



About Karate 4 Kids Class

The Karate 4 Kids Class has been instigated at TSKF Childers (Traditional Shotokan Karate-do Federation) to encourage local youngsters to avail themselves of one of the oldest and most traditional forms of martial arts, whilst enhancing the skills of respect and discipline in a fun environment. It will teach the children to associate exercise with fun, and encourage them to respect their body and mind. Although originally instigated for children aged 6 – 12, we now welcome all first time karate students regardless of age to this basic class.

A psychology study conducted in the USA found that children in martial arts have an increased sense of responsibility, a decrease in the willingness to take foolish risks, and a higher sense of self esteem. It is also one of the few sports where an entire family can participate together if desired. (eg. Father and daughter, mother and son, siblings together regardless of age or gender).

In early life, children are very impressionable. Being bullied can have a negative impact on a child's development and even affect them as an adult. By learning a martial art, children will strengthen their mind, body and spirit, thus enabling them to cope effectively with bullying.

The classes focus on basic life skills, geared towards the younger age students, as taught by qualified, experienced TSKF Instructors. They will learn:-

- .. Basic karate skills including punch, kick, block & eventually first kata (which is a series of moves in a sequence)
- .. Enjoy easy and fun training drills
- .. Self defence moves that are simple and easy
- .. That it is not ok to use their karate in an aggressive manner
- .. It is not ok to use their karate at school, home or at play and that karate is to be used only in the dojo
- .. It is ok to say 'NO' to a bully
- .. It is better to run away rather than stand and fight
- .. Always go to a teacher or someone in charge if you are in trouble
- .. Train safely and responsibly

It is envisaged that, after a period of time, the students from the Karate 4 Kids class will be ready to advance to the main 'senior' class (which consists of both adults and juniors), where they will be eligible for grading up to 4 times per year under Sensei John and our visiting Japanese Chief Instructor Takahashi Shihan. Sensei John will assess each student individually and discuss this option with his/her parents when the time is appropriate.

Children (& adults) will develop, in time, as a result of his/her karate training:

- Fitness
- Flexibility
- Balance
- Enhanced memory
- Focus
- Concentration
- Basic counting in Japanese
- Some Japanese terminology
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- Improved attention span
- Respect of self and others
- Self-discipline
- Increased confidence
- Improved co-ordination
- Teamwork

The instructors of Karate 4 Kids class have kept this class short in time to cater for the attention span of younger children, and attempt to employ a variety of techniques to teach the various drills. We do understand that karate is sometimes repetitive, and at times the student will not understand exactly what and why they are repeating many drills over again to learn them. This is all part of the discipline, and in time, a student will use these repetitions to perfect their technique.