



THE BENEFITS FOR SAMA MEMBERS



- Having Fun & Keeping Fit
- Taught by qualified instructors
- Regular local gradings
- Summer Courses
- Kids Christmas Parties
- Student of the month awards
- Certificates of Achievement
- Sama Bouncy Castle Hire
- Something to suit everyone:

- Kids Karate
- Family Karate
- Kata classes
- High grade classes
- Stamina classes
- Sparring
- Kickboxing



SAMA KARATE CLUB INFORMATION



Sama Karate Organisation

For more information call:

07764 478507

Email: sama.karate@sky.com

Or visit our web site

www.sama-southwest.com

Tel: 07764 478507

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WELCOME TO SAMA KARATE ORGANISATION

CONGRATULATIONS

ON CHOOSING THE BEST KARATE CLUB IN THE U.K.

At Sama Karate Organisation whether aged 4 or 104 everyone is welcome:

Children's Karate – an ideal way for children to learn discipline & respect in a safe, fun & exciting environment. They are taught traditional non contact karate with a strong emphasis on self awareness, fitness, self confidence & flexibility.

Adult's Karate – aimed at teaching self defence, self discipline & self awareness with the addition of improving physical health & strength, reflexes & stamina.

Family Karate – a well rounded mixture of children's & adult's karate. A fun way for all the family to participate in an activity together yet offering the advantage of progression at an individual pace.

Kickboxing – encourages strength, dexterity & fitness. Classes are taught in a relaxed & fun environment & are for everyone aged 11+.



HERE'S WHAT HAPPENS NEXT

Pay as you go - all classes are paid for on a 'pay as you go' basis on the day of training, we do not operate a payment in arrears or a payment in advance system.

Membership & registration - forms are available from your instructor & need to be completed & returned by the end of the 4th lesson. This gives a suitable 'make your mind up time' before paying the annual registration fee.



Karate Suit - the correct medium weight gi (karate suit) can be purchased from your instructor – all sizes are available, please see your instructor for details.

Gradings - regular belt gradings are held locally every two months to begin with & will spread out to six months apart as the syllabus gets more advanced.

WHAT MAKES SAMA THE BEST KARATE CLUB?

Traditional karate - we pride ourselves on being one of the only Karate clubs in the U.K. based on traditional karate, hard work ethics & disciplined training creating a balance of both mental & physical strength.

10,000 students can't be wrong - we operate across the entire south coast of England teaching in over 500 schools & community centres every week. We are one of the largest professional Karate organisations in the U.K.

Instructors' qualifications - All are fully qualified and graded in the art of Karate under Hanshi Alan Gibson (7th Dan black belt) & Shihan David Jacobs (6th Dan black belt). They have years of teaching experience, are all CRB police checked, fully insured & hold first aid certificates.



Child Protection in Sport Unit

