

SK MARTIAL ARTS

AND FITNESS ACADEMY

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Ages 4 to adult

Kata & kumite

Belt journey

Beginner friendly

CHAMPIONS ARE MADE, NOT BORN.

From the first bow to black belt — kata, kumite, and the quiet work between them. Train on the mat. Carry the discipline home.

CALL NOW

860 523 4333

Book your free trial class today

Pinjar Galli, near Main Road, Shahu
Colony, Kasaba Bawada, Kolhapur,
Maharashtra 416006

Why SK Martial Arts.

Plenty of places teach kicks. We build the person who walks off the mat — and we stay with them until black belt, and after.

01 — PHILOSOPHY

A dojo, not just a class.

Breath, bow, and respect in every session. Technique without character is only movement. That is how SK students train — and how they leave the mat.

02 — THE BELT

Colour you can trust.

Ranks follow months on the floor and classes attended — not a calendar sale. White is courage to begin. Black is the vow to keep going.

03 — THE ACADEMY

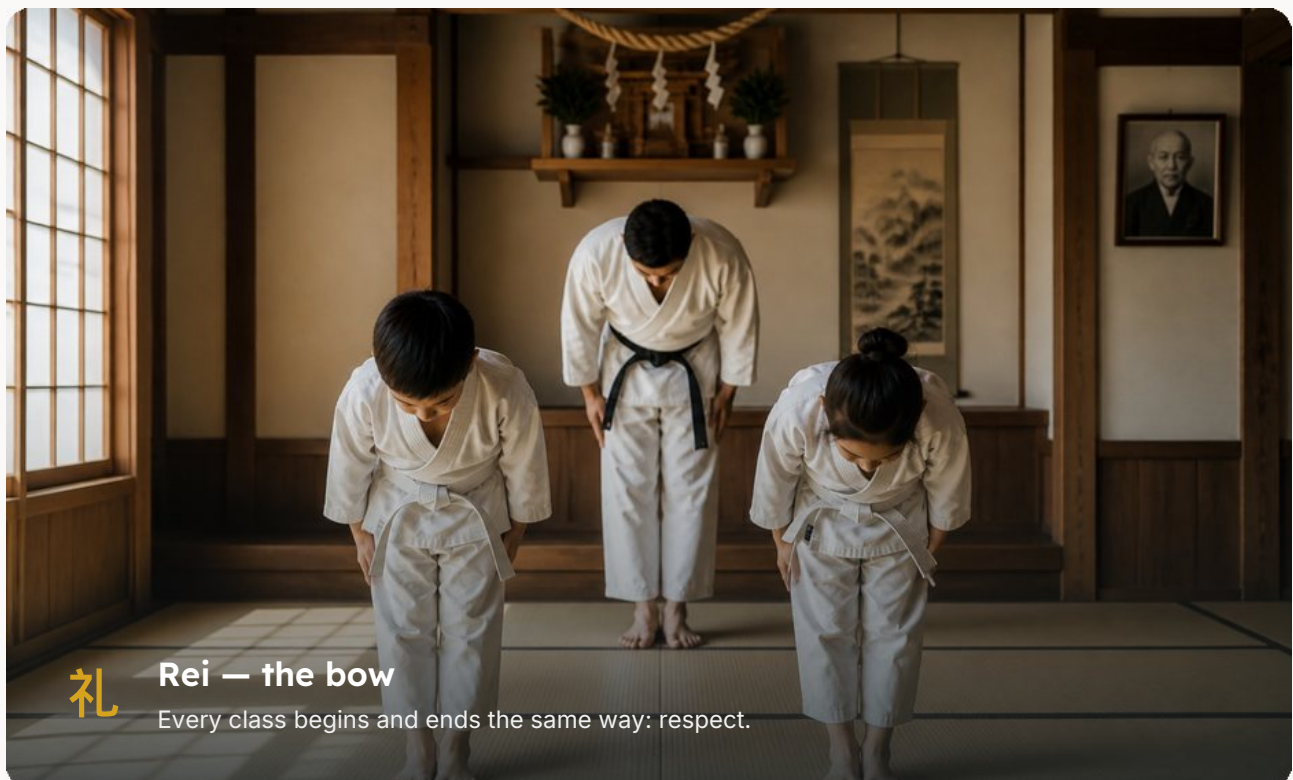
Family and floor, together.

Parents follow the journey in the student app. Senseis run attendance, ranks, and the mats in SK Dojo. One academy. Nothing falls between.

04 — THE LIFE

Champions are made.

Discipline that shows up at school, at home, in quiet decisions. We do not rent confidence for an hour. We forge it — then send it home with them.



Rei — the bow

Every class begins and ends the same way: respect.

One academy, five ways in.

Start with age, then pick the training style that motivates you — every path leads to the same mat.



Little Champs

AGES 4-6

First steps on the mat.

Balance, listening and simple movement patterns taught through play — the on-ramp to everything that follows.

Motor skills & coordination

Following instructions

Confidence in a group



Kids Karate

AGES 7-12

Discipline that travels home.

Traditional karate fundamentals with steady belt progression — self-defence, focus and fitness built one class at a time.

Practical self-defence basics

Belt-by-belt progression

Focus & classroom discipline



Teens & Adults Karate

AGES 13+

The full path to black belt.

Full-syllabus training — kata, kumite and grading — for teens and adults training toward genuine rank, not a participation badge.

Sparring & kata technique

Structured grading path

Beginners genuinely welcome

Continued on the next page — two more ways in.

CHOOSE YOUR PATH, CONTINUED

Two more ways onto the mat.



Girls & Women

GIRLS & WOMEN

Confidence she can carry home.

From her first class as a girl to training as a woman — the same kata, kumite and belt path, with self-defence and respect at the centre. Beginners are welcome at every age.

Girls from first belt onward

Women welcome at every rank



Fitness & Self-Defence

ADULTS

Train for the real world.

Conditioning and practical self-defence drills for adults who want the skill and the sweat, without chasing a competition career.

Practical, no-nonsense drills

Full-body conditioning

Flexible for busy schedules

Not sure which fits?

Tell us the student's age and goal on the call — we'll point you to the right batch. Call 860 523 4333 any time.

BELT JOURNEY

Honour, discipline, and progress.

Rank follows real training, never a calendar sale — white is the courage to begin, black is the vow to keep going.



White



Yellow



Orange



Green



Blue



Brown



Black

5

Programmes

7

Belt ranks

4-Adult

Ages welcome

1

Free trial class

VISIT US

Find your dojo.

SK Martial Arts and Fitness Academy

Pinjar Galli, near Main Road, Shahu Colony, Kasaba Bawada, Kolhapur, Maharashtra 416006

Training at multiple centres — call for your nearest batch

BEFORE YOU CALL

Questions, answered.

Do I need any prior experience to join?

No. Every programme is built to take a complete beginner from their first bow onward — most students walk in with zero experience.

What age can my child start training?

Little Champs opens the door from age 4. From age 7, children move into the full Kids Karate curriculum with belt grading.

Can I try a class before enrolling?

Yes — call us and we'll arrange a trial class at your nearest centre before you commit to anything.

What should we wear or bring to the first class?

Comfortable sportswear and bare feet are enough to start — uniform and belt requirements are explained once you're enrolled.

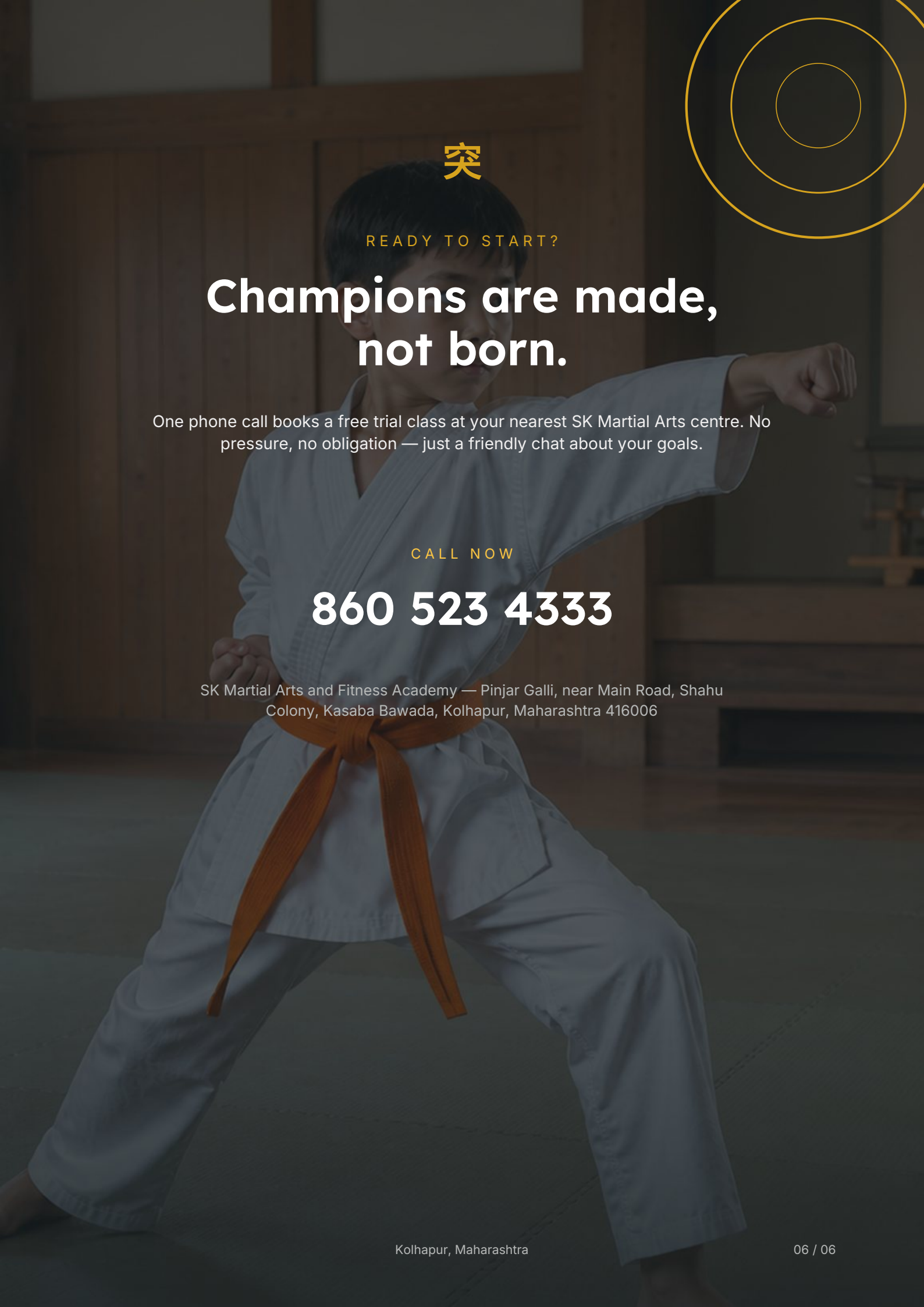
Do you run women-only batches?

Not at the moment. Girls and women train in our regular programmes — Little Champs, Kids, and Teens & Adults — and are always welcome. Call and we'll recommend the right class.

Where can I find batch timings?

Timings vary by centre and are updated often, so we share them by phone rather than printing them here — one quick call gets you the current schedule and fees.

Still deciding? These are just the basics — the real questions get answered on the call.



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READY TO START?

Champions are made, not born.

One phone call books a free trial class at your nearest SK Martial Arts centre. No pressure, no obligation — just a friendly chat about your goals.

CALL NOW

860 523 4333

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