



SHIZENRYU KARATE For Children



Introduction

Shizenryu means 'Natural Way'. Kara-te means 'Empty-Hand'. We are very proud of our achievements in teaching children Karate as a complete concept, as opposed to a watered down sport or self-defence.

Our children's classes are specifically tailored to give children a broad base in the empty hand arts with the emphasis on safety and a moral understanding of the implications of their actions.



Shizenryu has a unique approach in helping children to be in harmony with both themselves and others. A child's best defence will always be the invisible halo of confidence that helps them avoid situations that lead to conflict. We encourage children to help one another and always act in a polite and courteous manner. Shizenryu has gained a deep respect from both state and private schools. This respect has been fostered because we care a great deal about the children and their progress.

Shizenryu does not encourage aggression as this can lead to fear, which is always a poor substitute for respect. We believe in developing inquisitive minds that are able to solve problems. We do not give them all the answers; instead we nurture a mental attitude that is able to solve problems by thinking it through for themselves.

Children learn how to resolve confrontation and avoid making enemies. They learn self-defence, but more importantly they learn self-confidence, self-respect and a path to self-discovery. In a world increasingly filled with stress and conflict these lessons are survival tools for children of all ages.

Shizenryu is ideal for growing children as it develops concentration, awareness, co-ordination, physical and mental discipline, good health, vitality, team work and motivation.

As children mature both physically and mentally they gradually adopt the more subtle skills of the adult practise.

Parents should note: these benefits can only be realised by giving Shizenryu the same amount of value as any other subject of study. Although children are taught a specially tailored system, discipline and correct etiquette should be observed right from the beginning in order to ensure safety and respect for their fellow training partners.

Belt Grade Tests

We organise regular grade tests held towards the end of each term. Children progress through coloured belts and tags. Each belt is followed by a white tag before the next belt. This system is used by most martial arts for young children. It enables us to break down the syllabus in more manageable steps. There are nine kyu belt grades: red, orange, yellow, green, blue, purple, and 3 browns, juniors (under 16) can reach 1st Dan Black Belt. They then work through the more specialised adult syllabus. Consistency and commitment is the key to success. Students wishing to progress beyond orange belt level need to train twice a week. There are evening classes as well as the school clubs. Details of classes can be found on the back of this leaflet.



Email, Newsletters and Information

We have found e-mailing regular news and information useful and effective. Often letters go missing when handed out to young children. Help us to help you by providing an e-mail address on your licence application form. Your first point of contact should always be the teacher of your child's club provided at the end of this leaflet.

Administration

Efficient administration is essential to the running of the association of clubs. Please ensure that you action any forms that are issued. The main ones will be:

Term fee form (school clubs); issued before the start of each term. All fees are payable before the start of term. We operate on a no fee, no lesson policy.

Standing order form (evening clubs); issued when your child begins at an evening club. The SO will start from the beginning of the next month. You will be asked for fees to cover lessons up until the SO starts.

Licence/Insurance application form; issued when your child starts and annually thereafter. Shizenryu is a member of the National Governing Bodies of “Karate England” and the “National Association of Karate and Martial Arts”. All our teachers are thoroughly police checked and fully insured. The governing body dictates that all students must be licensed and insured. Put simply, we are not allowed to teach children without a current up to date licence.

Uniform order form; uniforms are ordered through the club. New students are expected to have a uniform by the third week of training. Shizenryu has its own uniform and emblem. Uniforms from other clubs etc. will not be permitted.

Grade test application form; issued to those eligible towards the end of each term.

For full details of all children’s classes offered in the Hants and Dorset area:

Please visit: www.shizenryu.com

Your first contact should always be the club teacher of your child:

Parents.....We also have classes and private tuition for adults.

Central Office

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