

Hokushin Martial Arts

0755 777 1428

www.hokushinmartialarts.com
email@hokushinmartialarts.com

Hokushin Martial Arts is the window to your success

Founded on the principle of believing that nothing is impossible, our Academy is the school for you to get the best out of Martial arts, self-defence and training. It's not just kicking and punching, it's about the complete personal development of each student. Whatever your reasons and your goals, **Hokushin Martial Arts** can help you to become physically and mentally fit. Start today by enrolling in your local class! We offer a well-balanced program for adults and children that emphasise pride, self-esteem, fitness and integrity.



Our classes provide a fantastic, fun and safe environment for you to get the most out of life. With obesity levels at an all time high and more and more kids running wild on the streets, our Martial arts classes are bucking the trend. Martial arts offers unbelievable benefits, too many to mention here. All classes are very traditional and the training itself is probably one of the best 'full body workouts' available. Shotokan Martial arts is considered as one of the most effective forms of self defence in the World. You will learn not only to control an opponent, but you will learn great control over your body and mind.

WE TRULY BELIEVE THAT THE EDUCATION YOU OR YOUR CHILDREN WILL RECEIVE AT THE HOKUSHIN MARTIAL ARTS CANNOT BE FOUND ANYWHERE ELSE. WE ARE MAKING A DIFFERENCE IN PEOPLE'S LIVES. WE ARE HERE TO HELP YOU REALISE YOUR POTENTIAL.

You will receive **1 MONTH OF FREE** training. That's an incredible offer considering the valuable education you or your kids will receive and that all other martial arts classes in our area only give you your first class free!

If you are ready for a new, healthier and more confident way of life for yourself and your children, the **Hokushin Martial Arts** is ready to help.



To get more kick out of life and begin your quest to be your best, call the Chief Instructor, Mike McCusker on **0755 777 1428** or stop by any of the classes and take advantage of our special "**1 MONTH FREE TRAINING**". You'll be glad you did.

Mc McCusker 



Mike McCusker 7th Dan Founder & Chief Instructor

F.A.Q's

Although it is exciting trying out something new, it can also be a little scary. Here we will try and answer some of the most common questions we are asked by beginners. Hope it helps!

How often should I come to Martial arts?

It is advised that you train twice per week in order to maintain your fitness, improve your technique and stay on track towards your black belt. However, for the monthly fee, you can train as often as you like at any of our locations. Just check out the club list and come to the classes which suit your schedule. Each class lasts for 1 hour. If you are dropping off your child and intend coming back to pick them up, please do not be late.



Who will teach me?

We have a small number of professional and dedicated instructors who will teach you. At the top of the tree we have our Chief Instructor Sensei Mike McCusker 6th Dan black belt. Sensei McCusker has been involved in martial arts for almost 40 years and is the founder of the club. He has taught many, many students, some of which have gone on to be superb Martial Artists in their own right. Sensei McCusker maintains a strong sense of tradition and discipline being trained in Japan and having close links with many Japanese instructors. To see how effective Sensei McCusker's teaching is, just look at the quality of his students and compare them to students from other clubs. The Hokushin Shotokan Martial arts Academy is without a doubt one of the foremost martial arts schools in the U.K today.

Are there any special events I could go to?

Loads! It just depends how much you want to do. We have 3 gradings (belt examinations), seminars, training camps, fun days, local competitions, national competitions and international competitions each and every year. There is so much to do you will never get bored.

What should I wear on my first session?

Just keep it simple! A pair of jogging pants or tracksuit bottoms along with an old T-shirt or sweatshirt would be ideal. There are a few don'ts thought!

- 1. Don't wear jeans, school clothing, shorts or socks.*
- 2. Don't wear anything that has studs or zippers.*
- 3. Don't wear jewellery of ANY kind. That includes earrings, piercing, or religious regalia.*
- 4. Don't wear any hard plastic or metal hair accessories.*

5. *Don't wear any item, which is dirty or has holes in it.*
6. *Don't wear football tops.*

How long will it take to get my Black Belt?

This all depends on how regular you train, if you apply yourself properly in class, if you practice at home and if you follow the instructors advice as closely as you possibly can. However, it will usually take around 4 to 6 years to gain your 1st Dan (1st degree black belt). The quickest I have ever known a student to pass their black belt has been 3 years, the longest has been 7½ years, so you see you must train as often as possible.

What is expected of me in the club?

There are simple rules, which you will pick up as you go along. For example:

1. *No eating in the training hall (especially gum).*
 2. *Always refer to your instructor as Sensei (teacher).*
 3. *Bow when entering or leaving the training hall.*
 4. *Always give 100%.*
 5. *Don't be cheeky or answer back! If you do you will be asked to leave.*
 6. *If you don't understand anything, ask!*
 7. *No swearing.*
- Etc, etc*

What will I get from practicing martial arts?

What you will get from martial arts is limitless! But it really is up to you. We will give you the tools you need to excel in Shotokan martial arts, but, like everything else, you will only get out what you put in. There is no substitute for hard work! On a physical scale you will become stronger, faster, fitter, and more supple and gain a greater degree of dexterity. On an emotional scale you will become more confident and self assured, have greater control over your emotions, be more friendly and outgoing and much more besides! Many parents of children already within the club have approached the instructors and commented on how their kid doesn't get bullied at school any more, or how their child is fitter and has lost weight without changing their diet. Many have also commented on how confident their children are in their own fighting ability, which has led to an increase in confidence around their peers.

So What Happens Next?

1. Join the class and start your free trial.
2. Fill in the membership and indemnity forms before the end of the free trial.
3. You might start thinking about getting a uniform. Just speak to Sensei McCusker for this or order from the website www.hokushinmartialarts.com
4. Come week 6 you should now look to purchase your annual membership. This can also be ordered via the Hokushin website or ask Sensei McCusker for a form.

