



Headmistress:

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Academic Year 2023/2024

Bridgewater School Shotokan Karate Club

Dear Parents,

We are hoping to start the Bridgewater School Shotokan Karate Club, now officially the Shiroyama Shotokan Karate dojo, sessions on Tuesday **19th September 2023**. Sessions will be held in the Prep Hall from 4:00pm to 5:00pm. The emphasis of classes is on etiquette, technique, balance, speed and movement. Punching and kicking practice is taught using handheld pads; there is no free-sparring (fighting).

The class is run by Mr Grant (6th Dan) who has over thirty nine years of experience teaching and training in Shotokan karate, and is an officially recognised grading examiner in the CMAA, our umbrella organisation which ratifies grades given by its instructors.

The Karate Club has been successful over the past eighteen years with several of its members, who joined in their Prep years, continuing to train as they move up through the senior school. This year it is proposed that sessions be open to pupils in **Preps V and VI**. The first class will be an opportunity for children to try karate and decide whether they wish to continue.

Beginners will need school PE kit and tracksuit; there is no special clothing or equipment required. Karate is performed in bare feet so no footwear is necessary.

There is no charge for the class at present as it is purely for pupils of the school. However, if children decide to continue into the main class, and wish to take grading examinations, there will be an annual licence fee for membership of CMAA, a national governing body (this will be in the region of £10.00), and it will be necessary for students to purchase a karate suit (dogi).

As with all physical activities there are certain basic precautions that must be taken:

- Fingernails and toenails must be kept short and clean.
- Long hair must be tied back.
- No jewellery of any description is to be worn during training.
- All students must observe the rules and etiquette of the class at all times.
- Students must bring a topcoat and shoes to the sessions in case of the unlikely event of emergency evacuation of the building.
- Students must have signed permission from a parent or guardian to participate in the class.
- Students must also provide a completed contact detail and medical declaration sheet, signed by a parent or guardian.
- Students **must** be collected by a known parent, guardian or other known person with authorised responsibility for that student.
- Students who are prescribed inhalers, epi-pens or other essential medication **MUST** ensure this is in-date and is brought to the class.

If your child wishes to take part in the karate classes please return the completed slip below to Mr Grant (Prep VI)

It is also a requirement of the CMAA governing body that students' contact details and relevant medical information be held on a confidential register by the instructor. To this end, please complete the registration form along with the permission slip.

Yours sincerely,

Mr J Grant (Instructor)

Mr M Rooney (Deputy Head of Prep.)

Pupil name: _____ Class: _____ has
permission to attend the karate beginners' class on Tuesdays from 4:00pm to 5:00pm in the Prep
Hall

They have read and understood the list of requirements for karate.

I have completed the registration form as far as possible and have returned this to Mr Grant.

I confirm that, to the best of my knowledge, there is no medical reason (illness, condition or injury, past or present) that prevents the above named pupil from taking part in this class.

Parent/ Guardian name: _____

Parent/ Guardian signature: _____