

Karate at Oak Lodge Primary School: reception - Year 6



Summer term WC 13th April 2026

New exciting karate club starting for the first time!

Dear Parents/Guardians,

New Breakfast Karate club at Oak lodge Primary!

Our school club sessions aim to build confidence, respect and resilience alongside teaching the karate syllabus in a fun and safe environment.

Sessions are led by professional instructor Sensei John Sideras, former England International, 3x English Champion, 1x British Champion, 3x Four Nations Grand Slam Champion, 32 years full time teaching experience and trainer of National/London Borough Youth Games Champions.

Dates

Monday 13th April - Monday 20th July 2026 (12 weeks)

(No session 11th May)

Friday 17th April - Friday 17th July 2026 (12 weeks)

(No session 15th May)

8am - 8.45am

Cost and payment details

Summer term cost: Monday £102 for 12 sessions per student/Friday £102 for 12sessions. Payment must be made in advance of the summer term. No refunds once place is given or for missed classes. Any session missed can be made up at a local venue in Coney Hall at no extra cost.

Due to extreme popular demand and limited spaces, there will be a first come first serve basis. **A student's place will only be secured once payment has been made via the GoCardless link sent in the accompanying email after a students profiled has been filled out using link below.**

To join; please use link below to complete your child/s karate profile.

<https://kaigaishii-sensei-john.clubm.mobi/>

[\(Teacher books in the classes\)](#)

Licence

A licence is mandatory for all reputable Martial Arts schools. Each student is registered with Karate England which includes their insurance. The cost varies depending on the month of applying (annual cost is £28 and renews on 30/09/26).

Start-up pack

Includes club embroidered Gi (suit) bottoms, top, belt, hand pads and gum shield. **Only club embroidered suits are permitted** however there is no pressure to purchase the start-up pack; students are welcome to train in their PE kit before you commit to purchasing the starter pack. Cost £39 (and cost of licence to carry up to 30th September).

Gradings

Gradings are a formal assessment for students when we feel they have mastered the necessary techniques, focus, discipline and attitude to advance to the next belt level. They are held locally in Coney Hall at a cost of £28, which includes grading, belt presentation and certificate. **(Students must have a club kit to grade).**

Our after-school clubs run for beginners to yellow belt level. Specialised classes are available locally after this level. Classes are also available locally in Coney Hall for all students during the week. It is highly encouraged that students train more than once per week. Please contact instructor for more details.

Behaviour

Students are expected to behave in an appropriate manner with respect for teachers and fellow students; failure to do so can jeopardise the student's place in the club.

Safeguarding

Safeguard lead John Sideras – senseijohnsideras@gmail.com

Safeguard lead Rachel Sideras – rachelsideras@gmail.com

Kindest Regards,

Sensei John sideras

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Insta @kaigaishiikarate (Caterham, Coney Hall, Warlingham)

<http://facebook.com/kaigaishiikarateassociation>