

Barking KDF karate Clubs

To all parents and students

I have been approached regarding the remote possibility of a student sustaining minor injury during his or her karate practice, you must all be aware that karate training includes an element of what could be regarded as a 'contact sport', and that some level of contact between students is therefore inevitable. Furthermore, karate is taught in KDF clubs along traditional lines which includes contact between student and instructors. Please remember that we are teaching the students self-defence and that to avoid any contact would be tantamount to teaching them to dance! Teaching self-defence without contact denies the student instruction in the psychological elements of sustaining any attack and dealing with an assailant (fear, pain, emotion, etc). learning to overcome these elements not only adds to the enjoyment of training, but has other benefits to the student, such as increased self-confidence and learning patience, self-control and respect for others. These are integral aspects of the ways karate training is beneficial. Students and parents of students must be fully aware of the contact that is and inescapable part of the way we teach karate in the KDF, and the consequent risks thereby. Any student or parent who feels the way we teach karate is not appropriate for them or their child should consider terminating their training at this club.

Sensei Tony Gray 5th Dan



Sensei Lee Rose 3rd Dan