



World Goju Ryu Karate Centenary
Okinawa, Japan Oct 2015



Gashuku (Training Camp)



World Traditional Karate Kobudo Championships
Okinawa, Japan Oct 2009

Adult Karate Tuition	R400 pm
Junior Karate Tuition	R360pm
Preschool Karate Tuition	R360pm
Open Karate Class	R250pm
Kobudo	R250 pm
Registration	R250 annual

	Mon	Tues	Wed	Thurs	Fri	Sat
Beginners - white belts		-		3.30pm- 4.15pm		10.00 - 10.45am
Intermediates				4.15pm- 5.00pm		9.00 - 9.45am
Private Lessons	Business owners etc					
Adult Advanced		6.15pm- 7.30pm		6.15pm- 7.30pm		
Open Karate Class	6 -7pm					
Preschool (Little Dragons)				3.00pm- 3.30pm		11.00am- 11.30am
Kobudo adults				7.30- 8.30pm		8-9am
Kobudo Children		3-4pm			3-4pm	

FREE TRIAL

KENWYN MARTIAL ARTS CENTRE



Cell: 082 3781 544
E-mail: info@kenwynmartialartscentre.com
www.kenwynmartialartscentre.com
19 Civic Rd, Kenwyn 7780, Cape Town, South Africa

AFFILIATION

Ryukyu Kobudo Shimbukan (Okinawa, Japan)
Karate Do Kenkyukai (Okinawa, Japan)









WELCOME TO THE EXCITING WORLD OF MARTIAL ARTS!

From our pre-school programs to our martial arts fitness programs, our instructors are dedicated to helping you and/or your family achieve your individual goals.

WHY ARE MARTIAL ARTS SO POPULAR?

Martial arts are so popular because no other activity can provide the same results as martial arts for each individual participant. Whether your goals are self-confidence, self-defense, personal development, fitness, flexibility or to earn a black belt, our school will take you there.

MARTIAL ARTS ARE GREAT FOR CHILDREN

Parents today are recognizing that the public school system is not enough. Millions of parents are bringing martial arts, as we teach here, into their children's lives to supplement their education.

Carleton University, in a study reported in *Psychology Today* (January 1985), found that children in martial arts have a lower level of anxiety; an increased sense of responsibility; a decrease in the willingness to take foolish risks; a higher sense of self-esteem; higher level of social intelligence; and we're less likely to be radical confidence-building drills included.



PARENTS REPORT THESE 5 IMPORTANT BENEFITS THEIR CHILDREN IN OUR SCHOOL EXPERIENCE:

1. Our reward system improves children's self-esteem

Martial arts are not like team sports because the emphasis is on developing the individual's self-esteem not the team's winning record. The belt system is the key. When kids earn their belts it gives them a great sense of accomplishment that really improves the way they feel about themselves.

2. Our program teaches children discipline

One of the things parents appreciate most about our classes is the improvement in their child's self-discipline. We have a wonderful staff of patient instructors who love to work with children, but are also very clear about limits. We enforce good rules of behaviour in class, and we expect the same good behaviour at home and in school.



Ryukyu Kobudo Honbu Dojo Okinawa, Japan

3. Our activities channel children's aggression

Many doctors actually prescribed our school for treatment because of the positive outlet it gives the kids for all their energy.

4. Our confidence classes enhance children's self-esteem

We believe confidence is one of the most important things we can give kids. That's why every class we teach has ding drills included.

5. Our program teaches children essential self-defense skills.

Our program teaches practical, proven self-defense methods. We also teach the kids that the moves they learn in class will work, so they don't go home and try them on their sister, or neighbour.

MARTIAL ARTS IS A FUN, FULFILLING WORK OUT FOR ADULTS

Our adult students really appreciate the differences between martial arts training and standard exercise programs.

Our workouts are a great way to get in shape

Martial arts like an exercise program with a bonus! You learn to defend yourself while you get in shape.

Our classes relieve stress

Martial arts are well known for its stress relieving benefits. The emphasis on mind-body training goes far beyond the benefits of standard, health club type exercise programs.

Our classroom practice sessions give you confidence

I think the confidence building part of our program is what students appreciate the most. Nothing can take the place of the security in knowing that you can defend yourself, if you have to.

What we teach you could save your life

At our school, everything we teach is reality based. Our instructors work very hard to insure that most any situation you might encounter is covered in the class room under very safe learning conditions, so you will be prepared.

Our program is a lot of fun

There as on our program is so successful is because we make the classes fun and exciting. We learned along time ago that if people are having fun, they learn much faster.

Our Purpose

The KMAC is dedicated to the preservation of authentic traditional Okinawan and Japanese Martial Arts Worldwide. Our Organization has numerous technical advisors.

We teach Okinawan Goju Ryu Karate and Ryukyu Kobudo.

Our Karate-Do Instructors

Kamal Hamdulay sensei (5th Dan)

Carmen Sebastian Sempai (2nd Dan)

Chris Williams Sempai (1st Dan)

Our Ryukyu Kobudo Instructors

Hiroshi Akamine sensei (Okinawa, Japan) 8th Dan

Jannie Le Grange sensei (George) 5th Dan

Kamal Hamdulay sensei (Cape Town) 1st Dan

Rather than tell you about our championships and black belt rankings, we prefer to focus on our students. Certainly, we're proud of our instructor's accomplishments. But, we're more proud of the achievements of our students.

Our instructors understand that the student's individual progress is the most important focus of their attention. That's why our instructors continue to be students themselves. They take classes, attend seminars and continually work to improve their ability to help our students reach their goals.