



Pro-Karate Academy

Sacred Heart Primary School Club

Welcome, to **Pro-Karate Academy**.

Let Me Introduce Myself

The school club classes that you have chosen to participate in are instructed by myself: **Sensei Courtney Power**.

I am a 2nd Dan in Karate which I achieved at a Distinction Level.

I have been training in martial arts since the age of 6 and I am a full time, fully insured, First Aid qualified and fully enhanced DBS checked karate instructor.

I have competed and medalled at National and European level and am part of the England Karate squad.

About the Class

- **Lesson day:** Thursday
- **Lesson duration:** 45-minute class
- **Starting time:** 3:15pm

Your First Session

- Please come directly to the hall for lesson start.
- Bring a drink for rehydration.
- For training wear PE kit / light / sportswear. (e.g. t-shirt and jogging bottoms.)

Payment Scheme

Half-Term class fees are £36.00 for one student, £62.00 for two students (same family).

Payments are to be made online following the link below:

<https://www.cognitoforms.com/ProKarateSenseiCourtney/SacredHeartPrimarySchool>

Yearly Licence/Insurance

£34 per year - This is your child's insurance to train in martial arts but also allows them to attend gradings and progress up through the belts. This is something that needs to be purchased on attending your second term of after school club at the latest as it also registers you with Pro-Karate Academy and the English Karate Federation (National Governing Body for Karate within England). You receive a small book which records all of your achievements and your licence slip.



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Karate Kit Starter Pack

Everything you need to get you up and running for Karate class

- ✓ Karate Gi (suit)
- ✓ White Belt (for beginners)
- ✓ Club Badge (to be work on Karate Gi)

This can now be ordered online following the link below and normally takes about a week to arrive.

<https://www.cognitofrms.com/ProKarateAcademy/SchoolOrderForm>

I would recommend attending a few lessons before ordering the kit just to ensure that your child enjoys the classes and wishes to continue at the club. When they have their kit they can start earning stripes towards their next belt.

Contact Details:

Please fill in as much as possible for our club records

An online contact form is accessible following the link below:

<https://www.cognitofrms.com/ProKarateAcademy/ContactForm>

Student Name:	
Student's Date of Birth:	
Parent/Guardian Name:	
Contact Email:	
Emergency Contact Phone 1:	
Emergency Contact Phone 2:	
Medical Conditions/Allergies:	
Karate Class:	



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Dojo Rules and Etiquette

1. Always bow when entering and leaving the dojo.
2. Clean white Karate GI must be worn.
3. Badge must be worn on the left side of the GI.
4. No watches, rings, earrings, chains, necklaces, bracelets may be worn.
5. Fingers and toenails must be kept short and clean at all times; hands and feet must always be kept clean.
6. Long hair must be tied up.
7. In the dojo silence must be maintained; no chatting, no smoking, no gum chewing, no eating.
8. Instructor should be addressed as 'Sensei' and treated with upmost respect.
9. Punctuality at all times is essential.
10. Bad language must never be used in the dojo or talking negatively about another student.

My Contact Details

- Courtney Power
- SenseiCourtney@yahoo.com
- For emergency 07535 532672

I look forward to welcoming you to Pro-Karate Academy

Sensei Courtney

www.pro-karate.co.uk