

Thinking of Starting Karate?

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KARATE IS FOR EVERYONE!

KARATE (meaning empty hand) is the foremost method of self defence, with roots that can be traced back many hundreds of years to China, making it one of the most traditional methods of self defence, whilst also being a very enjoyable way of getting fit.

Whilst training at this ancient martial art through learning to control our body, you ultimately learn to control your mind while becoming more confident and when necessary more assertive.

Powers of concentration also improve, especially in the young, along with a single minded approach to any goal one may set one's self. Respect of yourself and others is key to the teachings of karate along with patience and tolerance. Confidence also improves, not just because you learn to deal with threatening situations on the street but also, through the grading system, learning to deal with one's nerves.

The first grading is more of a formality but one still has to perform certain tasks successfully to a panel of examiners. Each subsequent grading becomes a little more demanding culminating with the one for black belt after four or five years.

The black belt grading is not the end, but in Churchill's words "just the end of the beginning" for there are a further ten black belt gradings (known as dans) to undertake, each after an increasing time span between them.

Karate is not about breaking bricks or other inanimate objects, although black belts do this in private, to prove to themselves that their technique works, and what might happen should they use their art on another human being. Nor is karate an aggressive pastime, it is more a method of releasing one's pent up aggression caused by the stresses of modern society.

Karate really is suitable for everyone regardless of age, sex or level of fitness. It is therefore possible to practice karate all of one's life making it unique amongst sports and many other pastimes.

Check out the Beginners FAQ for all those questions you want to ask about Karate

Here is a list of CFTS Karate clubs , see which is near you..