

Chadwell Heath Karate Academy



Introductory Pack

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Club Information

Background

Chadwell Heath Karate Academy (CHKA Karate) was formed in April 2012 by brothers James and Robert Steadman. We first started karate in the local area where they both grew up.

After 25 years' experience we set up our own Karate Academy to inspire the next generation. We are very privileged to have been coached by some of the world's most respected karate exponents.

We are pleased that Karate has gained Olympic recognition for the Tokyo 2021 Olympics and are excited to inspire the next generation of young people on this journey.

Our Values

We are passionate about karate, it has been part of our lives from the age of 5 years old. We believe that karate is a life changing activity, and have seen how the principles of karate have impacted on those who practise it. Our values include respect, etiquette, character, self-control and discipline.

We pride ourselves on our coaching style and programme which includes imparting our knowledge to students of all levels, abilities and needs, and importantly to enjoy the journey along the way.

Our Style & Clubs

We practise the Wado-Ryu style of Japanese karate (The Way of Peace) which incorporates both kata (the practise of patterns of karate movements) and kumite (the practise of forms of sparring).

We run a number of clubs across east London and Essex, supported by qualified coaching staff.

Our Club Affiliations

- Affiliated to the England Karate Federation (EKF), the national governing body representing Karate groups in England.
- The EKF is in turn a member of the World Karate Federation (WKF). The WKF is the largest international governing body of sport karate with over 130 member countries. It is the only karate organisation recognised by the International Olympic Committee.
- Our Association is Independent Karate Clubs.

Our Instructors

Chief Instructors James Steadman and Robert Steadman

About James Steadman

Karate Achievements:

- 9x English National Champion
- 9x British International Champion
- 9x British Champion
- 3x London Youth Games Champion
- 2x Venice Open Champion
- 2x German Open Champion
- 2x Scottish Open Champion
- 2x Irish Open Champion
- 2x Swedish Open Champion
- European Bronze medallist at The European Karate Federation Championships
- 5th place at the Official Karate World Championships
- Was ranked 3rd in Europe and 4th in the World
- Represented Great Britain at the World University Games
- EKF qualified coach and World Karate Federation Qualified coach (Highest Qualification)
- Current grade: Black belt 3rd Dan

Qualifications:

- Safeguarding Level 1
- First Aid
- DBS
- EKF qualified coach
- Fit2fite qualified instructor
- Honours Degree : Physical Education & Sports

Awards:

- Jack Petchey Award for karate achievements and assisting younger students, 2004
- Sports Person of the Year, 2003 (Chadwell Heath Academy)
- OCS Young Sports Person of the Year Finalist 2007 & South East Regional winner, 2007
- Runner up 2007 and 2008 - Redbridge Sports Person of the Year

About Robert Steadman

Karate Achievements

- 3x English National Champion
- 3x British International Champion
- 3x British Champion
- 2x London Youth Games Champion
- German Open champion
- Scottish Open Champion
- 2x Irish Open champion
- British University Champion
- Represented Great Britain at the European University Games
- EKF qualified coach and World Karate Federation Qualified coach (Highest Qualification)
- Current grade: Black belt 3rd Dan

Qualifications

- Safeguarding Level 1
- First Aid
- DBS
- EKF qualified coach
- Fit2fite qualified instructor
- Honours Degree : Physical Education & Sports

Awards

- Jack Petchey Award for karate achievements and assisting younger students, 2004

Membership and How to Join CHKA:

We believe in informing you of all the costs within your child's tuition from day one so there are no hidden costs along the way. CHKA membership fees are paid via standing order and are shown below.

CHKA Joining Fee of £49 provides:

- Remaining calendar month training free
- First Uniform
- Club Badge
- First Years Licence and Insurance Booklet
- Membership to Club and Association IKC

This is to be paid after your 2 week free trial with the instructor of your class.

Form is to be filled in online at Chka.co.uk on the NEW MEMBER page or see instructor for a paper copy.

Payment for starter membership to be made in cash at the lesson.

Monthly Tuition Costs:

Bronze Membership = £25 per calendar month

One Karate Session per Week over a 48 week year (£6.25 per session)

Silver Membership (*all purple white belts and above will be on membership*) = £35 per calendar month

Two Karate Sessions per Week over a 48 week year (£4.38 per session)

Gold Membership = £45 per calendar month

Unlimited Karate Sessions each week over a 48 week year (Maximum cost of a session £3.75)

Black Belt Membership = Please speak to instructor when you attain this achievement

Important Information:

Please note the following – CHKA membership payments are divided up to 12 equal monthly payments. Karate classes will take place for 48 weeks of the year, with 2 weeks off over the Summer holidays and 2 weeks off over the Christmas period. (These weeks off have already been filtered into your monthly payments)

School Holidays/hall cancellations: Lessons will be run on a zoom timetable released in advance.

Immediate Family Discount: 3 for 2, Cheapest member free. Must be Parents and children and not other family members.

Missed Classes: Classes that are not attended during a month do **NOT** roll over into the following month. In addition, if a class is missed in one week, the class does **NOT** carry over to the following week.

Cancellation: One months notice in writing, it is your responsibility to cancel your own standing order. If you cancel standing order you will have to pay a new joining fee if you wish to return of £49

Additional Costs

Gradings - £25 for Blue Belts and below, £30 for Purple white stripes and above. Black belt Fee is an external payment to association.

Gradings are where the students attend an examination to take their karate belts. Gradings include a short practice, exam, and belt presentation.

Please note: Students progress at different speeds with the initial grades being easier, progressing into very hard and technical.

Licence and Membership - £25 per year

This provides the student with membership to the club and association, which in turn gives them insurance.

Courses - £Vary

We run various courses, from fun days in school holidays, to fighting courses which will be advertised within the club.

Timetable:

Classes taught by James and Robert Steadman only, are part of your membership. All other instructors' classes that are part of CHKA will be paid as you train with that instructor.

Membership Timetable:

Day	Venue	Time
Monday	Limes Centre, Limes Avenue, Chigwell, IG75LP	All Belts - 5.30 till 6.30
Monday	St Augustines Hall, Loudoun Avenue, Barkingside, IG61AU	All Belts – 7 till 8 Adults/Competition Kata – 8 till 9
Tuesday	Goodmayes Methodist Church, Percy Road, Goodmayes, IG38SF	All Belts – 5 till 6 Competition Fighting – 6.10 till 7.10
Wednesday	Majoire Collins MS Centre, Grove Road, Chadwell Heath, RM64XF	All Belts – 5 till 6
Wednesday	Robert Clack Leisure Centre, Gosfield Road, Dagenham, RM8 1JU	All Belts – 6 till 7
Thursday	Ripple Centre, Ripple Road, Barking, IG11 7PB	All Belts – 5.30 till 6.30
Thursday	Dagenham Park Leisure Centre, School Road, Dagenham, RM9 4UN	All Belts – 6 till 7
Friday	Majoire Collins MS Centre, Grove Road, Chadwell Heath, RM64XF	Blue Belts and Below – 5 till 6 White Stripes and Above – 6 till 7
Saturday	ZOOM ONLINE	White to blue belts 10-10.30am Purple stripes and above 10.30-11.00

Timetable not included in membership:

Day	Venue	Time and grade
Friday	Concordia Academy, union road.Romford. Rm7 OHG	6-7pm ALL GRADES with Sensei Stephen

How to set up membership

Step 1

- Go to chka.co.uk
- Click 'Become a Member'
- Fill in form on website

Step 2

- Set up standing order via your bank to pay on the 5th of every month, using internet banking or visting your branch.
- Standing order details:

A/C: 72773112

Sort code: 40-06-30

Bank Name: HSBC

Account Name: CHKA

Reference: Name and Class

Step 3

- Send confirmation message that the standing order has been set up to 07731855849

Step 4

-Please bring a joining fee of £49 to your next class, where we will have your joining pack ready for collection.

Joining Pack includes:

- Remaining calendar month training free
- First Uniform
- Club Badge
- First Years Licence and Insurance Booklet
- Membership to Club and Association (IKC)