



SOUTHERN SHOTOKAN KARATE ASSOCIATION

SSKA ENGLAND



Founded in 1987 by Stuart Cole 7th Dan
President and Chief Instructor of the SSKA

New Members Information Pack



Students attending their first grading.

LEARN TRADITIONAL SHOTOKAN KARATE



SOUTHERN SHOTOKAN KARATE ASSOCIATION

Established in 1987



NEW MEMBERS WELCOME PACK

Welcome to the Southern Shotokan Karate Association

The S.S.K.A. is a non-political association, one of the largest in this part of the country. The Association was established by Stuart Cole in 1987. Our Instructors train anybody who wishes to learn traditional Shotokan Karate regardless of age or disability. We are a friendly association and all our instructors are qualified to teach all different aspects of Shotokan Karate.

We hope you enjoy your training, if you have any problems with your training, please see your instructor.

You are going to learn one of the most effective and one of the oldest types of self-defence known. Karate is very disciplined and we expect all students to treat the art with respect. It is especially important for students to remember that karate is for self-defence and is not something to show off or seek confrontation with.

At all times both during training and outside, you should be respectful toward others.

A little about Karate

The history of karate can be tracked over 2000 years! Although it is now accepted as a Japanese art, it is a form of self-defence that originated in India. Buddhist Monks, whose religion banned them from using any weapons, developed self-defence techniques using their feet and hands to protect themselves from robbers when they were on their travels. It was so effective that other religious orders developed their own self-defence styles. One of these was the famous Shoalin Temple in China.

From the Shoalin Temple a very disciplined and powerful style of self-defence was developed and found its way to Okinawa, Japan. Martial arts were shrouded in mystery and were treated as a part of religious belief. From those humble beginnings, some many hundreds of years ago, the now immensely popular sport of Karate has developed. Modern Karate is split into a number of different styles, all of which use similar techniques, but students should be careful to select a club and style that is properly registered and run by qualified instructors.

The Southern Shotokan Karate Association, as the name suggests, practices the Shotokan style of Karate. This style is very close to the original temple style and is recognised as being extremely powerful and highly disciplined. The modern master of Shotokan Karate was the late great Funakoshi Gichin.

We want all our members to enjoy their training, whilst also aiming to maintain the true disciplines and spirit of the original Temple style.

If your friends or members of your family are interested in learning Shotokan Karate but don't live in your area, remember, the S.S.K.A. has clubs all over the UK.

For your nearest club, visit www.sska.co.uk



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DOJO ETIQUETTE AND THE FORMAT OF YOUR FIRST LESSON

Dear New Member,

Your Instructor will introduce him/herself to you and tell you about the paperwork, followed by an explanation of the lesson. You are taught Karate in a "**DOJO**". A Dojo was originally the place in a Buddhist Temple where the Monks would worship, but now it denotes any place where martial arts are performed. The Dojo is a place of quiet, calm and serious intent with an air of respect and decorum. Please observe this as you enter the Dojo. All Karateka entering a Dojo bow from the waist and say in a quiet voice "OSS". This is a sign of respect for your Dojo, Instructor and Shotokan Karate.

Whilst waiting for the lesson to begin, you may practice your Kata, basic techniques or stretch, but never stand around chatting.

The Dojo instructor(s) (**SENSEI(S)**) will tell you to line up at the start of the lesson in descending order of rank or grade (highest on the left, lowest on the right), then the instructors will line up facing you and the instructors and students will cross their arms in front of their body and go into **YOI** position which is the **ready position**. Then you put your feet together (*right foot to left foot*) then feet apart, but keeping your heels together and the instructors and students will go into a crouching position then a kneeling position (*left knee down first*) (**SEIZA**).

When everyone is still, the highest graded student in the kneeling position facing the Sensei says in a loud voice: "**SENSEI, NI REI**" - "**BOW TO THE TEACHER**". The whole class then bows formally and say in a loud voice "OSS", then the Sensei will return the bow and say in a loud voice "OSS". Then the instructor will tell the students to return to a standing position with the instructors. (Then the lesson begins).

A typical session of Karate will always start with a general warm up and stretching routine and conditioning of the body under the instruction of the Sensei. This helps to prepare your body for the lesson. **PLEASE LISTEN TO YOUR BODY. IF IT HURTS, DON'T DO IT.** If you have any injuries which you're concerned about, tell your Sensei before the lesson begins and he/she will advise you.

Your Sensei then takes the class through **KIHON** (Basic) training, in which the stances, blocks and attacking techniques and defense moves that form the basis of Karate are performed. This may last for a whole session or may form a proportion of the lesson. Students may then be asked to pair off and practice five step or one step basic sparring, where basic defence techniques are practised against pre-arranged attacks. Your sensei may move onto more advanced techniques which the partners practice over and over again until the concept has been grasped. In advanced classes, the higher grades may practice semi-free style sparring, in which the attack is pre-determined, but the response is left to the individual.

The final period is often devoted to practising Kata, the formal sequences of Karate techniques, in which the class will usually perform the sequence to the Sensei's count and then at speed without count.

At the end of the whole session, the Sensei will tell the class re-forms it's original line(s). The Sensei will tell you to tidy up your Karate suits and belts and then you cross your arms in front of your body and go into **YOI** position which is the **ready position**. Then you put your feet together (*right foot into left foot*) then feet apart, but keeping your heels together and the instructors and students will go into a crouching position then a kneeling position (**SEIZA**) (*left knee down first*), to quietly meditate for a few minutes to take in what you have learnt in the lesson. This is ended by the further command "**OSS**" which the instructor gives to the senior student, who will then repeat the command he/she made at the start of the lesson "**SENSEI NI REI**". All students then bow formally to the Sensei and say in a loud voice "**OSS**". The Sensei will then be first to rise, followed by the class, the class will bow to the Sensei and then on leaving the Dojo, students should turn and bow to the Dojo in a final act of respect.

If you have any questions do not be afraid to ask the instructor. Please see the instructor before you leave (*remember, he/she is here to help*).

Remember to keep an open mind about what you are learning. We hope you enjoy your lesson and look forward to seeing you for your next lesson.



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BEGINNERS KARATE TERMS AND PRICES

As with any martial art, Shotokan Karate has a number of customs and basic words that beginners need to know.

NEW WORDS:

DOJO	- Training Room
GI	- Karate Suit (<i>Always make sure your karate suit is clean and tidy at all times</i>)
SENSEI	- Instructor (pronounced sen-say)
KARATEKA	- Student
OSS	- A word of acknowledgement (pronounced ooo-ss)
KIAI	- A sound you make verbally

CUSTOMS:

1. Always bow on entering and leaving the **DOJO**.
2. Always bow when speaking to an instructor.
3. Always acknowledge an instruction with an **OSS**.
4. When speaking to an instructor always bow and say **OSS** first

HOW MUCH DOES IT COST?

We keep our costs to a minimum to make Karate affordable to those who want to learn it.

There are 4 charges: (1) License/Insurance Fee*, (2) SSKA Membership Fee, (3) Lesson Fee, (4) Grading Fee.

** Please note that your license/insurance fee is renewable annually.*

SSKA and Club membership fee (One off payment to be made to the SSKA within 2 weeks).

Juniors and Seniors: £45.00 (Includes karate suit and belt)

SSKA Badge	£8.00
Club Badge	£4.00
SSKA England Badge	£12.00
Embroidered Club Badge and SSKA Badge on suit:....	£20.00
Your name embroidered on suit	£7.00

License and Insurance Fee of £29.00, renewable annually.

New starters must pay this after 2 weeks training.

Training Fees & Subscriptions

Juniors £ £16 a month

Seniors £ £16 a month

Members will be required to pay their training fees on a weekly or monthly basis, but must pay for ALL lessons whether they attend or not. This includes non-attendance due to holiday or sickness.

Please give 1 months notice to your instructor if you wish to leave your SSKA club.

All fees payed to the S.S.K.A. are non-refundable.

GRADING EXAMINATIONS

Gradings are held every 3 months at a number of grading centres. Kyu grades must grade every 3 months so you can advance forward with your Karate. The grading examinations are to ensure that students have reached the required standard. As a beginner karateka, you will start at white belt grade. Following each grading, you will then progress to orange, red, yellow, green, purple, purple & white, brown, brown & white, brown & 2 white. You must then wait 6 months before taking your black belt 1st dan grading.

All kyu grade students receive a certificate, black belt grades receive a diploma.

Address of Dojo Caversham Club, Thameside Primary School, Harley Rd, Caversham, RG4 8DB

Days of Club Saturdays & Wednesdays Times of Club 9.30-10.30 & 7 to 8pm

Ruling: You must tell your club instructor if you are unable to attend any lessons by phoning your instructor on:

Tel 07790 032354 Instructor's Name Terry Tozer



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S.S.K.A. RULES AND CONSTITUTION

Karate etiquette is a code of conduct essential to the proper practice of the Japanese martial arts, without its practice becomes meaningless. Self-disciplined and mutual trust and respect for one's opponents are essential to safe practice, please carefully observe the following procedure in any dojo.

1. Bow upon entering and leaving the dojo.
2. Address Senior Instructors as Sensei.
3. Ushu is a sign of respect. Use it as a sign of acknowledgement.
4. If you arrive late and the class has started, kneel at the head of the dojo and wait to be called on.
5. No jewellery is to be worn during training. If a ring cannot be removed then it must be taped over.
6. ALWAYS remember. Karate is more than just the ability to fight. Treat visiting Karateka with the respect and good manners that you would expect if you were a visitor to their dojo. NEVER allow yourself or those around you to act in a manner that would bring shame to your dojo.
7. A minimum of 3 months must be allowed with training at least twice per week between kyu grading examinations.
8. A minimum of 6 months must be allowed between 1st kyu and 1st Dan examinations. (Members must be a full 1st kyu before attempting the 1st Dan examination).
9. A temporary 1st kyu must wait 3 months before taking the 1st kyu examinations again. If the examination results in a pass then a further 6 months must be allowed before any attempt is made at the 1st Dan examination.
10. A minimum period of 2 years must be allowed between Shodan and Nidan gradings. A minimum period of 3 years between Nidan and Sandan gradings must be observed.
11. Members failing any examination for Dan grade rankings must wait a period of time indicated by the grading examiner, before attempting a re-examination.
12. Any karateka from another association or style who join the SSKA may wear the belt of the grade they have attained in the previous association, but after 6 months regular training they must take a grading with an approved SSKA examiner. Following such examination they will be awarded the appropriate SSKA grade. This rule applies to all grades including Dan Grades.
13. All karateka must hold a current license and grading record 1 month before taking a grading, as the examiner will refuse to grade any member not able to produce these documents. Any member who does undertake a grading examination and is subsequently found to have incorrect documents will have the results of the grading examination rescinded.
14. Any grades found to be breaking the rules of the grading shall not be recognised by the SSKA and shall be struck from the national grades register.
15. Arrive 15 minutes before your lesson starts and make sure that you have the correct money. If you are unable to attend training make sure that you phone your club instructor. Immediately after paying your money make sure you line up and start to warm up. Make sure you always pay respect to higher grades.
16. Always make sure that you train in a clean white Gi and have short clean finger and toe nails. Anyone with long hair make sure that it is tied back. No foul language must be used in the dojo. No changing in the dojo. Make sure your dojo is clean and always your dojo with respect.
17. Everyone regardless of rank must attend pre-grading and grading to be eligible to grade, this includes Dan grades. If you are unable to attend any grading session then you must inform your club instructor and the Association secretary in writing at least one week before the gradings.
18. Do not talk, chew gum or spit in the dojo or while being taught. Your gi must be correctly worn at all times and belt correctly tied. All ladies are to wear a white T-Shirt under their gi. Any badges worn on your gi must be approved by the SSKA and worn on the left side. Any bar badges must be worn below the rising sun badge not above. If you are unsure please ask. Parents are responsible to take and pick up their children from the dojo, the SSKA is responsible in the dojo (training area).
19. The club instructor will appoint a dojo captain, who will ensure that all club members are in line, gi's are correctly tied, belts worn correctly and help all newcomers to the dojo.
20. Instruction will only be given by an SSKA approved and no one else.
21. Any blood spilt on the floor will be cleaned up by the individual whose blood it is. First Aid kits are available for injuries. Please report any injuries or illnesses (permanent or temporary) to your club instructor. Asthmatics please ensure that your ventilators are always carried with you or are at hand in the dojo. Insulin dependant diabetics, please ensure that you have sugar available.
22. Any person wishing to train under another Sensei or Association or enter an open competition not run by the SSKA must ask the Chief Instructors permission before doing so, if not then you will be dismissed from the S.S.K.A.
23. Anyone leaving the SSKA or not training for more than 8 weeks must rejoin the Association.
24. Anyone who does not renew their licence before the renewal date could lose their grade.
25. Anyone renewing an expired licence must pay all back-dated fees, or re-join the association.
26. Members will be required to pay their training fees on a weekly or monthly basis, but must pay for ALL lessons whether they attend or not. This includes non-attendance due to holiday or sickness.
27. Please give 1 month's notice to your instructor if you wish to leave your SSKA club.

**Any breach of these rules and you may be called before the Chief Instructor of the S.S.K.A..
The S.S.K.A. can amend these rules at any time.**

Finally, remember the dojo creed:-

HUMILITY, SINCERITY, RESPECT, PURITY, ENDEAVOUR, HONESTY, PATIENCE



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KIHON - BASICS FOR BEGINNERS

JAPANESE

ENGLISH

KARATE

EMPTY HAND

ZUKI - PUNCH

OI-ZUKI
GYAKU-ZUKI
CHOKU-ZUKI
KIZAMI-ZUKI

LUNGE PUNCH
REVERSE PUNCH
STRAIGHT PUNCH
NAP PUNCH (JAB)

GERI - KICKS

MAE-GERI
YOKO-GERI
KEAGE
KEKOMI

FRONT KICK
SIDE KICK
SNAP
THRUST

UKE - BLOCKING

JODAN-AGE-UKE
SOTO-UDE-UKE
UCHI-UDE-UKE
GEDAN-BARAI
SHUTO-UKE

RISING BLOCK TO HEAD
OUTSIDE BLOCK
INSIDE BLOCK
DOWNWARD BLOCK
KNIFE-HAND BLOCK

JAPANESE

ENGLISH

AREAS

JODAN
CHUDAN
GEDAN

UPPER (FACE)
MID-SECTION (STOMACH)
LOWER (GROIN)

DACHI - STANCES

ZENKUTSU DACHI
KOKUTSU DACHI
KIBA DACHI
TEIJI DACHI

FRONT STANCE
BACK STANCE
STRADDLE LEG STANCE
T-STANCE

KUMITE - SPARRING

GOHON KUMITE
KIHON IPPON-KUMITE

FIVE STEP SPARRING
BASIC ONE STEP SPARRING

KATA - FORM

KATA KIHON
KATA HEIAN SHODAN
KATA HEIAN NIDAN

BASIC FORM
FORM NUMBER ONE
FORM NUMBER TWO

GRADING FROM: 10 KYU (WHITE BELT BEGINNER) TO 9 KYU (ORANGE BELT)

KIHON - Basics

Unless stated otherwise all kihon moves are:
5 steps forward turn and 5 steps forward
All Zenkutsu-Dachi unless stated

Oi-zuki jodan
Oi-zuki chudan
Age-uke
Soto-ude-uke
Uchi-ude-uke
Gedan-Barai
Shuto-uke in Kokutsu-Dachi
Mae-Geri chudan from Zenkutsu-Dachi
Mae-Geri jodan from Zenkutsu-Dachi
Keage chudan from Kiba-Dachi
Keage jodan from Kiba-Dachi

GOHON KUMITE - Five step

Jodan - Age-uke
Chudan - Soto-ude-uke
Mae-Geri - Gedan-Barai

KATA

Kata Kihon



SOUTHERN SHOTOKAN KARATE ASSOCIATION

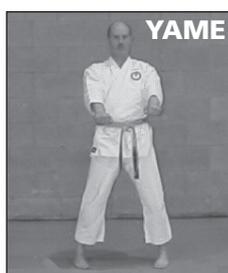
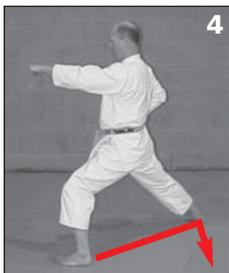
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SSKA ENGLAND



KATA KIHON FOR BEGINNERS

START



FINISH



SOUTHERN SHOTOKAN KARATE ASSOCIATION

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CLUB APPLICATION FORM TO JOIN THE S.S.K.A.

SURNAME _____ ADDRESS _____
 FORENAMES _____ POST CODE _____
 DATE OF BIRTH _____ AGE _____ HOME TELEPHONE No. _____
 HEIGHT _____ SIZE OF SUIT _____ WEIGHT _____ WORK PHONE _____
 Please check the size chart on page 13.
 NAME OF DOCTOR _____ CLUB/LOCATION OF TRAINING Caversham
 PHONE No. OF DOCTOR _____ INSTRUCTOR Terry Tozer
 ADDRESS OF DOCTOR _____ EMERGENCY CONTACT NAME _____
 _____ EMERGENCY CONTACT No. _____

Please give details overleaf if you suffer from any injury, illness or medical condition which may interfere with your karate training, or any other physical exercise. Also give details of anything which may affect this application or membership of any karate club or organisation or karate club in general. You must always train twice a week at your own club to maintain your standard and avoid injury. email address: _____

Only sign this form if you accept the risk that practice of any martial art or combat sport may result in physical injury.

HAVE YOU EVER BEEN CONVICTED OF A CRIME OF VIOLENCE? YES / NO

DO YOU ACCEPT THAT THE PRACTICE OF A MARTIAL ART/ COMBAT SPORT INVOLVES THE RISK OF SERIOUS INJURY? YES / NO

SIGNATURE **DATE**

Terms and Conditions apply once you have signed this form. (If under 16 years of age signature parent or guardian)

ONE OFF PAYMENT OF MEMBERSHIP (Includes Karate Suit and Belt)	£45.00	<input checked="" type="checkbox"/>
CLUB BADGE	£4.00	<input type="checkbox"/>
SSKA BADGE	£8.00	<input type="checkbox"/>
SSKA ENGLAND BADGE	£12.00	<input type="checkbox"/>
EMBROIDED CLUB BADGE & SSKA BADGE ON SUIT	£20.00	<input checked="" type="checkbox"/>
YOUR NAME EMBROIDERED ON YOUR SUIT	£7.00	<input type="checkbox"/>
TOTAL £	£80	

Please indicate which badge you require:

••• IMPORTANT INFORMATION, PLEASE READ •••

PLEASE RETURN THIS FORM TO ONE OF THE GRADING CENTRES, OR YOUR CLUB INSTRUCTOR TO BE CHECKED AND PROCESSED.

Please make all cheques and postal orders payable to: **Southern Shotokan Karate Association.**

Your karate suit and badges will be sent to your club instructor for collection.

Please write your name, address, telephone number, club & bank card details on the reverse of the cheque or it will not be processed.

Any returned cheques will incur a £10.00 bankers charge. All payments made to the SSKA are non-refundable.

HOW DID YOU HEAR ABOUT US?

An event in a sport centre	<input type="checkbox"/>	Outside fair of show	<input type="checkbox"/>
Poster	<input type="checkbox"/>	Voucher	<input type="checkbox"/>
Newspaper Classified ad.	<input type="checkbox"/>	Magazine Advertisement	<input type="checkbox"/>
Newspaper Editorial	<input type="checkbox"/>	Magazine Editorial	<input type="checkbox"/>
Personal Recommendation	<input type="checkbox"/>	Television	<input type="checkbox"/>
Car Sticker	<input type="checkbox"/>	Radio	<input type="checkbox"/>
Other (Please State)			



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LICENCE APPLICATION FORM

SURNAME _____	ADDRESS _____
FORENAMES _____	_____
DATE OF BIRTH _____	_____
TELEPHONE No. _____	POSTCODE _____
PRESENT GRADE _____	CLUB <u>Caversham</u>
DATE LAST GRADED _____	EXAMINER <u>Sensei Cole</u>
IS HIS YOUR FIRST LICENCE APPLICATION: YES / NO	DATE OF EXPIRY OF LAST LICENCE _____
NUMBER OF LAST LICENCE WITH THIS ORGANISATION	_____
OTHER KARATE QUALIFICATIONS HELD (e.g. Judge/Referee etc.)	_____

Your licence book must be with you at all SSKA events.

This licence application must be submitted within 2 weeks of joining your Dojo. Please note that applicants may still grade as long as this form has been submitted.

Anyone who does not renew their licence before the renewal date could lose their grade. To renew an expired licence you must pay all back-dated fees, or re-join the association.

Please give details overleaf if you suffer from any injury, illness or other medical condition which may interfere with your Karate training or any other physical exercise. Also give details of anything which may affect this Application, or membership of any Karate Club/Organisation, or Karate training in general.

ONLY SIGN THIS APPLICATION IF YOU ACCEPT THE RISK THAT PRACTICE OF ANY MARTIAL ART OR COMBAT SPORT MAY RESULT IN PHYSICAL INJURY.

IF UNDER 18YRS OF AGE THIS FORM MUST BE SIGNED BY YOUR PARENT OR GUARDIAN.

SIGNED _____	DATE _____
(APPLICANT / PARENT / GUARDIAN) <i>Please delete as appropriate.</i>	<i>Term and condition apply.</i>

LICENCE FEE: £29.00 (Renewable annually from the date of first application)

••• IMPORTANT INFORMATION, PLEASE READ •••

**PLEASE RETURN THIS FORM TO ONE OF THE GRADING CENTRES,
OR TO YOUR CLUB INSTRUCTOR TO BE CHECKED AND PROCESSED.**

Your licence will be returned to your club instructor for collection.

Please make all cheques and postal orders payable to: **Southern Shotokan Karate Association.**

**Please write your name, address, telephone number, club & bank card
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Swindon Martial Arts Equipment

LIGHTWEIGHT SUITS

SIZES + HEIGHT

000+110CM	£13-50
00 +120	£13-50
0 +130	£15-50
1 +140	£15-50
2 +150	£15-50
3 +160	£19-95
4 +170	£19-95
5 +180	£23-95
6 +190	£23-95
7 +200	£23-95

BELTS

PLAIN COLOURED BELT	£4.50
PURPLE+1	£5.00
BROWN+1	£5.00
BROWN+2	£5.50
BLACK BELT (All sizes)	£15.00

Various equipment available to buy:
Silk Black Belts (any size), Polo Shirt (any size, any colour), T-Shirts (any size, any colour), Sweatshirts (any size, any colour), Heavyweight Suits (any size), Tracksuits (to fit over karate suit), Holders.

For all enquiries see your club instructor or an official at the grading centres.

SIZE CHART

(FOR YOUR CONVENIENCE)

Size	cm	Height
000	110	Below 3'7"
00	120	3'7" - 4'0"
0	130	4'0" - 4'4"
1	140	4'4" - 4'8"
2	150	4'8" - 5'0"
3	160	5'1" - 5'4"
4	170	5'5" - 5'9"
5	180	5'9" - 6'0"
6	190	6'0" - 6'3"
7	200	6'3" - 6'7"



LEARN TRADITIONAL SHOTOKAN KARATE



WITH THE SOUTHERN SHOTOKAN KARATE ASSOCIATION

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WHAT WE CAN OFFER YOU!

- ADVANCED KATA COURSES
- KUMITE COURSES
- CLASSES DESIGNED ESPECIALLY FOR CHILDREN FROM 5 YEARS
- REGULAR LOCAL GRADINGS
- SPECIALISED TUITION FOR INDIVIDUALS WITH DISABILITIES
- FREE INSTRUCTORS TRAINING PROGRAMME.
- FREE INSTRUCTORS COURSES
- REGULAR TRAINING SESSIONS IN A FRIENDLY CLUB ATMOSPHERE
- ANNUAL KATA AND KUMITE COMPETITIONS
- ANNUAL RESIDENTIAL WINTER AND SUMMER CAMPS
- ALL OUR CLASSES ARE TAKEN BY FULLY QUALIFIED INSTRUCTORS, MANY WITH YEARS OF TEACHING EXPERIENCE
- ALL SSKA INSTRUCTORS ARE CRB CHECKED AND HOLD CHILD PROTECTION POLICIES
- ALL SSKA INSTRUCTORS ARE FULLY INSURED TO TEACH
- THE SSKA HAS DOJOS ALL OVER THE UK



KARATE is a system of unarmed combat in which the participants specialise mainly in kicking, punching and striking techniques and blocking and defensive movements equally.

WHY SHOTOKAN KARATE? It is a Japanese martial art and differs from many westernised versions of Karate because it remains firmly rooted in a strong martial arts tradition. It is more than just the mastering of defensive techniques the training is mental as well and should teach what the ancient warriors knew, discipline, confidence and control.

SHOTOKAN KARATE is slow and sometimes repetitive. Remember there are no short cuts to achieving excellence.

SHOTOKAN KARATE is ideal for children. It teaches self discipline, confidence and the art of self defence, for overactive children, it can channel excess energy into a constructive learning process. Training engages all of a child's muscle groups and helps him or her to develop grace, co-ordination, balance and timing.

SHOTOKAN KARATE can help you cope with the stresses of everyday life.

SHOTOKAN KARATE is suitable for everyone regardless of age or sex. Karate exercise and training methods improve and maintain good circulation. It is a perfect aerobic exercise.

**We are starting new beginners classes in all our clubs
Why not try and see for yourself, come along to any of our clubs**

Please wear loose clothing

**Contact your local club at ►
or visit**

www.sska.co.uk

Address of Club:	Thameside Primary School, Harley Road
	Caversham, Reading, RG4 8DB
Days of Training:	Saturday & Wednesday
Times of Training:	09.30-10.30am & 7 to 8pm
Tel. No. of Instructor:	07790 032354

Could you please put this poster up in your local area to promote the SSKA and your local club