



# SOUTHERN SHOTOKAN KARATE ASSOCIATION INFORMATION SHEETS



## \*\*\* IMPORTANT NOTICE \*\*\*

If you feel unwell and think you may have the coronavirus,  
**DO NOT ATTEND ANY LESSONS OR GRADINGS.**  
Visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) and follow the latest advice.

## GRADING REGISTRATION CENTRES KATA COURSE (for those not grading) GRADING SYLLABUS LESSON (for those grading)

### MINEHEAD FRIDAY 9th SEPTEMBER

**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: £15.00 per person or £35.00 for a family of 3 or more.

### EXETER SATURDAY 10th SEPTEMBER

**Also a Brown & Black Belt Grading Centre and Course Centre (£19.00 per lesson)**

**Wonford Sports Centre, Rifford Road, Exeter, EX2 6NF.**

Lesson times: Juniors & Seniors (All grades) arrive at **9.45am** for admin, lesson **10.00am-11.00am**.  
In the Main Hall with Chief Instructor of the SSKA.  
Lesson Fee Applies: £15.00 per person or £35.00 for a family of 3 or more.

### SALISBURY SATURDAY 10th SEPTEMBER

**Also a Brown & Black Belt Course Centre (£19.00 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: £15.00 per person or £35.00 for a family of 3 or more.

### CLEVEDON SATURDAY 10th SEPTEMBER

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

Lesson times: Juniors & Seniors (All grades) arrive **2.45pm** for admin, lesson **3.30-4.30pm**  
In the Main Sports Hall with Sensei Lewis, Assistant Chief Instructor.  
Lesson Fee Applies: £15.00 per person or £35.00 for a family of 3 or more.

### READING SUNDAY 11th SEPTEMBER

**Also a Brown & Black Belt Course Centre (£19.00 per lesson)**

**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: £15.00 per person or £35.00 for a family of 3 or more.

### SWINDON SUNDAY 11th SEPTEMBER

**Also a Brown & Black Belt Course Centre (£19.00 per lesson)**

**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: £15.00 per person or £35.00 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 (£28.00) + grading lesson fee (£15.00) total £43.00

Senior (16 years and over) grading fee (£30.00) + grading lesson fee (£15.00) total £45.00

## 1st kyu (brown + 2 white)

Senior and Junior grading fee (£39.00) + grading lesson fee (£15.00) total £54.00

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 £35.00 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 even if you are self-isolating due to covid-19.

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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 18th SEPTEMBER

**BROWN & BLACK BELT COURSE CENTRE & KYU GRADING CENTRE (£19.00 per lesson)**

**Wonford Sports Centre**, Rifford Road, Exeter, EX2 6NF.

Lesson times:-

Juniors & Seniors (All Grades) arrive at **9.45am** for admin, pre-grading lesson **10.00am - 11.00am**.

Kyu Gradings start at approx. **11.00am** in the Main Hall, followed by Black Belt Grading.

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

**For kyu grade students wishing to have their grading card signed, there is an additional charge of £4.00 on top of the £15.00 lesson fee. (£19.00 in total)**

### READING SUNDAY 25th SEPTEMBER

**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.

**For kyu grade students wishing to have their grading card signed, there is an additional charge of £4.00 on top of the £15.00 lesson fee. (£19.00 in total)**

### SWINDON SUNDAY 2nd OCTOBER

**KYU GRADING CENTRE, Grange Leisure & Community Centre**, Grange Drive, 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.

**For kyu grade students wishing to have their grading card signed, there is an additional charge of £4.00 on top of the £15.00 lesson fee. (£19.00 in total)**

### SWINDON SUNDAY 9th OCTOBER

**BROWN & BLACK BELT COURSE & GRADING CENTRE (£19.00 per lesson)**

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

Lesson times:-

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

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

**For kyu grade students wishing to have their grading card signed, there is an additional charge of £4.00 on top of the £15.00 lesson fee. (£19.00 in total)**

### SALISBURY SUNDAY 16th OCTOBER

**KYU GRADING AND BLACK & BROWN BELT COURSE CENTRE (£19.00 per lesson)**

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

Lesson times:-

Juniors & Seniors (All Grades) arrive at **11.45am** for admin, pre-grading lesson **12 noon - 1.00pm**.

Gradings start at approx. **1.00pm** in the Studio with Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor and Senior Instructors assistance.

**For kyu grade students wishing to have their grading card signed, there is an additional charge of £4.00 on top of the £15.00 lesson fee. (£19.00 in total)**





# Black Belt Grading Centres



## EXETER SUNDAY 18th SEPTEMBER

**Brown & Black Belt Course and Grading Centre (£19.00 per lesson)**  
**Wonford Sports Centre**, Rifford Road, Exeter, EX2 6NF.

**Times:** Juniors & Seniors (All Grades) arrive at **9.45am** for admin, lesson **10.00am - 11.00am**.  
Kyu Gradings start at approx. **11.00am** 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.

## SWINDON SUNDAY 9th OCTOBER

**Brown & Black Belt Course and Grading Centre (£19.00 per lesson)**  
**Grange Leisure & Community Centre**, Grange Drive, Swindon, SN3 4JY.

**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: **£19.00**  
(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

NAME	DAN	EMAIL	PHONE	POSITION
Sensei Cole	7 <sup>th</sup>	sska595@gmail.com	07557 532676	Chief Instructor of the Southern Shotokan Karate Association
Rob Lewis	6 <sup>th</sup>	rob.sska@virgin.net	07872 019626	Assistant Chief Instructor, Grading Examiner, Complaints & Disputes
Cailey Whitcher	6 <sup>th</sup>	grading@sska.co.uk	07903 012340	Assistant Chief Instructor, Grading Examiner, Licensing Officer & PA
Geoff Ridgway	5 <sup>th</sup>	Sensei@FleetKarate.co.uk	07917 759343	Senior Instructor & Assistant Grading Examiner
Tracie Quelch	5 <sup>th</sup>	tquelch@hotmail.com	07582 716788	Senior Instructor & Assistant Grading Examiner
Trevor Ockwell	6 <sup>th</sup>	trevor@ockwell.info	07393 572098	Senior Instructor & Grading Assistant
Maxine Thomas	5 <sup>th</sup>	keithtee@aol.com	07770 410107	Senior Instructor, Secretary & Assistant Grading Examiner
Mark McCormack	4 <sup>th</sup>	mccormack314@btinternet.com	07729 518269	Senior Instructor & Grading Assistant
George McShane	5 <sup>th</sup>	georgemcshane59@gmail.com	07770 830067	Senior Instructor & Grading Assistant
John Phillips	4 <sup>th</sup>	j.phillips147@btinternet.com	07738 798559	Senior Instructor & Grading Assistant
Amanda Dillon	4 <sup>th</sup>	amandaloudillon@aol.com	07464 809858	Senior Instructor, Secretary & Grading Assistant
Ray Dolphin	4 <sup>th</sup>	r.dolphin@sky.com	07522 559672	Senior Instructor & Grading Assistant
Tony Kimber	4 <sup>th</sup>	tkimber@gems-sensors.co.uk	07799 064836	Senior Instructor & Grading Assistant
Terry Tozer	3 <sup>rd</sup>	info@tjska.com	07790 032354	Senior Instructor & Grading Assistant
Kevin Sanger	4 <sup>th</sup>	banger@btinternet.com	07593 166926	Senior Instructor & Grading Assistant
Jo Withey	3 <sup>rd</sup>	jo@withey.org	07914 401231	Senior Instructor & Grading Assistant
Gary Leyshon	3 <sup>rd</sup>	wgleyshon@gmail.com	07989 388191	Senior Instructor, Grading Assistant & SSKA Promotions Officer
Dawn Greig	3 <sup>rd</sup>	dawn.greig@btopenworld.com	07585 116508	Senior Instructor & Grading Assistant
Ian Binge	3 <sup>rd</sup>	ianbinge@yahoo.co.uk	07831 820787	Senior Instructor & Grading Assistant
Simon Smith	2 <sup>nd</sup>	simon.smith@askitsdone.co.uk	07939 010528	Senior Instructor & Grading Assistant
Sam Denton	3 <sup>rd</sup>	samueldentondenton@yahoo.co.uk	07969 569354	Senior Instructor & Grading Assistant
Lorna Hamlet	-	lornahamlet@outlook.com	-	Senior Instructor & Grading Assistant

**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).**





# 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 29th MAY.  
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)

**\*\*\* PLEASE ENSURE YOU MAKE YOUR PAYMENT AS SOON AS YOU SEND OFF THIS FORM \*\*\*  
LATE PAYMENTS WILL NOT BE PROCESSED AND YOU WILL BE UNABLE TO GRADE**

**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 £35.00 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 you 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 £19.00 (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** 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 \_\_\_\_\_

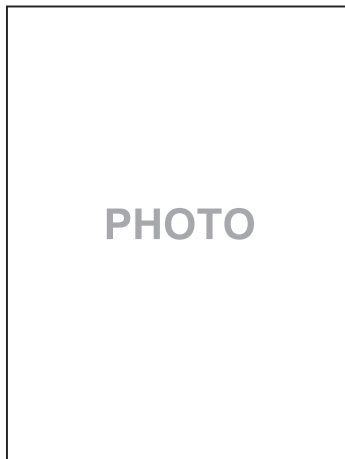
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Applicants Signature \_\_\_\_\_ Date \_\_\_\_\_

I hereby give permission for the above named person to grade

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

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Name: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**Medical Conditions:** *Please state any medical condition that could effect your grading*

**DO NOT WRITE BELOW THIS LINE - OFFICIAL USE ONLY**

<b>KIHON (Basic moves)</b>
<b>GOHON KUMITE (5 step)</b>
<b>SANBON KUMITE (3 step)</b>
<b>KIHON KUMITE (1 step)</b>
<b>JU IPPON (Semi-freestyle)</b>
<b>JIYU KUMITE (Freestyle sparring)</b>
<b>FEMALE SELF-DEFENCE</b>

<b>BASSAI DAI</b>	<b>KATA</b>
<b>TEKKI SHODAN</b>	
<b>No. 5</b>	
<b>No. 4</b>	
<b>No.3</b>	
<b>No.2</b>	
<b>No.1</b>	
<b>KATA KIHON</b>	

**OFFICIAL USE ONLY**

DATE: \_\_\_\_\_

RESULT: \_\_\_\_\_

SIGNED: \_\_\_\_\_





# SOUTHERN SHOTOKAN KARATE ASSOCIATION



## JOINING & LICENCE FORM

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

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

**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.