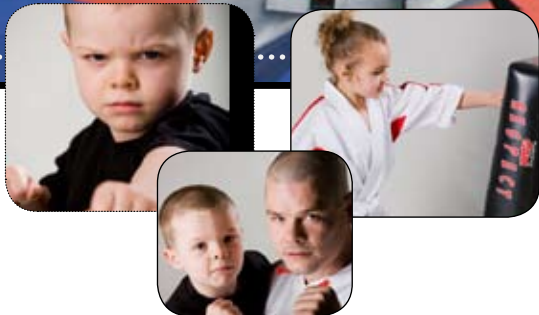




國際松濤館空手

International Shotokan Karate NEWSLETTER

FEB 2009



**KARATE TRAINING -
THE BENEFITS ARE ENDLESS!**

It's Never Too Late To Try Again!

Don't leave it for next week, or next month. Now is the time to positively do something beneficial for you or your family together.

Welcome Back

I started karate in 1972 thinking I would be the next Bruce Lee. In fact, I was just one of many people who had the same dream. I didn't really realise how much of an impact karate would have on my life, my family or the good friends I would meet along the way.

Forty odd years ago I was just a white belt being shouted at by my instructor, who later on became my wife, who made sure I had the physical and technical skills like my hero!

Karate has taught me valuable lessons and three children later instilled in them attributes that I thank karate for. Respect, discipline, patience, physical fitness, confidence and keeping your weight down - even when the years catch up with you!

Many students may have noticed I have been absent from teaching. This was due to a back operation, a floating disc which we are all born with. It should disappear by the time you reach 30, however didn't with me. You will be pleased to know my back has healed, quicker than normal, thanks to the strong development of my back muscles through karate training!

I understand students may not be as flexible or as fit as they were when they were younger, however by adjusting your technique and practice you can retrieve some of the flexibility and fitness you may have lost over time.

So, don't leave it for next week, or next month. There is no better time like today to start thinking about improving you or your families wellbeing and make great friends whilst at the same time learn something that may actually save your life one day!

Sensei Lee Bindra

NEW PARENT & CHILDREN CLASSES

We understand the importance time is. Our new classes enable parents to train at the same time as your kids with separate instructors.

FIRST LESSON FREE

To kick start your motivation your first lesson back would be free

FULLY MATTED AREAS

NO MORE GRITTY FLOORS! Our clubs at Sidcup and Plumstead are now fully matted and are fully heated! Swanley & Erith are also fully matted, Dartford now has a sprung wooden floor.

NEW WEAPONS, KATA & KUMITE COURSES TO BE ANNOUNCED

For exciting, new in-depth courses to help perfect your skills, courses will be held for all grades throughout the year.

View www.iskkarate.com for more details

International Shotokan Karate

DATES FOR YOUR DIARY



The Importance of Regular Training

Not all addictions can be beneficial to your health. However, if you have trained in karate or are still training you know this addiction is the best you can give your mind & body!

If you havent trained for a long time and wish to start back into a routine, then once a week will lead you in the right direction. Once you've got back into the habit try and gradually increase the number sessions you attend and see how fast your technical ability changes and improves along with your health and confidence!

Training once a week is a good start, however to get the most from your karate try and practice at least twice a week at the karate clubs and do your stretching every day.



Classes are always split depending on ability.

Children and adults learn and inspire differently. Kids learn with kids and adults with adults. Classes are also split depending on ability, so don't worry if you are a beginner training with black belts. You have your own instructor who will patiently show you how and what to do.



COMING UP

Greenwich Grading	6.30 Children	2nd March '09
Plumstead Grading	6.30 Children 7.30 Adults	3rd March '09
Sidcup Grading	6.30 Children	5th March '09
Welling Library Grading	6.30 Children	9th March '09

BROWN BELT (1st kyu, 2nd kyu, 3rd kyu) GRADING

Plumstead	7.30 All Ages	21st April '09
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I.S.K. COMPETITION

To be confirmed	All Ages	November '09
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WEAPONS COURSES

To be confirmed	All Ages
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KATA & KUMITE COURSES

To be confirmed	All Ages
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Please note that during gradings, classes will still be available (except adult classes on the black and brown belt grading).

If you require a private lesson, please ask your instructor, who will assist.

So if you have not been training lately, WELCOME BACK, LETS GET TRAINING!!!!

OFFERS

- **First Lesson FREE**
- **If three members of the same family train, the 3rd member trains FREE**
- **If you do an intermediate lesson and want to continue onto the advanced lesson immediately after, the advanced lesson is FREE.**

CONTACT:

For More Information Call:-

0208 317 8280 (day) or
0208 310 2424 (eve)

**E-Mail: info@iskkarate.com
Web: www.iskkarate.com**

ISK MAIN INSTRUCTORS



Sensei Pauline Bindra
8th Dan - Founder

Started karate in 1957. Ranked the highest female instructor in Europe. Founder of the largest karate organisations in the U.K.



Sensei Lee Bindra
7th Dan - Chief Instructor

Started karate in 1972. Won many national and International tournaments and coached many students who now win national/international competitions.



Sensei John Glasgow
5th Dan

Started karate in 1986, gained 1st Dan in 1989. Has won many tournaments Nationally and coached many champions.



Sensei Joe Edmonds
5th Dan

Started Kyokoshinkai karate in 1977 & changed to Shotokan when he joined the ISK in 1985. Chief referee of the ISK.



Sensei Majid Gharbaoui
3rd Dan

Initial started started wado ryu karate in 1980 and moved over to Shotokan. Qualified association referee and taught many up to black belt and beyond.



Sensei Giuseppe Tomaselli
3rd Dan

Started karate in 1972 in Italy. Was regional Italian champion and proficient in the practice of sai, tonfa and bo. Chief organiser of the annual championships.



Sensei Danny Bindra
3rd Dan

Started karate in 1977 at the age of 3! became a member of the English Youth Karate Team and son of Pauline and Lee Bindra.



Sensei Elida Fidler (Bindra)
3rd Dan

Started karate in 1983. Finalist in the English National Champs. Taught many up to black belt and beyond and daughter of Lee & Pauline Bindra



Sensei Caroline Fairhurst
3rd Dan

Began training in 1990 and has won endless trophies and events. Responsible for the development of the junior and senior ladies squads.



Sensei Sam Jameson
3rd Dan

Started karate in 1993. Winner of many national events and proficient also in mma grappling. Has taught many students beyond black belt.



Sensei Paul Claremont
3rd Dan

Began training in 1993, is a recognised referee and has taught many students up to black belt and beyond. Senior level association referee.



Sensei Lee Glasgow
2nd Dan

Started karate in 1986. Has won many national tournaments and competed on an International level. Also selected to train in the English Youth Academy.



Sensei Robert Slamon
2nd Dan

Began training in 1993, is a recognised referee and senior member of the ISK organising committee for the annual championships.



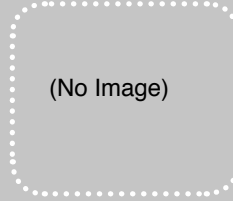
Sensei Sam Crouchman
2nd Dan

Began training in 1985. Has taught many past black belt and specialises in teaching children.



Sensei Pat Francoise
2nd Dan

Started karate in 1987. Taught many students and won many national competitions.



Sensei Tony Miller
2nd Dan

(No Image)

Started karate in 1979. One of the original members of the ISK. Has taught many students up to black belt and beyond.

Clubs In Your Area

MONDAY

Welling Library, Bellegrove Rd, Welling

6.30 - 7.30 p.m. - Children Beginners (white to red belt)

7.30 - 8.30 p.m. - Children Advanced (yellow belt & above)

8.30 - 9.30 p.m. - Adults (all grades)

Alfège Church Hall, Roan Street, Greenwich

6.30 - 7.30 p.m. - Children (& Children/Parent Class)

7.30 - 8.30 p.m. - Adults

TUESDAY

St. Nicholas Church Hall, St. Nicholas Rd (off Plumstead High Street), Plumstead

6.30 - 7.30 p.m. - Children (& Children/Parent Class)

7.30 - 8.30 p.m. - Adults

Christchurch Hall, Victoria Rd, Erith

7.00 - 8.00 p.m. - Children (5 to 12 years)

8.00 - 9.00 p.m. - Adults

WEDNESDAY

All Saints Church Hall, Nuxley Road (opposite Police Station), Belvedere

5.30 - 6.30 p.m. - Children Beginners (white to red belt)

6.30 - 7.30 p.m. - Children Advanced (yellow belt & above)

The United Reformed Church, Kelvin Rd, Welling

6.30 - 7.30 p.m. - Children

7.30 - 8.30 p.m. - Adults

THURSDAY

Holy Trinity Church Hall, (opposite Lam- orbey Swimming Baths), Sidcup (Corner of Hurst Road & Station Rd)

6.30 - 7.30 p.m. - Children (& Children/Parent Class)

7.30 - 8.30 p.m. - Adults

Manor Hall Community Centre, Manor Close Crossway, Thamesmead

6.00 - 7.00 p.m. - Children Beginners (white to red belt)

7.00 - 8.00 p.m. - Children Advanced (yellow belt & above)

8.00 - 9.00 p.m. - Adults

FRIDAY

White Oaks Sports Centre, Swanley

6.30 - 7.30 p.m. - Children

7.30 - 8.30 p.m. - Adults

SUNDAY

White Oaks Sports Centre, Swanley

6.30 - 7.30 p.m. - Children

7.30 - 8.30 p.m. - Adults

Fairfield Swimming Baths, Lowfield St, Dartford

10.30 - 11.30 a.m. - Adults

11.30 - 12.30 Children (& Children/Parent Class)

Christ Church Hall, Victoria Rd, Erith

5.00 - 6.00 p.m. - Children

6.00 - 7.00 p.m. - Adults

One of the most cost-effective forms of keeping fit, with no tie-in-monthly-bills or hidden fees.

An established group that has been teaching for the past 40 years & have produced both national and international champions.

Recognised by the Governing Body of Karate who are affiliated to the Sports Council.

All I.S.K instructors have Criminal Record Bureau checks and adhere to child protection policies.

