

## 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, 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](#)  
**[Lorraine Allwood, 2nd Dan](#)******

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

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



GOVERNING BODY FOR ENGLISH KARATE



*Learn the exciting, dynamic art of*



At Darwen Leisure Centre and  
Edgworth Junior School

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 £3.50 Children £3.00

Any age welcome over 5 (5-7 years must be accompanied by a training adult)

**Beginners always welcome**

FREE MEMBERSHIP

*All equipment available through the club*



# Tower Shukokai Karate Club (Established in Darwen 1987)



**The Club:** The club was founded in 1987 by Andy Allwood at Darwen Leisure Centre. It now exists under the name of "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](#) started karate in 1983, but despite the years of training he still considers himself a student of the art and is always trying to make improvements. He has also had many years in the security business where he has acquired a good working knowledge of practical self-defence techniques.

[Martyn Skipper](#)'s formal Martial Arts career began in 1976 although he arguably was born to fight - his father was a professional boxer. His experience encompasses many differing systems including Shotokan and Ju Jutsu.

*Lorraine Allwood's* creative talents show in her execution of kata, for which she has won many National and regional honours.. Nevertheless, her karate is very practical. She began after being assaulted, so her karate has to be effective in the street.

**The Style (Shukokai):** 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 practiced 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. But 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 [English Karate Federation](#), the National Governing Body (NGB) recognised by the World Karate Federation

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*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 practiced 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 (basic 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 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)

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