



Sensei Janice Francis-Irwin

## **GIRLS KARATE SESSION AT LITTLE ILFORD SCHOOL: 25.03.25**

Karate is a challenging skill to master, but Sensei Janice helped us understand its true purpose and significance. She made every movement look effortless, which drew us in even more and sparked our curiosity.

Before we began, Sensei Janice emphasized that Karate should only be used for self-defense, never as a means of attack. We were especially fascinated by the Japanese names for each move and the punches we practised during our first session.

To warm up, we split into two teams, with gloves placed on opposite sides of the dance studio. At the sound of the whistle, we had to throw the gloves to the other side as quickly as possible. When time was up, the team with the fewest gloves on their side, won. The game was exciting, fast-paced and a great way to get our energy flowing!

Throughout our lessons, we focused on correct posture and some basic techniques, learning how to channel our strength effectively. It was such a fun experience, and we could really feel ourselves improving as the session progressed. Karate is not just about fighting—it's about discipline, confidence and self-improvement.

We really hope more students express an interest in Karate so that we can turn this martial arts session into a regular Club here at school! The more members we have, the more we can learn, practice, and enjoy the benefits of Karate together. If you're looking for a fun and exciting way to stay active while learning something new, Karate is definitely worth trying!

By: Kavinaya

Please see Ms Thomas in the PE Department if you would like to sign up to join the Girls Karate Club.