

RED SUN SHOTOKAN KARATE



CLUB INFORMATION 2011 REVISION

RED SUN SHOTOKAN KARATE IN ASSOCIATION WITH THE B.K.A.

INTRODUCTION

CHIEF INSTRUCTOR

PETER LEE BIBBY SENSEI

**5TH DAN SHOTOKAN
EUROPEAN KATA JUDGE 'A'
BKF KUMITE REFEREE
BKF KATA JUDGE**

ASSISTANT CHIEF INSTRUCTOR

ALISON HINDS SENSEI

2ND DAN SHOTOKAN

NEW MEMBERS CO-ORDINATOR

GEMMA HOLLAND SENSEI

1ST DAN SHOTOKAN

COMPETITION CO-ORDINATOR

CRAIG DONLEY SEMPAI

1ST KYU SHOTOKAN

JUNIOR INSTRUCTORS

SAM DONLEY SENSEI

1ST DAN SHOTOKAN

CALLUM HESKETH SENSEI

1ST DAN SHOTOKAN

All classes held at Red Sun Shotokan Karate are taken by top quality Instructors with over 25 years experience in Shotokan Karate. With vastly experienced instructors, all students, no matter what age, grade or ability, can have excellent tuition which will enable them to understand the art of Karate much better than at other schools. Unlike other schools, we prefer to keep the cost of training to a minimum. The best instruction at a very low price is something not to be refused. All of our instructors have full CRB checks along with club and association coaching qualifications.

VENUES, CLASS TIMES & TRAINING FEE'S

COPPULL DOJO

**ST.JOHN'S CHURCH HALL,
HEWLETT STREET,
COPPULL
PR7 5AD**

DAYS & TIMES :

**MONDAY'S 6:30PM - 8:00PM
THURSDAY'S 6:30PM - 8:00PM**

LESSON FEE

1ST WEEKLY LESSON FEE = £4

2ND WEEKLY LESSON FEE = £3

FAMILY LESSON FEE (3 x FAMILY MEMBERS) = £9

FAMILY LESSON FEE (4 x FAMILY MEMBERS) = £10

MEMBERSHIP FEE'S

CLUB MEMBERSHIP = FREE

BKA LICENCE & MEMBERSHIP = £25

FAMILY BKA MEMBERSHIP (2 x FAMILY MEMBERS) = £40

RULES & TERMINOLOGY

- 1) The training hall is called the 'Dojo' with the main training hall known as the 'Honbu'.
- 2) You must always bow on entering or leaving the 'Dojo'. You must also bow when coming onto or leaving the floor.
- 3) The Instructor must always be called 'Sensei' before, during and after training. Assistant Instructors (Brown Belts) are known as 'Sempai'.
- 4) The Karate suit is known as a 'Gi' and must be clean & pressed for every training session.
- 5) Finger nails must be kept short and clean at all times.
- 6) Jewellery of any type must not be worn during the lesson.
- 7) Long hair must be tied back and kept tidy.
- 8) All students must arrive promptly for training.

MEMBERSHIP

Anybody aged five years or over is able to join the Red Sun Shotokan Karate club. However, children under the age of sixteen must come along with their parents if they wish to join. To start with, the student must wear loose fitting clothing that will not restrict any movement, such as a tracksuit or shorts and t-shirt. After a time period of one month has elapsed, if the student wishes to continue his/her studies and proceed with taking examinations for belts and/or entering competition, they must then become a member by applying for a **B.K.A. licence**. They must also purchase a karate suit or a 'gi' as it is known. Mitts for sparring are also recommended. These can be purchased from your club instructor.

LICENCES

Application for a new licence for all students will cost £25 per year. The licence is your membership of the **British Karate Association** and also your personal grading record, which will be signed by your instructors/examiners upon passing each grade. You will also receive **personal indemnity insurance**, which is your personal insurance against injury. Your licence will also provide you with membership of the **English Karate Federation** and the **World Karate Federation** governing bodies. Your licence will also permit you to enter local, national and international tournaments plus allow you to go on courses outside of the association. Application forms for your licence can be obtained from the Chief Instructor.

GRADINGS

Grading is one of the most challenging aspects of karate. Gradings are taken at regular intervals depending on attendance and also your progress in the art. The Chief Instructor selects the students that he/she feels is ready to take his/her next grade. The Chief Instructor's decision is final. Depending on the complexity of the examination, the examinations are held at set time periods. Depending on the weekly number of training sessions, students must wait a minimum of three months between Kyu gradings (coloured belts) and a minimum of six months before entering a 1st Dan grading (black belt). There is an examination fee for taking a grading which covers the cost of certification and registration with the governing body. This also covers the cost of your new coloured belt. Belts can also be purchased from your club instructor from as little as £5.

GRADES & BELTS

10th Kyu – White Belt
9th Kyu – Orange Belt
8th Kyu – Red Belt
7th Kyu – Yellow Belt
6th Kyu – Green Belt
5th Kyu – Purple Belt
4th Kyu – Purple & White Belt
3rd Kyu – Brown Belt
2nd Kyu – Brown & White Belt
1st Kyu – Brown & 2 White Belt
1st Dan – Black Belt

CONTACT:-

CHIEF INSTRUCTOR – PETER LEE BIBBY, 5TH DAN

MOBILE: [07835 558424](tel:07835558424)

EMAIL: info@redsunkarate.com

ASSISTANT CHIEF INSTRUCTOR – ALISON HINDS, 2ND DAN

TEL: [07825 326489](tel:07825326489)

EMAIL: alison.hinds@redsunkarate.com

GENERAL ENQUIRIES

TEL: [01942 200655](tel:01942200655)

TEL: [07580 076211](tel:07580076211)

EMAIL: info@redsunkarate.co.uk

WEB: www.redsunkarate.co.uk

WEB: www.redsunkarate.com

WEB: www.facebook.com/redsunkarate

WEB: www.twitter.com/redsunkarate

EQUIPMENT

- Standard Karate Gi (Kids Size) = £30**
Standard Karate Gi (Teen/Adult) = £35**
Red Sun WKF Kumite Karate Gi (Lightweight) = £40**
Red Sun WKF Kata/Kumite Karate Gi (Mediumweight) = £45**
Red Sun WKF Kata Gi (Heavyweight/Cotton-Canvas) = £50**
Red Sun Shotokan Karate – Embroidered Club Badge = £5
British Karate Association – Embroidered Association Badge = £5
Red Sun – Squad Tracksuit = £45**
Red Sun – Hoodie = £25** Red Sun – Polo Shirt = £15**
WKF Style Sparring Mitts (Red or Blue) = £17.50
WKF Style Shin/Foot Protectors (Red or Blue) = £25
Belts (Any Colour/Standard Cotton) = £5
Silk Belts (Black/Red/Blue) = £10 (£25 with Embroidery)
Basic Competition Pack (Mitts & Belts – Red & Blue) = £30
Full Competition Pack (Mitts, Shin/Foot Protectors & Belts) = £60
Silk/Satin Belt (Red/Blue/Black) = £10
Kanazawa Kata DVD (26 Shotokan Kata) = £5
Red Sun Kata DVD (Heian Kata) = £5
- Red Sun Logo Embroidery Included**

AFFILIATIONS

Red Sun Shotokan Karate is affiliated to:-

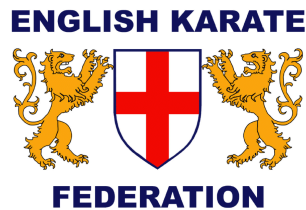
BRITISH KARATE ASSOCIATION

www.thebka.co.uk



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AFFILIATIONS CONT...
ENGLISH KARATE FEDERATION
www.englishkaratefederation.com



WORLD KARATE FEDERATION
www.wkf.net



CLASSIC QUOTE...

The ultimate aim of Karate lies not in victory or defeat but the perfection of character of it's participants

Gichin Funakoshi

KARATE OATH...

I promise to uphold the true spirit of Karate-Do and never use the skills I am taught except in defence of myself, my family or friends from an unprovoked attack or, in support of law and order