



# DORYOKU RYU KARATE JUTSU

“TRADITIONAL KARATE FOR THE MODERN WORLD”

Dear Parent

Our club is going to be providing karate as a regular after school club with effect from Monday 13<sup>th</sup> January from 3.45pm-4.30pm.

For those of you that are not quite sure what Karate is – Karate is a Japanese Martial Art that is based on self defence. But although based on self-defence, over the years it has been found to have many other benefits like being good for fitness as it is an all-round body workout, working all major muscle groups and improving flexibility. There is also an Etiquette and Tradition that improves discipline, respect and teaches courtesy to others. Probably the most important of all is that it develops confidence and self esteem in it's students.

Classes last for 45mins and are taught in a disciplined but fun environment. We teach a special children's syllabus to keep your child interested and motivated throughout training. Having taught karate over the years we have found that students learn more if they are having fun. Our classes provide a good balance of technical karate and fun to ensure the children learn. The Karate that we teach is non-contact to eliminate any chance of injury whilst developing coordination and control.

All of our instructors are Black Belts, DBS Checked, 1<sup>st</sup> Aid trained and are Insured to teach.

If you have any questions please contact us on  
Email:- [cornwall@doryokuryu.com](mailto:cornwall@doryokuryu.com) or phone 07792 610207 and speak to Abbie.

The Fee for the term up to and including 23rd March (10 weeks) will be £50 for a single student or £40 each for 2 from the same family (i.e brother and sister) payable on the first lesson, by cash, debit/credit card or cheque.

As members of Doryoku Ryu Karate Jutsu, students have access to all of our regular classes, Special Seminars and Gradings.

The first grade is 9<sup>th</sup> kyu yellow tag after the first half-term (no charge for tags) and the first full grade of yellow belt is after approximately 12 weeks of training (depending on the individual students progress)

We look forward to seeing you on the 13<sup>th</sup> January.

All you need to do for your child to take part is fill out the slip below and bring it with the relevant fee to the first class.

Yours Sincerely

Sensei Abbie Watson  
Instructor

Sensei Mark Donald  
Senior Instructor

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Name.....DOB.....  
Address.....  
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