

HOME OF

WORLD KARATE

CHAMPIONS



ESKA KARATE

GIFT YOUR STUDENTS EXERCISE FOR THE MIND AND
BODY



Our mission - To give all children access to Karate and support their development of key life skills through the medium of Karate.

Who are ESKA Karate?

Eastern Shotokan Karate Association is a professional karate club based in East Anglia. We are dedicated to teaching traditional Shotokan Karate to the very highest standard.

Supported and guided by our team of qualified professional instructors, we work to provide a safe environment for our students to grow and achieve their full potential in Karate-do and everyday life.

Since 1995, ESKA has helped over 6000 students develop key life skills such as perseverance, self-discipline and confidence. This is achieved through our class structure, syllabus and examination programme.



Comprehensive Training



Fully Insured



First Aid Certification



Enhanced DBS Checks

ESKA Karate In School

Funding for 2
hours of free
taster sessions



We have worked with
dozens of schools across
Norwich and Norfolk.
You can see what they
are saying here:

<https://eska.co.uk/in-school/>



Four free classes
for all students at
your school.



Bespoke in-school
offerings, from PE
classes to
afterschool clubs.



TSKUK Funding

A fantastic opportunity for all schools within
your network!


Thanks to funding from our national governing body, **Traditional Shotokan Karate UK** (TSKUK), we are offering two free hours of Karate taster sessions to all schools. These sessions, bookable as morning or afternoon sessions between now and the end of this calendar year, introduce children to the benefits of Karate, including physical fitness, motor skills development, non-aggressive self-defence techniques, and mental discipline.



TSKUK[™]
Traditional Shotokan Karate UK

 www.tskuk.co.uk

 office@tskuk.co.uk

 [facebook.com/
traditionalskuk](https://facebook.com/traditionalskuk)

Our School Offerings

We have worked with schools all over Norwich and Norfolk to offer taster sessions, courses, Sports Days and PE sessions. You can see what they are all saying here: <https://eska.co.uk/in-school/>.

Our offerings are bespoke and can be tailored to meet the needs of your school, whether this is session length, content or group size. We generally offer sessions based around the following formats:

One-Off Sessions:

An opportunity to give students a taste of traditional Shotokan Karate as part of their PE curriculum or to support learning in another subject.

Half-Term Courses:

A half-term course that allows students to delve deeper into the basics of Karate, including pad training, groundwork and self-defence principles.

10-Week Courses:

A 10-week journey that allows students to progress towards their first nationally recognised Karate grading, earning a Red Belt and Certificate as part of the course.

Termly courses:

A comprehensive three-term programme guiding students through their first three traditional Shotokan gradings at the end of each term, concluding with their Orange Belt in the Summer Term.



Why choose ESKA Karate?



Professional Instructors - our professional instructors are all highly trained, fully insured and enhanced DBS checked.



Engaging Lessons - our instructors all bring extensive teaching experience, able to tailor engaging lessons to any group.



Bespoke Offerings - we proudly offer tailored programmes to schools, from short introductions to 10-week courses, all provisions are adaptable to your needs and schedule.



National Recognition - any student that grades with us receives a belt and certificate, issued by the TSKUK, making each grade nationally recognised.



World-Class Tuition - the same instructors who teach our current national and international champions will teach at your schools.



Thank you for your time.

Reach out today to bring the benefits of Karate to your school!

Contact ESKA's School Liaison Officer, Ethan, by email at ethan@eska.co.uk or by phone at **01603 418751**.

We are eager to discuss how we can best share our passion for Karate with your schools and develop a continued partnership with your school.

