



Blackburn Shukokai Karate

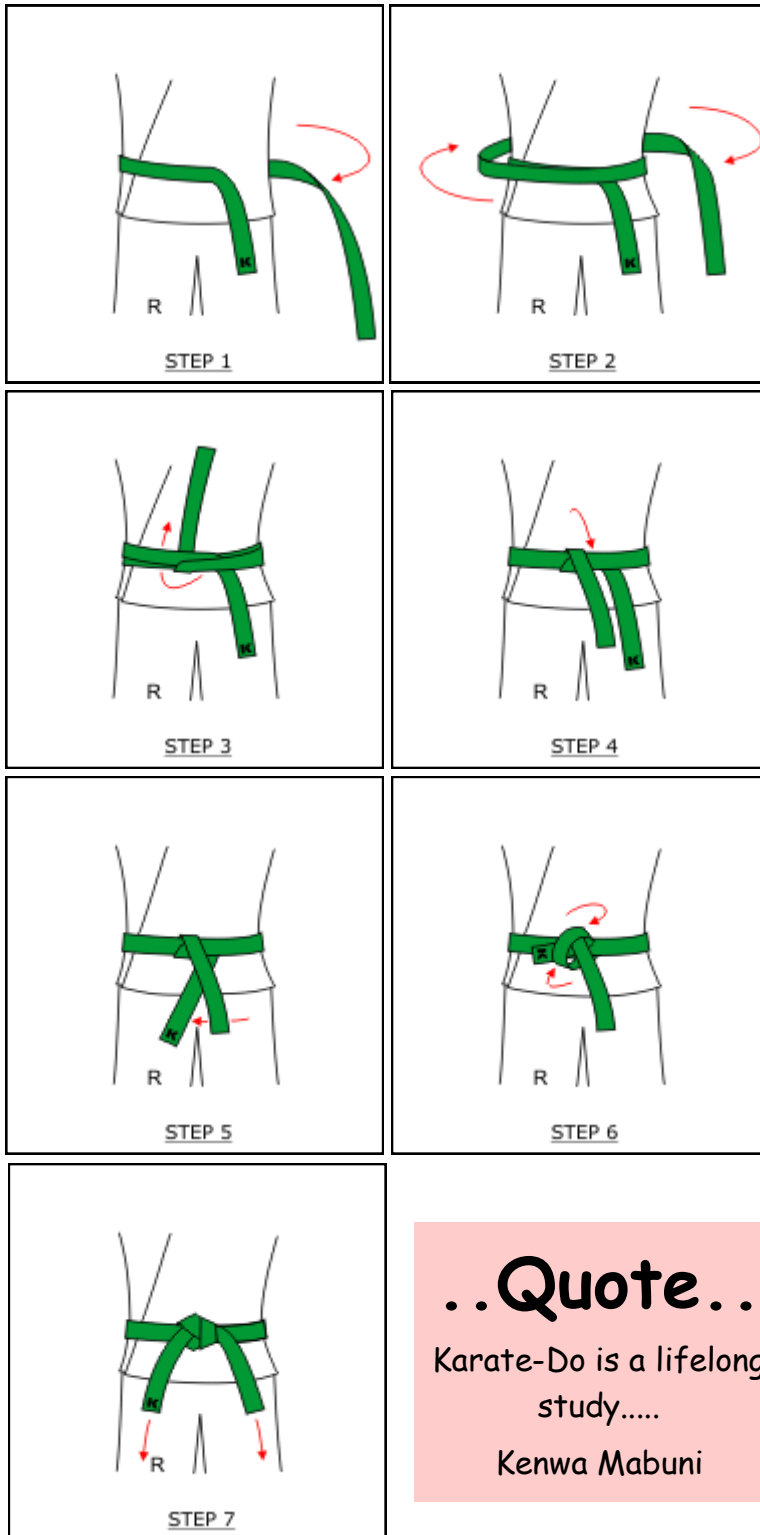
Newsletter

May 2010



Unit 1/11 Mary Street Blackburn Vic 3130 Ph) 0398944344
 Website: www.shukokaikarate.net

How to tie a Karate Belt



..Quote..
 Karate-Do is a lifelong study.....
 Kenwa Mabuni

KOA Championships



Sunday 20th June 2010
See club for more details

Karate Protective Equipment

Why it's so important !



Mouthguard

Protects your teeth from being damaged.
Must be used when sparring



Hand Mitts

Protects your hands when sparring and protects your opponent



Foot and Leg Guards

Protects your feet and lower leg when sparring and protects your opponent



Head/Face Guard

Protects your head when sparring. At BSK all juniors must use and wear head protection when sparring



Groin Guard

Protects your groin. Groin guards should be used at all times.

Common Karate Injuries

Sprains and Strains / Bruises / Soft Tissue Injuries / Minor Fractures (fingers & toes)

How to Prevent Injuries

Stretch and Strengthen your muscles / Build your Core / Stay Fit and Healthy & wear your Protective Karate Equipment