

Corringham Ishinryu Karate Club

Richard Condon NASC, LCSP (ASSOC)
Chief Instructor



- Black Belt 5th Dan
 - Bronze medallist, (Team Kumite) 1991
 - British Championships
 - England Kata Team
 - Coach, 1996 European Championships
 - Acting England Coach, 2001 Spanish Cup
- Sports Therapist to England Karate Team
 - Registered Instructor with English Karate Governing Body
 - YMCA diploma: *Fitness Training*
- ICS Diploma: *Fitness and Nutrition*
 - Member of National Association of Sports Coaches
 - Member of London & Counties Society of Physiologist



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Corringham Ishinryu Karate Club, Performers Dance College,
Southend Road, Corringham, Essex, SS17 8JT





Corringham Ishinryu Karate Club

Established in 1988, Corringham Ishinryu has become one of the premier karate clubs in Essex. It is often featured in the sports sections of local newspapers and has an incredible record in competition karate. Among our students we have numerous national champions at child, junior and senior levels. Students have also represented their country at international level and have won medals at world events. Students have competed in France, Germany, Italy, Switzerland, Brazil and South Africa.

Competition is only one part of karate, at

Corringham Ishinryu you can simply train to learn the art of karate or just stay fit and healthy. The club caters for males and females of all ages from 4 to 50+ regardless of fitness levels. Classes are divided by age and ability,

with a special 'Pee Wee' class for 4 to 7 year olds.

History

Ishinryu is a style of karate that was devised by an Englishman named David 'Ticky' Donovan who, in the 1970's was British, European and World Team Champion. As national coach, he has led Great Britain to numerous world titles, for which he received the OBE. The style is based on some of the large Japanese styles, Shotokan, Wado Ryu and Kyokushinkai. Ishinryu has a history of both male and female European and World medalists and has won the national championships many times.



Adults (16 to 50+)

There are separate classes for seniors, depending on grade and ability. Seniors can progress at their own pace and competition is available to those that are interested. There are 2 lessons per week and gradings are held every 3 months for those that are ready to progress to the next belt.

What does it cost?

Annual memberships are payable monthly and cover the cost of the basic lessons held throughout the year. There are discounts for 2 or more family members. A karate licence, renewable annually, is required. Please see enclosed price list for further details.



Pee Wees (ages 4 to 7)

The Pee Wee class is a 45 minute programme which prepares young children to join the main class at age 7-8. It includes some basic karate moves, but mainly focuses on exercise and conditioning with lots of games to develop balance, concentration and coordination. The class are also introduced to the etiquette and discipline required in karate.

Juniors (7 to 15)

Junior classes are divided by grade and ability. Juniors are encouraged to progress at their own pace and, although participation in competition is encouraged, it is not compulsory. There are 2 lessons per week and gradings are held every 3 months for those that are ready to progress to the next belt.

Where are we?

You'll find us at Corringham Ishinryu Karate Club, Performers Dance, College, Southend Road, Corringham, Essex, SS17 8JT.

What to wear?

Students can train in track gear until they are ready to purchase a karate suit.

Beginner's Class Timetable

If you would like to join the club, or would like to watch a class in action, simply come along at the following times:

	Tuesday	Friday
Pee Wees	5.15 - 6pm	No Class
Juniors	6 - 7pm	6 - 7pm
Seniors	7 - 8pm	7 - 8pm

Thank you for your enquiry about

Corringham Ishinryu Karate Club.

If you have any questions that are not answered in this leaflet, please do not hesitate to contact me.

Richard Condon
Chief Instructor

