

残心

THE ZANSHIN



SHINDO JINEN RYU KARATE DOJO

Affiliated to JKR-UK, EKF, JKR and WKF

Established in 1976.

## BEGINNERS INFORMATION

You are about to start a five week free introductory course in a very rare form of martial arts called Shindo Jinen Ryu of the Japan Karate-do Ryobukai (JKR). This style is one of a very small group of schools that can trace its history back less than two generations to its source developer, Y. Konishi Sensei. If wish to learn more about our history please visit our website [www.jkr-uk.org](http://www.jkr-uk.org).

During your five week period you are entitled to train on the following sessions;

Adults;	Tuesday	7:00pm to 8:30pm
	Friday	9:30pm to 10:30pm
	Sunday	10:00am to 11:00am

Juniors (under 14);	Thursday	6:00pm to 7:00pm
	Saturday	10:00am to 11:00am

### Correct Dress

T-shirt, baggy or loose fitting trousers (not denims), or a tracksuit.

NO Designer Wear!

No jewellery or watches should be worn during training.

We train in bare feet. Karate Gi's are available to buy from the Dojo, please ask one of the instructors for details.

**Once have completed your Free 5 weeks introduction period and you wish to continue your training, please ask the dojo administrator for full membership information.**

*DOJO TUTION & PRIVATE LESSONS AVAILABLE DAILY  
AT THE  
SNEINTON HERMITAGE COMMUNITY CENTRE  
SNEINTON BOULEVARD SNIENTON NOTTINGHAM NG2 4GN ENGLAND  
FOR FURTHER DETAILS TELEPHONE +44(0)7899 967522  
EMAIL: [budopromo@aol.com](mailto:budopromo@aol.com)  
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