

PRESS RELEASE – 28th JUNE 2010

DORKING FREESTYLE KARATE

Skip-Hop gets fighters on their toes

Dorking Freestyle Karate students were put through their paces last week by award-winning company Skip-Hop. The Dorking company visited students at North Holmwood Village Hall and having ensured everyone had a skipping rope the fun began. Skipping is a great way to keep fit and the students were kept on their toes by owner Lee Collinson-James who launched Skip Hop in 2008 and saw it named a winner in the inaugural SMARTA100 competition earlier this year.

DFSK coach, Steve Foot, went to school with Lee, and when he discovered he'd shelved a career as a professional guitarist and taken up skipping as a career he couldn't wait to invite him in to a DFSK training session.

Students were taught a number of techniques and exercises that can be done with a single skipping rope and ensures excellent fitness levels. Not just for boxers, almost all professional sportsmen and women use skipping as part of their daily workout routine and students were left convinced of the mental and physical health benefits that just 2 to 5 minutes skipping a day can bring. After time with individual ropes the students' co-ordination was put to the test with 'double dutch' – exercise and fun with 2 long ropes.

DFSK often invite visiting experts, in line with their commitment to provide students with a varied training schedule that covers karate and kickboxing with many students competing at national level. Classes are held weekly at North Holmwood Village Hall and Westcott Reading Room (www.dfsk.co.uk) and fighters are currently enjoying much success at national competitions.

Note for Editors:

Club press	-	Anneliese Cameron ajcbellswood@btinternet.com 07880 711756
Club information	-	Claire Foot Claire.foot@googlemail.com 07966 391606
Skip-Hop	-	Lee Collinson-James lee@skip-hop.co.uk 0845 6189768