



**BRISTOL
KARATE
ACADEMY**

SUPER SATURDAY

SEMINAR GUIDE

WELCOME TO SUPER SATURDAY!

We're delighted to invite you to probably the biggest single day of Shotokan Karate in the South West this year – Super Saturday.

Taking place on **Saturday 8th September**, this Super Saturday event is organised in celebration of the 40th anniversary of Bristol Karate Academy's oldest dojo. It's a full day seminar, featuring three instructors whose successes span our full 40 year history. And to whet your appetite, here's a quick summary of who's who...

THE INSTRUCTORS

Aidan Trimble, 8th Dan



Sensei Aidan Trimble made waves from the moment he came onto the scene in the late 70s. Perhaps most famous for winning the first ever SKI World Shotokan Karate Championships in Japan in 1983, he was also a British Kata and Kumite Champion.

Aidan Sensei is an instructor under great demand, teaching across UK and Europe, the US, South Africa and more. So we're delighted to bring him to the South West and to get an opportunity to train with someone with such an impressive pedigree and a slightly different perspective from our usual visitors.

Matt Price, 6th Dan



Sensei Matt Price brings with him a tremendous amount of experience as both a competitor and a coach. He's a former ESKA European Champion, KUGB Grand Champion (having won the KUGB Nationals as an individual six times in total) and is the current JKS England national squad coach. Sensei leads by example and despite retiring from competition in 2007, continues to push himself to the maximum in training, with regular trips to Japan, following the maxim of 'Karate for life'.

Matt Sensei always brings something a bit different to his seminars and we're looking forward to seeing what he's got in store for us in September.

Hisham Saif, 3rd Dan



Sensei Hisham Saif is a fantastic addition to the seminar, as someone who's young, dynamic and undoubtedly an exceptionally talented and successful competitor. In recent years Hisham's competitive record in Shotokan events is second to none. As well as being 5x KUGB National Kata Champion he's also won the ESKA European title three times and the WSKA world title twice.

Hisham Sensei executes his Karate in a powerful, precise way and we're looking forward to him sharing some of his training methods and tips on the seminar.

VENUE



The seminar takes place at Hengrove Park Leisure Centre in South Bristol. Having only opened in 2012, Hengrove Park is a modern, state-of-the-art venue that's fit for such a special event. The training will take place in the main, 4-court sports hall, with sprung wooden floors and plenty of space to get the most out of your day with our course instructors.

When you're not training, visit Café Vita for a wide range of light snacks and refreshments, from coffee and croissants to paninis, pasta and salads.

For those driving, the first three hours of parking is free if you validate your parking card in the Leisure Centre.

DIRECTIONS

Full address: Hengrove Park Leisure Centre, Hengrove Promenade, Bristol, BS14 0DE.

From North Somerset, travel towards Bristol on the A370, then take the second turning on the new Gurney roundabout. At the next roundabout take the second exit (straight ahead) and follow the road, straight across a small roundabout to another large roundabout. Take the third exit onto Whitchurch Lane, go across another small roundabout and then take the next left.

From South of Bristol, travel towards the city, taking Junction 19 of the M5 at Portishead. Take the 5th exit (the next exit after the motorway services) towards Bristol and follow the A369. When you reach the city, take the second exit to the Bower Ashton roundabout (under an underpass) then take the A3029, passing Ashton Gate stadium on your left, and following the road straight (straight across the roundabouts) until it forks to the left. After around 100 metres, follow the road around to the right, onto Hartcliffe Way. When you reach a large roundabout, take the second exit straight across, follow the road straight, across a small roundabout and then take the next left.

From North of Bristol, enter the city via the M32 (reached from J19 of the M4). Once in, you have a choice of either going straight through the city or following the outer roads, via Junction 3.

SCHEDULE

You'll be treated to four hours of instruction of the highest quality. We've also included breaks between classes and an opportunity as a group to ask our instructors some questions in a Q&A session, so come prepared! Classes will be divided by grade, with each of the instructors taking a separate group:

	12.00– 13.30	13.30- 13.45	13.45- 14.00	14.00- 15.15	15.15- 15.30	15.30- 16.45
Senior grades	Aidan Trimble	Break	Q&A and photos	Matt Price	Break	Hisham Saif
Intermediate grades	Matt Price	Break	Q&A and photos	Hisham Saif	Break	Aidan Trimble
Lower grades	Hisham Saif	Break	Q&A and photos	Aidan Trimble	Break	Matt Price

The grade splits will be confirmed nearer to the time, based on those that register for the course. Class times are subject to change.

BOOKING, PAYMENT & PRICES

Booking is now open! To book a space:

- email hello@bristolkarateacademy.com
- book in person at any Bristol Karate Academy class

Your booking is subject to our booking terms and conditions and is not confirmed **until you have made payment in full**. Payment for the course may be made in person at one of our classes or by online transfer to the Academy's account (30-62-96, 70401968).

Based on the attendance at courses so far this year, we expect the seminar to be fully booked before the day of the event. Booking in advance is the only way to guarantee your place.

Early bird prices (payment received by 24th August)	£30 per person
Advanced booking (payment received 25th August - 7th September)	£35 per person
On the door (if spaces available)	£40 per person

Family discount

We're offering family pricing for families of three or more, where at least one family member is under 18 and there is a maximum of two adults. Payment must be made at the same time to qualify. **The first two family members pay full price and each subsequent family member pays half price.**

Family pricing is only available on advanced booking. There is no discount for those that pay on the door.

SPECTATORS

Only parents of children participating in the seminar are welcome to spectate. No other spectators will be allowed.

PHOTOGRAPHY AND FILMING

Bristol Karate Academy reserves the right to take photographs and videos on the day and by choosing to take part in the event you accept that you may appear in photos that may be used in the future for advertising or promotion by the Academy, its Chief Instructor or by any other people we authorise. If you wish to be obscured in the photos so you are not identifiable then please let us know.

Only Bristol Karate Academy-accredited helpers may take photos or videos. For safeguarding reasons, no other photography is allowed, other than photos with the instructors during the seminar breaks.

BOOKING TERMS & CONDITIONS

Your booking is subject to our booking terms and conditions, shown below.

Making a booking

- Bookings may be made in advance or on the door, if spaces are still available.
- To book a space you must provide a name, age and grade for each person in your booking. There is a minimum age of 8 for non-Bristol Karate Academy members.
- Bookings are only confirmed once payment is made in full.
- All grades from novice upwards are welcome to book a space. To ensure the smooth running of the course, there will be a maximum number of attendees in each of the three classes, meaning that the event may be sold out for some grades before it is for others.
- Your attendance is subject to your booking being accepted. While Bristol Karate Academy has never refused a booking request, it reserves the right to not accept your booking.
- By making a booking, you confirm that you are at least 18 years of age, have read and understand the terms and conditions in full and are competent to execute this agreement.

Health and wellbeing

- You are medically fit to participate in an activity that can be physically demanding.
- Training is at the risk of the participant and Bristol Karate Academy, while taking reasonable care for all participants, shall not be held responsible for any injury or illness that may be caused as a result of demonstrations or training.

Photography and video

- You consent and agree that Bristol Karate Academy and its authorised agents have your permission for the capture of still images (photographs), moving images (film/video) and audio recordings of the participant during the event, including live streaming.
- You accept that the use may be in a number of media, including but not limited to print, digital and electronic use by Bristol Karate Academy and/or by agents authorised by Bristol Karate Academy.
- You hereby grant Bristol Karate Academy and/or agents authorised by Bristol Karate Academy a licence to use material(s) contributed by you for educational and/or marketing purposes via print-based methods, web-based methods or other digital methods.
- If you do not wish to be identifiable in any of the photos then please let us know and we can obscure you from any pictures.

Non-attendance and refund policy

- As we only have limited space it's vital that you only book on if you can attend. In the event that you cannot attend, you may transfer your space to another person or request to cancel your booking altogether, subject to the following points.
- If you choose to transfer your place, you must send an email to hello@bristolkarateacademy.com by 9am on Friday 7th September including the name of the person not attending, as well as the name, age and grade of the person you are transferring the place to. As with your original booking, Bristol Karate Academy reserves the right to refuse the booking request of a replacement participant.
- Any cancellation requests will be accepted as long as they are made by 9am on Friday 31st August.
- If your refund request is received within 14 days of booking (and by 9am on Friday 31st August) you will receive the full amount you paid. If it is not you're entitled to a partial refund of 50% of your training fee, to help us cover the fact that we need to resell your space with short notice.
- Refunds will be processed as quickly as possible and not later than 14 days after the request was received.

Photo credits

Throughout the seminar literature featuring our course instructors from a variety of sources. Photo credits as follows:

- Bernard Rose
- WSKA
- ESKA
- KUGB
- Bristol Karate Academy
- Ian Connell