

## **My Instruction Course and Methods**

I have been trained in Karate for 37 years and I had been teaching karate 20 years from 1991 until 2010 when, for personal reasons I had to stop. I resumed teaching in July 2021,

At Bilston Shotokan Karate Club we teach Traditional Shotokan Karate.

I am licensed under the British Karate Association under Sensei Brian Seabright (7<sup>th</sup> Dan) My students receive their licences from the same organisation

I teach Shotokan Karate on the basis of stances, hip movement, all the Kihon Techniques and kata as well, the aim is to give each student confidence and develop their mind and body through Shotokan Karate. We teach mutual respect. We prepare them to enter the world to deal with all challenges they may face in life.

I teach youngsters for the most part, but we also have adults, two of the Adults are Shodan 1<sup>st</sup> Dan Black belt s.

Karate Classes at present we run classes on

Sundays from 1:45pm until 3:320pm

Mondays from 6pm: until 7pm

New members are welcome to come a long and train with the karate classes, kids, adults and in courage Family's to train in karate classes as well.

Coming soon self-defence classes for woman in 2022

