

Karate means "Empty Hand". In the literal sense this is taken to mean combat without weapons. In the deepest sense it implies self discipline, an almost religious diligence to practice and a high level of patience and understanding. Karate is also an exciting sport, one at which Great Britain excels on the world stage.

All equipment available through the club

The benefits of regular karate training include

- Health and Fitness
- Control, Coordination and Balance
- Strength and Suppleness
- Self Discipline
- Protection for yourself and your family
- Management of anger, frustration & stress

空手道


Disclosure &
Barring Service

Coaches qualified, insured and DBS (formerly CRB) cleared

New Members Always Welcome

at

Edgworth Junior School.

Bolton Road, Edgworth

BL7 0AH

Any age welcome over 5

Wednesdays:

7:30-9:00PM (Seniors & Juniors)

Saturdays:

9:15-10:15AM General children's class (Novice to purple belt)

10:30-12:00 Advanced class (Adults & older children all grades, and children of purple belt and above)

Fees	Pay per single session	Pay in advance 10 sessions per 10 weeks	Pay in Advance 20 sessions per 10 weeks
Adult	£6.00	£51.00	£88.00
Child	£5.00	£43.00	£75.00

Contact Us

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Instructors

Andy Allwood 5th dan (Chief Instructor)

Martyn Skipper 5th dan - European Champion

- Sport
- Self Defence
- Fitness
- Social



EKC ENGLISH
KARATE COUNCIL

The Club:

was founded in 1987 by Andy Allwood at Darwen Leisure Centre. It now bears the name “Tower Shukokai” to reflect its long association with the area. Training is regular every week, and we also attend courses and tournaments in the UK and abroad.

The Instructors:

Andy Allwood’s introduction to karate was in 1983, but despite the years of training he still considers himself a student of the art, and constantly strives for improvement. His own karate training has seen sporting success (Andy was AMA North West Open Heavyweight Champion) and diligent study of kata (karate’s traditional formal exercises) and their practical application (bunkai). He has also had many years in the security business, where he has acquired a thorough working knowledge of practical self-defence techniques.

Martyn Skipper’s formal Martial Arts career began in 1974 although arguably he was born to fight - his father was a professional boxer. His wide experience has seen him achieve black belts in many differing systems including Shotokan karate, and Ju Jitsu. In 2013 he won the WUKF European title for veterans and was voted East Lancashire Sports Personality of the Year.



The Style:

The Style of Shukokai (“Way for All”) is noted for its powerful punches and rapid body movements. A derivative of Shito-Ryu, it was developed by Chojiro Tani and Shigeru Kimura, who first brought it to the UK. Shukokai is one of the three most practised styles in this country and the first to introduce the use of impact pads as an aid to training.

Beginning:

Most people think you have to be fit to start karate training. The syllabus that we work to starts at a level where most people can manage, and gets harder as the standard gets higher. You never know what you can achieve until you try it.

Insurance:

You will be covered by the club’s insurance as soon as you start training but after four weeks you will be expected to apply for a licence. This is renewable annually and will give the holder member-to-member cover. It will also carry membership of the Amateur Martial Association, the largest multi-style martial arts association in the UK, The English Karate Council (EKC) the World Union of Karate Federations (WUKF) and the World United Karatedo Organisation and Associated Disciplines (WUKO-AD)

With time and effort you can build a more positive and energetic future for yourself, but you will only get out what you are prepared to put in



So Why Karate?

Karate is a popular and enjoyable pastime which fosters both physical fitness and life-saving skills. It is relatively cheap to learn and has the added advantage that it can be practised throughout life from childhood to old age. The grading system encourages continuous improvement and allows the matching of equivalent abilities in competition.

The Syllabus

Our syllabus is founded upon the traditional three pillars of Kihon (fundamental techniques), Kata (formal exercises) and Kumite (pairs work, ranging from pre-arranged drills to — for those with a high level of skill — almost unrestricted free sparring). We also encourage participation in competitions (shiai) and explore methods from other martial arts styles and systems.



“The ultimate aim of the art of karate lies not in victory or defeat, but in the perfection of the character of its participants.”
Gichin Funakoshi (founder of modern karate)