

Members

We are in stage 3 Lockdown once more meaning the club shall be closed for at least 6 weeks from Thursday 9th July.

It will continue to be challenging times ahead so we need to keep our heads up and march on!

We ran Zoom classes last term as a result of lockdown and this was successful for those who participated. I am looking at running a 4 week Zoom program which will specialise in different components of Karate, Self Defence, Kali , Fitness and Instructor training.

We will also be providing "one on one" training for those students who would like this option.

We will also have partner work with other students whereby a number of students will be provided with ZOOM links and they meet up on ZOOM and practice a synchronised kata.

The specialised online classes shall be run by Sensei Remo from the Northern Shukokai Karate Dojo. The specialised program will commence week beginning 20 July 2020 to 16 August 2020 for 4 weeks.

All members will be given access to all our online material which contains all our grading requirements for all levels. Those students who have registered in the past will now have access granted to all levels. Those students who wish to be given access need to "sign up" on our membership tab on our website www.nskarate.com.au and register themselves. Make sure to enter the club name "Northern Shukokai Karate" when registering.

The dates and times for the program are as follows:

Tuesday 21 & 28 July, 4 & 11 August

Thursday 23 & 30 July, 6 & 13 August

Little Dragons (All Levels) Tuesday and Thursday 4:30pm to 5:00pm

Young Warriors (White to Orange Belt) Tuesday and Thursday 5:15pm to 6:00pm

Young Warriors (Green and above) Tuesday and Thursday 6:15pm to 7:00pm

Adults (All Levels) Tuesday and Thursday 7:15pm to 8:15pm

The cost for the program is \$55 for 1 person, \$100 for 2 Persons and \$140 for 3 persons.

You can confirm your place by email: info@nskarate.com.au or SMS: 0407 542 953 an invoice shall be sent for the appropriate amount and Zoom links.

The cost of the program will help support the club and support you the members by staying engaged and help through isolation.

I hope that many of you jump onboard this program which will offer a more personalised and interactive experience.

Sensei Remo