

## Introduction to Tower Shukokai Karate Club



Karate means "Empty Hand". In the simplest sense the word is applied to the martial art (Mars = Roman god of war) of karate and empty-handed combat without the assistance of weapons. In the deepest sense it implies self discipline, almost religious conviction, and a wealth of patience and understanding. Karate is also an exciting sport, one at which Great Britain excels on the world stage.

空手道

*"A long journey begins with the first step"*

### The Benefits of Regular Karate Training

- Health & Fitness
- Control, Coordination & Balance
- Strength & Suppleness
- Self Discipline
- Protect Yourself And Your Family
- Manage Frustration, Anger & Stress

**Tuition by experienced, qualified,  
CRB-cleared staff**

**Andy Allwood, 5th Dan**  
**Martyn Skipper, 4th Dan**

**[www.towershukokai.co.uk](http://www.towershukokai.co.uk)**

Access to national and international competition through the [AMA](#) and English & British national and regional squads



*Learn the exciting, dynamic art of*



At Edgworth Junior School

BL7 0AH

For details of class times contact:

☎ 07960 794160

🖱 [www.towershukokai.co.uk](http://www.towershukokai.co.uk)

✉ [andyallwood@aol.com](mailto:andyallwood@aol.com)

Adults £4.00 Children £3.50

Any age welcome over 5 (children must be accompanied by a training adult)

**Beginners always welcome**  
FREE MEMBERSHIP

*All equipment available through the club*



# Tower Shukokai Karate Club (Established in Darwin 1987)



**The Club:** was founded in 1987 by Andy Allwood at Darwin Leisure Centre. It now bears the name “Tower Shukokai” to reflect its long association with the area. Training is regular every week, and we also attend courses and tournaments around the country, for those that want them.

**The Instructors:** [Andy Allwood](#)’s introduction to karate in was in 1983, but despite the years of training he still considers himself a student of the art, and is always trying to make improvements. His own karate training has included success in the sporting arena (Andy was AMA North West Open Heavyweight Champion) and many years study of kata (traditional karate’s formal exercises) and their practical application (bunkai). He has also had many years in the security business, where he has acquired a thorough working knowledge of practical self-defence techniques.

[Martyn Skipper](#)’s formal Martial Arts career began in 1976 although arguably he was born to fight - his father was a professional boxer. His wide experience has seen him achieve black belts in many differing systems including Shotokan karate, and Ju Jutsu.

**The Style of Shukokai** (“Way for All”) is noted for its powerful punches. A derivative of Shito-Ryu, it was developed by Chojiro Tani and Shigeru Kimura, who first brought it to the UK. Shukokai is one of the three most practised styles in this country and the first to introduce the use of impact pads as an aid to training.

**Beginning:** Most people think you have to be fit to start karate training. The syllabus that we work to starts at a level where most people can manage, and gets harder as the standard gets higher. You never know what you can achieve until you try it.

**Insurance:** You will be covered by the club’s insurance as soon as you start training but after four weeks you will be expected to apply for a licence. This is renewable annually and will give the holder member-to-member cover. It will also carry membership of the [Amateur Martial Associations](#), the largest multi-style martial arts association in the UK, and the World Union of Karate Federations (WUKF).

---

*With time and effort you can build a more positive and energetic future for yourself, but you will only get out what you are prepared to put in.*

**So Why Karate?** Karate is a popular and enjoyable pastime which fosters both physical fitness and life-saving skills. It is relatively cheap to learn and has the added advantage that it can be practised throughout life from childhood to old age. The grading system permits continuous improvement and the matching of equivalent abilities in competition.

**The Syllabus** Our syllabus is founded upon the traditional three pillars of Kihon (fundamental techniques), Kata (formal exercises) and Kumite (pairs work, ranging from pre-arranged drills to—for those with a high level of skill—almost unrestricted free sparring). We also encourage participation in competitions (shiai) and explore methods from other martial arts systems.

It is our belief that karate is a morally sound discipline and this is reflected in our high ethical values, particularly in regard to coaching children.

*“The ultimate aim of the art of karate lies not in victory or defeat, but in the perfection of the character of its participants.”*

*Gichin Funakoshi (founder of modern karate)*

[www.towershukokai.co.uk](http://www.towershukokai.co.uk)