



Pro-Karate Academy

Sawbridgeworth Club

Welcome, to **Pro-Karate Academy**.

About Pro-Karate Academy

Pro-Karate Academy is affiliated to the English Karate Federation, which is the only English governing body for Karate affiliated to the British Karate Federation and in turn a member of the World Karate Federation, recognised by the International Olympic Committee.

Pro-Karate Academy, formed by Sensei Chelsea, has many classes throughout the Essex and Hertfordshire area, including numerous breakfast and afterschool clubs. All Pro-Karate Academy instructors have a fully enhanced DBS and have full instructors insurance. The style of Karate taught at Pro-Karate Academy is Wado-Ryu, one of the main styles of Japanese Karate founded by Sensei Hironi Otsuka in 1934.

Since Pro-Karate Academy began it has grown and gained much competitive success. Pro-Karate Academy has produced and developed numerous English and British National champions who have gone on to represent England at European and World level.

About Me



The classes that you have chosen to participate in are instructed by myself:
Sensei Aimee Sell.

I am a full time, fully insured, First Aid qualified and fully enhanced DBS checked karate instructor.

I have vast experience as both a competitor and a coach. I have coached from club level to national level being a former national coach for the English Karate Federation junior squad.

I have competed for England from the age of 14 years old and am the most decorated female Karate athlete for the English Karate Federation gaining multiple medals at Cadet, Junior and U21 level at **European** and **World Championships**.

About the Beginners Class

- **Club Day:** Wednesday
- **Lesson duration:** 45 minute class
- **Starting time:** 4:15 pm
- **Dojo address:** Sawbridgeworth Memorial Hall. CM21 9BD
- **Parking:** Onsite parking available
- **Class fees:** See fee table below *****FIRST LESSON FREE*****

Your First Session

- Please arrive 5 minutes before the class starts.
- Bring a drink for rehydration.
- For training wear light / sportswear. (e.g. t-shirt and jogging bottoms.)
- Please complete a contact form on arrival.
- Parents can stay and watch (**On-site car registration for carpark use**).



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Dojo Rules and Etiquette

1. Always bow when entering and leaving the dojo.
2. Clean white Karate GI must be worn.
3. Badge must be worn on the left side of the GI.
4. No watches, rings, earrings, chains, necklaces, bracelets may be worn.
5. Fingers and toenails must be kept short and clean at all times; hands and feet must always be kept clean.
6. Long hair must be tied up.
7. In the dojo silence must be maintained; no chatting, no smoking, no gum chewing, no eating.
8. Instructor should be addressed as 'sensei' and treated with upmost respect.
9. Punctuality at all times is essential.
10. Bad language must never be used in the dojo or talking negatively about another student.

Payment Scheme

Lesson fees are based on a 48-week year that is then discounted and divided into 12 monthly payments. Students gain one month of free training a year as some months are longer, therefore this is taken into account when students can't attend classes due to Bank Holidays, Christmas holidays, etc.

Fees are to be paid electronically via standing order/monthly subscription.

If you miss any lessons monthly fees are still due.

There is no contract to sign and students can stop attending at anytime however I ask that one months notice and appropriate payment is given if you choose to stop attending PKA classes.

Fees are due the 1st of each calendar month (pro rata).

Monthly Payment	One Student	Small Family Sibling Discount	Large Family Three + Students
Beginner Beginner (White Belt) – 8th Kyu (Orange Belt)	£35	£60	£70
Intermediate 7 th Kyu (Green Belt) – 4 th Kyu (Purple White Stripe Belt)	£45	£80	£90
Advanced/Elite 3 rd Kyu (Brown Belt) and above	£55	£100	£110

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Guidelines for Parents

- Parents and children staying to watch lessons are asked to keep noise levels to a minimum.
- Ensure mobile phones are put on silent.
- No food is to be eaten in the dojo
- Refrain from any prompting tuition or communication with students whilst the lesson is in progress.
- Please understand all the above rules are for the students benefit.
- Anybody not able to follow the rules will be asked to leave the hall.

How do I sign up?

Joining Pro-Karate classes is very easy!

There are only a few things you need to do.

1. Contact Form

- Fill out a contact form (if not already completed) so you can receive emails and updates and any notifications regarding your child whilst training in your absence. An online contact form is accessible following the link below:
www.cognitofirms.com/ProKarateSenseiAimee/ContactForm

2. Standing Order/Subscription

- Set up your monthly subscription authorisation payment by completing the form below:
www.cognitofirms.com/ProKarateSenseiAimee/ClubSubscriptionAuthorisation

3. Pro-Karate Licence

- Within your first month of joining ensure you have purchased your child's license book. Your license book provides your affiliation to Pro-Karate Academy and the English Karate Federation (EKF), the only governing body of Karate in England recognised by the IOC Olympic Committee.
- Your license book is also required for gradings. With every new belt your child grades for, you must hand in your license book so that the Sensei marking them can sign and date and update their book with their new belt achievement.
- This is an annual fee that needs to be updated every year.
www.cognitofirms.com/ProKarateAcademy/LicenceApplicationForm

4. Starter Packs

- Lastly for our gradings just like school exams you must be in the correct uniform. Therefore, before your child's first grading you will need to purchase a starter pack.
- We recommend these are purchased within the first month as it usually only takes two months or less before they are ready to go for their first belt. Starter packs can be ordered online following the link below:
www.cognitofirms.com/ProKarateSenseiAimee/OrderForm



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Contact Form

An online contact form is accessible following the link below:

<https://www.cognitoforms.com/ProKarateSenseiAimee/ContactForm>

Student Name:	
Student's Date of Birth:	
Parent/Guardian Name:	
Contact Email:	
Emergency Contact Phone 1:	
Emergency Contact Phone 2:	
Medical Conditions/Allergies:	



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Order Form

Starter Packs and individual items can be ordered online following the link below:
<https://www.cognitofrms.com/ProKarateSenseiAimee/OrderForm>

Club Starter Pack

- Karate Suit and Beginners White Belt
- Pro-Karate Club Badge
- Pro-Karate Syllabus Grading Book
- Sparring Hand Pads (needed by yellow belt)

Individual Items

- Kids Lightweight Karate Gi (Suit) & Belt
- Pro-Karate Syllabus Book
- Pro-Karate Club Badge
- Elastic Hand Pads (White)
- Sparring Hand Pads (Red)
- Sparring Hand Pads (Blue)
- Sparring Foot Pads (Red)
- Sparring Foot Pads (Blue)
- Sparring Shin and Foot Pads (Red)
- Sparring Shin and Foot Pads (Blue)

My Contact Details

- Aimee Sell
- SenseiAimee@yahoo.com
- For emergency 07926 298673

I look forward to welcoming you to Pro-Karate Academy

Sensei Aimee

www.pro-karate.co.uk