



MARTIAL ARTS FOR SCHOOLS

AFTER SCHOOL KARATE CLASS AT CANFORD HEATH JUNIOR SCHOOL

STARTING WEDNESDAY
13TH SEPTEMBER 2023.

3.30-4.30PM.

£6 A LESSON

(PAYABLE TERMILY)

EMAIL OR TEXT THE
NUMBER BELOW FOR MORE
INFORMATION & TO BOOK
YOUR PLACE:

**NO
DIRECT
DEBITS**

TEACHING

- ✓ Self Defence
- ✓ Confidence
- ✓ Co-ordination
- ✓ Awareness
- ✓ Etiquette
- ✓ Respect
- ✓ Discipline
- ✓ Behaviour
- ✓ Fitness
- ✓ Strength
- ✓ Control

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