



Thank you for your interest in the Snake Fist Karate Federation. I am Grand Master Thomas Daw, I own and run the SFKF. In this brief guide, I will shed some light on what we are about and what we do. Everyone is welcome to join us in the SFKF. Maybe I'll see you soon, as our newest student.

Have a great day.

Regards,

Grand Master Daw.

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Tell Me More About The SFKF.

The SFKF is also the Snake Fist Karate Federation, and was created in 2020.

Snake Fist Karate is one of my favourite martial arts styles. Snake Fist Karate comes from California, and has been around since about 1990. The Snake Fist Karate Federation is the nearest you will get to the Cobra Kai from the Karate Kid movies. However, we simply teach Karate in the SFKF, and do not condone violence or poor behaviour.

I created the SFKF in order to unite all students of Snake Fist Karate worldwide. I am one of, if not the only student of Snake Fist Karate to have permission to produce study guides and more, by Brett Ernest. Brett Ernest is the creator of Snake Fist Karate. Sensei Ernest lives in the USA, and I am based in the UK at present.

Snake Fist karate is a strong style, but in most home study martial arts, there is no unity. People buy a Karate course, learn from home, and they are not part of anything. With the SFKF, people have a chance to belong, and they don't even have to be Karate students.

I think with Snake Fist Karate, there was more that needed to be done, to make the style better. I have created a lesson program to complement the existing syllabus of Snake Fist Karate. I also have written a guide eBook

for all students of Snake Fist, essentially the Snake Fist karate Bible., In 2010, I was awarded 8th Dan in Snake Fist Karate for my work and study guides on the style.

The SFKF is a global club whereby everyone can join if they wish. Some students simply want to belong, and others want to be a part of everything. There is no pressure, prejudice or time limits on training with the SFKF. What effort you put into your training is what results you will gain.

Who Is the SFKF For?

The SFKF is for everyone, but especially for the people below.

- Anyone who wants to join a Karate club without pressure.
- Martial arts fans who like to join everything.
- People who wish to learn martial arts from home.
- Those who are suffering from domestic violence and want to be able to defend themselves.
- People who want to exercise at home, but hate the Gym.
- Anyone who wanted to learn Karate, but never had the chance before.
- People who want to learn Karate on a budget. We are the best value, short of giving it away.
- Martial arts experts who want to learn a new style.
- Complete beginners who join for the heck of it.
- People who simply wish to belong.
- Parents who wish to teach their children martial arts.
- Groups of friends who want something new to do.

Tell Me More About Snake Fist Karate.

Snake Fist Karate is one of the simplest martial arts I have ever learned, yet it is also one of the strongest. There are four belts, yellow, blue, green and 1st Dan black belt. Students of Snake Fist will learn everything they need to be able to defend themselves.

Let me explain a little about my background, in order to stress the sheer strength of Snake Fist Karate. I have been involved in martial arts for the best part of the last 25 years. I started with weapons and Taekwondo.

Taekwondo was great, but the hands were weak: it's mostly fancy kicks, which is why I did it. I also did Kung Fu in different clubs, Tai Chi and many styles from home. The point I am making, is that with all the styles I have studied, I owe my punching ability to Snake Fist Karate. Never have I been so impressed by a system's hand techniques, as those in Snake Fist Karate.

For those who like boxing, Snake Fist Karate is the style for you. No fancy kicks, no mumbo-jumbo. The Kata are easy, and the kicks are low. Snake Fist Karate is easy to learn, but tough to master. I think that those who like Wing Chun may easily fall in love with Snake Fist Karate also.

Everyone is welcome to join us in the SFKF.

Is Black Belt the Best?

With Snake Fist Karate, the belt ranks go yellow, blue, green and then up the black belts. The first black belt you get is called a 1st Dan, or 1st Degree. Then we go up 2nd, 3rd, and so on, up to 7th Degree black belt. After 7th Degree or 7th Dan, as in many styles worldwide, there are no more, they are honorary grades.

In Snake Fist Karate, the Dan rank is represented by a red tag on the black belt. For example, if you are a 5th Dan, you have 5 red tags. The 1st Dan tags are near the bottom of the belt, at the ends, and subsequent Dans go up the belt, with a tiny space in between. Some people have belts embroidered, and have different colour tags as well.

Black belt is not the best you can get in any martial art. The best you can get, is the best you personally can be. As we are learning from home in SFKF, some people don't have any belts, and some have every grade documented and on display: it's a matter of personal choice. I believe that every grade should be celebrated as a new level achieved. I train at home and wear my belt when I train, because I believe that if you have earned a rank, you should wear it whenever you train. In real Dojos, if you were a green belt and forgot it, you would get told off: if you kept

forgetting your belt, you could even get expelled.

We operate without putting pressure on people in the SFKF, but we teach traditional values as with any Dojo of good repute. In the martial arts world, a high grade is no guarantee of skill or good sportsmanship.

In some cases, people get given a high grade because of favouritism, or they pay large sums of money for it. The colour of the belt is not the person inside. I have personally trained with many high-ranking black belts who behaved appallingly, and many couldn't fight to save their own lives. Simply be the best you can be for every grade you reach in Karate, Kung Fu or whatever style it is.

When criminals mug people, they don't ask them if they have ever done Karate or similar before, do they? In the SFKF, some people will just buy a black belt course, put a certificate on the wall, and never train. Others will train hard, earn every grade and document the entire process, as I have done.

No matter the rank, any student of Karate is only as good as their individual effort. In all martial arts, any instructor can only teach you so much, but they cannot dictate your behaviour as a person.

To be honest, any rank over 1st Dan is useless unless you are teaching others, from a traditional viewpoint. There is no point in being a 7th Dan or similar if you personally have

never taught anyone. A black belt may be a coveted grade, but it does not make you who you are.

The best is not a grade, it is not a way of life: it is how you are and behave, no matter what you feel or think. Martial arts are certainly not ways of life, nor are they sports to be toyed with, but instead are life-enhancers, on the path to self-improvement.

The pursuit of perfection is a lost cause, but we can all be better than we were last year.

How Do We Advance in Rank?

In the SFKF we grade on the honour system, and with video grading also. With the honour system, people move up the ranks when they feel ready: those who lie are only cheating themselves. Video testing via YouTube or similar is FREE, as I won't rip people off. There is also the option of writing down what you have done, and emailing it to me: I can check over things, but again, it's on your honour.

Rank advancement in terms of time limits are down to the individual. You can do one grade a year if you wish. Some students are already black belt many times, and it is entirely possible to get to 1st Dan in a month.

The point with rank, is that if you learn too slowly, you'll quit. If you learn too quickly, you'll forget everything just as quick. Just as it can take years to become a Master Karate expert, you can lose most of your knowledge in six months off training. I have created the SFKF guide eBook to help you with every stage of your training, and all are welcome to ask me for help at any time.

What About After Black Belt?

In the SFKF, we have a lot to learn after black belt. In many clubs, after black belt, there is no future, and it can seem like forever to get the next rank. In most clubs, they make their money from people joining, and leaving, inside of 18 months.

In the SFKF, there is no time in rank, but I do have a framework for those that wish to train like I did. I would call my training method a more traditional way: more advanced, yet more pressure than most Dojos. My guide eBook will help anyone to get the best out of SFKF, and is a must for all students of Snake Fist Karate.

The SFKF has its own lesson program that compliments the existing syllabus. The lesson plans are for beginner students, and the seminar courses are ideal for 1st Dan and above. I can take you up to 7th Dan, or to one grade below myself. No teacher ever teaches their students to the same level as themselves, as the respect is lost.

The SFKF lesson program is ideal for people who have never done Snake Fist before, and don't even want to earn ranks: it's almost a style in itself. Naturally, some people will fly through the Snake Fist Karate program, and move onto the next style in a few months. Other students will stay with Snake Fist Karate- there is no pressure.

For the best experience of Snake Fist Karate, I would join SFKF and learn beginner to 1st Dan black belt, and buy the guide eBook. Then, if you wish to learn more, I would recommend the lesson program and seminar courses. Also, if you wish to advance in rank, I can help you achieve your goals. I am actively training in martial arts, and if you need any help, I will be here for you.

Conclusion.

Thank you for your interest in the Snake Fist karate Federation. I hope you have a great day. Finally, here are some links below to help anyone interested in joining get started.

SFKF Website.

<https://thomasgdaw.wixsite.com/sfkf>

SFKF Facebook Page.

<https://www.facebook.com/groups/470599304299087>

Regards,

Grand Master Daw.