



Questions and Answers

Can anybody train?

We have new members joining on a regular basis, the majority of these have never tried Martial Arts before. They have found that this system is easy to adapt to as it has been developed to be accessible to all ages, gender and fitness levels. The emphasis is on practical, effective techniques rather than being reliant on extreme fitness and flexibility. With time students will improve their health, self awareness, self confidence, and self esteem. Remember, no-one is born a Martial Artist, but everyone can train to be one. Zen Goshin Ryu is taught as a self defence system and as such does not actively encourage competition.

How expensive is the training?

Martial Arts should be a reasonably inexpensive sport. We endeavour to keep training fees low compared to many other Martial Arts clubs. Unlike many clubs we do not charge a membership/joining fee or tie you into direct debits.

The main equipment that you need is a Karate suit and belt. For peace of mind you will also need to purchase annual public liability insurance.

Typical costs are:-

Training fees start from £16.00 per month

Insurance £15.00 per year

Uniforms from £12.50

Grading fees from £7.50 (includes belt and certificate)

What do I need to wear?

A new starter can train in whatever they feel comfortable in, such as track-suit bottoms, sweatshirt, or t-shirt. Cadet students should wear plimsolls or light trainers, junior/senior students train bare footed. After a few weeks, if the student wants to continue training they can purchase a Gi (karate uniform)



What is involved in training?

Each class is generally broken down into the following sections:-

- Warm up exercises and stretching
- Fitness training. This includes cardiovascular exercises (e.g. press-up, sit-ups, star jumps etc.), bag/pad work and co-ordination exercises.
- Self defence practice. This includes punch defences, control and restraint techniques, throws, kick defences, knife defences and many more
- Weapons training. This includes Jo Staff and Bokan.
- Breakfalls
- Kata
- Cool down exercises

Each section has a range of complexity to suit the different levels or grades of students.

When can I become a Black Belt

To chart a student's progress, they will take gradings on a regular basis. Our syllabus is made up of 6 cadet grades and 8 advanced grades below Black Belt. These grades are known as Kyu grades, with 14th Kyu Cadet Red/White belt being the lowest and 1st Kyu Brown belt being the highest. No student is pushed into taking a grading, they will only be put forward when they are ready.

If a student puts in the required effort and training they will be able to achieve their Black Belt in a minimum of 4½ years (for cadets this is 6½ years).

This structure of gradings ensures that by the time a student is awarded a Black Belt, they have gained the necessary skills, experience, and maturity to wear it.

It then takes a minimum of 2 years to 2nd degree Black belt, 3 years to 3rd etc.

In total there are 10 Black belt levels. Generally 10th degree Black belts are awarded to instructors for their outstanding contribution to Martial Arts.

If you have any other questions about the club please call me on 07975 833078 or email karate1001@hotmail.com