



Parent and Guardian Information Booklet

Welcome, from our Chief Instructor

Welcome, to Tiger Stripes Karate. My name is Sensei Neil, and I am the Chief Instructor at Central Warwickshire Shotokan Karate. I was the person who first ever opened up this club over 20 years ago and prior to that I was training with my own Instructors! Over the years I have been able to work with a variety of different martial arts Instructors which has enabled me to learn and adapt new things into our club – which is why I can proudly say I'm a 5th Dan in Shotokan karate! As well as being the Chief Instructor, I'm also hold a Sports Coach Diploma, Designated Safeguarding Lead Qualification, Learning Difficulties and Disabilities Qualification and Paediatric First Aid Training Certification.



I have always wanted to open a club specifically for those children who may struggle to join in other sports clubs because within the Warwickshire area, there's no Shotokan club for those children who need extra support. Our team have worked incredibly hard over the last few months to put plans in place and make my goal happen.

My son, Sensei Jake, who you will meet on the next page, is going to be the lead Instructor of Tiger Stripes Karate. So, although the Chief Instructor is only supporting the lesson – I can assure you, that you children's karate journeys are in safe hands!

I hope that you can find everything within this booklet helpful and please do not hesitate to contact us if you would like any more information.

Welcome, from our Club Secretary

Hi there, my name's Sensei Jake and I would like to welcome you to Tiger Stripes Karate in cooperation with Central Warwickshire Shotokan Karate. I have been training at this club for over 14 years now and along the way I have gathered various qualifications including a Sports Coach Diploma, Designated Safeguarding Lead training, learning difficulty and disability training and paediatric first aid training – all of which have helped me work my way up to this role! On top of these qualifications, I also hold a qualification in Child Development, so I can ensure all children can develop on their 4 developmental areas as well as learning karate.

In creating this club, we found, it's evident that there's a lack of sports activities for children with learning disabilities and learning difficulties within the Warwickshire area. In fact, there's no Shotokan Karate club specifically adapted for children who need extra support in Warwick and Leamington at all.

Tiger Stripes Karate is here to change that. Our aim is to prove to everyone, even those who believe that can't, that karate is a sport everyone can participate in. No matter your difficulty, disability, age, gender, sexuality, religion or beliefs – anyone can partake in karate.

Although this club isn't scheduled to open until September 2023, this pack is for all parents of our upcoming students to provide information about how our new club will work. Students will also receive a separate information booklet so they can start to prepare for what karate will look like in September.

We completely understand that your child may be worried when starting a new club – it can be quite scary meeting new people! This booklet will also outline how we will encourage students into our dojo to start their karate journey.

I hope you find everything in this booklet helpful.



Welcome, from our Club Welfare Officer

Welcome to our club! My name is Sensei Jo and I have been with Central Warwickshire Shotokan Karate for over 10 years after moving from a different karate club. I have a 10-year-old son who has ASD and he can find new situations challenging, scary and worrying. As such, Tiger Stripes Karate has evolved to target specifically those children/young adults who may find joining mainstream clubs overwhelming.



As Welfare Officer for the Club, one of my key objectives is to ensure that all of our students are provided with a safe environment whereby all individuals have the opportunity to discuss, if necessary, any concerns, worries or questions regarding the club arrangements. Whilst generally karate orientated, I am there for children as a first contact to listen to & talk about anything that they feel they need to say, whether it's about school, brothers, sisters or even their pets!

As a qualified DSL (Designated Safeguarding Lead) it is also my responsibility to ensure and enable students to feel comfortable and have fun in their karate journey; this also extends to parents, guardians & carers who just want to have a chat. I also have other qualifications including a sports coach diploma, learning difficulty and disability training and paediatric first aid training.

What is Shotokan Karate?

What we call karate today may have begun in ancient India almost two thousand years ago. Many people believe that Buddhist monks in China, to protect themselves against bandits, practiced karate. One Buddhist monk, Bodhidharma, travelled from India to China around the year AD 520. He settled at the Shaolin Monastery in China and taught Zen Buddhism to the monks there. He taught his fighting art to them as well. In time, the monks at Shaolin Monastery became strong fighters.

Over the next few centuries, karate spread throughout China and was practiced by many people. A number of different karate-like styles developed during time, and karate became well known. In China, people who practised karate called it kung fu.

The Chinese did a lot of trading with the Okinawan people, whose island home is only a few hundred miles off the coast of Southern China. In time, the people of Okinawa learned some fighting techniques from the Chinese and combined them with their own fighting system. Since the Okinawans were ruled by the Japanese and not allowed to have weapons, they practised karate to protect themselves. The development of karate continued on Okinawa until 1900. At the beginning of the twentieth century, they started teaching karate in schools.

Okinawa had many famous Karate Masters. Perhaps the best-known today is Gichin Funakoshi. Master Funakoshi was a school teacher. He travelled to Japan in 1922 and gave a demonstration of Okinawan Karate at a national sport show. After that, he was asked to stay in Japan to teach karate. He never gave his style an official name; he just called it "karate", which means "empty hand" or fighting without weapons. His students named it "Shotokan", and so had a new name in Japan.

Special Educational Needs

'Special Educational Needs' is a legal definition and refers to children with learning problems or disabilities that make it harder for them to learn than most children the same age.

A child with any disability may take longer to learn karate on their journey. With Karate training, your child will learn how to focus attention on the technical skills which can help promote the important ingredient of concentration. SEN children undertake in their training to reinforce their ability to master the art of concentration; this is what the Martial Arts are really about. Gross motor skills, fine motor skills, balance and coordination are the foundation of Martial Arts techniques; this is where this type of training helps any child – especially those with SEN.

Visual Aid Cards and Visual Timetables

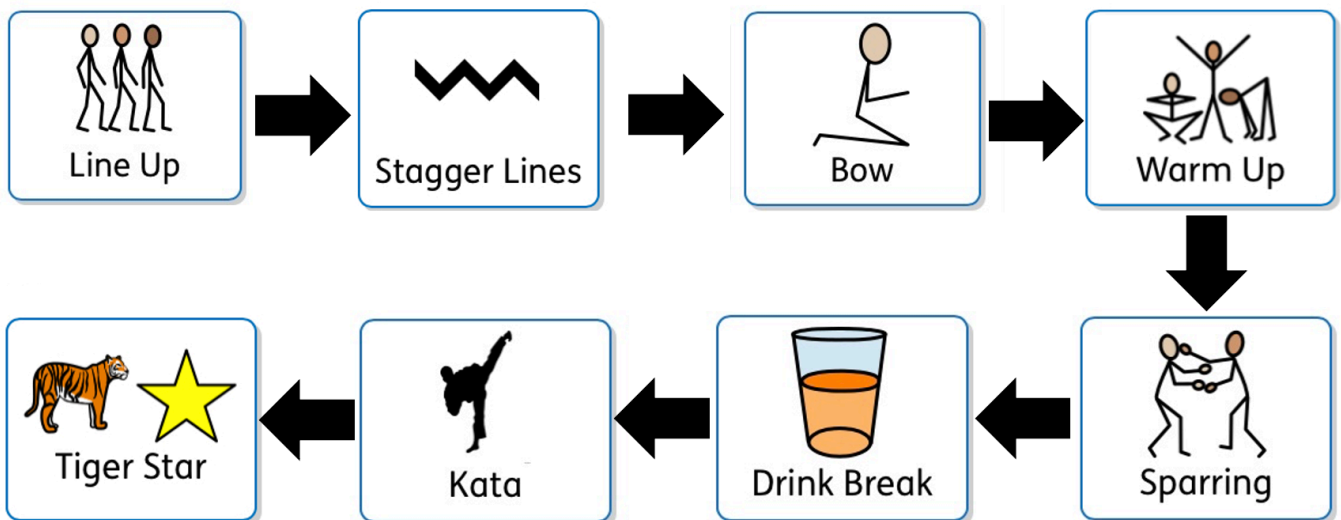
Although karate was founded thousands and thousands of years ago, as with anything in life, things need to be adapted and changed – which is why we introduced visual cards and timetables into our lessons.

All of our students have access to visual cards which all instructors wear on their belts along with their name tag. These cards include all aspects of what goes on in the lessons – from lining up, to all the karate techniques.

Here is an example of what we use in our lessons:



What Are We Doing Today?



How will we support your child?

At Tiger Stripes Karate, we will do everything we can to support your child on their karate journey. We can offer a variety of support for all of our children including 1-to-1 support, visual cards, visual timetables, relaxed sessions and more!

We are also open to new ideas, and you know your child better than we do! If you have any other suggestions on how we can support your child during lessons, please do not hesitate to let us know and we can imbed your idea into our lesson structure.

Uniform

We completely understand that a traditional karate uniform may be uncomfortable for those students with sensory needs. So instead, we are introducing a brand-new karate uniform specifically for Tiger Stripes Karate.

This uniform will include a Tiger Stripes Karate hoodie/t-shirt and black joggers. Our hoodies and t-shirts are still under construction so at the moment, we are not letting new students order our new uniforms. Here is a mock-up of what they could look like:



How will the structure of lessons work?

The first several sessions upon opening Tiger Stripes Karate will be an induction period. This is where we will get to know all of the students on a personal level – from knowing their pets, favourite colours or favourite foods, we would love to know!

During this period, parents/guardians will also get various opportunities to talk to instructors so we can find out more about your child and also find out more about you.

Students will get a tour of the hall, the spectator area, and will find out where the toilets. After they feel comfortable in the environment, we will then begin some basic karate training – this could be a simple warm-up, some pad work or some basics – we won't pressure them into anything at first, so if they only want to join in for 10 minutes, that's perfectly fine!

Our lessons will run for 45 minutes and will include a drink and biscuit break. We will ensure our lesson plans are varied and activities are changed often – so no one will be bored or lose focus.

All students and parents will receive their visual timetable before the lesson so they are aware of what to expect in the dojo.

Safeguarding

Safeguarding is paramount at our club. We ensure we have the most up-to-date safeguarding procedures in place to ensure that everyone at karate feels safe all the time.

Our club is registered with the Safeguarding Code in Martial Arts and we work closely with many safeguarding companies including the NSPCC and the Child Protection in Sports Units.

At Tiger Stripes Karate, we also follow frameworks such as the NSPCC PANTS scheme – where our friend the PANTOsaurus will teach us that your private parts belong only you!

All of our instructors receive various safeguarding training, including Designated Safeguarding Lead training, safeguarding students and adults training, and safeguarding children with learning difficulties and disabilities training.

All of our Senpais (who may help us in our lessons) receive basic safeguarding training, so they are aware of procedures in place.

Our club locations have various posters up including who to talk to, who is the PANTOsaurus, and other Childline posters. We also have our 'Report a Concern' letterbox where students or parents can fill out a form, and post in our letterbox – this will be checked weekly, and an instructor will get back to you as soon as possible.

Student Forms

All parents will need to fill out forms including the following:

- Pre-Training Questionnaire
- Photography and Consent Questionnaire
- Student Licence Form

These will be sent out to parents closer to our opening.

Tiger Stripes Karate Fees and Payments

Our fees are paid through direct debits on a monthly basis.

Our costs are £18.50 per month, and this is under a contract agreement over a certain length of time.

Further information about this will be sent out closer to the time.

Other information

Location:

Chase Meadow Community Centre

Time:

5:15PM until 6:00PM

E-mail address:

admin@centralwarwickkarate.com

Forms of communication:

- E-mail
- Tiger Stripes WhatsApp Group