

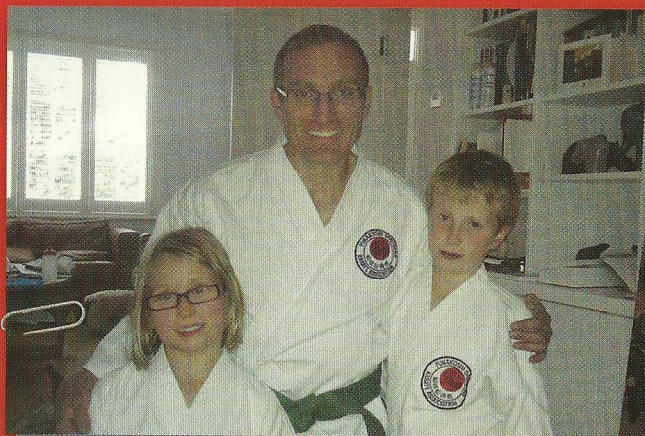
Funakoshi Shotokan Karate

Sensei Debi Steven founded Pee-Wee Karate in Cape Town, South Africa nearly 20 years ago. She is one of the first martial artists to teach such young children internationally. After settling in Richmond 10 years ago, she set up Pee-Wee Karate in South West London. Funakoshi Shotokan Karate caters for children from 6 years and above as well as adults

Sensei Debi Steven has always believed that karate is a sport for everyone, a message that has been taken to heart by the Marwood family of South West London, all 5 of whom train karate with Sensei Debi. The youngest child, Robin aged 5,

does Pee Wee Karate and his brother and sister, Thomas, 9, and Hannah, 8, and both parents train at Funakoshi Shotokan Karate.

We spoke to them and asked... Why karate?



Richard Marwood (Dad) "I have always been very keen on sport, and having run five marathons, was keen to start something new. Having watched my wife and two eldest children compete successfully at the Funakoshi Shotokan Karate world champion-ships in South Africa, I was inspired to give it a try. I thoroughly enjoy it because I'm learning something new and it's a sport that I can do with my whole family."

Robin (5) "I like Pee Wee because we do lots of running around and I can practise doing lots of stretching. We also get good badges."

Thomas (9) "I love karate. My favourite bit is the sparring (fighting) and doing competitions. I also like doing the training, it makes me strong and helps with sports at school. I want to be a black belt too!"

Hannah (8) "I started karate with my friend, but I carry on because it makes me fit, and I like learning the kata (a form of karate "dance") and doing competitions. Although people think it's just fighting we learn lots of other things too. I want to be a black belt one day."

Eva (Mum) "I started karate when I left work to be a full time mum to keep me fit and give me an interest outside the home. I have carried on because its made me fit, given me self-confidence, and I have met a lot of great people. Although I found the sparring difficult at first, it's quite liberating, and a great stress reliever. I recently was awarded my brown belt and I am so proud of my achievement. Not bad for nearly 40!"

Karate has also exposed us to lots of new experiences, two years ago we went with the club to South Africa to compete in the Funakoshi Shotokan Karate world championships, and watching Tom,

Hannah and their friend Spike King win gold in the team kata was a real high point. I've also competed, and while it's intimidating at first, it's very satisfying to go out there and give it a go."



If you would like to find out more, please look at the visit www.fskauk.co.uk, or www.peeweekarate.co.uk You can also contact Sensei Debi on **020 8940 8958**.

Do you have a passion for karate, and would love to teach it? Sensei Debi is looking for a new instructor. Please contact her on the number above or **07950 337 648**.

FSKA Karate Club

It's fun and children love it!

All children get a **free** trail session

3-6 year old children train Pee-Wee Karate

6 years and above train Funakoshi Shotokan Karate

Separate womans only classes taught by woman instructors

Weekend adult mixed classes in Kew Gardens for beginners

Contact Sensei Debi Steven on: **020 8940 8958**



www.fskauk.co.uk



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