White Belt skill to Black Belt Confidence

Self confidence is the ultimate self defence for children of all ages. We help children achieve and maintain physical fitness, energy, mental focus and awareness.

Our students sleep well, eat healthily and have more friends! Their concentration improves. They work harder, get better grades in other subjects, they are more respectful and disciplined!

If you want Black Belt confidence in your child contact us today for more details on your school club.

Contact Sensei Dan:
07546 487403
dan.shizenryu@gmail.com

Local School Clubs

Mondays:
NEW Oaklands Primary School
Oaklands road, Ealing W7 2DP
3:30pm-4:30pm (Years 2–6)

NEW Brandlehow Primary School
Brandlehow Rd, Putney, SW15 2ED
6:50 – 7:50pm (Years 3 and above)

Tuesdays:
NEW West Acton Primary School
Noel Road, Acton, London W3 0JL
3:30-4:30pm (Years 3–6)
Avonmore Primary school
Avonmore Road London W14 8SH
6pm—7pm 9 (Years 2–6)

Wednesdays:
Derwentwater Primary School
Shakespeare Rd, Acton W3 6SA
3:30pm – 4:15pm (Years 1 and 2)
4:30pm– 5:30pm (Years 3 to 6)

Thursdays:
Granard Primary school
Cortis Road, Putney W15 6XA
3:30 -4:30pm (Years 1—6)
Grange Primary School
6pm—7pm (Year 4 and above—open to other schools and those that have started secondary)

Fridays:
Grange Primary School
3:30pm - 4:30pm (Years 3—6)
Introduction

Shizenryu means ‘Natural Way’. Karate means ‘Empty-Hand’. We are very proud of our achievements in teaching children Karate as a complete concept, as opposed to a watered down sport or self-defence.

Because of our non-aggressive approach Shizenryu was the first Martial Arts organisation to be accepted within local Dorset & Hampshire Schools. Almost 700 black belts have graduated through local schools since 1988.

Our teachers are full time professionals dedicated to giving the best tuition to your child. We have many years of experience teaching at all levels.

Our children’s classes are specifically tailored to give children a broad base in the empty hand arts, with the emphasis on safety and a moral understanding of the implications of their actions.

Shizenryu has a unique approach in helping children to be in harmony with both themselves and others. A child’s best defence will always be the invisible halo of confidence that helps them avoid situations that lead to conflict. It has been proven that a child who has good Martial Arts skills is less likely to get into conflict as they tend to exude confidence and feel they have nothing to prove.

Shizenryu is ideal for growing children as it develops concentration, awareness, co-ordination, physical and mental discipline, good health, vitality, team work and motivation.

As children mature, both physically and mentally, they gradually adopt the more subtle skills of the adult practise.

Parents should note: these benefits can only be realised by giving Shizenryu the same amount of value as any other subject of study. Although children are taught a specially tailored system, discipline and correct etiquette should be observed right from the beginning in order to ensure safety and respect for their fellow training partners.

We encourage children to help one another and always act in a polite and courteous manner. Over the last 30 years, Shizenryu has gained a deep respect from both state and private schools. This respect has been fostered because we care a great deal about the children and their progress.

Shizenryu does not encourage aggression as this can lead to fear, which is always a poor substitute for respect. We believe in developing inquisitive minds which are able to solve problems. We do not give them all the answers; instead we nurture a mental attitude that is able to solve problems by thinking it through for themselves.

Children learn how to resolve confrontation and avoid making enemies. They learn self-defence, but more importantly they learn self-confidence, self-respect and a path to self-discovery. In a world increasingly filled with stress and conflict these lessons are survival tools for children of all ages.

Belt Grade Awards

We organise regular grade tests held towards the end of each term. Children progress through coloured belts and tags. Each belt is followed by a white tag before the next belt. This system is used by most martial arts clubs for young children. It enables us to break down the syllabus in more manageable steps. There are nine kyu belt grades: red, orange, yellow, green, blue, purple, and 3 browns, leading to 1st Dan Black Belt. They then work through the more specialised adult syllabus. Consistency and commitment is the key to success. Students wishing to progress beyond Green belt level need to train twice a week. There are evening classes as well as the school clubs. Details of classes can be found on the website.

Teachers

Our team of full time teachers are headed by Ian Smith who has been involved in Martial Arts since 1968. Ian has a long and varied background in martial arts, that started with ABA boxing and Judo. Ian studied Wado-Ryu Karate under the famous late Tatsuo Suzuki gaining 5th Dan, one of the highest UK grades at that time. During this time Ian taught members of the very successful England Team; self-defence to the police force and Karate to the Marines. He later became part of a research group studying the roots of Martial Arts, resulting in him being awarded Menkyo Kaiden at Oxford University. This lead to him teaching unique applications all over the world. Today Ian is dedicated to developing teachers. Daniel Monaghan holds a 3rd Dan and over the past four years has successfully launched Shizenryu in London. Daniel has a wealth of experience having been involved in the martial arts for 26 years and has been a professional teacher since 2003.