



# CUKC for beginners: The Ultimate Guide

[Last updated: Lent 2021]

By Fizz McNally

## Firstly, welcome!

Congrats on your great taste in being interested in Cambridge's best sports club! This is a little guide to hopefully answer all your questions about joining us, who we are and what we do.

## What is CUKC?

The Cambridge University Karate Club is the most successful sports team in Cambridge with 15 consecutive varsity wins and a national (and international) reputation for our achievements.

However, we don't just focus on the kind of success marked by our extensive trophy and medal haul, we also pride ourselves on the progression and development of our members. We are honoured to have taken many people on the journey all the way from white belt to black belt during their time at university.

## How to get involved

To get involved all you need to do is turn up to training, however there's multiple ways you can get involved in the club beyond training:

- We have weekly **socials** (drinking and non-drinking) which tend to yield a large turnout from all our fab members
- We have **competitions** and **gradings** for members to progress and achieve further in the club
- **Committee** positions open at the end of Lent every year- do consider running, it's good fun!

IMPORTANT ADMIN: There are also some more boring bits- after your first two (free!) training sessions, if you decide you want to progress more with CUKC then please fill out our membership form: <https://forms.gle/DscuURVjuWsQmE2FA>

(This form mentions a KUGB license. The KUGB is the organisation we are associated with and so having a license with them helps out our insurance stuff and means you are registered as a karateka and are therefore able to grade and compete!)

## How to find out more

There are lots of different platforms we use to communicate with our members, you do not have to be involved in all of them and the mailing list is the most important one as this is central to the circulation of all important information.

- We have a **facebook group** where committee and other members of the club circulate useful and important information (Cambridge University Karate Club)
- We have a **facebook page** where we advertise public events (CUKC Events)
- We have a **whatsapp group** with a large number of our members, the invite link is frequently circulated on the weekly bulletin
- All important information is distributed through our **mailing list** so do sign up.

## Training times

Your first two training sessions are completely free of charge! (As are all socials):

- **Monday** 19:30-21:30
  - ◆ Kumite (squad) and S&C; Sensei Richard
  - ◆ *Sports centre Studio one*
- **Tuesday** 20:00-21:30
  - ◆ Kata;
  - ◆ *St. Matthew's Church CB1 1JW*
- **Wednesday** 20:00-21:30
  - ◆ Kihon/Beginners; Teg/Julian/Camille
  - ◆ *Unitarian Church CB1 1JW*
- **Friday** 20:00-21:30
  - ◆ Kumite (All); Herve/Jasmin/Micheal,
  - ◆ *Unitarian Church*
- **Saturday** 11:30-13:00
  - ◆ Kumite (women's and non-binary); Millie and Jas
  - ◆
- **Sunday** 15:30-17:25
  - ◆ General training; Sensei Richard
  - ◆ *Sports centre Studio one*

Lent term sessions will run from 18th Jan to the 18th March but do keep your eye on the mailing list for updates! Your first two sessions are free of charge and then they're £5 after that, though after your bill reaches £60 we won't charge you any more.

This training schedule may seem like a lot (I know!) as we try to cater to as many of our members as possible by providing a wide range of training. Nobody is expected to attend every single session, just rock up to the ones you want to that apply to you.

## **What do I need for training?**

You don't need a gi (the white karate uniform) to train, for your first couple weeks you can just turn up in whatever you're comfortable with. You're unlikely to be the only one in your sports kit. After a while you may want to order a gi and you can do this through the club or externally.

For kumite sessions we do require mitts and a gumshield to be worn.

## **I'm a total beginner, what should I do:**

Come to training! Just come along, train, attend the socials you want to attend, (you can be as involved with CUKC as you wish). Gradings will occur at the end of each term allowing you to progress as far as you want, as well. (As we mentioned before, we have been able to take people from white belt to black during their time at university.)

We have some awesome instructors for our beginner's classes so we really hope you enjoy! Karate is a really fun skill to learn and people do so for all sorts of reasons- whether that's self-defence, fitness, to learn something new or just to be a part of the awesome community that is CUKC (and we can't wait for you to join us!).

## **I have done karate before but I'm coming back from a long break:**

Welcome back! Don't worry, actually a large percentage of CUKC consists of people who left karate having achieved a certain grade and restarted at Cambridge with CUKC. Even though we are a shotokan club we welcome all styles. Transfers (especially of kyu grades) are usually possible without great difficulty. Most people pick it back up pretty quickly but you can dive back in at whatever pace you wish.

We have kihon (basics) classes, kata classes (the level of which will vary each week) and kumite classes. (The kumite squad sessions are more intense than the general kumite sessions so consider easing yourself back into it with the general sessions then join the squad sessions when you feel ready.

## What does CUKC even do?

CUKC competes, trains, grades, and has fun. Many of our socials are notorious, our championship titles are envied and our reputation as an open and friendly club frequently precedes us. We have people on the England Squad, with international titles, in our club and we have a number of kyu (coloured belts) grades that we're equally proud of, for their persistence and dedication. We have a huge variety in standards in our club so we're able to accommodate you- no matter your background.

Whether you want to grade occasionally and have fun at our socials or want to train four times a week and compete at every national championships; we support you and can't wait to have you on board.

We really love this club, and we hope you will too.

## A note from our Pres to you:

"For anyone, I'm yet to meet - welcome to CUKC! I'm Sam, the President for 2021-22, and I want to encourage you all to throw yourself in the deep end, come to training sessions and socials, and revel in being a part of Cambridge's most successful sports club! We're lucky to have such a fantastic committee and set of instructors this year, and a range of sessions on offer (kihon, kata, kumite, etc.), so whether you're a complete beginner or a karate veteran, CUKC offers something for everyone! I cannot wait to see you at training!"

- Sam Hill [President of CUKC 2021-22]

**Any Qs, please don't hesitate to contact:**

President (Sam Hill): [sh2408@cam.ac.uk](mailto:sh2408@cam.ac.uk)

Club Captain (Millie Johal): [mkj39@cam.ac.uk](mailto:mkj39@cam.ac.uk)

Social Secretary (Fizz McNally): [am2795@cam.ac.uk](mailto:am2795@cam.ac.uk)

**Want to learn more?**

Follow our ig @camunikarate or check out our website <https://www.cukc.org/>



**Words mentioned above that you may not have heard before:**

**Varsity-** The annual match between Oxford and Cambridge (if you compete and do well you can be a karate blue!)

**Kihon-** The basic movements of karate

**Kata-** Combinations of moves to demonstrate technique and strength

**Kumite-** Fighting

**Kyu grade-** coloured belts

**Dan grade-** black belts

**Mitts-** the gloves we wear to protect each other and ourselves when fighting

**Socials-** When we meet up outside of training to do something fun; these range from post-training pub trips to karaoke nights to welfare events.