



# WHY TAKE KARATE



## Thinking About Karate?

Are you interested in learning karate, but feel a little nervous about beginning your training? Most of our students felt the same way when they first began training in the Martial Arts. We understand how intimidating starting a new activity can be and have structured our classes so that beginners can work comfortably in a class with intermediate and advanced belt.

## At what age do you accept students to start training in Karate?

We accept students from the ages of 4 years old and up.

## How do I start training in Kyokushin Karate?

Introduce yourself to the Instructor and he / she will offer you a no obligation FREE CLASS, the rest is up to you. After this Free class, if you feel that you would like to continue your Karate training, then you will be offered a membership form.

## I am about to participate in my 1st class, what should I wear?

Loose comfortable clothing such as tracksuit / shorts and a T-shirt, is acceptable when you first begin Kyokushin Karate training.

## What about a karate uniform?

Uniforms and training gear are available through our club.

No socks or shoes - Barefoot.

We also are able to order for you a set of shin pads as well a set of bag gloves for training such as bag work, pad work or sparring. We would also suggest that you bring a water bottle / drink as you will certainly sweat.

## How often should I train?

As often as the classes are offered to you, but at least 2 x times per week as well as training outside the dojo such as running, swimming, bag work, weights and etc, It is a simple formula, " The more often you are able to train in Karate, the better you will get".

## Do I need to be fit to train?

No, our Kyokushin Karate classes are designed to assist you in getting fit.

## How often should I pay?

Training fees are payed via, monthly, quarterly, half yearly or yearly, this is up to you. ALL students who pay fees monthly should do so within the 1st week, then it's entirely up to the student to get value for their buck by showing up to "all" the classes during the month.

## Am I too old to start Kyokushin Karate?

Absolutely not, Karate is for everyone, what is not for everyone is the ability to achieve the rank of Shodan (Black Belt).

## Karate is Fun

You do karate with other people that share a common interest. Any extra curricular activity you involve your self with should be release from the stress or anxiety that is built up in our daily routines.

People involved in karate can established friendship for life.