

CLAUDY KARATE CLUB

‘Information Pack’





Foreword

Claudy Karate Club, was founded in August 2000 by Sensei Chris McFeely; 4th Dan. We are a fully affiliated member club of ONAKAI Karate Ireland - the only national federation recognized by Olympic Ireland. Our club caters for and facilitates our students development in;

- Sport Karate (WKF)
- Traditional Karate (Wado Ryu)
- Applied Karate (Kissaki Kai)

Our first dojo was in St Patrick's & St Brigid's High School Claudy. In August 2020, we reached a new milestone, and secured our first full time dojo. A 171 square meter purpose built facility; **Dermot's Martial Fitness**.

Sensei Dermot McFeely – 2nd Dan, is our current chief instructor. Sensei Dermot is a full time karate instructor, and is the current National Assistant Coach for the Ireland Karate Team.



Fees

Term Class Price

A term runs each calendar month & payment is due on the last training of the previous month

1 Student	£20	Due Each Month
2 Students (same immediate family)	£30	
3+ Students (same immediate family)	£40	

Insurance & Membership

1 Student	£10	Due Upon Starting (every September)
2 Students (same immediate family)	£20	
3+ Students (same immediate family)	£30	

Additional Squad Classes

General Squad Class	£4/£6/£8	Pay Per Class
Traditional Class	£4/£6/£8	

Gradings & Competitions

Prices differ depending on the level

Training Timetable



MONDAY	THURSDAY	SATURDAY
Junior 6:00 – 7:00pm	Little Ninjas 5:30 – 6:30pm	TRADITIONAL Class 8:15 – 9:15am
ELITE Squad 7:00 – 8:00pm	Junior 6:30 – 7:40pm	GENERAL Squad 9:15 – 10:30am
Senior 8:00 – 9:00pm	Senior 7:40 – 8:50pm	Little Ninjas 10:30 – 11:30am

Ninjas Ages 4-7

Juniors Ages 8-12

Seniors Ages 13-17 & 18+

When you pay your term payment then you get access to all the classes you're assigned to.

E.g. our 'Ninjas' can attend Thursday @5:30pm & Saturday @10:30am

'Juniors' can attend Monday @6:00pm & Thursday @6:30pm

'Seniors' can attend Monday @8:00pm & Thursday @7:40pm



Dress Code

Junior & Senior Class	Ninjas Class	Squad Training	Traditional Class
Full Gi & Current Belt Colder months kids can opt for a tshirt & leggings below their gi, and a jacket	Gi Optional We encourage all kids to wear a gi. But they can wear their own clothing before committing.	Gi Bottoms & Jersey/T-shirt In warmer months kids can wear shorts during these sessions. If wearing full gi then red/blue belt can be worn.	Full Gi & Current Belt Preferably a traditional weighted heavy gi, but this is not mandatory until brown belt.
			

Gradings



Gradings are additional opportunities presented to our students throughout the year. Simply attending and paying for your class does not merit your progression in traditional karate. Progression is based on performance & development of skill as well as many other key characteristics.

We as a club are very progressive, and encourage the children to attend training, listen, and take the good practice home with them between sessions. Karate is very much an individual martial art, so if you progress quicker than the rest of your classmates then you will not be held back.

- Gradings are usually held 4 times a year for White-Purple Belts (Spring, Summer, Autumn, Winter)
- Gradings are usually held 2 times a year for Brown Belts (Summer, Winter)
- Gradings are usually held 1 time a year for Black Belts (Autumn)



Competitions



Competitions are additional opportunities presented to our students throughout the year. Simply attending and paying for your class does not merit your attendance to any event other than our own internal club championships. Progression is based on performance & development of skill as well as many other key characteristics. A selection process is carried out by the head coach for every event.

We as a club are very progressive, and encourage the children to attend training, listen, and take the good practice home with them between sessions. Karate is very much an individual martial art, so if you progress quicker than the rest of your classmates then you will not be held back.

CKC CLUB CHAMPIONSHIPS

Inhouse competitions are held regularly for our students. Usually three/four times per year, where the students compete against their friends & teammates. Those competing at the club championships for the first time take part in our three non-contact categories.

(Punch-Master / Kick-Master / Karate-Master)

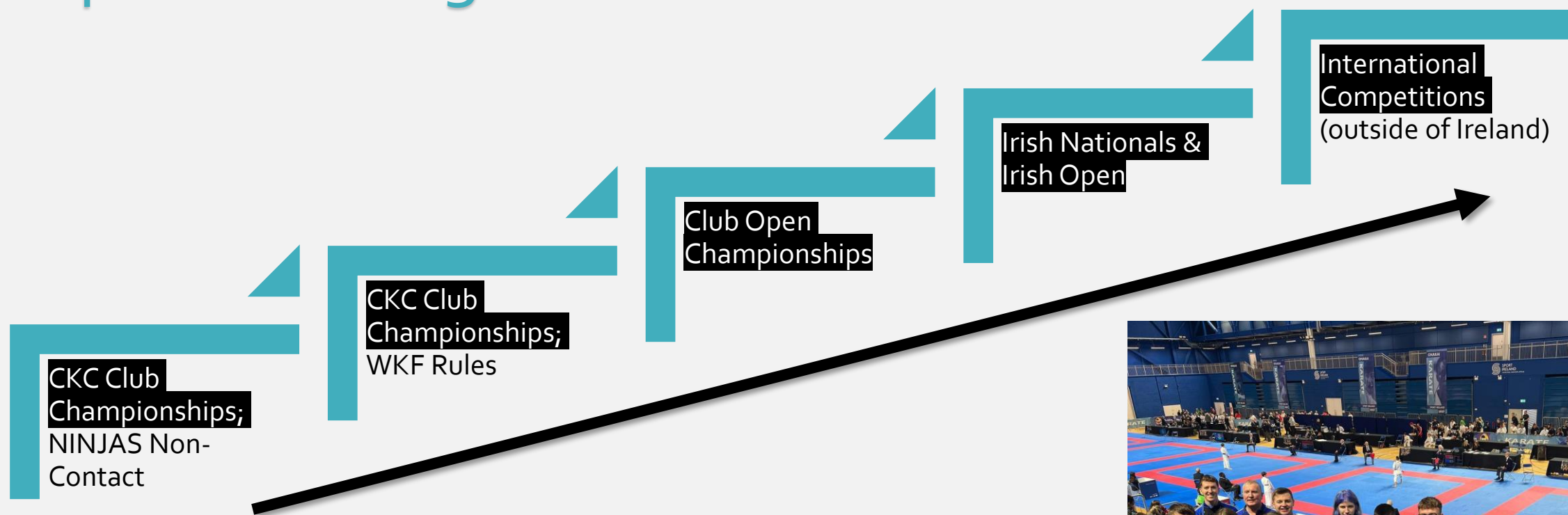
Other children competing will have bouts (semi-contact) as per the WKF Rules - World Karate Federation.



Competitions Continued



Competition Progression Chart



At the start of each karate season, students will be allocated upcoming competitions.

During the season, students must be selected to transition to the next level of competition.

Squad announcements will be made 2-3 months prior to each event which is 'club open' level and above.

Squad Selections



SQUAD	ELIGIBLE MEMBERS	TRAINING
Grassroots Squad	Ninjas	Additional training for the grassroots squad will only exist on club championships days, and some seminars.
General Squad	Juniors & Seniors	All Juniors & Seniors (red belt and above) can attend general squad training every Saturday morning. It's from this squad that students are selected for upcoming competitions.
Elite Squad	*Selected Students Only*	Some students who displayed excellence in technical performance, as well as maturity and focus in training, are selected for the elite athlete programme. Additional classes are put on every Monday for these students.

Karate Gear



We keep a stock of items in the dojo ready to sell. Although, to avoid disappointment, make sure and place your order 2/3 weeks in advance of needing them!

All Gi's come embroidered with the CKC logo.

Ask in the dojo for prices.

Bundle deals for multiple items available!



- Beginner Karate Suit (Gi)
- Lightweight Kumite Gi
- Mits
- Shins & Insteps
- Gumshields
- Body Protectors

Teamwear



Teamwear orders are placed two or three times per year.

A minimum order of 15 for each garment must be reached before the order can proceed.

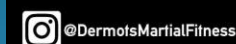
Dojo Location



Dermot's Martial Fitness
442a Glenshane Road
BT47 4BP



DERMOT'S MARTIAL FITNESS



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