



# SOUTHERN SHOTOKAN KARATE ASSOCIATION INFORMATION SHEETS



**\*\*\*IMPORTANT\*\*\***

**You MUST attend the pre-grading before grading. This is so you can go through the grading syllabus, get used to training in a large group of students and sort out any problems you may have.**

**All payments can be made by cash or cheque at the pre-grading centres below by Monday 10th March 2025, or online. Please ask for details.**

**LESSON FEE APPLIES TO ALL GRADING CENTRES BELOW:  
£16.00 PER PERSON OR £38.00 FOR A FAMILY OF 3 OR MORE.  
(EXCEPT EXETER, WHERE THERE WILL BE A £20 CHARGE  
TO HAVE BROWN & BLACK BELT COURSE CARD SIGNED)**

**PLEASE NOTE: ALL fees are non-refundable and non-transferable.**

## **MINEHEAD FRIDAY 28th FEBRUARY**

Lesson times: **West Somerset Sports Centre, Bircham Road, Minehead, TA24 6AY.**  
Juniors & Seniors (All Grades) arrive at 6.45pm for admin, lesson 7.00pm-8.00pm.  
With Sensei McCormack, Senior Instructor of the SSKA.

## **CLEVEDON SATURDAY 1st MARCH**

Lesson times: **Strode Leisure Centre, Strode Road, Clevedon, BS21 6QG.**  
Juniors & Seniors (All grades) arrive **3.15pm** for admin, lesson **3.30-4.30pm**  
In the Main Sports Hall with Sensei Lewis, Assistant Chief Instructor.

## **READING SUNDAY 2nd MARCH**

Lesson times: **Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY.**  
Juniors & Seniors (All grades) arrive at **9.00am** for admin, lesson **9.30am-11.00am.**  
With Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor,  
Sensei Whitcher Assistant Chief Instructor & Senior Instructor assistance.

## **EXETER SATURDAY 8th MARCH**

Lesson times: **BLACK BELT COURSE & PRE-GRADING CENTRE,**  
**St. Peter's Church of England Aided School, Quarry Lane, Exeter, EX2 5AP.**  
Juniors & Seniors (All grades) arrive at **9.30am** for admin, lesson **10.00am-11.00am.**  
In the Gym with Chief Instructor of the SSKA.

## **SALISBURY SUNDAY 9th MARCH**

Lesson times: **Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR.**  
Juniors & Seniors (All grades) arrive at **3.15pm** for admin, lesson **3.30pm-4.30pm.**  
In the Dance Studio with Chief Instructor of the SSKA.

## **SWINDON MONDAY 10th MARCH**

Lesson times: **Grange Leisure & Community Centre, Grange Drive, Stratton St. Margaret, Swindon, SN3 4JY.**  
Juniors & Seniors (All grades) arrive at **7.30pm** for admin, lesson **8.00-9.00pm** in the Studio.  
With Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor,  
Sensei Whitcher Assistant Chief Instructor & Senior Instructor assistance.



# 1st Kyu Information (Brown + 2 White)

If you fail your 1st kyu and are given a TG (Temporary Grade) you will have to pay the grading fee again to re-grade. You must retake your grading on the next grading day or you will have to take the whole grading again. You Must order and pay for your belt on your Grading Return Form to have your belt presented to you by Sensei Cole, with your certificate, as there will be no belts for sale on the grading days.

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## Checklist for Kyu Grades Only

**BEFORE YOU POST, ENSURE YOU HAVE COMPLETED THE FOLLOWING:**

- Completed the grading return form
- Include payment
- Checked your licence is valid
- Include your licence/grading book

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## Kyu Grading Centres

**LESSON FEE APPLIES TO ALL GRADING CENTRES BELOW:  
£16.00 PER PERSON OR £38.00 FOR A FAMILY OF 3 OR MORE.**

**(EXCEPT EXETER, WHERE THERE WILL BE A £20 CHARGE TO HAVE BROWN & BLACK BELT COURSE CARD SIGNED)**

### READING SUNDAY 16th MARCH

**KYU GRADING CENTRE, Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY.**

Lesson times:-

Juniors & Seniors (All Grades) arrive at **8.30am** for admin, pre-grading lesson **9.00 - 10.30am**.

Gradings start at approx. **10.45am** with Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor, Sensei Whitcher Assistant Chief Instructor and Senior Instructor assistance.

### SWINDON SUNDAY 23rd MARCH

**KYU GRADING CENTRE & BLACK BELT GRADING CENTRE,**

**Grange Leisure & Community Centre, Grange Drive, Swindon, SN3 4JY.**

Lesson times:-

Juniors & Seniors (All Grades) arrive at **8.30am** for admin, pre-grading lesson **9.00 - 10.30am**.

Gradings start at approx. **10.45am** in the Main Sports Hall with Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor, Sensei Whitcher Assistant Chief Instructor and Senior Instructor assistance.

### EXETER SATURDAY 29th MARCH

**BLACK BELT & KYU GRADING CENTRE,**

**St. Peter's Church of England Aided School, Quarry Lane, Exeter, EX2 5AP.**

Lesson times:-

Juniors & Seniors (All Grades) arrive at **8.30am** for admin, pre-grading lesson **9.00am - 10.00am**.

Kyu Gradings start at approx. **10.15am** in the Gym followed by Black Belt Grading.

With Chief Instructor of the SSKA.

**THERE WILL BE A £20 CHARGE TO HAVE BROWN & BLACK BELT COURSE CARD SIGNED.**

### SALISBURY SUNDAY 30th MARCH

**KYU GRADING CENTRE, Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR.**

Lesson times:-

Juniors & Seniors (All Grades) arrive at **2.45pm** for admin, pre-grading lesson **3.00pm - 4.00pm**.

Gradings start at approx. **4.00pm** in the Studio with Chief Instructor of the SSKA,

Sensei Lewis Assistant Chief Instructor and Senior Instructors assistance.



# Black Belt Grading Centre



**SWINDON SUNDAY 23rd MARCH**

**BLACK BELT COURSE & BLACK BELT GRADING CENTRE,  
GRANGE LEISURE & COMMUNITY CENTRE, Grange Drive, Swindon, SN3 4JY.**

**Times:** Juniors & Seniors (All Grades) arrive at **8.30am** for admin, pre-grading lesson **9.00am - 10.30am**.  
Gradings start at approx. **10.45am** in the Main Hall. With Chief Instructor of the SSKA,  
Sensei Lewis Assistant Chief Instructor & Senior Instructor assistance.

These courses are for brown and black belts only. The course and gradings are conducted by Sensei Stuart Cole, 8th Dan, Chief Instructor of the S.S.K.A. No free lessons are available on this day. All examination fees/lesson fees are payable on the day. Do not fill in the attached Grading Return Sheet, this is for Kyu Grades only.

**STUDENTS MUST OBTAIN WRITTEN PERMISSION FROM THEIR CLUB INSTRUCTOR TO GRADE.**

Please ensure your Club Badge and SSKA Badge are clearly emblazoned on your karate suit before grading. You will NOT be allowed to grade without them. These two badges can be embroidered onto your karate suit for £25. Please see your club instructor for details.



**PHOTOGRAPHY OR FILMING OF ANY KIND DURING THE LESSON OR GRADING IS NOT PERMITTED**

(Photography is allowed during the presentation of certificates)



## Black Belt Lesson & Grading Fees

- 1st Dan Exam Fee (£65.00) + Pass Fee (£65.00) Total £130.00
- 2nd Dan Exam Fee (£75.00) + Pass Fee (£75.00) Total £150.00
- 3rd Dan Exam Fee (£95.00) + Pass Fee (£95.00) Total £190.00
- 4th Dan Exam Fee (£115.00) + Pass Fee (£115.00) Total £230.00
- 5th Dan Exam Fee (£135.00) + Pass Fee (£135.00) Total £270.00
- 6th Dan Exam Fee (£155.00) + Pass Fee (£155.00) Total £310.00
- 7th Dan Exam Fee (£175.00) + Pass Fee (£175.00) Total £350.00

## Black Belt Lesson Fees

Juniors and Seniors lesson fee: **£20.00**  
(No Special Rates on Black Belt Courses).  
Black Belt (all sizes): **£15.00**

**Ruling:** You must attend a minimum of 4 brown/black belts courses before you may grade for 1st Dan.  
A minimum of 8 courses must have been attended for those wishing to grade for 2nd Dan and above.

**Ruling: The Grading Examiner's decision is FINAL.**

**Students taking their black belt grading can decide on the day if they want to grade or not. Just bring your form and payment with you and you can fill it in on the day. Fees will be payable on the day.**

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**Anyone wanting to learn new katas online, contact Ian Binge on 07831 820787**  
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## SSKA Enquiries and help with your karate training

NAME	DAN	EMAIL	PHONE	POSITION
Sensei Cole	8 <sup>th</sup>	sska595@gmail.com	07557 532676	Chief Instructor of the Southern Shotokan Karate Association
Rob Lewis	7 <sup>th</sup>	rob.sska@virgin.net	07872 019626	Assistant Chief Instructor, Grading Examiner, Complaints & Disputes
Cailey Whitcher	6 <sup>th</sup>	grading@sska.co.uk	07903 012340	Assistant Chief Instructor, Grading Examiner, Licensing Officer & PA
Geoff Ridgway	6 <sup>th</sup>	Sensei@FleetKarate.co.uk	07917 759343	Senior Instructor & Assistant Grading Examiner
Tracie Quelch	5 <sup>th</sup>	tquelch@hotmail.com	07582 716788	Senior Instructor & Assistant Grading Examiner
Maxine Thomas	5 <sup>th</sup>	keithtee@aol.com	07770 410107	Senior Instructor, Secretary & Assistant Grading Examiner
Mark McCormack	5 <sup>th</sup>	mccormack314@btinternet.com	07729 518269	Senior Instructor & Grading Assistant
George McShane	5 <sup>th</sup>	georgemcshane59@gmail.com	07770 830067	Senior Instructor & Grading Assistant
John Phillips	4 <sup>th</sup>	j.phillips147@btinternet.com	07738 798559	Senior Instructor & Grading Assistant
Amanda Dillon	5 <sup>th</sup>	amandaloudillon@aol.com	07464 809858	Senior Instructor, Secretary & Grading Assistant
Ray Dolphin	5 <sup>th</sup>	r.dolphin@sky.com	07752 559672	Senior Instructor & Grading Assistant
Tony Kimber	5 <sup>th</sup>	tonykimber3@gmail.com	07799 064836	Senior Instructor & Grading Assistant
Kevin Sanger	5 <sup>th</sup>	banger@btinternet.com	07593 166926	Senior Instructor & Grading Assistant
Jo Withey	3 <sup>rd</sup>	jo@withey.org	07914 401231	Senior Instructor & Grading Assistant
Dawn Greig	4 <sup>th</sup>	dawn.greig@btopenworld.com	07585 116508	Senior Instructor & Grading Assistant
Ian Binge	4 <sup>th</sup>	ianbinge@yahoo.co.uk	07831 820787	Senior Instructor & Grading Assistant
Simon Smith	2 <sup>nd</sup>	simon.smith@askitsdone.co.uk	07939 010528	Senior Instructor & Grading Assistant
Sam Denton	3 <sup>rd</sup>	samueldentondenton@yahoo.co.uk	07969 569354	Senior Instructor & Grading Assistant
Lorna Hamlet	5 <sup>th</sup>	lornahamlet@outlook.com	07767 254596	Senior Instructor & Grading Assistant
Pete Cowling	3 <sup>rd</sup>	burfordkarate@gmail.com	07794 363837	Senior Instructor & Grading Assistant
James Edwards	5 <sup>th</sup>	enquiry@empoweringpt.co.uk	07503 336773	Senior Instructor & Grading Assistant
Andrew Ranger	2 <sup>nd</sup>	andrewranger@beaconsfieldkarate.club	07710 352171	Senior Instructor & Grading Assistant
Craig Alder	4 <sup>th</sup>	craig.alder@gmail.com	07713 461595	Senior Instructor & Grading Assistant
Stephanie Radford	3 <sup>rd</sup>	Sensei@FleetKarate.co.uk	07585793857	Senior Instructor & Grading Assistant



# SSKA KYU GRADING RETURN FORM



PLEASE INDICATE WHICH CENTRE YOU WISH TO GRADE AT:

READING  SWINDON  EXETER  SALISBURY

*Please check your licence expiry date inside your licence book before you hand it in with your grading application. If your licence has expired, please see your instructor for a renewal form.*

**IF YOU WISH TO GRADE, YOU MUST ASK PERMISSION FROM YOUR CLUB INSTRUCTOR.**

## IMPORTANT INFORMATION:

**You must return this form along with your current valid licence, licence book and your payment by Monday 10th March 2025. Any application received after this date will incur a £20 surcharge.**

**PAYMENT MUST BE MADE BY CASH OR CHEQUE, PAYABLE TO, 'THE S.S.K.A.'**

*CHEQUES ARE AVAILABLE FROM YOUR BANK IF YOU NO LONGER HAVE A CHEQUE BOOK.*

*(PLEASE WRITE YOUR NAME, ADDRESS, TELEPHONE NUMBER, CHEQUE CARD NUMBER & CLUB ON THE BACK OF EACH CHEQUE).*

PLEASE NOTE THAT A £5.00 BANKER'S CHARGE WILL BE APPLIED IF ANY CHEQUE IS RETURNED BY THE BANK.

ALL PAYMENTS TO THE SSKA ARE NON REFUNDABLE.

PROVIDED NEW OR RENEWAL LICENCE APPLICATIONS HAVE BEEN PROCESSED TO THE SSKA MAIN OFFICE, INDIVIDUALS WILL BE ALLOWED TO GRADE. *(If you have applied for a new/renewal licence near the grading period the SSKA will keep the licence until we have received your Grading Return Form. Your licence will be returned to you with your certificate and your new belt at your grading centre once you have graded).*

**\*\*FAMILIES OF 3 OR MORE ONLY\*\*** PLEASE USE ONE SHEET PER INDIVIDUAL AND COMPLETE PAYMENT DETAILS ON THE FORM USED BY THE MOST SENIOR MEMBER. PLEASE DO NOT COMPLETE PAYMENT DETAILS ON EACH FORM.

**Please fill out the section carefully. Tick all boxes that apply and add the total fee amount. If a certificate has to be re-issued because of misspelling, a charge of £5 will be requested.**

NAME TO APPEAR ON CERTIFICATE (IN BLOCK CAPITALS):

LICENCE No:

PRESENT GRADE:

## GRADING, LESSON AND BELT FEES ▶

*(Please tick all boxes that apply)*

**Please TICK size of belt required :**

(240/250cm)  (280cm)  (320cm)

**BELTS CAN ONLY BE PURCHASED FROM THE SSKA.**

Junior grading fee.....	<input type="checkbox"/>	£29.00
Senior grading fee .....	<input type="checkbox"/>	£31.00
First kyu grading fee (Brown & 2 White) ...	<input type="checkbox"/>	£40.00
Pre-grading lesson fee .....	<input type="checkbox"/>	£16.00
Grading lesson fee .....	<input type="checkbox"/>	£16.00
Family lesson fee (for a family of 3 or more) ..	<input type="checkbox"/>	£38.00
Plain belt fee .....	<input type="checkbox"/>	£5.50
Plain with 1 stripe: .....	<input type="checkbox"/>	£6.00
Plain with 2 stripes:.....	<input type="checkbox"/>	£6.50
Late application surcharge: .....	<input type="checkbox"/>	£20.00

**TOTAL FEES £**

*Please include this payment when you return this form.*

APPLICANT'S SIGNATURE.....(Parent or guardian if under 16yrs) DATE.....20.....

Terms and conditions apply. We will not process your Grading Return Form unless it has been signed by your Club Instructor. Grading days are an ALL DAY event. Please ensure you stay until ALL gradings are finished.

CLUB INSTRUCTOR'S SIGNATURE.....DOJO.....DATE.....20.....

**ALL fees are non-refundable and non-transferable.**

For all enquiries please contact Sensei Cole by phone or text 07557 532676 or email [sska595@gmail.com](mailto:sska595@gmail.com)

*Please help promote your local karate club by advertising it on social media. [www.facebook.com/southernshotokan](http://www.facebook.com/southernshotokan)*

We value your privacy. Your personal information will be kept confidential and will never be sold to third parties. It will only be used for communications related to Southern Shotokan Karate Association. All dates & times are correct at the time of printing but are subject to change. All times are approximate. Terms & conditions apply.



# SOUTHERN SHOTOKAN KARATE ASSOCIATION



## JOINING & LICENCE FORM

CLUB INSTRUCTOR: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

SURNAME _____	HOME PHONE No. _____
FORENAMES _____	MOBILE No. _____
ADDRESS _____	WORK PHONE No. _____
_____	EMERGENCY CONTACT NAME _____
_____ POST CODE _____	EMERGENCY CONTACT No. _____
DATE OF BIRTH _____ AGE _____	INSTRUCTOR _____
NAME OF DOCTOR _____	PRESENT GRADE IF ANY _____
PHONE No. OF DOCTOR _____	DATE LAST GRADED IF ANY _____
ADDRESS OF DOCTOR _____	IS FIRST YOUR FIRST LICENCE APPLICATION: YES / NO
_____	ANY KARATE QUALIFICATIONS HELD (eg. Judge/Referee etc.)
_____ POST CODE _____	_____
EMAIL ADDRESS _____	CLUB/LOCATION OF TRAINING _____
	SUIT SIZE _____
	(SIZE GUIDE ON THE REVERSE OF THIS FORM)

**HOW DID YOU HEAR ABOUT US?**  
 Poster:  Social Media:  Our website:  Another website:  Personal recommendation:  An event in a sports centre:  Outside fair or show:  Voucher:   
 Newspaper editorial:  Newspaper advert:  Magazine editorial:  Magazine advert:  Television:  Radio:  Other (Please state) \_\_\_\_\_

**SSKA JOINING FEE: One off payment of £50.00** If you join the SSKA within 2 weeks of receiving this form you will receive a free karate suit and white belt, free embroidered SSKA badge and club badge on your suit on your first grading.

### TRAINING FEES & SUBSCRIPTIONS

Juniors £ .....

Seniors £ .....

All fees paid to the S.S.K.A. are non-refundable

Members will be required to pay their training fees on a weekly or monthly basis, but must pay for ALL lessons whether they attend or not. This includes non-attendance due to holiday or sickness. Please give one months notice to your instructor if you wish to leave your SSKA club.

Your licence book must be with you at all SSKA events.

This licence and joining application must be submitted within 3 weeks of receiving the form. Please note that applicants may still grade as long as this form has been submitted.

Please give details if you suffer from any injury, illness or other medical condition which may interfere with your Karate training or any other physical exercise:

.....  
You must always train regularly at your own club to maintain your standard and to avoid injury.

**HAVE YOU EVER BEEN CONVICTED OF A CRIME OF VIOLENCE? YES / NO**

**DO YOU ACCEPT THAT THE PRACTICE OF A MARTIAL ART/ COMBAT SPORT INVOLVES THE RISK OF SERIOUS INJURY? YES / NO**

ONLY SIGN THIS APPLICATION IF YOU ACCEPT THE RISK THAT PRACTICE OF ANY MARTIAL ART OR COMBAT SPORT MAY RESULT IN PHYSICAL INJURY.

IF UNDER 16 YEARS OF AGE THIS FORM MUST BE SIGNED BY YOUR PARENT OR GUARDIAN.

**THE ANNUAL LICENCE FEE IS £35.00**  
Please look after your licence book. Replacements can be purchased at a cost of £35.00.

SIGNATURE ..... DATE .....

*Terms and Conditions apply once you have signed this form. (If under 16 years of age signature parent or guardian)*

Please make all cheques and postal orders payable to: **Southern Shotokan Karate Association**. Cash payments also accepted.  
 Cheques are available from your bank, if you no longer have a cheque book.  
 Please note: Online payments are no longer available.  
 Your licence book will be sent to your club instructor for collection.

**Please write your name, address, telephone number, club & bank card details on the reverse of the cheque or it will not be processed.**  
*Any returned cheques will incur a £10.00 banker's charge. All payments made to the SSKA are non-refundable.*

**For all enquiries phone or text the SSKA on 07557 532676.**





# SOUTHERN SHOTOKAN KARATE ASSOCIATION



Established in 1987

## Swindon Martial Arts Equipment

PLEASE TICK WHICH ITEMS YOU REQUIRE:

### LIGHTWEIGHT KARATE SUITS

#### SIZES + HEIGHT

000	+110cm	£30.00	<input type="checkbox"/>
00	+120	£30.00	<input type="checkbox"/>
0	+130	£30.00	<input type="checkbox"/>
1	+140	£30.00	<input type="checkbox"/>
2	+150	£30.00	<input type="checkbox"/>
3	+160	£35.00	<input type="checkbox"/>
4	+170	£35.00	<input type="checkbox"/>
5	+180	£35.00	<input type="checkbox"/>
6	+190	£35.00	<input type="checkbox"/>
7	+200	£35.00	<input type="checkbox"/>

### KARATE SUIT SIZE CHART

(For your convenience)

SIZE	cm	HEIGHT
000	110	Below 3'7"
00	120	3'7" - 4'0"
0	130	4'0" - 4'4"
1	140	4'4" - 4'8"
2	150	4'8" - 5'0"
3	160	5'1" - 5'4"
4	170	5'5" - 5'9"
5	180	5'9" - 6'0"
6	190	6'0" - 6'3"
7	200	6'3" - 6'7"

### OTHER EQUIPMENT

Various equipment available to buy:  
Silk Black Belts (any size), Polo Shirt (any size, any colour), T-Shirts (any size, any colour), Sweatshirts (any size, any colour), Heavyweight Suits (any size), Tracksuits (to fit over karate suit), Holders.

### BELTS 240/250/280/320cm

PLAIN COLOURED BELT	£5.50	<input type="checkbox"/>
PURPLE+1	£6.00	<input type="checkbox"/>
BROWN+1	£6.00	<input type="checkbox"/>
BROWN+2	£6.50	<input type="checkbox"/>
BLACK BELT	£15.00	<input type="checkbox"/>

### BADGES

**WE NO LONGER SELL SEW-ON BADGES. ALL BADGES ARE NOW EMBROIDERY ONLY**

#### EMBROIDERED BADGES

CLUB BADGE	£10.50	<input type="checkbox"/>
SSKA BADGE	£14.50	<input type="checkbox"/>
SSKA ENGLAND BADGE	£16.00	<input type="checkbox"/>
YOUR NAME ON YOUR SUIT	£8.00	<input type="checkbox"/>

### PAYMENT

TOTAL AMOUNT: £

Please make all cheques and postal orders payable to: **Southern Shotokan Karate Association**. Cheques are available from your bank if you no longer have a cheque book. (Cash payments also accepted). Pass payment on to your club instructor to be processed. Your equipment will be given to your club instructor.

For all enquiries see your club instructor or an official at the grading centres, or phone/text the SSKA on 07557 532676.