



BROCHURE

KARATE

By Larhlimi Doha



What is Karate?

Karate is an individual martial art sport that originated in Okinawa. Brought to mainland Japan in the early 20th century, it has become one of the world's most popular martial arts and has developed several different styles including Shotokan, Goju-Ryu, Kyokushinkai and Wado-Ryu.



What is it's object?

The object of Karate is to defeat your opponent by utilizing punches, kicks and throws to score points. At the end of a Karate kumite, the competitor with the most points is declared the winner (or before the end if they reach and eight point lead over their opponent). As well as being a combative physical activity, Karate is highly skilled and tactical, and all competitors are required to have a high level of skill, experience, speed and dexterity to be successful in Karate competition.



What are the steps to learn karate?

To understand basic karate, start by learning the different styles, including American Freestyle, Shotokan, Sport, and Goju-Ryu. Then, learn the basic movements, also called “kihon,” which include punching, blocking, kicking, and movement.



Beginners Steps: Stances

Stances allow you to maintain proper balance and form while attacking.

Without a good stance, your attacks lack force, and you can lose balance quickly or move into a disadvantageous position.

Stances are common to all schools of Karate. They create the frame from which your attacks are built.

Here are some of the most basic stances you'll likely learn when you begin as a karate student:



Beginners Steps:Punches

Punches *Tsuki*



Straight Punch
Choku Zuki



Front Punch
Oi Zuki



Reverse Punch
Gyaku Zuki

The frequent kicks, punches and open-handed strikes are more common in Karate. Here are some of the punches you'll likely start training with on your first day:

Beginners Steps:Kicks

Kicks *Geri*



Front Kick
Mae Geri



Roundhouse Kick
Mawashi Geri



Side Kick
Yoko Geri

Kicks are more challenging to execute than punches but are much more powerful. Karate features movements with the arms more frequently, but kicks are essential as well. Geri requires a stable balance with a stance. It's also important to chamber your kick before and after execution, which will make your kicks more streamlined and give them more accuracy.

Beginners Steps: Blocks

Blocks *Uke*



Inward Block



Outward Block



Upper Block



Lower Block

Blocks are karate moves that are mostly performed with a closed fist or an open hand, but you can also train your legs and feet to block. Blocks are used to defend against attacks aimed at the arms and legs. When these moves are used correctly, blocks can stop or even deflect and redirect attacks regardless of their speed and power.

Equipments

Competitors are placed into categories according to their weight and maybe their age in the case of junior competitions. All competitors in Karate kumite competitions are required to wear a traditional Karate suit known as a gi and this should be plain and without stripes or embroidery. Instead of wearing the belt colour that signifies their rank, one contestant wears a red belt and the other a blue belt to help distinguish them. Other prescribed pieces of equipment are:

- A gum shield
- Body protection (and extra chest protection for females)
- Shin pads
- Foot protectors



Boxing gloves



Shin guard



Head guard



Equipments:Tatami



Tatami is a traditional Japanese flooring made up of side-by-side rectangular panels made of woven and pressed rice straw. It can also have different thicknesses which usually reach 6 cm. Generally speaking, the tatami is the space occupied by a lying person.

When and Where?

The training sessions are 3 days a week:

Tuesday

Thursday

Saturday

**They last 3 hours from 4pm to 6pm
at the Marconi gym in via Marconi**



Special reminder

**Remember karate
it's not only about
punch,kicks or
fights but it also
help you increase
your patience and
be calm.**



TENNIS



What is Tennis?

- The game of tennis was born in England
- It is called "tennis" because in France when a player threw the ball he shouted "Tenez", that mean "hold". Then it was the British who gave name to this sport
- You can play both individually, but also in pairs. Most tennis matches last from two to three hours and it's a game like badminton

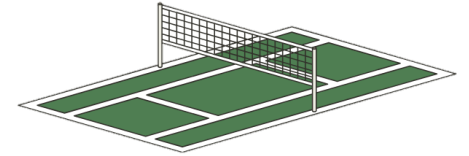




What is the equipment ?



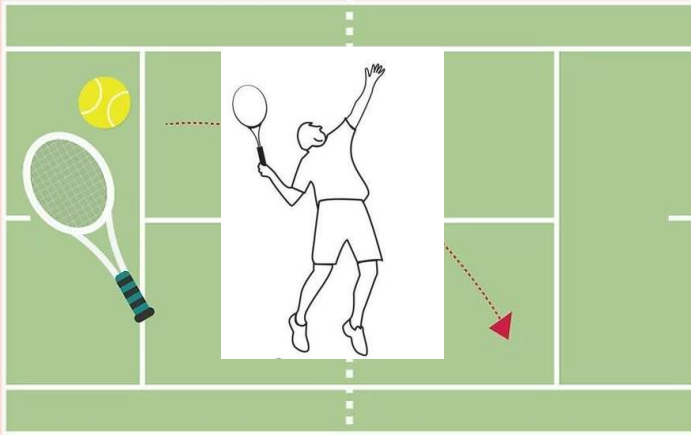
Tennis is practiced with a racket, a ball and a net



The player's aim is to hit the ball with the racket by sending it to the opposite court half



- There are various fundamental hits of tennis



Service (you start serving from the left side)



Pallonetto (descending blow)



Backhand (rovescio)



Volée (flying shot)



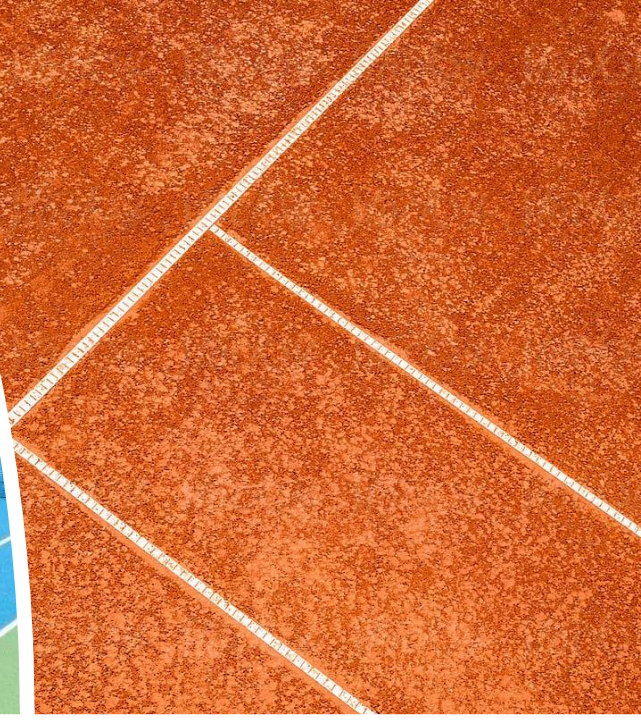
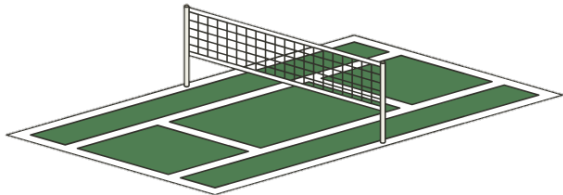
Diritto (the hand holding the racket is facing forward)



You change court every 6 points

How is the camp?

- The tennis court can be of various materials: red earth, grass or concrete
 - It has a rectangular shape and is divided in half by a net
1. If the ball goes off the field or hits the net, it is the opponent's point
 2. A tennis match consists of points, games and sets. You must have 15, 30 or 40 points to win a game. You must have 6 games to get a set



ARE YOU READY FOR

TENNIS

Only
£29



TOURNAMENT

15th August 2024 | from 16 to 21



The training sessions are 3 times a week
(Mondays, Wednesdays and Saturdays)

LOCATION - new sports hall in
Casalmaggiore

FREE DRINK
INCLUDED



Both students & teachers are welcome



"Tennis is complicated, it's
not just running and hitting.
It's strategy, head"



"In tennis you are a
thousand times behind, 5-4,
6-5, but you have to fight,
become even more
aggressive, do not be
afraid"



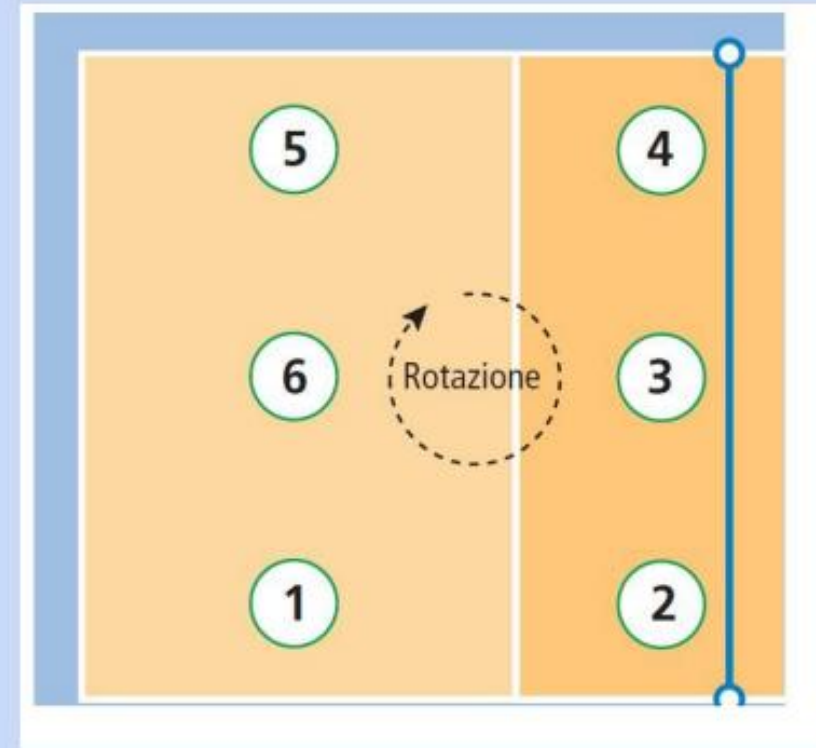
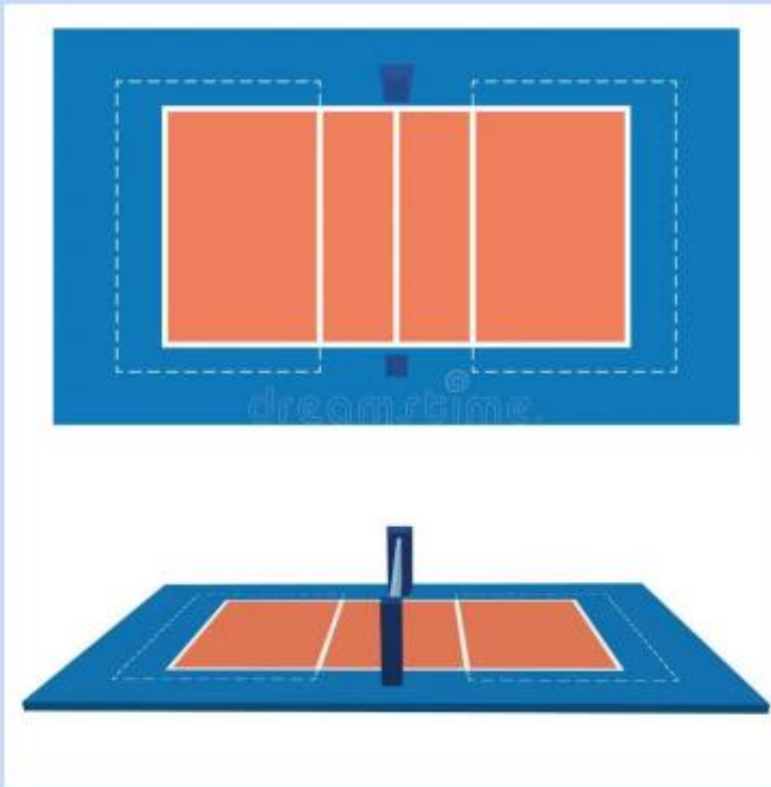
VOLLEYBALL

Volleyball, is a sport that takes place between two teams of six players each.



POSITIONS ON THE FIELD:

On the volleyball court you have six players, each occupies a precise position, although then during the game you move.





Volleyball is played on a rectangular court divided in half by a one meter high net.

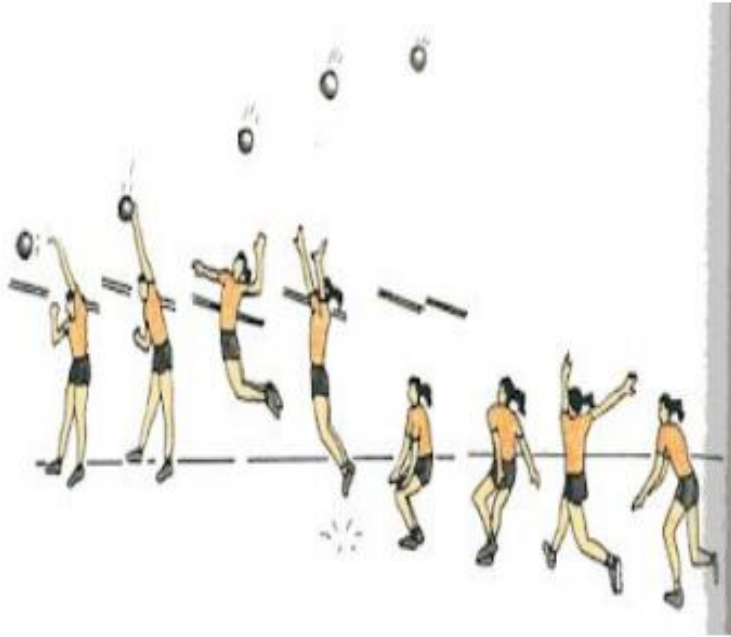
Volleyball is characterized by very fast game actions. It requires tall stature and control of the body's balance. To win games, you need to get 25 points, with at least a two-point advantage over your opponents.

Each team can touch the ball three times before throwing it into the other half of the field.

The aim of the game is to score points by making the ball touch the ground in the opponent's court and prevent the other team from winning.



BASIC INDIVIDUAL: BETTING OR SERVING DRIBBLE BAGHER CRUSHED



FONDAMENTAL MATERIAL;

VOLLEYBALL

VOLLEYBALL SHORTS

VOLLEYBALL SHIRT

VOLLEYBALL SHOES

SLEEVES AND SHIN GUARDS

VOLLEYBALL COURT AND

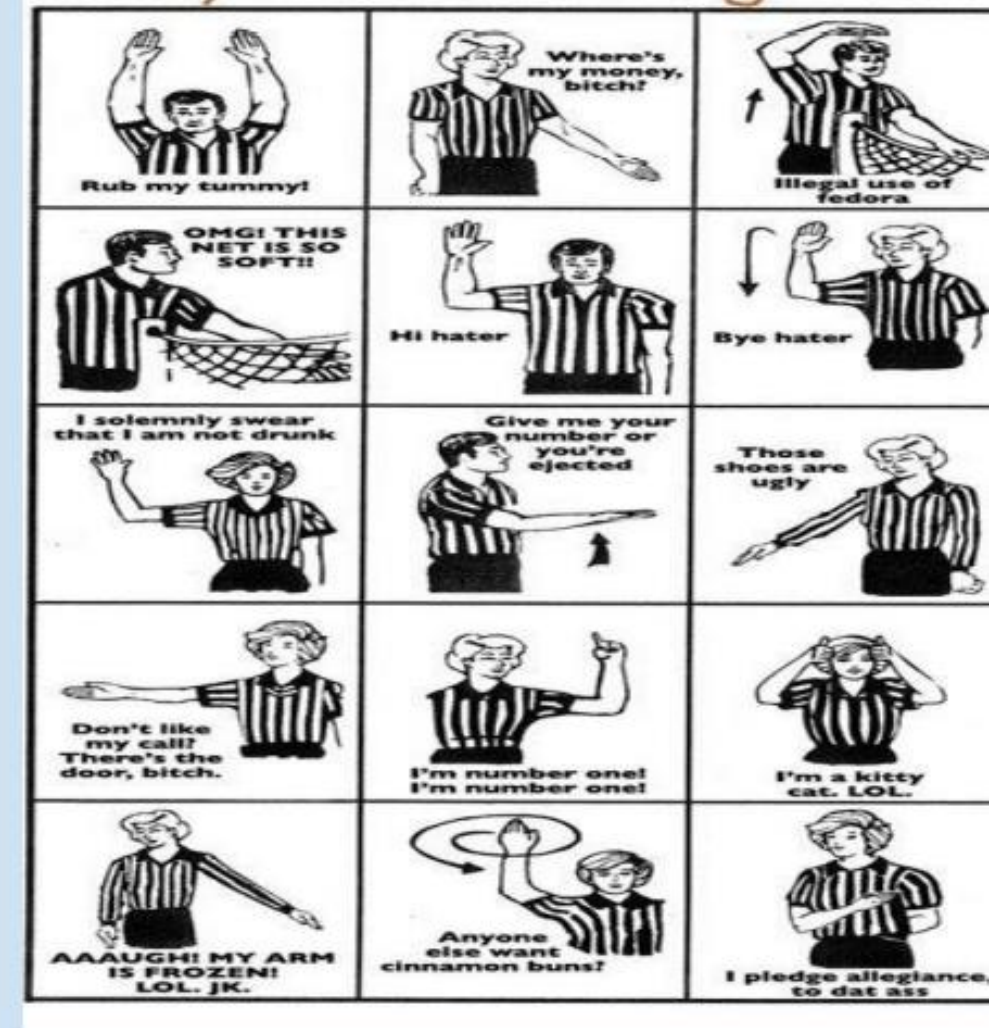
VOLLEYBALL NET



The service must be performed within eight seconds of the first referee's whistle.

The bagher is the fundamental technique to use to repel the balls that arrive with too much speed

The dunk is the main attack movement and the most complex because it is important to hit the ball at the highest point.





WHEN AND WHERE?



The training sessions are 2 days
a week:

FRIDAY AND SATURDAY

They last **3 hours** from **4pm to 6pm**
at the **Marconi** gym in **Via Marconi**



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