



## What are the benefits of joining Karate for Kids?

First of all let's look at the name of the school - Karate for KIDS. That's right, kids. It is a karate school only for children. We don't teach adults or even teenagers. Just kids. This means we can focus on the needs of the children in our lessons.

Children learn differently from adults so, even though our karate style is steeped in tradition, we teach it in such a way that the student of today is able to master the techniques and get all the benefits of this ancient style.

Now let's look at the instructors. Karate for Kids was developed by Caroline Manly, a fully qualified and experienced 3rd level Black Belt instructor. She shares the teaching with her assistant Hikari So who has been a student of Caroline's since she was 6 years old. Hikari is now 22 and is well versed in the teaching methods Caroline promotes, both as a student and as an instructor. Caroline and Hikari take their positions as role models very seriously. They are professional, approachable and fun to be around and they believe in the concept of fair play. They are keen to pass on what they have learned through their years of training.

But what about the students... To Caroline and Hikari the student comes first. Participating in a martial arts class is a right that all kids should have but all schools are different and all kids are different. The trick is to match the school with the student.

Karate for Kids offers a non-contact style in a safe, happy and encouraging environment. They don't have regular competitions and all kids are seen as individuals. They don't tolerate bad behaviour because this is a disruption to the class and the other students. They encourage the students to be responsible, caring and thoughtful and to understand the consequences of their behaviour. If this means they have to sit out for a part of the class then so be it.

All achievements are applauded by the instructors as it is really important to recognise effort and improvement. Unlike some sporting clubs Karate for Kids don't award meaningless certificates or trophies. The children thrive in the supportive atmosphere offered by Caroline, Hikari and their fellow students.





## What does it mean to be a New Beginner?

All children are welcome to come along and give Karate for Kids a go! Caroline and Hikari hope that their training will be the right fit for your kids but if not, they are happy to help with the names of other martial arts schools.

A New Beginner at Karate for Kids is eased into the training gently with a private class to learn the very basic stuff like how to join a class, how to do the warm up exercises, how to master the punch and kick and how to do some of the exercises. These basic skills classes are run throughout the first three weeks of every term so New Beginners have three opportunities every term to join Karate for Kids. If you miss out this term don't worry, you can secure your place now and start next term!



All students at Karate for Kids learn nine basic life skills:

- Focus
- Self Control
- Memory
- Fitness
- Teamwork
- Balance
- Discipline
- Co-ordination
- Respect

