



EASTERN SHOTOKAN
KARATE ASSOCIATION

EST. 1995

SCHOOLS PROGRAMME · 2026/27

FULLY FUNDED KARATE FOR NORFOLK SCHOOLS

Accessible to complete beginners and adapted to suit different ages and groups, delivered by appropriately qualified, DBS checked instructors.

75+
schools & settings

SEN
& mainstream

DBS
checked & insured

Experienced, professional and easy to work with

ESKA has been teaching karate across Norfolk since 1995 and, over the last few years, has worked with more than 75 schools and education settings across the county, including both mainstream and SEN settings. Every session is built around your pupils, your space and your timetable.



Qualified, insured, DBS checked

Sessions are delivered by appropriately qualified, insured and DBS checked instructors, so safeguarding and standards are covered from the first visit.

Mainstream & SEN experience

We work confidently in both mainstream classrooms and specialist settings, adapting pace, language and activity to the group in front of us.

Adapted around your school

Sessions flex around age, group size, available space, timetable, ability and additional needs, and all required karate equipment can be provided.

Ready for complete beginners

No prior experience is needed. Karate is a genuinely inclusive activity that builds focus, confidence and self-discipline for every pupil.

Fully funded sessions, ready to book

Through continued support from Traditional Shotokan Karate UK (TSKUK), our national governing body, ESKA can provide fully funded karate sessions for Norfolk schools. It is the easiest way to introduce pupils to karate, with no cost and very little to organise.

Schools

Up to 2 hours

Up to two funded hours, suitable for complete beginners and flexible however you use the time.

Pre-schools

1 hour

A separate early-years session for children aged 3-4, paced for the very youngest beginners.



USE THE TIME HOWEVER SUITS YOU

PE lessons

Class tasters

Sports Week

Wellbeing

Enrichment

Reward & end-of-term

**Easy to arrange: pick a date, choose how
you'll use the time, and we handle the rest.**

BOOK YOUR FREE SESSION

ethan@eska.co.uk • 01603 418751

Longer-term karate provision for your school

Many schools use a funded session as a first step, then build karate into the wider school year. The following are **paid provision**, quoted to suit your school.

After-school clubs

Regular extra-curricular karate delivered at your school.

In-school clubs

Regular karate within the school day where it fits.

Curriculum / PE

Karate-based physical activity or structured PE provision.

SEN programmes

Adapted provision for specialist settings and pupils needing more support.



PRICING

All provision is quoted to suit your school; bespoke workshops and enrichment days on request.

During school hours

£60 / hour

Per instructor, for any provision delivered within the school day.

After-school clubs

£55 / hour

Up to 10 children, then £5 per hour for each additional child (capped at 20).

Let's get karate into your school

Whether you'd like to book a fully funded session or talk through longer-term provision, get in touch with our School Liaison Officer, Ethan. We'll answer any questions and find a date that works for you.



Ethan Dye
School Liaison Officer

Email ethan@eska.co.uk

Phone 01603 418751

Web eska.co.uk/in-school

FIND US

The Dojo Norwich
3 Burton Road
Norwich, Norfolk
NR6 6AX



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TEACHING KARATE ACROSS NORFOLK SINCE 1995