



Golden Valley Karate



The objective is to promote the concepts and values contained within the martial arts, such as the importance of mind, body and spirit working in combination, to develop humility, respect, self respect, integrity, balance, and endeavour.

These are all aspects of a true martial artist and as such are aimed at in Golden Valley. These concepts and values can then be taken into everyday life. We teach students the latest research in biomechanics and sports science, combined with the best traditional training to ensure the safety and progress of all students, senior and junior alike.

Classes are held at:

Frederick Gent School , South Normanton

Tuesdays - 7.30-9.00 pm

Fridays - 7.30-9.00 pm

All Saints Centre, Huthwaite

Thursdays - 7.00-8.30 pm.

Everyone is welcome to come along

The first lesson is free

Minimum age-8 years

Regular Gradings

Gradings are held every 3 - 4 months. In the meantime junior grades have a record book to show their achievement. This also helps us to evaluate their progress as to when they



are ready to take the grade they are attempting. All grades are nationally recognised by the A.M.A.

The grading syllabus encapsulates the training for students and the level of competence

they will have to achieve to attain their respective grades. The syllabus is in two parts. A short training document for each grade and an appendix to explain in detail. This will help the students visualise the principles and dynamics of the system.

Gradings are held locally at :

Frederick Gent School, South Normanton and All Saints Centre, Huthwaite

**Instructors are all recognized
Amateur Martial Association
Coaches or Instructors**



Cardio Karate

Lose weight and get yourself fit with an aerobic workout, muscle toning, strengthening and suppleness with Jennifer and Nigel.

Incorporating all the benefits of the martial arts without the bumps and bruises. No experience required.

Min age 15

Loose clothing and trainers to be worn.



Classes are held at:

All Saints Centre,

Huthwaite, Sutton-in-Ashfield

Thursdays - 6.00-7.00pm

Club members train free