



Martial Arts Federation International

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Martial Arts Federation International is an internationally recognised organisation that specialises in Shotokan Karate; founded almost over 50 years ago it has been a leading federation internationally with highly experienced instructors.

What kind of Karate do we teach?

We practice the traditional form of Shotokan Karate with a modern approach in teaching, instructors or (Sempai's and Sensei's amongst other titles) are not only there to impart their knowledge but act as mentors outside the norm of school and home life.



What are the benefits of doing Karate?

- Fun high energy classes
- Discipline and Etiquette
- Physical exercise and strength
- Increase mental focus, endurance and strength
- Self-defence knowledge
- Family like attitude between peers (Karate-Ka)
- Japanese terminology during class
- Opportunity to compete at a regional, national and international levels



Classes are taught by highly experienced instructors at all our classes and are structured to suit all types of levels and needs from the humble beginner to the seriously advanced.

On your first lesson you will begin as a white belt and one day through progression eventually reach a black belt, in order to progress MAFI holds examinations (Grading's) every 3 months where you will have the opportunity to be assessed by our chief instructor and master.

Full details and forms will be provided by your instructor prior to each grading.

What do I need to bring to class?

- Karate suit or comfortable clothing until you get a suit (PE Kit)
- A bottle of water
- A lot of energy
- And a big smile



Where can I buy the Karate Suit?

You can order your suit on our website www.mafinternational.com

We hope to see you training with us soon!

Kind Regards, MAFI Team

