

Is It Safe For Me And My Children?

All E.S.A. Instructors are qualified to a national standard. Just because a person wears a black belt, does not mean they are a competent instructor.

Statistically Karate is perhaps one of the safest activities compared to many sports, however we strongly recommend that you use our checklist before joining any club, regardless of style or association.

1. Ask to see the Instructor's Qualifications

An authentic instructor will not hesitate to show you their credentials. Remember you can verify qualifications issued by Karate England by telephoning 01628 487555.

Professional Indemnity Insurance. An instructor must have Professional Indemnity Insurance. Ask to see it and check that it is valid.

Child Protection Policy. Ask to see the club's Child Protection Policy Statement. Each group should also have an appointed Child Protection Officer.

CRB Checked? Check to see if the Instructor has been checked by the Criminal Records Bureau. The association you are joining should be able to confirm whether an instructor has been checked. Be wary if the Instructor has not been checked and ask "why not?"

Code of Behaviour, Does the organisation have a written code of behaviour? If they do, ask to see it.

2. Before Leaving Children, Stay & Watch

If you are discouraged, find another instructor.

Remember, You Are There To Learn!

You should not receive humiliating punishments or be subjected to degrading comments.

3. Technical Standards

This is probably the one thing that cannot be guaranteed by any documents. The above list only ensures that the club is providing a safe training environment and is complying with required coaching practice, it does not mean that the Karate practised is always a high standard. It is always best to look at as many clubs as you can before joining. Traditional clubs, regardless of style, often give the best value for money, but do not expect a quick fix, progress through the belts is often much slower, sparring (sport Karate) may not be as important and it is usually not introduced until green or brown belt.

4. Finally

Do not be embarrassed to ask any of the questions above and any others you can think of. A good club will welcome the fact that you have done your homework and are aware that not all martial arts are the same.