

# The Untold Benefits of KSK Blackbelters

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Ken Shin Kai has been established for more than 10 years in Singapore sports karate arena. As a non-profitable organization, we are here to assist the nation in building a better physical wellness person as well as to cultivate cultured individual in their moral sense.

To illustrate these points, the Chief Coach Shihan Chia Kwek Fah has systematically organized a series of kata sessions of the blackbelters on every Sunday from 5.00pm to 6.00pm at Tanglin CC. He conducted the sessions with the teaching of proper kata moments, bunkais and sometimes even illustrate the history of a particular kata.

As from June 2007 until to date, Shihan Chia has taught the KSK blackbelters the following katas:

1. Shinsei Dai Ni
2. Baksai Sho
3. Jiuroku
4. Shinsei
5. Heiku
6. Gojushiho
7. Chinte
8. Kurunrunfa

All these katas are outside of the grading syllabus, therefore, they are the added values for ALL the Blackbelters who attended the sessions. Most of all, they are all FREE OF CHARGE!

Shihan Chia believes in promoting Sports Karatedo to the general public, especially for people who join Kei Shin Kai. Shihan Chia will be continuing giving free kata sessions for the KSK Blackbelters in the future.

Shihan Chia also planning to give Sports Science Talks to the members of KSK as well as the general public in the near future.

Beside karate training, he also introduced Kubudo trainings to the members with the help of outside coaches, such as Sai Training. He also introduce the latest ball game, that is Tchoukball to the members to have fun with it too.

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