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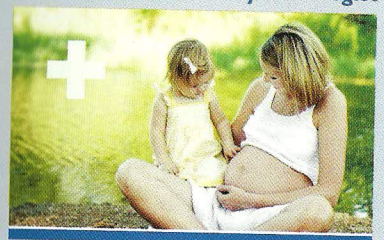

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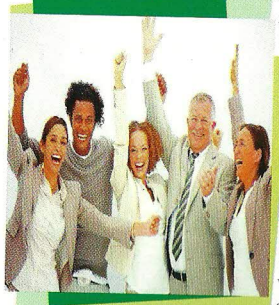

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Getting a kick out of karate

Successful local club, Pee Wee Karate, encourages both discipline and fun

The secret to local club Pee Wee Karate's success is that Sensei Debi Steven just loves teaching children! 'It's great to see children as young as three really enjoying the discipline and energy they get from karate,' says Sensei Debi, a 4th Dan black belt.

Sensei Debi has been teaching karate for over 20 years and set up Pee Wee Karate over 10 years ago. The club has grown into a successful business specialising in teaching children karate from ages 3-6-years-old.

She has over 50 classes a week and 600 very keen karate students. The older children and adults (6 years and above) do Funakoshi Shotokan Karate.

The success of both businesses is due to her huge passion for getting children involved in well structured sport at an early age. She has a team of equally passionate and dedicated instructors. Pee-Wee Karate not only instils a love for martial arts at this young age but, very importantly, teaches children respect and discipline. Says Sensei Debi: 'It helps them channel their excess energy in a positive way. It boosts the confidence of girls or boys that are a little more reserved and without doubt teaches that a healthy body leads to a healthy mind.'

The children have so enjoyed her classes that she now has teenage black belts that started karate with her when they were three-years-old.

Pee-Wee Karate is taught for half an hour once a week and focuses on stretching, auto motive skills and eye/ball co-ordination as well as teaching children basic karate techniques. The classes have a good balance between learning in a fun environment and learning in a well structured disciplined environment. The children do a grading at the end of each term but do not receive coloured belts; instead they achieve badges of merit and a certificate.

Once they turn six they move up to the traditional Funakoshi Shotokan Karate clubs. These classes become more technical and this is where all students start the journey towards being a black belt. Here belts are awarded only through hard work and discipline. They are classes that focus not only on technique but building character. Sensei Debi's students have had huge success over the last year at various local and international competitions.

Says Sensei Debi: 'The students and instructors of both clubs have become a family that promotes all things positive within martial arts.'

Free trial classes are available – visit the websites for more information and venue times or call Sensei Debi for a chat: 020 8940 8958
peeweekarate.co.uk
fskauk.co.uk