



SOUTHERN SHOTOKAN KARATE ASSOCIATION INFORMATION SHEETS



*****IMPORTANT*****

You MUST attend the pre-grading before grading. This is so you can go through the grading syllabus, get used to training in a large group of students and sort out any problems you may have.

All payments can be made by cash or cheque at the pre-grading centres below by Sunday 8th March 2026, or online. Please ask for details.

**LESSON FEE APPLIES TO ALL GRADING CENTRES BELOW:
£16.50 PER PERSON OR £41.50 FOR A FAMILY OF 3 OR MORE.
(EXCEPT EXETER, WHERE THERE WILL BE A £20 CHARGE
TO HAVE BROWN & BLACK BELT COURSE CARD SIGNED)**

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

MINEHEAD FRIDAY 27th FEBRUARY

Lesson times: **West Somerset Sports Centre, Bircham Road, Minehead, TA24 6AY.**
Juniors & Seniors (All Grades) arrive at 6.45pm for admin, lesson 7.00pm-8.00pm.
With Sensei McCormack, Senior Instructor of the SSKA.

CLEVEDON SATURDAY 28th FEBRUARY

Lesson times: **Strode Leisure Centre, Strode Road, Clevedon, BS21 6QG.**
Juniors & Seniors (All grades) arrive **3.15pm** for admin, lesson **3.30-4.30pm**
In the Main Sports Hall with Sensei Lewis, Assistant Chief Instructor.

READING SUNDAY 1st MARCH

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

EXETER SATURDAY 7th MARCH

Lesson times: **BLACK BELT COURSE CENTRE & KYU GRADING CENTRE,**
St. Peter's Church of England Aided School, Quarry Lane, Exeter, EX2 5AP.
Juniors & Seniors (All grades) arrive at **9.15am** for admin, lesson **9.30am-10.30am.**
In the Gym with Chief Instructor of the SSKA.

SALISBURY SUNDAY 8th MARCH

Lesson times: **Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR.**
Juniors & Seniors (All grades) arrive at **3.15pm** for admin, lesson **3.30pm-4.30pm.**
In the Dance Studio with Chief Instructor of the SSKA.

SWINDON PRE-GRADING CLOSED - Due to non-attendance

If you wish to pre-grade you can go to Salisbury or Reading pre-grading centres.



1st Kyu Information (Brown + 2 White)

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.
You must retake your grading on the next grading day or you will have to take the whole grading again.
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 certificate, as there will be no belts for sale on the grading days.

Checklist for Kyu Grades Only

BEFORE YOU POST, ENSURE YOU HAVE COMPLETED THE FOLLOWING:

- | | |
|--|--|
| <input type="checkbox"/> Completed the grading return form | <input type="checkbox"/> Include payment |
| <input type="checkbox"/> Checked your licence is valid | <input type="checkbox"/> Include your licence/grading book |

Kyu Grading Centres

LESSON FEE APPLIES TO ALL GRADING CENTRES BELOW:

£16.50 PER PERSON OR £39.00 FOR A FAMILY OF 3 OR MORE.

(EXCEPT EXETER, WHERE THERE WILL BE A £20 CHARGE TO HAVE BROWN & BLACK BELT COURSE CARD SIGNED)

READING SUNDAY 15th MARCH

KYU GRADING CENTRE, Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY.

Lesson times:-

Juniors & Seniors (All Grades) arrive at **8.30am** for admin, pre-grading lesson **9.00 - 10.30am**.

Gradings start at approx. **10.30am** with Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor, Sensei Whitcher Assistant Chief Instructor and Senior Instructor assistance.

SALISBURY SATURDAY 21st MARCH

KYU GRADING CENTRE, 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 Studio with Chief Instructor of the SSKA.

SWINDON SUNDAY 22nd MARCH

KYU GRADING CENTRE & BLACK BELT GRADING CENTRE,

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

Lesson times:-

Juniors & Seniors (All Grades) arrive at **8.30am** for admin, pre-grading lesson **9.00 - 10.30am**.

Gradings start at approx. **10.30am** 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.

EXETER SATURDAY 28th MARCH

BLACK BELT COURSE CENTRE (NOT GRADING CENTRE) & KYU GRADING CENTRE

St. Peter's Church of England Aided School, Quarry Lane, Exeter, EX2 5AP.

Lesson times:-

Juniors & Seniors (All Grades) arrive at **8.30am** for admin, pre-grading lesson **9.00am - 10.00am**.

Kyu Gradings start at approx. **10.15am** in the Gym followed by Black Belt Grading.

With Chief Instructor of the SSKA.

THERE WILL BE A £20 CHARGE TO HAVE BROWN & BLACK BELT COURSE CARD SIGNED.



Black Belt Grading Centre

SALISBURY SATURDAY 28th FEBRUARY



BLACK & BROWN BELT COURSE CENTRE & BLACK BELT GRADING CENTRE
(UP TO 2nd DAN ONLY) Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR.

For Black & Brown Belts to get their card signed, plus Black Belt Grading up to 2nd Dan Only.

Times:- Juniors & Seniors (All Grades) arrive at **2.30pm** for admin, pre-grading lesson **3.00pm - 4.00pm**.

Gradings start at approx. **4.00pm** in the Studio with Chief Instructor of the SSKA.

SWINDON SUNDAY 22nd MARCH

KYU GRADING CENTRE & BLACK BELT GRADING CENTRE,

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

Times: Juniors & Seniors (All Grades) arrive at **8.30am** for admin, pre-grading lesson **9.00am - 10.30am**.

Gradings start at approx. **10.45am** in the Main Hall. With Chief Instructor of the SSKA,

Sensei Lewis Assistant Chief Instructor & Sensei Whitcher Assistant Chief Instructor

These courses are for brown and black belts only. The course and gradings are conducted by Sensei Stuart Cole, 8th 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 £25. Please see your club instructor for details.

Safeguard Rule: No one may dress, tie belts, or touch another student without their permission. Only parents may help younger students. Instructors may correct from the side but must not touch unless allowed. Always ask first - it's for everyone's safety and comfort.



PHOTOGRAPHY OR FILMING OF ANY KIND DURING THE LESSON OR GRADING IS NOT PERMITTED

(Photography is allowed during the presentation of certificates)



Black Belt Lesson & Grading Fees

1st	Dan Exam Fee (£65.00) + Pass Fee (£65.00)	Total £130.00
2nd	Dan Exam Fee (£75.00) + Pass Fee (£75.00)	Total £150.00
3rd	Dan Exam Fee (£95.00) + Pass Fee (£95.00)	Total £190.00
4th	Dan Exam Fee (£115.00) + Pass Fee (£115.00)	Total £230.00
5th	Dan Exam Fee (£135.00) + Pass Fee (£135.00)	Total £270.00
6th	Dan Exam Fee (£155.00) + Pass Fee (£155.00)	Total £310.00
7th	Dan Exam Fee (£175.00) + Pass Fee (£175.00)	Total £350.00

Black Belt Lesson Fees

Juniors and Seniors lesson fee: **£21.00**
(No Special Rates on Black Belt Courses).

Black Belt (all sizes): **£15.00**

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.

Students taking their black belt grading can decide on the day if they want to grade or not. Just bring your form and payment with you and you can fill it in on the day. Fees will be payable on the day.

Anyone wanting to learn new katas online, contact Ian Binge on 07831 820787

SSKA Enquiries and help with your karate training

NAME	DAN	EMAIL	PHONE	POSITION
Sensei Cole	8 th	sska595@gmail.com	07557 532676	Chief Instructor of the Southern Shotokan Karate Association
Rob Lewis	7 th	rob.sska@virgin.net	07872 019626	Assistant Chief Instructor, Grading Examiner, Complaints & Disputes
Cailey Whitcher	7 th	grading@sska.co.uk	07903 012340	Assistant Chief Instructor, Grading Examiner, Licensing Officer & PA
Geoff Ridgway	6 th	Sensei@FleetKarate.co.uk	07917 759343	Senior Instructor & Assistant Grading Examiner
Tracie Quelch	5 th	tquelch@hotmail.com	07582 716788	Senior Instructor & Assistant Grading Examiner
Maxine Thomas	5 th	keithtee@aol.com	07770 410107	Senior Instructor, Secretary & Assistant Grading Examiner
Mark McCormack	5 th	mccormack314@btinternet.com	07729 518269	Senior Instructor & Grading Assistant
George McShane	5 th	georgemcshane59@gmail.com	07770 830067	Senior Instructor & Grading Assistant
John Phillips	4 th	j.phillips147@btinternet.com	07738 798559	Senior Instructor & Grading Assistant
Amanda Dillon	5 th	amandaloudillon@aol.com	07464 809858	Senior Instructor, Secretary & Grading Assistant
Ray Dolphin	5 th	r.dolphin@sky.com	07522 559672	Senior Instructor & Grading Assistant
Tony Kimber	5 th	tonykimber3@gmail.com	07799 064836	Senior Instructor & Grading Assistant
Kevin Sanger	5 th	banger@btinternet.com	07593 166926	Senior Instructor & Grading Assistant
Jo Withey	3 rd	jo@withey.org	07914 401231	Senior Instructor & Grading Assistant
Dawn Greig	4 th	dawn.greig@btopenworld.com	07585 116508	Senior Instructor & Grading Assistant
Ian Binge	4 th	ianbinge@yahoo.co.uk	07831 820787	Senior Instructor & Grading Assistant
Simon Smith	2 nd	simon.smith@askitsdone.co.uk	07939 010528	Senior Instructor & Grading Assistant
Sam Denton	3 rd	samueldentondenton@yahoo.co.uk	07969 569354	Senior Instructor & Grading Assistant
Lorna Hamlet	5 th	lornahamlet@outlook.com	07767 254596	Senior Instructor & Grading Assistant
Pete Cowling	3 rd	burfordkarate@gmail.com	07794 363837	Senior Instructor & Grading Assistant
James Edwards	5 th	enquiry@empoweringpt.co.uk	07503 336773	Senior Instructor & Grading Assistant
Andrew Ranger	2 nd	andrewranger@beaconsfieldkarate.club	07710 352171	Senior Instructor & Grading Assistant
Craig Alder	4 th	craig.alder@gmail.com	07713 461595	Senior Instructor & Grading Assistant
Stephanie Radford	3 rd	Sensei@FleetKarate.co.uk	07585 793857	Senior Instructor & Grading Assistant



SOUTHERN SHOTOKAN KARATE ASSOCIATION

Established in 1987



S.S.K.A. RULES AND CONSTITUTION

Karate etiquette is a code of conduct essential to the proper practice of the Japanese martial arts, without its practice becomes meaningless. Self-disciplined and mutual trust and respect for one's opponents are essential to safe practice, please carefully observe the following procedure in any dojo.

1. Bow upon entering and leaving the dojo.
2. Address all SSKA Instructors as Sensei.
3. Usho is a sign of respect. Use it as a sign of acknowledgement.
4. If you arrive late and the class has started, kneel at the head of the dojo and wait to be called into the class.
5. No jewellery is to be worn during training. If a ring cannot be removed then it must be taped over.
6. ALWAYS remember. Karate is more than just the ability to fight. Treat visiting Karateka with the respect and good manners that you would expect if you were a visitor to their dojo. NEVER allow yourself or those around you to act in a manner that would bring shame to your dojo.
7. A minimum of 3 months must be allowed with regular training each week between kyu grading examinations.
8. A minimum of 6 months must be allowed between 1st kyu and 1st Dan examinations. (Members must be a full 1st kyu before attempting the 1st Dan examination).
9. A temporary 1st kyu must wait 3 months before taking the 1st kyu examinations again. If the examination results in a pass then a further 6 months must be allowed before any attempt is made at the 1st Dan examination.
10. A minimum period of 2 years must be allowed between Shodan and Nidan gradings. A minimum period of 3 years between Nidan and Sandan gradings must be observed.
11. Members failing any examination for Dan grade rankings must wait a period of time indicated by the grading examiner, before attempting a re-examination.
12. Any karateka from another association or style who join the SSKA may wear the belt of the grade they have attained in the previous association, but after 3 months regular training they must take a grading with an approved SSKA examiner. Following such examination they will be awarded the appropriate SSKA grade. This rule applies to all grades including Dan Grades.
13. All karateka must hold a current license and grading record 1 month before taking a grading, as the examiner will refuse to grade any member not able to produce these documents. Any member who does undertake a grading examination and is subsequently found to have incorrect documents will have the results of the grading examination rescinded.
14. Any grades found to be breaking the rules of the grading shall not be recognised by the SSKA and shall be struck from the national grades register.
15. Arrive 15 minutes before your lesson starts and make sure that you have the correct monies or that you have paid online. If you are unable to attend training make sure that you phone, text or email your club instructor. Immediately after paying your money make sure you line up and start to warm up. Make sure you always pay respect to higher grades.
16. Always make sure that you train in a clean white Gi and have short clean finger and toe nails. Anyone with long hair make sure that it is tied back. No foul language must be used in the dojo. No changing in the dojo. Make sure your dojo is clean and always treat your dojo with respect.
17. Everyone regardless of rank must attend pre-grading and grading to be eligible to grade, this includes Dan grades. If you are unable to attend any grading session then you must inform your club instructor and the Association secretary in writing at least one week before the gradings.
18. Do not talk, chew gum or spit in the dojo or while being taught. Your gi must be correctly worn at all times and belt correctly tied. All ladies are to wear a white T-Shirt under their gi. Any badges worn on your gi must be approved by the SSKA and worn on the left side. Any bar badges must be worn below the rising sun badge not above. If you are unsure please ask. Parents are responsible to take and pick up their children from the dojo, the SSKA is responsible in the dojo (training area).
19. The club instructor will appoint a dojo captain, who will ensure that all club members are in line, gi's are correctly tied, belts worn correctly and help all newcomers to the dojo.
20. Instruction will only be given by a SSKA approved instructor with a valid DBS check and no one else.
21. Any blood spilt on the floor will be cleaned up by the individual whose blood it is. First Aid kits are available for injuries. Please report any injuries or illnesses (permanent or temporary) to your club instructor. Asthmatics please ensure that your ventilators are always carried with you or are at hand in the dojo. Insulin dependant diabetics, please ensure that you have sugar available.
22. SSKA members are not permitted to train or compete with any other club outside of the SSKA. Any member found doing so will have their membership cancelled and their grades removed. Doing so without permission may also invalidate your SSKA Liability Insurance.
23. Anyone in the SSKA wishing to train at another SSKA club must ask permission from their club instructor before doing so.
24. Anyone who leaves the SSKA or misses training for more than 8 weeks, without a good reason, must rejoin the SSKA and their club. They must also retake their grading exam. This applies to all students, including black belt students.
25. Anyone who does not renew their licence before the renewal date could lose their grade.
26. Anyone renewing an expired licence must pay all back-dated fees, or re-join the association.
27. 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.
28. Please give 1 month's notice to your instructor if you wish to leave your SSKA club.
29. **Safeguard Rule:** No one may dress, tie belts, or touch another student without their permission. Only parents may help younger students. Instructors may correct from the side but must not touch unless allowed. Always ask first - it's for everyone's safety and comfort.

**Any breach of these rules and you may be called before the Chief Instructor of the S.S.K.A.
The S.S.K.A. can amend these rules at any time.**

Finally, remember the dojo creed:

HUMILITY, SINCERITY, RESPECT, PURITY, ENDEAVOUR, HONESTY, PATIENCE



SSKA KYU GRADING RETURN FORM



PLEASE INDICATE WHICH CENTRE YOU WISH TO GRADE AT:

READING ☐ SWINDON ☐ EXETER ☐ SALISBURY ☐

Please check your licence expiry date inside your licence book before you hand it in with 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.

PAYMENT MUST BE MADE BY CASH OR CHEQUE, PAYABLE TO, 'THE S.S.K.A.'

CHEQUES ARE AVAILABLE FROM YOUR BANK IF YOU NO LONGER HAVE A CHEQUE BOOK.

(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 PROCESSED 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.

ANYONE WHO MISSES TRAINING FOR MORE THAN 8 WEEKS WITHOUT A GOOD REASON WILL HAVE TO REJOIN THE SSKA AND THEIR CLUB, PLUS RETAKE THEIR GRADE AGAIN. THIS INCLUDES BLACK BELT STUDENTS.

**Please fill out the section carefully. Tick all boxes that apply and add the total fee amount.
If a certificate has to be re-issued because of misspelling, a charge of £5 will be requested.**

NAME TO APPEAR ON CERTIFICATE (IN BLOCK CAPITALS):

LICENCE No:

PRESENT GRADE:

GRADING, LESSON AND BELT FEES ▶

(Please tick all boxes that apply)

Please TICK size of belt required :

(240/250cm) ☐ (280cm) ☐ (320cm) ☐

BELTS CAN ONLY BE PURCHASED FROM THE SSKA.

Junior grading fee.....	<input type="checkbox"/>	£29.50
Senior grading fee	<input type="checkbox"/>	£31.50
First kyu grading fee (Brown & 2 White)	<input type="checkbox"/>	£40.50
Pre-grading lesson fee	<input type="checkbox"/>	£16.50
Grading lesson fee	<input type="checkbox"/>	£16.50
Family lesson fee (for a family of 3 or more) ..	<input type="checkbox"/>	£41.50
Plain belt fee	<input type="checkbox"/>	£5.50
Plain with 1 stripe:	<input type="checkbox"/>	£6.00
Plain with 2 stripes:	<input type="checkbox"/>	£6.50
Late application surcharge:	<input type="checkbox"/>	£20.00

IMPORTANT INFORMATION:

You must return this form along with your current valid licence, licence book and your payment by Sunday 8th March 2026. Any application received after this date will incur a £20 surcharge.

TOTAL FEES £

Please include this payment when you return this form.

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.
Grading days are an ALL DAY event. Please ensure you stay until ALL gradings are finished.

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

ALL fees are non-refundable and non-transferable.

For all enquiries please contact Sensei Cole by phone or text 07557 532676 or email sska595@gmail.com

Please help promote your local karate club by advertising it on social media. www.facebook.com/southernshotokan

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



JOINING & LICENCE FORM

CLUB INSTRUCTOR: _____

TELEPHONE: _____

SURNAME _____	HOME PHONE No. _____
FORENAMES _____	MOBILE No. _____
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
EMAIL ADDRESS _____	ANY KARATE QUALIFICATIONS HELD (eg. Judge/Referee etc.) _____
	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, sickness, if the venue cancels the booking, or any other reason outside of the SSKA's control (unless you leave the SSKA). Please give one month's notice to your instructor if you wish to leave your SSKA club. If for any reason the SSKA or SSKA Instructor cancel the lesson, there will be no charge.

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 ensure you renew your annual licence on or before the previous licence expiry date to avoid any break in membership. If there is a period between expiry date and renewal date of more than 30 days you will have to re-grade.

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 £35.00

Please look after your licence book. Replacements can be purchased at a cost of £35.00.

SIGNATURE DATE

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

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

Cheques are available from your bank, if you no longer have a cheque book.

Please note: Online payments are no longer available.

Your 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	£40.00	<input type="checkbox"/>
00	+120	£40.00	<input type="checkbox"/>
0	+130	£40.00	<input type="checkbox"/>
1	+140	£40.00	<input type="checkbox"/>
2	+150	£40.00	<input type="checkbox"/>
3	+160	£45.00	<input type="checkbox"/>
4	+170	£45.00	<input type="checkbox"/>
5	+180	£45.00	<input type="checkbox"/>
6	+190	£45.00	<input type="checkbox"/>
7	+200	£45.00	<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"

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.

BELTS 240/250/280/320cm

PLAIN COLOURED BELT	£5.50	<input type="checkbox"/>
PURPLE+1	£6.00	<input type="checkbox"/>
BROWN+1	£6.00	<input type="checkbox"/>
BROWN+2	£6.50	<input type="checkbox"/>
BLACK BELT	£15.00	<input type="checkbox"/>

BADGES

WE NO LONGER SELL SEW-ON BADGES. ALL BADGES ARE NOW EMBROIDERY ONLY

EMBROIDERED BADGES

CLUB BADGE	£10.50	<input type="checkbox"/>
SSKA BADGE	£14.50	<input type="checkbox"/>
SSKA ENGLAND BADGE	£16.00	<input type="checkbox"/>
YOUR NAME ON YOUR SUIT	£8.00	<input type="checkbox"/>

PAYMENT

TOTAL AMOUNT:

£

Please make all cheques and postal orders payable to: **Southern Shotokan Karate Association**. Cheques are available from your bank if you no longer have a cheque book. (Cash payments also accepted).
Pass payment 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.

OPEN
TO ALL
STUDENTS

SOUTHERN SHOTOKAN KARATE ASSOCIATION

28th SUMMER CAMP 2026

Friday 14th - Sunday 16th August 2026

FOR SSKA MEMBERS
ONLY & THEIR
FAMILIES & FRIENDS



All training with Sensei Cole, 8th Dan Chief
Instructor of the SSKA with 60 years experience

ALL TRAINING & ACCOMMODATION AT TLH LEISURE RESORT, VICTORIA HOTEL, TORQUAY, TQ2 5HS

EVENT INFORMATION

FRIDAY

Arrive on Friday afternoon, check in time is 3pm.
Meet in Albert's Bar at 6pm for a drink before
the evening meal in Victoria Hotel's restaurant.

SATURDAY

7.30 - 9.45am Breakfast
9.30am Grading Registration.
*Please pay your grading fees
if you are grading this weekend.*
10am - 12pm Training with breaks
12pm - 1pm Lunch
1pm - 3pm Training with breaks
3pm onwards Free time to enjoy the rest of the resort & Torquay!
(Subject to availability. Charges may apply)
6.30pm Meet in Albert's Bar for a drink before
the evening meal in Victoria Hotel's restaurant.

SUNDAY

7am - 9.45am Breakfast
Please check out of your rooms by 11.00am.
You can store your luggage in the training room.
Meet in the hall for pre-grading admin
9.30am Training with breaks
10am - 12pm End of Summer Camp 2026 and
presentation of certificates.
1pm Grading starts for Kyu and Dan Gradings. Good
luck to you all. If anyone fails their Grading they
can retake it later in the day depending on the time
the gradings finish. (Normal fees apply).
TBC Intense training by the Senior Instructors for those
(Depending on when grading finishes) who failed part on the first grading today.
Grading registration and re-takes.
(Normal grading fees will apply)

*Please note: All times are subject to change.
A complete timetable will be available on the day of arrival.*

IMPORTANT INFO!

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.

ACCOMMODATION PRICES ADULTS

Friday 14th August 2026 for 2 nights

Room only £62.00 per adult per night
Bed and breakfast £66.00 per adult per night
Dinner, bed and breakfast £74.00 per adult per night



**SELF-
CATERING
APARTMENTS
ALSO AVAILABLE**
(SUBJECT TO AVAILABILITY)
**Please contact
TLH Leisure Resort for
more information**



TRAINING PRICES

If you wish to pay for your training online,
please call Sensei Cole on 07557 532676 for
details on how to pay.

£95 if you pay during June
£125 if you pay during July
£155 if you pay during August or on the day

*These are flat rates, regardless of how many days or lessons
you attend. (ALL fees are non-refundable and non-transferable)*

If you wish to extend your stay...

Additional night on Sunday 16th August 2026

Room only £59.00 per adult per night
Bed and breakfast £63.00 per adult per night
Dinner, bed and breakfast £71.00 per adult per night

CHILDREN

The following nightly rates apply to children when sharing a
fully occupied room with adults

0-2 years FREE
3-10 years £25.00 per night
11- 15 years £35.00 per night

**All evening meals are a three-course buffet evening dinner,
including Tea & Coffee.**

Room Type Supplements: If you wish you can upgrade your
room type: Riviera Front £8 per person, per night
Sea View £10 per person, per night

Single Occupancy Supplement: £30 per person, per night
(Sole occupancy of a twin/double room must be agreed in advance)

**The resort has a large car park with free parking,
Please make sure you give your vehicle registration to reception when you arrive.
You are welcome to book your own accommodation at another hotel if you prefer.**

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

**To book your accommodation
at TLH's Victoria Hotel, please
contact the Hotel direct on
01803 400500 and quote the
following code: ID 55519**

This code is exclusive to SSKA
members and will allow you to book
your rooms at the special rate.
Make sure to book as soon as possible
as rooms are limited and may sell out.

*Hotel rates are for Dinner, Bed and Breakfast,
this special rate is only available to SSKA
members when using the code above.
Please ensure you have registered with the
SSKA and paid your training fees before
booking the Hotel.*

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

Please pay all grading fees on the grading registration day: **SATURDAY 15TH AUGUST 2026**
(Grading fee is not included in the training price)

Name: _____ D.O.B _____

Address: _____

Post Code: _____

Tel: _____ Club: _____

Present Grade* _____ Belt Required?: **Y / N** Size: 250cm ☐ 280cm ☐ 300cm ☐

Amount Paid: _____ Please note there will be a £10.00 surcharge if cheques are returned

Signature: _____ Date: _____

PLEASE RETURN THIS FORM TO SENSEI COLE ONLY

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