



Doushikai Martial Arts

Welcome to Doushikai Martial Arts! This flyer sets out some background information regarding our club.

Training times

We train on Saturday mornings at the Woodlands Park Village Centre, Manifold Way, Waltham Road, Maidenhead, SL6 3GW.

Seniors and advanced juniors	09:00am to 10:00am
Juniors only	10:00am to 11:00am

Parents and guests are welcome to watch or even join in the training.

What to expect

Please come prepared to train in loose comfortable clothing. The training sessions follow some typical martial arts etiquette. We begin and end each session with a standing bow, we also bow when entering or leaving the dojo (training room).

We will typically perform a brief warm up followed by some basic exercises. This will be followed by either some traditional kata which are the forms which contain the self-defence techniques within the art or some drills which are usually performed with a partner. We will then take parts of a kata and learn the specific technique or application and practice these with a partner.

If you have any form of injury, however small, you should inform the instructors before training.

Material taught

The material we teach is centred around traditional Shotokan Karate. However, we are teaching the original application of the techniques which are based around pressure point fighting within the art rather than focusing on modern sport karate. Contrary to popular belief the original art is a complete pressure point fighting system which includes grip releases, grappling, joint locks, throws and ground work as well as the striking techniques typically associated with modern karate. It is therefore ideally suited to self-defence.

We also incorporate material from other arts into our training including small circle jujutsu, arnis and judo.

Fees

We run the club on a not for profit basis in order to keep the fees as low as possible. The current fees are £20 per month for juniors and seniors additional family members are £10. For administrative purposes we prefer a direct debit into the club account which is:

Bank:	HSBC
Branch:	Maidenhead
Account name:	Doushikai Martial Arts
Sort code:	40-31-05
Account number:	92175835

Unlike other clubs we do not charge for belts, gradings or certificates.

If you wish to continue to train there is also a £16 (£13 for students under 16) annual licence fee to the British Combat Karate Association (BCKA) to which we are affiliated. This is the professional body we are affiliated to which ensures we have an appropriate number of instructors with the necessary experience, with first aid certification and enhanced DBS checks. You will receive an association licence and grading record. The association fee also covers insurance.

Uniforms

If you wish to buy a uniform or any other equipment we can source these at discounted prices from www.martialartshop.co.uk. Please let Duncan know if you have any requirements.

Questions

Please contact us if you have any questions:

Duncan Penny: Duncan.penny@gmail.com 07776 178018

Phil Sheppard: phil.sheppard@btinternet.com 07782 326073