

WELCOME TO COLCHESTER KARATE ACADEMY

Welcome to Colchester Karate Academy, the award winning full time academy in the heart of Colchester and the only karate club in Essex with Club SX Gold Accreditation and OFSTED approval. In February 2010 we were crowned the UK's most loved Martial Arts club, Colchester's most loved business and came 26th out of 3 000 businesses taking part in a national survey by BestOf to find the country's most loved business.

Starting karate in 1984 the Academy's Chief Instructor Landé Fourie is now a 3rd Dan Black Belt in Shotokan Karate (UKTKF) and a 4th Dan Black Belt in Freestyle Karate. Impressively she is also the current '**FSKA Kata World Champion**' (amongst other world titles). Furthermore, Landé was crowned '**Essex Sport Personality of the Year 2009**' during a prestigious sports presentation event on the 11th of November 2009.

Colchester Karate Academy runs Traditional Shotokan Karate classes for those aged 3 years and upwards. These classes also include the Colchester Karate Academy '**Character Building with Life and Safety Skills Programmes**' (3-14 years of age). Children's classes are divided into specialised groups which are Lil'Dragons aged 3-5½ years, Pouncing Pandas aged 5½ - 7 years and Nifty Ninjas being the 7-14 year olds.

In addition to the traditional Shotokan curriculum taught at Colchester Karate Academy, for those with a more extreme edge to their nature, there is the XMA™ program. This program of xtreme martial arts consist of a combination of all martial arts and gymnastics, with added music to create a performance style similar to the stunts seen in martial arts movies.

The club also offers fitness classes with a difference. For those interested in getting an all round increased fitness and strength can join their weekly circuit classes. Ladies who wants fitness with pragmatic self-defence can join their weekly FIT-defence classes. These 90 minute sessions use circuit based fitness to improve fitness, stamina and agility whilst also spending time on teaching personal safety aspects and self-defence such as rape escape, street attach etc.

The club continue to be very successful since its inception in 2005 with a number of students attaining world champion and national champion status. For example more recently, in 2009 the Colchester Karate Academy Tournament Squad of 18 students attended local, regional, national and international tournaments. In total they collected a massive 91 medals, of which 39 were gold, 25 were silver and 27 were bronze.

Colchester Karate Academy was awarded the 'Martial Arts Academy of the Year' accolade at an international training weekend in November 2009. Two of the Academy's students received 'International Student of the Year' awards (Kieran Scott aged 12, and Georgia Clewley aged 11) at the same event. In addition to these successes Landé Fourie received an Honorary 4th Dan in Freestyle Karate, an 'International Instructors Award' as well as an award for '25 Years Dedication to Martial Arts'.

As well as teaching Traditional Shotokan Karate they also run corporate and generic training courses including specialised and bespoke programmes upon request. These courses are either conducted at their professional full time Academy or delivered in-house. CKA offer the following:

Karate Related Events:

Karate Kids Birthday Parties
Multi-sport Holiday Clubs
Success Camps (Leadership Skills)
Kata Camps
Squad Training Sessions
Annual Punch-a-Kick-a-Thon
Karate Kids Spring Camp and Summer Camp for Beginners
...and much more

Non-karate Related Events:

Teen Murdery Mystery Birthday Parties
Murder Mystery Events
Fund Raising for Various Charities
Team Building events

Specialist and Bespoke Training in Personal Safety and First Aid (Run by Elite Response Training):

Generic Personal Safety Training
Physical Intervention (Restraint)
Lone Worker Personal Safety
Mixed Gender Self-Defence
Under 18's Personal Safety
Women's Self-Defence
Knives and Edged Weapons Awareness (including a unique under 18s programme)
Basic Weapons Awareness and Recognition (Skills for Security accredited)

Please contact Colchester Karate Academy on 07753627204 or info@colchesterkarateacademy.co.uk for more information.