25 April 2017

Karate Extra-Curricular Activity

Dear Parents

We are delighted to inform you that NAISAK will continue to offer the Karate ECA this term for 5 weeks. The club will commence on Thursday 27 April. The ECA will be run by Mr Jean Manubay and will be based in the school gymnasium. Mr Jean is from the Philippines and is an experienced teacher of Shotokan, which is the style of karate practised by the Qatari National team. He is also a qualified Aikido, Gym and Modern Martial Arts instructor.

Shotokan training is usually divided into three parts: *[kihon](https://en.wikipedia.org/wiki/Kihon%22%20%5Co%20%22Kihon)* (basics), [*kata*](https://en.wikipedia.org/wiki/Kata_%28martial_arts%29) (forms or patterns of moves), and [*kumite*](https://en.wikipedia.org/wiki/Kumite) (sparring). Shotokan is regarded as a dynamic martial art as it develops anaerobic, powerful techniques as well as developing speed. Children will work towards their different coloured stripes and belts as they progress in this ECA. Testing will take place once Mr Jean feels the children are ready. Those who progress to brown and black belt level develop a much more fluid style that incorporates grappling, throwing and some [aikido](https://en.wikipedia.org/wiki/Aikido)-like techniques. *Kumite* (fighting) techniques will only be practised once the children reach the required level.

Class times are as follows:

|  |  |
| --- | --- |
| **Thursday 13:30 - 14:30** | **Students who have gained yellow stripe, yellow belt and orange belt** |
| **Thursday 14:30 - 15:30** | **Beginners all ages** |

The lead NAISAK member of staff who will accompany the students on a Thursday will be Ms Lia.

Places are limited and these will be allocated on a first come, first served basis. The price for 5 sessions (1x 1 hour per week) is QAR 250. If your child requires a karate suit they are available at Lulu or Sports Corner (we do have limited suits at school also).

**If you would like your child to attend, please return the form, together with a payment by** **Thursday 27 April to the Reception**. If you have any further questions, please do not hesitate to come and see me at school or call me.

Yours sincerely,

**Ms Libby**

**Libby Tremere**

**Director of Sport & Community**

**Tel: 44379609**

**Karate ECA Permission Form**

**Please return this permission slip and full payment to the school Reception by Thursday 27 April.**

|  |  |
| --- | --- |
| **Child’s name** |  |
| **Class** |  |

Please tick the class your child is eligible to attend:

|  |  |
| --- | --- |
| **Thursday 13:30 – 14:30 – strip or belt** |  |
| **Thursday 14:30 – 15:30 - beginner** |  |

**Please tick the correct amount**

|  |  |
| --- | --- |
| I have enclosed the payment of QAR 250 |  |

My child has a special medical need/issue: **Yes No**

**If yes, please provide more information below:**

In case of an emergency, I give permission for my child to receive medical treatment. In case of such an emergency, please contact:

Name Phone

Parent/Guardian Signature Date