



	Tuesday Livingston Karate Club Craigswood Sports Centre	Wednesday Wester Inch Karate Club Simpson Primary School
Dragon Ninjas Class	18.00 – 18.55	18.00 – 18.55
All students 9+	19.00 – 19.55	19.00 – 20.30
Students 9th kyu+	20.00 – 20.30	20.00 – 20.30
Students 6th Kyu+	20.30 – 21.00	20.30 – 21.00
Dragon Ninjas class : children 5 to 8 years		

Club Info

Livingston & Wester Inch Karate Club is an independent organisation teaching traditional Shotokan Karate run by Grahame Brown 4th Dan. He holds NVQ certification to coach adults and children and is a member of the British Martial Arts and Boxing Association.

Our instructors undergo PVG checks and undergo first aid training. All the instructors and students are fully insured through XL Catlin Insurance Company Ltd. We are members of Clubsport West Lothian and are an accredited community sports club with West Lothian Council.

Students under 16 **must** be signed in, and out of classes by an adult, a copy of our rules and regulations are available on request. At your first classes we recommend you wear loose clothing and bring water to drink. To ensure everyone's safety no jewellery or watches may be worn during classes. Personal hygiene should be of a high standard and nails must be kept short and clean.

All fees are due on the 1st of the month, we ask you to adhere to this, to help keep admin time at the club to a minimum.

Dragon Ninjas Section

All students below the age of 9 years join our Dragon Ninjas class. Fees can be paid weekly or monthly. A black karate suit is not mandatory; joggers and tee shirt are acceptable. At the Ninjas class students learn basic karate moves and their first kata, while keeping the emphasis on fun and excitement with games. There is no sparring at this class. Students will usually graduate to the main class by or on their 9th birthday.

Special Introductory Offer

1 month for £30

Your first class is free. Thereafter we have an introductory offer which covers attendance at all classes above for one calendar month and a Gi (karate suit). At these you will learn fundamental techniques which will enable you to defend yourself in many situations.

On completion we invite you to apply for full membership and a licence.

Our classes follow our own traditional Shotokan syllabus - a copy of which is available online via <http://members.livkarate.co.uk>.

<u>Fees</u>			
	<u>Adults</u>	<u>Under 16's</u>	<u>Extra Family Members</u>
Monthly Training Fees:	£28	£22	£18
Dragon Ninja Training Fees:	£6.50 per class or £20 per month		
Annual Licence / Membership:	£32 (£28 renewal)	£28 (£25 renewal)	£20 (£18 renewal)
(Dragon Ninjas do not pay a licence fee)			
Grading Fees:	£12 (Dragon Ninjas) £25 for all other Kyu grades		
Sparring Mitts:	£10 (thick padding) or £5 (thin)		
Ninja Karate Suit:	£15	White Student Suits:	£19 - £30
<u>Contact Information</u>			
Grahame Brown	0754 578 8655	grahame@livkarate.co.uk	
www.livingstonkarateclub.co.uk		www.facebook.com/livkarate	
www.westerinchkarateclub.co.uk		www.facebook.com/westerinchkarateclub	