

TWShotokan

Recommended items and Training Aids

CLOTHING

- TWS, BLUE WATERPROOF JACKET **£15.00** (to order) (printed)
 NEW STYLE GREY CLUB SWEATSHIRTS **£15.00** (to order) (printed)
 ***NEW ADULT BLUE EMBROIDERED POLO SHIRTS **£14.00** (to order)
 ***NEW CHILDS BLUE EMBROIDERED POLO SHIRTS **£12.00** (limited stock)
 ***NEW TWShotokan EMBROIDERED FULL ZIP MICROFLEECE TOPS **£20.00** (to order) **WOW!**

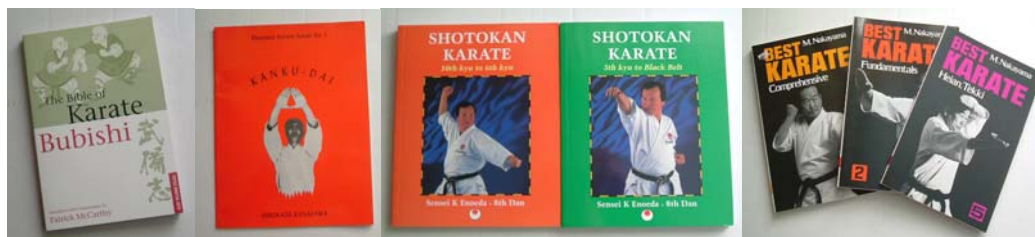


- ***NEW DESIGN BLITZ ELASTICATED HAND PROTECTORS **£6.50** (junior/senior)
 ***NEW DESIGN BLITZ ELASTICATED SHIN/INSTEP GUARDS **£10.00** (junior/senior)
 Sold individually or as a set for **Special Grading price £15.00** (items suitable for competition use)

DVD'S-VIDEO'S & BOOKS



- ***** DVD JAPAN MASTERS OF KARATE (recommended) **£12.00** (Japanese at their best)
 ***** DVD JKA 26 SHOTOKAN KATA (recommended) **£ 12.00** (excellent)
 ***** DVD WINNING BLOW (recommended) **£12.00** (Japanese competition documentary)
 ***** DVD THE EMPTY MIND (recommended) **£12.00** (excellent multi-style documentary)
 ***** DVD WINNING BLOW (recommended) **£12.00** (excellent kumite training DVD)
 ***** VIDEO 26 SHOTOKAN KATA (recommended) **£15.00** (Sensei kanazawa 9th Dan (excellent))



- *** BOOK SHOTOKAN KARATE KANKU-DAI KATA (recommended) **£7.00** 'Specialist'
 ***** BOOK SHOTOKAN KARATE 10th Kyu to 6th kyu (recommended) **£13.50**
 ***** BOOK SHOTOKAN KARATE 5th kyu to Black Belt (recommended) **£13.50**
 *****BOOK BEST KARATE (Comprehensive) NAKAYAMA (recommended) **£14.50**
 *****BOOK BEST KARATE (Fundamentals) NAKAYAMA (recommended) **£14.50**
 *****BOOK BEST KARATE (Heian kata & tekki) NAKAYAMA (recommended) **£14.50**
 ***** THE BUBISHI (Bible of Karate) - McCARTHY (recommended) **£13.50**

ACCESSORIES & GIFTS



***** RED OAK BOKKEN (with tsuba) £10.00**

******* SPECIAL GRADING PRICE - RED OAK BOKKEN (with tsuba) AND CARRYING CASE £18.00**



***** RED OAK SHOTO (short bokken) with tsuba £8.00**



******* HAND AND WRIST DEVELOPERS £1.50 each**



DOUBLE GUM SHIELDS £3, 00

SINGLE GUM SHIELDS £2.00



KARATE MONEY WALLETS £4.50



FLAT END KOBUTAN KEYRING £ 3.50 (good handbag size defence weapon)



******* PERSONAL INSTANT ICE PACKS £1.00 per pack (ideal for home or club)**

******* KAMIKAZE MOBILE/ KEY HOLDER £4.50 (excellent)**

******* LADIES COOL GUARD VEST AND PROTECTION CUPS £20.00 (L) (recommended)**

******* MENS GROIN BOX AND SUPPORT BRIEFS £10.00 (M & L) (recommended)**



******* HAND HELD FOCUS MITTS £18.00 pair (child hand size) (excellent for training at home)**



******* ELITE FOAM HAND MITTS £10.00 pair (excellent for dojo use, not competition)**



*******DIPPED FOAM SHIN/INSTEP PROTECTORS £15.00 pair (ideal for dojo use, not competition)**

ALSO FOR PURCHASE ARE:

ASSORTED KEY RINGS £3.00 - LAPEL BADGES £2.50 - FOAM NUNCHAKU £5.00 -ASSORTED EMBROIDERED BADGES £3.00

******* EMBROIDERED (TSKA) ASSOCIATION BADGES £4.50,**
(All students ***must*** display an association badge on their gi (karate suit))



******* NEW, CLUB BANDANA'S ASSORTED COLOURS
ONE SIZE, KARATE AND CLUB LOGO £3.50**



FULL STOCK OF CIMAC & BLITZ KARATE SUITS from £20.00

STOCKS OF CLOTHING ARE LIMITED, ORDERS CAN BE PLACED ANYTIME BY EMAIL:

mick@twshotokan.com

OR PHONE: **07753934516** **ADVANCED PAYMENTS ONLY, DELIVERY APPROX 10 DAYS.**

**ALL ITEMS (2 star to 5 star) ARE REASONABLY PRICED AND HIGHLY RECOMMENDED
ALSO, SOME NEW ITEMS MAY BE ADDED BEFORE GRADING DATE.**