

残心

THE ZANSHIN



SHINDO JINEN RYU KARATE DOJO

Affiliated to JKR-UK, EKF, JKR and WKF

Established in 1976.

Student Screening Notice

Please read the following before taking part in any Dojo training.

SAFE TRAINING POLICY

The Zanshin operates a SAFE TRAINING POLICY, which means whatever your age or ability you can improve your fitness and knowledge gradually, effectively and safely, so you can have more stamina, strength and suppleness to enjoy life.

At the Zanshin we want you to have an enjoyable time and gain the best possible results safely. Therefore, the Zanshin is committed to provide qualified instructors to answer any queries and apply the best solution.

Do you have or have you had:

- HIGH/LOW BLOOD PRESSURE?
- BRONCHITIS, ASTHMA OR ANY RESPIRATORY CONDITION?
- DIABETES-NON-INSULIN OR INSULIN DEPENDENT?
- ANY JOINT PAINS OR JOINT INJURIES?
- ANY BACK PAINS OR BACK INJURIES?
- ARE YOU CURRENTLY TAKING ANY MEDICATION?
- ARE YOU RECOVERING FROM AN OPERATION OR ILLNESS (ILLNESS CAN BE AS SIMPLE AS A COLD)?
- ARE YOU CURRENTLY RECEIVING ANY TREATMENT?
- ARE YOU PREGNANT?
- HAVE YOU HAD A BABY WITHIN THE LAST TWO MONTHS?

If any of the above apply, you are advised to consult a doctor before participating in Dojo Training.

PLEASE INFORM YOUR INSTRUCTOR!

Any information will be treated with respect and in confidence.

DOJO TUTION & PRIVATE LESSONS AVAILABLE DAILY

AT THE

SNEINTON HERMITAGE COMMUNITY CENTRE

SNEINTON BOULEVARD SNIENTON NOTTINGHAM NG2 4GN ENGLAND

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