



SOMERSET RYU KARATE



サマセット金龍空手道

Welcome Booklet

Introduction

A warm welcome to **Somerset Ryū Karate!** For more than ten years, the club has strived to deliver high quality, authentic, Japanese Shotokan Karate classes to people of all ages and abilities in West Somerset. Karate is an incredibly rewarding activity, with heavy emphasis on positive mental health and wellbeing, discipline, self defence and all-round fitness. There is huge potential for personal growth and achievement as our students work through their grades.

There are multiple training times offered throughout the week from our full-time and fully equipped dōjō in Tonedale; in addition, regular courses and gradings are held throughout the year with some of the finest instructors from England and Japan. This document will outline everything you need to know before joining the club, and highlight some of the features and opportunities available to members.

Membership Options

There are three membership options available, paid on a monthly basis by Standing Order:

Entry Tier: £32

- Four lessons per month

Standard Tier: £42

- Eight lessons per month; recommended for progress
- Unlocks access to specialised classes

Premium Tier: £51

- *Unlimited* training throughout the month
- Trade discounts on uniforms and equipment
- 1/3 reduced rate when booking private lessons

Fees are payable in advance on the **1st of each month.**

Please set up a Standing Order using the details below:

Account Name: **Somerset Ryu Karate**

Account Number: **20929327**

Sort Code: **09-01-29**



Bradley Ford performs oi-tsuki

Frequent extra classes over the selected membership allocation will be billed at **£8.00** per class.

Affiliations & Licensing

Our club is affiliated to JKS England, and the Worldwide Headquarters of the renowned Japan Karate Shoto Federation in Tokyo. This also provides membership with the English Karate Federation, the National Governing Body for UK Karate, and the World Karate Federation (WKF).

New students must apply for an association licence and grading record within their first full month of training by visiting www.jksengland.com/members and following the instructional video. This is priced at **£26.00** for the first year, reducing to **£20.00** per annum thereafter; essential member to member insurance cover is included.

Student Registration Form

Please visit the member's area of our website at www.somerset-ryu.com/members to complete an online New Student registration form. This provides the club with your address, emergency contact details, background to any relevant medical history, and to give or deny permission for a student to participate in class photography and video, used solely for promotional purposes.

Your personal information is stored securely in digital format while you remain a member; all records are completely erased should you decide to leave the club.

Location

All of our classes are held at a uniquely atmospheric full-time dōjō, situated inside the historic Tonedale Mill in Wellington. Built in the late 18th Century, the building was once the largest textile mill in South West England, now Grade II* listed to protect its heritage. We are situated on the first floor of the Bell Tower, next to Brazier Coffee Roasters, with ample car parking on site.

Address:

First Floor, Bell Tower,
Tonedale Mill,
Wellington,
Somerset TA21 0AW



Historic... The old section of Tonedale Mill

Training Times

Tuesday

6pm: All Grades (age 8+)

7pm: Black & Brown Belts (age 10+) *

Wednesday

5:15pm: Little Dragons (age 4+)

6pm: All Grades (age 8+)

Thursday

10am: Adults (age 16+)

6pm: All Grades (age 8+)

7pm: Pads & Conditioning (age 10+) *

Friday

5:15pm: Little Dragons (age 4+)

6pm: All Grades (age 8+)

Saturday

11am: All Grades (age 8+)

Sunday

10am: Kumite Squad (age 8+) *

– Held on the first Sunday of each month (1.5hrs)

* Specialised classes available to Standard and Premium Tier members only



Takuya Makita Sensei visits from Japan

Grading Examinations

JKS England *kyu* gradings are held at our dōjō three to four times per year at regular intervals. On most occasions, a senior JKS instructor is invited to teach a special class and conduct the examination. Little Dragons (ages 4-7) have their own tailored syllabus, and grade with the club instructor on a separate date. Prices are as follows:

JKS Grading (8yrs+): £35.00

Little Dragons Examination (4-7yrs): £20.00

The above cost includes a new belt. Students will be entered for the examination once they have reached the required standard through regular training. Assessments are carried out prior to each JKS grading, ensuring that all potential candidates are ready to make progress.

Little Dragons

Our Little Dragons classes for 4-7 year olds provide our youngest members with a gentle introduction to the world of karate. The focus is on fun, all while covering some basic elements of regular training. There are incentives to promote good behaviour and listening skills, including the opportunity for the most improved student each week to take home the Little Dragons mascot, Sensei Bear 熊先生.

Little Dragons move up to our Junior classes at age 8, although varying factors are taken into account for each individual - e.g. confidence in larger groups.



Luca is rewarded with Sensei Bear

Private Lessons

Private one-to-one tuition is available on request; this provides an opportunity for accelerated learning to advance any aspect of your karate, or help prepare for a grading examination. Prices start from **£30.00** per hour, with discounts available for Premium Tier members.

Contact the club instructor for more information or to make a booking.

Tournament Karate

Specialised classes are available to *Standard* and *Premium Tier* members each week, focusing on the development of competitive *kumite* (sparring) and *kata* (forms). Somerset Ryū students have the opportunity to take part in regional and national level competition once they have reached the appropriate standard; there's even a pathway for our most talented competitors to represent JKS England at UK and International events by earning selection on to the association squad each year.

World Karate Federation approved protective competition equipment can be purchased from the club.



Thea Priest engaged in a kumite match

Website, Social Media & Newsletter

Please visit our website at www.somerset-ryu.com

Our Facebook page can be found at www.facebook.com/SomersetRyu. Click on the “like” and “subscribe” buttons to follow the latest club news.

We have an interactive WhatsApp notice board for relaying club messages; look for the relevant section when filling out the online Registration Form to add your number to the group.

Finally, a club newsletter is distributed to all members every month. Please ensure you provide up-to-date email address in order to subscribe to the mailing list.

Uniforms & Merchandise

You can purchase club tracksuit tops and SRK branded clothing in a range of colours direct from our supplier here: <https://macronstoresw.com/clubs/somerset-ryu-karate>

For regular training, the dōjō supplies everything our members need at a reasonable cost:

- Good quality entry level student karate uniforms
- High end Kata / Kumite uniforms for competitors
- Sparring gloves; foot & shin protectors
- Contactless card payments are accepted

Contact Information

Chief Instructor: Peter Milne, 4th Dan JKS
Email Address: somersetryu@gmail.com
WhatsApp: 07584 575914

Welfare Officer: Alison Thompson
Email Address: alisonthompson403@gmail.com

JKS Licencing: Wendy Campbell
Email Address: admin@jksengland.com



Freddie Thompson is presented with his Shodan diploma