

Hyodokan Karate and Self Defence

Modern Self-Defence and Traditional Martial Arts

Do something different - a lifelong study which enriches you mentally and physically - a new way to get fit - come down to meet us and talk to club members

Beginners

If you have never trained before, you are in good company. All of the club were once beginners! It is suitable for 10-60 age groups, although 12+ is usually better. Women will get on just as well as men, and train as equals. We take traditional karate and add self-defence techniques and techniques from jujutsu to give people a well-rounded set of skills. Useful for fitness, confidence, self-defence in the real world and the study of the martial arts for their own sake.

Starting again

If you used to do some martial arts, you will find that we are a great place to restart. There is something for everyone, whether you have a karate background, trained in jujutsu or judo, did some boxing or taekwondo or just used to do lots of physical stuff. We will honour your previous experience. We have several people in the club who have started again, including one with a gap of 35 years! You will find the Dentokan arts challenging and extremely fulfilling.

Martial artists

If you are currently training in another art we can offer you access and teaching in genuine high class arts with a highly reputable lineage, going directly back to Japanese and Okinawan masters. View the "lineage" section at www.dentokanhombu.com and you will see the unique quality of the lineage of our core arts, something which few western organisations can now claim. This is a place for the serious martial artist who wants high quality training with a genuine lineage.

£2 / hour

No club membership fees. No grading fees. No hidden costs

This is a club aimed at adults where hard-working under-16s are also welcome

Thursday – 6.45pm to 8pm – multiple groups

Friday – 5.30pm to 7pm – adults only

Saturday – 9am to 10am – Jujutsu

Saturday – 10am to 12noon – Club General Training

Saturday – 12 noon to 1pm – Okinawan weapons

Saturday afternoons – monthly special seminars, including sword

We are a non-profit community club, open to everybody. Shorin Ryu Karate, Goju Ryu Karate, Jujutsu & Goshinjutsu, Kobujutsu – Okinawan Weapons

Visit : www.hyodokan.com OR www.facebook.com/groups/hyodokan

Call : Neil 07881 924033