



SFA Training Club – Champion's Karate Club

Program highlights:

- Specialised Online Training program developed by Champion's Karate Club. The main objective of this program is to train people at home.
- This program helps in Development of Physical Fitness, Self Defense, Mental Stability, Improved Stamina through Unique Karate exercises. The Karate training is a combination of fitness, Defensive Skills & strong mind.
- The program consists of different types of levels of training from Beginner to Advanced. These levels are also known as kyu(Ranks) in Karate.
- We recommend all participants to complete the course from White Belt 9th Kyu(Rank) to Black Belt (Shodan) examination to level up your skills in fighting as well as fitness. In the beginning, all participants are awarded with White belt 9th kyu(Rank).
- Each Kyu(Rank) examination will be conducted after completion of 4 Months training. A participant takes four and half years to become a Black belt(Shodan).
- In our daily 1-hour Session, the following are included:
 1. Meditation
 2. Warmup & Stretching
 3. Fitness Training
 4. Skill Training
 5. Cooling Down
- The exercises are very interesting and uniquely designed for Home & Online training sessions. There is no need of any external equipment. Join the course today & stay healthy, stay fit.