

# Zanshin Kai – Shotokan Karate Glasgow

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We would like to invite you to a weekend of intense Karate instruction on Sat 5<sup>th</sup> & Sun 6<sup>th</sup> May 2012 with Sensei Ken Davis 7<sup>th</sup> Dan, who has over 40 years of experience in Shotokan Karate. Ken has trained with Sensei's such as Nakayama, Tabata, Osaka, Yahara, Kase, Shirai, Kanazawa, Kagawa, Ohta, Kato, Kawazoe, Patrick McCarthy, Julian Mead and Terry O'Neill amongst others.

The venue will be the Inverclyde national sports facility in Largs and will include full board. There will be an opportunity to train for 9 hours if you can cope! There will be plenty of time for social activity on both the Fri and Sat evening. If there is demand, a fun salsa lesson could also be laid on in the evening.

The cost would be £155 all in, (arrive Fri evening, includes all meals, leave Sunday afternoon) if you choose to arrive on Sat morning instead of Friday evening you can take £25 off the price. Students under 16 years of age require a parent to accompany them. It is also possible to come on a day only basis for training classes and this would cost £15 per day.

Deposits of £25 must be paid by the last week in Jan 2012. If you would like to attend please fill out the following and return to Ken Davis with the deposit. For additional information regarding the course please contact Ken directly at [martin\\_d10@hotmail.com](mailto:martin_d10@hotmail.com)

Fri: *Arrival, light buffet & drinks 7.00pm*

Sat: *Breakfast 8.00 - 9.00am*

**Class 1: Aerobic session with detailed stretching**

**Class 2: Kicking drills, targeting & pads**

**Class 3: Detailed work with basic stances**

*Lunch*

**Class 4: Partner work – take downs, throws & groundwork (no children, head guards advised)**

**Class 5: Sparring, timing and tactics**

*Dinner & Bar*

Sun: *Breakfast 8.00 - 9.00am*

**Class 6: Heian Godan & oyo Bunkai**

**Class 7: Non JKA Advanced Shotokan Kata**

*Lunch*

**Grading & presentation of certificates**



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Zanshin Kai is a Shotokan Karate club run by Shihan Kenny Davis 7th Dan offering Karate classes to all ages. The club is based in the Kirkintilloch Leisurecentre, Bishopbriggs Leisuredrome and Lenzie Public Hall in East Dunbartonshire & Glasgow in Central Scotland. Shihan Davis is our Head Instructor and he has been running the club for around 30 years. We are affiliated with the Japan Shotokan Karate International and Traditional Karate Great Britain (TKGB). Sensei Davis is also a fellow of the International Shotokan-ryu Karate -do Shihankai.

Our club have students who also cross train in other martial arts such as Tai Chi, Muay Thai, Western Kick boxing, Tae Kwon Do, Aikido, Greco Roman Wrestling, MMA and others. We also dabble in weapons training from time to time specifically with Iaido, Bo and Kama.

Kenny has been teaching Karate classes in the Kirkintilloch area for the last 30 years. The club started as a school club in 1980 with Kenny teaching Karate as an extra circular activity and is still going strong, training at the Leisuredrome in Bishopbriggs, Lenzie Public Hall and Kirkintilloch Leisure Centre. In some cases the club has trained a 2nd generation of students from the same family.

The club specialises primarily in Shotokan Karate, however we have many influences and are open to all martial ideas and concepts. Kenny visited Japan in the early 80s to train with Sensei Keiji Kataoka 6th Dan JKA and trained and visited a number of Dojos in southern Japan and also visited the JKA home dojo in Ebisu.

The ethos has always been the same with instructors at the club teaching for enthusiasm and not for profit, and this tradition has been spread around the world by former students running their own clubs from Lennoxton & Aberfoyle to Cyprus and Dubai.

Kenny believes in a practical, traditional technique and the understanding of what you are doing and how the body works and moves. In the late 70s Kenny also tried his hand at Kick boxing during its inception. Kenny is assisted by Willie Marshall and Macrae Loney, both 5th dans and who have been training with Kenny for over 30 years

Tear here -----

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ Next of kin & contact details (if different): \_\_\_\_\_  
 \_\_\_\_\_

Phone Numbers (home & mobile): \_\_\_\_\_ Any medical conditions or injuries: \_\_\_\_\_  
 \_\_\_\_\_

Any medication: \_\_\_\_\_

Attending (please tick):

- Full weekend:  £155.00  
(Friday/Sat evening, accom & meals)
- Sat morning arrival:  £130.00  
(Sat evening, accom & meal)
- Daytime attendance only: Sat:  £15.00  
Sun:  £15.00

Payment Methods:  
 Cheques/Cash accepted. Cheques should be made payable to 'Zanshin Kai' and either passed to Ken at class or posted to Ken Davis, 2 Millers Place, Lenzie, G66 5JT