



Make sure your kids have a spring in their step this Spring with Pee-Wee Karate and Funakoshi Shotokan Karate



Over 400 children are now Pee-Wee Karate children!



Sensei Debi Steven first started **Pee-Wee Karate** in Cape Town, South Africa, over 15 years ago. It has been taught across London for nearly 10 years and now has a dedicated team of instructors, and over 400 keen Pee-Wee Karate children.

And this summer, Debi will be taking a team of older **Funakoshi Shotokan Karate** students across to Sun City, South Africa to compete at the **Funakoshi Shotokan World Karate Tournament**. This is a great



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opportunity for the children, and will even be televised across Africa!

Karate for the very young

Pee-Wee Karate is the first and the longest running business that specialises in teaching children from 3-6 years old. The classes are very much aimed



at the younger child. "I'm very specific with my classes because I think under 6's would find it difficult to keep up with older children", says Sensei Debi. The classes are half an hour, once a week, and the children learn in a fun environment structured specifically around them. It is often the first sporting experience so I feel it should be a positive one."

"This is an excellent start for children of all abilities. It helps them with co-ordination, balance, turn-taking, confidence. Its not just about karate, its about having fun too, which is something us parents often forget. I highly recommend this invaluable start for our little ones!" Lisa C.

What happens when they turn 6?

Classes don't stop once a child has turned six. "After this age the children can carry on training at the same venue and with the same



karate 'family'. I have many children now that I have been teaching since they were 3 ,4 or 5 (over 7 years of karate training) and are now about to grade for their black belts!" Sensei Debi also runs **Funakoshi Shotokan Karate** schools which teach children over 6, teenagers and adults. She also runs 2 very successful classes for mums taught by Sensei Odile who started karate when her oldest daughter did **Pee-Wee Karate**. The classes are in Kew Gardens on a Thursday morning and Teddington on a Wednesday morning. These are great for fitness and for mums to tone up. We have a family class in Kew Gardens on Saturday lunchtime.

"My son started aged 3 with Pee-Wee karate and has progressed to Funakoshi Shotokan Karate, in which he is now a brown belt. I can't think of a better way to help me to bring up a young man in today's society." Lynda H.



For the older **Pee-Wee Karate** children and all the Funakoshi Shotokan Karate students, we are holding a fun day and karate sparring day on the 26th April at the German School in Petersham. This will be an amazing experience for all students. They will learn the basics of karate fighting and have an opportunity to spar against each other. The older children will learn the rules of how tournaments are run and they will learn to referee and be flag officials.



To find out more about Pee-Wee Karate, Funakoshi Shotokan Karate or Premier Self Defence, contact Debi on 020 9040 8958 or visit www.peeweekarate.co.uk www.premierself-defence.co.uk www.fskauk.co.uk