



GENTOFTE KARATE KLUB



www.gkk.dk

Welcome to Gentofte Karate Club

Little league for children of the age 4-6.

For parents of new students of the little league team.

The purpose of the team is not that the children learn karate as such, but that they through playing experience the joy of exercising.

We will try to give the children a greater body consciousness, partly through getting to know your own body, but also through watching and imitating showed movements. Thereby we can work with different muscle groups and practice the basic movement patterns within karate.

The children's concentration and attention will be trained through the different games' rules, but also through the karate principles of discipline, meaning that how to behave in the dojo, how to move, how to greet, how to count, when to stop etc. will be practiced.

We will touch upon many things during the training, but the most important thing is that the children remain happy about coming and joining in.

Parents are very welcome to be inside the dojo at the first two training sessions to see what we are doing.

Hereafter we ask that the parents at the beginning of the training hand over their children at the door to the gym and thereafter leave as it will provide more calm for all the children in the gym.

Soon we will hand out an overview with parents says where you can come and watch - and yes, maybe even participate in the training.

Practice and activities

Saturday 10.00-10.55 or 11.05-12.00 in Nymosehave, gym A, Stolpehøj 150, 2820 Gentofte.

The club's home page www.gkk.dk is frequently updated with news so you can remain updated.

There is practice in the Winter-/Autumn vacation, but we are closed for Easter, Whitsunday and between Christmas/New Year.

Your karate pass (proof of your grade), which is used for all graduations is kept in the club, but will be handed out at request.

Prices etc:

Subscription (as of April 2010), DKK 275 per month collected in advance.

First collection includes subscription for the first month and the coming month. Registration fee and karate pass costs DKK 450 and a karate-gi (karate suit) is over and above this cost.

The karate-gi can be ordered on the application form. (Gi with a white belt DKK 310).

Change/withdrawal must happen with a written notice 30 days before the first of a month, it can be to the email: cas@it.dk

Best regards and the wishes of a funny season from **Mette RED** and **Mette BLUE**

(Revised 1/7-2011)

Medlem af: - **D.Kar.F.** (Dansk Karate Forbund) - **IJKA Denmark** (International Japan Karate Association)
KWF Denmark (Karatenomichi World Federation Denmark)

DIF (Danmarks Idræts-Forbund) - **SIG** (Sammenslutningen af Idrætsforeninger i Gentofte)

Kontakt: Gentofte Karate Klub, Gladgårdsvænge 25, 3540 Lyngbe, Denmark - **Email:** cas@it.dk
Danske Bank, Gentofte, reg.nr.: 4190 konto: 4206814403 CVR-nr.: 29740380