

Want to know more ?

Contact us at the EKF and we will put you in touch with recognised local clubs or follow the link below

www.englishkaratefederation.com/clubs



"Karate is a well rounded, highly challenging form of exercise, and it will enhance physical health as well as maintain it". GICHIN FUNAKOSHI

"In Judo it was always the big guy who won, but Karate was different. With speed, timing and good spirit I could defeat any opponent large or small." TATSUO SUZUKI

"Karate is not only the acquisition of certain defensive skills, but also the mastering of the art of being a good and honest member of society." GICHIN FUNAKOSHI

The EKF is recognised as the official Governing body for English Karate by the

World Karate Federation



European Karate Federation



British Karate Federation



ENGLISH KARATE



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The hidden face of Karate

ENGLISH KARATE



FEDERATION



What do YOU do after school ?



What do YOU do at the weekend ?



How do YOU spend your free time ?



Training...

Karate offers children aged 5 upwards many benefits both physically and mentally. A student does not need to be exceptionally fit to learn Karate. The moves can be practiced with as much effort as the body can manage. Over time suppleness and aerobic capacity will improve. Karate develops flexibility, strength, balance and is excellent in assisting overall physical health.

As well as being recognised within the educational system as a criteria for GCSE and A Level in Physical Education, useful self-defence skills can be learnt in a few weeks although gaining your Black Belt may take a little longer!



Competing...

Many students enjoy the challenge of competition. In Karate you can participate in both Kumite (fighting) and Kata (form). The Kumite is fast paced not only for the spectator, but requires precision skill and control by the competitor. In sport Kumite you score points by pulling your technique prior to contact. The Kata competition shows a combination of grace and power in technique.

Competitions are held from local club through to National and World level. Can you become a National Champion or make the English Karate National squad.



Socialising...

There are many benefits of joining a Karate club; clubs can be very close knit, you can meet many new people, build strong friendships and have a common interest outside of school with people your own age. Many students form life-long friendships in the process and you always have something to look forward to after school.

As you develop your skills in Karate you may get the chance to travel widely for courses or competitions where you'll often meet new and interesting people from all over the world all sharing a common bond - Karate.