

HOME OF

WORLD KARATE

CHAMPIONS



ESKA KARATE

GIFT YOUR CHILD EXERCISE FOR THE MIND AND BODY



Our mission - To give all children access to Karate and support their development of key life skills through the medium of Karate.

Who are ESKA Karate?

Eastern Shotokan Karate Association is a professional karate club based in East Anglia. We are dedicated to teaching traditional Shotokan Karate to the very highest standard.

Supported and guided by our team of qualified professional instructors, we work to provide a safe environment for our students to grow and achieve their full potential in Karate-do and everyday life.

Since 1995, ESKA has helped over 6000 students develop key life skills such as perseverance, self-discipline and confidence. This is achieved through our class structure, syllabus and examination programme.



**Comprehensive
Training**



Fully Insured



**First Aid
Certification**



**Enhanced DBS
Checks**

What we offer

The TSKUK and ESKA are passionate about delivering professional Karate tuition. Martial Arts training is associated with better concentration, educational outcomes, attainment, and mental health in children. Incorporating Karate as part of the recommended 60 minutes of daily exercise is a fantastic way for children to build physical strength whilst developing motor skills, learning non-aggressive self-defence and encouraging mental discipline.

For 4-6-year olds



Tiny Tigers is a fun exercise class incorporating karate techniques with judo and enjoyable games to promote physical and mental skills in a safe, secure environment.

For 6 years +



Junior Karate is a class designed to promote a defensive, non-aggressive approach to Karate with all the physical and mental benefits of practising Martial Arts.



TSKUK Funding

A fantastic opportunity for your child!

Thanks to funding from our national governing body, **Traditional Shotokan Karate UK** (TSKUK), we are offering your child four free taster sessions at any of our classes. These sessions can be claimed at any of our venues. We run sessions for children aged 4 years and above across Norfolk. You can view our full timetable **HERE**.

How to claim your free classes


1. Complete the personal information details at **<https://cloud.eska.co.uk/sign-up>**.
2. Answer the “**How did you hear about us?**” box by selecting ‘**School Taster Session**’ from the drop down menu.
3. Type in the code: **SchoolTaster4** in the “**Further details**” box.
4. Once you have completed the form, log into the **Members’ Area** and book a trial class. Classes can be booked up to 21 days in advance.



TSKUK[™]
Traditional Shotokan Karate UK

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 [facebook.com/
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Why choose ESKA Karate?



Professional Instructors - our professional instructors are all highly trained, fully insured and enhanced DBS checked.



Engaging Lessons - our instructors all bring extensive teaching experience, able to tailor engaging lessons to any group.



Comprehensive Programme - our class structure, syllabus and examination programme are designed to support your child all the way to black belt and beyond.



National Recognition - any student that grades with us receives a belt and certificate, issued by the TSKUK, making each grade nationally recognised.



World-Class Tuition - the same instructors who teach our current national and international champions will teach your child.



Thank you for your time.

Reach out today to give your child the benefits of Karate!

Contact ESKA by email at office@eska.co.uk or by phone at **01603 418751** to learn more about how your child can start their Karate journey with us.

We are excited to share the positive impact of Karate with your child and help and support them as they grow and thrive.

Sign-up here: <https://cloud.eska.co.uk/sign-up>.