

FSKA KARATE CLUB

The Pee Wee Karate Club for young children can lead to bigger things – The FSKA Karate Club, a love of martial arts and new experiences that enrich the rest of their lives...

The Pee Wee Karate sessions run by Debi Steven in Richmond not only provide young children with invaluable skills and a chance to socialize in a positive environment, but, as these 3- to 6-year-olds grow, they can

take what they have learned with them to the next step: Steven's FSKA Karate Club. FSKA stands for Funakoshi Shotokan Karate Association, and has clubs across South West London.

Here are some teenagers that will be grading for their junior black belts in March 2011 and now share their experiences with you...

Ieuan Hamilton-Bass, 12

Ieuan started Pee-Wee Karate at 3 and Funakoshi Shotokan Karate at 5 years old.

"Karate has taught me how to respect myself and others. It has given me self-confidence and I find that I am doing things that I never thought I would do. It's helped so much that I have a great Sensei who has helped me through the good and bad times.

"It has kept me fit and I have made friends. I have encouraged other people to start. I love karate and I hope that other people do as well."

Nikil Vadgama,

Nikil started karate when he was 4 and half.

"The day I started karate I was very nervous. My older brother had already started, he is a black belt now.

In karate I have made many new friends and appreciate my whole life now. "My main instructor is Sensei Debi. She taught me NEVER to give up and supported me throughout my whole journey. My mum and dad have also helped by paying my fees and supporting me.

"I have also learnt to respect people and be disciplined and never stop trying. I look forward to my junior black belt grading very soon."

Ameya Barve, 13

Ameya started karate at 5 years old:

"When I first started karate it was based mostly around fun and games but now we focus on technique. If I say that I have always loved karate it would be lying, for me it was when I failed my first grading that I realised that a black belt was not just given to you, you have to persevere.

"I have made great friends. As a girl, karate has given me so much self-confidence and it has helped me to be disciplined with my school work. Karate has taught me many things but mainly NEVER to give up. I love karate and look forward to my junior black belt grading soon."



Ryan Francis-Hume, 12

Ryan started Pee-Wee Karate Year 1 then moved to Funakoshi Shotokan Karate Year 3:

"I first started karate in Year 1. I was new at the school and it helped me make new friends. I enjoyed simple techniques and games at the end of class. As I got older the training became more serious and I love entering competitions over weekends.

"On my journey to junior black belt I have made many friends I hope I keep all my life. I have wanted to give up many times but have persevered, and I have learned both respect and discipline. I look forward to what my future in karate holds for me."



Max Wojtkiewicz, 14

Max started karate at 5 years old:

"When I first joined karate it was real fun. We played games and I learnt all these cool punches, kicks and blocks. At the moment I am a brown belt with 2 stripes, which is one grade before black. I am now going for my junior black which is a big achievement for me as I have been doing Funakoshi Shotokan Karate since I was 5.

"I joined karate because I was being bullied at school. However since I began training karate I have not been bullied. Karate taught me to stand up for myself. It gave me confidence and belief in my abilities. Karate makes you physically and mentally stronger, it teaches discipline and respect."

"I remember one time I was thinking of quitting karate and after a few weeks I failed my grading. I felt gutted but then realised that this was all the more reason to continue with my training and never to quit."

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 women only classes taught by woman instructors
- Weekend adult mixed classes in Kew Gardens for beginners

Contact Sensei Debi Steven on: 020 8940 8958



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