



Welcome To Independent Karate Clubs



Independent Karate Clubs are run by
Qualified Instructors
Members of the **English Karate Federation (EKF)**

IKC instructors have many years of experience in Karate and the martial arts. We have World, European, British and English Karate champions amongst our membership.

Karate will probably be completely different from anything you may have done or tried before! It can be very enjoyable and beneficial in many aspects of life.

You are not required to be fit to start as Karate training is designed to help you gain fitness and flexibility. Disability does not exclude you from **IKC**. You will be given advice and training to succeed in becoming fit or fitter. You will require loose fitting clothing to start. i.e. tracksuit , jogging bottoms & tee shirt. Once you decide to continue training, you can obtain the correct clothing and equipment from your instructors. (Price list below)

After 3 lessons you will be required to apply for a licence. This is a ruling by the **EKF** and is a registration with them. You must do this so that you can grade and progress to the next level and if you want to, take part in competitions. Your licence will be recognised worldwide should you ever wish to train or compete abroad.

Equipment Price List

*Both colours required for competitions

Equipment		Details	Price
*Karate suit price includes embroidered IKC badge			
Karate Gi – Junior *		Up to size 2	
Karate Gi – Senior *		Size 3 to 7	
Karate Belt		All sizes	
IKC Tee Shirts		All sizes - From	
IKC Sweat Top		All sizes - From	
IKC Cap		All sizes - From	
Karate Kit Bag		Colours: Red, Blue (Includes Name embroidered)	
Hand Pads		One Red 'or' Blue pair *Both One Red & One Blue pair	
Leg Pads (Shin and Instep)		One Red 'or' Blue pair *Both One Red & One Blue pair	
Hand & Leg Pads		A Red or Blue set	
Gum Shield		From	
Set (Bag, Hand Pads, Gum Shield)		Red or Blue Set	
Set (Bag, Hand Pads, Leg Pads, Gum Shield)		Red or Blue Set	