Karate kids go from South London to South Africa

The **FSKA Karate Club** shows just how far a love of martial arts can take you...

In 2009, the club sent a team of 4 adults and 6 children to the tournament to the 11th FSKA World Championships, held in Sun City, South Africa. The trip was the culmination of hard work fundraising and training beyond the week to week schedule; the team attended extra sessions where they practiced their sparring and focused on improving their technique. People attended from all over the world but the South West London team competed very successfully and won medals in 17 events, of which 10 were gold.

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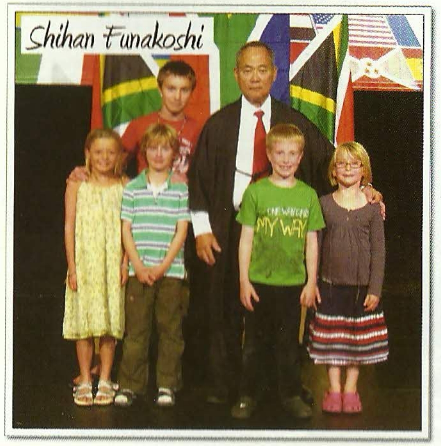
Shihan Funakoshi

The championship started with the honour of a training session for all competitors with Shihan Funakoshi, a 9th Dan Japanese karate master and the head of the Funakoshi Shotokan karate style. Then the tournament started with the unison kata competition, the second day was the individual kata and the third was the kumite, or sparring. The competition started with a bang for the team when Thomas and Hannah Marwood and Spike King won the gold in the team kata for 6-8 year old beginners, and continued in the same vein with a win in the intermediate mixed adults. The second day was equally successful with another 6 medals, of which three were gold! The final day was the sparring competition, in which the team won a gold, 2 silvers and 5 bronzes.

The trip was a perfect example of how a child's hobby can open up so many other new experiences. When not competing, many of the children spent a lot of time swimming. The Valley of the Waves with its wave machine and slides was a particular favorite. Even the youngest member of our team slid down the slide of courage (a 20m vertical drop) – karate obviously toughens you up!

The children got to see that karate is a world-wide sport, practiced by all ages, shapes, colours and sizes of people. One of them commented, "I had a really good time. I met lots of new people and enjoyed seeing the black belt men do the kata. It was cool! Can we go next year?"

!!STOP PRESS!!STOP PRESS!!

The club is now planning on going to the 12th FSKA World Champion-ships in Poland in September 2010. They are looking forward to taking a bigger and even more successful team!

Freya wins silver!

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**

FUNAKOSHI Shotokan Karate Association

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