

# FAQ

## FAQ

### [Do I have to be in shape to get started?](#)

Not at all. You'll find that our classes for beginners are the perfect way to build up your overall fitness level regardless of your physical condition. Good luck!

### [Am I too old to start martial arts training?](#)

There is no martial arts age limit, and anyone can benefit from beginning to train.

### [Will I get hurt during the training?](#)

Minor injuries are common in martial arts but are not any more serious or likely than in any other contact sport.

### [Can anyone learn karate?](#)

Of course. Everyone, who can train other sports, can train karate.

### [Can children learn karate?](#)

Yes, they can. Each child above 5 years old with a correct motor system can train karate.

### [Can women train karate?](#)

Yes, they can. Thanks to the fact that karate makes use of the whole body, both men and women can create the accurately high strength of a technique.

### [How long must one learn karate?](#)

Studying and improving karate techniques can never be completed. The more one trains the bigger improvement he makes. In practice, each karate student can get to know the

basic techniques in a year's time.

### What are we wearing during the karate training?

There are special clothes to train karate called karate-gi. However, we can train in any sports clothes as long as they do not limit our body movements.