



Introduction to Childrens Martial Arts Classes

Sport England Quality Kitemark Accredited - Clubmark 2010 - 2016



Shin Gi Tai Martial Arts Academy.
The Annex @ ITT Industries. Jays Close, Basingstoke, RG22 4BA.

T: 01256 364104

E: info@basingstokekarate.com



Welcome to Shin Gi Tai Martial Arts Academy

Shin Gi Tai is a great place to learn Martial Arts and / or keep fit. You've chosen one of best clubs in the region to learn with an enviable pedigree in teaching quality Martial Arts that has been independently verified by Sport England, both in terms of its policies and procedures and also the delivery of its coaching. This document will give you an introduction to our various fitness and martial arts classes.



Basingstoke Sports Club of the year 2010 & 2015



**Martial Arts Standard Agency
Approved Centre and Approved
Coaching Centre**



**Sport England
Quality Kitemark**

Double Clubmark
Award received 2013



**Shin Gi Tai Martial Arts
Academy
Winners 2016**



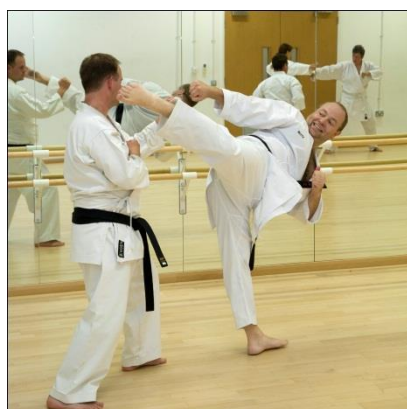
**Cameron Lloyd
- Winner
And Scott
Howes**

Shin Gi Tai Martial Arts Academy

www.basingstokekarate.com

Bryan Andrews

- 5th Dan – International Coach
- Qualified Coaching Examiner
- Level 3 Coach
- 34+ years experience
- England Squad National Team Coach
- Qualified to coach Karate, Kung Fu, Ju Jitsu, Judo, MMA and Tai Chi
- Winchester Performance Sports Coach of the Year 2015
- Basingstoke and Deane Professional Sports Coach of the Year 2012 & 2015



- World Karate Champion 2016
- European Karate Champion 2015
- Karate England All Styles National Open Kata Champion 2014
- National Kung Fu Champion 2013



- World Karate Champion 2016
- World Karate Champion 2014
- European Karate Champion 2015
- Double World Karate Champion 2013

Lindsey Andrews

- 4th Dan – National Coach
- England Squad National Team Coach
- 23+ years of experience
- Coach to Squad competitors in 2014 who achieved
 - 77 Gold Medals
 - 85 Silver Medals
 - 95 Bronze Medals
- Hampshire and IOW Masters Sportsperson of the Year 2014
- Basingstoke and Deane Sportswoman of the year 2014, 2015 and 2016



**Hampshire County
Council - London
Olympics LegacySports
Club of the year 2016**

.....because not all Martial Arts clubs are created equal!

Introducing our Team



Bryan is a 5th Dan Black Belt and Level 3 Coach and has been training in different Martial Arts for 35 + years and teaching for 32 years. He thinks personalisation of your martial art is vital.

World Karate Champion 2016, European Karate Champion 2015, National Karate Champion 2014 and National Kung Fu Champion 2013.



Lindsey is a 4th Dan Black Belt with over 23 years of training. She is the current

UK and World #1 for Ladies Kata.

European Karate Champion 2015, World Karate Champion 2016, 2014 and Double World Karate Champion 2013



Mandi is The Club Business Manager and responsible for all the Business Operations and Communications of the club.

World Karate Champion 2016

Bryan and Lindsey are the owners of Shin Gi Tai Martial Arts Academy

Mandi is our lead welfare officer



Teresa is a 2nd Dan in Judo, she has been coaching Judo for many years now and she is also a qualified grading examiner. You'll find Teresa on the Mats helping you to throw people around.



Mark is a 2nd Dan Black Belt and a Level 2 coach, you'll see him training in many of our classes with his wife and children. He loves practicing Kata.



Katherine is a 2nd Dan Black Belt was one of our first students in Basingstoke and still relishes the challenge. She loves throwing people around.

Basingstoke Sports Coach of the year 2012.



Ed is a 2nd Dan Black belt and excels at competitions. Starting off as a STORM team member, he's been a fully qualified coach for over 2 years. European Karate Champion 2014



Jess is a 2nd Dan Black belt and is Captain of our competition team. Starting off as a STORM team member, she's been a fully qualified coach for over 2 years and is a Level 2 Coach. European Karate Champion 2014



Neil is a 3rd Dan Black Belt and comes with many years experience of teaching Karate. He loves the difficult technical aspects.



Emma is a Level 2 coach. Having achieved her Black Belt as a teenager, she really puts her knowledge to use. National All Styles Kata Champion 2013



Katie is a Level 2 Coach, she teaches in several of our Children's classes and at our Ladies only Kickboxing class. Katie enjoys the technical aspects of her training.



Michelle started training to support her children and is now an accomplished Martial Artist, competitor and qualified coach in her own right.

These are typically the people that you will meet / see teaching on the mats during your classes. All of these people are DBS checked, First Aid trained, insured and qualified as Martial Arts coaches. In addition we invest in their development, both technically with regular instruction on advanced Martial Arts techniques, but also with Sport England courses such as 'Equity in your coaching' and 'Long Term Athlete Development' in order to help them help you better.

What our Logo means



心
Mind
技
Skill
体
Body

Shin represents mind, heart and good spirit – When we train we should always be aware of what we are doing and need to consider our approach to the techniques we learn. Perhaps more importantly learn and practise well the strategies in our own mind to prevent us ever having to use our Karate outside of the dojo. Shin can also mean spirit and this is the ‘fighting’ spirit that we show, we never give up and always try our hardest.

Gi represents skill, knowledge and experience – We must work hard and strive to perfect our techniques in order to be able to perform them effectively. Many of us find certain techniques difficult, and with these we must work extra hard to become good at them.

Tai represents the body and physical effort – We must be able to take every movement we make and make it part of the whole body in order to maximise its effectiveness. It also means that our bodies must be healthy enough to practise and to be able to adapt quickly, if necessary, to a changing situation.

On our logo there are four waves coming off the circle, these represent Shin - Gi - Tai and the fourth is the concept of each of these coming together into one, **Mind, Skill and Body in harmony which is one of the highest ideals in Martial Arts practice.**

The waves are depicted as a circle because as we progress in our Martial Arts journey, then we continuously re-develop our knowledge and skills to again eventually bring everything into harmony until again, we start over.

Clubmark Quality Kite Mark accredited

We are the only Sports Club in the Country holding a Double Clubmark Quality Accreditation.

Sport England's Clubmark Accreditation (www.clubmark.org.uk) recognises safe, high-quality sport for young people.

To receive the accreditation, clubs must meet strict criteria set out by their sport's national governing body / the county sports partnership.

Clubmark is endorsed by all the main sporting, youth and education agencies involved in delivery of sporting opportunity for young people as the accreditation scheme for clubs with quality assured junior sections.

Clubmark is the only national cross sports quality accreditation scheme for clubs with adults and/or junior sections. It is built around a set of core criteria which ensure that accredited clubs operate to a set of consistent, accepted and adopted minimum operating standards.

This helps parents and children feel confident about choosing a club to join.

"Our commitment to quality, safety and fair play for all students has always been a cornerstone of the club's philosophy and applies to juniors and adults alike."

"Sport England's Clubmark initiative is a welcome quality kite mark to help local residents find the right club for them and to ensure that it is a quality environment to practice sport within."



Sport England recognises and values the commitment made by sports clubs to develop high quality, welcoming environments for young participants. The development of clubs that encourage young people to take-up sport, improve their talents, possibly play a leadership role and give them the option to initiate and maintain life-long participation in sport is an essential part of supporting the sporting infrastructure in England.

Clubmark was introduced in 2002 by [Sport England](http://www.sportengland.org) to:

- Ensure that accrediting partners apply core common criteria to ensure that consistent good practice and minimum operating standards are delivered through all club development and accreditation schemes.
- To empower parents / carers when choosing a club for their children.
- To provide a focus around which all organisations involved in sport can come together to support good practice in sports clubs working with children and young people.
- Clubmark accreditation is awarded to clubs that comply with minimum operating standards in four areas:
 - The Playing Programme
 - Duty of care and safeguarding and protecting children and young people
 - Knowing your club and its community
 - Club Management

MASA Quality Standards

All of our Coaches are qualified as Martial Arts Instructors by The Martial Arts Standards Agency (also by the relevant National Governing Body for each art.) the body that promotes excellence and quality standards in the Martial Arts. We work to these exacting standards and wouldn't have it any other way.



The Martial Arts Standards Agency recommends that Associations / Clubs use a system of Instructor Accreditation. This would confirm that



-  All instructors are senior Black Belt level instructors in the art taught.
-  All instructors carry Professional Insurance for £5 million
-  All instructors have an enhanced Disclosure and Barring Service check annually.
-  All Instructor are First Aid trained
-  All instructors have a professional coaching qualification that covers:-
 - Health and safety
 - How to coach adults and children
 - Protection of children from abuse
 - Lesson planning
 - Risk Management
 - Policies and Procedures



You can be confident of our high standards.



What Makes our Academy so Successful

- ✦ Our training centre is Basingstoke's only fully equipped Family Martial Arts Centre teaching a range of Martial Arts and is purposely designed to make everyone's training safer, more exciting and enjoyable.
- ✦ We provide tuition in Tai Chi, Ladies Only Kickboxing, Judo, Karate, Kung Fu, Ju Jitsu and MMA.
- ✦ Our children's programmes are split by age: 4 – 6 yrs, 6 – 9 yrs and 10 – 14 yrs, this means that we can maximise every student's learning with an age specific curriculum. We also offer Judo and Family Classes.
- ✦ Our world class coaches are the highest ranked and most experienced instructors teaching in Basingstoke. You can be confident in our hands that you will learn higher quality skills from us.
- ✦ We have a background in successfully teaching students to high black belt grades and of producing national and international champions.
- ✦ We are a 'Club for All.' Everyone is welcome to come and train with us, regardless of age, gender, weight or level of fitness. It's never too late to start with us.

Our classes are great fun, for kids, adults and coaches



would not have achieved what they have today. They have been great role models and coaches throughout. Shin Gi Tai is very much part of our lives a highly recommended Martial Arts Academy with something to offer all the whole family.

I go to Body Combat, wow great fun, a great workout and an amazing instructor! Sensei Lindsey is truly the best thanks for everything! From a very happy, contented Mum (Jacey, Harry and Emma Cronk)

I cannot recommend this school highly enough. Both my daughter's are members and love it. The coaching staff are fantastic making the training fun and enjoyable while instructing to a high standard and instilling confidence and discipline. If I had the time I'd love to sign up. Children's parties are awesome too.



Feedback from our Members

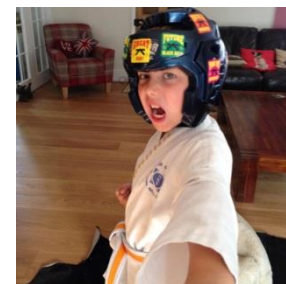
Shin Gi Tai Martial Arts Academy has been an important part of my family's life since 2005. My son started when he was 5 years old, a white belt, a completely new experience. We thought karate would be good for self defence, but it has proved to be much more.

He achieved his black belt in 2011 and now helps to coach the younger children. He has a great attitude to life he is extremely determined, disciplined and focused and I truly believe that karate has assisted in this.

My daughter has trained for 5 years, for her, karate has given her great self esteem and socially, she has met some very good friends. My children get a great workout but most importantly they enjoy everything about Shin Gi Tai, and have absolutely great fun. As a parent I couldn't ask for anything more.

Sensei Bryan and Sensei Lindsey are two very passionate people that genuinely know my children personally getting the best out of them. Their positive attitudes gives the dojo a very safe, respectful and caring atmosphere. If it wasn't for Sensei Bryan and Lindsey my children

My son loves his karate classes at Shin Gi Tai. World class coaches who really do care about each and every child and fantastic friendly and supportive team mates. Great for fun, great for fitness and great for friendships.



Ella absolutely loves training at the academy. Extremely child friendly and always adopting a fun and friendly place to train, but at the same time teaching good discipline for the future. Highly recommended

Our Kids are all WINNERS



Student of the Month

In each class, except Little Dragons, we award a Student of the Month badge. In order to be eligible to receive this award, the student must have attended all of the classes that month. The badge is worn on the right arm near the shoulder of the uniform. In addition for the calendar month following their award, the student wears a Special Belt that say's



Black Belt for a day

If during a class one of the Sensei sees a exemplary performance by a student, then at the next class, they will be a Black Belt for the day wearing the instructors belt and the instructor will wear their belt or a white belt (depending on size.)



Student of the Week

In all of our Children's classes, we award a Student of the week award . This award is given to the child who has achieved the most in that class. It might be physical based, behavioural or emotional, so everyone in the class has the chance to win it



Storm Team

The STORM team are the Academy's Junior Leaders and act as Role Models for the other students. They receive special monthly tuition to learn new technical and leadership skills including public speaking, building confidence, setting goals, communication skills, safe exercise, health and safety, planning, running a class and communication / learning styles.



Red Star – Ambassador Award

When you introduce a Friend, Family member or someone you go to school or work with to the Academy that joins us as a member, you will receive this award.



Silver Star – Attendance Award

Anyone who attends 90% of lessons over a four month period will be given a star.

Regular attendance is important to continue to develop and learn new skills and also helps the children to understand the importance of consistency in their development of new skills.



Gold Star – Achievement Award

Is awarded for success outside of the Martial Arts. e.g.

1. Receiving an award at school for great behaviour or special work
2. Being picked for another sports team or winning an award e.g. Hockey or Ballet
3. Doing something for charity such as the Race for Life
4. Doing something important at home e.g. tidying your bedroom for a week



Black Star – Dedication Award

Its takes a lot of dedication and staying power to become and stay a Black Belt. When you have been with the Academy for a year, we will award you a Black Star to mark your dedication on your journey to your Black Belt.

Little Dragons

The Little Dragons class is for children aged between 4 - 6 years old. The classes are designed to give an introduction to the very fundamental techniques of Martial Arts and include standing techniques and some groundwork.

The emphasis is less on having 100% technically correct movements, but rather on getting the techniques generally right and having fun learning it. At this age children are still developing physical co-ordination and spatial awareness so fine-tuning is impractical.

The children in these classes do not do any sparring with each other, but occasionally do get to practice with the coaches. On a regular basis we invite parents and siblings to take part in open-weeks, where they join in the whole class to support their child in the topic we are practicing.

Each class is focussed on a particular theme and at the end of each class the participant is given the corresponding sticker to go into their Sticker chart. During the class we have a mat chat about the theme in the context of school, home and martial arts. The themes are:-



BALANCE



CO-ORDINATION



DISCIPLINE



FITNESS



FOCUS



MEMORY



CONTROL



TEAMWORK



Young Legends

Young Legends is the name given to our martial arts students aged between 6 and 9. As a Young Legend you have your own special classes to attend designed to teach you all you need to know about Martial Arts and set you on the road to becoming a Black Belt. In your class we help to develop a broad base of fundamental skills in kickboxing, close range sparring, throwing and groundwork.

Being a Young Legend is about far more than just turning up at your classes each week. It's about learning to have a 'black belt attitude', even from your very first lesson. That doesn't mean that you get to wear a black belt straight away (although if you work hard you will earn one in the future), it's all about trying as hard as you can to be the best you can be, not just at your martial arts moves but also in your behaviour and attitude at the dojo, at home and at school.



We work with our Young Legends to help them with anti bullying skills both physical and mental. In every class we work with them to foster good manners, correct etiquette, team working and a strong work ethic with the premise that their hard work will end in good results for them.



Urban Warriors

Urban Warriors is the name given to our martial arts students aged between 10 - 14. As an Urban Warrior your classes are designed to teach you all you need to know about Martial Arts and set you on the road to becoming a Black Belt. In your classes we help to develop a broad base of skills in kickboxing, close range sparring, throwing, groundwork including developing speed, relaxation and power before then moving onto the softer internal Chinese Martial Arts with Tai Chi.

Because you are more mature both physically and mentally than the Young Legends, we also teach more demanding aspects including Pressure Points, Locks (at an advanced level) and pragmatic self defence. We also expect you to learn about the principles and theory behind what we practice, especially as you rise in ability.

Remember, learning Martial Arts with us can save your life. It's really important to be able to defend yourself, and it's at this age that you are more likely to need those skills than at any other time in your life. We will teach you how to protect yourself in a fight, but more importantly we will teach you how to safely avoid fighting.



Judo Classes

Our Judo class is family friendly where children and adults can train and learn together. You will be paired with one of the other children participating.



Judo translates from Japanese as the Gentle Way. The name is a big clue to one of the guiding principles of Judo, which is not to rely on force, but rather to use the force and strength of one's opponent against them.



Judo is an Olympic sport and includes techniques to lift and throw your opponent onto their back. Once on the ground there are techniques to allow you to pin your opponent to the ground, control them and apply different hold-downs until submission.



Regular extra curricular courses

We regularly hold courses with resident and visiting instructors to help our members develop new skills.



Joe Hallett 2nd Dan – 2 x World Forms Champion – Tricks, Kicks and Flips course



Sensei Ian Cuthbert 7th Karate Coach - Kumite and Sparring Skills



Tricia Jordan 5th Dan – Weapons Instructor
Kali, Escrima, Arnis Weapon seminar



Steve Rowe 8th Dan International Tai Chi and Kung Fu teacher – How to generate Speed and Power



Bryan Andrews 5th Dan
Kids practical self defence skills



Shihan Tony Bailey 6th Dan
Kids groundwork

GAMES MORNING

- Board Breaking
- Weapons
- Obstacle Course
- Crash Mat Tricks

- Shark
- Silent Ninja
- Tug of War
- Sneaky Sensei
- River Crossing
- Dodge Ball
- + More




Wednesday 17th February
11:30 – 13:30 - £10
Drinks and a snack provided

Call us to reserve your place 01256 364104

Shin Gi Tai Martial Arts Academy www.basingstokekarate.com

Don't Bully Me!

Bullying doesn't have to be a part of your child's life. Let us teach them to be prepared



1. Understand what Bullying actually is and what it means
2. Learn what makes someone become a Bully
3. Realise why the Bully picks on YOU
4. Develop non physical means of dealing with Bullies
5. Learn how to get help from others and when to get help
6. You will also learn about Street Self Defence and looking after yourself outside of your home
7. You will learn to defend yourself as a last resort against the most common attacks Bullies use.

Includes Handbook on dealing with Bullies and Self Protection guide

Saturday 9th October
2:00 – 5:00 pm
£15

This format of the seminar will split between discussion based, role playing and partner work for the actual self defence strategies.

To reserve your place on the seminar call 01256 883302

What else do we do?

Martial Arts

Adults



Come and do something remarkable. You have it in YOU.

Call to find out more about our Classes **01256 364104**

Shin Gi Tai Martial Arts Academy www.basingstokekarate.com

LADIES ONLY Kickboxing



Tuesday 7:30 – 8:30pm
Friday 7:00 – 8:00pm

- Learn Self Defence
- Get Fitter
- Lose Weight
- Get Toned
- Have Fun



#thisgirlcan #Basingstokesportswomanoftheyear - Ladies Only Kickboxing in Basingstoke

Call Nicola on **01256 364104**

www.basingstokekarate.com ladies-only-kickboxing-in-basingstoke

Shin Gi Tai Martial Arts Academy

TAI CHI



- For your Health
- For Mental Awareness
- For Energy
- For Relaxation
- Don't stress; Do Tai Chi

Starts Wednesday 22nd June 7:00 – 8:00pm

- The Benefits of Tai Chi
- Anxiety & Stress Management
- Relaxation & Wellbeing
- Improved Posture & Breathing
- Low Impact Exercise
- Greater Core Strength
- Better Balance



To book your place call 01256 364104 or email mandi.miles@basingstokekarate.com

Shin Gi Tai Martial Arts Academy

www.basingstokekarate.com

Martial Circuits Summer Body Blast



Fitness and Circuits
Dedicated fitness class, using the principles from within the Martial Arts to get into shape.

Monday 7:30 – 8:30 pm

Want to take part in a cardio exercise blast to get a summer booster?

- Improve your cardio vascular fitness
- Increase your muscle strength
- Develop your core stability
- Improve your flexibility
- Exercises graded for Beginners / Intermediate / Advanced levels

Starts Monday 16th May 7:30pm – 8:30pm £39 for six weeks

Please call us to book your place 01256 364104 or email mandi.miles@basingstokekarate.com

Shin Gi Tai Martial Arts Academy

www.basingstokekarate.com

Adults Judo Beginners Courses



Throws Groundwork Locks Strangles/Chokes

10 Weeks of Judo for Includes £25

Membership, Judo Suit and grading at the end of 10 weeks

Come and safely learn Judo every Thursday evening

Peter Powell 3rd Dan Hampshire

Call to find out more about our Classes **01256 364104**

Shin Gi Tai Martial Arts Academy www.basingstokejudo.com

Weapons Session



- Jo
- Nunchaku

- Sport Sword Fighting
- Nunchaku Fighting (please bring your headguard and gloves)

Thursday 7th April 11:30 – 13:30 - £10 Drinks and a snack provided

Call us to reserve your place 01256 364104

Shin Gi Tai Martial Arts Academy www.basingstokekarate.com

XMAS Present For Mum and DAD



- You've seen how much the kids enjoy their classes.
- Now you too can enjoy the fun, whilst you get fit and do something together.

Mums and Dad's you can join in with them starting in January.

£29 for 8 weeks
Only available to first **10 people**

Uniform, membership, 8 weeks of lessons in our family classes

After 10 people price is £59

Offer expires end of January 2014

Family classes are Wednesday 6-7pm and Sunday 9:30-10:30

Call us on 01256 364104

www.basingstokekarate.com/family-martial-arts-in-basingstoke

INTERNAL KIDS COMPETITION



- Stand up Fighting
- Groundwork
- Kata or Forms
- Weapons Fighting

- All participants will receive a medal or trophy at the event.
- The competition will be split into age and grade groups

The times below are what we expect to run to, during the day. All participants will be split into groups.

Once we have received all entries, then we will confirm the start and finish time for each category. Children only need to be present for their event.

ALL ENTRIES MUST BE RECEIVED BEFORE THURSDAY 6TH AUGUST

Tuesday 11th AUGUST -£10

10:00 – 12:00 Young Legends 1:00 – 3:00 Urban Warriors

Please telephone us to confirm your entry 01256 364104 or email nicola.vanmeerk@basingstokekarate.com

Costs for Children

Membership options

- Bronze membership entitles the member to 1 class per week £28
- Silver membership entitles the member to 2 classes per week £45
- Gold membership entitles the member to three classes per week £55
- We also offer a range of family membership options that make it cheaper for everyone to enjoy the different classes that we offer. Further information is available upon request. E.G.
 - Silver membership for one child and one adult is £85 (saving £12 per month)
 - Silver membership for a family of three is £89 (saving £63 per month)
 - Silver membership for a family of four is £99 (saving £95 per month)

Insurance and membership renewal is £25 per annum. The initial joining fee is £64, which includes a uniform and T Shirt.

Gradings are £25 per person and include a new belt and certificate if successful

Equipment is priced as per the display cabinet area.

All prices are current at time of printing, but may vary.

Payment of Fees

- All monthly fees are payable monthly in advance by standing order on the 1st of each month.
- If you decide to stop training for any reason, we ask that you give us one months notice please.
- If you miss a class for any reason, you can make up another class during that month as a replacement.

Communications

Newsletter

- We send out regular newsletters by email. We send these from bryan.andrews@basingstokekarate.com. The newsletters contain a mixture of topics including things like:- General updates, events, course reports, technical tips, competition / grading successes, stretching tips and other useful pieces of information.

Posters / Handouts

- We put up posters and announcements both inside the centre and also in the corridor. These are usually changed on a monthly basis. Likewise we will from time to time distribute hand outs.

Website

- We have a website www.basingstokekarate.com which has events and news items, plus a blog with lots of interesting information to read. We also provide a password protected area to give you information on what you need to do to pass your next belt.




- We have a closed Facebook group where we post videos and technical tips that we don't wish to share outside of the club. If you search for basingstokekarate.com on Facebook, you will find us and then ask for access to the group.
- Additionally we have a fan page where we share a wider amount of information and interact with lots of different people including inviting people to attend events and gradings. Search for Shin Gi Tai Martial Arts Academy or follow this link <https://www.facebook.com/pages/Shin-Gi-Tai-Martial-Arts-Academy/112582666226>













Videos – If members would like something in particular videoed for them to review at a later time, then we are happy to either post it to our website,

Facebook or even Youtube, depending upon the content, this either be done publically or privately. Our video channel is <http://www.youtube.com/user/basingstokema/videos>


If there are particular topics you would like us to include in our communications please let us know.



Enquiries: 01256 364 104

Two Clubmark Quality Accreditations 2010 – 2016    66 National Champions since 2010 <ul style="list-style-type: none">11 World Champions4 European Champions3 World Games Champions11 Silver and 10 Bronze Medals at the World Championships13 Silver and 17 Bronze medals at the European Championships      	17 National Governing Body Qualified Coaches With a minimum of CRB/DBS, First Aid, Safeguarding and Protecting Children plus martial arts coaching qualifications. Medal Tally 2015 <div>56 Gold Medals</div> <div>76 Silver Medals</div> <div>99 Bronze Medals</div>	Black Belts - 39  <ul style="list-style-type: none">Hampshire Sports Club of the YearHampshire Satellite Club of the yearHampshire Junior Volunteer of the YearWinchester and District<ul style="list-style-type: none">Performance Coach of the Year3 x Sportswoman of the YearBasingstoke and Deane Sports Club of the Year x 22 x Professional Coach of the year3 x Sportswoman of the YearVolunteer Coach of the YearVeterans Sportsman of the Year2 x Disability Sportsman of the year1 x Junior Disability Sportsman of the year2 x Junior Volunteer of the Year2 x Sports Team of the Year
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Because not all martial arts clubs are created equal



Timetable

Children's Classes

DAY	CLASS	TIME
MONDAY	Little Dragons (4-6yrs)	4:00 – 4:45 pm
	Young Legends (6-9 yrs) All grades	4:45 – 5:30 pm
	Urban Warriors (10–14yrs)	5:30 – 6:30 pm
	Judo	6:30 – 7:30 pm
TUESDAY	Little Dragons (4-6 yrs)	4:00 – 4:45 pm
	Young Legends (6-9 yrs)	4:45 – 5:30 pm
	Urban Warriors (10-14 yrs)	5:30 – 6:30 pm
	Kata class	6:30 – 7:30 pm
WEDNESDAY	Young Legends (6-9yrs)	4:00 – 4:45 pm
	Urban Warriors (10-14yrs)	5:00 – 6:00 pm
	Family class	6:00 – 7:00 pm
THURSDAY	Little Dragons (4-6 yrs)	4:00 – 4:45 pm
	Young Legends (6-9 yrs)	4:45 – 5:30 pm
	Urban Warriors (10-14 yrs)	5:30 – 6:30 pm
	Senior Squad Training	6:30 – 7:30 pm
FRIDAY	Young Legends (6-9 yrs)	4:00 – 4:45 pm
	Urban Warriors (10-14 yrs)	4:45 – 5:45 pm
	Junior Squad Training	6:00 – 7:00 pm
SATURDAY	Little Dragons (4-6 yrs)	9:00 – 9:45 am
	Young Legends (6-9 yrs)	9:45 – 10:30 am

Adults Martial Arts and Fitness Classes

DAY	CLASS	TIME
MONDAY	Fitness Circuit Class	7:30 – 8:30 pm
	Mixed Martial Arts / Combat Ju Jitsu	8:30 – 9:45 pm
TUESDAY	Kata class	6:30 – 7:30 pm
	Ladies Only Kickboxing	7:30 – 8:30 pm
WEDNESDAY	Tai Chi	7:00 – 8:00 pm
	Adults Martial Arts – all grades	8:00 – 9:30 pm
	Adults Martial Arts – brown and black belts	9:30 – 10:30 pm
THURSDAY	Adults Martial Arts	10:00 – 11:00 am
	Judo	7:30 – 9:00 pm
FRIDAY	Ladies Only Kickboxing	7:00 – 8:00 pm
	Adults Martial Arts – all grades	8:00 – 9:30 pm

Family Friendly Classes

DAY	CLASS	TIME
MONDAY	Family friendly Judo class	6:30 – 7:30 pm
WEDNESDAY	Family friendly class	6:00 – 7:00 pm
SUNDAY	Family friendly class	9:30 – 10:30 am



Shin Gi Tai Martial Arts Academy
 The Annex @ ITT Industries, Jays Close,
 Basingstoke, RG22 4BA.
www.basingstokekarate.com

(e) info@basingstokekarate.com
 (t) 01256 364104

DAY	CLASS	TIME
MONDAY	Little Dragons (4-6yrs) Young Legends (6-9 yrs) All grades Urban Warriors (10-14yrs) Judo	4:00 – 4:45 pm 4:45 – 5:30 pm 5:30 – 6:30 pm 6:30 – 7:30 pm
TUESDAY	Little Dragons (4-6 yrs) Young Legends (6-9 yrs) Urban Warriors (10-14 yrs) Kata class	4:00 – 4:45 pm 4:45 – 5:30 pm 5:30 – 6:30 pm 6:30 – 7:30 pm
WEDNESDAY	Young Legends (6-9yrs) Urban Warriors (10-14yrs) Family class	4:00 – 4:45 pm 5:00 – 6:00 pm 6:00 – 7:00 pm
THURSDAY	Little Dragons (4-6 yrs) Young Legends (6-9 yrs) Urban Warriors (10-14 yrs) Senior Squad Training	4:00 – 4:45 pm 4:45 – 5:30 pm 5:30 – 6:30 pm 6:30 – 7:30 pm
FRIDAY	Young Legends (6-9 yrs) Urban Warriors (10-14 yrs) Junior Squad Training	4:00 – 4:45 pm 4:45 – 5:45 pm 6:00 – 7:00 pm
SATURDAY	Little Dragons (4-6 yrs) Young Legends (6-9 yrs)	9:00 – 9:45 am 9:45 – 10:30 am

Family Friendly Classes

DAY	CLASS	TIME
MONDAY	Family friendly Judo class	6:30 – 7:30 pm
WEDNESDAY	Family friendly class	6:00 – 7:00 pm
SUNDAY	Family friendly class	9:30 – 10:30 am

Adults Martial Arts and Fitness Classes

DAY	CLASS	TIME
MONDAY	Fitness Circuit Class Mixed Martial Arts / Combat Ju Jitsu	7:30 – 8:30 pm 8:30 – 9:45 pm
TUESDAY	Kata class Ladies Only Kickboxing	6:30 – 7:30 pm 7:30 – 8:30 pm
WEDNESDAY	Tai Chi Adults Martial Arts – all grades Adults Martial Arts – brown and black belts	7:00 – 8:00 pm 8:00 – 9:30 pm 9:30 – 10:30 pm
THURSDAY	Adults Martial Arts Judo	10:00 – 11:00 am 7:30 – 9:00 pm
FRIDAY	Ladies Only Kickboxing Adults Martial Arts – all grades	7:00 – 8:00 pm 8:00 – 9:30 pm

We are Shin Gi Tai Martial Arts Academy.



Performance



Achievement



Challenge



Self Confidence



Self Defence



Art



Fun



Friendship



Skill

.....because not all Martial Arts clubs are created equal!



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