

Why try Karate?

Karate is more than just a sport. While it is excellent for developing core strength, flexibility and coordination, it also teaches discipline, resilience and self-confidence. We offer opportunities to participate in team and individual competitions.



Who can do it?

Karate is available to all Sixth Form pupils. Other years can participate subject to performance level and the Head of Karate and Director of Sport's discretion.



Highlights from 2018-19

- Continued success in tournaments
- New collaboration with other schools to host training sessions
- Two successful black belt gradings

Looking forward to 2019-20

- Plans to attend and participate in more national tournaments
- Participation in regional squad training sessions
- Further black belt gradings

Head of Karate: Tony Cheung
Email: cheung.t@millfieldschool.com
Coach: Paul Hacker (6th Dan)



High performance

If pupils start in the junior years they can achieve black belt 1st Dan before they leave in Upper Sixth. For pupils who show exceptional promise, we work with the England Squad regional training team to develop their talents.



Success stories and future stars

Charlie and Katherine have both achieved black belt status this year and will represent the squad as captain and vice-captain next academic year.