



Tiger Stripes Karate

My Karate Booklet

Hello, from our Chief Instructor

Hello Tigers! My name is Sensei Neil, and I am going to be another one of your Instructors at Tiger Stripes Karate. I have been running this club for over 20 years and I started karate at a very young age – so I may look old but I'm very knowledgeable!

Our club is going to be a small class at Chase Meadow Community Centre in Warwick. In this booklet you will see some pictures of what the hall will look like – although we will be sending out some dojo pictures, so you know where everything is when you start karate in September.

Although I am the Chief Instructor, my son, Sensei Jake will be teaching you every Friday. I am going to be there too so I can help you if you are struggling, or I can even be there if you need to talk to someone – I am a bit of a comedian so I would love to hear your jokes if you have any.

This booklet is to help settle your worries whilst you wait for the grand opening of Tiny Stripes Karate in September.



Hello, from our Club Secretary

Hello, my name is Sensei Jake, and I am going to be your lead karate Instructor at Tiger Stripes Karate.

Our new club is going to be one small class with some other children who also find it tricky to join other sports clubs. Joining a new club can sometimes be a little worrying and you may feel scared to have to meet new people – but don't worry, we are going to make karate as fun as possible – so you may make some new friends along the way!

In this booklet, there will be some information on what to expect when you start karate in September. I know it's a while away yet, however this book will help you find out what we will be getting up too!

If you have any questions or worries, you can ask anyone of your family members to contact us and we will give you the answer!



Hello, from our Club Welfare Officer

Hello Tiger Stripes! My name is Sensei Jo, and I will be there to support you on your karate adventure!

Like anything new you might have some questions which to you might sound silly, but I can assure you that everyone in the class will be thinking the same! What should I do with my arms, where do I look and where do I stand! That's why I will be here to listen to those questions or worries and put your mind at ease. You can talk to me about anything - doesn't have to be about karate, it can even be about your favourite thing to eat, wear or even your favourite colour!

Tigers have different colour stripes, and our aim is to teach you about the different karate stripes - the belts. Together we will have fun, learn new karate movements and laugh along the way.



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.

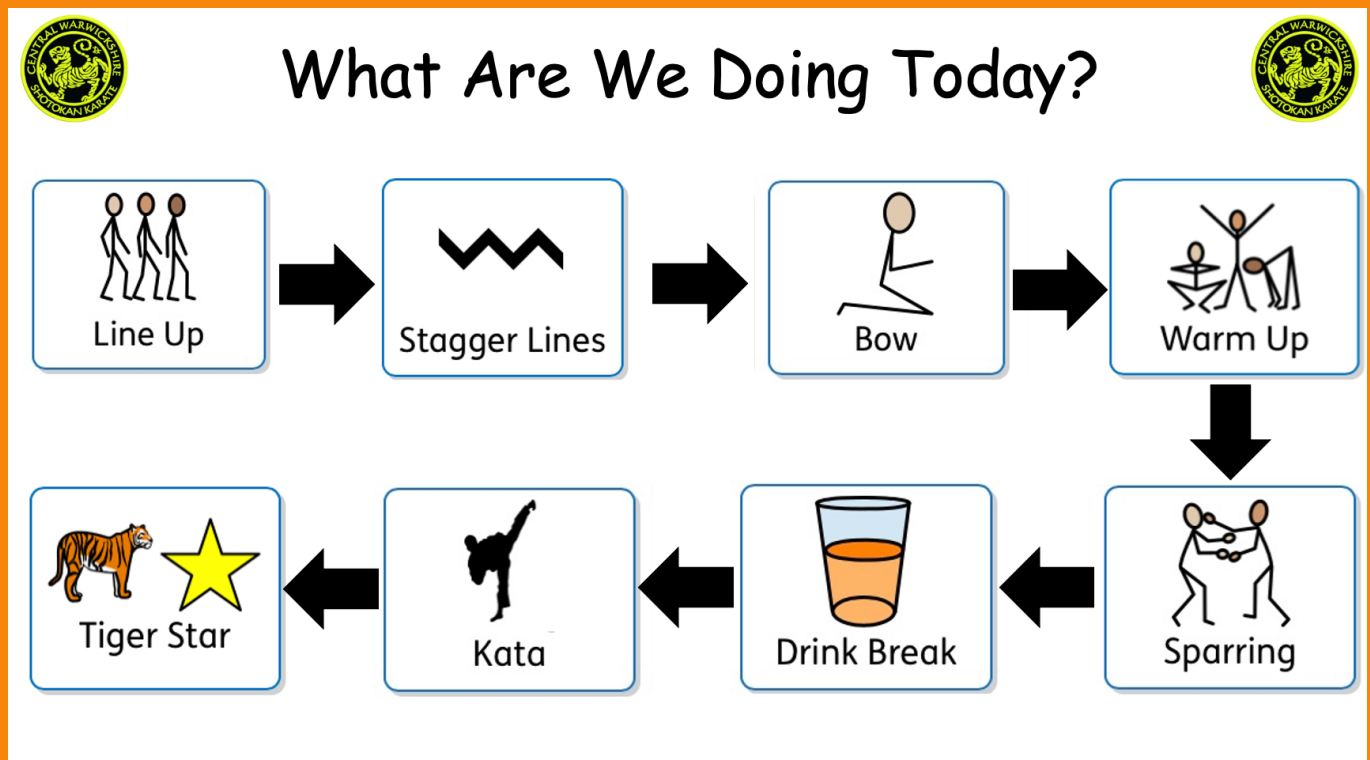
Okinawa had many famous Karate Masters. Perhaps the best-known today is Gichin Funakoshi. Master Funakoshi was a school teacher. He travelled to Japan in 1922 and gave a demonstration of Okinawan Karate at a national sport show. After that, he was asked to stay in Japan to teach karate. He never gave 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.

How can we help you in lessons?

We will try our hardest to help you on your karate journey when you start Tiger Stripes Karate. We have lots of different ways to help you calm your nerves if ever you get worried throughout our lessons.

We use usual timetables, cards, and you can sometimes have your own Senpai who is someone who can help you in your lessons.

Here is an example of what our lesson timetable could look like:



Uniform

Our uniform is going to be a Tiger Stripes hoodie or t-shirt along with black joggers.

Our uniform inventors are still creating our new hoodies and t-shirts so at the moment, we haven't got a proper picture. All we can tell you is that our hoodies and t-shirts will be orange and will look something like this:



How will the structure of lessons work?

The first several sessions upon opening Tiger Stripes Karate will be a 'get to know each other' period. This is where we will get to know everyone – from knowing their pets, favourite colours or favourite foods, we would love to know!

During this period, your family members can also talk to instructors so we can find out more about your child and also find out more about you.

Everyone will get a tour of the hall, the watching area, and will find out where the toilets. After you 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 you into anything at first, so if you 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 always change activities in the lesson, so it doesn't get boring!

Everyone will get a timetable of what you are doing the following lesson – so don't worry, you'll know everything before you get into the dojo.

Our Dojo

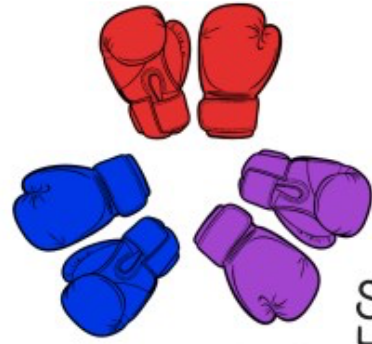
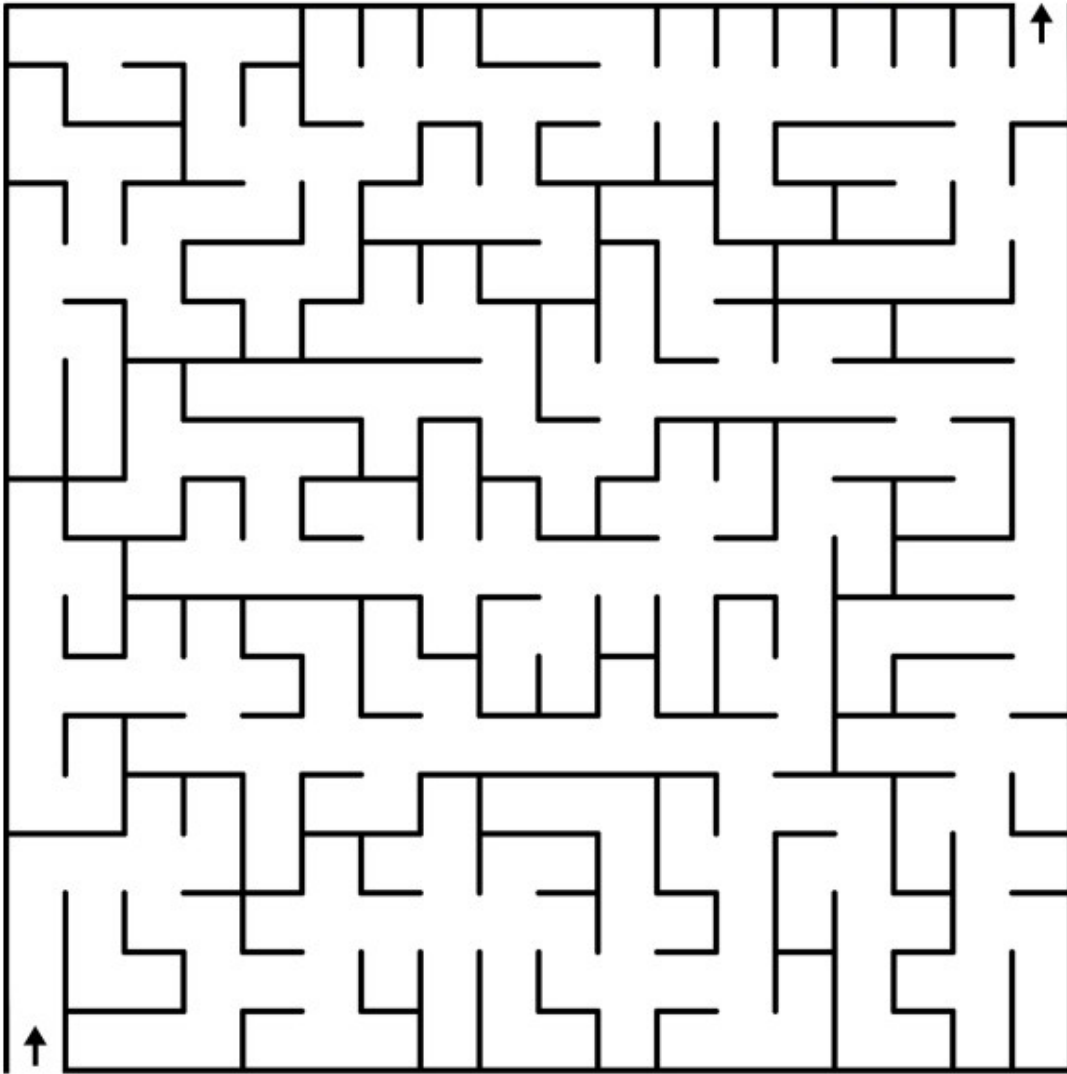
We are planning on sending you some photos and videos of our completed dojo before we start training.

Whilst you wait, here is a photo of what the hall looks like:



Fun Activities

BLITZ
MAZE



CAN YOU HELP THE CHILDREN FIND THEIR BOXING GLOVES?

BLITZ

1 SPY

CAN YOU FIND THE PICTURES BELOW?





MARTIAL ARTS DISCIPLINES

CAN YOU FIND ALL OF THE MARTIAL ARTS
DISCIPLINES LISTED BELOW IN THE GRID?

AIKIDO

KRAV MAGA

BOXING

KUK SOOL WON

BRAZILIAN JIU JITSU

KUNG FU

CAPOEIRA

MMA

IAIDO

MUAY THAI

JUDO

NINJUTSU

JUJITSU

SAMBO

KALI

SUMO

KARATE

TAEKWONDO

KENDO

TAI CHI

KICKBOXING

WRESTLING

BLITZ

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| A | R | O | A | A | R | P | R | G | D | R | D | F | T | I | M | M | E | D | U | N | R | I | B | U |
| I | M | M | C | A | P | R | E | Y | E | W | R | E | S | T | L | I | N | G | O | G | I | T | N | L |
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| O | M | U | S | V | B | P | R | P | V | O | S | L | G | A | R | C | K | B | O | X | I | N | G | A |
| K | R | V | Z | A | I | Z | A | R | B | O | W | I | T | U | Y | A | K | I | N | V | A | O | Y | M |

