

Karate - Year 6



"It was really interesting to watch Oliver show us a kata - I don't know how he remembers all the different moves!" Aimee Bullivant

"I loved using the gloves and pads to practise punching and kicking." Harry Russon



Year 6 have relished the opportunity of taking part in a number of karate sessions with a professional coach. It has been so much fun!

During our sessions, Alison taught us the importance of respect and discipline when doing karate. We learnt how to bow to properly greet our sensei and the rest of the dojo! Alison warmed us up with rigorous obstacle courses and drills that really got the blood pumping. We then jumped straight into the action as we learnt a series of different punches and kicks. Throughout the sessions, Alison stressed the importance of not using Karate outside of our lessons.

After we had learnt the basics of punching and kicking, pupils then had the opportunity of working in pairs and small groups and putting into practise their techniques. Pupils worked with pads and gloves to practise punching and kicking an opponent.

Pupils were also lucky enough to work with ex-pupil Oliver Anslow who has gone on to compete in Karate tournaments across the world. He worked with pupils to improve their techniques and even gave us demonstrations of katas that he has performed successfully to win international medals.

We were all exhausted by the end of every session as we had all punched and kicked our way through a fun-filled hour! The sessions were so successful that a number of pupils said they would like to continue Karate in their own time.



"I can't believe we actually got to punch and kick the pads!" Mia

