

# RED SUN

## SHOTOKAN KARATE



## CLUB INFORMATION

2022 REVISION

## ***INTRODUCTION***

### **CHIEF INSTRUCTOR**

**PETER LEE BIBBY, 6<sup>TH</sup> DAN**

### **SENIOR DOJO INSTRUCTORS**

**KEVIN CHRISTOPHER, 4<sup>TH</sup> DAN**

**GEMMA HOLLAND, 3<sup>RD</sup> DAN**

**NATALIE HAMILTON, 3<sup>RD</sup> DAN**

**LISA FOLEY, 3<sup>RD</sup> DAN**

**ANDY HARRISON, 3<sup>RD</sup> DAN**

### **JUNIOR DOJO INSTRUCTORS**

**SERAP KILIC TURNER, 3<sup>RD</sup> DAN**

**GARY LLOYD, 2<sup>ND</sup> DAN**

**REBECCA WORTHINGTON, 2<sup>ND</sup> DAN**

**HARRY HODGKINSON, 2<sup>ND</sup> DAN**

### **CLUB JUNIOR SQUAD COACH**

**BONNE HOLLAND, 1<sup>ST</sup> DAN**

### **CLUB DAN GRADES**

**JOE HARTE, 1<sup>ST</sup> DAN**

**OWEN HAMILTON, 1<sup>ST</sup> DAN**

**CONNOR FAHEY, 1<sup>ST</sup> DAN**

**HARRY FAHEY, 1<sup>ST</sup> DAN**

Red Sun Shotokan Karate has been based in Coppull since 1986 and is a member of the Yanagi Kai Karate Association. All classes held at Red Sun Shotokan Karate are taken by top quality Instructors with over 30 years' experience in Shotokan Karate. With vastly experienced instructors, all students, no matter what age, grade or ability, can have excellent tuition which will enable them to understand the art of Karate much better than at other schools. Unlike other schools, we prefer to keep the cost of training to a minimum. The best instruction at a very low price is something not to be refused. All our instructors have full DBS checks along with club and association coaching qualifications.

**Red Sun Shotokan Karate**

## ***VENUES, CLASS TIMES & TRAINING FEE'S***

### ***COPPULL DOJO***

ST.JOHN'S CHURCH HALL,  
DARLINGTON STREET,  
COPPULL  
PR7 5AB

### ***DAYS & TIMES***

#### ***MONDAY'S***

**6:30PM-7:30PM** (*Lower Grades*)

**7:45PM-9PM** (*Higher Grades*)

#### ***WEDNESDAY'S***

**7:45PM-9PM** (*Higher Grades*)

#### ***THURSDAY'S***

**6:30PM-7:30PM** (*Lower Grades*)

**7:45PM-9PM** (*Higher Grades*)

#### ***LESSON FEE***

**MEMBERS LESSON FEE = £5**

***OR***

**MONTHLY DIRECT DEBIT (UNLIMITED LESSONS) = £30**

**FAMILY 2 DIRECT DEBIT (2 x FAMILY MEMBERS) = £55**

**FAMILY 3 DIRECT DEBIT (3 x FAMILY MEMBERS) = £70**

**FAMILY 4 DIRECT DEBIT (4 x FAMILY MEMBERS) = £80**

### ***MEMBERSHIP FEE'S***

**NEW MEMBER LICENCE, MEMBERSHIP & KARATE SUIT = £35**

**RENEWAL LICENCE & MEMBERSHIP = £25**

**LATE RENEWAL LICENCE & MEMBERSHIP = £35**

#### ***DUO MEMBERSHIP***

**(2 x FAMILY MEMBERS) = £40**

#### ***FAMILY MEMBERSHIP***

**(3 x FAMILY MEMBERS) = £50**

***Standard Licence & Membership Fee is £35. Discount only applies for first time applications and renewals made prior to the expiration of previous licence.***

### ***GRADING FEE'S***

**KYU GRADING = £25** (*Novice – 4<sup>th</sup> Kyu*)

**KYU GRADING = £30** (*3<sup>rd</sup> Kyu – 1<sup>st</sup> Kyu*)

**DAN GRADING = £100**

**Red Sun Shotokan Karate**

## ***RULES & TERMINOLOGY***

- 1) The training hall is called the 'Dojo' with the main training hall known as the 'Honbu'.
- 2) You must always bow on entering or leaving the 'Dojo'. You must also bow when coming onto or leaving the floor.
- 3) The instructor must always be called 'Sensei' before, during and after training. Assistant Instructors are known as 'Sempai'.
- 4) The Karate suit is known as a 'Gi' and must be clean & pressed for every training session.
- 5) Fingernails must be kept short and clean at all times.
- 6) Jewellery of any type must not be worn during the lesson.
- 7) Long hair must be tied back and kept tidy.
- 8) All students must arrive promptly for training.

## ***MEMBERSHIP***

Anybody aged five years or over can join the Red Sun Shotokan Karate club. However, children under the age of sixteen must come along with their parents if they wish to join. To start with, the student must wear loose fitting clothing that will not restrict any movement, such as a tracksuit or shorts and t-shirt. The first four lessons are free then **£5** per lesson afterwards. After those free lessons, if the student wishes to continue training and proceed with taking examinations for belts and/or entering competition, they must then become a member by applying for a licence. They must also purchase a karate suit or a 'gi' as it is known. Mitts for sparring are also recommended. These can be purchased from your club instructor. Membership and a Free Karate suit can be bought as a package with our **New Member Special offer** of **£35**.

Once you become a member, you will only pay **£5 per lesson** or alternatively you can pay **£30 per month** by Direct Debit for unlimited lessons (family discounts available).

## ***LICENCES***

Application for a new licence will cost £25 per year. Once you become a member, you can take advantage of our Individual & Family discounted training fee's. The licence is your membership of **Red Sun Shotokan Karate & Yanagi Kai Karate Association** and also your personal grading & competition record. You will also receive **personal indemnity insurance**, which is your personal insurance against injury. Your licence will also provide you with membership of the **English Karate Federation** and the **World Karate Federation** governing bodies. Your licence will also permit you to enter local, national and international tournaments plus allow you to go on courses outside of the association. Application forms for your licence can be obtained from the Chief Instructor.

## ***GRADINGS***

Grading is one of the most challenging aspects of karate. Kyu Gradings (Coloured Belts) are normally taken at 3-4 monthly intervals once they have met the following criteria:-

- 1) Students must attend a minimum of 25 lessons in a 3-4 month period to be eligible for selection. Students who do not attend 25 lessons in a 3-4 month period may carry their lessons over to the next selection period so long as their attendance does not drop below 50%. Any student with an attendance level below 50% will not be considered for Grading or Competition.
- 2) Students are only selected to Grade once they can perform the syllabus to the required standard. Depending on the number of training sessions, students must wait a minimum of three months between Kyu gradings (coloured belts) and a minimum of 12 months before entering a 1st Dan grading (black belt). There is an examination fee for taking a grading which covers the cost of certification, registration with the governing body and the cost of your new belt.
- 3) Once every 3-4 months we hold a pre-grading assessment, which tests each student on their syllabus to determine if they are ready to grade. This assessment is compulsory for students who wish to be selected to grade.

## ***GRADES & BELTS***

Students aged 4-8 years old enter the club as Little Tigers. The Little Tigers is a fun introduction to Karate covering all basic aspects of Karate in a fun environment. Once they have learned all of the basic fundamentals and can perform a full Kata to a satisfactory standard, they will then graduate out of the Little Tigers into our main class and start on the regular Kyu Grades.

### ***LITTLE TIGER GRADES***

T9 – White/Orange Belt

T8 – White/Red Belt

T7 – White/Yellow Belt

### ***STANDARD GRADES***

9<sup>th</sup> Kyu – Orange Belt

8<sup>th</sup> Kyu – Red Belt

7<sup>th</sup> Kyu – Yellow Belt

6<sup>th</sup> Kyu – Green Belt

5<sup>th</sup> Kyu – Purple Belt

4<sup>th</sup> Kyu – Purple & White Belt

3<sup>rd</sup> Kyu – Brown Belt

2<sup>nd</sup> Kyu – Brown & White Belt

1<sup>st</sup> Kyu – Brown & 2 White Belt

1<sup>st</sup> Dan – Black Belt

## ***CONTACT:-***

**CHIEF INSTRUCTOR – PETER LEE BIBBY, 6<sup>TH</sup> DAN**

### **GENERAL ENQUIRIES**

TEL: 01257 441630

MOBILE: 07465 602908

EMAIL: [info@redsunkarate.com](mailto:info@redsunkarate.com)

WEB: [www.redsunkarate.com](http://www.redsunkarate.com)

### **SOCIAL MEDIA**

WEB: [www.facebook.com/redsunkarate](http://www.facebook.com/redsunkarate)

WEB: [www.twitter.com/redsunkarate](http://www.twitter.com/redsunkarate)

WEB: [www.instagram.com/redsunkarate](http://www.instagram.com/redsunkarate)

WEB: <http://www.childrensuniversity.co.uk/activities/1578>

Red Sun Shotokan Karate

## ***SHOTOKAN***

The Style of Karate we practice at Red Sun Shotokan Karate is Shotokan. Shotokan training is usually divided into three parts known as the 3 K's: *kihon* (basics), *kata* (forms or patterns of moves), and *kumite* (sparring).

Techniques in *kihon* and *kata* are characterized by deep, long stances that provide stability, enable powerful movements, and strengthen the legs. Shotokan is often regarded as a 'hard' and 'external' martial art because it is taught that way to beginners and coloured belts to develop strong basic techniques and stances. Initially strength and power are demonstrated instead of slower, more flowing motions. Those who progress to brown and black belt level develop a much more fluid style that incorporates grappling and some *aikido*-like techniques, which can be found in the black belt katas. *Kumite* techniques mirror these stances and movements at a basic level, but are less structured, with a focus instead on speed and efficiency.

**Kihon** (基本, きほん) is a *Japanese* term meaning "basics" or "fundamentals." The term is used to refer to the basic techniques that are taught and practiced as the foundation of most *Japanese martial arts*.

The practice and mastery of *kihon* is essential to all advanced training, and includes the practice of correct body form and breathing, while practicing basics such as stances, punches, kicks, blocks, and thrusts, but it also includes basic representative *kata*.

*Kihon* is not only practicing of techniques, it is also the *karateka* fostering the correct spirit and attitude at all times.

**Kata** (型 or 形 *literally: "form"*) is a *Japanese* word describing detailed choreographed patterns of movements practised either solo, in pairs or in teams of three.

**Kumite** (組手) means *sparring*, and is one of the three main sections of *karate* training, along with *kata* and *kihon*. *Kumite* is the part of karate in which a person trains against an *adversary*, using the techniques learned from the *kihon* and *kata*.

*Kumite* can be used to develop a particular technique or a *skill* (e.g. effectively judging and adjusting one's distance from one's opponent) or it can be done in *competition*.

## ***MERCHANDISE***

Standard Karate Gi = £25 / £30\*\*

Blitz Fighter Lite Kumite Karate Gi (Lightweight) = £40 / £45\*\*

Blitz WKF Fighter Lite Kumite Karate Gi (Lightweight) = £50 / £55\*\*

Blitz Zanshin Kata Karate Gi (Mediumweight) = £40 / £45\*\*

Blitz Silver Kata/Kumite Karate Gi (Mediumweight) = £45 / £50\*\*

Blitz WKF Odachi Kata Gi (Heavyweight/Cotton-Canvas) = £55 / £70\*\*

Red Sun Shotokan Karate – Embroidered Club Badge = £5

Yanagi Kai – Squad Tracksuit = £35\*\*

Red Sun Classic Hoodie = £22\*\* Red Sun Classic T-Shirt = £12.75\*\*

WKF Style Sparring Mitts (Red or Blue) = £15 (£25 for Pair Red & Blue)

WKF Style Shin/Foot Protectors (Red or Blue) = £35 (£60 for Pair Red & Blue)

Belts (Any Colour/Standard Cotton) = £5

Silk Belts (Black/Red/Blue) = £10 (£25 with Embroidery)

Basic Competition Pack (Mitts & Belts – Red & Blue) = £30

Full Competition Pack (Mitts, Shin/Foot Protectors & Belts) = £80

Silk/Satin Belt (Red/Blue/Black) = £10

*ADULT SIZE\*\**

### **Club Merchandise Shops**

<https://samscotts.co.uk/collections/red-sun-karate>

<https://www.kukrisports.co.uk/teamshop/redsunshotokankarate>

## ***COMPETITION***

Karate competition has two disciplines: sparring (kumite) and forms (kata). Competitors may enter either as individuals or as part of a team. There are various levels of Competition dependant on age and ability. The starting level would be the Club Squad which competes at local and inter-club tournaments. For National & International competitions, students are put forward for the Yanagi Kai Association Squad dependent on club squad performance. Gaining selection for one of the squads is an honour and is only given to students who are willing to put in the hard work. Although participation in competition is encouraged, it is not compulsory.

- (Red Sun) Club Squad - Local/Inter-Club
- (Yanagi Kai) Association Squad - Regional/National
- (Northern Regional) Regional Squad - Inter-Region/International
- (England) National - International
- Team GB - Olympics

**Red Sun Shotokan Karate**



## ***AFFILIATIONS***

*Red Sun Shotokan Karate is affiliated to:-*

### **YANAGI KAI KARATE ASSOCIATION**



The Yanagi Kai Karate Association is one of the newest members of the English Karate Federation, our group has only been established since April 2011 but boasts a wealth of experience. Our Chief Instructor Sensei Ian Swain 7<sup>th</sup> Dan, a formidable competitor and one of the most respected coaches with over 30 years of experience.

**ENGLISH KARATE FEDERATION**  
**[www.englishkaratefederation.com](http://www.englishkaratefederation.com)**



The English Karate Federation was set-up in 2007 as a democratically elected body for English Karate. The EKF is recognised as the official governing body for English Karate by the British Karate Federation, European Karate Federation and the World Karate Federation.

**Red Sun Shotokan Karate**

***AFFILIATIONS Continued...***  
**WORLD KARATE FEDERATION**  
**[www.wkf.net](http://www.wkf.net)**



The World Karate Federation (WKF) is the largest sport karate organization in the World and is recognized by the International Olympic Committee (IOC). The WKF has developed common rules governing all of the four major styles of Karate which include Shotokan, Shito-Ryu, Wado-Ryu and Goju-Ryu.

**EUROPEAN KARATE FEDERATION**  
**[www.europeankaratefederation.net](http://www.europeankaratefederation.net)**



The European Karate Federation (EKF) is the governing body of sport karate in 50 countries across Europe. The EKF's aim is to promote, organize, regulate, and popularize the karate sport. It is one of the five continental federations recognized by the [World Karate Federation](http://www.wkf.net).

## ***BADGES***

CLUB MEMBER



CLUB SQUAD MEMBER



ASSOCIATION SQUAD MEMBER



REGIONAL SQUAD MEMBER



NATIONAL SQUAD MEMBER



OLYMPIC SQUAD MEMBER



**CLASSIC QUOTE...**

*The ultimate aim of Karate lies not in victory or defeat but the perfection of character of it's participants*

**Gichin Funakoshi**

**KARATE OATH...**

*I promise to uphold the true spirit of Karate-Do and never use the skills I am taught except in defence of myself, my family or friends from an unprovoked attack or, in support of law and order*

