

About the instructor

Sensei Shaharin Yussof is currently a 4th degree black belt (4th dan) in Kyokushin Karate, and has been involved in Kyokushin karate since he was 14, and continuously since 1991. He has been running the Newtown club since 1995, and in 2011 decided to start a full time club in Petersham. He has two degrees in Electrical Engineering, until Dec 2009 worked as an IT administrator at the University of New South Wales.



About the IFKKA

The International Federation of Karate Kyokushinkai Australia Inc is the Australian branch of the UK based International Federation of Karate, headed by *Hanshi* Steve Arneil (10th dan), the first man to do the Hundred Man Kumite (one hundred contact fights in one day).



About Kyokushin Karate



Kyokushin karate was formally founded in 1963 by Masutatsu Oyama (*Sosai* Mas Oyama), but had been in the making for at least a couple of decades. It is based on the more traditional styles of Shotokan and Goju Ryu, but has evolved to be more of a fighting style. The significant difference between Kyokushin and its predecessors is that it contains a full-contact component in its sparring, and for this, and other reasons, is often known recognised as "The Strongest Karate"

TRAINING FEES (valid Jul 2013-Dec 2013)

There is joining fee of \$150, which includes uniform and a 60 A4 pages of syllabus and manual.

Fees are normally paid fortnightly, and are \$65 fortnightly for adults, and \$55 fortnightly for children under 12 for 2 classes a week. Payment is by direct debit from bank account or credit card.

Kuro Obi students are also entitled to train at any of the IFKKA Karate schools (*dojo*) - Tempe, Dulwich Hill, or Five Dock. More information can be obtained about these clubs at the main IFKKA website (www.learnkarate.com.au)

Private tuition with Kuro Obi Martial Arts is also available upon request.

Kuro Obi Martial Arts Kyokushin Karate



96 Crystal St, Petersham
(enter around the corner on Brighton St)



First 2 lessons free!

Instructor: Shaharin Yussof
4th Dan Black Belt

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www.Kuro-Obi.com.au

WELCOME TO KYOKUSHINKAI KARATE

HOW TO GET STARTED?

Should you decide to join the club as a beginner, you will be taught the basic techniques of Kyokushin Karate. Initially, this will be for one hour per session, and increasing to the full two hour session as your fitness and physical and mental coordination improves. Once you have trained for a sufficient length of time (15-30 sessions depending on your level of fitness and ability) you will be eligible to enter a grading. Gradings are held at quarterly intervals.

THE BENEFITS

Listed below are just some of the benefits of Kyokushin Karate karate training:

- Fitness
- Confidence
- Self Defense
- Coordination
- Weight Control
- Self Discipline
- Patience
- Strength
- Fun

You will find your reflexes improve along with a much improved cardio-vascular system. Your physical self-awareness reaches new peaks, and your general sense of well-being increases. With an appropriate diet, it is also very helpful with weight loss and weight control.

WHAT TO WEAR?

When you start in the beginners' class, we recommend that you wear loose and comfortable clothing such as a track suit, or shorts and t-shirt. Should you wish to purchase a karate uniform at any time they are available through the Karate Club. The cost will vary depending on the size.

Anyone interested, male or female, young or old, is invited to come and **train for two sessions free of charge or obligation** before deciding to become a member. Bring a few friends – it's more fun that way!

CLASSES FOR BEGINNERS

When you start karate, you are not expected to be able to be good at it right away. Many people use the excuse that they're not fit enough for karate. This is not true. Almost everyone is fit enough to *start* karate. You get fitter as you get better.

It takes a minimum of four and half years to get a black belt! It takes patience, persistence, and determination.

By training Kyokushin karate, you learn about yourself and your ability to persevere, both physically and mentally, while training in Kyokushin karate can be translated into anything else you do in life.

Kuro Obi Martial arts offers adult beginners classes for everyone, male and female, so that they can feel less self-conscious when they first start out. After their first grading - after at least 30 hours of training - they would be expected to move into the regular classes with the other students who have graded earlier.



Get fit **WHILE** you learn karate, not **BEFORE** you learn karate!

CLASSES FOR CHILDREN AND TEENS

Karate is a premiere developmental form of exercise for people of all ages, but for children it's particularly appropriate. It provides a broad range of physical and mental skills and disciplines that are not necessarily available in other sports. Karate is a whole-body type of sport which does not emphasise a particular part of the body, as do so many others. It is low impact, and develops arms, legs, torso, and mind evenly. Both sides of the body are used equally, which is good for balance and coordination, and the range and breadth of movements helps develop core muscles.

Kuro Obi Martial Arts has age-based classes for children from the age of 3 to 15, allowing them to move between classes as their abilities and ages increase. The structured syllabus starts with the basics and progresses to the more difficult techniques as their abilities improve.

CHILDREN

Children as young as 3 can start learning karate. Even though each child has a different learning rate, they can all benefit from the training provided by karate. It provides them with structure and coordination to their movement, physical awareness, the basics of physical and mental self-discipline, a physical outlet for their energies, elementary self-defense, and most importantly, the beginnings of a culture of exercise.



TEENAGERS

In light of current research which repeatedly shows that the rate of childhood obesity is increasing rapidly in the developed world, all teenagers should be doing **SOME** form of sport. Karate is probably one of the better all round options.

Karate training will provide them with balance, coordination, grace, strength, physical and mental awareness and agility, and self-discipline. **For boys**, it develops their sense of respect for other people, provides a useful outlet for all the energy and strength they have, and offers them a catharsis from the frustrations of growing up. **For girls**, it empowers them with strength, physical confidence, and strength, while also providing them with the basics of self defence.

All teenagers will benefit from the self-awareness, the friendly competitive environment, the team atmosphere, and the discipline that karate can provide. It is also one of the few competitive activities that can be conducted by both boys and girls at the same time, unlike so many of the team sports.



CLASSES FOR WOMEN

Women generally learn physical activities differently to men. They haven't usually grown up learning to shout, or kick, or punch, as men do when **THEY** are growing up. As a consequence, when starting out in karate, they often feel uncomfortable starting up in the same classes as men, because they don't have the same strength or aggression that men do, and can feel somewhat at a disadvantage when it comes to sparring and strength based exercises.

At Kuro Obi Martial Arts, we offer separate beginner classes for those women who fit into this group, where they can train until such a time that they feel comfortable joining a mixed group of students - usually just before or after their first grading. This does not mean that they cannot **ALSO** join in with the mixed group earlier, even from the start, but they might just want get used to the idea of karate in a less self-conscious way.



KURO OBI TIMETABLE (from Jul 2013)

Time	Mon	Tue	Wed	Thu	Fri
3:00 pm					
3:15 pm					
3:30 pm					
3:45 pm					
4:00 pm					
4:15 pm					
4:30 pm					
4:45 pm	3-5 yrs		Newtown School term only		
5:00 pm					
5:15 pm					
5:30 pm					
5:45 pm					
6:00 pm	9-11 yrs	6-8yrs		9-11 yrs	6-8yrs
6:15 pm					
6:30 pm					
6:45 pm					
7:00 pm					
7:15 pm					
7:30 pm	Beginners	All	Women	Beginners	All
7:45 pm	Teens & Adults	Teens & Adults	Beginners	Teens & Adults	Teens & Adults
8:00 pm	(12 and older)	(12 and older)	(12 yrs and up)	(12 and older)	(12 and older)
8:15 pm					
8:30 pm					
8:45 pm					
9:00 pm					