

CHIDOKAN KARATE ASSOCIATION

TRADITIONAL JAPANESE STYLE TRAINING

THERE IS A DIFFERENCE !

Since its beginnings in New Zealand nearly 40 years ago Chidokan has taught authentic Japanese-style karate to many thousands of New Zealanders. Our students are of all ages, male and female, and have many different reasons for joining from wanting to learn an effective method of self defence or improving their health and fitness, through to simply meeting new people and trying a new activity. Whatever the reasons, the benefits soon become obvious.

The Chidokan system is designed to;

- Develop strong, fit and flexible bodies.
- Build self confidence and awareness.
- Teach effective, proven methods of self defence.
- Strengthen the character.
- Increase powers of concentration and thought.

Students are taught to work hard on their bodies in the knowledge that the mind will reap the benefits later on. Even the unfit person can safely begin training and will soon enjoy the benefits through our specially designed programmes.

Chidokan is a well established organization headed by Japan trained professional instructors. You will receive top level professionally conducted instruction at all Chidokan dojos.

Regular grading opportunities are available with official certificates issued via a national grading authority.

HOW OFTEN SHOULD I TRAIN ?

Students should try to attend two classes a week plus endeavour to self train as often as possible.

CHILDREN'S KARATE

Special training programmes have been developed for children from six years of age. They learn authentic karate, but no techniques which could prove dangerous to the young and inexperienced.

Belt promotion and sport karate activities are part of the junior syllabus.

WHAT CLOTHING DO I NEED FOR TRAINING ?

For the first few months a pair of loose-fitting jeans or shorts and a tee-shirt are fine. We ask that once graded you purchase a karate uniform (gi) which can be ordered through the dojo.

HOW LONG DOES IT TAKE TO LEARN KARATE ?

You can learn a great deal, even in one day. However, there is really no limit to the learning and mastery of karate technique. The more a student practices, the more he or she will improve. During the first two or three months the new student is taught the basic karate fundamentals. A grading examination is then conducted and the student can progress to a more advanced level of training.

HOW LONG WILL IT TAKE TO EARN A BLACK BELT?

There are ten levels or degrees of black belt. The first level of black belt is awarded to those who have worked hard under the guidance of a master teacher and as a result arrived at an expert level. - rather like an apprentice serving their time. Although it depends on the method and application to training, it generally takes about three years to attain this first rank of Shodan.

SHORT SELF DEFENCE COURSES

Short effective self defence courses are also available for those with limited time or interest in learning a martial art. Contact the Chidokan Headquarters for full details of the next scheduled course in your area.

