



## Cleckheaton Shotokan Karate Club

### Our Instructors

Mike Cowburn 5th Dan  
 Ashley J Cowburn 3rd Dan  
 Mike Cooper 3rd Dan  
 Ian Hirst 2nd Dan  
 Nick Shaw 1st Dan



### Venue

Whitcliffe Mount Sports Centre  
 Turnsteads Avenue  
 Cleckheaton BD19 3AQ  
 Tele: 01274 335 130

### Training Times

Monday & Wednesday  
 All: 7.15pm to 8.30pm

N.B. As training times may differ it is advisable to confirm with the sports centre or instructor



## English Shotokan Academy (ESA)

CSKC is affiliated to the ESA, officially formed in January 1991, by the late Steve Cattle 6th Dan, who for many years had been a student of Shihan Taiji Kase 9th Dan. It was in order to expand his study of traditional Shotokan Karate as taught by Sensei Kase, that he formed the association.

Today the ESA is a fully constituted association, with democratically elected officers, dedicated to the continuation of the traditional values and practices of Shotokan Karate as passed on through Sensei's Kase and Cattle. The ESA maintains strong international links with the European body.

### Where can I find out more about karate?

Visit our club website:  
[www.cleckheatonkarate.co.uk](http://www.cleckheatonkarate.co.uk)

You can also visit the ESA website:  
[www.englishshotokan.net](http://www.englishshotokan.net)

The ESA publish a periodic News Letter keeping you in touch with what is going on, whilst a schedule of events including the annual Residential Course is published on the ESA website. We also provide the opportunity to purchase monthly magazines with access to our martial arts video library of DVD's.



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 Turnsteads Avenue  
 Cleckheaton  
 West Yorkshire  
 BD19 3AQ

Chief Instructor: Mike Cowburn 5th Dan  
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 Email: [mcowburn@srsl.biz](mailto:mcowburn@srsl.biz)

## Origins of Karate

Karate is a martial art developed in Japan from a legendary system, thought to have originated in India and brought to China by a Buddhist monk during the Sung Dynasty.

Through the Chinese trade links with Japan, the first martial arts were introduced to the island of Okinawa later extending onto the Japanese mainland.

Today, karate is practiced all over the world and in many different styles. No one style can claim to be better than the others, it is the dedication of the practitioner which makes a good karateka and not the style of their art.

Karate, meaning open hand is a disciplined form of developing self confidence through diligent training where the routes of a true martial artist lies not in their ability to fight, but in their level of respect and restraint.

## Cleckheaton Shotokan Karate Club (CSKC)

CSKC was first established in 1972 and based at Whitcliffe Mount Sports Centre, Cleckheaton, West Yorkshire closely located to Junction 26 of the M62 motorway.

We are a friendly club practicing the traditional art of Shotokan Karate, founded by Gichin Funakoshi (1868-1957).

We have a good mix of both juniors and seniors, with many black belt Dan grades.



Gichin Funakoshi (1868-1957)  
Founder of Shotokan Karate

## Questions & Answers

If this is your first introduction to the martial arts there are likely to be a number of questions that you will require answering. The following is designed to help:

### How do I enrol?

Simply come along to one of our regular training sessions and enquire with one of our instructors. You can call the sports centre in advance to check our training times.

### What ages do you teach?

We accept children from 8 years and upwards, with no ceiling on age providing that you are fit enough to undertake physical exercise.

### What do I wear?

In the beginning, wear a tracksuit or other loose fitting sports clothing. For safety reasons karate is practiced in bare feet, you will also be asked to remove or cover any jewellery etc. It is advised that you purchase a Gi (white karate suit) only once you are sure that you enjoy karate and plan to continue.

### Where would I buy a Gi from if I wanted one?

Speak to one of our instructors as we hold accounts with various martial arts clothing companies and can supply a wide range of Gi's plus other leisure wear, including with our embroidered club motif.

### What if I can only attend once per week?

This is not a problem, other than the rate of your development is reflective of the amount that you train. We recognise that most people have other commitments, but we would encourage you to train as many times as you can at least in the beginning so that you quickly learn the basic moves and terminology.

### What is it likely to cost me?

CSKC is an amateur organisation where training fees are re-invested into the club. Our pricing structure can vary dependent upon your circumstance with family/group rates available. Discuss this with our instructors.

### Can I introduce a friend or family member?

Yes, many of our students once they try and like karate introduce their friends or families. We offer a special family/group rate and encourage family and friends to attend.

### Can I train elsewhere in order to further my knowledge?

Yes, through our organisation the ESA, numerous Karate training courses and competitions are arranged, both here in the UK and abroad. We actively encourage you to attend as many courses as you can in order to progress your skills.

### Could I get injured?

We aim to avoid injury so far as is practicable with our instructors trained in association with the Governing Body coaching programme. However, as with all sports there remains a risk which you must play your part in reducing by: following instruction, staying within the boundaries of your capabilities and you must never fool around in class. If you have an injury or medical condition which could be aggravated by karate, then seek medical advice before joining or re-joining and discuss this with your instructor.

### What is expected of me?

Karate is a disciplined art and therefore requires you to behave in a manner accordingly. Students and instructors are expected to be punctual. You should refer to the instructor as Sensei (meaning teacher). You are expected to bow when entering or leaving the dojo (training hall) also at the start and end of the training session. Students should never leave the class without first obtaining permission from their instructor. Finger and toe nails should be kept short to avoid injuring your fellow students. Parents/guardians may watch the class but, are requested not to disturb the training through such as talking loudly and mobile phones must remain switched off. Most importantly, karateka should never use their trained Karate skills outside of the dojo, unless it is in self defence and only then within reason to the situation!