



EmptyHands Courses

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1.0 Workshops (*members only*)

A Workshop is a series of educational and practical sessions. Groups of students meet together over a short period of time to concentrate on a defined area of concern. The purpose of each workshop can vary, they will predominantly be based on sharing information, problem solving and training.

Students are encouraged to bring along questions, problems relating to the subject area. Workshops are also an opportunity for students to provide feedback, interact with instructors and the group. Some aspects of the advance syllabus is also be taught.

The structure of the workshops is as follows:

- Samurai Greeting Ceremony.
- Workshop Warm-up.
- Kihon practise relating to subject area.
- Tea Break
- Practical application to subject area.
- Ad hoc training/teaching/Activities
- Closing Ceremony

1.1 *Importance of Workshops:*

Our School is open for one night a week and certain aspects of our syllabus requires extra supervised attention. The new Workshops will facilitate this additional training.

1.2 *Fees*

All workshops fees are standard School rates.

2.0 Events (*members only*)

Every year we organise three events:

1. **School Anniversary** – this is organised in March, we run a Japanese Brush Painting session (*Sumi-e*). At the end of the session each student is involved in a brush painting competition.
2. **Hainault Forest Training** – an outing for the School (*normally organised in August*) which involves various activities including KaraTe training in the forest, Meditation, shared lunch and games.
3. **School Festivity** – this is organised at the end of the year in December, we have an evening of fun activities, demonstration from students and Instructors, tea ceremony finished off with KaraTeka of the year award.

2.1 *Fees*

All Events fees are standard School rates.

3.0 Courses

3.1 *Introduction to Self Defence**

This course is ideal for beginners with no martial arts experience as it involves basic self defence principles, drills i.e. what to do during real life situations, basic blocks and counter attacking. We are now enrolling for this course, contact staff for further details (*course will be held in Aug 07 & Nov 07*). Fees for this course: £15.

3.2 *Acupressure – Application to KaraTe**

This course involves an introduction to the body, meridians and basic principles to Shiatsu/Acupressure and insight into the application of pressure points. We are now enrolling for this course, contact staff for further

details (*course will be held in Aug 07 & Nov 07*). We also have a Shiatsu clinic; details can also be found via our website. Fees for this course: £20.

3.3 Meditation – Cultivation of Hara & building internal power*

At the EmptyHands School we teach a method of meditation which has been developed for many years. Although the foundations of meditation techniques are rooted in Japanese Zazen and Mokuso, the methodology is adapted from various disciplines allowing an open and diverse approach to mindful breathing. We are now enrolling for this course, contact staff for further details (*course will be held in Aug 07 & Nov 07*). Fees for this course: £20.

3.4 Further Information on Meditation

Meditation simply means to reflect or to be mindful of what's around us. There are many things in life which are beyond our control. Needless to say, we can take responsibility of the state of our minds and how we change accordingly. Most spiritual practises encourage this school of thought and teach that solitude is the antidote to anxiety, hatred, discontent, fatigue and confusion amongst the other symptoms of our fast and busy world.

Meditation is a means of transforming the mind; there are various meditation techniques that encourage and develop concentration, clarity and positive mental attitude. Through practise one can learn about the patterns and habits of their mind thus exploring ways in which the mind can be cultivated in a positive manner. With discipline and patience these calm and focused states of mind can deepen into profoundly tranquil and energised states of mind. Such experiences can be powerful and their effects are transforming if not life changing.

There are many methods of meditation which developed over the last few hundred years. Although they teach various approaches their focal point is to cultivate a calm and positive state of mind.

**(These courses are based on a minimum enrolment of 5 people, maximum enrolment is 10 people)*

To enrol; simply e-mail or phone us and we will reserve you a space on the course and contact you with registration details etc. enrolment@emptyhands.co.uk

4.0 Private Tuition

Private tuitions are organised in groups of 2-4 on Saturdays 2-5pm. We recommend a minimum of two hours training for private tuition. Students can bring along questions and subject areas of concern or allow Instructor to assess areas which need to be addressed.

4.1 Fees for Private Tuition are as follows:

£25 per hour for one on one private tuition.

£10 per hour (*per student*) for a small group from 2-3 students.

£8 per hour (*per student*) for a group of 4-5 students.

5.0 Advance & Instructor Lessons

These lessons are offered to students on an invitation basis, organised in conjunction with our associated School: Poon Dojo – *School of Martial Arts Excellence*

5.1 Fees

£20 per lesson.