#### **ENGLISH**



## **General information:**

Kyokushin Zeeland has existed since 1985 and is an association registered with the Chamber of Commerce and affiliated with the Dutch Karate Association (NKA) and International Federation of Karate Kyokushin (IFK). There is a board, a qualified karate teacher, teaching assistants and an activities committee. Further information about the association and the history of the association can be found on the website under Club Info. All information about exam requirements can be found on the website under Karate Info.

# **Training times and groups:**

All training sessions take place in the Dojo of the Omnium Goes: (exceptions will be communicated via the whatsapp group)

Youth 6 to 8 years old: Wednesday 6:00 PM-6:45 PM and Friday 4:30 PM-5:30 PM Youth 9 to 12 years old: Wednesday 6:45 PM-7:30 PM and Friday 6:00 PM-7:00 PM \* Youth 13 to 17 and seniors: Wednesday 19:30-20:30 and Friday 19:00-20:30\*

\* Youth aged 11 or 12 can sometimes already train with the 3rd group. It also happens that someone aged 12 wants to continue training in the 2nd group for a while. Which class you will be assigned to is determined in consultation with the teacher.

### **Membership:**

The one-time registration fee is € 15.00 (for passport of karate association NKA and exam card). Also submit 2 passport photos.

- \* Contribution 6 to 12 years: € 155, = per year (when paying per month via direct debit you pay 12 installments of € 15.50)
- \* Contribution 13 to 17 years € 180, = per year ((when paying per month via direct debit you pay 12 installments of € 18.00)
- \* 18 years and older € 230 per year ((when paying per month via direct debit you pay 12 installments of € 23.00)

# Karate suit and other supplies:

Through our webshop you can - at a special association rate - order all necessities such as karate suit, a belt and protectors. (The suit is then immediately provided with the kyokushin - and our club logo). After your order, everything will be handled by Intersport Goes, who will call or email you when you can pick up the items and pay in the store. To gain access to the webshop, you must be logged in to the website and registered as a member.

#### **Hygiene:**

Karate is a contact sport, therefore hygiene is important. Keep nails short and hands and feet clean.

## **Youth Fund Sports:**

Families experiencing financial difficulties may be able to make use of the Youth Fund for Sport and Culture. See our website under "club info"

# Facebook:

Like our facebook page and stay informed of the latest news. In addition, photos and/or videos are regularly posted here. Nice to share with your friends and family. www.facebook.com/kyokushinZeeland

#### **Instagram:**

Our Instagram page is www.instagram.com/kyokushinzeeland

#### **Questions:**

If you have any questions, you can call or send a Whatsapp message to the teacher Jan de Jong, tel. 06-84301268