



Shin-gi-tai Karate Club

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Zeroth Activity Centre

Newsletter - February 2004

Welcome to our new club and I hope that you have found the initial training interesting and fun. There are a few things that need to be noted by those who wish to develop their karate skills and take nationally recognised examinations.

Our club grades are recognised by the English Karate Governing Body and we are bound by their rules regarding speed of promotion and quality of training. In order to hold a valid national grade you need to be registered with the EKGB and hold valid student-to-student insurance. This is combined with your club membership fee and totals £15 per annum. If you decide to register, your grades will be submitted to the EKGB and you will be issued with a grading book to record your attainments in karate.

Examinations can be held locally, or if those ready to grade are low in number, alternative arrangements can be made to attend one of the other 3 club nights where we hold regular gradings. It is necessary to wear a white karate suit for examinations and these are available from the club at £13 up to size 150 and £16 above that size.

I look forward to teaching you further and witnessing your further progression in karate-do.

Sensei Malcolm Bates

Internationally registered & fully insured instructor.
Holder of EKGB instructors qualification and 1st aid certification.
Member of AMA, EKGB, SRSI, ISOK, Kissaki-kai