

Shizenryu Karate for Children



Newsletter

Issue 1. February 2011

Welcome to new members

Welcome to all our new members who have started Shizenryu Karate in 2011. We had a good intake of new students joining the various school clubs across Dorset and Hampshire. We hope you enjoy training with us and welcome your questions and feedback to help us improve our clubs.

Poulner Infants & Junior Karate Club

Poulner Karate club has been in existence since 1994. Ruggero Calo has proved to be a popular instructor with the evening club that is held on Mondays and Wednesdays. Ruggero is to take over the Monday extra curricular after School from Dan Monaghan. Ruggero is also a top swimmer and swimming coach who is used to motivating children. He is hoping to build this club up enough to eventually offer separate classes for infants and juniors. The afternoon club re-opens on 7th March after half term.

Spring Grading (belt tests)

The next School club grading week commences from 21st March. Full details of individual club grading times and venues are on the attached application form. All forms can be downloaded via the website www.shizenryu.com on the downloads page.

The closing date for applications is on Monday 7th March. It is important to respect the closing date as a great deal of administration has to be sorted out before the test date and belts have to be ordered etc. Over 300 children grade at local Schools and we can only organise and run this smoothly with your cooperation in respecting the closing date.

If you have any questions about the grading please contact central office before the closing date.

Black belt essays should be submitted at least a week prior to the grading. You should have been given an essay brief by your instructor. If not, please email Central Office for details ASAP.

482 Black Belts

A new year and a bit of a spring clean led me to checking old records. I was surprised to learn that Shizenryu has produced 482 Black Belt children since its introduction into Schools in 1988. I was then a 4th Dan Black Belt and asked to run a trial class at the Park School in Bournemouth. Over 80 children signed on to those first classes requiring me to teach over 2 days and bring in assistant teachers. Shizenryu quickly spread to other schools by word of mouth and within a year I was teaching 25 clubs. I earned my 5th Dan in 1994 and became a senior examiner for Karate in the UK. With the induction of more teachers Shizenryu has gone from strength to strength.

Terminology

In each newsletter I will give a little terminology that we would like the children (and parents :) to learn.

Karate = Kara (empty) te (hand)

Shizenryu = Natural Way/method/school

Dojo = Do (way) jo (place)

Gassho = Salute of respect

Shizentai = natural stance

Karate uniform FAQ

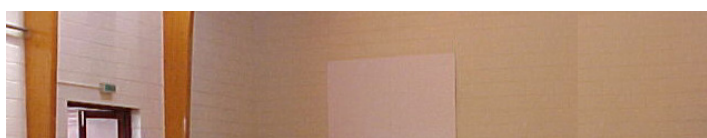
How do I order a uniform?

The current system is to fill out the order form and send directly with the correct fee to the Central Office. We normally hold stock in all items. The order is then processed and given to the club instructors at their training session on Thursdays and then taken to the respective clubs.

What items do I need to buy at first?

You will need the top, trousers and mitts. The mitts have a multi function in that they keep the fingers together and protected. They protect training partners whilst learning distance and they make useful hand targets when worn pad side in. This helps with hand/eye coordination.

What size should I order?





What size should I order?

Size is based on child height in cm. The uniform is loose fitting, so this generally works, but if your child is thicker set or very slim...adjust size up or down accordingly. Also, if your child is say 139cm it might be best to go up to 150. etc. If you are really not sure, you can call the office on 01425 477325 for advice.

Easter Karate School

Dan Monaghan will once again run this years popular Easter Karate School from 11th to the 15th April at Ballard School, Studio 2, New Milton. Places tend to fill up early, so book your place by contacting Dan on: 07914 501779 or email him at: danmonaghan@rocketmail.com



Ian smith

www.shizenryu.com

Father and Son/daughter Karate classes

I have had a couple of enquiries from parents (dads in particular) that would be interested in training alongside their son or daughter. This got me thinking....

I used to teach at a club that consisted mainly of 4 families where dads trained with their children and it worked really well. We only run separate adult and children classes at the moment, although we have had one brave dad come and join his teenage son at our St Ives adult class. There is a special bonding in this situation, so I will put it out there to you the parents.

If you are interested in a class where you can train with your child, please let me know and I organise something.

