

## 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 students. Other years can participate subject to performance level and the Head of Karate and Director of Sport's discretion.



## Highlights from 2019-20

- Introduction of a new syllabus to further incorporate aspects of other Karate styles
- Shift towards a greater emphasis on self-defence and close quarters combat
- Student gradings have maintained at a 100% pass rate

## Looking forward to 2020-21

- Plans to attend and participate in more national tournaments
- Participation in regional squad training sessions

**Head of Karate:** Tony Cheung  
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**Coach:** Paul Hacker (6th Dan)



## High performance

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



## Success stories and future stars

Jakpa (J-M) Sakultong recently joined the team with a kickboxing background. He has already shown great potential and has adapted well to a new style of combat. Calm and disciplined, he can potentially become a black belt at the end of Sixth Form if he continues with Karate.

Rachel Hughes started Karate at Millfield Prep, continuing to train with the senior squad over the last two years. Although not full time, she has voiced her desire to achieve black belt status before she leaves Millfield. This is a very achievable target as she is already a brown belt and a fiercely competitive and fearless karateka.

