

# Welcome to Conwy Shukokai Karate Club

A part of the Shito-Ryu Shukokai Union (SSU)

World governing body for Yamada-ha Shito-Ryu Shukokai Karate-do



## About the club

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Conwy Shukokai Karate Club is the longest running Karate Club in the area. The style of karate taught at the club is Yamada-ha Shito-Ryu Shukokai, one of the oldest styles of karate originating from Okinawa, Japan – the birth place of Karate-do. Your club instructor is Sensei Andy Plumb 4<sup>th</sup> Dan, with over 25 years experience in Shukokai Karate. Sensei Andy is a former member of the SSU UK National squad and was a part of the UK team which won the SSU World Championships in Greece in 2007.

For more information on the club visit: [www.shukokai-wales.com](http://www.shukokai-wales.com)

*We promote traditional karate ethics*

**DISCIPLINE ~ CHARACTER ~ EFFORT ~ RESPECT ~ HONOUR ~ ETIQUETTE**

## About the SSU

The SSU is the governing body for our styles of karate. We are led by Soke Yamada 10<sup>th</sup> Dan from Japan. In the UK we follow the teachings of Sensei Denis Casey 8<sup>th</sup> Dan. For more information please visit [www.shukokai-uk.com](http://www.shukokai-uk.com)

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## Club Training times

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This club trains in Ysgol ~ Aberconwy, every: **Monday** 17:30-18:30 kids 6yrs-12yrs, 17:30-19:20 adults & 13yrs +  
**Thursday** 17:30pm – 18:30pm kids and adults mixed class

## Rules and Etiquette

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- Arrive in good time. If you are late for a class, wait at the side of the dojo with your arm raised. When instructed, join the class quickly.
- Bow on arriving and leaving the Dojo (Training room).
- Out of respect, refer to your instructors by 'Sensei', not by their name.
- Be polite to other students, and respect those who are senior to you, both by grade and age.
- When your instructor is talking, give your full attention.
- Put a 100% effort into everything you do.
- Good behaviour, good manners and effort are key attributes in becoming a good karate-ka (*karate student*).

## How much does it cost?

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### Lesson fee/Club Membership

We operate on club monthly membership scheme. After your free taster sessions the monthly rate is £35 for twice a week. This also allows you to train in clubs based in Llanddulas and Bethesda at no additional costs. This saves roughly £5 per month.

The monthly membership model has enabled us to maintain regular attendance and regulate class sizes. This is also the same kind of payment model in use by gyms etc.

Monthly fees payable during the first week of each month for that month. Adults over 18 can chose to pay as you train at £5 per session.

There are discounts available for families. For 2 members, monthly fee is £60, a saving £10 p/m, for three or more it is £65 per month, a saving of £40 p/m.

**Standing Order** is the preferred method of payment to keep admin times down to a minimum during class and promotes regular training.

## Karate licence

All students **MUST** apply for a licence after 6 lessons. Students will receive a licence book; which includes insurances and registration with the Karate governing bodies. Licences run from April to March. Your instructor will explain the cost of a licence as it varies depending on when during the year you join. Every karate student from all clubs would require a licence, including instructors, it is your membership with the karate governing body's and provides the student's with member to member insurance.

## Karate kit

All kit is available from your instructor. To start out you will need nothing more than a karate gi (suit) and a club badge to wear on the left side of the gi top. A basic karate gi costs approx £20 (depending on size). All kit can be purchased through on on-line shop, at [www.shukokai-wales.com](http://www.shukokai-wales.com)

## Karate gradings

Every 3 months there is a grading for the next coloured belt. **Students who meet the criteria** for the grading will be invited to grade.

Gradings cost £20 for yellow belt to purple belt and £25 for a brownbelt grading. Students who pass will receive a certificate and be entered into the official records.

Sensei Andy is qualified to grade students up to their final brown belt (1<sup>st</sup> Kyu). Black belt gradings are done in Manchester by a panel of Senior Instructors including Sensei Denis Casey 8<sup>th</sup> Dan.

## Get Connected

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Keep in touch to get all the latest info on events, courses, gradings and more:

Website: [www.shukokai-wales.com](http://www.shukokai-wales.com) Facebook: [facebook.com/shukokaiwales](https://www.facebook.com/shukokaiwales) Twitter @Shukokai\_Wales

Your instructor may also wish to contact you by text message or email. Please provide a mobile number and email address on your membership form, highlighting your preferred method of contact.

## Courses & Competitions

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Throughout the year there are opportunities to train and compete with other clubs within the SSU; this gives the student a very different experience that can only be obtained in those environments. It's an important part of the students development and students are encouraged to train on as many courses as possible, this will occasionally involve an element of travel, but the experience is invaluable.

The same applies to competition, with local and National competitions it's important that students compete to continually push themselves to set and achieve goals.

Those who show real competition potential will be invited to train with the SSU British squad, this is a unique opportunity and is by invitation only.

### Contact your instructor:

☎ 07595 361 624 ☎

✉ [akaryuu@btinternet.com](mailto:akaryuu@btinternet.com) ✉

[www.shukokai-wales.com](http://www.shukokai-wales.com)

facebook

[facebook.com/shukokaiwales](https://www.facebook.com/shukokaiwales)

All instructors are qualified, CRB checked, First Aid qualified, licenced, registered and insured professional instructors



ShitoRyu Shukokai  
Union



Welsh Karate  
Governing Body



European Karate  
Federation



World Karate  
Federation

### Members of: