£70.00) + Pass Fee (£70.00)	Total	£140.00
	3rd Dan Exam Fee (£90.00) + Pass Fee (£90.00)	Total	£180.00
	4th Dan Exam Fee (£110.00) + Pass Fee (£110.00)	Total	£220.00
	5th Dan Exam Fee (£130.00) + Pass Fee (£130.00)	Total	£260.00
	6th Dan Exam Fee (£150.00) + Pass Fee (£150.00)	Total	£300.00
	7th Dan Exam Fee (£170.00) + Pass Fee (£170.00)	Total	£340.00

Lesson Fees Juniors and Seniors £18.50 (no special rates)  
All sizes of Black Belts are £15.00 each.

**Please see your instructor for the postal address  
or you can email a copy to [sska595@gmail.com](mailto:sska595@gmail.com)**

**\*\* REMEMBER YOU CAN NOW PAY ONLINE \*\***

**For the bank details or any enquiries, please contact Sensei Cole  
by phone or text [07557 532676](tel:07557532676) or email [sska595@gmail.com](mailto:sska595@gmail.com)**

If paying by cheque or postal order, please note that a £10.00 banker's charge will be applied if any cheque is returned by the bank. All payments to the SSKA are non-refundable. Rates are subject to change.

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Please fill in the following information in order to grade

NAME (to appear on certificate) \_\_\_\_\_

ADDRESS \_\_\_\_\_

TEL \_\_\_\_\_ D.O.B \_\_\_\_\_

LICENCE NO. \_\_\_\_\_ PRESENT GRADE \_\_\_\_\_

DATE LAST GRADED \_\_\_\_\_ EXAMINER \_\_\_\_\_

INSTRUCTOR \_\_\_\_\_ CLUB \_\_\_\_\_

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Applicants Signature \_\_\_\_\_ Date \_\_\_\_\_

I hereby give permission for the above named person to grade

Instructors Signature \_\_\_\_\_ Date \_\_\_\_\_

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# SOUTHERN SHOTOKAN KARATE ASSOCIATION



*Established in 1987*

## JOINING & LICENCE FORM

**CLUB INSTRUCTOR:** \_\_\_\_\_ **TELEPHONE:** \_\_\_\_\_

SURNAME _____	HOME TELEPHONE No. _____
FORENAMES _____	MOBILE No. _____
ADDRESS _____	EMAIL ADDRESS _____
_____	WORK PHONE No. _____
_____ POST CODE _____	EMERGENCY CONTACT NAME _____
DATE OF BIRTH _____ AGE _____	EMERGENCY CONTACT No. _____
NAME OF DOCTOR _____	INSTRUCTOR _____
PHONE No. OF DOCTOR _____	PRESENT GRADE IF ANY _____
ADDRESS OF DOCTOR _____	DATE LAST GRADED IF ANY _____
_____ POST CODE _____	IS FIRST YOUR FIRST LICENCE APPLICATION: YES / NO
_____	ANY KARATE QUALIFICATIONS HELD (eg. Judge/Referee etc.)
_____	_____
_____	CLUB/LOCATION OF TRAINING _____

**HOW DID YOU HEAR ABOUT US?**

Poster  Social Media  Our website  Another website  Personal recommendation  An event in a sports centre   
 Outside fair or show  Voucher  Newspaper editorial  Newspaper advert  Magazine editorial  Magazine advert   
 Television  Radio  Other (Please state) \_\_\_\_\_

**SSKA JOINING FEE: One off payment of £50.00** *If you join the SSKA within 2 weeks of receiving this form you will receive a free karate suit and white belt, free embroidered SSKA badge and club badge on your suit on your first grading.*

### TRAINING FEES & SUBSCRIPTIONS

Juniors £ .....

Seniors £ .....

*All fees paid to the S.S.K.A. are non-refundable*

Members will be required to pay their training fees on a weekly or monthly basis, but must pay for ALL lessons whether they attend or not. This includes non-attendance due to holiday or sickness. Please give one months notice to your instructor if you wish to leave your SSKA club.

Your licence book must be with you at all SSKA events.

This licence and joining application must be submitted within 3 weeks of receiving the form. Please note that applicants may still grade as long as this form has been submitted.

Please give details if you suffer from any injury, illness or other medical condition which may interfere with your Karate training or any other physical exercise:

.....  
You must always train regularly at your own club to maintain your standard and to avoid injury.

**HAVE YOU EVER BEEN CONVICTED OF A CRIME OF VIOLENCE? YES / NO**

**DO YOU ACCEPT THAT THE PRACTICE OF A MARTIAL ART/ COMBAT SPORT INVOLVES THE RISK OF SERIOUS INJURY? YES / NO**

ONLY SIGN THIS APPLICATION IF YOU ACCEPT THE RISK THAT PRACTICE OF ANY MARTIAL ART OR COMBAT SPORT MAY RESULT IN PHYSICAL INJURY.

IF UNDER 16 YEARS OF AGE THIS FORM MUST BE SIGNED BY YOUR PARENT OR GUARDIAN.

THE ANNUAL LICENCE FEE IS £30.00, THIS CAN BE PAID NOW OR AT A LATER DATE

PLEASE TICK WHICH OPTION YOU PREFER: PAY NOW  PAY LATER

SIGNATURE ..... DATE .....

*Terms and Conditions apply once you have signed this form. (If under 16 years of age signature parent or guardian)*

**PLEASE SEE YOUR INSTRUCTOR FOR THE POSTAL ADDRESS OR EMAIL A COPY TO: SSKA595@GMAIL.COM**

*We recommend you make a copy of this form for your records.*

**\*\*\* REMEMBER, YOU CAN NOW PAY ONLINE \*\*\***

**For the bank details, please contact Sensei Cole on 07557 532676 or email ssk595@gmail.com**

Please make all cheques and postal orders payable to: **Southern Shotokan Karate Association**. Cash payments also accepted.

Your blue licence book will be sent to your club instructor for collection.

**Please write your name, address, telephone number, club & bank card details on the reverse of the cheque or it will not be processed.**

*Any returned cheques will incur a £10.00 banker's charge. All payments made to the SSKA are non-refundable.*

**For all enquiries phone or text the SSKA on 07557 532676.**





# SOUTHERN SHOTOKAN KARATE ASSOCIATION



Established in 1987

## Swindon Martial Arts Equipment

PLEASE TICK WHICH ITEMS YOU REQUIRE:

### LIGHTWEIGHT KARATE SUITS

#### SIZES + HEIGHT

000	+110cm	£19.99	<input type="checkbox"/>
00	+120	£19.99	<input type="checkbox"/>
0	+130	£19.99	<input type="checkbox"/>
1	+140	£19.99	<input type="checkbox"/>
2	+150	£19.99	<input type="checkbox"/>
3	+160	£25.99	<input type="checkbox"/>
4	+170	£25.99	<input type="checkbox"/>
5	+180	£25.99	<input type="checkbox"/>
6	+190	£25.99	<input type="checkbox"/>
7	+200	£25.99	<input type="checkbox"/>

### BELTS 240/250/280/320cm

PLAIN COLOURED BELT	£4.50	<input type="checkbox"/>
PURPLE+1	£5.00	<input type="checkbox"/>
BROWN+1	£5.00	<input type="checkbox"/>
BROWN+2	£5.50	<input type="checkbox"/>
BLACK BELT	£15.00	<input type="checkbox"/>

### BADGES

#### EMBROIDERED BADGES

CLUB BADGE	£8.00	<input type="checkbox"/>
SSKA BADGE	£12.00	<input type="checkbox"/>
SSKA ENGLAND BADGE	£16.00	<input type="checkbox"/>
YOUR NAME ON YOUR SUIT	£7.00	<input type="checkbox"/>

### **KARATE SUIT SIZE CHART**

(For your convenience)

SIZE	cm	HEIGHT
000	110	Below 3'7"
00	120	3'7" - 4'0"
0	130	4'0" - 4'4"
1	140	4'4" - 4'8"
2	150	4'8" - 5'0"
3	160	5'1" - 5'4"
4	170	5'5" - 5'9"
5	180	5'9" - 6'0"
6	190	6'0" - 6'3"
7	200	6'3" - 6'7"

### **PAYMENT**

**TOTAL AMOUNT:** £

Please make all cheques and postal orders payable to: **Southern Shotokan Karate Association**. (Cash payments also accepted), and pass on to your club instructor to be processed. Your equipment will be given to your club instructor.

For all enquiries see your club instructor or an official at the grading centres, or phone/text the SSKA on 07557 532676.

### OTHER EQUIPMENT

Various equipment available to buy:  
Silk Black Belts (any size), Polo Shirt (any size, any colour), T-Shirts (any size, any colour), Sweatshirts (any size, any colour), Heavyweight Suits (any size), Tracksuits (to fit over karate suit), Holders.

# 23rd WINTER CAMP 2022

**OPEN TO ALL GRADES**

**FOR SSKA MEMBERS ONLY & THEIR FAMILIES & FRIENDS**

with  
Sensei Cole, 7th Dan Chief Instructor of the SSKA  
Sensei Lewis, 6th Dan Assistant Chief Instructor of the SSKA  
Sensei Whitcher, 6th Dan Assistant Chief Instructor of the SSKA  
& Senior Instructor Assistance

**Friday 18<sup>th</sup> - Sunday 20<sup>th</sup> February 2022**

"A warm welcome is offered to everyone. Come along and enjoy the training and evening socialising with us."

**All training and accommodation at the Trouville Hotel, Bournemouth • [www.trouvillehotel.com](http://www.trouvillehotel.com)**

FRIDAY		SATURDAY		SUNDAY	
Everyone please arrive at the hotel before 9.30am					
10.30am to 11.30am	Lesson	10.30am to 11.30am	Lesson	10.30am to 11.30am	Lesson
11.30am to 11.40am	Break	11.30am to 11.40am	Break	11.30am to 11.40am	Break
11.40am to 12.40pm	Lesson (Order your food for lunch)	11.40am to 12.40pm	Lesson (Order your food for lunch)	11.40am to 12.40pm	Pre-Grading and normal lesson for all grades even if you are not grading. End of Winter Camp 2022 presentation of certificates.
12.40pm to 1.40pm	Lunch	12.40pm to 1.40pm	Lunch	12.40pm	Grading starts for Kyu and Dan Gradings. Good luck to you all. If anyone fails there Grading they can retake it later in the day depending on the time the gradings finish. (Normal fees apply).
1.40pm to 2.40pm	Lesson	1.40pm to 2.40pm	Lesson	To be confirmed	Intense training by the Senior Instructors for those who failed part on the first grading today.
2.40pm to 2.50pm	Break	2.40pm to 2.50pm	Break	(Depending on what time grading finishes)	Grading registration and re-takes (Normal grading fees will apply)
2.50pm to 3.50pm	Lesson	2.50pm to 3.50pm	Lesson	All times are subject to change, you will be notified on the day of arrival.	
3.50pm	Grading registration for Kyu and Dan Grading on Sunday (Normal grading fees will apply). (You must complete the 3 days training in order to grade at the Camp).	3.50pm	Grading registration for Kyu and Dan Grading on Sunday (Normal grading fees will apply). (You must complete the 3 days training in order to grade at the Camp).		
Free time		Free time			
6.15pm	Meet in the Hotel Bar promptly for dinner at 6.30pm.	6.15pm	Meet in the Hotel Bar promptly for dinner at 6.30pm.		

**20% Off**  
Bar Drinks, Meals & Snacks at the Trouville Hotel for all SSKA Members

**TRAINING PRICES**  
9 Lessons: £90.00

**Please Note:**  
ALL fees are non-refundable and non-transferable.

**ACCOMMODATION PRICES**  
(Dinner, Bed & Breakfast)

AGE	RATE (per person per night)
Adult (15yrs and over)	£52.50
11 to 14 years old	£25.50
7 to 10 years old	£20.50
3 to 6 years old	£15.50

*If you wish to extend your stay at the Trouville Hotel you will still receive the special rate for your accommodation!*

To book your accommodation at the Trouville Hotel, please contact the Hotel direct on **01202 552262** and please remember to state that you are a member of the SSKA. Hotel rates are for Dinner, Bed and Breakfast, this special rate is only available when quoting the SSKA. Please ensure you have registered with the SSKA and paid your training fees before booking the Hotel.

**IMPORTANT INFORMATION!**

IF YOU WISH TO GRADE AT THIS CAMP YOU MUST HAVE ATTENDED THE PREVIOUS CAMP, 4 BLACK AND BROWN BELT COURSES OR TRAINED AT THE MAIN SWINDON DOJO FOR AT LEAST 8 LESSONS. PERMISSION TO GRADE MUST BE OBTAINED IN WRITING FROM YOUR CLUB INSTRUCTOR. DEADLINE FOR APPLICATIONS IN:

**FRIDAY 21<sup>ST</sup> JANUARY 2022**

**ONE FORM PER PERSON** PLEASE TICK THIS BOX IF YOU WISH TO GRADE   
Please pay all grading fees on the grading registration day: **SATURDAY 19<sup>TH</sup> FEBRUARY**  
(Grading fee is not included in the training price)

Name: \_\_\_\_\_ D.O.B \_\_\_\_\_  
Address: \_\_\_\_\_  
Tel: \_\_\_\_\_ Club: \_\_\_\_\_  
Present Grade\* \_\_\_\_\_ Belt Required?:  Y  N Size: 250cm  280cm  300cm   
Amount Paid: \_\_\_\_\_ Post Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please note there will be a £10.00 surcharge if cheques are returned**

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# 24th SUMMER CAMP 2022

**OPEN TO ALL GRADES**

**FOR SSKA MEMBERS ONLY & THEIR FAMILIES & FRIENDS**

**Friday 12<sup>th</sup> - Sunday 14<sup>th</sup> August 2022**

"A warm welcome is offered to everyone. Come along and enjoy the training and evening socialising with us."

with  
Sensei Cole, 7th Dan Chief Instructor of the SSKA  
Sensei Lewis, 6th Dan Assistant Chief Instructor of the SSKA  
Sensei Whitcher, 6th Dan Assistant Chief Instructor of the SSKA  
& Senior Instructor Assistance

**All training and accommodation at the Trouville Hotel, Bournemouth • [www.trouvillehotel.com](http://www.trouvillehotel.com)**

FRIDAY		SATURDAY		SUNDAY	
Everyone please arrive at the hotel before 9.30am					
10.30am to 11.30am	Lesson	10.30am to 11.30am	Lesson	10.30am to 11.30am	Lesson
11.30am to 11.40am	Break	11.30am to 11.40am	Break	11.30am to 11.40am	Break
11.40am to 12.40pm	Lesson (Order your food for lunch)	11.40am to 12.40pm	Lesson (Order your food for lunch)	11.40am to 12.40pm	Pre-Grading and normal lesson for all grades even if you are not grading. End of Summer Camp 2022 presentation of certificates.
12.40pm to 1.40pm	Lunch	12.40pm to 1.40pm	Lunch	12.40pm	Grading starts for Kyu and Dan Grading. Good luck to you all. If anyone fails there Grading they can retake it later in the day depending on the time the gradings finish. (Normal fees apply).
1.40pm to 2.40pm	Lesson	1.40pm to 2.40pm	Lesson	To be confirmed	Intense training by the Senior Instructors for those who failed part on the first grading today.
2.40pm to 2.50pm	Break	2.40pm to 2.50pm	Break	(Depending on what time grading finishes)	Grading registration and re-takes (Normal grading fees will apply)
2.50pm to 3.50pm	Lesson	2.50pm to 3.50pm	Lesson		
3.50pm	Grading registration for Kyu and Dan Grading on Sunday (Normal grading fees will apply). (You must complete the 3 days training in order to grade at the Camp).	3.50pm	Grading registration for Kyu and Dan Grading on Sunday (Normal grading fees will apply). (You must complete the 3 days training in order to grade at the Camp).		
	Free time		Free time		
6.15pm	Meet in the Hotel Bar promptly for dinner at 6.30pm.	6.15pm	Meet in the Hotel Bar promptly for dinner at 6.30pm.		

**20% Off**  
Bar Drinks, Meals & Snacks at the Trouville Hotel for all SSKA Members

**For all enquiries or the address to send this form to please contact Sensei Cole by phone or text 07557 532676 or email [sska595@gmail.com](mailto:sska595@gmail.com)**

**TRAINING PRICES**

**9 Lessons: £90.00**

**Please Note:**  
ALL fees are non-refundable and non-transferable.

**ACCOMMODATION PRICES**  
(Dinner, Bed & Breakfast)

AGE	RATE (per person per night)
Adult (15yrs and over)	.....£62.50
11 to 14 years old	.....£25.50
7 to 10 years old	.....£20.50
3 to 6 years old	.....£15.50

*If you wish to extend your stay at the Trouville Hotel you will still receive the special rate for your accommodation!*

To book your accommodation at the Trouville Hotel, please contact the Hotel direct on **01202 552262** and please remember to state that you are a member of the SSKA. Hotel rates are for Dinner, Bed and Breakfast, this special rate is only available when quoting the SSKA. Please ensure you have registered with the SSKA and paid your training fees before booking the Hotel.

**IMPORTANT INFORMATION!**

IF YOU WISH TO GRADE AT THIS CAMP YOU MUST HAVE ATTENDED THE PREVIOUS CAMP, 4 BLACK AND BROWN BELT COURSES OR TRAINED AT THE MAIN SWINDON DOJO FOR AT LEAST 8 LESSONS. PERMISSION TO GRADE MUST BE OBTAINED IN WRITING FROM YOUR CLUB INSTRUCTOR. DEADLINE FOR APPLICATIONS IN:  
**FRIDAY 15<sup>TH</sup> JULY 2022**

**ONE FORM PER PERSON** PLEASE TICK THIS BOX IF YOU WISH TO GRADE

Please pay all grading fees on the grading registration day: **SATURDAY 13<sup>TH</sup> AUGUST**  
(Grading fee is not included in the training price)

Name: \_\_\_\_\_ D.O.B \_\_\_\_\_  
Address: \_\_\_\_\_  
Tel: \_\_\_\_\_ Club: \_\_\_\_\_  
Present Grade\* \_\_\_\_\_ Belt Required?: Y / N Size: 250cm  280cm  300cm   
Amount Paid: \_\_\_\_\_ Post Code: \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please note there will be a £10.00 surcharge if cheques are returned**

\* (If you intend to grade before this summer camp, please put the grade that you will be when you attend).  
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